

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

APRIL 11, 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, Former Mayor, Issaquah	<input checked="" type="checkbox"/> George Dicks
<input checked="" type="checkbox"/> Tony Provine, Chair	<input checked="" type="checkbox"/> Dave Rogers, Senior Lobby Rep, SCOA	<input checked="" type="checkbox"/> Timmie Faghin, Past Chair
<input type="checkbox"/> Kathe Matrone	<input checked="" type="checkbox"/> Berta Seltzer,	<input type="checkbox"/> Tom Minty
<input type="checkbox"/> Mac McIntosh	<input checked="" type="checkbox"/> Suzanne Pak	<input type="checkbox"/> Dr. Elizabeth Phelan
<input checked="" type="checkbox"/> Sue Shaw	<input checked="" type="checkbox"/> Bev Heyden	<input checked="" type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Diane Snell, Past Chair	<input type="checkbox"/>	<input type="checkbox"/>

Excused Absence	Kathe Matrone, Mac McIntosh, Dr. Elizabeth Phelan, LaTonya Brown
Guests:	Diana Thompson, Darlene Madenwald, Paula Houston, Wendy Holman, Karen Koenig, Bo Du, Stephanie Mehl, Dr. Brenda Jackson, Victoria Dzenis, Lea Bishop, Sue Padden, Jeannie Falls, Ava Apple, Paula Houston, JoAnne Donohue, Tonya Brown, Amara Oden, Stephen Lam, Dagmar Cronn
Speakers	<ul style="list-style-type: none"> • Kathleen Crompt, Director Wallingford • Sluggo Rigor, Director IDIC • Radine Lazier, Director Auburn Senior Center • Cecily Kaplan, Director Greenwood Senior Center
ADS Staff	Gigi Meinig, Doug Ricker, Karen Winston, Andrea Yip, Rowena Rye, Maria Langlais
United Way Staff	Linda Woodall
King County Staff	Linda Wells
City of Seattle	Maureen Linehan

Welcome and Introductions:

Tony Provine, Chair, welcomed Advisory Council members and ADS staff to the meeting. He asked those present to introduce themselves.

Program: Senior Centers the Next Generation

The Aging and Disability Service Advisory Council invited Senior Center Directors from Seattle and King County for a discussion about “Senior Centers –The Next Generation”. Dr. Natalie Ellington facilitated. The first speaker, **Kathleen Crompt, Director at Wallingford**, explained senior centers are the intersection of resources and activities. They offer the community a safe and predictable environment. Seniors would face a difficult to navigate, disjointed system without one place to go for services. Wallingford serves a wide age gap from 50 to over 100 years of age. Each generation comes with different expectations and needs. While change is important, large changes take time so you don’t lose your current group of participants. Finally, she emphasized, senior centers build community, and friendships.

Sluggo Rigor, Director of International Drop in Center (IDIC), described IDIC as a center catering to immigrant populations and WWII vets. The number of participants has increased to approximately 150 regulars. Most participants are first generation immigrants, WWII vets and their widows. Many of their vets have provided stories with a historical perspective on WWII which have been used by federal veterans’ agencies.

The center continues to expand activities and volunteer programs. They appreciate the grant funds and the City of Seattle’s commitment to support a social worker and food bank. IDIC receives 75% of their funding from grants and government funding, while 25% comes from fund raising. He is grateful to be associated with a collaborative immigrant community which helps support the center.

Radine Lazier, Director of the Auburn Senior Center expressed her appreciation with the City of Auburn’s commitment to supporting the center. The stable funding frees up staff time which is devoted to participants and programs. The senior center has an active volunteer program with 180 volunteers who gave 22,000 hours of service in 2013.

Staff see an increase in diversity among participants. While some of the older participants have concerns about people different from themselves, the staff encourages them to value people from different cultures, and different life experience.

One of the biggest challenges is the increase in the number of people who are homeless with alcohol or mental health problems. Others are low income, range in age from 50-100, many with no family, and need transportation, health, and wellness programs. As fewer and fewer fraternal organizations and churches are able to meet the community’s needs; the center picks up the slack.

