

BELLEVUE NETWORK ON AGING
MINUTES

February 3, 2022

North Bellevue Community Center via Virtual – Zoom.

8:30am – 10:30am

MEMBERS PRESENT:

Abigail Brown, Anne Rittenhouse, Barbara Carey, Beverly Heyden, Catherine Wong, Desiree Leigh, Diana Thompson, Gazel Tan, Dr. Gina Johnson, Hannah Kimball, Janet Jelleff, Julie Hart, Kira Hackett, Mary Fredeen, Paul Bradley, Phyllis Smilen.

MEMBERS ABSENT:

None.

STAFF PRESENT:

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

GUESTS:

Ingrid Martin, KCS

PRESENTER(S):

John Barnett, Pat Johnson, and Karla Pak of AARP

RECORDING SECRETARY:

Betty Lee, Bellevue Parks & Community Services

WELCOME AND ROLL CALL:

The meeting was called to order by Abigail Brown and the roll call taken.

PUBLIC COMMENTS:

None.

APPROVAL OF MINUTES:

January minutes approved

HUMAN SERVICES UPDATE: *Christy Stangland*

- New executive director has been hired. Katelyn has been working with the board to revamp the structure of Eastside Human Services Forum. Previously the board was a non-working board and there were work groups that consisted of mainly the agency staff and some community members. Events were driven by the board and run by the executive director. The non-profit community members expressed that they lacked bandwidth to be able to continue to do the work that was being asked of them, so Katelyn is working with the board and moving it to being a working board. Workgroups are being reevaluated to determine what each role will look like.

- Question for Christy regarding how the homeless is going to be counted and what matrix is going to be used for the funds that will be dispersed and grants given out. Christy doesn't have an answer at this time but every other year, the King County Homes One Night Count is required, and it wasn't done last year and will be required this year. A counting system is yet to be determined for this year, however, it may not be an accurate reflection of what we used to have.
- Human Services is still in the process of filling the manager position. First round of interviews was completed and they're hopeful for a good candidate. Two other Human Services Team members are leaving soon. There's also an opening on the Human Services Commission which meets 1st and 3rd Tuesday of the month 6pm to 8pm. This year the Human Services application will be released on March 14th and will be due on April 28th 4pm.

COMMITTEE REPORTS: *Members were asked to read the following committee report notes before the meeting for discussion:*

ADVOCACY COMMITTEE MINUTES:

- Diana reviewed state agenda items. 2 votes against item 3 in Kirkland Senior Council; religious objections to death with dignity. The item will move forward with majority vote (12 in favor).
- Diana met with federal legislators regarding coverage for hearing aids, dental care and vision, discussion on improving wages for home care workers, housing supports to increase access to affordable housing for seniors with disabilities, active advocacy to help improve Medicare for seniors, and budget amounts/caps/penalties for excess costs. WA state legislation cap on price for insulin expires at 2 years, must renew \$100/month insulin max bill. Federal Bill passed House, which would allow Medicare to do some bargaining for prescription drug costs.
- Washington Care Act requires Mandatory 0.58% of wages for LTC coverage (\$36,500 is maximum amount will receive. Bill penalizes pending retirees). There has been a call to hold up collecting funds from workers and study the issue further. Abigail has not seen details on delay of program. One concern was allowance of time to procure private plans. Kathy (KSC) expressed concerns about disparity for lower income earners. Diana raised questions about the LTC program, especially the limited payout and barriers to access funds/qualify (must need assistance with 3 ADLs). June (KSC) posed questions about waiting periods. Diana suggests leaving it off our agenda. Abigail will send website link for proposed WA LTC program. If a private plan was purchased one needed to opt out by November 1st. Kathy (KSC) proposed advocacy committee defer this item for now.
- Helping Old Friends Club (OFC) a non-profit franchise option gets increased funding as they work with people living with dementia, a project that BNOA deems important for Bellevue residents and needs advocated. Diana recommends that OFC founder (Karen) reach out for state and other funding and partner with DAC (Dementia Action Collaborative) Dan states Bellevue Community Center does not currently have space for day use rental and funding

would be required. Abigail mentioned liability challenges with facilities as a barrier to private business partnerships. Funds allow program setup and training. Barbara suggests the OFC founder as a guest speaker to present business plan and fundraising goals at future BNOA/KSC meeting and with city economic development personnel. Abigail will write letter to Kathy McCall. Kira encourages OFC to develop a “good story” and emphasize non-profit status to encourage donations, consider changing term “franchise” to “charter.”

- ❖ Abigail and Diana are meeting with Senator Kuderer on Monday 2/7 or Thursday with the assistant. Please let them know if you’d like to join the meeting.
- ❖ Medical marijuana has a 37% excise tax in WA State. There’s a new bill that’s passed the senate and it’s in the house that states that if a patient is prescribed medical marijuana through a physician, they will be exempt from paying the excise tax.
- ❖ Desiree also stated that she is scheduled for a virtual meeting with Representative Senn on February 9th and with Alex Hamasaki, a legislative assistant in Rep My-Linh office on Feb 10th

OUTREACH & EDUCATION COMMITTEE MINUTES:

- Discussed creation and distribution of a caregiver support guide. It's time to review/update/order 2022 resource and outreach materials. Reliable information regarding obtaining in-home support is crucial -- DO NOT Google search or go to Craig's List in an attempt to hire qualified help, this is a very dangerous practice, it's essential that you use only established and vetted professionals.
- There is an abundance of information and resources regarding in-home health care and caregiver support. Is it in a form that's easily accessed? Will our eventual distillation of that info make a difference? Isn't that what 211 is all about? Kirkland Senior Council is in the middle of updating its senior resource guide, and a suggestion made to wait and look at that resource list. A couple of websites were suggested for review:
<https://www.agingKingCounty.org/help-information/caregiversupport>
<https://www.communitylivingconnections.org>
- Would a single-page flyer be best, perhaps as an insert in Neighborhood News? or could/should we act as a "watchdog" of local senior care services to ensure they're performing services as promised? What do you actually get when you call 211? How are seniors who call 911 for non-emergency issues handled, routed, resolved? The group decided to have several members call 211 to see what information they give out.
- ❖ Mark Heilman will add the caregiver’s resource insert in the Neighborhood News once it’s approved.
- ❖ Diana wrote an article in the Neighborhood News regarding availability of legal services.
- ❖ BNOA resources at NBCC has been sorted, thank you for all those who contributed.
- ❖ Hearing loss brochure regarding purchasing hearing aids needs to be updated, Diana will look into this.

HOUSING AND TRANSPORTATION MINUTES:

Agenda

Elevator Speech
Digital Equity
Transportation
Transportation Matrix update
ARCH work on affordable housing

Universal Design

Kirkland has an on-line video to show what is being done in Kirkland. It focuses on what is being done from different person's living situation. It can be seen by going to Kirkland Parks Web site.

The February main BNOA will host an AARP representative talking on how to make updates to a house without universal design.

The group would like to know what is current in Bellevue and Dan will be seeking the new planner that has replaced Janet Lewine.

It was noted that the Advocacy Committee has decided not to work on the universal design issue. Member Anne Rittenhouse indicated she would contact COB home-help staff and write an article on universal design importance.

Housing

Several Kirkland members will be attending an official opening of affordable housing in Kirkland (Morning Star) and will ask some deep affordable questions and report next month. Ten of the 152 units are supposed to be affordable.

The group is questioning 80% of AMI as an affordable marker and if that really applies to many older adults in Bellevue and Kirkland. A conversation ensued around people giving King County Housing Authority money to represent lower income individuals. The group was reminded that King County Housing Authority is not "non-profit" and not part of the government.

Transportation

It was reported that LIFT is now providing free rides to seniors for specific reasons. Some of the group will be testing these free rides.

Gazel indicated that the transportation matrix needed updated, and she would be sending it out to everyone. Everyone is to review and give feedback at the next meeting.

- ❖ Phyllis and Sound Generations Grant work – Working on getting Hyde shuttles around the city. So far, the project has divided needs to 5 categories. Phyllis is working on grocery ride and preventing social isolation through transportation. Most older adults do not want to give up driving, but it is necessary at some point due to sight/hearing loss or other deficiencies. Many communities have tried the community van approach but have failed – why is this? Some things to consider route, timing, safety issues, needs assessment and target audience, etc. Process is going slow, and Phyllis has had some frustrations, but she highly values the importance of transportation and will keep attending and report back to BNOA.
- ❖ Christy commented that the City of Bellevue is updating the comprehensive plan this year which is updated every 8 years with periodic updates every 3 years. Committees will meet monthly, and Christy has proposed someone from BNOA is on the City of Bellevue Housing and Transportation Committee. She feels that this is a more impactful ways to make sure it ends up on the City of Bellevue Comprehensive Plan which then connects to our council priorities. Please talk to Dan if you're interested so we can determine the best person to represent the BNOA on this committee.

PRESENTATION: *John Barnett, Pat Johnson, and Karla Pak of AARP*

AARP HomeFit Guide: Smart ways to make a home comfortable, safe and a great fit for older adults - and people of *all* ages.

- ❖ What if a home could be suitable for any resident, of any age or physical ability? What if an older adult who wants to live independently despite changing abilities or evolving needs could do just that?

- ❖ The AARP HomeFit Guide was created to help people live safely and comfortably in their home by enabling where they live to be a “lifelong home,” suitable for themselves and others in their household, no matter a person’s age or life stage. The AARP HomeFit Guide can help individuals and families make their current or future residence age friendly. In addition, elected officials, policymakers and local leaders can learn about and advocate for the types of housing features and designs that communities need so their residents can live safely and comfortably - and thrive.

- The AARP HomeFit Guide contents include entrances and exits, foyer, kitchen, dining, living room, hallways and stairways, bedroom, closets, bathroom, laundry, garage, outdoor spaces and shared spaces, home safe home, and quick fixes and harder to-dos.
- AARP Livable Communities: This site offers a wealth of information and resources for residents and community leaders alike. aarp.org/livable
- AARP HomeFit Guide: Download or request hard copies. aarp.org/homefit
- Sound Generations for home maintenance minor repairs: 206-448-5751
- King County Home Repair: 206-263-9095
- N. Seattle Greenwood Senior Center has a shed full of senior safety devices that is free for people to pick up. Most of these items are gently used and can be found second hand at a very low cost.
- Bridge ministries offers low-cost donations of safety devices for seniors.
- City of Bellevue also offers a home repair program for low to moderate income.
- King County Fall Prevention can will do assessments and provide installation of grab bars.
- Bellevue Fire Cares will assist with minor repairs and equipment when needed after a fall.

AARP also offers many other presentations such as: fraud prevention, cyber crime prevention, brain health, living longer and smarter, and preparing to care for caregivers. Please reach out to schedule these presentations and feel free to spread the word to other organizations.

COMMUNITY PARTNERSHIP REPORT:

No report today due to lack of time.

COMMUNITY MEETINGS:

No report today due to lack of time.

NEW BUSINESS: (*Dan*)

No report today due to lack of time.

Meeting adjourned at 10:30am