

Attachment C Notice of September 2022 COA Meeting

**FAIRFAX AREA COMMISSION ON AGING (COA)
FINAL MINUTES OF VIRTUAL – VIDEO/AUDIO MEETING**

Zoom: <https://us06web.zoom.us/j/86128237838>

Password: COA-m1234!

Telephone: 888-270-9936 (US Toll Free) or 602-333-0032 Conference code: 231525

Wednesday, July 20, 2022, 1:00 – 3:00 p.m.

Commissioners Present: Cathy Cole (Chair/At Large), Cathy Muha (Vice Chair/Sully), Carolyn Sutterfield (Secretary/City of Fairfax), Tom Bash (Springfield), Joanne Collins (Hunter Mill), Martha Cooper (City of Falls Church), Sharron Dreyer (Lee), Joe Heastie (Providence), Kathy Hoyt (Mason), Kay Larmer (Dranesville), Mike Perel (Braddock), Diane Watson (Mount Vernon)

County Staff Present: Tara Turner, Jacquie Woodruff, Beth Ann Margetta, Ana Valdivia, Fairfax Area Agency on Aging; Nesanet Berhane, Department of Family Services.

Call to Order: Chair Cathy Cole called the meeting to order at 1:00 p.m.

Roll Call and Motions to Proceed with Electronic Meeting: Chair Cathy C. called the roll. Vice Chair Cathy M. read the motions and Cathy C. conducted the votes.

- Cathy M. motioned that the Fairfax Area Commission on Aging had a quorum present via remote connection and that each member's voice could be adequately heard by all participating members. Diane seconded. Motion carried.
- Cathy M. motioned that the State of Emergency caused by the COVID-19 pandemic made it unsafe for the Fairfax Area Commission on Aging and the public to physically assemble and that the Fairfax Area Commission on Aging was conducting the meeting electronically through the dedicated telephone line listed above. Martha seconded. Motion carried.
- Cathy M. motioned that all agenda matters would address the Emergency itself, were necessary for continuity in Fairfax County government, and/or were statutorily required or necessary to continue operations and the discharge of the Fairfax Area Commission on Aging's lawful purposes, duties, and responsibilities. Martha seconded. Motion carried.

Approval of the minutes and agenda: Cathy C. motioned to approve the minutes from May 18, 2022 (no second recorded) and called the vote. Motion passed. Cathy C. motioned and Cathy M. seconded that the agenda be approved. Motion carried.

Public Comment: none

AAA Director's Report: Tara Turner, Director, Fairfax Area Agency on Aging

- Welcome to Ana Valdivia, our new administrative assistant, and thanks to Carolyn Sutterfield, who is ending her term as COA secretary.

- The AAA is experiencing a 2.5% cut in budget for FY 2023.
- CASOA vendor Polco will present an overview of 2022 survey results to AAA staff in August. That information will be shared with the COA at the September 21 meeting.
- The AAA has chosen Health Management Associates (HMA) as the consultant to coordinate the SHAPE strategic plan process. HMA will collect information from community input sessions, identify gaps, and compile results into a usable document to be shared with the COA and other stakeholders. Joe commented that we are effectively still operating under the 2014 Fairfax 50+ Community Action Plan. Tara stated that the 2014 plan was officially completed in 2019, although some elements have continued. The gap between plans is longer than usual because of COVID. The AAA is following the approved schedule for the SHAPE the Future of Aging categories and topics.
- Supervisor Palchik’s caregiving roundtable on July 28 will stream live.
- Commissioners should now be able to register on the COA portal site.

Mason District welcome: Supervisor Penny Gross

Although the COA continues to meet virtually, Mason District was designated as the official “host” for July. Mason District Supervisor Gross expressed her appreciation for the work of the COA and said it had inspired creation of a new Fairfax County commission composed of younger adults who offer their perspectives on county policies. A current issue of concern in the Providence and Mason districts is pedestrian safety, sparked by recent injuries or deaths of students in traffic accidents (but also a matter of concern for older residents). The county is looking at options, including more flashing speed signs.

Q&A

Mike asked about hazards posed by scooters and electric bikes on sidewalks and trails. Supervisor Gross agreed they are dangerous and said it’s a balancing act when dealing with shared pathways. The county needs to address rules and etiquette. She encouraged commissioners to get in touch with their own supervisors on this issue.

OLD BUSINESS

COA Interim Workplan: Strengths, Weaknesses, Opportunities, Threats (SWOT) Analysis to Support SHAPE the Future of Aging Plan Development

- **State of Access to Mobility Options:** Glenn Padeway, Manager, Human Services Transportation, and Cynthia Alarico, Mobility Manager, Fairfax County Department of Neighborhood and Community Services

Re the previous safety discussion, Padeway said sidewalks and bus stops are the responsibility of the county’s Department of Transportation. He will share COA concerns with that department.

