

ALEXANDRIA COMMISSION ON AGING MEETING AGENDA

Virtual Meeting: Thursday, December 9th, 2021; 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 November 2021 minutes
4. Alexandria Police Department Liaison Report – Sgt. Ian Torrance
5. Special Presentation: Del Pepper
6. Executive Committee Report– see attached
7. Discussion / Action Items
 - A. Thank you to COA members leaving
 - B. COVID-19 vaccinations updates – booster shots: Victoria Almquist
 - C. Outreach Committee needs a new Chair
 - D. Debbie’s retirement party – Dec. 15th at the Lee Center
8. **Liaison Reports - Please provide a written summary to Debbie.ludington@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
 11. Public Health Advisory Commission
 12. Commission on Persons with Disabilities – Michael Kamin
 13. Senior Center @ Charles Houston
 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

9. Committee Updates

1. Housing – Chair, Michael Schuster – see attached
2. Outreach Committee – Co-Chairs, Victoria Almquist and Asfaha Beyene
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 – Chair, Marjorie Conner
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, January 13th, 2022, 4pm

Next Executive Committee Meeting: Virtual Meeting; Monday, January 3rd, 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

**Alexandria Commission on Aging (COA)
 Executive Committee (ExCo) Meeting (Virtual via Zoom)
 Monday, November 29, 2021 1:35 - 2:50 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), Victoria Almquist, Mary Lee Anderson, Raymond “Ray” Biegun, Michael Schuster, Lois Steele

Staff Members Present:

Debbie Ludington, Terri Lynch

Guests Present:

Jane King, Bob Eiffert, Kat Ashmore (WDC)

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	Victoria Almquist (co-chair). 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	Marjorie Conner, Chair. Meets as needed.

5. COA Executive Committee (ExCo) Business Meeting

A.	Presentation - None	
B.	ExCo Information only	
	(1)	Chair Report.
	(a)	COVID-19 vaccinations updates: Victoria Almquist
	(b)	Age Friendly Plan - Jane King, Michael Schuster. The current June 2018 Age Friendly Plan covers the years 2019-2021. All committees will need to complete evaluations for our three-year domain accomplishments for the current plan (Goals, actions, accomplishments, obstacles, and what we were not able to accomplish). Jane and Michael are in the process of getting updated criteria/formats and possible survey requirements from AARP for the evaluations. After evaluations are completed, an updated plan can be prepared and submitted to AARP for the years 2022-2024. We are looking at submitting a City approved updated plan by spring 2022.
	(c)	Debbie’s Retirement Party - Wed, Dec 15 at the Lee Ctr (11am-1pm) RSVP by Dec 8th

(2)	DAAS Staff Report
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C.	ExCo Discussion Items
(1)	Babs provided an update on the Boards and Commissions Chairs meeting: Affordable Housing Pipeline, American Rescue Plan Act of 2021 (ARPA), Alexandria Fund for Human Services.
(2)	Babs is planning meetings with new City Council Members in January 2022. She will let us know when scheduled.
(3)	Matter of Balance (MOB) Training – contact LeAnne D. Kaniut (email) rto@marymount.edu. This would be for people who want to become trainers.
(4)	Virtual Senior Ambassador Training - Date: Dec 20th; Time: 11 AM to 12:30 PM via Zoom
(5)	Discussed a Committee's Quorum as 51% of members (all members of Committees include COA and non-COA members). The requirement as "simple majority" is sufficient.
(6)	Farewell to three members of COA: Victoria Almquist, Asfaha Beyene, Marjorie Conner

D.	ExCo Action/Decision Items - None
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6. Planning for Thursday, December 9, 2021 Commission on Aging Meeting

