

BELLEVUE NETWORK ON AGING
MINUTES

March 2, 2023,
Zoom.

North Bellevue Community Center via Virtual –

8:30am – 10:30AM

MEMBERS PRESENT: Abigail Brown, Anne Rittenhouse, Barbara Carey, Beverly Heyden, Diana Thompson, Eleanor Lee, Gazel Tan, Hannah Kimball, Julie Hart, Kira Hackett, Phyllis Smilen, Shana Aucsmith.

MEMBERS ABSENT: Shelley Gehring.

STAFF PRESENT: Dan Lassiter, Bellevue Parks & Community Services
Christy Stangland, Bellevue Parks & Community Services

GUESTS: Shelley Brittingham, Bellevue Parks & Community Services
Alex O’Reilly, David Plummer, Kathy Iverson KCLS

PRESENTER(S): Kristina Copley, Habitat for Humanity Repair Program Director
Justin Panganiban, COB Urban Planner
Gwen Rousseau, COB Senior Planner

RECORDING SECRETARY: Betty Lee, Bellevue Parks & Community Services

WELCOME AND ROLL CALL: The meeting was called to order by Abigail Brown and the roll call taken.

PUBLIC COMMENTS: None.

APPROVAL OF MINUTES: February 2023 minutes approved.

PRESENTATION: Habitat for Humanity Home Repair Program

HABITAT'S HOME REPAIR PROGRAM

Kristina Copley has worked for Habitat for Humanity in the Seattle area for the past 17 years, starting on the jobsite doing hands-on work building new homes to eventually moving into program management, helping to develop and operate Habitat's Repair Program in King and Kittitas Counties.

- ✓ **Includes Critical Home Repair, Minor Home Repair, and CAPABLE.** Each project type aims to address health and safety updates, as well as solutions to preserve either the home or the health of the residents.

- ❖ ***Critical Home Repairs*** typically cost over \$5,000 and address a major repair need, such as roof, siding, or painting. Payment is a 0% deferred loan (deed of trust) May include Aging in Place home modifications.

- ❖ ***Minor Home Repairs*** are projects are under \$5,000 Payment is \$50 flat rate. May include Aging in Place home modifications.

- ❖ ***CAPABLE*** participants enroll in 5-month program which includes in-home visits from an Occupational Therapist (OT), Registered Nurse (RN) and a Habitat handy worker. Work is focused on the safety of the resident in the home and limited to \$3,000 budget. CAPABLE is free for those who qualify.

PROGRAM ELIGIBILITY

- Strong need for improved housing situation.
- Income qualified: 80% AMI.
- Willingness to partner with Habitat.
- Live within repair service area or receive denial from other repair services.

SERVICE AREA

- Southeast Seattle
- White Center
- Federal Way
- SE Renton
- Bellevue (coming soon)
- Kittitas County

TYPES OF REPAIR WORK OFFERED (not limited to this list)

- Roof repair and replacement
- Safe access modifications
- Deck and step repair
- Exterior door repair
- Gutter cleaning or repair
- Exterior painting
- Siding repair
- Porch repair
- Fence repair (if safety or security issue)
- Other repairs, as needed, concerning the preservation of the home.

➤ Depending on the scope of work, projects may be completed by subcontractors, staff/AmeriCorps/volunteers, or a combination of all of the above.

❖ CAPABLE

- CAPABLE (Community Aging in Place—Advancing Better Living for Elders) is an evidence-based, client-centered program developed by Johns Hopkins University (JHU) School of Nursing that assists eligible homeowners with wrap-around services and connects them to health care and home modification services they need to continue to thrive safely in their homes.
- CAPABLE utilizes a unique team approach that includes professional services from: An Occupational Therapist (OT), Registered Nurse (RN), A Skilled Handy worker.
- Eligibility – Who can participate?
 - During pilot phase—participant must be referred through ADS case management and must also live in a home they or a family member owns.
 - Participant is 60 years of age or older.
 - Is cognitively intact or has only mild cognitive impairment-must be able to participate in the brainstorming and action planning process.
 - Has difficulty in performing Activities of Daily Living (ADLs), such as bathing, dressing, grooming, or walking across a small room.
 - Person has a history of falls or is at high risk for falls, e.g., vision problems, balance problems.
 - Requires minor home modification to ensure safety; examples include grab bars, raised toilet seat.

