

# Advisory Council on Aging and Disability Services

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

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## MONTHLY MEETING MARCH 12, 2010 MEMBERS PRESENT

City of Seattle	King County	United Way
<input checked="" type="checkbox"/> Diane Snell, O&A Chair	<input checked="" type="checkbox"/> Art Mussman, P&A Chair	<input checked="" type="checkbox"/> Amy Astle-Raaen
<input checked="" type="checkbox"/> Jacqueline Deerr-Lord	<input checked="" type="checkbox"/> Cathy Von Wald	<input checked="" type="checkbox"/> Michael Miller, v Chair
<input checked="" type="checkbox"/> Duong Nguyen	<input checked="" type="checkbox"/> Kaylene Moon, At large	<input checked="" type="checkbox"/> Lorna Stone, Secretary
<input type="checkbox"/> Nick Licata, elected official	<input type="checkbox"/> Silversity Madrazo	<input type="checkbox"/> Timmie Faghin, Chair
<input checked="" type="checkbox"/> Bev Clark	<input checked="" type="checkbox"/> Marsha King, Communication Ch	<input checked="" type="checkbox"/> Katty Chow
<input type="checkbox"/>	<input checked="" type="checkbox"/> Dave Rogers, Proposed	<input checked="" type="checkbox"/> Dr. Elizabeth Phelan
<input type="checkbox"/>	<input checked="" type="checkbox"/> Ava Frisinger, proposed, elected	<input checked="" type="checkbox"/> George Dicks
<input type="checkbox"/>	<input checked="" type="checkbox"/> Berta Seltzer, Proposed	<input checked="" type="checkbox"/> Lillian Tang
<input type="checkbox"/>	<input checked="" type="checkbox"/> Kris Fredrickson, Proposed	<input checked="" type="checkbox"/> Tom Minty, proposed

<b>Excused Absence</b>	Nick Licata, Silversity Madrazo, Timmie Faghin
<b>Guests:</b>	Richard George, Mike Shriber, Hye Kyong Jeong (ARC), Claire Brannan (Mobile-Classes), Sheryl Harmon (Skyline), Gwendolyn Coates (MCAAE)
<b>ADS Staff</b>	Karen Winston, Gigi Meinig, Maria Langlais, Rosemary Cunningham, Doug Ricker, 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, Vice Chair**, welcomed Advisory Council members and ADS staff to the meeting. He asked those present to introduce themselves.

**Announcement:** Bev Clark was formally appointed to the Advisory Council by the City of Seattle on Wednesday, March 10.

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



**Program: 10 Questions, 10 Minutes:  
The Importance of the 2010 Census**

Speaker Kenny Pittman is Senior Policy Advisor in the City of Seattle's Office of Intergovernmental Relations. He has been with the City of Seattle since 2002. Prior to joining the City, he worked for 27 years in state and local government, including 16 years as lead committee staff to the Washington State House of Representatives' Committee on Trade, Economic Development & Housing.

Kenny provided an in-depth overview of the 2010 Census process. He is working with the Census as part of an agreement between the City of Seattle and the Census to conduct community outreach about the census.

The census is a count of everyone residing in the U.S. They are working to inform the community with the message: – "It's easy, important, safe and confidential." The actual questionnaire consists of only 10 questions, and will be available many different languages. There will also be Assistance Centers where people can go for interpretation assistance for other languages.

The U.S. Constitution requires a national census be taken every 10 years. The information is kept confidential for 72 years, considered a lifetime. One of its main purposes is to show state population counts which determine representation in the U.S. House of Representatives. It is also used to determine the need for services, and to allocate more than \$300 million in Federal funds. The presentation is posted on the Advisory council web site:  
<http://www.agingkingcounty.org/advisory-council/minutes.htm>

**Video: Unnatural Causes**

Sadikifu Akina-James, Government Relations Officer from King County, facilitated a short fifteen minute discussion after the video "Becoming American". The video showed how health may worsen as immigrants adopt the American lifestyle. The video focused on the Latino population where researchers have found a paradox. Even though newly arrived immigrants are low income with little education, their health surpasses most Americans.

Why does this paradox exist? It appears the role of family ties, community, culture and tradition during hardship creates an advantage which eases stress and helps solve problems. Studies have shown the American lifestyle characterized by long working hours; social isolation and chronic stress can accelerate aging, plus, increase the incidence of cardiovascular disease, infection, stroke, and cancer.

Researchers are finding as immigrants become assimilated into American society they lose their connectedness to their families and community, resulting in an increase of physical and mental health issues. The myth of the American dream is that people will move up the economic ladder, but findings indicate that most don't. Instead people work long hours and several jobs to

make ends meet for their families. Economic insecurity erodes their health and family ties. Parents are unable to remain home with their children.

Communities can help provide a protective shield by investing in schools, social services, decent housing, and a sense of belonging to a community. When everyone benefits no one is left behind

### **Advisory Council Discussion**

For new immigrants the relationship between wealth and health is relatively loose. However, as they become more American, that relationship becomes tighter and tighter.

