

# Kitsap County Division of Aging & Long Term Care Advisory Council

614 Division Street, MS-5, Port Orchard, WA 98366

Phone: (360) 337-5700 ♦ 1-800-562-6418 ♦ Fax: (360) 337-5746

## Advisory Council Meeting

**Date:** December 20, 2023

**Time:** 11:30am- 1:30pm **(11:15am for pre-meeting technical assistance)**

**Virtual Meeting Link:** Please click the link below to join the webinar:

<https://us02web.zoom.us/j/3603375624?pwd=OTdqN01vVXNnK1creTVDeK1oRWZCUT09>

**Meeting ID:** 360 337 5624

**Passcode:** 98366

**Phone Dial-in:** 1 (253) 215-8782

**Meeting ID:** 360 337 5624

**Password:** 98366

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### A G E N D A

- 11:30am    1. Call To Order
2. Introduction of Council members and public members- expectations for public input
3. Meeting Agenda Approval
4. November meeting notes (Attachment 1) - Approval
5. Council Memberships: Re-appointments and new members
- 11:40am    6. 2024 Workplan:
- Finalize goals (Attachment 2)
- Review tentative CY 2024 Council meeting day/time (Attachment 3)
- Chair and Vice Chair elections for 2024
- 12:05pm    7. Plan to review Council Bylaws (Attachment 4)
- 12:30pm    8. Social Isolation subcommittee update
- 12:40pm    9. Council Member Report of Activities- Outreach form (Attachment 5)
- a. 1/10<sup>th</sup> Citizens Advisory Council- Charmaine Scott
- b. 2023 SCOA Meeting- Susan
- c. Kitsap Accessibilities and Public Works Transitions Plan- Ranae
- d. Council Member Report of Community Outreach Advocacy
- What did you do since the last meeting? (3 minutes per member)
- 1:00pm    10. Aging Services: Dashboard Report (Attachment 6)
- Healthy Aging presentations (Attachment 7)
- 1:10pm    11. Legislative Advocacy- January activities
- w4a Legislative Advocacy training/ overview- date TBD
- Legislative Asks- CM and Senior Nutrition handouts (handouts)
- Local stories
- Appointments with elected officials, status
- 1:25pm    12. Review and finalize Holiday Card- picture
- 1:30pm    ADJOURN

# Kitsap County Division of Aging & Long Term Care Advisory Council

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## **November 15, 2023 Aging Advisory Council Meeting Minutes**

### **Zoom**

#### **1. Convened at 11:32 a.m.**

**Members Present:** Sandra Miles, Steve McMurdo, Ranae Beeker, Barbara Paul, Ann Paoletti, Charmaine Scott, Linette Zimmerman, Karol Stevens, Susan Kerr, Elizabeth Safsten.

**Members Excused:** Cynthia Blinkinsop.

**Members Unexcused:** None.

**Guests Present:** Kathryn Devlin, Knights Community Hospital Equipment Lend Program (KC HELP).

**Staff Present:** Stacey Smith, Cristiana Fillion.

**Public Address:** None.

**Approval of Agenda:** The meeting agenda was reviewed.

- Stacey requested to amend the agenda to include the Caregiver Workshops under item 9. Sandra made a motion to approve the agenda as amended, Barbara seconded, and the agenda was approved.

#### **2. Approval of Minutes:**

- Sandra made a motion to approve the September meeting minutes. The motion was seconded by Ranae. The minutes were approved.

#### **3. De-brief October conferences**

- The Council discussed the October 18 SCOA conference. Council members shared feedback about topics, music, online format, and general impressions. In general, it was a positive experience.
- The Council moved to the October 19 Fall Senior Lobby. Council members shared feedback about topics and connection of topics, statistics related to growing number older adults and lessening of younger adults, recruitments for in home caregiver workforce, and general impressions. In general, it was a positive experience full of a lot of information.

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### **4. 2024 Workplan**

- Stacey shared the 2024 Aging Advisory Council Workplan. The Council began by discussing 2024 meeting dates and times. The Council tentatively agreed to the third Tuesday of each month from 11:30-1:30, and to continue meeting via Zoom. Stacey noted that the Council will be voting to choose a new Chair and Vice Chair next month.
- The Council moved to the 2024 Workplan goals. Goal 1 will remain at high priority with the addition of Measure B “To promote legislative issues that impact older adults and disabled individuals.” Goal 2 will remain as-is. Goal 3 will remain at high priority with Measure B moved to “Goals Completed”. Stacey noted that there has not been much progress with Goal 4. The Council discussed whether the goal should be moved to Low priority or “Goals on Hold”. The Council voted to place Goal 4 on hold.

