Item No. 2(d)

City of Bellevue
Parks & Community
Services Department

MEMORANDUM

Phone: 452-5377

Date: May 5, 2014

To: Mayor Balducci and City Councilmembers

From: Patrick Foran, Director
Bophary Du, Community Services Supervisor

Subject: National Older Americans Month Proclamation

In 1963, at a meeting with the National Council of Senior Citizens, President John F. Kennedy designated the month of May as Senior Citizens Month, encouraging the nation to pay tribute in some way to older people across the country. In 1980, President Jimmy Carter's Proclamation changed the name to Older Americans Month, a time to celebrate those 60 and older through ceremonies, events, and public recognition. For the 28th year, the City of Bellevue is celebrating National Older Americans Month. This year's theme is *"Safe Today, Healthy Tomorrow!"*

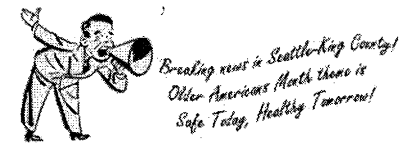
According to the 2010 US Census, the percentage of the population 60 years and older living in the United States is 18.5%. In Washington State the number of adults over 60 years of age is 18%. In King County, that percentage is 16.2%. In Bellevue, the percentage of the population 60 and older is 19%. This is higher than the County, State, and National percentages. This number is expected to continue to grow because the percentage of people 45-60 years of age is currently 21.2%. The "Age Wave" is coming.

Older adults, their families, and members of the community are invited to celebrate at the City's community centers and to learn more about programs and services for older adults. A number of special activities have been planned during May in order to celebrate (see attached).

Over the past decade, City programs and services have been transforming to meet the changing needs of a healthier, better educated, and more diverse older adult population. North Bellevue Community Center provides services such as the Community Dining program, Meals on Wheels, foot care, tax assistance, SHIBA-health insurance benefits advisors, Health Enhancement Program, support groups, and more. The center also offers programs such as computer classes, exercise, Fitness Center, dance, drama, arts and crafts, cards and games, financial and legal workshops, health lectures, music, language and culture, travel, and lifelong learning opportunities based on ability and interest rather than age. South Bellevue Community Center offers a wide-range of programs and activities that focus on active lifestyles, health and wellness. Programs and services for older adults can also be found throughout the community at Robinswood Tennis Center, Bellevue Municipal Golf Course, Crossroads Community Center, Northwest Arts Center, Bellevue Aquatic Center, and Highland Community Center.

We invite Council, staff, volunteers, and all members of the community to join us in celebrating National Older Americans Month.

Attachments
Older American's Month Activities
Network on Aging 2013-2014 Annual Report



Older Americans Month: "*Safe Today, Healthy Tomorrow*!"
Older Americans Month
May 2014

Celebrating Older Adults with Bellevue Parks & Community Services

Special Events

Opening Ceremony Monday, May 5, 8pm
Mayor Balducci will read the proclamation in the Council Chambers at City Hall.

Mother's Day Dance Tuesday, May 13, 2-4pm
The 'Sound Of Swing' will perform for your dancing pleasure. $3

Mother's Day Luncheon Wednesday, May 7, 11:30am-1pm
Come and celebrate motherhood with a delicious meal. Suggested donation of $3 for 60+, $6 fee for under 60; payable at the door. Pre-registration required by Friday, May 4.

For all classes and activities, R= Resident and NR= Non-Resident

Day Trips

Skagit Casino
9am-5pm Thu May 1 $18 R / $21 NR

Out to Lunch at Red Lobster
11am-3pm Wed May 7 $11 R / $13 NR

Maifest Celebration at Leavenworth
9am-6pm Sat May 10 $27 R / $31 NR

2014 Stars on Ice Tour at Key Arena
3-8pm Sun May 18 $27 R / $31 NR

Black Diamond Bakery & Restaurant
6:30-10:30pm Wed May 21 $13 R / $15 NR

The Secret Garden Tea Room & Gift Shop
8:30am-2pm Thu May 29 $51 R / $61 NR

Crafts, Visual & Performing Arts – Various Locations

Drop-In Painting
Bring your watercolor or other painting projects, and visit with others while working in this friendly drop-in atmosphere. Bring your own supplies and projects. Thursdays, 1-3pm, FREE. NBCC

