

BELLEVUE NETWORK ON AGING
RETREAT MINUTES

February 5, 2015
8:30 a.m.

Bellevue City Hall
Room 1E-121

MEMBERS PRESENT: Bill Cahill, Ethan Crawford, Jullie Gray, Jeanne Grote, Beverly Heyden, Howard Katz, Arnold Kern, Bob Megargel, Eileen Rasnack, Berta Seltzer, Mary Watkins, Janet Zielasko

MEMBERS ABSENT: Dan Aznoff, Hannah Kimball, Bill Merriman, Linda Salter, Diana Thompson

STAFF PRESENT: Bo Du, Parks & Community Services Department

GUESTS: Susan Morrison, Mercer Island Youth & Family Services; Harissa Paco, Intern at Aging Wisdom, UW Social Work student

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 Dan Aznoff, Hannah Kimball, Bill Merriman, Linda Salter, and Diana Thompson.

APPROVAL OF MINUTES – January 15, 2015

Ms. Grote said she wanted to make one addition to the minutes: the Transportation/Housing Committee chair left due to work commitments and there were only three members, so Ms. Grote joined half way through the year to keep the committee going. A motion was made to accept the minutes as corrected and the motion was seconded. The minutes were approved unanimously.

EMERGENCY PREPAREDNESS [PRESENTATION & DISCUSSION]

Francesca Abellera, City of Bellevue Office of Emergency Management, was introduced to the group. She thanked the group for allowing her to present on emergency preparedness.

Ms. Abellera asked how many people were part of neighborhood groups, such as a CERT group, neighborhood or church group with preparedness classes. Mr. Crawford said he is involved in a church and neighborhood group that meet two times a year. Mr. Katz said he belongs to a Lake

Bellevue group and they have purchased American Preparedness kits from Steve O'Donald. Ms. Grote attended the CERT class and Bellevue is one of the CERT jurisdictions.

Bellevue has lots of different languages and increased population growth. Each jurisdiction has an Office of Emergency Management (OEM). Bothell and Kenmore have combined OEMs. But all OEMs have to work together.

There are 140,000 people, based on 2010 census, that work in Bellevue and who live in the area and elsewhere – most are commuting from other areas. They have to ask themselves what they would do in case of emergencies; how would they navigate freeways; and what are the surrounding resources.

Bellevue OEM has seven staff members. The goals involve resiliency for the city; to save lives, prevent disasters, keep prepared, maintain focus and keep infrastructure.

OEM has done outreach in the community such as Crossroads National Night Out put on by the Bellevue Police Department, which has public safety promotion/information. BNOA has had a booth at this event in the past.

The OEM can collaborate for events and tailor presentations and outreach resources in the community.

The Comprehensive Emergency Management Plan (CEMP) helps guide staff on how the city operates in an emergency. This is available to the city's website.

The Emergency Operations Center is housed in City Hall and gets calls for flooding and sewage issues, among others.

Mr. Katz asked if the EOC handles all flooding because Lake Bellevue has experienced flooding due to weeds that cannot be removed. Ms. Abellera replied that OEM does not handle all flooding, but sends out alerts regarding flooding, oil spill, undrinkable water, etc. and decides how to handle those situations.

Mr. Megargel asked if the OEM gets involved during periods of bad storms, icy road conditions and other foul weather events. Ms. Abellera replied that OEM helps at different levels – local, county, state and federal (FEMA).

Bellevue OEM does the CEMP, planning, public education, and grant administration (3 of 7 or 70% of staff is funded by grants). There are operational challenges because Bellevue OEM seeks annual funding; run training exercises with staff and community; and coordinate regionally with Seattle OEM, King County to bring awareness to community members who are homeless, non-English speaking and other demographic types.

Some past hazards in Bellevue were West Lake Sammamish mudslide, windstorm damage at Northup Way and 45th, and Hanukah Eve windstorm of 2006. Power was lost to 700,000 homes

for several weeks. After this, OEM thought about ramifications of an emergency: warmth, carbon monoxide poisoning, etc.

Other past land disasters and hazards include the Nisqually earthquake, mudslide on highway 101, and road failure at Sunset Lake. No one knows the full impact of these emergencies, but knowing what hazards there are can help everyone prepare in case they do occur.

The Hazard Inventory Risk Assessment (HIRA) divides hazard into areas: Natural, Meteorological/Geological, and Human-caused.

An infrastructure that might cause severe damage if it experienced a failure is the Olympic pipeline, which is the sole supplier of SeaTac's jet fuel. Blue demarcation on the map represent pipeline (toxic storage site, leaking), red dots are bridges. Any leakage from this infrastructure can impact thousands of people. Cougar Mountain is home to seven coal scenes/mines.

