

**ALEXANDRIA COMMISSION ON AGING MEETING AGENDA**

**Virtual Meeting: Thursday, February 11, 2021; 4pm**

Due to the COVID-19 Pandemic emergency, this meeting is being held electronically pursuant to Virginia Code Section 2.2-3708.2(A)(3), the Continuity of Government ordinance adopted by the City Council on June 20, 2020 or Section 4-0.01(g) in HB29 and HB30, enacted by the 2020 Virginia General Assembly (Virginia Acts of Assembly Ch. 1283 and 1289), to undertake essential business. All members of the Board and staff are participating from remote locations through a Zoom Webinar. 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](mailto: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](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. Welcome guests
3. Approval of Agenda
4. Approval of January 2021 minutes
5. Alexandria Police Department Liaison Report – Sgt. Ian Torrance
6. Special Presentation: Rhonda Williams, Supervisor, Old Adult Clinical Services
7. Executive Committee Report – see attached
8. Discussion / Action Items
  - A. ADU, Accessory Dwelling Unit – see attached
  - C. FY 2022 City Budget
9. **Liaison Reports - Please provide a written summary to [Debbie.ludington@alexandriava.gov](mailto:Debbie.ludington@alexandriava.gov)**
  1. Senior Center @ Charles Houston – Vanessa Greene – see attached
  2. Senior Services of Alexandria – Mary Lee Anderson – see attached
  3. Alexandria Commission on Employment, ACE – Mary Lee Anderson
  4. Northern Virginia Falls Prevention Alliance, NVFPA – Mary Lee Anderson
  5. Arlington Legislative Committee – Mary Lee Anderson
  6. Arlington Commission on Aging – Mitch Opalski
  7. Successful Aging – Margaret Orlando
  8. Recreation, Parks and Cultural Activities – Margaret Orlando
  9. Alexandria Adult Day Services Center, ADSC – Darrell Wesley
  10. Housing Affordability Advisory Committee, AHAAC – Bill Harris
  11. Division of Aging and Adult Services – Terri Lynch
  12. INOVA Alexandria Hospital
  13. Human Rights Commission – Michael Kreps
  14. AHA – Bob Eiffert

15. AARP – Jane King
16. NVAN – Babs Waters / Terri Lynch
17. St. Martins Senior Center – Anne Coyne – see attached
18. Virginia Hospital Center – Kate Chutuape
19. Commission for Women – Katherine Seifu – see attached
20. Partnership for a Healthier Alexandria – Katherine Seifu – see attached
21. Public Health Advisory Commission
22. Commission on Persons with Disabilities – Michael Kamin

10. Committee Updates

1. Housing – Chair, Michael Schuster – see attached
2. Outreach Committee – Co-Chairs, Victoria Almquist and Asfaha Beyene – see attached
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 – see attached
7. By-Laws – Chair, Michael Kreps
8. Advocacy – ad hoc

11. Other Business

12. New Business

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

**Next Commission Meeting:** Virtual Meeting; Thursday, March 11, 2021, 4pm

**Next Executive Committee Meeting:** Virtual Meeting; Monday, March 1, 2021, 10am

**COMMISSION OFFICERS:**  
 Babs Waters, Chair  
 Victoria Almquist, Vice Chair  
 Secretary, Michael Kreps

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](mailto:DAAS@alexandriava.gov), or use Virginia Relay 711.

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

**Alexandria Commission on Aging (COA)  
Executive Committee (ExCo) Meeting (Virtual via Zoom)  
Monday, February 1, 2021 10:05 - 11:00 AM**

**MEETING NOTES**

**Members Present:**

Barbara “Babs” Waters (COA Chair), Victoria Almquist (COA Vice Chair), Mary Lee Anderson, Asfaha Beyene, Raymond “Ray” Biegun, & Michael Schuster.

**Staff Members Present:**

Debbie Ludington & Terri Lynch - Division of Aging and Adult Services (DAAS).

**Guests Present:**

Bob Eiffert & Jane King.

