



News for HAP Partner Agencies and Friends

Minutes of HAP monthly meeting May 27, 2008

The 17 people attending the meeting were:

Debbie Anderson, Overlake Senior Care, debbie.anderson@overlakehospital.org

Marcia Appleton, Community Services for the Blind and Partially Sighted, mappleton@csbps.com

John Barnett, AARP volunteer, ybyb1@verizon.net

Chris Chastain, Seattle Indian Health Board, chrisc@sihb.org

John Deagen, Senior Services, JohnD@seniorservices.org

David Jensen, Seattle Parks and Recreation, david.jensen@seattle.gov

Robin Knudson, RSVP, RobinK@solid-ground.org

Stephen Lam, Chinese Information & Service Center, stephenl@cisc-seattle.org

Tara Lee, Washington Dental Service Foundation, tlee@deltadentalwa.com

Karen Lewis, CHEF, klewis@chef.org

Teresa Moore, Moore Ink. PR (Healthy Aging Partnership), info@4elders.org

Bob Riler, Pierce County Human Services Aging and Long Term Care, briler@co.pierce.wa.us

Sheryl Schwartz, UW Health Promotion Research Center,

sheryls@u.washington.edu

Linda Wells, King County Department of Community and Human Services, Aging Program, linda.c.wells@kingcounty.gov

Ann Williamson, Evergreen Care Network, bawilliamson@evergreenhealthcare.org

Karen Winston, Aging and Disability Services, Karen.winston@seattle.gov

Linda Woodall, United Way of King County, lwoodall@uwkc.org

Next meeting: June 24, 2008, 8:30 - 10:00 a.m.

Location: Senior Services, Lillian Rice Center
2208 2nd Avenue, Board Room
Seattle, WA 98121

Partner agency presentation:
Chinese Information & Service Center, Stephen Lam

Located in Seattle's International District, CISC was founded in 1972 with support of volunteers from the University of Washington to help elderly Chinese immigrants. Over the past 35+ years, it has expanded to serve other nationalities in addition to Chinese and to offer programs not just for seniors but also for families and youth, including an international computer technology center (which is available to other nonprofit organizations, too). CISC's mission is "Bridging cultures, communities and generations, creating opportunities for Chinese immigrants and their families to succeed."

CISC programs are unique because they offer:

- Culturally and linguistically appropriate assistance
- Close working relationship with other service providers
- Referral network
- Continuum of community-based elderly services

In 2007, the agency served 5,000 unduplicated clients throughout King County with on-site programs, home visits, and telephone, fax and email inquiries. Most clients are very low or low income individuals from the Chinese mainland, Taiwan, Hong Kong and other Southeast Asian countries like Vietnam and Thailand. CISC also is serving Hispanic, Hmong, Russian and Indian clients. The bicultural and bilingual staff members at CISC include 45 full- and part-time employees who are primarily Chinese but also include Hispanic, Russian and Indian members.

Elderly programs include:

- Info and assistance
- Eastside One-stop-model program
- In-home care case management
- Seattle Housing case management
- Family Caregiver support and respite care
- Sunshine Garden Senior Day Care
- Home care referral registry
- SHIBA Chinese helpline

Youth and family programs include:

- After-school/pre-kindergarten
- Case management
- International Family Center
- Employment
- Domestic violence program
- Victim of Crime Project-legal clinic
- ESL/Naturalization
- Eastside Cultural Navigator
- Eastside Caregiver

Outreach efforts also exist with a dozen collaborative sites in East and South King County.

Major funding sources for elderly programs include the City of Seattle, state and federal grants, client donations, sliding scale fees for senior day care, in-kind donations, United Way and fundraising events. Please note the agency's major fundraiser of the year is June 7; visit the Web site at www.cisc-seattle.org for details.

Challenges faced by CISC include:

- Web access/technology to support outreach
- Electronic documentation
- Database management and maintenance
- Staff training and retention
- Extra time spent to meet HIPPA regulations
- Additional budget for outreach and resources workshop
- Fund allocation gap: ages 55-59 are not covered in King County through contracts, but CISC still tries to provide services to that age group

For more information, go to www.cisc-seattle.org.

Safe Steps workshops

The Healthy Aging Partnership managed registrations and led sessions on community/media relations at two train-the-trainer workshops in May for the Safe Steps project, a partnership with the King County Fire and Life Safety Association. A total of 112 people registered for the half-day workshops, which were aimed at providing information and resources to encourage local fire stations, senior and community centers, health care organizations, etc., to develop community gatherings during Falls Prevention Week in September.

