

ALEXANDRIA COMMISSION ON AGING MEETING MINUTES (DRAFT 10/17/2021)

October 14, 2021

Virtual Meeting

Members Present: : Babs Waters, Victoria Almquist, Mary Lee Anderson, Ray Biegun, Lynette Foster, Dawn Higgins, Barbara Huelat, David Kaplan, Michael Kamin, Michael Kreps, Jim Lindsey, Ellen Nelson, Del Pepper, Michael Schuster, Lois Steele, Geraldine Wallace.

Members Excused: Marjorie Conner, Barbara D'Agostino, Bill Campbell, Jenn Stowe

Members Unexcused: Asfaha Beyene

Liaisons Present: Vanessa Greene, Senior Center @ Charles Houston; Anne Coyne, St. Martins Senior Center; Margaret Orlando, Recreation, Parks and Cultural Activities; Linc Cummings, Arlington COA; Darrell Wesley, Adult Day Services Center

Staff Members Present: Terri Lynch, and Pam Austin, Division of Aging and Adult Services

Guests Present: Charles Bailey and Jane King, COA Housing Committee; Raymond Mui, Assistant General Manager, DASH; Gaynelle Diaz, ARHA

1. **Call to Order.** Ms. Waters called the October 14th meeting of the Commission on Aging (“COA”) promptly to order at 4:00 PM.
2. **Approval of Agenda.** The agenda for the meeting was approved unanimously.
3. **Approval of Minutes.** The September 2021 minutes were approved with a correction, inserting Sgt. Ian Torrance’s rank.
4. **Welcome Guests.** Ms. Waters welcomed guests and introduced the two new COA members, Dawn Higgins and Jenn Stowe.
5. **Alexandria Police Department Liaison Report.** Sgt. Ian Torrance did not attend the meeting.
6. **Special Presentation.** Raymond Mui, Assistant General Manager of DASH, gave a presentation on the new DASH Network. He said there are over ten (10) routes, with 100 buses. The new network was launched on September 5, 2021. Under this new system, buses run more frequently – at 15-minute intervals, seven days a week, all day. According to DASH’s survey, the feed back has been positive. The complaints have been from areas where the service has been changed or reduced. Mr. Mui stated that in areas that were changed, there is access to Metro buses, so that bus service has not actually been reduced. He also mentioned that rides are now free, and that DASH is exploring funding alternatives to continue free ridership after this year. Finally, in response to a

question from Chair Babs Waters, he said the citizens DASH advisory board is operative, and has meet a few times.

7. **Executive Committee Report.** See attached.

Victoria Almquist reported on the latest coronavirus statistics. Nearly 14,000 (13,987) cases were reported with 148 deaths in Alexandria this year.

(<https://www.irs.gov/pub/irs-pdf/f6744.pdf>) . The positivity rate is 2.9 percent.

Alexandria is currently at the “High” transmission rate – or 105.4. Seventy-seven percent of residents are partly vaccinated; 68.3 percent are fully vaccinated. There are no numbers yet on booster shots.

8. **Discussion and Action Items**

- a. Alexandria Mobility Plan update. Transportation Chair, Ray Biegun said the attached letter on his committee’s endorsement of the Mobility Plan speaks for itself. The letter of endorsement indicated that the CoA would continue to engage with the Department of Transportation and Environmental Services as the individual projects are implemented and the performance tracking reports are issued. The Executive Committee previously approved of the plan and the letter of endorsement. The commission unanimously approved the letter of endorsement.
- b. Scooter task force update. Ray Biegun referred to the attached letter of endorsement of the Scooter Task Force recommendations, which cited concerns about the unresolved issues concerning the effective management of the use of and parking of electric scooters on sidewalks. The Executive Committee previously approved the letter of endorsement. The commission unanimously approved the letter of endorsement.
- c. Electronic Participation Policy. Chair Babs Walters stated that at the last Executive Committee, an attorney from the Office of the City Attorney attended to summarize the new policy and to answer questions. She said that because of the city’s declaration of a local emergency, the CoA and its committees will continue to meet virtually throughout the declared emergency, until January 31, 2022. Under the proposed policy, CoA members could attend meetings telephonically for approved personal or medical reasons. However, under the policy, a quorum must be met only by those attending in-person. Once a quorum has been met, then members participating by telephone can participate fully, including voting on action items. The commission approved the proposed electronic participation policy unanimously. The policy will be effective for meetings beginning February 1, 2022.
- d. Moderate Income Affordable Living Facility, MIALF, in the new Landmark Development. Michael Schuster referred to the minutes of the September 27th Housing Committee meeting for details about this issue. Bob Eiffert has been discussing the possible inclusion of senior assisted housing with the chief executive officer of the Goodwin House. The CEO said that he has had talks with the developer of the Landmark development about senior housing for low- and moderate-income seniors, but the conversation was non-committal. Bob will continue to monitor the situation.
- e. Age Friendly Plan update. Jane King said that the commission needs to complete its evaluation of its plan by the end of the year. She complemented the CoA on its diligent work on the plan, which exceeded most of its goals. She noted the success of the Senior Ambassador and Dementia Friendly Alexandria programs, thanks to the work

