



MEMORANDUM

Date: May 6, 2013
To: Mayor Lee and City Councilmembers
From: Patrick Foran, Director x5377
Cathy VonWald, Community Services Supervisor x7681
Subject: National Older Americans Month Proclamation

In 1963 at a meeting with the National Council of Senior Citizens, President John F. Kennedy designated May of that year as Senior Citizens Month encouraging the nation to pay tribute in some way to older people across the country. In 1980, President Jimmy Carter's Proclamation changed the name to Older Americans Month, a time to celebrate those 60 and older through ceremonies, events, and public recognition. For the 27th year, the City of Bellevue is celebrating National Older Americans Month. This year's theme is "*Older Americans: Unleash the Power of Age!*"

According to the 2010 US Census, the percentage of the population 60 years and older living in the United States is 18.5%. In Washington State the number of adults over 60 years of age is 18%. In King County, that percentage is 16.2%. In Bellevue, the percentage of the population 60 and older is 19%. This is higher than the County, State, and National percentages. This number is expected to continue to grow because the percentage of people 45-60 years of age is currently 21.2%. The "Age Wave" is coming!

Older adults, their families, and members of the community are invited to celebrate at the City's community centers, and to learn more about programs and services for older adults. A number of special activities have been planned during May in order to celebrate (see attached).

Over the past decade, City programs and services have been transforming to meet the changing needs of a healthier, better educated, and more diverse older adult population. North Bellevue Community Center provides services such as the Community Dining program, Meals on Wheels, foot care, tax assistance, SHIBA-health insurance benefits advisors, Health Enhancement Program, support groups, etc. The center also offers innovative programs such as computer classes, exercise, Fitness Center, dance, drama, arts and crafts, cards and games, financial and legal workshops, health lectures, music, language and culture, travel, and lifelong learning opportunities based on ability and interest rather than age. South Bellevue Community Center offers a wide-range of programs and activities that focus on active lifestyles, as well as having a strong health and wellness component. Programs and services for older adults can also be found throughout the community at Robinswood Tennis Center, Bellevue Municipal Golf Course, Crossroads Center, Northwest Arts Center, Bellevue Aquatics Center, and Highland Community Center.

We invite Council, staff, volunteers, and all members of the community to join us in celebrating National Older Americans Month.

Attachments

Older American's Month Activities
Network on Aging 2012-2013 Accomplishments
Proclamation

“Older Americans: *Unleash the Power of Age!*”
Older Americans Month
May 2013

Celebrating Older Adults with Bellevue Parks & Community Services

Special Events

- Opening Ceremony** Monday, May 6, 8pm
 Mayor Lee will read the proclamation in the Council Chambers at City Hall.
- Mother's Day Dance** Tuesday, May 14, 2-4pm
 The 'Sound Of Swing' will perform for your dancing pleasure. \$3
- Mother's Day Luncheon** Wednesday, May 8, 11:30am-1pm
 Come and celebrate motherhood with a delicious meal. Suggested donation of \$3/for those over 60, \$6.00 fee for those under 60, payable at the door. Pre-registration required by Wednesday, May 1.

For all classes and activities, R= Resident and NR= Non-Resident

Day Trips

Out to Lunch at Red Lobster				
Course #74883	11am-3pm	Wed	May 8	\$11 R/\$13 NR
Maifest Celebration in Leavenworth				
Course #74884	9am-6pm	Sat	May 11	\$24 R/\$28 NR
MoHAI, Museum of History & Industry				
Course #74885	10am-3pm	Wed	May 15	\$23 R/\$28 NR
Black Diamond Bakery & Restaurant				
Course #74886	11am-3pm	Thu	May 23	\$12 R/\$14 NR
Red Wind Casino in Olympia				
Course #74887	9am-5pm	Wed	May 29	\$18 R/\$21 NR

Crafts, Visual & Performing Arts – Various Locations

Drop-In Painting

Bring your watercolor or other painting projects, and visit with others while working in this friendly drop-in atmosphere. Bring your own supplies and projects. Thursdays, 1-3pm, FREE. NBCC

Arts Drop-In

This creative, fun group invites others to join in for an evening of art activities. Different medium each week. Tuesdays, 6-8:30pm, \$3 R/\$4 NR. NBCC

Programs, courses, activities, and services located at
 North Bellevue Community Center (NBCC) | South Bellevue Community Center (SBCC)
www.bellevuewa.gov www.myparksandrecreation.com

