

BELLEVUE NETWORK ON AGING  
RETREAT MINUTES

January 15, 2015  
9:00 a.m.

Bellevue City Hall  
Room 1E-108

MEMBERS PRESENT: Dan Aznoff, Bill Cahill, Ethan Crawford, Jeanne Grote, Beverly Heyden, Howard Katz, Arnold Kern, Hannah Kimball, Bob Megargel, Eileen Rasnack, Berta Seltzer, Diana Thompson, Mary Watkins

MEMBERS ABSENT: Jullie Gray, Bill Merriman, Linda Salter, Janet Zielasko

STAFF PRESENT: Bo Du, Parks & Community Services Department  
Alex O'Reilly, Human Services Department

OTHERS PRESENT: Debbie Lacy, Facilitator

RECORDING SECRETARY: Teri Ekstrom

**WELCOME AND ROLL CALL**

The meeting was called to order at 9:00 am by Chair Rasnack. Roll was taken and all members were present with the exception of Jullie Gray, Bill Merriman, Linda Salter, and Janet Zielasko.

**APPROVAL OF MINUTES – December 4, 2014**

A motion was made to accept the minutes as written and the motion was seconded. The minutes were approved unanimously.

**COMMITTEE ACCOMPLISHMENTS & CHALLENGES**

Debbie Lacy, meeting facilitator, was introduced to the group. She introduced the first task of reviewing the 2014 committee accomplishments and challenges.

**Outreach Committee (reported by Jeanne Grote)**

The committee had a schedule of outreach activities and events at which members spread the word about BNOA and distributed resource materials and Vials of Life.

The first outreach event of the year was the Overlake Active Senior Fair in March, which is planned for March again of this year. BNOA shared a booth with SHIBA, which worked well. Other outreach events included Senior Lobby Day, City of Kirkland Senior Volunteer and Resources Fair in April, Eastside Forum, Strawberry Festival, Farmers Market at Crossroads, the

Farmers Market at First Presbyterian Church, Chinese Information Services Fair at NBCC, Legislative Forum at NBCC, and Bellevue Essentials Fair.

Kevin Henry came to speak on cultural diversity event needs at one meeting. Members attended Cultural Conservations at Crossroads Community Center, COPS (Coordinators of Patient Services, and tabled at YMCA. The committee also passed out Fall Prevention flyers, worked on Smart 911 and updated PowerPoint presentation with a new picture of current network members and info. Vials of Life continue to be handed out at events. Networking at Neighborhood Groups was tried again without success.

Upcoming events this year include Bellevue Active Senior Fair, Bellevue Fire Department's 50<sup>th</sup> Anniversary, and much of the ones listed above. There is a potential partnership with a new person at Bellevue Library who is working on developing new programs for 50 plus groups.

Outreach hopes to work with the Advocacy Committee on a support program with group/activities for caregivers and older adults with early onset Alzheimer's (under 65) and early memory loss (over 65). Several advocacy group members went to the Frye Museum to get an overview of its memory care program. Possibly a memory care ad hoc group could work on advocating such a program and create an outreach flyer listing activities and support for caregivers and those with early memory loss.

Ms. Lacy asked what the obstacles and challenges were for the group. The importance of support from the whole BNOA group was stressed. It took a while to get going and the group needed to set its goals at the beginning. There was an issue with getting regular meeting time and location established. Mr. Crawford said the partnership with Overlake Hospital was a beneficial one because the sponsored 250 Vials of Life.

### **Advocacy Committee (reported by Diana Thompson)**

Ms. Thompson gave a presentation to the City Council on World Elder Abuse Day. She also is the hearing loss representative to WA State Senior Citizens Lobby and is very involved with them to learn lots of information on what is happening in the State of Washington regarding this.

#### 1. Medicare Observation Issue:

a) Members familiarized themselves with pending Federal legislation on Medicare Observation status and legislation that has passed in three states regarding required notice of Medicare Observation status. Secured and studied some information that local hospitals give to patients regarding Medicare Observation Status. Contacted or met with representatives from Swedish, Gentiva, University of Washington and Overlake on this issue.

b) Members met with the following federal legislators or their representatives: Representative Reichert on January 3<sup>rd</sup>, David Loud of Representative McDermott's office on January 16, and Richard Lazaro of Senator Murray's Office on March 16. Prepared written materials for the meetings.

c) In June, members submitted comments to the Federal House Ways and Means Committee on Medicare Observation, to supplement the May 20<sup>th</sup> record.

d) Members met with State Representative Clibborn on September 10<sup>th</sup>. She agreed to contact Representative Cody regarding drafting a bill requiring hospitals to give notice of Medicare Observation Status to patients with a specified period of time. Cody agreed to have her staff draft the bill.

e) The committee prepared two pass outs regarding Medicare Observation Status—one for seniors and one for legislators. Legislative candidates received the legislative pass out in connection with the October 13<sup>th</sup> legislative forum. The issue was included on the October Legislative Forum agenda.