of Senior Services of Alexandria, Jan Macidull and Goodwin House. She asked for the help of committee chairs in completing the evaluation. In the first few months of 2022, the commission will need to develop the new Alexandria Age Friendly plan.

9. **Liaison Reports.**

- a. *Commission for Women.*
- b. *Division of Aging and Adult Services.* Terri Lynch said that there will be major changes in the department with the departure of herself, after October, and Debbie Ludington on January 7, 2022.
- c. *Human Rights Commission.* Lynette Foster reported that the Human Rights Commission also received a presentation on the Alexandria Mobility Plan. There was discussion of partnering with Arlington County on making parking easier. She noted that Landmark will be a transit center. They also discussed a list of future speakers and presenters.
- d. *AHA.* Victoria Almquist reported that all AHA programs continue to be virtually conducted.
- e. *AARP.* Jane King reported that AARP is still doing its programs virtually. Her AARP contact is Amber Sultane, who represents Northern Virginia for AARP Virginia.
- f. *Community Health Assessment.*
- g. *St. Martins Senior Center.* Anne Coyne reported that St. Martins has been arranging transportation for the Covid-19 Pizer booster shots, has collaborated with the Patrick Henry center on an exercise program, and will reopen for in-person programs on November 8th. Anne noted that many of the center participants received the Moderna vaccination. The center will do health screenings at the door before participants can enter the facility. They have asked the city for advice on how to request proof of a person's vaccination status. They are working with the Department of Health in setting up safety protocols. See attached
- h. *NVAN.* Babs Walters said that on November 4th there will be a virtual Arlington/Alexandria Legislative Forum at 10 AM. Everyone is encouraged to attend. Register from the flyer, distributed earlier.
- i. *Virginia Hospital Center.*
- j. *Partnership for a Healthier Alexandria.*
- k. *Public Health Advisory Commission.*
- l. *Commission on Persons with Disabilities.* Michael Kamin said they discussed two items at their meeting last night. First, the problem of abandonment of electric scooters

on sidewalks, and the need to compel vendors to come up with a plan to enforce the rules governing their use. Second, the commission gives their appreciation for the Dementia Friendly training.

- m. *Senior Center at Charles Houston.* Vanessa Green began by announcing that she will be retiring in November 2021 after 28 years of service at the senior center. The commissioners expressed their appreciation of her work at the center, as well as her participation at CoA meetings. See attached
 - n. *Senior Services of Alexandria.* Mary Lee Anderson referred to the flyer Terri Lynch sent out about SSA's speaker program. On October 21st, the discussion will be "How Seniors can Stay Safe and Fit at Home." All their events will be virtual. She said the centenarian program was a success, and that Terri gave a fabulous presentation at the City Council event.
 - o. *Alexandria Commission on Employment, ACE.* Mary Lee Anderson said at their last meeting they discussed the electronic participation policy.
 - p. *Northern Virginia Falls Prevention Alliance.* Mary Lee Anderson said there will be a train the trainer session soon.
 - q. *Arlington Commission on Aging.* Linc Cummins said that the Arlington CoA is using the Alexandria Age Friendly Plan as a model for their plan. Jane King thanked Linc for the compliment.
 - r. *Successful Aging.* Margaret Orlando reported that the September 27th Walkathon was successful, with participants from many organizations. They will be planning another event in the Spring.
 - s. *Recreation, Parks, and Cultural Activities.* Margaret Orlando said the centers are open, along with the fitness centers. They have a lot of classes for seniors. Ellen Nelson said she participated in the water aerobics class.
 - t. *Alexandria Adult Day Services Center.* Darrell Wesley reported that the center is still closed, but the center continues to have virtual programs. The center is in the process of recruiting for two positions – one for a recreation leader, and another for a registered nurse. They are collaborating with the Department of Health.
 - u. *Housing Affordability Advisory Committee.*
 - v. *INOVA Alexandria Hospital.*
10. **Committee Updates.** (There were no updates beyond the attachments to the agenda)
- a. *Housing.*
 - b. *Advocacy and Legislation.*

