

BELLEVUE NETWORK ON AGING
REGULAR MEETING
MINUTES

October 2, 2014
8:30 a.m.

Bellevue City Hall
Room 1E-120

MEMBERS PRESENT: Dan Aznoff, Ethan Crawford, Jullie Gray, Jeanne Grote,
Howard Katz, Bob Megargel, Susan Posten, Eileen
Rasnack, Berta Seltzer, Chris Strand, Diana Thompson,
Janet Zielasko

MEMBERS ABSENT: Beverly Heyden, Peg Jones, Hannah Kimball, Mary
Watkins, Bill Merriman and Terri Wilson

STAFF PRESENT: Bo Du, Parks & Community Services Dept
Alex O'Reilly, Human Services Dept

OTHERS PRESENT: Grosvenor Anschelle, Senior; Florine Falk, Senior;
Francesca Abellera, COB Office of Emergency
Management

RECORDING SECRETARY: Teri Ekstrom

WELCOME AND ROLL CALL

The meeting was called to order at 8:30 am by Chair Rasnack. Roll was taken and all members were present with the exception of Beverly Heyden, Peg Jones, Hannah Kimball, Mary Watkins, Bill Merriman and Terri Wilson.

PUBLIC COMMENTS/QUESTIONS - None

APPROVAL OF MINUTES – September 4, 2014

A motion was made to accept the minutes as written and the motion was seconded. The minutes were approved unanimously.

FALL PREVENTION [PRESENTATION & DISCUSSION]

Chair Rasnack welcomed presenter Alan Abe from King County Emergency Medical Services, which operates three programs under Medic 1 (EMS): Paramedic Services, Basic Life Support (Fire Dept) and Regional Services. Established in 2003, the Fall Prevention Program falls under Regional Services. Regional Services covers injury prevention, which includes Occupant Protection Program, Distracted Driving Program, Shape up 50+ Program and the Fall Prevention Program. The Fall Prevention Program is called One Step Ahead.

Seventeen percent of calls received at EMS relate to falls with people over the age of 65. Falls are the leading cause of deaths among older adults. Nearly one in three older adults experience a fall. An overview of the Fall Program show participants are: 50+ years old; have fallen or at a high risk of falling; not living in public housing, assisted living, nursing facilities or SHAG; provided home patient assessment by a physical therapist to discuss exercise, home safety, medications and vision with the client. The One Step Ahead Program allows a physical therapist to do the evaluation/assessment with clients in their homes. Through the program, durable medical equipment (DME) installation is free and therapists will refer clients to community resources.

The Fall Program has had 1,900 participants. A 2003 study showed that 56% of participants did not fall again. This number has increased to 80% of participants not falling again after the program intervention.

Personnel from the fire department, care facilities, and hospitals refer people to the program. EMS puts out informational brochures on fall prevention and a self-assessment to check for risk of falling. A short video on fall prevention, which is also running on BTV, was shown to close the presentation.

Video information:

There are four important strategies to reduce risk of falls: 1) exercise, 2) home modification, 3) medication management, and 4) vision.

Exercise can improve muscle tone, strength and endurance and will also increase sense of balance, agility and confidence. Physical therapists can teach people how to compensate for balance problems and determine if walking could be steadied with either an exercise program to strengthen muscles or an assistive device such as a cane or walker. Community programs such as Tai Chi, group exercise and individual exercise sessions can provide strength, balance and flexibility.

Approximately 50-70% of falls are due to home hazards, making it crucial to recognize risks before they lead to an accident. Assess lighting, floors, steps and stairways, living room, bedroom and kitchen, bathrooms, and shoes.

Drug interactions and the physical changes that come with age can lead to an increased risk of falling; the more medications that are taken, the greater risk of drug interactions and side effects. Symptoms can range from dizziness to drowsiness, vision impairment and loss of balance. Have medications checked by a doctor.

