

# 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

**AUGUST 14, 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"/> Vacant	<input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> Katty Chow
<input checked="" type="checkbox"/> Diane Snell	<input type="checkbox"/> Julie Peterson	<input checked="" type="checkbox"/> Lorna Stone
<input type="checkbox"/> Dr. Pierre Loebel	<input type="checkbox"/> Silversity Madrazo, Secretary	<input type="checkbox"/> Timmie Faghin
<input type="checkbox"/> Tim Burgess, elected official	<input type="checkbox"/> Kaylene Moon	<input checked="" type="checkbox"/> Thelma Pegues
<input checked="" type="checkbox"/> Barbara Hurst	<input checked="" type="checkbox"/> Rose Finnegan	<input checked="" type="checkbox"/> Don Moreland
<input type="checkbox"/> Houston Brown,	<input checked="" type="checkbox"/> Art Mussman	<input checked="" type="checkbox"/> Michael Miller, Member at Large
<input type="checkbox"/> Dr. Robert Gross	<input type="checkbox"/> Kate Slaminko	<input checked="" type="checkbox"/> Midge Levy
<input checked="" type="checkbox"/> Jacqueline Deerr-Lord	<input type="checkbox"/> Cathy VonWald, AC Chair	<input checked="" type="checkbox"/> Amy Astle-Raen

<b>Excused Absence</b>	Tim Burgess, Julie Peterson, Phil Pitruzzello, Houston Brown, Timmie Faghin, Cathy VonWald, Dr. Robert Gross, Dr. Pierre Loebel, Kaylene Moon, Silversity Madrazo
<b>Guests:</b>	Mike Vowels (speaker), Emory Baldwin (speaker), George Dicks Chair MCAA, Marsha King, Duong Nguyen, Berta Seltzer, Paul LeCompte, Richard George, Amber Wade, Jess Chow
<b>ADS Staff</b>	Karen Winston, Doug Ricker, Gigi Meinig, Maria Langlais, Tamsen Spengler, Joan Ebenal, Margaret Casey
<b>United Way Staff</b>	Linda Woodall
<b>King County Staff</b>	Linda Wells
<b>City of Seattle</b>	Pamela Piering

### Welcome and introductions:

**Michael Miller, Advisory Council At Large and Former 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:

Co-sponsored by:



**Program**  
**Design for Life & Remodel for the Future**  
**Sustainable homes that contribute to the environment and are timeless in use**

**Mike Vowels** served on the Barrier Free Technical Advisory Group for Washington State Building Codes in 1994. Mike and his wife Karen founded the residential remodeling company Stewardship Remodeling in 2003, branded as being the Northwest sustainability leader for joining together Universal Design and Green Remodeling Practices, with credentials that include recent awards won for both Green Remodeling and Universal Design.

In affiliation with the National Association of Home Builders, Mike currently serves on the CAPS Board of Governors Committee and routinely lectures and writes articles published in local newspapers on the subject of Universal Design and Green Living practices.

As a forward-thinker, Mike Vowels preaches, lives and demonstrates the importance of Designing for Life & Remodeling for the Future, creating sustainable homes that contribute to our environment and are timeless in their use.

**Emory Baldwin** is a founding principal of ZAI inc., an architectural firm that specializes in socially sustainable design. In 1997, Emory coined the concept of "*Housing in Response to the Human Life Cycle*" which allows homes to be dynamic, flexible, and able to fulfill a multitude of purposes. Through ZAI, he designs dwellings that respond to the various physiological, social, and economic changes people experience over the course of their lives. Such homes accommodate today's increasingly diverse household compositions and function well for people of all ages and abilities. These homes enable their residents to retain their independence as they grow older and 'age-in-place' on their own terms.

His firm is the recipient of the First Place Award in the 2007 Portland Courtyard Housing Competition and the National AIA 2009 Small Projects Honor Award in the category of Accessible Housing.

**Presentation**

Margaret Casey introduced the speakers and described them as being ahead of their time.

Mike Vowels, a contractor with an expertise in green and universal design gave a number of examples of attractive homes with curbside appeal including the one he built for his family. He explained the challenge of marketing universal design is the common belief that universal design is institutional or unattractive.

