

BELLEVUE NETWORK ON AGING
MINUTES

February 4, 2016
8:30 a.m.

Bellevue City Hall
Room 1E-121

MEMBERS PRESENT: Ethan Crawford, Judy Dowling, Jullie Gray, Beverly Heyden, Sandy Shaw Jones, Howard Katz, Bob Megargel, Eileen Rasnack, Berta Seltzer, Diana Thompson, Linda Whitehead, Janet Zielasko

MEMBERS ABSENT: Robert Dalglish, Shellie Gehring, Philip Gough, Jeanne Grote, Arnold Kern, Hannah Kimball, Bill Merriman

STAFF PRESENT: Dan Lassiter & Alex O'Reilly, Parks & Community Services Department

GUESTS: Molly Holmes and Ava Frisinger, State Council on Aging; Kathy Ivarson and Rich Thomas, Kirkland Senior Council; Joanne Gannin, Eastside Villagers Project

RECORDING SECRETARY: Teri Ekstrom

WELCOME AND ROLL CALL

The meeting was called to order at 8:35 am by Vice-Chair Thompson. Roll was taken and all members were present with the exception of Robert Dalglish, Shellie Gehring, Philip Gough, Jeanne Grote, Arnold Kern, Hannah Kimball, and Bill Merriman.

PUBLIC COMMENTS/QUESTIONS

Joanne Gannin, Eastside Villagers Project said that there will be a public meeting on the proposed Eastside Village on February 23rd @ Bellevue Library at 1:30-2:30 and distributed a flyer for the meeting.

[PRESENTATION & DISCUSSION] AGING & DISABILITY SERVICES, AREA AGENCY ON AGING FOR SEATTLE & KING

Maureen Linehan, Aging and Disability Services, said that the division is part of the City of Seattle Human Services Department but they have a County-wide mission. They were formed in 1974 and are co-sponsored by United Way of King County. Every region across the country has an "Area Agency on Aging". They are supported by Federal money and their infrastructure is to do planning, advocacy and provide services for older adults. They have an Advisory Council that make recommendations on funding, planning, etc. In 2016, they had 41 Million dollars and

150 contracts. They provide services through the Medicaid Program in which people have to qualify by income. They are a subcontractor of DSHS and provided 11,000 people with support. They support people with services in their homes. The State of Washington is very progressive to have the clients' primary location in their home. In 2014 they served 40,000 people.

Every four years they complete an "Area Plan on Aging". The focus on the last plan was the demographic age boom . . . the baby boomers will be turning 60. They estimate that by 2030, 30% of King County will be 50 or older.

They are currently looking at new legislation in Washington so that people could use Medicaid money for services to stay in their homes but they aren't necessarily Medicaid eligible. They are in the midst of waiver negotiations for this. It would look like the Family Care Program.

They are also working on "Age Friendly Communities" (flyer distributed) and getting everyone together to create a plan to prepare for this demographic shift. They would like to create an age-friendly community with services, housing, transportation, village-concept, etc. They are trying to look at the big picture in order to have a healthy older community where people can thrive. They are working with the state, county, municipalities in order to create this age-friendly community.

Mr. Katz stated that the Advocacy Committee has talked a lot about the aging homeless, and was wondering what are they doing in regard to the aging homeless people? Ms. Linehan said that the average age in shelters is about 50 years old, and there is a division within their department that is dealing with the homeless. Currently, the shelters open about 10:00 pm and then people have to leave in the morning. They sleep on the floor and shelters are not structured to work well for older adults and the disabled. They are looking into more services on-site at shelters, having 24 hour shelters, bringing personal care services to the shelters also. They are looking into setting up services to better serve older adults. They are trying to get people out of tent-city and off the street into shelters. In regard to prevention, they have social workers who work with those at risk of losing their homes. They work with them to connect them to resources to get help paying utility bills, taxes, etc. A lot of people are moving to south King county because the costs are so high on the eastside and downtown Seattle.