- CAPABLE Team:
 1. Participant:
 - Self-assessment
 - Readiness to change.
 - Drives own goals and priority settings.
 - Brainstorms options/solutions; team in consultative role.
 - Makes progress between each visit; develops Action Plan in own words.
 - Exercises, reads material, practices within home.
 - Absorbs tips for safe, independent living.
 - Uses new skills and equipment.
 2. Occupational Therapist
 - Functional/Mobility assessment
 - Home risk, modifications & equipment needs.
 - Fall prevention, equipment guidance.
 3. Handy Worker – Habitat for Humanity
 - Receives work order; confers with participant.
 - Obtains and installs equipment.
 4. Registered Nurse
 - Medical history, current healthcare providers
 - Key health issues/risks
 - Pain, medication review
- CAPABLE Evidence Base
 - More than 6x return on investment Roughly \$3,000 in program costs yielded more than \$30,000 in savings in medical costs driven by reductions in both inpatient and outpatient expenditures.
 - Have difficulties in function Participants had difficulty with an average of 3.9 out of 8.0 Activities of Daily Living (ADLs) at baseline, compared to 2.0 after five months.
 - Improved motivation The change in physical environment further motivates the participant. Addressing both the people and the environment in which they live allows the person to thrive.
 - Reduced symptoms of depression Symptoms of depression, as well as the ability to grocery shop and manage medications also improved.
- Most Frequently Requested Items:
 - Install/repair interior or exterior railings.

- Install grab bars.
 - Install flexible shower hoses.
 - Install tub safety strips.
 - Install new doorbells.
 - Lighting (add, repair, change)
 - Repair broken steps.
 - Smooth thresholds.
 - Repair/replace door locks.
 - Add new or replace old power strips.
- How CAPABLE differs from other approaches:
 - The participant directs.
 - The focus is on function vs. medical treatment.
 - The program is about the participant AND the home—improving both in a synchronous way.
 - The trained occupational therapist and professional nurse are a resource to the participant.
 - The home repairs and equipment are based on the participant’s functional goals.
 - The home improvements and equipment stay with the participant.
 - There is a beginning, middle, and end of the program over 4 to 5 months; progress is tangible/visible to the participant.
 - The participant learns ways to better manage health and improve.
 - Helpful links to Habitat for Humanity.
 - [Aging in Place with Habitat for Humanity | Habitat for Humanity](#)
 - [Habitat and the CAPABLE model | Habitat for Humanity](#)
 - [Bridging the Gap guide | Habitat for Humanity](#)
 - [Where We Build – Local Affiliate Search Results | Habitat for Humanity](#)
 - [Home - Habitat for Humanity Seattle-King & Kittitas Counties \(habitatskc.org\)](#)

PRESENTATION: Wilburton Vision Implementation Update – Gwen Rouseau & Justin Panganiban

Gwen and Justin discussed the progress of the project since their visit to BNOA October 2022. The details can be found in the following link.

City of Bellevue Comprehensive Plan Wilburton Vision Implementation:

[Bellevue_CompPlanEIS_ScopingSummary_FINAL.pdf \(bellevuewa.gov\)](#)

Wilburton Vision Implementation Website: [Wilburton Vision Implementation | City of Bellevue \(bellevuewa.gov\)](#)

