

BELLEVUE NETWORK ON AGING  
REGULAR MEETING  
MINUTES

May 3, 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, Janet Zielasko

MEMBERS ABSENT: Bill Merriman, Lynne Robinson, Blake Werner, Terri Wilson

STAFF PRESENT: Cathy VonWald, Department of Parks & Community Services,

OTHERS PRESENT: Judy Piggott & Ben Kaufman, Personal Safety Nets

RECORDING SECRETARY: Teri Ekstrom

**WELCOME AND ROLL CALL**

The meeting was called to order at 8:35 a.m. by Chair Rasnack who presided. All committee members were present with the exception of Bill Merriman, Lynne Robinson, Blake Werner, and Terri Wilson.

**APPROVAL OF MINUTES – April 5, 2012**

There was a motion to accept the minutes as written and the motion was seconded. The motion was voted on unanimously to approve the minutes.

**PERSONAL SAFETY NETS [PRESENTATION]**

Chair Rasnack introduced Judy Piggott and Ben Kaufman from Personal Safety Nets and thanked them for coming.

Ms. Judy Piggott, Owner of Personal Safety Nets, asked how do we help people stay in their homes as long as possible and begin thinking about their network of safety nets. Judy recalls when she was a little girl. As a young family her father was very busy with a business that he owned and he also raced cars. He died racing cars and her mother was left to take over the business and take care of the family. She reached out to friends and the community for help. She was assisted, surprisingly, with a visit to the sheriff's office. A girl named Violet was caught shoplifting. Her family was shamed by this and wouldn't take her back. She needed a job and to get back on track, so she became their nanny. That said . . . there was a safety net around her family . . . friends & family and resources available. Help comes from all areas and

places. We realized that there was nothing written down as to how to work with anyone with a need. At that time she decided to write a book . . . about teamwork.

Knowing where your connections are is very important. You need to have plans that include people, inner resources & outer resources. Surprises, changes and challenges happen. When they happen you flood with adrenaline. If you have plans in place you can refer to them instead of panicking. It changes the impact. If one has a list of people to help then the team can brainstorm and decide where to turn. You need more than one person holding up the safety net. To bounce back you need multiple parts holding up your safety net.

Parts of the safety net are family & friends, financial, intellectual, stuff of life, career path, health, spiritual, and others. To have a great balance you need to have plans, people, inner & outer resources for each part of the safety net. There is no perfect. Start planning and pull information together for the start of a good information guide.

Ms. Pigott distributed wallet cards and explained how to fill them out and how it can help. The card forces you to build community. You need to talk to the people you have listed on the card to make sure they know you listed them as contacts. Put on the card if you have information in a particular place in your home or if you have pets.

There is a workbook online ([www.personalsafetynets.com](http://www.personalsafetynets.com)) and free downloads that are available to you. Ms. Pigott then explained the forms handed out “What I Might Want or Need” and “What Can I Offer to Do”? It can help you create your community and let people know what you might need or could do to help someone else.

Most people want to give help and need to get better are receiving help. Personal Safety Nets works with people on how to ask for help. We can be better connected to have a better community.

Ms. Pigott offers 2 hour workshops and longer educational sessions to a variety of groups and is available to schedule them at any time.

BREAK

## COMMITTEE REPORTS

### A. Outreach (reported by Merle Keeney)

The committee is looking at ways to do what we normally do on the BNOA but also focus on getting people connected to the wonderful resources that are available to them. Members were surveyed for input on this year’s focus. Members thought the committee should focus on: 1) building relationships with community associations; 2) build direct contacts with our audience through the use of public & private locations (at malls, libraries, grocery stores, etc.); and 3) promote a direct communication number. . . whether through 2-1-1 or another way. We want every senior in the city to know where to call to get resources. There is a need for this connection. The committee will work on these three focus areas.

The committee also worked on trying to come up with a quick “Who is BNOA”. As a starting point we came up with “The BNOA is a City of Bellevue board whose mission is to bridge the awareness gap between the seniors of Bellevue and the available information and resources that can enhance their quality of life”. The committee would like to see all BNOA members convey the same message so that we are consistent with our message to the community.

Mr. Keeney said he talked with 2-1-1 which is a part of Crisis Clinic. 2-1-1 is one of the many things that Crisis Clinic does. It is funded by United Way, King County, donations, and cities. It is not a government agency. When 2-1-1 receives a call they will be asked some demographic information in which a person’s age is one thing asked, and if the person is over 62 then they will be directed to Senior Information and Assistance.

Ms. Gray said that Aging and Disability Resource Center’s (ADRC) have currently been mandated to be planned across the country. It is supposed to be a one-stop-shop that is all inclusive. King County will be one of the last to do this because of it being so large. Pierce County currently has an ADRC, along with some of the other counties. Senior Information and Assistance will very likely be the ADRC in King County with some expansion.

