

**BELLEVUE NETWORK ON AGING  
MINUTES**

September 7, 2023,      Hybrid Meeting  
8:30am – 10:30AM

**MEMBERS PRESENT:**              Beverly Heyden, Diana Thompson, Eleanor Lee, Anne Rittenhouse, Gazel Tan, Shana Aucsmith, Hannah Kimball,.

**MEMBERS ABSENT:**              Abigail Brown, Phyllis Smilen, Julie Hart, Kira Hackett; Barbara Carey

**STAFF PRESENT:**              Dan Lassiter, Bellevue Parks & Community Services – Rec. Div.  
Christy Stangland, Bellevue Parks & Community Services – Human Services Div.

**GUESTS:**                          Andrea Cline, Barb Loomis, Kathy Iverson

**PRESENTER(S):** Tom Minty –Northwest Universal Design Council; Universal Design

**RECORDING SECRETARY:** Daniel Lassiter, Bellevue Parks & Community Services

**WELCOME AND ROLL CALL:** The meeting was called to order by Hannah Kimball and the roll call taken.

**PUBLIC COMMENTS:** Andrea introduced herself as had been recommended by a BNOA member to attend and see what BNOA was about.

**APPROVAL OF MINUTES:** August 2023 minutes approved with updated concerning Advocacy Committee minutes.

**PRESENTATION:** Universal Design and updates by Tom Minty

Global Population is Projected to increase 3.7 times from 1950-2050, but the population increase of those over age 60 is projected to grow by a factor of nearly 10 and those over age 80 by a factor of 26!

For the First Time in U.S. History, Older Adults are projected to outnumber children by 2035.

#### NINE TRENDS IN GLOBAL AGING

Trend 1 – An Aging Population.

Trend 2 – Increasing Life Expectancy.

Trend3 – Rising Number of the Oldest.

Trend 4 – Growing Burden of Non-communicable or Chronic Diseases.

Trend 5 – Aging and Population Decline Trend.

13% of our Population in USA (65+) Accounts for:

- 27% of all doctors' visits.
- 38% of all hospital stays
- 45% of all in-hospital days of care

The last third of a person's life is often spent making radical changes in response to comparatively minor changes in physical or physiological conditions.

Complicating the situation of increased population of older adults:

- 78 Million Adults receiving long-term care depend solely on family.
- Average family size has decreased and dispersed.
- Est. 39.8 Million Americans are providing care for family members: Averaging 20 hrs/week on top of their job (56% Women).

The objective of Aging-in-place is threefold:

1. Independence - Happier, Healthier with control of their own dignity.
2. More economical use of available resources.
3. Smart refrigerators to monitor behavioral changes.

Current issues with aging-in-place:

1. The Median Age of a House in the US is 46 Years.
2. Renovations are 22X More Costly Than Implementing Accessibility at the Start of a New Build.
3. Less than 3% of our Housing Stock is Accessible.

“YET WE STILL BUILD HOUSES LIKE WE DID 60 YEARS AGO. Only .15% of US homes are wheelchair accessible.”

ADA vs ACCESSABILITY vs UNIVERSAL DESIGN

‘WE USE ACCESSIBILITY EVERYDAY and don’t even realize it!’

Principles of Universal Design: Universal Design is “the design of products and environments to be usable by all people to the greatest extent possible without the need for adaptation or specialized design”

Principles include: equitable use; flexible use; simple and intuitive use; perceptible information; size and space for approach and use; low physical effort; and design minimizes hazards.

Tom showed several examples on a video of how design changes can enhance a home and to resolve potential future needs.

Tom discussed methods to encourage change in the building of homes to be universal in design to include:

1. Education!
2. Demonstration!
3. Legislation?
4. Incentives and where it is being done.

What are our options:

1. Promote intelligent home design.
2. Design – Flex Uses
3. Intelligent Urban Planning Universal Design needs to be on both sides of the front door!
4. Auxiliary Dwelling Units – Granny Flats
5. Multi-Generational Housing and Homes
6. Co-Housing

Other resources on Universal Design:

- Future of Housing – [www.AARP.org/FutureofHousing](http://www.AARP.org/FutureofHousing)
- Age Friendly Seattle – [www.seattle.gov/agefriendly](http://www.seattle.gov/agefriendly)
- Northwest Universal Design Council – [www.environmentsforall.org](http://www.environmentsforall.org)

The BNOA members discussed mega mansions and adaptations that should be in place while the buildings are being permitted. The group and Tom discussed UD trends, demonstrations such as street of dreams, ideas to encourage UD that benefit the builders such as a streamlined permit process.

## **MONTHLY REPORTS**

**Human Services Report:** Christy Stangland

No report this month.

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

### **Outreach: Gazel**

Senior Day at the Bellevue Farmers Market is scheduled for today's date and there ensued a discussion of who was scheduled for the variety of shifts. The group discussed the September 19<sup>th</sup> Crossroads FM and how it would be staffed. Welcome Week event at Crossroads mall was discussed and Abigail and Elenor will be staffing it with Abigail coordinating the event. Dan will be contacted by the organizers.

**ADVOCACY COMMITTEE REPORT: Diana Thompson**

Diana led a discussion on updating the legislative agenda concerning:

“4) Oppose Legislation, which would reduce Medicare and/or Social Security benefits” and the advocacy committee is proposing to eliminate “/or” and leave the statement as “and”.

The committee voted to allow the advocacy committee to make the change if they deemed necessary.

The second item of the legislative agenda Diana asked for a BNOA vote is a change on bullet point 3 from:

“Increase the Long-Term-Solvency of Social Security by eliminating and/or raising the income taxed for Social Security”

to:

“Increase the Long-Term-Solvency of Social Security by eliminating the income cap.”

The BNOA agreed on this version and approved the change.

Diana advertised the October 19 Older Adult Legislative Forum and encouraged participation. The planned October Advocacy meeting will not take place, and everyone is encouraged to attend the Forum instead. Eleanor indicated she would like to attend if she is not still part of jury duty. Dan will register her if she is able to attend.

**HOUSING AND TRANSPORTATION COMMITTEE: Anne**

A recent rumor suggested that the King County health facility near the location of the new men’s shelter, would close, but no clarifying information is available. Emails were sent to Claudia Balducci and Reagan Dunn and neither responded to Anne’s email, but both have communicated to the public that is not an imminent or final action.

Gazel talked about the Hyde Shuttle program and described the “One Click, One Ride” concept.

**COMMUNITY MEETING REPORTS:**

None.

**OLD BUSINESS:**

Recruitment – Several applications have been received and interviews will be set for the end of October. Hannah, Anne, Beverly and Phyllis are on the recruitment team.

The October 11 Older Adult Services discussion among the CoB departments including BNOA was discussed. The facilitator's name is Sara Miller, and everyone is encouraged to attend. A side meeting with Anne, Hannah and Gazel will determine who will speak for BNOA and what will be covered in ten minutes allotted to BNOA. Dan will set up a meeting.

**NEW BUSINESS:**

BNOA members are seeking a discussion on ageism with a qualified presenter. Hannah is seeking a likely candidate.

*Meeting adjourned at 10:37am*