

BELLEVUE NETWORK ON AGING  
REGULAR MEETING  
MINUTES

February 2, 2012  
8:30 a.m.

Bellevue City Hall  
Room 1E-120

MEMBERS PRESENT: Richard Englund, Jeanne Grote, Merle Keeney, Hannah Kimball, Bob Megargel, Bill Merriman, Eileen Rasnack, Lynne Robinson, Berta Seltzer, Diana Thompson, Terri Wilson, Janet Zielasko

MEMBERS ABSENT: Jullie Gray, Beverly Heyden, Howard Katz, Blake Werner

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

OTHERS PRESENT: Gigi Meinig, Aging & Disability Services; Dave Wagar, Kirkland Senior Council; Bob Vaughn, Kirkland Senior Council; Barbara Lee, resident

RECORDING SECRETARY: Teri Ekstrom

WELCOME AND ROLL CALL

The meeting was called to order at 8:30 a.m. by Chair Rasnack who presided. All committee members were present with the exception of Jullie Gray, Beverly Heyden, Howard Katz and Blake Werner.

APPROVAL OF MINUTES

Ms. Thompson asked us all to turn to page 5 of the minutes. She would like to change the 3<sup>rd</sup> paragraph (Ms. Thompson said that someone should be keeping an eye on the housing issues . . . possibly an AdHoc Committee for this) to read "Ms. Thompson said that we should be keeping an eye on the senior component of the ARCH website to keep it current".

Ms. Grote also said she would like to make a change on page 5. Further down the page where committees are listed it says "Transportation (Mobility)" but we decided that this committee should be called Transportation/Housing. So this change should be made.

There was a motion to approve the minutes with the two stated changes. The motion was seconded. The minutes, with the changes, were approved unanimously.

## OVERVIEW OF THE AGING NETWORK [PRESENTATION]

Ms. VonWald introduced Gigi Meinig to talk about the Area Agency on Aging for Seattle and King County and give an overview of the Aging Network in King County and Washington State.

Aging and Disability Services was chartered under the Older American's Act in 1965. The purpose of the Older American's Act was to create a foundation for older people to maintain maximum independence in their homes and communities and promote a continuum of care for the vulnerable elderly.

There are 629 Area Agencies on Aging (AAA) who carry out the work of the Older American's Act nationally. Each state designates an agency to plan and coordinate services for older people. In Washington State the Aging and Disability Services Administration under the DSHS umbrella is that agency. States are divided into Planning and Service Areas (PSA's). Washington has thirteen PSA's and therefore, has 13 area agencies (county governments, regional councils, non-profit organizations and tribes) that develop and promote services and options to maximize independence for elders, disabled adults, and family caregivers. Area Agencies (AAA's) contract with a wide variety of community service providers to deliver Older Americans Act funded services. As mandates, each AAA develops an area plan to describe how services will be coordinated and delivered. Citizen advisory councils guide the work of each AAA. Ms. VonWald stated that Ms. Seltzer and Ms. Heyden sit on the Advisory Council.

King County's Area Agency on Aging called Aging and Disability Services has an interlocal agreement with three sponsors: United Way, King County, and City of Seattle to support the Area Agency's mission. The sponsors role is to: review and approve the four-year Area Plan and annual amendments, appoint nine members each to the Advisory Council, designate an individual to represent its policy & interest and assign a staff liaison, meet monthly to discuss and determine plans and policies of Aging and Disability Services (ADS), review and approve the funding allocation process and Area Plan, hire the director of Aging and Disability Services. The current sponsor agency staff liaisons are Dave Okimoto, United Way; Dannette Smith, City of Seattle; and Jackie MacLean, King County.

Ms. VonWald stated that ARCH is another similar example of this kind of inter-local governmental agreement. ARCH staff is housed in City of Bellevue just as Aging & Disability Services is housed in Seattle.

The ADS mission is to develop a community that promotes quality of life, independence, and choice for older people and adults with disabilities in King County.

