

Mayor's Council on African American Elders

C/O – Aging and Disability Services, Seattle-King County
Mailing Address: PO Box 34215, Seattle WA 98124-4215
Office Address: Seattle Municipal Tower, 700 5th Ave, 51st Floor
(206)684-0706 * TTY(206)684-0274 * FAX (206)684-0689
Website: www.seattle.gov/MCAAE

Meeting Summary

June 16, 2017

Members Present – Brenda Charles; Cynthia Winters

Excused – Mattie Taplin, Chair, Dr. Brenda Jackson, Susan Millender Jim Watkins

Guests – Dr. and Mrs. deMaine

ADS Staff – Rowena Rye, Karen Winston

Brenda Charles, was Pro Tem for the meeting. The opening question was, “How have you prepared for end of life (EOL)?”

I. Our Lives, Our Choices – End of Life Education & Outreach

Dr. Jim deMaine was invited to discuss EOL outreach strategies to inform African American seniors. Dr. deMaine is a retired Pulmonary/Critical Care physician, and Emeritus Clinical Professor at the UW School of Medicine. He also authors a blog on EOL planning, at www.endoflifeblog.com.

He started with an overview of his EOL presentation, which included a discussion of EOL choices/orders, the POLST, CPR, and full/limited and comfort care. MCAAE members agreed to collaborate on a presentation at Southeast Seattle Senior Center. The presentation would:

- Take 1.5 to 2 hours
- Include at least 15 participants
- Include resources (visit [End of Life Washington](#))
- Need the following AV equipment: screen, laptop, projector and handouts
- Be scheduled for September 2017; possible dates September 15 or 22

Next steps - Karen will contact the senior center to discuss a possible presentation and, if the center is agreeable, confirm a date and time in September.

Members also discussed topics for future presentations, including guardianship and financial fraud.

II. African American Caregivers Forum

Rowena Rye, Supervisor, Mayor's Office for Senior Citizens, discussed planning activities for the 2017 African American Caregivers Forum, scheduled for Saturday, October 21, from 9 a.m. to 3 p.m., at the Southcenter Doubletree Hotel. The forum is free and will include a continental breakfast and a served lunch.

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Rowena coordinated annual caregiver forums from 2006 to 2013, while working at the Alzheimer's Association, however, one has not been offered since 2014. The forum offers participants an opportunity to enhance their knowledge and understanding of caregiving for loved ones with Alzheimer's disease and related dementias. Topics will include:

- Tips for dealing with daily challenges and managing the behavior changes associated with Alzheimer's and other dementias
- Caregiver planning, including hospice
- Caregiver self-care, including brain health, nutrition and physical activity
- Paying for long-term care (COPEs, medical, financial and legal)
- Connecting caregivers with resources (respite, homecare, etc.)

The Keynote speaker will be **Murray Raskind, MD**, Psychiatry & Behavioral Sciences, Veterans Medical Center. Other speakers include **Mark Snowden, MD**, a UW Associate Professor, Department of Psychiatry and Behavioral Sciences; and **George Dicks, B.A.**, Geriatric Mental Health Specialist, Harborview Mental Health Services.

Rowena concluded the discussion by asking for MCAAE support by volunteering at the forum and assisting with outreach.

III. July Meeting

The July meeting will be canceled, due to summer vacation schedules. The next meeting will be Friday, August 18th.

The meeting was adjourned at 3:30 p.m.