



## Minutes of Regular Meeting

June 23, 2009

Prince William Senior Center Woodbridge  
Woodbridge, Virginia

**Present:** Mary R. Loren, Brentsville District Alternate  
Sandy Ahmad, Coles District  
Lillian Garland, Coles District Alternate  
Richard Sienkiewicz, Dumfries District Alternate  
David Christiansen, Gainesville District Alternate  
Edna Garr, Neabsco District  
Branch Moeling, Neabsco District Alternate  
Bernard Storck, Occoquan District  
David Swavely, Occoquan District Alternate  
Emily Ruebsamen, Woodbridge District Alternate  
Mary Jo Shufelt, Representative-At-Large  
Raymond Beverage, City of Manassas  
Maxine Coleman, City of Manassas Park  
Courtney Tierney, Director, Area Agency on Aging  
Carol Nolan, Liaison, Friends of Senior Center at Manassas  
Al Lammers, Liaison, Friends of Senior Center at Woodbridge

**Absent:** Willard W. Bennett, Brentsville District (notified Secretary)  
Mary J. Cortes, Dumfries District (notified Secretary)  
Theresa Polk, City of Manassas Park (notified Secretary)

**Visitors:** Michael May, Occoquan District Supervisor.

1. Meeting was called to order at 10:03 a.m. and a welcome extended to Supervisor May.

2. Presentation: The Green House® Project.

a. This was a presentation on Culture Change in the Nursing Home. The packet of information in the folders included information on both this project and the Coming Home® Project (Culture Change for Assisted Living).

b. Courtney showed the video from NCB Capital Impact on this project. Points from the discussion that followed include:

- There is one Green House in Virginia – the Mennonite Home in Harrisonburg. There are different facilities throughout the State adapting the philosophy.

- Challenges include funding and the Certificate of Need for number of beds in the facility. You would have to either have to show an increase in the need, or shift current number of beds to a Person-Centered approach.

- For funding, a Nursing Home care focus is either those with low-income or on Medicaid, and increasing reimbursement under Medicaid would be tough to do in Virginia which is 48<sup>th</sup> in the Nation in terms of ease of application. The Center for Medicare & Medicaid Services (CMS) supports this project 100%; however, each State regulates and this can be a hindrance to implementation.

- David Swavely related his experience with a facility which had 24 clients and closed because of the amount of time spent trying to comply with regulations. Dick Sienkiewicz asked what is the issue that makes Virginia 48<sup>th</sup> in the Nation. Our State has the requirement for income eligibility of \$13,000 which is the primary reason.

- Research has been done on this approach and there has been virtually no turnover of clients once in a Green House.

- The Long-Term Care Ombudsman Program is involved with Virginia Culture Change.

- Mr. May thanked Courtney for the presentation and asked what could be done at the Supervisors level because local regulations may preclude this. He also asked if there was changes to local ordinances which could be done, and also if speaking with our local Delegates to Richmond would be of assistance. Discussion with suggestion of a presentation to the Zoning Office; Courtney suggested maybe a brainstorming session could be done to recommend an approach.

c. Mr. May had to depart after the presentation, and the Commission thanked him for coming to hear about the project.

### 3. Administrative Items.

a. The Secretary reviewed the folder contents.

b. The Minutes of the May 2009 meeting were accepted by uniform agreement.

c. The Secretary announced he was in receipt of a letter from Mary Loren announcing her resignation as the Brentsville District Alternate member effective June 23, 2009.

4. Citizens' Time. No one spoke.

5. Director's Time.

a. Courtney announced that Rosa Reveron, Information & Assistance Specialist, has resigned as of this Friday (June 26<sup>th</sup>).

b. The work on Fiscal Year 2011 Budget has begun. State funding comprises 5% of the Agency's budget.

c. The National Capital Region Transportation Planning Board on June 17<sup>th</sup> approved the New Freedom grant request for Urban-Area Mobility Management Planning. An official award of the grant has not been received yet. The grant request originally was for \$120,000 with a \$30,000 local match. It was up scaled to \$200,000 with a \$50,000 local match, \$30,000 cash match was approved by the BOCS and the additional \$20,000 match will be In-Kind. Planning will involve a survey of our area to determine who could provide transportation, and focus on the older adult, disabled and low-income transportation needs. How this plan will look at the end of the two years is unknown at this time.

(1) The Virginia Department of Rails & Public Transportation (DRPT) will have New Freedom funding available for grant applications in February 2010. This funding is for transportation planning in the non-urban areas and we will make application once it is available. Prince William area includes both urban and non-urban.

