



News for HAP Partner Agencies and Friends

Highlights of HAP Monthly Meeting

November 24, 2009

Attendees

Debbie Anderson, NEST & Snoqualmie Valley Hospital, deba@snoqualmiehospital.org

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

Karen Lewis, CHEF, karenl@chef.org

Andrea Meewes Sanchez, Senior Services, andream@seniorservices.org

Jessica Mortensen, WA Dental Foundation, jmortensen@deltadentalwa.com

Ninfa Quiroz, SeaMar, ninfaquiroz@seamarchc.org

Bob Riler, Pierce County ALTC, briler@co.pierce.wa.us

Kathy Ryan, HAP, kathyHAP@gmail.com

Sheryl Schwartz, UW HPRC, sheryls@uw.edu

Linda Wells, King County, linda.c.wells@kingcounty.gov

Karen Winston, King County Aging and Disability Services, karen.winston@seattle.gov

Presentation

Robin Knudson provided information about King County RSVP, the Retired Senior Volunteer Program hosted by Solid Ground.

RSVP is a federally funded program that encourages volunteerism by older adults. There are 750 RSVP programs across the USA with 18 programs in the state of Washington. RSVP connects senior volunteers with local opportunities and recognizes volunteer contributions. There are over 2,300 RSVP volunteers in King County and over 1,600 who volunteer each month.

Numerous studies have shown that volunteerism, especially among older adults, is linked with longevity and other health benefits.

King County RSVP has launched an ambassador program that consists of 35 volunteers who do outreach to the community about the benefits of volunteering. To get involved in RSVP, contact Robin at robink@solid-ground.org.

Shape Up!

The Shape Up! campaign ended on November 30th. HAP conducted an informal evaluation of the Shape Up! campaign through staff interviews with North Bellevue, Northshore, Burien, and Bitterlake Shape Up! sites. The goal of the campaign was to increase physical activity among 200 participants at each center. Strategies used included media ads, health fairs, prizes, and a \$10 discount on exercise classes.

Burien, a particularly successful site, redeemed 44 coupons and was able to begin a new yoga class. Other sites reported modest increases in class participation particularly in classes like Zumba, Wii Bowling, yoga, and EnhanceFitness. If this campaign continues in 2010, new strategies may be considered to attract participants that do not exercise. HAP may also consider sponsoring the growth of successful sites.

HAP Plans for 2010

Building on conversations from the October 2009 meeting, HAP will adopt the theme of "Aging at Home" which encompasses fall prevention, oral health, universal design, end-of-life, and other important aging issues important to all partners.

HAP would like to host a symposium that brings together governmental, non-profit, and for-profit agencies to discuss how to best support healthy aging in our communities. This symposium would be one of two special events in 2010. HAP will also continue with monthly partner presentations.

HAP Steering Committee

The HAP steering committee meets quarterly and is open to all HAP members. Currently, there are 6 members with formalized roles to keep HAP running. A seventh member is needed to assist with event coordination and help from others is always welcome. **Interested members should join the next steering committee meeting on January 26th immediately after the HAP meeting from 10:45 to noon at Senior Services.**

Announcements

Pierce County Human Services is currently hiring for the position of Mental Health Ombudsman and will soon also be hiring for the position of Long Term Care Ombudsman. These positions are posted at: piercecountywa.org. Northshore Senior Center director, Lee Harper has accepted a new position as director of the Phinney Neighborhood Association. The director position at Northshore will be open in January.

Questions or comments? Please contact:

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