

# SENIOR CENTERS COMMITTEE MEETING MINUTES

**FEBRUARY 9, 2023**

## **ATTENDING**

Vicky Matin  
Cory Armstrong-Hoss  
Jina Simpson  
Daniel Johnson  
Jerry Stumbaugh  
Dawn Steidle  
Julie Vess  
Mary-Anne Grafton  
Kristen Rasmussen  
Nathan Phillips  
Celeste Virago Lowe  
Mike Griffith  
Jacob McGee

## **REPRESENTING**

Cascade Seniors, Darrington  
Carl Gipson Center, Everett  
Ctr. For Healthy Living – Homage  
Edmonds Waterfront Center  
Lake Stevens Senior Center  
Lake Stevens Senior Center  
Lincoln Hill Community Center, Stanwood  
Lynnwood Senior Center  
Ken Baxter Community Center, Marysville  
Northshore Senior Center, Bothell  
Mill Creek Senior Center  
Mukilteo-Rose Hill  
Monroe Senior Center

Michal Glauner  
Lindsey Legaspi

Snohomish County  
Snohomish County

Michele Blythe  
Dennis Wheeler

COA  
COA

## **GUEST SPEAKERS**

Sue Shearer  
Suzi Haugen

## **REPRESENTING**

SHIBA  
SHIBA

**9:05AM CALL TO ORDER BY DENNIS WHEELER, CHAIR**

**9:05AM INTRODUCTION OF ATTENDEES AND GUESTS**

**9:14AM PRESENTATION BY GUEST SPEAKERS**

Sue Shearer, Volunteer Coordinator and Suzi Haugen, SHIBA Advisor, presented the history of Medicare and SHIBA and programs. In other states the program may be known as SHIP. The SHIBA program is located at the Edmonds Waterfront Center, and they have 32 volunteers who educate people on Medicare. They recapped the results of the latest Medicare Open Enrollment. In the fourth quarter, they assisted 1,193 people, of whom approximately 60% were from Snohomish County. SHIBA volunteers conducted both in-person and Zoom calls with clients in Senior Centers. Sue and Suzi expressed their appreciation for the involvement and support of Senior Centers in offering a safe, trusted place to meet with older adults. The Center's involvement made open enrollment a success.

SHIBA Travel Advisors are available throughout the year to provide education classes and unbiased information on Medicare Supplement Gap plans, Prescription Drug Plans or Medicare Advantage Plan Options. Sue and Suzi expressed their gratitude for providing space for meetings, advertising in your bulletins and providing contact information that would enable people to make appointments. SHIBA is available to speak to groups of at least 3-4 people who may be retiring. They offer a “Welcome to Medicare” interactive Zoom class at least once a week, provide education on Medicare fraud, and answer questions regarding medical billing errors. Go to Medicare.gov or call the Office of the Insurance Commissioner.

#### **9:50AM WA STATE BILL SB5560**

Mary-Anne Grafton called attention to WA State Bill SB5560 which proposes the testing of drivers over the age of 70. Go to the WA State Legislative site to learn more: [leg.wa.gov](http://leg.wa.gov) or the WSASC site: [wsasc.org](http://wsasc.org)

#### **10:00AM APPROVAL OF THE 9.8.2022 MINUTES**

Daniel Johnson moved that the 9.8.22 meeting minutes be approved. Mary-Anne Grafton seconded the motion. The minutes were approved by unanimous vote.

Jacob McGee requested that the 9.8.2022 minutes be sent under separate cover. Michal Glauner will email a copy today.

#### **10:05AM REPORTS FROM COUNTY STAFF**

Michal Glauner thanked everyone for their timely invoices for fiscal year end closeout, the opioid report and getting the contract budget completed. The 2023 contracts are coming out slowly due to key staff on extended leave. There has been a slight increase in Senior Center funding. Once contracts are executed, budget amendments will be necessary to add additional funding. Michal will be reaching out soon to schedule monitoring of 2021 and 2022 Senior Centers contracts. Her plan is to visit all centers in the future and meet everyone in person.

Michal thanked the Senior Centers for participation with the COVID-19 Seniors Survey. There is a great response already with many surveys returning to the office. Survey is available until February 28. As it was with the last survey, Kelsey Bang-Olsen will prepare a report and data will be shared with the Centers. Mary-Anne Grafton, Jacob McGee and Daniel Johnson suggested improvements to the current COVID-19 Survey form and poster/flyer. There is a survey planning committee, Michal will forward these suggestions to the appropriate county personnel. Daniel Johnson volunteered to provide some pictures to use for the survey. The Senior Centers Directors requested that they be allowed to provide input in the formulation of future surveys.

#### **10:30AM REPORTS FROM SENIOR CENTERS**

##### **CASCADE SENIORS – DARRINGTON**

They recognized that their website and Face Book presence are outdated so they enlisted a knowledgeable volunteer to update both. They have been able to get six drivers for trips. People are doing weekly van trips. Trips that people enjoy include going out to eat, movies and shopping. The trip to Chinese buffet yielded volunteers for a roof committee and a volunteer driver. They are conducting movie nights. There will be a

Harbor Freight trip and trips to Winco for grocery shopping. They are considering evening and weekend hours to reach out for additional people. This center is staffed entirely by volunteers.

### **EDMONDS WATERFRONT CENTER**

Between 300 to 400 people come to the center each day. They are conducting more cultural events to expand diversity. Tonight will be Authors Night which will attract approximately 150 people for book signing. Senior speed dating is coming up.

