

ALEXANDRIA COMMISSION ON AGING MEETING AGENDA

Virtual Meeting: Thursday, April 14, 2022 4 PM – 6 PM

This meeting is being held electronically, unless a determination is made that it is safe enough to be held in person at a location to be determined. Electronic access will be provided in either event. The meeting can be accessed by the public through the Zoom link or phone number provided below. Public comment will be received at the meeting. Public comments can also be sent to daas@alexandriava.gov in advance of the meeting. Please indicate that your comments are for a meeting related to the Alexandria Commission on Aging in the subject line. A recording will be made of this meeting.

Zoom Link: https://zoom.us/webinar/register/WN_5Vq0LkPxQumDgON4WjQ

Meeting ID: 935 7751 7116

Password: 251935

Phone In number: 301-715-8592

MISSION

To identify the needs of the elderly, develop overall planning to meet those needs, evaluate service delivery plans as implemented, and advocate on behalf of the elderly

MEMBERS: PLEASE READ THROUGH THE AGENDA & HAVE AVAILABLE FOR REFERENCE AT THE MEETING.

1. Call to Order
2. Approval of Agenda
3. Approval of Thursday, March 10, 2022, Minutes
4. Alexandria Police Department Liaison Report – Sgt. Ian Torrance
5. Special Presentation: Mr. Kevin Coleman - City of Alexandria's Office of Emergency Management
6. Executive Committee Report - **see attached**
7. Discussion / Action Items
 - A. Welcome new COA Members
 - B. Update on COA Excellence in Aging Awards scheduled for Tuesday, May 10, 2022 via Zoom – Barbara D'Agostino
 - C. Age Friendly Final Reports to be sent to AARP
 - D. 2023 Resident Summary of the Draft Annual Action Plan for FY 2023 Housing and Community Development
 - E. COVID-19 Vaccinations Updates: Gerri Wallace
8. Liaison Reports - Please provide a written summary to Pamela.Austin@alexandriava.gov
 1. Division of Aging and Adult Services – Christopher Moore
 2. INOVA Alexandria Hospital
 3. Human Rights Commission – Lynette Foster
 4. AHA – Bob Eiffert
 5. AARP – Jane King
 6. NVAN – Babs Waters
 7. St. Martins Senior Center – Anne Coyne- **see attached**
 8. Virginia Hospital Center – Kate Chutuape/Blanca Cali
 9. Commission for Women – Jenn Stowe
 10. Partnership for a Healthier Alexandria - Marjorie Conner
 11. Public Health Advisory Commission
 12. Commission on Persons with Disabilities – Michael Kamin
 13. Senior Center @ Charles Houston – Pamela Guerra- **see attached**

14. Senior Services of Alexandria – Mary Lee Anderson- **see attached**
15. Alexandria Commission on Employment, ACE – Mary Lee Anderson
16. Northern Virginia Falls Prevention Alliance, NVFPA – Mary Lee Anderson
17. Arlington Legislative Committee – Michael Schuster
18. Arlington Commission on Aging – Linc Cummings
19. Successful Aging – Margaret Orlando
20. Recreation, Parks, and Cultural Activities – Margaret Orlando
21. Alexandria Adult Day Services Center, ADSC – Darrell Wesley- **see attached**
22. Housing Affordability Advisory Committee, AHAAC – Jan Macidull
23. Alexandria Housing Action Plan - Michael Schuster

9. Committee Updates

1. Housing Committee Chair, Michael Schuster
2. Outreach Committee – Co-Chairs, Ray Biegun & Barbara D'Agostino
3. Transportation – Co-Chairs, David Kaplan & Bill Campbell
4. Economic Development – Chair, Mary Lee Anderson- **see attached**
5. Strategic Planning – Chair, Babs Waters
6. Health /Dementia Friendly Committee – Chair, Barbara Huelat
7. By-Laws – Chair, Michael Kreps
8. Advocacy – Babs Waters, Chair

10. Other Business

11. New Business

12. Public comments – please limit your comments to 3 minutes

Next Commission Meeting: Virtual Meeting; Thursday, May 12th, 2022 – 4 PM

Next Executive Committee Meeting: Virtual Meeting; Monday, May 02, 2022 - 1:30 PM

COMMISSION OFFICERS: Babs Waters, Chair
 Barbara D'Agostino, Vice Chair
 Secretary, Michael Schuster

The business of the Commission on Aging is largely conducted by its committees. ALL COMMISSION AND COMMITTEE MEETINGS ARE OPEN TO THE PUBLIC. Please call the Division of Aging and Adult Services at 703.746.5999 for more information. In addition, the Commission has official liaisons with several other commissions, organizations or activities.

