



# MEMORANDUM

Phone: 452-5377  
Date: May 7, 2012  
To: Mayor Lee and City Councilmembers  
From: Patrick Foran, Director  
Cathy VonWald, 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 May of that year 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 26<sup>th</sup> year, the City of Bellevue is celebrating National Older Americans Month. This year's theme is *"Older Americans: Never Too Old to Play"*.

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% and 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, flu shots, tax assistance, health insurance benefits advisors, Health Enhancement Program, support groups, etc. The center also offers innovative programs such as computer classes, exercise, 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, as well as having a strong health and wellness component. Programs and services for older adults can also be found throughout the community at Robinswood Tennis Center, Bellevue Municipal Golf Course, Crossroads Center, Bellevue Aquatics 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

Proclamation  
Older American's Month Activities  
Network on Aging 2011-2012 Accomplishments

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 maintain their health and independence in later life; and

**Whereas:** The older adults in Bellevue have an important role in sharing knowledge, wisdom, and understanding of the history of our community through interactions with children, youth, and adults from other generations; and

**Whereas:** The fruits of knowledge and experience can be effectively transferred from generation to generation through meaningful social interactions which enrich the lives of everyone involved; and

**Whereas:** Our community can provide opportunities to enrich residents young and old by creating opportunities for older adults to interact with people of different generations; and

**Whereas:** Providing services, technologies, and support systems that allow older adults to participate in social activities in the community; and

**Whereas:** The President of the United States has designated the month of May as *Older Americans Month* and the theme "*Older Americans: Never Too Old To Play*";

**Now, therefore, I, Conrad Lee, Mayor of the City of Bellevue, Washington on behalf of the City Council do hereby proclaim May 2012 to be:**

**OLDER AMERICANS MONTH**

in Bellevue, and encourage every resident to take time this month to engage with our older adults through enjoyable social interactions such as sports, games, contests, and other forms of play.

---

Conrad Lee  
Mayor



**“Older Americans: Never Too Old To Play!”  
Older Americans Month  
May 2012**

**Celebrating Older Adults with Bellevue Parks & Community Services**

**Special Events**

**Opening Ceremony** Monday, May 7, 8pm

Mayor Lee will read the proclamation in the Council Chambers at City Hall.

**Mother's Day Dance** Tuesday, May 8, 2-4pm

The 'Sound Of Swing' will perform for your dancing pleasure. \$3

**Mother's Day Luncheon** Wednesday, May 9, 11:30am-1pm

Come and celebrate motherhood with a delicious meal. Suggested donation of \$3/for those over 60, \$5.75 fee for those 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**

Course #66525	9am-5pm	Thu	May 3	\$18 R/\$21 NR
---------------	---------	-----	-------	----------------

**Out to Lunch at Red Lobster**

Course #66526	11am-3pm	Tue	May 8	\$11 R/\$13 NR
---------------	----------	-----	-------	----------------

**Maifest Celebration in Leavenworth**

Course #66527	9am-6pm	Sat	May 12	\$24 R/\$28 NR
---------------	---------	-----	--------	----------------

**“Million Dollar Quartet” at the Paramount Theater**

Course #66528	6:30-10:30pm	Tue	May 15	\$94 R/\$112 NR
---------------	--------------	-----	--------	-----------------

**Fantasy Castaway Getaway “Murder Lunch Cruise” Argosy**

Course #66529	11am-3pm	Wed	May 16	\$61 R/\$73 NR
---------------	----------	-----	--------	----------------

**Red Wind Casino in Olympia**

Course #66530	9am-5pm	Tue	May 22	\$18 R/\$21 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. NBCC

11am-3pm                      Wed                      May 2-Aug 29                      FREE

**Thursday Afternoon at the Movies**

Join us for movies and popcorn. Call or stop by for a new list of movies each month. NBCC

Course #65546                      2-4pm                      Thu                      May 3-Aug 30                      FREE

**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

Course #63734                      10am-1pm                      Mon                      May 7-May 21                      \$15.50 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

**Ikebana – Sogetsu Style Flower Art**

More than flower arranging, Ikebana is art. Learn to create art with flowers and plants using the modern Sogetsu style of Ikebana. Pre-registration required. NBCC

