

# 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

## MONTHLY MEETING NOVEMBER 14, 2009

### MEMBERS PRESENT

City of Seattle	King County	United Way
<input type="checkbox"/> Vacant	<input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> Vacant
<input checked="" type="checkbox"/> Barbara Hurst, Secretary	<input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Diane Snell	<input type="checkbox"/> Julie Peterson	<input type="checkbox"/> Thelma Pegues
<input type="checkbox"/> Dr. Pierre Loebel	<input checked="" type="checkbox"/> Silversity Madrazo, Member-at-large	<input checked="" type="checkbox"/> Dr. Jonathan Wanagat
<input type="checkbox"/> Tim Burgess, elected official	<input type="checkbox"/> Kaylene Moon	<input checked="" type="checkbox"/> Don Moreland
<input type="checkbox"/> Marie Cook	<input checked="" type="checkbox"/> Rose Finnegan	<input checked="" type="checkbox"/> Phil Pitruzzello
<input type="checkbox"/> Houston Brown,	<input checked="" type="checkbox"/> Art Mussman, V Chair	<input checked="" type="checkbox"/> Michael Miller, AC Chair
<input type="checkbox"/> Dr. Robert Gross	<input checked="" type="checkbox"/> Kate Slaminko	<input checked="" type="checkbox"/> Midge Levy
<input checked="" type="checkbox"/> Jacqueline Deerr-Lord	<input checked="" type="checkbox"/> Cathy VonWald	<input checked="" type="checkbox"/> Amy Astle-Raaen

<b>Excused Absence</b>	Dr. Pierre Loebel, Tim Burgess, Marie Cook, Kaylene Moon, Thelma Pegues, Houston Brown, Dr. Robert Gross
<b>Guests:</b>	Megan Nyce, Rick Hooper and John Forsyth
<b>ADS Staff</b>	Karen Winston, Doug Ricker, Gigi Meinig, Maria Langlais, Hector Sidoine, Rosemary Cunningham, Margaret Casey
<b>United Way Staff</b>	Linda Woodall
<b>King County Staff</b>	Linda Wells
<b>City of Seattle</b>	Pamela Piering,

### MINUTES

**Michael Miller, Chair**, welcomed Advisory Council members and ADS staff to the meeting. He asked those present to introduce themselves.

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



## **Program Update on the Draft Housing Summary Report**

Michael Miller, Advisory Council Chair introduced the three speakers:

### **Megan Nyce**

Megan Nyce is the Plymouth Housing social services program manager who oversees Services at the Langdon and Anne Simons Senior apartments. She has first hand knowledge of the project, the people served, the services offered.

### **Rick Hooper**

Rick directs the Policy and Program Development Section of the City of Seattle Office of Housing. During the previous 25 years he has been involved in improving current housing programs, planning and creating new affordable housing.

### **John Forsyth**

John Forsyth has a Masters degree in Public Administration from the University of Washington and a bachelor's degree from Whitworth College. He is the Administrator of the Community Services Division at the Seattle Housing Authority where he has worked since 1997. The Community Services Division partners with SHA tenants and numerous organizations to enhance a variety of initiatives which support SHA residents. Prior to his career at SHA, John spent over ten years working for faith based non-profits involved with community development and emergency relief in developing countries.

### **Introduction and Welcome to the Langdon and Anne Simons Senior apartments**

Megan Nyce began her presentation by giving the AC background information on the Langdon and Anne Simons Senior Apartment building where they met for their November meeting. The Plymouth Housing Group completed the apartments in January of 2008. The building was designed specifically for homeless seniors to age in place. The 95 apartments are equipped with full kitchens, come fully furnished and feature wheelchair accessible bathrooms. Residents have access to three outdoor decks, and two common rooms, one equipped with a gas fireplace and big-screen television.

The Plymouth Housing Group offers comprehensive support services for residents to transition from the streets to a secure apartment community and to remain stable.

### **Draft Summary Report: “Looking Ahead: The Need for Senior Housing in King County through 2025”**

Pam opened the housing discussion by explaining: “A demographic tidal wave is about to hit King County”. The population of seniors is estimated to double to 480,000 by 2025, becoming 23% of population. A number of resources must be in place before the baby boomer demographics overwhelm the system. Of importance is making appropriate housing available for people to age in place.

