

BELLEVUE NETWORK ON AGING  
REGULAR MEETING  
MINUTES

May 6, 2010  
8:30 a.m.

Bellevue City Hall  
Room 1E -112

MEMBERS PRESENT: Lynne Robinson, Berta Seltzer, Diana Thompson,  
Howard Katz, Eileen Rasnack, Bill Merriman, Jullie  
Gray, Heidi Ressler, Hannah Kimball, Peg English,  
Richard Englund, Cindy Sharek, Beverly Heyden

MEMBERS ABSENT: Bob Megargel

STAFF PRESENT: Cathy VonWald, Department of Parks and Community  
Services; Janet Lewine, Department of Planning and  
Community Development

OTHERS PRESENT: Emory Baldwin

RECORDING SECRETARY: Gerry Lindsay

WELCOME AND ROLL CALL

The meeting was called to order at 8:34 a.m. by Chair Robinson who presided. All committee members were present with the exception of Bob Megargel.

APPROVAL OF MINUTES

A. April 1, 2010

**Motion to approve the minutes as submitted was made by Ms. Seltzer. Second was by Ms. Kimball and the motion carried unanimously.**

Chair Robinson took a moment to acknowledge Community Services Supervisor Cathy VonWald's completion of her internship with the City Manager's Office. Her accomplishment was marked by the presentation of flowers.

Ms. VonWald said she enjoyed the four-month internship with the City Manager's office and learned a great deal. She noted, however, that she is also serving on one of the budget teams whose work will really kick in in June and July.

PRESENTATION

A. Design for All – Universal Design

Ms. VonWald introduced Emory Baldwin, an architect with ZAI, Inc, to talk about the concept of universal design.

Mr. Baldwin said he specializes in universal design and has been a member of the Northwest Universal Design Council for the past ten years. He noted that traditionally

architects have designed for the typical average person, even though there is no such thing as the average person; there is a wide spectrum associated with the human body and its abilities. In addition, household makeup is changing rapidly as multigenerational housing is on the rise along with the number of single homeowners and homes with several unrelated adults living together. The population is also aging.

Mr. Baldwin said the concept of universal design is predicated on the notion of aging in place and keeping people in their own homes as long as possible. He shared with the Network photos of his own home which was constructed to serve as a demonstration of universal design principles. He noted that the home has an accessible route of travel on both the street side and the alley side. The basement is designed to serve as an accessory dwelling unit while the upstairs functions as a single family home. All thresholds are less than a quarter inch high. The controls for the oven are set at a height that would be accessible to someone in a wheelchair, and the cooking area is wide enough to accommodate a wheelchair. The lower cabinets feature pull-out slides.

One of the main features of the house is a stacking closet system designed to accommodate the installation of an elevator at some future time. The closets are framed and wired for the most common type of elevator and the floors of the main level and upper level closets are bolted into place so they can easily be removed. Even without the elevator installed, the centrally located space is usable.

The stairways in the home are divided into three sections so that anyone falling on them will not fall far. Treadlights using low-wattage compact fluorescent bulbs are installed on every third run. They are tied to a photocell which automatically comes on at dusk and goes off at dawn, which means there is always light on the stairs.

By opening the low windows on the main floor and the high windows on the upper floor, natural ventilation occurs that in the summertime helps to keep the home cool.

In the master bathroom there is a curbless shower with controls that are offset toward the room side, making it fully accessible. The base cabinets all are designed to be easily removed, leaving only the countertop, making access via wheelchair possible. The toilet is higher than average but not quite as high as ADA requires.

The home has the look and feel of any single family home, and unless the accessibility features are pointed out, they are not noticed. The cost of the home, constructed in 2006, was \$140 per square foot.

Mr. Baldwin noted his interest in accessory dwelling units which so many jurisdictions across the nation are beginning to accept. He said his firm designed and built a 550-square-foot house for the recent Seattle Home Show designed to look like a backyard cottage that could be used for aging parents, caregivers, as a guest house, as an office, or as an artist studio. Done with traditional construction, the per-foot cost starts at about \$175. The homes are energy efficient and quick to construct.

