

KIRKLAND SENIOR COUNCIL - 2010

Work Plan

Goal / Objective	Description	Timeline	Progress
Objective 2.1: Complete Falls Prevention Video	<ol style="list-style-type: none"> 1) Conduct final preparations for filming of Falling Into Fitness video. 2) Determine filming locations and filming schedule 3) Complete filming 4) Editing 	<p>July 2010 Sept 2010</p>	<p>Completed</p> <p>Completed Final Stages In Progress</p>
Objective 2.2: Consider developing informational handout	<ol style="list-style-type: none"> 1) Determine whether to prepare a resource guide with information about senior-accessible exercise and strengthening opportunities 	<p>Oct 2010</p>	<p>Pending</p>
<p>Goal 3: Advocacy Committee Advocate for senior needs and create programs that advance their well-being.</p>			
Objective 3.1: Work on behalf of senior legislative issues and lobby for their successful passage in legislature	<ol style="list-style-type: none"> 1) Attend Senior Lobby Day in Olympia 2) Collaborate with AARP in passage of health care reform 3) Attend Legislative Forum (formerly Meet & Greet) 	<p>Jan-Feb 2010 Ongoing</p> <p>Nov 18,2010</p>	<p>Completed Ongoing</p> <p>Pending</p>
Objective 3.2: Coordinate with other Eastside Councils and Networks and with Eastside Human Services Forum;	<ol style="list-style-type: none"> 1) Participate with BNOA and EHSF to form Eastside Dialogue on Senior Adults 2) Make presentation to representatives of other Eastside municipalities to promote formation of senior councils 3) Continue role with Eastside to promulgate senior councils 	<p>Ongoing</p> <p>June 16,2010</p> <p>Ongoing</p>	<p>Ongoing</p> <p>Completed</p> <p>Ongoing</p>

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<p>Objective 3.3: Advocate with Kirkland City Council on senior issues</p>	<ol style="list-style-type: none"> 1) Formalize Advocacy Committee as a standing committee on Council. 2) Continue to serve as liaison to BNOA and its advocacy committee. 3) Continue role as an advocate for AARP 4) Attend work session with Kirkland City Council 	<p>Completed</p> <p>Ongoing</p> <p>Ongoing October 2010</p>	<p>Completed</p> <p>Ongoing</p> <p>Ongoing</p>
<p>Goal 4: <i>Future Developments Goals</i> Explore, recommend and initiate new programs for KSC.</p>			
<p>Objective 4.1: Work with Eastside Easy Rider Collaborative (EERC), Hopelink, and local transportation providers to improve transportation options for seniors.</p>	<ol style="list-style-type: none"> 1) Participate in EERC planning sessions and workshops and explore options for extending programs in Kirkland. 2) Explore options now available, and promote improvements in service and visibility. 	<p>Ongoing</p>	<p>Contacts established</p>
<p>Objective 4.2: Ensure that seniors in areas pending annexation are represented on KSC and that their needs are identified.</p>	<ol style="list-style-type: none"> 1) Monitor the results of the city's general call for new members on boards, commissions and councils. 2) Provide specific recruitment assistance if needed. 3) Lay the groundwork for a needs assessment related to senior services in the annexation areas. 	<p>Ongoing</p>	<p>Waiting for results of city recruitment</p>

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Objective 4.3: Explore avenues for the improvement of low cost senior housing opportunities in Kirkland and the areas to be annexed.	<ol style="list-style-type: none"> 1) Maintain contact with St. Andrew's Housing Group related to Totem Lake are project and any future plans. 2) Explore collaboration on Eastside efforts with BNOA housing committee 	Ongoing	Contacts established
Goal 5: <i>Visibility Committee</i> Increase visibility of the KSC in the community and in government.			
Objective 5.1: Partner with Evergreen and Active Living Task Force (ALTF) to sponsor an educational fair.	<ol style="list-style-type: none"> 1) Meet and Discuss possible ALTF projects with Evergreen and KSC. 	Feb-Mar	Cancelled
Objective 5.2: Redo Table Top Display	<ol style="list-style-type: none"> 1) Update materials. 2) New travel case. 	Ongoing	Ongoing Completed
Objective 5.3: Overlake Active Senior Fair	<ol style="list-style-type: none"> 1) Explore whether we will participate or not this year. 	Mar 2010	Cancelled
Objective 5.4: Recruitment for the new KSC members will begin in summer and fall of 2010	<ol style="list-style-type: none"> 1) Advertise position(s), interview and appoint selected candidates. 	October: Recruitment November: Interviews December: Appointment Jan2011 Term Begin	Ongoing

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Objective 5.5: Support Kirkland Steppers walk program for adults age 50+, at PKCC.	<ol style="list-style-type: none"> 1). Sponsor gift for each walker as in previous years. 2). Partner with Steppers and the PKCC Advisory Board to walk in 4th of July parade. 	May-June	Ongoing
Objective 5.6: Art Show	<ol style="list-style-type: none"> 1) Hold 2nd annual senior art show at Merrill Gardens, Kirkland 	June	Completed
Objective 5.7: Senior Games	<ol style="list-style-type: none"> 1) Assist City of Kirkland with swim meet. 	June	Cancelled due to budget cuts
Objective 5.8: July 4 th Parade	<ol style="list-style-type: none"> 1) March in Parade and distribute candy and pencils to the crowd along the route 	July	Completed
Goal 6: <i>Senior Council Members</i> Represent senior needs at neighborhood and other community / civic meetings and special events.			
Objective 6.1: Participate in local neighborhood association meetings and other community /civic committees and special events.	<p>Continue and strengthen community outreach efforts by networking with local neighborhood associations and participating on various community committees.</p> <p>Senior Council members participated in the following;</p> <ol style="list-style-type: none"> 1. Active Living Task Force 2. Bellevue Network on Aging 3. Evergreen Healthcare 4. AARP 	Throughout 2010	Ongoing
		Ongoing	Ongoing

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	<ul style="list-style-type: none">5. PKCC Advisory Board6. Neighborhood Associations<ul style="list-style-type: none">• North Rose Hill• South Rose Hill• Totem Lake• Moss Bay• Highlands• Juanita• Market Street• Norkirk• Lakeview/Houghton7. Emergency & Disaster Preparedness Fair8. Kirkland Downtown Association9. Kirkland Downtown Action Team		