- c. *Outreach.*
 - d. *Transportation.*
 - e. *Economic Development.*
 - f. *Strategic Planning.*
 - g. *Health/Dementia Friendly.*
11. **Other Business.**
 12. **Public Comments.** Ms. Waters provided an opportunity for guests to make comments. Geraldine Wallace said she that she recently received her letter of appointment to the CoA, effective October 12, 2021..
 13. **Meeting Adjournment.** There being no further business, the meeting adjourned at 5:25 PM.

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

Minutes prepared by Michael Schuster, COA Secretary.

**Alexandria Commission on Aging (COA)
 Executive Committee (ExCo) Meeting (Virtual via Zoom)
 Monday, October 4, 2021 1:30 - 3:10 PM**

This meeting was held electronically. A determination was made that it was not safe enough to be held in person.

MEETING NOTES

Members Present:

Barbara “Babs” Waters (COA Chair), Barbara D’Agostino (COA Vice Chair), Victoria Almquist, Mary Lee Anderson, Raymond “Ray” Biegun, Marjorie Conner, Michael Schuster

Staff Members Present:

Debbie Ludington, Terri Lynch

Guests Present:

David Lanier (Assistant City Attorney)

1. **Welcome**
2. **Call to Order:** COA Chair, Babs Waters called the meeting to order at 1:30 PM.
3. **The Agenda was approved.**
4. **Committee Reports** (see individual Committee Meeting Notes)

A.	Economic Development Committee	Mary Lee Anderson, Chair. Meets 1st Wednesday, 10am
B.	Outreach Committee	Victoria Almquist (co-chairs). Meets 4th Wednesday, 11:30am.
C.	Housing Committee	Michael Schuster, Chair. Meets 3rd Monday, 1:30 pm
D.	Strategic Planning Committee	Babs Waters. All committee chairs are members.
E.	Transportation Committee	Ray Biegun, Chair. Meets 3rd Monday, 4:30pm See AMP and STF draft letters below.
F.	Health/Dementia Friendly Committee	Marjorie Conner, Chair. Meets as needed.

5. COA Executive Committee (ExCo) Business Meeting

A.	Presentation	None
B.	ExCo Information only	
	(1)	Chair Report.
	(a)	COVID-19 vaccinations updates
	(b)	November 4th Arlington – Alexandria COA Legislative Forum via Zoom. Mary Lee stated that Alexandria COA is asked to submit questions to Arlington by Friday.
	(2)	DAAS Staff Report
C.	ExCo Discussion Items	
	(1)	Alexandria Mobility Plan (AMP). Reviewed DRAFT endorsement letter to the Mayor and City Council which was prepared by the Transportation Committee. ExCo unanimously approved sending the DRAFT to full COA.

(2)	Scooter Task Force (STF) Recommendations. Reviewed DRAFT letter of support to the Mayor and City Council which was prepared by the Transportation Committee. ExCo unanimously agreed to send the DRAFT to COA. Ray Biegun (and formerly Sharon Dantzig) was the designated COA representative on the STF.
(3)	Electronic Participation Policy. David Lanier (Assistant City Attorney) met with us to discuss and answer questions. On September 14, 2021, City Council voted to extend emergency declaration until January 31, 2022 – allowing virtual meetings to continue if Chair and Staff Liaison determine it is unsafe to meet in person. Also discussed was the need for COA to have a formal Electronic Participation Policy, which details what is necessary for people who can't attend meetings when those meetings are designated to be "in person".
(4)	Moderate Income Affordable Living Facility (MIALF) in the new Landmark Development

D. ExCo Action/Decision Items	
(1)	Alexandria Mobility Plan (AMP). Reviewed DRAFT endorsement letter to the Mayor and City Council which was prepared by the Transportation Committee. ExCo unanimously agreed to send the DRAFT to COA.
(2)	Scooter Task Force (STF) Recommendations. Reviewed DRAFT letter of support to the Mayor and City Council which was prepared by the Transportation Committee. ExCo unanimously approved sending the DRAFT to full COA.
(2)	ExCo unanimously supported adopting a draft Electronic Participation Policy (EPP) covering in person meetings.

