

ALEXANDRIA COMMISSION ON AGING MEETING AGENDA

Virtual Meeting: Thursday, February 10, 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 January 2022 minutes
4. Alexandria Police Department Liaison Report – Sgt. Ian Torrance
5. Special Presentation: Ms. Debra Collins, Deputy City Manager
6. Executive Committee Report
7. Discussion / Action Items
 - A. Welcome Mr. Christopher Moore, Director, DAAS
 - B. Thank you Barbara D’Agostino, Co-Chair of Outreach Committee
 - C. Update on DCHS: Bob Eiffert
 - D. Update on Age Friendly Plan
 - E. 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/Christopher Moore
 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/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
22. Housing Affordability Advisory Committee, AHAAC – Jan Macidull
23. Alexandria Housing Action Plan - Michael Schuster

9. Committee Updates

1. Housing – Chair, Michael Schuster
2. Outreach Committee – Co-Chairs, Ray Biegun & Barbara D’Agostino
3. Transportation – Co-Chairs, David Kaplan & Bill Campbell – January meeting cancelled
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 – ad hoc

10. Other Business

11. New Business

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

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

Next Executive Committee Meeting: Virtual Meeting; Monday, February 28th, 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

St. Martin de Porres Senior Center COVID-19 Report February 2022

At the end of December, the Alexandria Health Department (AHD) advised us that due to rising transmission rates and the highly contagious nature of Omicron in the city it was advised the center should temporarily close beginning 3 January. The hope was the center would not be closed for an extended period of time as Omicron positivity would start to come down quicker than Delta. So, we notified all our seniors, volunteers and families about the closure and would keep everyone informed of status. Naturally we reminded everyone to continue safe practices wearing an approved facial covering, physical distancing, hand hygiene and remaining home when ill. Since we are not strangers to safe COVID practice we reverted from us in person and hybrid programs to virtual programs such as ESOL, cognitive and physical exercises, trivia, nutrition, and cooking classes.

- The following activities and wellness checks continued throughout January:
 - 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
 - 44 Activity Kits with trivia, puzzles, crossword puzzles, crafts, sudoku and fav recipes
 - Continued partnership with Charles Houston Senior Center and Alexandria Day Care Center virtual trivia, brain teasers, exercise and arts and crafts classes.
 - We registered 2 seniors for their COVID-19 booster vaccine. We continue to be available to assist seniors get their booster and answer questions.
 - Virtual programs such as Zumba, Arthritis Foundation and Zoom SAIL exercise classes.
 - Senior Shopping Trips: initially temporarily suspended due to schedule conflict with another virtual class.
 - SMDP senior center and AHD consult as often as needed to discuss trends and status of Omicron in the local area, SMdP is closely aligned with ALX Promise Gold protecting our community and seniors during COVID-19. We reach out to all seniors for wellness checks and reassure seniors we are here for them and will reopen as soon as we are permitted. We keep DAAS informed as well.
 - We coordinate with seniors who need food and rental assistance through Alive, Christ House and DCHS.
 - Next Month's plan is to change shopping trips using DAAS Bus transportation to Mondays. And offer transportation to exercise class at PHRC or Walking in doors.
 - At this time, we do not have a reopen date. We are ready and hope to reopen when safety permits.
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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
Report for January 2022

January was a difficult month with the increase of positive Covid cases due to the Omicron variant. Both Staff and participants exercised greater caution through social distancing, upgrading face masks to N95's, and being more diligent with proper hand washing techniques and frequency to prevent further spread of Covid -19.