Arts Drop-In
This creative, fun group invites others to join in for an evening of art activities. Different medium each week. Tuesdays, 6-8:30pm, $3 R/$4 NR. NBCC

Knitting – Red Cross Knitting Group
Join this group of Red Cross volunteers who knit items to donate to local hospitals and Eastside Baby Corner. Yarn and patterns provided. Wednesdays, 11am-3pm, FREE. NBCC

Thursday Afternoon at the Movies
Join us for movies and popcorn. Call or stop by for a new list of movies each month. Thursdays, 2-4pm, FREE. NBCC

Art – Sumi Painting Group
Join others as they practice the Art of Sumi Painting. Sumi means ink painting in Japanese and is an art medium that dates back some six thousand years. New to Sumi? Others will be happy to share their knowledge and love of the art form. Other water-based mediums are welcome.
SBCC #76414 10:30am-1:30pm Mon, May 5-19, $5.50 R/$18.50 NR

South Bellevue Stitchers
Bring your crocheting or knitting and join our group. Feel free to work on a project of your own or join others as they craft for charities. If you don't know how to crochet and would like to learn, we'll teach you. Fridays, 10-12pm, FREE. SBCC #7642

Singing – Chinese & English Chorus
Come and sing some famous Chinese and English songs. Learn some Mandarin while singing to your favorite tunes. Co-sponsored by Chinese Information and Service Center. Wednesdays, 10:30-11:45am, FREE. NBCC

Singing – Chorus
Come sing with the chorus. We welcome new singers any time – just come as you are. No auditions or advance notice required. We sing for our own fun and enjoyment with piano accompaniment. Mostly, we sing popular songs from the 30's, 40's and 50's. Our many song books plus holiday music give us a large variety. Typically, we sing at a nursing home 2nd Friday of each month. Fridays, 10:30-11:45am, FREE. NBCC

Financial & Legal

Legal Clinic
The Eastside Legal Assistance Program offers a legal clinic for low-income individuals on the 2nd Thursday each month. Appointments: Eastside Legal Assistance, 425-747-7274. NBCC

SHIBA
The Statewide Health Insurance Benefits Advisors (SHIBA) volunteers are trained by the State Insurance Commissioner's Office and Senior Services. They provide free, unbiased information about health care coverage and access to help improve the lives of all Washington State residents. SHIBA volunteers assist consumers with choices and problems involving private health insurance, as well as many government programs (Medicare, Medicaid, Basic Health, Children's Health Insurance Program, and the Washington State Health Insurance Pool). SHIBA volunteers are also experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, and fraud and abuse questions. They offer information on Medicare insurance claim forms, Medicare billing procedures, Managed Care Plans, Supplemental Health Insurance, Long-Term Care Insurance. Appointments: 425-452-7681. One-hour appointments, 1st and 3rd Wednesday each month, 9-11am. NBCC

Senior Rights Assistance (SRA)
Senior Rights Assistance provides free legal and consumer information to older adults and their families. The highly trained volunteers collaborate with the King County Bar Association. Nancy Gerard, SRA volunteer at NBCC, is available for one-hour appointments on the 4th Tuesday of each month, 9am-noon. She is available to assist with questions about wills, living wills, probate, estate planning, financial and health care directives, powers of attorney, guardianships, and more. One-hour private appointments available. To schedule: 425-452-7681. NBCC

Senior Bus Pass Distribution
Metro will sell their Senior Regional Reduced Fare ORCA Card for $3 available to adults 65 years or older. If you have an old Metro RRFP, you can trade it in for a new ORCA RRFP card. Tuesday, 10:30-11:30am, May 20, $3/fee to Metro. NBCC

AARP Driver Safety Program
The nation's first and largest classroom driver improvement course designed especially for the motorists 50 and over. This course may qualify you for an auto insurance discount. Fee payable to AARP at first class, $15 AARP member/$20 non-AARP member. Tuesday & Thursday, May 6 & 8, 9:30am-2pm. NBCC

