Minutes of Regular Meeting
August 28, 2018
Occoquan Conference Room, McCoart Building
1 County Complex Ct., Woodbridge, VA

Present: Len Postman, Coles District; Vice Chair
         Edna Garr, Neabsco District
         Nancy West, Potomac District
         Sandra Dawson, Woodbridge District; Chair
         Norman Thornton, Representative At-Large
         Raymond Beverage, City of Manassas; Secretary
         Charlie Montgomery, City of Manassas Park
         Sarah Henry, Director, Prince William Area Agency on Aging
         Alleen Bagley, President, Friends of Senior Center at Woodbridge
         Brenda Carswell, AARP
         Muriel Garr, Suntrust Bank
         Jodie Houser, Comfort Keepers

Absent: Lana Tobey, Occoquan District (notified Secretary)

Visitors: Thomas Wagner, Aide to Chairman Stewart

1. Meeting was called to order at 10:00 a.m. with introductions made.

2. Citizens Time: No one spoke.

3. Guest Speaker/Presentation: Annual COA Legislative Brainstorming. The 2018 Legislative Items were reviewed. Discussion with suggestions made for either bullet statements or items which would need additional research before inclusion. Results of our Brainstorming Session (transcribed from the chart papers) attached to these Minutes.

4. Administrative Items:
   a. Review of Administrative Items in the folder. Informational Items will be reviewed under a separate Agenda Item. Administrative Items may include: Agenda, Monthly Meeting Minutes, Executive Committee Minutes, any items Entered for the Record, the COA Roster, and the COA Calendar.
   b. Minutes dated July 24, 2018, accepted by uniform agreement.
c. Norman inquired how comments are recorded in the Minutes. Sandra noted our format is longer than other Boards, but not always verbatim since that would add to length. She noted that if there is a comment someone wants added, just send them to Raymond or include them prior to our voting.

5. **Director's Time:**

   a. **Agency Wait Lists** as of July 23, 2018:
      - Personal Care – 11
      - Adult Day Healthcare – 15
      - Home Delivered Meals – 5

   b. **Agency Vacancies:**
      - Communication, Referral, Information & Assistance (CRIA) Coordinator: person resigned; advertising the position.
      - Cook at Senior Center: Kristen Ramirez started August 27th.
      - Supportive Services Specialist: completed interviews; have a top candidate.
      - Public Health Nurse: report submitted to the BOCS as part of reconciliation to convert to two positions. One to support Wellness & Fitness and one to support Nutrition.

   c. **Program Updates:**
      1. Chronic Disease Self-Management Education (CDSME): Independence Empowerment Center (IEC) is applying for a grant to fund a Coordinator position.
      2. September 4th BOCS Session:
         - Area Plan Reconciliation which includes two full-time positions and increase in part-time hours, and the grant position for CDSME (in-house).
         - Potomac Health Foundation (PHF)/Virginia Department for Aging & Rehabilitative Services (DARS) grant for No Wrong Door Coordinator. The DARS grant of $25,000 will be received if we get the PHF grant. $140,000 will be used toward a one-year revamp of the No Wrong Door Council. This will be listed on the BOCS Agenda as a Public Hearing item. The requested action is to ratify the request and potential receipt of funds.
      3. Looking at our Wait Lists and how we manage them. Goal is to review and identify efficiencies.
      4. PWC Fiscal Year 2020 Budget Process kicked off last week.

   d. **Agency Meetings and Events:**
(1) September 11th: Senior Center Month Proclamation on BOCS Agenda. Len to receive for the Centers.

(2) September 19th: Manassas Senior Center Accreditation celebration. Invitations forthcoming.

(3) September 28th: Woodbridge Senior Center 35th Anniversary and Senior Center Accreditation. Limited to 125 guests. Invitations forthcoming

6. Chairperson’s Time:

   a. Discussion of COA Local Government Appointee Roster: Sandra reviewed the purpose and what information is there. Contact information is complete as people communicate in different ways. Norman noted his preferred method of contact is via e-mail. Raymond can annotate the roster to reflect his request.

   b. Nominating Work Group for the December Officer Elections: the two-year terms of the current Officers ends on December 31st. All four positions are open for election or reelection of incumbent. Sandra was seeking three persons and Len, Nancy and Alleen volunteered. Raymond noted that as a Work Group, there is no requirement for minutes when meeting as the “work product” will be the proposed Slate of Nominees.

