

**Healthy Aging Partnership  
Meeting Minutes  
March 25, 2008**

**The 15 people attending the meeting were:**

Marcia Appleton, Community Services for the Blind and Partially Sighted, [mappleton@csbps.com](mailto:mappleton@csbps.com)  
John Barnett, AARP volunteer, [ybyb1@verizon.net](mailto:ybyb1@verizon.net)  
Nathan Buck, Neighborhood House, [nathanb@nhwa.org](mailto:nathanb@nhwa.org)  
John Deagen, Senior Services, [JohnD@seniorservices.org](mailto:JohnD@seniorservices.org)  
Catherine Filippini, Moore Ink. PR (HAP), [catherine@mooreink.com](mailto:catherine@mooreink.com)  
Cecile Henault, Solid Ground, [cecileh@solid-ground.org](mailto:cecileh@solid-ground.org)  
David Jensen, Seattle Department of Parks and Recreation, [david.jensen@seattle.gov](mailto:david.jensen@seattle.gov)  
Robin Knudson, RSVP, [RobinK@solid-ground.org](mailto:RobinK@solid-ground.org)  
Karen Lewis, CHEF, [klewis@chef.org](mailto:klewis@chef.org)  
Tanya McGee, Senior Services, [tanyam@seniorservices.org](mailto:tanyam@seniorservices.org)  
Teresa Moore, Moore Ink. PR (HAP), [teresam@mooreink.com](mailto:teresam@mooreink.com)  
Miguel Saldin, Asian Counseling and Referral Service, [miguels@acrs.org](mailto:miguels@acrs.org)  
Celeste Sather, Harborview, [Vizmanos@u.washington.edu](mailto:Vizmanos@u.washington.edu)  
Lani Scheman, Jewish Family Service, [lscheman@jfsseattle.org](mailto:lscheman@jfsseattle.org)  
Linda Wells, King County Department of Community and Human Services, Aging Program, [linda.c.wells@kingcounty.gov](mailto:linda.c.wells@kingcounty.gov)

**Next meeting:** April 22, 2008, 8:30 – 10:00 a.m.  
**Location:** Senior Services, Lillian Rice Center  
2208 2<sup>nd</sup> Avenue, Board Room  
Seattle, WA 98121

**April partner agency presentation:**  
University of Washington Health Promotion Research Center

**Legislative report**

HAP Steering Committee Chair and AARP State President John Barnett outlined major pieces of legislation affecting seniors passed in the recently concluded legislative session. Among the most noteworthy was House Bill 2668, the “Aging in Place” bill, aimed at preventing disease and harmful injuries that lead to hospitalizations and subsequent nursing home admissions, while also bolstering support for family caregivers. Among the bills’ provisions are:

- Creation of a senior falls prevention program with education and exercise programs designed to prevent slips and falls that lead to people losing their independence and mobility; \$400,000.
- Expanding the state’s existing respite program by 12 percent to give 500 additional unpaid family caregivers a needed break; \$1.5 million.

- Behavioral intervention training for people caring for Medicaid clients in adult family homes and boarding homes. The goal is to keep clients in their own communities rather than referring them to institutional care because providers are not trained to meet their needs; \$1.76 million.
- Funding to allow DSHS to conduct vulnerable adult fatality reviews to determine if deaths are related to abuse, abandonment, exploitation or neglect; \$164,000.
- Pilot project to improve access to dental services for Medicaid beneficiaries 55 and older dealing with chronic health problems. State funding will be matched by the Washington Dental Services Foundation, a HAP partner agency; \$100,000.
- Training and nurse oversight to teach individuals with diabetes and their family members to inject insulin on their own; \$97,000.

