

## KIRKLAND SENIOR COUNCIL - 2011

### Work Plan

Goal / Objective	Description	Timeline	Progress
<b>Goal 1: Marketing Committee</b> <b>Promote the Kirkland Senior Council, as well as its programs and activities, throughout the community</b>			
<b>Objective 1.1:</b> Promote the <i>Falling Into Fitness</i> Video.	1) Prepare packaging for DVD case. 2) Develop list of organizations that should be aware of the video. 3) Develop plan for marketing video. A) Divide the contact list (among committee members and other KSC members). B) Establish Presentation Content. C) Select/prepare any additional leave-behind materials.	July 2011 Summer 2011  Summer 2011	In Progress In Progress  In Progress
<b>Objective 1.2:</b> Develop PowerPoint Presentation.	1) Develop a PowerPoint presentation that introduces the KSC and that demonstrates how its programs and activities have benefited seniors living in the community. The video will serve as an overview of the KSC and as a recruiting tool for new members. A) Write script. B) Select Slides. C) Produce PowerPoint deck.	Fall/Winter 2011	In Progress
<b>Objective 1.3:</b> Vial of Life	1) Continue to distribute Vial of Life packets at events including health fairs and local events for seniors.	Ongoing	Ongoing

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<b>Objective 1.4:</b> Update Tri-Fold brochure on volunteerism.	<ol style="list-style-type: none"> <li>1) Update existing brochure that addresses the importance of volunteerism.</li> <li>2) Distribute at PKCC and other venues as well as local events.</li> </ol>	August 2011	Pending
<b>Objective 1.5:</b> Provide other materials to support community programs and to promote the activities of the KSC, as needed.	<ol style="list-style-type: none"> <li>1) Distribute hand sanitizer spray bottles to Kirkland Steppers and to others at local health fairs and other community events.</li> <li>2) Purchase small flying disks (similar to Frisbees) for distribution at 4<sup>th</sup> of July parade and other events.</li> <li>3) Reprint and distribute Emergency Preparedness "tip sheets" at local health fairs and other community events.</li> <li>4) Develop and distribute list of upcoming events at which KSC will be represented.</li> </ol>	<p>October 2011</p> <p>June 2011</p> <p>Reprint in Progress</p> <p>List Completed</p>	<p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p>
<b>Objective 1.6:</b> Maintain the KSC webpage.	<ol style="list-style-type: none"> <li>1) Provide an Internet-based resource for those seeking information about the KSC. Content will include:               <ol style="list-style-type: none"> <li>A) Historical information about the founding of KSC</li> <li>B) KSC bylaws</li> <li>C) Membership information and application</li> <li>D) Itemization of recent and upcoming activities</li> </ol> </li> </ol>	Ongoing	Ongoing

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<b>Goal 2: <i>Housing Committee</i></b> <b>Advocate for residential options for older adults in our community and throughout the East Side.</b>			
<b>Objective 2.1:</b> Work with agencies and organizations involved in creating new housing to provide housing for low to moderate income seniors and to incorporate the principles of universal design in all new residential construction.	<ol style="list-style-type: none"> <li>1) Communicate with city planning personnel about how we can best support the incorporation of universal design elements in new construction.</li> <li>2) Discuss universal design concepts with organizations engaged in building in our area.</li> <li>3) Maintain active contact with organizations involved in housing for seniors on the East Side to include, but not limited to: ARCH, St. Andrew's Housing Group, KITH, EHAC, and Habitat for Humanity.</li> <li>4) Participate in the design process for the Phase II St. Andrew's Francis Village affordable senior housing project at Totem Lake.</li> </ol>	Sep 2011  Ongoing  Ongoing  Fall 2011	Ongoing  Ongoing  Ongoing  Ongoing
<b>Objective 2.2:</b> Participate in the STOP program coordinated by ARCH to create a database of housing options for seniors on the Eastside.	<ol style="list-style-type: none"> <li>1) Participate in collecting data from Kirkland.</li> <li>2) Promote the visibility and use of the database in Kirkland.</li> </ol>	Nov 2011 Ongoing	Ongoing Ongoing
<b>Goal 3: <i>Transportation Committee</i></b> <b>Initiate and support efforts to improve transportation for older adults.</b>			
<b>Objective 3.1:</b> Work with Eastside Easy Rider Collaborative (EERC), Hopelink, and local transportation providers to improve transportation options for seniors and people with disabilities.	<ol style="list-style-type: none"> <li>1) Participate in EERC regular meetings and forums and explore options for extending programs in Kirkland.</li> <li>2) Promote the visibility of EERC with the</li> </ol>	Ongoing  September 2011	Contacts established  Ongoing

