

ALEXANDRIA COMMISSION ON AGING MEETING AGENDA

Virtual Meeting: Thursday, January 13, 2022; 4pm

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.

https://zoom.us/webinar/register/WN_5Vq0LkPxQuOmt1DgON4WjQ

Meeting ID: 935 7751 7116

Password: 251935

Phone In number: 301-715-8592

MEMBERS: Please read through the Agenda and have available for reference at the meeting.

1. Call to Order
2. Approval of Agenda
3. Approval of December 2021 minutes
4. Alexandria Police Department Liaison Report – Sgt. Ian Torrance
5. Special Presentation: Terri Lynch– see attached
6. Executive Committee Report– see attached
7. Discussion / Action Items
 - A. Thank you Ray Biegun - new Chair, Outreach Committee
Thank you David Kaplan & Bill Campbell for Co- Chairing Transportation Committee
 - B. Outreach Committee needs a Co-Chair
 - C. COVID-19 Vaccinations Updates – booster shots: Gerri Wallace
8. **Liaison Reports - Please provide a written summary to Pamela.Austin@alexandriava.gov**
 1. Division of Aging and Adult Services – Terri Lynch
 2. INOVA Alexandria Hospital
 3. Human Rights Commission – Lynette Foster
 4. AHA – Bob Eiffert
 5. AARP – Jane King
 6. NVAN – Babs Waters / Terri Lynch
 7. St. Martins Senior Center – Anne Coyne– see attached
 8. Virginia Hospital Center – Kate Chutuape
 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 – 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

9. Committee Updates

1. Housing – Chair, Michael Schuster– see attached
2. Outreach Committee – December meeting cancelled
3. Transportation – Chair, Ray Biegun– see attached
4. Economic Development – Chair, Mary Lee Anderson– see attached
5. Strategic Planning – Chair, Babs Waters
6. Health /Dementia Friendly Committee
7. By-Laws – Chair, Michael Kreps
8. Advocacy – ad hoc

10. Other Business

11. New Business

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

Next Commission Meeting: Virtual Meeting; Thursday, February 10th, 2022, 4pm

Next Executive Committee Meeting: Virtual Meeting; Monday, January 31st, 2022, 1:30pm

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 an 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

Income Guidelines - Programs for Elders

	Family Size		Program Using Guideline			
	1	2				
	Annual Income					
	1	2				
	Monthly Income					
	1	2				
1	SSI - 300%	\$ 30,276	\$ 45,396	\$ 2,523	\$ 3,783	Commonwealth Coordinated Care Waiver
2	SSI - 165%	\$ 16,652	\$ 24,968	\$ 1,388	\$ 2,081	Medicaid Personal Maintenance Allowance
3	SSI Eligibility	\$ 10,092	\$ 15,132	\$ 841	\$ 1,261	
Poverty Guideline						
4	100%	\$ 12,880	\$ 17,420	\$ 1,073	\$ 1,452	QMB - Qualified Medicare Beneficiary
5	120%	\$ 15,456	\$ 20,904	\$ 1,288	\$ 1,742	SLMB - Specified Low-Income Medicare Beneficiary
6	125%	\$ 16,100	\$ 21,775	\$ 1,342	\$ 1,815	OAA Title V - Sr Comm Srv Employment Program
7	130%	\$ 16,744	\$ 22,646	\$ 1,395	\$ 1,887	
8	135%	\$ 17,388	\$ 23,517	\$ 1,449	\$ 1,960	Qualifying Individual
9	138%	\$ 17,774	\$ 24,040	\$ 1,481	\$ 2,003	Medicaid Expansion
10	150%	\$ 19,320	\$ 26,130	\$ 1,610	\$ 2,178	M'care Pt D Extra Help; Senior Cooling, PERS
Virginia Median Income						
11	100%	\$ 56,664	\$ 74,088	\$ 4,722	\$ 6,174	
12	60%	\$ 33,998	\$ 44,453	\$ 2,833	\$ 3,704	
13	50%	\$ 28,332	\$ 37,044	\$ 2,361	\$ 3,087	VDSS Adult Services, General Relief
DC Area Median Income						
14	100%	\$ 90,300	\$ 103,200	\$ 7,525	\$ 8,600	
15	80%	\$ 77,400	\$ 82,560	\$ 6,450	\$ 6,880	
16	67%	\$ 60,501	\$ 69,144	\$ 5,042	\$ 5,762	
17	50%	\$ 45,150	\$ 51,600	\$ 3,763	\$ 4,300	
18	30%	\$ 27,090	\$ 30,960	\$ 2,258	\$ 2,580	

**Alexandria Commission on Aging (COA)
 Executive Committee (ExCo) Meeting (Virtual via Zoom)
 Monday, January 3, 2022 1:35 – 3:00 PM**

This meeting was held electronically. A determination was made that it was not safe enough to be held in person.

