

**Healthy Aging Partnership
Meeting Minutes
Sept. 25, 2007**

Those attending the meeting were:

Alan Abe, King County Emergency Medical Services, alan.abe@metrokc.gov
Ugochi Alams, Solid Ground, Ugochia@solid-ground.org
Debbie Anderson, Senior Care, Overlake Hospital, Debbie.anderson@overlakehospital.org
John Barnett, AARP volunteer, ybyb1@verizon.net
Nathan Buck, Neighborhood House, nathanb@nhwa.org
Mary Fogh, Long-Term Care Ombudsman Program, maryf@solid_ground.org
Lillian Hayashi, Kawabe Memorial House, royhay@verizon.net
Kathy Hultquist, Senior Services, KathyH@seniorservices.org
David Jensen, Seattle Department of Parks and Recreation, Lifelong Recreation, david.jensen@seattle.gov
Brad Johnson, Solid Ground, bradj@solid-ground.org
Robin Knudson, RSVP, RobinK@solid_ground.org
Karen Lewis, CHEF, karenl@chef.org
Pam McGaffin, HAP, pam@mooreink.com
Pam Piering, Aging and Disability Services, Pamela.piering@seattle.gov
Bob Riler, Pierce County Aging and Long-term Care, briler@co.pierce.wa.us
Lani Scheman, Jewish Family Service, lscheman@jfsseattle.org
Celeste Sather, Harborview, vizmanos@u.washington.edu
Sheryl Schwartz, UW HPRC, sheryls@u.washington.edu
Lorna Stone, Washington Health Foundation, LornaS@whf.org
Linda Wells, KC DCSH/CSD-Aging, linda.c.wells@kingcounty.gov
Linda Woodall, United Way, lwoodall@uwkc.org
Vicki Yuki, Seattle Housing Authority, vyuki@seattlehousing.org

Next meeting: Nov. 26, 2007, 8:30 – 10:00 a.m. (No meetings in Oct. and Dec.)

Location: Senior Services, Lillian Rice Center
2208 Second Avenue, Board Room
Seattle, WA 98121

Agency Presentation – King County DCHS/CSD Aging Program (Linda Wells):

Linda Wells handed out copies of the King County Department of Community and Human Services annual report. The Aging Program, which is part of the Community Services Division, “works with a network of senior centers and agencies to help adults age 55 or older maintain their independence through health services, information and referral, exercise and social activities, transportation, and other supports.” Last year, more than 22,700 people participated in county-sponsored programs and activities, and more than 420 participated in adult day health programs.

With a budget of about \$800,000, the Aging Program funds operations at 26 multipurpose senior centers and adult day health programs. The centers provide a variety of services to county residents, including case management, health screenings and education, immunizations, caregiving and support, legal clinics and transportation.

In 2008, King County will be putting out a Request for Proposals on the entire Aging Program. Linda explained that the county’s policy around human services was redone this year. She passed out a document, “Framework Policies for Human Services,” that summarizes the county’s regional role in providing human services and its goal of investing in “programs and services that help to stabilize and

improve people's lives, and prevent or reduce emergency medical and criminal justice system involvement and costs." Linda said that the RFP will offer an exciting opportunity to reexamine how the funding will be used for older adults.

As a result of the Veterans and Human Services levy passed by voters in 2005, the county is expanding in-home mental health services (using the PEARLS intervention) for older veterans and non-veterans who are chronically ill or have disabilities. The goal is to reach more people and address mild depression in older adults. The county also will be putting out a RFP for an alternative treatment program for veterans from communities of color. (UW HPRC will be helping with evaluation.) The Older Adults Behavioral Treatment portion of the levy is funded at \$890,000. The total amount of the levy is expected to generate more than \$85 million over six years.

David Jensen, of Seattle Parks and Recreation, said the parks department is looking for more collaboration with the senior centers. It's a unique time for parks because we have a new superintendent (a "boomer" who is encouraging people to talk to him. HAP will invite him to attend a meeting next year.) This is an opportunity to look at community centers and functions, and ways to serve different age groups, Jensen said.

Linda invited HAP partners to visit the new county building at Fifth Avenue and Jefferson Street.

November agency presentation: Community Services for the Blind (Marcia Appleton)

Update: HAP volunteer job descriptions; recruiting volunteers (Robin Knudson, RSVP)

Robin is currently drafting a job description for a volunteer to write meeting minutes and agendas and possibly do other administrative tasks.

Oct. 24th Falls Prevention Workshop: Update and call for volunteers (Pam McGaffin)

More than 70 health and social service professionals have registered so far for HAP's falls prevention workshop. We also have 10 vendors (as of 9/27), which was our goal. Since vendors can also attend the workshop, we are very close to our target of 100 total participants, not counting speakers and volunteers. If we make our registration goals, the workshop should more than pay for itself, Pam said. We've also received a \$750 workshop sponsorship from Gentiva.

Pam passed out sign-up sheets for volunteers the day of the workshop. The following people have said they will be available (An e-mail will be coming with more details re. times and tasks and who's doing what): Linda Woodall, John Barnett, Lani Scheman, Lil Hayashi, Kathy Hultquist, Linda Wells, Lorna Stone, Alan Abe, Pam Piering, Mary Fogh, Robin Knudson, Sheryl Schwartz, Debbie Anderson, and Karen Lewis. ***Thanks everybody!***

HAP members suggested putting the keynote address by Lynn Beattie and the panel discussion moderated by Anne Shumway-Cook on the HAP Web site. We might hire a writer to summarize the "key learnings", and invite Seattle Times reporter Marsha King to cover the event.

