

**BELLEVUE NETWORK ON AGING  
MINUTES**

November 2nd, 2017  
8:30-10:30am

Hidden Valley

**MEMBERS PRESENT:** Hannah Kimball, Gazel Tan, Lauren Emery, Desiree Leigh, Phyllis Smilen, Beverly Heyden, Howard Katz, Eileen Rasnack, Berta Seltzer, Diana Thompson, Janet Zielasko, Judy Dowling, Christy Stangland, Arlene Cheng

**MEMBERS ABSENT:** Linda Whitehead, Bob Megargel, Bill Merriman, Jullie Gray, Jeanne Grote, Ethan Crawford, Sandy Shaw Jones

**STAFF PRESENT:** Dan Lassiter/Bellevue Parks & Community Services, Alex O'Reilly/Bellevue Human Services, Teri Ekstrom/Bellevue Parks & Community Services

**GUESTS:** Dr. Kristoffer Rhoads-PHD Clinical Neuropsychologist  
*Associate Professor*

**RECORDING SECRETARY:** Abby Burdick/Bellevue Parks & Community Services

**WELCOME AND ROLL CALL:** The meeting was called to order by Hannah Kimball

**APPROVAL OF MINUTES:** October 5, 2017 minutes - no changes

**PRESENTATION & DISCUSSION:**

**Presentation:** *The Washington State Plan on Alzheimer's – Kristoffer Rhoads, PHD Clinical Neuropsychologist Associate Professor, Department of Neurology, University of Washington School of Medicine Memory and Brain Wellness Center at Harborview*

Alzheimer's Disease is the most usual form of Dementia. It is seen on its own as a singular disease, but is often mixed with other conditions. Alzheimer's is a disease that slowly accumulates over time, beginning in mid-life (30's, 40's & 50's). There are three phases of Alzheimer's to consider, the Pre-Symptomatic Phase, the Prodromal Phase (also known as Mild Cognitive Impairment or "MCI") and lastly, Alzheimer's Dementia. There are currently 13 active clinical trials at the University of Washington related to Alzheimer's Disease. Most of the efforts around Alzheimer's research is to suppress physical/clinical symptoms and keep people living and functioning well until a cure is found.

Some statistics worth noting. There are currently 5.5 million Americans that live with Alzheimer's Disease. 500,000 of those are early onset cases (meaning younger than 65 years old). Age remains the greatest risk factor for Alzheimer's Disease. Baby Boomers will result in a large expansion of people that are estimated to live beyond 85 years old. Alzheimer's is extraordinarily expensive to manage, \$820 billion/year in 2016, which is a statistic that catches the attention of legislation. For every \$1 we spend on Alzheimer's prevention, we save \$6 in future treatment costs.

In Washington, there are about 110,000 cases of Alzheimer's disease and there is a 40% increase expected soon. In the country, it is known that 45% of people have an Alzheimer's diagnosis in their medical records. Alzheimer's is the 3rd leading cause of death in Washington State and Washington has the 3rd highest mortality rate in the country.

There are currently 335,000 unpaid caregivers (adult children, neighbors etc.) which equates to \$5 billion in unpaid care (1 of every 5 caregivers is a millennial). So, what if just 10% of this caregiver population could no longer provide care? That is a \$500 million consideration.

Washington is the 43rd state in the United States to come up with a state plan. In January of 2016 the state plan was accepted by the Senate and signed into law. In April of 2016 implementation of the state plan began. As of January, of 2017 the first products were released and the work started to answer the challenging question of "what can you do with no money but has a high impact and visibility, to set the stage for legislative attention?"

The State plan was designed to have three levels, Level 1 being the broad, visionary goals. Level 2 being the more concrete plans to get there and Level 3 being the specific recommendations of "this is what you need to do now".

There were 44 individuals that worked on state plan including family caregivers, medical providers, clinicians, legislators, people from healthcare authority DSHS etc. There has really been an effort made to make sure the state plan is not an "I5-corridor plan", that the plan needs to solve the needs of people in Spokane, Yakima, Tri-Cities etc. our more rural parts of the state. It also can't be a Caucasian plan for only well educated, higher socioeconomic status etc. It's a priority for this plan to be responsive to the needs across the state.

There are seven aspirational goals that have gotten various levels of attention over the last few years. 1) Increasing Public Awareness. 2) Preparing Communities. 3) Well-being & Safety Support. 4) Caregiver Support. 5) Early Identification. 6) Creating a Dementia Capable Healthcare System. 7) Innovation & Research.

There are three Sub-committees working on the State Plan:

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- 1) Public Awareness and Community Readiness Sub-committee
- 2) Long term Support and Services Sub-committee
- 3) Medical and Health Sub-committee

It had to be decided to either create our own expert panel or partner with an existing resource? It was decided to partner with the Bree Collaborative, a governor appointed group in Washington. They choose three topics per year to tackle, Alzheimer's Disease was picked up as one of those topics this year.

