



CITY OF KIRKLAND

Department of Parks & Community Services

Peter Kirk Community Center

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www.ci.kirkland.wa.us

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, PKCC Supervisor

Date: October 7, 2009

Subject: Kirkland Senior Council Study Session with City Council

The Kirkland Senior Council is completing its eighth year with great success and members are eager to share their 2008 Accomplishments and discuss progress on this year's goals, as outlined in their 2009 Work Plan. For this study session, we propose the following agenda:

- I. Introduction
- II. Accomplishments 2008
- III. Work Plan 2009 – Attachment C

ATTACHMENT A

The logo for the City of Kirkland Senior Council features a stylized green swirl design behind the text. The words "CITY OF KIRKLAND" are in a smaller, serif font, and "SENIOR COUNCIL" is in a larger, bold, serif font. The text is centered and flanked by horizontal lines.

CITY OF KIRKLAND SENIOR COUNCIL

ACCOMPLISHMENTS 2008

A. Falls Prevention Campaign

In an effort to educate the public regarding the high incident of falls in older adults, the Senior Council partnered with the Peter Kirk Community Center, Kirkland Fire Dept., Evergreen Healthcare, King County Fire & Life Safety Association and the King County Fire Marshal's Office to sponsor a falls prevention fair "Live Safe and Strong: *Remain Upright – Prevent Falls!*". Participants learned fall prevention strategies to ensure functional independence through participation in seminars, demonstrations and interactive exhibits.

In addition, physical therapists provided balance screens and fall risk assessments. Fair attendees also benefited from the expertise of occupational therapists who answered questions regarding various types of therapy and assistive devices.

B. Good Neighbor Program

Vial of Life (VOL): The Senior Council in collaboration with Bellevue's Network on Aging, assembled and distributed the vials sponsored by Medic One Foundation and Bartell Drugs throughout Kirkland and Bellevue. The KSC distributed about 2,000 VOL with approximately 50 hours dedicated to their assembly. The VOL is designed to save lives in emergency situations. In a medical emergency, knowledge of history and other important information can assist emergency personnel in administering the proper medical treatment in a timely manner. Vials have been translated into Spanish and Russian.

C. Seniors on the Go

This committee was formed to celebrate the talents and activities of older adults in the community. Time was spent brainstorming and investigating how best to honor the uniqueness of older adults living in Kirkland. With a keen interest to host an art show, the committee conducted an informal poll of older adult artists in the community to determine if there was interest to participate in an event honoring their work. In addition, respondents were asked what type of event they would like to see. Facilitation of an Art Show as a project will be decided at the 2009 Annual Retreat.

D. Affordable Senior Housing

Recognizing that affordable housing is a challenge for many Kirkland residents and committed to being an advocate for older adults, the committee was dedicated to collecting data, identifying a project that best addressed their findings and then advocating for affordable senior housing to all levels of government.

E. Neighborhood Associations Participation and Other Community Involvement

KSC members continue to attend Neighborhood Association meetings and other community events to advocate for the needs and concerns of older adults.

In 2008, KSC members participated in the Peter Kirk Community Center Advisory Council, the City of Kirkland's Active Living task Force, Senior Lobby Day in the State Capitol, Celebrate Sidewalks, the Houghton Walk, the Evergreen Active Senior Fair, Park Lane Stakeholders Association, Safe Steps Falls Prevention Workshop, the SeaFair Marathon, and the July 4th Parade, the City-wide Food Drive. The committee also successfully sought Senior Pedestrian Crossing signage on Kirkland Avenue.

F. Relationship with Bellevue's Network on Aging

In an effort to have 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. In 2008 they collectively produced and distributed the Vial of Life. For details see B.

G. 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 their Network on Aging. In 2008, KSC members met with a Mercer Island citizens' group regarding their interest in forming a senior council.

H. Bus Buddy & Other Transportation Programs

At a 2008 study session, the Kirkland City Council requested that the KSC investigate and report on what transportation options are available to older adults living in Kirkland. The following programs were identified as transportation options for older adults.

1. 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.
2. 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.

I. Improved Website Visibility

In an effort to improve the KSC website, improvements were made to simplify navigation of the website and a KSC member was trained 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 KCS's projects, ongoing activities and special events geared to the needs and concerns of older adults.

J. 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 I75 and can be seen online at www.ci.kirkland.wa.us.

In 2008, the Committee explored options for producing a short falls prevention video. In addition, the KSC and City of Kirkland were honored with the national Silver and Bronze Telly Award and the Video Award of Excellence from Pegasus for "Abuse: *Elder Neglect & Self Neglect*". Also in 2008, the KSC video, "*Excel as a Pedestrian*" won the national Video Award of Excellence from Pegasus.

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

The KSC continues to support the *Kirkland Steppers* walk program for adults age 50+, at PKCC and the NWSG Swim Meet. This effort dovetails nicely with their commitment to encourage and provide

opportunities for adult's age 50+, to take an active role in their continued good health, to be the generation teaching and creating a legacy of wellness and community spirit.