The City of Alexandria complies with the terms of the Americans with Disabilities Act (ADA). An individual with a disability who wishes to request a reasonable accommodation may contact the Division of Aging and Adult Services at 703.746.5999, email DAAS@alexandriava.gov

Visit the Division of Aging and Adult Services website for Commission on Aging agendas and minutes and other aging information: www.Alexandriava.gov/aging

The Alexandria Commission on Aging Racial Social Equity Committee
(as of June 01, 2021)

No one should be denied the opportunity to engage fully in our community.

We encourage people of different cultures, races, nationalities, immigration status, ages, abilities, sexual orientation, gender identities, and religious affiliation in Alexandria to be informed about and have access to the range of services available in the City, and to be engaged in civic life.

We are committed to representing a diverse community that represents the rich heritage of our city. We are committed to ensuring older persons have access: to affordable housing, transportation, health care, broadband, nutrition services and to opportunities for meaningful employment and related training.

Older adults and persons with serious medical conditions often experience various degrees of inequity, particularly in obtaining access to health care. It is essential to support older persons, family caregivers, and direct care workers since these residents face additional biases and hurdles.

**Alexandria Commission on Aging (COA)
Executive Committee (ExCo) Meeting (Virtual via Zoom)
Monday, April 04, 2022 1:30 PM – 3:00 PM**

This meeting was held electronically. A determination was made that was not safe enough to be held in person. A recording was made of this meeting and can be viewed on City of Alexandria, VA website

MISSION

To identify the needs of the elderly, develop overall planning to meet those needs, evaluate service delivery plans as implemented, and advocate on behalf of the elderly

MEETING NOTES

Members Present:

Barbara “Babs” Waters (COA Chair), Barbara D’Agostino (COA Vice Chair), Michael Schuster (Secretary), Raymond “Ray” Biegun, William (Bill) Campbell, Lois Steele, Gerri Wallace

Staff Members Present:

Pamela Austin - Division of Aging and Adult Services (DAAS).

Guests Present:

Bob Eiffert & Jane King.

1. Welcome

2. Call to Order: COA Chair, Babs Waters, called the meeting to order at 1:30 PM.

3. The Agenda was approved after a change in the ExCo Meeting date from June 06 to May 23 to have adequate time between the ExCo Meeting and COA monthly meeting on June 09, 2022.

4. Committee Reports (see individual Committee Meeting Notes)

A.	Economic Development Committee	Mary Lee Anderson, Chair. Meets 1st Wednesday, 10am
B.	Outreach Committee	Ray Biegun, Barbara D’Agostino, Co-Chairs. Meets 4th Wednesday, 11:3 AM
C.	Housing Committee	Michael Schuster, Chair. Meets 3rd Monday, 1:30 PM
D.	Strategic Planning Committee	Babs Waters. All committee chairs are members.
E.	Transportation Committee	William Campbell, David Kaplan, Co-Chairs. Meets 3rd Monday, 4:30 PM
F.	Health/Dementia Friendly Committee	Barbara Huelat, Chair. Meets 1st Thursday, 4:30 PM

5. COA Executive Committee (ExCo) Business Meeting

A.	Presentation	None
B.	ExCo Information only	
	(1)	Chair Report.
	(a)	Barbara D’Agostino updated the Executive Committee on the Excellence In Aging Awards Program scheduled for Tuesday, May 10 th at 5:30 PM via Zoom.
		(1). Mayor Wilson to present the awards to recipients.

	(2). As of today, there are 4 nominees, it is expected there will be more nominees by COB April 08 th . there was consensus that members of the Awards Committee will recuse themselves from voting for the persons they nominated.
(b)	Gerri Wallace gave an update on COVID-19 and its Omicron sub-variant BA.2 (a highly contagious strain) (1). According to Dr. Fauci, Chief Medical Advisor to the President of the USA, the CDC, Johns Hopkins University and other medical research institutions, a surge is not expected. (2). The number of hospital admissions per 100,000 in Alexandria has fallen to 1.6% (which is a low measurement rating). (3). The in-patient bed utilization per 100,000 in Alexandria is 1.5% (which is also considered low) (4). Cases per 100,000 in the last 7 days are 84.05. (5). Across Virginia 81.4% have received at least one vaccine and 72.8% are fully vaccinated.
(2)	DAAS Staff Report – None.