His home was an example of unique universal and green design techniques incorporated into to a log home built after an accident left him in a wheelchair. Mike showed pictures of a functionally designed kitchen built for a wheelchair user and 4-year old son. The kitchen incorporated appropriate counter heights, pullout counter tops, easy to navigate pantry, with a microwave placed on a lower level. The bathroom was beautifully crafted and easy for a wheel chair to navigate. A curb-less European shower served a dual purpose as an accessible shower and a dog-washing station. Door handles were placed strategically so a wheelchair user or family member with full arms could close easily.

Other features included rain barrels, gray water gardens, wheelchair friendly pavers, shredded truck tires used as a pervious parking surface, vegetated roof outbuildings, solar heated water storage, and use of reclaimed materials such as site harvested flooring. Mike designed a deck using attractive benches instead of railings. He stressed the use of high quality design principals to create practical useable space which can be sold to any population. At first glance the universal design elements are not seen; instead people see a well designed space.

Mike Vowels may be contacted at <http://universalandgreen.com/>

Emory Baldwin, an architect with ZAI whose favorite quote is “*design and build for life – build it right the first time*”. Emory gave the Advisory Council examples of a “*home that responds to the human life cycle*” using universal and green design principles. His three story home on a narrow Seattle lot is the urban response to the rambler combining multiple accessible levels, wide doors, level thresholds, European curb-less showers, framing for an elevator with the current spaced used for stacking closets, and a reading nook for the children. In the kitchen, Emory chose an induction cook top which is specially made using a magnetic field while cooking so the food cooks but the surface stays cool. The house also incorporates space for a daylight apartment on the lower level which enables dwellers to age in place and respond to a variety of household compositions and life stages. Every level has a private curb-less entrance easy for wheeled vehicles. Floors are made of smooth surfaces with no rugs to trip over. The home is designed to make use of open space, windows and bright colors to enhance the feel of sunshine on dark days.

The aging of the baby boomers has already changed the demographics of society and most want to age in their own homes and communities. The challenge is for people to see good design as universal design. By designing a home with the future in mind it is possible to:

- Easily modify the layout when the need arises
- Reduce remodeling costs and waste
- Increase a home’s marketability
- Reduce one’s need to move
- Enable elders to age in place
- Contribute to more stable and sustainable communities

*Universal design is the design of products and environments usable by all people to the greatest extent possible, without the need for adaptation or specialized design.* Ron Mace 1991

Emory Baldwin may be contacted at <http://www.zai-inc.us/index.html>

The Presentation may be viewed at  
[http://www.agingkingcounty.org/design\\_for\\_everyone.htm](http://www.agingkingcounty.org/design_for_everyone.htm)

## **Business Meeting**

### **Minutes**

It was moved, seconded and passed to approve the minutes from the July 2009 meeting.

### **City Council Report**

Pamela Piering reported that the City Council sent a letter to Greg Nickels about the City Council's budget priorities for the 2009-2010 budget process. While the City Council recognized the need for further budget reductions, the Council identified budget items to include or protect. These include a number of public safety, human service programs and continued support for senior programs at the anticipated 2010 budget level.

### **Sponsors**

Pamela Piering reported that the Sponsors reviewed and approved the Area Plan update and the Planning and Allocations Committee recommendations to be released for public comment. The Sponsors also received information on the Labor Harmony Agreement required by the City of Seattle for home care agency subcontractors.

The next Sponsors meeting will focus on the Howard Hanson Dam in south King County. During the winter months there is a strong possibility a higher than normal amount of water could be released and cause flooding to homes and businesses. ADS is working with the Health Department to identify vulnerable adults and to plan for flooding.

### **Planning and Allocations Committee**

Nothing to report until after today's hearing.

### **Outreach and Advocacy Committee**

Don Moreland gave an overview of the Outreach and Advocacy Meeting.

1. The Outreach and Advocacy Committee recommended the Advisory Council draft a letter with facts related to health care reform to educate the public and mitigate some of the misinformation seen recently. The letter will outline important elements of good health care reform. Don suggested the Advisory Council send the letter to media, legislators, organizations and agencies with access to the general public. A motion was made, seconded and passed to draft a letter outlining the health care reform facts and important factors seniors should be aware of related to health care reform. Marsha King volunteered to help draft the letter.

Lorna Stone said the Kaiser Family Foundation website has excellent information on health care reform <http://www.kff.org/>.