(2) Mary Loren asked if there was any consideration of preserving some of the present rolling capital. Courtney replied those vehicles are in Public Works budget. Courtney has a Staff Report in before the Supervisors for their session today (June 23<sup>rd</sup>) requesting that once the vehicles are sold, the funds be given to the Agency for use with the Pilot Voucher Program. There is no policy which states once sold; the funds must go back into the General Fund, only a common practice.

d. Staff Reports before the Supervisors today include the Public Hearing for Little Jack Horner's Corner Bakery; the Stimulus Funding for the Nutrition Programs; and Bluebird Tour Program Transition.

(1) For the Bluebird Tour Program, the contract has been written and the bid session has been done. The request today is for Budget Year Rollover for funding of July, August and September.

(2) Next week, two Agency Staff and members of the Bluebird Committee will score the contract proposals. It is hoped that an Award will be made by end of August with an October 1<sup>st</sup> start.

e. The County is reviewing all of the Boards/Commissions/Committees (BCC) to determine both purpose and if they are still needed. There is also the requirement coming for the BBCs to complete the Financial Disclosure Form, and recommendation also made that all Department Heads and Financial Managers complete it. A question was asked if this was the same as before when the form was mailed to everyone and Courtney was not sure.

f. The FY 2010 Area Plan is being developed and the draft will be made available for the Commission to review.

g. The Legislative Platform draft will be developed after Courtney attends the Virginia Association of Area Agencies on Aging (V4A) meeting starting tomorrow (June 24<sup>th</sup>). We used part of the V4A Platform last year in ours, so the recommendation is we wait until that one is available.

h. Courtney has been attending the Metropolitan Council of Governments Institute of Regional Excellence (COG IRE) since August of last year, and will graduate next month. The training leads to designation as a Certified Public Manager (CPM) and nine hours of graduate credit toward a Master's in Public Administration.

(1) The class gets to meet with all the Chief Administrative Officers of the 30 governments within the COG. The training covers a wide variety of topics related to public administration leadership.

(2) The topics are divided up within the class and each group works on one. Her group had Youth Violence and she shared the brochure her group had developed. Next Wednesday (July 1<sup>st</sup>) will be the poster session having recommendations on what works based on research.

i. Mary Loren asked a question regarding violence/abuse among the older population. Courtney discussed an article she had seen in one of our local papers which discussed how violence by the older population is more common than thought. Raymond said he would obtain the article and send it out to the Commission.

j. Courtney reviewed and updated the Commission on the Pilot Transportation Voucher Program. Main points included:

- Eligibility determination has started with the two Senior Centers and the Adult Day Care (ADC). Contract will be sole-source with the two taxi companies who receive yearly inspections – once by the State and twice by County within the year.

- There are 79 people potentially eligible for the pilot program – 29 at Senior Center Manassas and 50 at Senior Center Woodbridge. Working to determine how many have mobility issues aside from the 8 at the ADC.

- Criteria for the vouchers focus on those who are 55 and older, cannot drive and there is a means test.

- Dick Sienkiewicz asked if there were any inquiries for non-qualified providers. The County Taxicab Review Board certifies all providers and the Agency is working with the Board. Only have contacted the two companies at each end of the County. The Supervisors at their June 2<sup>nd</sup> session approved on ORD 09-34 the amendments to Chapter

27 of the PWC Code regarding taxicab operations (See the documentation at <http://www.pwcgov.org/documents/bocs/agendas/2009/0602/8-A.pdf> )

- A question was asked as to how cabdrivers would know someone's need for assistance. The drivers are independent contractors within the companies, and it is up to the driver to provide any assistance. In the case of a wheelchair, if the person can get in and out of it with minimal assistance and the chair folds so it can be placed in the trunk of the taxi, the companies say this can be done.

k. The Alzheimer's Association is conducting Caregiver Classes and the one next week is for Supervisors. They also have software available "Maintaining Your Brain".

l. Courtney reported on Congressman Connolly's event at Westminster at Lake Ridge. He has also announced he will be at Senior Center Woodbridge next Wednesday (July 1<sup>st</sup>) to conduct an informal focus group. (**Note:** the Congressman cancelled the event on June 29<sup>th</sup> because of another event in his District that day.)

6. Chairperson's Time. The Secretary read for the record a Letter of Appreciation & Commendation for Mr. Craig Gerhart, County Executive, upon his retirement from government service. Raymond asked for the Commission's concurrence to take the letter to the Supervisors' session this afternoon and read during Citizens' Time. Commission concurred.