- KSC members attended the Steppers Kick-Off event and presented each walker with a pedometer. They also partnered with the 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 - 2009 (ATTACHMENT B)

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. Review existing falls videos for possible introduction endorsement. 2. Write script for KSC-produced video using humor to encourage exercise and balance strengthening to prevent falls 3. Complete questionnaire for Mike Connor with the City's IT/Multi-Media Dept., to include goals and distribution. To be submitted to Mike by Dana 4. Determine individuals for role casting. 5. Filming schedule to be determined by Mike Connor. Goal: complete filming by October. 6. Consider preparation of a resource handout including information about senior-accessible exercise and strengthening opportunities. 	<p style="text-align: center;">February 2009</p> <p style="text-align: center;">April 2009</p> <p style="text-align: center;">May 2009</p> <p style="text-align: center;">July 2009 October 2009</p> <p style="text-align: center;">November 2009</p>	<p style="text-align: center;">Completed</p> <p style="text-align: center;">Completed</p> <p style="text-align: center;">Completed</p>
<u>Objective 1.2:</u> Emergency Preparedness and Vial of Life (VOL).	<ol style="list-style-type: none"> 1) Publish user-friendly Emergency Preparedness pamphlet for Kirkland's older adults living in private residences. <ol style="list-style-type: none"> a. Review literature from Red Cross, FEMA, and other agencies b. Draft text for informational flyer c. Publish Emergency Preparedness flyer for older adults d. Include preparedness information on the City's website (KSC web page) 2) Partner with Kirkland Fire & Building Dept. to disseminate Emergency Preparedness information geared for older adults via City website, utility billing and flyer publication. (<u>Attachment C</u>) <ol style="list-style-type: none"> a. Meet with Fire & Building representative(s) to discuss partnership 3) Explore development of a "<i>Seniors Helping Seniors</i>" program that would recruit and train capable older adults who will assist frail and homebound older adults in accessing resources during times of emergency. 	<p style="text-align: center;">Fall 2009</p> <p style="text-align: center;">a. March 2009 b. May 2009 c. Fall 2009 d. Fall 2009</p> <p style="text-align: center;">Ongoing 2009</p> <p style="text-align: center;">March 2009</p> <p style="text-align: center;">Fall 2009 – Spring 2010</p>	<p style="text-align: center;">Completed</p> <p style="text-align: center;">Completed Completed Completed</p> <p style="text-align: center;">In Progress</p> <p style="text-align: center;">Completed</p> <p style="text-align: center;">In Progress</p>

KIRKLAND SENIOR COUNCIL - 2009 (ATTACHMENT B)

Work Plan

Goal / Objective	Description	Timeline	Progress
<u>Objective 1.3:</u> Explore options for a joint project with Bellevue's Network on Aging.	<ol style="list-style-type: none"> 1) In collaboration with BNOA, develop an advanced level of lobbying tactics and strategy. 2) Advance cause for passing relevant legislation at all levels. 3) Attend Washington's Senior Lobby Day 4) Host "Meet & Greet" with state representatives at Heritage Hall. 5) Keep KSC abreast of all developments at all levels outside of our organization to coordinate with other groups as necessary. 	<p>Ongoing 2009</p> <p>Ongoing 2009</p> <p>October 30, 2009</p> <p>November 9, 2009</p> <p>Ongoing 2009</p>	
<u>Objective 1.4</u> Seniors on the Go.	<ol style="list-style-type: none"> 1) Committee decided to produce an art show highlighting the talents of Eastside seniors. 2) Researched other organizations that held annual art shows and determined their processes would work for KSC's event. 3) Merrill Gardens volunteered their lobby to coincide with the June Kirkland Art Walk 4) Area artists were enthusiastic about participating, and Committee limited art work to two a person and a total of 50 in the initial year 5) Event was a success and plans are to hold it again next year and possibly expand number of art pieces. 	<p>Jan – Feb 2009</p> <p>March 2009</p> <p>April 2009</p> <p>June 2009</p>	<p>Completed</p> <p>Completed</p> <p>Completed</p> <p>Completed</p>
<u>Objective 1.5</u> Follow up report to City Council regarding the E-Z Rider Program.	Committee to report on findings.	<p>October 20, 2009</p>	

KIRKLAND SENIOR COUNCIL - 2009 (ATTACHMENT B)

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: Partner with Evergreen and Active Living Task Force (ALTF) to sponsor an educational fair.	1) Meet and Discuss possible ALTF projects with Evergreen and KSC. a. The decision is a project that will invite the community to a "Walk-In" that will include walking paths and routes in and around Evergreen. 3) ALTF planning meeting with Evergreen and KSC 3) Community Event: "Art/Heart" will be held in 2010	March 25, 2009 June 4, 2009 February 2010	Completed Competed
Objective 2.2: Improve communication between the KSC and the community.	1) Update and keep current the KSC website. a. Include current KSC member photo b. Include 2008 KSC Accomplishments in Acrobat file c. Include 2009 Work Plan (update with committees' information) 4) Include Emergency Preparedness pamphlet information on City website (KSC web page).	Throughout 2009 a. Early 2009 b. May - June c. May - June June - December 2009	Ongoing a. Completed b. Ready to Add c. In Progress
Objective 2.3: Update KSC promotional and educational material.	Update, print and distribute Volunteer Opportunities brochure. a. Distribute to City Hall, Library, PKCC and Evergreen	March 2009	Completed
Objective 2.4: Recruitment for new KSC members will begin in the Summer and Fall of 2010.	Advertise position(s), interview and appoint selected candidates.	October: Recruitment November: Interviews December: Appointment Jan 2010: Term Begins	

