

FAIRFAX AREA COMMISSION ON AGING (COA)

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

FINAL MINUTES

Wednesday, January 17, 2024, 1:00 – 3:00 p.m.

Commissioners Present: Joanne Collins (Secretary/Hunter Mill), Carolyn Sutterfield (City of Fairfax), Jim Kirkpatrick (Springfield), Joe Heastie (Providence), Mike Perel (Braddock), Sharron Dreyer (Franconia)

Commissioners Remote: Cathy Cole approved the remote participation of: Cathy Muha (Vice Chair/Sully, Oakton), Kay Larmer (Dranesville, FL), Diane Watson (Mount Vernon, Burke), Irv Katz (Mason, Falls Church)

Commissioner Absent: Cathy Cole (Chair/At Large)

County Staff Present: Linda Hernandez-Giblin, Beth Ann Margetta, Ana Valdivia, Fairfax Area Agency on Aging; Trina Mayhan-Webb, Katie Jantzi, DFS: Adult & Aging Division; Moriah Kitaeff, Fairfax County Emergency Management

County Staff Remote: Tara Turner, Fairfax Area Agency on Aging, John Ruthinoski and Kelsey Brewster, DFS: Data Analytics Unit

Call to Order: VC Chair Cathy Muha called the meeting to order at 1:01 p.m. In-person Commissioner quorum present. Cathy Muha determined remote participation with Commissioners ability to hear and speak. Introduction of Commissioners. Carolyn motioned to approve proceeding with the meeting and Sharron seconded. The COA voted unanimously to approve the motion.

Review of the Agenda: Irv motioned to approve the agenda. Joe seconded and the motion passed unanimously.

Approval of the minutes: Review of the December 20, 2023 minutes. Sharron motioned to approve the minutes as amended. Kay seconded. The draft minutes were approved.

Public Comment: No public comment.

District Host: Braddock District Supervisor James Walkinshaw Video Greeting

- Supervisor Walkinshaw thanked the COA for their work helping to craft SHAPE the Future of Aging plan. There is a lot of work to do to implement the recommendations: housing, economic stability, services for older adults and addressing isolation. The Board of Supervisors and the COA will continue to be partners in those efforts.

- Exciting things are happening in Fairfax County, Braddock is celebrating the second anniversary of the Wellness Center for Older Adults, a unique center in the county and region. Older adults can come to access health, wellness and education programs such as art classes, medication reviews, memory screenings and more. Please visit and spread the word about services available to all seniors across the county.
- Ilda's Overlook Senior Residences, an affordable living community with 80 units, in Braddock District will open as soon as February 2024. It's part of a county-wide effort to provide more affordable housing. In Braddock District, also under construction are 120 units of senior housing at One University, 60 units to be added to the Glens for the final buildout of the campus and other similar projects throughout the county.
- Older adults are Fairfax County's greatest and most important asset. Older adults serve on the boards of our community and neighborhood associations, as well as on county Boards, Authorities and Commissions (BACs). Older adults make so many things happen contributing their time, expertise and knowledge. It is incumbent upon the county government and the COA to help make Fairfax County the best place in the world to age in place. With SHAPE and other county initiatives, we are well on our way.

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

- The General Assembly legislative session is in full swing. Fairfax Area on Aging Highlights for December 2023 has the links to Fairfax County 2024 Board of Supervisors Legislative Program and the Northern Virginia Aging Network (NVAN) 2024 Legislative Platform.
- Home Delivered Meal (HDM) vendor, Jeffrey's Catering, experienced a warehouse fire at their Alexandria location. The caterer was able to get back up and running the same week without an interruption in service, delivering shelf stable meals to clients. Fairfax County Public Schools (FCPS) helped with congregate nutrition sites.
- Allegra Joffe was promoted to Supervisor of AAA's Caregiver and Support Services Unit.
- Tara welcomed Linda Hernandez-Giblin to the position of AAA Legislative and Policy Supervisor. Linda will be working closely with the COA.
- VICAP transitioned a 30hr position to a Management Analyst I to support the Medicare population especially during the enrollment period.
 - Irv asked how to make Medicare enrollment period less confusing. Tara pointed out that VICAP's role is Medicare education and counseling utilizing community presentations. Medicare marketing is done at the state level. Could pass along to state suggesting marketing of VICAP.
- Sharron recommended Beth Ann Margetta & Ana Valdivia for an Outstanding Performance Award (OPA) for all their work for the SHAPE committees. Both Tara and Trina expressed their appreciation and Trina will personally write the nomination.
- Trina Mayhan-Webb, Adult & Aging Director, discussed the HDM vendor fire in more detail. Tara, Katie and the vendor put in the work necessary to manage a 500-client

delivery resulting in 3500 meals delivered in 48 hours. The caterer worked with partners, used a different kitchen, and made it happen. Food and Friends in DC donated 500 meals.

