

**Attachment C** Notice of September 2024 COA Meeting  
**FAIRFAX AREA COMMISSION ON AGING (COA)**

**Pennino Building – Room 505**  
12011 Government Center Pkwy, Fairfax, VA

**DRAFT MINUTES**

**Wednesday, July 24, 2024, 2:00 – 4:00 p.m.**

**Commissioners Present:** Cathy Cole (Chair/At Large), Joanne Collins (Secretary/Hunter Mill), Jim Kirkpatrick (Springfield), Sharron Dreyer (Franconia), Joe Heastie (Providence), Irv Katz (Mason), Diane Watson (Mt. Vernon)

**Commissioners Remote:** Cathy Muha (Vice Chair/Sully), Mike Perrel (Braddock), Manisha Maskay (City of Fairfax)

**Commissioners Absent:** Kay Larmer (Dranesville)

**County Staff Present:** Beth Ann Margetta, Ana Valdivia, Fairfax Area Agency on Aging; Chris Delta, BOS: Mason District

**County Staff Remote:** Trina Mayhan-Webb, Teebe Negasi, DFS: Adult & Aging Division; Tara Turner, Katie Jantzi, Fairfax Area Agency on Aging; John Ruthinoski, Kelsey Brewster, DFS: Data Analytics Unit

**Call to Order:** Chair Cathy Cole called meeting to order at 2:00 p.m.

**Commissioner Roll Call:**

Chair Cathy Cole called the roll, and commissioners participating in-person stated their name and district representation. Commissioners participating remotely stated their name, district representation and location from which they were participating.

Commissioners present remotely were:

- Cathy Muha from Bethany Beach DE, representing Sully District
- Mike Perel from his home in the Braddock vicinity, representing Braddock District
- Manisha Maskay from her home in City of Fairfax, representing the City of Fairfax

Chair Cathy Cole determined that the COA had a quorum present and that each Commissioner could be seen and their voice could be heard by all participating members of the Fairfax Area Commission on Aging. A motion to approve proceeding with the meeting was approved unanimously.

Chair Cathy Cole welcomed new Commissioner Manisha Maskay (City of Fairfax).

**Review of the Agenda:** A motion was made to adopt the agenda. The motion was seconded and adopted without objection.

**Approval of the minutes:** Review of the June 12, 2024, minutes. Jim K. made a motion to approve the minutes. Sharon D. seconded the motion. Minutes were adopted without objection.

**Public Comment:** No public comment. Members of the public identified themselves - Leslyn Barrow, Human Services Specialist, City of Falls Church (Remote)

**District Host: Mason, Supervisor Andres Jimenez**

- Supervisor Jimenez discussed his background and work history eventually leading him to run for the BOS. Although representing Mason District, he works with BOS colleagues to address the needs in Fairfax County.
- Mason is the most diverse District making it a cultural hub; second highest number of restaurants in the county, Art Festivals, and Youth Education on environmental issues. Diversity is its strength.
- The COA plays an important role by listening to the community regarding issues and concerns affecting older adults especially taxes, fraud and housing.
- Supervisor Jimenez set a vision for Mason as a place of yes. Looking for progress and concerned how to address community concerns. His office schedules weekend community events specifically to reach residents who work during the week and outside of school hours.
- Mason District Restaurant Week – September 8-15.

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

- Deputy Commissioner, DARS - Kiersten Ware will visit August 28. Will discuss COA active role in SHAPE the Future of Aging with her.
- Upcoming AAA staff training on Caregiving Resiliency
- State Dementia Plan

**Presentation – SHAPE StrongerMemory Initiative – Theresa Mandela, BSN RN QCP CDP, StrongerMemory Outreach Coordinator, and Ellie Pettoni MSW, CDP, Brain Health Coordinator, Goodwin Living**

- StrongerMemory: Back to the Basics for Better Brain Health handout.
- Goodwin Living is a not-for-profit, faith-based healthcare services organization. Its mission is to uphold and improve the lives of older adults and caregivers.
- StrongerMemory program consists of simple mental exercises practiced daily to improve and preserve brain health.
- StrongerMemory exercises consist of reading aloud, writing by hand and doing simple math.
- GMU Research studied the effectiveness of the StrongerMemory program.

- The SHAPE StrongerMemory Initiative is part of the “P” IDC. Initiative short- and medium-term goal is introduction into Fairfax County Senior Centers. Long-term goal is to introduce to other organizations and schools.
- Discussion with COA commissioners.

## **OLD BUSINESS**

### **Discussion - SHAPE the Future of Aging visioning for the new year**

- COA Vision for Shaping the Future Worksheet discussion
- Neighborhood Connections Project 2024-2028, Brief Summary Proposal discussion.
- Connecting neighbors so all can thrive.
- How can our individual IDCs contribute to the proposal?
- Reference the Fairfax Countywide Strategic Plan.

**SHAPE Committee Visual Aid** developed by Data Analytics is available to the IDCs.

## **NEW BUSINESS**

**County Legislative Program for Virginia General Assembly** update provided by Beth Ann Margetta.

### **COA Officer Election –**

- Gavel passed to Commissioner Joe Heastie. No new nominations from the floor. Commissioner Heastie requested a motion to elect the slate nominated in June – Cathy Cole (Chair), Cathy Muha (Vice Chair) and Joanne Collins (Secretary). Diane W. motioned to elect as a slate by show of hands, Jim K. seconded and the motion passed unanimously.

### **Commissioner Updates –**

- **NVAN July Meeting** – Shark Tank team Scam Cops presentation and will finalize legislative and budget platform.
- **Dementia Friendly Taskforce** in all libraries.

### **Announcements:**

**Sept 18, 2024, Pennino Building, COA Meeting** (in-person) – Mt, Vernon is host.

## **ADJOURNMENT**

Motion to adjourn meeting approved. Meeting adjourned at 4:03pm.

Minutes prepared by Joanne Collins, COA Secretary.