

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: 206-684-0702 FAX: 206-684-0689

www.adsadvisorycouncil.org

MONTHLY MEETING

MARCH, 14, 2014

MEMBERS PRESENT

City of Seattle	King County	United Way
<input checked="" type="checkbox"/> Claire Brannan	<input checked="" type="checkbox"/> Dr. Natalie Ellington	<input checked="" type="checkbox"/> Mary Anderson
<input checked="" type="checkbox"/> Molly Holmes	<input checked="" type="checkbox"/> Kris Fredrickson,	<input checked="" type="checkbox"/> Katty Chow
<input checked="" type="checkbox"/> Sally Clark, Sea City Council	<input checked="" type="checkbox"/> Ava Frisinger, Mayor Issaquah,	<input type="checkbox"/> George Dicks
<input checked="" type="checkbox"/> Tony Provine, Chair	<input checked="" type="checkbox"/> Kaylene Moon	<input checked="" type="checkbox"/> Timmie Faghin, past chair
<input checked="" type="checkbox"/> Diane Snell,	<input checked="" type="checkbox"/> Dave Rogers, Senior Lobby Rep, SCOA	<input checked="" type="checkbox"/> Tom Minty,
<input type="checkbox"/> Kathe Matrone	<input checked="" type="checkbox"/> Berta Seltzer, Planning & Allocations Chair	<input checked="" type="checkbox"/> Dr. Elizabeth Phelan
<input checked="" type="checkbox"/> Mac McIntosh	<input checked="" type="checkbox"/> Suzanne Pak	<input type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Sue Shaw	<input checked="" type="checkbox"/> Bev Heyden	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Excused Absence	Kathe Matrone, Lorna Stone, George Dicks
Guests:	Rowena Rye, Wendy Holman, Bo Du, Sue Winters, Mattie Taplin, Toni Crutchfield
Speakers	Bob LeRoy, Executive Director Alzheimer's Association; Mari Becker, Seattle Parks
ADS Staff	Gigi Meinig, Doug Ricker, Karen Winston, Andrea Yip, Mary Pat O'Leary
United Way Staff	Linda Woodall
King County Staff	Scott Ninneman
City of Seattle	Maureen Linehan

Welcome and Introductions:

Pat Dunston, President of the Central Area Senior Center welcomed participants to the meeting.

Program Alzheimer's disease and Other Dementias

Dr. Natalie Ellington acted as program facilitator for this important program about Alzheimer's disease and dementia.

Bob LeRoy Executive Director, Western and Central Washington Chapter of the Alzheimer's Association (<http://www.alz.org/alzwa/>), gave participants at the Central Area Senior Center important information about dementia - a term used to describe a group of more than 70 diseases causing irreversible changes in the brain severe enough to impair daily functioning. Two thirds of people with dementia have Alzheimer's disease; many of them live with other chronic conditions. Bob stressed the importance of early diagnosis to begin connecting with resources.

Alzheimer's is the third leading cause of death in Washington State and is the most expensive disease in America. Currently, over 5 million people are diagnosed with the disease. It costs three times as much to care for someone with dementia than any other chronic disease. The numbers will triple by 2050 costing society over 1.2 trillion dollars. Yet, only \$487 million is spent on research, a fraction of what is spent on other diseases such as cancer, HIV/AIDS, and cardiovascular disease. The Alzheimer's Association recently participated in 14 town halls throughout the state and heard about challenges faced by family members and caregivers.

One of the Alzheimer Association's important programs is its Helpline staffed by master's level social workers. The Helpline is available 24-hours a day, 7 days a week. The toll-free number is **800.272.3900**, or email the HelplineWA@alzwa.org. Translation services are available in 140 different languages.

Generally, people call the helpline with questions or when they are not sure how to handle a situation. For example a husband may call about his wife losing her way home in a neighborhood she has lived in for years. An adult child may call about his father who is unable to balance the checkbook. The helpline assists families gain an understanding about how to make good decisions when caring for loved ones. Home visits are available. Professionals find it's helpful when they have the opportunity to observe a person with dementia in their own environment. Family members living out of town can benefit by hearing the same message from a professional.

The Helpline offers access to a wide variety of information including:

1. Contact information, and referral to doctors, home care, nursing homes, respite care and more.
2. Legal and financial issues, long term care planning, help with Medicare and Medicaid.
3. Alzheimer's treatment options
4. Screening for research studies.
5. Tools and practical information about disease progression.
6. Access to Alzheimer's Association sponsored support groups. There are over 100 caregiver support groups in the King County area. Support groups give participants the opportunity to develop friendships, share, learn about the disease and understand options for caring for someone with dementia. Many groups serve unique caregiver needs including those supporting LGBT elders, or Lewy Body dementia.
7. Caregivers receive information about how to manage challenging behaviors such as wandering, anger, denial, repetition, paranoia, delusions and combativeness. Plus, ways to improve their relationship with the person with Alzheimer's and other family members.
8. Help to balance work, home and caregiving responsibilities.
9. Information on how to advocate for quality care and access to services.

