



Advisory Council on Aging and Disability Services

Advocating for local, state, and national programs that promote quality of life for older adults and people with disabilities in partnership with Seattle Human Services and King County.

In partnership with:  Seattle Human Services  King County

Aging and Disability Service Advisory Meeting March 9, 2018

To: ADS Advisory Council Members and interested others

From: Ava Frisinger, Chair, Aging and Disability Services Advisory Council

Subject: ADS Advisory Council

Date: March 9, 2018

Time: **Advocacy Committee 10 AM – 11:30 - Room 4096**
Advisory Council Noon - 2:00 PM - Room 4060

Location: Seattle Municipal Tower
700 5th Ave, 40th Floor
Seattle, WA 98124

Contact: Gigi Meinig 206-684-0652, gigi.meinig@seattle.gov

Agenda

Welcome and Introductions –Ava Frisinger, Chair **Noon-1:00 PM**

Advisory Council Program: Aging Mastery Program.
Speaker: Cathy Knight

Learn more about the Aging Mastery Program which is easily adapted to Senior Centers and local community groups. You will each receive a kit which includes a guidebook with practical tips for aging-well across six dimensions:

- Gratitude & Mindfulness
- Health & Well Being
- Finances & Future Planning
- Connections & Community
- Learning & Creativity
- Legacy & Purpose

Why learn more?

Adults are living longer but are inadequately prepared to take advantage of those years. With no playbook for retirement, older adults need help making the transition to the next phase of their life and achieving autonomy and meaning.

Questions and Answers **12:45-1:00 PM**

Break **1:00-1:10 PM**

Advisory Council Business Meeting

Approval of Minutes

1:10 PM

Appointment: Fill the At Large Position held by Dave Rogers.

Reports / Action Items from AAA Partners

- King County Community and Human Services: Marcy Kubbs
- King County Public Health: Mary Snodgrass
- City of Seattle: Mercedes Elizalde

Reports from Committees and Councils

- P&A Committee Dick Woo
- Advocacy June Michel
- State Council on Aging Ava Frisinger
- NW Universal Design Tom Minty
- MCAAE Karen Winston
- Director's Report Cathy Knight

Announcements

Adjourn

2:00 PM

Executive Committee meeting

2:00 PM

NEXT REGULAR MEETING:

Friday, April 13, 2018

ADSAdvisoryCouncil.org

Please notify Gigi Meinig at 206-684-0652 or email gigi.meinig@seattle.gov if you are unable to attend.

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