

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 11, 2016

MEMBERS PRESENT

City of Seattle	King County	United Way
<input type="checkbox"/> Claire Brannan	<input checked="" type="checkbox"/> Mayor David Baker	<input checked="" type="checkbox"/> Mary Anderson
<input checked="" type="checkbox"/> Molly Holmes	<input checked="" type="checkbox"/> Bev Heyden	<input checked="" type="checkbox"/> Marsha Andrews
<input type="checkbox"/> Debra Juarez, Seattle City Council	<input type="checkbox"/> Carolyn Heersema, pending	<input type="checkbox"/> Katty Chow
<input checked="" type="checkbox"/> Tony Provine	<input checked="" type="checkbox"/> Kate Miller	<input checked="" type="checkbox"/> Eric Martenson
<input type="checkbox"/> Kathe Matrone	<input type="checkbox"/>	<input type="checkbox"/> Lorna Stone
<input type="checkbox"/> Mac McIntosh	<input type="checkbox"/>	<input checked="" type="checkbox"/> Sue Weston, pending
<input checked="" type="checkbox"/> Sue Shaw	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Kathleen Wilcox	<input type="checkbox"/> Ava Frisinger, SCOA Rep	<input type="checkbox"/>

Excused Absence	Claire Brannan, Katty Chow, Lorna Stone, Kathe Matrone, Kathy Wilcox, Mac MacIntosh
Guests:	Diana Thompson, Frances Biderman, Paul Houston
Staff	Gigi Meinig, Andrea Yip, Lori Sanford, Allison Boll, Jon Morrison Winters, Mercedes Elizalde, Maria Langlais
Speakers	Former Seattle City Councilmember Nick Licata
United Way Staff	Carolyn Cunningham
King County Staff	Linda Wells
City of Seattle	Maureen Linehan

Welcome and Introductions:

Molly Holmes, Chair, welcomed Advisory Council members and ADS staff to the meeting. She asked those present to introduce themselves.

Program: Becoming a Citizen Activist
Speaker: Nick Licata

Nick Licata, former Seattle City Council member and author of Becoming a Citizen Activist – Stories, Strategies & Advice for Changing our World, described a number of strategies used by used by citizen activists.

His parents were hard working, and blue collar, never attending college. Unlike his parents, Nick had the opportunity to attend college which became the training ground for his political career. At a young age he learned the importance of power differentials and found those in power may not support people with little power. Regular hard working people can make a difference in their situation. Citizens can learn to protect themselves and change their future through small incremental steps.

Nick told a story about two citizens working at low wage jobs in fast food restaurants where conditions were deplorable. They regularly were asked to work long hours but were not paid for the additional hours. They were not given wage increases instead were told when the minimum wage is raised that is your increase. They showed their fellow co-workers they were willing to take a risk for better working conditions and they walked off their jobs. Ultimately through their efforts and many others the \$15.00 minimum wage was passed in Seattle. Eventually they were hired back by their previous employer. Nick gave the Advisory Council a number of advocacy tips to make change happen:

1. Realize something is wrong.
2. Decide you want to do something.
3. Think through solutions - complaining is not a solution.
4. Change the environment which may mean changing laws - a mechanism framing how systems work.
5. Talk with politicians, ask them to sponsor a bill, if they don't agree then ask if they will vote for a bill. Politicians may be supportive but not willing to sponsor a bill until they know constituents are behind it.
6. Describe the problem and solution succinctly on one page.
7. Thank politicians and policy makers for their efforts.
8. Sponsor a press conference to draw attention to an issue and ask policy members to attend.
9. Partner with allies in the community including non-traditional allies. Architect Peter Steinbrueck brought together allies to redevelop the Pike Place Market instead of tearing it down. They gathered signatures and received a federal grant to pay for the redevelopment.
10. Listen to opponents and look for common ground. Research in San Francisco found restaurants with paid sick leave had less staff turnover and increased profits.
11. Bring good data to policy makers. Seattle decided to not host the Olympics after the City Council received information about the negative economic impact faced by the majority of cities previously hosting the Olympics.
12. Convey information in a variety of formats. Methods to distribute information may not necessarily include new technology. Much of what is conveyed in blogs is taken from written media. Placards, forums, town halls, brown bags, TV, and radio still communicate the message.
13. Draw attention through protests, although it still important to discuss the issue with policy makers and work with them to develop solutions.

Finally, being a citizen activist is an attitude. It does not happen overnight.

Question: What was most effective 2-3 min presentation you have seen?

Answer: Generally city councils are influenced by people who are sincere, explain how their lives are affected by a situation and are clear about their ask. It doesn't work to intimidate politicians. Of course timing is everything. Politicians may want to do the right thing but are concerned about committing if they don't have enough support from their constituents.