Some results to damage of infrastructure include response from the Police Department to address incidents of public safety, the Fire Departments respond to fires, EMS tackle life-threatening injuries, and low priorities are met in other ways.

Community members need to be prepared because first responders may not be able to get to them right away, depending on priority. If there are 122,000 Bellevue calls, first responders cannot get to them all, so preparation is crucial for handling their own emergency.

The earthquake fault runs parallel to I-90. Deeper faults will cause more damage. The Nisqually earthquake was a 6.8 magnitude and Seattle is expected to be at a 7 magnitude. Seattle's fault is 2-4 miles wide. Bellevue College will be the first infrastructure to be impacted.

During a pandemic, OEM partners with Public Health. Ms. Abellera encouraged the group to check out their website and get on the communication network (alerts) for different pandemics.

Ms. Abellera spoke about landslides, identifying Oso as a recent example. Bellevue is building on liquifiable (soft) soils. Liquefaction occurs when water residue builds and collects over time, which impacts foundations of houses and structure and eventually causes landslides. Flooding is caused by liquifiable soil. Softer soil is impacted greater during an earthquake. The hazard map is online.

Mr. Katz shared that Lake Bellevue structures are built on pilings so it will not be affected during an earthquake. Ms. Abellera said that some buildings are new and retrofitted, with a mix of old and new, and during an earthquake it will cause damage to old, which will then damage surrounding areas.

Bellevue is rated 5 out of 10 on the FEMA rating scale because of the increases in flooding. Businesses can get flood insurance at a 25% discount.

Ms. Abellera went on to say that everyone should have emergency kits in more than one place and especially in locations where it can be accessed quickly during the emergency.

Some tips on how to prepare for a disaster include knowing local hazards, ask the city for maps, check with real estate agents to see if they are aware, and think about signing up for alerts and warnings. If the fire alarm goes off, it means to vacate the building, for example, and to be aware of evacuation routes. Community members should talk to neighbors, route streets, and find more than one way to and from home and think about needed supplies for when members cannot go home.

Ms. Abellera encouraged pre-planning with family to assess situations and decide when to change location or stay and the exact locations of each option.

Ms. Watkins said that people should encourage kids to congregate with other neighborhood kids and take care of each other until parents get home.

Ms. Abellera said they can decide which home might be a gathering place in a neighborhood because it will be a time to lean on self, family, and neighbors. Family members might do a dry-run. One thing to keep in mind is to always go to where there is clean air, protection from debris, and the ability to assess home situations and identify hazards. For example, stay away from windows and pictures on walls. Always look around while at stores, volunteer locations, and churches to identify potential hazards. Remove contaminants and practice good hygiene (bring hand sanitizer, for example).

Ms. Abellera went on to encourage pre-planning communication methods with family. During emergencies, cell phones lines/towers will be busy, so calls may not go through, so have an out-of-state contact that everyone can call to convey status. Memorize or write down important phone numbers because cell phones may not work due to low batteries (no chargers).

Mr. Katz shared that BNOA hands out phone list templates with the Vials of Life and asked why the City of Bellevue does not buy these kits to distribute to the community. Ms. Abellera replied that OEM is grant depended and projects must fall within deliverables. OEM can do small projects through grants, but encourages community members to complete these tasks themselves.

Ms. Abellera shared more issues to work through: meeting locations with family members, transportation needs, medications, etc. Home emergency kits should include a gallon of water/day/person for 5-7 days; and to think about how to stretch this during survival mode, whether at home or in a car. Have non-perishable foods for everyone (elderly, children and pets). Buy items that family members enjoy eating and doing in order to stay comfortable during emergency. Have available small bills of cash, boots, old sweaters and clothes, old blankets, hats, scarves, gloves, and first aid kit items.

Other items to consider are can openers for canned foods, writing utensils, masks, matches, candles, medications, glasses, recreational items (books, puzzles, toys, etc), and flash drive of copies of important documents (passports, green cards, birth certificates, pictures of family).

Ms. Abellera mentioned the handouts that lists advanced kits and emergency procedures. These handouts are translated in 14 languages and also available on the OEM website.

Mr. Katz said that this presentation would be good to have on BTV. Ms. Abellera said they had a grant to create a video on how to survive. Mr. Katz clarified that it would be great to have this presentation as a video. Ms. Abellera replied that grants for this year have been awarded, but need a voice to ask for such a video for following years.

All of the City of Bellevue community centers are stocked with emergency supplies and the centers are used for shelters when needed.

BREAK

COMMITTEE REPORTS

Memory care (reported by Mr. Crawford)

Ms. Watkins, Mr. Crawford and Mr. Megargel met at ad hoc capacity to look at Alzheimer's Cafes. One on the eastside is held at Issaquah's Tutta Bella Pizzeria from 2-4pm on the 2nd Tuesday of the month. Ms. Du and Ms. Watkins will attend to observe. Cheri Pamer, Senior/Family Connector at the Bellevue Family YMCA, is involved with Alzheimer Full-Life non-profit's Alzheimer Connection. She coordinated the café at Issaquah and looking at adding another location at Crossroad's Tutta Bella.