Each AAA develops an area plan to which describes how services will be coordinated and delivered. Citizen Advisory Councils guide the work of each. All of this information collected is fed back into the Plan and it is revised every four years. It presents demographic trends and outlines major goals and objectives.

The Advisory Council is comprised of 27 volunteers appointed by the three sponsors. They guide Aging and Disability Services on issues, services and policies that affect older people and adults with disability and advocate on behalf of those populations.

The Advisory Council's Role is to: advise ADS about the needs of older persons & adults with disabilities, participate in the development and implementation of the area plan, sponsor public hearings, forums and conferences, review policies, programs and actions which affect the elder and adults with disabilities, advocate on issues of concern to elders and people with disabilities. They meet the second Friday of every month and the meetings are open to the public.

There are three funding types: *categorical* – funder dictates service and who will receive (Medicaid); *Limited discretion* – funder identifies service areas. Local AAA determines amount by service area (OAA); *Discretionary* – funder allows local AAA broad discretion in Service area amounts (SCSA, Title IIIB).

The list of discretionary service areas are: adult day services, case management, client specific, disability access, health promotion, elder abuse prevention, information & assistance, legal services, nutrition, senior centers, transportation, and Pearls.

Ms. Thompson asked if these are all of agencies that King County funds or just Senior Services with discretionary money? Ms. Meinig stated that this is all of agencies. Senior Services does get quite a bit of this money but it also goes to a lot of other agencies, senior centers, etc.

Ms. Robinson asked what Pearls is. Ms. Meinig stated that it is a community-based intervention for older adults with depression. She said it was available to people in all of King County. Both Ms. O'Reilly and Ms. Robinson stated that they didn't believe it was available to the eastside. Ms. Meinig handed out a flyer for Pearls that has the contact information. She also stated that people could call Evergreen Care Network or Senior Services Information & Assistance for additional information and program details.

Ms. Kimball asked Ms. Meinig to explain the transportation and why it indicates only one-way. Ms. Meinig stated that it is volunteer transportation in which you can call Senior Services and each way is considered one trip, so roundtrip is considered two trips.

Ms. Meinig handed out the AARP brochure and pointed out the graph on the back that shows the number of people in long-term care. She said that by moving away from expensive nursing home care it has saved an estimated \$3.34 billion from 1996 to present day.

Mr. Megargel stated that we need to keep caregiving as affordable as possible. Legislation passed that required the need for more training but didn't provide the funds. As a homecare worker you need to have 72 hours of training. Ms. Thompson said a bill was introduced to suspend this legislation. You can write to legislators asking that they suspend this legislation. Right now 32 hours of training is required and it is paid for. Any additional hours of training (above 32 hours) are not paid for and you have to do it on your own time. Ms. Rasnack said that we might have to add this issue to an upcoming meeting agenda.

Ms. Meinig continued by stating what the non-discretionary service areas are: Medicaid case management, Medicaid nursing services, caregiver support, employment and Title V, family caregiving support, homecare, King County Pearls. She said there is also one other program called King County Care Partners which is client-centered care so that clients are not always using the emergency room.

The biggest challenge is to meet community needs in the face of funding shifts and declines.

Ms. Meinig then referenced the maps she had: map with the number of adults in a census tract that were 60+ (you can see where the elder population is – large population in the Bellevue downtown area); map with the % of adults 60+ in poor health (Bellevue and Mercer Island look pretty good); map of the number of non-white & latino adults 60+ (showed that Bellevue is very diverse), map of the % of people over 60 in fair or poor health (Bellevue looked ok in this area). She said that Susan Kinney, a demographer, was going to be presenting at their next meeting and anyone is welcome to attend (2<sup>nd</sup> Friday of the month).

Aging Service Network saves money!! Washington State's successful long term care system ranks 2<sup>nd</sup> in the nation. Our system is popular; provides choice of settings and is cost effective. Washington State ranks 32<sup>nd</sup> in per capita spending on long term care. The move away from expensive nursing home to community based services has saved \$3.34 billion.