Knitting – Red Cross Knitting Group

Join this group of Red Cross volunteers who knit items to donate to local hospitals and Eastside Baby Corner. Yarn and patterns provided. NBCC

11am-3pm Wed May 1-Aug 28 FREE

Thursday Afternoon at the Movies

Join us for movies and popcorn. Call or stop by for a new list of movies each month. NBCC

2-4pm Thu May 2-Aug 29 FREE

Art – Sumi Painting Group

Join others as they practice the Art of Sumi Painting. Sumi means ink painting in Japanese and is an art medium that dates back some six thousand years. New to Sumi? Others will be happy to share their knowledge and love of the art form. Other water based mediums are welcome.

SBCC

Course #70416 10:30am-1:30pm Mon May 6-May 20 \$15.50 R/\$18.50 NR

South Bellevue Stitchers

Bring your crocheting or knitting and join our group. Feel free to work on a project of your own or join others as they craft for charities. If you don't know how to crochet and would like to learn, we'll teach you. Fridays, 10-12pm, FREE. SBCC

Ikebana – Japanese Floral Design

Using flowers, branches and other media you will master the various Sogetsu school style of Ikebana. Pre-registration required. NBCC

Course #63862 6-8pm Wed May 16-Jun 13 \$80 R/\$100 NR

Course #63861 10-12pm Thu May 17-Jun 14 \$80 R/\$100 NR

Singing – Chinese & English Chorus

Come and sing some famous Chinese and English songs. Learn some Mandarin while singing to your favorite tunes. Co-sponsored by Chinese Information and Service Center. NBCC

10:30-11:45am Wed May 1-Aug 28 FREE

Singing – Chorus

Come sing with the chorus. We welcome new singers any time – just come as you are. No auditions or advance notice required. We sing for our own fun and enjoyment with piano accompaniment. Mostly, we sing popular songs from the 30's, 40's and 50's. Our many song books plus holiday music give us a large variety. Typically, we sing at a nursing home 2nd Friday of each month. NBCC

10:30-11:45am Fri May 3-Aug 30 FREE

Computers – All Courses at the North Bellevue Community Center

Intro to Computers

Provides fundamentals of hardware and software, terminology, operations, keyboard, and mouse. Learn the difference between word processing, spreadsheet, and database software. NBCC

Course #74097 10am-12pm Tue May 7-28 \$41 R/\$49 NR

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www.bellevuewa.gov www.myparksandrecreation.com

Windows 8

Learn what is new in Windows 8. Check out the cool new features that can help simplify everyday tasks. Use snap to arrange and resize windows, view the new task bar button and shake your windows. NBCC

Course #74103 12:30-2:30pm Tue May 7-28 \$41 R/\$49 NR

One-On-One With Doris Ford

Feel more comfortable asking questions one-on-one? Need a quick skill brush-up for your new job? Gain computer skills, confidence, and comfort level with your equipment in a 2-hour one-on-one session. If you feel more comfortable using your own equipment, bring your CPU or Laptop from home, or use a computer in our lab. NBCC

Course #74117 10am-12pm Thu May 23 \$31R/\$37 NR

Organize Your Files-Microsoft

Learn the difference between files and folders, how to copy, move, delete files into separate folders. Discover how easy it is to create new folders. Organize your photos. NBCC

Course #74118 10am-12:30pm Thu May 30 \$18 R/\$22 NR

Getting to Know Your Digital Camera

Work with your own camera to determine which settings provide the most satisfactory results. Ownership of a digital camera with 3.2 or more megapixels essential. Learn what buttons and dials mean and how to use them. Bring your camera, extra batteries, and instruction book to class. NBCC

Course #74107 10-12pm Thu May 16 \$18/R \$22/N

Financial & Legal

Legal Clinic

The Eastside Legal Assistance Program offers a legal clinic for low-income individuals on the 2nd Thursday each month. Appointments: Eastside Legal Assistance, 425-747-7274. NBCC

SHIBA

The Statewide Health Insurance Benefits Advisors (SHIBA) volunteers are trained by the from the State Insurance Commissioner's Office and Senior Services. They provide free, unbiased information about health care coverage and access to help improve the lives of all Washington State residents. SHIBA volunteers assist consumers with choices and problems involving private health insurance, as well as many government programs (Medicare, Medicaid, Basic Health, Children's Health Insurance Program, and the Washington State Health Insurance Pool). SHIBA volunteers are also experts in Medigap coverage, employment-related health benefits, managed care, long-term care insurance, and fraud and abuse questions. They offer information on Medicare insurance claim forms, Medicare billing procedures, Managed Care Plans, Supplemental Health Insurance, Long-Term Care Insurance. Appointments: 425-452-7681. One-hour appointments, 1st and 3rd Wednesday each month, 9-11 am. NBCC

Senior Bus Pass Distribution

Metro will sell their Senior Regional Reduced Fare ORCA Card for \$3 available to adults 65 years or older. If you have an old Metro RRFP, you can trade it in for a new ORCA RRFP card.