A.	Presentation
(1)	Councilwoman Mrs. "Del" Pepper
(2)	Q & A
B.	COA Information only Items
(1)	Chair Report (a) COVID-19 vaccinations update (b) Debbie's Retirement Party – Wed, Dec 15th at the Lee Ctr (11am-1pm). (c) Virtual Senior Ambassador Training - Date: Dec 20th; Time: 11 AM to 12:30 PM via Zoom
(2)	DAAS Staff Report
C.	COA Discussion only Items
	The Outreach Committee needs a new Chairperson.
D.	COA Decision only Items

7. Planning for future COA meetings

A.	Possible Future Speakers
(1)	January: Terri Lynch
(2)	February: Debra R. Collins, Deputy City Manager
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 3, 2022 Time: 1:30 PM – 3:30 PM via Zoom
(2)	Date: Monday, January 31, 2022 Time: 1:30 PM – 3:30 PM via Zoom

B. Next two (2) COA Monthly Commission Meetings

(1)	Date: Thursday, January 13, 2022 Time: 4:00 – 6:00 PM via Zoom
(2)	Date: Thursday, February 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 2:50 PM.

(Notes prepared by Ray Biegun.)

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

The senior center reopened on a limited capacity for over three weeks now and it is great to see the seniors again. Our focus was to keep safety in mind by adhering to COVID-19 health screening practices. Everyone who comes to the center wears a face mask indoors, practices social distancing, encourage hand hygiene practices. Our activities are 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 for the seniors meeting basic needs delivering supplies as needed to include vegetables/herbs from the garden, perishable food and bread donations. The seniors report doing well and are hopeful for reopening.
 - Food and Fun with Chef Philippe
 - Activity Kits with a mini cookbook of fav recipes
 - Continued partnership with Patrick Henry Recreation Center for outdoor senior Pop-Up exercise and arts and crafts
 - Walking Club around the neighborhood.
 - We helped the seniors register for their COVID-19 booster vaccines especially now as many seniors received the Moderna vaccine. We will continue assisting seniors get their booster and answer questions.
 - Virtual programs such as robust Zumba, AFE classes, and Zoom SAIL exercise.
 - Senior Shopping Trips: This month the seniors participated in weekly shopping trips. Seniors requested weekly trips to Walmart and Family Dollar Store, LA Mart and Landmark Plaza.
 - Our first birthday celebration occurred recognizing everyone who had a birthday in 2021
 - Planted a Maple tree honoring 13 seniors who passed away during our COVID-19 closure. Seniors read a poem and recited a Bahai prayer remembering the deceased.
 - Published an article in the paper announcing reopening. Starting to sign up prospective seniors.
 - Senior capacity limited to 20 seniors per day. Average Daily Census is 12-16. We are able to safely increase capacity to 24 in the event of increased demand.
 - SMdP is an official member of the ALX Promise Gold protecting our community and staff during COVID-19.
 - Alexandria Health Department staff came to the center for a presentation for the seniors and staff to ensure adherence to COVID safety precautions and answer questions.
 - All lunches from Jeffrey's is going well. There are no discrepancies they even served the seniors an unannounced Thanksgiving meal.
 - DAAS Bus transportation is going well averaging 4-10 riders.
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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



November 23, 2021

To: Commission on Aging

**From: Mary Lee Anderson, Executive Director
Senior Services of Alexandria**

Subject: Update on Senior Services of Alexandria

Commission on Aging members are invited to participate in the next virtual (via Zoom) training session for the Senior Ambassador Program on December 20 from 11am-12:30pm. DAAS and SSA will give an overview of programs and services provided by the City and local non-profits for Alexandria's older adults. Senior Ambassadors receive weekly messages from SSA with information to share with the community and may participate in a weekly 1/2 hour zoom update to hear directly from local experts. Please email MaryAnne Beatty, SSA Director of Community Outreach, at communications@seniorservicesalex.org to register for this event.