In closing Ms. Meinig gave her contact information: 206-684-0652 [gigi.meinig@seattle.gov](mailto:gigi.meinig@seattle.gov). Also, for Senior Information and Assistance call 1-888-435-3377 or find the searchable database at [www.seniorservices.org](http://www.seniorservices.org).

It was asked as to what the status of hiring a director for Aging and Disability Services. Ms. Meinig stated that the first interviews happened last week and they are moving several candidates forward. Those candidates will have an all-day interview with different panels that will be set up. We are hoping that a director will be hired within the month. Ms. VonWald stated that when someone is hired we will have to have them come to a BNOA meeting to be introduced to the group.

## COMMITTEE REPORTS

### A. Communications (reported by Mr. Keeney)

The Communications Committee met for the first time last Monday for 1-1/2 hours. Mr. Megargel is the vice-chair and minute taker along with Mr. Werner. The committee's goal is to set up an outreach plan for 2012 and had a robust discussion (rich & meaty discussion that gave us lots to chew on). In creating the outreach plan for 2012, the committee will need to review 2011 and note the accomplishments. Even though we did a lot of good things last year, we questioned as to whether what we did was organized and having the impact that we wanted it to. We want to focus, so we looked at our mission statement for direction. BNOA is dedicated to healthy aging (quality of life) in our community by promoting awareness of needs and resources that support older adults through life transitions.

We are going to focus on promoting awareness of needs as well as resources in which older adults is the focus area. What does older adults mean? We thought we needed to include the children of the 65+ age group (focus area) and so we decided that our focus age group would be the 50 and older.

How do we do this? What is the purpose/strategy: 1) effective & systematic outreach; 2) regional collaboration; and 3) community involvement. We are going to take these three things and determine our tactics/direction/actions around these that are measurable. So, at the end of the year we can say we focused on these areas and these are our focus and this is what we did. This will help us narrow down and figure out how we can be the most productive.

We had a phenomenal meeting. Everybody was involved. We didn't all agree but we listened and understood and will reach a consensus as a group. Who are the people that we are responsible for (we need to make sure that with our focus we are reaching these groups): 1) older adults & their families, 2) citizens of Bellevue, 3) City Council, and 4) civic & business leaders.

The next step is to flush out who we are, what we want our message to be, and take the action items needed to form direction. We will be meeting the 3<sup>rd</sup> Monday of the month from 8:00-9:00am.

We are all about Outreach and so we would like to change our committee name from Communication to Outreach.

Ms. VonWald stated that she would send out meeting notices for each committee. Ms. Robinson stated that she would like to give the Park Board a report on what the BNOA is doing at each of their meetings. Please email report items to Ms. Robinson prior to the Park Board meetings which take place on the 2<sup>nd</sup> Tuesday each month.

#### B. Transportation/Housing (reported by Ms. Grote)

The first meeting was cancelled because of snow but it is rescheduled for February 27<sup>th</sup> at 9:00 @ North Bellevue Community Center.

#### C. Advocacy (reported by Ms. Thompson)

The first meeting is this Monday, February 6 at 8:00am. We will be talking about Senior Lobby Day on February 23<sup>rd</sup>. The cost to attend the Senior Lobby Day event is \$15 and you need to register if you plan on attending. We will be setting up appointments with legislators, hoping to coordinate with the City of Kirkland, AARP and Aging & Disability Services. Ms. Rasnack said that they really put together a great program and you learn a lot at Senior Lobby Day. She would really recommend that everyone attend.

Ms. Thompson will be presenting on behalf of the Network at the City Council meeting on Monday, February 6 at 8pm in regard to the census figures, legislative forum & legislative agenda.

D. Quality of Life – no report

COMMUNITY PARTNERSHIPS REPORTS

Ms. Robinson said they talked about the Bel-Red Corridor at the Park Board meeting. In the Bel-Red Corridor they are looking at what parks they would like to see created in the area. If you have any ideas on what is an “age-friendly” park you can e-mail your thoughts to her. Ms. Kimball asked if they already have a rough draft of the Bel-Red Corridor Plan? Ms. Robinson stated that the Plan will develop in the next ten years. It would be worthwhile to go online and read the minutes for the Park Board meeting when they gave their presentation. There is also a tab on the City of Bellevue website under City Initiatives for the Bel-Red Corridor.

