

BELLEVUE NETWORK ON AGING
REGULAR MEETING
MINUTES

January 5, 2012
8:30 a.m.

Bellevue City Hall
Room 1E-120

MEMBERS PRESENT: Dick Englund, Jullie Gray, Jeanne Grote, Beverly Heyden, Howard Katz, Merle Keeney, Hannah Kimball, Bob Megargel, Eileen Rasnack, Berta Seltzer, Diana Thompson, Blake Werner, Terri Wilson, Janet Zielasko

MEMBERS ABSENT: Bill Merriman, Lynne Robinson

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 9:05 a.m. by Ranodda Dechambeau, retreat facilitator. Committee member introductions were done and all members were present with the exception of Bill Merriman and Lynne Robinson.

REVIEW BNOA GOALS AND ACCOMPLISHMENTS FOR 2011

2011 Advocacy Committee (reported by Diana Thompson)

Ms. Thompson started off by reporting on the Town Hall meeting that she and some of the committee members had attended the previous night. It was like a conversation between all of the attendees. The meeting was started off by talking about the toll in the 520 bridge. There was a large contingent of students and teachers in attendance. Rodney Tom mentioned that this State needs to plan for the future because of the large population of seniors. It was discussed that the State is not living up to its obligation to funding education. It was discussed how the taxes could be changed to possibly meet the needs of the schools.

Ms. Thompson then reported on the Advocacy Committee's accomplishments in 2011. The committee advocated on the local, state and federal levels.

1. Monitored bills of interest during legislative session.

2. In February 2011 sent letters to Hunter, Tom and Eddy supporting continued state funding for senior programs including the Senior Citizen's Services Act.
3. Members planned to visit state legislators in Olympia as part of Senior Lobby Day in February, 2011 but were snowed out.
4. In the Spring of 2011 wrote letter to the Bellevue City Council and testified before the Bellevue City Council relating to Evergreen Court and the need for facilities that accept Medicaid patients.
5. Met with Representative Reichert- April, 2011 regarding Community Development Block Grants.
6. Sent letters to Reichert, Cantwell and Murray in support of continued funding for the Community Development Block Grants program.
7. Wrote a letter to the Bellevue Reporter regarding the need to pass the Human Services Levy
8. Jointly in November 2011 sent letters to the 41st, 45th and 48th district representatives, senators and the governor in cooperation with the Kirkland Senior Council regarding the need to sustain funding for Long-term Care Home Services, Adult Day Health, Routine Dental Care, Senior Citizens Services Act funding, Volunteer Chore Services and the Washington State Long Term Care Ombudsman program.
9. Organized together with the Kirkland Senior Council the November 2011 legislative forum at which we presented our 2012 legislative agenda.
10. In the fall of 2011 coordinated with the Eastside Human Services Forum regarding issues affecting seniors. (They adopted our 2012 State legislative agenda.)
11. In the fall of 2011 wrote to Senator Murray, Senator Cantwell, representative Inslee and Representative Reichert about the need to maintain funding for the Washington State Ombudsman Program and the need to reauthorize the Older American's Act with needed changes.

2011 Outreach Committee (reported by Hannah Kimball)

1. Members attended the Eastside Timebank coordination meeting. One member joined the Timebank Board of Directors and is reporting to the Network at each regular meeting.
2. Members took part in the Neighborhood Forum at Crossroads Center on May 12th sponsored by PCD and took part in the older adult break out group with Bellevue residents.
3. World Elder Abuse Awareness Day Proclamation- June 6, 2011. Bellevue City Council
4. Members took part in the Senior Services Aging Your Way Forum, May 18, 2011.
5. Members presented BNOA PowerPoint to residents in Newport Hills Community Association on June 21, 2011.
6. Sponsored a Bellevue Network on Aging table at the following fairs:
 - Overlake Hospital Active Senior Fair- March 12
 - Strawberry Festival- June 25 & 26
 - Crossroads Farmer's Market - Tuesday, August 2
 - Bellevue Farmer's Market – Saturday, August 20
 - Chinese Information & Service Center Resource Fair- October 13
 - Home Is Where the Heart Is Housing/Health Fair- Saturday, October 15

Bellevue Network on Aging

January 5, 2012

Page 2

7. Met with first responders from Police, Fire, and Code Enforcement to determine whether or not we could help with reducing number of non-essential 911 calls from Seniors. Submitted data request to help define problem, outcome pending.
8. Vial of Life story on BTV "It's Your City" - March 2011.
9. Hearing loss videos presented on BTV.
10. Attended meeting with Group Health, Evergreen, Overlake, Senior Services to "check-in" re: services availability, communications, gaps or need in the community.
11. Met with Bellevue Police re: shopping carts and fines - is there a problem we can/should help with?
12. Began "benchmark" process with Hawaii Senior Services, outcome pending. (Ms. Zielasko, new BNOA member, asked about this item and Ms. VonWald and Mr. Megargel explained how this item came about).