OLD BUSINESS

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

“S” IDC – Joanne Collins

- Meeting centered around examining the initiative – Partner with existing community mobile van outreach fleets to extend outreach of Caregiver / AAA services with the equity analysis questions.
- Equity analysis discussion was too broad, not specific to the initiative.
- “S” IDC needs conversation about targeted outreach coupled with language needs.
- John Ruthinoski to provide data dashboard correlating geographic area with survey responders who cited lack of connectivity and awareness to services. Additional data points regarding income, living situation, proximity to senior center, language, etc. This data will help us identify community partners once we have the targets established.
- Need to bring in NCS Care Van into the discussion.
- Potential roadblocks include cost of materials production, translation, and administrative oversight.
- Nicole Zupan (The Arc Northern VA) will support the “S” IDC initiative as a champion.
- John has reached out to GIS to develop an interactive mapping tool to identify middle income and isolated residents. Based on census data providing household, race, ethnicity, etc. CASOA data lowest level of detail is Magisterial District, not a significant difference between responses. This will start as an internal planning tool, possibly released to public.
- Beth Ann noted composition of the “S” IDC is predominately staff and influenced the flow of the discussion.
- Linda- reaching out to the community with materials vs the community finding us is a strength of the mobile van initiative. Translated materials are a concern. We want to produce materials that are meaningful.
- Tara – Reference CASOA Magisterial District score cards in the COA Portal.

“H” IDC – Sharron Dreyer and Irv Katz

- Reviewed Equity Analysis Questions with short-term initiative on home repair. There are three proposed initiatives: home share, home repair/modification services, and affordable housing.
- Home Repair consumer resource guide disseminated through multiple avenues – print, grip card, link, public announcement.
- Develop resources for both tenants and homeowners who have different information needs.

- Consumers need to trust the information resources and accuracy of translation. Interested in getting information out to the people who need it and in the correct languages.
- “H” IDC committee operates well and members work independently. Patti Klein (Rebuilding Together) is in the group and is a champion.
- Working group is determining what kind of information on home sharing is worthwhile.
- Jim Kirkpatrick – How do people get their information; they use Nextdoor. The Crime Prevention Officers put a summary of activity, but you cannot interact with them. Can the COA put information up on Nextdoor?
- Sharron Dreyer – 90% of seniors have cell phone but it doesn’t mean they know how to use it.
- John – In the CASOA Survey, 96% older adults access a laptop from home or have a phone.

Year	Overall	50-59	60-69	70-79	80+
Access the internet from your home using a computer, laptop, or tablet computer	2022 96%	100%	97%	94%	84%
Access the internet from your cell phone	2022 90%	95%	95%	82%	56%
Visit social media sites such as Facebook, Twitter, Next door, etc.	2022 69%	79%	68%	63%	51%
Use or check email	2022 97%	99%	98%	96%	86%
Share your opinions online	2022 26%	28%	23%	28%	24%
Shop online	2022 47%	62%	47%	39%	25%

- Tara T – For home sharing, keep in mind the BoS recommended information sharing only. Office of Public Affairs (OPA) posts to Nextdoor – any communications would need to go through them.

“A” IDC - Mike Perel and Jim Kirkpatrick

- Jim Kirkpatrick – “A” IDC will have 5th meeting tomorrow; we are one-step behind. The goal for a future meeting is equity analysis on two near term initiatives. We have 10 initiatives identified.
- Mike Perel – Requested clarification of short-, medium- & long-term goals. Is short-term initiated and completed in a short period of time or does it get started in the short-term, but is ongoing long-term?
- Carolyn – Short-term; what can get started the fastest. The initiative could be over quickly or continue into the long-term.
- Tara T –Initiatives can be tied to a long-term goal, but need action in the short- or medium-term.
- Mike – People look for information when they need it. If people have access to the county website, why wouldn’t they go there? On the Fairfax Virtual Assistant, if you ask the question “What are the hours of most senior centers,” the answer that comes back is non-sensical. Recommend, either take off or fix it. Why have it? Can search in Google instead.
- John – The virtual assistant will evolve, need feedback to make it better.

- Carolyn – The website has been difficult to navigate. We asked for an upfront question on the website, the county is trying.
- Moriah K – Getting wrong information is bad, but the virtual assistant was just updated a month ago and will be better in the future. It is currently in its learning curve phase.
- Mike – Is there website usability testing with older adults? The county needs to check the accessibility of its own website.
- Joe H – The county website is immensely improved. Remember nothing will replace human interaction. The county does a great job on human interaction with the public.
- Mike – The Older Adults telephone number is not emphasized enough.

