

**BELLEVUE NETWORK ON AGING  
MINUTES**

October 3, 2013  
8:30 a.m.

Bellevue City Hall  
Conference Room 1E-120

- MEMBERS PRESENT:** Jeanne Grote, Beverly Heyden, Howard Katz, Bob Megargel, Susan Posten, Eileen Rasnack, Berta Seltzer, Diana Thompson, Terri Wilson, Janet Zielasko
- MEMBERS ABSENT:** Tomas Corsini, Jullie Gray, Peg Jones, Hannah Kimball, Bill Merriman, Lynne Robinson
- STAFF PRESENT:** Cathy VonWald & Alex O'Reilly, Department of Parks & Community Services
- OTHERS PRESENT:** Raven Campbell, Hopelink-Eastside Easy Rider Program; Steve Kasner; Sue Drais
- RECORDING SECRETARY:** Teri Ekstrom

**WELCOME AND ROLL CALL**

The meeting was called to order at 8:40 a.m. by Chair Grote who presided. All committee members were present with the exception of Tomas Corsini, Jullie Gray, Peg Jones, Hannah Kimball, Bill Merriman, and Lynne Robinson.

**APPROVAL OF MINUTES – September 5, 2013**

A motion was made and seconded to approve the minutes, and the minutes were passed unanimously.

**ASSISTED LIVING LICENSING REQUIREMENTS PRESENTATION**

The group was introduced to Betsy Jansen from DSHS to talk about regulations regarding assisted living facilities. Ms. Jansen has been with DSHS for quite a while and has a lot of experience as Community Resource Program Manager working in the field with assisted living caregivers, owners, and clients. She handed out several information pieces: Understanding the Licensing Process, Nursing Facilities, Assisted Living Facilities, and a Fact Sheet: RCS Complaint Investigations: A Public Service. Residential Care Services (RCS) is a division of the DSHS Aging and Disability Services Administration and are responsible for licensing and safety issues in all nursing homes, assisted living facilities, and adult family homes. There are 3600 long-term care residential facilities or providers in the Washington State long-term care system. Every 18 months a survey is done of each facility. Ms. Jansen noted that the DSHS staff is specialized to assess the facilities.

Ms. Posten asked what differentiates the types of facilities. Ms. Jansen said that nursing homes provide nursing care. Assisted living facilities indicate to the State what level of nursing care service they will provide. All assisted living facilities have different levels of nursing care and you need to check this out when checking out facilities. They do have regulations that they all comply with but the level of nursing care fluctuates. Ms. Thompson asked what the minimum was for nursing care that they can provide. Ms. Jansen said that she didn't know but would check in to it and get information back to Ms. VonWald to circulate. You can go to <http://www.adsa.dshs.wa.gov/pubinfo/housing/other/> to check out the long-term care residential options. The site offers links to locate licensed care in a specific area, view information related to inspections and compliance, and access guides with tips for choosing a care setting. A skilled nursing facility is the same as a nursing home in that it has 24 hour nursing care, therapy, nutrition management, room & board, laundry, etc. (privately owned). They all accept Medicare but do not necessarily all accept Medicaid.

Assisted living facilities provide one or more of the following service packages:

- 1) Assisted Living – private apartments, intermittent nursing services, medication administration and personal care services
- 2) Adult Residential Care (ARC) – medication assistance and personal care services, residents may need/receive limited supervision
- 3) Enhanced Adult Residential Care (EARC) – medication administration and personal care services, no more than two people will share a room, intermittent nursing services, specialized dementia care

Individuals are able to make their own decision regarding their living situation unless they have a guardian or power of attorney. If you feel like there is any kind of situation where someone is living alone that possibly shouldn't be, or where there might be abuse, you can call adult protective services and they will investigate and assess the situation.

