

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

JUNE 9, 2017

MEMBERS PRESENT

City of Seattle	King County	Public Health/United Way
<input type="checkbox"/> Molly Holmes	<input checked="" type="checkbox"/> Mayor David Baker, Kenmore	<input type="checkbox"/> Marsha Andrews
<input type="checkbox"/> Debra Juarez, Sea City Council	<input checked="" type="checkbox"/> Bev Heyden	<input checked="" type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Florence Klein	<input type="checkbox"/> Carolyn Heersema,	<input checked="" type="checkbox"/> Sue Weston,
<input type="checkbox"/> Kathe Matrone	<input checked="" type="checkbox"/> Cindy Snyder	<input checked="" type="checkbox"/> Tom Minty
<input checked="" type="checkbox"/> Mac McIntosh	<input checked="" type="checkbox"/> Dick Woo	<input checked="" type="checkbox"/> Andrea Sawczuk - pending
<input checked="" type="checkbox"/> June Michel	<input checked="" type="checkbox"/> Ava Frisinger, SCOA Rep	<input checked="" type="checkbox"/> Jenny Becker - pending
<input type="checkbox"/> Sue Shaw	<input checked="" type="checkbox"/> Dave Rogers	<input type="checkbox"/>
<input checked="" type="checkbox"/> Larry Low	<input checked="" type="checkbox"/> Irma Farsch - pending	<input type="checkbox"/>

Excused Absence	Debra Juarez, Marsha Andrews, Carolyn Heersema, Kathe Matrone, Sue Shaw, Molly Holmes
Guests:	Diana Thompson, Keo Capestany, Alan Abe, Emma Heron, Don Desonier, Cynthia Reznick, Rose Quinby,
Staff	Gigi Meinig, Maria Langlais, Andrea Yip, Jon Morrison Winters, Angela Miyamoto, Terry Ann Lee, Allison Boll, Mielle Michaux, Hillary Cross, Diva Springmeyer, Sebastian Diaz, Mitchell Serebrenick, Maureen Linehan
Speaker	Dr. Kris Rhoads, Marilyn Raichle
United Way Staff	
King County Staff	Linda Wells
Public Health	
City of Seattle	Cathy Knight

Welcome and Introductions – David Baker

Minutes were approved as written

**Advisory Council Program:
The State Plan for Alzheimer's Disease
Health and Medical Research
Speaker: Dr. Kristoffer Rhoads**

Dr. Rhoads is a clinical neuropsychologist specializing in the evaluation, and treatment of dementia and neurodegenerative disorders. He currently serves as the primary neuropsychologist for the UW Memory and Brain Wellness Center and is an Associate Professor in the Department of Neurology.

Dr. Rhoads sees a shift in the medical community to view Alzheimer's Disease as a long term chronic disease process similar to heart disease or diabetes. Research has shown Alzheimer's can be detected in the brain and spinal fluid 20 years before symptoms appear. Early detection helps reduce symptoms in the initial stages and possibly reduces later symptoms. One of the biggest challenges for the medical community is to train primary care doctors in the correct use of tools to detect Alzheimer's disease and provide information about resources available to patients. Currently only 50% of patients are diagnosed in a primary care setting.

As the population ages and the incidence of Alzheimer's will increase tremendously. People 85 years and older are most at risk. Hospital stays are longer for people with both Alzheimer's Disease and chronic conditions such as diabetes, congestive heart failure, kidney disease, stroke, and cancer etc. Alzheimer's Disease is the third most costly health care condition. It cost \$818 billion worldwide in 2016. Yet \$1 in prevention will equal \$5.60 in savings

While genetic predisposition is a risk factor in less than 5% of cases, the good news is a number of risk factors are modifiable including:

- Falls
- Delirium
- Hospital stays
- Diabetes
- Obesity
- Cardiovascular/Hypertension
- Sleep disorders
- Depression
- Physical inactivity/sedentary lifestyle
- Smoking
- Cognitive in activity
- Alcohol use

Prevention, interventions, and treating modifiable risk factors can reduce symptoms. These include: Cardiovascular exercise, cognitive activation, dietary interventions, meditation, mindfulness, stress reduction, community engagement and socialization. In Washington State the majority of care (approximately 80-%) is given by 335,000 unpaid caregivers, who provide 382,000,000 hours of equal to \$4.83 billion dollars.

