

Spotlight

Mayor's Office
for Senior Citizens

A publication
of Seattle's
Human Services
Department

FALL 2010

Gray and Green

by Mayor Mike McGinn



Most Spotlight readers remember Earth Day 1970. Launched by Seattleite Denis Hayes, the first Earth Day was intended to inspire awareness of our natural environment. More than 40 years later, environmental awareness has become a way of life for many people in Seattle and around the globe – people who recognize that everything we do affects our environment, our health and our pocketbooks.

This issue of Spotlight is devoted to the notion that it's good to be gray and green. The way we live — from home construction to house cleaning to the way we get around town — can help us age well in Seattle. Whether you are saving money by conserving energy, working in a “green” job, or volunteering in one of Seattle's many excellent environmental organizations, we have information for you.

We also have a challenge: As you read this newsletter, please think about making at least one change to help the environment. If you can reduce your dependence on cars, you may wish to participate in our Walk Bike Ride Challenge, or order an Undriving license. You may request a free home environmental assessment, or get training to give assessments. You may think of new ways to conserve energy and reduce your utility payments. If every reader makes one positive change this week, the impact would be immense. It's good to be gray and green!

As always, if you have questions about any of the information in this newsletter, you are welcome to visit the Mayor's Office for Senior Citizens, located in the Central Building (810 Third Ave., between Columbia & Marion streets), call **206-684-0500**, or e-mail seniors@seattle.gov. ●

Save energy and money with weatherization measures, home repairs

by Julie Moore, Seattle Office of Housing

Does your home need help? Are you living in an older home that isn't very energy efficient? Or do you find yourself putting off necessary home repairs because you can't afford the expense on your fixed income?

With assistance from the Office of Housing's weatherization and home repair programs, you could be more comfortable and healthy in your home, plus lower your energy consumption and save money on your utility bills. These programs offer free or low-cost home improvements to low- to moderate-income Seattle homeowners, like seniors living on fixed budgets.

The **HomeWise Weatherization Program** provides free energy-saving services including insulation, venting of bathrooms and kitchens, air sealing, weatherstripping, furnace repair and more. Using state-of-the-art equipment, a HomeWise property rehabilitation specialist can conduct an energy analysis of your home and recommend conservation measures to fit your needs. Homeowners also receive free compact fluorescent light (CFL) bulbs, smoke alarms and carbon monoxide detectors.

The **Home Repair Loan Program** provides no- or low-interest loans* to pay for necessary home repairs. The funds can be used to install accessibility and mobility needs; replace or repair appliances; upgrade electrical systems; and to replace or make repairs to floors, doors and windows, roofs, porches, foundations, or sewer and water systems, and more. Homeowners are given as much flexibility as possible, but work items that threaten the health of the occupants or the integrity of the structure must be corrected before other work is started. Office of Housing staff will assist you in understanding these priorities and making your project work for you.

**interest rate depends upon household income; maximum rate is 3 percent*

How do I qualify?

Eligibility for both programs is based upon the number of household members and total household income, though the restrictions vary slightly by program. Sample monthly income guidelines:

- Weatherization (gas or oil heat) — about \$2,000 for one person or \$2,640 for two
- Weatherization (electric heat) — about \$3,730 for one person or \$4,260 for two
- Home Repair Loans — about \$3,750 for one person or \$4,295 for two

Office of Housing staff can help determine if your home is eligible for one or both of the programs. To see if you qualify for weatherization, call

206-684-0244 or e-mail HomeWise@seattle.gov.

To see if you qualify for a home repair loan, call

206-684-0458 or e-mail HomeRepairLoan@seattle.gov.



Weatherization: you stay warm, the earth stays cool

Heating her large home with big, drafty windows where she had lived for 50 years was just too expensive for 80-year-old Eve. Instead, in the winters when the temperature inside would drop into the 50s, she'd resort to wearing two pairs of pants and three tops at a time to stay warm.

Then Eve called HomeWise. The staff analyzed her home and recommended services, which were then installed by a professional contractor. All of this was completed in a couple months from the time she called.

Now, Eve says she still doesn't turn on the heat, simply to conserve energy, but she doesn't have to layer up to stay comfortable. Plus, with other measures, like replacing her 60-year-old freezer with a new energy-efficient one, Eve still saw her utility bills decrease.

Features installed in Eve's home included insulation, door repair, weatherstripping, a bathroom fan, air sealing, CFL bulbs, CO detectors and more.

