Minutes of Regular Meeting
September 25, 2018
Cedar Run Conference, McCoart Building
1 County Complex Ct., Woodbridge, VA

Present:  Cynthia W. Bailey, Brentsville District
Len Postman, Coles District; Vice Chair
Robert D. Chase, Gainesville District
Lana Tobey, Occoquan 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, Sun Trust Bank
Jodie Houser, RN, Comfort Keepers

Absent:  Edna Garr, Neabsco District

Visitors: Dr. Mary Lopez, Ph.D., Independence Empowerment Center

1. Meeting was called to order at 10:00 a.m. Sandra introduced the two new Local Government Appointees: Cynthia Bailey, Brentsville District and Bob Chase, Gainesville District.

2. Citizens Time: No one spoke.

3. Guest Speaker/Presentation: Dr. Lopez is the Executive Director of the Independence Empowerment Center (IEC) which is one of the Centers for Independent Living (CILs) in Virginia. She described how the CILs came to be as part of the 1960s Civil Rights Movement and the Core Services: Independent Living Skills Training; Peer Counseling; Information & Referral; Advocacy – Systemic & Individual; Waiver Services; and Transitions Support (High School and from Institutional Living settings). IEC is also supporting the Virginia Wellness Programs in partnership with the Area Agency on Aging: Chronic Disease Self-Management Education (CDSME); Diabetes Self-Management Education (DSME); and Matter-of-Balance (MoB). Dr. Lopez answered questions regarding disabilities, chronic conditions, and supportive standards such as home modifications.
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 August 28, 2018, accepted by uniform agreement after correcting capitalization of Sun Trust.


5. Director's Time:

a. Agency Wait Lists as of September 25, 2018:
   • Personal Care – 2
   • Adult Day Healthcare – 16
   • Home Delivered Meals – 15 (one paid driver route now. Reviewing others.)

b. Agency Vacancies:
   • Communication, Referral, Information & Assistance (CRIA) Coordinator: interviews being conducted
   • Supportive Services Specialist: Kalihia Farmer started September 24th.
   • Wellness & Fitness Coordinator: to be advertised.
   • Public Health Nutritionist: to be advertised.
   • Chronic Disease Self-Management Education (CDSME) Coordinator: to be advertised. This position is grant funded.

c. Program Updates:

   (1) Awarded the Potomac Health Foundation (PHF)/Virginia Department for Aging & Rehabilitative Services (DARS) grant for No Wrong Door Coordinator. The grant will be used toward a one-year revamp of the No Wrong Door Council.

   (2) The Manassas Senior Center Accreditation event last week was successful.

   (3) Wellness Strategic Plan Update: Mr. Elijah Johnson, ACXO Human Services, will present to the BOCS the results of the Communitywide Coalition work at the October 16th session.

   (4) September 4, 2018, Budget Reconciliation for Fiscal Year 2018 through Fiscal Year 2019 Update: The funding allocation from the Commonwealth was to be an increase of $250,000. Now DARS has said they had a miscalculation at it will be an increase of $130,000. Sarah is working with DARS to update the Area Plan for Aging. Internally, we
are taking it from the funding for Personal Care reducing the service by nine people, but there is still an increase in service to four people overall. She will keep the COA posted.

d. Agency Meetings and Events:

(1) September 28th: Woodbridge Senior Center 35th Anniversary and Senior Center Accreditation.

(2) Sarah will not be at the October 23, 2018, meeting of the COA at Birmingham Green. Kathy Lee-Meredith will be her representative.

(3) April 4, 2019: Annual Agency Volunteer Appreciation Event.

(4) May 10, 2019: Older Americans Month Picnic.

6. Chairperson’s Time: no items.


a. Review of the Brainstorming Session.

(1) Norman asked his e-mail of September 24, 2018, 4:40 p.m. be entered for the record:

“Dear all,

The closest I could find to a PWC COA mandate is:

The Commission on Aging (COA) is a citizen’s advisory group to the Prince William Area Agency on Aging, the Prince William Board of County Supervisors, and the City Councils of Manassas and Manassas Park. The COA advocates for issues related to aging and caregiving. Each County Magisterial District and the cities of Manassas and Manassas Park have representatives on the COA. Commission members, agency staff and any interested residents can attend the monthly meetings to exchange information, discuss activities, and develop program recommendations.

I've taken the liberty to bold and underline certain parts.

As such, exclusive of and inclusive to such mandate, I find the phrase “Seniors First” needlessly contentious. Advocating for ones position is very different than ignoring or advancing ones position before the needs of others. Do we wish to project we are at war with all other groups, indicate we dedicate to self-interest alone? I believe we wish to project and practice a more measured approach adhering more to the positive ethos advocacy encompasses. We advocate for seniors is the stated mandate, not translating to we put seniors first ... perhaps inciting the idea we do so to the detriment
of anyone.