Health, Fitness, Dance & Sports – Various Locations

Foot Care Tuesdays & Wednesdays
Chris Egan, RN will trim toenails by appointment. This service is geared for older adults and/or diabetics who need assistance with this task. Fee is $28 payable by cash or check the day of the appointment. Call 425-452-7681 to make an appointment. NBCC

Massage Therapy & Accupressure
Relax. Relieve aches and pains. Experience a sense of balance and well-being. Elizabeth Strauss, Licensed Massage Practitioner and Jin Shin Do (r) Acupressurist. Elizabeth also has special training in massage for older adults. All ages welcome. Call 425-452-7681 to make an appointment. NBCC. 30-minute session: $36 R/$43 NR 60-minute session: $72 R/$86 NR

Enhance Fitness
This low impact aerobics class is designed to give you the maximum amount of cardiovascular exercise with a minimum amount of wear and tear on your body. Class is offered in conjunction with Group Health by trainers from the Pro Sports Club. If you are a Group Health Medicare Advantage Member, there is no charge for this class – just sign in each day you attend. T/Th/F, 9-10am, May 1-30, $39 R/$47 NR. NBCC

Fitness – Strong and Fit Seniors
This monthly group fitness program taught by certified personal trainers provides education on improving overall functional fitness using a variety of equipment and a varied routine while accommodation individual needs and limitations. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. SBCC

Course #78400	10:15-11:15am	Mon/Wed	May 5-28	$55 R/$66 NR

Tai Chi – Wednesday Practice (NBCC)
Tai Chi helps blood flow smoothly in the vessels and can strengthen the functions of heart & lungs. It is the best kind of exercise for the health of middle aged and seniors. Easy to learn and follow as well as helps exercise your whole body in a low stress way. Conducted in Mandarin and English. Co-sponsored by the Chinese Information & Service Center. Wednesdays, 9:30-10:30am, FREE drop-in program.

Tai Chi Qi-Gong-Saturday
A traditional Chinese combination of flowing and stretching exercises. A vital energy exercise, which balances energy, relaxes the body, and relieves stress. Course taught by Tai Chi Master, Dr. X. Z. Wang. Saturdays, 9-10am, drop-in only, $12/R $14/NR. NBCC

Tai-Chi Chaun Sword Play
An Ancient Chinese method for promoting a well-integrated body and mind. Using a series of stretching exercises, beginning with focusing on the natural flow of breath, we slowly work toward incorporating good posture and the 24 simplified movements of Tai-Chi. Also incorporated are the 32 simplified movements of Tai-Chi Swordplay.

NBCC	7:15-8:45pm	Mondays	May 5-19	$57/R $68/NR
SBCC	7:15–8:45pm	Thu	May 1-29	$56/R $67/NR

Gentle Yoga by Wendy
Easy yoga adapted for seniors and others who need the gentle approach. Yoga can provide many health benefits including increased flexibility and improved balance. Class will adapt to accommodate all levels of experience and ability. NBCC

10:30-11:30am	Mondays	May 5-19	$32 R/$40 NR
10:30-11:30am	Thursdays	May 1-29	$40 R/$50 NR

Yoga – Advanced
Stretching and flexibility exercises for the experienced yoga student. Workout especially geared for older adults with significant yoga training. Mondays, 10-11am, $14 R/$16 NR. NBCC

CISC Ballroom Dance
Ballroom dance your way to a healthier you. Cha-Cha, Waltz, Tango, and Rumba can improve your endurance and life-span. This dance class is for you to exercise your body while listening to great music. Come and have some fun. Suggested donation of $3/person. Couse conducted by the Chinese Information and Service Center in Chinese language only. Wednesdays, 1-3pm, $3/donation. NBCC.

Tap Dance-Beginning
Learn new moves or improve on the tap dancing skills you learned long ago. This is a wonderful way to exercise while improving coordination, memory and having fun. Tuesdays, 11am-12pm, $18 R/$22 NR. NBCC.

Tap Dance-Intermediate
Improve your skills while dancing to fun music from the old days. This is a wonderful way to exercise while improving your memory, coordination, and having fun. Tuesdays, 12:15-1:15pm, $18 R/$22 NR. NBCC

Senior Drill & Play (Tennis)
Tennis for those 50+. Tuesdays 2:30pm, fee applies, contact Robinswood Tennis Center at 425-452-7690.

