

**Attachment C Notice of January 2024 COA Meeting**

**FAIRFAX AREA COMMISSION ON AGING (COA)**

**VIRTUAL – VIDEO/AUDIO MEETING**

**Zoom: <https://us06web.zoom.us/j/89164945708>**

**Password: @COA122023**

**Or**

**Telephone: 888 270 9936 (US Toll Free) or 602 333 0032**

**Conference Code: 185470**

**DRAFT MINUTES**

**Wednesday, December 20, 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), Joe Heastie (Providence), Mike Perel (Braddock), Irv Katz (Mason), Sharron Dreyer (Franconia)

**County Staff Present:** Tara Turner, Linda Hernandez-Giblin, Beth Ann Margetta, Ana Valdivia, Fairfax Area Agency on Aging; Trina Mayhan-Webb, Katie Jantzi, Kathleen Thomas, DFS: Adult & Aging Division; John Ruthinoski and Kelsey Brewster, DFS: Data Analytics Unit; Moriah Kitaeff, Fairfax County Emergency Management

**Call to Order:** Chair Cathy Cole called the first all-virtual public meeting of the calendar year to order at 1:04 p.m.

**Roll Call to Proceed with Electronic Meeting:**

Chair Cathy Cole called the roll, and all the commissioners participating stated their name and the location from which there were participating.

Commissioners present were:

- Cathy Cole from her home in Springfield, serving as the At-Large Representative.
- Kay Larmer from her home in Florida, representing Dranesville District.
- Diane Watson from her home in Burke VA, representing Mount Vernon District.
- Irv Katz from his home in Falls Church, representing Mason District.
- Cathy Muha from her home in Oakton, representing Sully District.
- Sharron Dreyer from her home in Springfield, representing Franconia District.
- Joe Heastie from his home in Fairfax City, representing Providence District.
- Mike Perel from his home in Annandale, representing Braddock District
- Carolyn Sutterfield from her home in the City of Fairfax, representing the City of Fairfax.
- Jim Kirkpatrick from his home in Springfield, representing Springfield District.
- Joanne Collins from her home in Reston, representing Hunter Mill District.

Cathy Cole determined that the COA had a quorum present via electronic connection and that each Commissioner could be seen and their voice could be heard by all participating members of the Fairfax Area Commission on Aging. Sharron motioned to approve proceeding with the meeting and Irv seconded. The COA voted unanimously to approve the motion.

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

**Approval of the minutes:** Review of the November 15, 2023, minutes. Mike asked for a change under District Host to read: “Mike thanked Sup Herrity for his support for pickleball and asked him if he might support some type of monetary inducements to increase the number of volunteer drivers in the county.”

Kay motioned to approve the minutes as amended. Sharron seconded. The draft minutes were approved.

**Public Comment:** No public comment.

**District Host: Sully District Supervisor Kathy Smith**

- Supervisor Smith thanked the COA for their work on SHAPE.
- Supervisor Smith’s office and Congressman Gerry Connolly participated in Western Fairfax Christian Ministries annual holiday drive. Together with community partners, 600 pies were distributed to local families.
- Affordable housing available at Westfield Business Park was intentionally designed to address accessibility issues.
- In the New Year we will see new colleagues on the Board of Supervisors; retiring Supervisors Foust and Gross will be missed.
- The Board of Supervisors have targeted 100 million for a Bicycle and Pedestrian Access Program to improve infrastructure and safety.

**AAA Director’s Report: Beth Ann Margetta, Assistant Program Manager, for Tara Turner, Director, Fairfax Area Agency on Aging**

- The Fairfax AAA Legislative and Policy Supervisor position has been filled by Linda Hernandez-Giblin. Linda brings her experience with project management and background in diversity, equity, and inclusion to the AAA. Cathy C. offered her congratulations and welcome from the COA.
- The Nutrition Team provided fact sheets and a magnifying glass to Home Delivered Meal clients regarding preventing Type 2 Diabetes and reading nutritional labels.
- In partnership with ElderLink, the AAA will lead a pilot project between 12/1/23 and 11/30/24 called Embodied Labs to help caregivers understand the challenges encountered by the people they care for. Embodied Labs is an immersive virtual reality experience with a focus on: Alzheimer’s Disease, Elder Safety & Well Being and Social Isolation.
  - Discussion ensued requesting broadening the scope to Dementia, not just Alzheimer’s Disease.
  - Trina Mayhan-Webb, A&A Director, discussed the Embodied Labs software program, licensing, and the virtual experience provides an onscreen experience of a person with dementia and their interpretation of what they may encounter.

- Cathy C – COA is interested in participating.

**Presentation: Overview of CARE Mobile - Yashoda Premysler, CARE Mobile Program Manager, ServiceSource**

- Proposal for Friend Mobile submitted to Long Term Care Coordinating Council (LTCCC) to address COVID social isolation and increase community engagement.
- ServiceSource secured Consolidated Community Funding Pool (CCFP) grant from July 2022 through June 2024.
- CARE (Community Access to Resources and Engagement) Mobile van visits older adults and adults with disabilities to provide education, entertainment, health screening and more. Also provides community resource information such as older adults and long-term care ombudsman grip cards.
- CARE Mobile is pre-scheduled for visits to independent senior housing, retirement, and assisted living communities targeting locations in high needs area according to the Fairfax County Vulnerability Index.
- Presently, the CARE Mobile Program is one vehicle and one staff person. Volunteers are recruited to assist when possible.
- Commissioner Inquiry
  - Q&A sought answers regarding staff, programming, targeted audience, scheduling, people served, language access, hearing & vision accommodations, community organizing and future planning.
  - Sharron Dreyer – The “H” IDC wants to target seniors in their own homes to get information out regarding home sharing and home repair. Noted CARE Mobile targeting is now facility driven.
  - Kay Larmer – Wonderful program started with an idea through LTCCC.
  - Yashoda Premysler - The greatest client needs to be addressed are – 1. Technology, 2. Food Insecurity, 3. Transportation, and 4. Medicare / Medicaid advocacy.

