



CITY OF KIRKLAND
Department of Parks & Community Services
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MEMORANDUM

To: Kurt Triplett, City Manger

From: Senior Council
Carrie Hite, Deputy Director
Sharon Anderson, Humans Services Coordinator

Date: September 23, 2010

Subject: Senior Council Presentation

RECOMMENDATION:

That City Council receives a presentation on the Senior Councils 2009 Accomplishments and 2010 Work Plan.

BACKGROUND DISCUSSION:

Established by the Kirkland City Council in 2002, the Kirkland Senior Council (KSC) is a group of concerned citizens who are dedicated to ensuring that Kirkland is, and remains a safe, vibrant community for residents age 50 and older. As an advisory group to the City Council, they advocate, support, shape and create programs and services that meet the needs of adults age 50+ in the community.

The Kirkland Senior Council is completing its ninth year with great success, members are eager to inform the City Council of their 2009 Accomplishments and discuss progress made on this year's goals, as outlined in their 2010 Work Plan.

The Senior Council members are:

Penny Kahn, Chair
Kathy Iverson, Vice Chair
Sheryl Henry, Secretary
Rich Allen
Don Bartleson
Diana Bottin
Lauren Bolen
Doris Ford
Carolyn Kelso
Joan Luster
Bob McCory
Stuart Ostfeld
Dave Ryan
Betty Stevens
Dave Wagar

Attachments:
2009 Accomplishments
2010 Work Plan

KIRKLAND SENIOR COUNCIL

ACCOMPLISHMENTS 2009

A. **Good Neighbor Program**

Vial of Life (VOL): The Kirkland Senior Council in collaboration with Bellevue's Network on Aging (BNOA), assembled and distributed Vials of Life throughout Kirkland and Bellevue. This year, the sponsors were the Medic One Foundation and Bartell Drugs. The KSC distributed approximately 2,000 VOL's. The VOL's are designed to save lives in emergency situations by providing important information to EMTs to assist them in administering proper medical treatment in a timely manner. Vial's have been translated into Spanish and Russian.

B. **Seniors Are Artists, Too!**

This committee was formed to celebrate the talents and activities of older adults in the community. There was agreement at the 2009 Annual Retreat to schedule a Senior Art Show during the year. Merrill Gardens committed to hold the event in its lobby and to provide refreshments, music and appetizers. The art show was held to coincide with the June Kirkland Art/Jazz Walk. The Art Show attracted over 30 resident artists who offered their photography, sculptures, paintings and quilts for the public to view.

Attendees voted for their favorites and the first-and second-place ribbons were awarded in each category. The show was such a success, the committee was asked to plan a show for 2010.

C. **Affordable Senior Housing**

The KSC recognizes that affordable housing is a challenge for many Kirkland residents. The Council was dedicated to collecting data, identifying a project that best addressed its findings and then advocating for affordable senior housing to all levels of government.

D. **Neighborhood Associations Participation and Other Community Involvement**

The KSC strives to participate in neighborhood/community events and activities to ensure that the concerns of Kirkland's older adults are being addressed. Members attend Neighborhood Association meetings and other community events.

In 2009, KSC members also participated in events including the Peter Kirk Community Center Advisory Council, the City of Kirkland's Active Living Task force, Evergreen Healthcare Educational Fair, Senior Lobby Day at the State Capitol, "Meet and Greet" Session with Eastside State Legislators, Overlake Hospital/Senior Care Home Is Where the Heat Is Fair, Emergency & Disaster Preparedness Fair, Kirkland Karnival, the SeaFair Marathon and the July 4th Parade. The KSC also successfully sought Senior Pedestrian Crossing Signage on Kirkland Avenue.

E. **Relationship with Bellevue's Network on Aging**

To give a broader voice advocating for the needs of older adults on the Eastside, the KSC continues to partner on projects with Bellevue's Network on Aging.

The KSC attended many of BNOA's monthly meetings and made it a priority to stay abreast of events and concerns that affect the Eastside's older population. In 2009 they continued to collectively produce and distribute the Vial of Life.

In November, a successful legislative meet-and-greet was held at Heritage Hall in Kirkland. State legislators from the 41st, 45th and 48th districts attended. The KSC and BNOA presented funding concerns affecting senior programs.

F. **Resource for Other Senior Councils**

It is a goal of the Kirkland Senior Council to serve as a source of information and support to other entities on the eastside interested in forming their own senior council. The KSC worked diligently with Bellevue to implement its Network on Aging.

