

HEALTH CARE ADVISORY BOARD

Meeting Summary
September 9, 2015

MEMBERS PRESENT

Marlene Blum, Chairman
Rose Chu, Vice Chairman
Ann Zuvekas
Tim Yarboro, MD
Dave West
Francine Jupiter
Rosanne Rodilloso
Dr. Michael Trahos, DO

STAFF

Sherryn Craig

MEMBERS ABSENT

Bill Finerfrock, Vice Chairman
Ellyn Crawford

GUESTS

G. Michael Kahm, Senior Vice President – Development, Singh Development LLC,
Miles Avent, Development Manager, Singh Development, LLC
Ardell Fleeson, Leasing Coordinator, Waltonwood Ashburn
David Houston, ReedSmith, LLP
Mary Tugwell, Community Member
Kitty Janney, Community Member
Sondra Taylor, Community Member
Gloria Addo-Ayensu, MD, MPH, Health Department
Rosalyn Foroobar, Deputy Director for Health Services, Health Department
Sharon Arndt, Health Department
Marie Custode, Health Department
Michael Forehand, Inova Health System

Call to Order

The meeting was called to order by Marlene Blum at 7:39 pm.

June 8, 2015 Meeting Summary

The meeting summary from June 8, 2015 was approved as submitted, with a note that a description of what Medicaid waivers are available in Virginia will be distributed at the October HCAB meeting.

Public Hearing on Special Exception (SE) Application on Singh Properties II, LLC (SE-2015-HM-013) to develop the Waltonwood Reston Assisted Living Facility

G. Michael Kahm, Senior Vice President – Development, Singh Development LLC, Miles Avent, Development Manager, Singh Development, LLC, Ardell Fleeson, Leasing Coordinator, Waltonwood Ashburn, and David Houston, ReedSmith, LLP appeared before the HCAB to present Singh Development’s proposal to develop the Waltonwood Reston Assisted Living Facility.

Singh Development is a 42 year-old, family owned company based out of metropolitan Detroit, specializing in multifaceted real estate development, including luxury apartments, single-family homes, commercial real estate, and senior living. Singh’s senior housing services are organized under the Waltonwood name. The company currently owns and manages nine Waltonwood communities in Michigan and North Carolina and two in Virginia – one currently under construction in Ashburn and another planned in South Riding. If approved, the Waltonwood Reston ALF would be the applicant’s third community in Northern Virginia.

The proposed site is located at 10819 Leesburg Pike, east of Markell Court and west of Baron Cameron Avenue serving the Reston community. The facility is located on a 23.8 acre site and consists of a three-story, 155,150 square foot ALF with 136 units: 88 assisted living, 22 assisted living deluxe, 25 memory care, and one guest suite.

The development of the property will include 18.7 undisturbed acres with significant tree cover, providing a park-like setting, as well as water features and sounds within the building’s internal courtyards. Residents, families, and future staff can access the community from Route 7/Leesburg Pike and the property is located near the Baron Cameron Avenue and Hunter Mill Road Fairfax Connector Bus Route.

Studio, one and two bedroom units will be offered, ranging in size from 394 square feet for a studio Memory Care unit, up to 1,086 square feet for a two bedroom, two bathroom assisted living deluxe unit. All assisted living units will feature kitchenettes with granite countertops, stainless steel appliances and wood cabinetry. The 22 larger assisted living deluxe units will include all of the same services and levels of care

offered to assisted living unit residences, but cater to those who desire larger living space or couples with one or both needing support. The assisted living deluxe units will be equipped with full sized kitchens and laundry rooms with side-by-side washers and dryers.

The Waltonwood community will feature a community dining room, a private dining room, parlor, billiards room, community library, day spa, including hair and nail salon, pedicure station, massage studio and therapy tub, café, theatre room, specialized senior fitness room with Hur exercise equipment, scenic courtyards, and various lounges.

The applicant conducted a Market Study, prepared by Integra Realty Resources Senior Housing & Health Care Specialty Practice. Within the Waltonwood market area, the study shows that unmet demand for assisted living in 2015 is estimated at 203 seniors. Demand for assisted living services is expected to increase between 8-10% annually until 2025, when unmet demand is projected at 437 seniors. The market study shows similar need among Memory Care services with unmet demand projected at 81 seniors in 2015 increasing to 164 in 2025. In addition to an increase in people ages 65 years and older, the market study projects higher demand for long term care options among adult children ages 45-64 caring for their aging parents.