2011 Housing Committee (Ms. VonWald reported)

1. Arranged for Universal Design presentation May 16, 2011 to the City Council in cooperation with the NW Universal Design Council and Tom Minty. The Housing Committee will need to keep this information up-to-date.
2. Worked cooperatively with ARCH and UW Project Management students to develop the Senior Housing Options Website which launched on the ARCH website in June, 2011. What a great resource for everyone. It includes commercial and non-commercial housing information and really gives people a lot of housing information and resources.
3. Members made a presentation to SeniorNet about the ARCH Senior Housing website on September 20, 2011.
4. Visited the Federal Way housing facility open house. It was a transit-oriented development that didn't end up being used in that manner. It is a very nice facility.

Other 2011 Accomplishments

1. *Eastside Human Services Forum*
2. *Eastside Easy Rider Collaborative- website*
3. *Annual report: delivered to City Council during Older American's Month May 2011*
4. *Older American's Month Proclamation May 2011*
5. *Annual Seniors vs. City Softball Challenge game July 27, 2011*

COMMITTEE STRUCTURE FOR 2012

Do we have the right committee structure for 2012? Is there something else that we should be doing? Are we structured correctly?

Ms. Seltzer stated that last year housing and transportation was added together into one committee. She feels that there are a lot of transit issues currently. Should we continue to include housing with transportation? Ms. Thompson asked her to specify the transportation issues. Ms. Seltzer stated that the Bellevue Downtown Transportation Plan is currently being

worked on. There isn't any money to implement it but it is being headed up by Kevin McDonald in the Planning & Community Development Department. We should be a part of this process.

We need to work on: crosswalks (the length of time to cross) and how we go about changing this if needed. Mr. Katz stated that the city is currently redoing the signaling system and it is supposed to be a state-of-the-art system. Ms. Seltzer continued that we might want to look into more lighted crosswalks also. With our older population wanting to age in place, transportation is a big issue. What should we advocate for that isn't in place now? We need to work on the circulator issue also.

Ms. Rasnack received notes from Mr. Merriman since he wasn't able to attend the meeting. He said he would endorse the Advocacy Committee to continue but he would like a focus to be on quality, safe, secure Senior living. It wouldn't be just for the senior population but for their families as well. He stated that with Overlake Senior Care closing there is going to be a void and even more of a need to get information out about Senior Services Information & Assistance. Ms. VonWald said it is very important to get the information out about Senior Services Information and Assistance. Ms. Thompson asked what would be changing with Overlake Senior Services closing. Ms. VonWald states that the case management will stay intact, the focus will remain on referrals, they have closed the Mercer Island clinic, and they have let go of the Senior Connection program. They won't have the office in place but will continue some of the services. Ms. Gray explained more about the closing and its impact. She said the number one priority for them will be with primary care clinics that are associated with Overlake Hospital. They will be helping the clinics with information and referral to the senior population. Their doctors are a part of the Overlake Hospital system. They are still trying to figure things out. With only one doctor in the Bellevue clinic it is very difficult to get new patients in. Classes and support groups are still continuing. The Eastside Providers breakfast will continue but not the Eastside Connections lunches. Ms. VonWald did remind everyone that Overlake Senior Services was not a community based program but that their programs support primarily Overlake Hospital patients.

Mr. Werner said that he originally joined the BNOA because of the quality of life issue. What are we doing to grow and enrich our lives? We could address this issue as part of a committee. Ms. VonWald stated that in the past some members have attended the community forums. They will be doing three more of these this year (February/March/April) and so there is an opportunity to meet with people to see what quality of life and issues are.

Ms. Seltzer asked whether it would be worthwhile to have someone come and explain all of the services provided by Senior Services and Aging and Disability Services?

Ms. VonWald also stated that to get the big picture and where we fit in the aging system in the County, we should have a presentation by Aging & Disability Services. ADS is the Area Agency on Aging for King County and disburse all of the Older American's Act funding for

programs for older adults.

Ms. Zielasko stated that the race and ethnicity in Bellevue is changing and we need to be aware of the needs of these growing populations.

Mr. Englund stated that he thinks transportation should have its own committee. Ms. Katz thought that this would possibly fall under the Quality of Life Committee.

Ms. Thompson said that someone should be keeping an eye on ARCH Housing website for regular updates.

Mr. Keeney stated that he thought communication is the key. We've missed opportunities to go to the Council & neighborhoods and citizens aren't aware of the older adult work Bellevue is doing. We should work on communication. Ms. Thompson said that the Outreach Committee should be doing this. We have had a hard time finding what groups we can meet with to give them our BNOA presentation. Mr. Keeney stated that he thought BNOA should be giving updates to the City Council every quarter, hit up neighborhood groups, etc. Mr. Katz said that we need to take advantage of the BTV station and get older adult issues online at a regular time. Ms. VonWald said she really likes the idea of a Communication Committee and a Communication Plan.

It was discussed that the Outreach Committee could be changed to Communication.