10:30-11:30am Tue May 21 \$3 fee to Metro

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www.bellevuewa.gov www.myparksandrecreation.com

Health, Fitness, Dance & Sports – Various Locations

Foot Care Tuesdays & Wednesdays

Chris Egan, RN will trim toenails by appointment. This service is geared for older adults and/or diabetics who need assistance with this task. Fee is \$28 payable by cash or check the day of the appointment. Call 425-452-7681 to make an appointment. NBCC

Massage Therapy

Relax. Relieve aches and pains. Experience a sense of balance and well-being. Elizabeth Strauss, Licensed Massage Practitioner and Jin Shin Do (r) Acupressurist. Elizabeth also has special training in massage for older adults. All ages welcome. Call 425-452-7681 to make an appointment. NBCC. 30-minute session: \$36 R/\$43 NR 60-minute session: \$72 R/\$86 NR

Enhance Fitness

This low impact aerobics class is designed to give you the maximum amount of cardiovascular exercise with a minimum amount of wear and tear on your body. Class is offered in conjunction with Group Health by trainers from the Pro Sports Club. If you are a Group Health Medicare Advantage Member, there is no charge for this class – just sign in each day you attend. NBCC
Course #73805 9-10am Tue, Thu, Fri May 2-31 \$39 R/\$47 NR

Fitness – Strong and Fit Seniors

This monthly group fitness program taught by certified personal trainers provides education on improving overall functional fitness using a variety of equipment and a varied routine while accommodation individual needs and limitations. Participants will improve strength, balance, coordination, posture, flexibility, core strength and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere. SBCC
Course #69945 10:15-11:15am Mon/Wed May 1-29 \$55 R/\$66 NR

Tai Chi – Wednesday Practice (NBCC)

Tai Chi helps blood flow smoothly in the vessels and can strengthen the functions of heart & lungs. It is the best kind of exercise for the health of middle aged and seniors. Easy to learn and follow as well as helps you mildly exercise you whole body. Conducted in Mandarin and English. Co-sponsored by the Chinese Information & Service Center. Wednesdays, 9:30-10:30am, FREE drop-in program.

Tai Chi Qi-Gong-Saturday

A traditional Chinese combination of flowing and stretching exercises. A vital energy exercise, which balances energy, relaxes the body, and relieves stress. Course taught by Tai Chi Master, Dr. X. Z. Wang. NBCC
Drop-In Only 9-10am Sat May 4-Aug 17 \$12/R \$14/NR

Tai-Chi Chaun Sword Play

An Ancient Chinese method for promoting a well-integrated body and mind. Using a series of stretching exercises, beginning with focusing on the natural flow of breath, we slowly work toward incorporating good posture and the 24 simplified movements of Tai-Chi. Also incorporated are the 32 simplified movements of Tai-Chi Swordplay.

NBCC

Course #74131	7:15-8:45pm	Mon	May 7-Jun 11	\$56/R \$67/NR
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SBCC

Course #71327	7:15-8:45pm	Thu	May 23-Jun 20	\$56/R \$67/NR
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Gentle Yoga by Wendy

Easy yoga adapted for seniors and others who need the gentle approach. Yoga can provide many health benefits including increased flexibility and improved balance. Class will adapt to accommodate all levels of experience and ability. NBCC

Course #74093	10:30-11:30am	Mon	May 6-20	\$24 R \$28 NR
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Course #74089	10:30-11:30am	Thu	May 2-30	\$32 R \$38 NR
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Yoga – Advanced

Stretching and flexibility exercises for the experienced yoga student. Workout especially geared for older adults with significant yoga training. NBCC

Course #73053	10-11am	Mon	Apr 15-May 20	\$14 R/\$16 NR
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Line Dance-Class

