

BELLEVUE NETWORK ON AGING  
REGULAR MEETING  
MINUTES

May 1, 2008  
8:30 a.m.

Bellevue City Hall  
Room 1E -120

MEMBERS PRESENT: Christina Coulter, Lynne Robinson, Jim Messner, Stephen Lam, Eileen Rasnack, Berta Seltzer, Catherine Brallier, Dwayne Dilley, Diana Thompson, Howard Katz, Marjorie Todd, Gary Dickerman

MEMBERS ABSENT: Eve Stern

STAFF PRESENT: Cathy VonWald, Alex O’Rielly, 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 8:37 a.m. by Chair Robinson who presided. All committee members were present with the exception of Eve Stern.

Chair Robinson took a moment to commend Ms. VonWald for helping the Mercer Island Senior Council gain approval to continue to function as a group.

2. APPROVAL OF MINUTES

A. April 3, 2008

**Motion to approve the agenda was made by Mr. Dickerman. Second was by Ms. Seltzer and the motion carried unanimously.**

3. Elder Abuse/Neglect DVD

Ms. Thompson previewed for the Network the video produced by Kirkland on elder abuse and neglect, suggesting that the introduction could be changed and the video could be played on the Bellevue television station. The list at the end should be changed as well. She allowed that throughout the video there are a lot of references to the city of Kirkland.

Mr. Dilley said if the person who did the original narration could be found, it would not be a difficult thing to have him re-record the references to Kirkland so they are to Bellevue. Ms. VonWald agreed to look into that.

Motion to pursue revising the video as needed was made by Mr. Katz. Second was by Ms. Thompson and the motion carried unanimously.

#### **4. FBI Scam Powerpoint**

Mr. Dickerman said he attended the FBI citizen academy, the graduates of which help out the FBI in any way they can. He said one of the things the alumni is doing is taking FBI programs to the community, including the children's internet awareness program that focuses on the vulnerability of children. He said he focused particularly on identity theft as it relates to the elder community.

Mr. Dickerman said an FBI agent who works in the fraud division in Seattle put together the powerpoint to show how pervasive identity theft is, the different avenues through which identities can be stolen, and things people can do to protect themselves.

Mr. Dickerman said the elderly are particularly vulnerable because they are more trusting. Those seek to defraud the elderly know that and are very good at asking the right questions and gaining their confidence.

Mr. Dickerman proposed that the short and informative presentation would be good to share with those who visit the senior center or community center.

Ms. Thompson said she did not see anything in the powerpoint about computer fraud. She said there was an interesting article in the May 1 *Seattle Times* on that topic. Mr. Dickerman agreed to check out the article.

Chair Robinson said the elders she has know who have been victims of identity theft have all been overly trusting. The scammers have become "friends" with them and before long they have gained access to all the information of their elder targets. She suggested that the powerpoint should include the point that everyone should be wary when someone is asking for certain kinds of information; a phone call often is all it takes to verify the legitimacy of the person. Mr. Dickerman said that is part of what will be the narrative.

Ms. Todd asked why the Seattle area is ranked fifteenth out of fifty when it comes to identity theft. Mr. Dickerman said the environment of Seattle and the Northwest generally is very casual. The people are friendly but shy away from getting into anyone else's business. That type of attitude, especially among seniors, makes the area vulnerable.

Ms. VonWald suggested the possibility of forming a speakers bureau to take the various messages on the road to whoever wants to listen.

Mr. Katz pointed out that Washington State Attorney General Rob McKenna has identity theft as one of his highest priorities. He suggested the Network should find out what his plans are and follow his lead. One way to do that would be to invite him to come to Bellevue to speak on the subject.

There was agreement to pursue that approach.

Mr. Dilley suggested the message of the Network should be introductory to whatever the Attorney General has going on. Most who need to hear the message do not need the details so much as what the broad problems are and what might be affecting their lives. He agreed that it would be very useful to have a speakers bureau and said he would be willing to participate. The group should have short talks prepared on a variety of topics and be willing to go wherever invited, even on short notice.

Services Planner Alex O'Reilly said when the Human Services Commission had a speakers bureau they brought in someone to train the volunteers on public speaking. The group thought everyone would benefit from having that training.

Mr. Katz suggested that whatever approach the Network does it should be coordinated with Kirkland and Mercer Island. That will be the way to truly make an impact on the Eastside.

Ms. Todd said it would be very useful to have a database of the influencers in the community –doctors who work with the elderly, therapists, community leaders – with whom information could be shared about available services and programs. All it would take would be a regular email to everyone on the database, possibly with a short video.

Ms. VonWald said a good place to start would be with a PSA on BTV. The short spot could simply introduce the Network, outline its purpose, and announce that a speakers bureau is available to discuss various topics.

It was agreed to brainstorm the issue of outreach at the next Network meeting.

## **5. BNOA Marketing/Promotional Material**

Ms. VonWald asked for volunteers to work on brainstorming promotional materials. Ms. Todd, Ms. Robinson and Mr. Dilley volunteered.

## **6. Break**

## **7. Staff Report**

Ms. VonWald reported that Ms. Kiselev has submitted her resignation from the Network. She noted that according to the Network by-laws, a nominating committee will need to be formed in August to focus on filling the vacant positions.

