



**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**  
**September 13, 2019**

**Advisory Council Members**

<input type="checkbox"/> Mayor David Baker	<input type="checkbox"/> CM Marli Larimer	<input checked="" type="checkbox"/> Cindy Snyder
<input type="checkbox"/> Jenny Becker	<input type="checkbox"/> Larry Low	<input checked="" type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Ava Frisinger	<input checked="" type="checkbox"/> June Michel	<input checked="" type="checkbox"/> Diana Thompson
<input checked="" type="checkbox"/> Zelda Foxall	<input type="checkbox"/> Tom Minty	<input checked="" type="checkbox"/> Sue Weston
<input type="checkbox"/> CM Debora Juarez	<input checked="" type="checkbox"/> Andrea Sawczuk	<input checked="" type="checkbox"/> Dick Woo

**Friends of the Advisory Council**

<input type="checkbox"/> Connie Bown	<input checked="" type="checkbox"/> Joe Hailey	<input type="checkbox"/> Cynthia Winters
<input checked="" type="checkbox"/> Edna Daigre	<input type="checkbox"/> Barb Williams	

Others present:

**Guests:** Carolyn Maurseth, Milton Curtis, Jeffery Scott, J Wong, Cecilia Black, Mac MacIntosh, Ana Aguero, Alexis Mercedes Rinke, Jessica Herzer

**AAA Staff:** Cathy Knight, Andrea Yip, Maria Langlais, Andrea LaFazia-Geraghty, Jeff Sakuma, Lori Sanford, Angela Miyamoto, Karen Winston, Krista Sneller, Irene Stewart, Brent Butler, Lenny Orlov, Allison Boll, Phung Nguyen, Sara Godinez, Dominique Williams, Mary Pat O’Leary, Sariga Santhosh

**King County:** Mary Snodgrass

- I. **Panel Presentation:** Mary Pat O’Leary (Aging and Disability Services Planner); Carolyn Maurseth (Highline Medical Center Trauma Coordinator); Milton Curtis (Kenmore City Councilmember and Retired Family Medicine Doctor); Jeffery Scott (Kline Galland Home Health Physical Therapist)

*This month, we invited falls prevention experts for a special panel discussion on falls and the importance of early screening, exercise and other lifestyle adjustments to prevent injuries. They offered different perspectives from diverse fields in medicine and healthcare and shared how their work and programs support older adults in King County.*

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- 30% of people over age 65 and 50% of people over age 85 fall each year
- But falling is not a normal part of aging.
- Most falls can be attributed to three factors: health and medical; home environment; personal habits. Dr. Curtis has a easy questionnaire for anyone interested in learning about fall risks (pg. 6 in PowerPoint slides - available online).
- There are various evidence-based exercise programs to reduce falls: The most popular are A Matter of Balance, EnhanceFitness, FallsTalk an FallScape, Otago, Tai Ji Quan, and YMCA Moving for Better Balance.
- Presenter slides will be available online on the Advisory Council website.

## **II. HSD Updates: Jason Johnson (HSD Acting Director)**

- Update on the creation of the regional homelessness authority
- Mayor and County Executive recently signed Memorandum of Understanding to work together to address system fragmentation on homelessness work.
- Stakeholders from County and local cities (including Seattle), business, nonprofits, advocates, and people with lived experience worked with consultants, National Innovation Service (NIS), to develop the design for the new authority.
- The new public-private partnership will work on consolidation efforts.
- County Council, which has authority for 39 cities in county, and Seattle City Council must both support for a successful partnership.
- New homelessness entity will have separate governance and board structures:
  - Steering Committee: city of Seattle Mayor, County Executive, city of Seattle and county council members, elected officials from outside Seattle. 2 seats for people with lived experiences.
  - Governing Board: Ensures space between operations and politics. No elected officials or anyone with current contracts with city and county eligible for seat in Governing Board. 3 seats for people with lived experiences.
- Community partners like Youth Action Board, consumer advisory council will select candidates with lived experiences.
- Builds on national models: The regional authority is based on Los Angeles, while the Governance Board structure modeled is based on Portland's model.

## **III. Meeting Motions**

- Motion to approve August meeting minutes
  - Ava: move to modify or correct minutes
  - Motion moved and seconded by members
  - Passed unanimously among council members
- Motion to approve the contents of the 2020 – 2023 Area Plan
  - June: moved
  - Ava: seconded
  - Passed unanimously among council members

#### **IV. Committee Updates**

##### Executive:

- Committee will meet for a quick 5-minute update at end of Advisory Council meeting.

##### Planning and Allocations:

- Traci (DCHS) shared info on VSHSL Senior Center RFP awards.
- Have been working with Karen Winston on the 2020 – 2023 Area Plan. Karen has compiled list of comments received from the two public hearings, emails and social media. Final version will be approved, pending council vote.
- In next two weeks, the Area Plan will be routed to County partners for review ahead of submission to state.

##### Advocacy:

- Presentation from Joanne at Sound Generations about impacts of VSHSL funding decisions on senior centers receiving one-time award. Committee decided not to take action (e.g., letter to KC Executive), but would like to be involved in planning for next investment cycle.
- Diana is pursuing hearing loop fitting options for this room.
- Members voted to send letter opposing the proposed changes to Broad-Based Categorical Eligibility in SNAP that would disproportionately impact the working poor, young families, and older adults.

##### VSHSL Board:

- VSHSL Senior Centers RFP awarded 28 proposals of \$19.5 million over 5 years
- Seniors sub-committee will track how successful funding has been

##### State Council on Aging

- Same as Advocacy Committee

##### NW Universal Design Council:

- Participated in Seattle Design Festival August 24- 25. Had an accessible front door display that drew public in.
- Another happy hour for design professionals and advocates is in the works.
- Steering Committees meets first Wednesdays of the month at 10 am.

##### Mayor's Council of African American Elders:

- The first 'Grandparents Day' in Seattle (Sunday, 9/8) in partnership with Northwest African American Museum drew about 80 people.
- Keynote speaker, Dr. LaShawnDa Pittman, spoke about kinship care.
- Lots of exhibitors, a separate room for intergenerational activities.
- Regular meeting next Friday at Liberty Bank building, complete with tour of premises.

Age-Friendly Coalition:

- Members are still meeting regularly to rebuild the coalition's Steering Committee. Edna Daigre and Joanne Donahue have stepped up to co-chair the Steering Committee.

**V. Partner Report**

- Public Health is busy dealing with increase in vaping-related injuries. First case in King County was recently reported with severe upper- respiratory infection.
- Public Health is hosting a panel to discuss opioid issues that affect older adults on September 30. Will be using data from the King County Medical Examiner's office.

**VI. Director's Report, Cathy Knight**

- Cathy Knight and Cathy McCaul (AARP) recently participated in a Lunch and Learn with Councilmember Bagshaw to learn about affordability of our long-term care system.
- Case management still our top priority for 2020 legislative asks. We need to educate legislators that keeping people in their homes is cost-effective and we need more support.