

ALEXANDRIA COMMISSION ON AGING MEETING AGENDA

Meeting – Thursday, October 10, 2024

Virtual Meeting

(This meeting was recorded)

Members Attending Remotely:

Chair, Michael Schuster, Vice Chair, Barbara D'Agostino, Secretary, Ana Rivas
Alan Dinsmore, Barbara Huelat, Canek Aguirre, David Kaplan, DT Oliver,
Gerri Wallace, James Bruen, Jane King, Jessica Lefevre, Jim Lindsay, Joy Kone, Kathleen Demik,
Marshall Hespe, Ray Biegun, Victoria Rutson, William Thomas Reeder

Members Excused:

Enid Borden, Jennifer Stowe

Members Unexcused:

none

Liaisons Present:

Darrell Wesley, Adult Day Services Center; Cynthia Hurley, Police Department; Harold Little,
Recreation, Parks and Cultural Activities; Gaynelle Diaz, ARHA & Senior Center @ Charles Houston

Guests Present: Jan Macidull, Housing Committee

Staff Members Present: Chris Moore, Ashley Johnson, Pam Austin, Division of Aging

Call to Order - 4:02 pm

Approval of Agenda – Agenda approved.

Approval of Thursday, September 12, 2024, Minutes – Approved with two technical corrections.

Alexandria Police Department Liaison Report – Sgt. Ian Torrance - Sgt. Cynthia Hurley on behalf of Sgt. Ian Torrance - Efforts on issuing tickets near Hammond and George Washington Middle Schools are effective; Alexandria City Police Department is working to curb the speeding during school arrival and dismissal times. The motorcade to protect the VP candidate JD Vance – is that money coming from the City or is it Federal money, or IS Alexandria getting reimbursed? Sgt. Hurley will get that information to us.

Division of Aging and Adult Services – Ashley Johnson on behalf of Chris Moore

New temp for CRIA for intake calls. VICAP counseling is beginning on the 15th of October and will be in rec centers as well. The Farmers Market has been successful; 500 vouchers have been distributed.

Alexandria/Arlington No Wrong Door Advisory Council meeting was held on September 19th at the Fairlington Community Center. The meetings are quarterly and not monthly. The meetings are in person and not virtual. In the future, the meetings may be hybrid.

Economic Opportunities Commission – DT Oliver – Liaison Report – DT is not an official member of the commission; he reported that they voted for proposals for the City’s General Assembly legislative package.

INOVA Alexandria Hospital - No report

Human Rights Commission – Tom Reeder – At the September meeting, the Commission heard from the Community Police Review Board. They are not up and running yet. The legislation is in place, but the Board needs a memorandum of understanding between the Board and city – and it is still in the works. Natalie Talis also mentioned the Community Health Assessment project.

AHA – no report

AARP – Jane King - There will be a conference and resource fair for caregivers on October 19th at 9 am. Part of the discussion is juggling life, work and caregiving. The meeting will be held in Herndon at the Forest United Methodist Church.

NVAN – Michael Schuster – 30 to 40 legislative representatives and staff attended the NVAN Legislative Breakfast on September 20th at the Country Club of Fairfax. We will be working with these legislators to discuss the NVAN agenda and seeing which legislators will sponsor NVAN’s bills.

St. Martins de Porres Senior Center – Juanita Balenger – Not present

VHC Health (formerly, Virginia Hospital Center) – Kate Chutuape/Blanca Cali – Not present

Commission for Women – Jenn Stowe - Not Present

Partnership for a Healthier Alexandria – Not Present

Public Health Advisory Commission – Not Present

Commission on Persons with Disabilities – Not Present

Senior Center at Charles Houston – Pamela Guerra- Highlights for September included their 52nd anniversary. They did some presentations on the history of the center. The participants shared their favorite memories. They also visited the Asian Art Museum and had a field trip to hear a Jazz Band. They also had a Wellness Wednesday, weekly walks and yoga.

Senior Services of Alexandria – Marshall Hespe – Marshall submitted the liaison report. The Oktoberfest at Port City was sold out. He will be attending the DASH Block Party, Virginia Health Fair, and the Great Senior Living in Alexandria starting on October 16th

Alexandria Commission on Employment, ACE – Not present

Northern Virginia Falls Prevention Alliance, NVFPA – Marshall Hespe - September was Fall Prevention Awareness Week; the Alliance had a lot of programming and continue to do a lot of training. Marshall will forward this information to us. They are seeking a contact at the Alliance to see data on falls in Alexandria.

Arlington Legislative Committee – Michael Schuster – The ALC meet to discuss outreach to Arlington and Alexandria representatives to discuss the NVAN Platform.

Arlington Commission on Aging – Linc Cummings – Not present

Successful Aging Committee and Recreation, Park, and Cultural Activities– Harold Little - reported that Fall programs have begun. There are nine sites around the city offering fitness classes There is a discount for older adults. A lot of activities at Armstrong – Fall Halloween Fest and Senior Dance Fitness class – both are free. Mt Vernon will have classes as well (but that is part of Fairfax County). Lots of yoga and physical fitness classes. Some are discounted and some are free. And there is an older adult walking group too. He also reported that there is plenty of pickle ball at Charles Houston.