6. Planning for Thursday, October 14, 2021 Commission on Aging Meeting

A. Presentation	
(1)	New DASH network: General Mgr., Mr. Josh Baker; Marketing Mgr, Mr. Martin Barna.
(2)	Q & A
B. COA Information only Items	
(1)	Chair Report (a) COVID-19 vaccinations update (b) November 4th Arlington – Alexandria COA Legislative Forum via Zoom.
(2)	DAAS Staff Report
C. COA Discussion only Items	
(1)	Alexandria Mobility Plan (AMP) letter of Endorsement
(2)	Scooter Task Force (STF) Recommendations letter of support
(3)	Electronic Participation Policy.
D. COA Decision only Items	
(1)	Alexandria Mobility Plan (AMP) letter of Endorsement
(2)	Scooter Task Force (STF) Recommendations letter of support.
(3)	Electronic Participation Policy.

7. Planning for future COA meetings

A. Possible Future Speakers	
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(1)	November: Caregivers related
(2)	December: Councilwoman “Del” Pepper
(3)	January: Terri Lynch, Director, DAAS

B. Additional items - Please submit other proposed speakers to babswaters@comcast.net

8. Other Business – None.

9. Announcements

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

(1)	Date: Monday, November 1, 2021 Time: 1:30 PM – 3:30 PM via Zoom
(2)	Date: Monday, November 29, 2021 Time: 1:30 PM – 3:30 PM via Zoom

B. Next two (2) COA Monthly Commission Meetings

(1)	Date: Thursday, November 11, 2021 Time: 4:00 – 6:00 PM via Zoom
(2)	Date: Thursday, December 9, 2021 Time: 4:00 – 6:00 PM via Zoom

C. Other Alexandria COA events

	None
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D. Other non-Alexandria COA events

(1)	Arlington-Alexandria COA Legislative Forum Date: November 04, 2021 Time: 9:30 – 11:30 AM via Zoom Hosts: Alexandria & Arlington COA’s
(2)	NVAN Meeting Date: Nov 16, 2021 Time: 9:30 – 11 AM via Zoom Host: Prince William County COA

10. Public Comment – None.

11. The meeting was adjourned by Babs Waters at 3:10 PM.

(Notes prepared by Ray Biegun.)

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

Throughout the entire month of July, SMdP staff were busy as beavers preparing the center for reopening on 2 August. Sadly, the reopening was postponed due to a substantial transmission and increase of the Delta variant of the COVID-19. We informed the seniors that we were invested in their safety and that we would reopen when safe. In the meantime, we returned to our virtual programs and partnership with CHSC and the ADCS. And we continue our wellness checks.

Senior Wellness Checks and Assistance for Participants -staff continues weekly outreach wellness telephone checks for our seniors fielding calls and questions. Overall, the seniors report they are doing well and the few we haven't heard from we contact family members and the DAAS. Also, we continued weekly telephone calls to assist with the following services:

- Weekly shopping trips
- Promoting and transporting weekly to the Walking Club at Ben Brenman Park
- Participating at Patrick Henry Recreation Center's Senior Pop-Up Exercises on 15, 22, and 29 Jul.
- Summer activity kits, food such as bread, fruit, and vegetables and herbs from the senior garden on site.
- Weeding and watering herbs in the garden as well as picking vegetables for distribution
- A mix of in person exercise and virtual programs such as robust Zumba, AFE classes, Walking Club, Patrick Henry Recreation Center, and SAIL exercise.

Inside the center we were busy cleaning vents, and the parking lot has been repaved. Virtual classes continue although due to numerous hot humid weather conditions canceled outdoor activities, or do their outdoor walks early in AM.

During the month we offered, trivia, exercise, virtual travel, historical trivia, musicals, My Fair Lady movie, BINGO, humor, and current events are very popular.

Senior Shopping Trips: This month the seniors participated in weekly shopping trips. Our trips included going to Walmart, Dollar Store and Landmark Plaza.

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

Weekly Virtual Newsletter: Emailed 200 weekly newsletters to seniors and their family's information pertaining relevant information from SSA and the community to keep them informed of happening around the city and TED Talks.

Virtual Programming: SMdP seniors continue to participate with Adult Day Services Center (ADSC) virtual programming along with Charles Houston Senior Center participants in their AFE exercise classes. We enjoy teaming with other senior programs in the city.

