

**Alexandria Commission on Aging Minutes**  
**February 11, 2021**  
**Virtual Meeting**

**Members Present:** Babs Waters, Victoria Almquist, Michael Kreps, Mary Lee Anderson, Ray Biegun, Asfaha Beyene, Marjorie Conner, Barbara D’Agostino, Barbara Huelat, Michael Kamin, David Kaplan, Jim Lindsay, Del Pepper, Michael Schuster, Katherine Seifu, Denise Mackie-Smith, Lois Steele

**Members Excused:** William Campbell, Lynette Foster, Ellen Nelson

**Liaisons Present:** Vanessa Greene, Senior Center @ Charles Houston; Anne Coyne, St. Martins Senior Center; Margaret Orlando, Recreation, Parks and Cultural Activities; Darrell Wesley, Alexandria Adult Day Services Center; Torrance, Police Department

**Staff Members Present:** Terri Lynch, Debbie Ludington, Pamela Austin and Rhonda Williams, Division of Aging and Adult Services; Emilia Turcios and Linda Gilmore, WDC;

**Guests Present:** Bob Eiffert and Jane King, COA Housing Committee; Canek Aquirre, Anthem Health Care / City Council; Gaynelle Diaz, ARHA; Geoffrey Caldwell, Econ. Opportunities Commission; Nicolas Joseph and Tom Reiter, PACE; Pat Killeen, PHAC; Paul Nasto, My Home Companion

1. **Call to Order.** Ms. Waters called the November meeting of the Commission on Aging (“COA”) to order at 4:01 PM.
2. **Approval of Agenda.** The agenda for the meeting was approved unanimously.
3. **Approval of Minutes.** The January meeting minutes were approved unanimously with one minor change in attendance.
4. **Alexandria Police Department Liaison Report.** Ms. Waters introduced Sgt. Ian Torrance, who joined the COA meeting on behalf of the Alexandria Police Department. Sgt. Torrance reported on an investigation into the death in the Holmes Run Park area. He then responded to inquiries from Commissioners.
5. **Special Presentation.** Ms. Waters introduced Rhonda Williams, Supervisor of Old Adult Clinical Services. Ms. Williams then made a special presentation about the complex needs of older adults during a pandemic. She discussed, among other things, seniors’ unique health issues and strategies for fighting social isolation (*e.g.*, Grandpads). She also provided an overview of some of the services provided by her agency and the mental health team. Materials attached Ms. Williams then responded to inquiries from Commissioners.
6. **Executive Committee Report.** Materials previously distributed.

7. **Discussion and Action Items**

- a. *Accessory Dwelling Units (“ADUs”)*. Ms. Waters briefly reviewed the materials related to ADUs and noted the potential benefits to seniors. Mr. Schuster briefly summarized developments from City Council. **Materials previously distributed.**
- b. *FY 2022 City Budget*. Ms. Waters reported on upcoming deliberations on the FY 2022 City budget. Councilmember Pepper reported on the fact that the budget only includes an allocation for a part time older adult specialist. Ms. Waters explained that the COA previously advocated for making the older adult specialist a full time position.
- c. *COVID-19*. Ms. Waters reported on issues related to vaccine distribution. Councilmembers Pepper, Councilmember Aguirre, and Ms. Lynch reported on distribution efforts, particularly to vulnerable communities. Commissioners discussed the issues.
- d. *Age Friendly Plan*. Ms. Waters reported on the expiration of the Age Friendly Plan and the committees’ efforts to prepare a new Age Friendly Plan. Ms. King provided additional details.

