

**BELLEVUE NETWORK ON AGING  
MINUTES**

May 5, 2016  
8:30 a.m.

Bellevue City Hall  
Room 1E-113

<b>MEMBERS PRESENT:</b>	Robert Dalgleish, Jullie Gray, Jeanne Grote, Beverly Heyden, Sandy Shaw Jones, Howard Katz, Hannah Kimball, Bob Megargel, Bill Merriman, Diana Thompson, Linda Whitehead, Janet Zielasko
<b>MEMBERS ABSENT:</b>	Ethan Crawford, Judy Dowling, Shellie Gehring, Phillip Gough, Arnold Kern, Eileen Rasnack, Berta Seltzer
<b>STAFF PRESENT:</b>	Dan Lassiter, Parks & Community Services Department
<b>GUESTS:</b>	Joanne Gainen
<b>RECORDING SECRETARY:</b>	Teri Ekstrom

**WELCOME AND ROLL CALL**

The meeting was called to order at 8:30 am by Vice-Chair Thompson. Roll was taken and all members were present with the exception of Ethan Crawford, Judy Dowling, Shellie Gehring, Phillip Gough, Arnold Kern, Eileen Rasnack, and Berta Seltzer.

**PUBLIC COMMENTS/QUESTIONS**

Joanne Gainen indicated that she brought copies of the Bellevue College Summer Quarter catalog for BNOA members. There is a good section on classes for seniors.

**APPROVAL OF MINUTES – April 7, 2016**

Ms. Thompson indicated that there were three changes she would like to make to the minutes: 1) on page 2 in the last paragraph on the page it should say “We have not been successful in getting hearing aids covered by Medicare . . .”, 2) on page 3 in the paragraph starting “We are trying to get information out about hearing aids”, where it says “telepole’s” it should be “telecoil’s, and 3) on page 5 under Outreach & Diversity it should read that “Sandy” is working on Fall Prevention (2<sup>nd</sup> sentence). There was a motion to approve the minutes with the indicated changes. The motion was seconded. The minutes were approved unanimously.

## **[PRESENTATION & DISCUSSION] AGING IN PLACE HOME MODIFICATIONS, COMMON REMODELING PROJECTS, AND SOLUTIONS TO COMMON BARRIERS**

Aaron Murphy, with ADM Architecture out of Poulsbo WA, is also a Certified Aging-In-Place Specialist, trained in the unique needs of the older adult population, Aging-In-Place home modifications, common remodeling projects, and solutions to common barriers. He thanked the group for having him.

Mr. Murphy indicated that the world isn't designed for you unless you are: an able bodied, right-handed, young adult, average height, average weight, perfect sight, perfect hearing, and have the ability to verbally communicate your needs to another human being. Does this definition fit you? Will this definition fit you in 5, 10 or 20 years? You need to be proactive and plan.

"Aging in Place" is the concept that you can (and should be able to) stay in your residence or current living location, or choose your own new residence, for the remainder of your life, regardless of changes to your physical, cognitive, and other changes to your body and abilities that may occur with age. But, people and their families are many times in denial.

The Silver Tsunami "Boomers" population is growing by 10%. As of January 2011, 10,000 people turn 65 in the U.S. every day!

Spec housing does not understand the needs of older adults. The world is not inclusive enough. We have added longevity and people on average are living to 87 years old. The last 100+ years of housing is not designed for where our population is heading in the next 20-30 years.

Through family circumstances, Mr. Murphy learned (through experiences with his own family members) that people need to plan and change the way housing is being built to last a family through their lifetime. After this passion was established, he went to the American Society on Aging "Aging in America" National Conference in Chicago in 2013; the largest home show in the U.S. on first "Seniors Stage" ever in the U.S., in Seattle in 2015; and Aging In Place, International Home Health Expo in Tokyo, Japan in 2014.

89% of seniors want to stay in their own homes as they age, 82% agree, even if they were to need daily assistance vs. 9% would prefer to move to a facility where care is provided, and 4% would prefer to move to a relative's home.

Fall Prevention is imperative to living at home. One-third of people 65+ fall each year and 1/2 of those falls are recurrent. One in ten falls result in serious injury and 87% of elder fractures are due to falls. Also, 70% of retirees are forecasted to run out of money within ten years. This is why people should plan and update their homes. Update your homes for: safety, ease of use, live independently longer, and flexibility to adapt to changing needs of family.

Aging in Place means you're choosing: how you want to spend your retirement years; how you want your home to be set up for you; what your health care choices will be; which types of assistance are right for you; and what your wishes are for major life events. What are your

alternatives? . . . independent living, senior apartments, assisted living, nursing and rehab homes, in-home care, residential care homes, Alzheimer's & memory care, respite care, and others.

There is value with living at home: the brain/body of home ownership; mow/yardwork/pet exercise; problem solving & bill/paperwork; project management; scheduling.

There are emerging industry trends that are important to seniors such as non-slip floor surfaces, bathroom aides such as grab bars, personal alert system w/call emergency, an entrance without steps, wider doorways, lever-handled door knobs, higher electrical outlets, and lower electrical switches.

