



## News for HAP Partner Agencies and Friends

### Highlights of HAP Monthly Meeting

September 23, 2008

**The 15 people attending the meeting were:**

Nathan Buck, Neighborhood House, [nathanb@nhwa.org](mailto:nathanb@nhwa.org)

Cynthia Ellison, Mayor's Office for Senior Citizens, [Cynthia.ellison@seattle.gov](mailto:Cynthia.ellison@seattle.gov)

Lillian Hayashi, Kawabe Memorial House, [royhay@verizon.net](mailto:royhay@verizon.net)

Karen Lewis, CHEF, [karenl@chef.org](mailto:karenl@chef.org)

Lani Scheman, JFS, [lscheman@jfsseattle.org](mailto:lscheman@jfsseattle.org)

Jessica Mortensen, WDSF, [jmortensen@deltadental.com](mailto:jmortensen@deltadental.com)

John Barnett, AARP, [ybyb1@verizon.net](mailto:ybyb1@verizon.net)

Sheryl Schwartz, UW Health Promotion Research Center,  
[sheryls@u.washington.edu](mailto:sheryls@u.washington.edu)

Andrea Meewes, Senior Services, [andream@seniorservices.org](mailto:andream@seniorservices.org)

Robin Knudson, RSVP/Solid Ground, [robink@solid-ground.org](mailto:robink@solid-ground.org)

Debbie Anderson, Overlake Hospital Senior Care, [d-anderson@att.net](mailto:d-anderson@att.net)

Tanya McGee, Senior Services, [tanyam@seniorservices.org](mailto:tanyam@seniorservices.org)

Linda Wells, King County Department of Community and Human Services, Aging Program, [linda.c.wells@kingcounty.gov](mailto:linda.c.wells@kingcounty.gov)

Karen Winston, Aging and Disability Services, [Karen.winston@seattle.gov](mailto:Karen.winston@seattle.gov)

Linda Woodall, United Way of King County, [lwoodall@uwkc.org](mailto:lwoodall@uwkc.org)

**Next meeting:** October 28, 2008, 8:30 - 10:00 a.m.

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

### **Introductions and Welcome**

We had three new people at our September meeting. Welcome Jessica Mortensen from Washington Dental Service Foundation and Tanya McGee and Andrea Meewes both from Senior Services! We hope to see you at future meetings.

### **Moore Ink.**

As many of know, Teresa Moore, president of Moore Ink. has been a long standing supporter and contractor of the HAP. She and her team have kept us organized, looking professional and, most importantly, they have helped us accomplish so much throughout the last 8 years in promoting health for older adults. Because of the activity changes and our more modest budget, it has become too expensive to sustain their services for HAP. So it is with sadness that HAP decided to sunset our relationship with Moore Ink.

Please be patient as the steering committee and all HAP partners transition into providing a lot of the support that was previously provided by Moore Ink. The good news is that we will have more money to contribute to projects, activities and other efforts that improve the health of seniors!

### **Partner Presentations**

Linda Wells led a discussion regarding the current format of the HAP monthly meetings. The group decided that we would like to continue with the partner presentations. Nathan Buck will contact Chris Chastain from the Seattle Indian Health Board to be our presenter in October and Andrea Meewes from Senior Services will present in November. We look forward to learning more

about your organizations and how HAP can help you further your mission.

## **2008 Work Plan**

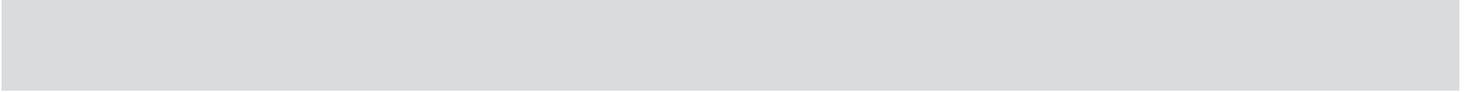
Karen Lewis reviewed the current work plan. Remaining in 2008 are the development and distribution of the HAPpenings newsletter and the annual HAP fund raising letter that is sent to all HAP partner organizations for support in 2009. Sheryl Schwartz is taking the lead on the newsletter and that will be emailed in October. Linda Wells is responsible for sending the fund raising letter which should also take place in October.

## **2009 Work Plan**

Linda Wells led a discussion regarding HAP priorities for 2009. Many wonderful topics were brainstormed and individuals were asked to bring more information regarding their suggestions to the October HAP meeting for further discussion. Ideas include:

- Build upon our falls prevention work, especially if we receive the state DOH falls prevention grant; offering Matter of Balance trainer workshops. Related to this: HPRC is currently conducting a research project that investigates why people decide to participate in community-based physical activity or fall prevention or why they decide to not participate. Sheryl will report findings.
- Offer educational sessions for low-income seniors to help them locate affordable medication resources
- Attend health and resource fairs to promote HAP and the work of the partner agencies
- Depression prevention
- Walking programs and physical activity promotion
- Vote & Vac; Sheryl will contact Visiting Nurse Services of the Northwest to see if they are interested in re-engaging with HAP
- Broader promotion of the Elder Abuse video that was produced by Kirkland Senior Council
- Broader promotion of the fall prevention video that highlights Harborview's fall prevention program

- Hunger and nutrition issues. Related to this: Robin Knutson will invite a Solid Ground "fellow" to attend a future HAP meeting as a special guest to provide education.



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