Learn new line dances. Level of dance based on level of students registered. Beginner and/or intermediate. Leather soled shoes recommended. Drop-In fee: \$7 R/\$8.50 NR. NBCC

Course #73736	12:15-1:45pm	Fri	May 10-Jun 31	\$24.50R/\$30.50NR
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Line Dance-Practice/Drop-In

Practice line dances with other participants. No instructor. Drop-in. No registration required. Drop-In fee: \$3 R/\$4 NR. NBCC

11:45am-12:45pm	Mon	May 6-Aug 26
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10:30am-12pm	Fri	May 3-Aug30
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CISC Ballroom Dance

Would you love to learn some ballroom dance moves, such as Cha-Cha, Waltz, Tango, and Rumba? This dance class is for you to exercise your body while listening to the music. Come and have some fun! Suggested donation of \$3/person. Course conducted by the Chinese Information and Service Center in Chinese language only. NBCC.

Course #73846	1-3pm	Wed	May 1-Aug 28	\$3/each donation
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Tap Dance-Beginning

Have you wanted to learn to tap dance or want to improve the skills you learned long ago? This is a wonderful way to exercise while improving coordination, memory and having fun. NBCC.

Course #73896	11-12pm	Tue	May 28-June 18	\$18 R/\$22 NR
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Tap Dance-Intermediate

Improve your skills dancing to fun music from the old days. This is a wonderful way to exercise while improving your memory, coordination, and having fun. NBCC

Course #74786 12:15-1:15pm Tue May 28-June 18 \$18 R/\$22 NR

Senior Tennis

Tennis for those 50+ at the Robinswood Tennis Center.

Ongoing 2:30pm Tue \$13

Walk For Life – Area Shopping Centers

- **Bellevue Square** (8-9:30am, M/W/F), sponsored by Overlake Hospital Medical Center
Meet at Skybridge #4
- **Crossroads Shopping Center** (8:30-9:30am, M/W/F), sponsored by Crossroads Bellevue
Meet in front of JoAnn’s in the mall
- **Factoria Square** (7-10am, M-F), sponsored by Factoria Merchants Association.
Meet at Target’s entrance inside the mall

Gourmet Bikers

Join other seniors and set aside Wednesdays for a day of low-impact exercise, fun, fellowship, and lunch. We start our rides around 10am and bike for 12-15 miles, stop for lunch and return. We will ride on flat bike trails and low traffic roadways. As our confidence builds, we will plan trips to the tulip fields, lavender fields, and maybe even a winery trip. Riders must provide their own bicycle and helmet. Information: Judy, 425-378-0645.

Co-Ed Senior Softball

Slow-pitch co-ed team now looking for players. Season runs from April-August. Information: Barbara Polkinghorn, 425-746-5122.

Immigrant Services

SeaMar Community Health Center

SeaMar sponsors a variety of services to Latino Seniors at NBCC. Latino lunch served to those 60+ Mondays at noon (\$3 donation) followed by a dance. ESL classes, bi-lingual education, healthcare information, translation, and bi-lingual assistance for integration. Transportation assistance offered. Mondays and Fridays 9am-1pm. Information: Clemencia Robayo, 206-764-8044. NBCC

Chinese Information & Assistance Services

Services provided in Mandarin to those 55+. Assistance with questions and concerns regarding health insurance, housing, naturalization application, utility or medical bills, or any other issue where the language barrier is an issue, our trained volunteer can help. Information or appointment: Janice Kong, 206-624-5633 x 4123. NBCC

Drop-In 8:30-12pm Thu May 2-Aug 29 FREE

ESL Advanced for Mandarin Speakers

Advanced English as a second language instruction for Mandarin speakers. NBCC
10-11:30am Thu May 3-Aug 30 FREE

ESL Advanced for Chinese Speakers

English as a second language instruction is offered for non-native speakers. Beginner & Intermediate. SBCC

Course #74275 12:30-2pm Thu May 2-Jun 20 FREE

Chinese ESL 111 – Newspaper Reading Group

Every week we will study an article from the local newspaper and learn new vocabulary. This class is fun and useful. Conducted in Mandarin. Co-sponsored by the Chinese Information & Service Center. NBCC

9:30-10:30am Wed May 3-Aug 30 FREE

ESL For Spanish Speakers

Reading, writing and speaking skills for non-native English speakers. Learn the American style of handwriting, increase your understanding of common English phrases, and practice your penmanship and conversation skills in a fun a supportive setting. NBCC

