

ALEXANDRIA COMMISSION ON AGING MEETING AGENDA

Virtual Meeting: Thursday, January 14, 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 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. Welcome guests
3. Approval of Agenda
4. Approval of December 2020 minutes
5. Alexandria Police Department Liaison Report – Sgt. Ian Torrance
6. Special Presentation: Accessory Dwelling Units: Sam Shelby, Planning & Zoning; Julia Santure, Office of Housing
7. Special Presentation: Natalie Talis, Population Health Manager, Alexandria Health Dept.
8. Executive Committee Report– see attached
9. Discussion / Action Items
 - A. ADU, Accessory Dwelling Unit, update – see attached; Additional information is contained in the Planning Commission Staff Report regarding ADU’s – please contact debbie.ludington@alexandriava.gov for a pdf copy.
 - B. Excellence in Aging Awards for 2021- postponed
 - C. Coordinated Community Recovery Plan– see attached
10. **Liaison Reports - Please provide a written summary to Debbie.ludington@alexandriava.gov**
 1. Commission on Persons with Disabilities – Michael Kamin
 2. Senior Center @ Charles Houston – Vanessa Greene – see attached
 3. Senior Services of Alexandria – Mary Lee Anderson– see attached
 4. Alexandria Commission on Employment, ACE – Mary Lee Anderson
 5. Northern Virginia Falls Prevention Alliance, NVFPA – Mary Lee Anderson
 6. Arlington Legislative Committee – Mary Lee Anderson
 7. Arlington Commission on Aging – Mitch Opalski
 8. Successful Aging – Margaret Orlando
 9. Recreation, Parks and Cultural Activities – Margaret Orlando– see attached

10. Alexandria Adult Day Services Center, ADSC – Darrell Wesley– see attached
11. Housing Affordability Advisory Committee, AHAAC – Bill Harris
12. Division of Aging and Adult Services – Terri Lynch
13. INOVA Alexandria Hospital
14. Human Rights Commission – Michael Kreps
15. Commission for Women – Katherine Seifu
16. AHA – Bob Eiffert
17. AARP – Jane King
18. NVAN – Babs Waters / Terri Lynch
19. St. Martins Senior Center – Anne Coyne– see attached
20. Virginia Hospital Center – Kate Chutuape
21. Partnership for a Healthier Alexandria – Katherine Seifu
22. Public Health Advisory Commission

11. Committee Updates

1. Housing – Chair, Michael Schuster – see attached
2. Outreach Committee – Co-Chairs, Asfaha Beyene and Victoria Almquist– 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

12. Other Business

13. New Business

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

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

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

**Alexandria Commission on Aging (COA)
 Executive Committee (ExCo) Meeting (Virtual via Zoom)
 Monday, January 4, 2021 10:00 - 11:52 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 10:00 AM.

2. The Agenda was approved.

3. Committee Reports

A.	Economic Development Committee	Mary Lee Anderson, Chair: Last met on December 2; see Committee Meeting Notes. Next committee meeting is on January 6.
B.	Outreach Committee	Victoria Almquist & Asfaha Beyene (co-chairs): Last met on December 16; see Committee Meeting Notes. Next committee meeting is on January 27.
C.	Housing Committee	Michael Schuster, Chair: Last met on December 21; see Committee Meeting Notes. The Housing Committee gave an update on the new draft proposal on Accessory Dwelling Units (ADU) including changes in occupancy and ownership requirements; see discussion below. Next committee meeting is on January 25.
D.	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 accomplishments to Jane King by January 27.
E.	Transportation Committee	Ray Biegun, Chair: Last met on December 21; see Committee Meeting Notes. Next committee meeting is on January 25.
F.	Health/Dementia Friendly Committee	Marjorie K. Conner, Chair: Babs read updates from Marjorie. Continuing to work Working with Mark Warner to produce a video that focuses on the experiences with his mother and dementia. A virtual Dementia Friends session will be held again in Alexandria at AHA via Zoom.

4. COA Executive Committee (ExCo) Business Meeting

A. Presentation	
	None
B. ExCo Information only	
(1)	Chair Report.
(a)	At its Sep 10, 2020 meeting, the COA unanimously recommended approval of the developer plan for the Alexandria West Senior Living Facility. The Plan was approved by City Council at its Nov 24, 2020 meeting.
(2)	DAAS Staff Report – The city has procured 42 GrandPads.
C. ExCo Discussion Items	
(1)	Through the Northern Virginia Aging Network (NVAN), DAAS is partnering with @CV19CheckUp, which is a free, quick and easy way to get information that can help you stay healthy and learn more about your coronavirus risks. In just 5-10 minutes an individual will receive a personalized report. Please share to help others stay healthy: www.CV19CheckUp.org DAAS will look at providing this information on the City Website and in appropriate City Newsletters.
(2)	ADU's update and the role of COA in support of. The new draft proposal on ADUs include changes in occupancy and ownership requirements. This new draft policy is broader than the commission's original vision of "granny flats." ExCo members voiced concerns about these changes. There may be less focus on the commission's main constituency - older persons in need of housing to accommodate their economic, social and health situations. Chair Babs Waters agreed to invite representatives from the Department of Planning and Zoning to make a presentation of the current state of their recommendations at the commission's next meeting.
D. COA Action/Decision Items	
	Excellence in Aging Awards in 2021. Due to the pandemic, the ExCo recommends postponing the Awards until 2022.

5. Planning for January 14, 2021 Commission on Aging Meeting

A. Presentation	
(1)	Natalie Talis, Population Health Manager, Alexandria Health Department
(2)	Q & A
B. COA Information only Items	
(1)	Chair Report
(2)	DAAS Staff Report
C. COA Discussion only Items	
(1)	ADU's update and the role of COA in support of. The new draft proposal on ADUs include changes in occupancy and ownership requirements. This new draft policy is broader than the commission's original vision of "granny flats." ExCo members voiced concerns about these changes. There may be less focus on the commission's main constituency - older persons in need of housing to accommodate their economic, social

	and health situations. Chair Babs Waters agreed to invite representatives from the Department of Planning and Zoning to make a presentation of the current state of their recommendations at the commission's next meeting.
(2)	Excellence in Aging Awards in 2021. Due to the pandemic, the ExCo recommends postponing the Awards until 2022.

6. Planning for future COA meetings

A.	Possible Future Speakers
(1)	February - Mary Horner with Legal Services of Northern Virginia (LSNV)
(2)	March – Presentation by T&ES on the Complete Streets Program and an update on Vision0 Safer Streets.
B.	Additional items - Please submit other proposed speakers to babswaters@comcast.net

7. Other Business – None.

8. Announcements

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

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

B. Next two (2) COA Monthly Commission Meetings

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

C. Other Alexandria COA events

None

D. Other non-Alexandria COA events

Northern Virginia Aging Network (NVAN) Meeting Date: Tuesday, January 19, 2021 Time: 9:30 – 11:00 AM How: Via Zoom

9. Public Comment – None.

10. The meeting was adjourned at 11:52 AM.

(Notes prepared by Ray Biegun.)

Accessory Dwelling Unit (ADU) Policy

Below are proposed Final Recommendations for ADU policy based on work and input to date. These recommendations will be considered by Planning Commission on Tuesday, January 2 and City Council on Saturday, January 23. Text changed or added since the draft policy was released on October 9 is bolded and underlined. Items with an asterisk are still under review by staff.

Recommendation #1: Permit ADUs City-wide

- Allow one ADU on any property developed with a house (single, two-family or townhouse)
- ADU may be either within an existing home, e.g., an “English basement” style apartment, or
- Within a detached structure, e.g., a “tiny house” or above a detached garage

Recommendation #2: General ADU Regulations

- Only one ADU shall be permitted on any lot developed with a single, two-family or townhouse dwelling
- **No more than three persons shall occupy the ADU.**
- ~~Occupancy limit: only one family shall occupy the ADU~~
- Owner occupancy: the property owner shall reside in either the ADU or the main house*
- Ownership: the ADU and main house shall be in common ownership*

Recommendation #3: Require Administrative Permit for ADUs

- An applicant wishing to construct an ADU must submit an administrative permit to the Department of Planning & Zoning

Recommendation #4: Follow Current City Policies Related to Short-term Rentals

- Short-term rentals of ADUs would be permitted, however
- Concurrent short-term rental of both the main house and ADU shall be prohibited*

Recommendation #5: Off-street Parking

- Off-street parking shall not be required for ADU, but
- No required parking spaces shall be removed to accommodate ADU construction

Recommendation #6: ADU Height and Size Limits

- ADU height shall not exceed the height of the main house or 20 feet, whichever is less
- **ADU size shall be limited by its first floor “footprint.” The ADU footprint shall not exceed the greater of:**
 - **One-third of the floor area of the main house or**
 - **350 square feet on lots >2,500 square feet; 500 square feet on lots >2,500 square feet.**
- ~~ADU size shall not exceed one-third of the main house’s square footage or 750 square feet, whichever is greater~~

Recommendation #7: ADUs and Floor Area Ratio (FAR)

Floor area devoted to a detached ADU can be excluded as follows:

- 100 square feet for lots less than 2,500 square feet;
- 350 square feet for lots 2,500 square feet or greater or
- 600 square feet for lots 8,000 square feet or greater.
- Also, 65 square feet for all lots developed with townhouse dwellings or within the Alexandria Old and Historic and Parker-Gray Historic Districts.

