

Seattle and King County Age Friendly Task Force
MINUTES | February 16, 2018
Seattle Municipal Tower | Room 1600 | 9:00-11:00 a.m.

Topic
<p>Welcome / Rapid Networking Activity</p> <p>The meeting began with an impromptu networking session – three rounds of pairs asking each other the following questions in each round:</p> <ol style="list-style-type: none">1. What age friendly domain connects you most closely to our work?2. What do you hope to contribute to and get from this community?
<p>Updates and announcements from task force members</p> <ol style="list-style-type: none">1. Healthy Aging Partnerships—February 27, 9:00–10:30am at Sound Generations2. King County Mobility Coalition—Accessible travel maps have been translated in Spanish. Staci Haber will bring them to the next meeting. Moving the work forward that was started with the City for All Civic Hackathon.3. Alzheimer’s Regional Conference—April 27 at the Washington State Convention Center from 7:30am–4:00 p.m. To register, click here.4. Northwest Center for Creative Aging—Visit their website for extensive resources and upcoming events.5. Toole Design Group—Survey links will be shared on topics on older adult cycling and transportation.6. Changing Aging—Save the Date, April 5, for an event that will address the eight domains of livability with national expert speakers and will be held at the Seattle Public Library in the Microsoft Auditorium. Additional details coming soon!7. AARP Update:<ul style="list-style-type: none">• King County Women’s Advisory Board will hold a conversation on Childcare Issues on March 14 from 5:30 -7:30 p.m. at the Chinook Bldg.• Age Friendly Puyallup will be hosting an Aging Expo event with experts on May 5.• Steve Thorndale is a new AARP volunteer and will be attending the task force meeting. Goal is to expand age friendly to south end cities (e.g. Lakewood/Tacoma).8. Basia Belza with UW Health Promotion Research Center is looking for data sets on older adults that link to the built environment and cognitive health. Questions/send data to Baisab@uw.edu.9. Age Friendly Seattle forum will be held on May 4 at the Mirabella with Seattle City Councilmember Sally Bagshaw.10. Northwest Universal Design Council will host a Special Populations Housing forum at City Hall on May 22. Architects have been invited to discuss design and accessibility. <p><i>*If you have an event you would like us to share via the Listserv, please email the details to Maria.Langlais@seattle.gov</i></p>
<p>Steering Committee Update & Business</p> <ul style="list-style-type: none">• Contact List – By member request, we developed a contact list for task force members which they can use for networking or other needs. Terry Ann circulated the draft list and asked members to review the information for accuracy, make any changes, and add their workgroup (if applicable) before leaving. The updated roster will be attached when sharing meeting minutes.

- **Task Force Role & Operations**

- **Task Force Name**

- The Steering Committee shared the proposed new name for the task force—Puget Sound Age Friendly Task Force. The name is intended to reflect a scope that goes beyond Seattle to a regional level of age friendly inclusiveness, and which is independent from but works in partnership with local governments. Irene shared a draft logo which is similar to Age Friendly Seattle’s logo. Comments and discussion included use of “task force” v. “coalition” and “Puget Sound” vs. “Northwest”. The Steering Committee will consider these comments at their next meeting on March 16.

- **Steering Committee**

- Steering Committee membership is open to anyone on the task force who is interested in participating.
- The committee provides leadership on the governance and structure of the task force and develops agendas for task force meetings.

- **Meeting Frequency**

- The Steering Committee and Task Force meetings will meet bi-monthly, rotating every other month. For the remainder of 2018, Steering Committee will meet in March, May, July, September, and November, and the task force will meet in April, June, August, October, and December.
- The steering committee meetings will be business focused and task force meetings will include networking and educational opportunities.
- Both meetings are open to anyone who wants to participate.

- **Committee Workgroups**

- The committee workgroups will determine what meeting frequency, location, and times work best for their own committees.
- Each committee will designate a representative to report out on their work at the bi-monthly task force meetings.

Introductions to Committee Workgroups:

- **Active Transportation and Outdoor Spaces—Mary Snodgrass.** At their previous meetings, the workgroup: discussed why members are interested in this committee; reviewed what is already in progress in the age friendly action plan – including a presentation from SDOT; shared what members can bring to the table; and discussed how broad or narrow their focus should be. The next meeting is scheduled for February 23 during which they plan to identify a few projects. The workgroup has not yet established leadership roles (e.g. chair/co-chair, secretary).
- **Social and Civic Participation—Joanne Donohue.** At the previous meeting they did not settle on a clear direction, but brainstormed projects that connects to city or community efforts. They did determine the priority was to focus on social isolation and engaging older adults after retirement. Today’s session will focus on core themes of these domains.
- **Outreach, Advocacy, and Communication—Dolores Maria Rossman & Amanda Frame.** Dolores and Amanda are co-chairs of this group. Their workgroup incorporates five categories: including Advocacy, Events, Business & Employment, Marketing & Communications, and Training. The group started with 20 activities based on the age

friendly action plan and will narrow down it down into to 3-5 activities that this committee can work on in 2018.