Course #63862                      6-8pm                      Wed                      May 16-Jun 13                      \$80 R/\$100 NR

Course #63861                      10-12pm                      Thu                      May 17-Jun 14                      \$80 R/\$100 NR

**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. NBCC

10:30-11:45am                      Wed                      May 2-Aug 29                      FREE



### **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 2<sup>nd</sup> Friday of each month. NBCC

10:30-11:45am      Fri                      May 4-Aug 31      FREE

### **Ageless Actors - A Senior Acting Workshop**

For those seriously interested in developing acting skills that can also be used in everyday life: sharpen memory, activate imagination, give self confidence and learn to use your voice. New members always welcome. NBCC

Course #65569      1-4pm                      Wed                      May 2-Jul 25      \$63 R/\$75 NR

<b>Computers – All Courses at the North Bellevue Community Center</b>
---

### **Intro to Computers**

Provides fundamentals of hardware and software, terminology, operations, keyboard, and mouse. Learn the difference between word processing, spreadsheet, and database software. NBCC

Course #66117      10-12pm                      Tue                      May 1-22              \$37 R/\$44 NR

### **Return to Work Word**

Set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word. NBCC

Course #66121      12:30-2:30pm              Tue                      May 1-22              \$37 R/\$44 NR

### **One-On-One With Doris Ford**

Feel more comfortable asking questions one-on-one? Need a quick skill brush-up for your new job? Gain computer skills, confidence, and comfort level with your equipment in a 2-hour one-on-one session. If you feel more comfortable using your own equipment, bring your CPU or Laptop from home, or use a computer in our lab. NBCC

Course #66124      10-12pm                      Thu                      May 3                      \$28 R/\$34 NR

### **Return to Work Excel**

Customize the quick access menu, work with multiple worksheets, understand and perform calculations and use a pivot table. NBCC

Course #66134      12:30-2:30pm              Thu                      May 3-24              \$37 R/\$44 NR

### **Google Picasa**

Google's free download of Picasa instantly finds all pictures on your hard disk. Basic fixes of crop, remove red eye, fix contrast and color will enhance photos easily and fast. Picasa sorts all pictures by dates, or file names and prints wallet size, 4x6, 5x7, or full page photos. NBCC

*Bing & Google*  
Course #66137      10-12pm                      Thu                      May 10                      \$16/R \$19/N



### Getting to Know Your Digital Camera

Work with your own camera to determine which settings provide the most satisfactory results. Ownership of a digital camera with 3.2 or more megapixels essential. Learn what buttons and dials mean and how to use them. Bring your camera, extra batteries, and instruction book to class. NBCC

Course #66132      10-12pm      Tue      May 15      \$16/R \$19/N

### Financial & Legal

#### Legal Clinic

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

#### SHIBA

The Statewide Health Insurance Benefits Advisors (SHIBA) volunteers are trained by the from 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, 1<sup>st</sup> and 3<sup>rd</sup> 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 4<sup>th</sup> 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 RRF, you can trade it in for a new ORCA RRF card.

Course #65855      10:30-11:30am      Tue      May 15      \$3 fee to Metro

#### 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, \$12 AARP member/\$14 non-AARP member. SBCC

Course #64234      9:30am-2pm      Tue      May 2-29      AARP fees above



## 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

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: \$35 R/\$42 NR 60-minute session: \$70 R/\$84 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. NBCC Course #59699 9-10am Tue, Thu, Fri May 3-Jun 5 \$33 R/\$40 NR

### 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 #60435 10:15-11:15am Mon/Wed May 2-30 \$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 you mildly exercise you whole body. 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 Practice (SBCC)

This is a volunteer led Tai Chi session open to all. We will practice the 18<sup>th</sup> Chi Gong and 24<sup>th</sup> simplified Tai Chi Chuan Movements. Conducted in Mandarin and English. Co-sponsored by the Chinese Information & Service Center.