In his report on Human Services Transportation, Padeway explained that HST was created to bring all transportation for clients of human services under the umbrella of Neighborhood and Community Services. HST’s primary service for older adults and those with disabilities is FastTran, which provides door-to-door services for residents of Fairfax County and the cities of Fairfax and Falls Church. Fastran riders must be certified participants in one of the following

programs: Critical Medical Care, Adult Day Health Care, Community Services Board, Senior Centers and Residences, and Therapeutic Recreation Services.

Fastran has used federal funding to purchase wheelchair-accessible buses, but operating funds come from the county's General Fund. In the past five years, 1,647 enrolled senior riders have taken more than 500,000 trips. The annual operating budget for FY 2023 is \$8.69 million, and HST employs 12 FTEs. More details on services can be found at <https://www.fairfaxcounty.gov/neighborhood-community-services/transportation/fastran>.

Q&A:

- Diane: How would a grocery shopping trip be scheduled? And how many days' notice are needed for a medical appointment? Padeway: A shopping trip would be arranged through a senior center. Fastran likes at least five days' notice for a medical appointment.
- Martha: Do any of these services assist adults with disabilities looking to get to work? Padeway: That would go through Metro Access, unless the client was in a CSB program.

Cynthia Alarico, Mobility Manager, described the work her unit does to identify gaps and barriers in the county's transportation network and coordinate options for qualifying older adults and those with disabilities. Their transportation guide covers not just HST services, but also those of NV Rides and others nonprofits in the Fairfax area. The unit has enhanced its travel training program and expanded the subsidized TOPS (Transportation Options, Programs & Services) program. (TOPS was launched in April 2021 to replace the former taxi vouchers with a transportation debit card.) During COVID, the unit also created a vaccine access taxi program.

Mobility Management receives federal funding through the Washington Area Council of Governments. The public can contact them directly through virtual means or a call center. Typical requests are for medical appointments, grocery or pharmaceutical shopping, and social events. Callers seeking rides to work are referred to TOPS, which can be used with cabs, Uber and Lyft, SmarTrip (WMATA), and Capital Bikeshare. TOPS currently has 1,500 participants aged 50+ or with disabilities. Each pays \$15 for \$100 in benefits four times a year. Details at <https://www.fairfaxcounty.gov/neighborhood-community-services/transportation/tops>

Q&A

- Joe: What would you like COA members to tell others about engaging these services? Alarico: Have them call our Call Center, M-F, 8-4:30, at 703-222-9764. We are also available to speak to different agencies.
- Mike: Do you have partnerships with medical entities like Inova? Do you have a flyer to distribute to doctors' offices? Padeway: HST does not have relationships with Inova or specific doctors' offices, except the dialysis centers.
- Cathy M: Is there a backup plan for this inflationary time? Alarico: We recently expanded TOPS loading to 4 times a year. \$200 every 6 months was not enough.
- Kay: How do you deal with transporting a patient after a medical procedure, such as a colonoscopy? Diane noted that Herndon Village has volunteers who will accompany an

outpatient after a procedure. Alarico: Other NV Rides network members may also be able to help with that.

● **COA Analysis Findings.** Discussion on what commissioners have learned so far in preparing for SHAPE. Cathy C. asked for the information to be summarized on a form she created and sent to commissioners. Carolyn had previously suggested that commissioners work in pairs to summarize discussion on particular topics. In today’s meeting, Cathy M. asked commissioners to indicate their chosen topic area for funneling down the data into an August 15 report to the BOS. These summaries will be part of COA discussion with the consultant and future focus groups.

A question was raised about the CASOA data. Cathy M. noted that these categories have been approved by the BOS for SHAPE. New data will not change them. She wants commissioners to pick a topic they feel passionate about. The following SHAPE category teams were identified:

- **Services for Older Adults & Family Caregivers:** Martha and Diane [or possibly Joanne]
- **Housing & Neighborhood Supports:** Carolyn and Sharron for housing, Diane for villages
- **Access to Mobility:** Mike Perel
- **Personal Well-Being:** Diane and Kay
- **Economic Stability and Planning:** Joe and Joanne

Cathy C. will send a copy of Carolyn and Sharron’s Housing summary to all commissioners, with a section added at the bottom for comments. Carolyn suggested also sending everyone the one-page chart of SHAPE the Future of Aging categories and subtopics (from Jacquie’s ppt). Joanne will take any topic she is assigned. Kathy Hoyt asked to contact Cathy M. later. Joanne also asked to talk with Cathy M. offline.

● **Commissioner Updates for May–July** (submitted in advance for entry in the minutes)

Neighbor to Neighbor (N2N) Outreach Group (Diane): Recent presentations included talks about the Wise Cities app (www.wisecities.us) designed to help older citizens deal with technology, the services provided by the county’s Human Services Transportation department, and a new coalition of 13 Washington villages focusing on advocacy and fundraising with DC government. In May, the group recognized Fairfax Village in the City as a new member of N2N.

