

FAIRFAX AREA COMMISSION ON AGING (COA)

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

FINAL MINUTES

Wednesday, May 17, 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), Sharron Dreyer (Franconia), James Kirkpatrick (Springfield), Mike Perel (Braddock), Joseph Heastie (Providence), Joanne Collins (Hunter Mill), Diane Watson (Mount Vernon), Kay Larmer (Dranesville)

Commissioners Absent: Irvin Katz (Mason District) (excused)

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

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

Review of the Agenda: The agenda was amended to include Martha's report on Aging in Australia and the election of a new secretary. Sharron motioned that the agenda be approved as amended and Kay seconded that the agenda be approved. Motion passed unanimously.

Approval of the minutes: Carolyn motioned to approve the minutes from the April 19, 2023; Kay seconded. Motion passed unanimously.

Public Comment: No public comment. Members of the public identified themselves.

District Host –Franconia District Supervisor Rodney Lusk

Supervisor Lusk thanked the Commission for its work. His grandmother took him on her visits to older widows who were shut in, which made an impression on him. His grandmother's death hastened the death of his grandfather.

New housing for older adults is under construction on Van Dorn. The land was transferred from VDOT, Virginia Department of Transportation. It had served as a storm water catchment basin. Arlington Partnership for Affordable Housing has the contract to construct 150 units. The high-quality construction and outdoor facilities make it attractive. Completion is expected in the fall.

COMMISSIONER UPDATES

Diane Watson/Mount Vernon Report

- Dementia Friendly Informational Session- Co-presented with Allegra Joffe 4/30/23 in person at St. Katherine Greek Orthodox Church in Falls Church- 32 participants.
- Dementia Friendly Task Force with Jessica Peters will be the Dementia Friendly point of contact at Insight with Jennifer Denk working alongside her. Next meeting will be 5/23/23 at 11:30 a.m.
- LTCCC (Long Term Care Coordinating Council) received reports from several members, one of which was Carolyn Cukermann, Social Connection subcommittee, Joel Pace, Program Mgr. for Service Source Programs for Young Adults with Disabilities: Naina Chernoff – ED for Inclusive Pathways for Success.
- Rose Risley & Orlean Grant provided updates on LTCCC Strategic Plan and options for possible name change for LTCCC (no change, Council on Aging and Adults with Disabilities, Older Adults and Adults with Disabilities Council).
- LTCCC Subcommittee on Social Connection met 5/3/23 but I didn't attend. Did get flyer indicating stops for Care Mobile and the success of the venture.
- NVAN (Northern Virginia Aging Network) met 5/16/23 to pick 3 legislative and budget items for next General Assembly Platform- voting to be done by email by 3 p.m. 5/17/23.

Tara Turner noted that Rappahannock area had replicated “FriendMobile” in their area.

Joe Heastie described the work of the pre-guardianship panel, a highly effective system that recommends individuals be appointed guardians by the court. It works with a social worker from Adult Protective Services. They have had lots of emergency cases recently. The process has saved many lives.

Kay Larmer reported on the Health Care Advisory Board celebrates its 50th anniversary on June 6th at 8:30 a.m. The SHAPE planning overlaps with the LTCCC strategic planning group. It is important not to replicate their plans but to partner with them. She represented Fairfax County where she shared the importance of including older adults in planning and participation. She gave examples of her work.

Martha Cooper reported on the Better Ageing Lab in Melbourne, Australia. A facilitated group met every six weeks for a year and a half. They addressed different aspects of aging, including housing, ageism, caretaker shortages and preparing for the future. The group impressed the facilitator for their wide-ranging work. They experimented with three-word slogans to combat ageism. One member was writing a children's book on it.

AAA DIRECTOR'S REPORT: Tara Turner, Director, Fairfax Area Agency on Aging

- Katie Jantzi has been selected as the Assistant Program Manager of AAA Programs. She will start June 5. She will have oversight of the Aging, Disability & Caregiver Resources (ADCR) unit, Caregiver Support Services, and Nutrition Programming.
- The BOS will adopt the SHAPE the Future of Aging Plan on May 23 as well as celebrate the Shark Tank winners. All are welcome.
- The Virginia Department of Adult and Rehabilitative Services (DARS) meets 7/17/23 to review each AAA's plans.

- Tara briefly recognized Jacquie Woodruff's amazing contributions, especially to the COA.

NEW BUSINESS

Election of new secretary to replace Martha Cooper whose term ends on May 31, 2023. Cathy Cole motioned to nominate Joanne Collins as the new COA secretary. Cathy Muha seconded the motion. Joanne Collins was approved by all commissioners in attendance.

OLD BUSINESS

SHAPE the Future of Aging Plan- Team Reports

S – Services: Cathy Cole and Joanne Collins proposed three subcommittees.

- *Communications* to address the need for information and services in multiple languages.
- *Caregiver Support* to identify the gaps in services
- *Disabilities* to understand the needs of older adults with disabilities (and planning for younger adults with disabilities who still live with aging parents (MMC added).

The role of Artificial Intelligence in identifying available resources should be considered.

An overarching theme is communication- what services exist and how to access them for targeted groups.

H – Housing: Sharron Dreyer and Irv Katz.

- Sharron focused on home-sharing, safe affordable housing, upgrading homes to age-in-place, and the needs of tenants. A housing ombudsman was suggested to advocate for renters when conditions are not acceptable, but they don't complain due to fear of eviction.
- Certified Aging in Place Specialist (CAPS) have in-depth training offered by the National Association of Home Builders. They advise people who want to age in place on the changes their home needs.

A – Accessibility: Mike Perel and Jim Kirkpatrick. Ride-sharing and other transportation options were discussed.

- They aim to increase how accessible places are on foot.
- They will focus on more options for driving safely.
- They will increase awareness of existing transportation options by car or other means.

P – Personal Wellbeing: Diane Watson and Cathy Muha. This discussion is postponed till June.

E – Economic & Other Opportunity, end-of-life issues: Carolyn Sutterfield and Kay Larmer.

- Employment, financial security, insurance, savings, essential paperwork, preparation for emergencies and end of life fit in this category. Ageism can affect all these areas. Various tools, videos, games and apps can help.

Committee composition, outcomes, and operating parameters

The size, guidelines, and roles of Commissioners, County staff, and community champions must be established. Each committee should be diverse, geographically and in other ways. They may invite experts who advise but do not participate on the committee long term. The 50+ Community Ambassadors may play an important role. Perhaps rename them Fairfax Community Ambassadors.

ANNOUNCEMENTS

- June 15 and 16 the Community Services Board will host a meeting on Mental Health First Aid for older adults. 9 a.m.-1:30 p.m., at the Sharon Bulova Office at Willow Oaks Corporate Center.
- There will be a slate of officers at the COA meeting on June 21, 2023, and elections will take place in July.

ADJOURNMENT

Martha motioned that the meeting be adjourned. Jim seconded the motion. The meeting was adjourned at 3:02 pm. We then gathered to thank Jacquie Woodruff for her service.

Minutes prepared by Martha Cooper, COA Secretary.
Approved: June 21, 2023


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Joanne Collins, COA Secretary

Date

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Cathy Cole, COA Chair

Date