

This meeting is being held in person at Goodwin Living. 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.

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 persons

AGENDA

1. Welcome
2. Call to Order
3. Approval of Agenda with additions
4. Approval of December EC meeting minutes
5. COA Executive Committee (ExCo) Business Meeting

A. Presentation

(1).	
(2).	

B. ExCo Information only

(1).	Chair Report
(a)	Update on Age-Friendly Plan
(b)	Update on Ladrey Redevelopment – Planning Commission Public Meeting on January 4, 2024; designation of Kathleen Demik as official COA liaison to Ladrey Redevelopment team
(2).	DAAS Staff Report -
(a)	Calendar of 2024 Executive Committee and COA meetings
(b)	Miscellaneous

C. ExCo Discussion Items

(1).	Excellence in Aging Awards – May 14, 2024; 5:30 p.m. – City Hall
(2).	MoU on Mindfulness Project with Alexandria Arts Alliance
(3).	Outreach on Accessory Dwelling Units – Joint Effort of Outreach and Housing Committees
(4).	Update Executive Committee and COA Meetings Calendar
(5).	Monumental-Alexandria Partnership’s impact on affordable housing and transportation

D. ExCo Decision Items

(1).	Excellence in Aging Awards – May 14, 2024
(2).	MoU on Mindfulness Project

5. Planning for Thursday, January 11, 2024, 4:00 p.m. COA Monthly Meeting (Mark Center)

A. Presentation:

(1).	Sean Curry, MPH, Programs Director, Prevention of Blindness Society of Metropolitan Washington
(2).	

B. COA Information Items

(1).	Chair Report
	(a)
	(b)
	(c)
(2).	DAAS Staff Report
	(a)
	(b)

C. COA Discussion Items

(1).	Excellence in Aging Awards – May 14, 2024 – 5:30 p.m. at City Hall
(2).	Ladrey Redevelopment decision by Planning Commission (January 4, 2024) – Kathleen Demik
(3).	Impact of Monumental-Alexandria Partnership on Affordable Housing and Transportation
(4).	MoU on Mindfulness Project with Alexandria Arts Alliance
(5).	
(6).	

D. COA Decision Only Items

(1).	Excellence in Aging Awards – May 14, 2024; 5:30 p.m. at City Hall.
(2).	MoU on Mindfulness Project
(3).	
(4).	
(5).	

6. Planning for future COA meetings

A. Future Speakers

(1).	
(2).	

B. Additional items - Please submit other proposed speakers to mschuster432@gmail.com

7. Other Business

8. Announcements

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

(1).	Date: Monday – January 29, 2024 Time: 1:30 p.m. PM How: Goodwin House Alexandria
(2).	

B. Next two (2) COA Monthly Meetings

(1).	Date: Thursday, February 8, 2024 Time: 4:00 – 6:00 PM Speaker: Topic:
(2).	

C. Other non-Alexandria COA events

(1)	Date: Time: Hosts:
(2)	

(3)	NVAN Bi-Monthly Meeting Date: January 16, 2024 Time: 9:30 AM Host: Prince William County Commission on Aging
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9. Public Comment

10. Adjourn

The City of Alexandria complies with the terms of the Americans with Disabilities Act (ADA). Anyone with a disability who wishes to request an accommodation may contact the Division of Aging and Adult Services at 703.746.5999 or Virginia Relay 711. Please provide at least 7 calendar days advance notice