Question 1: What forces in society cause the tightening of the relationship between wealth and health in American?

Comments:

- *Protective factors break down as forces in society create a situation where people work longer to take care of their families and as a result their relationships suffer.*
- *Immigrants, especially youngsters, look to media as a way to assimilate. Yet, television, advertising and the media paint examples of lifestyles either unattainable or attained at the cost of relationships and broken social ties.*
- *While many immigrants are qualified for low wage, low skill positions, this leaves little time for education to acquire new skills.*
- *An increase in stress due to long working hours for little pay, discrimination, inadequate schools cause people, especially children, to feel they are not valuable and as a result internalize low self esteem.*

Question 2: What interventions could prevent the increased relationship between wealth and health from happening?

Comments:

- *Provide information about services.*
- *Educate children about healthy diets.*
- *Create after school programs to provide a safe place with help for homework and activities that support parents who must work.*
- *Establish strong family ties and community relationships.*
- *Encourage community support for programs that train people in new skills which will help them climb the economic ladder.*
- *Give a voice to immigrant communities.*
- *Remain observant, as Americans we should not impose our way of life on others.*

Question 3: What can we learn from immigrant communities?

- *One Advisory Council member found the difference between Spanish and American broadcasting is that Spanish public service announcements focus on courtesy, family values, kindness, while American television was all about selling consumer goods such as cars food etc.*
- *Social life in Mexico does not focus on television, instead families go out together to listen to music, play with their children, and participate in community events.*

## **Business Meeting**

### **Minutes**

The February minutes were approved as written.

### **City Council Report**

Nick Licata was unable to attend today and sent his regrets.

### **Executive Committee**

The Executive Committee met today to plan programs for 2010.

### **Sponsors**

No meeting in February.

### **Planning and Allocations Committee**

Art Mussman reported that the Planning and Allocations committee was given a service area orientation which included guidelines from the Sponsors related to the allocation process. Selina Chow provided a preliminary overview of the discretionary allocations. Worst case scenario the committee may be forced to cut as much as \$125,000 from services in 2010. Once the State's budget is finalized they will know more.

### **Outreach and Advocacy Committee**

Diane Snell reported the committee reviewed the letter drafted by Margaret Casey which asks the US Congress to retain funding for the federal housing trust fund's senior housing. The current funding level for senior housing is \$825 million however it could be reduced to \$274 million. The funding for people with disabilities could be reduced from \$300 million to \$90 million. The letter stressed the current funding levels should be maintained. The committee approved the letter with minor edits. Finally, several options for the legislative forum were discussed.

### **Communications Task Force**

Marsha King reported that she, Timmie, Pam, Gigi and Rosemary met to discuss the direction of the new communications task force. The group outlined priorities related to communication including how to create opportunities for open discussion. Given the tremendous expertise of members there is potential to create a speakers bureau using Advisory Council member expertise. The first meeting of the Task Force will be March 23<sup>rd</sup> at 9 AM.

### **State Council on Aging**

Cathy Von Wald will report next time.

### **NW Universal Design Council**

Although there was not meeting of the NW Universal Design Council, Art Mussman reported that Tom Minty and Emory Baldwin gave several presentations at the Home Show. Tom Minty reported that the presentations went well. Many people attended and were quite engaged asking a number of questions. The response to the actual auxiliary dwelling designed by Emory Baldwin was bigger than they expected with nonstop traffic touring the model unit throughout the day.

### **Director's Report**

1. Pam explained the role of the Planning and Allocations (P&A) Committee was to make recommendations to the ADS Sponsors who are representatives from The City of Seattle, King County and United Way. The Sponsors' role is to set guidelines for the P&A's recommendations. Once recommendations are approved by the Sponsors they are circulated to citizens and stakeholders for public comment. The P&A Committee reviews the public comments and may make adjustments before sending their final recommendations back to the Sponsors for approval.
2. The State legislative session was over yesterday March 11<sup>th</sup>. Lawmakers will attend a special session to complete budget.
3. Pam attended the monthly meeting of Washington Association of Area Agencies on Aging. Susan Dryfus, Secretary of DSHS attended as a special guest. The W4A discussed the upcoming "baby boomer bulge". Susan was interested in the W4A's suggestions for Aging Readiness initiatives.

### **Announcements**

1. Michael Miller announced that he was chosen to attend a national summit to draft policies for special needs transportation affecting the next 10 years.
2. The national Older American Act will be reauthorized this year. Listening sessions have been set-up throughout the nation. Representatives are scheduled to come to the Seattle area during the middle of June.

### **Adjourn**

The meeting was adjourned at 2:00 PM

### **NEXT REGULAR MEETING:**

**Friday, April 9, 2010**

**Noon – 2:00 PM**

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

**Seattle, WA 98124**

**Seattle, WA**

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