### **5. Social Isolation Subcommittee Update**

- Karol explained that the Social Isolation Subcommittee has been canvassing health related service providers that they can offer materials to. They plan to hand out brightly colored envelopes that contain ALTC brochures with reorder instructions on the back. They hope to share these reorder envelopes with places that socially isolated people go, such as dentists, optometrists, physical therapists, PCPs, libraries, and churches.

### **6. Council Member Report of Activities**

#### **a. 1/10 Citizens Advisory Committee – Charmaine Scott**

- Charmaine explained that on Monday Committee members met with County Commissioners to seek approval for their 2024 funding recommendations. 30 contracts were approved totaling \$7.2 million. There was \$11 million in requests, and the Committee worked from July to October to decide who would be funded.

#### **b. 2023 State Council on Aging (SCOA) Meeting – Susan Kerr**

- Susan explained that Governor Inslee spoke at their meeting about what he

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has seen during his tenure as Governor.

### **c. Council Report on Activities**

- Barbara has made contact with a Baptist church bible study and shared publications with them. She also made contact with the librarian in charge of senior issues at Poulsbo library and discussed hosting a senior day, similar to the Silverdale library event.
- Sandra met with the Executive Director and Community Coordinator at Helpline on Bainbridge Island, and she signed up to volunteer at their food bank. On Friday, Sandra will be going to Island Volunteer Caregivers (IVC) to meet with some board members and volunteers. There has not been a lot of progress in the search for information on grants. Stacey recommended the 1/10 Citizens Advisory Committee and the Olympic Community of Health. Elizabeth asked if IVC may need a van and explained that Mason Transit will be giving away older vans soon; the deadline to apply is in early December. Ranae suggested Sandra contact Stefanie Christiansen at Virginia Mason Franciscan Health.
- Karol stated that she attended the first Kitsap County Citizen Advisory Council diversity, equity, and inclusion (DEI) training and plans to watch the recording of the second session. Karol also met with a librarian in support of the efforts to get a senior tab added the Kitsap Regional Library website. They took a look at the updated library website and found that every age groups except seniors has a tab. The librarian showed Karol how to make a suggestion on the website to have the tab added. Karol invited Commissioner Christine Rolfes to the first Keyport Community Group meeting in October and thinks she will be a good advocate for local programs. Commissioner Rolfes shared that she is excited to work with community members directly and that she would encourage all council members to reach out to her. Karol stated that in January, they will start a disaster preparedness pilot program with the Department of Emergency Management (DEM). She is hoping to have a positive influence on how DEM manages older adults during emergencies.
- Ranae attended the Kitsap County Citizen Advisory Council DEI training and

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thought it was very good. She handed out I&A contact cards to a few neighbors who are having issues with food insecurity. Ranae also attended the Kitsap Health District's data summit at the Kitsap Mall and found that many topics were related to older adults.

- Ann found more information on the South Kitsap Highschool caregiver program and shared the information with a friend at South Kitsap Highschool but hasn't received feedback yet. Ann also attended the Silverdale library senior event.
- Linette provided advocacy at the District one meeting of the Soroptimist Club.
- Steve had a meeting with Lucretia Robertson, KRL's Director of Human Resources and DEI, regarding a senior tab on the website. His idea was very well received and follow up information was requested. Steve also went with Jason Doty, I&A Supervisor, to the Silverdale library for a senior information presentation. Stacey, Steve, and Barbara participated in a panel to review and score submitted proposals for 2024 dementia services subcontract.

### **7. Aging Services**

#### **a. Recruitments**

- Stacey stated that three Medicaid case managers have been hired and will be starting on Monday, November 20<sup>th</sup>. For the first time in a very long time, staffing for the Medicaid unit is at 100%. Recruitment continues for a Registered Nurse case manager.

#### **b. New Kinship Navigator Program**

- Kitsap ALTC received full funding last year for a new program intended for kin, such as grandparents or other older adults, raising children. The program will provide a navigator service to guide kin through things like working with the school, foster care and court systems. The subcontract will be with Kitsap Community Resource Services, starting on January 1<sup>st</sup>.

#### **c. New Pilot North Kitsap Fire Fall Prevention Program**

- Stacey spoke previously about the Otago Fall Prevention Pilot Program that was offered to the City of Poulsbo CARES unit, who ultimately declined the subcontract. More recently North Kitsap Poulsbo Fire Department has

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shown interest in the program. A subcontract has been offered to support the pilot services currently being provided.

d. November Family Caregiver Month Workshops

- Stacey explained that ALTC hosted four family caregiver workshops last week. The topics were “Memory Loss and Communication for Family Caregivers” and “Caregiver Support: Programs and Resources.” The workshops were hosted both virtually and in-person, during the week and with one workshop on the weekend. Unfortunately, they were generally not well attended with only five to seven attendees per event.