Washington State Plan: Alzheimer's Disease:

<https://www.dshs.wa.gov/altsa/stakeholders/alzheimers-state-plan>

Alzheimer's Association: <https://www.alz.org/>

Another initiative coming soon that needs state funding is to develop a telemedicine platform for the rural communities. Something along the lines of the Echo Platform where there aren't a lot of specialists in various parts of the state and create an interdisciplinary dementia echo program.

End of presentation.

**Presentation:** *Momentia - Melinda Franklin creator of Momentia publication*

Momentia is a Grassroots movement that empowers people with memory loss to stay connected in their community. There is a lot going on in Seattle with this movement, but the people on the Eastside need organized activity. Please encourage activity and programs designed to serve individuals living with memory on the eastside. Please visit the Momentia web site for current activity opportunities.

Momentia Seattle: <http://www.momentia-seattle.org/>

## **COMMITTEE REPORTS:**

**Outreach, Education Diversity Committee** (*Gazel Tan*)

The committee went over the presentation from the October 5th meeting. A request was made by Gazel to provide additional input on the PowerPoint. The committee has a meeting set for January 14th at Ethan's Church to present the PowerPoint. The Alzheimer Road Map publication would like to be given as a hand-out. Dan is will request copies to be delivered to North Bellevue Community Center. Ethan came up with a format to start thinking about what the Outreach committee would like to accomplish next year by identifying specific outcomes. It would be great if other committees were thinking about that as well. Outreach has made a few connections with Russian populations to start some interactions with that group.

**Transportation/Housing Committee** (*reported by Judy Dowling*)

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The committee had a meeting on October 23rd, the final draft of the available transportation matrix was presented. There are a few changes which requires an update then it will be posted to the website. The next committee meeting is November 27th, 8:30am at Hidden Valley with special guest Dave Berg Transportation Director from the City of Bellevue to discuss the potential for a Bellevue Loop.

**Advocacy** *(reported by Janet Zielasko)*

The committee has a meeting next week. At this time, there is nothing more to report.

**COMMUNITY PARTNERSHIPS REPORTS:**

**Eastside Rider** *(presented by Hannah Kimball)*

The committee did not have a meeting in October. The next committee meeting is November 27<sup>th</sup>.

**Eastside Human Services Forum** *(Christy Strangland)*

The annual committee meeting is Tuesday, December 5th at Highland Community Center. Human Services Commissioner, Arthur Sullivan, the executive director of ARCH is coming to the meeting Tuesday, November 7th at 6:00pm. The commission this year has started talking about being more involved and is interested in Transportation and the Bellevue Loop. The Needs update will be presented to City Counsel at the end of January.

**Timebank of Puget Sound** *(no report)*

**Aging & Disability Services** *(reported by Beverly Heyden)*

There was no meeting in October, the next meeting will be November 17th at 12:00pm.

**Senior Lobby** *(reported Diana Thompson)*

Diana attended two conferences concerning aging adults. There is a scorecard put out nationally periodically that rates different states on their provision of long term services and support and the State of Washington ranked first in the nation this year. In 1999, 47% of the people receive long term care services from DSHS were in nursing homes and now that number is 15%. This statistic is possibly the outcome of the introduction of adult family homes vs. nursing homes in the 1990's and Washington's COPES Program. These options may be the cause of or have at least have some impacted this decrease.

**New Business** *(reported by Beverley)*

New member recommendations, the committee consisted of Berta, Judy, Ethan, Jeannie and Beverly. There are two candidates. George Twiss & Peggy Foster. George has a good background, right now he is the executive director of the Transforming Age Foundation and he would like to be on the committee. Peggy has a good background in housing and she has applied to be on the housing committee ARCH and if she is accepted she would be going

that direction, but she would like to be on our committee. It is recommended that George be the member to come on and Peggy be a liaison for the committee.

A motion was passed to present George as the member and Peggy as the liaison.

Medicare / Social Security statistics for Bellevue were reviewed. Seattle and King County passed a resolution and the BNOA need to decide "for Bellevue" how to present the importance of these social security issues for Bellevue aging adults to city council.

**Staff Report** *(presented by Daniel Lassiter)*

Council Member Robinson will be at the December BNOA meeting as a listening session. Holiday Party is next month at Hidden Valley. \$10 White Elephant Gift Exchange. Please bring food, potluck style. Business first, Holiday Party second. A vote on the BNOA's legislative agenda is needed at our next meeting. Feedback on Hidden Valley as a meeting location is good.

**Adjourn**

The meeting adjourned at 10:30am.