7. Old Business: None.

8. Standing and Informational Committee Reports.

a. Annual Events: no report.

b. Caregiver Conference/Other Caregiver Activities: no report.

c. Housing Board – Mary Jo reported on a variety of ongoing items:

- Consolidated Plan Public Hearings are underway by each District. Several more to go and are listed on the COA Calendar.
- The 5-Year Plan Survey was collected for mailing to the contractor.

d. Information & Assistance (I&A) Committee:

(1) Bernie mentioned the Information Chart being developed by the Committee which will be presented at the July COA meeting. It has been reviewed by the Agency Staff.

(2) Emily reported on the two Health Fairs this month: the one held at Christ Chapel worked by her and Mary Jo; and the one at Mt. Zion in Triangle worked by her and Bernie. Emily thanked both of them for their assistance.

e. Project Mend-A-House (PMAH) – Maxine reported the following:

(1) The Builder’s Yard Sale conducted on June 6<sup>th</sup> was not as well attended as last year, and did not have the same quality of material as prior years.

(2) PMAH is looking for an accountant who will either work pro bono or at a reduced rate.

(3) Courtney added there has been additional Older Americans Act Title IIIB funds made available which will be passed to PMAH.

(4) Maxine noted there was no funding next fiscal year from Manassas Park for PMAH due to the City’s budget shortage.

f. Northern Virginia Aging Network (NVAN) – Raymond referred the Commission to the Notes & Handouts packet in their folders. Next meeting is July 14<sup>th</sup> in Fairfax.

g. Friends of the Senior Center Manassas – Carol reported the software program MINDFIT™ purchased for the Center is up and running. There are three upcoming events in July: the 8<sup>th</sup> will have Curtain John performing; the 17<sup>th</sup> is the Ice Cream social; and the 29<sup>th</sup> will be Summer Breeze.

h. Friends of the Senior Center Woodbridge – Al reported on the Hillbilly Mock Wedding event and the ongoing discussions around ride sharing to the Center. Elections were held by the Friends, and effective July 1<sup>st</sup>, he will no longer be President although he will still be on the Board. The new President is Juanita Whitt.

i. AARP – No report.

j. Long-Term Care Ombudsman – No report.

k. Commission Members Announcements:

(1) Mary Loren held up a copy of the Agency’s guide “Services for Seniors” and asked if it was going to be updated. The guide contained information on area services and providers. Comment was made it may be obsolete because of 2-1-1 and Easy Access. Courtney will check to see if it is still available and about future publication.

(2) Maxine announced she will be going for hip replacement on July 7<sup>th</sup>. And also that after 55 years, she is giving up cigarette smoking for which the Commission congratulated her and offered their support.

9. New Business: None.

10. Items for Next Meeting's Agenda:

- a. Election of Information Support Officer (see paragraph 11 below).
- b. Presentation by Marti Dahl, Gainesville Health & Rehabilitation Center.
- c. "Agency & COA 101" to include Agency Quarterly Report to the COA.

11. Election of Officers:

a. Since there is only one nomination per the listed offices below, the nominees are elected by acclamation (*Roberts Rules of Order Newly Revised* 10<sup>th</sup> ed., page 428, line 32).

- Raymond has been elected as the Chair.
- Mary Jo has been elected as the Vice Chair.
- Raymond has been elected as the Secretary.

b. The consideration and resolution of the Information Support Officer election was moved by motion to the July 28<sup>th</sup> meeting since Will was not present. The motion below was made to "fix the time to adjourn to reconsider" (*Roberts Rules of Order Newly Revised* 10<sup>th</sup> ed., page 177, lines 14-26).

(1) **Motion** by Raymond: Madam Chair, as Will Bennett was nominated at our May meeting for the Information Support Officer, and reinstated his declination of accepting the position on June 2<sup>nd</sup>; and further notified the Secretary on June 21<sup>st</sup> via e-mail if there were no other nominations, he would accept;

I believe the election of the Information Support Officer should have him present to ensure his acceptance. I move that when this meeting adjourns, it adjourn to meet at the Senior Center Manassas, at 10:00 a.m. on the 28<sup>th</sup> of July, 2009, to reconsider this action.

(2) **Second** by Branch. The Chair called for discussion and, hearing and seeing none, called for agreement of the motion by uniform consent. **Motion carried.**

12. Next Commission Meetings: The Executive Committee will meet at 9:30 a.m., Tuesday, July 14, 2009, at the Agency. The monthly meeting will be 10:00 a.m., Tuesday, July 28, 2009, at the Prince William Senior Center Manassas.

