

# 2008 Advisory Council Retreat Notes

January 11, 2008  
Talaris Conference Center

## **Members Present:**

### City Of Seattle

- Barbara Hurst
- Dine Snell
- Thelma Pegues
- Dr. Robert Gross

### King County

- Silversity Madrazo
- Kaylene Moon
- Rose Finnegan
- Art Mussman
- Kate Slaminko
- Cathy VonWald

### United Way

- Lorna Stone
- Dr. Jonathan Wanagat
- Don Moreland
- Phil Pitruzzello
- Michael Miller

Staff Present: Pamela Piering, Margaret Casey, Rosemary Cunningham, Maria Langlais, Doug Ricker, Karen Winston

Liaison Present: Linda Woodall, United Way

Guest: Caroline Demmert

## **Notes from Presentations**

### **What Does the Council Do?" Orientation to Advisory Council *Pamela Piering, Director, Aging & Disability Services***

Pamela Piering, ADS Director, gave an overview of the Advisory Council mission and role. She reviewed ADS fund sources and service areas and the role of the Planning & Allocation Committee in recommending allocations by service area. She concluded by giving highlights of the 2008-11 Area Plan, the document that guides ADS new initiatives and is part of the ADS contract with the State for Older Americans Act funds. The presentation will be posted on the Advisory Council website:

[www.adsadvisorycouncil.org](http://www.adsadvisorycouncil.org)

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### **White Elephant Gift Exchange**

Kate Slaminko led a high energy gift exchange that resulted in everyone finding something of value to take home.

### **How Does the Ethical City Treat its Vulnerable Adults?**

*Bill Grace, President, Grace and Associates*

Bill Grace led a very engaging and lively discussion about how ethics and values guides our work in human services and on the Advisory Council. When AC members and staff were asked to identify the values most important to us, the following six values were top priorities for the group:

- Love
- Hope
- Faith
- Justice
- Family
- Integrity

### **Area Plan Breakout Groups**

After lunch, AC members broke into four Area Plan Goal groups to discuss ways for the Advisory Council to advance specific objectives from the Area Plan.

#### **Basic Needs**

Attending:

- Kaylene Moon
- Caroline Demmert
- Michael Miller
- Art Mussman
- Kate Slaminko
- Diane Snell
- Maria Langlais, ADS Staff

#### **Objective for Advisory Council focus**

Objective #8: “Participate in local emergency preparedness planning activities. Define a functional role with Seattle and King County through written agreements and participate in developing planned responses for vulnerable populations.”

Several members were very interested in discussing Senior Housing, however, the emergency preparedness discussion took all the available time.

The group identified several next steps:

- 1) Educate the Council

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- Focus an AC meeting on Emergency Preparedness to include an overview of what ADS is currently doing internally (Case Management) and in the community.
  - The group requested that ADS Staff provide them with information on both local efforts and best practices in other areas.
  - Have ADS staff follow up with King County regarding the results of public meeting in February 2007. Diane Snell attended and the group was eager to hear if anything was produced or developed following the meeting.
- 2) Educate the Public
- Keep Emergency Preparedness a “Hot Topic”.
  - Publicize SNAP (formerly SDART) emergency preparedness information in newsletters and other media, at senior centers and other places seniors congregate.
  - To reach seniors who might not attend senior centers or other formal activities, conduct resident meetings at SHAG buildings and other senior housing sites.
  - Make sure that managers at above facilities are aware and trained.
  - Other outreach and training location ideas: health clinics, schools, community groups, ethnic organizations/associations.
  - Peer to peer training – AC members sharing what they know with others.
  - People should plan on being on their own for 7-10 days.
- 3) Educate first responders on the needs of older adults and people with disabilities.
- Encourage people with special needs to contact 911 and their local fire department before an emergency. Both 911 and the fire department will record the information for use in emergencies (both personal and community wide).
- 4) Explore opportunities to advocate for change.
- An example might be to propose that business and other license renewals should be tied to emergency preparedness – e.g., to get a license renewed, the business must have a plan in place.
  - Have the fire department include this as part of their regular fire and safety inspections.

### Other comments and ideas:

- How can we get more volunteers on the ground during an emergency?
- Need more people/volunteers trained in both triage and search.
- Senior Centers as emergency preparedness sites – example of Diane Snell and the efforts of the Central Area Senior Center.
- Are there HIPAA/Privacy concerns around creating lists of vulnerable adults.
- If the power is out, who can access these lists? If the phones are down, how to contact the vulnerable people on the list? Plans need to assume that power, the internet and all types of phones will be unavailable.
- Conduct a block by block analysis of your neighborhood. Who is going to be in need? Who knows this? Neighbor to neighbor approach.