The total amount eligible for exclusion shall be subject to these limits and existing detached garages or sheds on a property. For example, a property that is 2,500 square feet which is already developed with a 100 square-foot shed could not exclude any portions of a new, detached ADU. If that same property had a 50 square foot shed, 50 square feet of a new, detached ADU would be eligible for floor area exclusion.

~~Similar to how detached garages are excluded from floor area, ADUs will be eligible for exclusion as follows:~~

- ~~• For lots 2,500 square feet or larger, 350 total square feet of all accessory buildings shall be excludable~~
- ~~• For lots 8,000 square feet or larger, 600 total square feet of accessory buildings shall be excludable~~
 - ~~○ For example, on a 2,500 square foot property with a detached garage, shed or other accessory building totaling 350 square feet or more could not exclude any portion of the detached building containing an ADU. As another example, a 2,500 square foot property with a 100 square foot shed or other accessory building could exclude up to 250 square feet of a new, detached building containing an ADU.~~

Recommendation #8: ADU Setbacks

Consistent with building code and existing Zoning Ordinance regulations related to detached garages, ADUs shall be setback at least one foot from side and rear lot lines. If the ADU has windows that face the nearest lot lines, the ADU shall be setback at least three feet from these lot lines. Dormers shall be required to meet standard zone setbacks.

Recommendation #9: Special Exception process for the conversion of an existing detached accessory structure.

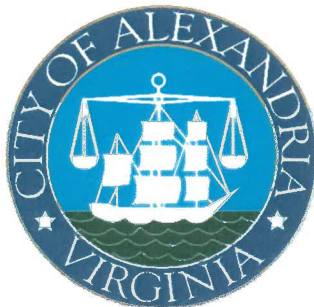
A property with an existing detached accessory structure (garage, shed, other) that exceeds the height, size or setback limits may be used as an accessory dwelling with special exception approval by the Board of Zoning Appeals (BZA).

City of Alexandria

PROPOSED COORDINATED COMMUNITY POST-COVID-19 RECOVERY PLAN

October 2020

A report prepared by the City Government Community Recovery Plan Team



Introduction

The emergence of coronavirus disease 2019 (COVID-19) has created unprecedented challenges for the delivery of coordinated community services to City of Alexandria residents, particularly those who are most vulnerable and facing health risks and financial loss. This plan sets forth to identify and provide resources and support to programs, systems, policies, and initiatives that are focused on the City's most vulnerable populations impacted by COVID-19. While, many of these services already exist or had been planned prior to Spring 2020, the COVID-19 crisis has elevated the need for many of the services to either be enhanced through interdepartmental and partner collaborations or elevated as a higher priority. Further, this crisis has provided an opportunity to recognize and then re-imagine the service systems and infrastructure through a stronger equity lens that aims to mitigate vulnerabilities within our community.

This plan envisions that the current and future services the City and partners provides will not only support vulnerable populations through the current crisis, but will lift them above the pre-COVID-19 baseline, ensuring 1) they are prepared to quickly overcome challenges if a similar situation were to arise again and 2) they can build opportunities for themselves and thrive in our community. The recommendations of this plan seek to advance a long-term theory of change; transformative recovery strategies require policy and practice shifts in multiple sectors and organizational systems to overcome the institutional barriers disproportionately vulnerable populations face.

Areas of Focus

The COVID-19 pandemic has impacted millions of Americans by the sudden blow to their finances, job security, families, and ways of life. The pandemic has spared few industries with more than 33 million people across the country filing initial unemployment claims.

In the City of Alexandria, 18,592 residents have filed initial unemployment between March 14 and August 8, 2020. A third of the filings are by individuals in low-wage jobs. The most impacted sectors are Food Preparation and Serving Related Occupations, Management Occupations, Office and Administrative Support Occupations, Sales and Related Occupations, Transportation and Material Moving Occupations as well as Personal Care and Service Occupations. It is also important to note that the total number of claims does not fully account for those in the gig economy. Even before the COVID-19 pandemic hit, one in ten Alexandria residents were living in poverty and many more were struggling even when they had employment.

More than one in four Alexandrians were under the ALICE (Asset Limited, Income Constrained, but Employed) threshold and, 9% fell under the Federal Poverty Guideline. In essence, 37% of residents were either unable to afford necessities such as food, housing, childcare, and other essential services or did not have savings to cover regular expenses. These individuals are either fully employed but in low paying jobs or underemployed. The most widely used conceptualization of underemployment measure looks at those involuntarily working in fewer hours or individuals working in positions that are lower than their education and skill levels. Given the large and growing foreign-born (foreign-trained) population, a growing number of older adults returning to the workforce, automation and related labor

market dynamics, individuals are forced to seek jobs that are not commensurate with their skill levels and the cost of living in Northern Virginia.

For residents of Alexandria to be able to improve and maintain optimal economic stability and mitigate the effects of crises like COVID-19, medium and long-term economic security and mobility strategies are needed while mitigating the immediate needs of the population.

The pandemic has further widened the gap of economic inequities and the ability to acquire and build resources and protective factors. The digital divide, as represented by residents' without devices, internet access, or knowledge of how to use technology, has disproportionately impacted adult learners and those who depend on public facilities to access the internet and online information about services. Completing and submitting forms for benefits, such as unemployment insurance, is not always equally and easily accessible when an individual does not have internet access. This pandemic has hastened the need to improve digital literacy and access amongst adults. Further, Alexandria City Public Schools identified 10-15% of its student lacking internet access at the start of the crisis and has needed to quickly seek devices and access to allow for virtual learning, highlighting the necessity of internet access for education at all levels

Addressing these issues requires collaborative, cross-departmental strategies. Rather than looking to specific departments to lead initiatives, this plan brings together initiatives and programs from across different departments to focus on improving four areas in the community, particularly as felt most our vulnerable populations. The team selected these four areas to focus on as they provide a framework to identify strategies related to social determinants of health equity, community well-being, and access to opportunity.

For the purposes of this document, these focus areas are defined as:

1. **Economic Stability, Security and Mobility:** Ensure that our residents and businesses can sustain their essential needs and have stable income and resources, now and into the future.
2. **Access to Medical/Behavioral Health Care and Disability Services:** The ability of residents to have appropriate health care resources in order to preserve or improve physical and behavioral health.
3. **Basic Necessities:** Basic necessities typically refer to what is needed to survive: food, water, shelter, oxygen. Through the lens of the COVID-19 pandemic, this plan also considers necessities to include connection to others and sanitation as these needs have shown to be essential in staying mentally and physically healthy throughout the pandemic.
4. **Transportation:** Ensure the infrastructure is in place to provide the most vulnerable within our community the ability to be mobile and connect to their jobs, care, and basic necessities.

Who this Plan Will Help

Vulnerable populations are groups and communities most at risk for losing their economic stability, access to care, basic necessities, and have more limited transportation options, as a result of the social, physical, political and environmental barriers they experience in society. For the purposes of identifying specific strategies to enhance and/or initiate in the City of Alexandria, this plan recognizes there are six groups of vulnerable populations that have experienced the greatest impact during this crisis and are likely to continue to experience hardship.

