

Minutes
Springfield Civic Association Meeting
March 15, 2011
Crestwood Elementary School

OPENING: President Tawny Hammond opened the meeting at 7:32 PM.

Executive Committee Members Present (Board of Directors + Committee Chairs and Two Immediate Past Presidents):

President Tawny Hammond	Hospitality Chair Sandy Frieswyk
1 st Vice President Bruce Waggoner	Newsletter/Database Chair Lee Paulson
2d Vice President Jennifer Moody	Website Chair Loida Gonzalez
Secretary Alice Merrill	Past President Al McAloon
Director at Large (DAL) Gail Nittle	Past President Rick Renninger
Director at Large (DAL) Bonnie Pritchard	

Absent:

Treasurer Bill Gaylord	Neighborhood Watch and Door Prize Chair Maureen Gibson.
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ATTENDANCE. Sign-in sheets 59; headcount 60.

ANNOUNCEMENTS by President Tawny Hammond, except the final one by member Joe Milligan.

- a. **Early St. Patrick's Day refreshments** are thanks to Hospitality Chair Sandy Frieswyk.
- b. **Identity Theft Topic postponed again.** MPO Reid's presentation, postponed when weather caused January meeting cancellation, will be postponed again due to his unavoidable last minute scheduling conflict tonight.
- c. **Yard Signs as reminders of SCA meetings.** We'll be ordering new ones. If you're willing to place one in your yard prior to our meetings, please let Tawny know in person or by email at springfieldcivic@yahoo.com.
- d. **Lake Accotink Park Cleanup Day.** A date in April will be announced soon for you and/or your community groups to help out.(Subsequent website check shows cleanup scheduled for 9AM-12PM, Apr 9th, rain or shine.)
- e. **Need 23 members to update their email addresses.** Of all the members preferring SCA's newsletters and other communications by Constant Contact email, 23 of those addresses are bouncing. If you've not been receiving SCA's communications, please see our Newsletter/ Database Chair Lee Paulson tonight or email springfieldcivic@yahoo.com to clarify your email address.
- f. **Switching from US mail to email delivery of SCA newsletter/other communications.** For members who have access to a computer but are currently receiving SCA communications by mail, please consider switching your preferred method of receipt to email. It helps ensure members of timely receipt of time-sensitive information and saves SCA printing and postage costs. If you're willing to make the switch, see Lee Paulson tonight or email as indicated above to let us know.
- g. **Springfield Days, Thursday-Sunday, June 2-5.** There are lots of fun events being planned for various sites over this four-day community festival weekend. Check the website www.springfielddays.com frequently for uploads of details on this year's festival to pick the events for you, your family and friends to join the celebration of your community. "
- h. **Springfield 15K/5K Run/Walk Race, Saturday, June 4.** The course for this second year of the race will run through downtown Springfield. Much planning is going into making it exciting for participants and spectators alike. Check the website at www.runspringfield.org for details on registering to run or walk, to volunteer to help, or to pick your spot along the course to watch and cheer the runners. All proceeds go to local organizations promoting fitness programs for underserved youth.
- i. **May Meeting Agenda.**
 - (1) **Election of SCA Officers for 2011-2012.** Tawny will be stepping down as President but will remain active in our organization. The Executive Committee has done some pre-work in developing a slate of interested nominees for Board and Committee Chair positions but there are still several with no known volunteers. For members interested in serving in any position, let Secretary Alice Merrill know tonight or email your interest to springfieldcivic@yahoo.com no later than **April 1st**.
 - (2) **"Report from the Hill"** by our elected officials. US Congressman Connolly has accepted; State Senator Barker, State Delegate Watts, and Lee District Supervisor McKay are pending.
- j. Member Joe Milligan, President of Springfield Swim and Racquet Club (SSRC), announced that with the opening of this year's season, the club celebrates its 56th year. He encouraged SCA members to join the SSRC not only to enjoy all it offers but also to help ensure retention of this valuable community asset. Income derived from having the monopoly has been good for SSRC but not enough to address all their needs, hence the importance of increasing membership.

