

**BELLEVUE NETWORK ON AGING
MINUTES**

September 5, 2013
8:30 a.m.

Bellevue City Hall
Conference Room 1E-120

MEMBERS PRESENT: Jullie Gray, Jeanne Grote, Beverly Heyden, Peg Jones, Howard Katz, Hannah Kimball, Bob Megargel, Eileen Rasnack, Diana Thompson

MEMBERS ABSENT: Tomas Corsini, Bill Merriman, Susan Posten, Lynne Robinson, Berta Seltzer, Terri Wilson, Janet Zielasko

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

OTHERS PRESENT: Hank Myer, Redmond City Council; Steve O'Donnell, President of Somerset Community Association

RECORDING SECRETARY: Teri Ekstrom

WELCOME AND ROLL CALL

The meeting was called to order at 8:37 a.m. by Chair Grote who presided. All committee members were present with the exception of Tomas Corsini, Bill Merriman, Susan Posten, Lynne Robinson, Berta Seltzer, Terri Wilson, and Janet Zielasko.

APPROVAL OF MINUTES – August 1, 2013

Ms. Thompson had a couple of changes to make to the minutes: 1) on page 5, fourth paragraph, after the word fundraiser we should add “with House Majority Leader Eric Canter” and in the same sentence replace the word “he” with Mr. Katz, 2) on page 6 right before the meeting was adjourned it should state “Ms. VonWald said she would look into a speaker on the topic of regulation of assisted living facilities”. A motion was made and seconded to approve the minutes with the changes stated, and the minutes were passed unanimously.

EMERGENCY PREPAREDNESS PRESENTATION

Sophia Le, Emergency Management Coordinator with the Fire Department was introduced. Ms. Le stated that she is responsible for the public education piece for the Fire Department in regard to emergency management. She started off by asking each BNOA member to state why they joined the BNOA and what their experiences were with emergencies. All members stated why they joined and gave their history with dealing with emergencies. She said she does this to find out the emergency experiences of the group she is talking with.

Ms. Le talked about the different hazards that have occurred in our area: snow storm, earthquake, wind storm, crane accident, etc. We can't affect what happens but we can be

prepared. In Hurricane Sandy in 2012, close to ½ of those who died in the storm were 65 or older. Ms. Le asked the group . . . Why are older adults affected so drastically? Members stated: mobility, living at home by themselves and their thought processes are diminished, think they can handle it themselves and are too proud to ask for help, don't want to leave pets behind, people think in 3 days someone will be there to help them, a lot of older people have multiple medical issues that they need medication for and they can't get extra medication in preparation of an emergency. For a lot of disasters you will get notice and can prepare, but in the northwest we won't get notice for one of the biggest threats to our area, which is an earthquake. Ms. Le said that members did well in stating why older adults are affected so much in an emergency, but other issues are transportation, nutrition, fraud & abuse (people are vulnerable at the time of a disaster).

There are three parts to an emergency: warning (being able to be notified), evacuation (leaving if needed . . . it is much easier to shelter in place), and response. Older adults are more likely to respond to a disaster. In our area there are a many older adults living in multifamily housing. Caregivers are entrusted to the people in a facility to help out in the case of an emergency, but caregivers also have family to attend to.

The impacts during a disaster are premature death, inability to participate in preparedness activities, adverse psychological effects, greater proportional dollar loss (rely on certain systems for their finances). The impacts after the disaster are inadequate savings or insurance coverage, issues with applying for aid, serious after-effects for long-term health. "We can't control when disasters or acts of terror happen. What we can do is be ready -- gather together, build a culture of preparedness, and be safer as a result." We can plan with communications, evaluate surroundings, think of all scenarios. We can prepare with food, water, heat, and other items. We can partnership by knowing your neighbors, vocalize your needs, get involved in your community.

Ms. Le said to go back to your communities to make sure a plan is in place in case of emergency. If you need my assistance you can contact me to help your group plan.

BREAK

Ms. VonWald stated that they would stray from the agenda for a minute to receive public comment from Steve O'Donnell from Somerset Community Association regarding emergency preparedness. He said they work closely with the Red Cross. Their neighborhood took advantage of the City of Bellevue map and divided the homes in their community into clusters. They combined the emergency preparedness with the block watch. He said they have community gatherings, annual emergency preparedness training, and each cluster of houses has a store of equipment for emergencies. He encouraged everyone to work in their own communities to prepare for emergency preparedness, and if they would like help getting started he would be happy to help.

COMMITTEE REPORTS

a) Outreach Committee – (reported by Ms. VonWald)

Ms. VonWald stated that the next meeting for the Outreach committee is on Monday at 8:30. At the last meeting the Gold Card was discussed. It is issued by the Mayor's Office for Senior Services and is a county-wide program. In the next week or so the cards will be available to those over 60 years at North Bellevue Community Center. There is no application. You just show proof that you are 60 years or older and are then issued the card to receive discounts at a number of businesses.

b) Transportation/Housing (reported by Ms. VonWald)

Ms. O'Reilly said that there is a new coordinator for the Eastside Easy Rider program and at their last meeting they had a transportation planner present and told them about the new shuttle that will be available around Redmond, and how they are getting information out as to how to use the public transportation around town.