12:45-1:45pm Mon/Fri May 3-Aug 30 FREE

Indian Fellowship

This social group is geared for older adults visiting from India. Contact CD Banerjee at 425-746-8420 for additional information. NBCC

10:30am-1pm Tue May 7-Aug 27 FREE

Special Interest & Lifelong Learning

Book Discussion Group

Meets 2nd Tuesday each month. Information: Sue Hipke, 425-747-6843 or Dorothy Goddard, 425-747-5543. FREE. NBCC

10-11:30am Tue May 14 FREE

Getting Around Puget Sound

Want to go from home to the store, the library & more? Personalized one-on-one assistance with transportation options and planning. Contact Hopelink Travel Ambassador Program at 425-943-6760.

Young Onset Parkinsons

Sponsored by the American Parkinson Disease Association. For those under 60 with disease and their families. Meets the 1st Wednesday each month, 7-8:30pm. For more information, call Carin Mack 206-230-0166. NBCC

7-8:30pm Wed May 29-Sep 11 FREE

Programs, courses, activities, and services located at
North Bellevue Community Center (NBCC) | South Bellevue Community Center (SBCC)
www.bellevuewa.gov www.myparksandrecreation.com

South Bellevue Bridge Bunch

Just learning, a little rusty, or just want a fun place to play bridge. We have the place for you. The purpose of this class is to give those who have taken a beginning class a place to try out what they've learned. SBCC

Course #72491 1:10-3:10pm Tue May 7-Jun 19 \$15.50 R/\$18.50 NR

Drop-In Games

Adult Billiards & Games

Drop-in programs for adults at the NBCC. Join in the fun! Activities include billiards, board games, puzzles, books, magazines, and video check-outs. FREE

8:30am-6pm	Fri	May 3-Aug 30	FREE
8:30am-8:30pm	Mon-Thu	May 6-Aug 29	FREE

Party Bridge

Drop-in "Party Bridge" play. Meets in the Billiards Room. Individuals welcome. Please contact Eva at 425-746-9907. NBCC

12-3pm	Tue	May 7-Aug 27	FREE
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Cribbage

Come join friends for a fun game of Cribbage. NBCC

10-12pm	Thu	May 2-Aug 29	FREE
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Duplicate Bridge

Bring a partner. Group meets at NBCC Wednesday & Friday afternoons from 12-3:30pm. 50¢ fee payable to Advisory Board. Contact: Ed Jesse, 425-746-7435 or Arnie Rengstroff, 425-746-1620.

12-3:30pm	Wed/Fri	May 1-Aug 30	.50/per player/day
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Mah Jong

Information: call or stop by the front desk. Wednesdays, 1-3pm. NBCC

1-3pm	Wed	May 1-Aug 28	FREE
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Pickleball

The monthly schedule for Pickleball may vary. Please call for current schedule. Court and net provided-players provide their own paddle and ball, (we have a few to loan). NBCC

3-5pm	Mon/Fri	May 6-Aug 30	\$3 R/\$4 NR
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Pinochle

Pinochle played every Thursday afternoon. If you are interested in joining a foursome, call Carl Wittenberg, 425-641-3118 to put your name on the interest list. New tables will be formed as enough people join. NBCC

12-3pm	Thu	May 2-Aug 29	FREE
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Ping-Pong

Drop-in for a lively game of ping pong (Table Tennis). We provide the two championship quality Table Tennis tables and balls; you provide your own paddle. Call for current schedule. Ask about the Play Pass for discounted play. NBCC

Mon-Fri

May 6-Aug 30

\$3 R/\$4 NR

OVERVIEW OF PROGRAM SITES FOR OLDER ADULT PROGRAMS

North Bellevue Community Center (NBCC)

425-452-7681

4063 – 148th Avenue NE

Programs and activities geared to the interests of adults of all ages are offered weekdays, 8:30am-9pm (M-Th), and 8:30am-6pm (Fri). A variety of Social Services offered on-site as well as a wide-range of recreational opportunities including lunch service, classes, drop-in activities, and day-trips.

South Bellevue Community Center (SBCC)

425-452-4240

14509 SE Newport Way

As we develop programs, we want to hear from you as to what you would like to find at SBCC. Call 425-452-4240, email sbcc@bellevuewa.gov, or better yet come visit us.

