



**Minutes of Regular Meeting
June 23, 2026
Occoquan Room
1 County Complex Ct,
Woodbridge, VA 22192**

Present: Nancy West, Occoquan District
Eileen Fowler Thrall, Potomac District
Sandra Dawson, Woodbridge District, Chair
Diana Paguaga, Representative At-Large
Irma Mejia-Lewis, City of Manassas
Brenda Carswell, AARP Woodbridge
Barbara Reese, Coles District, Vice Chair
Josh Lee, Acting Director, Prince William Area Agency on Aging
Tracy Solomon, Business Services Analyst, Prince William Area Agency on Aging

Absent: Scot Crockett, Brensville District

Visitors: Gary West, guest of Nancy West
Geovanny, Sandra Dawson's attendant
Lynda Morrison, guest of Diana Paguaga

1. Meeting was called to order: 10:05 a.m., and Pledge of Allegiance

2. Introductions

3. Public Comment Time: Lynda Morrison-Lived in the County my whole life, looking for volunteer opportunities.

4. Presentation: Patti Pakkala, PWC Parks & Rec, Outdoor Fitness for Seniors

- a. PWC parks in a nutshell shared, breaking down master plan using demographic projections.
- b. Park needs assessment facility and amenity priorities, showing what the different area people prioritize.
- c. Senior Playgrounds, also referred to as Adult fitness parks, originated in China, began to appear in US in 2010.
- d. PWC Parks began to install outdoor fitness stations throughout County parks, beginning in 2018, Harbor Drive, and Neabsco Boardwalk. Older fitness stations in need of updating are at: Locust Shade Park and Gergel Hellwig.

- e. Current trends: active outdoor programming; town walks, outdoor yoga class, pickleball and trail walking.
- f. A break down of activities shared throughout County at various Parks.

5. Administrative Items:

- a. May Minutes approved
 - i. Diana Motion to approve
 - ii. Nancy Second
- b. Request to have copies of schedule at all meetings

6. Director's Time: Josh Lee, Acting Director, PWAAA, presented the following updates:
Waitlists reviewed for personal care services, Meals on Wheels, Transportation, and the ADHC

- a. Vacancies were announced: Ed Harrison's retirement 6.26.26 and Sarah Henry's new position as Community-Based Division Manager, along with start date of three Health Aides
- b. Senior Center Without Walls program continues to grow. Locations have been secured through the end of 2026.
 - i. Tuesdays & Thursdays 10:00 – 2:00 at Dumfries United Methodist Church
 - 1. June – August
 - ii. Tuesdays 10:00 – 2:00 Ben Lomond (Pat White Center)
 - 1. September - December
- c. Older Americans Month Celebration; Camp Snyder, May 8, 2026
 - i. Supervisor Angry, Stewart, CXO and multiple DCXO in attendance
- d. Adult Day HealthCare:
 - i. Upgrading Cameras-working with County to update camera, doorbells, and internal surveillance cameras.
- e. Fiscal & Administration:

- i. Town of Dumfries Proclamation, June 2nd
 - ii. DSS Director received on behalf of Aging
- f. Update on DSB space: met with County facilities and Fleet for redesign on current suite 240 space.
- g. Project Mend-A-House
 - i. Gave 30 day notice on intent to terminate grant subcontract
 - ii. Will be putting out 3 quote for residential repair services in coming months
- h. Advertising
 - i. Signed contract with Inside NOVA for print and digital marketing for 10 months, starting July
- i. Who We Are
 - ii. Developing bi-weekly/monthly information snippets to send to BOCS and COS informing about Agency's upcoming events, etc.

7. Chairperson's Time:

- a. None

8. Old Business:

- a. Sandra-Roberta Wilson still not able to attend meetings, suggested getting an alternate.

9. Standing and Informational Committee Reports:

- a. Housing – Diana will attend meeting on June 25, 2026
- b. NVAN – Nancy-Next meeting July 21, 2026, Received email from Chairman in Fairfax wanting info on roles of the COA, looking for goals, member input
- c. AARP – Brenda-August 27th to present @ Methodist Church/brain health
- d. MSC Friends – Barbara
 - Roberta stepping in with Barbara's assistance as Secretary on WSC Friends until elections
 - Garden is in full bloom, getting many strawberries
 - Father's Day event, provided Father's with a nice gift
 - 4/\$500 scholarships given from FRIENDS of MSC
 - Matt, Chamber of Commerce still interested in speaking

10. New Business: Barbara-Request to provide additional information to committee about merging with DSB so vote could be made. Bi-laws from both COA & DSB will be provided by Josh.

11. Commission Member Announcements:

- a. Next meeting speaker-UVA hospital

12. Meeting adjourned: 12:06 p.m.

Approved: Tracy Solomon

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