Dr. Rhoads is a member of the Washington State Dementia Action Collaborative <https://www.dshs.wa.gov/altsa/dementia-action-collaborative> tasked with implementing the

Washington State Alzheimer's Plan. The plan includes goals, strategies, and recommendations. The goals will increase public awareness, prepare communities, ensure safety, ensure family caregiver supports, identify dementia early, provide evidence based health care, ensure long term services and supports, and promote innovation and research. The recommendations will be phased in over a number of years. Already, the initial recommendations are in motion including

- Developing a website portal.
- Compiling educational materials.
- Educating the community about healthy aging and brain health.
- Creating a roadmap for family caregivers.
- Promoting existing models of care coordination.
- Identifying and recommending validated cognitive screening tools.
- Convening expert panels to identify and endorse evidence based standards for diagnosis, treatment, care and advanced planning.

Dr. Rhoads is also the chair of the Bree collaborative workgroup assigned to deliver evidence based standards of care for patients with Alzheimer's. The Bree Collaborative is a panel of experts who set standards for health care. The Dr. Robert Bree Collaborative was established by the Washington State Legislature to provide a mechanism for public and private health care stakeholders to work together to improve quality, and cost effective health outcomes in Washington State. Each year three health care service areas with a high variation in the way that care is delivered is examined. Alzheimer's Disease was chosen in 2017. For more information about the Bree collaborative <http://www.breecollaborative.org/about/background/>

Question and Answer

Question: What treatments are available?

Answer: The Mediterranean diet, exercise, pharmaceuticals may help if given during the early stages.

Question: What screening tools are normally used?

Answer: The mini-mental is the most wide spread test used by physicians.

Question: Does caregiver stress affect memory loss?

Answer: Yes, stressful environments can result in brain atrophy especially in the frontal lobes. Cognitive behavioral techniques can be used to reduce stress.

Question: Once someone is diagnosed what can be done to reduce symptoms?

Answer: Early diagnosis is key. A variety of techniques may be used to reduce symptoms including exercise, anxiety reduction, treatment of sleep apnea, and some medications. More research still needs to be done to test the effectiveness of medications and develop standards.

Question: What is the risk genetic of Alzheimer's

Answer: The purely genetic form of Alzheimer's gives patients a 2-5% chance of developing the disease. Otherwise there is a

- 30% chance of developing if a parent or sibling had the disease
- 40% chance if several siblings and parents had Alzheimer's
- 50% chance if you are 85 years of age and older

Question: What does the research say about reversing the progression of dementia?

Answer: Research is promising. Research at the University of Washington cleared amyloid beta, but did not restore memory to previous levels, which is why early detection is important.

Question: What do autopsies show?

Answer: Some people with severe brain destruction have few clinical symptoms during their life. While others with little damage to the brain have severe symptoms.

Question: What can people do to prevent Alzheimer's?

Answer: Studies indicate there is less hippocampus shrinkage in older people who exercise. Other prevention techniques include:

- Reduce blood sugar
- Reduce blood pressure
- Increase cardio vascular exercise
- Improve diet
- Avoid cognitive retirement
- Keep active

Question: What can be done with a talkative confused parent?

Answer: Gentle deception, shift their attention to something different – roll with it. Correcting or cajoling will not help.

Business Meeting

Minutes: Were approved

A Nominating Committee including Lorna Stone, June Michel, and Mac McIntosh were elected. They will create the 2018 slate of officers.

Partner Updates

King County

- Linda Wells announced Dick Woo, and Cynthia Snyder were approved for Advisory Council membership last week. Ava Frisinger is on King County's agenda for approval June 20. Still pending are Irma Farsch, Jennie Becker and Andrea Sawczuk.
- Linda urged Advisory Council members to attend the Veterans Seniors and Human Service Levy public meetings in the Council Chambers, 10th floor of the King County Courthouse, 516 Third Avenue between James and Jefferson in Seattle.
 - Wed, June 14th 9:30am - Budget & Fiscal Management
 - Wed, June 14th 3:00pm - Regional Policy Committee
 - Wed, June 28th 9:30am - Budget & Fiscal Management
- David Baker remarked time is running for the council to pass the levy especially if changes are made.

City of Seattle – no report

Planning and Allocations Committee

Andrea Yip reported on behalf of Sue Shaw, about two upcoming opportunities to observe Full Life Care's Adult Day Service and Memory Care and Wellness program. The visits are scheduled for June 14 at Full Life's south Seattle office and June 28 at their Kent Program. Karen Winston is coordinating transportation please let her know if you are interested in attending.

Advocacy Committee

Ava Frisinger reported The Advocacy Committee passed a **motion to:**
Request that the Advisory Council send a letter to the Legislature's Budget Committee asking them to fund a 2% vendor rate increase for Area Agencies on Aging Case Management.

