



ARLINGTON COMMISSION ON LONG-TERM CARE RESIDENCES

c/o Agency on Aging, DHS

2100 Washington Blvd. Arlington, VA 22204

TEL: 703-228-1700 FAX: 703-228-1174 TTY: 703-228-1788

EMAIL: arlaaa@arlingtonva.us

MEETING SUMMARY December 11, 2013

Approved on January 8, 2014

- PRESENT:** Tom Fonseca, Chair; Cynthia Schneider, Vice-Chair, Joe Briglia, Andrea Callow, Steve Carfora, Kristi Dudash (ex-officio member), Sara Greenberg, Claire Jacobsen, Steve Jennings, John Kozar, Elizabeth Margetta (ex-officio member), Lynne Pilot, Alice Paxton, Lynwood Sinnamon, Genevieve Timpone, Leslie Walsh
- ABSENT:** Gene Robinson
- STAFF:** Glenda Blake, Maimoona Bah-Duckenfield, Meredith Eisenhart, Reginald Lawson, Susan Lane

I. Call to Order: 6:30 p.m.

II. Presentations and tour of Mary Marshall Assisted Living:

- Divina Alston, Director of Resident Services, spoke about Mary Marshall, which has been open for about 2 years. They currently have 51 residents, and are reviewing 2 active referrals for the final open unit. Residents must be 55 years of age or older, meet income requirements, and have an ongoing mental health issue or a developmental disability. When they are accepted, they must have been stable for at least 6 months and have no sexual crime convictions. All residents have a Department of Human Services (DHS) social worker. Mary Marshall uses a person-centered approach to providing services. Most of the current residents are quite active and on average are in their late 60s and early 70s.
- Katrina (Trina) Holmes, Life Enrichment Director, spoke about providing the residents with cultural, educational, and enjoyable activities. They go on field trips to such places as museums and stores. They offer crafts, games, and a variety of other activities at the residence, many of which were suggested by residents. Transportation is provided to outside activities and appointments using their 2 vans. Residents are encouraged to participate in activities and to socialize, but always have the option to remain in their rooms if they wish.
- Resident 1: Had lived at home with his parents until they both passed away. Then his sister learned of the Mary Marshall Assisted Living residence and helped him move there. He is very glad she did because he thinks living at Mary Marshall is "fantastic." He enjoys the activities, likes being able to earn Mary Marshall Bucks through volunteer jobs to spend at the Mary Marshall store, and really likes all his fellow residents. He is president of the resident council and loves to sing.
- Resident 2: Is grateful for the blessings in her life, especially her wonderful parents. She spoke about her college degree and jobs she had. She is looking for a part-time job so that she can purchase things she needs to buy. She is grateful to be living at Mary Marshall, which she considers "beautiful, charming and comfortable." She was one of

the early residents and the only female with five male residents when she moved there in December 2011. She likes the food and appreciates that the staff acts on suggestions made by the residents' Food Committee. She values the array of educational and cultural field trips offered and described a number of them. She also enjoys the activities in which she participates at the residence and is glad that the staff listens to the Activities Committee's suggestions.

- Ms. Wood chairs the Mary Marshall Advisory Council, which looks for gaps in services or unmet needs. She noted that the residents like getting small gift cards to 7-11, CVS, and Target to purchase items they could not otherwise afford.
- Ms. Alston and Ms. Holmes conducted tours of the Mary Marshall residence.

III. Minutes Approval – November 2013 minutes were approved with no changes.

IV. Outreach and Advisory Committee Status Report

A. Outreach Committee (John Kozar)

The status report was distributed. Mr. Kozar highlighted:

- PowerPoint presentations: are scheduled through May. Three have already been done, and one is scheduled on December 18 for the Community Services Board. Mr. Fonseca noted that the questions they get most are about why, with the exception of the small unit at The Jefferson, Arlington nursing homes are rated so poorly. He noted that the purpose of the presentations is to raise awareness in the community and help people learn where to find needed information. The Commission is working jointly on outreach with the Commission on Aging.
- Website updates: Ms. Eisenhart got access to the new web system a couple of weeks ago and currently is focusing on transferring content from the old website to the new one. She has not heard an official launch date for the new website, but expects it to be sometime after the new year.
- Facilities Employee Awards: Ms. Nathan is working with the committee on the program. The Commission will be asked for comments on the finished report.

V. Announcements and Public Comment

- Ms. Schneider: a joint meeting with the Commission on Aging is scheduled for March 27th. Commissioners will learn about common functions and goals to identify ways to work together efficiently.
- Mr. Sinnamon: the new homeless shelter planned for the Courthouse area will have 5 rooms set aside for nursing beds for homeless persons. Ms. Bah-Duckenfield noted that these are not licensed long-term care beds, but will be available to homeless persons needing short-term medical care.
- Mr. Sinnamon: the Arlington Neighborhood Villages program is making presentations at senior centers. Mr. Fonseca noted that they are also presenting at Civic Associations, and spoke prior to the Commission at a recent Ashton Heights Civic Association meeting. The civic association did not realize that the Villages and Commission groups were not from the same organization. They also did not know about the Commission on Aging. This confirms the need for coordinated outreach.

VI. Chairman's Report/Updates

The annual report has been given to staff for review and is on track for submission by the year end.

VII. Committee Meetings

The Standards and Outreach Committees met after the Commission meeting adjourned. (Refer to attachments of Power Point Presentation schedule and Standards' meeting summary).

VIII. Adjourn: 7:50 p.m.

Next meeting: January 8 at DHS