



News for HAP Partner Agencies and Friends

Highlights of HAP Monthly Meeting

May 26, 2009

Attendees

Nathan Buck, Neighborhood House, nathanb@NHWA.org

John Deagen, Senior Services, johnd@seniorservices.org

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

Mary Fogh, Long Term Care Ombudsman/Solid Ground, maryf@solid-ground.org

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

Karen Lewis, CHEF, karenl@chef.org

Tanya McGee, Senior Services, tanyam@seniorservices.org

Andrea Meewes, Senior Services, andream@seniorservices.org

Luda Melnik, ResCare, ludamelnik@rescare.com

Jessica Mortensen, WDSF, mortenjm@deltadentalwa.com

Kathy Ryan, HAP, kathyhap@gmail.com

Sheryl Schwartz, UW Health Promotion Research Center, sheryls@u.washington.edu Linda Wells,
King Co. Aging Program, linda.c.wells@kingcounty.gov

Laura Worth, ResCare, lauraworth@rescare.com

Sally York, Northwest Orthopedic Institute, sallyy@nwoi.org

Sally York's Presentation on Falls Prevention

Sally York, of the Northwest Orthopaedic Institute, presented on preventing falls for older adults. She presented information on the depth and breadth of the problem, risk factors, and effective interventions to decrease the risk of falling. Sally's PowerPoint slides will soon be available on the HAP Web site.

Work Plan Report

1) The Shape Up! campaign: King County Emergency Medical Services (EMS) and HAP are collaborating with four King County communities - Bitter Lake in North Seattle, North Bellevue, Burien, and Northshore/Bothell to develop and implement physical activity promotion programs. EMS is funding this effort, and Alan Abe of EMS is leading the project. This summer and fall, the four sites will have promotional materials, kick-off events, and incentives to be physically active,

including some light competition.

2) Active Options: Karen Lewis demonstrated the Active Options (AO) Web tool. Karen and Kathy Ryan have been working with a group of nursing students at SPU to promote the Web site to older adults, their family caregivers, and health care and social services professionals. Karen and Kathy are also working on a campaign to encourage physical activity program providers to enter their program in the AO database, so that the older adults and their caregivers who use the site will find what they're looking for. Senior Services will serve as the local AO Community Champion, and Andrea Meewes has generously agreed to lead that effort.

This week, the Active Options (AO) Web site will migrate to a new platform. The new platform offers more options for programs entering their data on Active Options, and it will allow the Web site to grow. Program providers who are currently registered with the existing AO site will be requested via email to register with new passwords. All AO program providers will be invited annually via email to update their program information.

Budget Report

HAP thanked the Washington Dental Service Foundation for their generous contribution to HAP.

Web Site Communications

Cynthia Ellison has graciously agreed to manage changes and updates to the HAP Web site by communicating them with our Web development and support contractor, IlluminAge. Cynthia asked HAP members to please review the list of resources on the HAP Web site and let her know if anything is out-of-date or missing. Also, please let Cynthia know if you have an event or activity of general interest to King County communities of older adults, or aging service providers, because we can post those events on the HAP home page.

Next Meeting: June 23, 8:30 am - 10:00 am at Senior Services

