

**BELLEVUE NETWORK ON AGING  
MINUTES**

August 6, 2015  
8:30 a.m.

Bellevue City Hall  
Room 1E-120

**MEMBERS PRESENT:** Dan Aznoff, Ethan Crawford, Julie Gray, Jeanne Grote, Beverly Heyden, Howard Katz, Arnold Kern, Hannah Kimball, Bob Megargel, Eileen Rasnack, Berta Seltzer, Diana Thompson, Janet Zielasko

**MEMBERS ABSENT:** Bill Cahill, Bill Merriman, Mary Watkins

**STAFF PRESENT:** Dan Lassiter, Parks & Community Services Department

**GUESTS:** Sarah Baker, City of Kirkland

**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 Bill Cahill, Bill Merriman, and Mary Watkins.

**PUBLIC COMMENTS/QUESTIONS** – None.

**APPROVAL OF MINUTES – July 2, 2015**

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

**HEALTH AND HOUSING FOR AGING DISABLED [PRESENTATION & DISCUSSION]**

Rose Finnegan was introduced to talk to the group about Health and Housing for the aging population.

Ms. Finnegan said she will give a little history of how our non-profit started and what we do, and then there is a power-point that explains how to start an adult family home. We can then brainstorm what we can do to help those with disabilities as they age.

Twenty-six years ago, using a grant from the office of the superintendent of public instruction, the Issaquah School district organized parents of children with special needs. At the time, DD

(Division of Developmental Disabilities) was shut down. The parent coalition started in Bellevue and Issaquah. Life Enrichment Options (LEO) was started. It was first called Logical Employment Options at the time. The legislature was able to fund existing employment opportunities, but we continued with the educational portion. We felt that the community needed to get to know those with disabilities.

We started the soap box derby in which each car held one disabled person with one able bodied person. Sixteen years ago we started researching the need for community housing. We liked the idea of the adult family homes for those with disabilities. We needed to find a funding source for this housing. We had a community forum and invited everyone to attend and learn what the needs are for those with developmental disabilities. A business man from Polygon called who couldn't attend the meeting. We told him we were looking for a home and they took on the project. We had raised the money to buy the property. Polygon involved us in the design of the house and they built it. We had an open house and 200 people came through to see it.

The City of Issaquah waived the mitigation fees for the home, as long as we kept the house for people with developmental disabilities for 50 years. The school district also waived mitigation fees, which saved us a lot of money. By the time we did the third house there were guidelines in place for low income house that applied to us. We were able to buy a lot in the Issaquah Highlands much below market rate. We furnished the common areas of the house with grant money from Boeing Employees fund.

Another outcome at the community meeting was the need for recreation. There was an open house to show what recreation options were available. There were 50 people that attended. They started a recreation program that is still going.

We still do the education programs. This spring we did a program where developmentally disabled people can meet the police and so they are not afraid of them. We also put on housing option talks.

We purchased a 2<sup>nd</sup> house from King County, and the 3<sup>rd</sup> house in the Issaquah Highlands. All are debt free with private funding. Lessons learned: 1) don't try to reinvent the wheel, get to know the system, 2) parent groups don't have access to the State Housing Trust Fund, 3) check the City's Comprehensive Plan (there is an element in it that talks about housing).

Mr. Katz said that she had not talked about Section 8. Ms. Finnegan said that Section 8 is another option available.

Our philosophy is it's an adult family home that provides 24 hour care for those with developmental disabilities and the focus is on living as independently as possible in a safe and caring home-like environment. The individuality of each resident is honored without interference, coercion, discrimination or retaliation. We modeled the home after adult family homes in Bellevue.

The role of the organization is to talk to City Planners to make sure we fit into their Comprehensive Plans, raise the money, determine the home location (we always want to be in the footprint of ACCESS transportation). We then work with the City and building inspectors, hire contractors. While the house is being built we advertise for the care provider, interview the candidates, and then hire the provider. We choose the lease agreement. As an organization we pay half of the providers' state license fee. We pay the liability insurance for the first two years until they are up and going. They pay us some rent that pays for the utilities. We create a long-term relationship with the providers. The provider, prior to getting the license, has to get all of the training needed (1000 hours, a State test, and apply for a business license, plus much much more). They have to take CPR, 75 hours long-term care workers training, safety training, food handlers permit, background check, etc. It takes three months to get their certification back. They have to prepare the paperwork for the adult family home, i.e. recordkeeping, safety plan, etc.). They then can start to fill the home. They interview residents before they make the selection, contact their case manager, create an admission agreement, and then decide on the move in date. The negotiated care plan is very important. The parent, the caregiver, the caseworker, all get together to set up this daily care plan. The parents then can comfortably feel that they can back off and let the caretaker take over.

There are many requirements that the caretakers need to complete each year. The provider provides care to each resident. They do an assessment on each resident yearly, set the budget, etc. Most of the residents get paid by Medicaid and so the Federal money they receive is determined by the level of care that the person receives. The money from DSHS is tax-free. DSHS determines what amount the resident pays. Residents are able to be away from the home 18 days/year. If privately paid, the provider determines the cost.

If additional care has to be brought in for a resident, we are hoping that the yearly assessments will help reflect/determine the need of the residents and the care needed.

Mr. Aznoff asked the physical requirements of the home. Ms. Finnegan said that the bedroom windows can't be higher than 44" from the floor, handrails in the bathrooms, wider hallways, accessible bathroom, bedrooms are quite large. Residents typically are in the lower level and the caregiver has an apartment upstairs.