### **LAKE STEVENS SENIOR CENTER**

They implemented a movie and lunch event in the afternoon which was successful. The Sweetheart Dance is scheduled for Valentine's Day, the first in 6 years. The movie and dance will be held each month. Over Christmas holiday, they had trips with their bus and van. Planning a trip to the Mexican Riviera in a month. They are returning to the activities they used to enjoy.

### **LYNNWOOD SENIOR CENTER**

They are returning to mountain trips for snowshoeing and hikes.

Mary-Anne recognized the amazing job done by the volunteer run centers around the state who are doing a terrific job of serving their communities.

Mary-Anne wanted to acknowledge the network of Snohomish County Senior Centers who have met through COVID and will continue to do so. Centers that were unable to meet during COVID are welcome to attend future meetings. The group has emerged and supported one another. They participated in the collective Spaghetti and Wine fundraisers, celebrated Senior Centers month, and they will represent Senior Centers at the upcoming Senior Resource Expo on Wednesday, March 22, 2023, from 9PM to 3PM. It will be held at the Hotel Indigo, 1028 13<sup>th</sup> St., Everett, WA 98201

### **LINCOLN HILL RETIREMENT COMMUNITY – STANWOOD**

They are finally back open. Lincoln Hill is unique in that they have 86 residents. They welcome back the AARP Tax Service. There is strong interest in trips to go out to lunch and dinner, shopping, etc. The AIP Transit provides internal trips to grocery stores, doctor appointments. They have 3 drivers now. Snow Goose ended the year with 4,100 trips and 40 % were "deviated" trips for older adults and those with special needs. To save money, they will start emailing their newsletter rather than mailing. They are emailing and texting to the residents to alert them of activities in the center. They have a monthly Sunday supper, serve one lunch meal each day, provide daily curbside meals and "to go" meals for the weekend. Today they will conduct a tenant meeting. They just decided to use all twelve of their vehicles as a charter service in the community. They have a partnership program going with Camano Center on their Wellness Expo in March.

### **MUKILTEO – ROSE HILL**

Kelsey McGee has left, and they are looking for replacement. Have anyone interested in the position contact Mike Griffith. They are continuing to partner with the U of W in their Osher lecture series. They are continuing monthly luncheons. Mike expressed appreciation for Michal's help with organizing contracts. They are offering jazzercise and AARP programs.

## **MONROE SENIOR CENTER**

They just had their first ever sold out Rainbow Bingo attended by 160 people. They actually ran out of chairs! Next month they will have a Happy Hour supported by local businesses. Last year it raised \$6,000. They need drivers!

## **CARL GIPSON CENTER, EVERETT**

They have now been open for year and month. They just secured a couple of grants. They now have a 15-passenger van with wheelchair lift. Cory would appreciate other centers sharing their experience with overseas trips and travel agencies. They surpassed 800 members with the goal of 1,000 in the next few months. They are trying to expand service to refugee populations. On Fridays they close to welcome Ukrainian refugees moving to Snohomish County. A good percentage of those are seniors. They are offering conversational English classes on Friday mornings, and they will be offering English classes on Tuesday and Thursday afternoons. They will be hosting resource fair on May 17<sup>th</sup>. It will be free for Senior Centers and non-profits who want a booth and a fee for for-profits. Email [carmstrong@voaww.org](mailto:carmstrong@voaww.org)

## **MARYSVILLE SENIOR COMMUNITY CENTER**

In January, they just moved into their community center which was the former courthouse. They had an Open House with a great turnout of several hundred people. Some of the former court rooms are now classrooms. One has a big screen so they can show movies. They have a Great Room for wood carving, watercolor classes, etc. The new facility has drawn new people. They are doing clogging, dancing and had a Spaghetti Dance. They will have a DJ Sweetheart Dance and Lake Stevens Senior Center is bringing a bus. They are hosting Foot Loose nights on Fridays. They will have line dances. They are actively looking for volunteers and leaders. The Ken Baxter Building was demolished.

## **CENTER FOR HEALTHY LIVING – HOMAGE**

They just wrapped up Lunar New Year celebrations. They are busy and will be having some Valentine's Day special events.

## **NORTHSHORE/MILL CREEK**

Nathan Phillips and Celeste Virago Lowe had to leave the meeting early, but Celeste reported in the Chat that their activities are increasing, seeing new people venture out, and beefing up programming. We will look forward to a complete report at the next meeting.

## **10:50 AM CLOSING REMARKS BY CHAIR**

Dennis Wheeler thanked the Senior Center Directors for responding to the Senior Center Survey. The majority of respondents feel that the present schedule of four meetings per year is sufficient. The second Thursday of the month from 9AM to 11AM works best. Speakers should be included in the agenda. Suggested topics were equity, ageism, age-friendly communities, assistance programs for rural centers, and the Kinship Program. Several respondents requested more information on the County having County Officials attend the meeting. The most important issue facing centers in 2023 is funding. Should we return to in-person meetings several centers expressed willingness to host the group.

Michele Blythe and Dennis Wheeler reported on the recent 16 Zoom meetings that the Snohomish County Council on Aging members had with State Senators, Representatives of Legislative Assistants from Monday,

January 30 through February 3, 2023. Three issues important to seniors in Snohomish County were discussed: 1.) The need to support funding to increase AAA case management compensation. 2.) The need to support funding increase in reimbursement rates to increase provider interest in accepting LTSS clients. 3.) The need for a statewide study that would identify the senior centers of the State of Washington and recognize their importance and how we can best support and utilize them. The 2023 Legislative Advocacy one page hand out that detailed the three issues was presented and copies will be sent to all attendees.

We referenced the 2017 study of Snohomish County Senior Centers; we note that the 2017 is outdated and needs to be refreshed.

**10:59AM MEETING ADJOURNED**