

ALEXANDRIA COMMISSION ON AGING MEETING AGENDA
Virtual Meeting: Thursday, October 14th , 2021; 4pm

This meeting is being held electronically, unless a determination is made that it is safe enough to be held in person at a location to be determined. Electronic access will be provided in either event. The meeting can be accessed by the public through the Zoom link or phone number provided below. Public comment will be received at the meeting. Public comments can also be sent to daas@alexandriava.gov in advance of the meeting. Please indicate that your comments are for a meeting related to the Alexandria Commission on Aging in the subject line. A recording will be made of this meeting.

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

Meeting ID: 935 7751 7116

Password: 251935

Phone In number: 301-715-8592

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

1. Call to Order
2. Welcome guests and new COA members, Jenn Stowe, representative from the Commission for Women and Dawn Higgins, Citizen member
3. Approval of Agenda
4. Approval of September 2021 minutes
5. Alexandria Police Department Liaison Report – Sgt. Ian Torrance
6. Special Presentation: DASH: General Manager - Josh Baker and Marketing Manager - Martin Barna
7. Executive Committee Report
8. Discussion / Action Items
 - A. Alexandria Mobility Plan update– see attached
 - B. Scooter task force update – see attached
 - C. Electronic Participation Policy– see attached
 - D. Moderate Income Affordable Living Facility, MIALF, in the new Landmark Development
 - E. Age Friendly Plan Update
9. **Liaison Reports - Please provide a written summary to Debbie.ludington@alexandriava.gov**
 1. Division of Aging and Adult Services – Terri Lynch
 2. INOVA Alexandria Hospital
 3. Human Rights Commission – Lynette Foster
 4. AHA – Bob Eiffert
 5. AARP – Jane King
 6. NVAN – Babs Waters / Terri Lynch
 7. St. Martins Senior Center – Anne Coyne
 8. Virginia Hospital Center – Kate Chutuape
 9. Commission for Women – Jenn Stowe
 10. Partnership for a Healthier Alexandria
 11. Public Health Advisory Commission
 12. Commission on Persons with Disabilities – Michael Kamin

13. Senior Center @ Charles Houston – Vanessa Green
14. Senior Services of Alexandria – Mary Lee Anderson
15. Alexandria Commission on Employment, ACE – Mary Lee Anderson
16. Northern Virginia Falls Prevention Alliance, NVFPA – Mary Lee Anderson
17. Arlington Legislative Committee – Mary Lee Anderson
18. Arlington Commission on Aging – Linc Cummings
19. Successful Aging – Margaret Orlando
20. Recreation, Parks and Cultural Activities – Margaret Orlando
21. Alexandria Adult Day Services Center, ADSC – Darrell Wesley
22. Housing Affordability Advisory Committee, AHAAC

10. Committee Updates

1. Housing – Chair, Michael Schuster – see attached
2. Outreach Committee – Co-Chairs, Victoria Almquist and Asfaha Beyene – see attached
3. Transportation – Chair, Ray Biegun – see attached
4. Economic Development – Chair, Mary Lee Anderson – see attached
5. Strategic Planning – Chair, Babs Waters
6. Health /Dementia Friendly Committee – Chair, Marjorie Conner – see attached
7. By-Laws – Chair, Michael Kreps
8. Advocacy – ad hoc

11. Other Business

12. New Business

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

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

Next Executive Committee Meeting: Virtual Meeting; Monday, November 1, 2021, 1:30pm

COMMISSION OFFICERS: Babs Waters, Chair
Barbara D’Agostino, Vice Chair
Secretary, Michael Schuster

The business of the Commission on Aging is largely conducted by its committees. ALL COMMISSION AND COMMITTEE MEETINGS ARE OPEN TO THE PUBLIC. Please call the Division of Aging and Adult Services at 703.746.5999 for more information. In addition, the Commission has official liaisons with several other commissions, organizations or activities.

