

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

DECEMBER 12, 2017

MEMBERS PRESENT

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

Excused Absence	Debra Juarez, Marsha Andrews, Carolyn Heersema, Kathe Matrone, Irma Farsch, Bev Heyden, David Baker, Andra Sawczuk
Guests:	Cynthia Winters, Mattie Taplin, Dr. Brenda Jackson, Marilyn Brink
Staff	Gigi Meinig, Andrea Yip, Angela Miyamoto, Terry Ann Lee, Allison Boll, Lori Sanford, Lori Mina, Irene Stewart
Speaker	
King County Staff	Marcy Kubbs, Denise Rothleutner
Public Health	Mary Snodgrass, Ingrid McDonald
City of Seattle	Catherine Lester, Cathy Knight

Welcome and Introductions – Dick Woo

Minutes were approved as written

Advisory Council Program

Minutes: Were approved as written.

Introductions: Cathy Knight introduced our partners:

- Catherine Lester, City of Seattle Human Services Department Director,
- Ingrid McDonald, Policy Director, King County Public Health,
- Mary Snodgrass, Policy and Planning Assistant, King County Public Health,
- Denise Rothleutner, Deputy Director, King County Dept. of Community and Human Services
- Marcy Kubbs, Program Manager, King County Dept. of Community and Human Services

Catherine Lester, City of Seattle thanked the Advisory Council for several important accomplishments:

1. Input into the 2-year Area Plan on Aging update.
2. Coordination with the Human Services Department:
 - a. Senior Employment Fair, a collaboration with Mayor's Office for Senior Citizens and the Auburn Senior Center.
 - b. Seattle Navigation Center overview. Speakers
Jess Chow, City of Seattle Planner and Project Lead for the Navigation Center in the International District and Charles Schrag, Manager, International District Navigation Center.

They answered questions about the history and described the vision of the navigation centers. Advisory Council members learned about the complexity of homelessness, the challenges faced by people who are homeless and described how the highly skilled staff help residents move to permanent housing.

Sue Shaw Acknowledgement

A special thanks to Sue Shaw, who retires from the Aging and Disability Services Advisory Council at the end of December. Her accomplishments include:

- Acting as a liaison between the HALA Advisory Committee and the Advisory Council.
- Serving as Secretary for the Advisory Council.
- Participating as Planning and Allocations Committee member here she served for three years two of those as chair.
- Participating in RFQ processes. Her background at Kaiser Permanente gave her an excellent understanding of services and perceptive during the provider review process.

Mary Snodgrass, King County Public Health thanked the Advisory Council for:

- The opportunity to work closely with the Advisory Council to create healthy communities through the Area Plan process, and joint advocacy efforts.
- The cutting edge educational programs the Council brought to the community and their advocacy on behalf of seniors and people with disabilities.

Marsha Andrews Acknowledgement

Mary thanked Marsha Andrews for her service with the Aging and Disability Services Advisory Council and acknowledged her for:

- Writing a monthly column called the "Senior Moment" for the Seattle Medium newspaper.

- Connecting the Advisory Council to excellent speakers and experts including Julie Kocer, Elder Law and Estate Planning Attorney who brought practical information and an “End of Life Toolkit” to the meeting.

Eric Martinson Acknowledgement retired from the Advisory Council after 4 years to move to Sequim. He was always a stable force on the Advisory Council pitching in when needed serving as back-up Chair for the Advisory Council and Advocacy Committee. He was appointed to the position of At Large and willingly took on the Communications role as well. Eric has a strong interest in social services and in his 60s went back to school for a degree in social work.

Denise Rothleutner, King County Department of Community and Human Services thanked the Advisory Council for their support of the Veterans Seniors and Human Services Levy (VSHSL). In addition:

- Leo Flor and Adam Schmid were grateful for the opportunity to meet with Advisory Council members. They valued the Council’s willingness to attend hearings and speak out on behalf of the levy, including writing letters to the King County Council.
- The Housing Forum at the Issaquah Senior Center was an excellent example of community outreach. Seniors were given the opportunity to make their views known about affordable housing. The panel and resource tables were designed to provide information on important emerging issues, and services such as the property tax exemption, King County’s home repair program and affordable housing options through King County Housing Authority.

Carolyn Heersema Acknowledgement

Denise thanked Carolyn Heersema for her service with the Aging and Disability Service Advisory Council. Carolyn brought the Native American lens to council activities and a deep understanding of caregiving as a full-time caregiver for her mentally and physically handicapped daughter.

Irma Farsch acknowledgement

Irma attended the Advisory Council one year ago. She fully participated in the Advocacy Committee and met with many legislators. She even created a special packet to use when she met with her own legislators. During her career, Irma managed several health clinics including the SeaMar Health Care Center in Burien. In November she was hired by Evergreen Health Care to manage a clinic near her home. Because of her busy schedule she will no longer be able to attend the Advisory Council. We wish her well and appreciate her service.