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SCOA

Ava Frisinger reported the SCOA Advocacy Committee is creating an action list for 2018. It will include bills important to seniors that did not pass during the 2017 legislative session. Included is the Long-Term Care Service and Support Trust Fund and options besides guardianship for people at risk.

Ava's letter to the editor about Older Americans month and "Aging Out Loud: Older and Bolder" was published in the Issaquah/Snoqualmie Valley Reporter.

NW Universal Design

Jon Morrison Winters reported The Northwest Universal Design Council (NWUDC), King County Mobility Coalition, and other community partners are inviting the community to attend a forum on improving access to healthcare and addressing the "last mile" transportation challenge. The forum will feature a panel of transportation experts, as well as special guests. Participants will learn more about landscape of transportation services, and share their thoughts about how transportation can improve access to healthcare in King County.

Date: Monday, June 19, 2017

Time: 1:00 p.m. – 3:00 p.m.

Place: Bellevue City Hall, 450 110th Ave NE, Bellevue

Map/directions: <https://goo.gl/maps/SYNTsJFqkaF2> Bellevue City Hall is one block from the Bellevue Transit Center, served by several bus routes, include the 550 from downtown Seattle.

Information: jon.winters@seattle.gov

RSVP: <https://www.surveymonkey.com/r/VY3WPBL>

CART captioning will be provided.

Age Friendly Update

Florence Klein reported on the May Age Friendly Task Force meeting. She heard two excellent presentations cities from Jacqueline Wu and Rebeca Zhao University of Washington interns. about age friendly community engagement and technology for older adults to age in place.

Mac McIntosh attended The June 6th "Aging the LBGT Way" - a forum about equity respect and inclusion at Seattle's City Hall. Mayor Murray opened the event and discussed changes he has seen throughout the years. Other presenters included:

- Karen Fredriksen-Goldsen, Professor and Director of Health Generations at the University of Washington,
- Patricia Lally, Director of the Seattle Office of Civil rights
- Marsha Botzer Founder of the Ingersoll Gender Center

During lunch, he heard two excellent presentations about equity, respect, inclusion, and LGBTQ Housing. In the afternoon, participants had the opportunity to choose between four breakout sessions.

Director's Report

Cathy Knight, was recently hired as the Aging and Disability Services Director. She appreciated having the opportunity to lead the King County Area Agency on Aging. Previously, Cathy was the Washington Association of Area Agencies on Aging Director where she worked with all 13 Area Agencies on Aging. Before that she worked for the Olympic Area Agency on Aging and the Lewis Mason, Thurston Area Agencies on Aging. Her career began in the Midwest with the Developmental Disability system which moved people to community settings.

Innovation funds: The Seattle Human Services Department (HSD) is seeking applications for pilot Innovation Funds. Approximately \$225,000 is available and will provide up to eleven (11) one-time mini grants designed to test new ideas related to one of HSD's six impact areas: (1) Preparing Youth for Success, (2) Addressing Homelessness, (3) Supporting Affordability and Livability, (4) Responding to Gender-Based Violence, (5) Promoting Public Health, and (6) Promoting Healthy Aging. \$21,000 is available for each successful healthy aging applicant. The submission deadline for this funding opportunity is Thursday, June 22, 2017 by 12:00pm. For more information:

[Information for Grantees](#)

Advocacy

Federal: If passed the proposed American Health Care Act will be devastating to seniors, people on Medicaid and state budgets. Proposals to cap and cut health care up to \$1.4 trillion are being proposed by Congress and President Trump. A small group of Senators are working quickly behind closed doors to craft a bill for a vote by the end June. Advocacy is needed right away. Washington State has spent years creating innovative programs to rebalance the LTC Medicaid system making it a cost effective, efficient and high quality service. There is little room to squeeze out excess revenue. Other states primarily using facilities for long term care, would still have opportunities to reduce costs once they begin moving Long Term Care recipients to a home and community based system.

Washington State is facing a June 30 budget deadline which if not met, could mean the State will face a shutdown. Resulting in layoffs and providers not paid. The revenue forecast is expected June 20, we could see movement on the budget at the last minute.

Announcements:

The Art of Alzheimer's event will be held June 14. Advisory Council members were invited to attend.

Adjourn –

2:00 PM

NEXT REGULAR MEETING:
Senior Employment and Volunteer Fair
July 14, 2017
11:30- 2:00 PM
Auburn Senior Center
808 9th St SE, Auburn, WA 98002

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