KIRKLAND SENIOR COUNCIL - 2009 (ATTACHMENT B)

Work Plan

Goal / Objective	Description	Timeline	Progress
<p>Goal 3: <i>Senior Council Members</i> Represent senior needs at neighborhood and other community / civic meetings and special events.</p>			
<p>Objective 3.1: Participate in local neighborhood association meetings and other community /civic committees and special events.</p>	<p>Continue and strengthen community outreach efforts by networking with local neighborhood associations and participating on various community committees.</p> <p>Senior Council members partnered with the following:</p> <ol style="list-style-type: none"> 1. Active Living Task Force 2. Evergreen Healthcare 3. Bellevue's Network on Aging 4. City of Kirkland Fire & Building Dept 5. Washington State Senior Lobby 6. Aging & Disabilities Services (ADS) <p>Senior Council members participated in the following:</p> <ol style="list-style-type: none"> 1. Overlake Hospital/Senior Care Active Senior Fair 2. Community Safety for Older Adults 3. AARP's Taking Charge in Tough Times 4. Health & Safety Fair 5. Kirkland Karnival 6. ARCH - Quiet Crisis: Affordable Housing, King County 7. Emergency & Disaster Preparedness Fair 8. Overlake Hospital/Senior Care: Home is Where the Heart Is 9. NWSG Swim Meet in Kirkland 10. Kirkland Steppers: PKCC Walk Program for adults age 50+ 11. PKCC Advisory Board 12. Neighborhood Association Meetings 13. Kirkland's Downtown Action Team 14. Kirkland's July 4th Parade 	<p>Throughout 2009</p>	

Emergency Preparedness Tips For Older Adults

1. **Build a Kit**

- Bottled water and extra food
- Flashlight, radio and extra batteries
- First aid supplies and medications
- Medical information and vital documents

2. **Make a Plan**

- Know where to go and who to call for help.
- Ask your healthcare provider(s) about ways to manage prescription drugs, insulin, oxygen, and other medical needs during an emergency.
- Write your plan down and keep it with your emergency kit.

3. **Be Ready**

- Store your emergency kit and plan in a safe place.
- Keep the following telephone list handy:

Important Telephone Numbers

Life Threatening Emergencies: 911

Kirkland 24-Hour Emergency Info

Hotline (Recorded updates):

425.587.3767

American Red Cross

Community Disaster Education:

206.709.4528

Local Emergency Resources

and Information:

211 or 1.800.621.4636

Weather and Road Warnings:

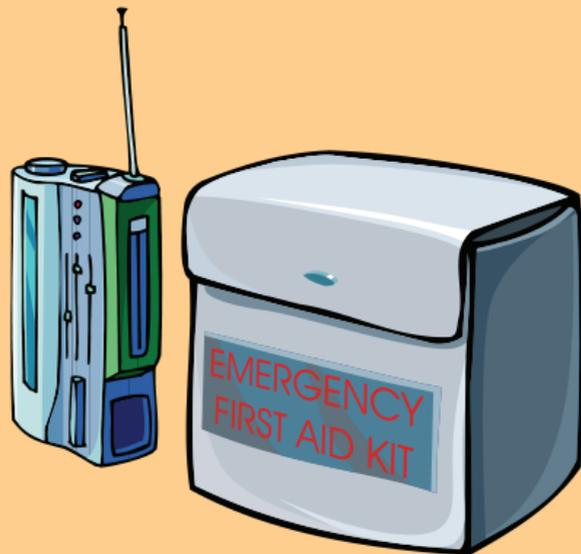
511 or 1.800.695.7623

Radio: AM 1000 or FM 97.3

City of Kirkland Emergency Web

Page:

www.ci.kirkland.wa.us/emergency



NEIGHBORHOOD EMERGENCY TEAM (NET)

Natural disasters and other emergencies can strike at any time. Older adults in our community can be especially at risk. But there is something you can do to help!

The Kirkland Senior Council, in conjunction with the City of Kirkland's Office of Emergency Management, is piloting a new program, **Neighborhood Emergency Team (NET)**. Local volunteers will be organized to help frail and homebound older adults who lack a personal support network in case of an area emergency.



Local emergency services will always respond to 911 calls and natural disasters. The goal of **NET** is to provide short-term logistical assistance for vulnerable older adults to help prevent urgent situations from becoming critical or life-threatening. For example, volunteers might pick up a prescription, assist with placing a cell phone call or just check in on a homebound neighbor. This will help frail older adults in our neighborhoods and it will free up local first responders to assist where they are needed most.

For more information, contact the Kirkland Senior Council:

ksrcouncil@ci.kirkland.wa.us