Questions & Answers

Question: My doctor encouraged our family's participation in a study. Is this something we should consider?

Answer: Clinical trials take a long time and there are not enough people available to participate. The Alzheimer's Association offers a service which matches people to clinical trials. Locally, Virginia Mason, University Hospital and Group Health are taking the lead on research. Nationally, dollars available for research is far less for Alzheimer's than for other diseases such as cancer, AIDS, and heart disease. The good news is that Congress appropriated \$100 million to Alzheimer's research.

Question: How much importance does the Alzheimer's Association place on diversity?

Answer: First, Bob addressed geographic diversity by talking about challenges facing rural areas which have few resources available. Regarding ethnic diversity, their board includes two people from the Asian community. He asked participants to suggest ways to better connect with people from other ethnic communities.

Seattle Parks and Recreation

Mari Becker, from Seattle Parks and Recreation said she is proud to be part of a movement to transform what it means to live with dementia in our community. The Parks Department offers meaningful recreation opportunities specially designed for people living with dementia. This effort is leading to a new story of hope, health, joy, purpose, and social connection. Most of their programs are geared toward those living with *Early Stage Memory Loss* and their partners. A diagnosis often leads to fear, isolation, loss of meaning, and loss of identity. But it doesn't have to be that way. Several examples of innovative programs include:

1. *Alzheimer's Café* is a way for people living with dementia, their friends and family to have a simple yet meaningful experience to connect with others and enjoy treats in a community setting. In this model, a restaurant or cafe sets aside time to welcome people living with dementia. Most meet once a month such as Columbia City's Tutta Bella, and Mae's Phinney Ridge Café.
2. *Film Series at The Central Cinema* invites people with dementia and their caregivers to a silent film series and refreshments in April.
3. *Gallery Tours at The Frye Museum* called "*Hear and Now*" regularly schedules gallery tours for people with dementia.
4. *The Zoo's* walking group caters to people with dementia. Each week people with dementia and their caregivers explore the exhibits and engage with others. The gentle to moderately paced one-mile walk with a zoo docent, is followed by a social gathering in the zoo cafe. Pre-registration is required by calling the Alzheimer's Association at 206-529-3868.
5. *Minds in Motion "Momentia"* is a weekly fitness class designed for people living with Early Stage Memory Loss. The vigorous, well-rounded workout comes with easy to follow instructions. For more information, call Carol at 206-684-4240
6. *Snow Shoe Adventure* is guided by "*Outdoors for All!*" Participants take an easy two mile (45 minute) hike near Snoqualmie Summit. Transportation, snowshoes, and poles are included. The trip ends with lunch (bring your own) inside a heated yurt.

Business Meeting

Welcome and Introductions:

Dave Rogers, Vice Chair, welcomed Advisory Council members and guests to the meeting.

Minutes accepted as written

Planning & Allocations Committee

1. Budget Report

- a. The total 2014 loss in ADS funding is approximately \$700,000 from Sequestration and state funding cuts. Although, a small increase in the Older Americans Act, Title IIIC Nutrition Programs was appropriated. We will not know the exact amount of the increase until the end of March.

2. Regional Partnership Development Preliminary Strategies

- a. P&A Committee members reviewed King County census data. They compared data from 2000 and 2010 for people 60+, the non-white population, and people below the poverty level. The information will be used by ADS staff and AC members when they begin to build relationships with major jurisdictions. ADS staff will prepare a report with more information about regional Human Services Councils.
- b. Berta asked staff to prepare an overview/summary of the King County Veterans and Human Services Levy, in advance of the April 7 meeting.

The next P&A meeting is scheduled for Monday, April 7, 2014, at noon, in the SMT Room 5190.

Advocacy Committee

Diane Snell expressed her disappointment with the legislature's inability to pass transportation legislation. She asked the Advisory Council to endorse King County's April 22nd election for public transportation and roads. Mac reported that the Senior Lobby supports it. The Advisory Council made a motion to endorse Prop 1.

Outreach and Communication's Committee

Natalie Ellington reported the committee agreed to meet on the same day as the Advisory Council. Several interesting programs are in the development phase:

April - Senior Center directors throughout King County will meet with the Advisory Council to talk about "*Senior Centers: The Next Generation*". The directors will bring information on best practices, innovative programs, challenges and envision what the future of senior centers might look like.

May - A health care program with a focus on health disparities among immigrant groups and people of color. The meeting will be held off site at ICHS.

June - The Advisory Council will see a showing of "A Place at the Table" a movie about hunger in America and how the cuts in food stamps are affecting families.

July - The meeting will be held at the Kent Senior Center. At the request of the program director, Liz Mercer was asked to give an update on the Affordable Care Act.

