



CITY OF KIRKLAND

Department of Parks & Community Services

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MEMORANDUM

To: Mayor and Members of the City Council
David Ramsay, City Manager

From: Kirkland Senior Council

CC: Jennifer Schroder, Parks and Community Services Director
Carrie Hite, Deputy Director
Linda Murphy, Recreation Manager
Dana La Rue, Community Senior Center Supervisor

Date: April 4, 2006

Subject: Kirkland Senior Council Study Session with City Council

The Kirkland Senior Council has completed its third year with great success and is eagerly pursuing this year's goals as outlined in their 2006 Work Plan. This is an overview of the Senior Council's 2005 Accomplishments and the 2006 Work Plan.

ACCOMPLISHMENTS 2005

Community Senior Center Name Change

In collaboration with the Community Senior Center Advisory Board, the Senior Council has agreed on the importance of renaming the Senior Center (dropping "*Senior*" from the name). A public process soliciting name suggestions from the community began in September and concluded December 31, 2005. The Advisory Board and the Senior Council will jointly submit name suggestions to the Park Board. In early 2006, a new name for the Center will be recommended to the City Council by the Park Board.

TV/Video Project

The TV/Video project of 2004 was completed in the first quarter of 2005. The video is an educational tool to enlighten the community about the Senior Council.

Two video projects for 2005 have begun and will be completed in early 2006. The topic of one video is elder abuse, specifically addressing neglect and self-neglect. The second video is a taping of "*Learn Citizen Power*" a community advocacy workshop that the Senior Council sponsored in October 2005.

Baby Boomers and Beyond: *A Healthy Living Expo*

The decision was made to skip 2005 and once again in 2006 sponsor the community event geared toward senior's age 50+, called *Baby Boomers and Beyond: A Healthy Living Expo*. The facilitation of this innovative health/wellness fair increased the Senior Council's visibility in the community, established partnerships with a variety of senior service providers, created a solid relationship with corporate sponsors and availed senior's the opportunity to receive valuable services, i.e. free health screens, massage, reflexology, as well as educational and recreational information. Based on the attendance (approx. 700 in 2004, almost double that of 2003) and the written evaluations, this community event was a smashing hit! The goal for 2006 is to explore co-sponsoring the event with the City of Bellevue's newly forming *Network on Aging* (their senior council).

Cloning the Senior Council

In an ongoing effort to encourage other cities to establish Senior Council's, Bellevue is planning to have their own senior council, called *Bellevue Network on Aging* in place by early 2006. Northshore has expressed interest in establishing a senior council that will represent Bothell, Kenmore, Woodinville and Mill Creek and is targeting 2006/2007.

Volunteer Opportunities

A volunteer brochure detailing the benefits of volunteering was completed and distributed throughout the community. The brochure listed volunteer opportunities through the City of Kirkland, Evergreen Healthcare, Washington State Long-Term Care Ombudsman and the Lake Washington School District. The committee is interested in connecting seniors with meaningful volunteer opportunities.

New Member Recruitment

The annual recruitment process was completed in November and resulted in filling six vacant seats. New members will begin in January 2006. Recruitment will continue to fill two vacated seats.

Community Outreach

Recognizing the importance of encouraging adults age 50+ to be more active, the KSC supported the community "*Kirkland Stepper's*" Walking Program at the Senior Center, by using project money to help pay for the water bottle neck/shoulder straps that walk participants received. Senior Council members also participated in some of the walks and special events throughout the summer.

Community Involvement

Council members engaged in community outreach by networking with local neighborhood associations, civic groups and participating on the Downtown Action Team, Totem Lake Action Team, the Juanita Beach Park Master Plan, Evergreen Hospital Advisory Board, KPAC – soon to be called PACE (Physically Active Communities Everywhere) and the "*Step Up to Health*" planning committee for the health summit in February 2006.

WORK PLAN 2006

The Senior Council's 2006 Work Plan is attached.

KIRKLAND SENIOR COUNCIL - 2006 Work Plan

ATTACHMENT A

Goal / Objective	Description	Timeline	Progress
Goal 1: Advocacy Committee Advocate for senior needs and create programs that advance their well-being.			
<u>Objective 1.1:</u> Attend the Kirkland Health Summit <i>“Step Up to Health”</i> .	Represent the interest of older adults in developing a community plan to get Kirkland residents more physically active and healthy.	February 2006	Completed
<u>Objective 1.2:</u> Complete <i>“Learn Citizen Power”</i> video.	The KSC sponsored <i>“Learn Citizen Power”</i> a community advocacy workshop that taught older adults how to take an active role in civic life through thoughtful, meaningful involvement. Highlights of the program were taped to create an educational video. Review and edit the tape to a final 15 - 18 minutes.	May 2006	
<u>Objective 1.3:</u> Continue partnering with Evergreen Hospital.	Efforts to include but are not limited to: 1) Baby Boomers & Beyond event sponsorship. 2) Select KSC members to participate on Evergreen Hospital's Advisory Board.	April 2006 Throughout 2006	
<u>Objective 1.4:</u> Recommend to the Park Board a new name for the Senior Center.	1) Recommend <i>Peter Kirk Community Center</i> for the new name of the Senior Center at the study session with Park Board. 2) Discuss the new name recommendation at the study session with City Council. 3) Recommend that Park Board take the name suggestion to City Council for approval.	March 8 April 4 April 18	
<u>Objective 1.5:</u> Explore Universal Design Standards.	Develop and produce a video or website to assist older adults with “aging in place” issues/concerns.	October 2006	
<u>Objective 1.6:</u> Continue to be a resource for other Senior Councils.	Collaborate with other Senior Councils to create and promote programs that advance the well-being of older adults.	Ongoing 2006	

KIRKLAND SENIOR COUNCIL - 2006 Work Plan

ATTACHMENT A

Goal / Objective	Description	Timeline	Progress
<u>Objective 2.5:</u> Evaluate whether to continue producing videos.	Explore other educational project ideas that could replace the production of two annual videos. Identify funding needs related to a new project.	June 2006	
<u>Objective 2.6:</u> Distribute <i>Volunteer</i> brochure.	Evaluate the need to reproduce and distribute additional copies of the <i>Volunteer</i> brochure.	Throughout 2006	
<u>Objective 2.7:</u> Recruitment to fill two vacated seats.	Fill a two year term and a one year term.	Completed	
<u>Objective 2.8:</u> Recruitment for new KSC members who will begin in 2007.	Determine if the number of seats on the Senior Council needs to be increased from its current size of 15. Advertise position(s), interview and appoint selected candidates.	Interview in October Appoint in November Begin three year term in January 2007	
Goal 3: <i>Senior Council Members</i> Represent senior needs at neighborhood and other community / civic meetings.			
<u>Objective 3.1:</u> Participate in local neighborhood association meetings and other community /civic committees.	Continue and strengthen community outreach efforts by networking with local neighborhood associations and participating on various community committees.	Throughout 2006	
<u>Objective 3.2:</u> Attend the Healthy Aging Summit in Tukwila.	Represent the needs and concerns of Kirkland's older adults on a regional level.	May 2006	