“P” IDC - Cathy Muha and Diane Watson

- Diane – Personal well-being deals with the physical, mental and emotional. Affordable, actionable & achievable doesn’t always match up.
 - Equity analysis was focus of meeting; specifically, the StrongerMemory initiative, championed by Goodwin Living. StrongerMemory is a brain health program, good for exercising the brain. In the short-term, it will be introduced into Senior Centers.
 - Linda helped lead the equity analysis and was executed in round robin format. What kept coming up in discussion – transportation, language barriers and economics.
- Kay – Promote StrongerMemory as a memory enhancing program that will improve your brain health and strengthen memory.
- Cathy M – StrongerMemory is beneficial as an exercise program. The more we use the program, the more we will consider equity issues. “P” is steps ahead because StrongerMemory initiative is using an existing program.

“E” IDC - Carolyn Sutterfield and Kay Larmer

- Completed 5th meeting and currently have 16 committee members.
- Began with a review of adapted financial stability program slides with Maria Cantoni, then equity analysis with Linda.
- Looked at how program can be adapted for particular groups, for instance, the Senior Centers at Reston, Lincolnia and Mt. Vernon. Plan a hand-out sheet at session with additional resources.
- Satoriea Warren (NCS) – suggests offering a choice of program topics determined at time of sign-up. What is most important to the participant. Combination of topics in session will change.
- Maria Cantoni is committed to helping the county. Maria has a good volunteer group who speak multiple languages.
- Lillian Brooks, President of GMU OLLI, attended the meeting. Pointed out additional groups working on financial topics – Walmart and Kahn Foundation. Reiterated access to OLLI recording facilities.

- Tara T –Senior Centers are overseen by NCS, so need to coordinated initiative with them. Tara has a meeting with Keesha Gill. Excellent initiative but need a formal conversation with NCS before AAA signs off on it.

NEW BUSINESS

SHAPE and Data Analytics Unit Update – John Ruthinoski; DFS Data Analytics Unit

- Update already discussed during “S” IDC report out.
- Any questions about CASOA or other data, ask for your needs.
- Hopefully map will be put together by next time.

Commissioner Updates:

Sharron – Jan 18 NVAN Greenspring, speaker will be Terri Lynch.

Kay – HCAB and other Boards need to work together, not side-by-side.

- Trina – Some overlapping initiatives between boards (CCAAD, DSB, HHSC). We have people on other boards, we can tag onto and offer support.
- Carolyn – Why did LTCCC change their name to include aging in their name?
 - Diane – LTCCC was a misnomer to what they did.
 - Tara T – LTCCC name is changed but their role did not. Council members represent Older Adults and Adults with Disabilities.
 - Kay L was staff on LTCCC – need to work together to help identify needs of long-term care community.
 - Sharron – the Old Girls Network, 7 different agencies coordinated services through cooperation.
- Need link information for Walmart Financial Planning & Kahn Foundation from Lillian Brooks.

Joe – Remember the federal Older American Act mandates the COA’s primary responsibility is to advise the AAA on the issues and needs affecting older adults.

Diane – Dementia Friendly Information Session, Wed Feb 14th 12pm w/ Diane W & Allegra Joffe.

Equity Tool Comments: Vice Chair Cathy Muha

- Linda – What do we do with what we have learned?
 - IDC Chairs highlight the needs and strengths document, send to Beth Ann & Linda and they will advise next steps. This is valuable information for the champions.
 - Continue to learn about communities you want to serve.
 - Be intentional where you go. How do you approach a community? Getting local input is important. We will need to rely on partners.
 - Good work being done and we have great partners. Look to partners for insight.
 - Thank you to John R. for data needs and analysis.
- Sharron – Committee members were engaged. Concerned about real life translations and being culturally sensitive.

Announcements:

Feb 14 - Commonwealth on Aging Best Practice Award; applications due.

Feb 20 – County Executive releases FY 2025 Advertised Budget Plan

- 4.1% merit increase for staff
- Approve budget in April / May

Feb 21 - COA Meeting (in-person); City of Fairfax is host.

ADJOURNMENT

Cathy M. motioned to adjourn meeting. Jim/Irv seconded and motion was approved. Meeting adjourned at 3:01pm.

Minutes prepared by Joanne Collins, COA Secretary.

Approved: February 21, 2024

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Joanne Collins, COA Secretary

Date

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Cathy Cole, COA Chair

Date