Alexandria Adult Day Services Center, ADSC – Ashley Johnson on behalf of Darrell Wesley They finished a quilt that will be presented and hung up as part of the Phillips Collection Museum in Washington, D.C.

Alexandria Housing Affordability Advisory Committee, AHAAC – Jan Macidull – They held a meeting on Monday October 7th. Attorney Cathy Puskar gave AHAAC the preliminary review of the Silverado zoning proposal. Silverado will offer **one** discounted unit, and Puskar gave the Commission on Aging the credit for this change. Natalie Talis gave AHAAC a presentation on the Health Department's strategic plan. The Co-chairs of the Committee are working to narrow their recommendations for the City's Legislative Package to five bullet points because the draft was a little too broad with recommendations. Also Jan noted that the subsidy needed from the City to build an affordable housing unit has increased from \$40,000 to \$50,000 per affordable unit to \$120,000 per affordable unit in 2024. That is how much a developer would need to receive from the City as a subsidy.

Chris Moore mentioned that at the Virginia Association of Areas on Aging (V4AAA) meeting housing was discussed. He said the most interesting discussion was to separate assisted living from regular affordable housing issues, since assisted living seems to be lost in shuffle. They discussed whether assisted living should be addressed more as a health care matter than a housing matter.

Special Presentation: Chris Moore, Director of DAAS – Alexandria's AAA FY 2025 Budget

Michael reported that the Commission on Aging is the official Advisory Board for the Alexandria AAA. Therefore, it is important for us to understand what the Alexandria/DAAS Budget looks like since the Commission will be responsible for giving advice on how to use its funds.

Chris started with the historical explanation of the existence of AAAs which were created through the Older Americans Act during Lyndon Johnson's presidency. In the initial ten years, the funding came from the Federal level and went directly to the providers. Initially Northern Virginia had one Area Agency on Aging which included all the county and city jurisdictions in Northern Virginia. As the population in the area grew, they broke it down to five jurisdictions and 5 AAAs.

The purpose of the local AAA is to ensure the providers are getting their funding and the Older American's Act mandates are met.

Every year, the State has to do a plan for their Area Agencies on Aging and each local jurisdiction/AAA has to do a plan for four years. We are currently in the second year of a four-year cycle. This is more of an update so there are not a lot of changes. Developing an Area plan requires DAAS to look at the "required services used", the "projected demands for the services", and then determine the "unit cost". The "unit costs" tells the agency how much they are spending per unit of service. For example, they will determine that they spend \$32 per unit for adult day care. Next they look at the "allowable funding sources" that come from different federal fund sources, not just the Older American's Act, city and state funds, and donations.

FY 2025 Allocations came to the total of \$806,823 (only federal and state levels). This was a 6.25% increase from last year. The slide provides specific details on how the allocations were made. Title IIIB — is supportive services such as information, assistance and in-home care. Title IIIC1 and Title IIIC2 are all nutrition services. Title IIID is disease prevention. Title IIIE is National Caregiver Support Funding. Elder Abuse – has more to do with Elder Abuse education. The City has flexibility to use funds from other federal programs to cover this loss.

Next are State Funds – Highlighted funding are Community Based Funding for home care services. Transportation is one of the most robust of the nearby jurisdictions. Supplemental Nutrition is low funding and that's why we have waiting lists for Meal on Wheels.

Area Plan Development – The slides showed all the programs required under the Older Americans Act. The City is really focusing on CRIA as a stand alone services. Chris explained that Congregate and Home delivered meals are what is provided at St. Martin de Porres and Meals on Wheels through Senior Services of Alexandria. Legal Assistance – DAAS has a contract with Legal Services of Northern Virginia (LSNV). Elder Abuse Prevention and Ombudsman – are part of Adult Protected Services and Ombudsman is combined with other jurisdictions. VICAP (Virginia Insurance Counseling and Assistance Program)– they have a coordinator that has been very important for the Agency. The Slide also showed the new programs that will go into effect on October 1, 2025. These are significant changes and the state is trying to figure out how to implement these programs and how the regulations will affect the local agencies. There is a big emphasis on caregivers, especially for respite care.

FFY 2025 Area Plan Submission – Chris noted that only Federal Funds and not the City funds were presented; that's why the budget looks small.

The TRENDS – The 60+ population is increasing. The Slides are showing it. The City's older population has increased but not the funding; we are serving more people for the same amount of money. The agency is finding complex concerns such as home displacements, no food for certain older residents. Also there is a high volume of APS calls – one week over the summer DAAS had 20 reports and each had to be investigated. This is taxing on the staff. The 6% increase in funding is helpful but only keeps up with inflation. **Future Needs – Additional** CRIA staff is needed; right now they have a temp, but the Guardianship Coordination is done by a Committee; they need a Guardianship Coordinator (part time). Volunteers are needed for all areas. And the Agency needs shelter space for unsheltered older adults.