**1. Call to Order:** COA Chair, Babs Waters, called the meeting to order at 10:05 AM.

**2. The Agenda was approved.**

**3. Committee Reports**

<b>A.</b>	Economic Development Committee	Mary Lee Anderson, Chair: Last met on February 2; see Committee Meeting Notes. Next committee meeting is on March 3.
<b>B.</b>	Outreach Committee	Victoria Almquist & Asfaha Beyene (co-chairs): Last met on January 27; see Committee Meeting Notes. Next committee meeting is on Feb 24.
<b>C.</b>	Housing Committee	Michael Schuster, Chair: Last met on January 25; see Committee Meeting Notes. The Housing Committee reported on the January 23 City Council meeting on Accessory Dwelling Units (ADU); see discussion below. Next committee meeting is on February 22.
<b>D.</b>	Strategic Planning Committee	Babs Waters: All committee chairs are members. The June 2018 Age Friendly Plan covers the years 2019-2021. A new plan is to be completed by June 2021 (for the years 2022-2024). All committee chairs are to submit a report of their committee’s 2020 Age Friendly Plan accomplishments to Jane King.
<b>E.</b>	Transportation Committee	Ray Biegun, Chair: Last met on January 25; see Committee Meeting Notes. Next committee meeting is on February 22.
<b>F.</b>	Health/Dementia Friendly Committee	Marjorie K. Conner, Chair. Jane King shared that a virtual Dementia Friends session will be held again in Alexandria, At Home in Alexandria (AHA), on February 12 via Zoom.

**4. COA Executive Committee (ExCo) Business Meeting**

<b>A.</b>	<b>Presentation</b>
	COA Housing Committee Chair, Michael Schuster, reported on the City Council’s public hearing of January 23, 2021, where City Council debated and ultimately approved the new ADU Ordinance. The Mayor and members of City Council carefully addressed the issues

	<p>raised for and against the ordinance. There was an Alexandria Times article published on January 28 covering the hearing, "Council approves accessory dwelling unit policy".</p> <p>The COA sent a letter dated January 19, 2021 to the City Council in support of the ADU ordinance.</p>
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**B. ExCo Information only**

(1)	Chair Report.
(a)	COVID -19 Vaccine Update – see <a href="http://www.alexandriava.gov/Vaccines">www.alexandriava.gov/Vaccines</a> for information on registering for and receiving the vaccine.
(b)	City Manager’s budget will be presented to the City Council on February 16.
(2)	DAAS Staff Report – None.

**C. ExCo Discussion Items**

(1)	City of Alexandria Age Friendly Plan Updates. The June 2018 Age Friendly Plan covers the years 2019-2021. A new plan is to be completed by June 2021 (for the years 2022-2024).
(2)	City’s Tax & Rent Relief during COVID -19: As long as tenants are working with landlords and the Virginia Department of Housing and Community Development (DHCD), they are assisted with rent if their situation is precipitated by Covid-19. The assistance they receive is a grant, not a loan, and does not need to be repaid. For 2021, the state is now handling the program: tenants register with DHCD. DHCD and landlords register with Virginia Housing (formerly the Virginia Housing Development Authority).
(3)	An Advocacy Committee was formed comprised of Babs Waters, Mary Lee Anderson, Bob Eiffert, and Michael Schuster. The Advocacy Committee will request a meeting with the City’s Budget officer, Mr Morgan Routt, as has been done each year, for a presentation on the budget. Since the public hearing will be on March 8th, the committee needs to meet with Mr. Routt during February so that there will be enough time to discuss and decide what the COA needs to advocate for in this budget year.

**D. COA Action/Decision Items – None.**

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**5. Planning for February 11, 2021 Commission on Aging Meeting**

<b>A. Presentation</b>	
(1)	Rhonda Williams, Supervisor, Older Adult Clinical Services Team
(2)	Q & A
<b>B. COA Information only Items</b>	
(1)	Chair Report
(2)	DAAS Staff Report
<b>C. COA Discussion only Items</b>	
(1)	City of Alexandria Age Friendly Plan Updates
(2)	City’s Tax & Rent Relief during COVID -19

## 6. Planning for future COA meetings

<b>A.</b>	<b>Possible Future Speakers</b>
(1)	March – Legal Services of Northern Virginia
(2)	April – Christine Mayeur, the Alexandria Complete Streets Program and an update on Vision0 Safer Streets.
<b>B.</b>	Additional items - Please submit other proposed speakers to <a href="mailto:babswaters@comcast.net">babswaters@comcast.net</a>

