

ALEXANDRIA COMMISSION ON AGING MEETING AGENDA

Meeting: Thursday, January 12, 2023, 4 PM – 6 PM

At The Landing Alexandria – 2620 Main Line Boulevard

This meeting is being held in person. However, electronic access will be provided. 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.

Zoom Link: (copy & paste link into your browser to open or enter meeting information below)

<https://zoom.us/j/97262502330>

Meeting ID: 972 6250 2330

Passcode: 968693

Phone In number: 301-715-8592

MISSION

To identify the needs of older adults, develop overall planning to meet those needs, evaluate service delivery plans as implemented, and advocate on behalf of older adults

MEMBERS: PLEASE READ THROUGH THE AGENDA & HAVE AVAILABLE FOR REFERENCE AT THE MEETING.

1. Call to Order
2. Approval of Agenda
3. Approval of Thursday, November 10, and December 8, 2022, Minutes
4. Alexandria Police Department Liaison Report – Sgt. Ian Torrance
5. Special Presentation: Martina McNally, V4A
6. Executive Committee Report – - see attached
7. Discussion / Action Items
 - A. COVID Update – Gerri Wallace/Michael Schuster
 - B. Age Friendly Plan Update
 - C. Excellence in Aging – Barbara D’Agostino
 - D. City Budget Process/Advocacy Committee Formation
8. Liaison Reports - Please provide a written summary to Pamela.Austin@alexandriava.gov
 1. Division of Aging and Adult Services – Christopher Moore
 2. INOVA Alexandria Hospital
 3. Human Rights Commission – Tom Reeder
 4. AHA – Bob Eiffert
 5. AARP – Jane King
 6. NVAN – Michael Schuster
 7. St. Martins Senior Center – Anne Coyne- see attached
 8. VHC Health (formerly, Virginia Hospital Center) – Kate Chutuape/Blanca Cali
 9. Commission for Women – Jenn Stowe- see attached flier
 10. Partnership for a Healthier Alexandria – Joanne Broderick
 11. Public Health Advisory Commission
 12. Commission on Persons with Disabilities – Michael Kamin
 13. Senior Center @ Charles Houston – Pamela Guerra-- see attached

14. Senior Services of Alexandria – Mary Lee Anderson-
15. Alexandria Commission on Employment, ACE – Mary Lee Anderson- **see attached**
16. Northern Virginia Falls Prevention Alliance, NVFPA – Mary Lee Anderson
17. Arlington Legislative Committee – Michael Schuster
18. Arlington Commission on Aging – Linc Cummings
19. Successful Aging – Harold Little
20. Recreation, Parks, and Cultural Activities – Harold Little
21. Alexandria Adult Day Services Center, ADSC – Darrell Wesley- **see attached**
22. Housing Affordability Advisory Committee, AHAAC – Jan Macidull

9. Committee Updates

1. Housing Committee - Co-Chairs, Michael Schuster and Lois Steele
2. Outreach Committee – Co-Chairs, Ray Biegun & Barbara D’Agostino
3. Transportation – Co-Chairs, David Kaplan & Bill Campbell
4. Economic Development – Chair, Mary Lee Anderson
5. Strategic Planning – Chair, Michael Schuster
6. Health /Dementia Friendly Committee – Chair, Barbara Huelat
7. By-Laws –
8. Advocacy – Michael Schuster, Chair

10. Other Business

11. New Business

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

13. Adjournment

Next Commission Meeting: Thursday, February 9, 2023 – 4 PM, at The DASH Building – 3100 Business Center Drive (Off of Duke Street, across from Bishop Ireton HS)

Executive Committee Meeting: Monday, January 30, 2023– 4:00 p.m., at The Landing

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

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 a reasonable 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

The Alexandria Commission on Aging Racial Social Equity Committee
(as of June 01, 2021)

No one should be denied the opportunity to engage fully in our community.

We encourage people of different cultures, races, nationalities, immigration status, ages, abilities, sexual orientation, gender identities, and religious affiliation in Alexandria to be informed about and have access to the range of services available in the City, and to be engaged in civic life.

We are committed to representing a diverse community that represents the rich heritage of our city. We are committed to ensuring older persons have access: to affordable housing, transportation, health care, broadband, nutrition services and to opportunities for meaningful employment and related training.

Older adults and persons with serious medical conditions often experience various degrees of inequity, particularly in obtaining access to health care. It is essential to support older persons, family caregivers, and direct care workers since these residents face additional biases and hurdles.