**8. 2023 Advisory Council Calendar of Events**

- The council reviewed the 2023 Calendar of Events.

**9. DEI Trainings**

- Stacey will share the Kitsap County Citizen Advisory Council DEI training session recordings once received.

**10. Accessibility Committee**

- Stacey reviewed the Kitsap County electronic notification asking for community assistance in identifying ADA barriers in Kitsap County. Ranae has volunteered to act as a representative for Aging and shared that Christie DeGeus spoke about the Public Works accessibility project to increase mobility at the November Accessibility Committee meeting.

**ADJOURNMENT**

The meeting was adjourned at 1:24 p.m.

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Steve McMurdo, Chair



## **KITSAP COUNTY DIVISION OF AGING & LONG TERM CARE (AREA AGENCY ON AGING) ADVISORY COUNCIL**

### **2024 WORK PLAN**

**Meeting Days, Time and Location:** Third Tuesday of Each Month  
 11:30 am – 1:30 pm  
 Zoom virtual meetings

**Advisory Council Staff:** Stacey Smith, Administrator and Cristiana Fillion, Administrative Assistant  
**Advisory Council Chair:** Steve McMurdo

**Advisory Council Purpose/Mission Statement:** The purpose of the Advisory Council to the Kitsap County Division of Aging and Long Term Care (ALTC) is to make recommendations to the staff of the Division of ALTC and the Board of County Commissioners regarding the development and support of the ALTC's Mission and Objectives.

More specifically, the purpose and duty of the Advisory Council to the ALTC is to make recommendations regarding the development and administration of the Area Plan; to conduct public meetings; to represent and advocate for the interests of older and disabled citizens of Kitsap County; and to review and comment on community policies, programs, and actions which affect older and disabled persons when requested.

The Division of ALTC Mission is to work independently and through community partnerships to promote the well-being and independence of older adults, adults with disabilities, and caregivers.

The primary objectives of the Advisory Council are to advocate for:

- Assisting citizens in securing and maintaining maximum independence and dignity in their living environment of choice with appropriate support services;
- Removal of individual and social barriers to economic and personal independence;
- Prevention of unnecessary or premature institutionalization;
- Helping older and disabled adults become involved with other people, reducing isolation and loneliness;
- Helping older persons enjoy better health through improved nutrition, health promotion and disease prevention education and activities;
- Connecting caregivers to individualized support and guidance to help empower them in their caregiving role;
- Partnering with other county departments, community agencies and non-profit organizations to further develop positive, healthy aging opportunities in Kitsap County;
- Providing excellent customer service to the community by acknowledging, listening and valuing each member.

2024 Goal	Status	Priority Level	Comments/Coordination
<b>TIER 1: HIGH PRIORITY</b>			
1. Continue to increase community visibility to advocate about programs and services available through the Kitsap Aging & Long Term Care Agency.	Ongoing	High	Each Council member will identify one community-based organization to link/attend.  Measure: a. Each member will identify 1-2 group/ gaps to concentrate connections, annually b. Promote legislative issues that impact older adults and individuals with disabilities
2. Continue to strengthen the Advisory Council's relationship with state, national and <i>with emphasis to the local elected officials</i> as mandated by the Older Americans Act and Council bylaws.	Ongoing	High	Council routinely participates in advocacy efforts with federal, state and local elected officials and in-session legislative discussions.  Measure: Advocacy activities are reported during monthly Council meetings, reflected in meeting minutes, and recorded on outreach form.
3. Decrease social isolation for older adults.	Ongoing	High	Measure: Identify strategies for safe social connections for older adults and their caregivers
<b>TIER 2: MODERATE PRIORITY</b>			
4. Review Council bylaws			Measure: Complete review by 8/30/2024
<b>TIER 3: LOW PRIORITY</b>			
<b>GOALS ON HOLD</b>			
2023 Goal Health related: Identify strategies for supporting vaccine, booster, and health promotion.	HOLD	Low	To implement as needed to address community recovery and virus spread. Measure: Identify strategies for information distribution, as needed.
<b>GOALS COMPLETED OR DELETED</b>			
Goal 3.Decrease social isolation for older adults.	Partial Completed		Measure completed: b. Developed subcommittee in 2023.