## 7. Other Business – None.

## 8. Announcements

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

(1)	Date: Monday, March 1, 2021 Time: 10 AM - Noon How: Via Zoom
(2)	Date: Monday, April 05, 2021 Time 10 AM - Noon How: Via Zoom

### B. Next two (2) COA Monthly Commission Meetings

(1)	Date: Thursday, March 11, 2021 Time: 4:00 – 6:00 PM How: Via Zoom
(2)	Date: Thursday, April 8, 2021 Time: 4:00 – 6:00 PM How: Via Zoom

### C. Other Alexandria COA events

<b>None</b>
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### D. Other non-Alexandria COA events

(1)	<b>Virtual Dementia Friends Session</b> Date: Friday, February 12, 2021 Time: 10:00 AM How: Via Zoom Host: AHA ( <a href="mailto:aha@athomeinalexandria.org">Register at: aha@athomeinalexandria.org</a> or 703–231–0824 )
(2)	<b>Dealing with Dementia Workshop</b> Date: Saturday, February 13, 2021 Time: 1:00 PM – 5:00 PM How: Via Zoom Host: Valley Program for Aging Services ( <a href="http://www.vpas.info/events">Register by Feb 8 at: (540) 615-5341</a> or <a href="http://www.vpas.info/events">www.vpas.info/events</a> ) SSA is a sponsor.

## 9. Public Comment – None.

## 10. The meeting was adjourned at 11:00 AM.

(Notes prepared by Ray Biegun.)



# City of Alexandria, Virginia Commission on Aging



Division of Aging and Adult Services  
Department of Community and Human Services  
6101 Stevenson Avenue, Suite 200  
Alexandria, Virginia 22304  
703-746-5999  
<http://alexandriava.gov/Aging>  
[daas@alexandriava.gov](mailto:daas@alexandriava.gov)

**January 19, 2021**

**Sent January 19, 2021 via email to City Clerk for Distribution to Addressees**

The Honorable Mayor and Members of City Council  
c/o Office of the City Clerk  
301 King Street  
Alexandria, VA 22314

**Re: COA Letter of Support for final proposal on Accessory Dwelling Units serving older residents**

Dear Mayor Wilson and Members of City Council,

At its January 14, 2021 meeting, the City of Alexandria Commission on Aging (COA) voted to support the final draft of text amendments on ADUs designed in part to serve older residents. These recommended amendments to the City's zoning ordinance are contained in the December 2020 staff report from the Department of Planning and Zoning and the Office of Housing, to the Planning Commission. Moreover, inasmuch as the Planning Commission has unanimously voted to approve the ADU amendments to the zoning ordinance and recommends that the City Council approve these changes, the COA also urges the City Council to adopt the staff recommendations for the allowance of ADUs in the city designed to serve/support in part older Alexandrians.

Thank you for your consideration.

Respectfully,

Barbara (Babs) H. Waters  
Chair, Commission on Aging

cc:  
City Manager, Attn: Mr. Mark B. Jinks  
Deputy City Manager: Ms Emily Baker  
Deputy City Manager: Ms Debra Collins  
City Attorney: Ms. Joanna Anderson  
Director, Department of Planning & Zoning  
Director, Office of Housing

**The Senior Center at Charles Houston**  
**January 2021 Report for February 2021 Meeting**

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**Staff continue to provide weekly wellness telephone checks, weekly teleconference virtual activities that include Bingo and cognitive/brain teasers as well as participant led rousing discussions on a variety of topics. Additionally, a weekly Thursday shopping trip to local area markets, grocery's, Walmart and Dollar Tree stores to enable participants to purchase food, medical and household items is provided.**

**We delivered goody bags to our seniors on January 13<sup>th</sup>, items included activity work sheets (word search, word scramble, trivia quiz for Dr. Martin Luther King Jr., and crossword puzzles), PPE equipment (masks and hand sanitizers), assorted snacks and bottles of water and \$10 gift cards (Walmart, Harris Teeter & Dollar Tree). All were delighted to receive the bags and thanked staff for their efforts. (see attached photo).**

**Our seniors have/are receiving their COVID vaccines through the efforts of Annie B. Rose, Ladrey and the City. We have been coordinating with Mary Lee Anderson, Senior Services, to schedule some of our folks as well.**