2. The City of Seattle will draft an ordinance to allow a small number of "Cottage Housing" or accessory dwelling units to be built throughout the city. The Outreach and Advocacy Committee recommended support for this ordinance which provides additional units of affordable housing for seniors. Don proposed a motion to support the accessory dwelling unit ordinance. The motion was seconded and passed by the Advisory Council.

### **NW Universal Design Council**

Art Mussman reported on the July Universal Design Council Meeting.

1. Wolf Saar of Weber Thompson is now affiliated with the School of Architecture and construction Management at Washington State University. The school will pursue opportunities for research related bathroom design for adult family homes, aging in place designs for assisted living, and universal design educational topics for contractors.
2. The annual Housing Washington Conference will be held on September 28-30 in Spokane. <http://www.wshfc.org/conf/>
3. Maria Langlais and Jess Chow gave an update on the Universal Design Website. They showed the opening web page design and the general flow. They are working with Illuminage who is creating and hosting the website.
4. Andrea Petzel, City of Seattle Department of Planning and Development presented the Mayor's proposed legislation allowing homeowners the option to build backyard cottages.
5. Scott Starr presented a variety of useful information on various LEED rating scales

#### **State Council on Aging**

No meeting

#### **Communications Committee**

No report

#### **MCAAE forum at Central Area Senior Center**

George Dicks, Chair of the Mayor's Council for African American Elders, reported on the Forum sponsored by the MCAAE. It will be an opportunity for people to meet elected officials at a Healthy Aging Southern Style breakfast. Everyone is invited to the event hosted at the Central Area Senior Center on Saturday, August 8, at 9 AM. People are asked to bring food donations for seniors frequenting food banks.

#### **Director's Report**

1. Pam commented on the status of recent judicial rulings related to service cuts:
  - The across the board cut for in-home service hours by 4% is being challenged on behalf of service recipients 20 years of age and younger.  
*Status:* Nothing resolved yet for recipients 20 years of age and under.
  - The relative provider switch from agency to individual provider was challenged based on compliance with federal statutes.  
*Status:* The Judge did not hold up the plaintiff's request.
  - The Adult Day Health (ADH) funding reduction is being challenged by recipients in Adult Family Homes (AFHs) who are still eligible to receive skilled OT and PT.  
*Status:* Negotiations continue between the DSHS and each AFH recipient on how to

best meet recipient's needs. DSHS must review every case to assure their skilled needs are met before they are cut from ADH services.

- Nursing Home rate reduction.  
*Status:* May not be resolved for a while.

2. An eastside forum on housing held the evening of July 16<sup>th</sup> at the Crossroads Community Center included representatives from 11 cities. The forum included presentations on the Quiet Crisis Housing report, the ARCH housing foundation, and by Steve Norman the director of the King County Housing Authority. The participants broke into 3 groups to discuss services and resources, policy, and the built environment. The discussions resulted in a number of recommendations for housing related options such as:
  - Adding an Eastside "425" prefix to I&A and integrate a regional search function.
  - Creating senior councils on the eastside similar to those in Bellevue and Kirkland.

Representatives from the City of Seattle Office of Housing would also like to sponsor a similar event for Seattle residents.

3. The CDC from Atlanta led focus groups in the Puget Sound area on end of life issues. The CDC views end of life planning as a public health issue and suggested end of life education and planning should happen in a variety of settings including the physician's office, churches, senior centers etc.
4. The Quiet Crises housing report collaborators began a joint grant application process to develop an enhanced fitness and wellness program located in several housing authority buildings. The grant is due in August.

**Announcements:**

1. The September 11<sup>th</sup> Advisory Council meeting will be held at Sound Transit, 401 S Jackson St. The Advisory Council will begin with a business meeting in the Board Room followed by a round trip ride on light rail. Michael suggested council members take the bus. He stressed drivers should use the entrance near Jackson and King Street so they won't have to walk many blocks. Remember to bring your bus pass or regional fare permit. Michael will provide tickets for those who don't have a pass.

2. Three events are scheduled for October:

- October 9 – Joint meeting King and Snohomish Advisory Councils - Bellevue City Hall
- October 29 Statewide Advisory Council meeting
- October 30 Senior Lobby Conference

**Next Meeting:**

**September 11** – Sound Transit – Riding the Light Rail.

**NEXT REGULAR MEETING:**  
**Friday, September 11, 2009**  
**Noon – 2:00 PM**  
**Sound Transit, 401 S Jackson St.**  
**Phone 206-398-5000, 1-800-201-4900**



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