

Alexandria Commission on Aging Minutes
September 9, 2021
Virtual Meeting

Members Present: Babs Waters, Victoria Almquist, Mary Lee Anderson, Ray Biegun, William Campbell, Marjorie Conner, Lynette Foster, Barbara Huelat, Michael Kamin, David Kaplan, Michael Kreps; Jim Lindsay, Ellen Nelson, Del Pepper, Michael Schuster, Lois Steele

Members Excused: Barbara D’Agostino

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; Torrance, Police Department; Darrell Wesley, Adult Day Services Center; Linc Cummings, Arlington Commission on Aging;

Staff Members Present: Terri Lynch, Debbie Ludington, and Pamela Austin and, Division of Aging and Adult Services; Emilia Turcios, Workforce Dev. Center; Natalie Talis, Health Dept.

Guests Present: Gaynelle Diaz, ARHA; Bob Eiffert and Charles Bailey, COA Housing Committee; Geraldine Wallace, citizen

1. **Call to Order.** Ms. Waters called the September 9, 2021 meeting of the Commission on Aging (“COA”) to order at 4:00 PM.
2. **Welcome Guests.**
3. **Approval of Agenda.** The agenda for the meeting was approved unanimously.
4. **Approval of Minutes.** The June 10, 2021 meeting minutes were approved with corrections.
5. **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 gave an update of the September 7th accident in the 1800 block of Cameron Street, very close to King Street. A 72-year-old individual was struck by a vehicle driven by a 34-year-old while crossing the street. The driver remained on the scene. The victim is in critical condition. The incident is still under investigation.
6. **Special Presentation.** Natalie Talis, spokesperson for the Alexandria City Department of Health, gave a presentation on the status of the city’s vaccination program. Alexandria fluctuates between the “substantial” and “high” transmission CDC categories, largely due to the presence of the highly contagious delta variant of the coronavirus. She described the city’s testing program. Alexandria has sites at the Charles Houston Community Recreational Center, Ben Brenman Park, and a mobile unit and travels throughout the

city. The Covid-19 test results, based on the PCR test, are available within 24-72 hours. She reported that of those 12 years and older, 72% have had at least one dose of a Covid-19 vaccine. For those 65 and older, 85% have had at least one dose. These are undercounts because many Alexandrians probably obtained their vaccinations through work in adjoining jurisdictions. Ms. Talis then discussed the issue of booster or third shots. The city is waiting to receive instructions from the FDA/CDC after they have approved additional shots. At this time, only those who are immunocompromised can obtain an additional shot – those who are receiving cancer treatment, organ transplant recipients, etc. The Department of Health plans on making available these additional vaccinations through traditional medical providers and pharmacies, and through onsite locations like the Claridge House, 4600 Duke Street and the Watergate. She urged the commission to let her know about other locations either the Department Health or one of its vaccination partners should go to. Ms. Talis said at that this time there is not sufficient data on the Johnson and Johnson one-dose vaccination for either the immunocompromised or general population for a second dosage, even with either the Moderna or Pfizer vaccinations as the second or booster shot. The additional shots for the immunocompromised is available after 28 days of the second dosage, and probably after eight (8) months of the second dosage for the general population. For the third shot, no pre-registration will be necessary. She thought the third Pfizer and Moderna shots would be the same dosage as the first two. Charles Bailey said his two dosages went smoothly. Lynette Foster asked about the vaccine mandate for government workers. Ms. Talis said that the state and municipalities will have their mandates of either vaccinations or weekly testing done on a staggered basis. Alexandria will implement its mandate in a few weeks

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

8. **Discussion and Action Items**

- a. Annual Report – Materials previously distributed.
- b. COA Racial and Social Equity statement. Previously distributed. Approved unanimously.
- c. Bylaws revision. Draft previously distributed. Chair Babs Waters read all the proposed changes. There was extended discussion concerning sections III.F (Formal Actions), and V.A.3 (Responsibility of Executive Committee). Michael Kreps, the Chair of the ad hoc Bylaws Committee, which drafted the proposed changes, explained that these changes reaffirmed the practice of having all policy or public statements approved by the full commission. According to proposed section V.A.3, the Executive Committee can take certain actions regarding public statements as long the action is not inconsistent with any position of the Commission, and the Executive Committee clearly communicates that its action is subject to subsequent approval by the Commission at its next meeting. In the event the full Commission does not approve of the action, the Executive Committee must take whatever steps are reasonable and appropriate to undo the action taken. In all cases, the Commission shall be given reasonable advance notice of any proposed formal action, unless this notice requirement is waived by two-thirds of the members voting. The proposed changes were approved unanimously.