Mr. Crawford asked if there are any plans to build homes like this in Bellevue. Ms. Finnegan said that Community Homes is doing houses in the Bellevue area.

Mr. Aznoff asked how neighbors are reacting to having a developmental disabilities home in their neighborhood? She said that the neighbors have been very receptive.

Ms. Rasnack asked what kind of security is in each home? Ms. Finnegan said they have typical home security.

Ms. Zielasko said with all of the requirements needed for the caregivers, it would be hard to find someone for this position. Ms. Finnegan said that a lot of the residents are gone most of the day at jobs or appointments.

Mr. Lassiter said that this group is looking at aging of these residents. What ensures that a resident can stay in the home? Ms. Finnegan said that there are no assurances. The resident can stay at the home as long as the caregiver can take care of that individual. If more care is needed then they might have to look elsewhere. There are no guarantees.

## **BREAK**

## **COMMITTEE REPORTS**

### **Memory care** (reported by Mr. Crawford)

Mr. Crawford reported that they are in the second month of the Alzheimer's Café at Tuta Bella. Ms. Grote has been there for each event. We were wondering how to get others involved in what is going on here. Overlake and the YMCA are great resources but we need additional involvement. Our next meeting is 10:00am on September 16<sup>th</sup> at Mary Watkins, Brookdale facility. We will get a meeting reminder out to the group.

Ms. Grote said she was at the Police Night Out and people came up and thanked us for the meeting. The first meeting had 15-16 people. At the July meeting we had ten people attend. We need to get the word out to the community. We are looking for music talent to come in and provide a sing-along. They take great joy in this and it would be great to have someone to lead them. Ms. Kimball suggested that they could contact the Crossroads Farmers Market coordinator since they have musicians at the events, and also the North Bellevue Community Center has a choral group that might have someone who could help out with this.

Ms. Thompson suggested that the information regarding the Café should be sent out to social agencies and doctors. It could be added to the Bellevue Resource Guide also. Notices can be added to the utility bills also.

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

Ms. Grote indicated that they did not have a meeting in July. The next meeting is on August 24<sup>th</sup> @ 9:00 and Ms. O'Reilly arranged a speaker on Home Repair and we will have Diversity Updates.

Went to the Bellevue Botanical Garden Annual meeting. They are working on getting a shuttle at the garden to get people around the garden.

### **Advocacy Committee** (reported by Ms. Thompson)

Ms. Thompson stated that Notice Bill 876 passed the House and the Senate. It was sent on to President Obama, but it is in between sessions and he hasn't signed yet. If it isn't signed, it could be a pocket veto. I will wait for twelve days from when it was passed and see what a pocket veto is.

We did a looping demonstration last Thursday and there does not seem to be any interference with the metal in the room.

Reauthorization of the Older American's Act was reauthorized by the Senate but not the House yet. On October 28<sup>th</sup> is the Washington State Senior's Lobby has their conference. It is an all-day affair in Tacoma and is \$40-60 and they have great speakers. It is worth going to and you have to sign up to attend.

House Bill 1571 is the one we really want to get passed by Congress regarding Medical Observation Status. Nothing is happening with it now. They don't know how much it will cost, but they don't have a budget score on it. Nothing seems to be passing that has any budget implications.

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

Ms. Grote said that at the Police event they had a resource table and she talked a lot with Mark Manuel and Jennifer Mecham of Diversity. Both had some good ideas for getting some Board members. Cultural Conversations start again in September.

September 9<sup>th</sup> from 6:30-8:00 is a leadership gathering at Bellevue City Hall in 1E-108. On September 3<sup>rd</sup> at North Bellevue Community Center there is going to be a Resource Fair.

## **COMMUNITY PARTNERSHIPS REPORTS**

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

Ms. Grote reported that did not have a meeting in July. They did lose some grants and have lost some people. There is a King County Mobility Meeting on August 18<sup>th</sup> at 9:30-11:30 at Bellevue City Hall. Trying to reorganize after losing some grants.

### **Eastside Human Services Forum**

No report.

### **Aging & Disability Services** (reported by Ms. Seltzer)

Ms. Seltzer said that they have just completed the three public hearings required regarding the four year area plan and the discretionary budget for 2016. Staff are compiling all of the comments received. It appears that both of these items will be approved by the Council and move on to the State.

### **Timebank** (reported by Ms. Grote)

Bellevue Network on Aging  
August 6, 2015 Page 5

Ms. Grote reported that they will have an August picnic in Kirkland. It is from 4-7:00pm. I would be happy to email you the information if you are interested. They have been sponsoring kids concerts in Kirkland this summer.

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

Ms. Thompson said Medicaid has not covered hearing aids since the great recession in the State of Washington. Gerry Riley, Elder Care Alliance, said he would give a speech saying that Medicaid should cover hearing aids. The governor's office ordered that the information regarding the cost of this be collected. It looks like this issue is getting lots of support. Ms. Thompson has a meeting with Smith's office regarding the Federal Legislation in regard to this issue.

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

Mr. Lassiter indicated that the end of the summer picnic is at North Bellevue Community Center (August 26<sup>th</sup> @ noon). You need to be signed up.

In the Fall, it is National Fall Prevention Month. Overlake Hospital approached me to do a three month program at NBCC. Ms. Thompson asked whether we should put together a Proclamation for Fall Prevention Month? Mr. Lassiter said he would check out the process to see if it can be put on the agenda.

Mr. Lassiter will send out a notice regarding where the next BNOA meeting will be held.

### **New Business**

The next meeting is September 3, 2015, 8:30am-10:30am.

### **Adjourn**

The meeting adjourned at 10:30 am.