

# 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 5<sup>th</sup> Ave, 51<sup>st</sup> Floor

Tel: 206-684-0660 TTY: 206-684-0702 FAX: 206-684-0689

www.adsadvisorycouncil.org

## MONTHLY MEETING

**MARCH 13, 2015**

### MEMBERS PRESENT

| City of Seattle   | King County   | United Way   |
|---|---|--|
| <input checked="" type="checkbox"/> Claire Brannan                | <input type="checkbox"/> Mayor David Baker                                | <input checked="" type="checkbox"/> Mary Anderson  |
| <input checked="" type="checkbox"/> Molly Holmes                  | <input checked="" type="checkbox"/> Kris Fredrickson                      | <input checked="" type="checkbox"/> Marsha Andrews |
| <input type="checkbox"/> Sally Clark, Sea City Council            | <input checked="" type="checkbox"/> Ava Frisinger, Former Mayor, Issaquah | <input type="checkbox"/> Katty Chow                |
| <input type="checkbox"/> Tony Provine, Chair                      | <input checked="" type="checkbox"/> Dave Rogers, Senior Lobby Rep         | <input type="checkbox"/> George Dicks              |
| <input type="checkbox"/> Kathe Matrone                            | <input checked="" type="checkbox"/> Berta Seltzer                         | <input checked="" type="checkbox"/> Tom Minty      |
| <input checked="" 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, SCOA, Past Chair | <input type="checkbox"/>  | <input type="checkbox"/>                           |

|                          |   |
|--------------------------|---|
| <b>Excused Absence</b>   | Dr. Elizabeth Phelan, Councilmember Sally Clark, Katty Chow, George Dicks, Kathe Matrone, Mayor David Baker, Tony Provine |
| <b>Guests:</b>           | LaTonya Brown, Kate Miller, Ginger delos Angeles, Dr. Brenda C. Jackson, Marsha Andrews, Jason Ritchie, Kathleen Wilcox   |
| <b>Staff</b>             | Gigi Meinig, Karen Winston, Andrea Yip, Angela Rowena Rye, Mary Pat O'Leary, Maria Langlais                               |
| <b>Speaker</b>           | Jeannette Franks  |
| <b>United Way Staff</b>  |   |
| <b>King County Staff</b> | Linda Wells   |
| <b>City of Seattle</b>   | Maureen Linehan   |

#### **Welcome and Introductions:**

**Ava Frisinger, Chair**, welcomed Advisory Council members and ADS staff to the meeting. She asked those present to introduce themselves.

**Program**  
**Maple Valley Community Center**  
**Aging in Place: To Move or Stay Put**  
**Jeannette Franks, PhD**

Jeannette Franks PhD, Gerontologist and University of Washington professor presented information about whether to move or stay put. She gave participants at the Maple Valley Senior Center several housing and senior living options. She emphasized whatever option people choose it must be a good fit and could require compromise. To maximize a good fit, Jeannette stressed a number of choices to consider:

1. Personal preference
2. Universal design and accessibility
3. Elder friendly community
4. Cost
5. Proximity to family and friends
6. Proximity to stores, clinics, library and other amenities
7. Philosophy
8. Policies
9. Geographic location

A range of choices are available to seniors as they age in place including:

1. In-home modifications to live safely.
2. Move to an accessible home.
3. Family possibly a mother in-law apartment or accessory dwelling unit.
4. Virtual Village a nonprofit neighborhood organization which supports people as they age in place.
5. Continuing Care Retirement Communities (CCRC) offers several levels of care. The retiree pays a large lump sum and monthly fees.
6. Assisted Living provides retirees room and board, light housekeeping, transportation and some oversight. Some specialize in dementia care.
7. Adult Family Homes house up to 6 individuals in a home environment with support and oversight.
8. Nursing homes for skilled care

When do you know if you need to move or make changes to your current housing situation? Generally, people begin to consider their options when they realize they need help with activities of daily living such as ambulation, dressing, bathing or hygiene. When planning for the future, consider several plans/scenarios. For example review end of life preferences, wills, power of attorney, health care directives, and living arrangements. Consider placing your name on the waitlist of several retirement communities. To help you plan, Senior Information and Assistance provides information about many options. Contact them by Phone: (206) 448-3110 or Toll free: 1-888-435-3377, web [info@seniorservices.org](mailto:info@seniorservices.org).

