

CONFERENCE AGENDA

THURSDAY, OCTOBER 5, 2023 FROM 8:30 AM - 3:30 PM

8:30 am - 9:00 am

Registration, Light Breakfast, and Resource Fair

Munch on delicious breakfast foods while learning about programs and services across King County

9:00 am - 9:10 am

Opening Remarks

9:10 am - 9:50 am

Keynote Speaker

Community Resilience with Reverend Mary Bogan



Rev. Mary Bogan, MSW

9:50 am - 10:00 am

Break

10:00 am - 10:15 am

Covid-19 Response Tribute

Video compilation highlighting provider impact during the pandemic

10:15 am - 11:45 am

Silver Lining

Agencies share how they've adapted programming during the pandemic.

Featuring leaders from South Park Senior Citizens, Asian Counseling & Referral Service, Sound Generations, and Neighborhood House.



Katherine Jordan



G De Castro



Tanya McGee



Bradley Carlos

11:45 am - 11:55 am

Break

11:55 am - 12:30 pm

Rooted in Resilience

Guided mindfulness exercise with Diana Mena, LICSW



Diana Mena, LICSW

12:30 pm - 2:00 pm

Lunch/Resource Fair

2:00 pm - 3:15 pm

Pearls of Wisdom

Facilitated conversation with retired or soon-to-be retired leaders in aging
Featuring:



Lynda Greene



Jobyna Nickum



Cecily Kaplan



Joanne Donohue

3:15 pm - 3:30 pm

Closing Remarks

CONFERENCE PROGRAM

We extend our deep admiration and gratitude to the entire aging network provider community. Amidst the unprecedented pandemic crisis, inflation, and income inequality, you have served older adults with commitment, care, and grace. Thank you to those who have been doing this work for many years and still find the energy to show up and lead. Thank you to those who joined the aging network during a time of heightened vulnerability and need. The collective impact of your contributions is profound. You help King County to be a place where everyone can age well, with support, and in community. Thank you!

Keynote Speaker

Reverend Mary Bogan, MSW

The COVID world tapped, sapped, and mapped your lives personally and professionally. You are to be lauded for your continuous resiliency, resourcefulness, and responsiveness. Clearly your world view embraces history as a guidepost and not as a hitching post as you remain committed and commissioned.

Silver Lining

South Park Senior Citizens, Katherine Jordan - Executive Director

As the Pandemic began, South Park Senior Citizens pivoted to become first responders, ensuring our vulnerable homebound Seniors had consistent access to healthy food; SPSC prepared and delivered 41,000+ meals to 425+ Seniors each quarter. As many of our Seniors live vulnerable lives - SPSC became a primary resource for them to stay connected to aspects of Covid-safety while receiving social service support and resources (2,300+ hours of support), provided in multiple languages; language barriers, lack of transportation, and very limited income had Seniors feeling defenseless while experiencing anxiety and depression due to the required isolation. All throughout the Pandemic, we had our eye on the return to normal when our Seniors could return to SPSC - a vibrant place for community to gather, friends to be made, and culture to be celebrated.

Asian Counseling and Referral Service, G De Castro - Deputy Director

The pandemic forced all of us to adapt the ways in which services for our seniors were delivered. Disparities in digital literacy and access to technology for many members of our community were also highlighted. Through innovative partnerships and creative initiatives, programs and resources were reimaged and repurposed to meet the needs of older adults in our community at a time when they needed them the most.

Sound Generations, Tanya McGee - Pathways Information Supervisor

Neighborhood House, Bradley Carlos - Community Resources Manager

Discussion on the Community Living Connection (CLC) network meetings and the shifting role of outreach during the pandemic including its challenges and successes. Presented by CLC region coordinators from Sound Generations and Neighborhood House.

Rooted in Resilience

Esperanza Counseling & Consulting, PLLC - Diana Mena, LICSW.

This one time 30-minute mindfulness session will honor the impact, the grief and the resiliency born of the pandemic. It will create a container to engage in collective breathwork to both process and integrate these with the goal of promoting healing for participants.

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