

# Advisory Council on Aging and Disability Services

*Creating choices for elders and adults with disabilities in Seattle-King County*

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www.adsadvisorycouncil.org

## MONTHLY MEETING

**MAY 8, 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 type="checkbox"/> Kris Fredrickson	<input checked="" type="checkbox"/> Marsha Andrews
<input type="checkbox"/> John Okimoto, Sea City Council	<input checked="" type="checkbox"/> Ava Frisinger, Former Mayor, Issaquah	<input checked="" type="checkbox"/> Katty Chow
<input type="checkbox"/> Tony Provine, Chair	<input checked="" type="checkbox"/> Bev Heyden	<input checked="" type="checkbox"/> George Dicks
<input type="checkbox"/> Kathe Matrone	<input checked="" type="checkbox"/> Kate Miller	<input type="checkbox"/> Tom Minty
<input type="checkbox"/> Mac McIntosh	<input checked="" type="checkbox"/> Dave Rogers, Senior Lobby Rep	<input type="checkbox"/> Dr. Elizabeth Phelan
<input checked="" type="checkbox"/> Sue Shaw	<input checked="" type="checkbox"/> Berta Seltzer	<input checked="" type="checkbox"/> Lorna Stone
<input type="checkbox"/> Diane Snell, SCOA, Past Chair	<input type="checkbox"/>	<input type="checkbox"/>

<b>Excused Absence</b>	Dr. Elizabeth Phelan, Kathe Matrone, Tony Provine, Kris Fredrickson, David Baker, Tom Minty, Mac McIntosh
<b>Guests:</b>	Sno-Valley Senior Center participants, Kathleen Wilcox
<b>Staff</b>	Gigi Meinig, Karen Winston, Andrea Yip, Maria Langlais,
<b>Speakers</b>	Liz Mercer, Laura Smith, Peggy McNamara, Michelle Maeda, Clark Fulmer, Hilary Case, Susan Lord
<b>United Way Staff</b>	Linda Woodall
<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**  
**Living Longer and Stronger in Sno-Valley**  
**Strategies for Aging in Place in a rural environment**

The Advisory Council met at the Sno-Valley Senior Center in Carnation. Almost 100 people were in attendance to hear about resources in the Snoqualmie Valley.

**Liz Mercer**, regional trainer for the Office of the Insurance Commissioner encouraged participants to call SHIBA for help with insurance questions at 1-800-562-6900 - a free, unbiased service sponsored by the Washington State Office of the Insurance Commissioner. She gave important Medicare information about safety net programs, subsidies. There is help for people with limited incomes needing help with long term care through the Medicaid program. Those services help people with long term care needs remain in their own home. She encouraged consumers to protect themselves by:

- Not giving out personal information to callers.
- Not carrying Medicare and social security in their wallet.
- Checking medical bills.
- Keeping all paperwork.
- Knowing Medicare open enrollment begins October 15 and ends December 7.

Liz continues to recruit for SHIBA volunteers in the SnoValley area. Volunteers will receive extensive training and will have the opportunity to help many community members.

**Laura Smith**, Director of the Snoqualmie Valley Community Network (SVCN) gave an overview of Snoqualmie Valley resources. The SVCN recently published an extensive Snoqualmie Valley resource guide. The SVCN promotes health and wellness making Snoqualmie Valley a great place to live. The network continues to assess for community needs, build capacity, and plan strategies, to address community challenges. They can be reached at 425-333-6614. The resource list is on line at <http://snoqualmievalleycommunitynetwork.org/community-resources/quick-resource-guide/>

**Michelle Maeda** Case manager, Evergreen Care Network gave information about programs to help people with significant health and social needs to remain in their own homes. Case managers conduct in-home assessments, consultations and set up individualized plans of care. Services may include meals, personal care, adult day health, help with housing options or transportation. Evergreen's family caregiver program helps unpaid caregivers reduce their stress through services customized to meet their needs such as:

- Referrals to local support groups, and resources.
- Training on specific caregiving topics, advice on the use of supplies and equipment.
- Respite care

**Peggy McNamara** Director SnoValley Senior Center gave an update about a planning process for a new 15 unit housing facility on vacant land owned by the senior center. The housing will be built with a grant from the housing trust fund.