Ms. Wilson asked if facilities get a call to let them know that DSHS is coming out to do a survey/assessment? Ms. Jansen said that they usually do call and let them know that someone will be coming out in a couple of months but in the case of a complaint they will not call the facility before they come out and assess. Mr. Megargel said that for home care they just show up without a call. Ms. Jansen said that it is everybody's responsibility to keep a watch out for safety and good care. Each facility should have a facility survey book that shows when they were assessed and if there were any complaints, etc.

Ms. Jansen said that she did not bring the handout for adult family homes but that she will send it to Ms. VonWald to distribute to the group. It is also available on the website. Washington has a good program in place for regulations and assessing adult living facilities. Washington State has done a tremendous job. Mr. Katz asked if Ms. Jansen was aware of the problems/issues with hospital observation. She said it does not seem to be a big issue here with people moving from the hospital to adult living facilities. Assisted living and adult family homes differentiate in size. Adult family homes have up to six clients and no nursing care is required, where assisted living facilities have anywhere from 7 to 150 clients. Mr. Megargel said that Washington State is one of the most expensive places to live and was wondering if the State is doing anything to help? Ms. Jansen said that they are losing assisted care living spaces available through Medicaid. Ms.

Wilson asked if the daily reimbursement rates for Medicaid have been lowered. Ms. Jansen said that the Medicaid rates have fluctuated and they are currently down. What dictates this? . . . It is a State budget issue. Ms. VonWald said she would send a link to the adult housing list that is on the DSHS website.

## **BREAK**

## **COMMITTEE REPORTS**

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

Ms. VonWald stated that the Gold Card was discussed and it is currently being distributed at North Bellevue Community Center. It is issued by the Mayor's Office for Senior Services and is a county-wide program. It is available to those over 60 years of age. 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. They contacted the Chamber of Commerce to let them know that Bellevue businesses could fill out an application (which doesn't cost anything) to get on the list.

Ms. Thompson said she and Kathy Iverson, Kirkland Senior Council met with Issaquah Human Services on what the Bellevue and Kirkland Network on Aging groups are doing.

Ms. VonWald stated that we had a table at the UW Elder Friendly Futures Conference in which we were the only city there. It was a great conference with a lot of new information.

### b) **Transportation/Housing** (reported by Ms. Wilson)

Everyone in the group pitched in and looked over the ARCH website to make sure everything was up-to-date. We also worked on the letter in regard to the update of the Comprehensive Plan that BNOA is going to be sending to the Planning Commission. It will be finalized at the next meeting and then brought to the whole BNOA for final approval.

It was discussed that the Downtown Livability Citizen Advisory Committee is still meeting and it is important for us to attend to give input. Ms. VonWald will send out reminders for when the meetings will be.

### c) **Advocacy** – (reported by Ms. Thompson)

The Legislative Forum date has been moved to December 11<sup>th</sup>. Updated meeting notices have been sent out and legislators are responding as to whether they will be attending.

On October 18<sup>th</sup> is the Washington Senior Lobby Conference day which is an all-day conference in Tacoma.

We met with Rep. Suzan DelBene regarding medical observation and Bill 1179, in which she joined in supporting. We also scheduled a meeting with Senator Murray's office for October

24<sup>th</sup> at 10:00 here at Bellevue City Hall. In court, a case was filed against the Secretary of Health regarding medical observation and the decision was made against them. The House of Representatives has been inundated with letter regarding the issue and they asked that CMS to suspend regulations for a period of six months. They are suspending enforcement for a period of three months. Ms. Thompson said that she doesn't think she will have any new information on the issue on Monday when they have their meeting. Mr. Katz stated that we should go to Rep. Reichert for his support on the issue since he is one of the most influential people on the House Ways and Means Committee. This issue will be discussed at the next Advocacy meeting.

Ms. Thompson said that in their discussion with Rep. DelBene she said that "chained cost of living" is not in any of the budgets that are currently being passed around.