Mr. Megargel asked if they were looking at having two classifications for caregivers. It doesn't take 80 hours of training for someone to run people to their appointments, or run other errands, etc. for people. But as it currently is, all caregivers need to have 80 hours of training and this creates a barrier to getting caregivers. Before 2012, anyone could be a caregiver with 10-12 hours of training, etc. The new rule restricts the number of people that you can hire to help older adults . . . it has to be a CNA. Is anyone working on this? Making it more difficult to get caregivers. Ms. Whitehead asked if caregivers are required to be in a union? Ms. Linehan said that you aren't required to be in a union. There are home caregivers agencies or individual caregivers (family). The person needing care has to qualify. A family member has to go through training, background check, etc. to qualify as the person's caregiver.

Ms. Thompson asked for the definition of “case management”. Ms. Linehan said case management typically is an in-home social worker who goes to someone’s home and does a comprehensive assessment, qualify the client, and create a care plan for them. They look at the client, look at the home needs, medication, care needs and put together a care plan. They make sure they are getting the care, education, medical appointments, and any needed help to support them in their homes. Ms. Linehan also indicated that they have three social workers in their office that also deal with clients who are not Medicaid.

Ms. Linehan said that the Older Americans Act funded Senior Information & Assistance . . . which is where older adults go to find out what services are available. They have reconfigured Senior Information & Assistance and broadened it to include those with disabilities and it is now called “Community Living Connections”. They found that the county is so large and people would like to find services in their area. There is a central phone number, but there are hubs for different regions: Eastside, Seattle, and South County. The Eastside hub is at Senior Services in the Together Center in Redmond. Tanya McGee is the contact at the Eastside hub.

It was asked how Aging & Disability Services is dealing with the funding shifts by United Way? Ms. Linehan said that United Way currently funds 1.8 Million towards older adult services. They have been notified that after July these programs funds will go away. There are several organizations that are advocating against these funding shifts. They are trying to mitigate what this might look like so it isn’t such a tremendous loss. The City of Seattle has instructed them to analyze this funding shift and to report back to them in March as to what the impacts will be. The City Council can look at the impacts and can possibly offer support. Mr. Katz indicated that he just received a notice indicating that Senior Services would not have their annual fundraiser this year and wondered how they would operate without this and the funding cuts also.

Mr. Crawford indicated that BNOA has been working on memory care and wondered what we as a group could do to aid with education and awareness? Ms. Linehan said that she worked on the Alzheimer’s Plan that will be presented in Olympia to the governor. The Plan gives recommendations, goals, how to prepare, etc. 50% of people that have dementia don’t even realize they have it. She said she would share the plan with the BNOA group. There is currently an adult day health center (Full-Life Care) which has special programming for clients and they are trying to get this on the eastside also.

It was asked if there is anything that BNOA can do to get the word out about the United Way funding cuts? Ms. Linehan said that there have been newspaper articles and getting the information out there certainly would help. We can advocate and put it on the agenda for Senior Lobby Day. Ms. Linehan said she will send the paperwork out to the group on what the effects of the funding cuts will be.

It was asked if there are important areas of which BNOA should be attentive? Ms. Linehan said that Alzheimer advocacy is needed . . . need for a village concept so everyone is looking out for one another. Aging & Disability Services grouped with BNOA last year for Senior Lobby Day and it was very effective. It will not be a big budget year in Olympia this year. 2017 will be very important for senior funding though.

They are also working with AARP and The Care Act to better standardize how discharge plans happen . . . what people's needs are when being released from the hospital.

Ms. Linehan indicated that she would send the Alzheimer State Plan to the group.

BREAK

APPROVAL OF MINUTES – January 7, 2016

There was a motion to approve the minutes as written. The motion was seconded. The minutes were approved unanimously.

COMMITTEE REPORTS

Chair Crawford indicated that every member needs to serve on at least one committee. If members have found that they have overextended themselves with more than one committee and can't do it, there are enough on each committee that some can move around or change up their committees if needed.

Advocacy (reported by Mr. Gray)

Ms. Gray said that the group went through their work plan and came up with their goals for the year. They will continue collaborating with other groups/committees to monitor issues and opportunities. Ms. Grote will report on Transportation issues to the group. Some of the main topics that the group will be following are: housing (range of affordable housing), Transportation (fees), and accessible trails and parks. They will be tracking issues as they come about in the legislature. They finalized their work plan.