A. Eastside Easy Rider Collaborative (Ms. O’Reilly reporting)

At the last meeting Kevin McDonald talked about the Bellevue Downtown Transportation redesign. We gave our comments on it and it is going forward to the Council this Monday. We talked about the issues of crosswalks (lit crosswalks, timing issues), and more benches along sidewalk routes. Whenever a new plan is being created for transportation we are keeping on top of these so that we can give input when we can.

B. Eastside Human Services Forum (Ms. O’Reilly reporting)

The Eastside Human Services Forum board approved their work plan. Ms. O’Reilly will forward a copy of their work plan to you. Ms. VonWald is the chair of the EHSF Advocacy Subcommittee.

C. Eastside Time Bank (Ms. Grote reporting)

Ms. Grote said she attended the last Eastside Time Bank potluck on January 12. It is a wonderful group. She went through the new member orientation. The next meeting is February 9<sup>th</sup> and it will be a brown bag lunch at 12:30 at Redmond Library. The meeting after that will be in Kirkland. The membership is growing with all ages and cultures.

She mentioned that she attended the Kirkland Senior Council meeting and it was great to see how they do things. We should continue to have a quarterly exchange with them.

D. Aging & Disability Services Advisory Council (Ms. Seltzer reporting)

They had a retreat last month and the theme was health care reform and how it will be implemented. It will take a tremendous amount of work and time to do this. The local group is working hard and hoping that there aren’t a lot of cuts. We have a copy of the governor’s budget but not the budget from the house or the senate. Cuts could still come forward for the 2011 budget. We meet the 2<sup>nd</sup> Friday of the month and I would encourage anyone to attend. It is held at the Seattle Municipal Tower from 12:00-2:00 on the 40<sup>th</sup> floor. Every meeting has an information piece and a business piece. Ms. VonWald stated that she will forward the agenda for these meetings.

## STAFF REPORT

Ms. VonWald stated that the Overlake Hospital Active Senior Fair will take place on March 10<sup>th</sup> from 10:00-3:00 at Westminster Chapel. If you are interested in helping staff the City table please let her know. There will be 1-1/2 hour volunteer shifts.

## NEW BUSINESS

Mr. Englund stated that with budgets being cut and services that will be cut, people need to get these services somewhere or go without. The Network currently only refers people to public agencies and I was wondering if we could broaden our references to include private services also. Ms. VonWald stated that the Network promote Senior Services Information and Assistance because it includes all services. As the City of Bellevue we can't promote private and promote one over another.

When the Network originally met with Overlake, Evergreen, Senior Information and Assistance and 211, it was agreed that the best referral for older adult resources is Senior Services Information & Assistance because they include all services and update the information regularly. This is the County's one stop for all resources for older adults. Mr. Englund stated that we need to maximize the information that people get. Ms. VonWald stated that is why we refer to Senior Services Information & Assistance because it is inclusive.

It was then discussed whether the services listed by Senior Services Information & Assistance is screened. Ms. Meinig said that they do not do that. It was then brought up that maybe this should be an agenda item. How do we protect the population of seniors? Ms. VonWald stated that we need a briefing by Senior Services Information and Assistance. Ms. Robinson said that we should include Evergreen Care Network also. Ms. Meinig stated we could contact Betsy Kruse at Evergreen Care Network.

## PUBLIC COMMENTS/QUESTIONS

Dave Wagar, Kirkland Senior Council, said that they look forward to working collaboratively.

## UPCOMING AGENDA ITEMS

March – The Attorney General will present his Older Adult initiatives

April – Presentation by Senior Services Information & Assistance & Evergreen Care Network

## ADJOURN

The meeting was adjourned at 10:30 am.