Ms. VonWald reported that she and Mr. Dickerman made a presentation to the Parks and Community Services Board covering the accomplishments of the Network and the workplan for 2008. The same presentation will be given to the City Council on May 5. Also at the May 5 Council meeting Chair Robinson will accept from the Mayor the Older Americans Month proclamation. All Network members present will be recognized.

Ms. VonWald said Eileen Rasnack attended the April 16 meeting of the Planning Commission and represented the Network. The topic of discussion was the Bel-Red subarea plan and Ms. Rasnack presented the Planning Commission with the letter approved by the Network.

The Eastside Human Services Forum older adult group meeting was held on April 22. It was the second meeting for that group. Ms. Seltzer said information from the two meetings will be taken back to their executive board to figure out what role the Forum should play.

Ms. VonWald made available to the Network members the meeting notes from the state Council on Aging. She allowed that they are abbreviated and may be difficult to follow, and said she would get the minutes if the Network would prefer those.

Ms. VonWald reported that she attended the Advisory Council for Aging and Disability Services, which is the Area Agency on Aging. She said at the meeting she realized the housing subcommittee might want to get in touch with the Northwest Universal Design Council which will be putting on a couple of workshops soon: Supportive Design and Technology for Aging in June, and Affordable and Sustainable Housing Forum in September.

## **8. Kirkland Senior Council Meeting Report**

Ms. Thompson noted that what was reported in the minutes regarding the Vial of Life program correctly reflect what was said, but some of the information was misquoted. She said she has received a copy of the Kirkland Vial of Life form.

Ms. Thompson said she researched health logs online and found it to be just too complicated for seniors. Debbie Anderson at Overlake agrees that it needs some development.

In Bellingham a shared health plan is in operation in Bellingham in which certain information is accessible online by the fire department for seriously ill patients. Ms. Anderson has high hopes that the program could be launched in Bellevue as well.

Ms. Thompson said at the meeting on April 30 there were three Kirkland firefighters and one Bellevue firefighter were present to discuss the File of Life forms and the project. They all said they like the project and made suggestions for how to change the forms. They stressed the need to keep all of the information updated, at least every six months, otherwise the information may not be of much use to the fire department. They suggested that any insignia used on the outside of a house indicating that the resident has a File of Life would need to be very visible.

Ms. Thompson said no decision has been made yet about where to put the forms inside the house. The debate is between the refrigerator door and the medicine cabinet in the bathroom.

The firemen said having the house numbers clearly marked is very useful, and that when someone calls 9-1-1 after dark the lights should be turned on. There should also be someone to open the door.

Mr. Katz said he is one of the Bellevue representatives on the committee along with Ms. Thompson and Ms. VonWald. He said one additional member would be very nice to have.

## **9. Committee Reports**

### **A. Transportation**

Mr. Dickerman reported that the Easy Rider group is continuing to formulate some goal setting strategies and refine its focuses for how to be efficient at having a presence in the community.

The subcommittee is looking at producing information spots about transportation issues and programs.

Ms. VonWald reported that the Bus Buddy program is getting under way.

### **B. Housing**

Mr. Lam said the letter regarding the Bel-Red corridor that was drafted by the subcommittee and approved by the Network has been delivered to the Planning Commission. The Planning Commission is considering a substantial code amendment for the Bel-Red area and are expecting a lot of public comment before the process wraps up.

Ms. VonWald noted that the Planning Commission schedule is posted on the city's website. She said an open house and joint commission meeting is scheduled for May 15.

Mr. Lam said the subcommittee intends to expand the database of housing available to seniors to include independent living units.

Mr. Lam said the subcommittee is very interested in tapping into the resources of the Northwest Universal Design Council.

### **C. Support Services**

Ms. Coulter sought the approval of the Network to have the support services subcommittee take a presentation to community groups. A powerpoint presentation has been developed that talks about aging in Bellevue, the changes that are coming to the community, and ways individual community members can improve the quality of life for their neighborhoods.

Ms. Coulter said the subcommittee worked to identify as many as possible of the different services older adults might need but not have access to and developed a list of phone numbers. The top three identified were Senior Information and Assistance through Senior Services of King County, the 2-1-1 Community Information Line, and the city of Bellevue; for the latter the phone number to be shown will be that of the North Bellevue Community Center.

Ms. VonWald suggested the city of Bellevue contact should reference Aging Services so people will know the city has staff with that focus.

Motion to approve the powerpoint presentation to be presented to community groups was made by Ms. Coulter. Second was by Mr. Katz and the motion carried unanimously.

Ms. Coulter said the subcommittee is also working with the hospital, 2-1-1 and Senior Information and Assistance to conduct another focus group aimed at improving communication between all agencies.

Ms. Coulter reported that she has been accepted into a graduate program at the University of Washington. She said that while she will be able to continue being active with the work of the subcommittee, her class schedule will not permit her to attend the Network meetings.

10. **Public Comments/Questions** – None

11. **Upcoming Agenda Items**

Ms. VonWald informed the group that the regularly scheduled meeting date for the month of July falls on July 3. There was agreement to cancel the July meeting.

Ms. VonWald reviewed with the Network the upcoming agenda items.

Ms. O'Reilly mentioned that she and Ms. VonWald have been invited to attend the United Way Impact Council on Older Adults. She explained that United Way will develop key results from its impact plan and try to align them with their funding.

12. **Adjourn**

Chair Robinson adjourned the meeting at 10:38 a.m.