7. Old Business: Charlie provided an update on the Manassas Park Community Center and the increase of fees to the Senior Passport. Reviewed his actions to date and meetings with City Manager.

8. Standing & Informational Committee Reports (not all have monthly reports):

   a. Housing Board: the Section 8 Management Assistance Program (MAP) review is occurring. The Board does a self-assessment and US Housing & Urban Development (HUD) does one. Our self-assessment score as an Administrative Board was 90% which will be submitted to HUD. There are also public meetings on the Community Development Block Grants (CDBG) to provide information on them.

   b. Northern Virginia Aging Network (NVAN): Next meeting is September 14th. Annual Legislative Breakfast is September 24th and Sarah offered to pay the registration fee for Local Government Appointees who wished to attend.

   c. Friends of Senior Center at Manassas: Len announced the reservation has been made for the bus to the Older Americans Month Celebration Picnic for next year at Camp Snyder. Blue Ribbons were won on several arts and crafts at the PWC Fair. Our Grandparents Day was successful. The Annual Bazaar will be the November 3rd, the first Saturday in November.

   d. Friends of the Senior Center at Woodbridge: Alleen announced the Friends have also made the bus reservation for next year’s Picnic. Craft Room redesign is progressing. We
also had a successful Grandparents Day. There was no power at the Center on August 17th and it was closed. Alleen reviewed the efforts to contact people especially Family members. The AARP Driving Class was held at the Center and completion certificate is good for three years. Looking at possible programs with the Community Stage Connection.


10. **Review of Informational Items in Folder and Commission Members Announcements**.

   a. Charlie asked if Manassas Park is included in the Older Americans Month Celebration Picnic. There were comments made last year to him about people not knowing about it. Sarah reviewed how it is open to anyone age 55 and older. Next year’s Picnic has not been advertised yet, but when it opens, announcement will be made at the COA.

   b. Manassas Park Community Center Senior Passport Fee: Charlie provided an update on the increase for this Fiscal Year. He is going to all the City Council meetings and has spoken with several of the members. Council is not in favor of lowering the fee given budget issues.

   c. Brenda provided information on the September 23th AARP Event.

11. **Items for the September 25, 2018, Meeting’s Agenda**:
    Meeting in Cedar Creek Conference Room, McCoart Building
    Presentation by Independence Empowerment Center

12. Meeting adjourned at 12:00 p.m.

    * * * Original Signed * * *
    Approved: ________________

    Raymond M. Beverage, Secretary

Listing of Handouts in Record Copy (available upon request to the Secretary):
1. **Agenda** for August 28, 2018

2. **Guest Speaker/Presentation**:
   - COA 2018 Budget & Legislative Positions updated August 14, 2018
   - Handout: Possible Northern Virginia Aging Network Items (NVAN); May 2019

3. **Administrative Items**:
   - Regular Meeting Minutes dated July 24, 2018
   - Executive Committee Minutes dated August 14, 2018
   - 2018 Commission on Aging Calendar – August 28th to December 31st
   - COA Local Government Appointee & Prince William Area Members Roster

4. **Director’s Time**: Updates for the Commission on Aging dated August 28, 2018
5. **Chairperson’s Time:**

6. **Informational Items:**

   - Virginia’s Medicaid Program: 2018 Medicaid at a Glance

   - Centers for Disease Control & Prevention (CDC) Press Release: “1 in 4 US adults live with a disability”; August 16, 2018

   - Bipartisan Policy Center: *Improving Care and Lowering Costs for Chronic Care Beneficiaries: Implementing the Bipartisan Budget Act.* August 2018

   - Upcoming Events:
     
     • September 12th: Let’s Talk About It 2018 – Suicide Awareness & Prevention
     
     • September 17th: visualize2045 - A Long-Range Transportation Plan for the National Capital Region
     
     • September 24th: AARP Virginia Volunteer Information Session
     
     • November 3rd: 6th Annual Veterans and Spouses Conference in Richmond
2019 General Assembly Legislative Items – Brainstorming on August 28, 2018

*Focus is “Seniors First”. Place statistics for ages 55+ in write-up. (Insert Chart)

Prince William Area Ages 55 & Older Demographics:
Comparing Census 2010, ACS 2015, to Projections for 2020 to 2040