2. Social Security/ Reauthorization of Older American's Act: In May, members wrote to their Bellevue and Kirkland Federal legislators and Representative Reichert regarding their concern about the solvency of social security and the need to take action. In May, the group wrote a separate letter to the same persons regarding the need to reauthorize the Older American's Act.

3. State Legislative issues: a) Members prepared a pass out for the February 20<sup>th</sup> Sr. Lobby day, b) Some members of the BNOA and Kirkland Senior Council attended Senior Lobby day, listened to interesting lectures and met with Senators Litzow, Hill, McAuliffe and Tom and State Representatives Hunter, Clibborn, Habib, Stanford, Moscoso and the assistant to Senn. Supported items that passed include: preserving the LTC infrastructure, additional funding for the LTC ombudsman and the Office of Public guardianship, and the pension poachers bill. Ms. Thompson attended in May 2014 a meeting of the Joint Legislative-Executive Committee on Aging and Disability, f) co-sponsored the October 13<sup>th</sup> Legislative Forum held at the NBCC on October 13 (assembled packets, helped with registration, secured a speaker, gave input on program which included the focus on Medicare Observation).

3. King County issues: Decided not to take a position on the King County Transportation referendum.

4. Local Issues: In June, pursuant to subcommittee recommendation, the BNOA expanded its legislative agenda to include "accessibility in public buildings for all members of the community." Members worked with the City Clerk's office to achieve the following: availability of assisted listening devices at City Council meetings; and placement of signs in easily visible locations at City Council meetings regarding the availability of such devices.

In June, Ms. Thompson met with Council member Lynne Robinson regarding Hearing Accessibility. On July 7<sup>th</sup>, Ms. Thompson gave a presentation to the City Council regarding the need for hearing accessibility and the value of looping; Kate Johnston, HLAA Board member and Linda Pawson, Director of the Bellevue Art Museum, also spoke to support BNOA's position. In November, members sent a letter to the City Council and spoke at a Council meeting, supporting services for seniors and funding for Hearing Accessibility. Funding for accessibility for persons with hearing loss, with consideration for looping, was included in the Bellevue City Council 2015-2016 budget passed in November.

5. Legislative Agenda for 2015: Proposed and adopted in November 2014. Met in December with the Attorney General, regarding the legislation related to seniors that the AG is pursuing for 2015.

Ms. Lacy asked about the committee's obstacles and challenges. It was stated that the group functioned very well and coordinates very well with Kirkland. It was also stated that the coordination that BNOA had with EHSF Advocacy Committee was great because a lot of the BNOA advocacy work and information were used. Ms. Thompson said it was great how that Ms. Strand and Ms. Kelso collected the information needed regarding medical observation and it was nice to delegate this.

### **Transportation/Housing Committee (reported by Jeanne Grote)**

H/T Committee chair left early in the year and had only 3 members; Ms. Grote joined half way thru to keep committee going.

The committee keeps the ARCH website updated.

#### Update shelter information:

Through January 31<sup>st</sup> at St Peter's Church

February 1 - April 15<sup>th</sup> Redmond United Methodist Church

Men - International Paper Company through April or May 2015

#### New Affordable Housing:

112<sup>th</sup> for families and vets, etc. coming this spring (in Bellevue Reporter last weekend)

Kirkland - new Affordable Housing/Transit Center coming too. Great to work with Kirkland.

#### Transportation:

Members attended Eastside Easy Rider's Collaborative meetings to keep updated on Sound Transit East link.

New signals (red light) at NE 8<sup>th</sup> and 112<sup>th</sup> and 116<sup>th</sup>. And two elementary schools (Lake Hills and Sunset) which will bring more safety to these areas.

Members attended the King County Mobility and the Sub-Regional meetings for East King County Mobility.

There are Orca Outreach Terminals at North Bellevue Community Center & Crossroads. They have more mobile units available to use now.

Signal Upgrades will happen throughout the city with new safety program grant at 43 locations, along 148<sup>th</sup> and Bel Red and Overlake and NE 8<sup>th</sup> at 156<sup>th</sup>. Some will be upgraded to new SCATS program which allows the signal to adapt faster to traffic conditions. This will be finished in 2015.

Members met and talked with new Crime Prevention Detective (Amanda Jensen, Residential Crime Prevention Detective) at a Bellevue resource meeting. She will be working with neighborhoods and in the field to make neighborhoods safer.

Two upcoming meetings include: Aging & Disability on February 11<sup>th</sup> at Bellevue Library regarding information on funding; and Eastside Annual Assembly on February 4<sup>th</sup> regarding Health and Human Services Integration at Redmond City Hall.