Peggy talked about the Adult Day Health Program, a partnership between the Sno-Valley Senior Center and Snoqualmie Valley Hospital. Seniors attend four days a week from 9:30 AM to 2:30 PM and receive support with both their physical and mental health needs from an RN, LPN and two activity coordinators. The Adult Day Health Program helps support family caregivers

**Clark Fulmer**, Program Manager, King County Housing Rehabilitation Program provided information about funding for housing repair services to low-income homeowners and renters in most parts of King County, except Seattle, and Normandy Park. (*Note: The City of Seattle has its own housing repair program*)

The King County program provides necessary, home improvements such as roof repair and replacement, septic system installation, or options to make making living areas or entrances more accessible. Costs are covered through loans and grants up to \$25,000 at zero percent interest. Some residents may qualify for cash awards that do not need to be paid back. A Housing Repair Program staff person will provide an in-home assessment to determine which repairs qualify. . He recommended people call Shirley at 206-263-9095. Or visit the web site at <http://www.kingcounty.gov/socialservices/Housing/ServicesAndPrograms/Services/HousingRepair.aspx>

**Hilary Case** serves as the Volunteer Recruitment and Outreach Coordinator for Senior Services' Transportation Program which provides a much-needed service for King County seniors including door-to-door volunteer transportation for medical appointments, the Hyde Shuttle for running errands, grocery shopping etc. and nutrition transportation for round trip transportation to lunch programs at the senior center. Staff work hard to match drivers with people needing rides. According to Tracy "it's like a puzzle". Tracy continues to recruit for volunteer drivers especially in the rural areas. She encouraged people to volunteer by calling (206) 748-7588 or visiting the web site at <http://seniorservices.org/transportation/BecomeaDriver.aspx>. For more information about all their transportation programs click the link. <http://seniorservices.org/transportation/Home.aspx>

### **Susan Lord**

Susan Lord, Occupational Therapy Assistant at Snoqualmie Valley's HELP Equipment Loan Program loans affordable medical equipment to Snoqualmie Valley residents. HELP is collaboration between Snoqualmie Valley Hospital, Mount Si Senior Center, Sno-Valley Senior Center and Bridge Disability Ministries. According to Susan, "People borrow the equipment they need without having to use insurance for more expensive equipment they may need later." A variety of equipment is available such as canes, walkers, power wheelchairs and even hospital beds. The equipment is sanitized and refurbished. While there is no charge, monetary donations are accepted and will be used to repair, sanitize and purchase additional equipment. The HELP Center is open from 2:30 to 6:30 p.m. the first and third Friday of each month at 38565 S.E. River St., Snoqualmie. For more information, call Susan Lord at (425) 831-2300 ext. 165, e-mail [susanl@snoqualmiehospital.org](mailto:susanl@snoqualmiehospital.org), or visit [www.snoqualmiehospital.org](http://www.snoqualmiehospital.org). To donate equipment, drop it off at Mount Si Senior Center, 411 Main Ave. South in North Bend or at Sno-Valley Senior Center, 4610 Stephens Ave. in Carnation.

## Business Meeting

**Minutes:** Approved as written.

### Sponsor's Liaisons reports

Linda Well's King County sponsor liaison reported

1. King County's initiative "Best Start for Kids" brings in new revenue for children's prevention programs. The cost to property owners is \$1 a week.
2. Committee to End Homelessness (CEH) first plan was created in 2005 with the goal of ending homelessness in ten years. However, homelessness still remains a challenge. CEH recently drafted a new strategic plan. Linda expects the plan to be voted upon by June 30, 2015. Link to the 4/15/15 update: <http://cehkcstrategicplan.org/>.
3. King County Regional Veterans Initiative (RVI) 2013 report sets a vision for King County veterans and their families "to become aware of the full range of available services and supports, and will be able to access them easily". The initiative will support veterans in their transition from military service to stable and productive lives. King County DCHS staff working on the RVI initiative will get to know homeless vets in the community and connect them to health, housing, education, employment and other services.  
<http://www.kingcounty.gov/socialservices/veterans/RegionalVeteransInitiative.aspx>
4. King County is offering 12 weeks parental leave for county employees.

Linda Woodall, United Way

The United Way Strategic Plan will be voted on in June. United Way has found fewer donations are available to use for flexible community and crisis needs. Instead, donors are specific about how they want their dollars spent. United Way is looking at ways to reshape their business model and implement their new strategic plan.

### Planning and Allocations Committee

The P&A Committee held a public hearing on May 4, to gather information about the proposed 2015 supplemental discretionary allocation recommendations (below). Five individuals were in attendance representing: El Centro De La Raza, South Park Senior Center, and Senior Services. Following the review of the comments, committee members made no changes to the proposed recommendations. Members agreed to forward the final recommendations to the full Advisory Council for approval at their meeting on May 8<sup>th</sup>.

