

ALEXANDRIA COMMISSION ON AGING MEETING

When: Thursday, May 14, 2026 from 4:30 PM – 6:30 PM

Location:

Mark Center - Del Pepper Community Center
4850 Mark Center Drive – Alexandria VA 22311

Members Attending In-Person:

Co-Chairs Michael Schuster, DT Oliver, Vice Chair, Ana Rivas Beck, Alan Dinsmore, Barbara Huelat, Coral Knehans, Gerri Wallace, Ginny Kalish, Jessica Lefevre, Michele McLaughlin, Richard Merritt, Tricia Rodgers, William Thomas Reeder

Members Attending Remotely with FOIA Approval from The Co-Chairs:

James Bruen, Jane M. King

Members Attending Remotely Not Counted Towards Quorum:

Kimberly Koch, Marshall Hespe, Victoria Rutson

Members Excused:

Jim Lindsay, Councilman Canek Aguirre; Barbara D'Agostino

Members Unexcused:

Liaisons Present:

Ian Torrance, Alexandria Police Department; Juanita Balenger, St. Martin's de Porres Senior Center; Pamela Guerra, Senior Center @ Charles Houston; Jan Macidull, Housing Affordability Advisory Committee

Guests Present:

Lois Steele, Housing Committee; JeanAnn Mayhan, Public Health Advisory Committee; Ray Biegun Outreach Committee; Cedar Dvorin, VICAP; Allen Wong, Wade Chilcoat, Patrick Carr; panel speakers on Residential AL Homes; Cassandra Zuniga; Irv Katz, Fairfax; Jose Villarreal; Charlie Sabatino, Arlington COA

Staff Members Present:

Chris Moore, Ashley Johnson, Pam Austin, Division of Aging and Adult Services; Michael Briscoe, Workforce Development Center

Call to Order Meeting called to order at 4:30 pm

Approval of agenda as is.

Approval of Thursday April 9, 2026 Minutes with edits.

Swearing in of new Commissioners will be rescheduled for a future time.

DT took time to recognize and thank Commission members whose terms have expired.

Alexandria City Police Department Liaison Report – Sgt. Ian Torrance

No report. Sgt. Torrance opened the floor and took questions from Commission members.

Special Presentation: A Panel Discussion on the Small Assisted Living Model with **Allen Wong**, (Executive Director and Administrator of Beverly Assisted Living), **Wade Chilcoat** (Administrator and Owner of Tilden Memory Care and Assisted Living) and **Patrick Carr** (Advisor and Partner, Paragon Assisted Living).

The topic for this discussion fits in with our housing in Alexandria focus; and at a high level we're talking about small-scale assisted living residences. DT facilitated the discussion. Panelists shared information on their respective residential assisted living facilities, an overview of their location's key functions, and in general how many units exist at their locations. The City of Alexandria doesn't have small-scale assisted living residences. Reasons shared related to the City's density, including parking issues, access for emergency vehicles, and lack of large lots.

The panelists shared additional details and thoughts on:

- The unique benefits of small-scale residential assisted living options in an urban area.
- What the market says about the demand for these types of options.
- Building codes and zoning challenges and impacts on the opportunities for expansion of the concept.
- Licensing and compliance.
- Limits of the care they are able to provide.
- Their transparent fee structure – they do not add in special fees

The floor was opened to questions from Commission members and guests.

DAAS Updates–Staff

Chris mentioned that Darryl Wesley's position has been posted. He highlighted the vision is for the adult day center to be the hub for caregivers and this is reflected in the position description. They are in the process of hiring a Special Transportation Unit Supervisor.

Other updates included: The Senior Farmer's market will be opening soon and the Senior Cool Care program recently started.

Discussion/Action Items

Age Friendly Plan — As a reminder email DT any actions the committees have taken and he will add to the tracker.

The question was raised if there was further action from AARP related to the plan. Chris and Michael confirmed a letter would go to AARP from the mayor. Chris will take that as an action item for follow up.

Excellence in Aging Awards — Chris expressed his appreciation to Ashley, Pam and Jana for their outstanding support of the event, and to Ana for her leadership. Ana provided an update on the number of nominations and winners. Photos from the event will be uploaded to the website.

Follow-up discussion from April Medicare/3-day rule presentation — Michelle provided an update on the presentation in April. She led a conversation on what we as a Commission can do with the information that was shared. How can the Commission support opportunities to get this information in front of the right stakeholders, e.g., local hospital systems on improving discharge procedures, residents in certain communities? The team that works on this will need to be creative in identifying and engaging with the right channels for information distribution.

Ashley has an idea for a PSA/campaign on what a safe check list would look like, what are your rights, etc. She discussed support that would be available, e.g. No Wrong Door and is happy to facilitate a meeting of the right people to discuss. This could be a collaborative project for the Outreach and Health committees.

This can become an official work group of the Commission.

Discussion about pedestrian safety — Jessica facilitated a discussion on ways the Commission can take on as an issue on which to focus since we do not have an active Transportation Committee. She has offered to take the lead and invited others to join if interested. One idea she has is a study of what other jurisdictions are doing to address the issue.

