

ALEXANDRIA COMMISSION ON AGING MEETING MINUTES

*November 10, 2022 – DRAFT
At the Landing Alexandria 2620 Main Line Blvd
4-6 PM*

Members Physically Present: Chair, Michael Schuster; Barbara D'Agostino, Barbara Huelat, David Kaplan, Dawn Higgins, Gerri Wallace, Jessica LeFeyre, Lois Steele, Mary Lee Anderson, Michael Kreps, Ray Biegun, William Campbell, William Thomas Reeder

Members Physically Present for a portion of the meeting: Jim Lindsay

Members Attending Remotely: none

Members Attending Remotely for Medical Reasons: Joanne Broderick

Members Excused for Personal Reasons: Babs Waters Jenn Stowe, Karen Mckeon

Members Unexcused: Canek Aguirre, Ellen Nelson, Michael Kamin

Liaisons Present: Anne Coyne, St. Martins Senior Center; Darrell Wesley, Adult Day Services Center; Ian Torrance, Police Department; Harold Little, Recreation, Parks and Cultural Activities; Pamela Guerra, Senior Center @ Charles Houston

Guests Present: Bob Eiffert, Housing Committee; Cedar Dvorin; Ann Marie Yoder; Jonathan Krall; Marshall Hespe; Jennifer Monaco

Staff Members Present: Chris Moore, Pam Austin, Division of Aging and Adult Services; Evelyn Quiles, Workforce Dev. Center

1. **Call to Order.** Chair Michael Schuster called the November meeting of the Commission on Aging ("COA") to order at 4:02 PM. Each attendee was introduced.
2. **Approval of Agenda.** The agenda for the meeting was approved unanimously.
3. **Approval of Minutes.** The minutes of the meeting were approved unanimously.
4. **Alexandria Police Department Liaison Report.** Sgt. Torrance is considering presenting at the March meeting – to be confirmed
5. **Special Presentation:** Jennifer Monaco – Project Manager – Duke Street in Motion. PowerPoint presentation on proposed bus services and traffic upgrades for Duke Street. Pilot studies begin in Spring 2023, and the final project is targeted in 3 years.

6. **Executive Committee Report.** Materials and minutes were distributed as part of the Agenda.

7. **Discussion/Action Items**

- a. **Covid-19 Updates – Gerri Wallace - City of Alexandria website under the Health Department News provides links to the latest health information**
Health Department News | City of Alexandria, VA (alexandriava.gov)

CITY OF ALEXANDRIA

Alexandria CDC Covid-19 Measures COVID-19 Community Level Transmission rate is LOW November 10, 2022, The City of Alexandria reports 78.4% or 123,370 fully vaccinated.

Hospital admissions per 100k is 4.8 = LOW Impatient Bed is 3.30% = LOW
Demographics include City-wide:
Ages 65+ = 83.2%

STATE OF VIRGINIA

November 10, 2022, Across the state of VA , 6.2, or 73.1% fully vaccinated.
Demographics include State-wide:
Ages 65+ = 96.1%

Overall, 65+ ages = 1.3M with a 95.1% rate of vaccinated people

CDC website for Health Topics from A-Z
<https://www.cdc.gov/health-topics.html>

To get alerts, text ALEXCOVID19 to 888777.
For questions about COVID-19, call 703.746.4988.
For chest pain or shortness of breath, call or text 911 immediately.

- b. **Age Friendly report** – Michael Schuster updated for Jane King, who is absent. The committee is finishing work on expanding goals, objectives, and mission. Target next month for a final edit.
- c. **Medicare for All** – Barbara Huelat presented a summary of discussions by the Health and Dementia and Executive committee comments as follows:

Concerns - Looks expensive threat to Social Security. Currently, Medicare does not cover seniors for assisted living, memory care, or care for the caregiver. How would it be funded? Pay role taxes, taxing the wealthy, tax dollars.

CoA Response - How does Medicare for All address the needs of the older adult? Is this within our Charter? Is it part of the CoA Mission?