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	Transportation Commission through a presentation at one of their meetings. 3) Assist in creating an EERC website.	July 2011	Ongoing
<b>Objective 3.2:</b> Initiate a Travel Ambassador program at Peter Kirk Community Center (PKCC).	1) Engage in Travel Ambassador training for interested members of KSC.	Completed	Completed
	2) Begin service on a regular basis at PKCC providing on-site assistance to people needing help with.	April 2011	Ongoing
<b>Goal 4: <i>Advocacy Committee</i></b> <b>Explore, recommend and initiate new programs for KSC.</b>			
<b>Objective 4.1:</b> Work on behalf of senior legislative issues and lobby for their successful passage in legislature.	1) Attend Senior Lobby Day in Olympia. 2) Attend Legislative Forum (formerly Meet & Greet) 3) Advocate for Veteran's levy.	Fall 2011 Fall 2011 Aug 11	Ongoing
<b>Objective 4.2:</b> Coordinate with other Eastside Councils and Networks and with Eastside Human Services Forum.	1) Participate with BNOA and EHSF to form Eastside Dialogue on Senior Adults	Throughout 2011	Ongoing
	2) Make presentation to representative of other Eastside municipalities to promote formation of senior councils.	Throughout 2011	Ongoing
	3) Continue role with Eastside to promulgate senior councils.	Throughout 2011	Ongoing
	4) Continue to work with BNOA.	Throughout 2011	Ongoing
<b>Objective 4.3:</b> Advocate with Kirkland City Council on senior issues	1) Continue to serve as liaison to BNOA and its advocacy committee. 2) Continue role as an advocate for AARP. 3) Attend work session with Kirkland City Council.	Throughout 2011 Throughout 2011 Throughout 2011	Ongoing Ongoing Ongoing

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<b>Objective 4.4:</b> Work on other Senior Advocacy interests.	<ol style="list-style-type: none"> <li>1) Attend 2 day seminar on elder abuse (King County Prosecutor's Office)</li> <li>2) Explore Eastside Timebank.</li> <li>3) Work with neighborhood associations to identify vulnerable seniors and to advocate for them during an emergency.</li> </ol>	<p>Oct 2011</p> <p>Ongoing</p> <p>Ongoing</p>	<p>Pending</p> <p>Ongoing</p> <p>Ongoing</p>
<b>Goal 5: <i>Visibility Committee</i></b> <b>Increase visibility of the KSC in the community and in government.</b>			
<b>Objective 5.1:</b> Participate in the Evergreen Disaster Fair.	<ol style="list-style-type: none"> <li>1) Will provide a table with Senior Council information and answer questions.</li> </ol>	September 2011	Ongoing
<b>Objective 5.2:</b> Redo Table Top Display	<ol style="list-style-type: none"> <li>1) Update materials.</li> <li>2) New travel case.</li> </ol>	Ongoing	Ongoing Completed
<b>Objective 5.3:</b> Annexation Celebration	<ol style="list-style-type: none"> <li>1) Have a display table and answer questions about the Senior Council.</li> <li>2) Supply Greeters for the event.</li> </ol>	June 2011	Completed
<b>Objective 5.4:</b> Recruitment for the new KSC members will begin in summer and fall of 2011	<ol style="list-style-type: none"> <li>1) Advertise position(s), interview and appoint selected candidates.</li> </ol>	<p>Oct 2011: Recruitment</p> <p>Nov 2011: Interviews</p> <p>Dec 2011: Appointment</p> <p>Jan 2012 Term Begin</p>	On going