Ms. O'Reilly talked about the project with Puget Sound Transit regarding social equity and planning for the community to let them know of transportation impacts. There will be an Eastside Equity Summit and she will keep the group posted on the event.

Ms. VonWald stated that the Transportation Forum is on September 13 at Northshore Senior Center from 11:00-1:00pm. Please RSVP if you plan to attend.

Ms. VonWald stated that the Transportation/Housing Committee members attended the Eastside Human Services Forum's Housing Forum where such things as affordable housing for older adults and housing incentives were discussed. It is great to have our voice heard at events such as this.

Ms. Thompson said there is another Downtown Livability Project meeting coming up and we should really have a BNOA member attend. Ms. O'Reilly said she would find out the date of the meeting and send it to Ms. VonWald to send out to members.

c) Advocacy – (reported by Ms. Thompson)

October 18th is Senior Lobby Day and Ms. Thompson encouraged all to attend. It is different every year and they have a lot of good information. The committee finalized and sent the letter to legislators in regard to not adopting the chained CPI as the method of setting annual inflation increases for social security benefits. The date of the Legislative Forum is November 21st from 4:00-6:00 at Kirkland City Hall. Mr. Katz indicated that we should really change this date because the legislature will possibly be in session at this time. We should change the date until late October. Ms. Thompson said that this is an issue and could possibly be moved until the beginning of December. It will be discussed at the next Advocacy Committee meeting.

Ms. Thompson said in regard to medical observation that the Dept. of CMS came out with their

regulations. They think it will solve the issues with medical observation. We think there would still be problems with their regulations. We will meet with senators and/or their staff to talk about the issue. Mr. Katz said he could possibly get the information to a Majority Leader if needed.

COMMUNITY PARTNERSHIP REPORTS

- a) **Parks & Community Services Board** – no report
- b) **Eastside Easy Rider Collaborative** - (previously discussed)
- c) **Eastside Human Services Forum** (reported by Ms. O'Reilly)

There were 70 people who attended the EHSF Housing Forum. The Forum will be looking at the issues brought up at the event. December 5th is the EHSF annual meeting at North Bellevue Community Center from 2:00-4:00 and they will talk about their work plan for the upcoming year.

Mr. Katz stated that he applied for the Sound Transit Citizen Advisory Committee but wasn't chosen. Of the nine member chosen all were engineers. At the City Council meeting on Tuesday the Council realized that they had to let go of two of the members that they were going to appoint because they had conflicts of interest. He stated he didn't know how they were going to go about replacing the two members. It was brought up at the Council meeting that the three neighborhoods that would be most affected by Sound Transit need to have representation.

- d) **Timebanks of Puget Sound** – no report
- e) **Aging & Disability Services Advisory Council** (no additional report)

STAFF REPORT/UPCOMING AGENDA ITEMS

Ms. VonWald stated that the Chinese Information and Service Center is hosting a resource fair at the North Bellevue Community Center today from 10:00-2:00. The BNOA/City Aging Services will have a table at this event. She wanted to thank all of those who have staffed the table for recent events. Next week we will have a table at the "Elder Friendly Futures Conference" event at UW and will have some members attending the conference also. She stated she didn't know if "Home is where the Heart Is" is happening in October this year. September 11th is the "Honoring our Elders" breakfast event at Crossroads Park. You need to RSVP so they have a head count for food. She also stated that the flyers are out for the BNOA member recruitment. A press release will go out soon. Pass the information on to anyone who might be interested. The interviews will take place in October. Mr. Megargel stated that it might be nice to have additional "liaison" members also.

Ms. VonWald told the story of how the Vial of Life, received by a community member, was

helpful in saving someone's life. First responders saw the Vial of Life sticker when entering the house and went right to the refrigerator and helped the man, when the man's wife was unable to give them the information herself.

UPCOMING AGENDA ITEMS

October – Assisted Living Regulations

November – East Link Light Rail & Station Area Planning 101

Ms. O'Reilly stated that she will send the link out to Ms. VonWald to pass on to members regarding the Public Health and enrollment events. The link will show you where events will happen. We currently have one scheduled at each of our community centers. There will be a big event at Crossroads Community Center on October 19th to help people sign up for new healthcare.

PUBLIC COMMENTS

A citizen, Grove Anshell, said that he wanted to discuss the Honoring Our Elders Breakfast on September 11th. He said that he protests anything that is limiting to people. It is available to some but not all who wish to attend. This event has stated that breakfast will be provided to the first 200 people who RSVP and he is very upset that the City of Bellevue is sponsoring a program puts limitations on such as this.

NEW BUSINESS – none.

ADJOURN

The meeting was adjourned at 10:30 am.