

## FAIRFAX AREA COMMISSION ON AGING (COA)

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

### FINAL MINUTES

**Wednesday, October 18, 2023, 1:00 – 3:00 p.m.**

**Commissioners Present:** Cathy Cole (Chair/At Large), Cathy Muha (Vice Chair/Sully), Joanne Collins (Secretary/Hunter Mill), Carolyn Sutterfield (City of Fairfax), Jim Kirkpatrick (Springfield), Diane Watson (Mount Vernon), Kay Larmer (Dranesville), Mike Perel (Braddock), Irv Katz (Mason)

**Commissioner Remote:** Joe Heastie (Providence, Clearwater Fl).

**County Staff Present:** Tara Turner, Beth Ann Margetta, Ana Valdivia, Fairfax Area Agency on Aging; John Ruthinoski and Kelsey Brewster, Dept of Family Services' Data Analytics Unit, Anna Ricklin, Fairfax County Health Department.

**Call to Order:** Chair Cathy Cole called the meeting to order at 1:02 p.m. In-person Commissioner quorum present. Cathy Cole determined remote participation with Commissioners ability to hear and speak. Introduction of Commissioners.

**Review of the Agenda:** Jim motioned to approve the agenda. Diane seconded and motion passed unanimously.

**Approval of the minutes:** Review of the minutes. Carolyn asked for a change to “E” IDC (initiative development committee) text to “voiced the importance of the the gift you can give your family.” Diane asked for a change to “P” IDC text to “Second meeting to be virtual” to accommodate members with any sensory impairment . Kay motioned to approve the September 20, 2023 minutes as amended. Diane seconded. The draft minutes were approved.

**Public Comment:** No public comment. Members of the public identified themselves. Leslyn Barrow, City of Falls Church attending. Chair Cathy Cole invited Leslyn Barrow to join the Commissioner’s table to represent City of Falls Church. Still awaiting the appointment of a new Commissioner to represent the City of Falls Church.

**District Host: Providence Aryeh Kalender** representing Supervisor Dalia Palchik – virtual

- Aryeh Kalender thanked Providence COA commissioner Joe Heastie for facilitating hosting and his commission service and all COA commissioners for their work.
- Stressed the importance of designing a Fairfax County that is inclusive and works for everyone.
- Thanked AAA, Tara Turner for setting up round tables around resources.

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

- No official report from DARS Audit of Sept 26, 27, 28 but preliminary discussion requests an update approval of the county's whistleblower policy and the language regarding verification of client income. No requests regarding client services and delivery.
- Venturing into Volunteering at Springfield Town Center on Oct 15, 2023. 40 organizations participated. Jim and Carolyn were present.
- Volunteer Solutions Director, Emily Swenson, spoke on the September 20, 2023 County Conversations Podcast.
- NVA Long Term Care Ombudsman Program is training 10 new volunteers.

### **OLD BUSINESS**

#### **SHAPE the Future of Aging Initiative Development Committees – COA Commissioner Updates**

##### **“E” IDC - Carolyn Sutterfield and Kay Larmer**

- SHAPE Initiative Tracker Excel spreadsheet – difficult to read and not easily printed out.
- Existing financial stability program in South County in partnership with Britepaths. This program can be reproduced in Senior or Community Centers.
- Request for the meeting summaries draft notes ahead of time to help with follow-up on action items and communication with committee members. Beth Ann said there is a 2–3 week turnaround to produce the minutes.
- Discussion on what to focus on first. John Ruthinoski can provide the CASOA Data by Magisterial District for the COA to use. Data can be placed in the COA Portal.
- Silver Shield – prepare a sheet of home repair scams and insert in real estate tax bill.
- End of Life – need legal assistance representatives at the table.

##### **“P” IDC - Cathy Muha and Diane Watson**

- Request for the meeting summaries draft notes earlier.
- Short term goals identified – microgreen project in Senior Centers, intergenerational story time in libraries, StrongerMemory, CARE Mobile, HOA advocate to reach out to communities, develop resource packet with information and redefine ambassador role.
- What is the approval process for an initiative, the champion and how do they report back? Tara – process to include COA liaison, staff member and champion for the subgroups.
- Request of Joe Heastie to help out with the “P” IDC subgroups.

##### **“A” IDC - Mike Perel and Jim Kirkpatrick**

- Recommendations and strategies – increase walkability and access in community, increase non-auto transportation options for older adults.
- Utilize Meals on Wheels to provide information packet to isolated people – services available to the homebound.
- Majority of older adults drive their own car – how do you keep people driving.

**“H” IDC – Sharron Dryer and Irv Katz**

- Focused on short- and long-term goals with the theme of multisector review of affordable housing, home sharing and supports.
- Review affordable housing plan looking specifically at how senior housing is included.
- Look at National Homeshare Resource Network to inform the public of available resources.
- Consumer guide for home repair and modification including energy modification

**“S” IDC – Cathy Cole and Joanne Collins**

- Virtual Team meeting difficult to navigate, would prefer a different virtual format.
- Short and long terms goals within communications, caregiver and disabilities identified topic themes.
- Partner with CARE Mobile to increase awareness of services. Provide data tracking of materials given out.
- Survey adults with disabilities within defined categories. Funding continues to be an issue; COA could advocate for initiative.
- Disability resource handbook update with access online.
- Redesign of older adult’s webpage with appropriate links to resources. Promotion of website and usage tracking.

**NEW BUSINESS**

**Health: how we build it Presentation – Anna Ricklin, MHS; Health in All Policies Manager**

- “Health in all policies” recognizes that health is shaped by social and environmental factors. Your environment determines health quality and longevity.
- How do we build new structures within communities to age in place. Think about policy – structural options when working on SHAPE plan. It is an opportunity to change policies that are less friendly.
- Strengthen partnerships internal to the county and with non-profit/advocacy organizations.

**Commissioner Updates – deferred.**

**Commissioner Remote Update:** Sharron Dreyer (Franconia). Cathy Cole motion to participate, Kay seconded.

**ANNOUNCEMENTS**

- No presentations for the next two months while reporting on SHAPE IDC committees.
- Beth Ann – SHAPE IDC committees come with a regular meeting time moving forward.
- **Oct 24** Government Conference on Aging with Villages
- **Nov 15** COA Meeting –Springfield is District host.

**ADJOURNMENT**

Irv motioned to adjourn meeting, approved by acclimation at 3:00 pm.

Minutes prepared by Joanne Collins, COA Secretary.

Approved: November 15, 2023

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*Joanne Collins*  
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Joanne Collins, COA Secretary

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Date

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Cathy Cole, COA Chair

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Date