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Ms. Lacy asked what the obstacles and issues were for this committee this year. Ms. Grote said it was difficult to find a good time to meet. She said it is difficult to know when a lot of the meetings are happening.

Mr. Megargel suggested setting up Google Calendar so that all of the meetings can be in one place.

Ms. Lacy asked if anyone had any additional comments, challenges or issues. The feedback is that meeting attendance is very important. It is concerning when members do not show up. There are not that many members and there is a lot of work to be done for Bellevue seniors. Ms. Lacy said that the group needs to structure what is feasible for the group to allow members to be successful and be able to do what members want to accomplish.

## **EMERGING ISSUES**

There are two emerging issues that have been identified: Memory Care Programs and Membership Diversity.

Ms. Thompson asked what BNOA's role should be in the Memory Care area. Ms. Du said that she received an email from Ms. Zielasko that supports encouragement of Alzheimer's Café. The group vocalized that BNOA's role is not to put on memory care programs or even dictate who should do them; instead members should work to support and encourage programs on the eastside.

Ms. O'Reilly suggested talking with some agencies that might provide these services and make them aware of the need and have them apply for funding from the City of Bellevue Human Services. A committee could research which agencies would be able to do this. Alzheimer's' Cafés meets one time a month. Questions were asked regarding cost and location. It was suggested that cafes could be held at NBCC, but members would need to find someone to lead the group. Members could talk with current Café leaders to see if someone would lead a sample trial at NBCC.

Questions were posed to the group as to BNOA's role: Program Planner, educator, leader or education and support? The group decided that its role should be advocacy, education and support.

Ms. Rasnack said that the BNOA typically gets information out and members could connect with agencies to see who might get this going. Ms. Grote said they could put together a list of services that are already available to this population and get these resources out to people. Mr. Crawford said that the BNOA's strongest link is information and education from the speakers each month. Ms. Grote said that she thinks this should be a separate ad hoc committee for memory care. The group would like to be more engaged with this topic. Ms. Lacy said the success of a group like this would be if they have enough members to make an ad hoc committee.

Ms. Lacy said the next emerging issue is membership diversity. Ms. Rasnack and Ms. Du received an email from Ms. Zielasko to convey to the group. Ms. Du read Ms. Zielasko's email, which stated the importance of membership diversity because of the drastically changing population and demographic of Bellevue. Ms. Zielasko feels that members should emphasize diversity and work on diversifying the group from now on.

Mr. Katz said that this has been a recognized need for many years and also exist at the NBCC Advisory Board. Members have not been successful in this area and so it has continued to be an ongoing issue. A lot of boards/commissions come across this issue.

Mr. Megargel said that members need to let more people know about BNOA. When members are "tabling" at fairs, they could talk about the group as Vials of Life are handed out. Members need to find more avenues for outreach and take into consideration that cultures communicate differently. It is more helpful to have people of the same cultural group speak to the groups. Trust needs to be established. Volunteerism in other cultures is not common.

Ms. Kimball said that members can keep this as a goal in mind and, although success may not be immediate, this goal needs to be ongoing. Ms. Heyden said that the BNOA needs to have more publicity to create public awareness.

**BREAK**

### **COMMITTEE STRUCTURE AND LEADERSHIP for 2015**

Ms. Lacy asked the group whether BNOA should continue with the same committees or should they change. Committees were Outreach, Advocacy, and Housing/Transportation. It was emphasized that for committees to be successful people need to attend meetings and commit to action. Ms. Kimball mentioned that people may not attend meetings at times because they don't think there is anything to do.

The Outreach events are established and set for the most part, which could possibly be changed to become an ad hoc committee. Mr. Megargel suggested combining Outreach and Advocacy Committees, but the response was that Advocacy has too much to do already without having to add more coordinated events. Ms. Thompson said that Outreach has a lot to do: deciding what events to do, set up meetings with agencies, coordinate articles and more.

Other members said that if BNOA reduces the number of committees (from three to two), then committees would have more members, which logically would result in more participation.

Mr. Crawford said BNOA members are leaders, supporters and educators. The structure of the network is important because it can clarify the group's role and set the Network up for success. He said that members need to look at what they want to accomplish and what kind of structure is needed to succeed. He sees outreach as a responsibility of all of the members; that perhaps what is needed might be a lead person but not necessarily a committee.

Mr. Aznoff suggested that an outreach group could meet quarterly or hold it on an ad hoc basis.

Because Outreach has been doing the same activities each year, it was suggested that the events be put on a shared calendar ahead of time and when it came time to do, that a lead person could coordinate table schedules. The lead person could get input at the main meeting and when members get information they can pass it on to the leader. This lead could also bring upcoming events scheduling and logistics to the regular meetings, too, so get tabling help from the members at large.