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<b>Objective 5.5:</b> Support Kirkland Steppers walk program for adults age 50+, at PKCC.	1) Sponsor gift for each walker as in previous years.	June 2011	Completed
<b>Objective 5.6:</b> Art Show	1) Hold 3rd annual senior art show at Merrill Gardens, Kirkland 2) Overwhelming success with 145 art entries	June 2011	Completed
<b>Objective 5.7:</b> Kirkland Health Fair	1) Supply a table with Senior Council information. 2) Help where needed	July 2011	Pending
<b>Objective 5.8:</b> July 4 <sup>th</sup> Parade	1) March in Parade and distribute small Frisbees and pencils to the crowd along the route. 2) Provide cookies for Veteran's recognition at Parade.	July 2011 July 2011	In progress In progress
<b>Objective 5.9:</b> Eastside Human Services Forum	1) Send Senior Council members to support New Urgency for Leveraging Resources	June 2011	Complete
<b>Goal 6: <i>Senior Council Members</i></b> <b>Represent senior needs at neighborhood and other community / civic meetings and special events.</b>			
<b>Objective 6.1:</b> 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.	Throughout 2011	Ongoing

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	Senior Council members participated in the following; <ol style="list-style-type: none"> <li>1. Bellevue Network on Aging</li> <li>2. Evergreen Healthcare</li> <li>3. AARP</li> <li>4. PKCC Advisory Board</li> <li>5. Neighborhood Associations                             <ul style="list-style-type: none"> <li>• North Rose Hill</li> <li>• South Rose Hill</li> <li>• Totem Lake</li> <li>• Moss Bay</li> <li>• Highlands</li> <li>• Juanita</li> <li>• Market Street</li> <li>• Norkirk</li> <li>• Lakeview/Houghton</li> <li>• Kingsgate</li> <li>• Finn Hill</li> <li>• Denny Park</li> </ul> </li> <li>6. Evergreen Disaster fair</li> <li>7. Kirkland Downtown Action Team</li> </ol>	Throughout 2011	Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing Pending Pending Pending Ongoing Ongoing
<b>Goal 7: Relationships Committee</b> <b>Develop educational interaction with Kirkland Neighborhoods and organizations to better advocate for senior needs.</b>			
<b>Objective 7.1:</b> Attend neighborhood Associations picnics and meetings.	<ol style="list-style-type: none"> <li>1) Identify vulnerable seniors living in neighborhoods as part of the "Map Your Neighborhood" program.</li> <li>2) Distribute emergency preparedness tips to residents in neighborhoods.</li> <li>3) Distribute emergency preparedness tips to residents in newly annexed neighborhoods.</li> <li>4) Familiarize neighborhoods with concerns which</li> </ol>	Summer/Fall 2011	In Progress

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	<p>may be specific to senior residents.</p> <p>5) Prepare sample Emergency Kit relevant to senior population for discussion and demonstration.</p>		
<p><b><u>Objective 7.2:</u></b> Distribute emergency preparedness tips to residents living in shared housing.</p>	<p>1) Identify contact or homeowners association in shared housing units for distribution of emergency preparedness tips relevant for senior residents.</p> <p>2) Coordinate efforts with Fire Department.</p> <p>3) Coordinate with Waste Management's program to compile current database of shared housing contacts in the fall.</p>	Summer/Fall 2011	Pending
<p><b><u>Objective 7.3:</u></b> Participate with community organizations.</p>	<p>1) Advocate for senior interests within various organizations such as Evergreen Hospital, Chamber of Commerce, Peter Kirk Community Center, AARP, Bellevue Network on Aging and others.</p>	Ongoing	Ongoing