Workgroup Report Out

- **Active Transportation and Outdoor Spaces**

- Looked at the gaps in transportation and outdoor spaces and discussed how to address gaps:
 - Affordability
 - Transit ridership
 - Regional transportation challenges:
 - Awareness (e.g. Reduced Fare Cards), infrastructure, non-emergency medical transportation, better coordination of services, trip planning tools for older adults.
 - Funding
- Cycling—don't have a focus on older adults
- Education—transition from driving to giving up the keys. Dozens of ideas
- Need to coordinate with other committees—develop clear asks
- Next Meeting is Friday, 2/23/2018 in the Chinook Building, 401 5th Ave Room 118 (first floor, to the left past the elevators) – from 8:30 -10:00 am.

- **Social and Civic Participation**

- Connecting threads:
 - Isolation
 - Intergenerational
 - Mentorship
 - Skill-swapping
- Intergenerational support groups
- Use meals to:
 - Bring people together to share stories and recipes, meals
 - Facilitated group discussions
 - Individuals may need to obtain certification to prepare or serve meals.
Connection to ->
- Technology mentoring program
 - Intergenerational component possible, bi-directional and cumulative benefits: older adults pair up with a younger technology mentor, communicate with younger person about their needs as learners, go on to mentor other older adults in community settings
 - E-Readers– partnership with libraries?
 - Skype or other communication platforms
- Ageism workshops
- Overarching strategies to engage individuals and build pathways to resources:
 - Develop toolkit for Neighborhood block watches
 - Continue Pedestrian Potlucks
 - Increase coordination between Villages & Timebanks
 - Business stickers for “age-friendly” and corresponding web locator
- Future Meetings:

- Age friendly meeting places and meeting structure: parking expenses, noise, and time of day.
 - Next meeting will determine what to work on from above list.
 - Future group meeting structure: monthly beginning in March at either Central Area Senior Center or the Bridge at Greenlake with rotating facilitator.
 - Next Steps: committee members to respond to poll to identify ongoing meeting dates/times <https://www.surveymonkey.com/r/PTFGXMK>
- **Outreach, Advocacy, and Communication**
 - The group used the age friendly action plan and decided on the following activities for 2018:
 - **Event Planning**—Will assemble a planning team for the following:
 - **Pedestrian Potluck Summer 2018**—Focus on pedestrian mobility, accessibility, and alternatives to driving, walkability (Sound Steps), and intergenerational. Suggestions include: hold event at Greenlake, develop marketing plan, notify Lifelong Recreations of date no later than March 15 to include in their brochure.
 - **Age Friendly Forum at the Mirabella in May 2018**—sponsored by Councilwoman Sally Bagshaw
 - **Age Friendly Resource Fair May 2019 – Older American’s Month**—in partnership with Lifelong Recreation.
 - **Grant Writing**—will look grant opportunities once projects are identified that need monetary support. Send ideas to Jo Hurley and Claire Pendergast who will write grants. AARP’s Challenge Grant is coming up in May. Funds awarded must result in tangible items within two months.
 - **Training Development**—Tied to grant writing to fund online training modules for city employees and community organization in the areas of age, ability, and memory loss. Goal is to educate others to engage with older adults on the value, talent, and experience that they can bring to organizations and how to provide assistance to those that have ability or memory loss challenges.
 - **Develop a Neighborhood Toolkit**—we have all the elements to build a toolkit. Just need to put it together.
 - **Marketing Plan/Focus Group Testing**—Heatwave preparedness (7.3 action item)
 - Next Meeting: Irene will send a doodle poll.

Next Meetings:

- Steering Committee: Friday, March 16, 9:00-11:00 a.m. Seattle Municipal Tower, Rm 1600
- Task Force: Friday, April 20, 9:00-11:00 a.m. Seattle Municipal Tower, Room 4050
- Active Transportation/Outdoor Spaces Workgroup: Friday, February 23, 8:30-10am, Chinook Bldg., Rm 118
- Other workgroups TBD

Age Friendly Task Force
Friday, February 16, 2018 | 9:00–11:00 a.m.