The City of Alexandria complies with the terms of the Americans With Disabilities Act (ADA). An individual with a disability who wishes to request an accommodation may contact the Division of Aging and Adult Services at 703.746.5999, email DAAS@alexandriava.gov

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



Commission on Aging
c/o Division of Aging and Adult Services
Department of Community & Human Services
6101 Stevenson Ave., Suite 200
Alexandria, VA 22304
www.Alexandriava.gov/Aging

October 04, 2021

sent via email c/o City Clerk gloria.sitton@alexandriava.gov

Honorable Mayor Wilson and Members of City Council
City Hall
301 King Street
Alexandria, VA 22314

Re: Endorsement of Alexandria Mobility Plan

Dear Mayor Wilson and Members of City Council:

The Alexandria Commission on Aging (COA) is pleased to provide its endorsement in support of the Alexandria Mobility Plan to replace the existing Transportation Master Plan Chapter of the City's Comprehensive Plan.

COA believes this plan seeks to address issues of mobility as it relates to seniors through numerous policies, strategies, and performance measures that promote equity, safer streets, improved paratransit service, and expanded mobility choices. We note the specific inclusion of "seniors" in the Equity Lens under the Guiding Principles of Accessible, Convenient, and Sustainable.

We welcome the attention to the needs of seniors with chapter metrics that include the perception of seniors as well as accessibility of seniors to transportation options; along with new metrics on accessible bus stops, curb ramps repaired, and audible pedestrian signals installed. We note that the perception of seniors includes metrics that will assess ease of walking, ease of travel by public transportation, ease of travel by bicycle, and ease of public parking. We would like to see more information related to the ratings on ease of walking, and what constitutes ease of public parking.

We appreciate the efforts of T&ES in keeping us informed, answering our questions, and responding to our feedback on the earlier draft versions of the AMP.

As projects are implemented, and performance tracking reports are issued, we look forward to your continued engagement with the COA.

Sincerely,

Barbara H. "Babs" Waters
Chair, Commission on Aging



Commission on Aging
c/o Division of Aging and Adult Services
Department of Community & Human Services
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October 04, 2021

sent via email c/o City Clerk gloria.sitton@alexandriava.gov

Honorable Mayor Wilson and Members of City Council
City Hall
301 King Street
Alexandria, VA 22314

Re: Scooter Task Force (STF) Recommendations

Dear Mayor Wilson and Members of City Council:

The Alexandria Commission on Aging (COA) supports the recommendations made by the STF. We appreciate the efforts of T&ES in keeping us informed, answering our questions, and responding to our feedback.

However, we must point out that there are still unresolved issues regarding the effective management of the use of and parking of electric scooters on sidewalks. These continue to create mobility challenges for seniors and those with disabilities. The COA has previously voiced their objections to the use of electric scooters on sidewalks in the past. We urge City Council to address these issues vigorously with scooter companies.

We appreciate having had a member on the Scooter Task Force, and the opportunity to weigh in at various points. We look forward to continued collaboration with the City in the future.

Sincerely,

Barbara H. "Babs" Waters
Chair, Commission on Aging

Effective July 1, 2021 – insert date approved by COA (or committee)

City of Alexandria **Commission on Aging**

Electronic Participation Policy

The following policy is established for members' remote electronic participation in **Commission on Aging** meetings due to:

1. A personal matter
 - a. On or before the day of a meeting, the member shall notify the Chair that the member is unable to attend the meeting due to a personal matter. The member must identify with specificity the nature of the personal matter.
 - b. A quorum of the **Commission on Aging** must be physically assembled at the primary or central meeting location.
 - c. The Chair may approve or disapprove the request for electronic participation. If the absent member's remote participation is disapproved because such participation would violate this policy, the basis for the disapproval shall be recorded in the **Commission on Aging's** minutes. The decision shall be based solely on the criteria in this policy, without regard to the identity of the member or matters that will be considered or voted on during the meeting.
 - d. The **Commission on Aging** shall record the specific nature of the personal matter and the remote location from which the absent member participated in the **Commission on Aging's** minutes.
 - e. Participation by the absent member due to a personal matter shall be limited in each calendar year to: (1) two (2) meetings or (2) 25% of the meetings held rounded up to the next whole number, whichever is greater, of the **Commission on Aging**
2. A member's temporary or permanent disability or other medical condition or a family member's medical condition that requires the member to provide care for such family members, thereby preventing the member's physical attendance
 - a. On or before the day of a meeting, the member shall notify the Chair that the member is unable to attend the meeting due to the member's temporary or permanent disability or other medical condition that prevents his or her physical attendance or a family member's medical condition that requires the member to provide care for such family members, thereby preventing the member's physical attendance.
 - b. A quorum of the Board must be physically assembled at the primary or central meeting location.
 - c. The **Commission on Aging** shall record the fact of the member's disability or other medical condition or a family member's medical condition that requires the member to provide care for such family members, thereby preventing the member's physical attendance, and the remote location from which the absent member participated in the **Commission on Aging's** minutes.
3. For any remote participation, the **Commission on Aging** shall make arrangements for the voice of the absent member or members to be heard by all persons in attendance at the meeting location.

