

## Age Friendly Steering Committee Meeting Minutes 5-17-19

**Present:** Juergen Buehring, Lenny Orlov, Edna Daigre, Jon Morrison-Winters, Karen Winston, Maria Langlais, Joanne Donohue, Sarah Demas, Mary Snodgrass, Kavan Petersen, Irene Stewart

### 1. Intros and Check-in

Q: What has inspired you recently?

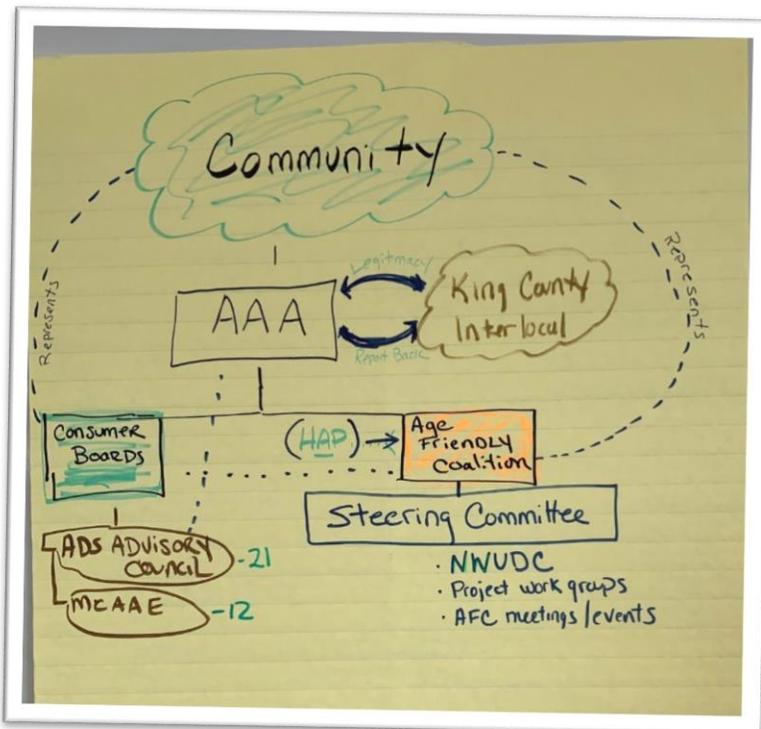
- Balance – people are always working on things we don't necessarily see them doing
- Learning Stairway to Heaven on guitar – inspired by the brilliance of the human invention of music
- Staying physically active, learning, and giving back -- inspired by being with people, especially older people and children.
- Keep moving and inspire others to keep moving
- Nature is always inspiring, especially stinging nettles, weeds that are great sources of nutrition
- Gospel music in the morning is inspiring, grounding, comforting, provides the *umph* to get out there and stay involved. Also, Seattle International Film Festival!
- Delightful daily rituals – such as creamer in coffee in the morning. Many examples!
- Meeting and learning from other people.
- Colleagues working on Zero Youth Detention – very inspiring
- Mom is about to turn 62, climbed mt hood, mt rainier, very inspiring
- Gym for a couple hours a day or more – teaching people to keep up mobility and how to exercise in a healthy way, not overdo it
- Music creation, choir rehearsal, singing gives you endorphins
- Inspired by nature, hiking, balance

### 2. Age Friendly Coalition 2.0

- Context/Background
  - Time to evaluate how we are doing with Age Friendly, how we are staffing groups, who and how we are convening.
  - Part of broader internal assessment by Aging and Disability Services (ADS) regarding our role as the Area Agency on Aging (AAA) in convening councils, coalitions, and other partnership groups, and opportunities to create more alignment and cohesion for the groups we convene, which include:
    - ADS Advisory Council: 21-member consumer board that advises the AAA and advocates on behalf of older adults and people with disabilities. Represents the community – vision and voice.
    - Mayor's Council on African American Elders (MCAAE): created during Norm Rice's term in mid-90s in response to his passion around gaps in experience by race. Focus is better connection of people to each other, community, services, and related advocacy. 12-member council; recruited county-wide.
    - Northwest Universal Design Council (NWUDC): Raise awareness and promote universal design principles and practices in this region. Recent focus hosting quarterly educational/networking forums.