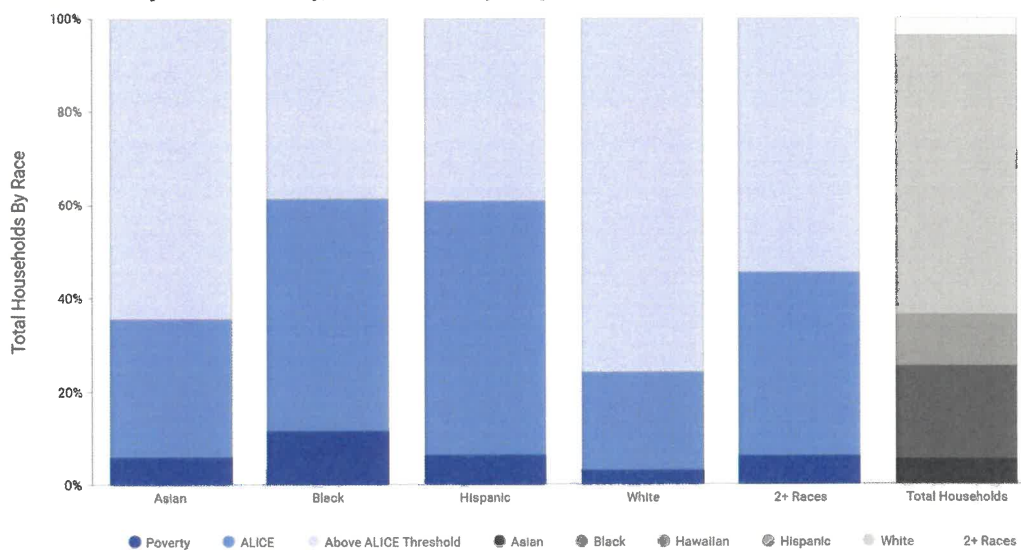
Current information for the six vulnerable groups is unavailable, however, pre-COVID-19 demographics provide a baseline for understanding challenges confronting these populations. It is important to note that there is crossover and variation among the groups. An individual or family may fall within multiple vulnerabilities, facing even greater challenges as they struggle to overcome setbacks amplified because of the pandemic.

While the recommendations detailed later in this plan may not be specific to these populations, they are meant to be actions that can start to identify the needs of the groups below and support their economic stability and health. Furthermore, as departments look to prioritize their workplans in the upcoming year, existing or planned initiatives that support the following groups should be considered of higher importance.

1. Households below the ALICE Threshold (Asset Limited, Income Constrained, Employed).

ALICE represents the households with income above the Federal Poverty Level but below the basic cost of living. In Alexandria, this threshold is considered \$51,624 for a single adult, \$66,504 for two adults, \$101,076 for two adults with two school age children, \$120,372 for two adults with two children in childcare, \$54,456 for a single senior, and \$71,124 for two seniors. In 2018, 37% of households in Alexandria were below the ALICE Threshold.¹¹ The race/ethnicity of ALICE households is shown below:

Households by Race/Ethnicity, Alexandria City, Virginia, 2018



Households near the ALICE threshold are particularly at-risk of falling below the poverty level as a result of the pandemic because of a loss of income, lack of savings, and, in some cases, increased need for unanticipated expenses such as change in childcare.

2. Homeless. The 2020 Annual Point-in-Time (PIT) Count, conducted January 22, 2020, revealed 207 persons experiencing homelessness -- unsheltered and in emergency temporary shelter

1. Based on 2018 report: <https://www.unitedforalice.org/virginia>

made available by City and non-profit homeless services providers -- in the City of Alexandria. That includes 32 households with adults and children (36 adults and 50 children) and 121 singles (85 men and 36 women), including 11 unsheltered singles and 15 chronically homeless singles. A total of 65% of people experiencing homelessness in Alexandria on January 22 were African American, despite being approximately 21% of Alexandria's total population.

As more residents' struggle to pay rent as a result of the pandemic, individuals and families may be at greater risk of evictions and, potential homelessness.

3. *Victims of domestic violence (DV) and sexual assault (SA).*

In Fiscal Year 2020, DCHS served 720 adult family violence victims and 58 child victims. The demographics of victims included: 202 African American/Black; 25 Asian/Pacific Islander; 199 Caucasian; 256 Hispanic/Latino; 256; and 51 Other. DCHS served 236 sexual assault victims, of the following demographic breakout: 50 African American/Black; 8 Asian/Pacific Islander; 61 Caucasian; 97 Hispanic/Latino; 17 Other/Unknown; and 3 Multiple Races. The demographics illustrate the disproportionality of victims and the struggles and inequities faced by throughout the community.

Due to distancing during the pandemic, victims have been largely out of the sight and contact of traditional reporters. By the time many of these cases come to the attention of professionals, they tend to be much worse because of lack of opportunities for earlier intervention. It is anticipated that referral numbers will spike, in general proportion with recovery efforts in the upcoming months.

4. *Minority and immigrant business owners.* The number of minority and immigrant owned businesses in Alexandria is currently unknown. The City's procurement system provides the following SWaM (small, women, and minority-owned) data:

- Currently have 448 SWaM Vendors are registered in the procurement system^{2,3}
 - Of which, 24 are minority owned
 - 97 are located in Alexandria
 - And of the 97 in Alexandria, 3 are minority owned.

Minority and immigrant businesses have been particularly struck with economic instability as a result of the pandemic as they have historically had limited financial capital from which to build their business upon. A recommendation from this plan is to develop a system for tracking these businesses in order to better understand how to support their needs when faced with severe economic challenges.

5. *Individuals with pre-existing health conditions.* 30% of residents self-report being in personal health that is less than "very good" or "excellent"⁴ A full review of Alexandria's health status and disparities in health outcomes is available from the Alexandria Health Department's 2019 [Community Health Assessment](#). As highlighted in the Assessment, the risk of chronic conditions increases with age—about 85% of older adults are living with at least one chronic condition and

² Numbers or Data is subject to change as a result of signing on new SWaM service providers

³ Not all SWaM vendors who do business with the City have registered as SWaM vendors

⁴ Alexandria Resident Survey, 2020

60% are living with at least two. Chronic conditions disproportionately affect persons of color, especially Black or African Americans, and studies support a link between experiences of racism and risk of chronic illness. Individuals with pre-existing conditions are particularly vulnerable to more severe cases and recovery from COVID-19.

- 6. Individuals who have Limited English Proficiency (LEP).** As of the 2018 American Community Survey, the total foreign-born population in Alexandria was 43,362 (28% of the Alexandria City population).³Of this population, 17,542 (40%) speak English less than well⁵. Limited English language proficiency affects individuals' ability to access critical services, meaningfully engage in community activities and is a barrier to enter or advance in the workforce.

Individuals with Limited English Proficiency have greater challenge in receiving adequate health information, which ultimately exacerbates health disparities. Further, these individuals are [overrepresented in domestic, service and janitorial occupations](#) where [work hazards are common](#) and employers are less likely to provide paid sick leave, which acts as a perverse incentive for this population to work despite being ill. Additionally, people with limited English proficiency are more likely to live in impoverished communities that are usually hit hardest by pandemics because of overcrowding, close living conditions, and less-developed trash and sewer infrastructures.

PRIORITIZED RECOMMENDATIONS

To develop the prioritized list of recommendations below, team members started by conducting a thorough review of existing, pre-COVID-19, City plans and strategies. The purpose was to pull the initiatives that departments had already determined to be important and had been previously vetted and discussed with the community. These plans included: The Partnership to Prevent Homelessness Plan (2015-2020) (currently being update for next five years), Age Friendly Community Plan (2018), Housing Master Plan (2013), Children and Youth Master Plan (2015) (currently being updated), and the Transportation Master Plan (2008, currently being updated). While most of the existing plans call for many more initiatives and strategies, those considered for inclusion in the recommendations would provide our organization with a greater ability to support individuals specifically hardest hit populations during the COVID-19 crisis.

After a document review, the team met with Department Heads and involved staff to review a compiled list of initiatives (appendix 1) and determine if needs have changed or if strategies were missing. During these conversations the team also noted initiatives that cross multiple departments and could be combined in order to more efficiently and effectively address a City problem. An example includes multiple plans within the Department of Community and Human Services (DCHS), and concerns raised by Recreation, Parks, and Cultural Activities (RPCA) in conducting outreach to senior populations. If combined, these efforts could reach a broader audience and provide greater information on available city services.

The recommendations below are not an exhaustive list of all the tremendous work being done throughout the organization to address the needs of vulnerable populations impacted by this crisis. Ultimately, the team selected the ten recommendations below to be priority projects and/or initiatives

⁵ The term Limited English Proficient (LEP) refers to any person age 5 and older who reported speaking English less than "very well" as classified by the U.S. Census Bureau. The term English proficient refers to people who reported speaking English only or "very well."

because 1) for the most part, they were either unfunded or underfunded; 2) they are initiatives that were not in existing plans because they are specific to COVID-19; and/or 3) it would provide a more efficient and effective way to address the initiative through a coordinated and inter-departmental process, rather than being led by one service area. These recommendations are not shown in prioritized order.

