



ARLINGTON COMMISSION ON LONG-TERM CARE RESIDENCES
c/o Agency on Aging, DHS
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**Meeting Summary
December 9, 2015**

PRESENT: Cynthia Schneider, Nels Andersen, Stephen Carfora, George Kelly, Claire Jacobson, Joy Nathan, Alice Paxton, Judith Villasenor, Susan Xu

ABSENT: Hale Montgomery

EXCUSED: Joe Briglia, Martha Wilson

STAFF: Glenda Blake, Meredith Eisenhart, Reginald Lawson, Jim Baker, Rachel Sparico

GUESTS: Erica Wood, Katie Ferguson

I. Call to Order at 6:35 p.m.

II. Presentation from Department of Public Health: Dr. Reuben Varghese presented on Influenza and Norovirus. Dr. Varghese shared that one can protect themselves by washing hands, covering your cough, and remaining home when ill. He recommends limiting contact with your eyes, nose and mouth, entry points for germs. Dr. Varghese encouraged liaisons to preach this message to LTC communities and other public locations. In January 2016, there will be a regional review with Public Health and LTC communities. Reuben mentioned the staff of LTC communities often do not receive sick leave and come to work risking residents and other staff.

III. Approval of November Meeting Minutes

C Schneider

The minutes were approved.

IV. Liaison Reports

- a) **Cherrydale** – Ms. Villasenor met with Katie who reports Cherrydale is interviewing for a new Activities Director and RN’s. Cherrydale needs new volunteers, including Spanish and Korean speakers and Veterans. Mr. Andersen mentioned Arlington Neighborhood College.
- b) **Regency** – No report
- c) **Brookdale** – No report
- d) **The Jefferson** – There is no current availability in the Assisted Living or Memory Care units. Open positions include: Sales Director for Independent Living, Dietary aides, and Registered Medication aides. Garage repairs will be completed in the next week, and they are preparing to start a 3-year project for building façade repairs. Electronic tracking of medical supply usage implemented in November

- e) **Culpepper Gardens** – Mr. Kelly shared volunteers from the Scouts, Arlington Neighborhood Colleges and Arlington County have assisted Culpepper Garden in recent weeks. He continues to attend the Community Advisory Council meetings.
- f) **Sunrise at Bluemont and Sunrise of Arlington** – Ms. Jacobson reported on the census numbers at both residences. Open positions include: New Director of Sales for Arlington, and recent hires include: Kelly Baker, two new marketing staff, and an ALF Coordinator. Sunrise of Arlington was issued a 2 year license. Sunrise at Bluemont received a one year license through December 2016. The Shenandoah and Potomac units began accepting Independent and Assisted Living residents.
- g) **Mary Marshall** – Erica met with the Community Advisory Council last month. No current vacancies in staffing or resident beds. Two incoming County Board members toured MMALF by Pam Jones and CSB on Monday. Kay Halverson updated the wish list with items still needed for the holidays, and residents would like Target gift cards for the holidays.

V. Development of 2016 Commission LTCR Work Plan

What was your expectation about your role when you joined the Commission, as compared with your understanding now?

- Getting involved with a long-term community (would like to be more involved, assume a stronger leadership role)
- Personal reasons.
- Quality of care in LTC facilities. Quality of life.
- Be more involved in the care and delivery of services to residents of LTC communities.
- Assumed the role would be a merge between a liaison and Ombudsman.
- Health Care policy interest.
- Sense of history.
- Extra set of eyes.
- Community Presence.

What has the Commission accomplished in the last year?

- Liaison role.
- Built connections with facilities.
- Mary Marshall.
- Cherrydale lease the establishment of the Cherrydale CAB.
- Meetings in the facilities (The Carlin, Woodland Hills, Brookdale, Capital Caring Hospice).
- Informative programs.
- Input on ALF regulations.
- Strong relationship with County Board.

- LTC facilities presentation and costs profile to live in ALF and Nursing facility.
- Testimony to County Board.

What challenges does the Commission face that limit our work?

- Time consuming.
- Frequency of meetings.
- No legal authority.
- Challenging area to have an impact.
- Need more involvement in legal policies and legislation.
- Sense of accomplishment not clear. Not knowing impact of the work.
- Commitment of time.
- Steep learning curve.
- Retention of Commission members.

Which are areas we can improve?

- Identify impact.
- Open opportunities for community engagement and public comment.
- Meetings in the facilities and LTC communities.
- Campaigns every year (hand washing, Norovirus).
- More advocacy and outreach
- Retention of members.
- Assign liaisons to each community (ideally 2 liaisons to every community).
- Reexamine liaison checklists and reports.
- Review of the role of the liaisons and how they do their work.
- Amount of paper members receive.

VII. Announcements and Public Comment

- Mr. Andersen rolled off as the Commission on Aging liaison. Cyndy will reach out to the Chair of COA for a new liaison.
- Joy agreed to serve as liaison to COA but is not able to attend in December. If anyone else is available, please let Cyndy know.
- The Arlington Advanced Care Initiative meetings in January and February will be attended by Joy if her schedule permits. We will discuss this group's activities at our January meeting.

VIII. Adjournment

Next Meeting: January 13, 2016 at 6:30pm at Department of Human Services, Sequoia Plaza, Lower Level Auditorium will continue the discussion surrounding Strategic Planning and the 2016 Work Plan.