

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

November 20, 2020

Zoom Meeting

Members Present – Brenda Charles-Edwards, Chair; Dr. Benjamin Abe, Paul Mitchell, Mattie Taplin (Emeritus)

Absent – Janice Davis; Tricia Diamond, Ina Howell, Dr. Brenda Jackson, Claudette Thomas, Cynthia Winters

Guests – Ann Shields, Seattle-King County Public Health; Maggie Harger, Hopelink

ADS Staff – Brent Butler, Cathy Knight, Karen Winston

I. King County COVID-19 Update

Anne Shields, MHA, RN, COVID-19 Mitigation & Recovery Branch, Public Health – Seattle & King County, provided an overall briefing about where we are with the pandemic in King County.

- Anne reviewed data current as of November 15. She explained how age adjusting rates provide fairer comparisons between groups with different age distributions. Blacks include case rate equal to the number of cases that occurred on average in 100,000 people for that community or population.
- The Black case rate continues to be high. Rates are even higher still among Pacific Islanders (PI) including Native Hawaiians, and Hispanic communities.
- Black case rate vs. white case rate – Just over 1,500 Black people are getting known COVID infections out of every 100K Black people, compared to only around 500 white people getting COVID infection out of every 100K White people.
- The case rate for Blacks in October was 167 per 100,000 people. There has been a huge increase in that case rate of over 2,000 in November. The same increasing trend is reflected in every racial/ethnicity group in King County, and across all age groups.

Case Rates by Race and Ethnicity as of Nov 15

NHPI	3,524
Hispanics/Latinx	3,415
Blacks	2,217
Whites	735

- This table shows that Blacks are between 2 to 3 times more likely to be infected with COVID than whites.

Co-sponsored by:



City of Seattle



King County

- Latinx and Native Hawaiian and Pacific Islanders are over 4 times more likely than whites to become infected with COVID. For comparison, other Black and Indigenous People of Color (BIPOC) communities are also heavily impacted right now. Each has seen a similar very steep increase in the last month.

Hospitalization Rates by Race and Ethnicity as of Nov 15	
NHPI	714
Hispanics/Latinx	407
Blacks	194
Whites	73

- In King County, we are seeing much busier hospitals, much busier emergency departments, and an increase in the number of people who are getting hospitalized.
- Blacks represent 10% of COVID hospitalizations (n =247)
- The proportion of people who had a serious illness or other complications from their COVID infection that required hospital care varied significantly in every black and brown community, but the proportion was higher in every BIPOC community. For AI/AK native – 223; Asian – 82.9.

Age Adjusted Death Rates as of Nov 15	
NHPI	143
Hispanic/Latinx	100
AIAN	73
Blacks	44
Asian	35
White	32

- Death rate varies across racial/ethnic communities in King County.
- Black residents in King County are just under 6% of all County deaths (n=47).
- The only good news is that, overall, recent national trends show improvements in mortality rates as more providers have more experience in treatment and better treatment options. However, it is unknown if that improvement holds true for BIPOC communities.

Why COVID-19 rates are increasing and what we can expect to see this fall

- COVID fatigue
- People inside now
- Outdoor air protecting us less often
- Recent large study released last week found that restaurants, gyms, cafes, and other crowded indoor venues accounted for **8 in 10 new infections** in the early months of the epidemic.
- Indoor gatherings that include more than household or pod members increases your risk of COVID exposure.

In order to slow the spread of rapidly increasing COVID cases, the governor has put in place new restrictions to ensure that hospital and medical systems are not overwhelmed. Key restrictions for older adults include:

- Indoor gatherings with people from outside household are prohibited unless prior 14-day quarantine, or 7-day quarantine w/negative COVID19 test result within 48 hours prior
- Household defined as individuals residing in the same domicile
- Outdoor gatherings limited to 5 people from outside your household
- Restaurants, bars, gyms movie theaters and similar venues closing for indoor services
- Religious services limited to 25% indoor occupancy.

Seattle COVID-19 Testing Opportunities

- Right now, Public Health is asking that residents not sign up for testing unless they have symptoms or have been closely exposed to someone with COVID infection.
- The City of Seattle offers free COVID-19 testing, for all ages, across Seattle through a partnership with King County and UW Medicine. Drive-through and walk-up testing is available, but you must first register online.

Aurora Drive-Through Site 12040 Aurora Ave N Schedule Aurora test	SODO Drive-Through Site 3820 6th Ave South Schedule SODO test	Rainier Beach Walk-Up Site 8702 Seward Park Ave S (Atlantic City Boat Ramp) Schedule Rainier Beach test
Tukwila testing center Church by the Side of the Road, at 3455 S. 148th St.	Federal Way , at the Weyerhaeuser King County Aquatic Center	Testing sites are also open in Auburn and Renton .

- Sea Mar, and CHI Franciscan to offer free testing throughout King County, including Auburn, Bellevue, Des Moines, Duvall, Federal Way, Kent, Renton, Tukwila, Vashon Island, and White Center.
- Right now, kids and younger people who are infected with COVID-19 are showing no symptoms. The only way to know that they are infected is if they have been tested and self-disclose.
- Community spread is very wide and being spread by all age groups, but particularly among individuals age 20, 30, to 40.

