

BELLEVUE NETWORK ON AGING
MINUTES

March 3, 2022,
Zoom.

North Bellevue Community Center via Virtual –

8:30am – 10:30am

MEMBERS PRESENT:

Anne Rittenhouse, 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

MEMBERS ABSENT:

Abigail Brown, Phyllis Smilen, Barbara Carey

STAFF PRESENT:

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

GUESTS:

Hanna Floss, Kathy Iverson, Terry Cleveland

PRESENTER(S):

Dale Hoover, Sound Generations

RECORDING SECRETARY:

Betty Lee, Bellevue Parks & Community Services

WELCOME AND ROLL CALL:

The meeting was called to order by Janet Jelleff and the roll call taken.

PUBLIC COMMENTS:

None.

APPROVAL OF MINUTES:

Changes made and approved.

PRESENTATION: *Dale Hoover, Sound Generations Brand Ambassador*

Sound Generations support people on their aging journey through community connections and accessible services.

The four pillars of the operation are: food security, health & wellness, transportation, and assistance services.

Meals on Wheels (M.O.W.):

- To qualify, you must be a King County resident aged 60 or over with a medical or mental condition and have difficulty shopping or preparing meals.

- 7-14 meals per week, delivered by volunteer drivers. Choose from 30 menu items: standard chicken/beef/fish, as well as vegetarian, breakfast options, rice packets or bread rolls.
- Meals arrive frozen and packaged in trays to be heated in a microwave or conventional oven.
- Suggested donation is \$5 per meal. For those under the aged of 60, a private pay option is available for \$8 per meal.
- M.O.W. serves 2300-2500 people per month. In 2021, 10,000+ meals were delivered in Bellevue by M.O.W.
- Contact Meals on Wheels: 206-448-5767 / 1-800-308-6325
mealsonwheels@soundgenerations.org
 - ❖ Question: Is freezer space necessary for delivered foods? Yes, this is a must and participants can always call to skip a delivery if lacking freezer space.
 - ❖ Question: Are there issues with confusion of heating instructions? Yes, but drivers will assist with reading, explaining, and rewriting them for ease of understanding. Reheating instructions are available in 10 different languages.
 - ❖ Food must be delivered to the residents and will not be left outside for safety reasons.
 - ❖ Question: Do residents have the option to request fresh groceries? Yes, but in Seattle only and just a few times a year.
 - ❖ M.O.W. allows BNOA to distribute information with the meals and we appreciate being able to have this access.
 - ❖ Question: are there unreached people and how do we find them? Yes, even with an incredible amount of information distributed, there are always unreached people, and the outreach needs to be constant.
 - ❖ Question: Do M.O.W. drivers run into situations where they needed to call Bellevue Cares based on the client's living conditions? Yes, throughout the county. All staff and volunteers are trained as ambassadors of Sound of Generations programs and reach out to Pathways for assistance with any concerns they may see with clients.

Community Dining:

- At multiple sites throughout King County, older adults can enjoy a nutritious meal, and an opportunity to meet new people in a safe dining place setting.
- Most of the sites are open Monday through Friday and offer a varied range of menus and cuisines.
- Suggestion donation of \$3-\$5 for 60 or older, \$10 for everyone else.
- Transportation program may be able to arrange a ride to lunch, call for more information.
- Contact Community dining: 206-727-6248
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Hyde Shuttle:

- Transports older adults and persons with disabilities through many communities in King County. Go to the store, a friend's house, senior centers, medical visits, or errands within your neighborhood.
- All persons aged 55 or older and/or people living with disabilities.
- Serves all of Seattle and most of North and South King County.
- Make reservations up to the day before your ride, rides are free, but donations are welcome.
- Contact 206-727-6262 Mon-Fri 8:00am-4:30pm

Volunteer Transportation:

- Volunteers use their own vehicles to provide a safe, personalized, and affordable transportation service for older adults for medical, dental, or other healthcare appointments, wait the duration, and return you home.
- Call by Tuesday (or before) to schedule a ride for the following week. Caregivers and/or family members are welcomed to ride along with prior notice.
- All rides are dependent on volunteer driver availability. Rides are free but donations are welcome.
- Eligible for King County residents aged 60 or older with limited transportation options and able to self-transfer into a private vehicle.
- Contact 206-448-5740 / 1-800-282-5812
 - ❖ Question was asked regarding how many people in Bellevue or on the Eastside are using this service? In 2021, 937 one-way trips were provided for 61 Bellevue residents.

Pathways Information & Assistance:

- Helps you find your way to community resources and support. When you call Pathways I&A, you're well on your way to accessing thousands of resources, services, and programs available to King County residents.
- Resources provided for older adults of any age, adults 18 years and over with a disability, and caregivers.
- Example of service referrals include: in-home support, transportation, Medicaid, housing, food assistance, etc.
- Services are free, but some of the community resources do have eligibility criteria and costs.
- Contact 206-448-3110 / 1-800-435-3377 Interpreter services available.

Caregiver Support:

- Contact Sound Generations to learn about receiving a full assessment of your caregiving situation. One of the advocates will help you locate community resources and assist in securing the services you need, including caregiver counseling.