Over time, Radine has found participants becoming busier and more selective in their interests. It is an ongoing challenge to meet all their needs everything from social services to hiking and snowshoeing.

Cecily Kaplan, Director of the Greenwood Senior Center, maintains a partnership with the Phinney Neighborhood Association. She stressed the importance of partnerships with community organizations to help support neighborhoods and communities. As part of that support, the Greenwood Senior Center maintains a robust social service component. The social worker recently increased her hours from 12 to 30 per week. Much of her attention is focused on people with early stage memory loss, and people who are homeless, many with addictions and mental health issues (due to the center’s close proximity to the homeless shelter on Aurora). Greenwood maintains a large volunteer base which volunteers at both the center and the homeless shelter.

Greenwood offers some unusual activities including:

- Technology classes, everything from computer basics to I-phone technology.
- Senior Entrepreneurship.
- Bingo Karaoke, a popular activity which recently sold 200 tickets in 17 minutes. Karaoke Bingo is a game that involves the whole crowd. All players get a card that looks like a regular bingo card but instead of having numbers and letters it has genres and artists & part of a song title. U-Tube Video at Greenwood:

<http://www.bing.com/videos/search?q=Bingo+Karaoke+Seattle&Form=VQFRVP&adlt=strict#view=detail&mid=2B467BD8592D6CC209552B467BD8592D6CC20955>

Evening Magazine video: <http://www.king5.com/on-tv/evening-magazine/Bingo-Karaoke-249363461.html>

Cecily would like to see more research partnerships between senior centers and the University of Washington to validate that senior centers make a difference in people's lives, health, and wellbeing.

Conclusion:

The directors all agreed they are doing important work, although there is much more to be done. The two biggest challenges are transportation and the ability to meet the social service needs of participants, especially those who are homeless, with mental health or addiction issues. The senior center directors in the Seattle area expressed their appreciation for the City Council's funding of social work services. Senior centers maintain their relevance by responding to a number of emerging issues including:

1. Increased number of people with dementia and the need for dementia programming.
2. Increased need for social services/social work to connect people to housing, transportation, and other resources.
3. Lack of affordable housing and the increased number of homeless older adults.
4. The need to expand informal support networks through friendships and social interactions to help fill in gaps in the social service system.

Questions and Answers:

Question: What does funding for services cover?

Answer: Directors are grateful for the funding from United Way, King County and the City of Seattle, especially for social work services which does not bring in revenue. Additional revenue is received from program fees for classes and trips - approximately 20% of their budget. Senior center directors are careful to keep the financial barriers low especially for low income individuals. Many centers must do fund raising to support their budget needs. They all agreed Seattle's RFI in 2015 could change the financial picture.

Question: Can you speak to the special needs of rural communities?

Answer: One of the biggest challenges is transportation. Metro's ACCESS vans do not travel outside the regular bus routes. There is little or no service in many areas. The Hyde shuttle has helped to fill the transportation gap.

Amara Oden, Director, SnoValley, reported lack of transportation as a barrier to get people to the senior center, doctor appointments, chemotherapy and other necessary trips. Their center has become a hub which supports all kinds of community needs. She told a story about a woman with dementia who was found wandering the streets. The woman was dropped off at SnoValley with nowhere to go. The center was able to handle the situation and the woman remained safe.

In rural areas senior centers offer the opportunity for people to build friendships. They help each other with transportation, shopping or meals when they become ill. Another issue is home repair and maintenance. Since the economic downturn, many seniors are still unable to sell their homes to move from rural locations. There is little funding to help.

Question: How do Senior Centers handle people who have become hearing impaired?

Answer: Greenwood worked with the Center for Speech and Hearing and Deafness to place a mobile device in the center to help people with hearing problems.

Question: What is your vision of the future?

Answer: More social services are needed as people age in place, especially programs for people with dementia. Plus, affordable housing options, and help for people who are homeless with mental health and addiction issues.

Question: How do you help participants become more sensitive to diversity and people from a variety of backgrounds?

Answer: Center directors have the expectation that people who participate will act respectfully. Directors and social service staff offer help to people with issues that offend others such as difficult behaviors or lack of bathing. Rarely do the centers call the police.

Question: Any final thoughts?

