

**BELLEVUE NETWORK ON AGING
RETREAT
MINUTES**

January 17, 2013
8:30 a.m.

Bellevue City Hall
Room 1E-120

MEMBERS PRESENT: Tomas Corsini, Dick Englund, Jeanne Grote, Beverly Heyden, Peg Jones, Howard Katz, Hannah Kimball, Bob Megargel, Bill Merriman, Susan Posten, Eileen Rasnack, Lynne Robinson, Berta Seltzer, Diana Thompson, Terri Wilson

MEMBERS ABSENT: Jullie Gray and Janet Zielasko

STAFF PRESENT: Cathy VonWald and Alex O'Reilly, Department of Parks & Community Services

OTHERS PRESENT: Ranodda Dechambeau, Retreat Facilitator

RECORDING SECRETARY: Teri Ekstrom

WELCOME AND INTRODUCTIONS

The BNOA Retreat was called to order at 8:50 a.m. by Ranodda Dechambeau, retreat facilitator. Committee member introductions were done and all members were present with the exception of Jullie Gray and Janet Zielasko.

Two items were added to the agenda: 1) voting for Chair and Vice-Chair for the BNOA, and 2) approval of the December BNOA meeting minutes.

REVIEW BNOA GOALS AND ACCOMPLISHMENTS FOR 2012

2012 Outreach Committee (reported by Diana Thompson)

As the Outreach Committee we help the community to be aware of the needs of older adults, to help older adults and their families/friends become aware of resources in the community, and to help identify any unmet needs of older adults. We do this in many ways. We do outreach through participating in Fairs in the community. These events are organized by the Outreach Committee but all BNOA members participate. We do articles for newspapers; arrange to show appropriate videos on BTV (such as elder abuse, transportation & other issues that relate to older adults). We publicize World Elder Abuse Awareness Day and the City Council presents a proclamation to the community. A presentation was made this year to the Bellevue Human Services Commission. We participate in the Vial of Life. We connect and meet with relevant

others in the community, such as the Fire Dept. in regard to the frequent callers, & other topics. We have done coordination with Chinese Information and Service Center staff and other groups.

2012 Advocacy Committee (reported by Diana Thompson)

We advocate for funding for seniors and services for seniors at the local, state and federal level. We study the issues (such as medical observation), we monitor legislation, we write letters in reference to aging issues to legislators, we attend meetings to increase our knowledge (Senior Lobby Day Conference), we coordinate our legislative agenda with other groups (Eastside Human Services Forum, Aging & Disability Services Advisory Council, State Council on Aging, and AARP). The coordination of groups helps to protect the needs of older adults. We assisted in the coordination of the Silver Tsunami Legislative Forum in October and met with legislators at that time.

Senior Lobby Day will be February 21st this year and every BNOA member is encouraged to attend. Appointments with legislators have already been arranged. We advocate for: 1) protection of vulnerable adults (elder abuse), 2) keeping older adults in their homes with in home care services and other services available, and 3) health services for older adults. Ms. Seltzer indicated that the Affordable Care Act will affect a lot of this . . . especially people on Medicare & Medicaid (dual eligible). The State of Washington has to determine what do with these people who have services with the Obama Care coming. It is less expensive for the State to keep people in their homes than to have people living in nursing homes. We need to continue to advocate for those kinds of services that can help people stay in their home.

2012 Housing/Transportation Committee (Jeanne Grote reported)

Ms. Grote first reminded members of the shelters that are set up on the eastside that are currently open until March.

The ARCH website has been updated and the committee will ensure that it is updated every six months.

There will be a meeting on January 24th of all city Boards/Commission members to give input regarding the update of the City's Comprehensive Plan.

In 2012, the committee toured the traffic operations office in City Hall, helped give input on the Transit Master Plan, attended Aging & Disability Services "Transportation . . . the Road to Independence", attended the Senior Lobby Conference's "Staying Mobile as we Age", where we heard a presentation by AARP regarding "Complete Streets" to develop safe, age-friendly streets, and participated in the Eastside Easy Rider Collaborative mobility presentation on their new grant to do a shuttle on the Eastside (their next meeting is January 29th). Other transportation goals that we had in 2012 were to look into safety (jay walking), and the City's street and pedestrian signaling system.

Ms. VonWald also highlighted that several BNOA members serve on other regional & local committees such as the Parks & Community Services Board, Eastside Easy Rider Collaborative, Eastside Human Services Forum, Eastside Time Bank, and Aging & Disability Services Advisory Council.

Mr. Englund asked how we judge the impact of our efforts and how do we measure our impacts. Ms. VonWald stated that there isn't a formal measurement to see if we are on track besides feedback from our constituents. One example of the BNOA impact is the ARCH Senior Housing Site and the FD Cares program. The BNOA worked closely with these agencies to implement the programs. In addition, the continued funding of older adult programs due to Legislative Advocacy can also be measured.

Ms. Dechambeau stated that maybe as we set up goals and priorities for the year, we can also put into place measurements to accomplish the goals. There are simple measures that can be added.