Are other aging organizations supporting Medicare for All? AARP is not opposing it, but can't support it currently – too many gaps. We need to stay abreast of this issue in the future.

Discussion followed – CoA's position is that the commission at this time, does not recommend support for Medicare for All, as it is not within their Mission or Charter.

8. Liaison Report

- a. *Division of Aging and Adult Services.* Christopher Moore update would like to support the caregiver. Housing things are in the works and will bring to the Housing Committee.
- b. *Human Rights Commission* – Tom Reeder discussed discrimination standards and aging discrimination and recommended hearing them out.
- c. AHA – Bob Eiffert – Happy Hour at his home
- d. NVAN – Bob Eiffert - Joint Alexandria – Arlington Legislation Forum 11/17/22 10 AM.
- e. *St. Martins Senior Center* - Anne Coyne presented that we now have wifi in the center, which is a great boom.
- f. Partnership for a Healthier Alexandria – Joanne Broberick presented the report on soliciting funds for grants having more than funds.
- g. Senior Center Charles Houston – Report attached. Pamela Guerra, thanks for supporting their 50th-anniversary celebration
- h. *Senior Services of Alexandria* - Mary Lee Anderson, report attached.
- i. *Alexandria Commission on Employment.* Mary Lee Anderson, report attached. Great success with the job fair. *Northern Virginia Fall Prevention Alliance, NVFPA.* Mary Lee Anderson, report attached.
- i. *Arlington* Legislative Committee – Michael Schuster will update the joint commission meeting next week.
- j. Arlington Commission on Aging – Linc Cummings provided a report on their study for optimal aging and remote fall prevention.
- k. Successful Aging – Mary Lee Anderson reported on the meeting this morning on events.
- l. Alexandria Adult Day Services Center, ADSC – Darrell reported doing well. Services engaged in social distancing and wearing masks.

9. Committee Updates.

- a. *Outreach.* The Committee – Co-Chairs Ray Biegun & Barbara D'Agostino, met last week but had a hard time getting a quorum. Notes attached.

- b. *Transportation – Co-Chairs David Kaplan & Bill Campbell, reports shared with commission. They had a meeting this week with bike rider updates and service networks.*
 - c. *Economic Development - Mary Lee Anderson, concered with entrapuer program. No participants attended the last two meetings.*
10. **Other Business.** None.
 11. **New Business.** Next meeting at a new location at Dash Headquarters, state-of-the-art meeting rooms with great A/V and good parking.
 12. **Public Comments.** Jonathan Krall voiced the desire for the City Council to pass a resolution to support Medicare for All.
 13. **Meeting Adjournment.** There being no further business, the meeting adjourned at 5:31 PM.

For approval, the minutes will be presented at the COA meeting on Thursday, December 8, 2022. – At Dash Headquarters.

The next Executive Committee meeting is on **Monday**, November 28, 2022, time to be determined – at the Landing

Minutes prepared by Barbara Huelat, COA Secretary.

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

*October 31, 2022 – DRAFT
In-Person Meeting at the Landing Alexandria
2620 Main Line Blvd., Alexandria, VA
+Zoom Virtual Meeting*

In-person Members Present: Chair, Michael Schuster, Barbara Huelat, Lois Steel, Babs Waters, Mary Lee Anderson

Virtual Members Present: Barbara D’Agostino, Ray Biegun

Members Excused: None

Liaisons Present: None

Staff Members Present: Pam Austin

Guests Present:

1. **Call to Order.** Chair Michael Schuster called the August meeting of the Executive Committee Meeting of the Commission on Aging (“COA”) to order at 1:29 PM.
2. **Approval of Agenda.** The agenda for the meeting was approved unanimously.
3. **Approval of Minutes.** The Minutes for the meeting of October 3, 2022, were approved unanimously
4. **Discussion/Action Items**
 - a. Michael Schuster - presented an update on the Funds American Human Services Fund – 5-year grant period, \$2 Million to be distributed to Mental Health, Public Health Services. Only 8% serve Older People. Discussion followed
 - b. Barbara Huelat - Medicare for all was discussed. Approached twice, requesting support from the commission. Concerns were voiced on how Medicare for All would be funded and the would-be benefit for the older population. Barbara will take this to the Health and Dementia Committee on Thursday, 11/3, for discussion and recommendation to the commission.
5. **Other Business.**
 - a. Agenda for next Commission meeting

b. Discussed final draft for Age-Friendly Plan 2019-2021 Plan has expired. Jane is editing.