Overall, it is hard to believe that in May and June we were celebrating leaving the pandemic and relaxing most of the precaution. The seniors were ready to leave the pandemic behind and return to a "safe" reasonable life that revolves around their lives such as their families, the center and community. However, the Delta variant has other COVID plans. We are all in this together and will work with the seniors to hang in there and let us know if they need supplies especially masks and hand sanitizer.

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

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

Senior Wellness Checks and Assistance for Participants -staff continues weekly outreach wellness telephone checks for our seniors fielding calls and questions. Also, we conduct weekly telephone calls to assist with the following services:

- Weekly shopping trips
- Promoting and transporting weekly to the Walking Club at Ben Brenman Park
- Participating at Patrick Henry Recreation Center's Senior Pop Up Exercises on 10,12,and 24 Jun.
- Summer activity kits, food such as bread, fruit, and oatmeal
- Weeding and watering herbs in the garden as well as picking vegetables for distribution
- A mix of in person exercise and virtual programs such as robust Zumba, AFE classes, Walking Club, Patrick Henry Recreation Center, and SAIL exercise

Many seniors pleased and excited to hear SMdP to reopen on 2 August. We are busy with deep cleaning and will have the parking lot repaved prior to reopening. Virtual classes continue although due to nice weather conditions outdoor activities more people are taking advantage of the outdoor trips.

Weekly wellness check calls, trivia, exercise, virtual travel, historical trivia, musicals, BINGO, current events, and humor are very popular.

Senior Shopping Trips: This month the seniors participated in 5 weekly shopping trips. Our trips include going Target, Walmart, Lidl, and Landmark Plaza.

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

Weekly Virtual Newsletter: Emailed 200 weekly newsletters to seniors and their family's information pertaining relevant information from SSA and the community to keep them informed in activities around the city.

Virtual Programming: SMdP seniors continue to participate with Adult Day Services Center (ADSC) virtual programming along with Charles Houston Senior Center participants in their AFE exercise classes. We enjoy teaming with other senior programs in the city.

Overall, the seniors appear to be ready to leave the pandemic behind and return to a "safe" reasonable life that revolves around their lives such as their families, the center and community. Their basic survival needs such as food and shelter are being met. They realize they can turn to the staff for assistance when needed for additional resources and they have a sense of satisfaction that they made it through COVID. They are glad to see their friends again.

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

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

As we close out the month of August the big news that SMdP senior center did not reopen as planned on 2 August 2021 due to the increasing presence in the city of Alexandria of COVID-19 the Delta variant. Needless to say, the staff, volunteers, CCDA leadership staff and the countless seniors who were planning to attend the center were all disappointed. Sadly, the reopening was postponed due to a substantial transmission and increase of the Delta variant of COVID-19. We informed the seniors that we were invested in their safety and that we would reopen when safe. We continue our wellness checks. Many seniors were disappointed, but we are hopeful that we will reopen soon. The seniors report they are well.

Senior Wellness Checks and Assistance for Participants -staff continues weekly outreach wellness telephone checks for our seniors fielding calls and questions. Overall, the seniors report they are doing well and the few we haven't heard from we contact family members and the DAAS. Also, we continued weekly telephone calls to assist with the following services:

- Weekly shopping trips
- Promoting and transporting weekly to the Walking Club at Ben Brenman Park
- Participating at Patrick Henry Recreation Center's Senior Silver Sneakers introduction overview.
- Summer activity kits, food such as bread, fruit, and vegetables and herbs from the senior garden on site were distributed.
- Weeding and watering herbs in the garden as well as picking vegetables for distribution
- A mix of in person exercise and virtual programs such as robust Zumba, AFE classes, Walking Club, Patrick Henry Recreation Center, and Zoom SAIL exercise.

Inside the center we were busy preparing to reopen. We returned to virtual classes full time although due to numerous hot humid weather conditions canceled outdoor activities, and start outdoor walks in AM.

During the month we offered, trivia, exercise, virtual travel, historical trivia, musicals, My Fair Lady movie, BINGO, humor, and current events are very popular.

Senior Shopping Trips: This month the seniors participated in weekly shopping trips. Our trips included going to Walmart, Dollar Store and Landmark Plaza.

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

Weekly Virtual Newsletter: Emailed 200 weekly newsletters to seniors/their family's information pertaining relevant information from SSA and the community to keep them informed of happenings around the city and educational programs online.