Eye disease or normal aging can make it difficult for seniors to read fine print, judge distance or identify objects clearly. These factors can lead to the development of poor sense of balance or misreading medicinal instructions. Have vision checked annually and prescriptions updated as needed.

Mr. Katz asked about suction cup grab bars. Mr. Abe replied that permanently attached ones are preferred because suction cup grab bars are more for stabilizing, but cannot bear the weight during or after a fall.

Ms. Rasnack said it is a great program and a great resource. Mr. Abe will send brochures for BNOA resource table handouts.

BREAK

COMMITTEE REPORTS

Outreach Committee (reported by Jeanne Grote)

Ms. Thompson, Mr. Aznoff, Mr. Merriman and Mr. Crawford volunteered at the BNOA resource table at the Bellevue Farmers Market on September 11th. Ms. Grote has been handing out fall prevention flyers for the September 23rd Fall Prevention Day. Member recruitment flyers and applications were also handed out at the SHIBA meeting.

The Age Wave Legislative Forum is October 13th at the North Bellevue Community Center. BNOA will have a table at Bellevue Essentials on October 23rd from 5:30-7:30 at Bellevue City Hall. Senior Lobby Conference is on October 29th. Ms. Du is awaiting word on the Facebook proposal that was given to the New Media Group. Gold Cards, which provides discounts to older adults at participating vendors, continue to be available at North Bellevue Community Center (NBCC).

The Outreach Committee also discussed creating an ad hoc committee to discuss caregiver support. Ms. Thompson stated that she found out there is a memory café on the eastside in Issaquah. It is organized by Ms. Thompson's YWCA contact. She has emailed her to see if there are Bellevue people that have been attending the monthly memory café in Issaquah.

The next committee meeting is going to be on October 21st at NBCC. Ms. Thompson asked if Ms. Du could please send out the application for businesses to participate in the Gold Card again. Ms. Du said she would email it out to the group again.

Transportation/Housing Committee (reported by Jeanne Grote)

There was no Transportation/Housing Committee meeting this month. In regard to housing, however, the group needs to update and review the ARCH guide and website.

Ms. Grote attended an Eastside Easy Rider Coalition (EERC) meeting. A big project that EERC has been working on is the bench program, in which components of implementing bench programs are broken down into "recipes" as in a cookbook. Topics include safety, designs, cost, location, etc. EERC members recapped the August 22nd mobile orca event at the NBCC. Members thought it went great, with a great location and should be done every quarter. Ms. Du added that mobile orca already comes every other month to NBCC, but the quarterly addition is great.

Ms. Grote also attended a King County Mobility Coalition Regional meeting where members from mobility coalitions from the North, East and Sound gave feedback on their activities. "Listening groups" and involving legislators, the county and city personnel were some helpful ideas that emerged.

Hopelink asked for a letter of support from BNOA for a couple of grants applications, to which the Housing/Transportation Committee provided. These grants are crucial to the continuation of Hopelink transportation programs and staff time in running these programs.

Advocacy Committee (reported by Diana Thompson)

The Age Wave Legislative Forum, originally scheduled on September 29th but was canceled due to legislators' availability, has been rescheduled for October 13th at NBCC. Many legislators have already indicated that they will be attending.

Washington Senior Citizens Lobby Conference is on October 29th in Tacoma. This all-day conference always has good speakers. This may not always be the case due to budget constraints, but the city will pay for two BNOA members to attend this time.

The King County Prosecutors Conference on Elder Abuse is on October 30th and costs \$90 to attend. There are excellent speakers and breakout sessions at this also.

Subgroup members met with Rep. Judy Clibborn on medical observation. Maryland, New York and Connecticut have passed legislation in which hospitals have to give patients notice regarding their medical observation status. Rep. Clibborn encouraged talking to as many people about medical observation as possible and adding it to the BNOA legislative agenda. A question regarding medical observation will be asked to legislators at the forum. More details will be discussed at the next Advocacy meeting and a pass-out will be prepared for the forum.