September - The Advisory Council will travel to Vashon to listen to a mental health presentation.

SCOA

Dave Rogers gave a quick update and reported the SCOA will meet 10 times each year.

NW Universal Design

The Northwest Universal Design Council's April 10 quarterly meeting will feature two exciting presentations:

Sheryl Burgstahler, Ph.D. from the University of Washington's College of Education will present "Universal Design: Applications in Education". She is lead author and editor of the book *Universal Design in Higher Education: From Principles to Practice* which focuses on evidence-based practices that support the successful transition of students with disabilities to college and careers and on the application of Universal Design to technology, learning activities, physical spaces.

Secondly, Patrice Carroll, Project Manager for *Seattle 2035*, at Seattle's Department of Planning and Development, will present "*Seattle 2035: Imagining Seattle's Future*". Seattle is growing and changing. How Seattle grows creates a lasting effect on our environment, quality of life, and economy. Patrice Carroll will discuss the City's Comprehensive Plan update, and include growth projections and scenarios that will affect how we live and work, get around the city, and our environment.

The meeting takes place Thursday, April 10, from 9:30–11:30 a.m. in the Seattle Municipal Tower (700 5th Avenue, between Columbia & Cherry Streets in downtown Seattle), Conference Room 4080. The meeting is open to the public.

Director's Report

Maureen Linehan expressed appreciation for the opportunity to lead ADS and said it is an honor to serve as interim director. While the job ahead is challenging, many exciting possibilities lie ahead. She told the Advisory Council she appreciates the work they do and will rely heavily on them in the future. She expressed interest in the most recent P&A initiative to reach out to suburban cities, build relationships and eventually partnerships. Other updates include:

1. Medicare/Medicaid Dual Eligible Program: United and Regence received the initial rates from the state. Maureen met with them to discuss potential partnerships.
2. Financial challenges facing ADS including a \$145,000 ongoing cut due to a change in the state's funding formula in addition to Sequestration cuts.
3. The City of Seattle's Senior Center RFP will be posted in July. ADS staff continue to research, and prepare by engaging senior center directors, participants and community members. Several community meetings and events have been scheduled. The process will give ADS information on what should be purchased and how to allocate funding.
4. Legislative Issues:
 - a. Office of *Public Guardianship* received \$200,000 to partially restore funding from last year's budget cut. The program provides guardians to low income people who are incapable of caring for themselves and have no friends or family to help. Letters and meetings with legislators encouraged passage of the bill
 - b. The *Long Term Care Ombudsman* program received \$306,000 from the legislature to train 150 new volunteer Ombudsmen. The bill protects vulnerable residents in long-term care facilities.
 - c. The *Community First Choice* bill passed the legislature. The bill merges several waiver programs including LTC and DDD. The advantage is that the federal match is higher. A portion of the savings will be reinvested into home and community based waiver programs. The other portion will be added to the state's general fund. Advocates are encouraged to support the return of savings to the waiver programs.

- d. The *Long Term Services and Supports Financing Study* bill did not pass. The study was to look at new options for financing long term care services and help people prepare for those costs.
 - e. The *Washington State Alzheimer Plan* passed. However, the bill did not include funds to support it.
5. The HSD director position was recently posted. The job notification will remain open until the right person is found. Secondly, Maureen expects the ADS director hiring process could take up to 8 months. The Advisory Council has asked to be part of the interview process for both positions.

Report from Seattle City Councilmember Sally Clark

Sally Clark gave an update on her priority areas. She chairs the *Taxi For-hire, and Limousine Regulations Committee*. The Committee heard a variety of perspectives about the taxi/rideshare programs. It became clear; the whole system must collaborate to develop viable options for a workable, safe, comprehensive program by establishing minimum operating requirements (e.g. insurance, vehicle inspections, licensing fees, etc.). The vote is Monday.

Secondly, Councilmember Clark chairs the *Select Committee on Minimum Wage and Income Inequality* which parallels the Mayor's minimum wage committee. Recently, her committee hosted a meeting where 200 people provided feedback. She stressed the importance of giving everyone the opportunity to express their views.

The minimum wage issue is multifaceted and the committee is charged with "What to do?" and "How to do it? Increasing the minimum wage is important to struggling families. However, in an interesting paradox, nonprofits that support economic opportunities for struggling families will have difficulty paying their employees a \$15.00 minimum wage. They may need to make hard choices between continuing services, and paying employees. Small businesses also expressed concern about potential hardships.

Announcements

1. Fundraiser for CASC grossed over \$10,000.
2. Diane Snell is part of the CASC's community center search and interview committee for the senior center director.

Advisory Council
NEXT REGULAR MEETING:
Friday, April 11, 2014
Seattle Municipal Tower
700 5th Ave, Suite 4060
Seattle, WA 98124
www.adsadvisorycouncil.org