Ms. Heyden said that there is a link between Housing & Transportation and these two issues could go together under one committee.

It was then discussed as to what committees everyone thought were needed:

-Advocacy Committee – it was decided that it was needed.

-Housing – could possibly be an AdHoc group that served under the Transportation (Mobility) Committee.

-Communication – it was decided that this was a great idea and that a Communication Plan was a great idea.

-Outreach - Communication and Outreach can be in one committee. It would be a good fit together. A lot of what the Outreach Committee did was communication. Ms. Grote also stated that we should have a Marketing Plan done under Outreach/Communication

-Transportation (Mobility) – needed to address the Bellevue Transportation Plan, crosswalk timing, signaling system pilot and the circulator

-Quality of Life – focus on enrichment. People thought this might be more of an overall goal that is overarching everything that we do. Should it be a subcommittee or an all committee Think Tank? We can have brainstorming to see what issues our group wants to address. It was discussed that the brainstorming could happen at the February meeting. At this time the retreat

Bellevue Network on Aging

January 5, 2012

Page 5

facilitator suggested to go right into the quality of life discussion right after the break. It would then inform the work groups what direction they wanted to go. So, during the break think about what quality of life means to you and we will discuss it upon return. Also, the Committees were decided through discussion above, so put your name next to the committee that you would like to serve on during the break.

BREAK

Committees for 2012:

Transportation/Housing Committee – Berta Seltzer, Beverly Heyden, Terri Wilson, Diana Thompson, Hannah Kimball, Dick Englund, Jeanne Grote (Chair)

Advocacy Committee – Jullie Gray, Eileen Rasnack, Janet Zielasko, Howard Katz, Diana Thompson (Chair)

Communication Committee – Merle Keeney (Chair), Bob Megargel, Blake Werner, Terri Wilson, Howard Katz, Diane Thompson, Dick Englund, Hannah Kimball, Jeanne Grote

Quality of Life Subcommittee – Bob Megargel (co-chair), Blake Werner (co-chair), Howard Katz

Mr. Megargel had the facilitator post what Quality of Life indicators a Chilean doctor had come up with:

1. Career
2. Work
3. Membership
4. Family
5. Education
6. Money
7. World
8. Body
9. Play
10. Social-ability
11. Dignity
12. Spirituality

What does a person want in their life to have a good life? What are the needs that older adults have and what can we do to take care of these older adult needs?

By looking at the quality of life indicators it helps us think about the committees in a different way. We might focus on certain issues on this list to see what we would like to focus on in the next year. This is an overarching philosophy over all of our committees and is another way to define healthy aging.

Ms. Kimball stated that it would be good to find out how we could survey the population on their

needs and wants for a quality life.

It was asked if there are over-riding issues that should be addressed by all or some of these indicators? The things that were stated were: diminishing resources, family support, health issues . . .

Ms. VonWald stated that she liked what Ms. Zielasko said to keep the quality of life indicator list in mind as you are coming up with work plan issues for the year. Ms. Zielasko also stated that it is important to make sure we are always inclusive.

COMMITTEE WORK PLANS

It was decided to brainstorm and identify potential projects for each committee and decide which ones will be part of the 2012 work plan.

The chairs of the 2012 BNOA Committees was established (chair is indicated in parenthesis above in each committee) and it was decided that the chair of each committee would contact the committee members to establish when their regular meeting times would be. It was determined that the Advocacy Committee would be meeting the 1st Monday of each month at 8:00 am.

Advocacy Committee

- Hospital observation
- Legislative agenda follow-up – Ongoing
- Legislative Forum
- Bring in other cities/communities into Network (gives us more of a voice for the Eastside)
- Senior Lobby Day (February 23rd)
- Senior Lobby Conference
- Support of Referendums

Transportation/Housing Committee

- review housing website (ARCH) and update as needed
- city state-of-the-art signaling system (have them come and talk to us – lighted crosswalks, flags, crossing time, etc.)
- sidewalk development
- TimeBank – integrate (next meeting is at NBCC, 6:30 on 1/12/12)
- Downtown circulator/shuttle ride
- Sound Transit
- Universal Design – monitor
- Accessory Dwelling units – monitor

Communication

- Volunteerism
- awareness of community resources
- Communication Plan

- revise BNOA powerpoint
- Channel 21 – dedicated programming
- City Council presentations
- YouTube
- Newsletters – neighborhood – press releases
- Vial of Life
- Outreach events/fairs
- City vs. Senior Softball game (Eric's Old Heros)
- City Council members to regular meetings

A lot of issues have been stated for each committee above. The Chairperson of each committee needs to have their group narrow things down. The Chairperson of each committee will contact members to set up committee meeting times.

Note: January 17 – Ms. Thompson to talk to the City Council about the Legislative Forum at 8 pm @ Bellevue City Hall under Reports of Boards and Commissions.

The February meeting may have a presentation by the Aging and Disability Services.

ADJOURN

The meeting was adjourned at 11:55 am.