Also on the subject of safety, HAP chair John Barnett shared copies of a publication called "Map Your Neighborhood from the Washington State Emergency Management Department, www.emd.wa.gov, and Washington Council Citizen Corps, www.citizencorps.gov. It offers step-by-step guidelines for protecting yourself and your neighbors during a disaster.

Teresa Moore noted that HAP has researched, written and distributed a news release about disaster preparedness for seniors. In addition to sending it to weekly newspapers in the region, HAP distributed the release to neighborhood associations throughout King County. See the article

- and use it in your own newsletters - in the Safety section under "Tips for Healthy Living" on the HAP Web site, www.4elders.org (to be posted by June 4).

HAP surveys

HAP conducted an email survey in April and May of partner agencies to determine how we could better serve members. Of the 21 people who responded, some 85% found monthly HAP meetings and partnership opportunities with other HAP agencies to be most valuable. For a copy of the full survey results, email info@4elders.org. [*We regret that our e-newsletter format does not provide for the attachment of files.*]

We also conducted an online poll to gauge readership of the HAP Web site. The poll showed that 47% of Web site users are older adults seeking information to use personally; 34% are health- or senior-care professionals; and, 19% are caregivers, friends or family members of older adults.

Financials

The May financial report showed \$30,420 in received revenue and another \$18,000 in anticipated revenue for calendar year 2008. Expenses to date are \$12,290.

Discussion question:

How can HAP encourage the participation of other groups that should be at the healthy aging table? What are some other groups we should invite?

John Barnett pointed out that HAP can easily accommodate more members and they can benefit from their involvement with HAP. The other benefit is financial; HAP's finances have declined significantly over the past several years.

Sheryl Schwartz noted that HAP has consistently tried to bring in disease associations through the years and that it would make sense for them to come together since most of the risk factors for these diseases are addressed in HAP initiatives. It was suggested that Public Health might be able to broker introductions and speak to the benefits of HAP partnerships among organizations like the American Heart Association, American Lung Association, Alzheimer's Association and American Diabetes Association.

It was also suggested that organizations like the Boeing Blue Bills (retirees), local unions and corporations that have work site wellness programs could be interested in HAP. On the other hand, it was noted, it might be difficult to meet the needs and interests of nonprofit/government agencies and corporate/union organizations all at the same HAP table.

After further discussion, the group decided to personally invite the executive director or other leadership official from three non-member organizations to attend the June 24 HAP meeting. Another similar meeting could be held in the fall with three other organizations. The intention would be for HAP to introduce itself to the organizations and for them to introduce their programs to us, with the goal of finding mutually beneficial partnership opportunities. HAP would share with them what we provide, how we're networked and find out how we can help them with their initiatives and campaigns and enhance their missions.

It was decided that the HAP Steering Committee would determine an intentional "game plan" for the meeting to identify what we want to accomplish and figure out how to get the right people from each organization to come to the meeting. It was also pointed out that HAP must be cautious and not give the impression that we will do whatever they ask. We would explain in personal invitations that this would be "the beginning of a conversation," let them know we have only three spots open, and ask them to come to do a presentation. The intent would be to explore relationships and partnerships and how we can work together. In addition to those organizations listed above, other suggestions included the Veterans Administration, Bastyr University, Visiting Nurses of the Northwest and Providence Long-Term Care.

Announcements

A Senior Art Show is planned for this Friday, June 6, at 5:30 p.m. at the Rainier Cultural Center, behind the Columbia City Library, 3515 S. Alaska St. Learn more by contacting the Central Area Senior Center at 206-726-4926.

The Healthy Washington Coalition, the largest health care reform organization in state, is holding six community meetings throughout state to "shape principles and values for Washington's health care system" in advance of the 2009 legislative session. For more info, go to www.healthywacoalition.org.

The Mayor's Office for Senior Citizens is hosting coffee "Meet your Seattle elected officials" coffee hours from 10 - 11 a.m. in the 4th floor Board room of the Central Building, 810 3rd Ave. in Seattle. Seattle City Council members who will participate include Tim Burgess on June 19 and Bruce Harrell on July 17. Guests will be decided for meetings planned for August 21, Sept. 18, Oct. 16 and Nov. 20. (Dates and speakers subject to change.) For more information, contact the Mayor's Office for Senior Citizens, 206-684-0500, seniors@seattle.gov.



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