Good home design helps to encourage mobility and activity, family support and interaction and involvement with others. Preventative planning costs a fraction of emergency reaction, panic action costs.

You can enhance your living environment with better lighting, color contrasts, noise reducing layouts and materials, and accessible rooms and fixtures throughout. With the new tech world we can enhance safety and security with alarm systems & fall detectors, lighting/motion systems, easy to maneuver locks/latches, and mobile & offsite monitoring visibility/alerts.

A lot of people say they can't afford renovating or adding these items. But, the cost of assisted living per month currently is \$4,250 and the cost of a nursing home per month is \$8,000. If you fix your home to make it your forever home at a cost of \$150,000 remodeling fees then your monthly loan payment would be \$750 and then you could still afford to get help around the house.

90% of the population would like to age in place. If you remodel a home and that enables you to live there 10-15 years longer with some part-time help then you could save around \$500,000 during your retirement years.

Universal doesn't mean institutional. Good "universal design" works better for EVERYONE!! New products are making a big difference: dishwashers with pull out drawers, microwaves as drawers under the counter, upper cabinets that pull out and down, lower cabinets that pull out and up. There are accessible regular sized bathtubs, combination bath/shower, well located operable fixture heights, sliding shower heads, texture no slip surfaces, etc.

In regard to home entrances, a stepped entry is not accessible to ADA clients with lesser mobility issues. A solution is that you can have an accessible ramp with curbed edging, gentle slope and radius curve, and rail @ edges where height requires additional barrier. It might work well if they gave builders incentives to put ADA accessibility in houses.

Mr. Murphy said to take the "Ball and Sock" test . . . hold a tennis ball and put your hand into a sock. With this hand see what you can and cannot operate with this hand. For people with arthritis it helps to have lever faucets and door levers. Design before you build because if you get it right on paper and start in the planning mode then you won't get to the panic mode when

things have to be change later. It's important to assemble a great team that will connect you to all of the team members you may need such as a contractor, mortgage specialist, physical therapist, elder care attorney, etc.

There are many resources that you can access: All about Aging Network ([www.allaboutaging.org](http://www.allaboutaging.org)), National Aging in Place Council ([www.naipc.org](http://www.naipc.org)), American Society on Aging ([www.asaging.org](http://www.asaging.org)), Mature Marketing Institute ([www.maturemarketinstitute.com](http://www.maturemarketinstitute.com)), Alliance for Aging Research ([www.agingresearch.org](http://www.agingresearch.org)), National Alliance for Caregiving ([www.caregiving.org](http://www.caregiving.org)). Mr. Murphy had his book "Aging in Place" available also. Be proactive!!

Mr. Katz indicated that he fell and found it was because a hormone issue and now the medication he needs is cost prohibitive. He also indicated that he has been letting Sound Transit know, as they are designing the transit stations, that they need higher seat heights for older adults. It would be great if Mr. Murphy could talk with Sound Transit to let them know the need.

Ms. Thompson indicated that homes are not hearing accessible in that the alarms aren't loud enough or that they need to have a lower pitch alarm available.

Ms. Gainen said that she works with the Village to Village group and it would be great to have Mr. Murphy come and talk with their group sometime.

## **BREAK**

## **COMMITTEE REPORTS**

### **Advocacy** (reported by Ms. Gray)

Ms. Gray said that the Advocacy Committee met in Kirkland at Merrill Gardens. We are currently monitoring the issue regarding the cost of prescription medications. Ms. Grote is checking with AARP to see if they are currently doing anything regarding this. There doesn't seem to be much going on regarding this right now though. The group received a housing update and a transportation committee update. Ms. Thompson is going to write a letter regarding hospital observation.

Ms. Thompson said that they are going to be participating in the Strawberry Festival and sharing a table with the City of Bellevue. Mr. Lassiter will be signing the group up for the event. Ms. Gray will be presenting on June 6<sup>th</sup> to the Council for Elder Abuse Prevention month.

### **Outreach & Diversity Committee** (reported by Ms. Thompson)

On April 14<sup>th</sup> there was a meeting and they talked about the role of BNOA and the Bellevue Community Center regarding programs for those with dementia.

Ms. Melinda Franklin talked about Momentia activities for those with dementia. The information is listed on their website but people would also like a hard copy of the information, so she is putting that together. Barbara talked about programs she would be willing to do at NBCC for free as an experiment and in which she would charge \$50 fee if it continues past the experimental stage. If it works then they could possibly get some programs added. Some activities/programs at NBCC that would be great for people with dementia aren't currently being accessed by those with dementia. We talked about how we get the word out to people regarding the programs available. We will look at the activities that NBCC has and forward the information to Ms. Franklin to put on her Momentia calendar. Darien, NBCC staff, has reached out to care facilities with NBCC programming information also. The next meeting of the Outreach and Diversity Committee will be May 19<sup>th</sup>.

### **Transportation/Housing Committee** (reported by Ms. Grote)

Ms. Grote said that she attended the last Alzheimer's Café. They handed out the Momentia flyer with activities that are available through June.

On Saturday, May 14<sup>th</sup> there is an Assisted Technology Resource Fair where BNOA will be sharing a table.