- d. **Electronic Participation Policy.** Draft and comments of the City Clerk and City Attorney previously distributed. Staff member, Debbie Ludington, explained the policy. She said that the draft followed what is in state law regarding public meetings, and, therefore, according to the City Clerk's office, the statement could not be changed. The commission must accept the draft, with only non-substantive changes, or the commission would have to go back fully to in-person meetings, with no exceptions. The city attorney with whom Debbie Ludington has consulted said that it is advisable to make no changes to the draft or take the risk that the commission cannot provide any exceptions to the in-person policy based on Virginia FOIA law. That is, all commission members would be obligated to attend every meeting, unless there is an excused absence. David Kaplan asked what will be the situation after this month – will we still have the option of virtual meetings? Debbie Ludington said the city does not have the capacity to continue all virtual meetings for the fifty-one (51) city commissions and public bodies, but she will ask the City Clerk if the COA could be granted permission to have hybrid meetings. Barbara Huelat said that she is seeing with other organizations that the new normal will be hybrid meetings, and that we probably cannot go back to the way we were with in-person meetings.

Generally, all public meetings should be in person, and the two major exceptions are for personal or medical reasons. A commission member can be granted two personal exceptions a year and would be allowed to attend telephonically. There is no limit to participate electronically for valid medical reasons. The Chair determines whether an exception to the in-person requirement, such as family or business trips, scheduling conflicts, etc., is satisfied. Debbie Ludington said it is not clear that even if you are granted permission to attend electronically, you can also vote. The other issue is whether the person participating electronically is counted towards the quorum requirement.

Commission members expressed concerns about meeting only in person, as well as when this policy would go into effect. Bob Eiffert noted that the Northern Virginia Aging Network (NVAN) in its 2022 legislative platform advocates for allowing permanently electronic participation in meetings of all public bodies under the Virginia Freedom of Information Act. He said since it is part of the NVAN legislative priorities COA and other commissions on aging should argue for a change through the General Assembly. Secondly, he urged that the city should ensure that the new space for the Department of Community and Human Services include the technology to have virtual or hybrid meetings.

Chair Babs Waters called for a preliminary vote on whether to move forward with a vote to adopt the draft policy. The vote was six in favor of voting on the draft (Chair Babs Waters; Victoria Almquist; Mary Lee Anderson; William Campbell; Michael Kamin; and David Kaplan); whereas, six members voted against taking any action on the draft at this time (Ray Biegun; Marjorie Conner; Lynette Foster; Barbara Huelet; Michael Schuster; and Lois Steele). There was one abstention (Ellen Nelson). Since there was no majority to proceed to a formal vote on the draft, it will be taken up at the next commission meeting. After the vote, Marjorie Connor stated that it is

difficult to approve the policy without knowing whether the person allowed to participate remotely can also vote.