Walk For Life – Area Shopping Centers
- **Bellevue Square** (8-9:30am, M/W/F), co-sponsored with Overlake Hospital Medical Center
  Meet at Skybridge #4
- **Crossroads Shopping Center** (8:30-9:30am, M/W/F), co-sponsored with Crossroads Bellevue
  Meet in front of JoAnn's in the mall
- **Factoria Square** (7-10am, M-F), co-sponsored with Factoria Merchants Association.
  Meet at Target's entrance inside the mall

Gourmet Bikers
Set aside Wednesdays with other seniors for a day of low-impact exercise, fun, fellowship, and lunch. We start our rides around 10am and bike for 12-15 miles, stop for lunch and return. We will ride on flat bike trails and low traffic roadways. As our confidence builds, we will plan trips to the tulip fields, lavender fields, and maybe even a winery trip. Riders must provide their own bicycle and helmet. Information: Judy, 425-378-0645.

Co-Ed Senior Softball
Slow-pitch co-ed team now looking for players. Season runs from April-August. Information: Barbara Polkinghorn, 425-746-5122.

Immigrant Services

SeaMar Community Health Center
SeaMar sponsors a variety of services to Latino Seniors at NBCC. Latino lunch served to those 60+ Mondays at noon ($3 donation) followed by a dance. ESL classes, bilingual education, healthcare information, translation, and bilingual assistance for integration. Transportation assistance offered. Mondays and Fridays 9am-1pm. Information: Clemencia Robayo, 206-764-8044. NBCC

ESL For Spanish Speakers
Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun a supportive setting. Mon/Fri, 12:45-1:45pm, FREE. NBCC

Chinese Information & Assistance Services
Services provided in Mandarin to those 55+. Assistance with questions and concerns regarding health insurance, housing, naturalization application, utility or medical bills, or any other issue where the language barrier is an issue, our trained volunteer can help. Information or appointment: 206-624-5633. Thursdays, 8:30am-12pm, FREE. NBCC

ESL Advanced for Mandarin Speakers
Advanced English as a second language instruction for Mandarin speakers. Thursdays, 10-11:30am, FREE. NBCC

Chinese ESL 111 – Newspaper Reading Group
Every week we will study an article from the local newspaper and learn new vocabulary. This class is fun and useful. Conducted in Mandarin. Co-sponsored by the Chinese Information & Service Center. Wednesdays 9:30-10:30am, FREE. NBCC

Indian Fellowship
This social group is geared for older adults visiting from India. Contact CD Banerjee at 425-746-8420 for additional information. Tuesdays, 10:30am-1pm, FREE. NBCC

Special Interest & Lifelong Learning

Book Discussion Group
Meets 2nd Tuesday each month, 10-11:30am. Information: Sue Hipke, 425-747-6843 or Dorothy Goddard, 425-747-5543. FREE. NBCC

Getting Around Puget Sound
Want to go from home to the store, the library & more? Personalize one-on-one assistance with transportation options and planning. Provided through a partnership with Hopelink Travel Ambassador Program. Call 425-943-6789 for appointments and more information. NBCC

Young Onset Parkinsons
Sponsored by the American Parkinson Disease Association. For those under 60 with disease and their families. Meets the 1st Wednesday each month, 7-8:30pm, FREE. For more information, call Carin Mack 206-230-0166. NBCC

South Bellevue Bridge Bunch
Just learning, a little rusty, or just want a fun place to play bridge. We have the place for you. The purpose of this class is to give those who have taken a beginning class a place to try out what they've learned.
SBCC 1:10-3:10pm Tue May 6-Jun 17 $15.50 R/$18.50 NR

Drop-In Games

Adult Billiards & Games
Drop-in programs for adults at the NBCC. Join in the fun. Activities include billiards, board games, puzzles, books, magazines, and video check-outs. M-Th, 8:30am-8:30pm, F, 8:30am-5:30pm, FREE. NBCC

Party Bridge
Drop-in "Party Bridge" play. Meets in the Billiards Room. Individuals welcome. Please contact Eva, 425-746-9907. Tuesdays, 12-3pm, FREE. NBCC