Senior Lobby Day appointments have been set. Ms. Thompson indicated that the Care Act, which was part of the BNOA Legislative Agenda, did pass the House Committee on Health and was amended. Senator Habib and McBride worked on legislation to have hearing aids covered under Medicaid for adults. This will go into a supplemental budget and will hopefully pass. If you plan on attending February 11th (10:00-1:00) when they discuss The Care Act, please let Ms. Thompson or Grote know. If anyone is interested in joining Mr. Crawford and Mr. Lassiter in Olympia for the Alzheimer State Plan introduction please either one of them know. Senior Lobby Day is on February 25th and Ms. Grote, Ms. Thompson, Ms. Rasnack, Mr. Katz and Mr. Lassiter plan to attend/

Transportation/Housing Committee (reported by Ms. Seltzer)

The group took a wide ranging agenda and whittled it down. They work with Janet Lewine, Planning who keeps the group up-to-date on affordable housing. They changed their meeting from 8:30 to 9:00 start in order for Ms. Lewine to attend. They will be updating the ARCH

Housing website. They will also be working with Ms. Lewine on what qualifications are needed for affordable housing in Bellevue.

Mr. Katz indicated that he has issues with the incentives that they have given Wright Runstad in regard to affordable housing. Ms. Seltzer said that the exemptions given were because Wright Runstad is the first in the que to start the whole Bel-Red development.

PR Committee (reported by Mr. Lassiter)

Mr. Lassiter indicated that he was at this meeting and the group is going to look for an agency that will do some pro bono work with BNOA to get them branded. He has heard from Mr. Dagleish that he met with three agencies and two of the agencies were interested.

Outreach & Diversity Committee (reported by Mr. Crawford)

Mr. Crawford said that it was decided that Memory Care and Diversity would be included in this group. They were clarifying where these items can be placed in which we can be actively involved.

Ms. Thompson said that the BNOA has a resource guide that they distribute. It needs to be updated. They divided it up among the committee members to update different sections. They would like to have the updated information to Mr. Lassiter before the next meeting because they would like to have it available at upcoming events that BNOA attends.

Mr. Katz said that Sound Transit indicates that everything needs to remain the same . . . and he believes there should be flashing lights for people with hearing loss and higher seats for older adults. Mr. Lassiter indicated that the issue should be brought back to the committee and the committee can decide how to follow this issue.

COMMUNITY PARTNERSHIPS REPORTS

Eastside Easy Rider Collaborative (no report).

Eastside Human Services Forum (no report)

Time Banks of Puget Sounds (no report).

Aging & Disability Services Advisory Council (already reported)

Washington Senior Lobby (reported by Ms. Thompson)

Senior Lobby Day is on February 25th, and we need to know who will be attending.

Staff Report/Upcoming Agenda Items

Mr. Lassiter said he printed out the “ABC of Parliamentary Procedures” and the BNOA meetings will be following these procedures. He also printed out the 2015 BNOA accomplishments and that document could be used at events. If additional copies are needed, let him know.

Ms. O’Reilly is going to have our “Hub” partner, Tanya McGee at a future BNOA meeting.

On February 10th @ 10:30 at NBCC is the Volunteer Appreciation Event.

March 12th is the Overlake Senior Fair (10:00-3:00) and we will be needing four volunteers to man the table at the event. Ms. Dowling, Mr. Crawford, and Ms. Shaw Jones indicated that they could take a shift. If anyone else is available to help, let Mr. Lassiter know.

Mr. Lassiter said that if anyone has any other great ideas for upcoming speakers at future BNOA meetings, let him know. The next meeting we will have someone from Adult Protective Services.

It would be great to have someone come and present the Alzheimer’s State Plan to the group.

Ms. Thompson asked who would be going to Senior Lobby Day? Ms. Grote, Mr. Katz, Ms. Rasnack, and Ms. Thompson indicated they would attending. If anyone else plans to attend let Ms. Thompson or Ms. Rasnack know.

New Business

Mr. Katz said research shows that the higher chairs on transit works well for older adults and some older adults can’t get out of the lower seats. He also said that there is a problem with healthcare plans not representing older adults. He was told that SHIBA is very helpful in finding the correct health plan for each individual. He also indicated that dental plans are an issue for older adults.

Adjourn

The meeting adjourned at 10:25 am.