The ad hoc committee welcomes additional participation; meetings are the 3rd Tuesday of the month.

Ms. Gray shared that the Alzheimer's Association is having their Alzheimer's Conference in April at the Seattle Convention Center. February 16 is the early bird registration deadline and it is well-worth the time to go. She encouraged everyone to look at the Alzheimer's Washington website for registration information and to get updates on community projects, cafes, art, music, etc.

Ms. Heyden said that Overlake Hospital had a memory care class on February 4 for early stage memory loss, and again on February 26. Overlake has been a good partnership through outreach, with great workshops for caregivers. Support group that meets twice a month.

Mr. Megargel said there is a lack of communication amongst all the non-profits. The committee found that they already have activities and groups in place, but the organizations are not aware of each other. He suggested that perhaps BNOA can work as a communication tool and compile a list of King County approved non-profits for the memory care information.

Transportation and Housing Committee (reported by Ms. Grote)

This group meets the 4th Monday of the month at Bellevue City Hall in Conference Room 110 and is currently working on updating the ARCH website. Members have divided up the task of review and updating and is due on February 23rd to Ms. Du.

Janet Lewine gave the group a brief update on the affordable housing on 111th, which will open late next month. They are still working out leasing guidelines, but 60% of leasing will be Section 8. There will be very limited parking.

Members reviewed the current homeless shelters that are open and also discussed possible speakers for the committee. Ms. Grote attended the AEA Human Services Forum, which stressed the importance of working together (social safety network) and making all dollars work better. Information was given on the upcoming Eastside Easy Rider meeting to be held Tuesday the 27th at Bellevue City Hall. All members of the committee are welcome to attend. Also, the Annual meeting of King County Housing Authority is coming up on February 17th at King County Housing Authority in Tukwila.

The committee's next meeting is on February 23 at 9am and Natasha Grossman from FD CARES will present updates on the program. There was a newspaper article that said FD Cares received new cars for their social workers.

Advocacy Committee (reported by Mr. Katz)

The group mainly talked about Hospital Observation. Last year, members went to the State and spoke with Judy Clibborn and, along with Kirkland Senior Council, helped spur the bill in the State to require hospitals to give both verbal and written communication to patients that they are under hospital observation and the consequences of it.

Kirkland and Bellevue advocates will testify on the benefits of the bill. Ms. Rasnack said this is a topic that the network has been addressing for a few years with their work and effort. It is exciting that Judy Clibborn is sponsoring this bill. Ms. Rasnack will send out the bill via email so that member can submit comments.

The bill hearing is Friday, Feb 6 at 10am, with sign in at 9:45am. Ms. Carolyn Kelso, Ms. Kathy Iverson, Mr. Katz, and Ms. Rasnack are planning to attend to testify for support of the bill. It has to be voted out of committee by February 20th or it won't go anywhere. The Advocacy Committee has also been working on handouts to give to the committee tomorrow.

Reauthorization of Older American Act passed the Senate onto the House, so the committee will work on drafting a letter for that also.

Mr. Crawford said that the Neighborhood News, which lists events and other news, should be sent out to the BNOA group prior to our meeting. Other members mentioned that this can be accessed online.

Mr. Katz testified at City Council regarding the Sound Transit stations in Bellevue needing lights for those with hearing issues. Mr. Katz reported that Mr. Ron Lewis stated that stations cannot be different in Bellevue, so the CAC suggestions “have been ignored” and will not be implemented.

Ms. Grote asked if anyone attended the previous evening’s Cultural Conversations. Ms. Zielasko said it was a very powerful and moving group. Mr. Crawford said there was a revealing story about a senior lady who was dressed in Muslim garb who overcame fear and got into dialogue with other community members. Fear can separate, but if overcome, community members can come together and start dialogues for understanding. Mr. Cahill said the presentations were powerful and splitting into table groups with a great variety of cultures represented was great. Questions were posed about what neighborhoods can do to connect with people when there is a tendency to stick with “their own.”

Discussion turned to BNOA members making personal connections with diverse community members, starting the dialogue and eventually forming good relationships that will allow acceptance of invitations to visit and join BNOA. Ms. Zielasko commented that Cultural Conversations started as a small group of 14 and has grown to 400 people, so it is a great model of how to get started.

Outreach Committee (large group discussion)

The discussion picked up with where it was left off at the retreat, with a question on who is willing to take the lead for tabling at events, if this is an important aspect of the group. No one was willing to step in, so then questions were asked as to how to reorganize or reformat the outreach needs of BNOA.

