



# 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.

## Advisory Council Meeting Minutes July 13, 2018

### Members Present

<input type="checkbox"/> Mayor David Baker	<input checked="" type="checkbox"/> Florence Klein	<input type="checkbox"/> Cindy Snyder
<input checked="" type="checkbox"/> Jenny Becker	<input checked="" type="checkbox"/> Larry Low	<input checked="" type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Ava Frisinger	<input type="checkbox"/> Kathe Matrone	<input checked="" type="checkbox"/> Diana Thompson
<input type="checkbox"/> Zelda Foxall	<input type="checkbox"/> Mac McIntosh	<input type="checkbox"/> Sue Weston
<input type="checkbox"/> Molly Holmes	<input checked="" type="checkbox"/> June Michel	<input checked="" type="checkbox"/> Dick Woo
<input type="checkbox"/> CM Debora Juarez	<input checked="" type="checkbox"/> Tom Minty	<input checked="" type="checkbox"/> Andrea Sawczuk

Others present:

- **Guests:** Jenny Ap, Multicultural Families; Michael Woo, Kin On Community Care Network; Jan Voit, PT, TAI Chi Juan: Moving for Better Balance Master Trainer
- **AAA Staff:** Lori Sanford, Andrea Yip, Brent Butler, Maria Langlais, Myles Brooks, Sarah Damas, Mary Pat O’Leary, Karen Winston
- **King County Staff:** Mary Snodgrass

**I. Welcome and Introductions:** Ava Frisinger

**II. Business Meeting**

**A. Minutes:** Approved as written.

**B. Partner Updates**

King County: Mary Snodgrass, Department of Community and Human Services reported. The Veterans, Seniors, and Human Services Levy (VSHS) Implementation Plan and Expenditure Plan was approved by the King County Council. Final awards for the Senior Centers RFP have not been determined yet.

**C. Committee Reports**

**a. Planning and Allocations Committee** (Dick Woo)

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In partnership with:



The P&A committee met Monday, July 2. A meeting summary will be emailed when completed. The committee received an update on the Senior Center RFP which was released the Senior Center RFP in May. This service area focuses on preventing social isolation and enabling older residents of Seattle to access a range of activities and services; and improving the health, well-being, and independence of older adults through food and nutrition programs, health promotion, wellness and fitness, education, recreation, socialization and personal growth, social services, and outreach. Rating Committee members will meet later this month to discuss and develop funding recommendations.

- b. Advocacy Committee** – (June Michel) The committee will be writing a letter to Metro and Mayor Durkan requesting that educational materials be included with the free bus passes to be distributed to high school students in Seattle. An updated version of federal advocacy priorities will be available at the August meeting.
- c. State Council on Aging (SCOA)** – (Ava Frisinger)  
At the last SCOA meeting, members reviewed draft legislative requests related to the WA. State Alzheimer’s Plan, from the Dementia Action Committee.
- d. NW Universal Design / Age Friendly Seattle** (Tom Minty)  
The Northwest Universal Design Council is sponsoring a special presentation about. *Designing for Special Populations* on Tuesday, July 24, 2018, 9:30–11:30 a.m. Bertha Knight Landes Room, Seattle City Hall. Seattle Environmental Works and Community Design Center and SMR Architects, leaders in designing multi-family housing, will team up to present opportunities and challenges of designing for special populations. The presentation will look at a variety of housing types such as homeless supportive housing, homeless shelters, housing for veterans, housing for people with traumatic brain injury, and more.
- e. Mayor’s Council on African American Elders** (Karen Winston)  
The next MCAAEE meeting is scheduled for Friday, July 20. Andrea Caupain Sanderson, Executive Director, Byrd Barr Place, and Heyward Watson, Capitol Hill Housing have been invited to meeting to discuss the Liberty Bank/Africatown Plaza project, located on 24<sup>th</sup> and Union. They will also discuss the proposed Affirmative Marketing Plan for the project.