Course #60824 12-1pm Wed May 2-June 20 FREE



**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. NBCC

Drop-In Only      9-10am      Sat      May 5-Aug 25      \$11/R \$13/NR

**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

Course #60696      7:15-8:45pm      Mon      May 7-Jun 11      \$56/R \$67/NR

SBCC

Course #60683      7:15-8:45pm      Thu      May 24-Jun 21      \$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

Course #65564      10:30-11:30am      Mon      May 7-21      \$22.50 R/\$27 NR

Course #65560      10:30-11:30am      Thu      May 3-31      \$37.50 R/\$45 NR

**Yoga – Advanced**

Stretching and flexibility exercises for the experienced yoga student. Workout especially geared for older adults with significant yoga training. NBCC

Course #66472      10-11am      Mon      Apr 16-May 21      \$13 R/\$15 NR

**Line Dance**

Learn new line dances. Level of dance based on level of students registered. Beginner and/or intermediate. Leather soled shoes recommended. Drop-In fee: \$7 R/\$8 NR. NBCC

Course #65756      3:30-4:30pm      Wed      May 30-Jun 20      \$22 R/\$27 NR

**CISC Ballroom Dance**

Would you love to learn some ballroom dance moves, such as Cha-Cha, Waltz, Tango, and Rumba? This dance class is for you to exercise your body while listening to the music. Come and have some fun! Suggested donation of \$3/person. Course conducted by the Chinese Information and Service Center in Chinese language only. NBCC.

Course #65735      1-3pm      Wed      May 9-Aug 29      \$3/each donation

**Tap Dance-Beginning**

Have you wanted to learn to tap dance or want to improve the skills you learned long ago? This is a wonderful way to exercise while improving coordination, memory and having fun. NBCC.

Course #63870      11-12pm      Tue      May 1-22      \$16 R/\$19 NR

Course #63871      11-12pm      Tue      May 29-Jun 19      \$16 R/\$19 NR



### Tap Dance-Intermediate

Improve your skills dancing to fun music from the old days. This is a wonderful way to exercise while improving your memory, coordination, and having fun. NBCC

Course #65759	12:15-1:15pm	Tue	May 1-22	\$16 R/\$20 NR
Course #65760	12:15-1:15pm	Tue	May 29-Jun 19	\$16 R/\$20 NR

### Senior Tennis

Tennis for those 50+ at the Robinswood Tennis Center.

Ongoing	2:30pm	Tue		\$13
---------	--------	-----	--	------

### 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

Join other seniors and set aside Wednesdays 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, bi-lingual education, healthcare information, translation, and bi-lingual 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 and supportive setting. 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: Janice Kong, 206-624-5633 x 4123. NBCC

Drop-In 8:30-12pm Thu May3-Aug 30 FREE

**ESL Advanced for Mandarin Speakers**

Advanced English as a second language instruction for Mandarin speakers. NBCC

Course #65773 10-11:30am Thu May 3-Aug 30 FREE

**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. NBCC

Course #59708 9:30-10:30am Wed May 2-Aug 29 FREE

**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. NBCC

Course #65795 12:45-1:45pm Mon/Fri May 4-Aug 31 FREE

**Indian Fellowship**

This social group is geared for older adults visiting from India. Contact CD Banerjee at 425-746-8420 for additional information. NBCC

Course #65794 10:30am-1pm Tue May 1-Aug 28 FREE

**Special Interest & Lifelong Learning**

**Book Discussion Group**

Meets 2<sup>nd</sup> Tuesday each month. Information: Sue Hipke, 425-747-6843 or Dorothy Goddard, 425-747-5543. FREE. NBCC

Course #59685 10-11:30am Tue May 8 FREE

**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. 2<sup>nd</sup> & 4<sup>th</sup> Monday each month, 11am-1pm. No appointment necessary. Provided through a partnership with Hopelink Travel Ambassador Program. NBCC

Course #65793 11am-1pm Mon May 14-Aug 27 FREE

**Young Onset Parkinsons**

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

Course #65870 7-8:30pm Wed May 2 FREE

Programs, courses, activities, and services located at  
North Bellevue Community Center (NBCC) | South Bellevue Community Center (SBCC)  
www.bellevuewa.gov www.myparksandrecreation.com



**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

Course #60821 1:10-3:10pm Tue May 1-Jun 26 \$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. FREE

Course #65775 8:30am-6pm Fri May 4-Aug 31 FREE

Course #65774 8:30am-8:30pm Mon-Thu May 7-Aug 30 FREE

**Party Bridge**

Drop-in "Party Bridge" play. Meets in the Billiards Room. Individuals welcome. Please contact Dorothy at 425-747-5543. NBCC

Course #65779 12-3pm Tue May 1-Aug 28 FREE

**Cribbage**

Come join friends for a fun game of Cribbage. Contact: Carl Wittenberg, 425-641-3118. NBCC

Course #65777 10-12pm Thu May 3-Aug 30 FREE

**Duplicate Bridge**

Bring a partner. Group meets at NBCC 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.