Aging and Disability Services in partnership with a number of community groups, and government agencies collaborated to fund the draft housing report. The study includes a number of important findings and recommendations from community partners.

### ***Findings***

Rick Hooper began his presentation commenting on the report findings. He described a number of surprising trends which surfaced in the report. Most importantly, the senior housing need is expected to grow significantly. The current supply of affordable housing for seniors is inadequate. To maintain the current ratio of housing for low-income seniors, King County Housing Authority and Seattle Housing Authority will need to build an additional 2,491 units by 2016, and another 8,426 by 2026. This equals over 600 new units per year through 2026. Other findings include:

1. After 30 years of significant reductions, the number of seniors in poverty has increased since 2000.
2. Nearly 33% of King County senior homeowners and 60% of King County renters pay more than 30% of income for housing.
3. In Seattle, over 4000 senior renters pay more than 50% of their income for housing.
4. Nearly 1000 of the 4037 persons counted in the 2008 King County homeless count were persons age 55 or older.
5. Seniors who rely on Social Security to meet their financial needs pay 80 % of their income to rent an average apartment. Seniors in this situation may face even greater hardship in the future because the cost of basic necessities, such as food and heating, will likely continue to rise.

Surveys show seniors want to stay in their homes as long as possible, but many will not be able to due to the following factors:

1. While seniors live longer - longer life often means more years living with disabilities, complicating the challenge in finding appropriate housing.
2. While baby boomers have higher incomes and educational levels than prior generations of seniors, boomers appear to be less prepared to afford housing in retirement. The shift from lifetime retirement income (pensions and annuities) to lump sum sources puts boomers at risk of outliving their assets and depending entirely on government benefits.
3. Programs such as property tax abatement, minor home repair, weatherization, in-home care, and nutrition programs can help seniors “age in place” but have limited funding.
4. Assisted living arrangements can help meet senior housing and support needs, but are

currently available mostly to affluent seniors. The fragmentation of federal and state health and housing programs, plus the lack of funding have severely limited the number of affordable assisted living options.

### ***Strategies***

John Forsyth focused on strategies and recommendations to help mitigate many of the above findings:

#### **Strategy I: Help King County residents prepare to succeed in retirement.**

1. Support public health initiatives that contribute to healthy aging.
2. To avoid out-living savings, make financial literacy training available to equip individuals to manage their assets before and during retirement.
3. Adopt policies and create incentives to encourage sustainable, universal design features in new construction and remodeling projects. Provide tax relief through property taxes to use sustainable design.
4. Create “senior-friendly neighborhoods” by targeting senior housing and infrastructure investments in the neighborhoods that best support healthy aging.

#### **Strategy II: Develop policies and services which help seniors remain in their homes as they age.**

1. Explore ways to make current homeowner subsidies more effective (e.g., energy assistance programs, senior property tax reductions).
2. Bolster home repair, and weatherization programs, in the context of local sustainability initiatives.
3. Protect and preserve affordable senior rental housing.
4. Preserve mobile home parks when appropriate opportunities arise.
5. Increase the availability and coordination of in-home health, nutritional and social services.

#### **Strategy III: Create a wide range of choices for low-income seniors who must rely on public housing and state-sponsored health & human services.**

1. Build housing communities which offer a continuum of care.
2. Work with community-based providers, state and federal agencies to create assisted living options for current and future residents of public and nonprofit housing.
3. Expand initiatives to provide adequate treatment for persons with chronic disabilities, including mental illness and substance abuse.
4. Provide support for seniors living with relatives or in adult family homes.
5. Employ the assets of ethnic and faith-based communities to create culturally-appropriate senior housing.
6. Press for essential reforms during the coming debate about national health policy.
7. Create new housing and maintain current housing stock. Use local funding strategies which complement federal or State funding.

**Strategy IV: Make strategic investments of local, state and federal public funding to expand the supply of affordable housing for seniors and encourage the creation of new types of supportive housing.**

1. Consider ways to use limited local resources to address a growing problem.
2. Leverage state and federal resources to meet the senior housing challenge.
3. Target or encourage development near amenities needed by seniors to reduce transportation costs

**Strategy V: Provide a framework of regulations and incentives to encourage the development of affordable housing for seniors.**

1. Provide development incentives for senior housing providers.
2. Create cottage housing and permit-ready plans.
3. Encourage the development of detached accessory dwelling units.
4. Provide property tax incentives, waive fees, expedite the permit process for developers willing to build housing for the low income tenants or for families who take care of elders in their own home.

