



**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.*

**Aging and Disability Services Advisory Council**  
**Monthly Meeting Minutes**  
**March 9, 2018**

**Members Present**

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

<b>Excused Absence</b>	David Baker, Kathe Matrone, Mac Macintosh, Tom Minty, Debra Juarez,
<b>Guests</b>	Lisa Yeager, Janice Tuft, Emma Herron, Barb Williams, Susan Casey, Mi Yeoung Lee, Claire Petersky, Wendy Pender, Gemma Borg, Ella Williams, Cheryl Brown, Sonia Doughty, Judi Carr
<b>Staff</b>	Gigi Meinig, Andrea Yip, Karen Winston, Allison Bolls, Mia Kato, Lori Sanford, Jon Morrison Winters
<b>Speaker</b>	Kathy Knight, Mary Pat O’Leary, Jane Crum
<b>King County Staff</b>	Marcy Kubbs
<b>Public Health</b>	Mary Snodgrass
<b>City of Seattle</b>	Cathy Knight

**Welcome and Introductions: Ava Frisinger**

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## Aging Mastery Program

Why learn about Aging Mastery?

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.

The National Council on Aging has created its newest version of the Aging Mastery program and Washington was chosen as the first state to test the kits. The original program was a 10-week workshop geared to groups. The new program is easily adapted to both group settings and for use by individuals.

ADS Director, Cathy Knight is the point person for distribution and testing of the kits throughout Washington State. Each person receiving a kit is required to fill out a short survey either online or use the paper forms.

The kit includes

- Guidebook with practical tips for aging-well across six dimensions:
  - Gratitude & Mindfulness
  - Health & Well Being
  - Finances & Future Planning
  - Connections & Community
  - Learning & Creativity
  - Legacy & Purpose
- Deck of activity cards and dice. Each card features an activity tied to one of the six dimensions of aging.
- Notepad to reflect weekly goals and accomplishments.
- “Gratitude” Postcards used to remind others you are grateful for their presence in your life.
- Magnet – a visual reminder to be grateful for time well spent.
- Exercise DVD.

The Advisory Council was given the opportunity to try out the activities. Overall, they felt the kit was more meaningful and fun in a group setting which might include:

- Assisted Living or Continuing Care Retirement facility
- Informal coffee group
- One or two-day Senior Center retirement boot camp
- Church setting
- Homeowners associations
- Book clubs
- Alzheimer’s patients
- Community centers
- Diverse populations, young and old
- Schools

Other ways the kit could be used included:

- Charting the progress of group members
- Bringing in speakers with expertise on topics of interest
- Using it as a conversation starter

How much are the kits? – NCOA will make them available for sale after the test period. Currently, their goal is to place the kits in the community for people to try out.

## **Business Meeting**

**Minutes:** Approved as written.

**Election:** At Large position

Dave Rogers, the current At Large, is leaving the Advisory Council. Larry Low volunteered to fill the position. The Advisory Council unanimously voted Larry Low as At Large.

### **Partner Updates:**

Marcy Kubbs, King County Department of Community and Human Services.

- The King County VSHSL implementation plan was due March 16 to the King County Council.
- The Veterans Seniors and Human Services Levy Senior Center RFP was delayed several weeks until the King County Council appropriates the funds. The RFP should be out in April.

Mary Snodgrass, King County Public Health

- The State Legislature made a much needed \$3 million investment in Public Health. The King County population is growing by 1000 new residents per week and Public Health has the key role of tracking and preventing outbreaks of communicable disease. As an example: 30 Long Term Care Facilities had flu outbreaks.

### **Planning and Allocations Committee:**

Dick Woo, Chair Planning and Allocations Committee

#### RFPs

- The Legal Services RFQ process is complete.
- King County's Senior Center RFP will be out in April. The ADS Senior Center RFP will follow in May.

**Motion Passed:** Support development of a joint process between the City of Seattle and King County to coordinate community service program RFPs.

Note: Models are already in place between the city and county to collaborate homelessness services. Coordination is more efficient for government and agencies. Several funding streams provide flexible service options.