1. Develop a Digital Equity Plan

In Spring 2020, when Alexandria City Public Schools (ACPS) closed due to COVID-19, according to the ACPS IT Department, 10-15% of students did not have access to internet in their homes. ACPS found that this was for a variety of reasons – lack of devices, lack of internet service, overwhelmed data usage, and/or a lack of digital literacy, among some of the findings. While ACPS was able to address many of these issues through distributing devices, they could not reach the needs in each household. Further, their efforts did not address households without ACPS students, such as seniors. A Digital Equity Plan would first survey the community and conduct outreach to understand the needs throughout the City. The City could then prioritize how to invest in bridging the divide while seeking to expand affordable, high-quality Internet access through strategic partnerships. It would also help the City launch digital literacy innovation programs and test new ways to provide technology training and support in high-need communities.

Focus Area: Basic necessities

Vulnerable Populations Impacted: Alice

Next Step: This effort would be led by the Department of Information Technology Services, with support from the Office of Equity, the Workforce Development Center, and ACPS. An initial plan would cost \$70,000-\$150,000, including a survey, community engagement, and small-scale implementation. The plan will determine larger scale resource needs.

2. Develop IT Strategy for improved electronic client documentation

There are multiple needs to improve electronic documentation for DCHS clients, including resources to be able to expand telehealth opportunities. One of the biggest challenges DCHS has faced is the lack of a single system/application (electronic point of entry) that captures all of the client information. A resident may be served in several DCHS programs, but there is not the ability to document the interventions and outcomes collectively. This significantly impacts the client experience and impedes DCHS' staff ability to provide seamless and integrated client centered services. COVID-19 also revealed the need for the Department to have systems to capture client signatures electronically. DCHS staff has used tablets and telephones to provide counseling and telehealth services since mid-March. Purchase and use Sharefile for client signatures would expand health care options.

A more comprehensive and holistic approach to a health services documentation would bring together and integrate client and service data. This would improve the ability of staff to perform their jobs and to support management decision-making.

Focus Area: Access to Care

Vulnerable Populations Impacted: Alice and Pre-Existing Health Conditions

Next Step: This effort would be led by DCHS, with support from ITS and coordination with other City agencies and partners. The next step would be to inventory the client documentation needs to develop a full scope of work. The Citrix ShareFile is \$300 per user annually. Other resource needs to be determined based on full inventory of needs.

3. Collect a Minority and Immigrant Owned Business Inventory

The City currently does not have an inventory of the minority and immigrant owned businesses in the City. Without this data it is difficult to ensure program implementation, such as the Back to Business Grants, reach these owners. There is also a lack of information to track economic improvement for these owners, particularly during COVID-19 recovery. This project would Develop a mechanism for collecting and mapping minority and immigrant owned businesses in order to provide greater assistance and track metrics. One mechanism for collecting data could be through business licenses.

Focus Area: Economic Stability

Vulnerable Populations Impacted: Minority and Immigrant Business Owners

Next Step: This project would be led by the Race and Social Equity Officer, in coordination with the Department of Finance and Alexandria Economic Development Partnership. The project would require ITS support to establish mapping and a database.

4. Maintain an advance supply of PPE for city childcare and health care workers

In the early weeks and months of the pandemic, the City (and nation) experienced a shortage of critical PPE supplies that were necessary for our own staff and for childcare and essential workers. Ensuring a supply of PPE is efficiently procured, appropriately stored and accessible, should the need occur again, will be necessary to maintain essential functions and human services.

Focus Area: Basic Necessities

Vulnerable Populations Impacted: Alice and pre-existing health conditions

Next Step: Through after-action reporting of the current crisis, the City should develop a strategy for determining inventory needs and standard operating procedures for distribution. Procurement and storage of supplies should be coordinated between DCHS and the Department of Finance and include collaboration with essential city-affiliated entities.

5. Coordinate Inter-departmental outreach strategies for various population segments

Many of the city services are targeted towards similar population segments, though each department has its own various outreach strategies. As an example, DCHS, RPCA, and Housing all provide services to seniors, though their marketing and engagement may reach different seniors. A crisis, such as COVID-19, demonstrates the need for a centralized approach to outreach, as our residents need to be reached quickly without confusing messaging.

Focus Area: Access to Care

Vulnerable Population Impacted: Alice and ESOL

Next Step: Compile best practices learned through outreach from COVID Joint Information System and develop metric of baseline for engagement. Equity Officer, in coordination with stakeholder departments, to lead this initiative.

6. Increased access to ESOL services:

Various community-based organizations, including the public, for-profit, and non-profit private agencies, currently provide ESOL services. While some of these programs are regulated, others are not. Their structure, formality, and teaching focus differ from program to program depending on their revenue sources and the length, intensity, and level of class offerings. Under-employed residents, including those who have earned their education and work experience abroad, find it difficult to utilize their skills in the United States partly because of the language barrier. Others struggle with the limited availability and flexibility of classes as they juggle household responsibilities. Still, cannot afford to pay the fees charged, such as those offered by private schools and the community college. Expanding access to quality ESOL services will go a long way in removing barriers to parents' employment and improving their children's educational outcomes, thereby impacting the whole family. The City's recent pilot initiative to expand employment-focused ESOL services is a good example. Strengthening existing services and increasing resources will be critical in this regard

Focus Area: Economic Stability

Vulnerable Population Impacted: Alice, ESOL, Minority and Immigrant Owned Businesses

Next steps:

- i. Compile resources and ensure outreach regarding services available.
- ii. Continue and expand funding for ESOL services from the Alexandria Fund for Human Services targeting immigrant and refugee residents of Alexandria. Currently, the City provides annual funding to the following organizations that provide services targeting new Alexandrians. These funds⁶ budgeted until June 30, 2021:
 - 1) Computer Core, Building Careers and Community -\$14,040
 - 2) Literacy Council of Northern Virginia, Destination Workforce - \$30,000
 - 3) Literacy Council of Northern Virginia, Family Learning Program-\$10,000
 - 4) Lutheran Social Services for the National Capital Area, Refugee Immigrant Services-\$49,125
- iii. Expand the employment focused ESOL program that was initiated by the City Manager and is currently administered by the DCHS Workforce Development Center by \$75,000 to serve a waiting list of individuals under the current offering.

7. Maintain and expand resources in the FY21 budget to ensure rental assistance and alternative housing are available beyond December 31, 2020;

As cited in the [September 22, 2020 Memo to City Council](#), the demand for eviction prevention and housing stability assistance is expected to continue to grow with the gap in extended unemployment benefits, persistent unemployment or underemployment in many local job sectors like retail, restaurants, hospitality and personal services and the expiration of the current CDC moratorium on evictions at the end of 2020. In order to ensure residents are able to stay in their homes, the City will potentially need to provide financial assistance through supplemental resources once CARES ACT and CDBG COVID grant funds are depleted. This may include: 1) providing city support for distressed, COVID-19 impacted homeowners through extensions of property tax due dates or other relief; 2) enhanced access to counseling and

⁶ These funds are for the organizations who provide ESOL services, though not exclusively for the ESOL programs.

assistance on behalf of borrowers to secure loan modifications; 3) local funding to continue the emergency rental assistance programs established through the CARES Act funding allocations; 4) enhanced landlord-tenant counseling, mediation and housing information and referral services for renters; and 5) continued support of DCHS's Eviction Prevention and Housing Stability Assistance program. Without continued assistance, the City's most vulnerable populations face dire instability and potential loss of shelter.

Focus Area: Basic Necessities

Vulnerable Population Impacted: Alice and Homeless

Next steps/Resource need: Identify funding and policies to relieve housing burdens caused by the COVID-19 pandemic

8. Establish community wellness hubs in city facilities, such as recreation centers

Many of our city facilities are suited to serve as community wellness hubs by leveraging their role as trusted gathering places that connect members of the community to essential programs, services and spaces that advance health equity, improve health outcomes and enhance quality of life. Community wellness hubs meet the unique needs of their communities through a variety of ways including access to healthy foods, physical activity, social connections and connection to nature. An example in Baltimore puts services, such as job training, family support, wellness programs, support groups, chronic disease self-management programs, and care coordination under one community center roof. While Alexandria may not have the physical space to dedicate towards all these resources, we can have "wellness center hours" at three recreation centers that have the great community need: William Ramsay, Chick Armstrong, and Charles Houston.