G. **Transportation Programs**

In 2009, the Kirkland City Council continued to work to identify transportation options for older adults.

- Hopelink has funding to develop transportation programs. Its *Bus Buddy Program* teaches new riders how to navigate the bus system in the City. The Travel Ambassador program educates service providers on how to best meet their clients' transportation needs.
- The *Eastside Easy Rider Collaborative* is a group of service agencies and other organizations that are exploring ways to partner in planning, funding and implementing transportation programs for older adult residents on the Eastside.

H. **Improved Website Visibility**

In an effort to improve the KSC website, improvements were made in 2009 to simplify navigation of the website and to update pertinent information. The group views the website as a potentially valuable communication link between the Council and older adults and their families who live in Kirkland. The goal is to keep seniors informed about the KSC's projects, ongoing activities and special events geared to the needs and concerns of older adults.

I. **Production of Video Materials**

To raise community awareness on a variety of topics and issues, the KSC produces and distributes a variety of educational video programs which air on KLIFE, channel 175 and can be seen online at www.ci.kirkland.wa.us.

In 2009, the Committee began the work of writing a falls prevention video. Previous KSC and City of Kirkland videos have been honored in past years. "Abuse: *Elder Neglect & Self Neglect*" was honored with national Silver and Bronze Telly Awards and the Video Award of Excellence from Pegasus. Another KSC video "*Excel as a Pedestrian*" received the national Video Award of Excellence from Pegasus.

J. **Support for Kirkland Steppers and Northwest Senior Games, Kirkland Swim Meet**

The KSC continues to support the *Kirkland Steppers* walking program for older adults. It supports events at the PKCC and Peter Kirk Pool (including the *Northwest Senior Games Swim Meet*). These efforts dovetail nicely with KSC's commitments to encourage and provide opportunities for adults aged 50+, take an active role in seniors' continued good health, and to teach and create a legacy of wellness and community spirit.

- KSC members attended the Steppers Kick-Off event and presented each walker with a badge holder. They also partnered with PKCC Advisory Board to participate in community sponsored walks and Kirkland's July 4th Parade.
- KSC members assisted at the Swim Meet with registration, refreshments, awards ceremony and had a table at the event on the pool deck.

KIRKLAND SENIOR COUNCIL
2010 Work Plan

Goal/Objective	Description	Timeline	Progress
Goal 1: <i>Emergency Preparedness</i> Educate and prepare both seniors and the general community on how to meet the needs of seniors during emergencies.			
Objective 1.1: Consider developing and distributing Utility Bill Insert.	<ol style="list-style-type: none"> 1. Revise and print edition of user-friendly Emergency Preparedness Tips 1/3 – page insert for utility billing for Kirkland’s older adults living in private residences. <ol style="list-style-type: none"> a. Review and amend “A-side” Preparedness Tips. b. Draft new KCS recruiting message for “B-side”. c. Send to City Media for publication. d. Mail with fall utility billing cycle. 		
Objective 1.2: “Seniors Helping Seniors”	<ol style="list-style-type: none"> 1. Explore development of a “Seniors Helping Seniors” program that would recruit and train capable older adults who will assist frail and homebound older adults in accessing resources during times of emergency. 	Deferred due to lack of resources	Deferred to 2011
Objectives 1.3: Vial of Life	<ol style="list-style-type: none"> 1. Distribution at Evergreen Pharmacy. 2. Seek additional sponsors (Bartell Drugs not available). 	On-going	On-going

Goal/Objective	Description	Timeline	Progress
Goal 2: Falls Prevention Video Advocate for senior falls prevention needs and create programs that advance their well-being.			
Objective 2.1: Complete Falls Prevention Video.	1. Conduct final preparations for filming of Falling into Fitness video.		Completed
	2. Determine filming locations and schedule.		Completed
	3. Complete filming.	July 2010	Completed
	4. Editing	Sept 2010	Completed
	5. Determine whether to prepare a resources guide with information about senior-accessible exercise and strengthening opportunities.	Oct 2010	Pending
	6. Launch video.	Oct 2010	Pending

