

BELLEVUE NETWORK ON AGING  
RETREAT MINUTES

January 7, 2016  
8:30 a.m.

Mission Health Care Center

MEMBERS PRESENT: Ethan Crawford, Robert Dalglish, Judy Dowling, Shellie Gehring, Julie Gray, Jeanne Grote, Beverly Heyden, Sandy Shaw Jones, Howard Katz, Arnold Kern, Hannah Kimball, Bill Merriman, Eileen Rasnack, Berta Seltzer, Diana Thompson, Linda Whitehead, Janet Zielasko

MEMBERS ABSENT: Philip Gough, Bob Megargel,

STAFF PRESENT: Dan Lassiter & Alex O'Reilly, Parks & Community Services Department

GUESTS: None

RECORDING SECRETARY: Teri Ekstrom

**WELCOME AND ROLL CALL**

The meeting was called to order at 9:00 am by Chair Crawford. Roll was taken and all members were present with the exception of Philip Gough and Bob Megargel.

**APPROVAL OF MINUTES – DECEMBER 3, 2015**

There was a motion to approve the minutes as written. The motion was seconded. There was a unanimous vote to approve the minutes as written.

Ms. Debbie Lacy, facilitator, said it is an honor to work with the BNOA group again. The importance of the BNOA work seems to increase each year and is very important. It is a great time to set the tone of the group for the whole year. Each member can find a match with what they are interested in and would like to accomplish.

We will have an overview of last year and look over the BNOA bylaws. We can find out what structure would be best to accomplish our goals.

Ms. Gehring was thanked for arranging the retreat at the Mission Health Care facility. Ms. Gehring told a little about Mission Health Care and indicated that those that were interested could take a tour after the retreat.

**BNOA Members and Staff: Roles & Responsibilities**

Mr. Lassiter told everyone to look over the BNOA member list and let him know if all of the information is correct. Ms. Kimball indicated that her information was not correct and she would give the correct information to him. Mr. Lassiter told the members to send any additional changes to him.

Mr. Lassiter went over the Bellevue Parks & Community Services Organizational Chart and explained that the BNOA is the advocate for the older adults in the community and he is here to support the group.

Mr. Lassiter indicated that the next handout is in regard to the Parks & Community Services Board and he would like the BNOA to speak with the Board more this year. He also indicated that the BNOA City Council liaison is currently Lynn Robinson. The City Council liaisons are determined at the Council Retreat each year and the retreat is coming up soon.

Mr. Lassiter said that the focus of the BNOA is outreach to the aging population in Bellevue. Start thinking of projects and committees that we would like to have this year. Each BNOA member needs to serve on at least one committee.

Mr. Lassiter said that the duties/expectations of the BNOA is to: 1) support the mission of the Aging Service in Bellevue through outreach, regional collaboration, and community involvement; 2) study, review, evaluate and make recommendations to the Bellevue Parks & Community Services Department Director regarding matters affecting older adults in the City of Bellevue; 3) the Bylaws set forth the rules governing the organization and procedures consistent with the City as well as other applicable laws; 4) the City Council has the responsibility for legislating law at the local level and while they make seek advice from the Network, final decisions and responsibilities are ultimately theirs (BNOA does not have authority to make a stand on their own); 5) the Network may adopt and amend rules and regulations that govern the conduct of its business, consistent with these Bylaws subject to their conformance with the official policies of the City Council; and 6) all voting members shall be required to disclose all conflicts of interest as they arise.

All members must attend all meetings, and it is important to have members present for the whole meeting. If not able to attend, you need to let the Chair and Mr. Lassiter know. All members, as stated before, need to serve on at least one committee. You need to be here at least one year to be the Chair of the BNOA. A new member can Chair a committee. Please notify each committee's chair if you are unable to attend the committee meeting. 50% of the voting members need to be present in order to make an official vote. Liaison members can participate as part of discussion but can't vote.

At this time Mr. Katz indicated to the new members how the BNOA came about and was created. He indicated that we need to get other cities involved with our organization. We have made an impact in the community.

Mr. Lassiter told all members to read over the Bylaws so we are all onboard. Roberts Rules of Order will be sent out to all members.

Mr. Lassiter next talked about the “Criteria for Selecting New Projects” and “Decision Making Process” and handed information out for all members to read over. He then talked about staff responsibilities and explained how he was here to support the group. He also handed out the Comprehensive Plan Update and told members to read it on their own time.

Ms. Lacy said the retreat is important for members to find their own interests and what the interests of the whole group is. We can explore what we would **like** to do this year and what we **can** do. There are so many needs and we want to make sure that what we do will make the most impact.