**ALEXANDRIA COMMISSION ON AGING
EXECUTIVE COMMITTEE MEETING
MEETING MINUTES**

DRAFT

*January 5, 2023
At the Landing – In-Person*

Members Present: Chair, Michael Schuster; Vice Chair, Barbara D’Agostino, Ray Beigun, Bill Campbell, Lois Steele, Mary Lee Anderson

Others Present: Jane King, and Gerri Wallace

Members Excused: David Kaplin, Babs Waters, Barbara Huelat

Members Unexcused:

Liaisons Present: None

Staff Members Present: Pam Austin and Ashley Johnson

Guests Present: None

1. **Call to Order.** Chair Michael Schuster called the January 5th meeting of the Executive Committee Meeting of the Commission on Aging (“COA”) to order at 4:00 PM.
2. **Approval of Agenda.** The agenda for the meeting was approved unanimously.
3. **Approval of Minutes.** The Minutes for the meeting of November 28th , were approved unanimously
4. **Discussion/Action Items**
 - a. **The Alexandria Fund for Human Services** - Michael Schuster - presented an update on the Alexandria Fund for Human Services – 3-year grant period, approximately \$2 Million to be distributed. The Department of Community and Human Services will submit an update to the City Council later this month on its proposed criteria and application process for the distribution of funds. Innovation will be emphasized in the proposed criteria.
 - b. **The Age Friendly Plan** - Jane King reviewed the process for the Age-Friendly final evaluation. Before the Commission can complete the revised Plan, both the City Council and AARP must approve the final evaluation report. She said she will contact the Committee Chairs for help to complete the final report.

- c. **Virginia Budget Hearings** - Jane King gave a summary on the budget hearings held today by the Senate finance committees. She said the presentations were very persuasive. She spoke on the need for sick leave for home health workers.
 - d. **Excellence in Aging Awards** - Barbara D'Agostino discussed the date and format for this year's Excellence in Aging Award ceremony. The proposed date will be May 9th and in person, depending on the Mayor's schedule.
 - e. **Commission Meeting Attendance** - Michael Schuster discussed the recent problem with unexcused absences at the full commission meetings. The committee members agreed that the best approach is to send a reminder to all Commission members that a member must notify the Chair in advance of the Commission meeting of his or her proposed absence if he or she wants an "excused" absence, and that a member cannot have more than two unexcused absences to remain on the Commission.
 - f. **Speakers of COA Meetings** - The Committee discussed possible speakers for upcoming Commission meetings, such as on rent relief and the Guaranteed Basic Income program.
5. **Other Business**
None
6. **Meeting Adjournment.** There being no further business, the meeting adjourned at 4:50 PM.

Minutes will be presented at the January 30, 2023 Executive Committee meeting for approval. The next Executive Committee meeting is on January 30, 2023 at the Landing.

Minutes prepared by Michael Schuster, Chair.

St. Martin de Porres Senior Center COVID-19 Report January 2023

The monthly attendance to SMdP began to trend upward beginning in October and November. Average attendance/meal count for October was 26/24. During the month of November the attendance/meal count was holding steady at 27/25. For the month of December a number of our seniors took off to visit their families they hadn't seen since pre-COVID. The seniors informed us they were pleased with all the holiday parties and activities that lifted their spirits and helped them enjoy the holidays. This was all safely done despite "Substantial" COVID transmission rates in the city. We still ensured everyone abided by safe COVID-19 practices facial covering, physical distancing, hand hygiene and remaining home when ill. Our average daily census for the first two weeks of December was 28 Attendance/26 for lunch. We must give a shout out to all our volunteer instructors and speakers. It was great to see everyone enjoying themselves and staying COVID free. Our focus continues to keep safety front and center adhering to COVID-19 health screening practices. Our activities were primarily in person with some hybrid activities in the afternoon for those who are home or would like to participate virtually.

- The following activities continue:
- Food and Fun with Chef Philippe
- 60 Activity Kits for seniors with trivia, puzzles, snacks, crafts, holiday recipes and cold/flu prevention items like hand sanitizer and tissues.
- SAIL classes took a break for the holidays.
- Intergenerational activities were fun with 7 students with a mix of high and middle schools and families off for the holidays.
- Seniors enjoyed a warm holiday "Praise and Worship" celebration with arts and crafts along with caroling.
- Senior Shopping Trips: This month the seniors participated in weekly shopping trips. Seniors requested trips to Lidl, Walmart, Family Dollar Store, and Landmark Plaza searching for last minute gifts.
- Seniors sponsored a family in need of assistance for the holidays; provided much needed items such food, clothes, toys and baby supplies. Invited family to come to the center as VIP guests during holiday party
- Invited 65 yo Ukrainian female refugee to come to senior center; connected her with CCDA's Ukrainian Immersion program; senior now attends program that better meets her needs/cultural support
- Overall seniors enjoyed all the holiday activities such as parties, caroling, activities and socializing with their friends and joining in the fun and celebration of the season and preparing for New Year our average attendance is holding steady and we will see how attendance is post holidays and colder weather.
- Attended holiday concert at St John's Church in Washington DC watched beautiful performance of the Air Force String Band
- Submitted by Anne T. Coyne, Senior Center Director, St. Martin de Porres Senior Center. Tele: 703-751-2766. Email: anne.coyne@ccda.net