Ms. Thompson asked for network consensus to add this medical observation issue to the BNOA legislative agenda. Ms. Thompson had e-mailed members the statements in regard to wording of medical observation. There was a motion to add the statement to the BNOA legislative agenda. The motion was seconded. During discussion, Mr. Katz thought the word "verbal" should be added because patients do not always read written notices. Ms. Thompson replied that this vote is only concerning BNOA support on the issue, not drafting the legislation. The exact wording will be left for legislators to draft if they choose to support. There was a vote and it passed unanimously. This statement will be added to the BNOA legislative agenda: "Support state legislation that assures that all hospitals in Washington State provide all patients with sufficient information to determine their status (inpatient or observation/outpatient) and understand the resulting financial implications based on the current Medicare regulations, within 24 hours of classification or services."

COMMUNITY PARTNERSHIP REPORTS

Eastside Easy Rider Collaborative – already reported.

Eastside Human Services Forum (Ms. O'Reilly reporting)

Eastside Human Services Forum's (EHSF) annual event is on December 4th at Mercerview Community Center. No topic chosen yet for the event.

The EHSF's June event was on "livable wage." There have been two follow-up meetings with people interested in this topic. The group is mulling over the implications and what it takes to live on the eastside. Livable wage is only one part of this broader issue.

Ms. Thompson said that the legislative agenda created a joint executive committee, which will end in December. Aging & Disability Services talked about extending this group. Ms. Thompson urged for network support of the continuance of this joint committee.

EHSF Legislative Agenda Subcommittee is developing their agenda now. EHSF typically adopts BNOA's legislative agenda. It has to go to the executive board before they can bring it forward.

Ms. O'Reilly said that the EHSF Communication Subcommittee is looking for someone to write an article regarding their top four topics. Ms. Aznoff is going to work with them on writing something for wide dissemination.

Time Bank (reported by Jeanne Grote)

The meeting changed two times and Ms. Grote was not able to attend. Time Bank is currently stretched for money and working on that issue.

Aging & Disability Services Advisory Council (Ms. Seltzer reporting)

ADS met on Vashon Island in September. There is no meeting in October. ADS is taking an active look at "regionalism" and bringing everyone together to try to find funding since they will be receiving less federal funding.

Washington State Senior Citizens Lobby- issue has been covered

STAFF REPORT/UPCOMING AGENDA ITEMS (Ms. Du reporting)

Ms. Du said that she attended the Tukwila Legislative Forum. There was a good turnout with ten candidates. All of the candidates supported senior issues. The McCleary Mandate and the issue of where to find money to support services came up a lot.

University of Washington is having a "Working Together for Elder-Friendly Futures" on October 8-9. Early registration has already passed but the reduced rate is available for application.

For Senior Citizen Lobby Conference on October 29th, the City of Bellevue will pay for two BNOA members to attend. Anyone interested in attending should e-mail Ms. Du their interest. She will put all of those interested people's names in a hat and draw the two names.

There are seven applications so far to fill the four vacancies on the BNOA. The application process closes on Friday, October 3rd. The nominating committee will receive the applications via email on Friday afternoon and will be meeting on Monday, Oct 6 to review them and discuss interview questions and process.

The next BNOA meeting is November 6th. The Attorney General will be discussing updates and his offices' activities.

Ms. Gray said that she emailed Mary Jane at the Fry Museum to go and check out the "Here, Now Program." When she receives any information, she will forward the information on to Ms. Du to send out to the group.

Ms. Grote said that there is a District 1 Debate on October 15th at Microsoft's campus. She will send out the information.

Ms. Zielasko said that November is National Family Caregiver Month and she has a handout with free programs that are available at the North Shore Senior Center.

Mr. Abe said that there is a Healthy Aging Partnership Coalition that should have eastside representation. Mr. Crawford said that he attends and can give a report on this.

NEW BUSINESS – None.

ADJOURN

The meeting was adjourned at 10:00 am.