Focus Area: Access to Care

Vulnerable Population Impacted: Alice, Pre-Existing Conditions, ESOL

Next Step: Through community engagement, develop an understanding of the types of services needed in a more accessible space and plan to ensure city facility space is maximized by creating flexible areas that can accommodate different uses and adapt to community needs. This would allow prioritization of offerings and space requirements. Once complete, departments would need to develop a plan to re-deploy staff with rotating hours to provide services at these locations. Additionally, self-service kiosks for service applications could be deployed to these City Facilities. AHD and DCHS would lead the process to determine the services needed in facilities.

This recommendation should be included in the Joint Facilities Master Plan for future site renovations of city facilities and school sites, preparing for flexibility of spaces that allow for private counseling.

9. Advance ATV 2022 Bus Network to increase frequency of bus service focused on ridership needs.

This recommendation is to increase investment in routes with the highest ridership, primarily on the West End and in Arlandria.

Focus Area: Transportation

Vulnerable Populations Impacted: Alice

Next Step: Apply for operational funding through I-395 grant for AT9 and AT1 routes.

Dash has started to create plans based on ridership levels and will continue to increase service to pre-COVID-19 levels and will evaluate additional next steps.

10. Ensure food security beyond the end of the calendar year

The initial CARES allocation by City Council for food security was \$2.4 million which funded the distribution of groceries and the distribution of grocery gift cards. This effort resulted in 586 events which to date have provided 1.6 million meals (or meal equivalents). Council has approved the City Manager's recommendation that an additional \$1.53 million of CARES funding be allocated for food security to continue the food security programs through the end of the calendar year.

These food security initiatives, including large-scale distributions, home deliveries, grocery gift cards, and pantry support, have provided food for more than 12,000 individuals per month. However, following December 31, 2020, the current source of funding will be unavailable. As the City and partners continue the provision of food and other resources to address food insecurity, we will monitor demand and access and respond to any changing needs. Through on-going reporting and analysis of the current crisis, the City should continue to work with community partners to seek out and implement long-term food security strategies and to continue to build economic security approaches with employers, families and individuals. These strategies would have to be linked to any affordable housing and increased employment approaches as these have profound impacts on the food security of residents in the city.

Focus Area: Basic Necessities

Vulnerable Populations Impacted: Alice, Homeless

Next Step: Document current partnerships and systems for distribution, determine monthly costs since March (including partners and ACPS) to identify financial resources, whether through the city general fund or grants, needed beyond December 31.

Follow-Up

The Coordinated Community Recovery Plan Team will solicit quarterly feedback from department leads on each of the recommendations. The feedback will include questions regarding collaboration, resource needs, and an evaluation on the impact the recommendation has on vulnerable populations. The feedback will allow the team to evaluate and measure progress. The first evaluation period will be the first week of January 2021.

APPENDIX 1

The Coordinated Community Recovery Plan Team identified the following initiatives impacting vulnerable populations from existing plans and initiatives. The prioritized ten recommendations were pulled from this larger list. While many of the initiatives shown below are in existing plans, they are not necessarily funded, or their funding needs have changed because of the crisis. Additionally, some of the initiatives listed are new and identified as a need because of the COVID-19 crisis. The initiatives are shown in four stages. Stage 1 occurred in May 2020 to July 2020; Stage 2 is July to October; Stage 3 is October to December; and Stage 4 is 2021 and beyond. Most initiatives below are in Stage 4 as they require a long-term approach.

	TRANSPORTATION INITIATIVES	Targeted Population	Progress	Funded	Notes
Stage 1	Essential Travel Only, Masks Required, Physical Distancing on transit	A, P-EC	100%	Y	
	Reduced Service to Protect Operators and Customers on transit	A	100%	Y	
	Fare Free Public Transit; Rear Door Boarding with Exemptions for Disabled Persons	A, P-EC	100%	Y	
Stage 2	Kick off Low-Income Fare Policy Study	A		Y	
	Increased service levels on DASH to enhanced Saturday Service	A	100%	Y	
	Continue fare free public transportation	A	100%	Y	
	Implement permanent changes to cleaning/safety procedures to reduce risk and protect staff/customers	A, P-EC	50%	Y	
	Install new bikeshare stations on the west end	A	50%	Y	
	Add scooter corrals in identified equity areas		10%	Y	
Stage 3	Increase paratransit service to include non-essential trips to pre-COVID-19 levels	A, P-EC	75%	Y	
	Sited locations for new bikeshare stations and additional scooter corrals in areas of need	A	25%	Y	
	Complete Low-Income Fare Policy Study & make recommendations	A	0%	Y	
	Increase levels of bus service to pre-COVID levels	A	100%	Y	

	Improved automatic passenger counters to better track and respond to ridership trends, and provide real-time vehicle capacity information	A	25%	Y	
	Develop a strategy for creating resilient and customer-oriented transit system as DASH upgrades its fleet	A	25%	N/A	When procuring new buses, contactless payment options and protective barriers will be included.
	Evaluate next generation and contactless payment options in partnership with the region	P-EC	25%	N/A	
Stage 4	Expand bikeshare network throughout the West End	A	20%	N	
	Evaluate fare free transportation policies & options	A	25%	N/A	
	Advance ATV 2022 Bus Network to increase frequency of bus service focused on ridership needs	A	25%	N	Additional operations funding needed for routes serving Arlandria and the West End.
	Evaluate & streamline paratransit program for increasing needs	P-EC	25%	Y	

ECONOMIC STABILITY AND SECURITY

	Minority and Immigrant Owned Business Initiatives	Targeted Population	Progress	Funded	Notes
Stage 1	Increase community awareness and utilization of emergency and other resources and the provision of assistance in completing applications	M/IBO, A	25%	Y	Research is needed to determine size and unique needs of these businesses in order to benchmark baseline and initiate programs towards improving their situation.
Stage 3	Conduct targeted outreach to SWaM businesses on the availability of the ALX Promise program.	M/IBO, A	75%	Y	
	Target second wave of Back to Business Grants towards known minority owned businesses	M/IBO	25%	Y	Demographics of grants awardees documented, though there is no baseline data of how many minority owned businesses are in Alexandria to compare to.
	Seek SWaM vendors for recovery related services	M/IBO	25%	Y	
Stage 4	Capture demographic information of business owners through business license applications in order to map and track outreach and progress	M/IBO	50%	No	Would require coordination and execution with Finance.

	Outreach to SWaM vendors on grant opportunities	M/IBO	25%	Y	Research is needed to determine if and which Grants are currently available to businesses. SWaM Team in person initiatives have successfully been shifted to an online format via zoom, etc. We have successfully held, and paneled forums with Chambers of Commerce (minority and non-minority).
	Seek SWaM vendors for recovery related services	M/IBO	25%	Y	
	Hold open forums regarding SWaM opportunities with various minority Chambers of Commerce within Northern Virginia.	M/IBO	50%	Y	
	Establish a baseline of SWaM vendors and a goal of using vendors	M/IBO	75%	Y	
Workforce Development		Targeted Population	Progress	Funded	Notes
Stage 1	Increased community awareness and utilization of employment resources and services	A, MI/BO	70%	Partially	Expand current multi-channel outreach effort including integrated awareness building of employment resources that resulted in over 40 virtual events hosted since June 2020 that were attended by more than 1,500 City residents. Strengthen partnership with VEC to continue to assist UI benefits and employment opportunities.
	Increased access to job readiness services (using virtual platforms)				
Stage 2	Partner with business to incentivize hiring of trained persons with minimal experience in the field	A	75%	Partially	Two Regional Virtual Job Fairs, 6 Meet the Employer events; effort underway to engage businesses for work-based (subsidized employment) opportunities. Pilot initiative for expanding work-based learning underway.
	Transition the Summer Youth Employment Program to a virtual platform				
Stage 3	Increase access to VESOL and development of work experience opportunities	A, ESOL, MI/BO	50%		Infrastructure built-up and running for weekly group and 1:1 job readiness service.
Stage 4	Expand retraining opportunities for dislocated workers	A	50% (short and medium term)	Partially	Submitted a NOVA consortium rapid response activity for dislocated workers at DCA and IAD airports. This may require a temporary satellite job center. This process started pre-COVID-19 and will continue.
	Support programs, systems, policies, and initiatives to improve economic security and access to universal ESL, Digital Literacy, and Internet Services	A, ESOL	(long term)	Partially	

Enhance and give greater focus to apprenticeship opportunities, training and work experience for disengaged and out of school youth

BASIC NECESSITIES

	Housing Initiatives	Targeted Population	Progress	Funded	Notes
Stage 1	<p>Provided rental assistance and alternate housing options for most vulnerable populations</p> <p>Provide financial assistance to alleviate housing stability crises i.e. rental and utility assistance</p>	A	On-going	Yes	Additional Resources Needed to meet anticipated rental assistance demand and prevent evictions, particularly as unemployment assistance benefits expire and/or some job sectors remain closed.
Stage 2	Refer vulnerable residents to committed units				Coordination with ARHA, AHDC, CLI, non-profit partners and for profit affordable unit owners to process applications, provide eligibility documentation and housing search
Stage 4	Maximize opportunities to preserve privately owned, publicly assisted units within the city, with priority for units serving households with incomes below 50% of AMI	A	25%	Yes	This initiative is ongoing. The resources provided in the FY2021 revised budget must be maintained for progress to continue to be made.
	Increase the number of housing units affordable to households earning below 30% of AMI, or in need of permanent supportive housing including senior households, especially in areas with access to amenities, services and transportation	A	25%	Yes	This initiative is ongoing. The resources provided in the FY2021 revised budget must be maintained for progress to continue to be made, especially in terms of the city pilot rental assistance program and upcoming potential City-sponsored nonprofit development projects (e.g., in Arlandria) that are anticipated to provide significant components of deeply affordable housing in response to community need.