The HCAB has been working with the Health Systems Agency of Northern Virginia (HSANV) to analyze long term care (LTC) capacity and utilization. However, at this time, the only data available are the number of beds licensed by the Virginia Department of Social Services (DSS). So while the Reston area has 608 licensed assisted living beds, exactly how many people need assisted living level services or whether current bed capacity is adequate to meet existing and/or projected demand is unknown using publicly available data.

Waltonwood Reston will be mostly private pay. Base rental rates are projected to range between \$6,500 and \$8,500 monthly and will include the Basic Level of Care for each care level. For example, the Basic Level of Care included in Assisted Living base rents provides up to three points, or 45 minutes, of Activities of Daily Living (ADL) service. For residents in Memory Care, the Basic Level of Care includes up to four points, or 60 minutes of ADL service.

The applicant confirmed its commitment to provide 4% of its units to residents eligible for the Virginia Department for Aging and Rehabilitative Services' (DARS) Auxiliary Grant (AG) Program. Five Assisted Living studio units have been reserved for AG

recipients. In the event an assisted living resident in the AG Program needs memory care services, that resident shall be entitled to maintain an affordable AG studio unit in the community's Memory Care area. Similarly, if a couple qualified for the AG program, Singh would use a non-studio unit to meet their care needs.

With the exception of square footage, both Mr. Kahm and Ms. Fleeson stated that the designated AG units are furnished and designed identical to the community's private pay apartments. Likewise, care levels and service needs are the same for all residents, regardless of income.

HCAB members expressed their support for Singh Development's commitment to low income seniors. The Waltonwood Reston proposal is the first application that the HCAB has reviewed where a developer has set aside specific units to accommodate AG recipients. Furthermore, the HCAB members noted that the AG supplement is transferrable among Singh's different care levels, allowing residents to age in place without income limitations governing their quality of care.

Waltonwood's Memory Care area is intended for the care of residents with serious cognitive impairments who have been diagnosed with Alzheimer's disease or other dementia related conditions and who cannot recognize danger or protect their own safety and welfare. The area is fully secured with doors leading to the outside electronically locked at all times, and are accessed by staff members by use of a fob. In addition, protective devices are included on all windows that prevent residents from using them to exit the facility. Free access to all corridors and the internal courtyard of the Memory Care area are available for residents to provide exercise and fresh air.

According to Mr. Kahm, Waltonwood uses a Montessori-based care model that provides a personalized care plan for each resident's needs. The facility will be managed by an Executive Director (ED) who will be a Licensed Assisted Living Manager in the State of Virginia. In addition to the ED, the Resident Care Manager, who will be a Registered Nurse (RN), will provide oversight of all resident care services and directly supervise the Medication Technicians.

Waltonwood uses a variable staffing model and tailors the services provided to residents based on their individual care needs. In Assisted Living, the community offers four service levels in addition to the basic services, and in Memory Care, three additional levels of service in addition to the basic level of Memory Care. Individual needs of residents are assessed by a licensed nurse and points (i.e., 1 point is equivalent to 15 minutes) are allocated to each specific resident need. The points are

then correlated with a service level for the resident, and an individualized care plan is created to provide those needs. Although staffing varies on the mix of acuity and service level needs, a Waltonwood Community generally averages one caregiver per seven residents in Assisted Living, and one caregiver per five residents in Memory Care.

Waltonwood offers medication administration services to residents based on their care needs and in consultation with their physicians. Residents who do not require supervision, monitoring, reminders or cues may self-administer medication, which is then stored in a locked box. Residents participating in the Waltonwood Medication Administration Program have three levels of service. The first level assists residents with oral and topical medication administration. The second level assists residents with level one medication administration as well as medicines that require additional time, such as eye drops, inhalers, or crushing medication. The third level assists residents with levels one and two medicines plus additional oversight and management of diabetic needs, oxygen, or other interventions such as daily blood pressures or weights.

Medication technicians will be registered as medication aides with the Virginia Board of Nursing, and will either be a Certified Nursing Assistant (CNA) or will complete a Direct Care training course developed in accordance with the Virginia Department of Medical Assistance Services (DMAS). Staffing for medication technicians will vary based on the number of residents and their service level needs in the Waltonwood Medication Administration Program.

Dr. Trahos, DO moved that the HCAB recommend the Board of Supervisors approve the applicant's proposal to build the Waltonwood Reston Community. Tim Yarboro, MD and Ann Zuvekas seconded. The motion passed unanimously.