- Wilburton Vision Implementation sits within the larger framework of updating the City's Comprehensive Plan where Bellevue and the region as a whole are looking ahead at projections of future jobs and population growth, and how best to direct that growth to advance the health and happiness of all by using resources efficiently, effectively, and equitably.
- Vision for Wilburton is for a dense and diverse mix of housing, office, retail, and entertainment across the area. Citizen's Advisory Committee that studied the area came up with a vision statement that Wilburton would become *"Bellevue's next urban mixed-use community that enhances livability, promotes healthy living, supports economic vitality, and serves the needs of a diverse and growing population."*
- Objectives for initiatives
 - Adopting amendments to the comprehensive plan specifically the Wilburton NE 8th street subarea plan
 - Land use code amendments
 - Adopting legislative rezone to reclassify the land use districts in the study area.
- Since the project launched April 2022 and began engaging the community, 3 land use alternatives were developed. An environment review process is on-going at this time, and the draft of the environmental impact statement will be released at the end of April where the community will have an opportunity to be engaged.
- First phase has been completed and now looking to gauge input from community on developing policies.
- The input gained will be used to help the planning commission craft a preferred alternative that will be analyzed in the final environmental review and guide the adoption of policies in the fall.
- Engagement activities in the past: walking tours, door-to-door, presentations to community groups and property owners. Webpage questionnaire with over 350 people visited with 100 responses. Interactive map to put pins in locations where opportunities or challenges were noticed.
- 5 elements of the vision: affordable housing, economic cultural vitality, multimodal connected network, parks plazas and open spaces, natural environment sustainability.
- Sampling of responses: people were interested in seeing affordability in housing for renters and owners, emphasis on making sure that small local businesses could operate in the new development with affordable rent, promote a pedestrian transit traffic that made the area feel safe, and area should be truly a neighborhood in a park with diversity, plazas, and

gathering places. Recommendation that climate change must be part of every decision-making process, that green space and tree covers needed to combat the urban heat island affect.

- Next steps with policy directions, and how to implement this vision: Looking at adding a new section into the sub-area plan; modifying existing policies and drafting new ones, replacing outdated ones, and creating a new land use map for the sub-area.
 - Upcoming engagement: Bellevue School District's 4th graders are adopting a new curriculum focused on planning and looking specifically at the Wilburton TRD and needs for the future.
 - Bellevue Youth Link Council will be holding the Youth Involvement Conference on April 22nd which will include workshops on the Comprehensive Plan Wilburton Vision and the Eastrail.
 - Mailers will go out to every address adding opportunities to contribute on Engaging Bellevue.
 - Focus groups discussions will be held with residents as well as employees including Overlake Hospital, Evergreen Court, and Glendale properties.
 - Tabling at grocery stores to meet with people and letting people know there are opportunities to comment on the draft environmental impact statement.
 - In the next phase of engagement will be to get input on what types of conversation is needed with the community and any questions that need to be answered to ensure there's positive benefits.
- BNOA members expressed the need for older adults focused discussions and engagement in the community. Also, BNOA suggested incorporating Universal Design in the housing units.

MONTHLY REPORTS

Human Services Report:

- American Rescue Plan Action - ARPA funding received applications and will be discussing at the next Human Services Commission meeting on Tuesday.
 - Categories of the funding are: Basic needs, behavior health, civil/legal aide, domestic violence and sexual assault survivor services, food insecurity, fostering wellbeing, and the face of racial ethnic discrimination, and homelessness services.
- Working on finalizing contracts for the general fund in the Housing Stability contract.
- Toni Esparza Assistant Parks Director is requesting that Human Services put together a presentation for other divisions within community services to present the work of Human Services. This would be a 20-minute presentation on overview of the services. Christy would love to share this 20-minute presentation on overview of the services with BNOA at a future meeting.