### **HAP partner agency presentation: Solid Ground**

Cecile Henault, who manages the Partners in Caring and in-home care programs for Solid Ground, gave an overview of the agency's services targeted toward seniors. Among them are:

Partners in Caring, with a grant from HUD's Resident Opportunity Self Sufficiency program, has created and implemented an innovative and comprehensive supportive services access project at three Seattle Housing Authority residences (Bell Tower, Denny Terrace and Harvard Court) for the elderly and persons with disabilities. In particular, Partners in Caring is providing the following core services:

- Monthly van trips to grocery stores
- Van trips to the Seattle Asian Art Museum
- Collaboration with the City of Seattle Parks and Recreation Dept's Sound Steps walking program (originated by HAP)
- Weekly grocery bag delivery to homebound seniors and people with disabilities
- Monthly pancake breakfasts with guest speakers at each of the three buildings
- Resources and referrals to community resources, and to Aging and Disability Service and Community Psychiatric Clinic case workers
- Special interest workshops including self-defense training
- Support to resident boards at the buildings

Since the late 1970s, Solid Ground has managed in-home care. The agency serves a total of about 200 clients, about half of whom are Russian immigrants. Solid Ground employs some 100 home care aides which includes two Russian-speaking staff members.

The Home Care Program provides seniors and adults with disabilities in-home assistance with:

- Bathing, dressing, specialized body care and toileting
- Meal preparation including grocery shopping for regular or restricted diets
- Transportation

- Medication reminders and community aide escorts for medical appointments
- Assistance with ambulation and transfers
- Medication reminders, pharmacy pick-up and delivery
- Chore tasks, such as laundry and housecleaning
- Respite care for family caregivers
- Referrals for other affordable services for food, housing, transportation, etc.

Other programs serving seniors managed by Solid Ground include RSVP (the Retired Senior Volunteer Program) and the King County Long-Term Care Ombudsman Program. Cecile also offered a general overview of her multi-service agency, which employs 400 people and has a \$16 million annual budget. Along with programs specifically targeting older adults, Solid Ground operates some 30 different programs that address homelessness, domestic violence, racism, mortgage defaults, transportation and other efforts to fight poverty in Seattle and King County.

### **Safe Steps Fires and Falls Prevention Program**

Catherine Filippini, who is managing HAP's role in the Safe Steps program, discussed its first initiative – two “train the trainers” programs on May 7 or 8. The trainings are designed to help fire department staff, health care professionals and others who work with seniors to develop their own local fire and fall prevention community events to take place during the state-designated Falls Prevention Week, Sept. 18-27. The local events – along with a county-wide public relations and advertising campaign – are aimed at raising awareness of and educating people about ways to avoid fires and falls. Alan Abe, with King County EMS and who is helping to coordinate Safe Steps, noted that the sponsors are providing grants of \$200 to help local sites pay for their neighborhood events.

Registration for the workshops is open until April 15. Register online at [http://www.4elders.org/20080918\\_workshop.htm](http://www.4elders.org/20080918_workshop.htm). The Safe Steps program is sponsored by the King County Fire Marshals Office, King County Fire & Life Safety Association and Healthy Aging Partnership.

### **Financial report**

HAP received a Sustaining Partner contribution of \$3,000 in February from AARP – thank you! We are also entering into a contract with the King County Fire Safety Association for \$3,000 to help HAP cover its cost on work and services related to the Safe Steps campaign. In addition, the Association has generously agreed to allow HAP to keep all proceeds from the \$15 per person workshop registration fees.

### **Discussion questions re: HAP surveys**

Through our Web site provider, HAP has the ability to survey visitors to [www.4elders.org](http://www.4elders.org). We discussed the kinds of things we'd like to know from Web site

visitors to help us improve the site and understand more about its use. Among the suggestions were:

- Are you a professional, provider, older adult, family member, media, other?
- How did you hear about [www.4elders.org](http://www.4elders.org)?
- Did you find what you were looking for?
- What didn't you find here that you were looking for?
- In what city and state do you live?
- Would you like to be added to our email list (for professionals only)?
- How easy did you find this Web site to read and use?