## COMMUNITY PARTNERSHIP REPORTS

- a) **Parks & Community Services Board** – no report
- b) **Eastside Easy Rider Collaborative** –

Ms. Campbell, Eastside Easy Rider Collaborative, reported that the last meeting was a working meeting. On October 23<sup>rd</sup> there will be an Eastside Equity Summit at Highland Middle School from 6-8pm.

- c) **Eastside Human Services Forum** (reported by Ms. O'Reilly)

Ms. O'Reilly stated that they were in the process of planning the December 5<sup>th</sup> EHSF Annual meeting which will be at North Bellevue Community Center from 2:00-4:00pm. They will be sending out a save the date soon. The Comprehensive Plan Update will be one of the topics being discussed at this meeting. The Comprehensive Plan is a road map for the City and we will need to make sure we give input in several areas. EHSF is on Facebook and they are updating the site daily with information. If you "like" this site you will receive the updates.

- d) **Timebanks of Puget Sound** (reported by Ms. Grote)

They will be holding an auction this Sunday, October 6<sup>th</sup> from 4:00-7:00pm at Peter Kirk Community Center.

- e) **Aging & Disability Services Advisory Council** (reported by Ms. Thompson)

The Senate is conducting "listening sessions" throughout the State to get input regarding transportation. You can give written input online to support a transportation package. They are talking about raising the gas tax and/or continuing the \$20 charge with the license fees.

## **STAFF REPORT/UPCOMING AGENDA ITEMS**

On September 11<sup>th</sup> we had the “Honoring our Elders” breakfast event at Crossroads Park sponsored by the Hyatt & Microsoft. There were 150 people in attendance.

Ms. VonWald said that tomorrow is the deadline to submit an application to be a member of the BNOA. So far we have five applicants, one regular opening and up to three more liaison members.

Ms. VonWald was happy to announce that they received the grant from National Association of Area Agencies on Aging which is entitled “Making Your Community A Good Place to Grow Up and to Grow Old” . . . we are one of six jurisdictions in the country chosen. The grant is for technical support and training to conduct a community assessment about the livability for the aging population. In order to help cities create more livable communities for all ages they are interested in working with six communities across the United States to serve as a Livable Communities for All Ages Learning Collaborative. A team composed of at least three partners, including the local government, local Area Agency on Aging, and a local public/private or non-profit stakeholder group, is required to represent each community. The local team will work together to determine key issues and priorities and develop an action plan around a specific opportunity to develop a more livable community for all ages. The BNOA, North Bellevue Advisory Board and the Area Agency on Aging will be the partners. I will also involve all of the city departments in the assessment. We will probably have one big community forum in 2014 to get people out and talk about aging. In the end, the assessment will be published nationally and released with the others. The end result will be to establish strategies on making Bellevue a better place for the aging population.

## **UPCOMING AGENDA ITEMS**

November – East Link Light Rail & Station Area Planning 101

December – end of the year celebration with new members

After the November BNOA meeting we will take nominations online for BNOA 2014 Chair and Vice-Chair.

Ms. O’Reilly stated that the Public Health and enrollment events are happening ([www.kingcounty.gov/coverage](http://www.kingcounty.gov/coverage)). 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 19<sup>th</sup> from 10:00-3:00 to help people sign up for new healthcare.

**PUBLIC COMMENTS – none.**

## **NEW BUSINESS**

Ms. Thompson stated that we need to establish a bylaws committee to update the list of

responsibilities/duties that are listed for the BNOA. She says they are currently inadequate. She also stated that attendance should be discussed and possibly add something that indicates that you will no longer be a member if you miss many meetings. Ms. Thompson made a motion to convene an Ad Hoc Bylaws Committee for one month to review the BNOA Bylaws. The motion was seconded. It was passed unanimously. The Ad Hoc Committee will consist of Mr. Katz, Ms. Thompson and Mr. Megargel. If everyone can look over the Bylaws online and send any thoughts/suggestions to Ms. VonWald, that would be great.

## **ADJOURN**

The meeting was adjourned at 10:35 am.