Cribbage
Come join friends for a fun game of Cribbage. Contact: Carl Wittenberg, 425-641-3118. Thursdays, 10am-12pm, FREE. NBCC

Duplicate Bridge
Bring a partner. Group meets Wednesday & Friday afternoons from 12-3:30pm. 50¢ fee payable to Advisory Board. Contact: Ed Jesse, 425-746-7435 or Arnie Rengstroff, 425-746-1620. NBCC

Mah Jong
Information: call or stop by the front desk. Wednesdays, 1-3pm FREE. NBCC

Pickleball
The monthly schedule for Pickleball may vary. Please call for current schedule. Court and net provided-players provide their own paddle and ball. M/F, 3-5pm, W, 3:30-5:30pm, $3 R/$4 NR. NBCC

Pinochle
Pinochle played every Thursday from 12-3pm. If you are interested in joining a foursome, call Carl Wittenberg, 425-641-3118 to put your name on the interest list. New tables will be formed as enough people join. FREE. NBCC

Ping-Pong
Drop-in for a lively game of ping pong (Table Tennis). We provide the two championship quality Table Tennis tables and balls; you provide your own paddle. Call for current schedule. Ask about the Play Pass for discounted play. 8:30am-9:45am M-F, 2-5pm, M, 3-5:30, F, $3 R/$4 NR per day. NBCC

OVERVIEW OF PROGRAM SITES FOR OLDER ADULT PROGRAMS

North Bellevue Community Center (NBCC) 425-452-7681
4063 – 148th Avenue NE
Programs and activities geared to the interests of adults of all ages are offered weekdays, 8:30am-9pm (M-Th), and 8:30am-6pm (Fri). A variety of Social Services offered on-site as well as a wide-range of recreational opportunities including lunch service, classes, drop-in activities, and day-trips. For more information, call or email nbcc@bellevuewa.gov, or come visit us.

South Bellevue Community Center (SBCC) 425-452-4240
14509 SE Newport Way
Programs and activities geared to the interests of adults of all ages are offered weekdays and weekends, 6:00am-9pm (M-Th), 6:00am-8:00pm (Fri), 8am-5pm (Sat), and 10am-5pm (Sun). For more information, call or email sbcc@bellevuewa.gov, or better yet come visit us.

COMMUNITY RESOURCES & INFORMATION

Care

Adult Abuse Prevention
To report a suspicion of abuse or neglect of an older person or person with disabilities living in a facility or their own home, call toll free 1-866-ENDHARM or visit www.aasa.dshs.wa.gov.

Catholic Community Services of King County
Volunteers provide services such as transportation, light housekeeping, minor home repairs, yard work, laundry, shopping assistance, and light cooking. Call 206-323-6336; 1-888-649-6850 or visit www.Ccsww.org.

Elder and Adult Day Services 425-867-1799
Supervised facility for activities and services full or partial day

Evergreen Care Network 425-899-3200
Service to help older adults remain independent

Nursing Home Information Online 1-800-MEDICARE or www.medicare.gov
See how specific nursing homes compare to others in the community or nationally for short- and long-term stay residents.

Senior Housing www.ArchHousing.org
New resource to inform seniors, caregivers, and their families of housing choices in East King County when considering aging in place or transitioning out of the home to a new home. The new website will allow seniors to evaluate their values and needs and discover the many housing and service options that are available locally for seniors.

Health

Seattle Mental Health 425-653-4900
Counseling, Psychiatric Evaluations, Medication Management, Day Treatment Services, Case Management, and Support Groups.

Senior Care (Overlake Hospital Senior Care) 425-688-5800
Programs and services for seniors.

Benefits Check Up Online
A new web-based service of the National Council on the Aging allows you to quickly and easily determine what benefits you may qualify for, and how to claim them. Visit them on the web: www.BenefitsCheckUp.org Medicare questions answered via the Internet at www.mymedicarematters.org.

General

AARP Area Office 1-800-922-8716 or 206-517-2327

AARP Community Service Employment Program 206-624-6698
Assistance for job seekers aged 55+ including 20-hr/wk paid job training and assistance finding permanent employment. Co-sponsored by US Dept of Labor and the AARP Foundation.

