



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
 November 9, 2018**

Members Present (CHECK AGAINST LIST)

<input type="checkbox"/> Mayor David Baker	<input checked="" type="checkbox"/> Florence Klein	<input checked="" 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 checked="" type="checkbox"/> Kathe Matrone	<input checked="" type="checkbox"/> Diana Thompson
<input checked="" type="checkbox"/> Zelda Foxall	<input checked="" type="checkbox"/> Mac McIntosh	<input checked="" 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:** Cynthia Winters (MCAAE), Claire Pendergrast, Christy Stangland, Barb Williams, Edna Daigre, Emily Skola, Krista Sneler, Maureen Linehan
- **AAA Staff:** Allison Boll, Jason Johnson, Andrea Yip, Maria Langlais, Irene Stewart, Sarah Damas, Karen Winston, Sariga Santhosh
- **King County:** Mary Snodgrass, Traci Adair

I. PRESENTATION: Cary Goodman, Director of the National Brain Health Center for African Americans, Balm in Gilead, presented his work on brain health education, mobilization and advocacy, and networking.

Presentation will be posted on [Advisory Council website](#) with the meeting minutes. Key points from presentation:

- Start engaging young adults to empower the next generation before they need to start thinking about brain health.
- Some caregivers in the community feel voiceless and can't verbalize the care they need, especially to doctors.
- Language matters in clinical studies. African-American communities struggle to reconcile the history of clinical trials in community and worry about being treated as guinea pigs
- The direct costs on caregiving for Alzheimer's in 2018 was \$277 billion

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- Challenges to consider:
 - African Americans are twice as likely to develop dementia than Caucasians and tend to be diagnosed later in life, thereby limiting effectiveness of treatment
 - Co-morbid conditions or underlying issues like heart disease and stroke increase likelihood of onset of Alzheimer's
 - Changing family dynamics impacts level of care
 - People diagnosed with Alzheimer's have limited resources and their network have poor literacy and understanding of resources
- Challenges for caregivers:
 - Many caregivers do not know or utilize available resources like Home & Community Based Services (Medicaid) or waivers (Adult, in-home, respite)
 - Caregivers are more likely than non-caregivers to report health as 'fair' or 'poor,' experience depression and isolation, and suffer from chronic stress
 - Lack of consistent and routine training on cognitive health and diagnosis in dealing with primary care providers.
- Ways to support caregivers:
 - Staffing and using community-based organizations
 - Streamline and improve referral processes to increase access and utilization of available resources
 - Provide caregiver support through:
 - Engagement into healthcare system as patient
 - Assess barriers and limitations of caregivers
 - Encouragement to participate in support groups and other psychosocial programs to combat stress and fatigue.
- Lots of faith-based organizations participate in diagnosis, treatment and clinical research outcomes for Alzheimer's
- Reach out to pastors with info sheets on aging and caregiving
- Resources:
 - National Brain Health Center – resource on brain health
 - [The Book of Alzheimer's for African American Congregations](#)
 - [Memory Sunday](#) – 2nd Sunday in June – for people of the African diaspora affected by Alzheimer's.
 - [Memory Sunday Toolkit](#)

II. PARTNER UPDATES

King County DCHS

- Leo Flor – new Director of DCHS, taking over for Adrienne Quinn
- Traci Adair is new Aging Program Manager for DCHS (check her title) and will be working closely with the Advisory Council
- Marcy Kubbs – retiring this month

King County Public Health

- Continuing to follow public charge issue
- Continuing to meet with King County hospitals to increase expansion of Medicare to include opioid treatment

City of Seattle

- Jason Johnson, HSD Interim Director gave an overview of the recent City Budget process.
- New funding included one-time funding for LGBTQ aging services and additional resources for homelessness.

III. MOTIONS

- Motion to modify and approve September meeting minutes
 - Ava – move to modify or correct minutes
 - Dick- second (“1” missing in budget listed)
 - Ava – move to approve modification and original motion
 - Passed unanimously among council members
- Motion to approve nominated officers
 - Ava Frisinger, Chair; Dick Woo, Vice Chair; Cynthia Snyder, Secretary; Larry Low, at-Large.
 - Passed unanimously without further discussion among council members
- Motion to respond to Public Charge
 - June – move to write letters in opposition
 - Mac – second
 - Passed unanimously among council members

IV. COMMITTEE/COUNCIL REPORTS

Executive:

- Deciding on location of retreat

Planning and Allocations:

- Did not meet October because of candidate forum
- Submitted comments on discretionary funds on 10/4 and forwarded to Ava to include in budget
- County appointees to council need to complete a conflict of interest form

Advocacy:

- Passed unanimous motion to oppose Public Charge at Advocacy Committee meeting

- Passed unanimous motion to write letters in opposition of main Advisory Council meeting

Universal Design:

- 50 people in attendance at this week's event
- Next year (by quarter):
 - 1st: Communication
 - 2nd: Urban design and transportation
 - 3rd: TBD
 - 4th: Smart homes and artificial intelligence

Mayor's Council of African American Elders:

- Finishing draft to mayor and working on intergenerational plan to support elders

V. ACTION ITEMS

- Staff will send conflict of interest forms to county appointees via email and print some out for December meeting.
- Larry will research annual holiday event for older adults at Sheraton Hotel even to see if it's happening this year and notify staff.
- Request for staff to look into looping 4050 or provide CART services for February meetings onwards.