Department of Community and Human Services

ALEXANDRIA COMMISSION FOR WOMEN PRESENTS

A PANEL DISCUSSION ABOUT

HUMAN TRAFFICKING

Human trafficking is modern day slavery. It involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act. Every year, millions of men, women, and children are trafficked worldwide – including right here in the United States, including Alexandria.

In recognition of Human Trafficking Awareness Month, the Alexandria Commission for Women is hosting a panel discussion to help our community understand what human trafficking is, how to recognize it, and the ways in which to help in Alexandria and beyond.

MONDAY

JANUARY 23

DOORS OPEN AT 6:30 P.M. 7-8:30 P.M.

LEE CENTER AUDITORIUM
1108 JEFFERSON ST. • ALEXANDRIA, VA

EXPERT PANEL

ANGELLA ALVERNAZ
State Trafficking Response Coordinator, Office of the Director, Virginia Department of Criminal Justice Services

BRANDI N. BYNUM
Program Manager for the U.S. Department of Homeland Security's Blue Campaign, a national human trafficking public awareness program

STEPHANIE REYES
Mental Health Clinician with Trauma and Hope

REPRESENTATIVES
from the Alexandria City Police and Virginia State Police, who work on human trafficking issues

To request a reasonable accommodation, contact maurice.tomdio@alexandriava.gov or 571.384.5244, Virginia relay 711.

12.20.2022

**The Senior Center at Charles Houston
December 2022 for January 2023 COA meeting**

Our December started out with many activities for the month. Day one, Participants departed to the Christmas Tree Shoppe for early Christmas shopping. Our calendar quickly filled up with Holiday celebrations beginning with the Division of Successful Aging holiday party at the Lee center. Participants enjoyed to a holiday meal and a live band (Route 66) for some dancing and fun.

The AKA sorority were excited to host their first holiday Celebration since the pandemic. They offered our members a delicious soul food meal at the Hampton Inn. The celebration was packed with holiday spirit and a bingo game with lots of prizes for all.

The senior center also held their own Christmas celebration with a DJ playing oldies but goodies. Participants enjoyed a holiday meal and a variety of desserts for all to enjoy. Then a week later a New Years' Eve celebration, to bring the New Year in with a bang.

In between all the celebrations our participants continue to enjoy bingo and cognitive/brain teaser exercises such as: scavenger hunts, geography knowledge questions, general and television trivia, word search, word scramble, and rebus puzzles).

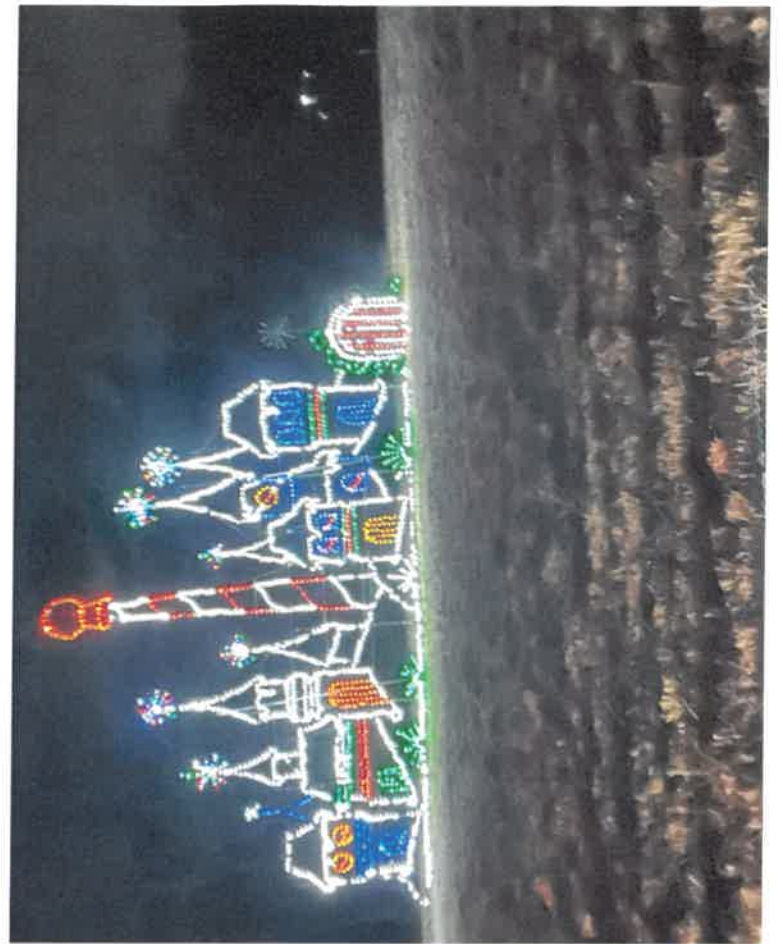
Other notable activities and events during December included:

- **Wellness/Informative Wednesday Presentation – Chef Phillipe cooked up a delicious German Sauerkraut. Participants delighted in the new flavor of German style sauerkraut.**
- **Weekly Thursday Shopping Trip – Traveled to local area markets and grocery stores, including Christmas tree shoppe, Walmart, Dollar tree and Shoppers, and the Dutch Amish Market to allow participants to purchase food, medical supplies, and other essential items (personal and household).**
- **Weekly Friday Walking Club – As transportation permits, we have been consistent on our weekly walk at the Pentagon City Mall.**
- **Arthritis and Mindful Movement Exercise Class – Participants attended a weekly Monday class for mindful movement and bi-monthly class for Arthritis exercise class. The average number of participants for the two classes was twelve participants.**
- **Goody Bag Distribution – Christmas goody bags were given to each participant filled with healthy snacks and a Walmart gift card.**

In Summary, Participants continue to practice good Covid-19 protocol of proper handwashing, social distancing and remaining at home if experiencing any symptoms.

Submitted By:

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







Minutes from December 14, 2022 meeting of the Economic Development Committee

Attending: Mary Lee Anderson, Jessica Lefevre, Margaret Shetler, Michael Shuster, Sylvia Benatti, Evelyn Quiles

Absent: Pat Miller, Jim Lindsay, Geri Wallace

The meeting began at 10:06 a.m.,

Senior Consumers. Del Ray Business and Old Town Business Associations continue to promote the Silver Service card and SSA continues to receive many requests from seniors for the card as a result of the article in Alexandria Times. Mary Lee will be presenting to the West End Business Association on 12/13. Evelyn will get her contacts at the other Business Associations so we can connect with them.

Senior Employment. *Goal is to help seniors find employment and to encourage businesses to hire.* Evelyn Quiles advised final interviews were scheduled for 12/14 for her replacement as 50+ specialist. Hope to have someone in place by February. WDC is exploring WIN peer-to-peer training, with a January “train the trainer” event. Workshops are being overhauled to focus on rebuilding job-seekers’ confidence.

Seniors as Entrepreneurs. Focused on fundraising, seeking grant support. Sylvia will connect with Evelyn to discuss leading workshop to establish credibility for grant applications. MLA will reach out to SBDC to invite to our February meeting to talk about how to effectively develop this goal.

SNAP for Seniors DCHS Nutrition Coordinator, Melissa Jensen, advised that expanded SNAP benefits are expected to expire early in 2023. Clients must be given 60 days notice, but older adults will lose significant income. SSA reaching out to ALIVE to discuss offering older SNAP clients monthly delivery from their warehouse, SSA would handle referrals and volunteers.

Senior Ambassadors SSA has begun outreach to Neighborhood Associations to share information and recruit new Ambassadors. A new Ambassador training session will be held in January.

Age Friendly Plan Final report on the first plan is nearing completion.

The meeting was adjourned at 10:45 a.m. The next meeting will be held Wednesday, January 4 at 10:00 a.m. at WDC’s office, 1900 North Beauregard, Suite 300.

Submitted by: Mary Lee Anderson

**Adult Day Services Center
Report to the Commission on Aging
January 2023**

Warm wishes on the New Year to all the Commission on Aging committee members. We hope your year has started off with a bang and may this year be the brightest and happiest for you.

Thank you for your continued support and advocacy for our program and senior residents of Alexandria.

A look back at 2022 and some of the Highlights of the program.

- **Pet Therapy groups**
- **Rebuilding together collaboration Mural and aesthetic improvement**
- **Food demonstrations**
- **Field trips and Driving tours**
- **Robust Exercise, Yoga and Zuma instructors**
- **And so much more**

Have a safe and glorious new year.

**Darrell Wesley,
Program Director, Alexandria Adult Day Services Center**