Course #65777 12-3:30pm Wed/Fri May 2-Aug 31 .50/per player/day

**Mah Jong**

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

Course #65778 1-3pm Wed May 2-Aug 29 FREE

**Pickleball**

The monthly schedule for Pickleball may vary. Please call for current schedule. Court and net provided-players provide their own paddle and ball, (we have a few to loan). NBCC

Course #65782 3-5pm Mon/Fri May 4-Aug 31 \$3 R/\$4 NR

**Pinochle**

Pinochle played every Thursday afternoon. 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. NBCC

Course #65792 12-3pm Thu May 3-Aug 30 FREE



**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. NBCC

Course #65783      8:30am-6pm      Mon-Fri      May 1-Aug 31      \$3 R/\$4 NR

**OVERVIEW OF PROGRAM SITES FOR OLDER ADULT PROGRAMS**

**North Bellevue Community Center (NBCC)**      425-452-7681

4063 – 148<sup>th</sup> 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.

**South Bellevue Community Center (SBCC)**      425-452-4240

14509 SE Newport Way

As we develop programs, we want to hear from you as to what you would like to find at SBCC. Call 425-452-4240, email [sbcc@bellevuewa.gov](mailto: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](http://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.Ccsw.org](http://www.Ccsw.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](http://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](http://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)  
Programs and services for seniors.

425-688-5800

### 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](http://www.BenefitsCheckUp.org) Medicare questions answered via the Internet at [www.mymedicarematters.org](http://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. Bi-lingual 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, Cathy Lee, 206-624-5633 x4123

#### **Spanish Services**

SeaMar Community Health Center co-sponsors a variety of services to Latino Seniors. ESL classes, bi-lingual education, healthcare information, translation and bi-lingual 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](http://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](http://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

Programs, courses, activities, and services located at  
North Bellevue Community Center (NBCC) | South Bellevue Community Center (SBCC)  
[www.bellevuewa.gov](http://www.bellevuewa.gov) [www.myparksandrecreation.com](http://www.myparksandrecreation.com)



## 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+, flat fee of \$5.75 less than 60 years. Monthly menus available. NBCC

### Meals-On-Wheels

Frozen meals are delivered to homebound seniors on Mondays. 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 3<sup>rd</sup> Tuesday each month at noon. Information: 425-868-4502. NBCC

### PROBUS

425-861-0596

Retired and semi-retired professional/business persons. 3<sup>rd</sup> Thursday each month, 9am. NBCC

### American Ex-POWs

425-255-9492 (Mary Minietta)

Prisoners of Foreign Wars meet for informational presentations, lunch, and support. 4<sup>th</sup> Tuesday each month at noon. NBCC



### **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.

### **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](http://www.bellevuewa.gov/network_on_aging.htm)



## BNOA 2011/2012 Accomplishments

2011

---

### 2011 Outreach Committee

1. Members attended the Eastside Time bank coordination meeting. One member joined the Time bank Board of Directors and is reporting to the Network at each regular meeting.
2. Members took part in Neighborhood Forum at Crossroads Center on May 12 sponsored by PCD, and took part in the older adult break out group with Bellevue residents.
3. World Elder Abuse Awareness Day Proclamation - June 6, 2011. Bellevue City Council
4. Members took part in the Senior Services Aging Your Way Forum, May 18, 2011.
5. Members presented BNOA PowerPoint to residents in Newport Hills Community Association, June 21, 2011.
6. Sponsored a Bellevue Network on Aging table at the following fairs:
  - Overlake Hospital Active Senior Fair - March 12
  - Strawberry Festival - June 25 & 26
  - Crossroads Farmer's Market - August 2
  - Bellevue Farmer's Market - August 20
  - Chinese Information & Service Center Resource Fair - October 13
  - Home Is Where the Heart Is Housing/Health Fair - October 15
7. Met with first responders from Police, Fire, and Code Enforcement to determine if we could help with reducing number of non-essential 911 calls from Seniors. Submitted data request to help define problem, outcome pending.
8. Vial of Life story on BTV "It's Your City" - March 2011.
9. Hearing loss videos presented on BTV.
10. Convened a meeting with Group Health, Evergreen, and Overlake Senior Services to "check-in" re: services availability, communications, gaps, or need in the community.
11. Met with Bellevue Police re: shopping carts and fines – to determine if there was a problem we can/should help with.
12. Began "benchmark" process with Hawaii Senior Services, outcome pending.

