

FAIRFAX AREA COMMISSION ON AGING FINAL MINUTES OF MEETING

Wednesday, May 18, 2011

Dranesville District Office, 1437 Balls Hill Road, McLean, VA 22101

Commissioners Present: Tena Bluhm (Chair), Eileen Duggan (Vice Chair), Sally Hottle, Joe Heastie, Kenneth Malmberg, Nazir Bhagat, Mary Jo Rasmussen

Commissioners Absent:, Suzanne Rudiselle, Julie Ellis, Faviola Donato-Galindo, Maureen Renault

Staff Present: Sharon Lynn, Jacquie Woodruff

Others Present: Tom Bash, *Broker, Long-term Care Insurance Programs*; Mimi Coogan, *Resident*; CJ Basik, *Positive Aging Coalition*; Candy Spitz, *Positive Aging Coalition*.

Guest speaker: Dorothy Keenan, *Positive Aging Coalition Board Member*

Call to Order, Adoption of the day's Agenda

The Commission on Aging (COA) meeting called to order at 1:00 p.m. by Chairperson Tena Bluhm.

Eileen explained that renovation of Lewinsville Senior Center has been under consideration for years. Although a renovation was approved last year, monies were not provided. Eileen has arranged a tour of the facility for the COA. Sally motioned to accept the change in the agenda to accommodate the field trip to the Lewinsville Senior Center, and Ken seconded. Joe motioned that the minutes of April meeting be approved as read by Eileen, and Sally seconded.

Public Comments

Mimi Coogan stated that the Lewinsville building also has an adult day health care center and concurred that the facility is in need of renovation.

Presentation: Positive Aging Coalition

Dorothy Keenan presented about the Positive Aging Coalition. The mission of the coalition is to support people in the second half of their lives as they transition into their Next Chapter. The coalition facilitates connections that lead to community service, life long learning, meaningful work, transition planning and well being. The Positive Aging Coalition seeks to address the significant need for educating those who are transitioning into retirement and their "Next Chapter." Dorothy stated that the Fairfax BOS 50+ Action Plan is already admired by other jurisdictions. The Positive Aging Coalition would like to help make Fairfax County a livable community for all ages.

Washington Post columnist Abigail Trafford will speak at the Positive Aging Seminar, "Exploring the Bonus Years," on June 11, 2011, 8:30 – 12:00 at GMU's Johnson Center Cinema. The event is free and open to the public.

Dorothy asked the COA if they would support the Positive Aging Coalition by becoming a partner. Current partners include the LTCCC Service to Seniors Subcommittee, George Mason University's Center for Consciousness and Transformation, Chesapeake Life Planning Network, and Fairfax County's Department of Neighborhood and Community Services. The COA will discuss the request and contact Dorothy.

Fairfax Area Agency on Aging's Acting Director's Report

Sharon Lynn reported that the cross-agency workgroup reviewing services for older adults has decided to consolidate volunteer management for all agencies serving older adults. Volunteer Solutions will have one new staff member dedicated to recruiting, training, and managing volunteers for the Department of Family Services, Health Department, and the Department of Neighborhood and Community Services. Eileen observed that the COA had advocated for consolidation of volunteers in the 50+ Scorecard.

The Care Transitions group will meet again with Inova later in May.

Sharon stated that it has been brought to the attention of staff that the Board of Supervisors' election will be held in November, and, therefore, fall may not be the best time to hold community focus groups for the revised 50+ Action Plan.

COA Member Activity and Reports

Sally reported that Gaily Sheehy will be the keynote speaker at the Life Circle Alliances Kudos for Community Caregivers Breakfast on September 26.

Ken attended Supervisor Cook's Braddock District meeting and the Kings Park Civic Association meeting. He reported that George Mason University is opening a new center focused on sustainable living. Ken will arrange for a meeting of the bylaws committee. A recent *Washington Post* article discussed senior citizen safety during fires in buildings with many stairs. Mary Jo stated that Wisconsin has a system of sheltering in place in building stairwells.

Tena attended her first CCFAC meeting last week and believes she has much to learn. The group is working on a proposed ordinance amendment. There is no mention of older adults in the document, so Tena advocated for inclusion.

Tena suggested that the Fairfax Federation present at a future meeting.

Eileen reported that the McLean group is educating itself about various village models. AARP recently published a good article about Villages. Eileen is co-chairing the McLean logistics and survey committee. She is also serving on the LTCCC mobility and transportation committee.

Joe attended NVAN yesterday and talked about the brainstorming of ideas.

He suggested developing a format to capture some of the important information provided by COA members during their Activity Reports. Joe will bring a draft format next time. Eileen asked commissioners to submit reports before the meeting.

Joe accepted reappointment to the COA.

Nazir suggested that a more helpful approach might be to focus on issues. He observed that acronyms should be defined. Joe stated that he will consider all suggestions when compiling his draft.

Nazir attended a workshop on virtual communities. Virtual communities, transportation, and universal design are critical issues to be considered.

Old Business

Tena reported that Channel 16 Cable will host interviews through this week about how its programming can be more effective. She asked that commissioners e-mail ideas for Channel 16 to consider about how its cable programming might better serve older adults.

New Business

After 17 years of deep commitment in her role as Springfield commissioner, Sally is resigning from the COA. Sally told the commissioners that it has been her great pleasure to work with them and to serve on the COA for so many years.

Meeting Adjournment

Ken motioned that the meeting be adjourned. Sally seconded. The meeting was adjourned for the Lewinsville Senior Center tour at 2:20 p.m.