

BNOA Minutes

June 2, 2016

8:30 a.m.

Bellevue City Hall

Room 1E-113

MEMBERS PRESENT: Ethan Crawford, Jullie Gray, Jeanne Grote, Beverly Heyden, , Howard Katz, Bob Megargel, Eileen Rasnack, Diana Thompson, Linda Whitehead, Janet Zielasko

MEMBERS ABSENT: Shellie Gehring, Arnold Kern, Judy Dowling, Sandy Shaw Jones; Hannah Kimball, Berta Seltzer, Robert Dalglish,

STAFF PRESENT: Dan Lassiter, Parks & Community Services Department

GUESTS: Captain Nate Kleinknecht – COB Police

RECORDING SECRETARY: Recorded session

Meeting was called to order by Ethan Crawford. The minutes were called for approval and was motioned by Diana Thompson for approval and seconded by Beverly Heyden.

Dennis Rockwood of the AARP Fraud Fighters presented on current fraud in our society and how to fight it. Dennis introduced how the AARP was founded and then since the 1990's how the AARP Fraud fighters were developed into a team that actively talks to the public about fighting and reporting fraud. Currently the Fraud Fighters are located in Northgate area of Seattle. The center receives approximately 100,000 calls annually concerning fraud. The AARP Fraud Fighters

work with FINRA (investment fraud), SHIBA (insurance fraud) and the Federal Trade Commission's hot line 1 800 646-2283 to combat fraud. Mr. Rockwood presented a video depicting four stories of aging adults getting caught up in schemes that they believed would eventually bring them wealth. Individuals lost between \$2,000 and \$40,000 on these scams. Advice from the Fraud Fighters:

Don't answer the phone if you don't recognize the number – Let them leave a message.

Never call back suspicious numbers left on your machine as this gives the caller information about you.

Don't share family loss or drama with strangers on the phone. They use this information to gain your trust.

If they keep calling, just hang up - they'll stop eventually. Never give personal information over the phone such as social security number, banks account number, birthday, etc... Register for a "do-not-call" feature on your phone.

A script is in your hand outs to read to one of these callers such as "I don't respond to telephone solicitations." Then hang up! The IRS does not make phone calls, they typically send notice by mail. Payments are always mailed to U.S. Treasury, never wired via Western Union.

Wiring money is always a scam.

Never pay to play – you never have to pay a fee if you have won something.

Check your credit report for oddities. A handout was given that showed 11 different sites to call to fight fraud. Mr. Katz felt that the AARP participated a bit in fraud as they came out with insurance indicating it was the best value but he has since found insurance for his medicines that are much less.

Bob M. questioned if land lines should be discontinued, citing when he discontinued his land line, the fraud calls dropped dramatically. Mr. Rockwood indicated it could help but, the "computer" in our hands can be compromised and much information stolen of the phone. A board member indicated that landlines are able to be tracked in case of an emergency so important to have. Captain Nate Kleinknecht of the City of Bellevue Police was in the audience and responded that actually cell phones are now able to be pin pointed via cell towers.

Mr. Rockwood's final suggestion and best advice as a fraud fighter "use your phone machine and do not pick up or return phone calls you do not recognize as this automatically gives the criminals information that they did not have before. Report fraud to police and the Federal Trade Commission."

Second presenter was introduced Jennifer Mechem, City of Bellevue Diversity Team presenting on ADA Self-Evaluation and Transition Plan.

Jennifer reviewed the data indicating disabilities as they relate to aging adults. Data shows that for Bellevue residents living with disabilities 50% are male and 75% are female. Jennifer described the ADA as it relates to residents under Title VI, pointing out the successful accessible sidewalk survey project in 2009, and the City's adaptive recreation plan. Jennifer pointed out the looping system currently in place at City Hall and the future looping coming to City Hall. Jennifer asked the group for feedback on how they feel the City was doing with ADA requirements. Mr. Katz indicated he quit referring people to the City's web site as too confusing to work through. Jennifer informed the group that the web page is in a changing phase and a new site will be in place around September of this year. Bob M. said that around the downtown area very few benches were available to sit and rest for aging adults. The opportunities were too far and few between. Mr. Katz concurred and indicated the seating in New York where he grew up had benches everywhere to rest. Mr. Katz also indicated the height of seating needs to be reviewed so aging adults would find it easier to stand up, especially at the new Sound Transit stations. Jennifer indicated she had brought and distributed response cards to fill out and would need sent in before June 27th as the Executive Summary report would be given to Bellevue City Council in July of 2016.

A five minute break was called.

Due to the lack of time left for the meeting Ethan Crawford asked the Committee reports to be succinct.

Advocacy Report by Julie Gray

Medication Costs – current research/action steps needed

- AARP call Tuesday AM, Jeanne to send follow up email; AARP to lead efforts, Advocacy committee to monitor and provide support as needed
- Senator Durbin- attempting to pass something related to drug formulary with Medicare so that CMS could try to get competition for drugs and to negotiate prices, lots of opposition at this point, not projected to pass. Information about Durbin's plan was posted on the Commonwealth Fund website. (www.commonwealthfund.org)
- Monitor times articles re Medication cost dilemmas
- There were a lot of bills introduced this session at the state level that didn't pass, with our next legislative agenda we can include a broad point regarding this.