- e. NVAN Platform – Chair Babs Waters read through the NVAN platform which staff distributed previously. The legislative priorities for 2022 related to allowing electronic participation in public meeting and making permanent pandemic tenant eviction protections. The budget priorities are appropriating \$600,000 to VICAP (Virginia Insurance Counseling and Assistance Program), ensuring nursing home accountability for resident care through additional state funding, and requiring employers to provide at least 10 days of sick leave for all workers. The continuing concerns included, among other items, the requirement of a full-time infection preventionist in long-term care facilities, appropriating \$916,471 for the state long-term care ombudsman program, expansion of the Northern Virginia RAFT program, increase in the Livable Homes Tax Credit, and the development of programs for incarcerated older adults. Chair Babs Waters said that COA members are invited to the NVAN Breakfast and its next membership members the following two Tuesdays.
- f. Scooter Task Force and Mobility Plan Updates. Materials previously distributed. Ray Biegun, Chair of the Transportation Committee, said that members should read through the two documents carefully because they significantly impact our aging population, and that his committee will meet on September 20th to discuss making recommendations to the Executive Committee on these citywide plans. Each COA member is invited to attend this meeting. Michael Kamin also encouraged everyone to read these documents carefully; he specifically raised the problems of scooters on sidewalks, and their being left in places that cause pedestrian impediments. He noted that there has been little attention paid to how to prevent scooters from cluttering sidewalks and streets, making walking dangerous. The vendors should be held accountable for the misuse of their scooters. He said even though these issues have been raised, there has been no clear solutions for addressing them. Chair Babs Waters noted that the commission has at the outset opposed scooters on the sidewalks, to which they city agreed. Scooters can be used on sidewalks in very limited places – where using them on the street would be very dangerous. Chair Babs and Ray Biegun both emphasized it is important to voice your concerns to the city officials and they said that only by participating do changes come about.
- g. COA input for FYI 2022 City Budget. Materials previously distributed. Chair Babs Waters carefully read through the report prepared by staff on behalf of the ad hoc Advocacy Committee, identifying the costs for each priority and the respective rationales: 1) Rent Relief, DCHS Program (\$306,000 to eliminate waiting list); 2) VICAP (\$93,360 for an additional full-time counselor); 3) human services specialist for Adult Services and Adult Protective Services (\$66,362 for full time person to assist with an array of services to vulnerable older adults and adults with physical disabilities); 4) Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (\$40,000 towards various services that include hearing screenings, educational programs and assistive technology presentations); and 5) Dementia Friendly Alexandria (\$3000 to promote the maintenance of a robust, supportive and timely website maintained by the Goodwin House). Lois Steele pointed out the inconsistency concerning the income threshold for rent relief – it reads both \$26,000

and \$25,600. They should be consistent. The total budget request would be \$508,722. These priorities were approved unanimously.

- h. DAAS Report. Terri Lynch requested suggestions for how the agency could spend American Rescue Plan funds. The list of current suggests were sent earlier as part of the agenda packet. They should send suggestions in the next couple of weeks.

9. **Liaison Reports.**

- a. *Human Rights Commission.* Lynette Foster said that the commission met in person on July 20th to set-up priorities, which speakers to invite at future meetings, training requests and what legislative proposals to pursue. They have two ongoing projects: rainbow crosswalks, and library fees. They prefer not to meet in person for the foreseeable future. They have another meeting in September.
- b. AARP. Michael Schuster said he has been attending the AARP Age Friendly quarterly meetings sponsored by AARP Virginia.
- c. *St. Martins Senior Center.* Anne Coyne said they have been conducting programs virtually, as well as outdoor activities, such as shopping trips, and the walking club at Ben Brenman Park. They are also looking forward to supporting the Patrick Henry recreational center's Silver Sneaker program.
- d. *Partnership for a Healthier Alexandria.*
- e. *Public Health Advisory Commission.* Marjorie Connor said they met yesterday, but there is not much to report. They are getting ready for the fall and focusing on the work the Alexandria Department of Health is doing.
- f. *Commission on Persons with Disabilities.* Michael Kamin mentioned the executive committee's interesting in holding a caregiver forum in November. See attached
- g. *Senior Center at Charles Houston.* Vanessa Green said like St. Martin de Porres, Senior Center they are focusing on virtual programs, and shopping trips.
- h. *Senior Services of Alexandria.* Mary Lee Anderson said the Senior Academy begins on September 22d for four Wednesdays from 10-11:30 a.m. Many city officials, including the mayor, city manager, and agency heads, will be presenting on what is available in the city; she encouraged fellow commissioners and those with whom they work to join SSA in this event. The virtual Senior Ambassador training is scheduled for Friday, September 17th , 10:00-11:30 a.m. It is a program where on an ongoing basis you learn about what is available to older persons and then disburse the information within an Alexandrian community. Many commissioners have been senior ambassadors. Last week, the ambassadors learned about the Silver Sneakers program. On Wednesday, October 6th, SSA will have its annual Oktoberfest. It will likely be virtual, but they will deliver to participants a selection of beers from Port

City brewery and great cuisine including brats and sauerkraut. It is a good time for all. On September 28th, the City Council will honor centenarians – those who have lived to at least 100 years of age. There will be slide presentation with at least ten centenarians. SSA is collaborating with the Successful Aging Committee on this event.

