

St. Martin de Porres Senior Center Report for May COA Meeting 2022

We are closely monitoring the city's COVID-19 Omicron's community transmission is medium and ensuring the center continues social distancing, wearing an approved facial covering, washing hands, seniors remain at home if sick. The center has been open for over a month and we continue to screen the seniors prior to coming to the center and work closely with the Alexandria Health Department for professional guidance as well as advocating for the seniors to get booster number 2. All staff, participants, visitors, and volunteers must wear an approved face mask and are screened prior to entering the center and abiding by proven safe COVID-19 precautions. The majority of our classes are in person with one to two exercise classes and a virtual cooking class offered virtually. Our average daily census ranges from 16-18 seniors who participate in ESOL, cognitive and physical exercises, trivia, nutrition, and cooking classes. This month the participants took part in the return of bimonthly field trips. The first was to see the Cherry Blossoms in Washington DC and the second was to visit the National Arboretum. We offer weekly shopping trips, Walking Fit, and SAIL exercise classes at the Patrick Henry Recreation center twice a week. The classes are well attended and overall assist wellbeing for the seniors as they participate in these activities with their friends.

- The following activities and wellness checks continued throughout April.
- We continue outreach/wellness calls for the seniors meeting basic needs delivering hygiene kits and supplies as needed to seniors home bound. The seniors report doing well and appreciate fun activities, trivia, and exercise opportunities.
- Food and Fun with Chef Phillipe cooking healthy food presentations
- trivia, puzzles, crossword puzzles, crafts, sudoku and blood pressure checks and various card games as well as group team games like basketball and bowling
- Continued partnership with Charles Houston Senior Center and Alexandria Day Care Center virtual trivia, brain teasers, AFE exercise classes and arts and crafts classes.
- Assisting eligible seniors to receive COVID-19 booster vaccine. We are collaborating with AHD to educate and assist seniors to get the second booster and answer questions.
- Hybrid exercise programs such as Arthritis Foundation, Line Dancing and both in person and Zoom SAIL exercise classes.
- Senior Shopping Trips: weekly trips to Walmart, Landmark Plaza and Target
- Walking: weekly around the center and past the PHRC
- SMDP senior center and AHD consult at a minimum of weekly discussing trends and status of Omicron in the local area, SMdP is closely aligned with ALX Moving Forward. We have scheduled two vaccine clinics for the participants at PHRC scheduling the second COVID-19 booster jab. We keep DAAS informed as well.
- We coordinate with seniors who need food and assistance with utility and rent assistance through DCHS, Alive, and Emergency Assistance at Christ House.
- SMdP senior center will be temporarily closed beginning 2 May until 20 May due to renovation of our restrooms ensuring they are compliant with ADA code. We are located during this time across the street at the Patrick Henry Recreation Center between the hours of 9:00AM until 1:00 PM. We appreciate the recreation center's hospitality and assistance. We also appreciate being able to stay open allowing the seniors to come to the center and not have to remain at home during this time.
- 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 April COA Report for May 2022 Meeting

The Senior Center at Charles Houston has continued to focus on health and nutrition, by providing resources and information on healthy eating and benefits of daily exercise. Participants also partake in virtual activities which include Bingo, and cognitive/brain teaser exercises such as word search puzzles. Resources for this month included information about stress management and a word search puzzle for Jazz Appreciation month.

Other notable activities and events during April include:

- **Wellness/Informative Wednesday Presentation – Chef Philippe cooking demo Featured easy to make stir fry. Arzu Moosvi (Pharmacist from Giant foods) provided a presentation on Colorectal cancer to six participants. They were engaged and asked pointed questions about prevention.**
- **Weekly Thursday Shopping Trip – Trips to local area markets and grocery stores, including Walmart, Dollar Tree, Roses, and the Dutch Amish Market to enable participants to purchase food, medical supplies, and essential household items.**
- **Weekly Walking Cub – The Krunch bunch has been consistent in showing up for the bi-weekly walks at the Pentagon Mall. Most have tracked their steps and have noticed an increase in their daily step count.**
- **Arthritis Exercise Class – Participants enjoy a virtual exercise class over Zoom twice during the month. The Center has a monthly average of thirteen duplicated participants in the exercise class.**
- **Goody Bag Distribution – We provided goody bags filled with nutritious snacks and word search activities about Easter and Jazz appreciation month.**
- **Five participants had an opportunity to tour the Cherry Blossom Pace health All were impressed with the comprehensive services offered by the organization. Two participants are interested in joining their center.**
- **Eight seniors participated in a free community cookout resource fair held by the City of Alexandria. Five received their second booster vaccine for Covid-19.**