COMMITTEE REPORTS. No reports.

NEW BUSINESS. **Guest Speakers for tonight's topic, long-term care services available in our area.** From knowledge and experience gained as Lee District representative to the Fairfax County Redevelopment and Housing Authority, SCA Past President

Al McAloon recommended tonight's topic and introduced tonight's guest speakers, Cathy Cole and Matt Barkley. They spoke about Fairfax County's resources available to help individuals access the services available for older adults and adults with disabilities and provided a wealth of brochures and publications for take-home by members.

a. Ms. Cole is Director of ElderLink which provides consultation and case management services to elderly persons with multiple needs. The service is provided through a public-private partnership with Fairfax Area Agency on Aging, Inova health system and the Alzheimer's association, National Capital Area.

b. Mr. Barkley is Director of Disability Services Planning and Development, the lead staff support to Fairfax Area Disability Services Board, and Coordinator of the Americans with Disabilities Act for the Fairfax County Department of Family Services.

c. Ms. Cole provided the following information:

(1) For information on the wide spectrum of services available, call 703-324-7948 or 703-222-0880 to connect with an Aging, Disability and Caregiver Information Specialist who can answer questions and guide you toward services in our area, and/or consult the websites below. Some services may have age, income, or resource eligibility limitations, others are free.

www.fairfaxcounty.gov/dfs/OlderAdultServices

www.fairfaxcounty.gov/dfs/dspd (disability services)

www.SeniorNavigator.org

www.fairfaxcounty.gov/dfs (Department of Family Services)

(2) Eldercare Locator is available for information to assist seniors living outside Virginia. Contacts: 1-800-677-1116 and www.eldercare.gov.

(3) Publications are available by calling 703-324-7948 (if none are left for pick up tonight), such as:

Golden Gazette--a monthly newspaper for seniors

Guide to Retirement Living Sourcebook

List of Services for Older Adults in the Fairfax Area

(4) Caregiver Support Program provides caregiver consultations, respite, spring and fall seminars, Caregiver's Corner online, informational materials.

(5) In-Home Services are available to financially eligible residents who need assistance with basic activities of living.

(6) Bathing Program is available for those who have no caregiver who can help.

(7) Respite Program. To relieve a family member caring for a person who cannot be left alone, up to 6 hours a week of in-home care by a Certified Nursing Assistant can be provided on a sliding fee scale for the personal care and supervision of those age 18+ who meet financial guidelines. Up to 6 hours a month of companionship/supervision with no personal care included can be provided by a specially trained volunteer available on a flexible schedule with no fee and no financial guidelines..

(8) Case Management Services provide in-home assessment, care planning, and coordination of services.

(9) ElderLink provides consultation, assessment, and case management services for elderly persons with multiple needs, including help finding a nursing home or assisted living facility, and assistance to long-distance caregivers. There's an affordable flat fee for county residents, a reasonable hourly fee for all others. Call 703-324-5374.

(10) Adult Protective Services investigates reports of abuse, neglect, incapacitation, and/or exploitation of adults 18 years or older who are physically or mentally impaired, or of anyone 60 years or older.

(11) Meals on Wheels Program. Meals prepared in local hospitals, schools and long-term care facilities are delivered by volunteers Monday-Friday (limited weekend service available) on a sliding fee scale for individuals unable to make their own meals.

(12) Backed by a physician's written prescription, liquid nutritional supplement is available for low income individuals who are malnourished or at risk of it or have disease-related special nutritional needs.

(13) Volunteer Solutions Program is available for volunteers to help clients with daily tasks in order to sustain independent living in their own homes, e.g., errands and grocery shopping, transportation to medical appointments, etc.

(14) VICAP (Virginia Insurance Counseling and Assistance Project) helps senior adults understand Medicare, Medi-gap policies, long term care insurance, and medical claim forms. Help line: 703-324-5851.