- The Interlocal will be heard by the City of Seattle on March 13 during the Human Services, Equitable Development, and Renter Rights Committee. Andrea Yip will provide an update at the next meeting.
- The P&A Committee received a draft copy of the Advisory Council Bylaws. During the April meeting the committee will discuss them in more detail and suggest changes. The P&A Committee will make their recommendations to the Advisory Council after the draft is complete.
- Karen Winston presented the highlights of the 2017 Area Plan Report Card.

- Andrea LaFazia-Geraghty described a new budget structure created by the Human Service Department. Andrea will have more information about the 2019 budget process later.

### **Advocacy Committee:**

The session is officially over. Listed below is the status Advocacy Committee priorities.

#### Bills

- PASSED: Respite Training Requirements for family caregivers (SB 6206, HB 2435)
- PASSED: Consumer Directed Employment Program (SB 6199). Controversy surrounded the bill. Republicans walked out during the vote leaving the democrats to pass the bill.
- PASSED: Medicaid coverage for hearing aids (SB 5179) – senate voted to fund hearing aids, the house included funding in their budget.

#### Budget Provisos

- PASSED: Health Homes – Redirects cost-savings to establish sustainable rates for AAA Health Home providers.
- PASSED: Medicaid coverage for hearing aids.
- PASSED: Dementia Action Collaborative staffing for DSHS to implement the State Alzheimer's plan.
- NOT PASSED: While the Long-Term Care Trust did not pass, \$50,000 will be allocated to Area Agencies on Aging to form coalition of stakeholders charged with ironing out the LTC Trust issues in time for the 2019 session.

#### Housing Bills

- PASSED: Document recording fees from real-estate transactions (HB 1570) were made permanent – source of funds for housing and homeless services.
- PASSED: Source of income discrimination banned statewide (HB 2578)
- PASSED: Senior/disabled property tax exemption extended to cover local levies (HB 2597).
- PASSED: Promotes the use of surplus public property for public benefit, (HB 2382)
- PASSED: Expands eligibility for the Housing and Essential Needs and Aged, Blind, and Disabled programs (HB 2667).
- NOT PASSED: Local Councilmember approval of .1% sales tax for affordable housing and greater local flexibility (HB 1797)
- NOT PASSED: Modifies eligibility threshold for senior/disabled property tax exemption to account for differences in local cost of living (SB 6251).

Representative Kagi, 32<sup>nd</sup> district and Representative Clibborn 41<sup>st</sup> district are not running next term.

**State Council on Aging (SCOA)**

Ava Frisinger reported:

State: SCOA supports the Consumer Directed Employment program which reduces the Administrative burden on Area Agencies on Aging.

Federal: The Lifespan Respite Care Program (LRCP), U.S. Administration for Community Living will provide grants to state agencies working with Aging and Disability Resource Centers and state respite coalitions. Currently funded at \$3.6 million and under a Continuing Resolution. SCOA is encouraging calls to representatives asking for \$5 million. The bill is supported by Derick Kilmer. Deadline March 12.

**NW Universal Design:**

Janice Tuft reported

A transportation presentation is proposed for the next quarterly meeting.

**Mayor’s Council of African American Elders (MCAAE):**

Karen Winston reported

- Two members agreed to rotate as liaisons between the MCAAE and the Aging and Disability Services Advisory Council.
- March 23 is the MCAAE Retreat
- April 19 The MCAAE and Central Area Senior Center will host Jim DeMaine to bring awareness to end of life issues.

**Director’s Report:**

- The State legislative session was positive for Senior Programs.
- The inability of Congress to pass a budget is having a devastating effect on State programs that rely on steady funding.
- June Michel will accompany Cathy Knight to the April N4A policy briefing in Washington DC. Appointments are being made with Senators Cantwell and Murry and King County Congressional representatives.
- Cathy Knight thanked members attending advocacy events in Olympia.

**Adjourn:** 2:00 p.m.

**NEXT REGULAR MEETING:**

Friday, **April 13, 2018**

Seattle Municipal Tower – Room 4050/60

700 5th Avenue, Seattle 98104

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