8. **Liaison Reports.**

- a. *Senior Center @ Charles Houston*. Ms. Green reported that approximately 95% of the total seniors contacted have received their first vaccine. **Materials previously distributed.**
- b. *Senior Services of Alexandria*. **Materials previously distributed.**
- c. *Northern Virginia Falls Prevention Alliance*. Ms. Anderson reported on the quarterly meeting.
- d. *Successful Aging*. Ms. Orlando reported that Successful Aging has not been meeting because of COVID-19.
- e. *Recreation, Parks, and Cultural Activities*. Ms. Orlando reported that all spring classes will be online and that registration starts on March 3.
- f. *Alexandria Adult Day Services Center*. Ms. Wesley reported that the Center continues to offer virtual programming for seniors as well as social and weekly social/welfare calls.
- g. *Housing Affordability*. **Materials attached.**
- h. *Division of Aging and Adult Services*. Ms. Lynch reported that agency staff is now being designated as essential workers by Virginia. She also reported that she will be announcing her departure shortly. Commissioners expressed appreciation for Ms. Lynch’s service.
- i. *Human Rights Commission*. Mr. Kreps reported that his term on the Commission had expired.
- j. *AHA*. Mr. Eiffert reported that AHA had assisted approximately 30 members register for a vaccine and arranged for transportation for 10.
- k. *AARP*. Ms. King reported on AARP’s recent virtual programs and that AARP Virginia is working with several communities on age friendly efforts.
- l. *NVAN*. Ms. Waters reported that the next NVAN meeting would be on March 16.

- m. *St. Martins*. Ms. Coyne reported on virtual programming and welfare checks. Materials previously distributed.
- n. *Commission on Women*. Ms. Seifu reported on 2021 priorities. Materials previously distributed.
- o. *Healthier Alexandria*. Ms. Seifu reported that the February meeting was delayed and informed the COA that there would be updates on the Community Health Improvement Plan shortly.
- p. *Commission on Persons with Disabilities*. Mr. Kamin reported on discussions at the most recent meeting. Materials previously distributed.

9. **Committee Updates.**

- a. *Housing*. Ms. Waters reported on the city's tax rebates and efforts to address evictions. Materials previously distributed.
- b. *Advocacy and Legislation*. Ms. Waters reported that there would be a meeting on February 23.
- c. *Transportation*. Mr. Kaplan provided an update on the DASH Rider Advisory Council. The operation was put on hold because of the pandemic. However, DASH has recruited members and will be convening virtually in about a month. Materials previously distributed.
- d. *Economic Development*. Ms. Anderson updated the COA on the departure of Linda Gilmore who has been working with Senior Services for approximately 2 ½ years. Materials previously distributed.
- e. *Bylaws Commission*. Mr. Kreps announced that the next Committee meeting would be on February 19 at 9 am.

10. **Other Business.** Ms. Waters provided an opportunity for guests to comment. Ms. Nasto reported on his experience receiving a COVID-19 vaccine. Commissioners discussed the issue.

11. **Meeting Adjournment.** There being no further business, the meeting adjourned at 5:50 PM.

Minutes will be presented at the March 11, 2021 COA meeting for approval.

*Minutes prepared by Michael Kreps, COA Secretary.*

# City of Alexandria Older Adult Mental Health Program



## Responding to a Growing Need

Rhonda L. Williams, LCSW  
Rhonda.Williams@alexandriava.gov  
Cell 703-209-4840, Office 703-746-3573  
Feb 2021

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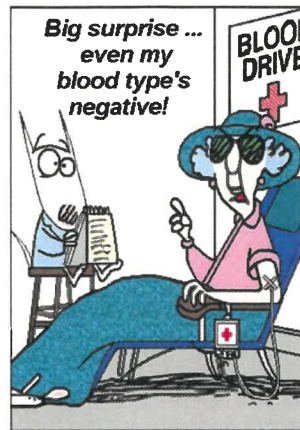
Welcome! Let's get acquainted!



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## Predictors of Successful Aging:

- avoiding disease and disability,
- maintaining physical and mental function,
- continued engagement with other persons in productive activities.



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## Geriatric Complex Needs

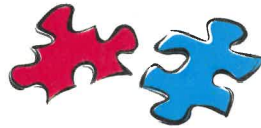
- Age related changes in cognition and psychological development
- Pharmacological responses vary because of age associated physiological changes.
- Symptoms of mental illness often present differently



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## Complex Needs Cont.