Sometimes we hear that with a large group the member’s ability to “own the goals” gets diffused and you lose your own value and importance. I believe this is a myth. With a large group you can do a lot. You need to know what your capacity is. Identify one or more committees that you are interested in and who will lead those groups.

What gets in the way of taking on leadership roles? The things that members said get in the way of taking on leadership roles is: time; fear of taking on the position because you don’t know how to do it; fear that you aren’t the expert; not having a committee to work with (teamwork makes the group); listening – if you listen & hear others for their true needs it makes you a more effective group; need to really understand the mission statement and what we are setting out to do (mutual leadership – all ambassadors); some don’t take on leadership roles because they have lead a lot and think others should take on the opportunity; some people are very indecisive and don’t have the ability to make a decision (don’t have the leadership skills); missing critical skills stalls out the group. Ms. Lacy said that basic skills can be taught and learned.

Ms. Lacy asked what you might need in order for you to lead? And, can the group provide these needs? What is possible for the year if you had all of the committees up and running and everyone owned up to the mission (everyone had a part in leading and owning up to the goals)? What’s possible: something would be done; a lot of energy and good solutions; power; increased influence; make a difference & you would see the evidence of that; be recognized for what would be accomplished; clarity (better understanding); community would benefit. Ms. Lacy said that the more ownership each of you have the community will benefit.

Mr. Merriman said we have several successes that we can celebrate. We can make a difference and we do have credibility. We really have made a difference and we need to remind ourselves of this. Focus on power, energy, etc. to create the momentum to make a difference. We know how to do it. We have some people that look to us for direction. Celebration and evidence of accomplishments need to happen. Imagine if we have ownership . . . we will make the year’s accomplishments easier.

Ms. Lacy said that now each 2015 committee will give a report of their accomplishments/work.

## **COMMITTEE REPORTS**

**2015 Advocacy Committee** – reported by Ms. Thompson

Ms. Thompson said it is so important to have some of the new members join the Advocacy Committee because we need new input. She also noted that the advocacy committee is a joint effort between the Bellevue Network on Aging (BNOA) and the Kirkland Senior Council and is composed of people from both organizations.

Ms. Thompson said that in January 2015 a bill requested by the BNOA in 2014 was introduced into the State Legislature, requesting that patients be given notice of Medical Observation Status (HB 1186). We spent a great deal of time supporting this bill, drafting documents showing the need for this bill, talking about the bill to others, communicating with state legislators, testifying before both the House and Senate Health Committee, keeping up to date on the Medicare Observation issue. We learned a great deal about the legislative process and made people aware of the issue.

In February we wrote to federal legislators regarding the need to reauthorize the Older Americans Act.

In February BNOA members attended Senior Lobby Day in Olympia and met with legislators regarding our legislative agenda. A number of the items on our agenda were adopted by the legislature.

In March the “Improving Access to Medicare Coverage Act” was reintroduced in Congress. Congresswoman Del Bene was a co-sponsor of the bill. We wrote her a thank you letter for her co-sponsorship. We also wrote Senators Murray and Cantwell asking them to support the bill and requested appointments to discuss the issue of observation status. Due to our activities the Medical Observation issue forms part of the legislative agenda of Eastside Human Services Forum and also the Washington Association of Areas Agencies on Aging.

In April Ms. Thompson attended the White House Conference on Aging Forum in Seattle.

In response to our invitation the legislative assistants of Smith and Reichert attended our June BNOA meeting, which focused on abuse of the aging.

We are remaining in contact with Jennifer Mechem, Bellevue’s ADA Administrator, regarding the looping of City facilities. We also did some research on the ability to loop a facility that has metal in the area to be looped. We organized a July test session in the Council Chambers. The Bellevue Council Chambers are scheduled to be looped in December.

Ms. Rasnack and Thompson attended the Washington State Senior Lobby conference in October which focused on issues affecting seniors. Ms. Thompson attended the October King County Prosecutor’s Elder and Vulnerable Adult Conference in which there were lectures from 9:00-noon and then there were appointments with legislators.

We have adopted a 2016 legislative agenda. As we are an Eastside leader on senior issues, most of our State Legislative Agenda was adopted by the Eastside Human Services Forum.

Together with members of the Kirkland Senior Council we organized a legislative forum for December 2, 2015 and invited state legislators. The Eastside Human Services Forum, Washington State Senior Citizens Lobby, and the Advisory Council of Seattle-King County Aging and Disabilities Services co-sponsored the events. We made legislators aware of issues they were not aware of.

In January/February 2016 there will be lots of State issues for the Advocacy Committee to look at. The Committee needs to decide what we will focus on.

Mr. Lassiter said that he will email the Legislative Agenda to all members.