MEETING NOTES

Members Present:

Barbara “Babs” Waters (COA Chair), Barbara D’Agostino (COA Vice Chair), Mary Lee Anderson, Raymond “Ray” Biegun, Michael Schuster, Lois Steele, Gerri Wallace

Staff Members Present:

Terri Lynch

Guests Present:

Bob Eiffert, Jane King

1. **Welcome**
2. **Call to Order:** COA Chair, Babs Waters called the meeting to order at 1:35 PM.
3. **The Agenda was approved.**
4. **Committee Reports** (see individual Committee Meeting Notes)

A.	Economic Development Committee	Mary Lee Anderson, Chair. Meets 1st Wednesday, 10am
B.	Outreach Committee	Meets 4th Wednesday, 11:30am.
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	Ray Biegun, Chair. Meets 3rd Monday, 4:30pm.
F.	Health/Dementia Friendly Committee	Meets as needed.

5. COA Executive Committee (ExCo) Business Meeting

A.	Presentation - None	
B.	ExCo Information only	
	(1)	Chair Report.
	(a)	Meetings with new Council members: Kirk McPike was on January 5. Meetings with Alyia Gaskins and Sarah Bagley will be on January 25
	(b)	Age Friendly Plan Update - Jane King, Michael Schuster. The current June 2018 Age Friendly Plan covered the years 2019-2021, and has ended. Jane and Michael are working on evaluations for our three-year accomplishments (Goals, actions, accomplishments, obstacles, and what we were not able to accomplish). They are trying to get updated criteria/formats and possible survey requirements from AARP for the evaluations of completed three year plans – Age Friendly is a relatively recent effort on the part of AARP and AARP is still working on the final evaluation guidelines. After evaluations are completed, an updated plan can be prepared, submitted to City Council for approval, and then submitted to AARP for the years 2022-2024. We are

	aiming to finalize a new plan by late spring 2022. Committees should continue to plan future goals and actions. The COA can be proud of its accomplishments having completed or exceeded items in the 2018 plan. This has resulted in major accomplishments in support of the aging population in the City of Alexandria.
(c)	COVID-19 vaccinations updates: Babs provided an update and Introduced new COA member Gerri Wallace who has volunteered to provide COVID-19 updates in the future.
(2)	DAAS Staff Report

C.	ExCo Discussion Items
(1)	Committee Leadership opportunities and vacancies (a) Outreach Committee (Co-chairs): Ray Biegun has volunteered and we are looking for a co-chair. (b) Transportation Committee (Co-chairs): David Kaplan and Bill Campbell have volunteered.

D.	ExCo Action/Decision Items – The ExCo unanimously agreed that we should have a May 2022 program to honor people who have significantly contributed to aging programs in Alexandria. This was skipped in 2021 due to the pandemic.
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6. Planning for Thursday, January 13, 2022 Commission on Aging Meeting

A.	Presentation
(1)	Ms. Terri Lynch
(2)	Q & A
B.	COA Information only Items
(1)	Chair Report (a) COVID-19 vaccinations update (b) Age Friendly Plan Update
(2)	DAAS Staff Report
C.	COA Discussion only Items
	Committee Leadership opportunities and vacancies (a) Outreach Committee (Co-chairs) (b) Transportation Committee (Co-chairs)
D.	COA Decision only Items

7. Planning for future COA meetings

A.	Possible Future Speakers
(1)	February: Debra R. Collins, Deputy City Manager
(2)	March: Cherry Blossom PACE (Program of All-Inclusive Care for the Elderly)

B. Additional items - Please submit other proposed speakers to babswaters@comcast.net

8. Other Business – None.

9. Announcements

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

(1)	Date: Monday, January 31, 2022 Time: 1:30 PM – 3:30 PM via Zoom
(2)	Date: Monday, February 28, 2022 Time: 1:30 PM – 3:30 PM via Zoom

B. Next two (2) COA Monthly Commission Meetings

(1)	Date: Thursday, February 10, 2022 Time: 4:00 – 6:00 PM via Zoom
(2)	Date: Thursday, March 10, 2022 Time: 4:00 – 6:00 PM via Zoom

C. Other Alexandria COA events

	None
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D. Other non-Alexandria COA events

(1)	NVAN Meeting Date: Tuesday, January 11, 2022 Time: 9:30 – 11 AM via Zoom Host: Prince William County COA

10. Public Comment – None.

11. The meeting was adjourned by Babs Waters at 3:00 PM.

(Notes prepared by Ray Biegun.)