Pam wrapped up the presentation by describing what's next and how the Advisory Council is an important part of a community education strategy. She suggested ADS in collaboration with their partners could develop a professional power point presentation which could be used to educate community organizations, service groups, building associations etc. Pam also suggested posting the power point on the ADS web site with links to the full report, important data, legislative agendas, state and federal policies. The report is not an end but a journey.

## **Questions & Answers**

*Question:* Given the prediction that the King County area will need 600 new units of public housing each year through 2026, approximately how many units are being built or brought on line currently each year?

*Answer:* Approximately 300 new units are brought on line each year. This housing serves the homeless, families and seniors. Please note in 1981 1000 new senior housing units were added during a housing levy. Since then no dedicated senior housing stock has been built.

*Question:* Given that mobile home parks offer a low cost solution to housing, how can mobile home parks be preserved?

*Answer:* KCHA has made it a priority to preserve and protect mobile home parks through the purchase of parks. Seattle, on the other hand, has few parks and has focused instead on developing public housing.

*Question:* Since new building is costly, is there an emphasis on buying older housing and renovating it?

*Answer:* Before the economic down-turn older buildings were a hot commodity for condo conversions. It is expected the next housing levy (November 2009) will focus on the purchase and renovation of older housing stock, a less costly alternative to building

new housing. A Citizen advisory committee will be selected in the near future to craft the measure.

*Question:* Will levy funds be used to acquire properties?

*Answer:* It is anticipated the levy funds will be funneled through non-profits such as Plymouth to buy older housing to renovate. Non profits sometimes have difficulty competing for properties. However, the economic downturn may give non-profits an opportunity to acquire and hold properties unavailable previously.

*Question:* How will the governmental entities know if there is interest in a housing levy?

*Answer:* Agencies take polls of King County residents to test the voters' sentiment. In the past Seattle voters were generous when it came to serving seniors.

## **BUSINESS MEETING**

**MINUTES:** a motion was made to add Thelma Pegues to the list of attendees. Action taken: it was moved, seconded and passed that the September 2008 minutes be approved as amended.

### **COMMITTEE AND TASK FORCE REPORTS**

#### **City Council Report – no report**

#### **Planning and Allocations Committee**

##### ***City of Seattle Budge update***

1. Proposed 2.5% inflationary adjustment for the General Fund.
2. Errors found in the Adult Day Health service area, resulted in approximately a \$3,000 add to this service area.
3. The Mayor's proposed budget cut the Homesharing Program. Senior Services will look for a way to absorb it into other program operations.

##### ***King County budget update***

1. Proposed cuts for the Adult Day Health programs.
2. Proposed cuts for Senior Centers.
3. Proposed Addition to add a "Lifeboat" to allow some programs to continue through the first six months of 2009. On June 30, 2009, funding for these programs will expire, unless King County secures sufficient revenue from the state legislature to sustain them.

##### ***Nutrition RFI Results***

During the summer of 2008, Aging and Disability Services issued a Request for Investment (RFI) to select providers for congregate and home delivered nutrition

services. ADS received eleven proposals for Congregate Meals and four proposals for Home Delivered Meals. Please see the following results.

***Home Delivered Meal Program (\$985,000)***

- All four applicants - three current providers and one new provider - were recommended for funding:
  - “NEW” Chicken Soup Brigade/Lifelong Aids Alliance (CSB/LLAA) will serve Seattle and the North, South and East Urban sub-regions of King County.
  - Senior Services – will continue to produce Meals on Wheels which serves seniors throughout King County.
  - Seattle Chinatown IDPDA –will continue to serve elderly Asian participants in the International District and Central/SE Seattle.
  - El Centro de la Raza will continue to serve Latino elders in South/Southwest Seattle and/or White Center/Burien.

***Congregate Meal Programs***

There were no viable proposals for the county wide congregate meal program or for continuation of the Latino meal program in suburban cities. While both Senior Services and SeaMar submitted proposals that included elements of these services, the proposals were contingent upon partnerships that did not materialize. ADS will fund 8 ethnic meal programs - 7 current providers and one new provider, and will begin a planning process to ensure continued services for county residents and Latino elders.

