



## News for HAP Partner Agencies and Friends

### Highlights of HAP Monthly Meeting

October 28, 2008

**17 people attended the meeting:**

Debbie Anderson, "free agent", [d-anderson@att.net](mailto:d-anderson@att.net)

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

Chris Chastain, Seattle Indian Health Board, [chrisc@sihb.org](mailto:chrisc@sihb.org)

John Deagen, Senior Services, [johnd@seniorservices.org](mailto:johnd@seniorservices.org)

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

Debbie Goetz, Seattle Office of Emergency Management, [debbie.goetz@seattle.gov](mailto:debbie.goetz@seattle.gov)

David Jensen, Seattle Dept. of Parks and Rec, [david.jensen@seattle.gov](mailto:david.jensen@seattle.gov)

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

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

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

Pam Piering, Aging and Disability Services, [pam.peiring@seattle.gov](mailto:pam.peiring@seattle.gov)

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

Amy Shumann, Public Health - Seattle & King County, [amy.shumann@kingcounty.gov](mailto:amy.shumann@kingcounty.gov)

Linda Wells, King Co Dept. of Comm & Human Svcs, Aging Program, [linda.c.wells@kingcounty.gov](mailto:linda.c.wells@kingcounty.gov)

Roxan Wilkins, Seattle Indian Health Board, [roxanw@sihb.org](mailto:roxanw@sihb.org)

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: November 25, 2008, 8:30 am - 10:00 am**

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

## **Introductions and Welcome**

We had one new person at our October meeting. A warm welcome to **Debbie Goetz** from the Seattle Office of Emergency Management (Seattle Police Department)! We hope to see you at future meetings.

## **2009 HAP Program Ideas**

We decided to continue the following HAP operational activities:

Meet monthly, on the 4th Tuesday of each month (except December): At these regular meetings HAP members benefit from learning about the partner organizations' activities and initiatives. Until HAP receives project-specific or grant funding, we will focus our efforts on networking, collaboration, and information exchange.

Publish the quarterly electronic HAP newsletter (HAPpenings): The next one will come out before Thanksgiving.

Maintain HAP website ([www.4elders.org](http://www.4elders.org)): In particular, encourage the HAP partner organizations to take advantage of the "evergreen" (not time-sensitive) health promotion news articles that can be found at <http://www.4elders.org/tips/>.

Engage a wide array of HAP partner organizations (and their representatives) in carrying out HAP's work in order to foster leadership, build on our organizations' unique strengths, support the work of the member organizations, increase the strength of our organizations' ongoing programs, and leverage additional resources.

We decided to continue consideration of the following program ideas for 2009, with the person/people in parentheses agreeing to lead project development, at lead in the interim:

Falls prevention: Form a HAP subcommittee to follow-up on our proposal to WA DOH (Sheryl Schwartz, David Jensen, John Barnett, Karen Winston, Andrea Meewes, Debbie Anderson, and Debbie Goetz)

Walking programs and physical activity (David Jensen)

Emergency preparedness (Debbie Goetz, Karen Lewis)

Hunger and nutrition (David Jensen)

The following project ideas are still of interest, but did not receive priority attention at this meeting:

- Affordable medication resources
- Participate in health and resource fairs
- Depression prevention and management
- Vote and Vaccine
- Promotion of elder abuse video
- Oral health

### **HAP Partner Presentation: Seattle Indian Health Board**

Roxan Wilkins and Chris Chastain presented information on the history of and services provided by the Seattle Indian Health Board. SIHB was founded in 1970 to serve American Indians who live in the Seattle area. They provide a wide range of health care and "wrap-around" support services for anyone who comes to the clinic, regardless of their ability to pay or their ethnic background.

They also sponsor an Elders Program that offers weekly social and cultural activities.

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