

# Advisory Council on Aging and Disability Services

*Creating choices for elders and adults with disabilities in Seattle-King County*

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www.adsadvisorycouncil.org

## ANNUAL RETREAT JANUARY 12, 2007

### MEMBERS PRESENT

CITY OF SEATTLE	KING COUNTY	UNITED WAY
<input type="checkbox"/> Vacancy	<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Midge Levy, Secretary
<input type="checkbox"/> Vacancy	<input type="checkbox"/> Vacancy	<input type="checkbox"/> Lorna Stone
<input type="checkbox"/> Vacancy	<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Thelma Pegues, Member-At-Large
<input type="checkbox"/> Vacancy	<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Dr. Jonathan Wanagat
<input type="checkbox"/> Tom Rasmussen	<input checked="" type="checkbox"/> Ann Dennis	<input checked="" type="checkbox"/> Don Moreland, Chair
<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Rose Finnegan	<input type="checkbox"/> Phil Pitruzzello
<input checked="" type="checkbox"/> Houston Brown, V- Chair	<input checked="" type="checkbox"/> Art Mussman	<input checked="" type="checkbox"/> Michael Miller
<input checked="" type="checkbox"/> Dr. Robert Gross	<input checked="" type="checkbox"/> Kate Slaminko	<input type="checkbox"/> Vacancy
<input type="checkbox"/> Candace Inagi	<input type="checkbox"/> Cathy	<input checked="" type="checkbox"/> Amy Astle-Raaen

**Excused Absence** Tom Rasmussen, Candace Inagi, Cathy VonWald, Lorna Stone, Phil Pitruzzello

**Guests** Jean Amos, Ann Ballard, Dr. Sally Fitts, Barbara Hurst, Silversity Madrazo, Diane Snell

**ADS Staff** Pamela Piering, Selina Chow, Rosemary Cunningham, Marcy Kubbs, Karen Winston, Doug Ricker, Andrea Yip, Maria Langlais

**United Way Staff** Linda Woodall

**King County Staff** Linda Wells

### RETREAT NOTES

**Don Moreland, Chair**, welcomed Advisory Council members, guests and ADS staff to the annual retreat. Considerable time was provided for members and guests to share their backgrounds and areas of interests. Backgrounds were diverse and it was evident there was considerable talent among those in attendance.

In association with the Area Agency on Aging for Seattle-King County and sponsored by:



## **State of the Council**

**Don Moreland** gave a brief overview of Council activities, and mentioned there will be two opportunities this year to advocate on behalf of older adults and adults with disabilities. The first is the Senior Advocacy Day on February 14<sup>th</sup> where the focus will be on policy issues. The second will be on March 16<sup>th</sup> where advocacy efforts will focus on the state budget.

## **“What Does the Council Do?”**

**Pamela Piering** explained the Older American’s Act (OAA) authorizes a network of aging organizations throughout the country with the federal Administration on Aging (AoA) at the top. There are in addition ten AoA regional offices, 57 State Units on Aging, and 665 Area Agencies on Aging (AAA) at the local planning and service level. Aging and Disability Services is the AAA for all of King County and is sponsored locally by three organizations - the City of Seattle, King County and United Way of King County.

The OAA also authorizes the establishment of an Advisory Council for each AAA. Our Advisory Council on Aging and Disability (AC) has a mission to identify the needs of older adults and adults with disabilities and advise on services to meet those needs. The AC is also responsible for advocating for local, state and national programs that promote quality of life for these populations.

With 2006 revenues of \$33.4 million, from federal (70%), state (10%) and local (20%) sources, ADS is able to provide a range of community based services to meet our 2004-2007 Area Plan Elder Goals that include:

- Address basic needs
- Improve health and well-being
- Promote civic and social engagement
- Offer services to increase independence

Pam also described the AC and its subcommittees and identified associated Planning Unit staff assignments. They are:

- Advisory Council & Executive Committee – Marcy Kubbs
- Planning & Allocations Committee – Karen Winston
- Outreach & Advocacy Committee / Health Care Task Force – Doug Ricker
- Communications Committee – Maria Langlais

Other Planning Unit assignments include:

- Chronic Care Management – Andrea Yip
- Transportation and Built Environment – Margaret Casey

## **White Elephant**

**Kate Slaminko** hosted the highly popular White Elephant Gift Exchange. Swapping of gifts was swift but it ended with everyone having a very unique gift to take home.

## **“Working Together for Elder Health”**

**Dr. Noel Chrisman**, the guest speaker, is an anthropologist with the University of Washington School of Nursing, Psychosocial & Community Health. He reports that humans have survived because they form social groups and there is evidence from 50,000 years ago of the old and disabled still being maintained as part of a group. The unique thing about human groups is the culture that becomes associated with them.