Approximately \$400,000 in underspent 2014 OAA and SCSA dollars was made available as one-time-only discretionary funding. (Note: This does not include Medicaid funds or other non-discretionary targeted funds.). If an increase in discretionary funding occurs in 2015, the P&A Committee recommends that additional allocations be made to priority services including Case Management, Elder Abuse, Nutrition, Transportation, and Information & Assistance.

Service Area	Proposed 2015 One-Time Add	One-Time Only Funding Description
Health Promotion-Senior Wellness	\$100,000	Chronic Pain Management Program with Harborview; piloting other programs with specific populations
Congregate Nutrition	\$70,000	Equipment/supplies including incentives for local bulk food purchasing for congregate nutrition sites

Home Delivered Nutrition	\$100,000	Summer produce bags for home bound seniors; Additional meals
Volunteer Transportation	\$80,000	Increased outreach, mileage reimbursement for volunteer transportation
Technology Fund	\$50,000	A technology fund for Community Living Connections organizations and senior centers
<b>TOTAL</b>	<b>\$400,000</b>	

The P&A Committee asked the Advisory Council for their approval of the draft 2015 one-time only discretionary allocation recommendations. The Advisory Council voted unanimously to approve the Draft 2015 Discretionary Allocations. The P&A Committee will forward the final recommendation to ADS Sponsors for approval at their May 20 meeting.

### **Communication Committee**

Claire Brannan reported Suzanne Pak resigned to take a new job with Korean's Women Association. Claire felt this will be a huge loss.

1. The Committee scheduled Patricia Hunter, Washington State Director of the Long Term Care Ombudsman program for the June 12 Advisory Council meeting at the Seattle Municipal Tower.
2. Maureen mentioned the Hyde Shuttle report is out and could be a topic worth pursuing since funding was recently cut back.

### **Advocacy Committee:**

Dave Rogers reported the extended session (beginning 4/29) gives bills which died in the previous session an opportunity to move forward. However, the legislators' main focus will be to negotiate and finalize the state budget.

#### First legislative session - Bill Status

1. *Passed:* the Small Business Retirement Savings Marketplace bill (SB 5826). Funding will provide a full time person assigned to Commerce Department to develop the market place.
2. *Will pass in another format:* The Long Term Supports and Services Study bill (SB 5258 and HB 1286) did not make it out of committee, but funding for the study was included in the House, Senate and Governor's budgets.
3. *Passed:* (HB 1090 and SB 5058) Shortens time given to report large data breeches to customers and increases the ability to prosecute fraud/ID theft.
4. *Passed:* (HB 1259, ESSB 5607) strengthens the role of advanced registered nurse practitioners (ARNPs) to sign and attest to certain documentation. The bill was supported by the Hospital Association and will provide cost effective efficiencies.
5. *Passed:* ESSB 5607) Changes the procedure for modifying or terminating guardianships.
6. *Passed:* (SSB 5175, HB 1403) recognize telemedicine as a reimbursable service. Persons may receive medical services without in-person contact with the medical provider.
7. *Did not pass* (HB 1499) Increases the penalties for caregivers or family members who financially exploit a person who has been entrusted in their care.
8. *Did not pass* (HB 1021)-Silver Alert.
9. *Did not pass* (ESHB 1186) Observation Status requiring notification to patients assigned observation status during their hospital stay.

## Budget Update

1. The House included \$1 million dollars to update the 211 system creating seamless infrastructure throughout the state. Advocacy committee members expressed some concern about the current system and the number of dropped calls, and long wait times.
2. The House, Senate and Governor's budget still includes the 9% for case management. Area Agencies will continue to watch until the budget is passed.

## Summer legislative meeting priorities

Priorities will be based on the outcome of the current session.

1. Additional funding for case management will continue to be their first priority. Advocacy committee members suggested using the following approaches with legislators.
  - a. Explain the return on investment.
  - b. Make clear the difference between AAA case managers and DSHS case managers- Lawmakers have the perception that they are the same.
  - c. Give legislators an understanding of service levels and what different funding options will buy.
2. Family Caregiver/Pre-Medicaid services most likely will be a second priority. Advocacy should stress Medicaid cost savings. Plus, supports such as Respite reduce caregiver burnout, help keep people in their own homes and out of the Medicaid system.