King County Racial and Ethnic Approaches to Community Health Initiative (REACH)

- The REACH team works with African Americans, African-born, and Asian-Americans mostly in south Seattle, SeaTac, and Tukwila, primarily in minority-majority neighborhoods. These groups are rich in culture but have the highest chronic disease rates in King County.
- The REACH team is currently partnering with community organizations to increase understanding of vaccine hesitancy around flu and COVID-19 vaccines, and to make free flu vaccines readily available to African American, African-born, and Asian-American residents.
- KC REACH Community & Public Health Partners include:

<p>Center for Multicultural Health (CMCH) Community outreach and listening sessions to better understand why people choose not to get vaccinations</p>	<p>International Community Health Services (ICHS) Mobile flu vaccine team holding clinics throughout King County – all flu shots free of charge</p>	<p>Public Health Equity Team Flu Vaccine Clinics Special flu clinics planned for African American and African-born residents in Tukwila, Skyway and Federal Way</p>
---	--	--

II. ADS and COVID-19 Updates

National Family Caregivers Month

- Cathy started with acknowledging that November is National Family Caregivers Month. The 2020 theme is Caregivers in Crisis which highlights how caregivers are particularly struggling right now, due to the pandemic. She also gave kudos to the African American Caregivers Forum: Legacy of Love, held on November 14. The keynote speaker was George Dicks. Karen will forward a link to the recording when ready.

COVID-19

- At a recent W4A meeting, Cathy learned that the Department of Labor and Industry, is going to be issuing a directive that will require homecare workers to wear the official N95 masks when conducting aerosolizing procedures. N95 masks are still in short supply.
- We will also be advocating for Homecare workers, and their clients, to be on the priority list for the vaccine when it is ready for distribution.

Federal

- Some work is being done to try to leverage another COVID-19 relief package, but not sure if anything will be done before the end of the year.

State

- The state budget might not be as bad as anticipated due to the revenue forecast looking a little better, but if there is another lock-down, that may change.
- We continue meetings with state legislators to reinforce the message, for the next legislative session, that this is not the time to cut long-term care programs and services for vulnerable populations, especially during a pandemic.

City of Seattle

- The City Council is expected to pass the final budget for 2021 before the Thanksgiving break. They are still looking at putting more resources into social services instead of law enforcement.
- The Alzheimer's Association is currently conducting town hall meetings in each congressional district. It is an opportunity to learn more about dementia and success in increasing funding for research.

Age Friendly

- Brent started with highlights from the Age Friendly Action Plan. The Action Plan was adopted in 2018. There are eight domains and 29 initiatives. During the pandemic he has been meeting with groups/individuals about what would be the most important next steps.
- Opportunities have been identified that may benefit the City and BIPOC. One opportunity is the Community Technology Advisory Board, which has an opening to be filled by November 30. Brent is hopeful that the slot will be filled by an older adult to advocate on behalf of elders. He is willing to provide more information to anyone interested. Email brent.butler@seattle.gov for more information.
- Brent also highlighted accomplishments for each Age Friendly domain that involve the MCAAE – transportation, housing, isolation, program access, mentorship, and mental health. Karen recommended that the MCAAE continue to partner with Age Friendly to advocate for extremely low-income housing.

III. MCAAE Chair's Report

- Brenda reported on information she received about the Mount Zion Housing Development. The Mount Zion Housing Development was established in 1988 and held ownership to Price Arms, located near East Madison Street at 1722 19th Avenue in Seattle. In 1998, Mount Zion Housing Development built McKinney Manor located at 20th Ave and East Madison Street. To continue to meet the needs of senior citizens facing displacement within the Central District due to gentrification, Mount Zion Housing Development has begun to develop another senior project to continue to serve older adults. The new project will be located on 19th and will be a seven-story, 46,000 square foot building providing studio and one-bedroom units. Rents will cater to seniors and veterans with AMI's in the 30%, 50%, and 60% range. Project Timeline: Groundbreaking and construction are scheduled to begin in July 2021 with construction completed in December 2022.
- Expiring terms for 2020. Karen reviewed information on member's terms but will need more time to determine who will be continuing and ending. She will contact members individually regarding their interest in being reappointed.

IV. Committee Reports

Holiday Planning Committee

- Mattie reported that the virtual holiday party is scheduled for Friday, December 18. She is working with Karen on creating a Save-The-Date.
- We would like to have a motivational speaker for the event. So far, King County Councilmember Girmay Zahilay was asked, but declined. She also reached out to newly elected 37th District Rep. Kirsten Tally-Harris, but we have not heard back from her. The next ask will be Andrea Caupain-Sanderson, CEO for Byrd Barr Place.
- Members were encouraged to invite friends to join and also potential MCAAE members.

African Immigrant Outreach

- Dr. Abe reported on the October 8, Close to Home Program. Since the recording has been posted on YouTube, it has been viewed over 700 times!

Property Tax Exemption Committee

- Brenda reported that she has been asked to be a part of testing for the King County Property Tax Exemption website. The website has not been very user-friendly, and the County is working to improve that for the coming new year.

Advocacy for African American Elders Program (AAEP) Nurse

- Cathy reported that the department realizes the need for a nurse and is still looking for a way to fund a nurse for the program.

V. December Meeting

- Holiday Meet-n-greet, Friday, December 18, at 2:00 p.m.

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