Shopping for a new car this year? Over the past 13 years, Subaru and its retailers have helped to deliver more than 2.3 million meals nationwide to seniors in need through their Subaru Share the Love Event. Here's how it works: Starting on November 18, 2021 through January 3, 2022, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities, including Meals on Wheels. As a member of Meals on Wheels America, Senior Services of Alexandria will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

**Commission on Aging Housing Committee Meeting for November 15, 2021
1:30 p.m. via Zoom**

Attendance: Michael Schuster, Committee Chair; Charles Bailey, Bob Eiffert, Jane King, Terri Lynch, Jan Macidull, Lois Steele, Gerri Wallace and Babs Waters.

Welcome and Introductions – Michael Schuster, Committee Chair, called the meeting to order at 1:41 p.m.

Review and Approval of the Agenda – The agenda was approved as submitted.

Review and Approval of the October 18, 2021 Minutes – The minutes were approved as submitted.

Updates:

- 1. Presentation on potential Senior Assisted Housing at Landmark Development** – <https://www.alexandriava.gov/LandmarkVanDorn> - and **the Power Plant Project**. Bob Eiffert reported that the developer of Landmark, Foulger-Pratt, had contacted Goodwin House about partnering on an affordable senior housing project. Goodwin House expressed interest, but then never heard from the developer again. Bob had no further update. On the power plant development, Jan Macidull is a neighboring resident and is participating on an advisory panel of residents regarding what is included in the development. Jan was attending a meeting with HILCO, the developer, on the evening of November 15 and planned to speak with City Council Member-Elect Sarah Bagley, who is also involved with the advisory committee, about the possibility of using part of the site for a Moderate Income Affordable Assisted Living Facility (MIAALF). Jan will report back to the committee on what happens.
- 2. Proposed goals for new Aging Friendly Plan** – Lois Steele worked with Jane King to revise the draft after the October committee meeting. The draft was included with the meeting agenda. After discussion and revisions, Lois will again revise the draft and send it to committee members. The draft will be finalized at the December 20 committee meeting.
- 3. Report on the Landlord Tenant Relations Board Meeting on November 3, 2021** – Gerri Wallace and Michael Schuster attended the Zoom presentations, and Lois Steele watched the recorded video after the meeting. Gerri described the two presentations. Dipti Pidikiti-Smith of Legal Services of Northern Virginia described the services that LSNV provides to city residents who are income qualified, which include eviction prevention measures, legal assistance with evictions, and other housing related issues for lower income residents. Then Dr. Moon from the University of Mary Washington presented on the history of exclusion of minorities from properties in Alexandria during the first half of the 20th century. Many of the housing restrictions dated back hundreds of years. Black residents of the city were

systematically excluded from whole areas of the city. There were maps published that established the limited number of areas where people of color could live. Land deeds contained restrictive covenants prohibiting the sale of the property to Blacks, which the United States Supreme Court invalidated in 1948. Black residents were displaced from whole areas when the city wanted to use the land in a different way, such as the establishment of T.C. Williams High School and Fort Ward Park. Black people were also excluded from home ownership opportunities in certain neighborhoods such as Del Ray by banks that refused to grant them home loans, a practice called redlining. The Parker Grey neighborhood was one place that Black people could live in the segregated city. Lois Steele also commented on the Landlord Tenant presentation that she had watched, along with some history about T.C. Williams High School (now the Alexandria City High School).

Other Business

- Charles Bailey reported that ARHA (the Alexandria Redevelopment and Housing Authority) has entered into an agreement with developers to redevelop the Samuel Madden Homes site between Patrick and Henry Streets north of Montgomery Street. The ARHA website says that the existing 66 units of public housing will be replaced by a much larger development with many more affordable units. While no numbers are specified, the units will be divided as follows: one third of the units will be reserved for very low-income renters (0 to 30% of area median income); one third for moderate income renters (30-80% of AMI); and one third for market rate renters. The units will be constructed in two buildings with a full array of amenities including ground level retail and a 10,000 square foot public park. The developers and ARHA will present plans to the City in 2022.
- Babs Waters announced that Jan Macidull has agreed to represent the Commission on Aging on the Alexandria Housing Affordability Advisory Committee (AHAAC), replacing Bill Harris who has moved to McLean.
- Babs suggested a recognition for Bill Harris, who served the Commission in various roles for over 20 years, including pivotal work on the MIAALF concept that the COA is still pursuing. Bill created that model based on the very successful non-profit Chesterbrook Residences in McLean, where Bill and his wife now reside. Bob Eiffert suggested that the recognition wait until Bill is able to attend an event in the dining room of his new residence, and the committee agreed. Lois Steele suggested sending cards to Bill in the meantime; Bob will send Bill's address to committee members.