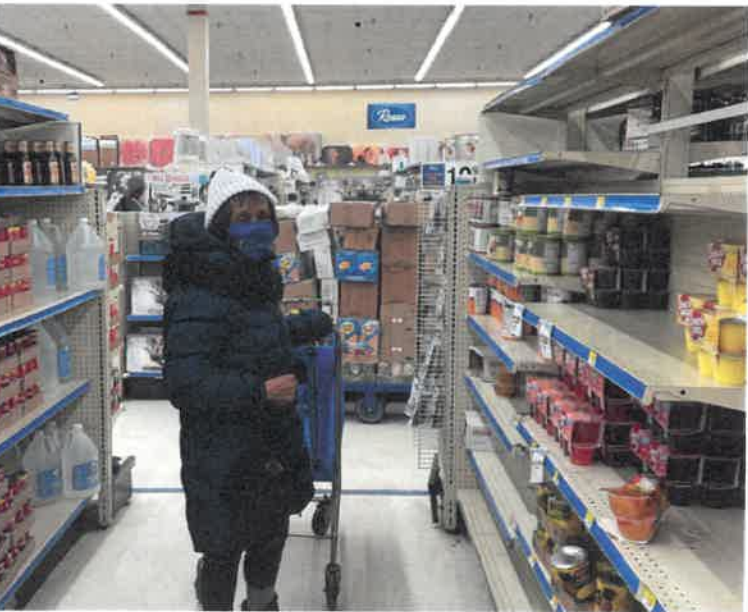
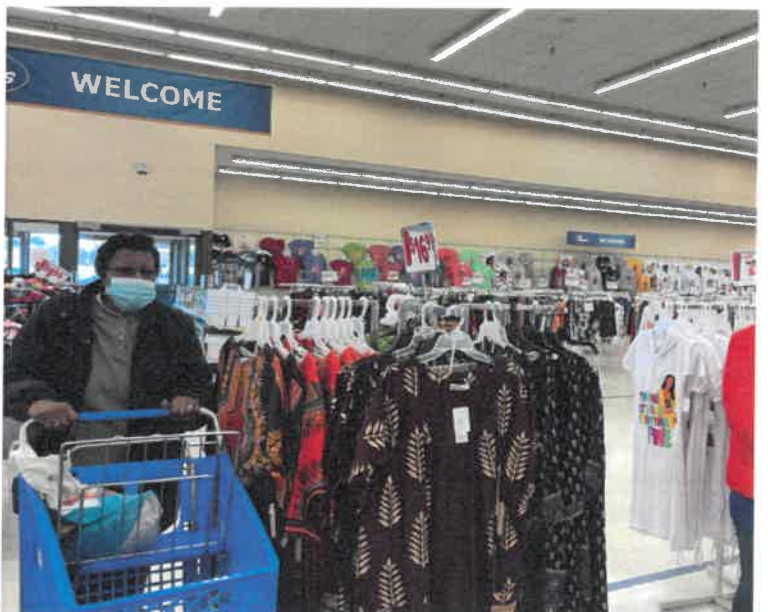
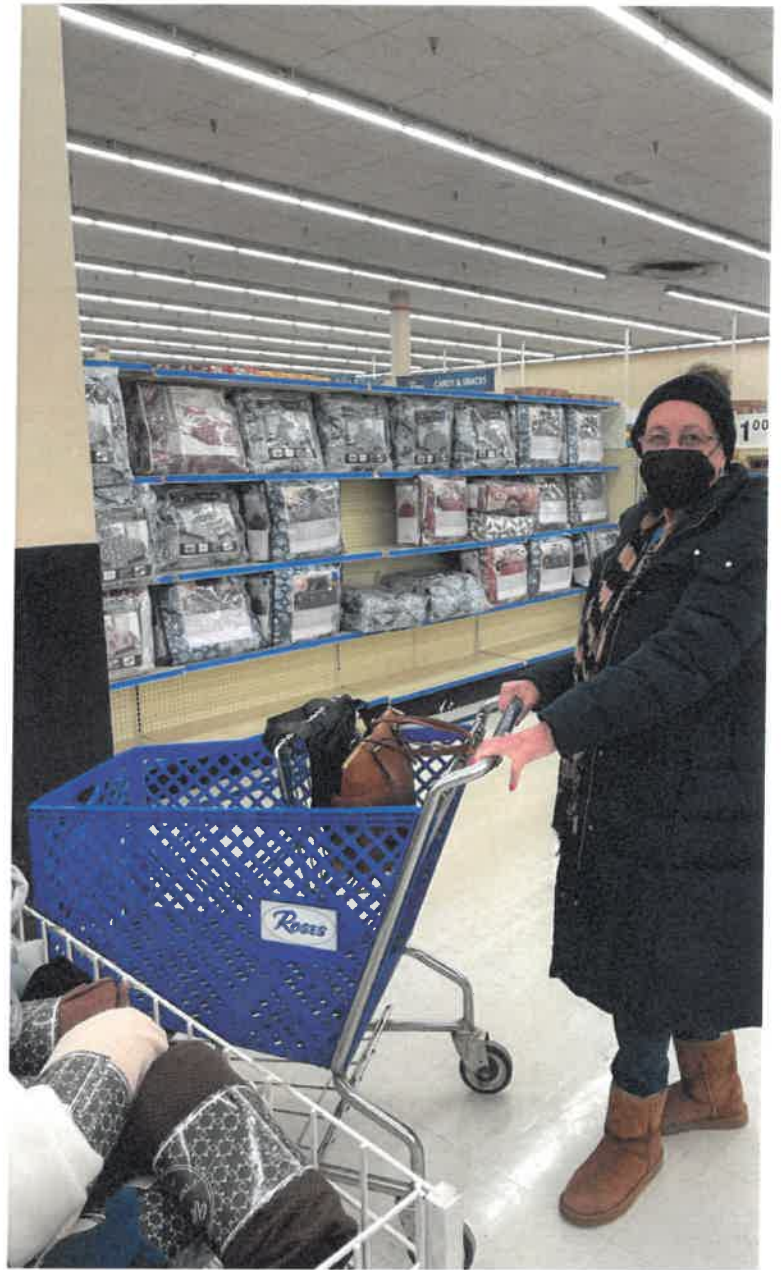
The Staff continues to conduct weekly wellness telephone checks, weekly teleconference, and virtual Zoom activities. Virtual activities included: Bingo and cognitive/brain teaser exercises such as: scavenger hunts, geography knowledge questions, general and television trivia, word search, word scramble, and rebus puzzles). For the month of January, we added MLK themes to the brain teasers.