**Due to inclement weather and the Dr. King holiday, we were only able to do our walking activity once this month at Ben Brenman Park. Our seniors continue to look forward to connecting with friends and getting some exercise.**

**Overall, our seniors seem to be faring pretty well during the pandemic. Their personal needs are met, they have food, shelter and resources to assist them.**

**Submitted By,**

**Vanessa K. Greene**  
**Senior Center Director**







**February 4, 2021**

**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 is pleased to partner with the Office of Historic Alexandria for a virtual tour and celebration at Gadsby's Tavern on February 19 at 10 am. Gadsby's Tavern has hosted numerous events through the centuries, but none as famous as the Birthnight Ball in celebration of George Washington's birthday. Enjoy a brief virtual tour of the museum, then delve into this tradition, including a chance to see the historic ballroom alive with 18<sup>th</sup>-century dancing. Call 703 836 4414 ext 110 to register.

Please mark your calendars for SSA's first virtual Gala, which will be held on Saturday, March 13 from 6-8pm. It will be a festive virtual celebration to properly pay tribute to our honorees: Barbara Anderson, Bill Euille, and Gene Steuerle, for their dedicated commitment to service for our community. We are also very pleased to announce that we will be honoring DCHS Director Kate Garvey for her leadership during the COVID-19 crisis. Funds raised through this event support all of SSA's programs and its success will allow us to continue to meet the critical needs of older adults during this challenging time. Tickets and sponsorships are available at: <https://seniorservicesalex.org/2021-annual-gala/>

## St. Martin de Porres Senior Center COVID-19 Report for February 2021

**Senior Wellness Checks and Assistance for Participants** -we continue to outreach to all our seniors and the community at large. Weekly telephone calls to seniors to assist with the following services:

- Deliver weekly surplus DAAS Frozen Meals on Wheels seniors assigned to the center and COA.
- Weekly shopping trips to Lidl, Target, Landmark Plaza, and Walmart for seniors

COVID-19 Vaccinations for Seniors 75+: We are working with SSA, DAAS and Senior Taxi to schedule seniors for the COVID-19 vaccines. Currently, we assisted registering over 30 seniors 75+ for the vaccine and arranged Senior Taxi rides. Also, contacted seniors 65 and older to register for the COVID-19 vaccine and also answer questions. Many of our seniors want the vaccine

Social Isolation: increased enrollment on our bi-weekly virtual zoom class with 12 seniors. Chef Philippe emailed weekly recipes. Weekly "Zoom" calls for current events, trivia, exercise and humor.

Senior Shopping Trips: This month the seniors participated in 4 weekly shopping trips. Our trips include going Walmart, Landmark Plaza, and Lidl.

Due to inclement weather and fear of the increase in coronavirus cases seniors declined going on walking trips for the month and we will resume this Spring.

Monthly Senior Newsletters: Mailed 80 monthly newsletters to seniors with community and center updates, recipes, corona virus Q&A, and birthday greetings.

Weekly Virtual Newsletter: Email weekly 50 newsletters to seniors and their family's information pertaining relevant information from SSA, ADH they need and any requests. We appreciate all the families who actively ensure their parent participates

Virtual Programming: Seniors enjoy virtual programming and participated with the Alexandria Adult Day Services. We continue to collaborate with our other senior centers in the city. We are preparing to add a virtual ESL program in the near future.

Biweekly Zoom-ba ( Zumba on Zoom) for our seniors twice a week continues to be popular especially as the outdoor weather is colder.

- **Submitted by Anne T. Coyne, Senior Center Director, St. Martin de Porres Senior Center. Tele: 703-751-2766. Email: [anne.coyne@ccda.net](mailto:anne.coyne@ccda.net)**

**Commission for Women** - At the January meeting of the ACFW, the Commission determined that its main focus areas for 2021 would be housing and supporting survivors of domestic and sexual violence. The Commission plans to form committees focused on each of these priority areas to identify specific opportunities for engagement. The committees will meet for the first time during the February meeting of the Commission. On January 27<sup>th</sup>, a number of members from the Commission participated in a virtual legislative advocacy day organized by the Virginia Sexual and Domestic Violence Action Alliance. Further updates on the Commission's work will be shared as new developments arise.