- Even mild problems can interfere with independent functioning, increasing risk of physical illness or social isolation.
- Ageism and stigma are serious issues and barriers.
- Older adults with MH are more likely than younger adults with MH to receive inappropriate or inadequate treatment
- Diverse range of concurrent conditions: ie. Dementia, medical, mental, SA, MR.....



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## Fighting isolation with Fire



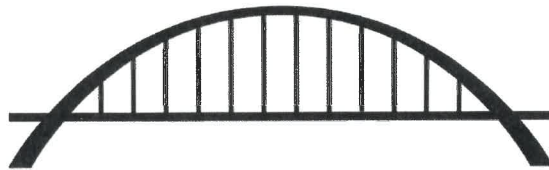
6

## And Grandpads



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## The MH Team consults to other Aging Teams and Collaterals.



- APS, Aging & Adult Services, CSB type Services, ADHC, Transp. Code, Fire, EMS, Police, Sr. Groups, and Sr. buildings, gen. community.....

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## ACSB/DCHS Geriatric Team Mission Statement

- The Geriatric Mental Health Team provides comprehensive mental health and case management services to City of Alexandria Residents over 60 in a manner that promotes quality of life and preserves independence. The Team meets older adults where they are, at home and in other community settings providing intensive services, including education and support to caregivers.

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## Beware The 4 D's

- Delusions - medical emergency
- Dementia – many kinds, hallmark, memory and cognition problems
- Depression – High prevalence in LTC
- Dependence –personality and/or substances

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■ It's important to have a twinkle in your wrinkle. ~Author Unknown

■ *Thank you!*     *-Rhonda*

# MEMORANDUM

**TO:** The Commission on Aging  
**FROM:** Bill Harris, Liaison to the Alexandria Housing Affordability Advisory Committee  
**DATE:** February 4, 2021  
**SUBJECT:** Alexandria Housing Affordability Advisory Committee Report

Due to the Coronavirus pandemic today's AHAAC meeting was held with ZOOM.

1. Chairwoman Michelle Krocker opened the meeting promptly at 6:30 PM.
2. Helen McIlvaine presented a brief summary of future housing plans.
  - a. The City and ACPCs are exploring possibilities of joint public private projects involving combining new school buildings with affordable housing, health facilities, recreations facilities, etc.
    - i. While this seems like a good idea to city officials and housing advocates Letters to the Editor of local papers show a few people are strongly opposed.
  - b. A new INOVA Alexandria hospital is to be build on the Landmark site and the existing hospital site is to be rezoned for residential and other uses.
    - i. Residential, retail, and other uses will be made of the site.
  - c. Other areas being considered for development include:
    - i. Alexandria North and the power plant
    - ii. Alexandria West to replace the Beauregard Small Area Plan
      - (1) The developer who owned most of the land at the time the Beauregard SAP was developed changed its plans invalidating much of the plan.
  - d. She listed a number of other matters, all in very early stages of consideration.
3. Ken Wire, attorney, presented the Upland Park project to be located on the property south of the Hermitage from Fairbanks to VanDorn.
  - a. The 9.25 acres currently contain 14 detached houses which will be demolished.
  - b. Phase I will comprise 92 town homes and 0.87 acres of open space.
  - c. The Plan will be implemented over a 20-30 years period.
  - d. Over time the developer will contribute \$3,208,099 and right of way dedications for transportation.
4. Carter Flemming reported for ARHA
  - a. The Ramsey development is still unable to move in tenants because they still can't get refrigerators.
  - b. ARHA recently opened the wait list for three days
    - i. They got 45,000 applications. Not all will qualify for financial and other reasons.
      - (1) 14,000 for Housing Choice Vouchers
      - (2) 22,000 for housing
5. Jon Frederick reported for AHAC
  - a. Nothing special to report.
  - b. Projects are progressing slowly but steadily.
6. The meeting adjourned at 8:15pm

For any questions I can be reached at [wpharris@comcast.net](mailto:wpharris@comcast.net) or 703-684-6432