

# BELLEVUE NETWORK ON AGING

## MINUTES

January 9, 2020

North Bellevue Community Center

8:30am – 12:00pm

MEMBERS PRESENT:

Mary Fredeen, D'Anna Edison, Janet Jelleff, Diana Thompson, Catherine Wong, Hannah Kimball, Phyllis Smilen, Desiree Leigh, Gazel Tan, Paul Bradley, Michelle Trimble, Abigail Brown, Dr. Gina Johnson, Judy Sternberg, Linda Forshaw, Berta Setzer, Bill Merriman

MEMBERS ABSENT:

Beverly Heyden, Jeanne Grote

STAFF PRESENT:

Dan Lassiter, Bellevue Parks & Community Services  
Christy Stangland Parks & Community Services  
Betty Lee, Bellevue Parks & Community Services  
Devin Konick-Seese City of Bellevue Human Services

GUESTS:

Debbie Lacey – Retreat Facilitator

RECORDING SECRETARY:

Betty Lee

ROLL CALL:

The meeting was called to order by Gazel Tan and roll call taken.

APPROVAL OF MINUTES:

Changes made and approved for the December 2019.

WELCOME (*Dan Lassiter*):

Thank you and welcome Gazel as new chair.

Next month Gwen Rousseau Senior Planner coming with COB demographer Kate Nesse presenting - **What's the New Face of Bellevue?**

**RETREAT AGENDA** (*Facilitator-Debbie Lacey – Founder of “Eastside Refugee and Immigrant Coalition” and “Eastside for All”*)

Plan for today is to set the tone and the stage for what the year ahead will be to our group. Great opportunity to connect, know each other and the work better, and find a place for ourselves.

**WHAT WE BRING:** Group Warmup (interview in pairs)

- Our Strengths
  - Compassion
  - Leadership
  - Listening Skills
  - Approachable & reliable
  - In-depth knowledge & sharing
  - Follow through
  - Enjoys helping
  - Patience
  - Hard working, flexible
  - Strong extravert
  - Lobbyer, advocate
  - Independence
  - Analytical, problem solver, organized
  - Thinks outside of the box
  - Empath
  - Diligence
  - Calmness
  - Volunteer experience
  - Values learning
  - Listening and HEARING
  - Loves seniors
  - Communication
  - Building rapport and trust
  - Desire to learn
  - Hold a safe space for people to communicate
  - Values different perspective

*It is important to have diversity in the group, see it as a strength when others bring a different perspective.*

## FRAMEWORKS FOR SUCCESS:

### BNOA PURPOSE:

- Mission Statement “The Bellevue Network On Aging is dedicated to healthy aging in our community by promoting awareness of needs and resources that support older adults through life’s transitions”
- Continuing to understand and know what’s going on in our community and be involved.
- Awareness and source of information. We are the eyes and ears of local and regional issues that affect older adults.
- Preparing and equipping decision makers around issues that impact older adults. Informing, supporting, and educating the community of older adults.

### TEAMWORK FUNDAMENTALS:

- Importance of new members and new leadership, evolution.
- Group Development - Forming, storming, norming, performing. Important to know what season the group is in as a whole. What can be refreshed? What can make us stronger?
- Working towards common goals, bringing individual strengths and talents to that.

### CHARACTERISTICS OF EFFECTIVE TEAMS: *(handout)*

- Establish clear goals and action plans.
- Support members to align passions and contributions.
- Foster a positive and trusting group culture (assume positive intent; constructively address any unintended negative impacts)
- Practice strong communication and conflict resolution skills.
- Divide up responsibilities with clear roles for who does what.
- Prioritize well and often; don’t take on too much.
- Assess progress: celebrate accomplishments, troubleshoot, adjust.