Computer Help Desk Service 425-747-2433 (Joe Mraz)
KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. For meeting and computer help, call Joe.

Eastside Legal Assistance Program 425-747-7274
Legal advice, at little or no cost, to low-income Eastside residents

Hopelink 425-869-6000
Food Bank, Transportation, Immigrant Services, etc.

King County Healthy Aging Partnership 1-888-4-ELDERS
Information and referral for King County Seniors

Senior Information & Assistance 206-448-3110

United Way of King County 206-461-3700

WICS (Widowed Information & Counseling Services) 206-241-5650

Housing

ARCH (A Regional Coalition for Housing) 425-861-3676

City of Bellevue Home Repair Program 425-452-6884

City of Bellevue Utilities Discount/Rebate Program 435-452-5285

Immigrant Services

Chinese Services
Programs and services for Chinese seniors at NBCC & SBCC. Bilingual staff worker assists participates in social, recreational, and educational activities. Information and assistance services include issues relating to retirement, senior housing, health insurance, and naturalization. Appointments: CISC, 206-624-5633.

Spanish Services
SeaMar Community Health Center co-sponsors a variety of services to Latino Seniors. ESL classes, bilingual education, healthcare information, translation and bilingual assistance for integration, and transportation assistance offered. Information: Clemencia Robayo, 206-841-0722. NBCC

Insurance/Social Security

Benefits Check-Up On-Line
A new web-based service of the National Council on the Aging allows you to quickly and easily determine what benefits you may qualify for and how to claim them. Visit them at www.BenefitsCheckUp.org.

Senior Rights Assistance 206-448-5720
Help with consumer issues, landlord/tenant problems, homeowner concerns, estate information, end-of-life planning, substitute decision making, legal referrals, and elder abuse information.

Social Security Information
1-800-772-1213, 7am-7pm weekdays or at www.ssa.gov. Services available in English and Spanish.

Statewide Health Insurance Benefits Advisor (SHIBA)
Trained volunteers from the Office of the State Insurance Commissioner and Senior Services of King County offer information on Medicare insurance claim forms, Medicare Billing procedures, Managed Care Plans, Supplemental Health Insurance, Long-Term Care Insurance, and Social Security problems. Appointments: 425-452-7681

Meals/Food Delivery

Lunches
Hot meals served at noon Monday, Tuesday, Wednesday & Friday each week. Sponsored by Catholic Community Services. Suggested $3 donation for ages 60+, $6 for ages less than 60 years. Monthly menus available. NBCC

Meals-On-Wheels
Frozen meals are delivered to homebound seniors on Mondays, 8:30am-Noon. Average $3 donation. Information: Seattle office of Senior Services, 206-727-5767.

Transportation

Free EZ Rider Connector 425-943-6787
Sponsored by Hopelink. Free bus service for people living in East Bellevue. New and expanded bus service for seniors, Access riders, low income and people with disabilities. This service will pick you up at your home and deliver you to one of 20 East Bellevue locations including the hospitals and NBCC.

Access 206-623-3113
Transportation for mobility impaired seniors and disabled persons to appointments, grocery shopping, and to the activities. Funded by METRO Transit.

Hopelink 425-943-6789
Medical Transportation, Bus Buddy, and Getting Around Puget Sound programs

Volunteer Transportation for Seniors 206-448-5740
Door to door personal transportation to medical and dental appointments coordinated and sponsored by Senior Services. Trained, insured volunteer drivers.

Support Groups/Meetings

NARFE (National Association of Retired Federal Employees)
Meets 3rd Tuesday each month at noon. Information: 425-868-4502. NBCC

Bellevue Network on Aging
Meetings are generally held on the first Thursday each month, 8:30-10:30am at Bellevue City Hall. Meetings are open to the public. For more information, agendas, and minutes, please call 425-452-4200 or visit http://www.bellevuewa.gov/network_on_aging.htm

Volunteer Opportunities
Volunteers play a key role in providing programs and services at NBCC. We depend on volunteers to provide successful programs and positive experiences for everyone who visits our facility. Annually, over 200 volunteers provide over 15,000 hours of community services. Come join us. For information and job descriptions, call 425-452-7681. Volunteer opportunities available in the following areas: call Food Service & Kitchen Help, Front Desk Reception, Advisory Boards, Class Instruction, Crafts, English Conversationalist/ ESL Instructor, Foot Care Assistant, Coffee Bar/Refreshments, Fund Raising, Garden Assistant, Newcomer Social Committee, Entertainment, and Instructors and class assistants.