Support the rehabilitation and redevelopment of ARHA-owned units as mixed-income communities pursuant to the City and ARHA's joint commitment to maintain at least 1,150 committed affordable units

A

25% No

At this time, no ARHA-specific resources are planned/budgeted beyond a reserve set aside from Braddock-area developer contributions (approx. \$1.1M currently). ARHA has exhausted its revolving development loan fund for expenses and cost overruns related to Ramsey Homes/The Lineage.

Provide home rehabilitation loan assistance to low income seniors to address code and safety issues, modify for accessibility and/or energy efficiency to enhance their ability to age in place

A

75% Yes

This program is ongoing and is funded through the City's annual CDBG federal funds allocation. No additional City resources are anticipated, although demand is expected to be high as low-income homeowner's experience income loss may seek City assistance for emergency home repairs during and after COVID.

Promote accessibility and visitability in all new residential development

A

75% Yes

Accessibility modifications to rental (RAMP) and sales/ownership units (HRLP) are usually funded through federal funds (HOME and CDBG) allocated annually to the City. Accessible units are typically 10% of all units in City-supported new affordable housing development.

Increase awareness of existing City housing services, resources and establish an ongoing rental assistance fund to address non-crisis for resident not qualified as disabled or senior.

A

100% No

Housing has been incorporating elements of culturally competent outreach in its public engagement and outreach, securing VHDA planning grants to do so, as needed, so far. Support for appropriate translation and interpretation services at public meetings to ensure those impacted by development can participate should be a cost the City budget anticipates in future FYs.

Examine all housing policies, development and programs to ensure the City is affirmatively furthering fair housing and promoting racial and social equity

A

50% Yes

The City is standing up the ability to provide this assessment within existing staffing resources. Among GARE, AFFH work and training occurring in Housing, as well as the equity function added within the CMO, we have the expertise review and update policies, development and programs, as needed.

	Coordination of services	Targeted Population	Progress	Funded	Notes
Stage 1	Coordinate access health (COVID related) and establish additional emergency beds for the continuum of care (homeless services)	Homeless			On-going but needs increase in funding
Stage 3	Provide PPE for childcare options for essential workers	A	25%	No	Both Centers and Family Day Homes need masks, protective clothing, social distancing marking, cleaning and sanitation products; children need 2 masks on site, adults need access to a mask each day (cloth).
	Streamline (user-friendly) application system for social benefits and supports	A	0%	No	Need for common application when applying for similar services. For example- rental assistance at DCHS and Housing. Not funded. Review of technology and privacy needs as next step.
Stage 4	Partner with non-profits to connect people to healthy and affordable food sources and safety services	A			Coordinating with various groups (private, non-profit and faith-based) to update the homeless strategic plan.
	Identify organizations (private, non-profit and faith-based) that address issues affecting the homeless and create opportunities to share information and leverage resources	H, Pre-H			
	Develop strategies and improve coordination and integration of employment programs with homelessness assistance programs and providers to improved outcomes	H, Pre-H			
	Ensure that all providers in the Continuum of Care work with clients to actively assist with participation in benefit programs and expanded health care enrollment as part of individual housing/service plans	H, Pre-H			Need to do another training for shelter staff on supporting clients in completing the benefits application on Commonhelp
	IT Initiatives	Targeted Population	Progress	Funded	Notes

Stage 3	Implement public space Wi-Fi and outdoor classroom in Arlandria, in partnership with Casa Chirilagua	A, ESOL	75%	Y	Funded through NACTO grant (awarded in August 2020)
Stage 4	Make funding available for residents to obtain and utilize technology services to remotely access behavioral health care	A, ESOL	25%	N	
	Develop survey and work with community partners to understand the technology gaps in the community. May include Wi-Fi, devices, cost of service, etc.	A	0%	N	<p>Next Steps include:</p> <ul style="list-style-type: none"> hire a firm that is familiar with broadband policy and strategy / digital literacy / etc. create a survey perform the data analysis crowd sourcing map define the goals as to how this information will be used use the information to inform budgetary, policy, staffing, etc. needs and possible partnership opportunities
	Based on technology survey, develop and deploy strategy for ensuring internet access and digital literacy throughout the community	A	0%	N	

ACCESS TO CARE

	Initiatives	Targeted Population	Progress	Funded	Notes
Stage 4	Explore expansion, or increase homeless community utilization, of the Neighborhood Health Services Inc. (NHSI) initiative that provides integrated primary and behavioral health services	H, Pre-H			
	Provide increased information and access to SNAP and Medicaid Applications				

Identify partnership opportunities to offer health and mental health services in city facilities, including recreation centers with Safe Place designation.

A, PEC, ESOL, H

0%

N

Implement targeted COVID-19 testing events with Neighborhood Health to provide access to testing and offer a medical home to underserved areas.

A, PEC, ESOL, H

50%

Y

Ongoing coordination support from City

Identify and utilize technological options to expand health and mental health care

A, Pre-H

0%

No

Conduct outreach to older residents and adults with disabilities about health and community services, with special attention given to minority communities. (Including, multi-language informational materials). Outreach should include cross-departmental offerings, including RPCA

ESOL, Pre-H

No

The Commission on Aging and staff in the Division of Aging & Adult Services [DCHS] held several Listening Sessions with groups of older residents. The Listening Sessions were structured so that initially staff indicated City and private programs that are currently available to older Alexandria residents followed by opportunities for participants to ask questions as well as indicate additional needs.

Sustain and expand current mental health, substance use disorders and developmental disability services to reduce or eliminate wait times

Develop and execute a communication plan to reach older adults and adults with disabilities with information that enables them to prepare for emergencies.

Pre-H

Key

- A Alice
- PEC Pre-Existing Condition
- H Homeless
- English to Speakers of Other Languages
- ESOL
- M/IB Minority and Immigrant business owners
- O

This document was prepared by the City Government Coordinated Community Recovery Plan Team, including:

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The Senior Center at Charles Houston
December 2020 Report for January 2021 Meeting

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. While we weren't able to have our annual Christmas celebration, we did conduct our annual New Year's Eve observance virtually during our Wednesday teleconference call. Several of our seniors shared what they were most grateful for in 2020 and what they were most looking forward to in 2021. It was a very heartwarming experience.

On a sad note, the staff and participants mourn the passing of two of our beloved members, Bernardine Price and Catherine "Piggie" Ward, both transitioning the week before Christmas. Our condolences were extended to the family members of both ladies. They will be sorely missed.

Our seniors received many resources of food, gift cards and other tokens from various agencies throughout the City for Christmas. ALIVE, ARHA, Alfred Street Baptist Church are but a few of said agencies who provided this.

Despite the cooler temperatures of the season we continue our walking activity, weather permitting, meeting Mondays @ 10:00 a.m at Ben Brenman Park. Our seniors continue to look forward to connecting with friends and getting some exercise.

Overall, our seniors seem to be doing 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



January 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 has partnered with Insight Memory Care, a local nonprofit adult day health and resource center, for a special virtual event scheduled for January 22: ***Caregiving at a Glance – Tips, Hints and Aha Moments!*** Attendees will get information about resources and programs designed to help those who are serving as caregivers, as well as for their loved ones who are living with memory impairment. Caregivers are under more pressure than ever due to the pandemic, and it is important to know where to get support for dealing with isolation and loneliness during these challenging times. If you are interested in attending this virtual event on January 22 at 10:00 am, register online at www.seniorservicesalex.org or call 703-836-4414, ext. 110.