Lines of Business (LOBs)

Dr. Gloria Addo-Ayensu presented on the County's Lines of Business Process. The Lines of Business (LOBs) are an inventory of what the County does. As a \$7 billion full-service local government, the County provides a vast array of programs and services to support a diverse population of more than one million people. Many in the community are unaware of what services the County provides, why they are provided, and how they are funded. LOBs provide a comprehensive explanation of the level of work performed by the county's services and programs and provide a more detailed representation of services than what is currently in the budget. The LOBs were last completed in FY 2008 and FY 2010.

Additionally, the LOBs provide an opportunity to educate and inform the newly elected Board members and the community on what we do, how we do it, and how well we do it. LOBs describe the context (e.g., population growth, demographic shifts, urbanization, and aging infrastructure) in which services are provided. This process has resulted in a higher level discussion of the health department as a whole, where we are and where we want to be in the next five years to address 21st century public health challenges and community needs.

The Board of Supervisors will be briefed on the LOBs process beginning in early FY 2016. The Board will coordinate the LOB efforts of Fairfax County Public Schools (FCPS) continuing the cooperative work of the Joint Budget Development Committee. The Board will identify areas for review as part of the initial LOBs discussion (i.e., central services, joint County-FCPS services and multi-year priorities). The Board will receive the completed inventory in January 2016. Community input will be provided to the Board through online questions and comments and facilitated community meetings. The Board will then focus the input and give directions/next steps to staff.

Ultimately the Board will approve a sustainable financial plan to pay for services/invest in Fairfax in future years based on the discussions that being with the LOBs.

LOBs will be evaluated by determining how essential the LOB is in achieving one or more of the County Vision Element Objectives:

- Maintaining Safe and Caring Communities
- Building Livable Spaces
- Connecting People & Places
- Creating a Culture of Engagement
- Practicing Environmental Stewardship
- Maintaining Healthy Economies
- Exercising Corporate Stewardship

Criticality will be measured from a high of 4 to a low of 0.

- 4 = LOB is essential – Vision element cannot be achieved without this LOB. This ranking requires a detailed explanation and program examples.
- 3 = LOB is extremely important to achieving the Vision Element.
- 2 = LOB is important to achieving the Vision Element.

- 1 = LOB contributed to achieving the Vision Element.
- 0 = LOB is not applicable.

By framing the discussion in this way, the Board and community will be able to better navigate the next phases of the LOB process, including reviewing the LOBs for efficiencies.

Ms. Blum shared with other HCAB members that County departments and agencies have been directed to have discussions and gather input from their Boards, Authorities, and Commissions. Ms. Blum underscored the need for staff to make cross-agency linkages across human services programs but also linkages across nonprofit and community-provider programs.

Midyear HCAB-Inova Budget Review

Members of the HCAB met with senior staff from Inova Health System to review FY 2014 fiscal results and FY 2015 year-to-date performance. A summary of the discussion was included in the meeting packet. At Inova's request, the discussion of the ExxonMobil campus will be clarified with respect to the Cancer Center and future lines of business.

The Crossings at Spring Hill Final Development Condition

The Planning Commission's public hearing to review the Crossings at Spring Hill application (FDPA-2002-MV-040-02) was originally scheduled for June 25 (after the last HCAB's meeting), but was then postponed until July 8. Ms. Blum and Bob Eiffert attended the meeting and were available to answer questions with respect to the Auxiliary Grant program.

However, prior to the PC hearing, the Mount Vernon Planning Commissioner, Earl Flanagan, worked with the applicant and DPZ staff to negotiate a compromise for how the Crossings would provide beds for low income residents. A copy of the revised development condition was included in the meeting packet. Although the HCAB had recommended that Ms. Blum testify before the Planning Commission, she decided that it would not be useful in light of the work that the Mount Vernon Planning Commissioner and staff had undertaken. The compromise met the objectives of the 4% development condition: Four percent of the Crossing's units will be dedicated to low income residents who qualify for the Auxiliary Grant program, and residents requiring higher levels of care will not be displaced from the facility. The development condition and the overall application were approved.

2015-2016 HCAB Draft Work Plan

After the midyear-budget meeting with Inova staff, HCAB members met to discuss their upcoming schedule and workplan for 2016. A draft was provided in the meeting packet. If anyone has additions or comments, they should send them to Ms. Blum and Ms. Craig.

Other Business

While Ellyn Crawford was unable to attend the meeting, she suggested that the HCAB devote a portion of its October meeting to review its Special Exception criteria. She has drafted a list of questions, which will be shared with members prior to the next meeting. The HCAB members agreed to add the SE criteria to the October meeting agenda.

The October HCAB meeting has been scheduled for Monday, October 5, 2015 at 7:30 pm and will be held at the Health Department.

There being no further business, the meeting adjourned at approximately 9:25 p.m.