Year in review: Cathy Knight, Director Aging and Disability Services thanked the 2017 Officers & Committee Chairs for their Service:

- Chair: David Baker
- Vice Chair: Marsha Andrews
- Secretary: Lorna Stone
- At Large & Communication lead: Eric Martenson
- Advocacy Chair: Ava Frisinger
- Planning and Allocations Chair: Sue Shaw
- Communications Lead: June Michel
- NW Universal Design Liaison: Tom Minty

The Advisory Council will celebrate the new Officers and Committee Chairs at the retreat:

- Ava Frisinger, Chair
- Dick Woo, Vice Chair
- Secretary, Cindy Snyder
- At Large, Dave Rogers
- Advocacy Committee Chair and Communication lead, June Michele
- P&A Chair, Dick Woo

Cathy expressed her appreciation to the Advisory Council for their accomplishments in 2017 on behalf of seniors and people with disabilities. She was honored to provide information to the Advisory council about the Medicaid Transformation and Family Caregiver programs.

Advocacy year in review:

- Developed legislative priorities and adjusted them as new issues emerged.
- King County is home to 48 State legislators – The Advisory Council met with 30 legislative offices during Senior Lobby day.
- Advisory Council members met one-on-one with Senator Nelson, Senator Saldana, Rep Mia Gregerson, Rep Cody, Rep Ryu and Rep Fitzgibbon during the Fall. It was a good opportunity to build relationships and encourage representatives to use ADS as a resource.
- Advisory Council members met with Congressional Representative Dave Reichert. They asked him to preserve Medicare, the Medicaid Safety Net, maintain the ACA and Social Security, plus support the Low-Income Housing Tax Credit Improvement Act.
- Sent letters to:
 - Congressional Representatives and Senators asking them to Protect the Older Americans Act (OAA), Preserve the Medicaid Safety Net and Medicare.
 - Veterans Administration asking them to align their policies with Washington State counties to protect vulnerable veterans who are victims of financial exploitation and abuse.
 - VSHS levy letter to King County Council and the Executive.
 - Thank you letters to everyone the Advisory Council met.

The P&A Committee

- Approved the Discretionary Budget and one time only allocation to case management, home delivered meals, and health promotion.
- Provided input and approval to the 2-year the Area Plan on Aging update.
- Made site visits to Adult Day Health programs.
- Reviewed and provided input into the interlocal agreement

What's ahead

1. During the retreat January 12th we will set the stage for 2018 with our wonderful partners King County Department of Community and Human Services and King County Public Health
2. Celebrate the Advisory Council's community connections.
3. Determine the Advisory Council focus for 2018.

Program: What do case managers do?
Learn how Case Managers turn challenging situations into positive outcomes.

Cathy Knight introduced three Case Management Program staff representing Medicaid case management, nursing, and the fire department liaison.

- Krista Sneller ADS Seattle Housing Authority nurse
- Flor Alarcon Avendano, ADS Case Manager
- Ashley Clayton, ADS Case Manager and Fire Department Liaison

Each presenter described the clients they work with and how the services provided by ADS keeps people in the community, independent, and out of expensive facility based care.

The criteria for the Medicaid case management program depends on the client's income, assets and care needs. There are 12,000 people in King County managed by ADS or ADS subcontracted agency case managers. Case managers visit clients in-home, complete a comprehensive assessment and develop a plan of care for clients to receive in-home services. The number of hours of care is determined by the computer assessment's algorithm. People served include a wide variety of vulnerable individuals from younger disabled to older adults with chronic conditions and many care needs.

Flor described one of her clients as younger disabled with rapidly progressing muscular dystrophy. He is a highly functioning busy attorney yet needs continual care as he is on a ventilator, requires turning every two hours, and help with his activities of daily living (e.g. feeling, dressing, toileting etc.). His caregiver goes everywhere with him. He requires the use of at least 4 machines including voice recognition, and mouth pen. Finding well trained competent caregivers is challenging in complex cases like this one.

Krista supports a team of case managers assigned to SHA buildings. They collaborate with her on cases requiring medical assessment including people discharged from the hospital or facility, pressure ulcers, medication management, and mobility issues. She coordinates with the client's medical team including the primary care physician. Christine described a client who had diabetes, was blind, chair bound, frequently hospitalizations. She brought in a nurse delegator to train the caregiver which reduced the number of ER visits, hospitalizations, increased his safety and stabilized his blood sugar.

Ashley coordinates with the Seattle Fire Department on their vulnerable Adult Program. Seattle Fire sees many people repeatedly. Some fall frequently, are abused, neglected or suffer from self-neglect. They are afraid they will lose their independence if their condition is reported to family or their physician. They trust the fire department and are willing to open the door. This provides an opportunity for Ashley to intervene. As an example, "Jimmy" was chronically homeless, fell frequently and called 911 repeatedly. Ashley completed an assessment, determined his eligibility for a number of programs including veterans' benefits. She was able to set-up wrap around services. Sixty two percent of clients she sees have no access to services she is able to help many of them apply and receive services.

Case managers provide care coordination for clients reducing hospital visits and nursing home stays helping to maintain the client's independence. They help caregivers with respite and back-up. They provide eviction prevention, help with utilities when the lights are off, mobility aides, safety assessments and even access wheel-chair repairs.

Announcements:

- Retreat January 12, 2018, 9 AM – 3 PM, El Centro de la Raza
- W4A Lobby Day, January 31, 2018, Olympia
- Senior Lobby Day – February 22, 2018, Olympia

Adjourn –

2:00 PM

**NEXT REGULAR MEETING:
February 9, 2018
Seattle Municipal Tower
700 5th Ave, Room 4060
Seattle, WA 98124**

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