Mr. Baldwin pointed out that the home show model had two entrances. The home is built to be flush at grade with the landscaping, so it is easily accessible. All of the doors are large enough to accommodate a wheelchair. The main space combines a kitchen, dining and sitting area. The bedroom area can be opened to increase the size of the main space via a telescoping nine-foot door. The towel bars serve as grab bars, and the shower is fully accessible by wheelchair. The floor tiles are cork, which tend to be less slippery.

Mr. Baldwin also shared pictures of a project completed in Portland.

Ms. VonWald explained that the Universal Design Council is a citizen volunteer board operated under the Area Agency on Aging. She suggested that anyone with an interest in serving on the council should check into applying for a seat.

BREAK

## COMMITTEE REPORTS

### A. Housing

Ms. Kimball said the committee participated in an innovative housing tour on April 21. With the help of Arthur Sullivan of ARCH and Associate Planner Janet Lewine, the tour included Ashwood Court, Evergreen Court, Cambridge Court, Shumway Mansion, Greenbrier, and specific detached accessory dwelling units. She said the members were made aware of how many different and intelligent ways there are to provide appealing and accessible housing in a wide range of pricing. None of the units had an institutional look and feel, and they all fit well into their respective neighborhoods.

### B. Outreach

Ms. Thompson reported that an article is being drafted for the *Bellevue Reporter* in honor of Elder Abuse Awareness Day. She said she will be accepting the proclamation of the Mayor on Monday, June 7, in Council Chambers.

Ms. Thompson informed the Network that the number on the books for the Elder Abuse Hotline is correct. However, the Hotline has been combined with the Children's Abuse Hotline, so callers to the number may be confused. She said she would like to contact the organization requesting that those answering the phones should make it clear that the organization deals with vulnerable adults. The hotline is operating 24 hours a day, which is good, and the operators screen the calls to make sure callers are connected to the correct agency.

Ms. Gray clarified that while the hotline is operated 24 hours a day, Adult Protective Services is not. If there is an emergency, a call should be made to 9-1-1.

Ms. Thompson said *Voices of Diversity* is preparing a segment on seniors. Filming is planned for some time during May. A number of people from different areas will

participate, including Ms. Gray. There will be an expert in the area of caretaking, and there will be representatives of the senior bicycle club. The search is on to find a senior in the process of losing their independence who would be willing to participate.

The video on financial scams is now showing on BTV. The station has also promised to replay the Kirkland video on elder abuse in honor of World Elder Abuse Awareness Day.

The city of Kirkland is working on a falls video. Filming has been completed and it is in the process of being edited. Once it is ready, it will be aired on BTV.

Ms. Thompson noted that in 2009 the outreach committee was involved with the Farmers Market in downtown Bellevue. There is also a farmers market in Crossroads and for a lot of reasons the outreach committee is leaning toward participating in the Crossroads event. The downtown market is in flux and does not have a permanent home, and Crossroads is willing to help out in a number of ways that will benefit the Network.

The idea of participating in the Bellevue Arts and Crafts Fair has been raised. Ms. VonWald spoke with the Bellevue Police Department which expressed an interest in allowing the Network to set up a tent next to theirs. The event runs for three days, but the question to be answered is how many of those days the Network should participate. The committee is leaning toward participating on Saturday and Sunday only.

Ms. VonWald said she also put a call in to the Fire Department which has also expressed an interest in participating with the Network. It should not be difficult to find city staff willing to staff the table.

Several of the Network members indicated their willingness to participate. The consensus was the Network should have a presence on Saturday and Sunday only.

### C. Advocacy

Ms. Rasnack said the committee met on April 12. She said the letter to Sound Transit was mailed and was responded to. Ms. Seltzer, Mr. Katz, Ms. VonWald and Ms. O'Reilly met with Councilmember Balducci and with Sound Transit to verbally express transit accessibility concerns for older adults.

Ms. VonWald said the next step will be transit station area planning. The staff that has that focus intends to keep the Network in the loop.