ADS advocacy – Diana

- Diana unable to attend last meeting
- May 14th- 10 AM – 3 PM: Fair at Library re hearing and eyesight, (Jeanne @ ADS table)

AARP – Jeanne

- Priorities for AARP: working on cost of medicine and preservation of Social Security
- Jeanne to provide update after call Tuesday

State & Federal Legislation

- OAA* – signed by President/congress needs to allocate funds for services
- Eileen to provide more detailed update at next meeting

Medicare advocacy – hospital observation update

- CMS has proposed regulations (comments due 6/17); Center for Medicare Advocacy released an article on why they think the proposed regulations are inadequate
- Diana thinks we should write a letter supporting revision of regulations due to inadequacy
- Diana and Carolyn to write draft together

Outreach & Education Report by Ethan

Memory Care-

Dementia Class at YMCA on June 25th.

Talked to Melinda-she volunteers with Zoo walks. Part of Momentia program Seattle Parks on doing. Do lots of positive activities for Caregivers and their family members with memory loss. Zoo Walks, Theatre programs, talked with them at ALZ Conference in April. Positive steps and support programs.

NBCC will be is developing a memory activity to begin in the Fall of 2016

Next Outreach- Bellevue Parks has asked us to help them with their booth for Strawberry Festival June 27 & 28th. Send around a list if you like to help us. I know we heard last month no too many seniors attended last year.

New communications-started June 1st-called Bellevue Nextdoor-info will be provided by Neighborhood Outreach, Police and Fire Dept. Just started -so talked with person in charge to follow up at Block Captains meeting. She with Neighborhood Program.

Transportation & Housing report by Jeanne

Housing – Hannah

- Janet Lewine was present at last meeting: City of Bellevue is appointing TAG (Technical advisory group) for 6 months to determine progress of 2009 Comprehensive plan and to brainstorm and suggest changes
- Action Item: Invite Janet Lewine (and her Kirkland counterpart) to our advocacy meeting

- Salvation Army building between NE 8th and NE 20th on 164th (near Crossroads)- rumors that they will be sheltering homeless; lack of communication between building owners and the City (Janet to follow up)
- May 16th – 22nd – affordable housing week; (City Council will have open sessions May 16th – starting at 1:30)
- May 16th at the Council meeting- Affordable housing proclamation; opportunity for individuals or groups to advocate for affordable housing

Transportation – Jeanne

- speaker from the city of Redmond came to discuss the new shuttle on May 23rd at the committee meeting, (Jeanne to send out Summary)
- Shuttle to begin in June (will shuttle through senior centers and Redmond town Center)

Kirkland: Vote on ST3 upcoming; Kirkland likely to vote no because of lack of inclusion

Public Relations Committee report by Linda –

This committee recommended to disband and join the Outreach & Education committee as their purpose had seemed to run its' course and the members had faded away. Discussion was centered on why the group was finished with their tasks of marking materials and places to promote BNOA information. Dan Lassiter indicated that one of the tasks was to get a pro bono help by a marketing agency but no one was found who would help for free. The marketing materials were updated by the team and except for the logo change recommendation, their purpose no longer exists. The motion was made by Diana Thompson to have this committee join the Outreach and was seconded by Jeanne Grote.

Due to lack of time the Community Partnership Reports were skipped this month and will reconvene next month.

Dan Lassiter staff report was to remind everyone that the Aging Adult Abuse Awareness Day Proclamation would be read at City of Bellevue Council on

Monday June 6th and received by member Jullie Gray and she would make some receiving comments. Everyone is encouraged to attend in support.

New Business

1. Diana Thompson introduced the idea of a letter that the Washington State Alzheimer Association would support the caretaker module added to the Washington survey, as unpaid caregivers are crucial in the care of persons with dementia. The questions in the module focus on such items as what care is provided, hours of care provided, and what needed support services the caregiver lacks. Half of the cost of adding the module will be provided by the national Alzheimer's Association. DSHS has evidently agreed to contribute \$10,000. I have written to AARP (Cathy McCaul) and W4A (Cathy Knight) to determine whether they will be writing a letter of support. This is an issue I intend to bring up at the June meeting of the BNOA/ Kirkland-Bellevue Advocacy Committee. We need to decide whether or not to draft a letter of support. The timing if the letter is important as it needed to be written and delivered prior to the next BNOA meeting. Jullie Gray suggested the letter be written and reviewed for approval at the next Advocacy meeting on Monday June 6th. A motion was made by Eileen Rasnack to approve a letter be written and if the committee approves of its' draft on Monday then the letter could be sent in behalf of the BNOA. The motion was seconded by Beverly Heyden and was passed by the board.
2. Washington State Alzheimer's Association would like other senior organizations to write a letter requesting that a caregiver module be added to the 2017 Behavior Risk Factor Surveillance System (BRFSS) for Washington State. The BRFSS telephone survey is given yearly in all 50 states and is coordinated or supported by the U.S. Centers for Disease Control and Prevention. The survey has a core part administered in all states and 3 optional modules, one of which is the caregiver module. According to the Alzheimer's Association the caregiver module was used in 38 states during 2015 and/or 2016

3. Board Chair Ethan Crawford read a letter by board member Shellie Gehring indicating her need to resign from the board due to extreme work conditions. She had asked to be put in a non-voting role. The board had discussion concerning if there was a point to it as she hadn't made the last four meetings. Ms. Whitehead reported that Shellie hadn't been to the main BNOA meetings but had attended all the committee meetings on Public Relations. It was decided to bench the decision to become a non-voting member until next month the rules of a non-voting member could be looked at. Her resignation was accepted letter as a voting member was accepted. The call to bring on as a voting member a liaison of Judy, Bob or Bill was discussed but decided to postpone until the next meeting.

The meeting was adjourned 10:30a.