Long Term Care Coordinating Council (Diane): In July, the LTCCC elected Orlean Grant as chair and honored retiring chair Steve Morrison. Members heard presentations on the TOPS transportation program and the Stronger 2(Squared) Project, sponsored by HHS, which aims to help minority and low-income groups communicate better with medical staff on COVID and chronic disease issues. Service Source received a grant from the Consolidated Community Funding Pool (CCFP) to create the roving “Friend Mobile” envisioned by the LTCCC–Social Isolation Committee in 2021. The proposal won the COVID Think Tank Challenge contest.

Northern Virginia Aging Network (Diane): NVAN met in July to discuss bullet points for the 3 legislative and 3 budget proposals chosen in May for presentation to the 2023 General Assembly. All topics were selected to be “winnable.”

Human Services Council (Carolyn): At the July 18 HSC meeting, Michelle Gregory of Management and Budget presented on the *2022 Needs Assessment of Economic Factors* (posted online with materials for the July 18 HSC meeting.) Council member Jerry Poje commented that equity is not just a matter of deficits; some county areas may be hyper-advantaged. Gregory said a county study years ago looked at how areas of great wealth could share resources with more deprived areas. This raised the topic of affordable housing.

Poje, who serves on the executive committee of the Affordable Housing Advisory Committee, cited the need to leverage public funds with other resources to create housing. He mentioned the Dominion West project in Tysons Corner, an affordable housing project that got a \$55 million match from Amazon to build additional units, and studio housing for the homeless planned for a former motel site in Fairfax City through a partnership between the Lamb Center and Wesley Housing. The county’s Strategic Housing Plan calls for production and preservation of housing (including keeping mobile homes viable), expanding units, and locating affordable housing in all places, including wealthier neighborhoods.

Deputy County Executive Chris Leonard mentioned that Adult & Aging will offer a report to the BOS in the fall in response to a recent BOS board matter on home sharing.

NEW BUSINESS

- **AAA Area Plan presentation: Nesanet Berhane, Quality Assurance Manager, Adult and Aging Division, Department of Family Services**

By contract, the Virginia Department of Aging and Rehabilitative Services (DARS) requires the AAA to submit a new Area Plan every 4 years, with annual updates. For 2023 funding for the Fairfax AAA is down by 2.5%, but no programs are being cut and service categories are unchanged. Because social isolation and loneliness have been identified as a core need in our area, the AAA will now be checking in at home with residents aged 60+ or those with disabilities to ensure that they are well and safe. The ADCR hotline is projected to serve 15,000 callers in 2023. Congregate meals will support 1,932 persons, or nearly 182,000 units--a minor reduction from the previous Plan because are open but still operating with limited access. ARPA funding is available through September 2024, so the AAA can handle the cut with no impact on clients.

- **COA Election:** Joe Heastie introduced the following slate of officers for a one-year term beginning September 1: Cathy Cole as Chair, Cathy Muha as Vice Chair, and Martha Cooper as Secretary. Martha motioned that the slate be approved, and Diane seconded. Motion carried.

- **All-Virtual Public Meetings Policy and Remote Participation of Members Policy**

Cathy C. moved that the COA accept the amended rules for holding nine in-person meetings and two virtual meetings per year. Sharron seconded. Motion carried. Cathy C. moved that the COA accept the amendments to the remote participation policy. Cathy M. seconded. Motion carried.


● **Human Services Issues paper:** Commissioners had a chance to review the document before the meeting. Sharron asked about the Auxiliary Grants program for rental assistance, noting that some people are still living independently by default because they are not able to access assisted living. Tara said the program does still exist, but there is not enough money to meet the need. Jacquie will check on its current status and report back to us. Diane wanted to be sure that long term care workforce needs were addressed in the plan. Jacquie reminded commissioners that the COA supported an HCAB position paper on this issue last year and the BOS agreed to include it in its priorities for this year.

● **Home Sharing Board Matter:** Supervisor Herrity brought a board matter to ask the AAA to investigate the option of home sharing. The County Attorney and Neighborhood and Community Development and Family Services are participating. Kay noted that the county had home sharing years ago and discontinued it. She was COA advocate for home sharing in the 2014 50+ Plan. That didn't get developed beyond a guide posted online. Jacquie said the county may launch a pilot program. Joanne raised concerns about starting home sharing while COVID is still active. Several commissioners had seen or heard recent coverage of home sharing.

● **Announcements:** Summit for Social Engagement, August 2 and 3, 1 to 3 pm. National Academies of Science, Engineering, and Medicine webinar on "Understanding the Aging Workforce," July 21, 2 to 4 pm.

● **Adjournment:** Diane motioned that the meeting be adjourned. Martha seconded. The meeting was adjourned at 3:01 pm.

Minutes prepared by Carolyn Sutterfield, COA Secretary.
Approved: September 21, 2022

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Martha Cooper, COA Secretary

09/26/2022 | 11:43:40 EDT

Date

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Cathy Cole, COA Chair

09/27/2022 | 18:13:44 EDT

Date