Goal/Objective	Description	Timeline	Progress
Goal 3: Advocacy Committee Advocate for senior needs and create programs that advance their well-being.			
Objective 3.1: Work on behalf of senior legislative issues and lobby for their successful passage in legislature.	1. Attend Senior Lobby Day in Olympia.	Jan-Feb 2010	Completed
	2. Collaborate with AARP in passage of health care reform.	On-going	On-going
	3. Implement Legislative Forum (formerly Meet & Greet) with Bellevue Network on Aging (BNOA)	Nov 18, 2010	Pending
Objective 3.2: Coordinate with other Eastside Councils and Networks and with Eastside Human Services Forum (ESHF) to broaden voice for senior concerns.	1. Participate with BNOA and ESHF to form Eastside Dialogue on Senior Adults.	On-going	On-going
	2. Make presentation to representatives of other Eastside municipalities to promote formation of senior councils.	June 16, 2010	Completed
	3. Continue role with other Eastside cities to support senior councils.	On-going	On-going
Objective 3.3: Advocate with Kirkland City Council on senior issues.	1. Formalize Advocacy Committee as a standing committee on Senior Council.	Completed	Completed
	2. Continue to serve as liaison to BNOA and its advocacy committee.	On-going	On-going
	3. Continue role as an advocate for AARP.	On-going	On-going
	4. Attend October 5, 2010 City Council meeting.	October	Pending

Goal/Objective	Description	Timeline	Progress
Goal 4: <i>Future Development Goals</i> Explore, recommend and initiate new programs for KSC.			
Objective 4.1: Work with Eastside Easy Rider Collaborative (EERC), HopeLink, and local transportation providers to improve transportation options for seniors.	1. Participate in EERC planning sessions and workshops and explore options for extending programs in Kirkland.	On-going	On-going
	2. Explore options now available and promote improvements in service and visibility.	On-going	On-going
Objective 4.2: Ensure that seniors in areas pending annexation are represented on KSC and that their needs are identified.	1. Monitor the results of the City's general call for new members on boards, commissions, and councils.	On-going	On-going
	2. Provide specific recruitment assistance if needed.	On-going	On-going
	3. Lay the groundwork for a needs assessment related to older adult services in the annexation areas.	On-going	On-going
Objective 4.3: Explore avenues for the improvement of low cost senior housing opportunities in Kirkland and the areas to be annexed.	1. Maintain contact with St. Andrews Housing Group related to the Totem Lake project and any future plans.	On-going	On-going
	2. Explore collaboration on Eastside efforts with BNOA housing committee.	On-going	On-going
	3. Meet with representatives from Kirkland Planning to learn of efforts.	On-going	On-going

Goal/Objective	Description	Timeline	Progress
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 Taskforce (ALTF) to sponsor an educational fair.	1. Meet and discuss possible ALTF projects with Evergreen and KSC.	Feb-Mar 2010	Cancelled
Objective 5.2: Redo Table Top Display.	1. Update materials.	On-going	On-going
	2. New travel case.	On-going	On-going
Objective 5.3: Overlake Active Service Fair	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 fall 2010.	1. Advertise position(s), interview and appoint selected candidates.	Oct – Recruitment Nov – Interviews Dec – Appointments Jan – Term begins	On-going
Objective 5.5: Support Kirkland Steppers walk program for adults age 50+ at PKCC.	1. Sponsor gift for each walker as in previous years.	May-June 2010	Completed
	2. Partner with Steppers and PKCC Advisory Board to walk in 4 th of July Parade.	July 2010	Completed
Objective 5.6: Art Show	1. Hold 2 nd annual Senior Art Show at Merrill Gardens.	June 2010	Completed
Objective 5.7: Senior Games	1. Assist City of Kirkland with swim meets.	June 2010	Cancelled due to budget cuts
Objective 5.8: July 4 th Parade	1. March in Parade and distribute candy and band-aids to crowd along route.	July 2010	Completed

Goal/Objective	Description	Timeline	Progress
Goal 6: Senior Council Members 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.	<ol style="list-style-type: none"> 1. Continue to and strengthen community outreach efforts by networking with local neighborhood associations and participating on various community committees. 2. Senior Council members participated in the following <ol style="list-style-type: none"> a. Active Living Task Force – Carolyn b. BNOA – Rich and Kathy c. Evergreen Healthcare – Lauren d. AARP – Rich e. PKCC Advisory Board – Penny/Lauren f. Neighborhood Associations <ul style="list-style-type: none"> • North Rose Hill – Kathy/Joan • South Rose Hill – Penny • Totem Lake – Dave R • Moss Bay – Dave W • Highlands – • Juanita – Dave R/Betty • Market – Bob • NorKirk – • Lakeview/Houghton – g. Emergency & Disaster Preparedness Fair h. Kirkland Downtown Association – Stuart i. Kirkland Downtown Action Team - Dave 	Throughout 2010	On-going
		On-going	On-going