## **Business Meeting**

**Minutes:** Approved as written.

### **Sponsor's Liaisons reports**

1. Linda Wells, King County Sponsor Liaison, reported DCHS staff are meeting with community groups, not already under contract in preparation for King County's procurement process. A community meeting will be held on March 19, 1:30 PM at the Burien Community Center. The four priority areas include:
  - a. Older Adult programs
  - b. Sexual Assault
  - c. Domestic Violence
  - d. Civil and LegalNote: There are no new dollars for senior centers
2. Mayor Baker will be confirmed by the King County Council in April.
3. King County made recommendations for seven new Women's Advisory Board members.

### **Planning and Allocations Committee**

1. Budget Updates
  - a. State - Maureen reported that the State's revenue forecast includes \$2 million more than last year and that the elder abuse legislation is moving forward. She reminded committee members about legislative Town Hall meetings scheduled for March.
  - b. Federal – ADS expects to receive the final OAA allocation in April. The President's budget fully funds nutrition programs.
2. A preliminary discussion regarding the 2015 discretionary allocations was tabled until HSD's fiscal unit completes its analysis. ADS anticipates some underspent discretionary funds may be available to carry into 2015. In preparation for the meeting, Andrea gave an overview of the ADS Sponsors Guidelines to help guide the work of the P&A committee. P&A committee members asked for more information about the following service areas: Senior I&A, Nutrition, Transportation, Case Management, and Elder Abuse.
3. Regional Task Force Update  
Maria gave an update on a draft letter written by the [Sound Cities Association](#) addressed to State legislators in support of the Medicaid case management program. Sound Cities asked its members (35 King County member cities) to sign-on. Committee members made a few edits to help sharpen the letter.

### **Communication Committee**

Claire Brannan reported the committee will meet later today to refine meeting topics and suggest speakers for the next few months. So far they have scheduled:

April: Parallel issues facing people with DD, dementia and mental health.

May: Resource options to age in place and Medicaid safety net (Sno-Valley, Carnation).

June: Patricia Hunter Long Term Care Ombudsman Program

July: Health Care, Auburn

### **Advocacy Committee:**

Mac reported on the following:

1. Senior Lobby Day debrief

The committee debriefed their Senior Lobby Day experience. They appreciated the organization including the schedule and packet of information. Revenue was a common theme which emerged from discussions with legislators.

2. Thank you letters to legislators  
Advocacy Committee members reviewed the thank you letter going to legislators under Ava's signature. The group suggested adding a reference about revenue: "*creating a fairer tax system in Washington State through implementation of a capital gains tax targeted to the richest 1%, closing tax loopholes and other appropriate measures*" The letter will be sent to legislators early next week. During the meeting, Advocacy Committee members wrote hand written thank you notes their legislators.
3. State Revenue Discussion  
The Advocacy Committee received an overview of several revenue proposals recommended by the governor including the capital gains, carbon tax and tax loopholes. Mac made of motion to ask Advisory Council to go on record "*supporting the capital gains tax on the wealthiest 1% and other appropriate measures*". Motion was approved by the Advisory Council.
4. Town Halls  
The Advocacy Committee was encouraged to attend their local town halls sponsored by legislators. Most will be held this Saturday March 14. Statements should be reframed as a question for example: "*Are you aware of the importance of....*"
5. White House Conference  
The White House Conference will be held Thursday, April 2 at the Bell Conference Center in Seattle. ADS sent the names of Advisory Council members to the White House Conference Committee. Several Advocacy Committee members reported already receiving their invitations. Invitees were asked to choose from four topics including elder abuse, long term care, healthy aging and economic security. Members who did not receive an invitation were advised to check their SPAM. Mac passed out copies of the White House topics discussed at the October statewide Advisory Council meeting.
6. Regionalism:
  - a. Twenty mayors signed on to a letter asking legislators to support the DSHS \$28 million increase for the AAA case management program.
  - b. Ava and Maureen will meet with the SeaTac City Council on March 24 to give an overview of the Area Agency.
  - c. Burien Deputy Mayor expressed interest in making a connection to ADS and the Advisory Council.
  - d. Many residents of Maple Valley especially those who no longer drive described their experiences getting to the doctor or shopping as burdensome. During the meeting they had an opportunity to fill out a transportation survey.
  - e. Possible plans to decentralize the Aging and Disability Resources centers may provide better information flow and outreach too many rural and suburban communities.
7. Seattle Commission for People With Disabilities
  - a. Mark Adreon will lead the ADA 25<sup>th</sup> anniversary celebration committee. The Commission was given 6 hours in administrative time from the state to support the celebration. The tentative schedule follows:
    - July 12 and July 21 - Two disability-related movies shown at Seattle Public Library.
    - July 23 - noon event at City Hall.
    - July 24 - late afternoon/evening rally at Westlake - numerous disability rights organizations are involved.
  - b. Marta Idowu from SOCR is scheduled to be the speaker at the Mayor's Office for Senior Citizens Coffee Hour on March 19<sup>th</sup> at the Central Building.

