



CITY OF KIRKLAND

Department of Parks & Community Services

Peter Kirk Community Center

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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: February 29, 2008

Subject: Kirkland Senior Council Study Session with City Council

The Kirkland Senior Council has completed its fifth year with great success and is eagerly pursuing this year's goals as outlined in their 2008 Work Plan. For this study session, we propose the following agenda:

- I. Introduction
- II. Accomplishments 2006/2007 – Attachment A
- III. Work Plan 2008 – Attachment B
- IV. Discussion
 - Trends and Issues
 - Council Direction



ACCOMPLISHMENTS 2007

I. ADVOCACY COMMITTEE

A. Falls Prevention Campaign

1. Published an article in the Kirkland Reports, "*Falls Primary Cause of Most Kirkland Trauma Injuries*"
2. Created and distributed an informational "*Falls Prevention*" flyer

B. Good Neighbor Program

1. Vial of Life Project
 - a. Compiled "Vial of Life" packets and distributed 300 at Evergreen Hospital's Disaster Preparedness Fair

C. Affordable Housing

1. Participated with Bellevue's Network on Aging in a tour of three eastside affordable housing projects, facilitated by ARCH.

D. King County Long-Term Care Ombudsman Program

1. KSC prepared and sent a letter to seven Neighborhood Associations urging them to support recruitment of neighborhood residents to serve as volunteer Ombudsmen.
2. As a result, four Ombudsmen volunteers were recruited, trained and provide service and regular visits to all nursing homes and adult family homes within the City of Kirkland.

II. VISIBILITY COMMITTEE

A. TV/Video Projects

1. Completed Videos.
 - a. *Pedestrian Safety: Street Wise in Kirkland* (Winter 2008)
 - b. *Elder Abuse: Neglect and Self-Neglect* (Fall 2007)
 - c. *Aging in Place: Universal Design Standards* (Fall 2006)
 - d. *SWAY: Influencing Your Elected Officials* (Summer 2006)
2. Video distribution and public viewing opportunities
 - a. Videos appear on Klife on a rotating schedule
 - a. City website, "Video on Demand"
 - c. A list and description of the videos was published in the Kirkland Reporter and Parks Activity Brochure
 - d. Distributed SWAY at Senior Lobby Day (January 2008) in Olympia

3. 2006 Programming Award
 - For their first video project, *Identify, Advocate and Create*, the National Association of Telecommunications Officers and Advisors awarded the KSC a plaque for 3rd place.
- B. Communication: Develop a Quarterly Newsletter
 1. The idea of a quarterly newsletter developed into writing articles and paying for ad space in the Kirkland Reporter.
 - a. Falls Prevention Article
 - b. List and description of available videos
 - c. "Who Should You Call When a Senior Needs Help? (February 2008)
- C. 2007 Achievement Award: Building Healthy Communities for Active Aging
- D. Community Involvement and Support
 1. Collaborated with Peter Kirk Community Center Advisory Board
 - a. Northwest Senior Game: Kirkland Swim Meet
 - b. Kirkland Steppers Walk Program
 2. Established a working relationship with Bellevue's Network on Aging
 3. Continued to strengthen community outreach efforts through networking with local neighborhood associations and participation on the Active Living Task Force, Greater Kirkland Citizen Corps, Map Your Neighborhood, N & E King County Human Service Providers & Zone 1 Emergency Manager's Meeting, *"Working to Build a Disaster Resilient Community"* Workshop, Aging and Disability Service Forums, Healthy Aging Partnership, Totem Lake Action Team, BNOA Referral Services Focus Group and the Downtown Action Team.

KIRKLAND SENIOR COUNCIL - 2008

Work Plan

Goal / Objective	Description	Timeline	Progress
Goal 1: <i>Advocacy Committee</i> Advocate for senior needs and create programs that advance their well-being.			
<u>Objective 1.1:</u> Continue Falls Prevention Campaign.	<ol style="list-style-type: none"> 1) Produce Falls Prevention Video 2) Attend Falls Prevention Consortium in the arena of community programs 		
<u>Objective 1.2:</u> Continue Good Neighbor Program.	<ol style="list-style-type: none"> 1) Prepare Vial of Life packets for distribution 2) Develop distribution list for Vial of Life packets 3) Create marketing strategy for Vial of Life packets 4) Translate Vial of Life packets to Spanish 5) Participate in local fairs 		
<u>Objective 1.3:</u> Explore affordable housing options.	Research possibilities for government and landlords to work collaboratively to hold rents at an affordable level for a certain number of years.		
<u>Objective 1.4</u> Update 2002-2007 Strategic Plan for Senior Services.	<ol style="list-style-type: none"> 1) Explore affordable options for updating the document 2) Research available resources 3) Investigate opportunities to utilize assistance from a U of W intern. 		
<u>Objective 1.5</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 2008	

KIRKLAND SENIOR COUNCIL - 2008

Work Plan

Goal / Objective	Description	Timeline	Progress
Goal 2: <i>Visibility Committee</i> Increase visibility of the KSC in the community and in government.			
Objective 2.1: Produce and complete TV/Video programs for Klife channel 75 and community distribution.	Complete Falls Prevention Video.		
Objective 2.2: Improve communication between the KSC and the community.	<ol style="list-style-type: none"> 1) Submit articles for publication to the Kirkland Reporter. 2) Update KSC information on City website 3) Develop a marketing strategy to promote the KSC and to better share and receive information specific to older adults in the community . 		
Objective 2.3: Support the <i>Kirkland Steppers</i> walk program for adults age 50+, at PKCC.	<ol style="list-style-type: none"> 1) Sponsor the water bottle neck straps for each walker. 2) Partner with the Steppers and the PKCC Advisory Board to walk in the July 4th Parade. 		
Objective 2.4: Support the Northwest Senior Games (NWSG) Swim Meet in Kirkland.	<ol style="list-style-type: none"> 1) Assist with registration at the swim event. 2) Have a table at the event to distribute information about the Senior Council and Vial of Life packets. 	June 2008	
Objective 2.5: Recruitment for new KSC members will begin in the summer and fall of 2008.	Advertise position (s), interview and appoint selected candidates.	October: Recruitment November: Interviews December: Appointment Jan 2009: Term Begins	

KIRKLAND SENIOR COUNCIL - 2008

Work Plan

Goal / Objective	Description	Timeline	Progress
Goal 3: <i>Senior Council Members</i> Represent senior needs at neighborhood and other community / civic meetings and special events.			
Objective 3.1: Participate in local neighborhood association meetings and other community /civic committees and special events.	Continue and strengthen community outreach efforts by networking with local neighborhood associations and participating on various community committees. Senior Council members participated in the following: <ol style="list-style-type: none"> 1. Peter Kirk Community Center Advisory Board 2. City of Kirkland's Active Living Task Force 3. Bellevue's Network on Aging 4. Downtown Action Team 5. Totem Lake Action Team 6. Walk in the July 4th Parade 	Throughout 2008	
Objective 3.2: Establish working relationship with Bellevue's Network on Aging (BNOA).	<ol style="list-style-type: none"> 1) KSC and BNOA liaison to attend the other's meeting quarterly to exchange information. 2) Schedule a joint meeting with BNOA to discuss potential 2008 project partnership. 	Ongoing 2008	
Objective 3.3: Attend the Healthy Aging Summit Tukwila.	Represent the needs and concerns of Kirkland's older adults on a regional level.	May 2008	