

BELLEVUE NETWORK ON AGING

MINUTES

May 6th, 2021

North Bellevue Community Center via Virtual – Zoom.

8:30am – 10:30am

MEMBERS PRESENT:

Gazel Tan, Gina Johnson, Hannah Kimball, Janet Jelleff, Beverly Heyden, Diana Thompson, Abigail Brown, Linda Forshaw, Berta Seltzer, Mary Fredeen, Phyllis Smilen

MEMBERS ABSENT:

Bill Merriman, Catherine Wong, Paul Bradley, Desiree Leigh

STAFF PRESENT:

Dan Lassiter, Bellevue Parks & Community Services
Christy Stangland, Bellevue Parks & Community Services

GUESTS:

Kathy, Kirkland Senior Council
Barb, Kirkland Senior Council

PRESENTER(S):

Wendy Norman, End of Life Washington
Connie Brumm, End of Life Washington
Rachel Haxtema, End of Life Washington

RECORDING SECRETARY:

Betty Lee, Bellevue Parks & Community Services

WELCOME AND ROLL CALL: The meeting was called to order by Gazel Tan and the roll call taken.

PUBLIC COMMENTS:

None.

APPROVAL OF MINUTES:

April minutes approved.

PRESENTATION: *Wendy Norman, End of Life Washington Ambassador. Connie Brumm, End of Life Washington VCA.*

“End of Life Ready” End of life options and Advance Care Planning

- The presentation covered: Values and Choices, End of Life Options, Planning Ahead of a Serious Illness, Resources, Creating Advance Directives, and Stories.
- Importance of planning ahead and talking about end of life options with your family and physician was strongly emphasized.
- Complete a Values Worksheet
 - Review your values and choices:
 - What does living well mean for you?
 - How do you define quality of life?
- Create your Advanced Directives. (Living Will)
 - Health care directives
 - Durable power of attorney for health care (DPOA for HC)
- Dementia Directives
 - Living with Dementia Mental Healthcare Directive
 - My instruction for Oral Feeding and Drinking
- Evaluate the Need for Portable or Physician Order for Life-Sustaining Treatment (POLST)
 - Medical order that applies to people seriously ill or in a late stage of a disease.
- Advance Directives & POLST
 - All healthy adults > Complete advanced directives > Update periodically or as needed > End of life wishes honored.
- Knowing you always have a choice
 - Accepting treatment - Palliative care: Comfort for symptoms when receiving curative treatment.
 - Refusing or stopping treatment – Hospice care: Comfort for symptoms when no longer receiving curative treatment.
- Treatment choices and comfort care
 - Living with a serious illness – Palliative Care: Receiving treatment to cure an illness, or not receiving treatment but has longer than six months to live.
 - Six months or less to live – Hospice Care: Supports individual and loved ones, coordinates support team and resources.
- Medical Aid in dying (MAID) – Someone who’s terminally ill, who is actively dying and wants control over the timing of their death to avoid fear, anxiety, and potential suffering.
- Death with Dignity Law (DWD) – Allows someone suffering, who meets the requirements, to get medication from a doctor that will end their life.

- Legal in WA State for 12 years, legal in 10 other states. 1 in 5 people in the US now have access to MAID.
 - Terminal illness
 - Less than 6 months to live
 - Capable of self-administering and decision-making capacity
 - Two doctors who can and will support DWD
 - Resident of WA State
 - 18 years or age or older
 - DWD Participants
 - Reduces anxiety knowing suffering can be avoided – 25% do not take the medication
 - 28-98 years old, 70% cancer.
 - DWD best practices
 - Plan ahead. Get started on the process to use the DWD Act when you become eligible if you are considering the possibility. 40-50% patients are too late to be able to use the law.
 - Work with an EOLWA volunteer client advisor (VCA) to help you and your loved ones through the process.
 - Design your day of death with loved ones, your care team, or your VCA from EOLWA decide who you want to be present.
 - Voluntary Stopping Eating and Drinking (VSED)
 - Legal and voluntary choice to hasten death by removing nutrition and hydration to allow the body to naturally die within 1-2 weeks.
 - Chosen because of present or imminent suffering by someone that does not qualify to Death with Dignity.
 - VSED in WA State – participants are suffering from following diseases: Parkinson's, Huntington's, ALS, early Alzheimer's, muscular dystrophy, neurodegenerative diseases, autoimmune diseases, severe arthritis.
 - End of Life options with Dementia:
 - Every situation is unique, best to have individual consultation, EOLWA can help.
- ❖ Support groups, planning checklist and resources with contact information are included at the end of the presentation PowerPoint.