Virtual Programming: SMdP seniors continue to participate with Adult Day Services Center (ADSC) virtual programming along with Charles Houston Senior Center participants in their AFE exercise classes. We enjoy the fellowship with other senior programs in the city.

Overall, it is hard to believe that in June we were preparing to leave the pandemic and easing precautions. The seniors were ready to leave the pandemic behind and return to a "safe" reasonable life that revolves around their lives such as their families, the center and community. However, the Delta variant has other COVID plans.

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

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

We closed out the month of September largely uneventful. We continue to inform the seniors each day we move closer to reopening especially with everyone's safety in mind. Wellness checks continue and we continue to do outreach for the seniors in meeting basic needs. The seniors report they are well but bored. We put together new activity kits to do while they are home and with an Autumn theme. Also, we promoted outdoor activities while the weather was cooperative.

Senior Wellness Checks and Assistance for Participants during the month we -staff continues weekly outreach wellness telephone checks for our seniors fielding calls and questions. Overall, the seniors report they are doing well and the few we haven't heard from we contact family members and the DAAS. Also, we continued weekly telephone calls to assist with the following services:

- Weekly shopping trips
- Promoting and transporting weekly to the Walking Club at Ben Brenman Park
- Participating at Patrick Henry Recreation Center's Senior Silver Sneakers Open House
- Autumn activity kits, food deliveries of bread, fruit, herbs, flowers and vegetables the garden
- Distributed acorn squash, zucchini, various peppers and eggplant. Continued weeding and watering the garden as well as distributing vegetables.
- Virtual programs such as robust Zumba, AFE classes, Walking Club, Patrick Henry Recreation Center, and Zoom SAIL exercise.

During the month we offered, trivia, exercise, virtual travel, historical trivia, musicals, watching Matilda the movie, BINGO, and current events remain popular.

Senior Shopping Trips: This month the seniors participated in weekly shopping trips. Seniors requested weekly trips to Walmart and Family Dollar Store.

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

Weekly Virtual Newsletter: Emailed 200 weekly newsletters to seniors/their family's information pertaining relevant information from SSA and the community to keep them informed of happenings around the city and educational programs online.

Virtual Programming: SMdP seniors continue to participate in Alexandria's Adult Day Services Center (ADSC) virtual programming along with Charles Houston Senior Center participants in their AFE exercise classes. We enjoy the fellowship with other senior programs in the city.

Overall, everyone is tired of staying at home. We do encourage getting outside to participate in the Senior Services of Alexandria biannual fund raising. SMdP had 14 seniors attend and for the second year we won the trophy for "Most Participants".

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

The Senior Center at Charles Houston
September 2021 Report for October 2021 Meeting

Staff continue to provide weekly wellness telephone checks, weekly teleconference & Zoom virtual activities. Virtual activities include Bingo and cognitive/brain teaser exercises (i.e. scavenger hunt, geography, general and television trivia, word search, word scramble and rebus puzzles). Our Wednesday and weekly schedule have been revised to include virtual wellness/informative presentations such as cooking demonstrations, osteoarthritis treatment and COVID booster information. Houston staff continue to coordinate with the other two senior sites (St. Martin's and ADSC) for combined virtual cognitive and physical activities. Additionally, a weekly Thursday shopping trip to local area markets, grocery's, Walmart and Dollar Tree stores enable participants to purchase food, medical and household items is provided to our clients.

Our weekly Monday Walk Club @ Belle Haven park continues in "full swing mode" with an average number of 8 participants consistently walking. 9 of our senior participants participated in the recent Successful Aging sponsored Robust Walkathon at Brenman park.

Twice monthly Zoom Arthritis Exercise classes remain steady with a monthly average of 13 duplicated participants.

A former "Krunch Bunch" member, Ann Samuel was one of 18 persons recently honored during Alexandria's very first Centenarian recognition. Mrs. Samuel recently celebrated her 101st birthday, she still lives independently and her mind is still very sharp. We salute you Mrs. Samuel!

Overall, our seniors continue to do well in spite of the ongoing pandemic. Their daily needs seem to be met and if a situation arises that they're unable to handle, center staff directs and oftentimes guide them to the correct service provider/resource.

Lastly, I would like to share that I will be retiring at the end of the month. I take with me a lot of memories of clients, co-workers and colleagues I've had the opportunity to serve and work with.

Submitted By:

Vanessa K. Greene
Senior Center @ Charles Houston Director



Senior Robust Walkathon Pics