- **Total value: \$9,000**
- **Total cost to Eve: \$0**

Home conservation measures you can do on your own

Following are a few tips for saving energy and water consumption in your home.

- Run full loads when using your dishwasher.
- For clothes washing, select the cold water setting for both the wash and rinse cycles.
- Run your dryer with a full load. For efficient operation, clean the lint trap before each use.
- Switch to compact fluorescent (CF) light bulbs. They last 10 times longer and use 2/3 less energy than regular bulbs. (A 15-watt CF bulb gives about the same light as a 60-watt regular bulb.)
- Dressing warmer when the days get colder is less expensive and more efficient than turning up your thermostat.
- Keep a lap blanket or quilt on the couch to stay warm while reading or watching TV.
- Using an electric mattress pad or blanket is cheaper than heating your entire bedroom – be sure to follow the manufacturer's precautions.
- If you have zone heating (baseboards, wall-fans or wood stoves), heat only the room you use. Keep doors closed or put a blanket across openings that have no doors.
- Install an energy-efficient showerhead. It will reduce flow without cutting water pressure.
- Fix dripping faucets.
- Reduce shower time. Even a couple minutes per shower really add up.

For more tips, visit www.seattle.gov/light/conserves/resident.



Save money! **Get help on your utility bills!**

The Mayor's Office for Senior Citizens administers several programs that help people on limited incomes get current and stay current on their Seattle City Light (electricity) and Seattle Public Utilities (water, sewer and garbage) bills. Income-eligible, residential utility customers can benefit every pay cycle by participation in the Utility Discount Program. As temperatures drop, you may wish to request an application. Call **206-684-0268**, e-mail **UDP@seattle.gov**, go to **www.seattle.gov/utilityassistance**, or visit one of the following sign-up events:

El Centro de la Raza
2524 16th Ave. S, Seattle
Date: November 12-14
Time: 9 a.m.–3 p.m.
Info: 206-957-4634

International District Housing Alliance
719 8th Ave. S, Seattle
Date: November 19–21
Time: 9 a.m.–3 p.m.
Info: 206-623-5132

CAMP
722 18th Ave., Seattle
Date: December 10–12
Time: 9 a.m.–3 p.m.
Info: 206-812-4940

Asian Counseling & Referral Service
3639 Martin Luther King Jr Way S, Seattle
Date: December 17–19
Time: 9 a.m.–3 p.m.
Info: 206-695-7600

Southwest Youth & Family Services
4555 Delridge Way SW, Seattle
Date: January 14–16
Time: 9 a.m.–3 p.m.
Info: 206-937-7680

Seattle pharmacies that take back unwanted medicines, except for narcotics and other controlled substances.

Group Health Cooperative

Bartell Drugs

Capitol Hill Campus Pharmacy
206-326-3180

Magnolia Pharmacy
206-282-2880

Downtown Seattle Medical Center
206-223-2611

University Village Pharmacy
206-525-0601

Northgate Medical Center Pharmacy
206-302-1334

Upper Queen Anne Pharmacy
206-285-0200

Rainier Medical Center
206-326-3922



A Seattle.gov Web site
for people age 50+

www.seattle.gov/encore

Dispose of meds without harming waterways and drinking water

by Taylor Watson, King County Local Hazardous Waste Management Program

Medicines save lives and improve our health but could we be harming the environment by how we dispose of unwanted medicines? We now know the answer is yes. Using a community drug take-back program helps protect our environment and keep you and your family safe from accidental poisonings or dangerous drug theft.

When medicines are flushed down the toilet or sink, they pass through wastewater treatment or septic systems that cannot remove most drugs. Treated wastewater released to the environment often has detectable levels of drugs. Even throwing drugs into the garbage may still release medicines into the environment.

The US Geological Survey found various medicines in 80 percent of 139 streams tested. Levels of some drugs were high enough to impact aquatic life. In 2008, a nationwide study found low levels of medicines in the drinking water of 24 major metropolitan areas. About one-third of medicines purchased go unused; disposing them safely helps reduce this environmental contamination.

Safe disposal is also important to prevent misuse. Storing left-over or expired medicines in medicine cabinets increases the risk of accidental poisonings and the opportunity for theft and abuse.

Unintentional poisoning deaths among young children and the elderly in Washington state went up 395 percent between 1990 and 2006. Nationwide, 20 percent of high school students have taken prescription drugs without a doctor's prescription. Over half of those 12 or older abusing these drugs said they got the pills from a friend or relative, often without their knowledge. Of course, this is an important problem for concerned grandparents.

