



News for HAP Partner Agencies and Friends

Highlights of HAP Monthly Meeting

January 27, 2009

Happy New Year!

14 people attended the meeting:

Sally York, guest, Northwest Orthopaedic Institute, Pierce Co. Falls Coalition

Robin Knudson, RSVP/Solid Ground, robink@solid-ground.org

Andrea Meewes, Senior Services, andream@seniorservices.org

Susan Snyder, Senior Services, susans@seniorservices.org

Tanya McGee, Senior Services, tanyam@seniorservices.org

Sheryl Schwartz, UW Health Promotion Research Center, sheryls@u.washington.edu

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

Karen Lewis, CHEF, karenl@chef.org

Karen Winston, ADS, karen.winston@seattle.gov

Nathan Buck, Neighborhood House, nathanb@nhwa.org

Shirley Vanderbilt, Alzheimer's Association, shirely.vanderbilt@alz.org

Linda Wells, King County Aging Program, Linda.C.Wells@METROKC.GOV

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

Alan Abe, King Co. EMS, alan.abe@kingcounty.gov

Next meeting: Tuesday, February 24, 2009, 8:30 - 10:00

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

Introductions

A thank you card for John Barnett was circulated in recognition of his years of dedication to HAP. AARP will not be participating in HAP this year due to funding issues.

2009 Priorities

Nathan re-capped priority ideas that were generated from the group in late 2008.

It was decided that HAP would focus on falls prevention as our #1 priority for 2009 and possibly beyond. After additional discussion, we determined that the additional priorities of nutrition, emergency preparedness, and physical activity would be rolled into the falls prevention initiative, as resources permit.

In an attempt to reduce confusion, it was decided that we will keep HAP as our primary name and not add the additional title of coalition to our falls work.

Budget

Karen Lewis gave a budget report. Anticipated expenses are currently in the categories of falls prevention, VISTA volunteer, and web site maintenance with IlluminAge.

Thank you to Elderhealth Northwest for their recent contribution of \$500! We also received contributions in late 2008 from the following partners:

ADS City of Seattle \$3,000; United Way \$3,000; CHEF \$5,000;

Senior Services \$2,500; UW HPRC \$2,500.

Falls Video

Sally York, from Northwest Orthopaedic Institute distributed copies of The Good News about Falls Prevention video that was produced by SPU nursing students last year. The group watched the

video and discussed ways to further disseminate it through partners. It will be streamed on the HAP web site very soon. Additional copies are available for those interested. Please contact Sally York at sallyy@nwoi.org.

You can watch the video on-line at any time at this URL: http://spu.edu/depts/hsc/fallprevention/fall_prevention.aspx

Falls Discussion

Sheryl summarized the January 7th Falls Prevention Committee meeting. The next committee meeting is scheduled for February 4th, 10 am-11:30 am at Senior Services.

Outcomes

1. Increase public awareness
2. Increase linkages and referrals among HAP partner organizations and others
3. Increase access and utilization to falls prevention programs (activities, MOB, site based, etc.)
4. Advocate for public policy around falls prevention

The most current 2009 HAP work plan will be shared at the February 24th HAP monthly meeting.

Next Steps/To Do's

1. Recruit VISTA volunteer. The announcement has been distributed and is also on the HAP home page. The application deadline is February 6th and the volunteer will begin work in mid-April. His/her primary responsibility will be to coordinate HAP's falls prevention activities.

In order to apply, candidates must go to www.americorps.org and look for position number **9147**. If you have any questions, please contact Robin Knudson at 206-957-4779 x 116 or robink@solid-ground.org.

2. SPU Nursing School Interns

HAP has secured the assistance of SPU nursing students to research and populate the Active Options website with physical activity opportunities located in King County. They will be start April 1st and work for 10 weeks on the project (one day per week).

3. Physical Activity Awareness / EMS Grant

KC-EMS is exploring ways to partner with HAP to raise physical activity awareness and practice among older adults in King County to reduce falls. Currently, the target group for these efforts is older adults who live in public housing and older adults who congregate at senior and community centers. The EMS funding is designated for an awareness campaign but also requires an evaluation component to measure increases in physical activity. Allen Cheadle, a researcher at the UW-HPRC, has volunteered his expertise to help us design the evaluation.

There is also EMS funding available for fire departments to implement falls prevention programs in King County. If you are interested in linking senior-serving community organizations up with their local fire departments to apply for funds, please contact Alan Abe at Alan.Abe@kingcounty.gov.

What a great opportunity!