

Advisory Council on Aging and Disability Services

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

Mailing Address: PO Box 34215, Seattle, WA 98124-4215

Office Address: Seattle Municipal Tower, 700 5th Ave, 51st Floor

Tel: 206-684-0660 TTY: 206-684-0274 FAX: 206-684-0689

www.adsadvisorycouncil.org

MONTHLY MEETING MARCH 13, 2009

MEMBERS PRESENT

City of Seattle	King County	United Way
<input type="checkbox"/> Vacant	<input type="checkbox"/> Vacant	<input type="checkbox"/> Vacant
<input 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 checked="" type="checkbox"/> Thelma Pegues
<input checked="" type="checkbox"/> Dr. Pierre Loebel	<input checked="" type="checkbox"/> Silversity Madrazo, Member-at-large	<input checked="" type="checkbox"/> Timmie Faghin
<input type="checkbox"/> Tim Burgess, elected official	<input checked="" 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 checked="" type="checkbox"/> Houston Brown,	<input checked="" type="checkbox"/> Art Mussman, V Chair	<input type="checkbox"/> Michael Miller
<input checked="" 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, AC Chair	<input checked="" type="checkbox"/> Amy Astle-Raaen

Excused Absence	Tim Burgess, Michael Miller, Barbara Hurst
Guests:	Debbie Anderson (speaker), George Dicks (Chair, MCAAE), Marsha King, Katty Chow
ADS Staff	Karen Winston, Doug Ricker, Gigi Meinig, Maria Langlais, Hector Sidoine, Rosemary Cunningham
United Way Staff	Linda Woodall
King County Staff	Linda Wells
City of Seattle	Pamela Piering

Welcome and introductions:

Cathy VonWald, Chair, welcomed Advisory Council members and ADS staff to the meeting. She asked those present to introduce themselves.

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

Co-sponsored by:



City of Seattle



United Way of King County



King County



Business Meeting

Minutes

It was moved and seconded to approve the minutes as written.

Planning and Allocations Committee

Information & Assistance – I&A is the entry point for a number of services and provides information and access to health and long-term care services for people 60 years of age. I&A staff screen clients for program eligibility, make referrals to appropriate services, and assist clients to obtain a service or accomplish a task, track client progress, follow-up to see if services were received and were effective.

Special I&A Programs target services to specific populations who may not otherwise be able to access services because of language, culture or location. There are five Special I&A programs currently serving Chinese, Southeast Asian, Pacific Islander, Russian, East European, Latino, East African and downtown homeless populations. In 2005 an RFP process was completed.

Disability Access - ADS contracted for a total of **\$133,804** in the Disability Access service area. As of January 1, 2009 ADS contracted with the following agencies:

- Deaf Blind Service Center (DBSC) Contract - The DBSC provides case management/advocacy and team support services for deaf or visually-impaired and deaf-blind adults residing in Seattle. By accessing services, clients are able to overcome significant life barriers and maintain independence in their community.
- Hearing Speech and Deafness Center (HSDC) - The HSDC works to improve access to information and services for people who are deaf, deaf-blind, and/or hard of hearing, thereby empowering them to increase their independence. Services include advocacy and interpreting for the deaf. **Advocacy** staff help clients identify their problem/concern and provide information and interventions to meet the challenge(s). **Interpreting** services include sign language interpreting and oral interpreting/captioning for people who are deaf or hard of hearing. Interpreting services help remove barriers to employment, benefits and entitlements, housing, transportation, legal matters, financial management, health care, family relations, crises situations, education, and tax information. The HSDC website can be found at: <http://www.seattledbdc.org/visualweb/services/sspvis.html>
- **Crisis Clinic (CC)** - The Crisis Clinic is the umbrella organization for the Disability Information and Referral Program, a component of the 211 Community Information Line. The 211 system provides community information and referrals for people with disabilities. In 2008 approximately 13,000 (contracted number) callers with disabilities were provided with information on appropriate services and 9,608 actual callers indicated they received new information.

Outreach and Advocacy Committee

- Margaret Casey met with the Outreach and Advocacy Committee. She was asked by W4A and the City of Seattle to assist with lobbying for seniors and people with disabilities during this difficult economic year. Margaret gave an update on recent

developments from Olympia regarding the budget and other legislation. The State budget deficit will reach \$9 billion.

- A number of town hall meetings will occur this weekend many of them on Saturday, March 14. Don Moreland suggested AC members arrive early to sign-up for an appointment to speak and remind legislators that short term cuts will have a negative affect on long term costs.
- A second lobby day is scheduled for March 25th. Don encouraged AC members to attend. A van will leave Seattle at 6th and Cherry at 7:15 AM.

Universal Design

Art Mussman reported the University of Washington Institute on Aging <http://depts.washington.edu/geron/index.php> will sponsor a forum on *Technology and Design for Healthy Aging: What You Can Do NOW* on May 28, 2009 at the Double Tree SeaTac. The focus will be on the practical and ethical implementation of technology in long term care. The primary goal of this forum is to introduce professionals in the fields of gerontology, long-term care, architecture, and computer science to advances in the field of technology and design that can be applied to the residential settings targeted to older adults. Topics include: Age-Friendly Communities, Lifelong Design, Flex Homes and much more. The cost is \$109. For more information follow the link: <http://depts.washington.edu/geron/2009/objectives2009.pdf>

Supportive Technology and Design for Healthy Aging will be held on June 25-26, 2008, in Skamania Lodge, Stevenson, WA. The primary goal of this conference is to introduce professionals in gerontology, health care, long-term care, architecture and design to some of the exciting new developments in technology and design. These innovations enhance elders' control over their living environments and improve their quality of life, whether they live independently in the community or with some assistance in a long-term care facility. Through this conference, professionals will gain a better understanding of the design and technology needs of our aging society. For more information follow the link: http://depts.washington.edu/geron/save_the_date_lrg.php

State Council on Aging

Cathy Von Wald and Don Moreland reported on the recent State Council on Aging meeting. Cathy is chair the committee which recently finalized the SCOA mission: "To educate and advocate on social, health, and economic services and potentialities of older adults for current and future generations. The mission should be posted on the web in the near future."