*1. County-wide Congregate Meal Programs Served through Senior Services umbrella - Senior Services will receive funding to administer the Community Dining programs at the following senior centers:*

- |                              |                              |
|------------------------------|------------------------------|
| ✓ Ballard Senior Center      | ✓ West Seattle Senior Center |
| ✓ Central Area Senior Center | ✓ Renton                     |
| ✓ Northshore Senior Center   | ✓ Kawabe House               |
| ✓ Shoreline Senior Center    | ✓ Kline Galland              |
| ✓ Sno-Valley Senior Center   | ✓ Wallingford SC             |
| ✓ Southeast Senior Center    |                              |

*2. South & East County Congregate meal programs served through Catholic Community Service*

- |                |                 |
|----------------|-----------------|
| ✓ Redmond      | ✓ Auburn        |
| ✓ Bellevue     | ✓ SeaTac        |
| ✓ Kirkland     | ✓ Des Moines    |
| ✓ Issaquah     | ✓ Enumclaw      |
| ✓ South County | ✓ Black Diamond |
| ✓ Pacific      |                 |

*3. Mt Si will contract directly with ADS to provide congregate meals.*

*4. Congregate - Ethnic Meals Programs (\$924,000)*

- Ethnic programs will receive a higher allocation for congregate meals than in previous years. As a result more meals will be served to nutritionally at risk populations (low income, ethnic and Limited English Proficient (LEP) elders) Funding includes one new provider (My Service Mind), a new site for Ethiopian and Eritrean elders in South Seattle (ReWA), and expanded services to Ukrainian/Russian elders.
  - ✓ Asian Counseling and Referral Services (ACRS) will serve Asian elders at six sites in Central and Southeast Seattle.
  - ✓ El Centro de la Raza will serve Latino elders in Southeast Seattle.
  - ✓ “NEW” My Service Mind (MSM) will serve Korean elders in South Urban King County (Federal Way).
  - ✓ Pacific Asian Empowerment Program (PAEP) will serve Lao, Hmong, Filipino and Polynesian elders in South/Southeast Seattle.
  - ✓ Pike Market Senior Center will serve homeless and other low-income elders in downtown Seattle.
  - ✓ “NEW sites” ReWA will serve East African and Ukrainian elders at 4 sites. The three East African sites will serve Oromo, Somali, Ethiopian and Eritrean elders in Southeast Seattle and SeaTac. The Ukrainian site is located in Renton.
  - ✓ Seattle Chinatown IDPDA will serve Chinese and Filipino elders in the International District.
  - ✓ United Indians of All Tribes (UIAT) will serve Native American elders in the ID/Southeast Seattle.

**Farmer’s market**

Over 5000, \$40.00 vouchers were distributed between June and October to low income seniors. The vouchers were well received by seniors and provide fresh fruits and vegetables needed for good nutrition.

**NW Universal Design Council** – No report

**Outreach and Advocacy/Health Care** – Diane Snell reported Peter Greenfield requested the AC support legislation broadening the Office of Public Guardianship’s training authority. This change will allow the office to provide training to individuals who might contract with the Office in the future. There is a growing need for guardians especially in rural areas of Washington. The training program would place new guardians in communities with few if any access to them. Additional guardians are needed for seniors on Medicaid with no family members and few assets. The proposed amendment to RCW 2.72.030(15) is as follows:

*“The office shall identify training needs for guardians it contracts with, and shall make recommendations, after consultation with the advisory committee, to the supreme court, the certified professional guardian board, and the legislature for improvements in guardianship training. The office may offer training to individuals*

*providing services pursuant to this chapter or to individual who, in the judgment of the administrator or the administrator's designee are likely to provide such services in the future."*

There was some discussion as to whether it was premature to support this amendment until the AC had more information about the curriculum. The following motion was made and passed by a majority:

*"The ADS Advisory council supports broadening the Office of Public Guardianship's training authority to allow it to provide training to individuals who might in the future contract with the Office, and requests that Columbia Legal Service advocated for such a change on its behalf before legislative, executive or judicial branch officials."*