**OLD BUSINESS**

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

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

- Review of Initiatives to develop tracker initiative language:
  - Mobile Van Partnership – expand outreach of AAA Services through dissemination & tracking of resource materials; broaden scope by identifying additional vans/agencies to partner with, for example: the park authority, determine how we measure success.
  - Needs Assessment Survey of Adults w/ Disabilities.

- All tracker initiatives to be updated and sent out to committee members to review along with the expanded equity analysis questions. Next meeting committee will return to review & discuss initiatives with the equity analysis questions.
- Membership across the IDC's to be reviewed by staff committee members to determine representation across the SHAPE topics.
- Moving forward we will need to bring in additional committee members to tackle the additional "S" recommendations.
- Overarching Communication Strategy will be a sub-committee within the "S" IDC.
  - COA will identify issues/needs. Challenge is how we communicate large quantity of information to multiple audiences. How do we connect?
  - Take all communication needs of SHAPE and bring to Service subcommittee to be addressed.

#### **"H" IDC – Sharron Dreyer and Irv Katz**

- Home sharing and home repair resource fact sheet to be widely disseminated to multi-income levels.
- Review county strategic plan on affordable housing and dialogue with the planning people to influence a range of housing for older adults; strategies such as reverse mortgages.
- CARE Mobile goes to intentional places, "H" IDC is looking to reach people of moderate income. Consider NCS CareVan, it is a larger vehicle and goes to community events. Need data regarding areas of older housing with people of moderate income.

#### **"A" IDC - Mike Perel and Jim Kirkpatrick**

- The 4<sup>th</sup> "A" IDC meeting will be tomorrow (Dec 21); short term initiatives will be pinned down.
- Making progress listing ideas: 1) extending walk signals for slow walkers and 2) providing monetary incentive for volunteer drivers, NV Rides to study the issue.

#### **"P" IDC - Cathy Muha and Diane Watson**

- Change to make-up of committee members – added some new members while some dropped off due to conflicts.
- Fine-tuning short-term initiatives – StrongerMemory program at Senior Centers, food insecurity resource guide, SAGE certification, assess Community Ambassador program.
- Went over equity tool, committee members with initiatives should review questions and will discuss next meeting.
- Only 2 LTCCC members allowed on a committee at a time.
- Cathy Muha – Similar projects within other groups in the county? Want to make sure there is no overlap with other county programs.
- Cathy Cole – Looking to tackle the Community Ambassador model in the "S" IDC.
- Cathy Muha – "P" IDC meetings are virtual. This appeals to the disability community.

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

- Welcomed new committee members Satoria Warren of NCS and Danielle Waite of the Health Department.
- Financial planning workshop in senior centers initiative -
  - Maria Jose Cantoni of Britepaths preparing final version of the workshop slides and has identified volunteers including some who speak Spanish, Chinese, and Korean.
  - Possible location for the workshop has been identified – Reston, Mt. Vernon, and Lincolnia Senior Centers.
- Silver Shield anti-scam initiative -
  - Anti-scam inserts in real estate mailing to go out in the Spring. Equitable because it goes to all homeowners.
  - Considering other forms of outreach
  - Scam Jam event in April 2024 will focus on AI and how it's affecting the aging community.
- Jennifer Disano, George Mason OLLI (Otter Lifelong Learning Institute) has offered the use of their recording facilities for programming.
- Lack legal representation on committee, important for end-of-life planning. Need referrals.
- 1000 AARP placemats titled “Visual Guide to Fraud” are available to be distributed to Senior Centers. Need to go through appropriate approval channels, Tara will make the connections necessary.

## **NEW BUSINESS**

### **VA Freedom of Information Discussion – Mike Perel**

- Concern raised regarding law restrictions on virtual meetings and limit to two people gathered together (commissioners).
- Can the COA send a letter of concern to the BoS?
- Noted the current NVAN platform contains legislation to reduce restrictions on virtual meetings.
- Invite Louis Nuzzo, Assistant County Attorney to return to update commissioners on current law and clarify the boundaries on commissioners meeting socially. Commissioners to prepare questions.
- John Ruthinoski – General Assembly meets this Jan/Feb, keep in mind if preparing BoS letter. BoS supports expansion of virtual meetings.

### **Commissioner Updates:**

Sharron – Jan 18 NVAN speaker will be Terri Lynch.

Irv – Partnership Healthier Fairfax Annual Meeting w/ Community Health Improvement Plan in Spring.

Carolyn – Michele Menapace, Human Services Council Chair, desires to host a BAC Summit, so we can all connect.

Cathy C. – Commission for Women is sponsoring a job fair for older women.  
Diane – Dementia Friendly meet-up had 18 friend participants.  
Kay – Has the COA presented SHAPE to the Health Care Advisory Board (HCAB)?

**Announcements:**

**Jan 17** - COA Meeting (in-person); Cathy Muha, Vice Chair will lead the meeting. Braddock District is host.

**Action Items:** Chair Cathy Cole

Need data on county areas where homeowners with low/moderate income reside.

Outline for redesign of 50+ Ambassador Plan

Need referrals for elder law attorneys for “E” IDC

Look into [NCS Care Van](#)

AARP placemat distribution

Present SHAPE to HCAB

**ADJOURNMENT**

Irv motioned to adjourn meeting. Jim seconded and motion was approved. Meeting adjourned at 3:25pm. Chair Cathy Cole thanked the AAA staff.

Minutes prepared by Joanne Collins, COA Secretary.