In Seattle, drug take-back program members Group Health and Bartell Drugs have a number of locations that accept most unwanted medicines. At this time, pharmacies cannot accept certain medicines, such as painkillers or amphetamines. Controlled substances must be turned over to law enforcement.

In September, there was a special one-day collection event for all medicines, including controlled substances — National Pharmaceutical Take-Back Day — sponsored by the Drug Enforcement Administration (DEA) and local law enforcement. For information about this and future events, call **206-296-4692** or visit www.medicinereturn.com.

Community demand for drug take-back programs is great and creating a convenient statewide medicine take-back program just makes sense. This winter, the state legislature will consider creation of medicine return program that is convenient, safe and secure for residents throughout the state, with financing from drug companies. This effort to protect our communities and environment is supported by a diverse coalition of public health, medical, community and environmental groups, as well as law enforcement and local governments.

See opposite page for a list of Seattle pharmacies that take back unwanted medicines, except for narcotics and other controlled substances.



Over the hill? No way!

by Gary Olson, EPA's Senior Environmental Employment (SEE) Program



After over 30 years at Kodak in Rochester, NY, I retired in 2002. My wife and I decided to relocate to the beautiful Pacific Northwest. We have always loved the outdoors, especially camping and kayaking, and we couldn't imagine a more perfect spot (except for the four or five months of clouds). We bought an unusual house previously owned by the artist Jacob Elshin, and spent our first years making improvements. We also were Granny nannies for our two grandsons. I even got involved with coaching/managing my oldest grandson's Little League baseball team.

I knew when I retired, I wanted to do more volunteering so, after our house was finished, I started looking for opportunities. I had recently learned about Craigslist, and I saw there an ad that intrigued me. The

National Asian Pacific Center on Aging (NAPCA) was seeking a qualified senior 55+ who would work on air quality issues on Indian reservations. It was part of the Senior Environmental Program (SEE), funded by the Environmental Protection Agency (EPA) through organizations like NAPCA.

Coming from back East, I had limited exposure to Indian reservations and I had no knowledge of government agency work. However, I did have a technical background and a strong desire to expand my horizons, learn, and contribute to the best of my ability. The idea of working with an underserved population and the environment attracted me.

My position initially involved handling air quality complaints from the 39 reservations in Idaho, Oregon and Washington. I learned the rules of the newly-enacted Federal Air Rules for Reservations (FARR). I worked with tribal and non-tribal members living on reservations, dealing with their questions and complaints about violations of the FARR. I had an EPA staff and fellow SEE enrollees who were both supportive and enjoyable to work with. This was critical for a positive experience.

Because FARR was a new program, education and outreach were critical. I took on several initiatives, including publishing a newsletter that was circulated to reservation residences. I also developed outreach materials including burn rule posters and magnets that reference the FARR outdoor burning rules and contact information.

I thought collaboration efforts were important both internally and externally to effectively accomplish cleaner air, so I promoted partnerships in several areas including with EPA's Solid Waste group and with, for example, the Washington State Mint Growers Association to deal with air pollution issues. I also took the lead for coordinating burn ban calls on reservations. I became a credentialed inspector doing inspections for Title V companies located on reservations.

Finally, I have developed lesson plans that we have taken into classrooms to teach and demonstrate about air quality.

Getting older is not "over the hill," it's "getting over the hill" to new horizons and opportunities to be productive, and to contribute to a better world for all.

For more information on the SEE program, visit www.napca.org.

What is Green Building?

by City Green Building Staff

It started with sustainable development.

In 1987 a United Nation commission defined 'sustainable development' as "... meeting the needs of the present without compromising the ability of future generations to meet their own needs" (Our Common Future, Brundtland Commission).

Sustainable development measures success in terms of economic, environmental, and social benefits. The building industry expanded on this concept, and applied it to the built environment, creating the term sustainable building, also known as green building. Its purpose is to reduce the adverse human impacts on the natural environment, while improving our quality of life and economic well-being.

The impact of the building industry

Buildings are responsible for approximately half our nation's greenhouse gas emissions. Development affects water quality, air quality, and ecosystems --- which then impact human health and our quality of life.

Building industry professionals are learning to address the environmental, social and economic impact of the industry. Through careful planning, we can substantially reduce the adverse impacts of the built environment. Some strategies can actually improve degraded environments and increase the comfort and productivity of building occupants. Sustainable building is an integrated approach that promotes environmental quality, economic vitality, and social benefit through the design, construction and operation of the built environment.

Why build green?

