



News for HAP Partner Agencies and Friends

Highlights of HAP Monthly Meeting

February 24, 2009

Attendees

Carol Redfield, guest, Seattle Pacific University
Karen Lewis, CHEF, karenl@chef.org
Alan Abe, KCEMS, Alan.Abe@kingcounty.gov
Lani Scheman, JFS, lscheman@jfsseattle.org
Andrea Meewes, Senior Services, andream@seniorservices.org
Karen Winston, ADS, karen.winston@seattle.gov
Bob Riler, Pierce County ALTC, briler@co.pierce.wa.us
Julie Gabelein, Arthritis Foundation, jgabelein@arthritis.org
Lil Hayashi, Kawabe Memorial House, lilh@emeraldheights.com
John Deagen, Senior Services, johnd@seniorservices.org
Cynthia Ellison, ADS/MOSC, cynthia.ellison@seattle.gov
Amy Shumann, Public Health, amy.shumann@kingcounty.gov
Robin Knudson, RSVP, robink@solid-ground.org
Linda Wells, KC DCHS-CSD, linda.c.wells@kingcounty.gov
David Jensen, Seattle Parks and Rec, david.jensen@seattle.gov
Debbie Goetz, Seattle EMS, debbie.goetz@seattle.gov

Introductions

A special welcome was extended to Julie Gabelein from the Arthritis Foundation. This was her first HAP meeting.

2009 Work Plan

Karen Lewis reviewed the draft work plan. For a copy of the draft or to send comments, contact karenl@chef.org.

The Falls Prevention Committee has decided to focus their efforts on promoting physical activity

through (1) the Active Options searchable database and (2) through community outreach in 4 King County neighborhoods (TBD). Alan Abe is currently contacting community and senior centers in targeted areas to gauge interest. Once sites are selected, key stake holders from each community will be invited to help develop community-specific falls prevention implementation plans. We are working with Allen Cheadle from the UW-HPRC to develop the evaluation component of the campaign.

Budget

Karen Lewis gave a budget report. There were no significant changes in the budget from the January meeting.

Seattle Pacific University Nursing Practicum Update

Carol Redfield, nursing supervisor, was able to attend the meeting and get a better sense of the organizations that comprise HAP. Karen Lewis shared that the project has been approved and the 4-5 students will begin their work April 1st for a 12-week period. The primary goal of their project is to conduct outreach to physical activity providers in King County to have them either update their information in Active Options or complete a survey to have their information published in the searchable database.

VISTA Update

Robin Knudson shared that she, Sheryl Schwartz, and Karen Lewis interviewed two excellent VISTA applicants and offered the job to their first choice - and she accepted! Kathleen Ryan will join the HAP team in mid-April and she will work for HAP full-time for 12 months. Kathleen will be located at HPRC and Sheryl will be her primary supervisor. We are thrilled that she accepted the position and know that she will add a tremendous amount of skill, organization and leadership to our falls prevention efforts.

EMS Falls Campaign Update

Alan Abe shared that this week he will be interviewing applicants for a half-time marketing position to seek additional corporate, foundation, and grant funding to assist with the falls prevention campaign. He hopes to have this person in place sometime in March.

Discussion: What's Behind Repeated Falls?

John Deagen led a discussion on the topic of repeated falls in older adults and what underlying issues could be causing these falls. He encouraged front line workers to dig deeper to uncover if there is a history of domestic violence, self or caregiver neglect, or isolation that may be playing a role in falls. We also discussed the impact of the economic recession on nursing facilities and other organizations that serve older adults.

>>Action: Andrea Meewes from Senior Services will invite staff from nursing and assisted living facilities to the upcoming Matter of Balance trainings.

>>Action: John Deagen will contact Mary Fogh at Solid Ground to identify additional advocates, ombudsmen and professionals who may be interested in attending the Matter of Balance trainings.

Announcements

Bob Riler from Pierce County Aging and Long Term Care developed a presentation titled "Livin' On A Shoestring" to assist older adults during this economic downturn. There are health related topics

threaded through the talk on topics such as physical activity, healthy eating, medication management and falls prevention. Anyone is welcome to use the information. To obtain the slides, contact Bob Riler at briler@co.pierce.wa.us.

"Livin' On A Shoestring" will be presented by Connie Thompson from KOMO TV on Saturday, **April 4th** at the South Hill YMCA in Puyallup.

Matter of Balance coaches training, **April 7-9**, 9am to 3pm at Shoreline Fire Department Training Center. Contact Andrea Meewes for more information, andream@seniorservices.org.

Alzheimer's Association conference, **April 23-24**, Washington Convention Center. For information, go to www.alz.org.

Healthy Aging Fair for seniors and boomers, **May 5**, Central Building (3rd and Columbia), 9am - 2pm. Contact Cynthia Ellison for more information, Cynthia.Ellison@Seattle.Gov.

Arthritis Foundation's Let's Move Together campaign was launched in January 2009. Walk events are scheduled for **May 9** in Silverdale, **May 30** in Tacoma and **October 10** in Bellevue. For more information, go to www.letsmovetogether.org.

Aging Services of Washington annual conference, **June 8-11**, Davenport Hotel, Spokane.

Matter of Balance Master Trainer training, **June 8-9**, Renton Fire Department. Contact Andrea Meewes for more information, andream@seniorservices.org.

Debby Goetz is in the early stages of developing an emergency preparedness event for seniors to take place this fall. Carol Redfield has some emergency packs that she can make available for the event. To order packs, contact Carol at carolsr@spu.edu.

Next Meeting: March 24, 8:30 am - 10:00 am at Senior Services.