APPROVAL OF MINUTES

There was a motion to approve the minutes of December 6, 2012. The motion was seconded. Ms. Kimball stated that it says in the minutes that she was present and absent. She was not at the meeting. With this change, the minutes were unanimously approved.

The group thanked the current Chair and Vice-Chair for serving and nominations were open for the Chair and Vice-Chair for 2013. Ms. Grote was nominated by several members for Chair. Ms. Thompson was nominated for Vice-Chair. With unanimous approval, Jeanne Grote will be Chair for 2013 and Diana Thompson will be Vice-Chair.

BREAK

COMMITTEE STRUCTURE FOR 2013

Do we have the right committee structure for 2013? Is there something else that we should be doing? Are we structured correctly?

Ms. Robinson stated that maybe we should look at new committee ideas before we look at the old ones.

Mr. Englund stated that we are usually focused on "needy" seniors and don't give much thought to the "less needy" aging adults. A lot could be done for those "less needy" adults to preclude them from being more needy. Ms. Heyden stated that there are "less needy" seniors that are in their homes but they want to know where services are available so they can stay in their home. Mr. Megargel passed around the "Choices" guide that is a good resource. Ms. Wilson stated that it is a good resource but it is paid for and not inclusive of all services available. She said we need to

focus on those that are falling through the cracks and don't qualify because their income is just above the income level for help. Ms. VonWald added that Senior Information and Assistance is the place to call to find services. Ms. Thompson stated that we do have a two page resource guide already that we produced that could be updated. Ms. Rasnack said that Catholic Community Services does have the Chore Services Program. It was reiterated that the best place to get resource information is through Evergreen Care Network and Senior Information and Assistance.

Ms. Robinson said that maybe there should be a new "Wellness" committee to deal with medical observation and in home care to support those people who do fall through the cracks. We need to study the issues to see where we can make an impact.

Mr. Englund stated that maybe we should have a committee to explore new ideas. This group would study and explore issues. Ms. VonWald stated that all of the committees do this on a regular basis.

Ms. Robinson stated that the Advocacy Committee covers so much already. If medical observation is part of this, then one person would have to do all of the work on this. Should we have an AdHoc Committee on the subject?

Ms. Dechambeau asked if the group would like to keep all of the three committees from last year & asked whether others should be added.

Ms. Thompson stated that medical observation should remain a focus of the Advocacy Committee. The Advocacy Committee has several members, such as Jullie Grey, who know a lot about the topic and one person wouldn't have to work on it alone.

Mr. Englund stated that tasks are distributed among three committees and if we have more committees in which to distribute the tasks, we might have greater efficiencies.

Ms. Dechambeau requested that the members vote on the subject of adding an AdHoc Committee for medical observation or have it as part of the Advocacy Committee. It was an overwhelming vote to have an AdHoc Committee for medical observation. She then requested a vote on keeping the three current committees. It was agreed that the members wanted to keep these three committees (Advocacy, Outreach and Housing/Transportation).

Medical Observation AdHoc Committee:

This committee will meet the 1st Thursday of the month at 5:00 pm.

Members:

Peg Jones

Lynne Robinson

Bellevue Network on Aging

January 17, 2013

Page 4

Bob Megargel
Dick Englund
Susan Posten
Jeanne Grote

Outreach Committee:

This committee will meet the 2nd Monday of the month @ 9:00 am.

Members:

Lynn Robinson
Howard Katz
Hannah Kimball
Jeanne Grote
Tomas Corsini
Dick Englund

Advocacy Committee:

This committee will meet the 1st Monday of the month at 8:15 am.

Members:

Jullie Gray
Eileen Rasnack
Howard Katz
Diana Thompson
Susan Posten
Janet Zielasko
Tomas Corsini

Housing/Transportation Committee:

This committee will meet the 4th Monday of the month @ 9:00am.

Members:

Beverly Heyden
Peg Jones
Berta Seltzer
Bill Merriman
Terri Wilson
Hannah Kimball
Diana Thompson

COMMITTEE GOALS & PRIORITIES

It was decided to brainstorm and identify potential projects for each committee for the 2013 work plan.

Outreach Committee Priorities

Fair tables
Cross pollination with other groups
Evaluate translations of materials
Vial of Life (updating forms)
Bellevue Network on Aging

Neighborhood Association outreach
Quarterly Council meeting updates

Advocacy Committee Priorities

Legislative Agenda implementation
Legislative Forum
Affordable Care Act (50-64 group) – extend Medicaid
Navigating Medicare
Aging Summit

Housing/Transportation Committee Priorities:

Update Housing Site

EERC participation

Station Planning with Sound Transit

Sound Transit Maintenance Yard citing (affordable housing)

Comp Plan Update

Whole BNOA tasks:

Cross Diversity Plan
Human Services Needs Update
Comprehensive Plan Update
Proclamations/Info to Council

Ms. VonWald will find meeting rooms for all of the committee meetings and e-mail the members.

Remember:

January 30 – I-90 input on tolling
February 7 – next BNOA meeting with speaker Nancy Amidei re: Advocacy

ADJOURN

The meeting was adjourned at 11:40 am.