C. ExCo Discussion Items	
(1)	Bob Eiffert discussed a potential meeting between Hilco representatives (owners of the old Potomac River Generating Station in Old Town North along the Potomac River) and representatives from the COA. Date to be determined to discuss a possible MIALF as part of their construction project.
(2)	Michael Schuster and Ray Biegun shared the amazing work their respective committees have done in housing and outreach for the Age Friendly Final Report to AARP.
(3)	Michael Schuster discussed the categories in the 2023 Resident Summary of the Draft Annual Action Plan for Housing and Community Development FY 2023.

D. COA Action/Decision Items – None.	
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6. Planning for April 10, 2022 COA Monthly Meeting

A. Presentation	
(1)	Office of Emergency Management’s Deputy Emergency Management Coordinator, Mr. Kevin Coleman
(2)	Q & A
B. COA Information only Items	
(1)	Chair Report
(2)	DAAS Staff Report
C. COA Discussion only Items	
(1)	
(2)	

7. Planning for future COA meetings

A. Possible Future Speakers	
(1)	Asst City Manager & Legislative Director, City of Alexandria – Ms. Sarah Taylor
(2)	Families for Safe Streets – Mr. Mike Doyle
B.	

8. Other Business – None.

9. Announcements

A. Next two (2) COA Executive Committee (ExCo) Meetings

(1)	Date: Monday, May 02, 2022 Time: 1:30 – 3:00 PM How: Via Zoom?
(2)	Date: Monday, May 23, 2022 Time: 1:30 – 3:00 PM How: Via Zoom?

B. Next two (2) COA Monthly Commission Meetings

(1)	Date: Thursday, May 12, 2022 Time: 4:00 – 6:00 PM How: Via Zoom ?
(2)	Date: Thursday, June 09, 2022 Time: 4:00 – 6:00 PM How: Via Zoom ?

C. Other Alexandria COA events

	None
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D. Other non-Alexandria COA events

(1)	NVAN Date: Tuesday, April 19, 2022 Time: 09:30 AM How: Via Zoom Host:
(2)	AARP Age Friendly Virginia Date: Friday, May 06, 2022 Time: 11 AM How: Via Zoom Host:

10. Public Comment – None.

11. The meeting was adjourned at 3:05 PM.

St. Martin de Porres Senior Center Report for April COA Meeting 2022

We remain hopeful and encouraged that the transmission of COVID-19 Omicron's community transmission is low and the incidence to the virus continues to decline along with hospital admissions as well. We have now been open for a month and continue to screen the seniors prior to coming to the center. We continue to partner with the Alexandria Health Department (AHD) and continue daily health screening and maintaining COVID-19 precautions. So, we notified all our seniors, volunteers, and families about our reopening plans. Naturally we remind everyone to continue safe practices wearing an approved facial covering, physical distancing, hand hygiene and remaining home when ill. All classes are in person with one to two exercise classes offered virtually. Our average daily census ranges from 12-16 seniors who participate in ESOL, cognitive and physical exercises, trivia, nutrition, and cooking classes. We returned to offering weekly shopping trips, Walking Fit, and SAIL exercise classes at the Patrick Henry Recreation center twice a week. These activities helped the overall wellbeing for the seniors as they were able to participate in activities with their friends.

- The following activities and wellness checks continued throughout March.
 - We continue to do outreach/wellness calls for the seniors meeting basic needs delivering supplies as needed to seniors home bound. The seniors report doing well and appreciated shopping and exercise opportunities.
 - Food and Fun with Chef Phillippe cooking healthy food presentations
 - trivia, puzzles, crossword puzzles, crafts, sudoku and blood pressure checks and various card games as well as group team games like basketball and Target Toss
 - Continued partnership with Charles Houston Senior Center and Alexandria Day Care Center virtual trivia, brain teasers, AFE exercise classes and arts and crafts classes.
 - Two seniors received their COVID-19 booster vaccine. We continue to be available to assist seniors get their booster and answer questions.
 - Hybrid exercise programs such as Arthritis Foundation, Line Dancing and both in person and Zoom SAIL exercise classes.
 - Senior Shopping Trips: weekly trips to Walmart, Landmark Plaza and Target
 - Walking: weekly around the center and past the PHRC
 - SMDP senior center and AHD consult at a minimum of weekly discussing trends and status of Omicron in the local area, SMdP is closely aligned with ALX Moving Forward. We are coordinating with AHD on scheduling the second COVID-19 booster jab. We keep DAAS informed as well.
 - We coordinate with seniors who need food and assistance with utility and rent assistance through Alive, Christ House and DCHS.
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- Submitted by Anne T. Coyne, Senior Center Director, St. Martin de Porres Senior Center. Tele: 703-751-2766. Email: anne.coyne@ccda.net