HUMAN SERVICES: (*Christy Stangland*)

- Human Services have had a lot of activity around funding over the last year and received almost 4 million since the beginning of Covid through different sources.
- New funding - House Bill 1590, COB expects to receive over 9 million a year. A portion of it has to go towards affordable housing and certain percentage can go towards human services and other services. It has very restricted requirements and can only be spent on behavioral health and housing services for people that are homeless, at risk of homelessness, or unstably housed. Still working on logistics and determining what it will look like. It should go to city manager's office early next week for approval, hoping to release it next Friday, due date is early June.

- Gazel questioned how this funding impacts seniors. Christy answered it won't be broken up into categories such as "seniors" but will be dependent on who applies, so encouraging seniors that are in need of funding to apply will be vital.
- Gazel also suggested sharing this info at the Bellevue Farmer's Market, Janet will be point of contact.

COMMITTEE REPORTS:

Members were asked to read the following committee report minutes before the meeting for discussion:

ADVOCACY COMMITTEE MINUTES:

1. Kathy inquired about Bellevue community newsletter and how it compares to City of Kirkland newsletter. Diana described monthly Bellevue Neighborhood News, Dan agrees to send online link.
2. Diana: Presenting for World Elder Abuse Day May 14th. Caryn Morawek: Komo Radio show may be able to air coverage. Requested contact information from Diana, Caryn will send email to Diana. Dan agrees to inquire about Bellevue TV option.
3. Group reviewed revised federal agenda sent by Diana; item 1: proposed "eliminate and/or raise income cap and ensure solvency;" item 2: discuss Trust Act, propose changes to programs; Judy clarified agenda sent to WA legislators DelBene and Cantwell, discussed current federal Trust Act legislation NRLN lobby efforts, likely to be opposed by Federal Senators Murray, Manchin, and Schumer. Action Alert sent to NRLN members and legislators, Judy agrees to follow-up; item 3: regarding prescribed medications, 2 relevant bills including Canadian pharmaceutical drug access, action alerts sent by NRLN per Judy, HR3 per Diana; item 4 expanding Medicare coverage agreed by group; item 5 agreed to protect COVID-19 related Social Security income shortfalls.
4. Judy: HR1106 proposed to expand auditory relief (Rep Cartwright sponsor), no companion bill; NRLN listed as priority 3 with letter campaign to committee chairs McMorris-Rogers.
5. Diana: HR1108 and HR3 (Medicaid/Medicare right to bargain for cost savings); priority 3 per NRLN; regarding adding hearing aid coverage for mild to moderate hearing loss vs severe hearing loss. FDA established a category of OTC hearing aids. Rep Smith and Marvin involved/contacted per Diana, meeting scheduled for next Monday. Judy agrees to follow up with federal contact Victoria.
6. Diana: proposed vote on federal agenda approval. Kathy will forward revised agenda to Kirkland Senior Council. Karen proposed considering a dollar amount for income cap.
7. 2021 Federal Agenda approved with agreed upon revisions. Agenda to be presented at BNOA meeting this Thursday by Abigail.

8. Kathy inquired about bill 5020 regarding pharmaceutical company penalties on unsupported prescriptions; did not pass, likely since pharmaceutical companies providing vaccines currently per Diana.
9. Abigail discussed Digital Equity bill; ambiguous bill language included youths and seniors.
10. Dan: End of Life talk information to be sent out.
11. Next meeting June 7, 2021.

❖ No additional comments at today's meeting.

OUTREACH & EDUCATION COMMITTEE MINUTES:

- BNOA/Outreach has landed a regular spot at Bellevue Farmers Market throughout summer 2021. We will have our own table the second Thursday of each month, May through October. Janet and Mary will review and compile an outreach materials "packet" for use at each market session. Table will be hosted by (2) BNOA volunteers in two shifts each month. Please contact Janet for your volunteer signup slot. We will check with Crossroads to see if we can do the same thing there.
- To help continue building the information distribution/communication tree, Outreach members will meet with Bellevue Presbyterian via ZOOM on 4/19 at 1:00 p.m.
- Vials of Life, long a staple of outreach materials, are changing format, from plastic pill-bottle-style to vinyl envelopes. We will use our current supply first before switching to the new format.
- Articles for Neighborhood News: Diana will write about Elder Abuse for June; Fall Prevention will be September topic. City Council's Proclamation for Older Americans Month will be accepted by Mary Fredeen with a response speech.
- Diana will accept the June World Elder Abuse Proclamation on June 14.
- ❖ Gazel suggested adding advanced directives to the checklist in the Vials of Life – Janet will check with Medic One.
- ❖ Diana has decided to write an article for June regarding a current case going on in the city where older adults are being approached by people pretending to help but distracting them and stealing information and money. Members suggested having the article on display at the farmer's market, Dan will request to have it on Bellevue TV.
- ❖ Members also suggested adding monthly box topics to the table and display information that goes along with it.

