

**50+ Community Forums  
Telephone and Email Community Input**

5/17/2013	Clifton	Safe and affordable alternative transportation system for seniors needs to be addressed countywide, including the western portion of the county.
5/23/2013		Delivery service for prescription drugs and other pharmacy items is needed.
5/27/2013		Affordable housing.
5/28/2013	Springfield	Needs of older disabled/chronically ill adults and their (usually spousal) caregivers.
6/1/2013		<p>Would like to include these topics: enhance the effectiveness and safety of the patient, the caregiver(s) and the certified nursing assistants (CNAs) participating in providing the necessary care. Well spouse issues.</p> <p>Most situations where people are being cared for at home involve families with limited financial resources and little or no instruction regarding how to best provide care for the patient. Following are some of the areas in which help or assistance would be very much appreciated to enhance the effectiveness and safety of the patient, the caregiver(s) and the CNAs participating in providing the necessary care.</p> <p>This list is the result of input from a number of members of the local chapter of the Well Spouse Association who are providing care for a sick spouse under a variety of conditions and circumstances.</p> <p>Healthcare for Certified Nursing Assistants (CNAs): Many CNAs do not have health care associated with their employment because they cannot afford it and, in most cases, the hiring family also cannot afford it. It would be reassuring to find or create a group plan that will provide at least minimal healthcare for the CNAs and do so at an affordable price.</p> <p>Insurance to cover CNA on-the-job injuries: Such insurance, when contracted independently, is prohibitively expensive. Becoming a participant in a group of trained and certified caregivers should reduce the cost significantly.</p> <p>In addition to what the family can afford to pay, supplement the pay of CNAs so they are able to live in or near Fairfax County and provide adequately for their families. Even consider including some tax breaks for CNAs to make their employment more attractive. This is important to attract the best CNAs who will find it beneficial to be hired by and stay employed with a particular family for an extended time. Insufficient pay causes the employee to search for a better paying position and the patient care is interrupted frequently as the CNAs move on to other employment.</p> <p>Bookkeeping: Training in what records need to be created and retained with the necessary software to do the job.</p> <p>Filing state and federal tax and withholding reports: Same as above.</p>

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6/2/2013	Richmond	Would like to include "Friendship Cafes."
6/3/2013		Accessible homes for seniors.
6/3/2013		Better paths/sidewalks.
6/3/2013		Transportation to doctors, respite care, home visits from social worker and medical services, Meals on Wheels and nutritional assistance.
6/4/2013	Burke/West Springfield Senior Center Without Walls	<p>Many seniors have engaged in local historical research and preservation as part of their intellectual stimulation activities to keep themselves healthy and engaged in their community.</p> <p>The Fairfax County History Commission is one important venue for seniors, but its meeting schedules are terribly inaccessible for seniors. The Fairfax County History Commission should change its schedule to be more accessible to senior citizens. The History Commission meets at 7:30 PM in the 1st Floor Conference Room of the City of Fairfax Regional Library (10360 North Street) on the first Wednesday of every month. Instead, the Fairfax County History Commission should have a similar schedule as the Commission on Aging: EVERY 3RD WEDNESDAY OF THE MONTH (Except for August), 12:00 noon to 3:00 p.m.</p> <p>The days could be on weekends, if the Commissioners would prefer.</p> <p>Thank you for supporting a more livable community for seniors, particularly with their intellectual stimulation activities, including local history.</p>
6/5/2013		Will distribute the follow-up materials to his neighborhood.
6/9/2013		Senior citizens services.
6/14/2013 (and 7/8/13)	Fairfax County	Would like to see Fairfax County eliminate or reduce real estate taxes for low income persons. Would like the county to come up with a program targeting very low income (i.e. earning \$10K or less per yr.) that provides 100% tax relief or at least some kind of tax relief for extremely low income persons.
6/16/2013	Fairfax Underground	There is need for affordable communications in all neighborhoods. McLean Community Center is a good start, but we need similar conversation at Vienna/Oakton GMU neighborhood.
6/17/2013		<p>Most people want to remain in their homes and keep their independence. Affordable, reliable and safe transportation services help reduce the isolation of older adults and make it easier for them to retain their independence.</p> <p>Fixed incomes present a challenge to older adults given the low financial rewards available to savers. Reduced costs to retirees and lower tax rates for seniors would help them live in VA longer because living here would be more affordable.</p>