COMMUNITY RESOURCES & INFORMATION

Care

Adult Abuse Prevention

To report a suspicion of abuse or neglect of an older person or person with disabilities living in a facility or their own home, call toll free 1-866-ENDHARM, or visit www.aasa.dshs.wa.gov.

Catholic Community Services of King County

Volunteers provide services such as transportation, light housekeeping, minor home repairs, yard work, laundry, shopping assistance, and light cooking. Call 206-323-6336; 1-888-649-6850 or visit www.Ccsww.org.

Elder and Adult Day Services, 425-867-1799

Supervised facility for activities and services full or partial day

Evergreen Care Network, 425-899-3200

Service to help older adults remain independent

Nursing Home Information Online, 1-800-MEDICARE or www.medicare.gov

See how specific nursing homes compare to others in the community or nationally for short- and long-term stay residents.

Senior Housing, www.ArchHousing.org

New resource to inform seniors, caregivers, and their families of housing choices in East King county when considering aging in place or transitioning out of the home to a new home. The new website will allow seniors to evaluate their values and needs and discover the many housing and service options that are available locally for seniors.

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www.bellevuewa.gov www.myparksandrecreation.com

Health

Seattle Mental Health, 425-653-4900

Counseling, Psychiatric Evaluations, Medication Management, Day Treatment Services, Case Management, and Support Groups.

Benefits Check Up Online

A new web-based service of the National Council on the Aging allows you to quickly and easily determine what benefits you may qualify for, and how to claim them. Visit them on the web:

www.BenefitsCheckUp.org Medicare questions answered via the Internet at

www.mymedicarematters.org .

General

AARP Area Office, 1-800-922-8716 or 206-517-2327

AARP Community Service Employment Program, 206-624-6698

Assistance for job seekers aged 55+ including 20-hr/wk paid job training and assistance finding permanent employment. Co-sponsored by US Dept of Labor and the AARP Foundation.

Computer Help Desk Service, 425-747-2433 (Joe Mraz)

KEGS (Komputer Enthusiasts of Greater Seattle) can help with your computer needs. For meeting and computer help, call Joe.

Eastside Legal Assistance Program, 425-747-7274

Legal advice, at little or no cost, to low-income Eastside residents

Hopelink, 425-869-6000

Food Bank, Transportation, Immigrant Services, etc.

King County Healthy Aging Partnership, 1-888-4-ELDERS

Information and referral for King County Seniors

Senior Information & Assistance, 206-448-3110

United Way of King County, 206-461-3700

WICS (Widowed Information & Counseling Services), 206-241-5650

Housing

ARCH (A Regional Coalition for Housing), 425-861-3676

City of Bellevue Home Repair Program, 425-452-6884

City of Bellevue Utilities Discount/Rebate Program, 435-452-5285

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www.bellevuewa.gov www.myparksandrecreation.com

Immigrant Services

Chinese Services

Programs and services for Chinese seniors at NBCC & SBCC. Bi-lingual staff worker assists participates in social, recreational, and educational activities. Information and assistance services include issues relating to retirement, senior housing, health insurance, and naturalization. Appointments: CISC, Cathy Lee, 206-624-5633 x4123

Spanish Services

SeaMar Community Health Center co-sponsors a variety of services to Latino Seniors. ESL classes, bi-lingual education, healthcare information, translation and bi-lingual assistance for integration, and transportation assistance offered. Information: Clemencia Robayo, 206-841-0722. NBCC

Insurance/Social Security

Senior Rights Assistance, 206-448-5720

Help with consumer issues, landlord/tenant problems, homeowner concerns, estate information, end-of-life planning, substitute decision making, legal referrals, and elder abuse information.

Social Security Information

1-800-772-1213, 7am-7pm weekdays or at www.ssa.gov. Services available in English and Spanish.

Statewide Health Insurance Benefits Advisor (SHIBA)

Trained volunteers from the Office of the State Insurance Commissioner and Senior Services of King County offer information on Medicare insurance claim forms, Medicare Billing procedures, Managed Care Plans, Supplemental Health Insurance, Long-Term Care Insurance, and Social Security problems. Appointments: 425-452-7681

Meals/Food Delivery

Lunches

Hot meals served at noon Monday, Tuesday, Wednesday & Friday each week. Sponsored by Catholic Community Services. Suggested \$3 donation for ages 60+, flat fee of \$6.00 less than 60 years. Monthly menus available. NBCC

Meals-On-Wheels

Frozen meals are delivered to homebound seniors on Mondays. Average \$3 donation. Information: Seattle office of Senior Services, 206-727-5767.