Since the Industrial Revolution reduced the number of extended families, much of our healthcare has been provided on a one-on-one basis. Our challenge is to change the cultural values about the meaning of providing care to older adults with chronic conditions. We need a “communitarian” approach where there are social networks of support so care is integrated with family and community.

An example of this approach is the Reach 2010 program that focuses on management of diabetes. Key to its effective approach for elders is its combination of community-based services that include:

- Chronic Illness self-management groups
- Education groups
- Support groups

The groups are facilitated by peer educators from ethnic communities, and are organized by community agencies including most recently churches and ethnic clubs. Dr. Chrisman challenged the group to work towards community-based care for elders and those with chronic illnesses and to actively support community institutions.

## **Breakout Groups by Committees**

### Communications Committee

ADS staff members Maria Langlais and Rosemary Cunningham facilitated a discussion with Advisory Council (AC) members Don Moreland, Kate Slaminko, Amy Astle-Raaen. Maria discussed the primary product of the Committee – **Seniors Digest** – the Advisory Council’s e-mail magazine. Committee member responsibilities include:

- Contribute ideas for content - articles, features, themes, profile candidates
- Review draft editions of Senior Digest prior to “go live” date
- Develop and implement marketing plan to increase subscribers and hit counts.

The committee participated in an informal brainstorming session on future content ideas which included the following:

- Gay/Lesbian Elders: Mature Friends, gay-lesbian grandparenting issues
- Community Building: How to build your own community - “Community 101” – how it starts, where to look.
- “Getting Ready to Be Seniors” – emotionally, physically, financially, etc.
- “Lessons Learned” column – similar to Art Mussman’s October, 2006 column or Suzanne Wiley’s caregiver article.

- Financial retirement: How to be prepared, what to do if you aren't prepared.
- Cable TV discount – announcement
- Elder Abuse
- Guardianship

Marketing ideas included:

- Bringing digest flyers and sign-up sheets to all events
- Marsha King – make sure that she is on the subscriber list
- Partnerships – library, museum of flight, ...
- Informal networking through the committee members' connections outside ADS (other committees, boards, organizations, etc.).

Maria will incorporate the above ideas into existing content and marketing planning documents and will email them to the committee.

The Communications Committee is also responsible for overview of the AC website which ADS is in the process of redeveloping on the Washington Area Agencies on Aging (W4A) website. A draft version of the Advisory Council section is posted on the new site and Maria will send out the link for review by the committee.

#### Outreach & Advocacy Committee (O&A) / Health Care Task Force (HCTF)

Staff members, Pam Piering, Doug Ricker and Andrea Yip facilitated the joint meeting. Advisory Council members Ann Dennis, Midge Levy, Michael Miller, Thelma Pegues and Dr. Jonathan Wanagat attended, as did guests Jean Amos, Ann Ballard, Dr. Sally Fitts, Silversity Madrazo and Diane Snell.

Chair, Michael Miller explained that the last year the O&A and HCTF met together and combined forces to accomplish mutual objectives. He explained that issues of concern to the two groups overlap, but emphasized that the O&A does not focus solely on health care. Members agreed that for the time being, the O&A and HCTF committees will continue to meet together.

An overview of the topics worked on last year was provided and current issues of interest were discussed including:

- Washington Area Agencies on Aging (W4A) legislative priorities
- Governor's budget
- State Aging & Disability Services Administration (ADSA) decision packet
- February 14th Senior Advocacy Day - meet with legislators to influence policy
- March 16th event with legislators to influence the state budget.
- Respite and the needs of family caregivers including possibility of new state funding.

The next meeting of the joint O&A / HCTF will at 9:45 on Friday, February 9<sup>th</sup> directly before the next Advisory Council Meeting.

#### Planning and Allocations

Members of the Planning and Allocations Committee (P&A) for 2007 include: City representatives Houston Brown and Bob Gross, King County representatives Art Mussman and Rose Finnegan, and United Way representatives Lorna Stone and Midge Levy. Don Moreland participates as Chair.

ADS staff Selina Chow and Karen Winston provided an overview of the role and function of the P&A Committee. The committee's role in a typical allocations process was described as well as its role this year in the development of the next four-year Area Plan on Aging 2008-2011. Committee meeting dates and times were discussed and questions from members answered.

Retreat attendees completed evaluation forms and the meeting was adjourned at 3:00 pm.

**NEXT REGULAR MEETING**

**Friday, February 9, 2007**

**Noon – 2:00 p.m.**

**6070 Conference Room**

**Seattle Municipal Tower**

**700 – 5<sup>th</sup> Avenue**

**Seattle, WA 98124**

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