The Senior Center at Charles Houston March Report for April 2022 Meeting

March started with fitness and nutrition as top priorities for Senior Center participants. Our bi-weekly walks continue to remain popular and well attended. Twenty-two participants were also able to enjoy a trip to Washington DC to see the Cherry Blossoms at the peak of their bloom.

Other notable activities and events during February include:

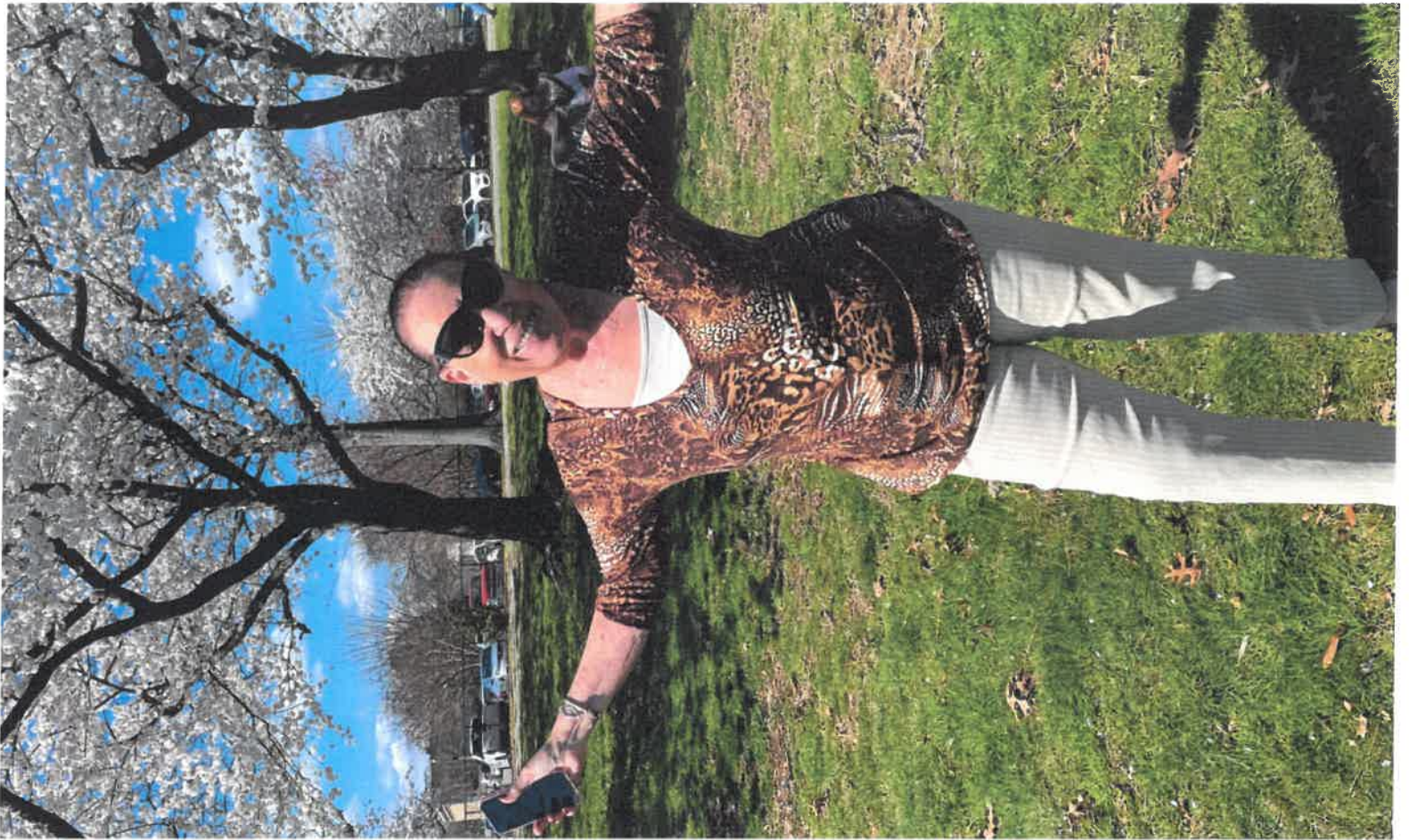
- **Wellness/Informative Wednesday Presentation – Chef Philippe cooking demo**
Featured three types of ways to prepare asparagus. Participants were engaged and eager to try this recipe at home.
- **Weekly Thursday Shopping Trip – Trips to local area markets and grocery stores, including Walmart, Dollar Tree, Roses, and the Dutch Amish Market to enable participants to purchase food, medical supplies, and essential household items.**
- **Weekly Walking Cub – We continue our walks twice weekly at the Pentagon city Mall. Participants have downloaded a health app on their phones to track their daily steps.**
- **Arthritis Exercise Class – Participants enjoyed a virtual exercise class over Zoom twice during the month. The Center has a monthly average of eleven duplicated participants in the exercise class.**
- **Goody Bag Distribution – Staff did not distribute goody bags to participants this month.**