Question: How can I be an activist for senior homelessness and how do I go about keeping seniors in their own homes?

Answer: Keep the issue visible and develop a game plan. Figure out how you are going to increase the number of seniors remaining at home. Then begin to articulate the next steps, and educate policy makers.

Business meeting

Minutes were approved

Sponsors report

King County

Leonardo Flor, Veterans & Human Services Levy Special Projects Manager at King County gave the council an update about the upcoming Veterans & Human Service Levy. The first Veterans and Human Services Levy was passed by King County voters in 2005. It generated funding for veterans, military personnel and their families. The funds provided housing and supportive services. In August 2011, King County voters renewed the levy which dedicates half of the revenue to help veterans, military personnel and their families in need and the other half to individuals and families in need.

The Veterans and Human Levy expires in 2017. King County staff are shaping the future Veterans and Human Services levy which will be voted upon in 2016. Stakeholder input is an important part of the process. Leonardo is engaging community groups and listening to their concerns to determine which priorities should be included in the new levy.

United Way of King County

Carolyn Cunningham reported United Way approved a new strategic plan which included 4 goals:

- 80% of kids are ready for kindergarten
- 50% of disconnected youth are on the path to success.
- 50,000 people rise out of poverty
- 50% reduction in the number of unsheltered people

United Way recently cut funding for a number of senior-related programs that weren't aligned with the four goals. However, they set aside \$300,000 for senior focused grants more aligned with those goals.

City Council Report

Mercedes Elizalde reported on behalf of Seattle Councilmember Debora Juarez. Councilmember Juarez expects to complete 85-145 district tours this year. The upcoming visits will focus on the geographic area west of I-5 and the Crown Hill area. She has also set up office hours at the North Seattle Community college every Friday from 10-3. Her committees include:

- Chair: [Parks, Seattle Center, Libraries & Waterfront](#)
- Vice-Chair: [Energy & Environment](#)
- Member: [Education, Equity & Governance](#)
- Alternate: [Gender Equity, Safe Communities & New Americans](#)

P&A Committee

Bev Heyden reported

1. The Older Americans Act received a small increase in the Obama Administration's final 2017 budget which calls for increases in core aging services:
 - \$10 million more for supportive services.
 - \$14 million more total for congregate and home-delivered nutrition programs.
 - \$2 million more for Aging and Disability Resource Centers (known in King County as Community Living Connections).
 - \$2 million more for the Elder Justice Initiative (significantly less than the 2016 request).
 - \$2 million more for the Lifespan Respite Care Program.
 - \$14 million more for the Commodity Supplemental Food Program.
 - \$10 million for a new initiative to improve senior access to the Supplemental Nutrition Assistance Program (SNAP).
 - \$72 million more for Section 202 Housing for the Elderly.

2. Locally, the City's budget process will begin late spring.
 - ADS staff members were asked to write a report about United Way funding reductions on agency service providers, HSD contracts, and people who receive services. Once completed it will be presented to the Seattle City Council.
 - Sound Generations (formerly Senior Services) received approximately \$400,000 from Group Health. The funding is intended to mitigate the gap in lost funding from United Way. About half of these funds will be allocated to senior centers affiliated with Senior Services.

3. United Way of King County
Several Advisory Council members met with Sara Levin, Vice President of Community Services, to share ideas for a United Way \$300,000 investment process to serve older adults through the Homeless or Family Stability goal areas.

4. Special Needs Transportation
Metro continues to fund the Hyde Shuttle on a month-to-month basis.

5. Community Living Connections Update
 - Angela Miyamoto presented an update on Community Living Connections and the new website www.communitylivingconnections.org.

6. The Case Management Program Request for Qualifications (RFQ) closed March 1. Three applications were received. An evaluation committee is scheduled to review the proposals. ADS will announce their selection at the end of April.

7. Assessment of Fair Housing Update
Debra Rhinehart, Senior Planner in the Human Services Department (HSD) Community Services Division, discussed the Assessment of Fair Housing (AFH) which ensures that City policies, programs, contracting and resource allocations: 1) take "meaningful action" to affirmatively further fair housing and economic opportunity; 2) remove barriers to compliance with the Fair Housing Act of 1968; and 3) not take action that is inconsistent with the duty to further fair housing. The AFH must be submitted to Housing and Urban Development (HUD) by April 2017.

Communications Committee

Eric Martenson reported Jason Johnson, the City's Human Service Department Deputy Director will speak at the April Advisory Council meeting. Jason will discuss innovative strategies to reduce homelessness. The communications group which includes members of the Executive Committee met in February to prioritize educational topics and potential forums for 2016 including:

1. Explore human resource best practices, information about age friendly employers, and tips to reduce ageism.
2. Options to expand affordable, safe housing for seniors.
3. Urban Village designs.
4. Alzheimer state plan.
5. Economic issues facing seniors

Advocacy

David Baker asked the Advisory Council to consider two motions from the Advocacy Committee meeting this morning:

1. Request the Advisory Council approve sending thank you letters to legislators for Senior Lobby Day. The letters will mention related successes and prepare for continued advocacy.
2. Request the Advisory Council approve memberships in the Seattle Human Service Commission and the King County Alliance for Human Services.