During this discussion, a suggestion was made that HAP revisit its efforts from several years ago to solicit sponsorships or advertising for the HAP Web site. The idea also came up for investigating an affiliate program for [www.4elders.org](http://www.4elders.org), where we put the logo and live URL link of a retailer or organization on our Web site and, if people click through and buy something, HAP would get a percentage.

HAP also has the ability to poll its partner agencies via a new email survey program with the Constant Contact service. We also discussed what we might want to know from HAP members. Among the suggestions:

- What kind of articles or information do they send to media and constituents and when? Who are your audiences?
- Demographic or geographic areas that they serve to see if there are gaps
- What programs do you have focused on aging-related issues?
- Do you have programs for family members of seniors?
- What are your language capabilities?
- What would make HAP valuable to you?
- What priority initiatives would HAP members like to see in the coming year?
- What is your personal vision for HAP?
- What trends are you seeing with your constituents and what issues?
- Are you involved in public policy activities? What kinds?
- Do you have expert speakers available for conferences or workshops? On what topics?
- How do you best communicate with your clients/patients/constituents – mail, email, meetings, etc.?

### **HAP Steering Committee**

Karen Lewis explained that the HAP Steering Committee – which manages policy, financial, fundraising, meeting agendas and other issues for the Partnership – met to discuss ways to refresh and add more structure to the Committee's membership. The decision was made to invite some new partner agency representatives to join, to establish two-year terms, and to designate a yearly Committee chairperson. The Steering Committee members are:

### Continuing members

John Barnett, AARP (2008 chair)

Kathy Hultquist, Senior Services

Karen Lewis, CHEF

Sheryl Schwartz, UW Health Promotion Research Center

### New members

Nathan Buck, Neighborhood House

Linda Wells, King County Department of Community Services, Aging Program

Karen Winston, City of Seattle Aging and Disability Services

We will also seek a Steering Committee member from Public Health once Cheza Garvin is back from work parental leave.

A question arose about HAP's relationship to the Comprehensive Health Education Foundation (CHEF). Karen explained that CHEF started out as the fiscal agent for the HAP coalition when it first was formed nearly 10 years ago. IRS regulations allow nonprofits to provide that service for a limited time, so when HAP decided it did not have the resources to become a 501(c)(3) nonprofit on its own, we became a program of CHEF. This relationship allows CHEF to manage, pro bono, HAP's finances and also allows HAP to apply for grants under the auspices of CHEF's nonprofit status.

### **Announcements**

Be on the lookout for the new issue of the HAPpenings email newsletter, coming this week!

David Jensen talked about a couple new programs that Seattle Parks and Recreation has developed. One is Community Kitchens, which brings neighbors together to cook meals at a local community center. Parks and Rec is working with Public Health to ensure nutritious meals at least six Community Centers throughout Seattle this year. The focus is on single moms and seniors. Each household pays just \$20 and goes home with five or six freezable meals for their families.

Parks and Rec also has been working on the "Boomer Initiative" with the Mayor's Office to conduct focus groups of Seattle residents between the ages of 46 and 62 to determine what makes neighborhoods livable and how to keep people aging in place in their communities.

The Sound Steps program, which originated with the Healthy Aging Partnership and is now a program of Seattle Parks and Recreation (and other communities such as Kirkland) is hoping to get increased funding from the city. David reported that the program now has some 500 older-adult walkers at 36 sites in Seattle; John Barnett noted that there are about 200 in Kirkland. Some 60 people in the Seattle Sound Steps program have signed up to participate in the half marathon during SeaFair.

The long-time, popular Seattle Senior Games are now the Northwest Senior Games with events scheduled throughout the month of June in Seattle, Bellevue, Mercer Island, Kirkland, Redmond, Renton, Shoreline and Everett. Seattle Parks and Recreation expects 700 people to compete in many different events from ice hockey to swimming to badminton and soccer. Participants must be 50 by end of 2008 to participate. For more information, go to [www.northwestseniorgames.org](http://www.northwestseniorgames.org).