### **State Council on Aging**

1. Don gave an update from the SCOA whose recent focus was to establish Aging Readiness forums throughout the State of Washington. Don had the opportunity to attend the first forum in Spokane which was attended by 200 people. Don reported the facility, a new casino, was the perfect venue for a forum. It offered great food, good space, high tech equipment which made options for electronic voting work well.
2. Don gave the AC information on a video created by Stanford University about options for reducing the cost of chronic health issues through intensive case management and self management skills. In the future it will become extremely important for medical schools to provide training, and the medical community to provide incentives for doctors to have training in geriatrics.
3. SCOA sent a letter in support of Senate bill 6583 which proposes an increase in Medicaid eligibility from 74% SMI to 80% SMI.
4. Pam received an award on behalf of the MOSC employment resource center and the important work they do in placing people in jobs

### **Communications Committee**

Maria Langlais reported that she met with Dennis Kenny from Care Source. Dennis gave her a number of creative ideas related to Seniors Digest and a way to make a seamless connection with the AAA web. Maria will email committee members with more details.

### **Directors Report**

1. It is expected US Senator Grassley (R-IA) will introduce a bi-partisan economic stimulus package. A portion of the bill will include funding to serve seniors at home before they end up on Medicaid.

2. State Legislator Dawn Morrell will sponsor an “Aging Readiness Bill”. Part of the bill will include funds for fall prevention and family caregivers.
3. The cuts from the State look dire. We may see a 20% cut in State funding. However, due to the efforts of SEIU there is the potential for new jobs with better pay in the home care industry.
4. Finally a resolution is being proposed (with no funds attached) which speaks to the upcoming age wave by encouraging universal design and other important aging readiness factors.
5. Pam briefly commented on the Nutrition RFP by explaining there are a variety of approaches used by congregate meal providers.

### **Nominations Committee**

The committee presented their slate of officers which will be voted upon at the December meeting.

Chair: Cathy VonWald

Vice Chair: Phil Pitruzzello

Secretary: Silversity Madrazo

At large: Michael Miller

### **2009 Nominations Committee Election**

Michael distributed ballots for AC members to vote for next year’s nominating committee. Don suggested AC members consider people who most likely will not run for office in 2010.

### **Retreat Committee**

Barbara Hurst reported the AC Retreat will be held on January 9 from 8:45 to 3:30 at the NW African American Museum located at the old Coleman School, 2300 S. Massachusetts Ave.

This year the committee’s retreat focus will be on making personal connections between AC Members and receiving inspiration. AC members will be asked to give a brief self introduction. Several questions will be used to guide introductions. For fun Kate will lead the white elephant exchange and we will be able to tour the museum.

Don hopes to schedule Jim McDermott as a keynote speaker. If Jim is unavailable he has some ideas on a back-up. Pam will present an orientation with some emphasis this year on Aging Readiness and the role and function of AC committees. Her presentation will segue into the afternoon session where AC members will break into committees of their choice.

### **2008 Strategic Planning Project on Refugee and Elder Services**

Silversity Madrazo participated as a member of the Washington Refugee Elder Strategic Planning Project Advisory Committee. According to Silversity, \$100,000 is available

over a five year period to improve the lives of refugees by connecting them to mainstream aging services. The plan identified a number of barriers refugees face when attempting to use mainstream services. The funding will provide tools for refugees through education with an emphasis on language. Services critical to the well-being of refugees were identified and include: literacy, interpretation, transportation, citizenship preparation, basic needs, health legal assistance.

### **Announcements**

1. The Seattle Chapter of the American Institute of Architects (AIA) conference: *Pig in the Python: Design for Aging* is being held December 3, 2008 at the Puget Sound Energy Auditorium in Bellevue. Pam will moderate a panel on Aging in Place.
2. The DDD legislative forum will be held at the Double Tree at South Center on Nov 24.
3. Michael expressed his sympathy on behalf of all the AC members to Pam for the recent loss of her mother

### **Adjourned**

The Advisory Council was adjourned at 2:00 PM

## **NEXT REGULAR MEETING: Holiday Party**

**Friday, December 12, 2008**

**Noon – 2:00 p.m.**

**4060 Conference Room, Seattle Municipal Tower, 700 Fifth Ave  
Seattle, WA 98124**



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