- Healthy Aging Partnership (HAP): originally funded through CDC grant to raise awareness and connect organizations working on healthy aging efforts (e.g., fall prevention, health promotion, access to services).
  - Age Friendly Coalition for Seattle and King County: broad mission to promote age-friendly communities in our region.
  - Age Friendly Coalition (AFC) Workgroups: project-focused, community-based. Move the needle on age-friendly, do the work government can't.
  - Age Friendly Coffee Hours: monthly gatherings for community members to learn about and engage with local government, programs, services, and other local initiatives.
  - Ageing network provider meetings: ADS regularly convenes community providers (primarily subcontractors) for networking, quality improvement, and professional development.
- Questions we asked ourselves (ADS): What is our role in staffing? What resources are we committing? What is the purpose of the group, and is it achieving the purpose? Where is the group in its life cycle? How do the groups align with each other and with our agency's mission/vision? Where and how is community involved in this work?
  - As a result of these conversations, staff drafted a framework for connecting and organizing this "group work" (note: this does not include meetings convened by ADS in their funder role – e.g., subcontractor network provider meetings).

- Proposed Framework



- Goal of all the groups is to make a difference in the community – positive impact. Need more coordination and awareness of each other's work in order to make sure we are impactful, not working at cross purposes, and accountable to the community. In order to do that, staff proposed the following:

- 1) Create a more robust and accountable steering committee that would guide the work the Age-Friendly Coalition and coordinate with NWUDC, AFC project work groups, and other AFC meetings, events.
  - 2) Merge HAP into the Age-Friendly Coalition
  - 3) Strengthen connections between the two consumer boards and the Age-Friendly Coalition.
  - 4) Continue to support this work as AAA partners – King County and City of Seattle.
- Discussion
    - Current focus of steering committee is info sharing, not so much leadership/accountability. Proposal empowers committee to be more of a decision-making body driving the direction/resourcing plan for the Coalition and workgroups.
    - HAP participation has diminished over time and is not very active at this point. Main reason folks still come together is networking – this need can be met through the coalition work. Some decisions need to be made about how we manage the HAP website/brand, small amount of remaining funding. Recent work has focused on one event for Older Americans Month. Past work included more events, newsletter, and special information and referral line. Sound Generations supported and staffed steering committee over the years.
    - NWUDC – began as a task force with the ADS Advisory Council, once regarded as sub-committee. Upcoming event on 5/30 is example of missed coordination opportunity with AFC.
    - Conversation with and about steering committee will continue, maybe throughout the year. Can't fix it today.
    - Reevaluate the values/purpose of the steering committee and what will make it more robust. Look at values, participation, practices. Also more education/awareness-raising about the whole structure.
    - Other questions / comments:
      - Meeting every other month is too infrequent if we want more "steering".
      - Steering Committee is open table – does this need to change. Maybe open table sounds optional to people. Part of the next body of work – what needs to happen to make this change?
      - Hesitations – who from HAP will represent? How is HAP conversation involved in this?
      - How might this impact staff workloads, e.g., Age Friendly Seattle Team?
      - Strengthen the steering committee with intention – building relationships, leverage the city staff we do have.
      - We have a value that community member participation makes us more effective – how do we strengthen that?
  - **Decision – consensus to move forward with building a more robust steering committee – yay!**
  - Next Steps
    - Set a meeting date – Maria will send out doodle poll.
    - Consider who is at the table today, and who is missing, including representatives from the other groups. Reach out before next meeting to invite them.

- Meeting focus - Identify purpose statement and begin to discuss how we will achieve it.

### **3. Info share**

- Committee updates/ Announcements
  - ADS will be honored with an Aging Achievement Award from n4a for work on Accessible Communications.
  - Transportation Committee did a series of walks in S. Beacon Hill in the winter – look at the neighborhood, learn about issues. Meeting with IDIC postponed due to a fire in their space. Met this week at IDIC – focused on Filipino community which has some specific transportation/spatial issues with their space. Looking at how to move forward/advocate for changes, also look at broader neighborhood. Could the Discovery Tool be used in future walks? Could the Coalition be more involved? Maybe Age Friendly Business?
  - Age Friendly Business project update – UW student project will be complete in early June. More work needed to roll out and launch.
  - Check out the new ADS YouTube channel:
  - May 30 NWUDC event – need volunteers! Talk to Lenny.

### **4. Action Items**

- Confirm date for next meeting
- Once confirmed, reach out to networks for invites