Transportation

Access Transportation, 206-623-3113

Transportation for mobility impaired seniors and disabled persons to appointments, grocery shopping, and to the activities. Funded by METRO Transit.

Hopelink, 425-943-6789

Medical Transportation, Bus Buddy, and Getting Around Puget Sound programs

Volunteer Transportation for Seniors, 206-448-5740

Door to door personal transportation to medical and dental appointments coordinated and sponsored by Senior Services. Trained, insured volunteer drivers.

Support Groups/Meetings

NARFE (National Association of Retired Federal Employees)

Meets 3rd Tuesday each month at noon. Information: 425-868-4502. NBCC

Volunteer Opportunities

Volunteers play a key role in providing programs and services at NBCC. We depend on volunteers to provide successful programs and positive experiences for everyone who visits our facility. Annually, over 200 volunteers provide over 15,000 hours of community services. Come join us. For information and job descriptions, call 425-452-7681. Volunteer opportunities available in the following areas: call Food Service & Kitchen Help, Front Desk Reception, Advisory Boards, Class Instruction, Crafts, English Conversationalist/ ESL Instructor, Foot Care Assistant, Coffee Bar/Refreshments, Fund Raising, Garden Assistant, Newcomer Social Committee, Entertainment, and Instructors and class assistants.

Intergenerational Reading Program, 425-869-5857

Help a child learn to read at Sherwood Forest Elementary School. Co-sponsored by RSVP Reading Challenge Program

RSVP (Retired & Senior Volunteer Program), 206-694-6787

Eyeglass Donations

Eyeglasses collection at NBCC for recycling to low-income persons via local eyewear stores.

Bellevue Network on Aging

Meetings are generally held on the first Thursday each month, 8:30-10:30am at Bellevue City Hall. Meetings are open to the public. For more information, agendas, and minutes, please call 425-452-4200, or visit http://www.bellevuewa.gov/network_on_aging.htm



Programs, courses, activities, and services located at
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www.bellevuewa.gov www.myparksandrecreation.com

BNOA 2012/2013 Accomplishments

2012 Outreach Committee

1. Members took part in the Senior Services Aging Your Way Summit, March 21, 2012
2. Sponsored a Bellevue Network on Aging table at the following fairs:
 - Overlake Hospital Active Senior Fair- March 10
 - Strawberry Festival- June 23 & 24
 - Annual Seniors vs. City Softball Challenge game-August 23
 - Crossroads Farmer's Market – August 28
 - Chinese Information & Service Center Resource Fair- September 6
 - Bellevue Farmer's Market – September 13
 - Home Is Where the Heart Is Housing/Health Fair- October 20
3. World Elder Abuse Awareness Day Proclamation- June 18, 2012; Bellevue City Council
4. Article on elder abuse in connection with World Elder Abuse Awareness Day was published in the Bellevue Reporter on-line edition
5. Added Senior Information and Assistance information in the Utility Bills beginning in October 2012
6. Secured funding from Symetra Financial for an additional 500 Vials of Life for distribution to the public
7. Provided an annual update to the Human Services Commission on Tuesday, October 16, 2012
8. Bellevue Network on Aging table on October 25 at the Bellevue YMCA
9. Provided SHIBA videos for airing on Bellevue TV- Fall 2012
10. Secured 2011 statistics on Adult Protective Services Reports and Cases from DSHS
11. Two members met with the Chinese Information and Service Center staff to explore avenues for enhanced outreach and community participation

2013 Outreach Committee

1. Sponsored a Bellevue Network on Aging table at the following fairs:
 - Overlake Hospital Active Senior Fair- March 9
2. Members assisted with the Community Conversations for the Human Services Needs update; older adult community conversations took place in April at Circle of Friends and the Bellevue YMCA

2012 Advocacy Committee

1. Monitored bills of interest during legislative session
2. Members visited state legislators in Olympia as part of Senior Lobby Day in February; followed up with thank you letters after the session ended
3. Presentation to Bellevue City Council, February 6 under "Reports of Boards and Commissions" recapping the 2011 Legislative Forum and BNOA Legislative Agenda items
4. Worked with Qualis to edit and distribute a PowerPoint presentation to educate older adults about hospital stays and observation status as it relates to Medicare funding
5. Members attended the Eastside Human Services Forum June gathering and helped facilitate discussion groups around older adult issues
6. Sent a letter to Congressional representatives in June regarding reauthorization of the Older Americans Act and funding of the Elder Justice Act and sent an additional letter in October reauthorization of the Older Americans Act
7. Testified before the Bellevue City Council in support of continued City budget funding for older adults Parks and Human Services programs. July 2012