13. Adjourned at 12:14 p.m.

FOR THE RECORD:

\* \* \* \* Original Signed \* \* \* \*

July 28, 2009

Date Adopted: \_\_\_\_\_

\_\_\_\_\_  
Raymond M. Beverage, Secretary

Listing of Handouts located in Record file. Copies are available upon request to the Secretary:

1. Agenda for June 23, 2009
2. Culture Change Packet
  - The Green House® Project Guide Book for Transforming Long-Term Care
  - *Nursing Homes Surveys to Focus on Residents' Needs, Rights*; The Commonwealth Fund; June 19, 2009
  - *The Green House Project Quarterly*; NCB Capital Impact; Spring 2009
  - The Coming Home® Project (NCB Capital Impact's Assisted Living Project)
    - "Fast Facts About *Coming Home*"; Robert Wood Johnson Foundation; September 23, 2004
    - "Affordable Assisted Living: Providing Dignity and Independence for All Elderly Americans"; NCB Development Corporation; 2005
  - Funding Sources for a Green House® or Coming Home® Project
3. Minutes of the Regular COA Meeting of May 26, 2009
4. Minutes of the Executive Committee Meeting of June 9, 2009
5. National Capital Region Transportation Planning Board "Approval of Project Recommendations for Funding Under the Job Access Reverse Commute (JARC) and New Freedom Programs"; June 17, 2009
6. U.S. Agency on Aging (AoA): Statement by Edwin L. Walker, Acting Assistant Secretary for Aging, Administration on Aging, U.S. Department of Health and Human Services Before the Subcommittee on Health, Committee on Veteran's Affairs, U.S. House of Representatives; June 4, 2009 (**Comments on Caregiving, The National Family Caregiver Support Program, and the AoA & Veterans Administration Collaboration**)
7. Northern Virginia Aging Network (NVAN): Meeting notes from June 16, 2009, and the Handouts.
8. COA Commissioners' List
9. 2009 COA Calendar – July 1<sup>st</sup> thru December 31<sup>st</sup>

## AGENDA

Regular Monthly Meeting June 23, 2009 10:00 a.m. – 12:00 p.m.  
Prince William Senior Center Woodbridge, 13850 Church Hill Drive, Woodbridge, Virginia

1. Call to Order Time Certain: 10:00
2. Invocation and Pledge of Allegiance
3. Presentations: The Green House® Project - Courtney Tierney 10:05
4. Administrative Items 10:45
  - A. Review of folder contents – Secretary
  - B. Acceptance of April 2009 Minutes (obtain uniform consent)
5. Citizens’ Time 10:50
6. Director’s Time 10:55
  - A. Announcements
  - B. Legislative Platform 2010
  - C. Area Plan
  - D. COG Institute of Regional Excellence (IRE)
  - E. Transportation Initiatives Updates
  - F. Bluebird Transition
7. Chairperson’s Time 11:25
  - A. Letter of Appreciation/Commendation (Secretary reads for record; Chair signs):
8. Old Business - None
9. Standing and Informational Committee Reports (not all have monthly reports) 11:30
  - A. Annual Events – *Conversations on Aging* pending for July/August
  - B. Caregiver Conference Representative/Other Caregiver Activities – Emily Ruebsamen
  - C. Housing – Mary Shufelt, COA member of the PW Housing Board
  - D. Information & Assistance Committee – Will Bennett/Bernard Storck
  - E. Project Mend-A-House – Maxine Coleman, Agency ex-officio member
  - F. Northern VA Aging Network – Ray Beverage
  - G. Friends of the Senior Center Manassas – Carol Nolan
  - H. Friends of the Senior Center Woodbridge – Al Lammers
  - I. AARP – Kate Cooke
  - J. Long-Term Care Ombudsman
  - K. Commission Members Announcements
10. New Business 11:50
  - A. Agency Volunteer Forms
11. Items for Next Meeting’s Agenda 11:55
  - A. Presentation by Marti Dahl, Gainesville Health & Rehabilitation Center
  - B. “Agency & COA 101” to include Agency Quarterly Report to the COA
12. Election of Officers for the period July 1, 2009, through June 30, 2010
13. Adjournment 12:00

**Next Executive Committee Meeting: 9:30 a.m., Tuesday, July 14, Agency Conference Room**

**Next Commission Meeting: 10:00 a.m., July 28, at Senior Center Manassas**