Sorted alphabetically by first name.

Initials	Name	Organization / Affiliation
	Aditi Kambuj	Seattle Dept. of Transportation
	Allison Boll	City of Seattle – Human Services - ADS
AK	Amanda Frame	AARP Washington
	Ana Pinto da Silva	Amazon
✓	Andrea Yip	City of Seattle – Human Services - ADS
✓	Andy Oden	Gen to Gen - Seattle
	Anita Souza	UW – School of Nursing
	Art Mussman	Kirkland Senior Council
	Barbara Miller	Downtown Emergency Service Center
✓	Basia Belza	UW Health Promotion Research Center
	Becca Aue	Feet First
	Beryl Schulman	Lifelong Recreation Advisory Council
	Betsy Conrad	Kaiser Permanente
	Bette Robbins	AARP WA, Volunteer
	Boeun Kim	University of Washington – School of Nursing
	Brenda Charles	AARP Volunteer / Mayor's Council on African American Elders - Chair
	Candance Faber	
	Caroline Cicero	Community Member
CK	Cathy Knight	City of Seattle – Human Services - ADS
CK	Cecily Kaplan	Phinney Neighborhood Association / Greenwood Service Center
CK	Cheryl Brown	Parks
	Darlene Storti	Northaven Senior Living
	David Keyes	City of Seattle - IT
	Diane Wiatr	Seattle Dept. of Transportation
DK	Dolores Rossman	Healthy Aging Partnership
	Dominique Stephens	City of Seattle – Human Services - LAD
	Dori Gillam	Northwest Center Creative Aging
	Florence Klein	ADS Advisory Council
AK	Gigi Meinig	City of Seattle – Human Services - ADS
AK	Irene Stewart	City of Seattle – Human Services - ADS
	Jeff Sakuma	City of Seattle – Human Services - LAD
	Jen Pretty	Aegis Living
	Jennifer Herrmann	Providence Heritage House at the Market
JD	Joanne Donohue	Sound Generations
	Jon Morrison Winters	City of Seattle – Human Services - ADS
	Karen Lucas	SHAG
KW	Karen Winston	City of Seattle – Human Services - ADS
KW	Katherine Wuestney	Washington State University
	Katheryn Howell	
KP	Kavan Peterson	ChangingAging.org
KP	Keri Pollock	Aging Wisdom
	LeighBeth Merrick	LeadingAge WA
	Linda Wells	King County DCHS
LW	Linda Woodall	Eastside Friends of Seniors
LM	Lizzie Moll	Seattle Dept. of Transportation
	Maddie Grant	Iora Primary Care
	Maria Langlais	City of Seattle – Human Services Dept. - ADS

Initials	Name	Organization / Affiliation
	Marigrace Becker	Dementia Action Collaborative
	Marissa Black	UW – Geriatrics Fellow
	Mark Carson	King County Mobility Coalition / Hopelink
	Mark Hartenstein	Opportunity Hubs
	Mark Jacobs	Coldwell Banker Bain Real Estate
MPO MS	Mary Pat O'Leary	City of Seattle – Human Services - ADS
	Mary Snodgrass	Public Health
	Mike Lahoda	Rebuilding Together Seattle
	Ruby Farinas	Occupational Therapist
	Sarah Chamberlin	King County Public Defense
	Sharonn Meeks	Washington State Housing Finance Commission
SH	Staci Haber	King County Mobility Coalition / Hopelink
	Steve Lee	City of Seattle – City Light
	Sue Lerner	Wider Horizons
	Sue Weston	ADS Advisory Council / Vashon Community
	Susan McLaughlin	Seattle Department of Transportation
TS SAS	Tamsen Spengler	West Seattle Time Bank
	Terry Ann Lee	City of Seattle – Human Services - ADS
	Thomas Whittemore	City of Seattle - Dept. of Neighborhoods
	Tyrone Davis	Seattle Police Dept. - Elder Crimes Unit
	Vicky Yuki	City of Seattle - IT

Andy Snyder Am. Advers Council

JKT

Steve Thomdill AARP Volunteer Outreach - Advice stevethomdill@gmail.com

Rebecca Crichton NWCCA

Brigid Jp Hurley Senior Adv.

Claire Pendergrast UW School of Public Health

YF

YASHAR FAKHARI Walcomy

Nicole Mcberg -

cdh

Carol Kachadorian

Walter Washington Sound Generations

JM

hoenkim Soti. UW.

SPP

Penny Hobson

STPD Elder Crimes