



ACCOMPLISHMENTS 2009

A. Good Neighbor Program

Vial of Life (VOL): The Kirkland Senior Council, in collaboration with Bellevue's Network on Aging, 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 about 2,000 VOLs. The VOLs 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. Vials 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. For details see A.

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; "*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.