Building green isn't just about improving your health or saving the planet. Today's techniques can also save you money and make your projects more marketable. Green building techniques reduce energy and water use,



Seattle City Hall is a green building. It is designed to reduce energy and water use, improve indoor air quality, and more.
Photo Credit: Lara Swimmer

improve indoor air quality, are sensitive to site development issues, incorporate environmentally friendly building materials, and more.

Green building in Seattle

In 2000, Seattle became the first city in the nation to adopt a formal Sustainable Building Policy. Coupled with the biggest capital improvement program since the Seattle fire of 1888, the new policy provided a unique leadership opportunity to create change in the building industry. Seattle is a leader in the nation, having helped to launch the success of the green building movement.

How can I find out more?

To help you with your next project, check out the residential Green Home Remodel Guide series available at www.seattle.gov/DPD/GreenBuilding/, which includes guides on painting, lighting roofing, kitchen, and bath and laundry, a Do-it Yourself Home Energy Audit Guide, and more. For more information, contact Landon Bosisio, City Green Building, at **206-684-3139** or landon.bosisio@seattle.gov.

Volunteer Opportunities with Local Environmental Groups

Adopt-A-Stream Foundation

425-316-8592

[www.streamkeeper.org/
aasf/Volunteer_Ops.html](http://www.streamkeeper.org/aasf/Volunteer_Ops.html)

Arboretum Foundation

206-325-4510

[www.arboretum
foundation.org/
volunteer/volunteer.cfm](http://www.arboretumfoundation.org/volunteer/volunteer.cfm)

The Bloedel Reserve

206-842-7631

www.bloedelreserve.org

Cascade Land Conservancy

206-905-6931

[www.cascadeland.org/
get-involved/Volunteer](http://www.cascadeland.org/get-involved/Volunteer)

Environmental Coalition of
South Seattle (ECOSS)

206-767-0432

www.ecoss.org

The Mountaineers

206-521-6000

www.mountaineers.org

Mountains to Sound
Greenway Trust

206-812-0122

www.mtsgreenway.org

Washington Trails
Association

206-625-1367

www.wta.org



Accessible kitchen design with lowered countertops — see Universal Design concept housing design story on page 9, opposite.

You have the right to feel healthy in your own home!

Do you know people who have asthma or allergies? Stuffy noses? Sore throats? Their homes could be unhealthy! Indoor health hazards could contribute to health problems and lung issues.

Free home environmental assessments

The Master Home Environmentalist Volunteer Program can help improve health by improving a home's indoor air quality. We offer Seattle residents free environmental assessments in your home, on your schedule, to help you learn how to make your home healthier. The home assessments focus on recognizing indoor air pollution problems that you can solve — such as mold or dust — and helping you find free or low-cost ways to control the toxins in your house or apartment that might be making you sick.

These home evaluations are great for people with asthma, allergies, children, people with landlord issues, the elderly and pregnant women because of the sensitivity of their lungs, but can be helpful for anyone. We do not provide testing or cleaning services but we do provide recommendations for healthier living. Free indoor air quality assessments are available in your Seattle neighborhood all year. To schedule a visit, call **206-441-5100 ext. 35**, or visit the Web site listed below.

Volunteer opportunities

The American Lung Association of Washington holds volunteer training classes in the fall and spring at our Seattle office. This free 35-hour training typically meets Tuesdays from 6:30 p.m. to 9:00 p.m., and two Saturdays. To request an application for the spring training, call **206-441-5100 ext. 50** or visit www.alaw.org/mhe.

Housing design for all

by Rosemary Cunningham, Seattle-King County Aging and Disability Services

Will your apartment or house meet your needs for a lifetime? Can a friend with mobility limitations visit your home? Is your home an easy walk to the grocery store, the bus stop, or your neighborhood library?

As we age, many of us have had to — or will have to — modify our existing residence or move to meet changing needs. Some people may be trapped in their homes, in effect, because of too many steps on the front porch or a bathroom with a narrow doorway. Others may not feel safe walking in a neighborhood that has no sidewalks to accommodate mobility devices, no benches for resting and/or no crossing lights that allow for a slower pace.

Sadly, millions of people are cut off from their communities or are forced to leave their homes because of limitations like this. The answer to this problem lies in a growing field called Universal Design (UD). Seattle Human Services Department's Aging and Disability Services and the local Universal Design Coalition want to change the way designers and builders think about design for the lifetime.

