

FAIRFAX AREA COMMISSION ON AGING (COA)

MINUTES OF VIRTUAL – VIDEO/AUDIO MEETING

Zoom: <https://us06web.zoom.us/j/88285630379>

Password: COA-m1234!

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

Wednesday, November 16, 2022, 1:00 – 3:00 p.m.

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

Commissioners Absent: None

Commissioners Vacancies: Springfield District

County Staff Present: Jacquie Woodruff, Beth Ann Margetta, Ana Valdivia, Fairfax Area Agency on Aging

Call to Order

Chair Cathy Cole called the meeting to order at 1:02 p.m.

Roll Call and Motions to Proceed with Electronic Meeting

Chair Cathy Cole called the roll. Vice Chair Cathy Muha read the motions and Cathy Cole conducted the votes.

- Cathy Muha 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. Kay seconded. Motion carried.
- Cathy Muha 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. Sharron seconded. Motion carried.
- Cathy Muha 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. Kay seconded. Motion carried.

Approval of the minutes and agenda

Cathy Muha motioned to approve the minutes from October 19, 2022. Joe seconded the motion and called the vote. Motion passed. Cathy Cole motioned and Cathy Muha seconded that the agenda be approved. Motion carried.

Public Comment

No public comment

Springfield District Welcome: Springfield District - Meredith Martinez Corwin, Deputy Chief of Staff in Supervisor Herrity's office.

Although the COA continues to meet virtually, Springfield District was designated as the official "host" for November 2022. The Deputy shared her excitement about SHAPE the Future of Aging community input meetings. Springfield's community input gathering is scheduled for this evening. Cathy Cole thanked Supervisor Herrity for his support of the Commission and his work on behalf of older residents.

New FACOA Commissioner for the Mason District: Irvin Katz

Irvin Katz was welcomed as the new Commissioner representing the Mason District. He has extensive experience with the Older Americans Act. He worked for years as a social worker with intergenerational groups to make all lives as fulfilling as possible. He has lived in the Northern Virginia area for 25 years.

AAA Director's Report: Jacquie Woodruff, on behalf of Tara Turner, Director, Fairfax Area Agency on Aging

- Emily Swenson has been appointed as the new Volunteer Solutions supervisor. She is expected to start on November 21st.
- Tara and Jacquie have been attending SHAPE the Future of Aging town halls, magisterial district community gatherings, and focus groups. Ana has assisted with scheduling and logistics.

Presentation: Cherry Blossom PACE (Program for All-Inclusive Care for the Elderly) - Andre Atkins, Director of Growth & Enrollment and Kate Cunningham, Executive Director

Andre Atkins and Kate Cunningham reviewed the PACE (Program for All-Inclusive Care for the Elderly) concept which originated in the 1960's. The program provides all-inclusive care for senior area residents (55+) living alone or with family in the community who require assistance with typically five activities of daily living. PACE is governed by federal and state guidelines established by CMS, Medicare, and Virginia Department of Medical Assistance. It is designed to provide wraparound care through the end of life. It provides support in the home and at the PACE center. Its main goal is to provide excellent alternate care to nursing home placement which is more expensive and disruptive. Participants receive all medical care through PACE. PACE is an insurance program. Patients and their caregivers are prepared for the transition to PACE care. PACE receives capitated funds to cover the cost of services.

The average PACE patient is 75-years old with multiple diagnoses of chronic problems requiring treatment. An interdisciplinary team provides a physician, physical therapy, occupational therapy, nursing care, dietitian, adult daycare with meals and recreation therapy. The PACE center is climate controlled and even has a shower on site. PACE works with residents to make their homes safer and more accessible. Services include transportation to the PACE center and doctors' appointments.

Cherry Blossom PACE is located in Alexandria, but covers many zip codes in Alexandria, Arlington, Annandale, Burke, Fairfax City, Falls Church, McLean, Springfield, and Vienna. Some zip codes along the Route 1 corridor are not covered. They do not serve communities in western Fairfax County including, Fair Oaks, Oakton, Herndon, and Reston. Cherry Blossom has the capacity to serve 250-300 patients. The program operates under the company One Senior Care. This company also manages PACE programs in Pennsylvania.

People on Medicaid qualify for PACE, as do some on Medicare patients. Participants must transfer their medical care, including primary care physicians, to PACE. The cost for patients who do not have Medicaid is \$7-8,000/month.

The Commission was invited to tour the Cherry Blossom PACE Center, 1901 N Beauregard St, Alexandria, VA 22311.