The next virtual Senior Ambassador training will be held on Wednesday, January 13 at 10am. SSA invites all members of the Commission on Aging to participate and hear from DAAS and SSA about services for seniors in Alexandria and how to become an Ambassador for your community. Ambassadors receive weekly email updates and can participate in 30-minute zoom information sessions each Wednesday afternoon. Email communications@seniorservicesalex.org 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. 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.

Upcoming Recreation, Parks and Cultural Activities (RPCA) Classes

It is important to always watch out for your physical and mental health but especially during this time of Covid restrictions. RPCA will offer small size (maximum of 9 students and 1 instructor) and socially distanced exercise and fitness classes starting in the New Year. All CDC and enhanced cleaning guidelines are followed to make class participation as safe as possible. Register on line at <https://rec.alexandriava.gov/webtrac/wbwscc/rt14prd.wsc/wbsplash.html> or call 703.746.5414 for more information or assistance with registration. Samples below and a complete listing of classes and sessions can be found online.

313612 - Intro to Pickleball

Ages 18 and up: Are you interested in learning the fundamentals of Pickleball? Pickleball is played on a court, and combines elements of badminton, ping pong and tennis. Come out, have fun, meet new people and get some exercise! Please wear tennis or court shoes. All equipment is provided.

Activity	Description	Dates	Times	Days	Location	Fees
313612-01	Intro to Pickleball	01/18/21- 02/17/21	9:15A- 10:15A	F	Charles Houston Rec	\$89/\$104

313613 - Pickleball

Ages 18 and up: Classes will focus on competitive play and teaches gamesmanship. Drills will include footwork, weight transfer and spin serve. Please wear tennis or court shoes. Students must take intro to pickleball prior to registering for this advanced level class. All equipment provided.

Activity	Description	Dates	Times	Days	Location	Fees
313613-01	Intermediate Pickleball	01/08/21- 02/12/21	10:45A- 12:15P	F	Charles Houston Rec	\$79/\$114

313614 - Int. Pickleball

Ages 18 and up: Classes will focus on competitive play and teaches gamesmanship. Drills will include footwork, weight transfer and spin serve. Please wear tennis or court shoes. Students must take intro to pickleball prior to registering for this advanced level class. All equipment provided.

Activity	Description	Dates	Times	Days	Location	Fees
313614-01	Intermediate Pickleball	01/08/21- 02/12/21	12:30P- 2:30P	F	Charles Houston Rec	\$79/\$114

314001 - Walk & Fit Training

Ages 55 & up: This is a circuit training class that incorporates walking as an aerobic activity and the use of hand held weights and resistance bands for strength training. This is a cardiovascular fat burning workout that will aid in firming and sculpting your body.

Activity	Description	Dates	Times	Days	Location	Fees
314001-01	Walk & Fit Training	01/13/21- 02/17/21	10:00A- 11:00A	W	Patrick Henry Rec	\$55/\$90

314011 - Senior Cardio & Weight Training

Ages 55 & Up: This is a cardio and weight training exercise program that is designed by using our weight and cardio fitness machines in a timed interval system to increase endurance, burn calories, strengthen and tone muscles and improve flexibility.

Activity	Description	Dates	Times	Days	Location	Fees
314011-01	Senior Cardio & Weight Training	01/13/21- 02/17/21	12:00P- 1:00P	W	Patrick Henry Rec	\$55/\$90

314012 - Senior Stretching

Ages 55 & up: This low impact stretching class is designed for seniors to improve range of motion, increase circulation, decrease potential injury and improve rest. No class on 1/18/2021, 2/15/2021

Activity	Description	Dates	Times	Days	Location	Fees
314012-01	Senior Stretching	01/11/21- 03/01/21	11:30A- 12:15P	M	Patrick Henry Rec	\$30

314004 - Senior Line Dance

Agnes 55 & up. This class is designed for seniors to improve endurance, balance, circulation, memory, and socialization through easy and fun line dance. Participants will be led by an experienced and qualified instructor.

Activity	Description	Dates	Times	Days	Location	Fees
314004-01	Senior Line Dance	01/15/21-02/18/21	12:00P-1:00P	F	Patrick Henry Rec	\$55/\$90

314005 - Senior Body Part Aerobics

Agnes 55 & up. This is a low-impact exercise using a chair aerobics workout with slow everyday movements to tone and sculpt the body. Use of chairs will aid in increasing balance, coordination, and flexibility. The program is designed for senior health and 1

Activity	Description	Dates	Times	Days	Location	Fees
314005-01	Senior Body Part Aerobics	01/11/21-02/19/21	10:00A-11:00A	M, F	Patrick Henry Rec	\$46.25/\$81.25

334227 - Aqua Arthritis

Agnes 18 & up. A gentle and slower class that will focus on increase range of motion, physical activity, and physical mobility. This class is designed to decrease pain and inflammation while increasing range of motion, flexibility, and general conditioning.

Activity	Description	Dates	Times	Days	Location	Fees
334227-01	Aqua Arthritis	01/11/21-02/03/21	8:30A-9:30A	M, W	Chinquapin Rec Ctr	\$65/\$120

333102 - AM Aqua Aerobics

Agnes 18 & up. Work out at your own pace! Designed to use water as the mode for resistance and training, all fitness levels and age groups are welcome, including deconditioned and new exercisers. Swimming ability not required.

Activity	Description	Dates	Times	Days	Location	Fees
333102-02	AM Aqua Aerobics	01/09/21-02/12/21	10:00A-11:00A	F	Chinquapin Rec Ctr	\$95/\$190

Additional aquatics classes will be offered in February. For lap swimming, please reserve time online or call Chinquapin for details.

Fitness Centers are open and other activities are offered at Chinquapin (703.746.5553), Charles Houston (703.746.5552), Leonard Armstrong (703.746.5554), Patrick Henry (703.746.5557), and William Ramsay (703.746.5558) Recreation Centers with Senior hours available. Mt. Vernon Recreation Center (703.736.5556) also has senior activities from 9-12 on Saturdays. Please call the centers for details

Submitted by Commission on Aging RPPCA Liaison: Margaret Orlando, Division Chief
Margaret.orlando@alexandrava.gov Phone 703.746.5429

**Adult Day Services Center
Report to the Commission on Aging
January 2021**

**2020
A Year in Review**

This year has been a challenge for all of us as we continue to find different ways to socialize, exercise (get rid of those pandemic pounds) and interact with each other. It has been an abnormal year, but I hope the magic of the season has brought us some peace and comfort. And although we still have months to go before getting back to some sense of normalcy, I know it will get better.

In the meantime, and amid this evolving situation, ADSC is committed with providing our seniors and their families with services while we are closed.

Here's a look back at some of the services we provided despite an unusual and abnormal 2020.

- **Adult Day Services Center closed in-person services in mid-March due to COVID-19.**
- **Staff started immediately making friendly weekly calls to participants and caregivers**
- **Staff assisted other divisions and organizations with delivering of meals, birthday gifts and arts-n-crafts to Alexandria senior residents.**
- **Staff started Microsoft Teams virtual activity programming for program participants and their families.**
- **Several program participants received Grandpads, an electronic computerized device with built in Wi-Fi for a senior to easily connect with family, locally or out of state. The user can also play games, music, search the internet and do video calls with friends and family.**
- **Staff conducted bi-weekly video and health check-in calls**
- **Lastly, staff prepared a six-course Thanksgiving meal with all the trimmings for program families.**

On behalf of the staff at ADSC, wishing you the best in 2021.

If anyone have questions about the program, please give me a call at 703-746-5676 or email me at darrell.wesley@alexandriava.gov

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

St. Martin de Porres Senior Center Report for December 2020

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

Partnered with DCHS as the distribution center for ACT Alexandria's ALX Cares Gift Card program

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

Financial Assistance: calls for rental assistance and gift cards to offset hardship due to COVID.

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

Activity Kits continue to be a popular request along with puzzles, games, toiletry items, trivia and recipes upon demand; encouraged virtual enrollment

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

Senior Volunteers: Three dedicated senior volunteers helped packing holiday activity kits. With their assistance we were able to hand out over 45 holiday activity gift packages.

Due to inclement weather and the national increase in coronavirus cases seniors declined going on walking trips for the month and we will pick them back up in the new year.

Senior Wellness Checks Using Telephone

- **High Risk Seniors:** Continue to contact the seniors who are lonely and isolated. The Zoom calls, GrandPads and weekly shopping trip calls help are helpful.