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		<p>A reduction in property taxes for retirees would be helpful as well. The state provides a deduction for adults 65 and older. However, not all adults can put off retirement until 65. It would be helpful if the reductions would be available to retirees and those aged 65 and older to cover retirees under 65 who are now living on fixed incomes. Taxes eat up a lot of discretionary income and this is an expensive area to live. New development is limited in Fairfax County, but, if there is an opportunity, older adults are looking for a master bedroom on the first floor so they don't have to navigate steps. Very few homes in this area offer this which forces older adults to leave the area or downsize to a condo which may be too expensive for them in retirement and too small a living space.</p>
6/19/2013		<p>I cannot attend the County Forum on Creating a More Older Adult-Friendly Community at the South County Center this evening. I am very interested in transportation options for seniors. I am disappointed that the 22309 zip code does not have a Village movement like the Mount Vernon at Home Village that services to the other zip codes for a reasonable yearly fee.</p>
6/21/2013	Franconia	<p>Would like to have affordable transportation facilities.</p>
6/28/2013	Fairfax Underground	<p>We need to talk about how to make "Senior Friendly Neighborhoods." The well-known fact is most seniors want to live in the home where they have lived and not be forced to one of those assisted living apartments as long as they can still live in the home and be able to have alternative transport other than driving as most seniors are asked to do now due to lack of affordable "paratransit" service that exist successfully in other urban communities.</p> <p>Alternate Paratransits with "hybrid Vans" also reduce auto fumes that makes everyone's health in a negative way.</p> <p>So, the issue of "Adult Friendly Community" has to do with "connectivity" and affordable daily living alternatives as this example, affordable paratransit. If I am 80 years old, and live alone at home mostly, should I be forced to drive to get my grocery and all other needs due to lack of affordable "paratransit" service?</p>
6/29/2013		<p>I would say that meaningful employment is very important. Many residents are not rich, and especially single/widowed women may be struggling. It's impossible to get a job if you are 60 or over due to discrimination.</p> <p>I find transportation the worst aspect of living in Fairfax County. Everyone speeds and the traffic is horrendous. Better public transportation would help. Finally, what is old today? It's more like 80 rather than 60. Pushing people out of society when they are ready and able to be fully members of society is a big problem.</p>

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		<p>A lot of people are clueless about people who live here who are struggling financially, including older folks. Not everyone has a million dollars to retire in comfort.</p> <p>Professional mentoring of older folks to younger would be nice.</p> <p>So I guess helping to hold down the cost of everything in this very expensive area, plus linking people to all aspects of society (with respect, not looking at them as freaks on their way out) would be great.</p>
7/8/2013		<p>Thank you for soliciting community input. I regret that I cannot attend one of the scheduled forums. Fairfax County has done some wonderful things for seniors, hence, for all of us. I am particularly impressed with the senior living facilities on Olley Lane. Beyond the excellent assisted living care at Braddock Glen, there is a need for a higher level of care for those with dementia, including Alzheimer's disease. Fairfax County would be at the forefront, a leader in the country, if it developed affordable care for this population of citizens.</p>
7/8/2013	Fairfax Underground	<p>It seems a little late for this. There isn't much land to build such a community. Ranch style homes are rare around here. Stairs are not good for seniors, yet almost every house, townhome, and condo has them - with bedrooms and baths upstairs. This would be a tough place to grow old. Expensive, kids everywhere, high taxes, stairs wherever you go, not many dining selections that are comfortable and food friendly for seniors.</p>
7/8/2013	Herndon	<p>I agree with the above, and senior citizens also have the most money to spend in this present economy. Services for seniors will produce jobs and keep Fairfax County viable, as well as providing much needed services for seniors.</p> <p>Loudoun County government offers so much for seniors. They have adult day care, Meals on Wheels, health nurses who come for various check-ups or shots, even at the centers. But, most of all, Loudoun County Senior Centers have wonderful activities, trips, and resources for seniors in modern facilities. Most are free if you are a member. The Loudoun County senior day or week destination trips do charge fees, but they are outstanding and cost efficient for seniors and provide a nice income for the county. I am a Herndon Resident and I belong to the Cascades Senior Center in Loudoun County because it provides wonderful activities for active senior adults. However, the Herndon Community Center offers so much more in athletic senior classes: yoga, senior aerobics, senior gym exercises...at a cost.</p>
7/9/2013	Herndon	<p>I am a Herndon resident and I am unable to attend this week's forum on senior needs, but I would like to leave the following comments:</p> <p>1. The #1 need I hear from seniors is "Transportation." Although it is great that</p>