### **2015 Transportation & Housing Committee** – reported by Ms. Grote

The City Council is going to be focusing a lot on affordable housing and this committee will have to keep up on it so that BNOA can give input where needed.

Ms. Grote said that the members took part in Sound Transit/City meetings that focused on light rail station area design. Mr. Katz said that this is an important committee. Sound Transit has meetings that allow for 2 minutes of input. Everyone needs to go and speak at the meetings.

The Committee worked cooperatively with ARCH to do the annual proofing and update of the Senior Housing website.

Members served on the Eastside Easy Rider Collaborative and King County Mobility Coalition. The next KC Mobility Coalition meeting will be February 16<sup>th</sup> in South King County 9:30-11:30.

Bellevue Care Program staff attended our meeting and updated us on their program, which coordinates with Bellevue Fire and Police Dept. to help with 911 calls and the safety of those in our community. We discussed block watches and the new Paw Patrol.

Office Scott Montgomery attended our meeting to review transportation issues . . . driving, walking, bus riding, crosswalk safety, crosswalk lights, etc. We would like to do a flyer to have with the community and have available at community centers and city hall. They also discussed the possible idea of a class at North Bellevue Community Center(NBCC) and South Bellevue Community Center (SBCC).

Attended the first District meeting with our new Police Chief. He explained his new designs for crime and safety in each area of Bellevue.

We received monthly updates from staff on upcoming affordable housing for Bellevue. Attended the opening of the August Wilson Place. We also distributed flyers for the Home Repair program in Bellevue.

We got flyers for homeless shelters in Bellevue for women, families and men. We took out flyers into the community.

We plan to attend on January 9<sup>th</sup> the “Eastside Rail Corridor Summit: Realizing the Multi-Use Vision” which will be building a new way to move, connect and live on the eastside.

On January 12<sup>th</sup> there will be an project update for the construction of the downtown tunnel for East Link Extension at Red Lion Inn 5:30-7:00 pm.

We got information out about Access and other transportation. The Orca Lift Program (mobile units come to NBCC and Bellevue Mini City Hall.

Housing and Homeless Advocacy Day in Olympia is February 2, 2016.

**Outreach Committee** – reported by Ms. Grote

Ms. Thompson indicated that we need to get an update in regard to Smart 911 and we also need to talk about the Active Senior Fair in which someone needs to sign up for the BNOA table. There is a list of resources that was updated two years ago that needs to be updated again (2 page, typewritten document).

The BNOA had booths/outreach at several events: Overlake Senior Fair (will be March 14<sup>th</sup> this year from 10-3); Neighborhood Outreach Meetings; Chinese Information & Service Center Resource Fair (September); and City of Kirkland Senior Volunteer and Resources Fair (October).

We had the World Elder Abuse Awareness Day Proclamation and the National Older American Day Proclamation before the City Council.

Our BNOA power-point was updated with new members and will have to be updated once again.

We attended Cultural Conversations during the year. The next one is planned for February 3<sup>rd</sup> at City Hall 7-9pm. They also have monthly ones at Crossroads Community Center during the lunchtime.

Provided BNOA marketing and resources for City Hall, NBCC, and Mini City Hall.

BNOA is working with Kirkland Senior Council to create a new Resource Guide for seniors and their families on the eastside. Overlake Hospital used to do a guide each year, but due to budget changes they are not doing it anymore. The new funding is coming from Evergreen Health Network and we have a graduate social work student from UW who will be completing it.

We did a flyer for Fall Prevention and took it out into the community for new Fall Prevention Awareness.

We talked with KC Medic One/Emergency Medical Services Program for Healthy Independent Living with their fall prevention program. They will come out and do a personal assessment of your home and they will work with us to get the information out.

**Ad Hoc 2015 Memory Care** – reported by Ethan Crawford

Mr. Crawford said over the last year they looked at the memory care issue and discussed what we could do to provide more information and resources to people that need them. We found the Alzheimer's Association doing the Alzheimer's Café's at Tutta Bella Pizzeria's in the area. We set up the Alzheimer Café's at the Bellevue Tutta Bella for the fourth Tuesday of every month from 3:00-5:00. Every month they have entertainment and get information for resources out to people that need them. The group helped to get the resource brochure completed and out to people. There is a benefit in the outreach and it would be great to continue it under the Outreach Committee.

The group attended: National Conference for Alzheimer's Association in Seattle in April; Teepa Snow's National Training Conference at North Seattle Community College in spring for three days to learn new methods of helping caregivers and professional in the field for more quality of life for those with dementia and their families; Overlake Hospital support programs for families with memory care issues; networking with other groups working on the issues of families with dementia.

Seattle has a program called Momentia. It is a new program that offers growth of opportunities for people living with dementia to engage in the community. We would like to explore the program for our community residents.

