

Fairfax Area Coordinating Council for Aging and Adults with Disabilities

Social Connection Committee Meeting Notes

Wednesday, October 8, 2025, 1:00 – 3:00 p.m.

Fairfax County Government Center, Room 8

Notetaker: Season Zellman

Attendees: Carolyn Cukierman-Committee Chair, Doug Birnie, Nancy Fiedelman, Dorothy Keenan, Chuck Thornton

Call to Order: The meeting was called to order at 1:02 p.m. by Carolyn Cukierman, Committee Chair.

Approve Summary Notes from August 20, 2025, Meetings:

The notes were then approved as written.

The committee started the meeting with a “Connection before Content” starter, “*What are your thoughts about own connections within the Social Connection Committee?*” round robin. This is a demonstration of “modeling the behavior” that the Surgeon General recommends for greater social connection.

SHAPE (Shape the Future of Aging)

Carolyn continues to provide monthly updates to the P SHAPE Committee.

Committee members sharing

Doug Birnie will send Federation of Homeowners Association survey questions.

Actions

CCAAD Pilot – Updates, Reports, Guidebook

Carolyn thanks Diane and Dorothy for revising the guidebook. The committee updated the Pilot timeline.

Mid-Year Progress Report

The committee reviewed the data from the pilot’s mid-year reports; Carolyn had the results collated by Al.

Planning for 4th Quarterly Meeting CCAAD Pilot Partners

The committee discussed strategy to ensure attendance at the in-person meeting- weekly emails, brighter/flashier flyers, and direct contact to those who haven’t RSVPed. The committee is asking that everyone watch “Nonnas” prior to the meeting and the group will

discuss the movie. The theme of this final, essential gathering is "Building Community," inspired by the powerful, heartwarming message of the film, **Nonnas**: The story of turning grief into connection through the restorative power of food, family, and tradition. The committee will bring family recipes to share, and a sign up will be sent out to committee members. The pilot participants will be asked to bring a copy of a family recipe, and a recipe book will be made and shared amongst all pilot members.

Next Steps

Season Zellman, support staff, will send multiple meeting announcement emails to the pilot partners to ensure high attendance at the November 13th 4th quarterly Pilot Partners Meeting in person.

Adjournment: The meeting was adjourned at 2:58 p.m.

Next Committee Meeting: Wednesday, November 5, 2025