- ❖ Liz from Bellevue Farmer's Market would like BNOA to write an article explaining who we are and have the connection to the Bellevue Farmer's market in the article.
- ❖ Dan will put out a North Bellevue Community Center calendar of events/programs for the table. Dan can also supply more vertical display containers if needed.
- ❖ All BNOA members are encouraged to sign up for a farmer's market table time slot with Janet.

HOUSING AND TRANSPORTATION MINUTES:

- Free-form discussion of housing issues we should consider for future planning and action, as well as coordination with Kirkland Senior Council:
 - Middle income affordable housing
 - Universal Design
 - Affordable Housing specific to Seniors
 - Kathy Iverson's concern about "the middle" gap in housing
 - Education and awareness for community -- separate "affordable" and "homeless"
 - Skilled Nursing Facilities and Assisted Care Facilities are **not a sustainable housing model** because of high cost.
 - Can we each "adopt" a council member for lobbying/education purposes? Dan will advise.
 - Who is our council housing focal?
- Abby's acquainted with Councilmen Barksdale and Lee, will reach out on housing. Phyllis suggested writing an "elevator speech" or "script" that we could deliver over and over in various venues/meetings to enhance our affordable housing message on a weekly or monthly basis.
- Regarding Transportation issues: the age for a senior is all over the map, ranging from 50 to 65 years, depending on the agency or program. State RCW says 65+. What is considered "senior" for transportation? If we continue to pursue some sort of community van option, who would our target audience be? This target audience needs to be identified **before** a community bus is put into service. Suggestion made that we write an article for Neighborhood News about transportation needs/challenges for older adults.
- General comments, seniors challenged on many fronts because everything is on-line or requires agile use of a smartphone and many apps. Seniors tend to get "lip service" only -- vaccination restrictions to 65+ were violated, senior shopping hours trampled by non-seniors, handicap parking stalls and placards profoundly abused by non-seniors and non-disabled drivers and shoppers; multiple scams aimed at seniors due to perception of diminished physical and mental capabilities. Where's the respect?????
- Dan will be discussing potential next steps between BNOA and KSC on housing/transportation issues with Kathy Iverson.
- ❖ Judy Stenberg has officially resigned from BNOA effective immediately.
- ❖ There's currently no chair for Housing or Transportation.

- ❖ Hanna suggested the committee will need to work on reorganizing and refocusing, and housing will need to figure out how KSC and BNOA can work together. Hannah is proposing two people from BNOA take turn as chair, or at least pick a topic or an organization related to housing and/or transportation, become an SME and follow it.
- ❖ Phyllis suggesting to holding a special meeting to determine direction of Transportation and Housing Committee and bringing to the table what each BNOA member can do to contribute to the committee. (Next scheduled meeting is May 27th)

COMMUNITY PARTNERSHIP REPORTS:

Eastside Easy Rider Collaborative (Hannah)

Nothing to report at this time.

Aging and Disability Services Advisory Council (Diana)

Diana is not present at this time to report.

COMMUNITY MEETING REPORTS:

- Janet and Gazel met with Paul and Bellevue Presbyterian, Gazel presented on information tree.
 - Janet proposed possibly reaching out to seniors in the church directly to not overwhelm the church staff with too much information.
 - Gazel commented possibly getting connected with deacons at the church who reach out to seniors that are home bound.
- Dan and Gazel attended the Human Services Commission to speak about the needs of the seniors. Dan presented an update on North Bellevue Community Center. Sounds Generations also presented and stated they're delivering over 8000 meals seniors in Bellevue through Meals on Wheels. Gazel will connect Janet to Gail from Sound Generations to determine who we're missing.
 - CCS, CISC, IAWW all attended to present their programs.
 - Gazel pointed out the lack of affordable housing and transportation.
- Mary did a fabulous job with the proclamation. BNOA will attend again on June 14th and Diana will be presenting.
- North Bellevue Community Center is continuing to make plans to expand. Phase 2 will not affect NBCC since it's already set up for it. CCS is looking for a cook if anyone has any connections, NBCC would like to open up lunches as soon as possible.

NEW BUSINESS: (Dan)

- In Diana Thompson's absence Abigail Brown covered the details of the joint BNOA and Kirkland's Senior Council's Proposed 2021 Legislative Agenda. She went through the main items and a number of comments within the draft. Abigail then elaborated on the process of using the agenda when engaging with our area state senators and representatives to encourage their support for relevant legislation. Abigail also noted that the City of Bellevue also supports the Legislative Agenda put forth annually by the Eastside Human Services

Forum and that there are a number of complimentary/related issues. There was some discussion around the 2020 COVID-19 Social Security 9% benefit reduction issue and it was determined that that the group would like some additional time to consider and learn more details about the issues and their complexities before voting to accept and pass the agenda at the next general meeting in June. [Eastside Human Services Forum - 2021 State Legislative Agenda](#) is attached for edification.

Meeting adjourned at 10:30am