BNOA 2012/2013 Accomplishments (Continued)

8. Worked cooperatively with AARP, Aging and Disability Services, the Kirkland Senior Council, and others to produce and publicize the "Silver Tsunami" Candidates Forum, October 1, 2012 at the Mercer Island Community Center
9. Coordinated with the Eastside Human Services Forum to develop the legislative agenda with issues affecting seniors
10. Members attended the Senior Lobby Conference, October 2012 in Tacoma
11. Jullie Gray gave a presentation on Elder Abuse to the AAUW (American Association of University Women) of Issaquah, October 2012
12. Members attended the Mercer Island Senior Advisory Board 10-24-2012 meeting to meet and extend an invitation to attend our meetings
13. Sent a letter to the Bellevue Botanical Garden with request for accessibility for less mobile individuals

2013 Advocacy Committee

1. Monitored bills of interest during legislative session
2. Members visited state legislators in Olympia as part of Senior Lobby Day in February; followed up with thank you letters after the session ended
3. Members met with Congressman Smith and his staff in April to advocate for the "Improving Access to Medicare Coverage Act of 2013" (S.569; H.R.1179), the Older American's Act Federal Funding, and the Elder Justice Act
4. Members met with Representative Reichert and his staff in April to advocate for the "Improving Access to Medicare Coverage Act of 2013" (S.569, H.R.1179), the Older American's Act Federal Funding and the Elder Justice Act

2012 Transportation & Housing Committee

1. Members attended and took part in the EERC Transit Communities Exchange Forum, February 29, 2012
2. Members took part in the EERC Transportation Forums at Highland Community Center and Bellevue City Hall
3. Members assisted the Transportation Department with outreach to older adults on the Transit Master Plan
4. Members facilitated 2 community conversations for input on the Transit Plan; one was translated for Spanish speakers and the second was translated for Chinese speakers
5. Members toured the City of Bellevue Traffic center to learn about and give input about traffic signals, crosswalk timing, and innovative pedestrian crossing solutions
6. Worked cooperatively with ARCH Housing to do the annual proofing and update of the Senior Housing website
7. Provided an annual update to the Transportation Commission on the Eastside Easy Rider Collaborative on October 25
8. Advocated for Age Friendly Design in new buildings
9. Members distributed information about Winter Shelters

2013 Transportation & Housing Committee

1. Members reviewed the Housing and Transportation Elements of the Comprehensive Plan and developed a list of items to support in the update of the Plan

BNOA 2012/2013 Accomplishments (Continued)

Other

1. *Members served on the Aging and Disability Services Advisory Council*
2. *Members served on Eastside Human Services Forum Advocacy Committee*
3. *Members served on the Eastside Easy Rider Collaborative*
4. *Member served on the Eastside Time Bank Board*
5. *Members served as Long Term Care Ombudsman*
6. *Annual report: delivered to City Council during Older American's Month May 2012 & 2013*
7. *Older American's Month Proclamation May 2012 & 2013*

CITY OF BELLEVUE, WASHINGTON

PROCLAMATION

Whereas: Bellevue is a community in which 19% of its residents are 60 years of age and older; and

Whereas: Bellevue is committed to valuing all individuals and recognizing their ongoing life achievements; and

Whereas: The older adults in Bellevue play an important role by continuing to contribute experience, knowledge, wisdom, and accomplishments; and

Whereas: Our older adults are active community members involved in volunteering, mentorship, arts and culture, and civic engagement; and

Whereas: Our community can provide opportunities to enrich residents young and old by recognizing older adults as a valuable asset in strengthening our community; and

Whereas: The President of the United States has designated the month of May as *Older Americans Month and the theme "Unleash the Power of Age!;"*

Now, therefore, I, Conrad Lee, Mayor of the City of Bellevue, Washington on behalf of the City Council do hereby proclaim May 2013 to be:

OLDER AMERICANS MONTH

in Bellevue, and encourage every resident to take time this month to recognize older adults and the people who serve and support them as powerful and vital citizens who greatly contribute to this community.



Conrad Lee
Mayor