Ms. VonWald shared with the Network a map of the 2000 Census showing by color the percentage of people over the age of 65 and where they live in the city. She suggested that it will be interesting to compare the 2010 Census map when it is available.

Ms. Rasnack said the committee has also spent time focused on the legislative meet and greet that is scheduled for Thursday, November 16, from 4:00 p.m. to 6:00 p.m. at City Hall. Representatives from Districts 41, 45 and 48 will be invited.

Ms. VonWald said she attended the Aging and Disability Services Advisory Council meeting in April. She said Doug Ricker with ADS told her he likes the Network's format for its legislative meet and greet so much that he intends to copy it and use it in jurisdictions throughout the county. The organization has agreed to serve as a sponsor of the Bellevue/Kirkland event.

Ms. VonWald said the Eastside Human Services Forum is planning an Eastside dialogue meeting on Wednesday, June 16, from 12:30 p.m. to 2:00 p.m. at City Hall. City leaders from the various Eastside cities have all been invited to participate.

Ms. Thompson reported that new legislation now requires all mandatory reporters to report to the police and coroner's office. In addition, banks are now encouraged to not complete transactions involving seniors if something appears to be amiss. Mandatory training for financial institution employees who deal with seniors is now required.

Ms. Sharek reported that the state budget cut adult day health by 73 percent in 2009. She said efforts have been under way for the past year to get those funds reinstated. The good news is some of the funding has been restored, though it comes with a cap of 1,525 persons on Medicaid who can qualify for adult day health.

Ms. Rasnack said the committee will be writing thank-you letters to the legislature and the governor now that the budget documents have been signed.

Mr. Katz reported that he met recently with Senator Gordon for two hours and found that he is poorly informed with regard to older adult issues. Senator Gordon is, however, more than willing to attend meetings of the Network.

## COMMUNITY PARTNERSHIPS REPORTS

- A. Eastside Easy Rider Collaborative – None
- B. Eastside Human Services Forum – None

## STAFF REPORT

Ms. VonWald reported that Chair Robinson accepted the Older Americans Month proclamation from the mayor on Monday, May 3rd. She said Chair Robinson did an excellent job of highlighting the issues.

Ms. VonWald announced that Ms. Kimball will provide a quick update for the Park Board and the Human Services Commission on May 11.

Ms. VonWald said the annual softball game is slated for Wednesday, July 14, at Hidden Valley Sports Park at 4:00 p.m.

Ms. VonWald noted that the Strawberry Festival is scheduled for June 26 and 27. She said she is researching whether or not the city will have a table that the Network could piggyback on.

## NEW BUSINESS

With regard to the Sound Transit hospital station, Mr. Katz said the reality is that when the issue was presented to the City Council, a majority of the Councilmembers could not care less what was said. When Mayor Davidson and Councilmember Lee spoke before the Sound Transit Board on April 12, all they talked about was Surrey Downs. The only mention of the hospital came from an attorney representing a local business that would like to see the station located further to the north. A determination of where the station should be sited has not yet been made. The problem is that the Council is focused on other issues.

Ms. Seltzer noted that Councilmember Balducci had previously suggested the Network should contact the hospitals concerning the issue. By collaborating with them, it will be easier for the Network's voice to be heard.

Chair Robinson said she would discuss what approach the Network should take with Ms. VonWald and provide a report at the next meeting.

Ms. Ressler suggested Network members should be assigned to read books about adult issues to make it possible to offer recommendations as part of the group's outreach efforts.

Mr. Katz said the group needs to be planning for the July visit by state Attorney General Rob McKenna. He suggested there likely will be a big turnout.

Chair Robinson raised the notion of the Network creating an award for older adults who are aging positively in the community. Ms. VonWald suggested highlighting the award winners during the Older Americans Month proclamation. The Network positively responded to the idea.

PUBLIC COMMENTS/QUESTIONS – None

UPCOMING AGENDA ITEMS

ADJOURN

Chair Robinson adjourned the meeting at 10:36 a.m.