- **Women’s History Celebration for eighteen participants with the health department’s approval based on all Covid protocols they suggested. CH staff followed all guidelines and provided a safe environment for participants. Six participants shared a reflection and celebrated the women that have made significant contributions to society.**

Staff continues to provide weekly wellness telephone checks, weekly teleconferences & zoom virtual activities. Virtual activities include Bingo and cognitive/brain teaser exercises (i.e., scavenger hunt, geography, general and television trivia, word search, word scramble, and rebus puzzles). For the month of March, we included Woman’s History activities and information on healthy eating.

The Center is slated to reopen in April for in person activities. Staff will have two groups that will alternate days of participation. Staff are busy prepping all areas of service to provide participants a safe and fun environment to resume planned pre-pandemic activities.

***Submitted By:
Pamela Guerra, Senior Center Manager
Senior Center @ Charles Houston***







April 7, 2022

To: Commission on Aging
From: Mary Lee Anderson, Executive Director
Senior Services of Alexandria
Subject: Update on Senior Services of Alexandria

Many thanks to COA members David Kaplan and Gerri Wallace for being Meals on Wheels “Champions” in March! SSA can always use volunteers to deliver meals, as well as for our Friendly Visitor and Groceries to Go programs. It’s a wonderful way to connect with the older adults we serve. Please give me a call at 703 836 4414 ext 111 to find out more.

Come to Beatley Library at 10am on April 21 for Senior Services of Alexandria’s in-person workshop on floral arranging with the Red Hill Garden Club. Whether you are a gardener or not, everyone loves spring flowers, and this will be a fun event. Join us and see how easy it is to make simple arrangements. Flowers will be supplied. All you need to bring is a pair of shears or scissors. The workshop is limited to 30 people and masks and proof of vaccination are required. RSVP at www.seniorservicesalex.org or call 703-836-4414, ext. 110.

SSA’s annual gala will be held at the Westin Alexandria on Friday, May 6 from 6:30-10:00pm. The evening will include cocktails, a silent auction, gourmet dinner, and a live band with dancing! We will also have a raffle for two tickets to Lady Gaga’s August 8 concert at Nationals stadium, plus dinner and transportation. We will be honoring Hon. Del Pepper, Janet Barnett, Gerry Cooper, and Vanessa Greene for their wonderful service to our community. Tickets are available on SSA’s website: www.seniorservicesalex.org

**Adult Day Services Center
Report to the Commission on Aging
April 2022**

After two-years of being temporarily closed due to the covid-19 pandemic, the adult day services center has finally resumed its operations as of Monday April 4, 2022.

ADSC will continue to follow CDC, Alexandria Health Dept., and DCHS guidelines such as requiring masks and 6ft social distancing. We will also continue to encourage everyone to wash hands often or use hand sanitizers.

Signs are posted to inform members, families, and visitors to do not enter the center if you are sick, have a fever or symptoms of covid-19. Furthermore, if members are positive of covid-19 they must stay home and follow the health dept.'s return to program guidelines.

Despite the physical, mental, and emotional toll our population has faced these last two years, the program is ready to improve the health and well-being of every participant member in the program and provide a safe and joyful environment.

