

Age Friendly Coalition for Seattle & King County
Social and Civic Participation Committee Meeting
March 23, 2018, 9:00-10:30 AM

Present: Dori Gillam (Creative Leadership Resources), Rebecca Crichton (NWCCA); Nancy Robb (Wider Horizons); Joanne Donohue (Sound Generations); Linda Woodall (Eastside Friends of Seniors); Thomas Whittemore, Lenny Orlov (City of Seattle).

Absent (as reported): Cecily Kaplan (Greenwood Senior Center); Denise Klein (Wider Horizons); Tamsen Spengler (West Seattle Time bank); Keri Pollock (Aging Wisdom).

Agenda / Minutes

1. Intros / Check In

- Committee members listed as “absent” let us know that they could not attend. There may be other members who did not get in touch.
- Joanne was the facilitator. She condensed last meeting’s minutes into an outline for attendees to review and work with. She also put together a time line (9:00-10:30am).
- Attendees went around the room stating their names and what draws them to this committee/workgroup.
- Thomas shared a palm card with the Community Resource Hub (by Seattle Neighborhoods)

2. Discussion / Decision

- Joanne distributed the list of ideas for projects from the last time the group met (see Addendum, below). Discussion of what meals connect to [an arrow pointing to a blank space]. Group agreed that it’s “everything”; the original senior centers actually started out that way! Nancy brought up that providing meals is important because seniors often don’t have adequate nutrition d/t lack of resources to obtain and/or ability to prepare the food.
- Joanne asked if we need to elaborate on any of the above, or is this a good starting place? A question was asked “what are Timebanks?” They are membership organizations (like virtual villages) where people exchange their skills. However, these are not 1-to-1 exchanges, but are more of a pass-it-forward model. There are three: Shoreline, East Seattle and West Seattle. Rebecca brought up Silver Kite, an intergenerational arts experience group that works with (among other things) recipes and meets in places with functioning kitchens.
- Joanne suggested that we move on to narrowing these ideas into a single project, which seems realistic for the group to – eventually – accomplish. The group was supportive of this idea. Nancy added that actually implementing something is a great way to increase visibility of the Coalition. Dori added that if this project could be realized as a toolkit, it could then be replicated in other parts of the city, or even lead to other things. Discussion on how we avoid duplication of efforts. Thomas suggested that we consider availability of resources as part of our decision process. Group asked Lenny to find out what City has available. Also, sponsorships from businesses (e.g., Starbucks) and employee engagement – as possibilities.

3. Committee work: narrowing down

- Joanne posed the question as to what’s the best way to do this? Rebecca brought up timelines, group capacity and the need to recruit others once the decision is made. It is decided that each committee member will briefly review the list of ideas (see Addendum) and then distill them into three *concrete projects* for the group to implement.
- After everyone shared, the following was the tally:
 - facilitating social events that involve providing meals (5) + 1 [email update]
 - organizing Ageism workshops (3)

- vetting businesses for being Age-Friendly, stickers issued (3)
- holding intergenerational events around technology (3) + 1 [email update]
- developing AF neighborhood block watch toolkit (2) + 3 [email updates]
- continuing AF pedestrian potlucks – in various neighborhoods (1)
- Several group members noted that there might be a way to combine some of these projects, especially by providing food (e.g., pedestrian potlucks, sharing stories with other generations via Skype and/or over a meal, etc.) Rebecca brought up Empty Bowls, a fundraiser (has no other programming) used by the Ballard foodbank: selling a piece of local pottery (bowl) for \$20 and filling it with soup (4 choices).
- It was noted that the AF Sticker business vetting is the project that is fully separate from all others. But anything else is possible over a meal! Dori mentioned Wisdom Cafes (Richmond Highlands and Shoreline libraries) with a variety of AF topics that are very well attended by regulars. Linda cautioned that there should be a strategy for getting people who are isolated out to events (via volunteers, etc.)

4. Looking forward:

- It is decided that committee meetings will be monthly, but would alternate between the fourth Friday (1.5 hrs in length, at various community locations – North & South) and the third Friday (1 hr in length, following the full Coalition meeting at the SMT).
- Community locations will be reserved by the facilitator, while the SMT locations will be reserved by City staff member. For April 20, Lenny has reserved the conference room on the 51st floor (5135).
- Staff member is to take minutes and distribute electronic handouts (e.g., agendas) to group members.
- Lenny will present group's work at the next AF Coalition meeting on 4/20 in SMT 1600, and Rebecca will facilitate the next SCP committee meeting in SMT 5135.

Action Items

1. Members who were not present: review Addendum (below), select up to 3 ideas that could work as concrete projects for this group to implement. Email to Lenny. [received 3 email updates: reflected above, under item 3.]
2. Rebecca: send a sample project proposal and a draft agenda for 4/20 to Lenny – to share with the group. [pending]
3. Lenny: find out what non-staff City resources might be available. [will share at 4/20 meeting]
4. Next facilitator: reserve the meeting space for May 25. [pending]

Addendum

Excerpt from February minutes

- Intergenerational support groups
- Use Meals to:
 - Bring people together to share stories & recipes
 - Facilitated group discussions
- Technology mentoring program
 - Intergenerational component possible, bi-directional and cumulative benefits: older adults pair up with a younger technology mentor, communicate their needs as learners, etc.
 - E-readers – partnership w/Libraries?
 - Skype or other communication platform
- Ageism workshops

- Develop a toolkit for Neighborhood block watches
- Continue Pedestrian Potlucks
- Increase coordination between Villages and Timebanks
- Business stickers for Age Friendly and corresponding web locator