Intergenerational Reading Program 425-869-5857
Help a child learn to read at Sherwood Forest Elementary School. Co-sponsored by RSVP Reading Challenge Program

RSVP (Retired & Senior Volunteer Program) 206-694-6787

Eyeglass Donations
Eyeglasses collection at NBCC for recycling to low-income persons via local eyewear stores.

BNOA 2013/2014 Annual Report

2013 Outreach Committee

1. Sponsored a Bellevue Network on Aging table at the following fairs:
   - Overlake Hospital Active Senior Fair – March 9
   - Strawberry Festival – June 22 & 23
   - Bellevue Farmer's Market – August 3
   - Crossroads Farmer's Market – August 27
   - Chinese Information & Service Center Resource Fair – September 5
   - Elder Friendly Futures Conference-UW – September 11 & 12
2. World Elder Abuse Awareness Day Proclamation – June 3, 2013. Bellevue City Council
3. Members assisted with the Community Conversations for the Human Services Needs update. Older adult community conversations took place in April at Circle of Friends and the Bellevue YMCA and in May at Bellevue Square.
4. Added Bellevue Network on Aging in the Utility Bills beginning in summer 2013.
5. Members made presentations/hosted information table to the following groups about the BNOA and Resources and Information for older adults:
   - Church of the Latter Day Saints – April 24
   - Bellevue YMCA – July 9
6. Presentation to Issaquah Human Services Commission about aging in Bellevue and the Network on Aging.
7. Gold Card for Seniors – began distributing the discount card at the North Bellevue Community Center in September. Distributed application forms to all businesses in the Bellevue Chamber of Commerce and Rotary Clubs in Bellevue.
8. Members worked closely with the Mercer Island Senior Board and the Kirkland Senior Council to align missions and develop partnership opportunities.
9. In October, a member attended the King County Prosecutor's 10th Annual Conference on Abuse of Elders and Adults with Disabilities.

2014 Outreach Committee

1. Sponsored a Bellevue Network on Aging table at the following fair:
   - Overlake Hospital Active Senior Fair – March 8
2. Provided BNOA marketing materials and resources to the Neighborhood News Toolkit.

2013 Advocacy Committee

1. Monitored bills of interest during legislative session.
2. Members visited state legislators in Olympia as part of Senior Lobby Day in February. Followed up with Thank-you letters after the session ended.
3. Members met with Congressman Smith and his staff in April to advocate for our federal agenda with emphasis on Medicare Observation Status and the "Improving Access to Medicare Coverage Act of 2013" (S.569, H.R.1179 Congressman Smith is now a co-sponsor of H.R. 1179.

4. Members met with Representative Reichert and his staff in April to advocate for the "Improving Access to Medicare Coverage Act of 2013" (S.569, H.R.1179), the Older American's Act Federal Funding and the Elder Justice Act. Followed up in September with an additional letter regarding Medicare Observation Status; have set a January 3, 2014 meeting with Congressman Reichert regarding this issue.
5. In May 2014 and June 2014, sent letters to the Centers for Medicare and Medicaid Services regarding proposed regulations that focused in part on Medicare Observation Status.
6. Wrote letters to Congressional Representatives regarding the following concerns about Social Security: the proposed use of the chained CPI; the possible use of Social Security to balance the federal budget; long-term solvency of social security.
7. Members met with Representative DelBene in September to discuss the issues regarding social security above and to advocate for the "Improving Access to Medicare Coverage Act of 2013" (S.569, H.R.1179). Representative DelBene is now a co-sponsor of H.R. 1179.
8. In October, met with a staff member of Senator Murray's Office regarding Medicare Observation Status and (S.569; H.R.1179); also wrote a letter to Representative McDermott regarding this issue.
9. Coordinated with the Eastside Human Services Forum to develop the legislative agenda with issues affecting seniors.
10. Members attended the Senior Lobby Conference, October 2013 in Tacoma.
11. Assisted Aging and Disabilities Service in writing an Op Ed for the Seattle Times on Medicare Observation Status. In December 2013, coordinated with Aging and Disabilities Services in setting a January 16, 2014 appointment with Representative McDermott regarding Medicare Observation Status.
12. Members attended the Elder Friendly Futures Conference at the University of Washington on September 11 & 12.
13. Members pursued information and data pertaining to state regulation of Assisted Living Facilities after the NPR story "Life and Death in Assisted Living".
14. Joint Legislative Forum with Kirkland Senior Council, December 11, 2013.
15. In December, a member attended the December Conference of the Washington State Budget and Policy Center entitled "Budget Matters 2013".