Commission on Aging Housing Committee Meeting of September 27, 2021
Via Zoom
Draft Meeting Notes (9/28/2021)

Attendance:

Committee Members: Michael Schuster, Chair; Charles Bailey, Asfaha Beyene, Marshall Hespe, Jan Macidull, Ellen Nelson, Lois Steele, and Babs Waters.

Staff: Terri Lynch, Division of Aging and Adult Services.

Welcome – Michael Schuster opened the meeting and participants introduced themselves.

Review and Approval of the Agenda – The agenda was approved as submitted (no vote required). However, Jan Macidull asked whether the COA should request that the Alexandria Housing Department come up with a more accurate definition of “affordable housing,” because many people think it means only housing that is subsidized, like Section 8 housing.

Updates:

- 1. Presentation on potential Senior Assisted Housing at the Landmark Development.** Bob Eiffert has been discussing the possible inclusion of senior assisted housing with the chief executive of Godwin House. The Housing Department Director told him that Goodwin House was in talks with Foulger Pratt, the developer of the Landmark site, about senior housing there. The Goodwin House CEO said that Foulger Pratt did talk to him about senior housing for lower and moderate-income seniors at Landmark. But the conversation was non-committal, and he has not heard from them recently. Bob spoke with the CEO about the Housing Committee’s desire for moderate income and affordable assisted living, and he seemed interested. Bob sent him the Bill Harris concept paper that the COA adopted in February 2020, the last meeting before the pandemic. Bob also encouraged him to contact Helen McIlvaine, the Alexandria Housing Department Director, about how the City’s Housing Opportunities Fund works. Bob will continue checking with him, since Helen says that Foulger Pratt is still saying that Goodwin House is involved. Jan Macidull volunteered to monitor the development of senior assisted housing at the former Mirant Potomac River Power Plant location.

- 2. Proposed goals for new Aging Friendly Plan – Jane King.** Jane discussed each of the four goals in the draft, dated August 23, 2021. Chair of the COA, Babs Walters, said we should also consider tiny houses as an option for affordable housing, given the limited space in places like Alexandria. At the outset, Jane said we needed to come up with no more than three goals. The first goal related to the plan for a mixed income affordable assisted living facility. She said the city has no immediate plans for such housing. The second goal related to the development of a public education program on home modifications. She said this could be a mutual goal with the Outreach Committee. She mentioned that AARP has some new plans

relating to home fit. Jan Maciduell stated that the Goodwin House will be conducting a home safety assessment program for her building and offered to share a link to the Zoom presentation to those interested. Lois Steele suggested that if we had to reduce these proposed goals to three, this one could be one of the actions under the last goal dealing with preventing unnecessary or unwanted institutionalization of those who wished to remain in their homes or in their communities.

The third goal related to increasing the funding for the Alexandria City Rent Relief Program. Terri Lynch suggested taking out the reference to the American Rescue Plan (ARP) because the city program is permanent, and funds from the ARP must be used by September 2024. The household income cutoff for eligibility for these funds is \$25,600. Recipients receive \$500 per month to be applied to their rent. Lois Steele questioned whether the eligibility criteria could be lessened for older persons. Terri Lynch said that the guidelines are very strict, and the funds are limited, so that would be unlikely. Lois also suggested that this goal include language dealing with mortgage relief. Lois asked for clarification whether this would remain a separate goal. It would be, even though it is also part of the Commission's advocacy budget priorities, approved at the September 9th COA meeting. Terri mentioned that this rent relief program is separate from the real property tax relief program for homeowners. Babs mentioned the separate pilot program recently established by the city to give 50 recipients \$500 a month to spend as they saw fit. Recipients could, but do not have to, use this grant towards their rent.

The last goal related to preventing unnecessary institutionalization, especially focusing on naturally occurring retirement communities (NORCs). Jan Macidull stated that by focusing on NORCs, you would reach a larger number of people. Jane King said that this point needs to be explained as to why there would be a focus on NORCs. Jan then said that NORCs could be one of the ways to increase awareness of support services for older adults that would allow them to remain in their homes or in their community.