It was suggested that outreach could have one planning meeting, create the calendar and organize and then meet as needed. Ms. Lacy said outreach is a general function of the group. She took a vote (60-40%) on who would like to have a leader-only format for Outreach, then asked if anyone would be interested in being a leader for Outreach. No one stepped forward. Ms. Kimball said that if an emerging issue comes up 2-3 people could gather, collect information and bring it back to the group.

Because everyone felt that outreach was important but no one was interested in taking the lead role for it, Ms. Lacy said it would be best to table this discussion for the next regular meeting to further discuss the scope, role, clear goals, and responsibility, and move on with the next agenda item.

There was group support to retain the Advocacy Committee. Ms. Thompson said she would be willing to be chair again but that it would be great to have a co- or vice-chair to bring new perspective. Mr. Katz said he was willing to be vice-chair.

Ms. Seltzer said the transportation and housing issues always need to be looked at and followed with the hope to have some influence. She proposed that this group continue. Ms. Grote said she is willing to Chair.

Ms. Watkins, Mr. Crawford, and Mr. Megargel said that they would serve on an ad hoc Memory Care Committee. Mr. Crawford will Chair the group.

Mr. Cahill said he would be interested in working on the diversity issue, but in the meantime, he will be a member of the Housing/Transportation Committee.

Members then split up into committee groups to work on priorities, 2015 work plans, and set the meeting times and schedule.

## **COMMITTEE GOALS & WORK PLANS**

The BNOA members serving on each committee are (members not present can let Ms. Du know which committee they plan on serving on):

Advocacy – 1<sup>st</sup> Monday of each month @ 8:25am in Bellevue City Hall 110

Diana Thompson, Chair

Eileen Rasnack

Janet Zielasko

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Jullie Gray  
Howard Katz, Vice Chair  
Alex O'Reilly  
Kirkland Senior Council

This group will work on Senior Lobby Day (which is February 26<sup>th</sup>), the Legislative Forum in the fall, the Medicare Observation issue, and initiatives such as hearing/looping and older adult issues (follow and track as they come up).

Housing/Transportation – 4<sup>th</sup> Monday of each month @ 9am in Bellevue City Hall 110

Jeanne Grote, Chair  
Dan Aznoff  
Berta Seltzer  
Beverly Heyden  
Hannah Kimball  
Arnold Kern  
Howard Katz  
Bill Cahill (interest in diversity)  
Janet Lewine

This group's goals are to keep track of Sound Transit and affordable housing; issues on transportation for seniors, homeless; keep the ARCH website up-to-date; continue the connection with Eastside Easy Rider and the Orca Terminals around Bellevue.

Memory Care Ad Hoc – 3<sup>rd</sup> Tuesday of each month @ 10am in various locations TBA

Ethan Crawford, Chair  
Mary Watkins  
Bob Megargel  
(Jullie Gray?)  
(Janet Zielasko?)

This group will focus on and connecting with people and organizations in the community that are actively working on this issue; explore ways to participate in existing Alzheimer's Cafés and utilize other local groups to start new cafes.

Visibility/Outreach – to be discussed at next meeting

Everyone agreed this is important but no one stepped up to take the lead.

## **ANNOUNCEMENTS**

Ms. O'Reilly said that Aging and Disabilities Council (in which Ms. Seltzer & Heyden serve) are working on regionalism. They will be sponsoring a forum entitled "Focus on the Future" and the focus will be behavioral health & memory care. The forum will be April 3<sup>rd</sup> from 9:00-11:30am in at Bellevue City hall 1E-108. The group is currently organizing a panel and already have Lynn Cort (Dementia Care & staff for Alzheimers), Gwen Rousseau (Bellevue demographer), and someone from King County Mental Health & Substance Abuse. The group is asking for



BNOA to be involved in the forum by possibly being “table leads/facilitators” in small group discussions and to meet with the ADS coordinator, Karen Winston, to formulate questions in focus areas.

The process for the Human Services Needs Update is starting and will be having community conversations starting in March. Ms. O’Reilly will send out an email and will ask for input on who to contact for different groups.

Ms. Du reported that the Senior Vision Plan will also be tapping into the BNOA group for information.

Ms. Du asked members what they thought of the retreat format. Members said they liked it and thought the facilitation was “great; kept us on the straight and narrow.” Ms. Grote thanked Ms. Du for her past year’s work.

Ms. Du reported on the Facebook account saying that the New Media Group decided that there will not be a separate page for Bellevue Aging Services. Aging-related posts, however, can be put on the Parks page and that members should “like” all of those. Once there is clear indication of an interest on aging issues, then the next step would be to establish a stand-alone page for aging services.

In closing, Ms. Lacy said that there will be obstacles that show up in achieving goals. She challenged members to proactively plan for ways to overcome those obstacles before they happen. This proactive planning is linked to success. She wished the best for the BNOA.

## **ADJOURN**

The meeting was adjourned at noon.