Ms. Thompson asked how many programs we have at NBCC for people with dementia. People don't seem to know of the programs that are available. Should we have more programs available for this population?

**Ad Hoc 2015 Diversity Committee** – reported by Jeanne Grote

The network wanted to work with the changing diversity in our city and find ways we can help to address the special opportunities and needs along with the new Diversity Team formed at City Hall.

We meet attended several diversity events such as the Diversity Advantage Breakfast and worked on networking new groups. Two of the new diversity team came to the BNOA meeting and did a presentation. Several members attended the Cultural Competence Skill Training in November and December. There is a Diversity Event-Health Fair coming Monday, January 18<sup>th</sup> sponsored by Crossroads Mall and City of Bellevue.

Ms. Lacy indicated that we won't talk about the goals of each committee with the whole group. That is something that is each of the committee's responsibility. Think about which committee you would like to serve on. Should we keep the current committees or add any new committees? It was stated that we need a committee to get news releases, publications, etc. regarding the BNOA out. We need to get more information out to the public regarding BNOA. Should we add PR under Outreach?

It was discussed that we could possibly make a committee Outreach/PR and then Memory Care and Diversity might be under that. Or Memory Care and Diversity could be under an Education/Support or possibly under Emerging Issues? There will be a lot of emerging issues because of the current funding changes. PR is a big job. Outreach is information sharing and not collecting and doing work on issues. What to do with Memory Care and Diversity?? Keep as a standing Ad Hoc Committees? Do they need to continue? Yes, we just began to touch on both issues and have further work to develop.

We need to renew focus on increased efforts in other communities, better PR and mutual goals with Kirkland and Redmond. We tried to lobby other cities in the past and it is time to try again. Take those that are established and rally together. We need to create the platform in Outreach so that the goals of the other committees are presented.

Is it possible to have all of the communities do PR? It was decided that that wouldn't be best . . . PR group collects information from all other committees. It was stated that Diversity is a part of (a lens) for each committee to look through.

It was stated that Memory Care doesn't seem like it should be a committee. We can't create a community program but we are linking the community with the resources. It's not a committee but an interest by the group.

All of the committees could keep Diversity and Memory Care issues in mind as they are working on all of the issues in other committees. There was a concern with this suggestion that we might lose what we had gained last year in both of these Ad Hoc Committees.

Ms. Whitehead asked "How do we make aging less fearful, with dignity in the process? How do we package it so that people are less fearful and look forward to it?"

Should we have a Strategic Committee since there is a real need in getting education out to the community?

It was discussed that we could have a member of each committee that forms an Executive Committee to form strategies. Some said that this would fragment the group. We are the ears and eyes of the community to see what issues the aging population is having.

It was decided that there would be four committees:

**Advocacy Committee** - Chair: Ms. Rasnack - When: 1<sup>st</sup> Monday of the month at 8:30 am

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*Members:* Ms. Rasnack, Ms. O'Reilly, Ms. Kimball, Ms. Thompson, Ms. Zielasko, Mr. Katz, Ms. Grote, Ms. Gray

**Housing/Transportation/Safety Committee** – Chair: Ms. Grote – When: 4<sup>th</sup> Monday of the month @ 8:30 am

*Members:* Ms. Heyden, Mr. Katz, Ms. Seltzer, Mr. Merriman, Mr. Kern, Ms. Kimball

**PR Committee** – Chair: Mr. Dalgleish/Ms. Whitehead – When: 2<sup>nd</sup> Wednesday of the month @ 11:30 (possibly at Tutta Bella?)

*Members:* Mr. Dalgleish, Ms. Gehring, Ms. Shaw Jones, Ms. Whitehead, Ms. Dowling, Ms. Grote

**Outreach & Education Committee** – Chair: Mr. Crawford – When: 3<sup>rd</sup> Thursday of the month @ 8:30

*Members:* Mr. Crawford, Ms. Zielasko, Ms. O'Reilly, Ms. Grote, Ms. Seltzer, Ms. Whitehead, Ms. Thompson

Ms. Lacy gave each of the committees a set of forms to use at the first committee meeting. She also included a “report out” form that each committee can fill out and indicates the information that they will be reporting out to the whole committee at the main BNOA meetings. Ms. Lacy will send out a template of this form via email.

Mr. Crawford thanked everyone for the energy and encouragement to him as the chair. We are all ambassadors representing the group as a whole and we will be a force because we are one. I look forward to everyone's participation.

Mr. Lassiter said that some good decisions were made today.

At the next meeting Aging and Adult Services will be presenting. Please get any agenda item ideas to him because he would like to fill out the calendar for the upcoming BNOA meeting in 2016.

## **Adjourn**

The meeting adjourned at 12:10 pm.