In Summary, Seniors remain consistent in their journey for better health and mental wellbeing. Participants continue to practice social distancing; practice proper hand washing and continue to use masks to prevent the spread of Covid-19.

Submitted By:

***Pamela Guerra, Senior Center Manager
Senior Center @ Charles Houston***



Cherry Blossom
PACE







May 6, 2022

To: Commission on Aging

**From: Mary Lee Anderson, Executive Director
Senior Services of Alexandria**

Subject: Update on Senior Services of Alexandria

The annual **Senior Health and Fitness Fair** is back in person this year! It will be held at the Lee Center at 1108 Jefferson Street in Alexandria on Thursday, May 19 from 10 am – 12 Noon. The morning will begin with a presentation by the Northern Virginia Falls Prevention Alliance talking about **why falls prevention** is so important, what your risk factors for a fall are, AND what you can do to help prevent a fall. After this presentation, attendees can visit various breakout sessions that include healthy cooking demonstrations with the Chef of Goodwin House; exercises for older adults with the city's Recreation Department's older adult fitness guru Rodney Bates; an interactive fall prevention workshop; and blood pressure and glaucoma screenings.

Senior Law Day will be held at the First Baptist Church, 2932 King Street, on Saturday, June 4 from 8:30-noon. The theme this year is "What I Wish I Knew". The keynote speaker will be Steve Gurney, publisher of the Positive Aging Sourcebook. Estate planners, financial experts and senior resource specialists will be sharing their knowledge about how to plan ahead to avoid crisis-driven decisions. The event is free, but you must register at www.seniorservicesalex.org or call Senior Services of Alexandria's office at 703-836-4414, ext. 110

2022 SENIOR LIVING IN ALEXANDRIA WORKSHOP

IN-PERSON SENIOR HEALTH AND FITNESS FAIR

THURSDAY, MAY 19 - 10 AM - 12 NOON

This year's Senior Health and Fitness Fair is pleased to be back in person with a fun program including:

- **Interactive program by the Northern Virginia Falls Prevention Alliance**
- **Healthy cooking demonstrations**
- **Exercise with Rodney Bates - a senior-fitness favorite of the Alexandria Recreation Dept.**
- **Blood pressure and Glaucoma screenings.**

Join Us

Lee Center

**1108 Jefferson Street
Alexandria, VA**

**Please RSVP online at
seniorservicesalex.org or
by calling (703) 836 4414 ext. 110.**



Commission on Aging Housing Committee Meeting Minutes for April 18, 2022
1:30 p.m. via Zoom

Attendance: Michael Schuster, Committee Chair; Charles Bailey, Bob Eiffert, Jane King, Jan Macidull, Ellen Nelson, and Gerri Wallace. Staff: Gaynelle Diaz and Thomas Jones from ARHA, and Chris Moore from DAAS. Guest: Jennifer Hammer, SilverNest.

Welcome and Introductions – Michael Schuster, Committee Chair, called the meeting to order at 1:33 p.m. and welcomed participants.

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

Review and Approval of the March 21, 2022 Minutes – The minutes were approved as submitted.

Updates and Actions:

- **Presentation on potential Senior Assisted Housing at Landmark Development and the Power Plant Project by Hilco** – Jan Macidull and Bob Eiffert – Neither Bob nor Jan had an update on the Landmark development. Jan reported that the power plant developer, Hilco, has said they want to present the project to the Planning Commission in June and City Council on July 5. On May 11 Hilco will present their plan to the Alexandria Housing Affordability Advisory Committee (AHAAC), where Jan represents the Commission on Aging. Hilco will hold a virtual community meeting open to the public on May 12.
- **Presentation by the Alexandria Redevelopment and Housing Authority (ARHA)** – Gaynelle Diaz and Thomas Jones introduced themselves. Gaynelle is the Director of Resident and Community Services for ARHA, and Thomas is a development consultant for ARHA. They presented a PowerPoint that explained what ARHA does, and some of their redevelopment plans for the future. A copy of the presentation will be sent separately. Gaynelle noted that ARHA has 1,081 public housing units and an additional 1,547 housing choice vouchers, both tenant-based and portable. In either program, tenants pay 30% of their adjusted gross income for rent. In response to questions, Thomas explained that ARHA receives two to three times the amount of subsidy per unit from the voucher programs than from public housing subsidies. Therefore, ARHA has applied to convert their public housing units to project-based vouchers. The conversion program is called Section 18. ARHA-owned condominium units at Park Place and Saxony Square have been approved for the change. That extra subsidy allows for ARHA to rehab the units and bring them up to modern standards, and to afford ever-increasing condo fees. The 170-unit Ladrey senior building has also been approved for the change, which allows ARHA to redevelop the property. ARHA solicited developers for proposals to replace all 170 units and add more on the current site along with the adjacent former ARHA administration building site. ARHA received three proposals and is just now reviewing them. They hope to have a selection by June. Thomas estimates that could get over 200 units in the new development. Jan Macidull asked about including assisted living to the facility; Thomas would like to know more about that, so he requested that we call him to discuss it further. Michael thanked them both for their presentations and asked them to forward the PP to staff.

Other Business – None.

Adjourn – the meeting adjourned at 2:35 p.m.

Next Committee Meeting: Monday, May 16, 2022 at 1:30 p.m. Chris Moore said that the COA received special permission to continue meeting virtually, but that exemption will likely end by June.



Alexandria Redevelopment and Housing Authority



Public Housing

- Developments that are constructed and operated by government subsidies
- Established by State law to provide safe and affordable housing for low-income families, elderly, and persons with disabilities
- HUD oversees the PH program and the Housing Authority administers and manages the properties
- Tenants pay rent based on 30% of the family's adjusted gross income
- Income limits qualification is only required at initial certification and residents may stay in PH as long as they comply with their lease
- ARHA currently manages 1081 Public Housing units

Housing Choice Voucher Program (formerly Section 8)

- Rental subsidy program that is administered by the Housing Authority
- Allows applicants to locate and choose their own housing that meets the requirements of the program
- Voucher amounts are controlled by Fair Market Rents that are established by HUD
- Tenants portion of rent is payable directly to the owner and is based on 30% of the adjusted gross income
- Voucher covers the difference between the tenant's portion and the actual rent
- Income limits qualification is only required at initial certification and residents may stay in unit as long as they comply with their lease
- ARHA currently manages 1547 vouchers

Participant Data

- **Head of Household**
 - 74 % are female and 26% are male
- 14% are 65 and older
- 14% meet the disabled criteria
- **Average Family Size - 73% of households have 4 people or less**
- **Household Income**
 - 87% make under \$40,000 per year
 - Median ARHA income is \$16,000 annually as compared to \$87,319 for Alexandria residents

Affordable Housing Demand

- ARHA conducted a Market Study to look at income levels and assess inventory and needs
- **Results:**
 - Huge need for more housing, especially for those who fall at 30% AMI and below
 - ARHA's goal is to continue to develop existing properties and not only bring back the number of units at each site, but expand our portfolio
- 2021 response to Waitlist opening supports the Market Study

Waiting List Information

- ARHA maintains a Waiting List for both the Public Housing and HCVP Programs
- Specific preferences points affect a family's position on the list. The preferences include but are not limited to:
 - Alexandria residents
 - Housing Status
 - Elderly/Disabled
 - Veterans
 - Family size/composition
- After preferences, position is then ranked by date and time of application

Waiting List Information

- PH applicants are pulled from the Waiting List based on units that become available due to voluntary move outs, death, lease violations and evictions
 - Average of 10 available units per month
 - Average of 21 days to turnover a unit and prepare it for a new family
- HCVP applicants are pulled from the Waiting List based on the available funding received from HUD
 - Voucher expires after 120 days
 - On average, families have 60-90 days left on voucher when they find a unit

2021 Waiting List Opening

ARHA reopened the PH and HCVP Waiting Lists for the first time since 2011. The most recent numbers are :

- PH applications – 25,491
- HCVP applications – 13,728

Redevelopment Updates

ARHA is the Premiere Affordable Housing Developer in the City of Alexandria.