Michael suggested having a guest speaker in the fall on this topic, plus a presentation on what the City is doing would be beneficial.

Michael will add this issue to the June 1 Executive Committee meeting agenda

Future Speakers —

Our June speakers will be Darryl T. Evans, Director, Consumer Relations Center for Economic Support (CES), and Brandon Hare, Community Services Program, Coordinator II, Department of Community and Human Service/CES Dental Program to speak on what investments the City are already making related to oral health needs of older adults.

Future speakers for consideration include Mike Doyle from Northern Virginia Families for Safe Street and Heather Volkema, Client Success Manager at Trualta, Inc.

One recommendation was a future speaker on Medicaid and federal changes moving forward (e.g. work requirements). Ashley shared that caregiving was approved as a fulfillment of this requirement for SNAP beneficiaries this week. Another recommendation is a speaker on the GUIDE (Guiding an Improved Dementia Experience) model. The GUIDE model is a comprehensive approach to caregiving focused on reducing fragmented caregiving and improving access to care for all dementia individuals. To be eligible for the GUIDE program, individuals must be enrolled in Medicare Parts A and B, and have a confirmed dementia diagnosis.

Election of new COA Officers — The following slate of 2026-2027 officers was presented, motion made and approved unanimously:

- Michael Schuster and DT Oliver, Co-Chairs
- Ana Rivas Beck, Vice Chair
- Kim Koch, Secretary

The swearing in will be scheduled for the June 11th COA meeting.

Committee Updates

Housing Committee - Co-Chairs, Michael Schuster and Lois Steele

Their next meeting is on Monday and will be virtual. The main topic of discussion will be the presentation on the senior housing options + report that was given in the AHAAC meeting last week.

Outreach Committee – Co-Chairs, Marshall Hespe & Barbara D’Agostino

Did not provide an update due to technical issues.

Economic Security and Civic Engagement – Chair, Jessica Lefevre

The committee met on May 7. They did not have a quorum. Michael Briscoe gave an update on the 50 Plus Employment Training Specialist. He has 47 applicants and is working to scheduling interviews. He is working with two agencies, BACO staffing for professionals and the National Vetted Talent Staffing Agency, on potential placement for job applicants that come through the 50-plus training program. They also discussed outreach to the local community to drive demand for hiring.

Health /Dementia Friendly Committee – Chair, Barbara Huelat

They had their meeting today ahead of the COA meeting. They had updates on the following topics: Age-Friendly Plan, Medicaid and SNAP, mental wellness, dementia-friendly programs, caregiving resources, the GUIDE model, and the dental access initiative. Natalie gave an update on the CHIP program. This was Barbara’s last meeting. The COA commended her service and guidance on dementia and caregiving issues throughout her terms.

Liaison Reports – Written Only

Other Business

None

New Business

DT welcomed Coral and Richard as new Commission number and gave them the opportunity to introduce themselves.

Public comments

None

Meeting adjourned at 6:30 p.m.

Next Commission on Aging Meetings:

Executive Committee: June 1, 2026 – 1:30 (VIRTUAL)

Commission on Aging: June 11, 2026 - 4:30 (VIRTUAL)

Northern Virginia Network Meetings

Meeting Schedule / Rotation of Chairmanship	
2025- 2026	
September 16, 2025	Arlington
November 18, 2025	Loudoun
January 20, 2026	Prince William
March 17, 2026	Alexandria
April 21, 2026	Legislative Brainstorming
May 19, 2026	Legislative Platform
July 21, 2026	Fairfax

COMMISSION OFFICERS: Michael Schuster, Co-Chair
DT Oliver – Co-Chair
Ana Rivas Beck, Vice Chair
Kim Koch, Secretary

The business of the Commission on Aging is largely conducted by its committees. ALL COMMISSION AND COMMITTEE MEETINGS ARE OPEN TO THE PUBLIC. Please call the Division of Aging and Adult Services at 703.746.5999 for more information. In addition, the Commission has official liaisons with several other commissions, organizations or activities.

The City of Alexandria complies with the terms of the Americans with Disabilities Act (ADA). An individual with a disability who wishes to request a reasonable accommodation may contact the Division of Aging and Adult Services at 703.746.5999, email DAAS@alexandriava.gov

Visit the Division of Aging and Adult Services website for Commission on Aging agendas and minutes and other aging information: www.Alexandriava.gov/aging

The Alexandria Commission on Aging Racial Social Equity Committee
(as of June 01, 2021)

No one should be denied the opportunity to engage fully in our community.

We encourage people of different cultures, races, nationalities, immigration status, ages, abilities, sexual orientation, gender identities, and religious affiliation in Alexandria to be informed about and have access to the range of services available in the City, and to be engaged in civic life.

We are committed to representing a diverse community that represents the rich heritage of our city. We are committed to ensuring older persons have access: to affordable housing, transportation, health care, broadband, nutrition services and to opportunities for meaningful employment and related training.

Older adults and persons with serious medical conditions often experience various degrees of inequity, particularly in obtaining access to health care. It is essential to support older persons, family caregivers, and direct care workers since these residents face additional biases and hurdles.