St. Martin de Porres Senior Center COVID-19 Report January 2021

During the month of December and the senior center's second month for reopening we noted our attendance began to slowly increase as seniors were comfortable returning and to see their friends again. It was great to see how everyone abided by safe COVID-19 practices facial covering, physical distancing, hand hygiene and remaining home when ill. Our average daily census for the month was 18. Most seniors signed up for two days a week and some requested to come an extra day during the week. Our popular days were Tuesday where we offered two ESOL classes for beginners and intermediate speakers. It was great to see everyone enjoying themselves and staying COVID free. Our focus continues to keep safety front and center adhering to COVID-19 health screening practices. Our activities were primarily in person with some hybrid activities in the afternoon for those who are home or would like to participate virtually.

- The following activities and wellness checks continue:
 - 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 are hopeful for reopening.
 - Food and Fun with Chef Philippe
 - 46 Activity Kits with trivia, puzzles, crossword puzzles, crafts, sudoku and fav holiday recipes
 - Continued partnership with Patrick Henry Recreation Center (PHRC) for senior Pop-Up exercise and arts and crafts
 - Intergenerational activities were fun with 10 Hayfield High School students and the seniors
 - We registered 15 seniors for their COVID-19 booster vaccine at the PHRC. We continue assisting seniors get their booster and answer questions.
 - Virtual programs such as robust Zumba, Line Dancing, and Zoom SAIL exercise classes.
 - Senior Shopping Trips: This month the seniors participated in weekly shopping trips. Seniors requested weekly trips to Walmart and Family Dollar Store, and Landmark Plaza.
 - The combined Holiday and birthday celebration was led by the St Jude Children's choir
 - Senior capacity limited to 20 seniors per day. Average Daily Census was 18.
 - Due to rising positivity rate of 16 and the increase of Omicron in the local area, the Alexandria Health Department advised us to temporarily close for the month of January. SMdP is closely aligned with ALX Promise Gold protecting our community and seniors during COVID-19.
 - All meals from Jeffrey's Catering service went well. Seniors enjoyed a delicious holiday turkey meal and all the fixings.
 - DAAS Bus transportation is going well averaging 4-10 riders. Others walk here from their homes

- 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
December 2021 Report for January 2022 Meeting**

Staff continue to provide weekly wellness telephone checks, weekly teleconference & 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 December, we added holiday themes to the brain teasers. SC@CH Staff also continue to coordinate with the other two senior sites (St. Martin's and ADSC) for possible combined virtual cognitive and physical activities.

Other notable activities and events during December include:

- **Wellness/Informative Wednesday Presentation – Chef Philippe conducted a cooking demonstration on how to prepare Kamala Harris' Cornbread Dressing;**
- **Weekly Thursday Shopping Trip – Trips were provided to local area markets and grocery stores, including Walmart, Dollar Tree, and the Dutch Amish Market to enable participants to purchase food, medical supplies, and essential household items;**
- **Weekly Monday Walking Cub – Participants enjoy a weekly walk at Belle Haven Park to stay active and fit. The Center has a monthly average of 9 participants that consistently participate in the walking club;**
- **Arthritis Exercise Class – Participants enjoy a virtual exercise class over Zoom twice during the month. The Center has a monthly average of 13 duplicated participants in the exercise class; and**
- **Goody Bag Distribution – SC@CH Staff put together goody bags with special treats and holiday gift cards for each participant. The goody bags also contained PPE (masks, gloves, and sanitizer) for everyone. Staff continue to encourage seniors to wear masks, practice good hand washing, and utilize other mitigation measures to keep themselves safe during the pandemic.**

Lastly, our seniors were able to have some festive fun by attending a Holiday Dinner/ Dance party with the Departmental Club and Mt. Vernon Recreation Center. In addition to snacking on holiday goodies, the seniors were not shy to show off their dance moves.

Our seniors continue to be in high spirits despite the ongoing pandemic. Their daily needs seem to be met and if a situation arises that they are unable to handle, SC@CH Staff direct and oftentimes guide them to the correct service provider/resource.