**Partnership for Healthier Alexandria** - The Partnership for a Healthier Alexandria continues to work alongside the health department on preparing Alexandria's next Community Health Implementation Plan (CHIP). The current goal is to release the CHIP in February, and I will provide any further updates as soon as I receive them.

**Commission on Aging Housing Committee Meeting of January 25, 2021  
Via Zoom - Draft Meeting Notes**

**Attendance:**

Committee Members: Michael Schuster, Chair; Charles Bailey, Bob Eiffert, Bill Harris, Marshall Hespe, Jane King, Denise Mackie-Smith and Babs Waters.

Staff: Terri Lynch, Division of Aging and Adult Services; Melodie Seau, Office of Housing.

**Welcome** – Michael Schuster opened the meeting and welcomed participants.

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

**Approval of Minutes** – The notes from December 21 were approved as submitted (no vote required).

**Updates on the Age Friendly Community Plan:**

Goal I – Accessory Dwelling Units – Michael Schuster reported on the City Council public hearing of January 23, 2021, where City Council debated and ultimately approved the new Accessory Dwelling Unit Ordinance. City Council voted to approve the ADU policy (6-1, with Councilmember Jackson voting no), with these changes:

1. A prohibition of exclusive short-term rentals (anything less than thirty days);
2. There will be an owner occupancy requirement at the time of construction of the ADU;
3. The zoning ordinance will say there is a permit fee (this will be addressed when the Council approves permit fees as part of the whole permit process);
4. Neighborhoods must be notified of new ADUs prior to their construction;
5. There will be a tier set back provision - normally it would be 1-5 feet back, but if the structure is between 13.5 feet and less than 16 feet high, the set back is 2.5 feet; if the structure is between 16-20 feet, the setback will be 5 feet. Anything under 13.5 feet will depend on whether there are windows in the homes in the adjoining properties; and
6. After 18 months, staff must come back to the Council for an update and with recommendations for changes if need be.

Michael reported that Sam Shelby from Planning and Zoning estimated the cost of an ADU at between \$20,000 and \$400,000 dollars, depending on the type of unit constructed. Sam said the City does not expect there will be many ADUs to be built.

Michael reported that the changes above were the result of concerns raised by city residents. He said the Mayor and members of City Council were careful to address every issue. Parking came up a lot, but Mayor Wilson thought it best to leave it alone for now, because the time and cost of assessing the parking issue would not be productive.

**Presentation – the City’s Eviction Prevention Task Force** – Melodie Seau, Director of the Landlord-Tenant Relations Division of the Office of Housing. Bob Eiffert introduced Melodie, with whom he worked in the early 2000’s. He said she is an expert on landlord-tenant law in Virginia and is a member of the Task Force.

Melodie read from a presentation on the Task Force prepared by Kate Garvey, Director of the City’s Department of Community and Human Services (the presentation was distributed

separately). The presentation details the participants in the Task Force and the numbers of persons assisted with rent payments in the city. Melodie noted that the program has been highly successful, with most of the major landlords in the city participating. The program provided \$5 million in assistance by the end of 2020. As long as tenants are working with landlords or the Virginia Department of Housing and Community Development (DHCD), they are assisted with rent if their situation is precipitated by Covid-19. The assistance they receive is a grant, not a loan, and does not need to be repaid. In 2021, the state is now handling the program: tenants register with DHCD and landlords register with Virginia Housing (formerly the Virginia Housing Development Authority). Once a landlord has established the tenant's need and qualification for the program, landlords can submit invoices for overdue rent directly to Virginia Housing and receive reimbursement directly. It appears that the assistance will go on for as long as necessary, using state Housing Trust Funds. Melodie noted that if there are any other questions about the presentation or the program, committee members can contact her directly at [melodie.seau@alexandriava.gov](mailto:melodie.seau@alexandriava.gov)

Michael thanked Melodie for her presentation.