Questions by the Commission –

Jan – Federal funding from Older American's Act – is that available for all clients? It depends, according to Chris, Title III requires to be 65+ years or older. But some are 60+ and older.

Jessica – Economic Committee is focusing on SNAP and Pop UP Farmers Market – where are the funds coming from? Ashely explained that the funding is coming from a separate grant and not included in the annual budget just described. Nutrition Education also provides funding for Farmer's Market Pop Ups. According to Chris, SNAP is funded under USDA, unless they can apply for a grant.

Jessica – Trends show increase in 60+ population. Where is the information coming from? Michael stated that it came from the kick off meeting for Housing 2040 – based on 2010 Census, 9% of Alexandria were 65+ older and now from the 2020 Census it is 12%. And there is a decrease in the younger population. So fewer workers are supporting older residents.

Jane - Raised an issue about unhoused older residents, who have to move because they can't keep up with housing costs. It is a severe issue, and she asked that this be an issue we address.

Marshall – noted that Meals on Wheels (MOW) have helped many older residents establish a healthier diet. Anecdotally, he stated that the younger age groups are not eating as well as older adults who are being provided meals through MOW. That will impact their overall health

Jan stated that there are many programs that are providing food for the unhoused.

Letter to the City Manager on the proposed FY 2026 City Budget

Michael asked the Commission to make a list of future needs to incorporate into a letter to the City Manager for his proposed FY 2026 City Budget, which will be released in February 2025. The letter would be an introduction for what is needed for the Budget for FY 2026 concerning older Alexandrians.

The Commission approved the Motion unanimously that Chris and Michael draft a letter to the City Manager based on the list of future needs of older Alexandrians.

2. Executive Committee Report

3. Discussion / Action Items

Age Friendly Plan – Next Steps: Community Survey; January 15, 2025 Kick-Off at Beatley Central Library – Jane King

Jane – AARP did a survey for Alexandria’s older residents in 2016 and the results are with Chris. He will use that to develop a shorter survey that DAAS will administer to groups at the Older Adult Centers and other organizations. This information will be used to create the next Age Friendly Plan.

We will hold a community engagement meeting on Jan 15th. It will be at the Beatley Library.

The next Age Friendly Plan will be completed by June 2025 and submitted to the City Council for approval. Then it can be sent to AARP.

Future Speakers –

November – DASH Meeting at the DASH Office. David Kaplan mentioned that Josh Baker and his staff will talk. David will discuss with Michael the agenda for the meeting.

December – Michael mentioned that someone from Birmingham Green in Prince William County may be an option. Will discuss with Chris.

Committee Updates

Housing Committee - Co-Chairs, Michael Schuster and Lois Steele – met virtually on October 21.

Outreach Committee – Co-Chairs, Marshall Hesper & Barbara D’Agostino – Had a meeting on September 9th and a virtual meeting will be held on November 21. Dawn Higgins will provide a report on the Mindfulness Project. Ray talked about LGBTQ Advisory Board meeting that he attended on July 19th. Marshall talked about new community ambassadors in Ethiopian communities and also for the for the Age Friendly Plan. Barbara mentioned the discussion at the executive committee meeting – we want to get older adults involved in voting. One idea – finding ways to get them to the poll by using DASH from the larger apartment buildings. Marshall stated that he wanted to build an information sheet that is available for the older residents.

Transportation – Chair, Alan Dinsmore – Virtual meeting scheduled for October 16th. He listened to the Dash Board of Director’s Meeting. David Kaplan had a meeting to discuss DASH’s needs and priorities for the letter to the City Manager. Alan also mentioned that they are looking for future activities and also taking direction from earlier conversation about questions to present to Josh Baker from Dash.

Economic Security and Civic Engagement – Chair, Jessica Lefevre –

met on October 3rd on on-going items – They are continuing to work with workforce development team to develop Entrepreneur Shark Tank. Classes to begin in January. Trying to find ways to advertise this through flyers, social media etc. They are looking to see a SNAP increase. The Committee is waiting to hear from Ashely on the \$100K grant application to the Walmart Foundation to enroll older adults into the SNAP program. Ideas were discussed about bringing more fresh food to folks since Pop Up Market is not available during winter months. Chris attended the committee meeting to discuss the committee’s contribution to Age Friendly Plan and give us resources on demographic data that is relevant to our committee. Chris reminded the committee of the Community Data available from UVA. We were surprised that the data was more positive than we were anticipating.

Health /Dementia Friendly Committee – Chair, Barbara Huelat – Had virtual meeting today. Taking a new direction with the committee and new priorities. Talking to Natalie Talis and the work she is doing with her Comprehensive Health Assessment evaluation and survey.

Other Business - none

New Business - none

Public comments – 18th Birthday for Chris Moore’s son.

Adjournment – ADJOURNED AT 5:57 PM.