The goals of the local Universal Design Coalition are to:

- Increase options for aging in place
- Improve the health and wellness of seniors
- Promote the design of walkable, inclusive communities

Universal Design is for everyone

Universally designed homes and neighborhoods fit all users, regardless of age, height, skill, or physical functioning. According to Deborah Howe of the School of Urban Studies and Planning at Portland State University, "Universal design anticipates diversity of ability and results in sensible, efficient, and realistic solutions for housing and streetscapes, buses and technology, and all other aspects of development."

Some simple UD features that can be designed for new homes or added later with home modifications include:

- Entrances without stairs, with smooth flooring transitions between rooms
- First-floor master bedrooms and bathrooms
- Light switches at a convenient height (44-48 inches from the floor)
- Adjustable height counters and sinks
- Adjustable height shower heads
- Wide doorways (at least 36 inches wide)
- Lever door handles

For a look at how attractive and functional Universal Design features can be, go to www.seniorsdigest.org/seattleaaa/universal_design.htm.

The UD Coalition actively educates architects, designers, developers, urban planners, and consumers. Dr. Sandra Hartje, Assistant Professor of Family and Consumer Studies, Seattle Pacific University, has begun groundbreaking work developing standards to measure implementation of Universal Design Principles, similar to green building standards in use today. The local UD Coalition will use Dr. Hartje's standards.

Designing for a lifetime benefits people of all ages and abilities

We can all thrive in an environment that entices us outside, encourages physical activity, and keeps us engaged in our communities. Keep Universal Design principles in mind the next time you make a decision about where to live, so that you and your family will have the option to stay in your home as your needs change.

To learn more about universal design, visit www.homesforeasyliving.com.



Get licensed to 'Undrive'

by Julia Field, Undriving



"Undriving" engages people to reduce their car use — or car use on the planet. Since 2007, we have issued over 5,000 Undriver Licenses to people of all ages who have made an Undriving pledge — and it has led to a new transportation pattern for over 72 percent of them. People all over are discovering the benefits of Undriving — reduced CO2 emissions, less stress, more community connectedness, better health and fitness, and saving money.

Did you know that people who use transit live healthier, longer lives? Think about that when you reach for the car keys. With the range of electric and recumbent bicycles available today, people with physical challenges can keep cycling longer. One senior Undriver, a committed walker, says that figuring out how to get around without a car is like doing a crossword puzzle — it's engaging, fun, and keeps her mind active!

What can you do to Undrive more? Some Undrivers pledge to convert car trips to bus, bike or on foot, or change their commute, or leave their cars parked one day a week. Car-free Undrivers will commit to taking a non-bus-riding friend on the bus, helping someone find a safe bicycle route to work, or starting a walking club. We can all be Undriving ambassadors! One licensed Undriver reported, "I feel like you gave us permission to raise the issue with others." Yes!

To order your own Undriver License or get more information and inspiration, visit www.Undriving.org or join the Undriving Facebook community.

Walk Bike Ride

For more information, visit <http://walkbikeride.seattle.gov/challenge/>

Mark Your Calendar!

Senior Coffee Hour with Mayor Mike McGinn (This is our final coffee hour for 2010)

Date: Thursday, November 18
Time: 10-11 a.m.
Place: Central Library, 1000 4th Avenue
(between Madison & Spring streets)
Info: Call **206-684-0500**, e-mail seniors@seattle.gov or visit www.seattle.gov/seniors.

Age 55+ Employment Resource Center Job Search Workshop

Open to job seekers age 55+ who are Seattle-King County residents. Learn about job coaching, job-related computer classes, job lists, Web and other employment services, and the Senior Community Service Employment Program (SCSEP).

Date: Thursday, November 18
Time: 10:30 a.m.–12 noon
Place: Central Building, 810 3rd Ave (between Columbia & Marion)
Info: Call **206-684-0500**, e-mail seniors@seattle.gov or visit www.seattle.gov/seniors.

You Make a Difference (Sponsored by Aegis)

Each year, the Mayor's Office for Senior Citizens recognizes older adults who make a difference in their neighborhoods and communities. This year's event features Miss Rose and her Rhythm Perculators, ukulele swing from the roaring 20's, followed by a reception. The reception requires an admission ticket, which you can request by completing a special application. Call or e-mail by November 15 for more information.

Date: Thursday, December 16
Time: 12 noon–2 p.m.
Place: Seattle City Hall, 600 4th Ave. (between James & Cherry)
Info: Call **206-684-0500**, e-mail seniors@seattle.gov or visit www.seattle.gov/seniors.