Mr. Keeney stated that we need to try to help make the connection now for these people to the great services available that they need.

Mr. Megargel suggested that maybe the BNOA needs a tag line. It would give people an idea of what the group does.

Ms. Thompson said she is putting together an article on Elder Abuse for the paper. Bellevue Police department doesn’t have a particular person assigned to Elder Abuse. Each case is handled independently. Aging and Disability Services has received a three year grant to train prosecutors, hire a social worker, etc. An update on this grant will be presented at the BNOA September meeting. Ms. Thompson will be going to the City Council Meeting on June 4<sup>th</sup> to accept the proclamation for World Elder Abuse Awareness Day.

#### B. Transportation/Housing (reported by Ms. Grote)

The committee will be doing some case studies of crosswalk crossing times in areas of Bellevue used by older adults and people with disabilities. Mr. Katz recommended checking out the crosswalk timing on the crossings in the area of the library where new equipment has been installed.

On May 15 there is a King County Mobility meeting at Kent City Hall.

Eastside Easy Rider Collaborative has been conducting conversation cafes that have been very interesting. As part of the Growing Transit Communities grant the next Conversation Café’s will be held on May 18<sup>th</sup>. One will be held at Hopelink from 5:30-7:30 and the other at the Russian Community Center from 1:30-3:30. They are trying to find out what the transportation needs in the community are and what can be done to improve them.

C. Advocacy (reported by Ms. Thompson)

Thanks to the great advocacy this year, older adults did not get cut in the legislature and caregivers actually received extra funds. The Older American's Act still hasn't been reauthorized. We might possibly want to send in another letter of support for this. The Elder Justice Act was passed as part of the affordable health care. It is still not funded. Ms. VonWald stated that that it is part of our BNOA legislative agenda and so the BNOA can write a letter.

D. Quality of Life Adhoc (reported by Bob Megargel)

Nothing to report.

## COMMUNITY PARTNERSHIP REPORTS

A. Parks & Community Services Board – no report

B. Eastside Easy Rider Collaborative –reported earlier in meeting

C. Eastside Human Services Forum (reported Alex O'Reilly)

There is a change in the location of the annual meeting. It will be June 7<sup>th</sup> from 7:30-9:30 at North Bellevue Community Center. Ms. VonWald stated that when you RSVP it will ask you your areas of interest. Your area of interest will indicate which breakout group you will be in. We might want to divide and conquer within all of the break out groups so that we have input in all of the groups. Please make sure you RSVP, if you haven't already.

D. Eastside Time Bank (Jeanne Grote reporting)

The Eastside Timebank met last Friday at Kirkland City Hall. They received \$6,000 from United Way for funding, and also \$1,500 from each Kirkland and Redmond. They signed a contract with Mercer Island to be a Time Bank but they won't be a separate Time Bank but will be run through Eastside Time Bank. The next potluck will be at Redmond Library on May 10<sup>th</sup> at 6:30. I would encourage everyone to attend a potluck.

E. Aging and Disability Services Advisory Council (Berta Seltzer reporting)

For every ADS meeting there is an education portion. Last month the education portion was on elder abuse. This month the education portion will be on re-hospitalization. Many patients are readmitted to the hospital and Medicare doesn't want to pay for it. Ms. Rasnack commented that she was at the Care Transition meeting. That meeting focused on what kind of support systems we can create and plan for people who are leaving the hospital. There is a PowerPoint called Hospital 101 available which Ms. Rasnack is going to check out. There are a lot of people/populations that need help understanding the care follow-up when leaving the hospital. They can't do it themselves. The Outreach Committee could possibly talk with the Fire Dept. to see if volunteers could be trained to do this. But, some of the problems are pretty complex.

## STAFF REPORT

### Dates to remember:

May 7<sup>th</sup> – Older Americans Month Proclamation at the City Council meeting at 8pm (Ms. Rasnack accepting)

June 4<sup>th</sup> – World Elder Abuse Awareness Proclamation at the City Council meeting at 8pm (Ms. Thompson accepting)

NEW BUSINESS – none

PUBLIC COMMENTS/QUESTIONS - None

### UPCOMING AGENDA ITEMS

**June 7** – EHSF meeting at NBCC at 7:30am-9:30am

**June 28** – (July meeting rescheduled) – Bel-Red corridor – Project status update

**August 2** – Jesse Eller will present for Aging and Disability Services (Ms. O'Reilly covering this meeting for Ms. VonWald)

**September 6** – Phil Jordon will talk about the Elder Abuse grant

### ADJOURN

The meeting was adjourned at 10:30 am.