COMMITTEE REPORTS: *Members were asked to read the following committee reports before the meeting for discussion.*

ADVOCACY COMMITTEE REPORT:

Draft of February 6, 2023, Advocacy Minutes

1) Introductions of new members. Present at meeting were Jeri, Diana, Eleanor, Karen, Kathy and Dan

2) Approval of January Minutes

3) Discussion of zoom Meetings with legislators. Meetings scheduled were:

a) 48th District: representatives Slatter and Walen. Need appointment with Kuderer.

b) 41st District: Only Eleanor resides in 41st district. Diana and Abigail will accompany Eleanor at zoom meetings. Eleanor will attend some 48th District meetings so Eleanor can observe what the meetings are like

c) 45th and 1st District:

d) If legislators are too busy, we will make appointments with legislative assistants

5. Type of legislation: Diana pointed out the difference between bills and other types of legislation

6. Discussion of draft pass-out which we will send to legislators

a) Diana stated the pass-out we will use will be similar to this but may need to be updated, as things develop. Also, Diana has some flyers we might want to distribute in addition to the BNOA-KSC pass-out.

b) Diana pointed out the need before a meeting with a legislator to check the internet to see: where a bill you will be discussing is in the legislative process or whether a legislator you will be meeting is a sponsor of the bill

c) Members need to become familiar with the legislative website. (Diana had distributed a document entitled: How to follow a bill. Dan will attempt to put it on the BNOA website.

7. Next meeting will be 9:30 on the first Monday in March. Some people were interested in changing the day we meet, so we could always meet prior to the BNOA.

- One of the bills the committee is supporting is to increase person needs allowance for people on Medicaid from \$75 to \$100 has passed the house.
- Bill for increase access for Death with Dignity has passed the senate.
- Bill preventing robocalls passed the house.

- Bill regarding heatwaves in support for seniors and children that are affected, which prevents shutting down electricity and water during high temperature (90-95) regardless of dues owed on account.
- Housing bill that will lower property taxes for low-income households – now on the house floor and has a chance of passing.

OUTREACH & EDUCATION COMMITTEE MINUTES:

Notes from BNOA Outreach meeting, Thursday, 2/17

Attendees: Dan, Gazel, Anne, Kira, Abigail, Hannah, Beverley, Diana, Shellie

Neighborhood News Delivery

Kira had a problem with delivering Neighborhood News (NN) to main Kaiser location. It was suggested she contact Paul to see how he handled it. Kira mentioned that Lakemont was a little out of her way. Gazel agreed to do that delivery.

Anne mentioned she would be gone for the month of April; Gazel agreed to do her route.

Neighborhood News Articles

It was generally agreed that the article Kira wrote on real estate taxes may not be appropriate for the NN, so it will be dropped.

March - Pickleball - Barb

April - Older Americans Mental Health Month - Abigail

May - Hearing Loss - Diana

June -World Elder Abuse - Diana

July - Cyber Security/Fraud - Anne

August - Robocalls, to include info on any new laws passed to stop them.

Oct - Dementia - Diana

- Authors should send articles to Gazel and Julie for them to review by 12th of each month. As co-chairs, they will send to Mark by the 15th.

- Using a "Call Out Box" in the NN for a reminder to vote in any month there is a vote/election was agreed upon. It could also be used as a preview for the next month's topic for older adults, like in April, mention that May is Hearing Loss Month, May 19-25 is Mental Health week; in May call out that June is Elder World Abuse Month, etc.

- Possible article on signing up for notifications from City. Dan will provide Gazel with Mariam Sarwary's (Parks Dept) contact info, and Gazel will follow-up.
- Additional discussion on BNOA asking COB Council to support issues, like the Veteran's Levy. Dan will send those issues to Lacey at COB to see if they can be added to City's Legislative Agenda.
- It was noted that the NBCC will be closed from Feb 20th to March 6th. For March NN p/u, call Dan's cell at 425-770-2314, or work # of 425-452-4470 to schedule appt for p/u.
- Dan is working on updating the website for NBCC, so the closures are listed.
- Dan will also notify Rides and Smiles van of closure.

Update on Farmers Markets

Bellevue FM - Gazel said the FM wants BNOA back again. It was agreed the 2nd Thursday of the month might be a better fit for BNOA schedule. Gazel will follow-up with Liz.

Senior Day at the Market will most likely be August 10th, as it is a 2nd Thursday, so BNOA would already be there (if our day is moved to 2nd Thursday). Gazel & Dan will work on sponsors.

