

# Mayor's Council on African American Elders

c/o Aging and Disability Services, Seattle-King County  
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## MCAAE Meeting Summary

May 17, 2024

**Members:** Dr. Abe, Charlotte Antoine, Claudette Thomas, Paul Mitchell, Pamela Williams

**ADS Staff:** Dinah Stephens, Meg Wolfe, Karen Winston

**Guest:** Jaquie Hurd, AAEP

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### I. Anti-Ageism Training

Seattle Age Friendly manager, Dianah Stephens, and Meg Wolfe, Age Friendly Program Coordinator, lead a discussion about the newly launched Anti-Ageism Training for Seattle employees and community members.

The City of Seattle officially joined the [AARP Network of Age-Friendly Communities](#) in July 2016 as the 104th U.S. member. [Resolution 31739](#) formalized the commitment of both Mayor and City Council to become a more age-friendly city under the criteria established by the World Health Organization and the AARP Network of Age-Friendly Communities. Since their launch, Age Friendly Seattle has worked interdepartmentally and with community partners on a range of efforts aimed at making our community a great place to grow up and grow old. This includes housing advocacy, health, social connections, and economics.

Ageism is pervasive. It shows up in both our personal and work lives. It impacts people of all ages but is particularly harmful to older adults—causing economic strain, can lead to poor health outcomes, and limited social interactions.

To combat ageism, the Age Friendly (AF) team created anti-ageism trainings—one for City of Seattle staff, another for the community. The training addresses the basics of age biases, the ways ageism harms older adults, and how ageism intersects and compounds with other structural inequities. The training presents an opportunity to explore our own mindset around aging and gain practical tips for becoming anti-ageist in our personal and professional lives. MCAAE members were encouraged to review the community Anti-Ageism Training and share with their networks.

To date, over 300 City of Seattle employees from several different City departments have taken part in the training. The AF team is also coordinating conversations with various city departments and having conversations with staff/teams. They are also brainstorming about how to deliver the training and have conversations in the community.

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MCAAE members shared experiences about how they have experienced ageism, including self-agism, and discussed the parts of the training resonated for them. All agreed that it was user-friendly and appreciated the self-reflection questions which made it interactive. Members also provided suggestions on where to promote the training—e.g., churches, emergency response personnel, GenPride, the Long-Term Ombudsman Program, and Catholic Community Services. Please let the Age Friendly staff know if anyone else would benefit from the training.

Lastly, Dinah gave an update on advocacy efforts regarding the [Seattle Comp Plan](#). Kudos to Rita Howard for submitting comments to the Office of Planning and Community Development (OPCD) on behalf of the MCAAE. Next steps? All comments will be reviewed and used as a guide as OCPD prepares the Final Environmental Impact Statement.

Finally, members discussed plans for the June meeting and agreed on a potluck to celebrate Juneteenth. Karen will forward an email to coordinate what to bring.

The meeting was adjourned at 3:30 p.m.