Greening your home

by Jordan McEntire, Environmental Coalition of South Seattle (ECOSS)

Many “green” practices get unfairly labeled as impractical and difficult to implement. The truth is that many green practices are proven, useful solutions that have existed for generations. Thrifty, creative families would often design alternative uses from the everyday ingredients in their pantry to maintain a clean, healthy home. The use of these household remedies began to slow as more chemically complex solutions attracted consumers with the promise of being more effective. Unfortunately, the use of many of these chemical-based cleaners and products have not fulfilled their promise of being better cleaners, but instead carried with them some harmful impacts for the environment and human health.

ECOSS has worked with thousands of families to remind them of the value of practical home remedies that have been hastily replaced by harmful chemical cleaners. The message has always been clear, with a little common sense and some simple products, such as some vinegar, lemon juice, and baking soda; it is easy and affordable to maintain a clean, healthy, and environmentally friendly home. Below are some suggestions for using some of these products for specific household operations.

Laundry

Laundry detergents can contain an array of nasty products including petroleum, phthalates (chemicals that have been linked to cancer), hormone disruptors, and fragrances that can trigger asthma and allergic reactions. If using laundry soaps, try to use soaps that are “fragrance free.” To remove stains from clothing, try soaking fabrics in water mixed with borax, lemon juice, hydrogen peroxide, washing soda, or white vinegar. Or, look for “non-chlorine bleach” made from sodium percarbonate or sodium perborate, available from Bio Pac, Ecover, Naturally Yours, Shaklee, or Seventh Generation.

Surfaces

Oftentimes, bleach is the go-to solution to address stubborn stains or ensure surfaces are perfectly clean. However, bleach is highly caustic and can severely irritate skin and eyes. Also, bleach can create organochlorines, which are suspected carcinogens as well as reproductive, neurological, and immune-system toxins.

Instead of bleach, try using white vinegar. White vinegar helps kill bacteria, mold, and viruses, anywhere from kitchen surfaces to toilet seats. Hot soapy water sufficiently deals with the contamination of E coli or salmonella on cutting boards, dishes, knives, and surfaces that have touched raw meat or eggs.

Scrubbing sinks, tubs, and countertops with a paste of baking soda and water effectively removes dirt rings and some stains; if that doesn't work, try a paste of washing soda and water, and be sure to wear gloves. For stubborn stains, make a paste of baking soda and water and let sit overnight before wiping up. Commercial non-chlorine bleach products include Bon Ami scouring powder and cream cleansers from Earth Friendly, Ecover, and Seventh Generation.

For cleaning windows, fill your own spray bottle with water and either one-quarter cup white vinegar or one tablespoon lemon juice to cut grease. Safer commercial glass cleaners are made by BioShield, Earth Friendly, Naturally Yours, and Seventh Generation.

Polish furniture with a mixture of one teaspoon olive oil and one-half cup white vinegar, or look for solvent-free products that use mineral or plant oils, such as Earth Friendly furniture polish or Hope's lemon oil.

To learn more about greening your home, visit www.ecoss.org/programs.html.

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**Mayor's Office for
Senior Citizens**

*Get Moving • Stay Connected •
Make a Difference*

Spotlight

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The Mayor's Office for Senior Citizens, part of Seattle/King County Aging and Disability Services and the Seattle Human Services Department, complies with all federal, state, and local laws prohibiting discrimination.

Accommodations for persons with disabilities will be provided upon request.

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seniors**



Save water and save money!

Toilets are the biggest water-user in most homes. Replacing old toilets with high efficiency models can save a family of four up to 24,000 gallons of water and \$140 each year.

But toilets cost money, and so do plumbers, right?

You can qualify for free toilets AND installation by a licensed professional plumber, if you meet the following criteria and income guidelines:

- You are a homeowner of any age with a Seattle Public Utilities account.
- You currently live in the home you own.
- Your existing toilets were manufactured before 1994.
- You meet income guidelines for your household size (examples below).

Household Size	Annual Income	Monthly Income
1	\$ 28,560	\$ 2,380
2	\$ 37,344	\$ 3,112
3	\$ 46,140	\$ 3,845
4	\$ 54,924	\$ 4,577
5	\$ 63,708	\$ 5,309
6	\$ 72,492	\$ 6,041

For more information ...

Contact Minor Home Repair at 206-448-5751 (TTY 206-448-5025) or e-mail the City of Seattle's Utility Discount Program at UDP@seattle.gov. Don't wait, call or e-mail today, and you can save water and save money!