### 2011 Advocacy Committee

Monitored bills of interest during Legislative session.

1. February 2011: sent letters to Senator Tom and Representatives Eddy and Hunter supporting continued state funding for senior programs including the Senior Citizen's Services Act.
2. Members planned to visit state legislators in Olympia as part of Senior Lobby Day in February, 2011 but were snowed out.
3. Spring 2011: wrote letter to Bellevue City Council and testified before Council relating to Evergreen Court and the need for facilities that accept Medicaid patients.
4. April 2011: met with Representative Reichert regarding Community Development Block Grants.
5. Sent letters to Representative Reichert and Senators Cantwell and Murray in support of continued funding for the Community Development Block Grants program.
6. Wrote letter to Bellevue Reporter regarding need to pass Veteran's and Human Services Levy.
7. Jointly in November 2011: sent letters to 41<sup>st</sup>, 45<sup>th</sup> and 48<sup>th</sup> District Representatives, Senators, and the Governor in cooperation with the Kirkland Senior Council regarding the need to sustain funding for Long-Term Care Home Services, Adult Day Health, Routine Dental Care, Senior Citizens Services Act funding, Volunteer Chore Services, and the Washington State Long-Term Care Ombudsman program.
8. November 2011: organized with Kirkland Senior Council the legislative forum at which we presented our 2012 legislative agenda.

9. Fall 2011: coordinated with Eastside Human Services Forum regarding issues affecting seniors. (They adopted our 2012 State legislative agenda.)
10. Fall 2011: wrote to Senators Murray and Cantwell, and Representatives Inslee and Reichert about the need to maintain funding for Washington State Ombudsman Program and need to reauthorize Older American's Act with needed changes.

#### 2011 Housing Committee

1. Arranged for Universal Design presentation May 16, 2011 to Council in cooperation with the NW Universal Design Council and Tom Minty.
2. Worked cooperatively with ARCH and UW Project Management students to develop Senior Housing Options Website which launched on the ARCH website in June 2011.
3. Included AFH licensing information link on the ARCH housing website
4. Members made a presentation to SeniorNet about the ARCH Senior Housing website on September 20, 2011.
5. Toured Korean Women's Association senior housing project in Federal Way, WA.

### **2012**

---

#### 2012 Outreach Committee

1. Members took part in the Senior Services Aging Your Way Summit, March 21, 2012.
2. Sponsored a Bellevue Network on Aging table at the following fairs:
  - Overlake Hospital Active Senior Fair - March 10
  - Strawberry Festival
  - Crossroads Farmer's Market
  - Bellevue Farmer's Market
  - Chinese Information & Service Center Resource Fair
  - Home Is Where the Heart Is Housing/Health Fair
3. Presentation to Council, February 6 under "Reports of Boards and Commissions" recapping the 2011 Legislative Forum and BNOA Legislative Agenda items.

#### 2012 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.

#### 2012 Transportation & Housing Committee

1. Members attended and took part in the EERC Transit Communities Exchange Forum, February 29, 2012.
2. Members toured the City Traffic Management Center to learn about signal and crosswalk planning efforts, crosswalk timing, and begin to engage in the Downtown planning efforts.

#### Other

1. *Eastside Human Services Forum*: Took part in monthly work group meetings, chaired the advocacy/education subcommittee, created unified advocacy statements for EHSF, BNOA, and Kirkland Senior Council.
2. *Eastside Easy Rider Collaborative*: gave input on new website which launched in 2011
3. *Annual Report*: delivered to Council during Older American's Month May 2011
4. *Older American's Month Proclamation* May 2011
5. *Annual Seniors vs. City Softball Challenge* game July 27, 2011