# 2024 Advisory Council Meetings & Activities

January 8	WA Legislature Begins (no events)
January 16	* Advisory Council from 11:30am- 1:30pm
January TBD	* w4a Legislative Training Webinar
January TBD	* Advisory Council Legislative Planning meeting
January TBD	* w4a Advocacy Days (appointments with elected officials)
February 20	* Advisory Council from 11:30am- 1:30pm
February TBD	* WA Spring Senior Lobby Conference (zoom)
March 19	* Advisory Council from 11:30am- 1:30pm)
<del>April 16</del>	<del>(No meeting)</del>
May 14	* Advisory Council from 11:30am- 1:30pm
May Workshops	<u>May Older Adults Virtual Workshops</u>
June 18	* Advisory Council from 11:30am- 1:30pm
July 16	* Advisory Council from 11:30am- 3:30pm (Retreat)
August 20	* Advisory Council from 11:30am- 1:30pm
September 17	* Advisory Council from 11:30am- 1:30pm
October TBD	* 2024 AAA & State Council on Aging (SCOA) Conference (No Advisory Council meeting this month)
October TBD 19	* 2024 Fall Senior Lobby Conference
November TBD	* Kitsap Caregiver Fall Caregiver Workshop/Conference
November 19	* Advisory Council from 11:30am-1:30pm
December 17	* Advisory Council from 11:30am- 1:30pm

\*indicates hybrid in-person and zoom meeting

In-person meeting location: (South Kitsap) Givens Community Center, Cascade Room

## KITSAP COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL BYLAWS

Last amended and approved 11/18/15

Last BOCC approval 12/7/15

Edits: 12/5/2023

### PREAMBLE

The Advisory Council for the Kitsap County Area Agency on Aging was established June 1, 1980 pursuant to the Basic Agreement between the State of Washington Department of Social and Health Services and the Board of Kitsap County Commissioners and pursuant to the provisions of the Older Americans Act.

### ARTICLE I - NAME

The name of the organization shall be the KITSAP COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL.

### ARTICLE II - PURPOSE and DUTIES

The purpose and duty of the Advisory Council is to advise the Board of Kitsap County Commissioners and staff of the Area Agency on Aging to:

- A. Develop and administer the Area Plan;
- B. Conduct public meetings hearings;
- C. Represent the interests of older adults, and adults with disabilities, and their caregivers;
- D. Review and comment on community policies, programs, and actions which affect older adults, and adults with disabilities, and their caregivers.

The Advisory Council shall also serve as an advocacy body to promote the interests of older adults, and adults with disabilities, and their caregivers residing in Kitsap County.

The Advisory Council shall not function in a policy-making or decision-making capacity.

### ARTICLE III - MEMBERSHIP

#### Section 1. Eligible members

Membership on the Advisory Council shall be open to individuals residing within Kitsap County. As required under the Older Americans Act, a majority to the council shall be made up of individuals over age 60 who are participants or who are eligible to participate in the programs sponsored by the Area Agency on Aging.

Members shall be ineligible to serve if they move out of or no longer reside within Kitsap County. When this occurs, the Chairperson with the assistance of the Lead Staff to the council shall so notify the member in writing citing this article and section of the Bylaws.

The balance of membership shall be comprised of individuals representing the interests of older adults, ~~and~~ adults with disabilities, ~~and caregivers~~ representatives of ~~local elected officials and~~ members of the general public.

Membership is not open to individuals who are employed by agencies or organizations contracted with the Area Agency on Aging to provide services.

### Section 2. Membership Size

There shall be three (3) appointments from each Commissioner's district and at least ~~two (2) appointments at large.~~

The Advisory Council's goal is to fill at a minimum three (3) appointments from each Commissioner district and ~~two (2) appointments at large.~~ The Kitsap County Representative to the Washington State Council on Aging shall be a member of the Advisory Council ~~serving in an ex-officio capacity with no voting rights.~~

### Section 3. Selection and Appointments of Members

The Area Agency on Aging shall solicit nominations for Advisory Council membership from throughout Kitsap County, following criteria set by the Older Americans Act. ~~A special effort will be made to secure representative of low income and minority elderly.~~

The Lead Staff to the Advisory Council will consult with the nominating committee of the Advisory Council and the Administrator prior to and during the screening and interviews of applicants prior to forwarding the nominee list to the full council for review ~~and a vote at a full council meeting.~~ Final ~~applicant recommendation referral~~ will be made to the Board of Commissioners for selection and appointment.

### Section 4. Term of Membership

Advisory Council members shall be appointed for a term of three (3) years. ~~There are no term limits.~~

All Advisory Council appointments to the extent feasible will be made during the month of January, to coincide with the calendar year. All appointments made after January, for whatever reason, shall have a termination date of December 31, three

years from the nearest January.