**f. Director's Report (Andrea Yip)**

- On July 12, ADS staff and partners provided an excellent Elder Abuse Awareness lunch-n-learn with Councilmember Bagshaw. The event was recorded by The Seattle Channel:  
<http://www.seattlechannel.org/videos?videoid=x93382>
- Age Friendly Report - Staff are putting the finishing touches on the Age Friendly Seattle Plan for submission to AARP by the July 27<sup>th</sup> deadline. A cover letter for Mayor's signature has been drafted and we hope to include it with plan submission. Final version of the plan is available here: <http://www.seattle.gov/agefriendly/about>
- AAA Directors met this week in Olympia with AL TSA to discuss joint legislative priorities for the 2019 session. AL TSA is in early in the process of developing their decision packages for the Governor's budget. While they are not able to provide details at this early stage, AL TSA did share that, in spite of strong revenue forecasts, the funding picture for new initiatives is not promising given other high priority needs, such as Western State Hospital.
- Regardless of what ends up in AL TSA's decision package or the Governor's budget, W4A intends to advocate for case management rate increases and major investment in dementia services during the 2019 state legislative session. Advisory Council members will play an important role in advocating for these priorities. The October 10<sup>th</sup> statewide gathering at Hotel Murano will be an important forum in which to learn more about the priorities and related advocacy strategies.

**I. Program: Living Well and Staying Strong**

**Michael Woo**, PhD, Director of the Community Care Network at Kin On Health Care Center, and **Jan Voit**, Retired Physical Therapist and Tai Ji Quan: Moving for Better Balance master trainer, presented information about how to stay strong through involvement in evidence-based health promotion community programs, such as the Chronic Disease Self-Management Program, and Tai Chi: Moving for Better Balance, a program for falls prevention.

**Chronic Disease Self-Management Program**

Kin On started as a nursing home, but now offers social services, home care, assisted living, adult family home, rehabilitation and care, and healthy aging programs, including Chronic Disease Self-Management Program (CDSMP). CDSMP is an evidence-based program was developed by Stanford University. Kin On offers self-management programs for chronic disease, diabetes, and chronic pain.

The program is a series of six interactive workshops, held weekly in a small group setting, and are facilitated by trained leaders. The goal is to empower participants to self-manage their chronic conditions more effectively through

fostering health promoting attitudes and behaviors. The workshops are very interactive, and participants learn about tools for managing chronic conditions and are given opportunities to practice. The workshops are free and are offered in Chinese dialect at Kin On, and in a number of senior housing buildings.

Before ending, Michael acknowledged and discussed the importance of having community partners, including King County, Kaiser, AARTH, Sound Generations, and senior housing buildings. It's important to cultivate relationships in order to offer workshops at various locations. CDSMP workshops can also be the door to accessing other community resources.

### **Tai Ji Quan: Moving for Better Balance® (TJQMBB)**

Tai Ji Quan: Moving for Better Balance®, was developed by Dr. Fuzhong Li at the Oregon Research Institute. It's an evidence-based falls prevention program derived from a contemporary routine known as Simplified 24-Form Tai Ji Quan. The program consists of an 8-form core with built-in practice variations and a subroutine of Tai ji Quan exercises. The movements when performed as part of a therapeutic regimen is aimed at improving postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower extremity muscle strength.

TJQMBB is effective in reducing falls. The program is aimed at community dwelling older adults and people with a history of falls, balance disorders, leg muscle weakness, abnormal gait or walking difficulty. The program accommodates people with a mild level of mobility difficulty (e.g. people who are occasional cane users). The Centers for Disease Control & Prevention has approved dissemination in Oregon, New York and Washington, and it has been effective in both community and clinical models. A study will be published soon in the Journal of the American Medical Association.

TJQMBB evidence-based improvements include the following:

#### **Strength and Balance**

- Improved strength, balance and postural stability
- Increased excursion, velocity and control with limits of stability

#### **Functional Mobility**

- Improved performance of daily activities: reaching, stepping, walking and sit to stand

#### **Sensory Integration**

- Improved ability to integrate senses to control balance

#### **Cognitive Function**

- Improved ability to engage in multiple tasks

#### **Reduction in Falls in Older Adults**

- Reduced fear of falling – 55%
- Reduced frequency of falls and risk of falls – 55%

- Reduced incidence of falls in Parkinson's – 67%

To achieve program outcomes, participants need to attend TJQMBB classes a minimum of 48 hours or one 24-week class that holds one-hour sessions twice a week. For more information about the program and upcoming courses in Washington State, visit the website at [www.betterbalance.net](http://www.betterbalance.net).

See attached PowerPoint for data and program details from both presentations.

Meeting adjourn @ 2:00 p.m.