Guiding Principles

- 1. ARHA** will increase the number of affordable rental units within each development project they undertake.
- 2. ARHA** will take aggressive action to expand local decision making for the units in its portfolio by utilizing asset repositioning tools provided by HUD and utilizing vehicles that allow long term affordability.
- 3. ARHA**, to the greatest extent feasible, will redevelop the rental units in its portfolio within a mixed income environment.

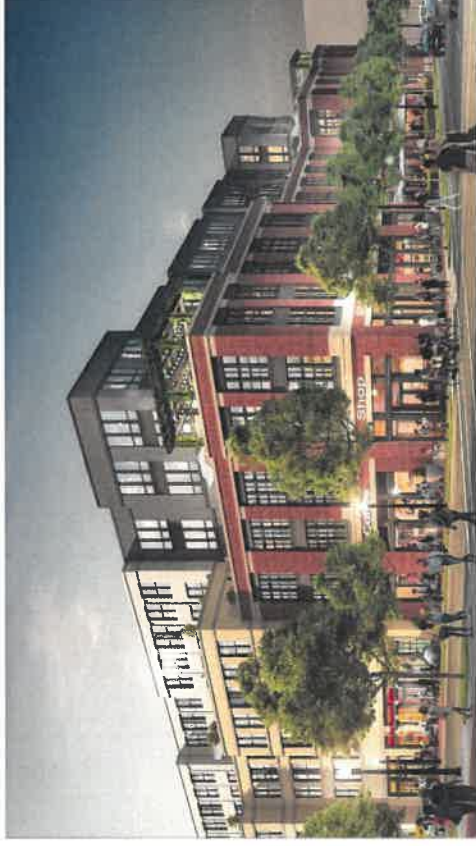
Redevelopment Updates

ARHA Goals

- 1. Preserve** – No net loss of existing affordable housing opportunities (syndicating LIHTC properties at Year 15)
- 2. Grow** – Add net new affordable rental units through a combination of strategies (redevelopment, acquisition, partnerships)
- 3. Diversify** – Diversify types of units, range of affordability, and income streams to ensure financial sustainability.
- 4. Expand Capacity** – For self-development (VHD, LLC); for public/private partnerships (private developers)

Redevelopment Updates

- ✓ Repositioning Public Housing - Park Place and Saxony Square
- ✓ Samuel Madden – Development Partner Fairstead, Mill Creek Residential,
& The Communities Group
- ✓ Ladrey Highrise



Contact Information

Thomas Jones – Development Consultant, ARHA
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Gaynelle Diaz – Director of Resident and Community Services
gdiaz@arha.us



City of Alexandria, Commission on Aging
Outreach Committee Minutes
April 27, 2022, 11:30 a.m. Via Zoom

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

Members Present: Ray Biegun, Barbara D'Agostino, Babs Waters, Victoria Almquist, Jane King, Gary Hacker, Dawn Higgins, MaryAnne Beatty, Gerri Wallace, and Tom Reeder

Absent: Margaret Orlando

Hosting staff: Pamela Austin

The meeting was called to order at 11:34 a.m. by Ray Biegun.

1. Approval of Agenda

The agenda and minutes were approved as proposed.

2. Welcome New Committee Member

Ray welcomed Tom Reeder as our new committee member. Tom shared a summary of his background.

3. Updates on Outreach to:

LGBTQ community: There will be a Pride Day celebration on June 4 at Charles Houston Recreation Center. This is planned for outdoors. The Task Force is planning a series of webinars for Pride Month. No decision has been made regarding a webinar that focuses on LGBTQ older adults as in the past two years.

Faith Community: No update.

Senior Ambassadors:

Ray stated that there are over one hundred Ambassadors with SSA.

Alexandria Age Friendly Plan:

The draft plan has been reviewed and unanimously approved by the Outreach Committee members. Ray stated that Jane has been working on accomplishments. We now need to focus on what we do now and in the future. We do not have to do all the work, but we should collaborate with other committees.