The SCOA priorities for the coming year include:

- Focus on the State budget
- Use a broad vision when advocating for senior programs
- Influence policy level decisions to assure the State of Washington continues to maintain its record as a leader in aging issues
- Support Area Agencies to create aging in place forums

Director's report

1. Pam acknowledged two people:

Murray Meld a three term Advisory Council member who is now working on neighborhood issues.

Timmie Faghin a former Advisory Council member, who went on to work with Parks and is back as an Advisory Council Member.

2. City of Seattle will tighten its budget for 2009. It does not appear services will be cut.
3. According to Linda Wells, the worst case budget scenario in King County could eliminate most human services programs by 2011. As of June 2009, lifeboat funds will expire.
4. The 2009 Federal Omnibus Budget passed recently, with slight increases (3-5%) for general social services, congregate and home delivered meals. The Senior Community Service Employment Program received a 9% gain. The new federal Economic Stimulus package will bring one-time funding for Medicaid match, as well as one-time funding for additional congregate and home delivered meals, and additional senior employment positions.
5. The Housing Study developed through a collaboration of five agencies was finalized and outlines a fifteen year plan for King County. The Advisory Council was the first audience to receive an overview of the plan. The plan is located on the ADS Website at: <http://www.agingkingcounty.org/housing.htm>
6. Pam gave the Advisory Council a quick overview of a potential partnership with the Veterans Administration. The VA is interested in collaborating with Area Agencies on Aging to piggy back on the AAA expertise in community based services, contracting and hiring workers.
7. *The University of Washington Health Promotion Research Center (HPRC)* <http://depts.washington.edu/hprc/> leads the US in health promotion research funded by the CDC. HPRC's mission is to partner with communities to conduct prevention research that promotes healthy aging. The organization identifies healthcare solutions for vulnerable populations and form partnerships with health departments, academic units, healthcare organizations and community groups. According to Pam Piering there is interest in appointing an Advisory Council member to the HPRC Community Advisory Board.
8. ADS continues to make inroads into the business community as part of the SCOA aging readiness goal. ADS and W4A joined the Greater Seattle Chamber of Commerce and recently began to make connections with the Rotary Club. Rotaries are service organizations encompassing members of the business community. There are a number of Rotaries in the Puget sound area that fund special service organization projects.

Announcements:

1. Linda Woodall introduced Katty Chow as a possible candidate for the Advisory Council.

2. The Bellevue Network on Aging presents Attorney General Rob McKenna who will give information on *Safety for Older Adults* on Friday March 20, 2009 8:30 AM, Bellevue City Hall. Please call Cathy VonWald to make reservations.

Program: The Village Movement Comes to NE Seattle

Speaker Debbie Anderson described a national movement to create virtual villages. The village concept began at Beacon Hill in Boston and has increased to 36 sites across the nation. It offers an alternative for seniors to remain in their own home rather than moving to retirement or assisted living communities. It enables residents to stay in their neighborhoods as they age by organizing and delivering programs and services that provide an opportunity to lead safe, healthy productive lives in their own homes.

Most villages are organized in a particular geographic area. They are organic in nature and are generally created and sustained by the residents themselves. Membership fees and donations support many activities, and cover the cost of a small staff to coordinate volunteers, answer phones, update the web site, and create a list of vetted providers available to residents who pay out of pocket for those services. There are numerous volunteer activities for active residents and groups such as:

- Private rides to doctors, friends, or family
- Deliver meals
- At home visits
- Walk and help with exercise
- Reading to blind members
- Run errands
- Accompany members to social activities
- Help when people return from the hospital
- Shop for groceries
- Group leader or teaching a skill or presenting information
- Administrative tasks

Development may take at least one and a half years. Debbie described pressing items which need completion for NEST (North East Seattle Together):

- Fund raising to bring in start-up capital
- Web maintenance
- Complete the article of incorporation
- Develop the by-laws and incorporate as a non-profit
- Develop a budget
- Find a fiscal sponsor
- Pay for supplies including paper, copying etc.

The good news is a sponsor is willing to donate scholarships for low income members. Debbie described the top three things neighborhood residents can do to help right away

1. Fundraising
2. Procure materials
3. Volunteer to help with start-up by hosting neighborhood gatherings, and building relationships and helping the movement grow.

The audience suggested a number of ideas:

- Market to adult children of seniors

- Market as insurance for the future whether chronic illness or an accident reduces a resident's ability to handle activities of daily living.
- Approach a senior center or church organization to help with the start-up

Finally, people in the audience reminisced about the villages they lived in years ago when neighbors supported and helped one another.

In conclusion, this is an opportunity for the community to grow a vision into reality by working together. Please call or email Debbie Anderson if you are willing to volunteer or if you have questions at 206-527-0241 or anderson.deborah8@gmail.com . For information on Boston's Beacon Hill Village model check out the web site www.beaconhillvillage.org.

NEXT REGULAR MEETING

Friday, April 10, 2009

Noon – 2:00 PM

4060 Conference Room, Seattle Municipal Tower, 700 Fifth Ave

Seattle, WA 98124

www.adsadvisorycouncil.org