### **Other Business**

- Charles Bailey reported that the Alexandria Redevelopment and Housing Authority (ARHA) has received approval for their application to change the funding designation for the Ladrey Senior Highrise from public housing to Housing Choice Vouchers. This change provides ARHA with nearly double the funding per unit and will allow ARHA to rehab or replace the building over time. Bill Harris has been working with Helen McIlvaine, the Director of the Office of Housing and Keith Pettigrew, the Executive Director of ARHA to explore the possibility of using Ladrey as an affordable assisted living facility. Such a facility would benefit all ARHA's older residents who need a greater level of assistance and could also benefit residents of other senior facilities who need assisted living. The ARHA board will discuss the possibility at its meeting on January 25.
- Charles also reported that the Alexandria Health Department used Ladrey as a Covid-19 vaccination site so that all residents could be vaccinated.
- Terri Lynch reported on the annual usage of the City's Tax and Rent Relief programs:
  - The Residential Real Estate Tax Relief program assisted 784 older households and 24 disabled households in 2020; and
  - The Rent Relief program assisted 82 households in 2020.
- Jane King announced that the Commission on Aging and its committees need to update the Age Friendly Community Plan for 2022 through 2024. The Housing Committee has essentially completed its 2019 through 2021 goals, except for the affordable assisted living goal, which is still in progress and will be carried over in the new plan. The plan will need to be approved by City Council and sent to AARP for approval by December 2021.

**Adjourn** – The meeting was adjourned at 2:55 p.m.

**Next Committee Meeting:** Monday, February 22, 2021 at 1:30 p.m. via Zoom.

Notes prepared by Bob Eiffert.

**City of Alexandria, Commission on Aging**  
Outreach Committee Notes  
January 27, 2021 11:30 am – 12:30 pm  
Via Zoom

**Members Present:** Victoria Almquist, MaryAnne Beatty, Asfaha Beyene, Ray Biegun, Gary Hacker, Jane King, Margaret Orlando, Barbara Walters

**Hosting staff:** Pamela Austin

The meeting was called to order at 11:32 a.m. by Victoria Almquist, and was conducted in conformity with the following guidelines:

“Due to the COVID 19 pandemic emergency, this meeting is being held electronically pursuant to Virginia Code Section 2.2-3708-2 (A)(3), the Continuity of Government ordinance adapted by the City Council on June 20, 2020 or Sections 4-0.00(g) in HB29 and HB30 to undertake essential business. All the members of the Committee and staff are participating from remote location through a Zoom Meeting. 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. Public comment will be received at this meeting. A recording of this meeting is being made.”

**1. Approval of Agenda**

The agenda was approved as proposed.

**2. Updates on Outreach to:**

Faith Community: No update.

LGBTQ community: Ray will continue to participate in the activities of the task force, which is planning activities for Pride Month in June. Last year’s Pride webinar was conducted on ZOOM and had a very large audience. Issues for seniors was one of the topics discussed.

Senior Ambassadors: MaryAnne reported that six more were trained recently, bringing the total of Senior Ambassadors to about ninety. Ambassadors continue to effectively engage in outreach activities in the communities they serve.

**3. Continued Discussion on Outreach via Civic Groups**

A complete list prepared by Gary was distributed by Victoria prior to the meeting. Gary explained that he found about 39 Civic Groups and a number of HOA and Condo Associations. He made in depth search on about 21 of them on their respective websites and Facebook pages, and finding up to date contact information is difficult. He suggested that we consider developing a relationship with the Community Policing

Section of the Alexandria Police Department as those officers serve as liaisons with civic and community organizations. We will check with SSA leadership to ensure we aren't duplicating efforts before moving forward to consult with the Commissions police liaison, Sgt. Ian Torrance.

#### **4. Other Business**

Information was exchanged on the latest status of COVID 19 Vaccines, the challenges faced in faster distribution, and the hope that the new administration will address those challenges effectively.

Jane King suggested we develop an article for the Zebra about ADUs to dispel some of the misinformation about them that was aired at the hearing held prior to the Council's vote to approve them. We will work with the Housing Committee on this.

Babs Waters shared information about the work of 880 Cities, a non-profit organization that brings citizens together to enhance mobility and public space so that together we can create more vibrant, healthy, and equitable communities. She described innovative efforts in cities in Wisconsin, New York, and Colorado to ensure that outdoor spaces, such as biking/walking paths, were accessible for activities in the winter.

#### **5. Public comments**

No comments were made

#### **6. Date of next meeting**

Next meeting will be held on Wednesday, 24<sup>th</sup> February, 2021 at 11:30 a.m.