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7/11/2013		<p>Preparation of New 50+ Action Plan</p> <p>As you face the onerous task of coalescing the myriad number of specific issues and recommendations from the small group sessions held all over the County, the report can only focus on a few action items per topic (housing, transportation, community engagement, safe &amp; healthy communities, and services). Thus, the Action Plan will summarize matters of priority, based on recurrent themes, lots of red dots, and so on.</p> <p>Yet, when dealing with concerned citizens, it is important to provide feedback on their specific points of concern; that is, each of the numerous specific issues and needs identified in the trenches. After all, these are their pet peeves. I propose that an appendix be prepared listing individually all of those specific matters derived from each of the local forums. In a sense, the appendix would list all of the bulleted line items from each flip chart prepared in each public forum. Beside each specific issue a code would indicate how it was addressed by incorporating it into the overall report's possible actions; that is, A4 could refer to "Work with</p>

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		<p>county agencies to promote livable community planning" (Action (4) under (A) Housing. Some comments may have more than one code.</p> <p>In this way, each concerned senior citizen can see that his or her comment was not swept under the rug, but was given due consideration. The appendix also would be helpful to County planners who will eventually deal with implementing the proposed actions.</p> <p>This is the method of dealing with public comments associated with many types of Federal reports. I volunteer to help the Commission in preparing such an appendix. Let me know if I can be of help.</p>
7/11/2013		<p>I attended the forum at Ravensworth Baptist today and had one more additional comment with regard to getting the word out on services available to older adults. It appears that the county does advertising on the Cue bus so putting the resource line phone number on signage there and other commuter buses such as Metro's would be a good place to get the word out.</p>
7/12/2013		<p>Thank you for a valuable forum. I left feeling energized and made some good contacts for possible future opportunities.</p> <p>I would like to add one suggestion for a future forum. While this was a good way to break ground and learn of networking opportunities, the one thing I felt was missing was an opportunity to learn about HOW a "neighborhood village" is formed. This sort of thing could be a whole program unto itself. Looking at the map during the opening remarks, I was impressed with the level of services. As the areas on the slide were pointed out, I had to ask myself – How did these communities do that? How did they get together? Are they successful in meeting their neighbor's needs? Do they evolve? It would have been interesting to hear from the groups themselves about how they got together, how they communicate with service providers, and if they are satisfied with the end result.</p>
7/12/2013	Vienna	<p>I was a former volunteer for the Fairfax Area Agency on Aging. I was discussing the program with Mayor Jane Seeman, and she suggested for me to attend the meetings scheduled. However, I could not because of other projects I am working on. Because the Town of Vienna is a smaller governmental agency, it is faster and more nimble to put together programs that can be implemented to benefit town citizens. The following are my suggestions which I sent to Mayor Seeman on 12 June 2013.</p> <p>Have you thought about perhaps creating an all-inclusive program for our Town of Vienna elderly citizens that is private/public funded? The transport portion will only run when there is a set number of citizens who need to run errands, go to Tysons, get to appointments, etc. It will not only encompass the transport part, but you can introduce a mentor program and social component like visits, events, friends program etc. under this umbrella. Town can partner with a couple of the larger corporations in the metro area with some infusion of grant opportunities.</p>

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		<p>I am familiar with the County program because I volunteered as a friend to an elderly person in Mclean, but she has now been placed at an assisted living in PA - this program is ok. But Town of Vienna is a smaller entity, you can create and implement something that is more tailored to our elderly citizens. It can be researched first -- it is thinking outside the box, but it can be awesome program which benefits our elderly citizens, sponsoring companies, and Town of Vienna. These are just suggestions. I have put together programs and events for Vienna Bicycle Advisory Committee as well as other organizations. I would be glad to answer any questions you may have. I look forward to your reply.</p>
7/12/2013		<p>I was just thinking, since the population of 70-80 year olds will double in our area in the 2005-2030 timeframe, it represents a huge asset in terms of a volunteer workforce. Generally early on, they are mobile, retired, in relatively good health, and feel like giving of their time in volunteering endeavors. If channeled, Volunteer Fairfax should have a bright future. It might be noted in the report that not all facets of the action plan represent a drain on county resources, but also represent true opportunities for a Global Village.</p>
7/15/2013		<p>I recommend making sure that the plans for county exercise and recreational facilities include opportunities to review the requirements for different ages and abilities. For example, people with different ages and conditions (cardiac and other) have needs different from the average population and are sensitive to temperature, humidity, air circulation, and lighting. Sometimes people with physical, mental, and emotional conditions need to have a companion when exercising. This can affect the layout and spacing of the equipment. Does your office get involved in reviewing county exercise and rec center renovations?</p>
7/17/2013	Springfield	<p>For some time, I have been thinking we need patio homes built instead of so many apartments/condos. The Fredericksburg area has communities for people who want a smaller place: 1 floor with yard and outside work taken care of by the community. Perfect place would be to replace the apartments now next to the Library. Any place we can make available would be good also. I think they would benefit our seniors that want a small place without worries.</p>