

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

Meeting Summary

October 21, 2016

Members Present – Mattie Taplin, Vice Chair, Dr. Brenda Jackson, Susan Millender

Members Excused – Marsha Andrews

ADS Staff – Jon Morrison Winters, Karen Winston

Special Guest: Dominique Stephens, External Affair Liaison, Mayor's Office

I. Senior Nutrition Program

ADS invests Older American Act (OAA) funding in Nutrition Programs for older adults throughout King County. The Nutrition Programs are authorized under Title III of the OAA.

The purpose of the nutrition program is to:

- Reduce hunger and food insecurity among older individuals,
- Promote socialization of older individuals,
- Promote the health and well-being of older individuals, and
- Delay adverse health conditions for older individuals.

They fulfill their purpose by providing access to healthy meals, nutrition education and nutrition counseling. The OAA requires Nutrition Programs to target adults age 60 and older who are in greatest social and economic need, with particular attention to:

- Low-income older individuals
- Minority older individuals
- Older individuals in rural communities
- Older individuals with limited English proficiency, and
- Older individuals at risk of institutional care.

About 5,000 nutrition service providers together serve over 900,000 meals a day in communities all across the United States. In King County, ADS contracts with 13 agencies that operate 50 programs and 46 meal sites.

ADS is required to have an investment process every four years. The next Request for Proposals (RFP) process is scheduled to be released July 2018. Staff are currently gathering input from community members and consumers about how the program could be improved. An input session is scheduled for Friday, October 28, from 12:30 – 2 p.m., at Bellevue City Hall. MCAAE members provided the following comments:

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- I've eaten at all of the ethnic meal sites in King County. Since the meal sites started cooking their own meals, the food is really delicious. Hot home-delivered meals used to be provided through the meal sites for homebound elders, but it stopped. I think it should still be offered.
- Socialization is so important, especially for immigrant and refugee older individuals who may be new to a community, and/or for older adults who are displaced from living in Seattle due to high housing costs.
- What about areas in King County where older adults are not being served? Response: The ADS Data Team is currently analyzing data to determine gaps. ADS is also planning to talk with members of the South King Council of Human Services. Discussions have also occurred about creating meal sites within senior housing communities.
- I'm especially concerned about caregiver's access to respite and affordable options.
- Programs are isolated, as far as their communities. I would like to see opportunities for meal sites to conduct cross-cultural collaborations and/or visitations.
- Senior Center membership dues are too high for many older individuals and can be a barrier, especially if people think you have to be a member to participate in the meal program.
- I'm interested in partnering with meal sites in order to bring food to homeless older adults who are not willing to go to a meal site, due to their hygiene and/or the way they may be dressed.
- More outreach is needed to inform more seniors that these affordable meals are available. Can the funding be used for outreach? Response: The OAA funding cannot be used for outreach. Jon will look into the flexibility of the other funding.
- Transportation is an issue, especially for homebound seniors. Perhaps special transportation can be provided through the Hyde Shuttle.

II. ADS Updates

Housing and Aging Forum

- The Housing Development Consortium of Seattle-King County is having a forum on Thursday, November 17, from 9 to Noon, at New Holly. The forum will be focused on action: innovations, pilot projects, policy changes and partnerships that integrate services with affordable senior housing. It will also discuss initiatives from across the state and the country that can help create smart policies and programs for vulnerable seniors. Mayor Murray will provide the opening and Nancy Eldridge, from the National Center for Healthy Housing, will be the keynote. Register at: www.housingconsortium.org/events/calendar/

Age-Friendly Seattle

- Mayor Murray endorsed pursuing an age-friendly designation for Seattle!, and ADS is now a formal partner of the AARP Age-Friendly Network.
- The Mayor designated a staff person, Steve Lee, to work with HSD-ADS. Dominique Stephens is working with Steve. She will focus on engaging millennials in discussions

about services and supports that could be of benefit to their parents as they age. The Department of Neighborhoods will also assist with the age-friendly initiative .

- A needs assessment will take place to determine what issue areas the public would like the City to address.
- The City will be weaving this work into their equity initiatives.
- Creating dementia-friendly communities will also be included in the process.
- Maria Langlais, HDS/ADS Age-Friendly Lead, attended the AARP National Livable Communities Conference in Chicago, on October 17-19.

III. Recruitment

Karen reported that terms will expire on December 31, 2016 for: LaShawnDa Pittman, Dr. Brenda Jackson, and Marsha Andrews. That leaves Mattie and Susan remaining, both with terms that expire at the end of 2017. Brenda would like to be re-appointed.

Recruitment for the MCAAE is a high priority. Karen encouraged members to identify people interested in being appointed to the MCAAE, now through December. The December 16 meeting will be earmarked for a *MCAAE Holiday Meet & Greet Reception*, location TBD.

Members approved the draft brochure and also discussed strategies for making the MCAAE more visible. Suggestions for future MCAAE projects were collaborations and advocacy, including partnering with other City Boards & Commissions, and supporting kinship caregivers.

IV. November Meeting

The November meeting is cancelled. MCAAE members will instead join the ADS Advisory Council meeting scheduled from 12 to 2 p.m., in the SMT Room 4050. Lunch will be provided.

NOTE: The December *Holiday Meet & Greet Reception* will be Friday, December 16, at 2 p.m., location TBD.

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