Minutes of Regular Meeting  
October 22, 2018 
Birmingham Green Health Center  
8695 Centreville Road, Manassas, VA 20110

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 (notified Secretary)  
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, Friends of Senior Center at Woodbridge  
Brenda Carswell, AARP  
Stephen O. Izaguirre, Commonwealth OAG - Community Outreach  
Officer Truman Paul, Prince William County Police Department

Absent:  Edna Garr, Neabsco District

Visitors:  Aaron Rebuck, Birmingham Green; Murial Garr; Gary West

1. Meeting was called to order at 10:00 a.m. with introductions made. This meeting has a modified agenda to allow for presentation and tour on Birmingham Green.

2. Citizens Time:  No one spoke.

3. 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 September 24, 2019, accepted by uniform agreement.

4. Director's Time:
a. Agency Waiting Lists as of October 22, 2019:
   • Personal Care – 7
   • Adult Day Healthcare (ADHC) – 18
   • Home Delivered Meals – 6

b. Agency Vacancies:
   (1) Administrative Support Coordinator I: reviewing position.
   (2) Program Manager, No Wrong Door Study Implementation: candidate selected.

c. Program Updates:
   (1) “Scam Jam” event with AARP for October 26 at the Ferlazzo Building.
   (2) The No Wrong Door (NWD) Expansion (grant via Potomac Health Foundation & DARS) has been very busy – fifth partner identified. NWD Council formation is next.
   (3) No Wrong Door Study Presentations: tonight, will be for PWC Criminal Justice Services.

d. Agency Meeting and Events:
   ● April 15, 2020 – Annual AAA Volunteer Recognition
   ● May 13, 2020 – Transitions Expo at Potomac Mills Mall
   ● May 15, 2020 – Older Americans Month Picnic

e. Agency Report to the COA for the period July 1, 2019, through September 30, 2019: reviewed and discussed.

5. Chairperson’s Time:

   a. Approval of the COA 2020 Budget & Legislative Positions: final draft reviewed and no further changes made. Sandra called for a vote. Motion by Nancy West with second by Len Postman. No discussion. Adopted by unanimous voice vote.

   b. 2021 Legislative Brainstorming Session: Sandra suggested, for next year’s session at our June meeting, we brainstorm first and then look at other groups items.

   c. Topics for our 2020 Meetings: suggestions will be sought at our December 17th meeting.


   a. Norman raised the issue regarding the information being provided about Colonial Downs proposal in Dumfries. It was recommended he speak with Stephen after the meeting.
b. Officer Paul will be giving presentations at each Senior Center in November. Presentation is 35 to 45 minutes. Woodbridge will be on November 19th and Manassas on November 22nd.

c. Bob mentioned there is a new drug announced for treatment of Alzheimer’s Disease. It looks promising for a possible cure.

d. Brenda announced AARP Virginia has selected Woodbridge Senior Center for the “Soup for Seniors” program. The focus is on Meals-on-Wheels recipients. Collection of soups and crackers to be in November during Election Week with goal to get the items to the Senior Center the following week.

e. Nancy reported on the Northern Virginia Aging Network (NVAN) Annual Legislative Breakfast held October 4th. Attended by Sarah, Sandra, Norman, Raymond and herself. Kudos on the accessibility of the Fairfax Country Club. The green background on the presentation slides was not favored.

f. Len reported the Friends of Manassas Senior Center Fall Jubilee on October 5th was successful. Upcoming is the 34th Annual Bazaar and a “Save the Date” was provided. The Friends are looking for rummage items.

g. Alleen reviewed the upcoming events at Woodbridge Senior Center. October 15th will be the Harvest Ball; October 25th the Halloween Party; and October 26th is our Indoor Yard Sale. Working on an ACTS Project for food distribution. Meeting on November 13th to discuss.

h. Charlie mentioned the Central Library on Mathis Avenue. Discussion by the Manassas Park Governing Body on the funding and operations. Both Cities looking at ending Shared Use Agreement.

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 Aaron Rebuck for hosting and briefing. Two highlights:

   a. Mission Statement has been refreshed to align with the Eden Alternative. Aaron gave a quick description of the program. Additional information on the Eden Alternative is at: https://www.edenalt.org/

   b. Aaron demonstrated the Birdsong Tablet provided to residents. Additional information: https://birdsonglife.com/

8. No meeting scheduled for November. Next Commission Meeting will be December 17, 2019, in the Occoquan Conference Room, McCoart Building.

