



News for HAP Partner Agencies and Friends

Highlights from HAP Monthly Meeting February 22, 2011

Below please find a summary of the February 22nd HAP meeting.

Please plan to join us, and invite your colleagues to join us, at **March 22nd** HAP meeting, where we will welcome a guest speaker.

Dr. Asuman Kiyak, director of the UW Institute on Aging, will present

"Strategies for Successful Aging at Home: The Burgeoning Role of Technology."

As usual, the meeting will be 8:30-10:00 at Senior Services, 2208 2nd Ave, in Belltown.

Healthy Aging Partnership Meeting Highlights

February 22, 2011, 8:30 - 10:00am

Attendees

Alicia Hinckley, Community Services for the Blind and Partially Sighted,
ahinckley@csbps.com

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

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

David Jensen, SPR-Lifelong Recreation, david.jensen@seattle.gov

Ethan Crawford, Retired Senior Service (RSVP), crawfordjr@hotmail.com

Heidi Wong, Kin On, hwong@kinon.org

Jay Kang, Neighborhood House, jayk@nhwa.org

Joanne Maher, Alzheimer's Association, joanne.maher@alz.org

Katheryn Howell, CareForce, Katherya@careforce.com

Kathleen Crompton, Wallingford Community Senior

Center, kcromp@wallingfordseniors.org

Laura Simpson, Faith in Action, Sammamish, laura@faithinaction4seniors.org

Mattie Taplin, Senior Services, mattiet@seniorservices.org

Nate Brown, ElderHealth Northwest, nateb@elderhealth.org

Ninfa Quiroz, SeaMar, ninfaquiroz@seamarchc.org

Partner Presentation

Heidi Wong introduced Kin On Healthcare Center as a nonprofit nursing home and in-home care provider for the Asian community. Operating since 1985, Kin On provides the majority of their care through their nursing home in the Columbia City area and have a satellite office in the International District. Most of their in-home services are provided in King County, but they occasionally serve in Snohomish and Pierce. Heidi described three new Kin On projects: 1) expanding their hospice program to serve the Korean community; 2) providing transitional care for those who need short term services; and 3) putting an emphasis on education and preventative care. Their services are provided in a culture- and language-sensitive manner. Kin On's language capacity includes 3 Chinese dialects, Japanese, Korean, and Tagalog; all staff speak English as well.

They want to educate the community on topics that may be of interest, such as: health promotion, tai chi, estate planning, and nutrition. Story Circle, their HAP-funded project is off to a good start. Story Circle is meant to help individuals meet, talk, share, and connect. They have afternoon and evening meetings where they discuss topics and create a place for seniors to stay active and be social. So far, participation has been low, but they will continue adjust the project so it can reach more people. More information about Story Circle can be found on their [Facebook page](http://www.facebook.com/pages/Kin-On-Community-Health-Care/129726864836): <http://www.facebook.com/pages/Kin-On-Community-Health-Care/129726864836>

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Project Planning: 2011 Aging at Home Workshop

Providers and seniors attended HAP's September 2010 Aging at Home workshop, where the topics discussed were broad. Feedback from the seniors indicated they are more interested in "how to's," for example, "how to prevent falls."

Ninfa Quiroz suggested topics that focus on allowing individuals to move around and remain safe: universal design, nutrition, and mobility. Other suggestions included: redefining neighborhood associations, engaging older adults in their Neighborhood Watch, nutrition, engaging people in user-friendly technology and activity, and educating the community on what to look for when working with "at risk" older adults. Someone suggested that we might want to work the SPU nursing students.

It was pointed out that having one workshop at one location might make it difficult for some to attend. This brought the suggestions of working with local senior

centers to form a "traveling roadshow." Suggestions for accomplishing this were: 1) collaborating with Aging Your Way by meeting with Joanne Donahue and Dori Gillam, and 2) bringing a structured curriculum to community settings on topics such as nutrition.

Another suggestion was to target a younger audience, such as those who are caring for older parents, or those who are "preparing" to be older adults. They may be more receptive to attending workshops. The HAP members agreed that would be a good focus for this year.

Discussion Item: 2011 HAP meeting locations

The group agreed to keep the HAP meetings at Senior Services because of the possibility of losing members if the meeting location changed. We discussed parking. Andrea stated that there is affordable parking in the lot is between 1st & 2nd Ave. and Bell & Battery St (enter either through the alley on Bell or on 1st). If you arrive before 10:30am, the cost is \$7/10 hours. If you're paying for more than 1.5 hours, it's cheaper than the \$4/hour street parking. (<http://www.rpnw.com/seattle/monthly/lot.asp?id=4>)

Announcements

ElderHealth Northwest announced that they have changed their name to Full Life Care.

Community Services for the Blind and Partially Sighted announced that starting March 1, they are changing their name to SightConnection. Also, Insight: A Low Vision Expo will be held on May 21 at the Lynnwood Convention Center. Visit event registration page for more info:

<http://events.r20.constantcontact.com/register/event?oeidk=a07e3b0skbu5626a90b&llr=xvovczbab>.

[CareForce](#) is hosting Dementia Training workshop for individual caregivers, family members, staff, local assisted living communities, skilled nursing staff, and independent therapists with Teepa Snow. The next "Teepa Training" will be held on April 18th and 19th at North Seattle Community College.

[Wallingford Community Senior Center](#) announced they were thankful for the publicity received for their last Resilience as You Age meeting. Twenty-four people attended, and they plan to continue working on this issue. Their next scheduled conversation is, "Intergenerational Conversations as You Age" and will be facilitated by a physician and a social worker.

The Alzheimer's Association is hosting the 26th Annual Alzheimer's Regional Conference March 31- April 1 at the Washington State Convention Center in

Seattle. This event attracts about 600-700 individuals. Visit this website for more info: <http://www.alzwa.org/cms/2011conference/default.htm>.

Seattle Parks and Red Lifelong Recreation made a request that individuals respond to a Statement of Legal Intent that will contract youth organizations with community centers. The concern is that the community center will become "teen centers." Please advocate so that community centers can be accessed by all community residents. Email david.jesen@seattle.gov for more information on this time-sensitive issue.

A suggested agenda item for the future was: The economy and its impact on your agency's programs. Has your agency lost staff, taken new directions? What do you think about the new direction or services going private? If we work together we can make an impact.

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Next HAP Meeting

Tuesday **March 22, 2011, 8:30-10:00**, at Senior Services (2208 2nd Avenue, Seattle).

At that meeting, we will welcome a special guest. **Dr. Asuman Kiyak**, director of the UW Institute on Aging, will speak on "Strategies for Successful Aging at Home: The Burgeoning Role of Technology."

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