- i. *Alexandria Commission on Employment, ACE.* ACE has not meet over the summer.
- j. *Northern Virginia Falls Prevention Alliance, NVFPA.* Mary Lee Anderson said there is nothing to report.
- k. *Arlington Legislative Committee.* Mary Lee Anderson said the committee has been in hiatus the past two months.
- l. *Successful Aging.* Margaret Orlando put something in the chat.
- m. *Recreation, Parks, and Cultural Activities.* Margaret Orlando said that they have classes coming up for 55+ individuals, and that Patrick Henry just became a Silver Sneaker location, and they are doing an open house on September 16th. The walkathon at Ben Brenman Park is scheduled for September 27th, 10:00-12:00 noon.
- n. *Division of Aging and Adult Services.* Terri Lynch referenced the handout in the agenda packet relating to suggestions for possible programs funded by the American Rescue Plan. The funds would be available from October 1, 2021 through September 20, 2024. The funds must come through the titles of the federal Older Americans Act. The funds must be used for Alexandrians, 60 and over, in the following funding categories: supportive services; congregate meals; home delivered meals; disease prevention and health promotion; and support for family caregivers. Ms. Lynch requested that commissioners send her suggestions on programs. The handout included many suggestions as of August 31, 201.

10. **Committee Updates.**

- a. *Housing.* Michael Schuster confirmed that the next Housing Committee meeting will be virtually on September 27th, beginning at 1:30.
- b. *Advocacy and Legislation.*
- c. *Outreach.*
- d. *Transportation.*
- e. *Economic Development.* Mary Lee Anderson said that Work Force Development is planning to do workshops for older adults, and that Work Force Development has started the interview process for the full-time position.
- f. *Strategic Planning.*

g. *Health/Dementia Friendly*. Margorie Connor said that there is a champion's training on October 18th. No Friends training has been scheduled yet.

11. **Other Business.**

12. **Meeting Adjournment.** There being no further business, the meeting adjourned at 6:32 PM.

Minutes will be presented at the October 14, 2021 Virtual COA meeting for approval.

Minutes prepared by Michael Schuster, COA Secretary.

**Alexandria Commission on Aging (COA)
Executive Committee (ExCo) Meeting (Virtual via Zoom)
Monday, August 30, 2021 10:00 - 12:15 PM**

MEETING NOTES

Members Present:

Barbara "Babs" Waters (COA Chair), Victoria Almquist (COA Vice Chair), Mary Lee Anderson, Asfaha Beyene, Raymond "Ray" Biegun, Marjorie Conner, Barbara D'Agostino, Michael Schuster, Lois Steele

Staff Members Present:

Debbie Ludington, Terri Lynch

Guests Present:

Vicki Caudullo (T&ES), Bob Eiffert, Jane King, Jennifer Slesinger (T&ES)

1. Welcome
2. Call to Order: COA Chair, Babs Waters called the meeting to order at 10:00 AM.
3. The Agenda was approved.
4. Committee Reports – None (Summer recess)

A.	Economic Development Committee	Mary Lee Anderson, Chair. Meets 1st Wednesday, 10am
B.	Outreach Committee	Victoria Almquist & Asfaha Beyene (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
F.	Health/Dementia Friendly Committee	Marjorie K. Conner, Chair. Meets as needed.

5. COA Executive Committee (ExCo) Business Meeting

A.	Presentation
(1)	Scooter Task Force (STF) by Ms Victoria {Vicki} Caudullo, Shared Mobility Planner, T&ES
(2)	Alexandria Mobility Plan (AMP) by Ms. Jennifer (Jen) Slesinger, Principal Planner, Transportation Planning, T&ES. This is the final version of the plan which was released today.
B.	ExCo Information only
(1)	Chair Report.
(a)	COVID-19 vaccinations update
(b)	By-laws Committee update.
(c)	Annual Report: Committee annual report submissions due end of June 2021
(2)	DAAS Staff Report – Debbie has been meeting with the senior centers' staff to discuss reopening. No dates yet, possibly in the fall.
C.	ExCo Discussion Items
(1)	Alexandria Mobility Plan (AMP). The AMP is a high level plan which does not address nor identify solutions. This will be a necessary conversation for us to have with those responsible for identifying solutions. The Transportation Committee will discuss this plan at their September 20 meeting and provide comments to the ExCo/COA on how they support the plan. T&ES is planning to start formal presentations to the Planning