9. All members departed Birmingham Green by 12:00 p.m.
Listing of Handouts in Record Copy (available upon request to the Secretary):

1. **Agenda** for October 22, 2019 with remaining 2019 Calendar Items and January 2020 Items

2. **Guest Speaker:**
   - Presentation on Birmingham Green
   - Brochures: Birmingham Green; the Birdsong Program

3. **Administrative Items:**
   - Regular Meeting Minutes dated September 24, 2019
   - Executive Committee Minutes dated October 8, 2019
   - COA Meeting Schedule for 2020
   - COA Local Government Appointee & Prince William Area Members Roster

4. **Director’s Time:**
   - Updates for the COA as of October 22, 2019
   - Agency Services & Summary Report for the period July 1, 2019 through September 30, 2019

5. **Chairperson’s Time:**
   - COA 2020 Budget & Legislative Positions

6. **Informational Items:**
   - Northern Virginia Aging Network (NVAN) 20th Annual Legislative Breakfast; 10/04/2019
     - Program Brochure
     - 2020 NVAN Priorities with Background Report for All Items
     - Presentation by Keynote Speaker – Sandy Markwood, CEO, National Assoc. of AAA “Policies and Emerging Trends in Aging”
     - Flyer: Northern Virginia Regional Commission (NVRC) “Quick Guide OnLine”
   - Flyer: OmniRide Local Western Service Area Plan Announcement
   - Program Brochure from the “Mental Health Awareness Event”; October 9, 2019
   - Flyer: “Top Health Issues in Greater Prince William Area” by the Community Healthcare Coalition of Greater Prince William.
   - Press Release by the GMU College of Health & Human Services: “Introducing the Population Health Center: The Intersection of Academics and Practice”;
October 2019

- Extract from VaCO County Connections dated October 8, 2019: “Children’s Needs Discussed at Mental Health Subcommittee”

- Trust for American’s Health (Executive Summary) – “State of Obesity 2019: Evidence-Based Policies to Combat Obesity and Promote a Healthier America”

- US Centers for Disease Control (CDC): “Understanding the HIV Care Continuum” with the National HIV/AIDS Strategy 2020 Objectives

7. **Events:**
   - November 2nd  Manassas Senior Center Rummage Sale & Annual Bazaar

********************************************************************************************

**AGENDA**

Regular Monthly Meeting October 22, 2019 10:00 a.m. – 12:00 p.m.
Birmingham Green, 8605 Centreville Road, Manassas, VA 20110

1. Call to Order Time Certain: 10:00

2. Pledge of Allegiance

3. Citizens’ Time

4. Administrative Items
   A. Review of folder contents – Secretary
   B. Approval of September 24, 2019 Meeting Minutes

5. Director's Time
   A. Announcements
   B. Agency Report to the COA for July 2019 to September 2019

6. Chairperson’s Time
   A. Approval of the COA 2020 Budget & Legislative Positions

7. Briefing On & Tour of Birmingham Green

8. Meeting Adjourned NLT: 12:00

********************************************************************************************

**Scheduled Remaining Events/Meetings in 2019**

Tuesday, November 12th; 9:30 a.m. - 11:30 a.m.
COA Executive Committee Meeting
Tuesday, November 19th; 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.

Tuesday, December 10th; 9:30 a.m. - 11:30 a.m.
COA Executive Committee Meeting; DSB Room 107

Tuesday, December 17th (third Tuesday);10:00 a.m. - 12:00 p.m.
COA Meeting in Occoquan Conference Room, McCoart Building
Topics: PWC Criminal Justice Services; Regional Jail Reentry Program

Looking Ahead to 2020!
Provided for Planning Purposes

January 2: Regional Hearing on the Governor’s Proposed Biennial Budget
January 4: Prince William Area General Assembly Members Town Hall
January 14: Executive Committee Meeting
January 22: VA Center for Aging 33rd Annual Legislative Breakfast
January 28: COA Meeting in the Occoquan Conference Room
Northern VA Aging Network (NVAN) Meeting