Mr. Grote said, in regard to transportation, they are starting to build Eastlink on the eastside. Affordable housing week is May 16-22 and King County Council is doing an event on May 16<sup>th</sup> on Affordable Housing.

Ms. Grote said that there is currently a Grand Connection map in the COB lobby and you can put comments as to what you would like to see.

Ms. Kimball said they are still in the process of updating the ARCH website and will get the updated information to ARCH soon.

Ms. Lewine gave the group an update on the affordable housing unit progress. They need a new tool to enhance affordability in affordable housing. They are putting together a technical advisory group with specialists in affordable housing to create additional housing strategies to integrate into housing. Ms. Kimball indicated to Ms. Lewine that BNOA is interested in attending the meeting to learn and listen but is waiting to hear back from Ms. Lewine in regard to this. Ms. Lassiter indicated that Councilmember Stokes approached him to say that the Council would like the BNOA involved in their affordable housing discussions. On May 16 the Council will be meeting and will have an affordable housing discussion. On May 17<sup>th</sup>, the City of Kirkland will be talking about affordable housing at their Council meeting.

On 164<sup>th</sup> there is a temporary Salvation Army building that currently services the homeless. It was discussed that it was indicated that they are putting a new building there that would be sheltering the homeless, but Ms. Kimball will check into that and get back to the group.

Mr. Merriman asked what affordable housing tools they were looking at. Ms. Kimball indicated that they were looking at incentives for housing to be affordable and accessible. Mr. Merriman indicated that it should be brought up that universal design should be used by builders at this time.

Ms. Thompson asked if there was anything that was added into the Comp Plan Update in regard to “universal design”? The group discussed looking at the Comp Plan on the website to see if it was actually added to the housing element.

#### **Public Relations Committee** (reported by Ms. Grote)

Ms. Grote said that the group is redoing the BNOA banner and materials that BNOA provides at events.

### **COMMUNITY PARTNERSHIPS REPORTS**

#### **Eastside Easy Rider Collaborative** (reported by Ms. Grote)

Ms. Grote said the next meeting is May 9<sup>th</sup> at the Library @ 3:00 and they will be redoing the map for the Overlake area. The meeting after that will be May 23<sup>rd</sup> @ 8:30 in which the designer for the Redmond Shuttle will be there to tell them the process they used to get the shuttle in Redmond.

#### **Eastside Human Services Forum** – no report

#### **Time Banks of Puget Sounds** (reported by Ms. Grote)

Ms. Grote said the next meeting will be in Redmond on May 12<sup>th</sup> and she had the flyer if anyone was interested.

#### **Aging & Disability Services Advisory Council** (reported by Ms. Heyden)

Ms. Heyden said their next meeting is a week from this Friday. Tom Minty from the Aging & Disability Services Advisory Council is going to bring them up-to-date on universal design. It was discussed that it might be nice to have Mr. Minty speak at an upcoming BNOA meeting.

#### **Washington Senior Lobby** (reported by Ms. Thompson)

Ms. Thompson said that a Joint Legislative Committee on Aging was created in 2013. They are recommending certain legislation and she wants to have them discuss hearing loss at their meeting. They are on the agenda on June 20<sup>th</sup> for 20 minutes to discuss hearing loss. They will be having a meeting prior to this meeting to plan what to present/discuss at this meeting.

## **Staff Report/Upcoming Agenda Items**

Mr. Lassiter said that Phil Gough was interviewed and brought onto the group as a liaison but he has not been able to get a hold of him and he has not attended any of the meetings. There was a motion to remove him from the BNOA roster. The motion was seconded. It was unanimously voted to drop him from the BNOA roster.

Mr. Lassiter said that he appreciates notice if you can't attend meetings. Mr. Lassiter will communicate with Ms. Gehring in regard to her attendance. He will contact her and get back to the group as to her participation.

Mr. Lassiter indicated that he still looking for ideas for speakers at upcoming BNOA meetings. The current ideas are discussions regarding the Alzheimer's Plan; Tom Minty, Universal Design; and Dan Watson, housing. Mr. Dalglish asked if there was anybody that could speak about creating elder dignity? Ms. Gray said this is a very broad subject and lots of groups are speaking about what we think of aging. She said she would think on it as to whether there was anyone that could speak on the issue. Ms. Thompson said someone could possibly speak on the Village Concept. Ms. Gainen was going to get names to Mr. Lassiter.

Mr. Lassiter said that next month AARP (Dennis Rockwood) will be talking about abuse/fraud issues with aging adults.

Members said it would great to have Janet Lewine speak to the whole BNOA group regarding housing. It might also be nice to have Arthur Sullivan, ARCH give a update to the group.

## **New Business**

Mr. Katz said that the BNOA reports to the Park Board and we don't report directly to the City Council. Others in the group said it might be good to look at how the City of Kirkland BNOA is set up. Ms. Kimball said it is also important to remember that we are a large growing city with lots of needs. Mr. Merriman emphasized that the BNOA needs to educate older adults on issues.

## **Adjourn**

The meeting adjourned at 10:30 am.