<u>2014 Advocacy Committee</u>

1. Monitored bills of interest during legislative session.
2. Members visited state legislators in Olympia as part of Senior Lobby Day in February.
3. Members visited area hospitals to clarify their notice policies to patients on hospital observation status.
4. Members partnered with Aging & Disability Services on monitoring the Older Americans Act, which needs to be reauthorized because it provides funding for such items as congregate meals, caregiver support, ombudsman program, meals on wheels, and preventing abuse and neglect.
5. Members partnered with Aging & Disability Services on Medicare Observation in joint meeting with Senator Murray's office to discuss "Protecting Access to Medicare Act of 2014" (H.R. 4302).

BNOA 2013/2014 Annual Report (Continued)

2013 Transportation & Housing Committee

1. Members reviewed the Housing and Transportation Elements of the Comprehensive Plan and developed a list of items to support in the update of the Plan.
2. Members took part in Sound Transit/City meetings focused on light rail station area design.
3. Members served on the Eastside Easy Rider Collaborative.
4. Worked cooperatively with ARCH Housing to do the annual proofing and update of the Senior Housing website.
5. Members participated in the two part Eastside Human Services Forum Ending Homelessness Forum in June and August 2013.
6. Members attended the Aging & Disability Services Forum Transportation Forum at the Northshore Senior Center in September 2013.

2014 Transportation & Housing Committee

1. Members submitted a statement of advocacy to the Bellevue Transit Master Plan.
2. Members met with area providers to keep informed of resources available for the community, in an effort to be knowledgeable and spread the word on these resources.

Other

1. *Members served on the Bellevue Park Board*
2. *Members served on the City's Special Events Committee*
3. *Members served on the Aging and Disability Services Advisory Council*
4. *Members served on Eastside Human Services Forum Advocacy Committee*
5. *Members served on the Eastside Easy Rider Collaborative*
6. *Member served on the Time Banks of Puget Sound Board*
7. *Members served as Long-Term Care Ombudsman and SHIBA volunteers*
8. *Members served as AARP-Volunteer Special Events Coordinator for King County and Washington State Legislative/Congressional Liaison*
9. *Annual report:* delivered to City Council during Older American's Month May 2013 & 2014
10. *Older American's Month* Proclamation May 2013 & 2014

CITY OF BELLEVUE, WASHINGTON

PROCLAMATION

Whereas; Bellevue is a community in which 19% of its residents are 60 years of age and older; and

Whereas; Bellevue is committed to helping all individuals live longer, healthier lives; and

Whereas; The older adults in Bellevue have made countless contributions and sacrifices to ensure a better life for future generations; and

Whereas; We recognize the value of injury prevention and safety awareness in helping older adults remain healthy and active; and

Whereas; Our community can provide opportunities to enrich the lives of individuals young and old; and

Whereas; The President of the United States has designated the month of May as *Older Americans Month* and the theme *"Safe Today, Healthy Tomorrow!"*

Now, therefore, I, Claudia Balducci, Mayor of the City of Bellevue, Washington, and on behalf of the City Council, do hereby proclaim **May 2014** as:

Older Americans Month

in Bellevue, and encourage every resident to take time this month to recognize older adults and the people who serve and support them as powerful and vital citizens who greatly contribute to this community.

Claudia Balducci
Mayor