6. **Meeting Adjournment.** There being no further business, the meeting adjourned at 2:38 PM.

Minutes will be presented at the November 28 Executive Committee meeting for approval. The next Executive Committee meeting is on Monday, November 28, 2022, time 4:00 PM.

Minutes prepared by Barbara J. Huelat, COA Secretary.







November 4, 2022

To: Commission on Aging

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

Subject: Update on Senior Services of Alexandria

Senior Services of Alexandria (SSA) is hosting a "Senior Living in Alexandria" workshop on "Tracing Your Roots Through Genealogy" on Thursday, November 17 at 10 am at Beatley Central Library, 5005 Duke Street. SSA is fortunate to have as its speaker Stephen Hammond, a family historian in the Northern Virginia area. This promises to be an enlightening and interesting session on how you can start or enrich your family history research. To register go to SSA's website at www.seniorservicesalex.org or call 703-836-4414, ext. 110.

SSA has been busy making contacts within the Spanish-speaking community to bring awareness about the programs available to older adults. We are working regularly with ALIVE!'s West End Food Hub and Casa Chirilagua to share crucial information and connect people to SSA's and the City's services. Last month, Virginia Cooperative Extension presented information about financial management & fraud prevention at our first speaker series event in Spanish. On November 10th we will be hosting a fun activity, making colorful paper flowers! If you would like to learn more about SSA's Spanish outreach, contact Margaret Shetler, Manager of Community Outreach at outreach@seniorservicesalex.org.

Minutes from November 2, 2022 meeting of the Economic Development Committee

Attending: Mary Lee Anderson, Jessica Lefevre, Margaret Shetler, Michael Shuster, Geri Wallace

Absent: Pat Miller, Jim Lindsay, Sylvia Benatti, Evelyn Quiles

The meeting began at 10:05 a.m.,

Senior Consumers. Del Ray Business Association included info about the program in their monthly newsletter and new businesses have already reached out to enroll. Old Town Business Association will also be reaching out to their members. SSA will update list of businesses at the end of November and promote the card during the holiday season.

Senior Employment. *Goal is to help seniors find employment and to encourage businesses to hire.* Evelyn Quiles will report any new activities to the committee via email.

Seniors as Entrepreneurs. Orientation/introduction event was held on 10/27, but attendance was disappointing. Sylvia will share the powerpoint with the Committee via email and is looking for advice as to marketing strategy.

SNAP for Seniors SSA continues to work with the City to encourage older adults to apply for SNAP benefits. City is working on grant application which will be run through Hunger Free Alexandria for data collection about target populations for SNAP and to develop targeted outreach, going to the residents through trusted community partners such as ALIVE, Neighborhood Health, SSA.

Senior Ambassadors Additional Ambassadors trained in October. Suggestion that Ambassadors be offered training to encourage residents to enroll in SNAP. SSA may reach out to Neighborhood Associations that are starting to meet in person again, attend meetings to share information and recruit new Ambassadors. Spanish-speaking Ambassador numbers are increasing. Training in Spanish has been recorded.

Age Friendly Plan Final report on the first plan is nearing completion. Discussion about avenues for community/city department input on new plan.

The meeting was adjourned at 10:49 a.m. The next meeting will be held Wednesday, December 7 at 10:00 a.m. at WDC's office, 1900 North Beauregard, Suite 300.

Submitted by: Mary Lee Anderson