

FAIRFAX AREA COMMISSION ON AGING (COA)

Pennino Building – Room 200 & 206
12011 Government Center Pkwy, Fairfax, VA

FINAL MINUTES

Wednesday, April 19, 2023, 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), Irvin Katz (Mason), Sharron Dreyer (Franconia), James Kirkpatrick (Springfield), Mike Perel (Braddock), Joe Heastie (Providence)

Commissioners Attending Remotely: Cathy Cole asked that the Commission approve the participation of Commissioners Kay Larmer (Dranesville) and Diane Watson (Mount Vernon) on Zoom for personal reasons. Sharron moved and Irv seconded the motion. Full participation was granted.

Commissioners Absent:
Joanne Collins (Hunter Mill) (excused)

County Staff Present: Tara Turner, Jacquie Woodruff, Beth Ann Margetta, Ana Valdivia, Fairfax Area Agency on Aging; Trina Mayhan-Webb, Adult & Aging Division

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

Approval of the agenda and minutes: Cathy Muha motioned that the agenda be approved Sharron seconded. The agenda was approved. Carolyn motioned that the draft March 15, 2023 minutes be approved. Sharron seconded. The draft minutes were approved.

Public Comment:
No public comment.

District Host – Dranesville District Supervisor John Foust

Supervisor Foust noted the challenges facing older adults over the past few years. These include high property taxes, older homes, and declining ability for older adults to care for themselves and their homes. He noted that Rebuilding Together and other non-profits have made a positive difference. Funding for these programs currently comes from the Consolidated Community Funding Pool. He has suggested additional funding be added to the budget for home modifications. Supervisor Foust is chair of the BOS Housing Committee and works hard to maintain affordable housing. One recent year Dranesville District alone had half the in-fill developments in Fairfax County.

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

Volunteer appreciation activities continue this week. Volunteers have an enormous impact on AAA and its work.

Volunteer Solutions will host a “Helping Hands” project in May to pair older adults who need their lawns mowed, landscaping and yardwork with volunteers who are eager to lend a hand.

Beth Ann Margetta is now the Assistant Program Manager of Supportive Services, supervising Volunteer Solutions, Long-term Care Ombudsman Program, and the Legislative Unit. She has worked with AAA since 2010. The COA will see more of her in her new role.

The Virginia Governor’s Conference on Aging is May 8th and 9th. Tara will present on the Virtual Center for Active Adults in Fairfax County.

Presentation: From Intergenerational Programming to Intergenerational Community – Irv Katz, retired from Generations United (<https://www.gu.org/>)

Irv gave an overview of the intergenerational movement committed to integrating people of all ages into community life. Special attention to the needs of older adults is required due to the major shift in demographics – an aging population and a declining number of caregivers. The emphasis needs to shift from intergenerational programs to inclusive community design and comprehensive planning.

Intergenerational programs are important and contribute to people’s wellbeing. Hawaii, Pennsylvania, and New York have networks of such programs. What can we learn from them? With communities for all ages, the question shifts to, “How can programs adjust to an older population?”

For comprehensive planning, collect data on how older adults and youth interact daily. Look at the number of grandparents raising grandchildren. How many children are in foster care? How much substandard housing exists? Examine how people are faring and determine their access to formal and informal educational resources. Identify existing agencies, services, non-profits, commercial programs and employment opportunities.

One example is designing playgrounds for all ages not just children. Bridge Meadows is a housing complex designed for intergenerational living. San Diego has developed a holistic approach to this kind of design. Architects and city managers get little training in this area. Villages have an opportunity to engage in this planning. Issues of safety, security, background check and insurance when involving youth also need consideration.

Carolyn shared a photo of the COA’s active engagement on an adult playground a few years ago. The Park Authority oversaw the project that led to installation of two adult playgrounds.

Old Business

SHAPE the Future of Aging Plan

Commissioners have been assigned to SHAPE steering committees as follows. S – Cathy Cole and Joanne Collins; H - Irv Katz and Sharron Dreyer; A– Mike Perel and Jim Kirkpatrick; P - Diane Watson and Cathy Muha; E – Carolyn Sutterfield and Kay Larmer, Data/coordination – Mike Perel. Other people with expertise will be identified to join each team. AAA staff will identify county staff who could join each team.

At the April 25th Older Adults Committee meeting, the Board of Supervisors (BOS) will review the final SHAPE the Future of Aging Plan. The BOS will adopt the SHAPE the Future of Aging Plan on May 23.

Commissioner Updates

- Diane co-presented with AAA staff Allegra Joffe at the Dementia Friendly Informational Session, on April 11 at Vienna Presbyterian Church. There were 53 participants. 28 participants attended the Zoom session on April 12.

Robin McGlothin is leaving Insight Memory. Jessica Peters will be the Dementia Friendly point of contact at Insight.

LTCCC Subcommittee on Social Connection had a brainstorming meeting to draft an awareness statement of the importance of social connection for personal wellbeing, to identify strategies that prevent social isolation including existing programs, and to identify solutions for gaps in services that can be recommended to LTCCC members.

- Mike, Diane, and Cathy attended the NVAN legislative brainstorming session on April 18, Participants proposed priorities that could be legislative and budget platform items to present to the General Assembly. Many ideas were put forth regarding the Ombudsman Program, long-term care facilities and staffing concerns, sick leave for direct care workers, housing options, eviction notices, electronic meeting options for commissions, personal choices for dying for people with terminal illnesses, education to address ageism, peer supports for older persons, and transportation.

At the NVAN meeting, Mike suggested a pilot study run by a state university to identify best practices for intergenerational home sharing.

Diane suggested a need for an ombudsman for affordable housing to investigate concerns and promote programs, similar to the ombudsmen for children and people in long-term care.

- Kay stated that Dorothy Keenan is retiring as CEO of GrandInvolve, an initiative of the 50+ Community Action Plan. The COA will honor Dorothy at a future meeting.

At the May meeting, the COA will focus on the six committees that will work on developing initiatives for the SHAPE the Future of Aging Plan. Dorothy Keenan will be honored for her work with GrandInvolve at the May or June meeting.

New Business

No new business.

ANNOUNCEMENTS

- April 25, 11 a.m. BOS Older Adults Committee, Government Center Room 11
- May 9 BOS adopts FY 2024 Budget
- June 15 and 16 the Community Services Board will host a meeting on mental health first aid for older adults. 9-1:30. Sharon Bulova Office Building at Willow Woods Corporate Center.

ADJOURNMENT

Martha motioned that the meeting be adjourned. Jim seconded the motion. The meeting was adjourned at 3:02 pm.

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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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05/19/2023 | 10:49:25 EDT

Cathy Cole, COA Chair

Date