~~All Advisory Council members of good standing as of January 1, 2013, notwithstanding the date of the original appointment, shall be eligible for an additional three (3)-year term.~~

#### Section 5. Terminations

Membership on the Advisory Council will be reviewed for termination if a member is absent for three (3) consecutive meetings of the Council without previously contacting Lead Staff to the Advisory Council (or designee) and being excused by the Chairperson.

In the event a member is unable to attend a regular meeting he/she will contact the Lead Staff to the Advisory Council (or designee) who so shall advise the Council Chairperson. Lack of notification will be instrumental in causing termination of membership.

In the event the member will be absent for an extended period of time, he/she may request a Leave of Absence, which is subject to approval by the Advisory Council, and will be considered an "inactive member" for that period.

~~Members may also be removed at any time for cause upon consultation and agreement with the Area Agency Advisory Council.~~

#### Section 6. Resignations

Resignation may be written or verbal. A written resignation is effective immediately when presented at a meeting of the Advisory Council or at the time specified by the Council Member. Verbal resignations are effective when accepted by the Advisory Council.

### ARTICLE IV - ELECTIONS

#### Section 1. Officers

Officers of the Advisory Council shall consist of Chairperson and Vice-Chairperson.

#### Section 2. Election and Term of Office

The Kitsap County Advisory Council shall elect officers annually. The elections shall be conducted ~~in by~~ December, the term of office coinciding with the calendar year. No officer shall be elected to the same office for more than ~~two (2) consecutive~~ one-year terms.

### Section 3. Vacancies

In the event a vacancy should occur, the Advisory Council shall elect a new officer, by a majority vote of those present, to serve the remainder of the term. All such elections shall occur at the next regular meeting following the vacancy and shall be announced in writing to the membership.

## ARTICLE V - MEETINGS, COMMITTEES

### Section 1. Meetings

The Advisory Council will meet on a monthly basis, time and place to be determined by agreement of the full council. Meetings may be held in person, virtual or a hybrid. Special meetings may be called at the discretion of the Chairperson in coordination with the Area Agency of Aging Administrator and Lead Staff to the Advisory Council. Every effort will be made to plan and distribute an annual calendar for special meetings such as legislative discussions and public hearings.

### Section 2. Quorum

Fifty percent of the currently appointed active membership shall constitute a quorum for any meeting of the Advisory Council. The Council will allow voting by email for extenuating circumstances.

### Section 3. Committees

The Advisory Council may establish such committees as may be necessary to conduct the Council's business.

The Chairperson shall appoint an Executive Committee of four (4) members of the Advisory Council, including the Chairperson, Past Chairperson, Vice Chairperson and one other Council member. The Executive Committee shall act in an advisory capacity to the Chairperson, Administrator and Lead Staff to the Advisory Council. The Executive Committee shall carry out the business of the Council between meetings, and all recommendations shall be considered as automatic motions to adopt/concur to be acted upon at the next Advisory Council meeting.

The Council members shall elect four (4) members to a Nominating Committee for the purpose of nominating Officers and new members and shall report to the Council their recommendations.

## ARTICLE VI - CONFLICT OF INTEREST

No member of the Advisory Council may debate or vote on a Council recommendation the result of which would financially benefit the member or any agency or organization of which the member is a decision making officer.

It shall be the responsibility of each Advisory Council member to declare potential conflicts of interest. The Advisory Council Chairperson shall, in consultation with the Administrator and Lead Staff to the Council as needed, be responsible for mediating differences of opinion in this matter as they arise.

## ARTICLE VII - AMENDMENTS

The Advisory Council Executive Committee, in consultation with the Administrator of the Area Agency on Aging and Lead Staff to the Advisory Council, may offer amendments to these Bylaws to the full council for a majority vote of those members present at any regular meeting. Prior written notice, together with proposed written amendments, shall have been made available to all members. Such amendments are subject to review and approval by the Board of Commissioners.