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: We continue to email weekly newsletter to seniors and their families information pertaining relevant information they may need and any requests. Now more seniors have been able to join the zoom meetings as our weekly email goes out to 40 seniors and their families

Virtual Programming: We are now using the Licensed Zoom account which has allowed us to host longer events and provide more tech support to get the seniors in the call. Because of this, our numbers have gone from an average of 8 per meeting to 13 per meeting, the attendance numbers are slowly climbing, and we are recruiting new participants.

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

The seniors with GrandPads have joined the zoom calls and Zumba classes and thoroughly enjoyed. With the help of the City of Alexandria.

Due to SMdP prolonged center closure, we were able to coordinate donating 160 shelf stable kits for a need to help those with food insecurity. This was sponsored by the SSA group. We were delighted to assist with helping to feed those in need.

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

Commission on Aging Housing Committee Meeting of December 21, 2020
Via Zoom
Draft Meeting Notes

Attendance:

Committee Members: Michael Schuster, Chair; Charles Bailey, Bob Eiffert, Bill Harris, Marshall Hespe, Jane King, Jan Macidull and Babs Waters.

Staff: Terri Lynch, Division of Aging and Adult Services; Sam Shelby, Planning and Zoning (P&Z); and Julia Santure, Office of Housing.

Introductions – Participants introduced themselves. Marshall Hespe is the new Meals on Wheels coordinator for Senior Services of Alexandria. He has an interest in housing; previously, Commission Chair Babs Walters appointed him as a member of the Housing Committee.

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

Approval of Minutes – The notes from October 19 were approved as submitted (no vote required).

Updates on the Age Friendly Community Plan:

Goal I – Accessory Dwelling Units – Sam Shelby from P&Z gave an update on changes to the draft accessory dwelling unit (ADU) ordinance that the Commission on Aging approved in November (changes sent separately). The main changes were to eliminate the owner occupancy requirement; revised size limits; revised floor area ratio calculations; and a new requirement for a special exception process. Staff is still considering provisions regarding ownership and short-term rentals. The Planning Commission will consider the revisions at its meeting on January 5. City Council will have a discussion of the revisions at their legislative meeting on January 13. They will make a final decision at the public hearing on January 23.

On a motion by Bob Eiffert, seconded by Bill Harris, the committee voted unanimously to recommend the revised policy to the Executive Committee for approval.

Goal II – Affordable Assisted Living – Bill Harris announced that the Alexandria Redevelopment and Housing Authority (ARHA) has received approval from the federal Department of Housing and Urban Development (HUD) to convert the Ladrey senior high-rise from public housing to rental assistance. Bill pointed out that this conversion will allow ARHA to finally rehabilitate the aging building. Bill and Bob think the rehab could include a change to assisted living, which would benefit the residents of both Ladrey and the privately-owned Annie B. Rose senior housing building next door. Bill has contacted Helen McIlvaine from the city's Office of Housing and the Executive Director of ARHA to enlist their support.

Evictions – Michael Schuster announced that the federal coronavirus relief bill that passed Congress included \$25 billion for rental assistance and extended the moratorium on evictions to January 31, 2021. Jane King noted that the city's Office of Housing has assisted 1,606 Alexandria renters with emergency rent relief already. There are likely many more who need assistance. Jane also reminded the committee of the Commission's request to the City

Manager in October 2019 that the budget for the city's own modest rent relief program by increased by \$230,000 to eliminate the waiting list for the program at that time. The request did not get into the proposed budget for FY 2020, but it would not likely have been adopted anyway because the City Manager's proposed budget was totally altered by the pandemic. Jane noted that the COA has monitored both the rent relief and property tax relief programs for years. Terri Lynch will send the latest figures on both to the committee.

Public Comment – No members of the public were present to speak.

Other Business – Bob Eiffert will invite staff from the city's Eviction Task Force to the committee's January 25, 2021 meeting.

Adjourn – The meeting was adjourned at 2:30 p.m.

Next Committee Meeting: Monday, January 25, 2021 at 1:30 p.m. via Zoom.

Notes prepared by Bob Eiffert.

City of Alexandria, Commission on Aging
Outreach Committee Notes
December 16, 2020 1:30 pm – 2:30 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 1:37 p.m. by Victoria Almquist. Although there was no need to read the statement aloud, it was clear that the meeting was taking place 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:

Faith Community: No update.

LGBTQ community: No additional updates

Senior Ambassadors: The next SA training is scheduled for January 13th and Committee members are encouraged to contact MaryAnne about attending.

3. Outreach via Civic Groups

Gary shared some information on thirty-nine civic associations in Alexandria, their locations and their mandates. The list is old and requires to be updated as some of these associations appear to have been reconstituted and re-emerged under new names. Efforts will continue to get some more information of these organizations and identify officials through whom information can be channeled to their senior members. In addition to these associations, the Outreach Committee will continue to work with Home and Condo Owners Associations. According to some members, past experience has shown that not all HOAs and Condo Owners Associations are open to cooperation

in dissemination of information. Most of them are not keen to get involved beyond their core business. The situation has been exasperated by the pandemic.

4. Other Business

The Economic Development Committee is preparing a Zebra article on the Workforce Development Office's services for seniors. It was suggested that additional articles could be developed on topics such as affordable housing and ADUs, once the latter are approved by the City.

5. Public comments

No comments were made

6. Date of next meeting

Next meeting will be held on Wednesday, January 27, 2021 at 11:30 a.m.

7. The meeting adjourned at 2:10 p.m.

Commission on Aging – Transportation Committee

November 16, 2020 4:30PM Via Zoom

Meeting Notes

Attendees: Ray Biegun, Chair; Sharon Dantzig, Alan Dinsmore, Cedar Dvorin, David Kaplan, Jane King, Babs Waters.

Guest: Eldon Boes, 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.

Approval of Minutes – The notes from the October 19 meeting were approved as submitted, no vote required.

Discussion

Near miss reports and related procedures.

Walk audit status (Jane King will follow up with City).

A "safe walking" project similar to the ARRP driver renewal courses. Purpose would be to update safe pedestrian skills. Alan Dinsmore will look for projects to model.

The possibility of T&ES giving a presentation on the Complete Streets Program and an update on Vision0 Safer Streets (Ray Biegun will follow up with Christine Mayeur).

Commission on Aging by-laws revision is not yet complete.

Terri noted that a committee vote is required for any items to be presented to the Commission for action.

Discussion of how the Transportation Committee could support the Transportation Goals of the Age Friendly Community Plan.

Vision Zero

- Status of walk audits, at least five were completed. (Jane King will check and BPAC may be able to help with volunteers for future audits).
- Procedure and collection of data on near miss reports.
- Schedule for sidewalk safety improvement.
- T&ES may be invited to present at COA January or February meeting on the Complete Streets Program and an update on Vision0 Safer Streets (Ray Biegun will follow up with Christine Mayeur and with the COA ExCo).

DASH and WMATA provide safe, reliable, and frequent transit service.

- Review of DASH route and frequency improvement.
- Discussion of upcoming DASH budget and review possible after presentation of the City Manager's proposed budget.
- Review of status of DASH Rider Advisory Council; meetings not yet scheduled.

Public Comment – Alan Boes (guest) shared information on BPAC goals and activities that align with some of the Transportation Goals of the Age Friendly Community Plan.

Adjournment: Meeting adjourned at 5:20 PM

The next meeting: Monday, December 21, 4:30 PM via Zoom

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 3rd Monday due to the holidays.

Minutes from December 2, 2020 meeting of the Economic Development Committee

Attending: Mary Lee Anderson, Sharon Dantzig Jane King, Annabelle Reitman, Babs Waters, Emilia Turcios & Linda Gilmore (City Staff coordinator)

The meeting began at 10:06 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 seniors.* Emilia Turcios gave an overview of the first 50+ Cohort initiative. 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. The first group included 7 older adults. next Cohort group will begin in January. WDC worked closely with Arlington Employment Center on a Job Fair and is also working with ACPS to fill open positions. WDC will present a virtual workshop on "Employment in the City" in partnership with Beatley Library on January 7 from 7-8pm.

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.

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 is working with the Small Business Administration on the roll-out of a new non-profit which will act as an incubator for 55+ individuals 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 10:45am. The next meeting will be held on Wednesday, January 6 at 10am via zoom.

Submitted by: Mary Lee Anderson

Report from
Health and Dementia Friendly Committee
Commission on Aging
City of Alexandria, Virginia
January 3, 2021

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

- **Dementia Friendly Community**

Dementia Friends Training continues –

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 a meeting with Darrell Wesley on Jan. 7, 2021, to talk about funding options for additional Grandpads.

All members