(15) The Northern Virginia Long-Term Care Ombudsman is available to improve the quality of life and care for those in licensed nursing homes, adult care residences and recipients of adult day care and home care services. Contacts: 703-324-5861 and www.fairfaxcounty.gov/omudsman.

(16) Additional Community Resources: Senior Centers provide activities for active older adults, and the Senior Plus Program provides extra support in senior centers for those with minor cognitive or physical disabilities

(17) Adult Day Health Care Program provides a day activity program on a sliding fee scale at seven local centers from 7AM-5:30PM Monday-Friday for people with cognitive or functional disabilities.

d. Mr. Barkley provided the following information:

(1) Disability Services Planning and Development promotes self-sufficiency and well-being for those with disabilities so that people of all abilities can fully participate in the community. Contacts: 703-324-5421 TTY 703-449-1186 and www.fairfaxcounty.gov/dfs/dspd for information on all services such as learning the rights of the disabled and disability etiquette, advocating for improved access, finding employment, transportation, housing, and more for the disabled, and getting involved with the Fairfax Area Disability Services Board.

(2) Fairfax-Falls Church Community Services Board serves to ensure that those with intellectual disabilities, mental health issues, or substance abuse addictions receive timely, individualized, quality services and support resulting in their acceptance in the community. Contacts: 703-324-7000 and www.fairfaxcounty.gov/csb.

(3) Therapeutic Recreation Services are available to provide opportunities for children and adults with disabilities to participate in recreation and leisure activities through services, education and resources. Contacts: 703-324-5532 and www.fairfaxvounty.gov/rec/TRS.

(4) Office of Emergency Management has a Special Needs Registry available for registration of individuals' medical and social needs in case of emergency, e.g., requires a wheelchair, etc. Contacts: 703-324-9000, TTY 703-324-9001 and www.fairfaxcounty.gov/specialneeds.

(5) Office of Human Rights and Equity Programs promotes justice, equal opportunity diversity and inclusiveness by protecting the civil rights of all in Fairfax County through its Human Rights and Equity Programs Divisions. Contacts: 703-324-2953 and www.fairfaxcounty.gov/ohrep.

(6) Transportation is available through FASTRAN, Seniors-on-the-Go Program, Travel Training, Volunteer Drivers, Senior Express, Metro access and other transportation services. Contacts: 703-324-5421 and www.fairfaxcounty.gov/dsb.

(7) Library Access Services offers home delivery of large print books and talking books plus programs and information.

(8) Other community resources available can be found at www.BrainInjurySvcs.org, NVRC for Deaf and Hard of Hearing Persons at www.nvrc.org, Arc of NOVA at www.thearcofnova.org, ENDependence Center at www.ecnv.org and Legal Services of Northern Virginia at www.lsnv.org and disability related legal resources at www.fairfaxcounty.gov/dsb/legalresources.

(9) State resources available are Medicaid waivers, and services through Department of Rehabilitative Services.

(10) In summary, for information about services for older adults, caregivers, and people with disabilities, call 703-222-0880 or 703-324-7948. To join the 2000+ volunteers who participate in providing services to seniors and adults with disabilities, call 703-324-5406.

CLOSING. President Tawny Hammond:

a. Thanked our guest speakers for their comprehensive briefings on topics of great interest to our members.

b. Made an urgent appeal regarding the **Horses for Heroes program at Frying Pan Farm Park which is scheduled to start April 1st**. The Park has four scholarships available (value approximately \$500) for wounded warrior veterans who would benefit from equestrian therapy. If members know a veteran who would benefit from this program, have military connections for passing this information on, or want more information, please call 703-437-9101 to speak with Teri Tucker as soon as possible.

c. Encouraged members to keep up to date by checking our website and Facebook page.

d. Announced Debbie W. as winner of tonight's door prize, a gift certificate to Springfield Massage Center for Women, one of SCA's valued supporters.

ADJOURNMENT. The President adjourned the meeting at 9 pm. Next meeting May 17th.

Respectfully submitted,

Alice Merrill
Secretary