	Commission (Oct 5) and City Council (Oct 16), and legislative and public hearings in November.
(2)	Scooter Task Force (STF). The Transportation Committee will discuss the recommendation at their September 20 meeting and provide comments to the ExCo/COA. T&ES is planning to present to the City Council in November. Ray Biegun (and formerly Sharon Dantzig) was the designated COA representative on the STF.
(3)	Electronic Participation Policy. ExCo reviewed the draft. This policy is for meetings that are held face to face (with a quorum of members physically assembled at a location). This policy would need to be in place prior to the next face to face (not virtual) meeting that gets scheduled. Debbie will check with the city attorney regarding some details in the policy.
(4)	City of Alexandria's 2022 Legislative Package for inclusion in the City's Budget Packet
(5)	Advocacy Proposals

D. ExCo Action/Decision Items

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| (1) | Draft By-laws – A copy will be part of the COA Agenda package. |
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6. Planning for Thursday, September 9, 2021 Commission on Aging Meeting

A. Presentation

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| (1) | Presenter - Natalie Talis, Alexandria Health Department |
| (2) | Q & A |

B. COA Information only Items

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| (1) | Chair Report
(a) COVID-19 vaccinations update
(b) Census Report
(c) COA Annual Report |
| (2) | DAAS Staff Report – American Recovery Plan funding starts October 1, 2021, and is available through September 30, 2024. We have an opportunity to plan for what services we would like to provide. |

C. COA Discussion only Items

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| (1) | Advocacy Budget Items |
| (2) | By-laws Revision |
| (3) | COA Racial and Social Equity Statement for COA completed. No changes received from Jaqueline Tucker, the Social and Racial Equity Officer for Alexandria. |
| (4) | Scooter Task Force (STF) |
| (5) | Alexandria Mobility Plan (AMP) |
| (6) | Electronic Participation Policy |

D. COA Decision only Items

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| (1) | Advocacy Budget Items |
| (2) | By-laws |
| (3) | Racial & Social Equity Statement |
| (4) | Electronic Participation Policy |

7. Planning for future COA meetings

A. Possible Future Speakers

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| (1) | October: DASH, Josh Baker & Martin Barna |
| (2) | November: COA Caregivers Roundtable |

(3)	December: Councilwoman "Del" Pepper
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B.	Additional items - Please submit other proposed speakers to babswaters@comcast.net
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8. Other Business – None.

9. Announcements

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

(1)	Date: Monday, October 04, 2021 (Note new time) Time: 1:30 PM – 3:30 PM via Zoom
(2)	Date: Monday, November 01, 2021 Time: 1:30 PM – 3:30 PM via Zoom

B. Next two (2) COA Monthly Commission Meetings

(1)	Date: Thursday, October 14, 2021 Time: 4:00 – 6:00 PM via Zoom
(2)	Date: Thursday, November 11, 2021 (Veteran's Day) Time: 4:00 – 6:00 PM via Zoom

