

## FAIRFAX AREA COMMISSION ON AGING (COA)

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

### FINAL MINUTES

**Wednesday, March 20, 2024, 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), Mike Perel (Braddock), Sharron Dreyer (Franconia), Diane Watson (Mount Vernon), Joe Heastie (Providence)

**Commissioners Absent:** Kay Larmer (Dranesville), Irv Katz (Mason)

**County Staff Present:** Tara Turner, Beth Ann Margetta, Linda Hernandez-Giblin, Ana Valdivia, Katie Jantzi, Fairfax Area Agency on Aging; Trina Mayhan-Webb, DFS: Adult & Aging; Dr. Michael Becketts, DFS: Director; Alycia Blackwell, DFS: Deputy Director

**County Staff Remote:** John Ruthinoski & Kelsey Brewster, DFS: Data Analytics Unit

**Call to Order:** Chair Cathy Cole called the meeting to order at 1:00 p.m. In-person Commissioner quorum present.

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

**Approval of the Minutes:** Review of the February 21, 2024 minutes. Carolyn motioned to approve the minutes. Jim seconded. The draft minutes were approved.

**Public Comment:** No public comment. Dana Jones, Director of Human Services, City of Falls Church representing the City of Falls Church at the Commissioner's table. Still awaiting the appointment of a new Commissioner to represent the City of Falls Church.

**District Host: City of Falls Church, Mayor Letty Hardi - Remote**

- Mayor Letty Hardi thanked the COA for their service and important work of the commission.
- According to AARP 78% of 50+ older adults and 80% of 65+ want to stay in their home.
- We best support older adults through partnership with COA.
- Mayor Letty appreciates Volunteer Solutions work. As a volunteer, it helps her see the need for services in the community.
- Women's History Month Celebration (March 2024) – 6 out of 7 Falls Church Council members are women.

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

- County Executive released FY2025 Budget Plan with process timeline on Feb 20<sup>th</sup>. Budget discussion ensued, no cuts to older adult services.
- Senate Committee on Health, Education, Labor and Pension (March 7, 2024) – Dorothy Hutchins, 93yo Fairfax County resident, testified how she has benefited from the Fairfax Area Agency on Aging services.
- Navigating the Journey of Dementia (April 17<sup>th</sup> 12noon) – presented by Teepa Snow

**Supervisor Walter Alcorn, Chair Older Adults Committee**

- Thank you for the opportunity to speak today. Looking forward to new Older Adults Committee role, along with Vice Chair Supervisor Dalia Palchik, as we work with the COA.
- How can the Older Adults Committee and Board of Supervisors support and work together on COA priorities?
- Older Adults Committee meeting on May 14<sup>th</sup>, the COA preparing SHAPE report for BOS.
- Fairfax County depends on BACs to do a lot of our thinking, vetting and the pulling together ideas to support the BOS.
- Budget discussion, county needs, services available – what can we look to do better in the short term and think about long term ideas. Many of our most important operations took years to implement.
- Look across existing programs and departments to look for missions and services that overlap. Ask questions about how others do things; what other approaches have been tried. Sometimes we are the model, sometimes we need to do better.

**Embodied Lab Demonstration: Lauren Elcesser, Director, ElderLink w/ staff (Katherine Akindemowo, Julie Mezainis, and Demetra Warner)**

- New pilot project - Exploring Dimensions of Aging through Virtual Reality; looks at health challenges that older adults face.
- Immersive training platform allows participants to “see through the eyes” of those facing challenges to their well-being.
- Target audience is professional and family caregivers.
- COA commissioners to be provided with license to Embodied Labs to continue their learning journey. Nine labs are available: Social Isolation, Elder Safety & Well-Being, Parkinson's Disease & Lewy Body Dementia, Trans Health & LGBT Aging, Alzheimer's Disease, Home Health Assessments, Customer Service, Macular Degeneration & High Frequency Hearing Loss, and End of Life Conversations.
- Register for a training session at: <http://tinyurl.com/exploring-aging>

**OLD BUSINESS**

**Data Analytics Mapping Update: John Ruthinoski**

- Kelsey produced GIS maps for the county using census table that contains data – race/ethnicity, age (65+), disability, affordable housing locations, living arrangements (living alone)
- Maps with overlays can be produced, for example – Senior Centers & Magisterial Districts.
- Will work with the IDC's to develop maps – what specific things do you want to know?
- Cathy C – useful w/ Mobile Fleet Outreach initiative and expanding Care Mobile's reach.
- Cathy M – Would like to identify areas of food insecurity. Capitol Area Food Bank has developed such a map.

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

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

- Disability needs assessment initiative equity analysis prepared ahead of time and committee members responded with additional input.
- Reviewed outstanding initiatives in the tracker to determine if we move forward with them.
- Data mapping tool update from John Ruthinoski.
- Need for additional committee members to move forward on initiatives.

#### **“H” IDC – Sharron Dreyer**

- How do we identify additional members. Need someone as a resource to address homeless population needs.

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

- Narrowed down short-term goal for NVRides initiative - gather data about unmet needs and possible effect of driver incentive on volunteer driver recruitment.
- Equity analysis of improving transportation option resources initiative.

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

- Started with synopsis of passed initiatives -StrongerMemory and SAGE Certification.
- Interested in medical care initiative including telemedicine – need new committee members from the medical community.

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

- Financial planning workshop in senior centers initiative in the process of getting dates from the three identified senior centers.
- SilverShield Anti-Scam tip insert needs a lot of steps for approval to be placed in property tax mailing.
- End of Life Planning – Martha Cooper.
- Future initiative – combating ageism.

### **NEW BUSINESS**

**Commissioner Updates:**

Carolyn – Home for Life 2024 Expo, City of Fairfax on April 12 10am-2pm

**Announcements:**

**March 22, 2024 Gains, Gaps & Goals: The Status of Women and Girls in Fairfax County**

**April 17, 2024, COA Meeting** (in-person) – Dranesville is host.

**May 14, 2024, 1:30pm Board of Supervisors Older Adults Meeting**

**ADJOURNMENT**

Cathy M. motioned to adjourn meeting. Carolyn/Cathy M seconded and motion was approved. Meeting adjourned at 3:06pm.

Minutes prepared by Joanne Collins, COA Secretary.  
Approved: April 17, 2024

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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