

**Age Friendly Coalition for Seattle & King County**  
**Social and Civic Participation Committee Meeting**  
**April 20, 2018, 11:15 AM - 12:15 PM**

Present: Rebecca Crichton (NWCCA); Tamsen Spengler (West Seattle Time bank); Nancy Robb (Wider Horizons); Carol Redfield (Seattle Pacific University); Sarah Demas, Lenny Orlov (City of Seattle).

Absent: Linda Woodall (Eastside Friends of Seniors); Joanne Donohue (Sound Generations); Dori Gillam (Creative Leadership Resources), Cecily Kaplan (Greenwood Senior Center); Keri Pollock (Aging Wisdom); Thomas Whittemore (City of Seattle).

## **Minutes**

### **1. Intros / Check In**

- Rebecca was the facilitator. Lenny provided web support – to access additional information on discussion points. Carol Redfield and Sarah Demas attended for the first time.
- Attendees went around the room stating their names and the nature of their work and/or community involvement as they pertain to this committee/workgroup.
- The substance of these intros was the basis for the Discussion (below)

### **2. Discussion**

- Tamsen described the work of the [West Seattle Timebank](#) that she represents, as well as the [SWEL Timebank](#) (of the Shoreline, Woodway, Edmonds, and Lake Forest Park communities). These timebanks also have member websites (<https://westseattle.timebanks.org> and <https://swel.timebanks.org>) that display the number of members and time exchange metrics.
- Carol inquired re: the difference between timebanks vs. virtual villages vs. RSVP volunteering. Tamsen explained that Timebanks allow members to receive time credits for providing a service, which could then be used as “currency” for accessing any other available services at some future time. Unlike Villages that charge annual dues in exchange for matching their members with volunteers, the Timebanks are free to join. And RSVP is a national organization that often requires a commitment for the level of involvement, whereas Timebanks do not.
- Tamsen and Nancy then talked about the history of Timebanks and Villages in the area. Their creation was influenced by Aging Our Way initiative and its [Community Transformation Toolkit](#) (PDF).
- Carol brought up the importance of bringing older adults to the forefront of the society. The current set up is: “if you \*need\* something, here are your options” (e.g., [Community Living Connections](#) - CLC). If, on the contrary, an older adult has something of value to offer: simple tasks or beyond – there is not a system for them to be connected to those that might benefit.

### **3. Committee work:**

- There is a consensus that Seattle needs a HUB – for connecting older adults with opportunities to engage. The group looked at the existing <http://www.seattle.gov/resourcehub> and concluded that the *Connect to Community* portion does not satisfy the above purpose for the following reasons:
  - Seattleites aren’t likely to look for neighborhood connections on a government website, especially those in the immigrant community
  - The users that did, would have to know what to search for – no instructions given
  - If folks did know how to search, e.g., neighborhood name, the results are not specific to older adults
- Question: how do we come up with some combination of a government resource such as the one from the Department of Neighborhoods with something like

<http://www.personalsafetynets.org>, but local? A technological solution was proposed, e.g. working with Amazon on creating a smart speaker for neighborhood resources.

- City of Seattle is currently working on an Affordability Portal and the Age Friendly Discount Directory, which are not exactly the desired type of resource, either.
- The importance of multilingual access to neighborhood resources is discussed. The CLC brochure is in seven languages; City of Seattle has a [Language Access Program](#) which includes engaging various language speakers among the staff.
- Rebecca suggested that the next iteration of the Northwest Center for Creative Aging could possibly become such a HUB. Carol shared the 10% (Genetics), 20% (Health Access), 30% (Lifestyle), 40% (Social Determinants) model. The HUB would need to encompass the last 3 “buckets” to be of benefit to older adults.

#### 4. Looking forward:

- The next facilitator is Tamsen Spengler; the meeting will take place on May 25, 10-11:30 AM at the Senior Center of West Seattle (4217 SW Oregon Street, 98116). Lenny will plan to attend and provide admin support (copies, minutes, etc.)
- Combining all of committee’s previous work: **how can we use specific outreach events (e.g., food related, intergenerational, etc.) to introduce and begin implementing the idea of the HUB – an *in-person social network* for older adults?**

#### Action Items

1. Folks who were not present at the 4/20 meeting are invited to weigh in on the above question (in **bold**). [pending]
2. Tamsen: send a draft agenda for 5/25 to Lenny – to produce copies for the group. [completed]
3. Lenny [added 5/24/18]: set up a conference call for the 5/25 meeting and email the info to committee [completed]