Answer:

- Radine Lazier from Auburn thanked the Advisory Council for the opportunity to come here today and provide information.
- Sluggo Rigor from IDIC was thankful for the center's expanding financial base, and that the community is responsive to their financial needs.
- Cecily Kaplan from Greenwood was thankful senior centers are taking on the role as a community hub as well as an incredible resource for the aging community. She is excited about innovative programs which help people age in place including programs for people with dementia.
- Kathleen from Wallingford summed it up by saying "senior centers are a positive and resilient resource which intersects with the community."

Announcement

Radine Lazier encouraged people to attend the Washington State Assn of Senior Centers Conference on May 20, 21, and 22 at Lake Chelan. <http://www.wsasc.org/conference>

Business Meeting

Minutes: Approved as written.

Welcome and Introductions: Tony Provine, Chair, welcomed Advisory Council members and guests to the meeting.

P&A Committee

Veterans & Human Services Levy Briefing

Marcy Kubbs, Veterans & Human Services Levy Coordinator presented information about the levy. King County voters approved the original levy in 2005, and again in August 2011. Fifty percent of the levy is earmarked for human services while the other fifty percent is earmarked

for veterans. Both components have oversight boards, each made up of 12 members, who are appointed by the King County Executive and County Council.

The King County Service Improvement Plan guides the activities of the levy. The plan includes three goals, which align with the King County Strategic Plan and the Ten Year Plan to End Homelessness:

1. Prevent homelessness;
2. Reduce unnecessary criminal justice and emergency medical system involvement;
3. Increase self-sufficiency of veterans and vulnerable populations.

The Levy's activities are grouped into four categories:

1. Strategy One: Supporting Veterans
2. Strategy Two: Ending Homelessness
3. Strategy Three: Improving Health
4. Strategy Four: Strengthening Families

The Levy's approximate cost over 6 years is \$1.87 million. During 2013, almost 40,000 King County residents were served and 7,000 veterans and their family members. The current levy is scheduled to end December 31, 2017. Public outreach for the next levy will begin in 2016. (ADS receives levy funds to support the PEARLS Program (Program to Encourage Active and Rewarding Lives). In 2012, PEARLS received \$224,000, plus \$75,000 in supplemental funds.)

Committee members asked Marcy to carry a message back to King County about the need to make up the difference in lost funding from the federal sequestration. The Seattle City Council already backfilled part of the loss, but the dollars are earmarked for Seattle residents.

Regional Partnerships Planning

P&A Committee members were asked to attend Human Service Councils throughout King County. ADS staff and the P&A Committee reviewed possible speaking points.

Secret Shopper

Berta asked P&A committee members to attend a congregate meal site and participate as a "secret shopper" during 2014.

The next committee meeting will be held Monday, May 5, 2014.

Communication Committee

Dr. Natalie Ellington asked the Advisory Council how today's event went. Advisory Council members gave her positive feedback and said they would like to use this approach again. She will take the feedback to the committee to use as they plan future meetings.

Update on the upcoming events

May – A health care program at the International Community Health Services (ICHS 720 8th Ave) will focus on health disparities among immigrant groups and people of color.

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 and Karen Keiser agreed to speak.

August – In progress: Committee is developing a program

September – The Advisory Council will travel to Vashon Island. George Dicks will speak about mental health.

Advocacy

Diane Snell, Chair of the Advocacy Committee reported the committee agreed to their 2014 Priorities which include:

1. Housing
2. Transportation
3. Elder Abuse
4. Public Guardianship
5. Consumer protection - related to the duals strategy

The committee plans to schedule summer meetings with legislators to discuss their priorities.

King County Liaison Report

Linda Wells reported they are preparing for the 2015 budget process. By August their budget proposal will be sent to the County Council. The outcome should be available in mid-November.

United Way Liaison Report

Linda Woodall reported the United Way budget process is almost complete. She anticipates Older Adult contracted programs will remain the same. In 2015 United Way will begin a process to bid \$700,000 in funding for senior centers.