#### ➤ **VENN DIAGRAM TEAM EXERCISE:**

- It’s important to know where you are in relationship to the collective.
- Honor other people in the group that are not getting their passion fulfilled.
- How do I want to be in the group when I arrive?
- Did I contribute what I wanted? Did I receive what I needed?
- Everyone has a personal energy/contribution to impact the group. ***Your absence is also an impact; when we are not there, it changes the group.***
  - ✓ Important to ask these questions to have a rich, meaningful, and productive experience at every meeting.
- Team Discussion: What are our strengths and weakness as an effective team?
  - Positive environment – open minded to listen to each other.
  - Hard working.
- Places for improvement?
  - Communication and information sharing.

- Outreach.
- Clarity in goals and action plans.
- Assessing progress and progress indicators.

**\*\*BREAK and GROUP PHOTO\*\***

**OUTREACH COMMITTEE:** (*Gazel*)

- Goal – to share resource and information. Assess information and share with the community where they can go for information.
- Outreach sites: Bellevue Library, CISC Health Fair, Bellevue Farmer ‘Market. Neighborhood news to share publication.
- Establishing good relationships and networking.
- Janet writing articles for Bellevue Neighborhood News and will invite others to contribute to the articles.
- Meets 3<sup>rd</sup> Thursday of every month 8:30-9:30 at NBCC.

**ADVOCACY COMMITTEE:** (*Diana*)

- Meets with Kirkland Senior Council Advocacy Committee on 1<sup>st</sup> Monday of each month, 8:30am at Merrill Gardens, Kirkland.
- Local, state, Federal issues.
- Concerned with reauthorization of Older American’s Act – which gives great deal of funds that are used by every state in the country for seniors.
- Supported HR3, which passed the house- bill that will help lower the price of medication.
- Senior Lobby’s Day – Feb 20<sup>th</sup>. The attendees meet at University Church, located across the street from the state capital, with lectures on issues all morning that impact seniors.
- If you or someone you know have had to pay high prices for medication, please forward this info to Diana so she can use it for advocacy.

**TRANSPORTATION/HOUSING:** (*Phyllis*)

- 4<sup>th</sup> Wednesday of each month 9:00am NBCC
- Housing – Giving update on ARCH website.
- People who work in Bellevue have a hard time finding affordable housing in Bellevue.
- Transportation – studied how other cities have handle transportation issues; how the elderly has hard time getting to places; and how they live full lives without costly transportation.

**DISCUSSIONS AND DECISIONS:**

- 2020 committees:

- Suggested that members use first meetings in January to get to know each other and the works of the committee and take some time to make decisions on committee commitments by February meeting.
- Transportation/Housing Committee – To Split or Not to Split?
  - Concerns and suggestions discussed whether to split the committee or not. Collaboration of the two are important but focusing on them each individually seems necessary as well. Decision may come down to numbers and bodies. Possibility of keeping the committee as one but take the different agendas and treat them as two work groups within one committee was suggested.
  - Proposal made to keep the housing and transportation as one committee for 2020, with specific priorities for the coming year. Voted and approved with 12 yays.
    - Suggestion to increase meeting time to better structure the time spent during committee meeting. This to be determined at the committee meeting.
- Local Advocacy Agenda: BNOA was pushed to have a written local agenda on advocacy. The question brought up was, do we need a local agenda when that is essentially what the BNOA does?
  - Suggestion to reach out to the City of Bellevue and see their local agenda in order to align BNOA with the City of Bellevue. Dan will ask for the city's agenda.
  - Still more clarification is needed, do we feel that there's still a need to specifically write out a local legislative agenda? There are advantages to this; clarity, focus and direction. The challenge is that it can take a good part of the year to form the agenda.
  - Voted to park this discussion and schedule a separate meeting to discuss this issue.

**PARKING LOT: For things that came up during the retreat, but due to time and importance of staying with the agenda, saved on parking lot to be visited later.**

- ❖ Note accomplishments & what we wish we had accomplished.
- ❖ 3-5-year strategic plan.
- ❖ BNOA survey, feedback/satisfaction. Not just what are we doing but HOW are we doing?
- ❖ Info-sharing, progress indicators and accomplishments, more time with report outs.
- ❖ Clear ways for committees to collaborate, bring issues to advocacy, etc.
- ❖ COB legislative, policy staff – come meet with us.

12:00pm Meeting Adjourn