Jane brought up an issue that may have been dropped – home sharing. Lois said this could be one of the action items for the last goal on preventing unnecessary institutionalization. Jane said this is an issue with many older Alexandrians living alone. The Alexandria Department of Housing sponsors a Co-Living Initiative that could be explored as part of the Committee's goals. Montgomery and Fairfax counties have home sharing programs. Babs mentioned similar programs in Pennsylvania and California. Terri suggested using the term "home sharing" until the Committee decides on a particular type of home sharing, which is a more inclusive term. Jan suggested that we should include the perspective of increasing the supply of housing in the Committee's housing goals. Jan also suggested looking at advocating a change in the state law that prohibits municipalities from directly mandating affordability housing contributions by developers. Jane King added that the state is partly responsible for the lack of affordable housing in Alexandria, because of this restriction.

Jane King will take this discussion into account as she redrafts the Housing goals, which will be no more than three. The revised draft will be circulated before the October 18th meeting, at which we will vote on them.

Approval of Minutes – The notes from the June 21, 2021 meeting were approved as submitted (no vote required).

Other Business – Charles Bailey asked what the city is doing about those who have been evicted during the pandemic. Terri Lynch mentioned that Legal Services of Northern Virginia has an attorney in the courthouse to assist tenants who have faced eviction cases against them. Ellen Nelson asked about the homeless person on the corner of Mount Vernon Avenue and whether she has been helped. Terri Lynch said the city has intervened to offer her assistance, which is all they can do.

Adjournment – the meeting adjourned at 2:48 p.m.

Next Committee Meeting: Monday, October 18, 2021 at 1:30 p.m. via Zoom.

Notes prepared by Michael Schuster.

City of Alexandria, Commission on Aging
Outreach Committee Notes
September 22, 2021 11:30 am – 12:41 pm
Via Zoom

Members Present: Victoria Almquist, Asfaha Beyene, Ray Biegun, Gary Hacker, Margaret Orlando, Barbara Waters

Absent: Mary Anne Beatty, Jane King

Hosting staff: Pamela Austin

The meeting was called to order at 11:40 a.m. by Victoria Almquist, and was conducted in conformity with the following guidelines:

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

1. Approval of Agenda

The agenda was approved as proposed.

2. Updates on Outreach to:

Faith Community: Now that services have started opening up, more information is needed to be shared with seniors. Brochures and one-pager flyers, summarizing the main services available, facilities that provide such services, and individual contacts would be useful.

LGBTQ community: Ray reported that he continues to reach out to LGBTQ communities in Arlington and Alexandria, offering support and cooperation.

Senior Ambassadors: Pamela informed that a training was conducted last week for Senior Ambassadors. She also added that there are now 95 trained Ambassadors.

3. Discussion on draft letter to senior facilities on bullying

The draft letter on bullying from the Outreach Co-chairs to senior facilities was approved, with a slight change replacing “senior citizens” to “older adults” at the end of the first sentence.

Victoria distributed a spreadsheet containing the list of facilities to whom the letter should be distributed, and the committee discussed on how best the letter could be disseminated. Margaret has volunteered to do so with recreation centers.

However, as the list is still missing full addresses and contact persons at each center, it was decided that Victoria will assign individual members of the Committee to research and fill the spreadsheet with the names and email addresses of the person at each facility to whom the letter should be sent.

4. Reinvigoration of Outreach activities

Discussion was conducted on how to reinvigorate our outreach efforts and the topics/issues that we should be emphasizing. Victoria suggested to select specific topics that we can focus on.

Gary raised concern about the absence of specific information on COVID related issues and how to address its ripple effects, such as mental health, economic impact, etc. Ways should be explored to ensure that senior citizens are informed in a simple and clear manner since they may not have the technical skills to find the latest information online:

Victoria will find out if there is a specific fund for mental health services earmarked for senior citizens.

5. Public comments

No comments were made

6. Date of next meeting

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

7. The meeting was adjourned at 12:45 p.m.

Commission on Aging – Transportation Committee

September 20, 2021 4:37 PM Via Zoom

Meeting Notes

Members: Ray Biegun, Chair; Charles Bailey, Bill Campbell, Alan Dinsmore, David Kaplan, Babs Waters (COA Chair).