4. Committee Planning for 2022

Gerri stated that the City of Alexandria has an outreach program whereby they allocate funds. Gerri is investigating if we may piggyback on these resources. The Sheriff and Police Department has an outreach program; however, it is not designated to older adults. It does not appear that we may partner with them, but we still would like to collaborate with them. Jane stated that both departments are working on the Dementia Friends initiative.

Ray asked committee members to champion a goal/objective/action(s) that interest them.

Babs stated that Department of Community and Human Services (DCHS), headed by Kate Garvey, had someone from their office attend the SAGE LGBTQ training. SAGE is a national advocacy and services organization for LGBTQ+ elders.

Dawn stated that similar training is required for universities. Training may be obtained online as a curriculum has already been in place, including training for LGBTQ. Dawn will reach out to the Council of Social Work Education.

Tom made some recommendations on the Cinco de Mayo outreach action item and suggested this be changed to National Hispanic Heritage Month held September 15 to October 15.

Next steps. Gerri stated that she recommends a roadmap to get where we would like to be in the plan. Will we partner with others? MaryAnne stated that we should identify a handful of groups to reach out too. Babs said that the West End Business Association should have a list of minority business owners and likely Del Ray and Old Town. Also, the Alexandria Business Roundtable.

Babs suggested contacting the Senior Center and attending their events. They in turn can pass on information to others. Also suggested contacting Beatley Library.

Gary suggested adding section to committee minutes focusing on 3-5 areas of most success and digging in on lessons learned. We need to tap in on what is most successful now and follow stories on what is working. Then assign areas to committee members to give updates on what is working and what is not.

5. Follow up Items

Pam discussed minority owned businesses and how we may provide information. Victoria suggested finding out if there is a list from the city and reaching out to these businesses. Pam will check into this.

Ray will speak with Erika Kleiner (with the Alexandria LGBTQ+ Task Force) to see if she is aware of other groups that involve the older adult community.

Pam reported a few months ago that a new attorney at Alexandria Law wants to meet with Alexandria seniors and do a presentation, starting with Senior Centers. Elizabeth M. Crego, Staff Attorney
Legal Services of Northern Virginia

5. Public comments: None

6. Date of next meeting: Wednesday, 25 May 2022 at 11:30 a.m. via Zoom.

7. The meeting was adjourned at 12:54 p.m.

Notes prepared by Barbara D'Agostino, COA Vice-Chair

City of Alexandria, Commission on Aging
Health and Dementia Friendly Committee
May 5, 2022, 4:00 PM Via Zoom

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

Members Present: Barbara D' Agastino, Pamela Austin, Jackie Barbarito, Barbara Huelat, Babs Waters

Hosting Staff: Pamela Austin

Committee Discussion: Members proposed goals for the committee participation for Alzheimer's Awareness Month in November 2022 and Brain Health Awareness in June 2022.

The following activities recommended:

1. Support and continue to enhance Alexandria as a Dementia Friendly Community. The committee would participate in and have an exhibit table at The Brain Health Expo on June 14th from 9AM to 12 noon held at the Goodwin House Auditorium. This will be an in-person event.
2. In conjunction with the Expo, Jane is coordinating a tentative speaking engagement with Mark Warner. Thank you, Jane.
3. Jackie has trained staff, WAA, new CoA member and City staff in "Friends of Dementia" Thank you Jackie.
4. Look for opportunities to participate in community events such as SSA and Police/Sheriff cookout events. Investigate if there are other senior Health and Wellness Fairs that we should participate in. Barbara H, to coordinate with Chris.
5. Develop a goal to address Health related issues specifically for the senior community. This would address mental health, socializing and loneliness, as well as hygiene and health needs such as the recent Emergency Preparedness Event.

Action Items:

1. Barbara H, Jane and Jackie to meet and discuss input to the "Plan" for the next 3 years
2. Barbara and Jane to meet to schedule monthly FD training.

Next Meeting: June 2, 2022, at 4:00 PM at the Goodwin House. This will be a In-person event. Masks will be required.

Meeting adjourned at 5:00 PM

Notes prepared by Barbara Huelat, Health and Dementia Friendly Committee