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

Seniors on the Bus to Belle Haven for their Monday walk



Departmental Club and Mt Vernon
Rec Staff Holiday Party







January 10, 2022

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

Senior Services of Alexandria (SSA) is hosting a virtual "Senior Living in Alexandria" workshop on "Help for Family Caregivers" on Thursday, January 20 at 10am via Zoom. Come learn about AARP's top resources for caregivers, in-home care options, and the new PACE program which provides health care and support for aging adults at home. It is a free session by zoom, and open to the public. To register go to www.seniorservicesalex.org, or call 703-836-4414, ext. 110. You will receive the zoom link the week of the workshop

The Mayor and all members of City Council will be delivering meals on wheels on January 17 as part of the MLK Day of Service. The Sheriff's Office and the Alexandria Police Department helped deliver meals on January 3, when the City was hit with a major snowstorm. SSA is proud to have this level of support for Alexandria's older adults by the leaders of our City. If you have the opportunity, please thank them!

Snow Buddy is a Volunteer Alexandria program which provides snow removal and sidewalk treatment for eligible Alexandrians. Volunteers are matched with low-income seniors or homebound or disabled residents who are physically unable to do it themselves, cannot afford to pay for this service, and/or do not have neighbors, family, or friends to assist them. Eligible applicants need to verify that they are homebound, disabled, **and/or** sixty years old or older, and that the total household income is at or below \$48,508. You need to sign up for the program before it snows. For more information, please call 703-836-2176, email emergencyresponse@volunteeralexandria.org or go to <https://www.volunteeralexandria.org/snow>

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

Happy New Year to the Commission, liaisons, and guests.

As we embark on a new year the Adult Day Services Center continues to conduct meetings on how to reopen the program in a safe manner. Unfortunately, with the increase transmission of Covid-19, the health dept. along with dept. leaders have advised the program not to reopen in January as planned. Furthermore, the center continues to deal with staff shortages which will make it difficult to reopen at this time as well.

However, as we continue to monitor the pandemic monthly, we are still optimistic that we will reopen soon and safely.

Until such time the activities dept. continues to provide weekly virtual programming as well as friendly phone and video calls to participants and caregivers.

On behalf of all the staff at ADSC we want to thank our families and members for their patience and understanding during this difficult time.

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

HOUSING (Draft – 1/3/2022)

GOAL	RESULTS and OUTCOMES	ACCOMPLISHMENTS	NEXT STEPS
<p>Determine prospective benefits and challenges regarding Accessory Dwelling Units (ADUs)</p>	<p>On January 23, 2021, the Alexandria City Council approved a new ordinance allowing for the creation of ADUs</p>	<p>Both the Commission and its Housing Committee held several briefings on the propose ADU ordinance with the city’s Departments of Housing and Planning and Zoning. The Housing Committee Chair testified in support of the proposed ordinance at the council’s meeting on January 23, 2021.</p>	<p>The CoA plans to conduct outreach on the new ordinance and the value of ADUs for older adults.</p> <p>In eighteen (18) months, the Department of Planning and Zoning will come back to the City Council for an update and with recommendations for any necessary changes.</p>
<p>Develop public and private mechanisms to enhance availability of affordable assisted living in Alexandria</p>	<p>The Alexandria City Department of Housing approved on December 12, 2020, a policy allowing developers an increase in density in exchange for a commitment to include a certain amount of affordable housing (60% of AMI or lower) within the development.</p> <p>A concept plan for a mixed income,</p>	<p>The Office of Housing convened a developer contribution work group, which met in the early spring and summer of 2019. The Alexandria Housing Affordability Advisory Committee (AHAAC) adopted recommendations for developer contributions in September 2019, which the Commission on Aging (CoA) supported. The city revised the recommendations, which the CoA also supported.</p> <p>Although there has been a 62% decrease in affordable (households earning 60% of the AMI) housing units from 2000 to 2021, due to the</p>	<p>The next steps are to monitor compliance with the developer contribution policy and to find a suitable site for a MIAALF. The MIAALF concept is currently in the formative stages.</p>

	<p>affordable assisted living facility (MIAALF) was completed in 2019. City officials are supportive of the concept</p>	<p>pandemic, there was a substantial increase in the past year – a total of 6977 affordable units.</p> <p>Two CoA Housing Committee members met with the Alexandria Housing Development Corporation Director and the Directors of the City Departments of Housing and Planning and Zoning, all of whom are supportive of the concept. CoA members also met with City Councilors to explain the concept.</p>		
<p>Work with key organizations and individuals to incorporate “housing for a lifetime” features in both new and redeveloped housing.</p>	<p>Senior Services of Alexandria (SSA) recruited and trained close to 100 Community Ambassadors (“Senior Ambassadors”), exceeding the goal of 50 recruits. The ambassadors provide information to their respective communities concerning programs and services available within Alexandria to assist older residents remain in their own</p>		<p>The CoA and its partner, SSA, will focus on expanding outreach on dementia friendly initiatives and community training.</p>	

	homes for as long as feasible.			