Regionalism

As part of Seattle's Statement of Legislative intent ADS continues to build relationships with jurisdictions throughout King County. Staff and Advisory Council members will provide education about the Area Agency on Aging and discuss our mutual interests. Already they have attended the Eastside Forum, Bellevue Human Services Commission, South County Human Service Council and King County's Human Services Coalition.

Director's Report

1. Maureen Linehan, Interim Director, Aging and Disability Services, reported the ADS history project will be completed in May. Karen Winston and Irene Stewart are working together to complete the project in time to coincide with the Older American's Act 50th anniversary. They intend to interview key players including former mayors, and ADS directors.
2. Maureen recently made a presentation to the Comprehensive Planning Committee. She talked about the area plan and the services AAA's provide.
3. She reported ADS Elder Abuse program staff is working in collaboration with the Seattle Fire and police departments on their EMS system
4. ADS staff continue to meet with the health care plans Regence and United to negotiate the possibility of providing care management services.
5. ADS Budget

Federal – Reauthorization of the Older Americans Act (OAA) is stalled in the Senate. ADS received OAA funding for 2014, which included almost full funding nutrition services. The good news is that no cuts will be required for 2014; however, there may be cuts for 2015.

State – The 2014 legislative session ended on March 13. It was not a bad session. AC members were encouraged to send thank you letters to their legislators.

City of Seattle – Staff are in the process of preparing budget requests due May 15.

Councilmember Sally Clark

Councilmember Sally Clark gave an update on the Seattle 2035 process and the Comprehensive Plan. Seattle 2035 is a citywide conversation about how Seattle should grow over the next 20 years. The information will be integrated into Seattle's Comprehensive Plan creating a 20 year vision. The plan guides the city's decisions on jobs, housing, transportation, and investments in

utilities, sidewalks, and libraries. It is a framework for most of Seattle's big-picture decisions on how to grow while preserving and improving our neighborhoods. The plan's four core values, identified by citizens, include: community, economic opportunity, social equity and environmental stewardship.

Sally asked the Advisory Council to weigh in on the housing, transportation, elder abuse, and social service portion of the plan. She is especially concerned about the difficulty producing affordable housing.

She also encouraged Advisory Council members to set up a meeting with Kshama Sawant who has a strong interest in these issues and wants to learn more.

Northwest Universal Design Council

Tom Minty reported the Council met Thursday, April 10. Eighteen people were in attendance including Dave Rodgers. They heard two presentations:

Sheryl Burgstahler, Professor, UW College of Education directs the UW DO-IT (Disabilities, Opportunities, Internetworking, and Technology) Center which helps UW students with disabilities succeed. She talked about how Universal Design principles are used in education for accessible technology services, classrooms, instructional delivery, and supportive services. The NWUDC toured her operation a number of years ago, and she has invited them back.

Patrice Carroll, Seattle 2035 project manager at Seattle's Department of Planning and Development, shared information about the Seattle 2035 feedback. The Comprehensive Plan is updated every 10 years due to a requirement in the State's Growth Management Act. The city continues to gather input on the plan. While a number of the plan's goal statements include seniors; the current planning process emphasizes outreach to younger people. Patrice suggested the Advisory Council weigh in on this process to encourage the city to bolster outreach to seniors. Tom asked the Advisory Council for approval to draft a letter addressing the Advisory Council's interests in housing, mobility, human services, parks and recreation, and overall affordability in the plan.

Proposed Motion: I move that this Advisory Council send a letter to the City of Seattle in support of Seattle 2035 EIS scoping and goals that align with our Area Plan on Aging and other positions we have taken on housing, transportation/mobility, human services, parks, and cost of living. The motion was seconded and approved.

SCOA

Dave Reported the SCOA will meet next week.

Announcements

George Dicks announced DSHS is seeking input on specialty training for AFH and Assisted Living providers. Stakeholder outreach meetings in King County are scheduled for April 14 in West Seattle and April 15 in Kent. Both will begin at 9:30 am. To attend, RSVP at: <http://www.altsa.dshs.wa.gov/professional/specialtytraining/>.

Advisory Council
NEXT REGULAR MEETING:
International Community Health Services
720 8th, 2nd Floor
Friday, May 9, 2014
Noon – 2:00 PM
www.adsadvisorycouncil.org