Guest: Jen Slesinger Program Manager for Alexandria Mobility Plan (AMP).

Staff: Terri Lynch (DAAS Director)

Introductions: None required.

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

Discussion

Alexandria Mobility Plan (AMP): Discussion of the AMP and a draft letter of recommendation from COA to City Council. Jen Slesinger was available for technical consultation. Revisions were suggested concerning metrics for pavement rating, ease of walking, and availability of public parking. The revised draft was unanimously approved for presentation to the Commission.

Scooter Task Force (STF) Recommendations: Discussion of the STF Recommendations and a draft letter of support for the STF recommendations from COA to City Council regarding program changes for the management of rental electric scooters in the City. Revisions were discussed and adopted regarding the need for more effective management of the use of and parking of electric scooters on sidewalks. These concerns have been voiced by the COA in the past. The revised draft was unanimously approved for presentation to the Commission.

Public Comment: None.

Adjournment: Meeting adjourned at 6:15 PM

The next meeting: Monday, October 18, 2021, 4:30 PM via Zoom.

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

Attending: Mary Lee Anderson, Sandy Freedman, Babs Waters, Annabelle Reitman, Jane King, Sylvia Benatti, Emilia Turcios (City Staff coordinator) Gerri Wallace, guest

The meeting began at 10:08 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 is envisioned until after the pandemic. AHA will encourage members to patronize Silver Service businesses, but not push for discounts during the pandemic. SSA has been reaching out to existing businesses to confirm their discounts and then promote on social media. Pat Miller and Jane King volunteered to work with Mary Lee to approach new businesses in Del Ray.

Senior Employment: *Goal is to help seniors find employment and to encourage businesses to hire*
The 50+ employment specialist has been approved as a full-time position, applicants will be interviewed in September. Emilia Turcios is coordinating doing in person meetings with older adults and expects the Cohorts to start back up in November. Unemployment benefits are ending, and WDC is seeing an uptick in clients.

AARP Livable Community

Jane King will continue to coordinate reports on this effort, as the Commission begins work on the next plan which will cover 2022-24. The Committee agreed to focus on our new goals for next year related to seniors as entrepreneurs and access to SNAP benefits.

Senior Ambassador Program

There are now 100 senior ambassadors. SSA continues to have weekly Zoom meetings with City officials and other non-profits, as well as send emails with news updates twice a week. Next ambassador training session is 9/17 at 10am.

Seniors as Entrepreneurs

Annabelle Reitman and Sylvia Benatti are rolling out the "55+ Incubator" to help older adults who want to start their own business. Their website is under design. They are awaiting approval of their 501c3 application, which has been delayed due to IRS backlog, they now have an IRS advocate

SNAP Enrollment for Seniors

SSA has hired Margaret Shetler to focus on enrollment of seniors in the SNAP program. She will be working with St. Martin's, DCHS, and WDC contacts to develop strategy for outreach to older adults eligible for benefits.

Meeting adjourned at 11:05 am. The next meeting will be held on Wednesday, October 6 at 10:00am at via zoom.

Submitted by: Mary Lee Anderson

Minutes
Health and Dementia Friendly Committee
Commission on Aging
City of Alexandria, Virginia
Meeting September 30, 2021

This meeting was held electronically. A recording was made of this meeting.

Health and Dementia Friendly Committee:

Join from a PC, Mac, iPad, iPhone or Android device:

Date Time: Sep 30, 2021 01:00 PM Eastern Time (US and Canada)

Committee members present: Jackie Barbarito, Barbara Huelat, Jane King, Jenn Stowe, Marjorie Conner

City staff present: Debbie Ludington

Committee member excused: Barbara D'Agostino

- **Dementia Friendly Community**

Dementia Champions training noted as October 18. Ms. Huelat and Ms. Conner intend to attend.

Ms. King noted that the City's Age Friendly Plan would expire this year. A plan for evaluation of the effectiveness and success of the current plan AND creation of a plan for the next three years was discussed. Ms. King and Ms. Barbarito will lead the efforts with members of the Committee and the CoA, as a whole, and City Department of Aging and other agencies, as appropriate.

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

Ms. Conner will follow up with Mr. Warner's office after receiving word from Ms. Barbarito on Leading Age's interest in participating and calendar limitations.

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

Ms. Conner will follow up with SSA and DoA on outreach efforts.