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- Provide people with signs to place in their window to indicate their status in an emergency. These may not be seen by first responders, however.
- The post office as “on the ground” first responders.
- Emergency response centers (formal and informal) need generators. If the group is well organized, they should be able to get donations from corporations to purchase these.

### Social and Civic Engagement

#### Attending

- Don Moreland
- Doug Ricker, ADS Staff

#### Objective for Advisory Council focus

#9 Promote *Seniors Digest* as an on-line resource for older adults, their families, and caregivers. (December 2011)

We discussed the need to keep older adults involved in the community: for their own health and well being, as well as for society. We discussed the danger of intergenerational strife as boomers retire and are perceived to be a drain on resources... this increases the urgency for effective civic engagement.

It was noted that there will be two groups of "working retirees": those who continue to work because they want to, and those who work because they have to. They will require different outreach and support strategies.

Don talked about the need for more effective advocacy at all levels for the needs of older adults. We discussed the importance of the Legislative Forum in getting our message out.

We discussed Next Chapter, Elderhostel, and similar groups that are targeting older adults looking for new ways of seeing the world and being involved.

We talked about different ways technology might be used to increase civic engagement, and also as an intergeneration bridge-building tool.

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## Healthy Aging

### Attending:

- Thelma Pegues
- Dr. Bob Gross
- Pamela Piering, ADS Director
- Karen Winston, ADS Staff
- Margaret Casey, ADS Staff

### Objective for Advisory Council focus

#8 Study current successes and best practices in senior congregate community meal programs including use of fresh produce, and apply to the 2009 Request for Proposal process. (December 2008)

### Comments re current meal programs:

- Too much food
- Too many rich desserts
- Cut back on starches (corn, potatoes, bread)
- Have food diabetics can enjoy
- Have better balanced meals
- Cooks are volunteers; food warmed on site; sometimes its just sandwiches, not very appealing (SESC)
- CASC serves culturally appropriate food, such as liver & onions
- Should be more cognizant of dental needs of older people – sometimes apples and raw vegetables are too difficult to chew

### What makes the meal programs appealing?

- Enhanced fitness
- Staff are nice and friendly

### Why do you go?

- To volunteer for setting tables for lunch
- To exercise before lunch
- I like the hot meals

### How could the meal program improve?

- Eat lighter, healthier meals
- Leaner, smaller, better for diabetics, more vitamin C
- Keep the exercise program before lunch...this draws more people
- Serve a cultural meal once a week
- Coordinate a program exchange between sites

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## Independence

### Attending:

- Lorna Stone
- Jonathan Wanagut
- Silversity Madrazo
- Rose Finnegan
- Cathy Von Wald
- Phil Pitruzzello
- Rosemary Cunningham, ADS Staff

### Objective for Advisory Council focus

#4 Help 100 caregivers sign up for an on-line personal health record. (December 2009)

### Suggestions:

- Invite Lori Nichols or Marc Pierson to give a presentation re: the Shared Care Plan at AC meeting
- Advisory Council volunteers could test the shared care plan
- AC members could support signing people up at senior centers and other gathering places.
- Include an article about the shared care plan in *Seniors Digest*.
- Have handouts and sign up stations at the Legislative Forum.
- Contact newspapers (Marsha King) to write features on the shared care plan when it becomes available in King County.

#6 Advocate for funding to implement Intensive Chronic Care Management for at least 200 case management clients in King County (December 2011)

### Suggestions:

- Have a presentation re: Intensive Chronic Care Management at an AC meeting.
- Ask the Legislative Forum committee to consider including Medicare and Medicaid policymakers on a panel re: chronic care management.

# 16 Partner with aging and health organizations to launch an educational campaign about personal planning tools and advance directives that help individuals express how they want to be treated if they are seriously ill and unable to speak for themselves.

### Suggestions:

- Have a presentation re: end-of-life options and palliative care at an AC meeting.
- AC volunteers could help develop outreach and educational programs and presenter lists for senior centers and adult day centers.

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### Committee Signups

#### Outreach & Advocacy

Chair: Don Moreland

Kaylene Moon

Thelma Pegues

Barbara Hurst

Phil Pitruzzello

Art Mussman

Caroline Demmert

#### Health Care Task Force

Chair: Diane Snell

Silversity Madrazo

Thelma Pegues

Dr. Jonathan Wanagat

Phil Pitruzzello

Lorna Stone

Dr. Bob Gross

#### Communications

Chair: TBD

Cathy VonWald

Dr. Jonathan Wanagat

Kate Slaminko