

BELLEVUE NETWORK ON AGING  
REGULAR MEETING  
MINUTES

June 5, 2008  
8:30 a.m.

Bellevue City Hall  
Room 1E -120

MEMBERS PRESENT: Christina Coulter, Lynne Robinson, Jim Messner, Eve Stern, Eileen Rasnack, Berta Seltzer, Catherine Brallier, Diana Thompson, Gary Dickerman

MEMBERS ABSENT: Howard Katz, Stephen Lam, Marjorie Todd

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

OTHERS PRESENT: None

RECORDING SECRETARY: Gerry Lindsay

1. WELCOME AND ROLL CALL

The meeting was called to order at 8:33 a.m. by Chair Robinson who presided. All committee members were present with the exception of Mr. Dilley, Mr. Lam and Ms. Putter, all of whom were excused.

2. APPROVAL OF MINUTES

A. Minutes of May 2, 2008 were approved as written.

3. NETWORK OUTREACH

A.. The Speaker's Bureau was discussed at some length. It was agreed to have a speakers training at the September meeting.

B. Network Display materials were reviewed. Some input was given and it was suggested that the committee meet again to finalize. The group as a whole thought the "How the Network Works for You" flyer, bookmark, and display panel were good choices for materials and agreed to email suggestions for improvement to Ms. VonWald. The committee will meet again to finalize those materials.

4. SUPPORT SERVICES NEIGHBORHOOD PRESENTATION

Ms. Coulter presented the Support Services PowerPoint presentation. There was some discussion and input on improvements but overall the group approved the presentation for use with neighborhood groups.

5. STAFF REPORT

Ms. VonWald reported that she attended the advisory council for Aging and Disability Services. She said the organization will be conducting a legislative forum on September 17 in Tukwila.

Ms. VonWald said she has been asked to give a presentation at the Overlake Connections advisory board meeting on June 17. Someone from the Kirkland Senior Council will also be there to provide an update. She said she will present the Network's workplan if the Powerpoint presentation is not ready to go by then.

Ms. VonWald informed the Network that on June 2 she and Ms. Rasnack attended a meeting of the Aging Services Coalition, a new group that is in the development phase. Ms. Rasnack explained that for many years there have been a number of human service coalitions within King County, but there has never been a cohesive group for older adults. With the King County Executive talking about doing away with all human service funding, there is recognition that senior services will take a big hit. Accordingly, there is interest on the part of the various agencies and providers who work with the senior community in coming together and speaking as a group.

It was agreed that the Network agenda should include a line item for an update regarding the Aging Services Coalition.

#### 6. BNOA/JOINT KIRKLAND SENIOR COUNCIL JOINT COMMITTEE REPORT

Ms. Rasnack reported that the Kirkland Senior Council has a number of outreach activities on its calendar. She said they also talked about the File of Life program and the partnership with the Network.

The Network viewed a short video on pedestrian safety produced by the city of Kirkland that had been shared with the Senior Council.

Ms. Thompson reported that the Medic One Foundation has been working on the Vial of L.I.F.E. program for a year and a half and has Bartell Drugs signed on to be a sponsor. The Foundation sent a representative to the last committee meeting and presented the work they have done. The determination was made to cooperate with them in publicizing the program. The formal kickoff of the Medic One program will be in July.

Bartell Drugs has printed 12,000 packets with information and the Vial of L.I.F.E. form. One issue with their form is that there is not enough room to list all medications, but that could be fixed in the next printing. The packets include sticker to be put on an outside window and a magnet to be put on the refrigerator.

Bartell Drugs has indicated that they would be open to including other sponsors after the first 12,000 packets are gone, though they do not want another drug store to sign on for obvious reasons. Mr. Katz will approach 3M, his former employer, to see if they might be interested.

Ms. Thompson suggested that getting the word out will probably require some television publicity. Coordinating with Kirkland to produce a video to be aired on BTV is one option under consideration.

The Medic One representatives have pointed out two specific issues. First, it is necessary to keep the Vial of L.I.F.E. paperwork updated with all prescription drugs, medical information, and contact information. It will require constant publicity to remind people to keep their files up to date. Second, emergency personnel do not always find it easy to locate homes in the dark when called; and there needs to be some education about having large contrasting numbers on the homes and good lightening, in addition to having someone available to open the door.