Other notable activities and events during January included:

- **Wellness/Informative Wednesday Presentation – Unfortunately, we had to cancel/postpone both presentations in January. Presentation Number 1 Chef Philippe cooking demonstration was postponed due to weather. Presentation Number 2 with Giant pharmacist, Arzu Moosvi was cancelled due to unforeseen schedule conflict. We hope to re-schedule each of these presentations as soon as schedules permit.**
- **Weekly Thursday Shopping Trip – Traveled to local area markets and grocery stores, including Walmart, Dollar Tree, Roses, and the Dutch Amish Market to allow participants to purchase food, medical supplies, and other essential items (personal and household).**
- **Weekly Monday Walking Club – Due to inclement weather, participants did not have an opportunity to walk at Belle Haven Park as scheduled.**
- **Arthritis Exercise Class – Participants enjoyed a virtual exercise class over Zoom twice during the month. The average for the two classes was 13 participants.**
- **Goody Bag Distribution – No Goody bags were provided this month.**
- **Staff assisted participants order *Free* Covid Antigen Rapid Test Kits provided by the Federal Government.**
- **Staff continues to work with individual participants to complete and print wallet size medication cards from CVS that highlight medical alerts and ensures all medication needs are current and legible case of emergency.**
- **Aided participants who wanted to take advantage of resources available for free Alexandria Taxi services for Seniors. We will continue to spread the word that this valuable resource is available.**

In Summary, local snow and ice cancelled or postponed many scheduled events; however, participants remain patient and optimistic that better weather will increase Senior Center activities and services. The SC@CH Staff remains committed to providing the best support and service to the participants regardless of obstacles we may encounter.

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





WATERCRESS
\$1.69 BUNCH

ICEBERG ROMAINE
AND REDLEAF
\$2.69 A HEAD

BLANCHED BEETS
\$3.49 BUNCH

BUNCH CARROTS
\$3.19 BUNCH

CELERY
\$2.99

SAM'S WING COUNTER

ZFUS
Poultry



February 3, 2022

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

SSA's February 17th "Senior Living in Alexandria" Cooking with Kole webinar will be a fun, interactive experience in the comfort of your own kitchen. Kole, who presents regularly at the Beatley Library, will guide you through easy-to-follow recipes to prepare with him or at your own convenience. This is a zoom event, free and open to the public. You can register online at seniorservicesalex.org or call SSA's office at 703-836-4414, ext. 110 or by [Clicking here!](#)

Alexandria's Health Department reports that 63 percent of those 65+ have received a booster or third dose. Getting your booster serves as the best protection against COVID-19. Click [here](#) to get information on how to get your booster vaccine, or call the COVID-19 Hotline at 703-746-4988. The Division of Aging and Adult Services provides free transportation to COVID-19 vaccination appointments for residents 60+.

The Alexandria Health Department (AHD) has asked SSA to get the word out to our clients about their Air Cleaning Evaluation (ACE) pilot. This study focuses on patients with chronic respiratory health conditions such as asthma and COPD. Eligible participants will receive up to \$100 and a free in-home air cleaner device.

Minutes from January 5, 2022 meeting of the Economic Development Committee

Attending: Mary Lee Anderson; Sandy Freedman; Pat Miller; Annabelle Reitman; Evelyn Quiles (City Staff Coordinator). Gerri Wallace

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. Pat Miller will work with Mary Lee to get more Del Ray businesses involved.

Senior Employment. *Goal is to help seniors find employment and to encourage businesses to hire.* WDC needs employers to participate in their new work-based learning program which connects employers with residents looking for work. Program covers hourly wages for three months. Evelyn Quiles will get info to Pat Miller to share with Del Ray businesses.

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 More than 100 Senior Ambassadors have been trained, including several new members of the COA.

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.

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

The next meeting will be held Wednesday, February 2 at 10:00 a.m. via Zoom.

Submitted by: Mary Lee Anderson