Public Comments – None.

Adjourn – the meeting adjourned at approximately 3 p.m.

Next Committee Meeting: Monday, December 20, 2021 at 1:30 p.m. via Zoom

Notes prepared by Bob Eiffert

Commission on Aging Transportation Committee

November 15, 2021 4:30 PM Via Zoom

Meeting Notes

Members: Ray Biegun (Chair), Charles Bailey, Bill Campbell, Cedar Dvorin, David Kaplan, Jane King, and Babs Waters (COA Chair)

Staff: Terri Lynch (DAAS)

Introductions: None required.

Review and Approval of the Agenda – The agenda was approved.

Discussion

1. Ray asked for volunteers to attend the Alexandria Families for Safe Streets (AFSS) and the Alexandria Bicycle and Pedestrian Advisory Committee (BPAC) meetings and report back to the sub-committee. Charles Bailey (AFSS) and Bill Campbell (BPAC) signed up to attend. The next AFSS session is scheduled for 16 November 2021 and the next BPAC meeting is scheduled for 13 December 2021.
2. It was reported that the City Council passed the Permanent Dockless Mobility Ordinance. It was noted that the ordinance covered more of the permitting process versus enforcement of regulations. City Council and staff will continue to review and discuss enforcements.
3. The Transportation Committee is tagged to provide evaluations and accomplishments to AARP on Alexandria's Age Friendly Plan for 2019 through 2021. Ray and Jane suggest that the evaluations/accomplishments be divided up amongst subcommittee members and across the three primary goals in the plan. It was pointed out that Jane would be working with Michael Schuster on any required "format" for the evaluations.

Ray asked members to review information that's been provided to date, review the primary goals and report back directly to him as to which goals that you would prefer to work on. Ray asked for member Goal preferences by 22 November 2021. The plan would be to have a working draft evaluation by the next meeting (20 December 2021). The projected total timeline is to submit reports by the end-of-month January 2022 and start work on a new plan in February 2022.

Other Business: None.

Public Comment: None.

Adjournment: Meeting adjourned at 5:00 PM

Next meeting: Monday, December 20, 2021, 4:30 PM via Zoom.

Minutes from November 3, 2021 meeting of the Economic Development Committee

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

The meeting began at 10:04 a.m.

It was noted that Committee meetings continue via Zoom.

Senior Consumers. No update.

Senior Employment. *Goal is to help seniors find employment and to encourage businesses to hire.* Evelyn Quiles introduced herself as the new full time 50+ specialist for WDC.

Seniors as Entrepreneurs. Annabelle Reitman and Sylvia Benatti have rebranded their non-profit and hope for speedy approval by the IRS. They are working with several organizations to develop connections to older adults who may be interested in starting businesses.

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 will be scheduled in December.

Livable Community Plan Alexandria was well represented at the Age-Friendly regional conference presented by GW University in October. Jane King was a member of the planning team for the event, and expects to incorporate some of the ideas generated into the new Age-Friendly plan for Alexandria.

Public Comment. Regular Committee guest Gerri Wallace reported she has been accepted as a new member of the Commission on Aging.

The meeting was adjourned at 10:35 a.m.

The next meeting will be held Wednesday, December 1, at 10:00 a.m. via Zoom.

Submitted by: Mary Lee Anderson