

# Mayor's Council on African American Elders

C/O – Aging and Disability Services, Seattle-King County  
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## Meeting Summary

January 18, 2019

**Members Present** – Brenda Charles-Edwards, Ina Howell; Claudette Thomas; Cynthia Winters

**Absent** – Benjamin Abe; Paul Mitchell; Janice Davis; Tricia Diamond; Dr. Brenda Jackson; Mattie Taplin; Jim Watkins

Guests – Aaron Hardy, Expeditors; Gina Hall, Director of Philanthropy, Goodwill

**ADS Staff** – Brent Butler; Cathy Knight, Karen Winston

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### I. Combatting Ageism

Aaron Hardy, Sr. Manager, Expeditors; and Gina Hall, Director of Philanthropy, Goodwill Industries, discussed a joint project they are working on as part of a Seattle University class project. The assignment requires them to address an injustice. They choose ageism. Their mission - to transfer knowledge from older to younger professionals to eliminate ageism. Two models have been implemented.

1. **ProDev Day** is a quarterly conference style summit for professionals and entrepreneurs. On December 4, 2018, Aaron and Gina collaborated with ProDev and coordinated a panel of seasoned professionals who shared their expertise with younger participants. MCAAE chair, Brenda Charles-Edwards was one of the panelists. Aaron and Gina plan to coordinate another panel discussion in 2019. They would like to identify 3 to 4 MCAAE members to participate again.
2. **Fireside Conversations** are facilitated talks that take place in senior retirement communities and young people are invited to join. Topics are chosen by the younger participants. The first conversation was held at Providence Point in Issaquah, and a second one is scheduled for February 2019, with [NEST](#) (North East Seattle Together) a virtual village that supports residents aging in community. Each engagement opportunity included a pre/post survey. The results showed that attitudes and perceptions can change.

### II. Follow-Up on Report to Mayor

The MCAAE submitted their 2018 report - Advocating for Change - to Mayor Durkan last November 2018 and requested an appointment to discuss. So far, there has been no response to two follow-up meeting requests. Ina volunteered to make a third request, since she had received a favorable response from the mayor last year. If unsuccessful, Cathy suggested asking HSD director, Jason Johnson, to assist with reaching out to the mayor.

Co-sponsored by:



### III. MCAAE 2019 Retreat

Members discussed the yearly retreat and agreed to the following:

Date: Friday, February 15, 2019  
Time: 12 to 4 p.m.  
Location: Seattle Municipal Tower, Room 4096

#### Agenda (Tentative)

12:00 Lunch & Icebreaker  
1:00 Talk with Mayor Durkan (Invited)  
2:00 ADS / Area Plan / Age-Friendly Seattle  
3:00 Identify/Prioritize 2019 MCAAE Advocacy Agenda  
4:00 Adjourn

### IV. ADS Director's Report

Cathy reviewed the Washington Association of Area Agencies on Aging (W4A) 2019 legislative priorities. She emphasized the importance of advocating for \$10.9 million GFS to increase the Personal Needs Allowance for in-home clients. The \$10.9 million GFS (\$24.7 million including federal match) was funded in the Governor's budget to increase the amount in-home Medicaid long-term-care clients can keep to maintain their household from \$1000/month to \$1200/month. This would allow clients to cope with rising expenses to stay in their own homes and less likely to choose between paying for needed care and paying for food, utilities, and other bills. This would also reduce the risk of clients having to move to more expensive residential care when they cannot afford to stay at home.

Cathy also encouraged advocacy for passage of the Long-Term Care Trust Act. Passage of this Act would mitigate our communities' largest uninsured risk, provide resources for family caregivers to support loved ones as they age at home.

Lastly, Cathy invited members to join her and Advisory Council members for the 2019 Senior Lobby Day in Olympia, scheduled for February 26. Members are welcome to carpool. Contact Karen to sign up.

### V. Sign-up for AgeWise articles

Karen asked members to contribute articles for AgeWise, the ADS online monthly newsletter. The following member signed up for the following:

June 2019 – **Grandparents and Education**, Ina Howell  
Nov. 2019 – **Guardianship**, Cynthia Winters

The meeting was adjourned at 3:30 p.m. The next meeting will be the annual retreat, scheduled for Friday, February 15, in the SMT Room 4096.