Crossroads FM - Hannah is working with Roz at the market for dates. Market is normally Tuesdays from noon to 6. Abigail is also working with Hannah.

"Forever Young" at St. Louise Parish March 22nd is a BNOA presentation. Gazel is organizing. Abigail, Julie & Anne will work on updating PPP.

"Aging Well Affinity Group", associated with Bellevue Chamber of Commerce

Julie is involved with this and noted that there will be a Resource Expo for older adults and their families, June 24th, at NBCC. It was agreed BNOA should have a resource table there. Hours TBD, but probably 10-1, and volunteers will be needed for table.

Proclamations

Dan and Diana discussed potential Proclamations allowed/made by Council in May (Older Americans Month) and June (World Elder Abuse Awareness Day). If they are allowed this year, as many BNOA members as possible should attend, as it will put us before the Council, and provide positive BNOA exposure. He will supply more info and dates ASAP.

Rides & Smiles Van

Dan will let them know NBCC is closed those 2 weeks. They did receive a \$75,000 grant to keep them going until at least the end of the year and are hoping for permanent funding. It was noted that they are working on correcting/updating language issues when people call in. Dan

offered congratulations to those members, past and present, who have been working for years and years to bring this service to the Eastside, and noted that this was an issue 20 years ago.

Notes submitted by Anne Rittenhouse

- Gazel met with Liz and BNOA is set for monthly presence at the Farmer's Market and continue to do a Senior's Day this year.
- ARPA Funds – Food security has over \$290K available addressing food insecurity program but the total request is \$895K which is concerning. Liz is thinking of ways to use existing programs that are available at the Farmer's Market. Thoughts on discussing ways for BNOA to support this idea and invite speakers to talk about food insecurity, and statistics on impacts on the older adult community.

HOUSING AND TRANSPORTATION COMMITTEE MINUTES:

- Discussed Rides'n'Smiles pilot program update. The pilot's been very successful, phone lines and schedulers are overwhelmed. Recent additional funding received, cautious optimism that permanent funding will be obtained by year's end and that program expansion will continue. Waiting times can be up to an hour, but the goal is NTE 15 minutes. A website for self-scheduling is in design, a smartphone app will also be available. Some riders report that this transportation has been "life changing". Few requests for trips into Seattle, busiest days are Tuesday/Thursday trips to North Bellevue Community Center.
- Anne and Gazel reported out on recent meeting with Parks Director Michael Shiosaki. Consensus is that he understands our issues and concerns and agreed to share the information with other members of the City's leadership team.
- Kathy Iverson reported that KSC sent their "position paper" to council, and that the City Manager attended a recent Senior Council meeting. The City of Kirkland is forming ten separate focus groups around long-term planning issues, and KSC has scored a spot on the group planning for 2044.
- The H&T transportation matrix update is complete. Dan will send to graphics for design and printing, finished product will be added to BNOA outreach materials.
- COB housing forums will be held on March 18, 21 and 23 at Crossroads Community Center, East Shore Unitarian Church, and virtual Lunch'n'Learn respectively. Registration details can be found at Engaging Bellevue. The Eastgate Community Association and Congregations for the Homeless will be holding an open house at the Humane Society on 2/28 from 6-8 p.m. to review the new homeless housing project in Eastgate.

- Attended City of Bellevue's reformed code amendments for ADUs.

- Anne attended a meeting for Congregations for the Homeless men's shelter that is relocating. Open house will be held at a later time.

NEW BUSINESS:

- Shelley Brittingham, Assistant Director of Parks and Community Services attending today and planning to attend quarterly.
 - Follow-up regarding having people from different departments who are involved and in understanding of older adult needs for a round table discussion. This will be on Dan's workplan and Shelley will help with identifying who will be the best in those departments to attend.
- Robert's Rule of Order: Anne, Phyllis and Dan met two months ago and have sent out updates and recommendations on what and why these rules should be applied to BNOA meetings. Please review and reply to Dan if there are any comments or suggestions.

Meeting adjourned at 10:45am