Present:  Cynthia W. Bailey, Brentsville District  
Len Postman, Coles District; Vice Chair  
Lana Tobey, Occoquan District  
Sandra Dawson, Woodbridge District; Chair  
Raymond Beverage, City of Manassas; Secretary  
Charlie Montgomery, City of Manassas Park  
Kathy Lee-Meredith, Supportive Services Division Manager,  
    Prince William Area Agency on Aging  
Alleen Bagley, President, Friends of Senior Center at Woodbridge  
Jodie Houser, RN, Comfort Keepers  
Joan Thomas, Birmingham Green

Absent:  Robert D. Chase, Gainesville District (notified Secretary)  
Edna Garr, Neabsco District  
Nancy West, Potomac District (notified Secretary)  
Norman Thornton, Representative At-Large

Visitors:  Aaron Rebuck, Marketing Liaison, Birmingham Green  
Rosemari Walker, Medicare Counselor, Prince William AAA

1. Meeting was called to order at 10:05 a.m. with introductions made. Kathy Lee-Meredith is representing the Agency to this meeting.

2. Citizens Time:  No one spoke.

3. Guest Speaker/Presentation:  Virginia Insurance Counseling & Assistance Program (VICAP).

   a. Rosemari Walker, Medicare Counselor, provided an update on Medicare; the Medicare Improvement Provider Act (MIPA); Fraud Prevention; and Senior Medicare Patrol (SMP). She also noted the increase in number of Assisted Living Facilities and possible increase in calls for information from residents. Rosemari also briefly mentioned the Medicaid Expansion and possible increase in counseling of those who are eligible for both Medicare and Medicaid (aka Dual Eligible).
b. VICAP is a free and confidential service and more information can be obtained by calling 703-792-4156 or via her e-mail at rwalker@pwcgov.org.

4. Administrative Items:

   a. Review of Administrative Items in the folder. Informational Items will be reviewed under our Agenda Item 10. 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 September 25, 2018, accepted by uniform agreement.

5. Director’s Time:

   a. Agency Wait Lists as of October 22, 2018:
      • Personal Care – 3
      • Adult Day Healthcare – 18
      • Home Delivered Meals – 18

   b. Agency Vacancies:
      • Communication, Referral, Information & Assistance (CRIA) Coordinator: interviews completed.
      • Wellness & Fitness Coordinator: advertisement of position closed.
      • Public Health Nutritionist: advertisement of position closed.
      • Chronic Disease Self-Management Education (CDSME) Coordinator: to be advertised. This position is grant funded.

   c. Program Updates:

      (1) PWC Human Services Boards/Committees/Commissions (BCC) Legislative Meetings. The second one occurred yesterday (October 22\textsuperscript{nd}) to review items and the final meeting to develop the Human Services Agenda is on October 29\textsuperscript{th}.

      (2) Walk to End Alzheimer’s this past Saturday was a success. We had 12 walkers on our team.

      (3) No Wrong Door grant from Potomac Health Foundation (PHF) and Virginia Department for Aging & Rehabilitative Services (DARS) will kick off late Fall or early Winter.

   d. Agency Meetings and Events:

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

      (2) May 10, 2019: Older Americans Month Picnic.
e. Agency Service & Units Summary Report from 07/01/2018 through 09/30/2018: Kathy reviewed the report with the COA. She mentioned how Staff vacancies may have had impact on service units. Screening of Wait List and hours used for Personal Care and Respite Personal Care was discussed.

6. Chairperson’s Time:

a. 2019 Guest Speaker Topics: Sandra referred to the table on Page 2 of the October 9th Executive Committee Meeting. Discussion with the proposed list referred back to the Executive Committee to finalize at their next meeting.

b. Officers Election Proposed Slate:

(1) Sandra reported the Nominating Work Group has proposed the current Officers be on the slate for our December 2018 elections. She also noted that as part of election procedures, any additional nominations from the floor will be called for in December.

(2) Proposed Slate - Enter for the Record: Sandra Dawson, Chair. Len Postman, Vice Chair. Raymond Beverage, Secretary. Nancy West, Committee Member.

c. PWC Human Services BCC Meeting from October 22nd was reviewed.

7. Briefing and Tour of Birmingham Green: The Commission met at Birmingham Green in the Health Care Building. We are the nearest COA to the Facility, and it provides an opportunity for a briefing and tour, and also for any residents to speak with us. We extend our thanks to Joan Thomas & Aaron Rebuck for hosting and briefing.

8. Business portion of the Agenda adjourned at 11:15 a.m. for those who wished to take a tour.

**** ORIGINAL SIGNED *****

December 11, 2018

_________________________________________ Approved: ___________________

Raymond M. Beverage, Secretary

Listing of Handouts in Record Copy (available upon request to the Secretary):

1. Agenda for October 23, 2018

2. Guest Speaker/Presentation:

3. Administrative Items:
   - Regular Meeting Minutes dated September 25, 2018
   - Executive Committee Minutes dated October 19, 2018
4. **Director's Time:**
- Updates for the Commission on Aging; October 23, 2018
- Agency Service & Units Summary Report from 07/01/2018 through 09/30/2018

5. **Chairperson's Time:**

6. **Informational Items:**

   - Genworth® 2018 Cost of Care for Washington DC Area

   - US Health & Human Services Infographic & Fact Sheet:
     The Opioid Epidemic By The Numbers – 2016 and 2017 Data
     HHS Opioid Initiative: One Year Later

   - Extract – Generations United's State of Grandfamilies 2018

   - Transportation:
     Virginia Coordinated Human Services Mobility (CHSM) Plan Update 2018 Regional
     Workshop for Region 6 – Northern Virginia & Winchester; October 1, 2018

     Section 5310 (Elderly & Disabled Enhanced Transportation) Program –
     Transportation to Treatment Programs. {Clarifies inclusion of use of this funding to
     provide services to Substance Abuse Treatment Centers or Programs as an eligible
     activity}
B. Approval of September 25, 2018 Meeting Minutes

6. Director’s Time
   A. Announcements
   B. Agency Report to the COA for July 2018 to September 2018

7. Chairperson’s Time
   A. 2019 Guest Speaker Topics
   B. Proposed Slate of Officers for December 2019 Elections

8. Briefing On & Tour of Birmingham Green

9. Meeting Adjourned

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Scheduled Remaining Events/Meetings in 2018

Tuesday, November 13th; 9:30 a.m. - 11:30 a.m.
   COA Executive Committee Meeting **cancelled**

Tuesday, November 20th; 9:30 a.m. - 11:30 a.m.
   Northern Virginia Aging Network (NVAN) Meeting
   NoVA Regional Commission, 3040 Williams Drive, Suite 200, Fairfax
   **No Regular Meeting in November. December Meetings Dates Changed.**

Tuesday, December 4th; 9:30 a.m. - 11:30 a.m.
   COA Executive Committee Meeting; Agency Conference Room

Tuesday, December 11th; 10:00 a.m. - 12:00 p.m.
   COA Meeting in Occoquan Conference Room, McCoart Building

**Looking Ahead to 2019!**
Provided for Planning Purposes

January 2:  Regional Hearing on the Governor’s Proposed Biennial Budget
January 5:  Prince William Area General Assembly Members Town Hall
January 8:  Executive Committee Meeting
January 15: Northern VA Aging Network (NVAN) Meeting
January 22: COA Meeting in the Occoquan Conference Room
January 23: VA Center for Aging 33rd Annual Legislative Breakfast