Chair Robinson pointed out that a single visit to the doctor's office could make it necessary to change much of the information in the Vial of L.I.F.E. Keeping the vial updated will be difficult. Each vial that is passed out should include about five of the medication sheets; crossing out old medications and writing in new ones could make the sheet illegible.

Ms. Brallier pointed out the need to have a space to include a date next to the medications on the list.

Ms. Stern said she has been working with Microsoft on the Health Vault program, which is slated to be launched in October. The program is an online and editable health record that can be retrieved from anywhere and updated. She said she will ask them if they would be interested in participating as a sponsor in the Vial of L.I.F.E. program.

Ms. Rasnack pointed out that one of the concerns raised by the Kirkland Senior Council about the Vial of L.I.F.E. program was the fact that some people have prescriptions listed in languages other than English and the need for the emergency personnel to have information they can work with.

Ms. Brallier suggested the documents should include the name and phone number of the pharmacy regularly used. They always have a list of medications for each of their clients.

## 7. COMMITTEE REPORTS

### A. Transportation

Mr. Dickerman reported that the subcommittee participated in the Older Americans Month proclamation by the City Council.

The transportation committee is wanting to develop a speakers bureau to be headed up by Mr. Dilley.

The committee is still working on a marketing brochure focused on aging in place issues

The Easy Rider committee met in May and focused on what the program should do in the years ahead. Three issues rose to the top: coordination, creativity and sustainability. They recognize the need to be active in the community, to work on developing projects and obtaining funding for them, and seeing those projects sustained over time.

The transportation subcommittee is continuing its work to put together Bus Buddy information and get it distributed in the community. The Bus Buddy training manual has been produced and released. The training program is under way.

Ms. VonWald said the North Bellevue Community Center has partnered with Hopelink to put on a session to train trainers. The trainees participated in a bus trip to Pike Place Market and they had a very good time. Hopelink has conducted recruiting at the North Bellevue Community Center.

Mr. Dickerman said Dial A Ride is still in the offing; there are some funding issues to be addressed yet.

### B. Housing

Ms. Rasnack said the subcommittee is continuing to fine-tune the survey on assisted living, and is closely following the Bel-Red corridor study.

Ms. Rasnack noted that in the most recent *Bellevue Reporter* there was an editorial by Councilmember Noble who wrote very eloquently about how affordable housing boosts the quality of life for everyone. He outlined the issues the Council is expected to decide in the coming months relative to affordable housing and urged everyone to get involved.

Ms. VonWald praised the subcommittee for drafting a letter to piggyback on the Human Services Commission letter to the Planning Commission regarding affordable housing in the Bel-Red corridor. She said that got the attention of the Council.

Ms. Rasnack said the subcommittee intends to compliment Councilmember Noble on his editorial in the form of another letter from the Network.

Motion to write a letter from the Network to Councilmember Noble complimenting him on his editorial and thanking him for raising the issue of affordable housing in the community was made by Ms. Rasnack. Second was by Mr. Dickerman and the motion carried unanimously.

Ms. VonWald urged the Network to keep an eye on the Bel-Red project website to keep informed about the next public input opportunity.

Ms. VonWald informed the Network that the City Council is currently working to develop the 2009-2010 biennial budget. There will be things coming up as far as funding for new existing and new projects. She said the department intends to include an investment proposal for a fitness component at the North Bellevue Community Center. Hopefully the request will be approved.

### C. Support Services

Ms. Coulter said the subcommittee has sent out letters to the neighborhood associations but has not yet generated much response. One presentation has been scheduled.

The subcommittee has a focus group scheduled with Overlake Hospital and other community agencies for June 27 from 10:00 a.m. to noon at City Hall. She invited everyone to attend.

Ms. Coulter reported that planning for the Home Sweet Home Fair in November is under way. She said the group would welcome input.

Ms. Braillier informed the Network that Sound Transit would be conducting an open house on options regional mass transit expansion from 5:30 p.m. to 8:30 p.m. at Meydenbauer Center.

8. PUBLIC COMMENTS - None

9. UPCOMING AGENDA ITEMS

The Network discussed upcoming agenda items.

Chair Robinson reminded the Network that there would not be a meeting in July.

10. ADJOURN

Chair Robinson adjourned the meeting at 10:15 a.m.