

Mayor's Council on African American Elders

c/o Aging and Disability Services, Seattle-King County
Mailing Address: PO Box 34215, Seattle WA 98124-4215
Office Address: Seattle Municipal Tower, 700 5th Ave, 51st Floor
206-684-0706 • TTY 206-684-0274 • FAX 206-684-0689
Website: www.seattle.gov/MCAAE

MCAAE Retreat Summary

January 26, 2024

MCAAE Members Present: Paula Williams, Chair; Charlotte Antoine; Claudette Thomas; Rita Howard; Pamela Williams

Members Absent: Omara Abe; Sheila Mary; Paul Mitchell

HSD/ADS Staff: Michael Adusah, Mary Mitchell; Karen Winston

I. Welcome, Introductions, and Ice Breaker

The opening question was - What does the MCAAE do?

- Education – ourselves/others
- Advocacy – meeting w/government officials
- Creating relationships w/government officials
- Advocacy letter writing
- Partners with the ADS Advisory Council and other organizations, e.g., Univ. District Rotary Club, PASARA
- Co-sponsors events
- Identifies gaps in services
- Meets with Mayor Harrell, build relationships
- Recruit more individuals for the MCAAE (ask the mayor to help identify potential members)

II. MCAAE Elections

Paula Williams, Chair, nominated Rita Howard as the new chair. Charlotte seconded the motion. The motion carried. Charlotte Antoine was asked to continue as Vice Chair, and Charlotte accepted. Pamela Williams agreed to represent the MCAAE at the ADS Advisory Council (AC) meetings, held every 2nd Friday from 12 to 2 p.m.

III. 2024 Advocacy Focus Areas

The new chair, Rita Howard proposed the following focus areas.

1. **Low-income housing** – Committee members: Claudette, Rita
 - Proposed collaborating with Age Friendly on several issues, including
 - Parking passes or exemptions for caregivers who are participating in pilot
 - Lobby low-income housing developers to adopt universal design in homes
 - Support the movement to make Washington an Age Friendly state
2. **Financial literacy/fraud prevention** – Paula agreed to continue focusing on this issue.
3. **Social isolation/digital access** – Charlotte agreed to continue focusing on this issue and representing the MCAAE on the Digital Equity Learning Network (DELN).

Co-sponsored by:



City of Seattle



King County

4. **Support ongoing events** – Members reviewed the purpose of each event (Memory Sunday, Grandparents Day, Caregiver Forum) and agreed to continue supporting them by representing the MCAAE on planning committees.
5. **WA Cares** – Mary reviewed Washington Cares Fund. The WA Cares Fund is a public long-term insurance program. All working Washingtonians contributes a small percentage of their income into the fund. Then when you need care, you can access your earned benefits of \$36,500 (adjusted up to inflation) to pay for services. The MCAAE can support outreach/education efforts among BIPOC in King County. Ideas discussed included creating a one-page information sheet to distribute to partners and at future events/meetings.
6. **Continued advocacy and support for the AAEP** – Ongoing.
7. Collaborating with African elder groups - Tabled
8. Health disparities – Tabled

IV. **Committee Meetings/Reporting**

- Members agreed to continue meeting on the 3rd Friday, from 2 to 3:30 p.m. Pamela will ask if meetings can be held at her church—Grace United, 722-30th Ave. So., Seattle, 98144.
- Committees were asked to meet between meetings and to provide updates/reports at the April, August, and December meetings.
- Meeting with Mayor Harrell - Schedule one meeting per year w/the mayor. Hopefully in the fall 2024.

V. **2024 Possible Presentations**

- **February** – Black History Month – Focus: Black organizations serving our Black elders.
 - Panel – **AAEP**, Heart-n-Soul Hospice, Tubman Health-Alternate
 - National Black Anthem – Charlotte will ask someone from Carry House Church
 - Introduction of commission/membership (recruitment- opportunity)
 - Invite the mayor or a rep. from Mayor office to attend.
 - Flyer to promote to broader community
- **March** – CMS speaker (Medicare/Medicaid) – Collaborate with the AC on a presentation
- **April** – Heart-n-Soul Hospice update; Committee reports
- **May** – Age Friendly Ageist Training
- Make a request for a mayor’s representative to join a meeting during the 2nd Qtr., 3rd Qtr., and an in-person meeting with the mayor in 4th Qtr.
- Age Friendly - Housing collaboration
- WA Cares – Assist with outreach/education
- WA Hearing Association

Meeting Adjourned – The meeting was adjourned at 3:00 p.m.