Some will say the future is ahead of us. Another perspective, the future is behind us, those younger than us both need and deserve appropriate attention to make a future possible for all of us. Senior concerns trumping this acts at the peril of seniors.”

b. Discussion of the intent for the phrase “Senior First” by others present. Intent noted was it is not a formal advocacy position; simply as a reminder the Agenda should be items which have impact on our Older Adults, their Families, and their Caregivers (formal or informal). Sandra ended discussion to focus on the Bullet Items as revised by the Executive Committee on September 11, 2018.

c. Raymond led review of the handout. Final version of bullet statements accepted by uniform agreement and attached to these Minutes.

**Administrative Note:** the reservation for the Conference Room was ending at 12:00 p.m. and there was insufficient time for the items in Paragraphs 8 through 10. Chairman announced the Voluntary Donation (Item 12 below) prior to adjournment. The paragraphs remain in the event of any Post-Meeting Addendums are sent to the Secretary.

8. **Standing & Informational Committee Reports** (not all have monthly reports):
   a. Housing Board:
   b. Northern Virginia Aging Network (NVAN):
   c. Friends of Senior Center at Manassas:
   d. Friends of the Senior Center at Woodbridge:

9. **New Business:** none.

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

11. **Items for the October 23, 2018, Meeting’s Agenda:**
    Meeting at the Health Care Center, Birmingham Green
    Presentations: Virginia Insurance Counseling & Assistance Program (VICAP) and Birmingham Green Operations and Tour of the Center.

12. **Voluntary Donation in Support of the Prince William Team – Walk to End Alzheimer’s:**
    total donation of $123.00 double-counted by Lana and Raymond, then handed to Sarah. Screen image of the Receipt:
Meeting adjourned at 12:00 p.m.

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

1. **Agenda** for September 25, 2018

2. **Guest Speaker/Presentation**: IEC-CIL Brochure

3. **Administrative Items**:
   - Regular Meeting Minutes dated August 28, 2018
   - Executive Committee Minutes dated September 11, 2018
4. **Director’s Time**: Monthly Report

5. **Chairperson’s Time**: None.

6. **Old Business – 2019 COA Legislative Agenda**:  
   - Draft Bullets – Not Prioritized – as of September 25, 2018  
   - 2018 Virginia Acts of Assembly Chapter 809…CBD or THC-A Oil for Treatment  
   - Virginia’s Senior/Critically Missing Adult/Endangered Child Alert System  
   - 2019 Northern Virginia Aging Network (NVAN) Legislative & Budget Priorities

7. **Informational Items**:  
   - Virginia Opioid Addiction Indicators for 2017 & 2016  
   - Virginia’s Plan for Well-Being 2016 – 2020: Extract for the 2018 Update  
   - The National Long-Term-Care Ombudsman Resource Center Fact Sheet: The Long-Term Care Ombudsman Program – Ombudsman programs are resident advocates!  
   - Extract: Virginia Association of Counties (VaCO) County Connections dated September 20, 2018; Virginia Medicaid Expansion Q&A by DMAS  
   - National Council on Aging (NCOA) Fact Sheet: Aging Program Funding for Federal FY 2019  

   - Transportation Events  
     • October 1, 2018: Virginia Department of Rails & Public Transportation (DRPT) Coordinated Human Services Mobility Plan fact sheet and Regional Meeting Announcement  
     • October 17, 18 and 24, 2018: OmniRide Public Hearings for Proposed Plans and Services Improvements  

   - Other Events:  
     • September 30, 2018: “We Recover…Community, Connection, Recovery”  
     • October 6, 2018: Autism Speaks® Walk (and Information Sheet on “How We Help”)
The Prince William Commission on Aging approved on September 25, 2018 the following State Budget and Legislative Positions to support and advocate for during the 2019 General Assembly Session. **Items below are not prioritized.** Please see the Background Document for additional details for each Item.

**Transportation**

Support funding of OmniRide/Potomac Rappahannock Transportation Commission (PRTC) Strategic Plan for transportation which enables person-centered support for Activities of Daily Living and reduction of Social Isolation.

**Insurance Counseling**

Support Appropriation of $1,000,000 ($40,000 each for 25 Area Agencies on Aging) for the Virginia Insurance Counseling & Assistance Program (VICAP) to provide counseling for the estimated 210,000 Commonwealth Coordinated Care Plus (CCC+) enrollees, many of whom are dually eligible for Medicare and Medicaid facing the complexities of both programs.

**Educational Initiatives**

Support funding of educational programs for Older Adults, in partnership with Senior Centers, which support the Centers for Medicare & Medicaid Services (CMS) Roadmap to Address the Opioid Epidemic and Substance Use Disorders.

Support mandating continuing education prior to renewal of a Healthcare Professional license/certificate of registration with the Commonwealth Department of Health Professionals include courses on Alzheimer’s Disease, dementia and other cognitive impairments.

Support funding for educational programs on the benefits and use of Cannabidol Oil (CBD) or THC-A oil for a diagnosed condition or disease under the provisions of Virginia Code § 54.1-3408.3

**Contact:** Sandra Dawson, Chair, Prince William Commission on Aging. E-mail: Sdawson624@comcast.net