



News for HAP Partner Agencies and Friends

Minutes of HAP monthly meeting July 22, 2008

The 13 people attending the meeting were:

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

Nathan Buck, Neighborhood House, nathanb@nhwa.org

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

John Deagen, Senior Services, JohnD@seniorservices.org

Cynthia Ellison, Mayor's Office for Senior Citizens, Cynthia.ellison@seattle.gov

Aileen Gagney, American Lung Association, agagney@alaw.org

Lillian Hayashi, Kawabe Memorial House, royhay@verizon.net

Janet Kapp, Public Health Seattle & King County, janet.kapp@kingcounty.gov

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

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

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

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

Next meeting: August 26, 2008, 8:30 - 10:00 a.m.

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

Partner agency presentation: Cynthia Ellison, Mayor's Office for Senior Citizens

The [Mayor's Office for Senior Citizens](#) reaches out to those in senior housing, disabled groups, public housing, etc., with a wide variety of services and programs. An employee of Senior Services works in the Mayor's Office to provide information and assistance, much in the same way the senior advocates work in the 1-888-4ELDERS call center at Senior Services.

The [Age 55+ Employment Resource Center](#), helps hundreds of older workers find jobs to support their basic needs each year, and helps local employers find experienced, dedicated and reliable employees. Services are free to both job seekers and employers. Services for the Age 55+ job seeker include:

- Employer outreach
- Training resources to upgrade job skills including computer classes
- Computer access for resume writing and Internet research
- Individual job counseling
- Quarterly employment workshops
- Job listings

John Barnett noted how impressed he was when he learned that someone from the Mayor's Office for Senior Citizens met with people at the Chief Seattle Club for several days a week over three or four weeks to do orientations about employment issues.

Other programs offered include:

[Energy and Utility Assistance Programs](#): Eligibility assessment for Seattle City Light and Seattle Public Utilities rate discounts and emergency payment assistance, and referrals to community resources for matching funds and other forms of support.

[Gold Card and FLASH Card](#): The Gold Card for Healthy Aging (for seniors age 60 and above) and

FLASH Card (for adults with disabilities) list phone numbers for information and assistance and entitle cardholders to discounts for events, goods and services at selected businesses and organizations throughout King County. Among the great bargains is free entrance to the Woodland Park Zoo and Seattle Aquarium and a 50% discount on pet licenses.

Other special discounts and services include a free toilet program for low-income senior homeowners to get water-efficient toilets; a \$4 per month discount on limited and basic cable service from Comcast.

[Volunteer Resource Center](#): Referrals for older adults to volunteer opportunities that interest them, and younger people and organizations to opportunities in which they can support seniors. Computer-savvy senior volunteers also provide computer training in small, personalized classes.

[Arts and Special Events](#): Special events throughout the year and free tickets to theater, sports and other arts and cultural events. The events include the Old Timers Picnic and the Healthy Aging Fair.

A technology training program - seniors training seniors in computer basics - is available for those aged 50+ on basic skills like operating a mouse and keyboarding, surfing the Internet and handling emails. The charge is \$15 for four 2-hour classes. After completing the basics classes, individuals also can take classes in Word and Excel.

Elder neglect

Meeting participants watched a video produced by the [Senior Council](#) of the City of Kirkland on elder neglect. While elder abuse is also a serious issue, the video focused on neglect and self neglect because they are the most common and difficult to spot. You can [watch the video](#) on the city's Web site.

Following the video, HAP members discussed the issue and ways HAP might get involved in

preventing elder neglect. Aging and Disability Services provides funding to Senior Services for the [Gatekeeper](#) program which includes outreach to those groups and individuals who have frequent contact with seniors to let them know the signs of abuse and neglect. Their message is, "Don't walk away from a situation that you're not comfortable with." They encourage people to report suspected abuse or neglect to 1-888-4ELDERS if they are not comfortable reporting it to Adult Protective Services. Senior Services is looking for more opportunities to spread the word about the Gatekeeper program.

Among the suggestions for HAP involvement were:

- Write and distribute a news release that details signs of self neglect and how people can help.
- Put a link to the Kirkland video on the HAP Web site.
- Research other DVDs or resources and put them on a new "Elder abuse/neglect" page on the HAP Web site.
- Create a rack card of warning signs and action steps that we can make available to HAP partner agencies for them to distribute to their constituencies. Senior Services has a similar rack card it uses for the Gatekeeper program.

It was noted that a two-day conference on elder abuse is scheduled for Sept. 10 and 11 in Bellevue. Get details [online](#).

Announcements

Requests for Proposals for senior center funding are now available online from the Aging Program of the King County Department of Community and Health Services, [Community Services Division](#). Two positions - one for the women's program and another for special services - are now open in the Division. Contact [Linda Wells](#) for information.

Neighborhood House will break ground on Saturday, Aug. 16, on its new [High Point Neighborhood Center](#) in West Seattle. They are also looking for a manager for the new Family Center that will

be housed there.

Upcoming Coffee Hours at the Mayor's Office for Senior Citizens will feature Don Jordan, executive director of the Seattle Animal Shelter, on Thursday, Aug. 21, and Susan Shannon, director of the Office of Economic Development, on Thursday, Sept. 18. The informal discussions take place from 10 to 11 a.m. in the 4th Floor Boardroom of the Central Building, 810 3rd Avenue.



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