Commissioners posed questions focused on the financial viability of PACE due to the admission restrictions. The Inova PACE was established with great expectations and then was discontinued for financial reasons. Inova PACE could not enroll sufficient eligible participants to operate in a fiscally sound manner. Kay Larmer was deeply involved in the former's establishment and disappointed about its sudden closing.

Andre and Kate stated that some home-care services were provided out of network during the pandemic. PACE does not receive funds from local jurisdictions. The program is also unable to coordinate with existing Adult Day Care programs. PACE does deal with guardianship issues. PACE provides hospice care.

The geographic location of the PACE center limits accessibility to some. Cherry Blossom doesn't serve western Fairfax County because rides over 60 minutes to reach a center are unacceptable.

The COA expressed keen interest was expressed in making PACE sustainable in Northern Virginia.

Old Business

SHAPE the Future of Aging Phase 2: Community Input

Many Commissioners participated in town hall meetings and other community input sessions facilitated by Health Management Associates (HMA).

HMA is facilitating the following community input sessions:

Town Halls:

- Reston
- Hybla Valley
- Fairfax
- Annandale

Magisterial Community Gatherings:

- City of Fairfax
- City of Falls Church
- Braddock District
- Dranesville District
- Hunter Mill District
- Lee/Franconia District
- Mason District
- Mount Vernon District
- Providence District
- Springfield District
- Sully District

Focus Groups (5-10 Participants)

- Adults with Disabilities
- 50+ Community Ambassadors
- Family Caregivers
- Faith Community Leadership
- Housing
- Arabic Speakers
- Farsi Speakers
- Korean Speakers
- Mandarin Speakers
- Spanish Speakers
- Vietnamese Speakers

Key Informant Interviews (1-3 Participants, with the exception of the COA and the LTCCC):

- Fairfax Area Commission on Aging (COA)
- LTCCC (Long Term Care Coordinating Council)
- LGBTQIA+
- Older Adult Safety
- Adult and Aging Equity Workgroup
- Long Term Care Facility Residents
- Gum Springs and South County Senior Centers
- United Community
- Homelessness
- Access to Health Care: Mental Health
- ARTS Fairfax
- Osher Lifelong Learning Institute (George Mason University) and Lifelong Learning Institute (Northern Virginia Community College)
- Food

Six focus groups will be conducted in languages other than English: Arabic, Farsi, Korean, Mandarin, Spanish, and Vietnamese. Although no requests for simultaneous translation were

made for the town halls, Supervisor Palchik's office requested simultaneous Mandarin interpretation for the Providence community gathering at Providence Community Center.

HMA will incorporate both Community Assessment Survey of Older Adults (CASOA) survey data and community input into the SHAPE the Future of Aging Plan.

Commissioners thanked Cathy Cole for guiding the COA through months of research and exploration of each of the SHAPE categories.

Commissioner Liaisons with Aging-related Boards, Advisory Committees and Commissions (BACs)

Commissioners received a comprehensive list of potential liaison opportunities. Cathy Cole asked commissioners to identify the liaison opportunities they would like to cover.

Carolyn will continue to serve as liaison with the Human Services Council (HSC). She acknowledged the presence of HSC member Marty Machowski in the COA meeting. Sharron and Carolyn are very interested in Housing. Mike is liaison with the Northern Virginia Aging Network (NVAN), and several commissioners also attend NVAN meetings. Diane works with Dementia Friendly Fairfax, the mental health side of the Long-term Care Coordinating Council, 50+ Community Ambassadors and NVAN.

The liaison list will be updated, and assignments will continue.

Joanne shared how well the current Meals on Wheels program seems to be functioning. Though some former volunteers complained of lost relationships, the current program seems to provide nutritious meals effectively to the satisfaction of clients with fewer problems in coordinating the deliveries. A hybrid program is being explored that might allow some volunteers to assist with some meal delivery.

New Business

In-person meetings of the Commission are not required as long as the local state of emergency is in effect. In July, the COA adopted a Remote Participation of Members Policy and an All-Virtual Public Meetings, in compliance with Virginia Freedom of Information laws. Cathy requested that the Office of the County Attorney present on these policies at the December meeting.

Commissioners will submit questions for the staff attorney who will present at the meeting.

Adjournment

Carolyn motioned that the meeting be adjourned. Diane seconded. The meeting was adjourned at 3:01 pm.

Minutes prepared by Martha Cooper, COA Secretary.

Approved: December 21, 2022

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Martha Cooper
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Martha Cooper, COA Secretary

Date

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Cathy Cole, COA Chair

Date