**Bylaws are in effect when approved by the Board of County Commissioners.**

Adopted this 7<sup>th</sup> day of December 2015

### **BOARD OF COUNTY COMMISSIONERS KITSAP COUNTY, WASHINGTON**

\_\_\_\_\_  
(insert name), Chair

\_\_\_\_\_  
(insert name), Commissioner

\_\_\_\_\_  
(insert name), Commissioner

ATTEST:

\_\_\_\_\_  
Dana Daniels, Clerk of the Board

# Advisory Council Community Outreach Tracking Form

## 1. Type of Outreach:

- ☐ Community Outreach Event    
 ☐ Group Education    
 ☐ Media/Internet    
 ☐ One on One    
 ☐ Material Dissemination    
 ☐ Advocacy Action Alert

## 2. Outreach Details:

Date of Activity:	Event Location:	
Time Spent on Event (Minutes)	Preparation Time: (Minutes)	Travel Time: (Minutes)
Name of Advisory Council Member(s):		
Number of People Reached:	Name of Event <i>(if applicable)</i> :	

## 3. Advocacy Action Alert Details:

Name of Elected Official(s):	Method of Contact: <input type="checkbox"/> Phone <input type="checkbox"/> Email <input type="checkbox"/> Mail <input type="checkbox"/> Other _____
Notes:	

## 4. Topic(s) Discussed:

- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Alzheimer's & Dementia       | <input type="checkbox"/> Family Caregiver Support | <input type="checkbox"/> MAC/TSOA         | <input type="checkbox"/> SHIBA/Medicare        |
| <input type="checkbox"/> Americans w/Disabilities Act | <input type="checkbox"/> Kinship Caregiver        | <input type="checkbox"/> Medicaid         | <input type="checkbox"/> Systems Advocacy      |
| <input type="checkbox"/> Disaster Preparedness        | <input type="checkbox"/> Legal Services           | <input type="checkbox"/> Nutrition        | <input type="checkbox"/> Volunteer Recruitment |
| <input type="checkbox"/> Elder Abuse                  | <input type="checkbox"/> Legislative Town Hall    | <input type="checkbox"/> Senior Drug Info | <input type="checkbox"/> Other _____           |
| <input type="checkbox"/> End of Life Planning         | <input type="checkbox"/> Long Term Care Planning  | <input type="checkbox"/> Senior I&A       |  |

## 5. Estimated Age Range of Attendees:

- |                                |                                |                                |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> 18-24 | <input type="checkbox"/> 35-44 | <input type="checkbox"/> 55-64 |
| <input type="checkbox"/> 25-34 | <input type="checkbox"/> 45-54 | <input type="checkbox"/> 65+   |

## 6. Groups- Targeted or in Attendance:

- |   |  |  |   |
|---|--|--|---|
| <input type="checkbox"/> Dual-Eligible (Medicaid & Medicare)      | <input type="checkbox"/> Unpaid Caregivers   | <input type="checkbox"/> Mental Health Professionals | <input type="checkbox"/> Medicare Beneficiaries |
| <input type="checkbox"/> Speakers of Languages other than English | <input type="checkbox"/> Kinship Caregivers  | <input type="checkbox"/> Low Income                  | <input type="checkbox"/> Other _____            |
| <input type="checkbox"/> Individuals w/ Disabilities              | <input type="checkbox"/> Social Workers      | <input type="checkbox"/> Pre-retirees                |   |
| <input type="checkbox"/> Person w/ dementia                       | <input type="checkbox"/> Health Care Workers | <input type="checkbox"/> Retirees                    |   |