<table>
<thead>
<tr>
<th>Prince William Area</th>
<th>2010</th>
<th>2015</th>
<th>2020</th>
<th>2030</th>
<th>2040</th>
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<tbody>
<tr>
<td>Age 55 to 59</td>
<td>24,020</td>
<td>30,971</td>
<td>32,646</td>
<td>31,577</td>
<td>35,241</td>
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<tr>
<td>Age 60 to 64</td>
<td>19,184</td>
<td>22,504</td>
<td>26,092</td>
<td>28,201</td>
<td>28,497</td>
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<tr>
<td>Age 65 to 69</td>
<td>12,136</td>
<td>17,637</td>
<td>18,870</td>
<td>25,166</td>
<td>23,968</td>
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<tr>
<td>Age 70 to 74</td>
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<td>11,368</td>
<td>15,254</td>
<td>20,350</td>
<td>21,651</td>
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<tr>
<td>Age 75 to 79</td>
<td>4,831</td>
<td>7,034</td>
<td>9,689</td>
<td>14,785</td>
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<td>Age 80 to 84</td>
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<td>4,099</td>
<td>5,901</td>
<td>11,453</td>
<td>15,045</td>
</tr>
<tr>
<td>Age 85 and Older</td>
<td>2,777</td>
<td>3,968</td>
<td>4,878</td>
<td>9,164</td>
<td>15,632</td>
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<tr>
<td>Total Age 55-Plus</td>
<td>73,837</td>
<td>97,581</td>
<td>113,330</td>
<td>140,696</td>
<td>159,456</td>
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<tr>
<td>Total Area Population</td>
<td>454,096</td>
<td>509,211</td>
<td>546,467</td>
<td>638,563</td>
<td>730,384</td>
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<tr>
<td>Percent of 55-Plus</td>
<td>16%</td>
<td>19%</td>
<td>21%</td>
<td>22%</td>
<td>22%</td>
</tr>
</tbody>
</table>

**Transportation** Funding of OmniRide/PRTC Strategic Plan transportation which enables person-centered support for Activities of Daily Living & reduction of Social Isolation.

- Year 2021: first Baby Boomer’s turn 75; mid-range Boomers (born 1956) turn 65; first Generation X turn 55. Age 75 in Virginia brings requirements of Virginia “Mature Driver” – in-person license renewal with eye exam at DMV or by optometrist within 90 days of renewal (copy handed to DMV). License good for 5 years vs. 8 years.

Greater Prince William Area estimate is for over 20,000 persons age 75 and older in Year 2020. Additionally, estimated 5,000 persons with disability and mobility difficulties. Funding should support all who have mobility difficulties.

(Recent CDC Report on 1 in 4 Americans have disability; for older adults, #1 is Mobility)

**Question to check on**: what other jurisdictions where reviewed/compared with as Plan developed? Example given was Montgomery County MD transportation program. List most likely with OmniRide.

**Virginia Insurance Counseling & Assistance Program (VICAP):**

- Requirement in contract with Commonwealth to provide counseling to persons enrolled in Commonwealth Coordinated Care Plus (CCC+). These are the persons who are dual-eligible for Medicare & Medicaid.

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1 Census 2010 data was final data. American Community Survey (ACS) dated July 1, 2015. Population Estimates for 2020 through 2040 from UVA Cooper Center and as of April 2017. Percentages are rounded.
- Dollars for allocation to Local Area Agencies on Aging (contract requirement).

- Use language from Northern Virginia Aging Network (NVAN) 2019 Priorities: “Appropriate $1,000,000 to the Virginia Insurance Counseling and Assistance Program (VICAP) to provide counseling for Commonwealth Coordinated Care Plus (CCC+) Virginia residents.”

**Opiates and Substance Use Disorders (SUDs):**

- Education funding: partner with Senior Centers. Use SAMSHA, ACL and CMS Language which includes role of local AAAs and Senior Centers. Prince William Health District and Regional Team already partner with AAA; however, limited funding.


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**2020 Census**

- Seniors: use material from Census Bureau.

- Accurate count of age 60 and older is important to the Funding Formula in the Older Americans Act. Formula applies for both Federal and State Allocations.

- **Question to check on:** will there be COA involvement with local Census efforts? COA was involved in the 2010 and had a representative to local Team. Check on initial planning.

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**Robocall Blocking for Seniors**

- Education? Can the GA establish legislate?

- How can entities (i.e. Doctors) be cleared around blocking?

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**Alzheimer’s Disease & Related Dementias:** items to consider

- new Virginia ALZ Commission Report to be reviewed

- Funding of local respite programs in the AAAs by State

- Silver Alert program (check on what State does)

- Mandated Training & Recertification: similar to new Massachusetts law. VCU Center for Aging is state resource on ALZ grants.