

**FAIRFAX AREA COMMISSION ON AGING (COA)
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, September 21, 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), Tom Bash (Springfield), Joanne Collins (Hunter Mill), Sharron Dreyer (Lee), Joe Heastie (Providence), Kathy Hoyt (Mason), Mike Perel (Braddock), Diane Watson (Mount Vernon), Kay Larmer (Dranesville-1:30 p.m.)

Commissioners Absent: None

County Staff Present: Jacquie Woodruff/Lauren Elcesser, Ana Valdivia, Fairfax Area Agency on Aging; Trina Mayhan-Webb, DFS, John Ruthinoski, DFS/ Data Analytics

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.

Host District: Mount Vernon District

Public Comment: none

AAA Director’s Report: Lauren Elcesser, for Director, Fairfax Area Agency on Aging.

Welcome: Supervisor Dan Storck, Mount Vernon District

Although the COA continues to meet virtually, the Mount Vernon District Supervisor was designated as the official “host” for September 2022. Supervisor Storck thanked Diane Watson

for work on behalf of older adults. He noted the official opening of the Lorton Community Center, that includes a Library, Senior and Youth Center on October 15, 2022. He invited us to Tour Mount Vernon, a bike tour on October 25th.

Approval of the Agenda

Cathy Muha moved that the agenda be accepted. Sharon Dreyer seconded it. All approved.

Approval of the July 20, 2022 minutes

No changes to the minutes were suggested. Joe Heastie motioned that the minutes be accepted and Mike Perel seconded. All approved.

AAA Director’s Report: Lauren Elcesser, for Director, Fairfax Area Agency on Aging.

- In August, vendor Polco conducted a state-wide survey of adults 60+ using the Community Assessment Survey for Older Adults (CASOA), the same as Fairfax Area Agency on Aging, for the Virginia Department for Aging and Rehabilitation Services (VDARS). The timing of the public comment period on the results of the survey will be shared soon. The results will influence the Interstate Funding Formula (IFF). The changes in the IFF will depend on the priorities set by the state government. A commissioner asked about the mechanism for offering public comment and the timing.
- No waitlist was reported for eligible seniors needing home repair, renovations or help with chores. Eligibility is determined by the case manager. Volunteer Solutions provides assistance to homeowners with these types of needs as a volunteer program. It is not managed by caseworkers.

OLD BUSINESS

No old business was discussed. Commissioners are encouraged to report on their Commission related activities in writing. If a planned event will occur within 30 days, it can be shared in the meeting.

NEW BUSINESS

Health Management Associates (HMA) Community Input regarding CASOA survey

HMA has been contracted by the County to provide assistance with the community input portion of the SHAPE aging services plan and to write drafts of that plan.

It is helpful to remember that the FACOA only saw the CASOA results a day earlier when they were presented to the Board of Supervisors.

Barry Jacobs and Ana Bueno introduced themselves and their roles in leading the community input portion and development of recommendations for implementing the SHAPE plan. The

timeline includes gathering input during October and November, drafting a proposed plan completed by the end of February 2023 for the Board of Supervisors. Final BOS approval of the SHAPE plan would be completed by May 2023, Older Americans Month. They will integrate survey findings with the COA and Northern Virginia Aging Network (NVAN) priorities. The PowerPoint that HMA shared is an Addendum to the September 21, 2022, COA meeting notes.

Barry Jacobs, a clinical psychologist based in Philadelphia, has 30 years-experience in working with this population. Ana Bueno, based in Washington, DC, studies at-risk populations with limited housing, limited access to services including health, particularly for non-whites, renters and adults over 75. The areas of greatest challenge noted by the CASOA survey were safety, mental health and social engagement.

Mike Perel appreciated John Ruthinoski's data estimating the economic value of older adults' caregiving and volunteer contributions to the functioning of the region. The estimated contribution was more than \$13.0 billion.

HMA plans to hold the following community gatherings as well as key informant interviews. The community meetings and interviews will occur in October and November.

- 4 Townhalls: one in each of the Human Resources Regions to cast a wide net and engage lots of people
- 11 Community gatherings: one in each magisterial district suggested by district leaders
- 10 Focus groups such as homeless, different language groups, people with disabilities

The task will be to develop solutions that are affordable, actionable and achievable. Most people hope to age in place. Reducing premature dependence on others is a priority as is increasing volunteer opportunities.

Sharon Dreyer asked that adults in Assisted Living settings be sought out and their perspectives included. This group was not surveyed. Only older adults living independently, including in retirement centers, received surveys. Tom Bash noted that the 50+ report resulted in lots of solutions to named problems. He highlighted the importance of soliciting local input. Carolyn Sutterfield underlined the importance of getting input from the less wealthy residents to ensure more equity.

John Ruthinoski described how the CASOA survey data was weighted to adjust for the differing levels of response from categories of respondents. For example, few people ages 50-59 responded. Also, 46% of those >70 years of age responded though they are only 28% of the population.

HMA has already drafted a list of 'must have' groups to interview. COA members underscored their interest in the way the town halls and other meetings are conducted. HMA questions and guides will be shared with the COA prior to their use.

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

- **S – Services for Older Adults & Family Caregivers**

The survey noted respondents wanted to know more about AAA services available to older adults. The need to disseminate this information widely was discussed. These providers were named: Elder Link, Insight Memory Care, Dementia Friendly Fairfax. A public service campaign like the adds to stop smoking, were suggested on TV, in the Golden Gazette, at COA meetings. Households should have a ‘File of Life’ on their refrigerator with the AAA number for the Department of Family Services.

Diane Watson asked which respondents were unfamiliar with the available services.

- **H- Housing and Neighborhood Supports**

The Long-Term Care Coordinating Council (LTCCC) will be a focus group.

Suggested groups include home sharing, George Mason University regarding residential options with older adults, SilverNest®. Carolyn Sutterfield asked, “How do you form an Aging in Place team?”

- **A- Access to Mobility Options**

Organizations that provide transportation, Fast Tran, Metro Access, NV Rides and their riders might be interviewed. Walkability outside the neighborhood and within the neighborhood where there are no sidewalks make public transportation inaccessible. Technology can aid in solving some access challenges.

- **P- Personal Well-Being - incomplete**

Equity and social research on non-medical peer support were touched on briefly.

After 3 p.m. with departure of the captioner and COA’s business incomplete, Sharron Dreyer moved the COA complete its meeting in within three weeks. Instead, an additional meeting within that time-period will be held.

- **Adjournment:** Sharron Dreyer motioned that the meeting be adjourned. Diane Watson seconded. The meeting was adjourned at 3:14 pm. Motion passed.

Addendum: The HMA PowerPoint summarizing the CASOA survey and community input focus can be found at end of September 21, 2022 documents on COA website.

Minutes prepared by Martha Cooper, COA Secretary.

Approved: October 19, 2022

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Martha Cooper
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Martha Cooper, COA Secretary

Date

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Catherine Cole
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Cathy Cole, COA Chair

Date