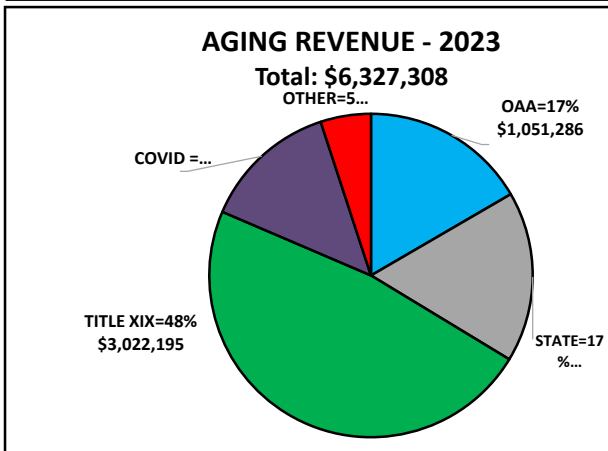
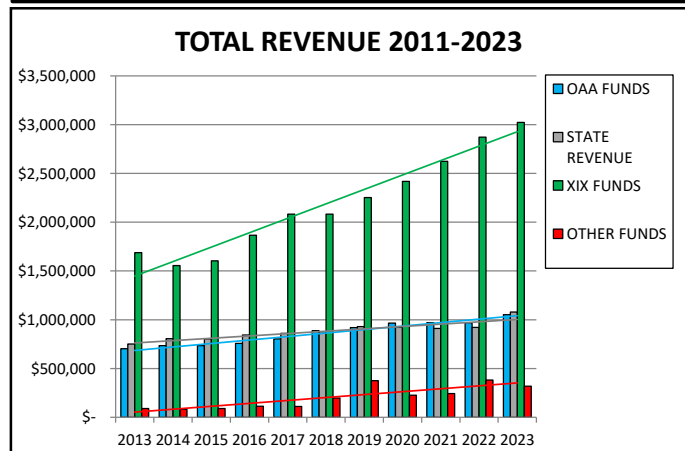
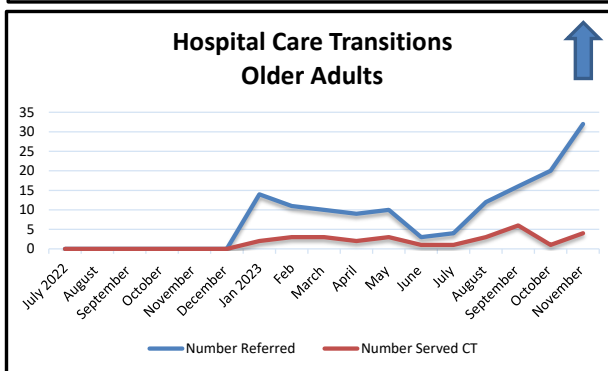
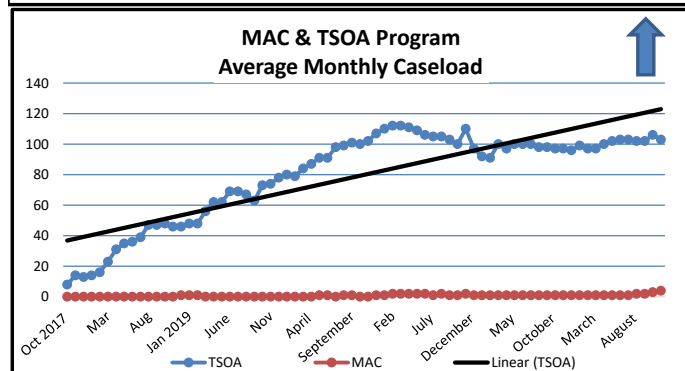
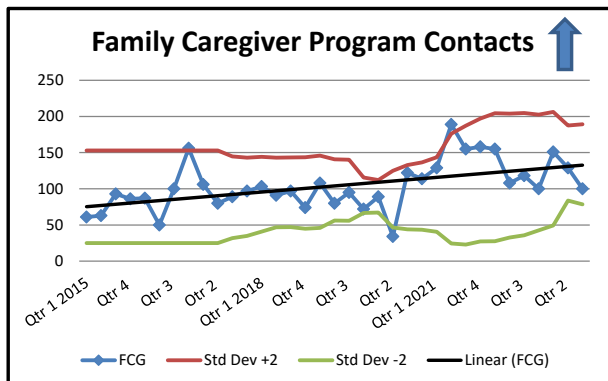
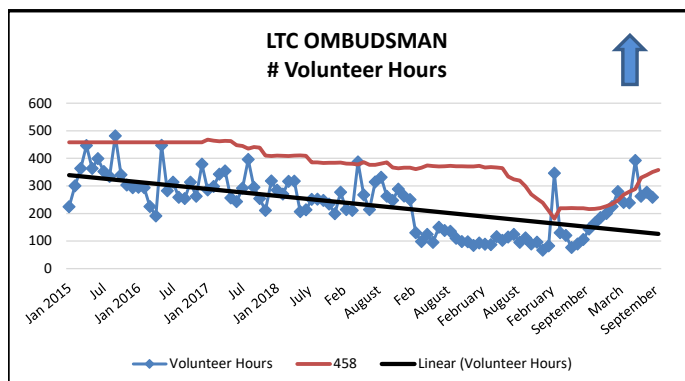
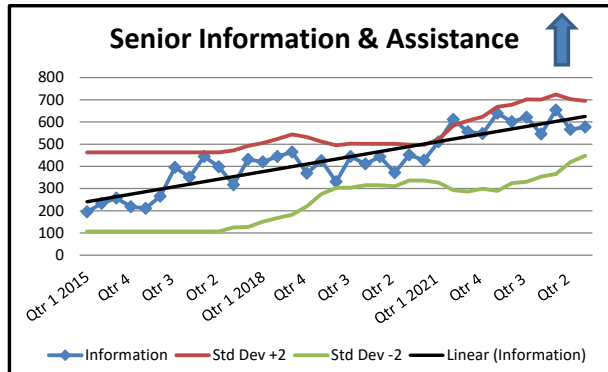
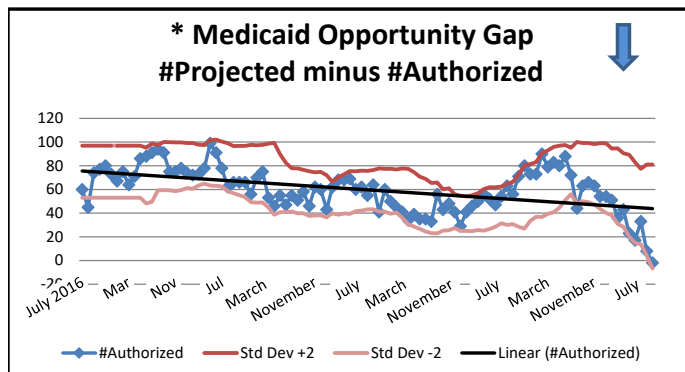
## 7. Race/Ethnicity- Targeted or in Attendance:

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> American Indian           | <input type="checkbox"/> Samoan              | <input type="checkbox"/> Asian Indian          | <input type="checkbox"/> Other Pacific Islander |
| <input type="checkbox"/> Alaska Native             | <input type="checkbox"/> Filipino            | <input type="checkbox"/> Black, African Am     | <input type="checkbox"/> Other Race-Ethnicity   |
| <input type="checkbox"/> Chinese                   | <input type="checkbox"/> Japanese            | <input type="checkbox"/> Korean                |   |
| <input type="checkbox"/> Hispanic, Latino, Spanish | <input type="checkbox"/> Other Asian         | <input type="checkbox"/> Guamanian or Chamorro |   |
| <input type="checkbox"/> Native Hawaiian           | <input type="checkbox"/> White, Non-Hispanic | <input type="checkbox"/> Vietnamese            |   |

## 8. Materials Handed Out- Type & Quantity:

- |                                       |                         |                                |
|---------------------------------------|-------------------------|--------------------------------|
| ___ ALTC Rack Cards                   | ___ Senior I&A Brochure | ___ Other                      |
| ___ Family Caregiver Support Brochure | ___ MAC/TSOA            | ___ Advisory Council Bus. Card |

## Aging & Long Term Care Advisory Council Dashboard- December 2023



\*July 2023: Medicaid caseloads maximum capacity= 1019



**COVID Timeline:**

March- May 2020: COVID-19 Stay At Home order in effect

June 2020: COVID-19 phased reopening began

July 2020: COVID-19 July 2020 reopening paused

November 2020 - February 2021: Statewide restricted opening due to Winter spikes

December 2021- January 2022: Omicron spikes

March 2022- Brief home visits start

May 2022 - Home assessments begin (partial or full)

July 2022- BA.5 variant surge

October 31- State PHE ends for LTC facilities and some state waivers

May 11, 2023: Federal Public Health Emergency (PHE) and state Major Disaster Declaration (MDD) ends

October 9, 2023: Medicaid Early Transfers begin

**Community Outreach Activities:**

December 4: KMHS OP team, overview of services (Jason)



## Healthy Aging:

### Brain Health & Safe Use of Medications

Healthy aging is unique to each person and includes a variety of factors. Safe use of medications and supplements is one way to maintain positive lifestyle factors that promote brain health.

In support of healthy aging for people age 65+, the following topics are reviewed in each 1-hour *virtual* presentation:

- Brain basics, brain health, healthy lifestyle factors
- Tips for safe use of medication and organization
- Medication disposal options
- Tips for traveling with medication

Visit the *Community Education Presentations* page on <https://mysoundself.com> to register for one of the dates remaining in 2023!

- Thursday, Nov. 30th 10:00am
- Tuesday, Dec. 5th 11:00am
- Wednesday, Dec. 13th 12:00pm

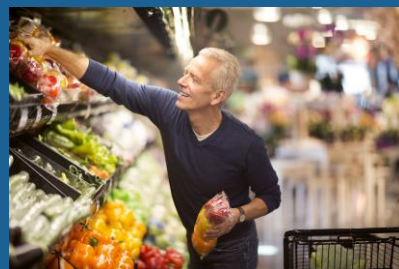
Not sure if you can attend one of these dates, or younger than age 65? No problem- feel free to register! Contact Jennifer with questions or help with registering: (360) 328-1078 or [infosoundself@gmail.com](mailto:infosoundself@gmail.com)

**VIRTUAL**  
Online or by phone

No Fee to Attend

Registration: Visit the  
*Community Education*  
*Presentations* page on  
<https://mysoundself.com>

Presented by:  
Jennifer Calvin Myers, LICSW  
Sound Self, PLLC



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