Commission on Aging - Transportation Committee

December 20, 2021 4:37 PM Via Zoom

Meeting Notes

Members: Ray Biegun (Chair), Charles Bailey, Bill Campbell, Alan Dinsmore, Cedar Dvorin

Staff: Debbie Ludington (DAAS)

Introductions: None required.

Review and Approval of the Agenda – A motion was made and seconded to approve the agenda (previously provided by the Chair). Note: At the meeting start, we did not have the requisite number of members to approve the agenda, so the item was tabled. Once we had the minimum essential number of members on the Zoom call, the agenda was approved.

Discussion

1. The Chair gave a brief review of what occurred at the most recent Alexandria Families for Safe Streets (AFSS) meeting (the Chair and Charles Bailey attended). Most of the AFSS meeting centered around discussion of the "Near Miss" data being recorded via the group's Dashboard. The group is doing analyses to see if any correlations can be identified between the reporting of "near misses" and actual accidents in related areas. There was a comment that Dashboard information appeared to show that "Near Miss" reporting is trending up. There was also a discussion that there may be value in looking at the time of day that data is recorded (perhaps a need/desire to adjust the data graphs).
2. A major item on the agenda was to discuss evaluation requirements for the AARP Alexandria Age Friendly Plan, which are being worked on by Jane King and Michael Schuster. Neither Jane or Michael were not present and the discussion on the topic was tabled.
3. The Chair indicated that the Alexandria Bicycle and Pedestrian Advisory Committee (BPAC) was in the process of identifying a new Chair and that efforts to contact them for information on their next meeting have not been effective. In the last TCom meeting, Bill Campbell had volunteered to be the liaison to BPAC, and he indicated that he's not had any contact with anyone in the group. Ray and Bill will work together to identify good contacts and get information on the next BPAC meeting.
4. There were two general comments. One concerned the need for us to reach out to the DASH folks to help them ensure that information is being dispersed as widely as possible to current and potential ridership. Another concerned looking into possible improvements to the intersection of Mt. Vernon Avenue and West Glebe Road. Charles said he would contact Mike Doyle (AFSS). Mike Doyle was interviewed on the local news and his group is very concerned about that intersection.

Other Business: None.

Public Comment: None.

Adjournment: Meeting adjourned at 4:53 PM

Next meeting: Monday, January 17, 2022, 4:30 PM via Zoom.

Minutes from December 1, 2021 meeting of the Economic Development Committee

Attending: Mary Lee Anderson; Sandy Freedman; Annabelle Reitman; Babs Waters; Evelyn Quiles (City Staff Coordinator). Gerri Wallace, Guest

The meeting began at 10:05 a.m.

It was noted that Committee meetings continue via Zoom.

Senior Consumers. Renewed focus in January on adding businesses – Committee members are encouraged to get involved.

Senior Employment. *Goal is to help seniors find employment and to encourage businesses to hire.* WDC has a new work-based learning program which connects employers with residents looking for work. Program covers hourly wages for three months. Evelyn Quiles will distribute info to ACHSO members.

Seniors as Entrepreneurs. Annabelle Reitman and Sylvia Benatti are awaiting approval from the IRS. They have a business plan in development. Evelyn Quiles agreed to introduce them to the AEDP and Small Business Office to get advice and support. Hoping for launch of business in March or April. They would like to present to WDC about senior entrepreneurship.

SNAP for Seniors. Sandy Freedman and Margaret Shetler are working with several organizations to assist older adults with applications for SNAP benefits.

Senior Ambassadors A training session for new ambassadors is scheduled for December 20. New members of the COA have been encouraged to participate.

Livable Community Plan Jane King is preparing final report for AARP and will work with Committee Chairs to develop plans for the next three-year plan.

Public Comment. Gerri Wallace indicated she would like to become a permanent member of this Committee. She will follow up with Babs to make this official!

The meeting was adjourned at 10:33 a.m.

The next meeting will be held Wednesday, January 5, at 10:00 a.m. via Zoom.

Submitted by: Mary Lee Anderson