C. Other Alexandria COA events

	None
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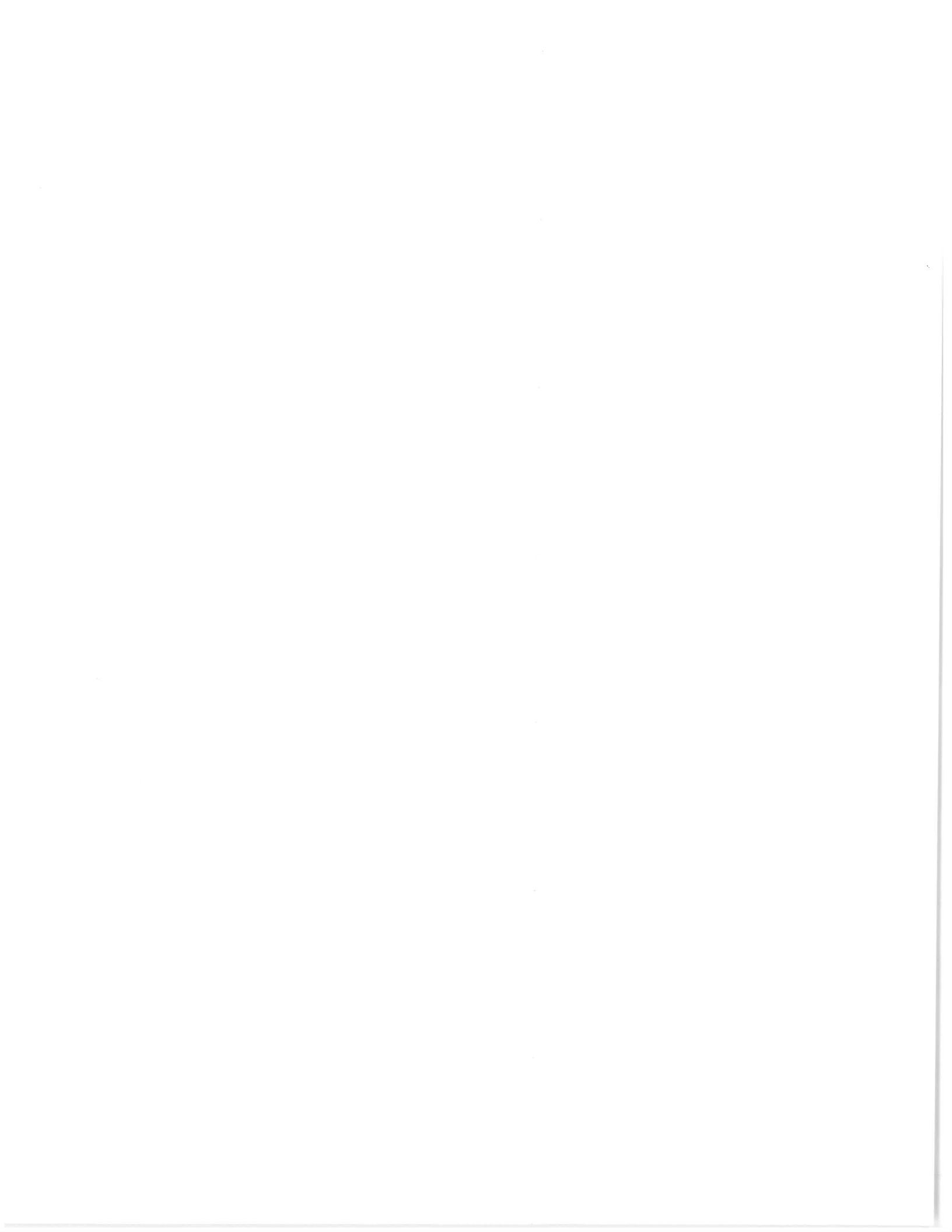
D. Other non-Alexandria COA events

(1)	NVAN Legislative Breakfast Date: September 14, 2021 Time: 9:00 AM-10 AM via Zoom Host: NVAN (Note: Contact Babs Waters or Terri Lynch if interested in attending or if you have questions)
(2)	Arlington-Alexandria COA Legislative Forum Date: November 04, 2021 Time: 09:30 – 11:30 AM Hosts: Alexandria & Arlington COA's

10. Public Comment – None.

11. The meeting was adjourned by Babs Waters at 12:15 PM.

(Notes prepared by Ray Biegun.)



Alexandria Commission on Persons with Disabilities (ACPD)
Notes on Meeting: September 8, 2021

* Consensus was reached among members that future meetings, when allowed to be conducted in person, be held in a "hybrid" fashion, i.e., in-person with an option to connect by telephone.

* Jeff Fort was elected as Commission chair for an additional term of office.

* Jennifer Slesinger delivered a presentation on the Alexandria Mobility Plan (Same as delivered to the EXCOM in September). Briefing was well received, and committee agreed to endorse plan favorably by letter to C. Council.

* COA Liaison Kamin mentioned that the COA's Racial Social Equity Committee Statement addresses "support for "Caregivers". This resonated well with their members and cohort./

* Relaying a point addressed from the EXCOM minutes, I mentioned that COA hopes to schedule A COA Caregivers Roundtable in November. ACPD membership would like to know more about this event.

Mike Kamin
COA Liaison to ACPD