Ms. Grote shared that the first event of the year is the Senior Active Fair, which has been pushed out to May. Mr. Crawford asked Ms. Du if she would create and maintain the calendar of events, to which she said she would. This still left the question of who would be the logistics person for tabling events (sending out schedule assignments, pick-up/drop-off resource materials, set-up/break-down tables at events, etc.), however, and again no one was willing to speak up for this lead responsibility.

Mr. Katz stated that when Outreach was formed, a video for older adults was created but now is nowhere to be seen. He suggested that perhaps it needs to be updated and be used for outreach. Ms. Du said she would ask BTV or Ms. VonWald if they know of its whereabouts.

Questions were posed from the group: Is an outreach committee wanted or needed? What is the value of an outreach committee? Perhaps a committee that can help reach out to different communities to initiate cultural conversations is more of a need? Is there a benefit to tabling at these events? Should BNOA focus instead events such as cultural conversations? The group felt that connecting with contacts and starting cultural conversations might need to be part of the focus if there is to be a move toward diversity.

Ms. Du said that the feedback she heard last year in regard to being at the fairs/events is that people were interested in the Vials of Life but events in general are not effective in spreading the word about BNOA or resources for older adults. Instead of continuing with what seems to be a high investment on time, energy and resources, perhaps the value could be placed on personal connections with community members on an individual basis and refocus on the diversity piece, which could be a goal for the year. BNOA members can go to existing programs and gather information on what the group wants to support and what issues to stand behind. When Cultural Conversations come up, members can attend to listen about what's going on in the community, which can lead to connecting to individual on a personal level, which could build and foster relationships.

If opportunities arise to attend these events, members can attend and see what is going on, connect with people, invite them to attend BNOA down the road. Mr. Crawford said that there is a Leadership Gathering at City Hall and he would like to attend and see how they network and get people engaged. There could possibly be an ad hoc recruitment committee later in the year.

Outreach could stay on the agenda under committee reports and members can share as needed to determine what events are happening within the city and who might be able to attend. The expectation for each BNOA member might be to attend and get involved with different events and share with the group. The group's role is to represent the aging population of Bellevue and take it to City Hall as that voice. Each member must be engaged so it does not fall to one person.

COMMUNITY PARTNERSHIPS REPORTS

Eastside Easy Rider Collaborative (reported by Ms. Grote)

Ms. Grote attended the January 27th meeting at which Luke Lamon gave a Sound Transit update. There was a station by station update. EERC also talked about the new parking garage on Mercer Island, which might replace Bellevue's closed down South Bellevue Park-N-Ride for five years. The Luther Burbank Park-n-Ride option on Mercer Island fell through, so the South Bellevue situation is tough. Sound Transit is trying to negotiate with a resistant Mercer Island. The Orca mobile station will rotate around to different centers each month.

Eastside Human Services Forum (no report)

Aging & Disability Services (reported by Ms. Seltzer)

Ms. Seltzer provided an update on a serious issue: no increase in funding for case management services will jeopardize continued services in King County and the State. Case management for seniors and disabled persons in King County are handled by ADS and DSHS provides Medicaid case management for the State. There has not been an increase in dollars for many years making case management financially unsustainable. ADS will come up with a fact sheet asking for 26% increase. The Governors' budget is asking for 9% but only if there is new revenue. If this is not done, there will be no one to handle the 10,000 people for King County. There is one case manager to 88 clients. The ratio of case load to manager is not the only problem, as the

problems are more complex. This is a real crisis but not many people recognize that. This keeps people out of nursing homes, which are two and a half times the cost of what it costs for a case manager.

Timebank (reported by Ms. Grote)

There will be a presentation on mapping (maps the neighborhoods to figure out the resources in an area) on February 12th at 6:30pm Lake Washington United Methodist Church. Otherwise, Timebank normally meets the 3rd Monday at North Bellevue.

Washington Senior Lobby (reported by Ms. Du)

Senior Lobby Day is February 26th. Members can register online or same day.

Staff Report/Upcoming Agenda Items

Ms. Du gave an update on the Bellevue Botanical Garden Limited Mobility Pilot Project and will send the information out to the group. This will be discussed at future meetings and comments can be sent to Ms. Du.

Ms. Du thanked Ms. Thompson for her tireless advocacy on behalf of BNOA for hearing accessibility in public buildings, particularly for the supportive hearing kiosk at City Hall.

Ms. Du invited everyone to the Volunteer Recognition Luncheon at North Bellevue Community Center on February 11th at 11:30 am. This event is sponsored by the Bellevue Fire Department. Call the North Bellevue Community Center to reserve a spot.

The next meeting is March 5th at 8:30am in Conference Room 108, with a comprehensive plan update from Paul Ingraham and Erika Conklin.

The meeting adjourned at 10:30 am.