Provide an economic perspective. The wealthy can afford to pay for care and the low income will qualify for services. The middle class generally do not qualify for services initially, but must spend down their resources to qualify for Medicaid. For the middle class to maintain economic security, options must be available to pre-plan for long term care.

White House Conference Report on Long Term Services and Supports was recently made available. Here is the link: <http://www.whitehouseconferenceonaging.gov/blog/policy/post/long-term-services-and-supports>

November 2015 ballot measures to watch for:

1. King County's "*Best Start for Kids*" provides the resources to invest in early in children to prevent negative outcomes from domestic violence, homelessness, mental illness and chronic disease. <http://www.kingcounty.gov/elected/executive/constantine/initiatives/best-starts-for-kids.aspx>
2. City of Seattle's \$900 million "*Transportation Levy to Move Seattle*" is a 10-year transportation vision that integrates the city's long-term plans for walking, biking, driving, freight and transit into a comprehensive strategy. The levy includes street maintenance, sidewalk repair, safety improvements, bridge repair and reinforcement. <http://murray.seattle.gov/city-proposes-transportation-levy-to-move-seattle/#sthash.qKnWOGGr9.gyEMAz5.dpbs>

## Regionalism

Ava reported ADS will send thank you letters, with her signature, to the local Mayors who signed the letter asking legislators to support the case management budget increase.

## Seattle Commission for People with Disabilities

Sue Shaw reported

1. A representative from Seattle Department of Transportation (SDOT) gave an update on the waterfront planning process. The plan encompasses 26 blocks and construction will take place between 2015 & 2018. SDOT staff continue to request feedback from the disability community. Recently they took a walking tour at the waterfront with representatives from the Lighthouse for the Blind.
2. Board members received ethics training from Seattle Ethics & Elections Office.
3. The Commission formed two new committees' transportation and housing as part of 2015 work plan. Sue will be serving as a community member on the housing committee.
4. ADA Celebration Dates
  - a. *Seattle Public Library Films*  
Saturday, July 11, 2-5 PM  
Tuesday, July 21, 5-8 PM
  - b. *Rally at Westlake*  
Wednesday, July 22, 4-6 PM  
Possible speakers include Governor Inslee, Mayor Murray, State Senator Cyrus Habib
  - c. *Lunch time "Teach-In" - Seattle City Hall*  
Thursday, July 23.

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

Diane was unable to attend but sent information to Gigi who reported the following

- Update on the Alzheimer's Works group
- Oregon's special prosecutor model for Elder abuse might work in Washington State.
- Transportation
- Community first choice
- Elder Justice
- White House Conference.

## **NW Universal Design Council**

No report

## **Director's Report**

Maureen Linehan reported

- 1 John Okamoto former interim HSD director was appointed interim City Council member. He will chair the Housing Affordability, Human Services and Economic Resiliency Committee.
- 2 Catherine Lester was appointed as HSD director by the Mayor and Seattle City Council. She made several organizational changes including hiring two deputy directors Janson Johnson and Heidi Albritton.
- 3 On Monday, May 11, Maureen Linehan, Catherine Lester, Heidi Albritton, and Jason Johnson will meet with Mayor Murray about recommendations for the case management program. Mayor Murray continues to have concerns about the sustainability of the program even though the 9 % rate increase is expected to pass the House Senate and Governor's budgets.

- 4 Washington State Area Agencies on Aging continue to negotiate with the State about models of care which match expectations and revenue. Less revenue could result in a “light touch” model of care. Locally, internal changes and new cost effective best practices are already in the works.
- 5 The Family Caregiver and Community Living Connections grant recipients will be announced on Friday, May 15<sup>th</sup> and finalized after the appeals process sometime in June 2015.
- 6 Maureen was recently appointed to the Health Promotion Resource Center (HPRC), an organization that develops evidence based health models. The PEARLS program, and Enhanced Fitness and Falls Prevention were programs developed in collaboration with HPRC.
- 7 The State’s Alzheimer’s Workgroup planning process should be complete and the report finalized by September 2015.
- 8 Maureen gave the Advisory Council a heads up about a federal grant which could be awarded to Public Health to coordinate services and set priorities in King County.
- 9 Andrea Yip is working with Healthier Washington to integrate public health and community services with King County.
- 10 The most recent draft of the Interlocal agreement was completed and approved by the City and King County work Teams.

**NEXT REGULAR MEETING:**

**June 12, 2015, Noon**

**Seattle Municipal Tower**

**700 5<sup>th</sup> Ave, Room 4060**

**Seattle, WA.**

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