Advisory Council members discussed the importance of maintaining a seat at the table during these important human service meetings to assure aging issues continue to remain on the human service agenda.

Both Motions passed unanimously.

Northwest Universal Design Council (NWUDC)

1. Tom Minty reported Advisory Council members should have received information about the April 14 Northwest Universal Design Council event called "*Are Your Digital Communications Accessible?*" featuring technology accessibility specialist Terrill Thompson. Terrill has 20 years of experience in IT accessibility and works to promote IT accessibility around the world. While the event is coordinated by the Northwest Universal Design Council, it has multiple co-sponsors. Event organizers hope it will attract the attention of:
 - People who have been challenged in accessing information online or through e-mail due to low vision or other disabilities.
 - Communications, marketing and PR professionals, and local government and nonprofit outreach staff. Click for the flyer:
http://www.environmentsforall.org/files/2016/03/NWUDC_AreYourDigitalCommunicationsAccessible_041416.pdf
2. On Saturday, February 20, the NWUDC Council held a successful event billed as "*Experience Universal Design – Tour & Open House*" at a private residence in Edmonds which was built using Universal Design principles. The house was originally presented at their October 2013 meeting on "Nurturing Home or Nursing Home: Why is Universal

Design such a hard sell?” Tom Minty provided a detailed, self-guided tour map that highlighted dozens of features, including:

- *Barrier-free entries*—Barrier-free movement from entryway to living spaces to bathing; recessed carpet, and an elevator between floors.
- *Open floor plan*—Large open floor plan of over 5,600 square feet designed to take advantage of Puget Sound and Olympic Mountain views. The lower level is completely equipped to house a caregiver and family.
- *Age-ready details*—Wide doorways, slip resistant floor tile, reinforced towel rack, grab bars, roll-in showers, and thermostatically controlled dials.

3. The next steering committee meeting will be held Monday, March 21 (10–11 a.m.) on the SMT 51st floor.

Director’s Report:

Maureen Linehan reported:

1. Advisory Council members attended Senior Lobby Day and met with 32 legislators and/or their aides. They had the opportunity to join with Sound Generations, PSARA, Bellevue Network on Aging and Kirkland Senior Council to advocate for 5 issues.
 - a. HB 1499 – Increases criminal statutes for exploitation of vulnerable adults.
 - b. SB 6327 – The “Care Act” Provides family caregivers with information and training to help their loved ones transition from hospital to home, and prevents unnecessary re-hospitalization.
 - c. HB 1725/SB 5709 - Supports and fully funds DSHS to implement policies related to overtime pay for Individual Providers (IP) who provide in-home care to Medicaid Case Management clients.
 - d. Budget Proviso - Medicaid coverage for hearing aids (cost to the state \$600,000).
 - e. Budget Proviso - Long Term Care Ombudsman program increase to support 150 new volunteers. (\$175,000)

Overall it was a great day the sun was shining. Constituents meeting with Senator Sharon Nelson obviously had an impact on the Care Act passing the Senate.

2. Governor Inslee ordered the House and Senate into a special session to finalize the budget. The House and Senate budgets are approximately \$400,000 million apart. The Senate also voted to block HCA expenditures under the 1115 Global Waiver without legislative approval. .
3. HB 1725 gives DSHS the legislation needed to implement overtime rules for state paid home care aides. There is concern the senate may not approve the bill. The longer session will give advocates more time to influence senate. In King County there are over 10,000 paid caregivers. Many work tremendous hours and now are eligible for overtime.
4. The Long Term Care Ombudsman program received \$175,000 for 150 new volunteers.
5. Funding for Health Homes, an intensive case management program serving clients with the highest complexity and health care costs, remains in the senate and house budgets. Both budgets include program expansion into King County. Advocates emphasize savings in health care utilization costs which Medicare allows the state to capture.
6. The King County property tax exemption for seniors was recently increased. The assessor is promoting the exemption through outreach.

State Council on Aging - No report

Announcements

Paula Houston, CEO Sound Generations, appreciated the opportunity to collaborate with ADS during Senior Lobby Day. She spoke about the need for allies and advocates, plus the importance of raising consciousness of legislators. Sound Generations recently started their strategic planning process and are emphasizing the importance of allies.

NEXT REGULAR MEETING:

April 8, 2016, Noon – 2:00 PM

700 5th Ave, Room 4060

Seattle, WA

<http://www.agingkingcounty.org/advisory-council/>