Stay tune and stay safe.

**Darrell Wesley,
Program Director, Alexandria Adult Day Services Center**

Minutes from March 2, 2022 meeting of the Economic Development Committee

Attending: Mary Lee Anderson; Sandy Freedman; Sylvia Benatti, Jane King, Jim Lindsay, Pat Miller, Evelyn Quiles (City Staff Coordinator).

Absent: Gerri Wallace

The meeting began at 10:00 a.m.

It was noted that Committee meetings continue via Zoom.

Senior Consumers. Renewed focus is on adding businesses to the Silver Service Card program. Committee members are encouraged to get involved. Pat Miller and Mary Lee will do outreach in Del Ray the afternoon of 3/14.

Senior Employment. Goal is to help seniors find employment and to encourage businesses to hire. Evelyn Quiles is managing the Work Based Learning Initiative in addition to her responsibilities as Senior specialist. 33 residents have been enrolled in the program, five are 50+. Interviews are underway for the new WDC Director, and they are also interviewing for three open employment specialist positions. This has delayed scheduling of a resume workshop by Annabelle and Sylvia, which may happen in April to coincide with the kickoff of their Senior Entrepreneur non-profit.

Seniors as Entrepreneurs. Website is being finalized and plans underway for an event on 4/19 from 2-3pm for businesses and organizations who serve seniors who may be interested in the opportunity. Sylvia and Annabelle will work with WDC to confirm location and to assist with promotion.

SNAP for Seniors. The Elderly Simplified Application is effective 3/1/22. It is an abbreviated form and the certification for seniors is extended. SSA now has 10 SNAP clients in the Groceries to Go program and new DAAS caseworks are making more referrals.

Senior Ambassadors First Spanish language training was held on 2/23 and Margaret Shetler will be providing weekly updates in Spanish. SSA has reached out to everyone who has been trained to verify their continued engagement.

Livable Community Plan Jane King is preparing final report for AARP and will send information to Evelyn so that she may update goals, accomplishments and outcomes from a WDC perspective. She will be presenting at the SSA March 17 Speaker Series event, to highlight achievements of the 2018-2021 plan and get input on goals for the next three years.

The meeting was adjourned at 10:42 a.m.

The next meeting will be held Wednesday, April 6 at 10:00 a.m. via Zoom.

Submitted by: Mary Lee Anderson

Minutes from April 6, 2022 meeting of the Economic Development Committee

Attending: Mary Lee Anderson; Sandy Freedman; Sylvia Benatti, Jane King, Jim Lindsay, Evelyn Quiles (City Staff Coordinator).

Absent: Pat Miller, Gerri Wallace

The meeting began at 10:06 a.m.

It was noted that Committee meetings continue via Zoom.

Senior Consumers. Renewed focus is on adding businesses to the Silver Service Card program. Committee members are encouraged to get involved. Pat Miller and Mary Lee were unable to do Del Ray outreach in March, will reschedule for later this month.

Senior Employment. *Goal is to help seniors find employment and to encourage businesses to hire.* Evelyn Quiles is managing the Work Based Learning Initiative in addition to her responsibilities as Senior specialist. Announcements for the new WDC Director, and three open employment specialist positions are expected soon. Many older adults seeking help from WDC are experiencing lack of confidence, which impacts their success in getting hired. WDC is developing workshops geared towards this issue, wardrobe updates, and peer support groups.

Seniors as Entrepreneurs. Website is still being finalized and plans were delayed for kickoff event, now planned for 5/19 at Beatley Library. They have connected with the Small Business Development Center for support. Mary Lee will provide a congratulatory message for the website nlt 4/8.

SNAP for Seniors SSA has 10 SNAP clients in the Groceries to Go program and new DAAS caseworkers are making more referrals. Application for a grant to support SNAP outreach will be submitted. Grocery program hopes to find volunteers who speak Spanish and Amharic to expand outreach to those communities.

Senior Ambassadors First Spanish language training was held on 2/23 and AARP will be hosting a presentation in Spanish for those ambassadors later this month.

Livable Community Plan Jane King is preparing final report for AARP and will schedule time to review WDC information with Evelyn so that she may update goals, accomplishments and outcomes from a WDC perspective.

The meeting was adjourned at 10:31 a.m.

The next meeting will be held Wednesday, April 6 at 10:00 a.m. via Zoom.

Submitted by: Mary Lee Anderson