## **State Council on Aging (SCOA)**

Diane Snell reported most SCOA members plan to attend the White House Conference. They received an overview of the results from the October listening session and began planning for the Conference. They also received updates on the SCOA focus areas: Alzheimer's Disease, Transportation and Elder Justice. Bea Rector gave information about the DSHS budget status and the legislative session. The SCOA signed a letter supporting the rate increase for the AAA Case Management Programs. SCOA member and Issaquah Senior Center Director Courtney Jaren expressed her interest in partnering with ADS on a program. Next meeting: Tukwila Radisson.

## **NW Universal Design Council**

Tom Minty reported Jeannette Franks will speak at the next NW Universal Design meeting on Thursday, April 9, 10 AM in the Seattle Municipal Tower Room 4060 (700 5<sup>th</sup> Ave, Seattle). Later in the year Emory Baldwin will give a presentation on Fab Cab and on October 2<sup>nd</sup> Karen Braitmayer, US Access Board Member, will be back. Tom will present information to the Central Area Senior Center about *Tips to Stay in Your Own Home*.

## **Director's Report**

Maureen Linehan reported

### **1. Lobby Days**

Thirty appointments were made with legislators on behalf of the Advisory Council and Advocacy Committee. Maureen thanked members of the Advisory Council for their efforts to advocate for case management and the family caregiver program. Thirty Five ADS employees took a vacation day to meet with their legislators in Olympia – the same day as Seattle City Council members. Case Managers brought compelling stories which emphasized the important work done on behalf of King County's 10,000 case management clients. Legislators gave them a warm reception.

### **2. Legislature Budget Update**

The House draft budget is expected to be out March 20<sup>th</sup>. It's anticipated the Senate's budget will be available a week later. Depending on the legislature's final budget, there could be a rate increase for AAA case management and an expansion of the Family Caregiver Program.

### **3. ADS Budget Update.**

The City of Seattle's Human Service Department hired a financial consultant to complete financial modeling for the case management program budget. ADS expects there may be a discretionary budget adjustment resulting in a onetime allocation of funds. ADS is soliciting providers for the Community Life Connections and the Family Caregiver program.

### **4. Alzheimer's Listening Session**

Maureen encouraged Advisory Council members to attend a listening session hosted by the State Alzheimer's Planning Group on April 1, 1:30 at North Seattle College. The purpose of the meeting is to hear what's needed to help people with dementia and their caregivers. The input will be used to shape the strategic plan. Another opportunity to give feedback will be on Tuesday April 21 from 6-8 pm during a Webinar. For more information go to:

[ADWG@dshs.wa.gov](mailto:ADWG@dshs.wa.gov).

**NEXT REGULAR MEETING:**

**April 10, 2015, Noon  
Seattle Municipal Tower  
700 5<sup>th</sup> Ave, Room 4060  
Seattle, WA**

**[www.adsadvisorycouncil.org](http://www.adsadvisorycouncil.org)**