Financial Report (Karen Lewis – CHEF)

HAP's total estimated revenue for 2007 is \$74,535, which is about \$20,000 less than last year. This year's expenses have been estimated at \$55,355, leaving a \$19,180 carry-forward into 2008, which is "very limited," said Karen. However, HAP is still soliciting contributions for next year, so there's a good chance that \$19,000 will grow significantly.

As a result of lower expected revenues, HAP will be seeking to recruit volunteers to perform key tasks. The steering committee will be scheduling face to face meetings with key elected officials to request ongoing secured funding for the partnership.

Discussion: With our anticipated resources, how might the focus and operation of HAP change in 2008? What priorities and activities can and should HAP address in 2008? (Kathy Hultquist)

HAP has four major areas of contribution: monthly meetings for information sharing and collaboration; press releases to educate the public on aging issues and promote the 1-888-4ELDERS number, a workshop for seniors, and a workshop for professionals. The question is, with reduced funding, what do we want to let go? Or are there new things we want to try?

Members discussed current finances and the estimated \$19,000 carry-forward, which is a lot less than the amount of carry-forward this time last year. (The carry-forward from 2006 was about \$32,000.) Because of lower revenues, HAP already has reduced services from Moore Ink. PR.

Citing disappointing attendance at the last two workshops for seniors, John Barnett suggested putting more thought into the subjects HAP chooses, better coordinating with what other organizations are doing. Nathan Buck suggested changing HAP's delivery of information and putting on smaller workshops through its partner agencies. Attendance depends on a number of things, including location, timing and language barriers. HAP isn't necessarily the best venue to provide workshops to seniors. But it has been successful with its workshops for providers.

Linda Woodall suggested partnering with senior and community centers as a way to get information out, because "that's what they do. Maybe we are being duplicative."

Pam Piering noted the huge resources sitting around the HAP table. "Everybody brings a huge amount of knowledge and networking. What are we committed to do in our own spheres of influence?" Organizations care about HAP and there is a lot of energy to harness. *HAP could work on a model or map of strategies for networking and carrying its message forward.* How can we impact not just the organization, but the people we serve? What can partners do to achieve that, using the network and existing HAP resources?

Other ideas included:

- Taking evidence-based programs and strengthening what HAP does. The falls workshop will be a good opportunity because we're bringing together people from a variety of settings.
- Blending health care services with community settings. HAP can have a real impact in this mix.
- [Alan Abe said King County EMS is looking for partners to share in a \\$50,000 grant from the King County Fire Marshal's Office for a fire- and falls- prevention education project targeting older adults in King County. \(King County gets about 8,000 calls a year for falls, Alan said.\) They're working with KOMO TV's consumer reporter Herb Weisbaum on a television segment. People who watch the show could be eligible for prizes. HAP or Moore Ink. could put together a PR plan that involves all partners. Karen agreed to work with Alan on a role for HAP.](#)
- A symposium for professionals that talks about community resources and services.
- Strategically looking for best issues and best timing. What's ripe now?
- Eliminate expensive workshops for seniors and focus instead on workshops for professionals.
- Looking into grants and foundations to increase revenue. What are the options out there?

Next steps:

[The HAP Steering Committee will work on Pam's idea for a map or a model for disseminating HAP information and messages next year. An update will be given at the November HAP meeting. Karen Lewis will bring information on possible foundation support to the Nov. meeting.](#)

Discussion: Possible HAP committee to track and provide information on legislation affecting healthy aging (John Barnett)

John noted that HAP is a wonderful venue for information sharing and asked if HAP should have a subcommittee that keeps it aware of legislation affecting older adults in Washington state. Do we want to advocate as a group for anything?

Members had the following comments and questions:

- It would be nice to get legislative updates. As a public agency, it's difficult to advocate and lobby with a lot of clarity.
- What role does a senior lobby play? A: It tracks legislation, maintains a Web site, meets weekly during session.
- Would HAP be creating a new entity or connecting with existing entities?
- Many HAP partners already are affiliated with the Elder Care Alliance.
- Maybe someone on HAP (John?) could be assigned to track legislation and give brief reports.
- Monthly reminders to partners to bring forward issues they feel are important. The agenda could include five minutes under public awareness.
- Could HAP provide a list of Web sites? For example, agingwashington.org has an action alert process users can sign up for.
- Lobbying groups tend to focus on "big ticket" items (elder abuse, housing, etc.), not necessarily healthy aging.

Next steps: John agreed to bring legislative announcements to the table. A brief time on the agenda will be set aside for legislative reports.

Announcements:

John Barnett said that the Puget Sound Regional Council's Transportation Policy Board last week confirmed his appointment as a representative from AARP. He will endeavor to implement AARP's policy of having mobility options for older adults.

John Barnett said that the Prevent Cancer Foundation and the Centers for Disease Control and Prevention have selected Washington State for a 2008 Dialogue for Action around colorectal cancer. DSHS and Public Health for Seattle King County have asked him to serve on the planning committee, which consists of doctors, nurses, public health officials, Indian tribes, etc. John has been assigned to the Sponsorship/Exhibits sub-committee. Colorectal cancer has the second highest mortality of all cancers and is largely treatable if caught early. Washington State is the 17th state to be selected for this work.

Pam McGaffin passed out a flyer from the Northwest Arthritis and Osteoporosis Institute (NAOI) for a nurse practitioner community education program. Rheumatology ARNPs will present and follow with Q/A to community members or community health care workers on a number of topics including osteoporosis, rheumatoid arthritis and other rheumatic diseases. To schedule a talk, contact Kristin Seymour, community education coordinator, at 206-386-2007 or mainoffice@seattleera.com.