7. The meeting was adjourned at 12:25 p.m.

## Commission on Aging – Transportation Committee

December 21, 2020 4:30PM Via Zoom

### Meeting Notes

**Attendees:** Ray Biegun, Chair; Alan Dinsmore, Cedar Dvorin, Jane King, Babs Waters (CoA Chair).

**Guest:** Jim Durham, chair of the Alexandria Bicycle and Pedestrian Advisory Committee (BPAC)

**Staff:** Terri Lynch, Director, Division of Aging and Adult Services (DAAS)

**Introductions:** None required.

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

#### Discussion

Complete Streets Program - Ray spoke with Christine Mayeur (T&ES) about giving a presentation to the full Commission on the Complete Streets Program to include an update on Vision0 Safer Streets, possibly in March. We would plan to provide and receive questions ahead of the presentation to maximize the information shared. For example, Alan asked how the City's schedule for Complete Streets has been set back or impacted by the pandemic or other factors. Christine would also like feedback on some of their recent projects.

Walkability Audits - Jane talked to Christine Mayeur about the CoA doing Walkability Audits in the spring, possibly places on Duke Street that will be affected by the planned transitway. Jane shared that we use walk audits to identify issues for the City to address. This was echoed by Jim Durham and he also noted that doing walk audits could help us be more aware of what corrective actions might be needed in other parts of the city.

BPAC keeps spreadsheets of issues they've identified to the City so they can track progress with T&ES. Jim suggested walk audits include the intersection near Duke St/Taylor Run/Telegraph Rd and that BPAC would be willing to participate in the audits. Alan shared that there are parts that are confusing for pedestrians and have limited pedestrian access to cross Duke St.

There might be major changes with the Duke St. transitway from around Landmark to Telegraph Rd. The City plans to start public meetings next year. For more information see

<https://www.alexandriava.gov/tes/info/default.aspx?id=116707>

Pedestrian Education - Alan noted that while AARP has a good driver education program, and provides very good guidelines for walk audits, they don't have a pedestrian education program. Alan found a detailed pedestrian safety program on the National Highway Traffic Safety Administration (NHTSA) website.



Jim said BPAC could partner with us in doing workshops. They currently do bike & pedestrian safety workshops for students. BPAC has asked the police to monitor crosswalks because too many drivers don't stop; educating drivers is a more important goal than simply writing tickets. Ray observed that these education programs need to happen on a regular basis in the future as people join and leave the area, and their driving/walking habits change. Jane suggested that we could use parts of the NHTSA information for articles in the local papers in addition to providing workshops.

Transportation services - Jane shared that the AARP's Public Policy Institute recently released a paper on "Modernizing Demand-Responsive Transportation for the Age of New Mobility". Demand-responsive services are transportation options that do not follow fixed routes or schedules; examples include dial-a-ride, Americans with Disabilities Act (ADA) complementary paratransit, taxis, app-based ride-hailing, ride sharing, car sharing, bike sharing, and other technology-enabled transportation. This might appear to be more applicable in rural areas, however, coordination of services might be improved in urban areas such as Alexandria.

**Public Comment** – Jim Durham (guest) shared information on BPAC activities related to the Transportation Goals of the Age Friendly Community Plan (see notes above).

**Adjournment:** Meeting adjourned at 5:24 PM

**The next meetings:** Monday, January 25, 2021 and February 22, 4:30 PM via Zoom. Note that these are one week later than our usual 3<sup>rd</sup> Monday due to the holidays.

## **Commission on Aging – Transportation Committee**

January 25, 2021 4:40 PM Via Zoom

### **Meeting Notes**

**Attendees:** Ray Biegun, Chair; Alan Dinsmore, Cedar Dvorin, David Kaplan, Jane King, Babs Waters (CoA Chair).

**Guest:** None.

**Staff:** Terri Lynch & Debbie Ludington (DAAS)

**Introductions:** None required.

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

### **Discussion**

#### Future Agendas:

- February COA Transportation Committee Meeting - Complete Streets. Will include agenda planning with T&ES for COA Commission meeting in April.
- March COA Transportation Committee Meeting - Alexandria Mobility Plan.

Pedestrian Education: Continued discussion on future Commission on Aging initiatives for pedestrian safety including training for pedestrian education for safety.

Walkability Audits: City walk audits have not been started.

DASH ridership report: Trend is up. Introduction of fares pending bus equipped protection for drivers. DASH rider advisory committee meeting schedule still to be announced.

#### Other:

City revision of right turn on red restriction now includes restriction when pedestrians are present.

Discussions are underway for implementation of a low-income city pass for bus transport. One year study is underway with Council of Government grant on implementation issues for a low-income city pass.

Report for Age Friendly City transportation section are now due.

**Public Comment** – None.

**Adjournment:** Meeting adjourned at 5:40 PM

**The next meetings:** Monday, February 22, 4:30 PM via Zoom. Note that this is one week later than our usual 3<sup>rd</sup> Monday due to the holiday.

Minutes from January 6, 2021 meeting of the Economic Development Committee

Attending: Mary Lee Anderson, Annabelle Reitman, Emilia Turcios (City Staff coordinator)

The meeting began at 10:02 am via Zoom

The City's policy on virtual meetings was noted.

**Senior Consumers:** *Goal is to encourage businesses to offer discounts, services targeted to seniors.*  
SSA has continued to distribute cards to older adults, no further activity related to new businesses in envisioned until after the pandemic.

**Senior Employment:** *Goal is to help seniors find employment and to encourage businesses to hire*  
Emilia Turcios advised that the second 50+ Cohort program will begin January 19. It is a 6-week program offered for older adults, helping them re-enter the job market by connecting to potential employers, doing mock interviews, following the STAR format. Annabelle Reitman & her colleague Sylvia Benatti will lead the first session, focusing on making your resume a story telling tool and self assessment.

#### **AARP Livable Community**

Jane King will continue to coordinate reports on this effort, as the Commission begins work on the next plan. She has requested an extension from AARP due to the impact of COVID-19 on meeting established goals. 2021 will be the last year for the current Plan, which will be the precursor for a new 3-year version. Our Committee's year-end report is due January 26.

**Housing Initiative** *Goal is to make it easier for seniors considering moving to evaluate their options in Alexandria, and keep them here.*

Mary Lee will reach out to Office on Housing to review the apartment and condo listings and when they will be updated to include additional information that would be relevant to older adults.

#### **Senior Ambassador Program**

There are now 90 senior ambassadors. The next virtual training session for Senior Ambassadors is scheduled for Wednesday, January 13 at 10am.

#### **Seniors as Entrepreneurs**

Annabelle Reitman and Sylvia Benatti are rolling out the "55+ Incubator" to help older adults who want to start their own business. Their website is under construction and the goal is to be up and running in the spring of 2021. This committee will incorporate their work as part of our new goals for the upcoming year.

Meeting adjourned at 10:25am. The next meeting will be held on Wednesday, February 3 at 10am via zoom.

Submitted by: Mary Lee Anderson

Report from  
Health and Dementia Friendly Committee  
Commission on Aging  
City of Alexandria, Virginia  
February 11, 2021

Committee members: Barbara D'Agostino, Jane King, Marjorie Conner (chair)

- **Dementia Friendly Community**

Dementia Friends Training continues –

Jane King and Ray Biegun will teach a virtual Dementia Friendly training on Friday, February 12, 2021 at 10 AM. Jane and Ray extend a welcoming invitation to all COA commissioners to attend. Although At Home in Alexandria is the sponsor, you do not need to be an AHA member to join the training. Contact Jane King or AHA to register ([aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) or 703-231-0824)

We began a casual conversation with Amy Goyer, one of AARP's caregiving specialists, about a larger DF training for a community she hosts. We need to be sure we have authority to continue discussions and get trainers and materials for the training. Amy is an Alexandrian, but her group is international in scope. Virtual training would be perfect, but we need to be sure we are on good ground.

- **Sen. Mark Warner talk on his family's experience with dementia**

Working to set date for virtual presentation  
Seeking partners to increase audience for presentation

We began internal discussions about whether we should approach Don Beyer about a talk on his experience with his Dad. Also, we considered whether we should expand beyond politicians.

Jane King/Marjorie Conner lead

- **Efforts to lower barriers to adoption of telehealth**

We have explored CyberSeniors as a structure for pairing younger tech friendly Alexandrians with Seniors to help the Seniors adapt to newer technology. All efforts are preliminary, in light of pandemic constraints.

All members