- Eligible for individuals 18 and older in King County caring for a person(s) at least 18 years of age. Serving all people who seek out services including LGBTQ, families and those of all backgrounds and beliefs.
- Contact 206-448-3110 / 1-888-435-3377 caregiver@soundgenerations.org
 - ❖ Question was asked regarding caregiver training

Minor Home Repair:

- Trained staff technicians provide assessments and repairs to homeowners for a suggested donation.
- Income-eligible homeowners of all ages in Seattle, Shoreline, and Bellevue.
- Plumbing, electrical, carpentry, accessibility modifications and much more.
- Contact 206-448-5751 mhr@soundgenerations.org

WeCare Medicare:

- Medicare expert provides free help with Medicare coverage questions and needs.
- www.soundgenerations.org

Legal Assistance:

- Speak with lawyers or assistants who can assist with resources and explanations of basic legal rights.
- Contact 206-448-5720 / 1-800-972-9990

Health & Wellness:

- Exercise & fall prevention.
- EnhanceFitness: low-cost group exercise classes specially designed for older adults of all abilities. Classes focus on four key areas – cardiovascular exercise, strength training, balance, and flexibility.
- Contact 206-448-5725 projectenhance@soundgenerations.org

HUMAN SERVICES UPDATE: *Christy Stangland*

- ❖ Lesley Miller will be starting on March 16th as the new human services manager.
- ❖ Funding cycle for all Human Services Suburban Funding opens on March 14th and closes on April 28th so please encourage agencies to apply and reach out to Christy for more information. Share 1 App on redmond.gov has all the application information. There will be an application workshop for those interested in applying on March 15th and 16th.
- ❖ There will be a public hearing at the March 15th human services commission meeting that is connected to Community Development Block Grant. It is an opportunity to discuss any human services needs in the community with the commissioners.
- ❖ Human Services Needs Update is finalized, and it will be published on the website shortly. Christy will send Dan the full report and the older adults chapter for distribution to BNOA.

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

ADVOCACY COMMITTEE REPORTS:

1. MEETINGS WITH LEGISLATORS

- a) Diana and Abigail have met with Rep Walen and have appointments scheduled with Senator Kuderer and a legislative assistant of Rep. Slatter
- b) Karen has mailed out our legislative agenda and related pass outs to legislators in the 1st and 45th District.
- c) Desiree Emailed Senator Wellman asking for her to support SB 5745. Desiree informed the senator that this is the bill requested by AL TSA and would increase the Personal Needs Allowance for Medicaid clients receiving in-home services. Desiree also informed the senator that the increase would be from \$1074 to \$2523 per month and that funding is in the governor's budget. Desiree also emailed Senate Wellman to ask for support Senate bills 5546 and 5532.

Desiree 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.

Diana will update our pass-out prior to Desiree's Wednesday meeting.

2) DISCUSSION OF STATE LEGISLATURE AGENDA

Diana mentioned:

- a) that there is now a budget proviso for \$100,000 for the Dementia Friends program and it is sponsored by Senator Keiser and Rep. Harris
- b) SB 5745 regarding the Personal Needs Allowance (PNA) was scheduled for a hearing with Ways and Means this morning (Feb 7)
- c) SB 5532 (Prescription Drug Affordability Board) was also scheduled for a hearing with Ways and Means this morning

3) We discussed assistance to the Old Friends Club (OFC)

- a) Not sure if Karen knows about the April deadline for applying for Bellevue funding, whether The Old Friends Club might be funded even though it is not a current program in Bellevue, and whether any funding applications have been applied for at this time
- b) Kathy Iverson is trying to hook up the Old Friends Club and Karen with some Kirkland organizations
- c) Diana wondered whether it was a good time for Karen to apply for funding, as OFC only has one program operating and, in the past, had four. Diana also noted that Karen and herself have contacted Brad Forbes in the Alzheimer's Association who might be interested in coordinating with us or Karen, as the OFC has respite care and there is a great shortage of respite care
- d) Abigail noted that it might not be necessary for the OFC to be operating multiple OFC programs in order to receive money. Abigail pointed out this is true when you approach funding

from venture capital. (They do not need a project fully operating to decide to fund, just a good plan for the organization)

3) Availability of Medical Care. Diana mentioned that it was difficult to get medical appointments at Kaiser and wondered if anyone had problems also. Karen first seen Kaiser about the knee problems in August and surgery is not scheduled until March. Kathy stated the problem is there are not enough medical students and the reason this is true is there are not enough qualified persons who want to teach.

- ❖ Amendment to the Death with Dignity Act didn't pass the senate.
 - Diana proposed writing an article for Neighborhood News in December on the current Death with Dignity Act for public awareness. Janet brought up the importance of being cautious of what the BNOA advocates for per Mark's email.
- ❖ Personal Needs Allowance Bill has passes both houses.
- ❖ Bill establishing Dementia Action Collaborative is progressing fine.
- ❖ Bill that exempts excise tax for medical marijuana is "still live"
- ❖ Bill limiting the price of insulin if you have a health plan is on the governor's desk.
- ❖ Bill to establish the prescription drug affordability passed both houses.

OUTREACH & EDUCATION COMMITTEE REPORTS:

Julie Hart and Rob Young presented information about local assisted living facilities and adult family homes. Julie and Rob represent a senior referral and placement service and are regulated by Title 18 which sets standards and best practices for the industry. There are 150 communities licensed for assisted living and memory care, and approximately 1200 adult family homes, a ratio of about 9:1. Bellevue alone has 120 AFHs. Affordable, reasonably priced assisted living and AFHs are difficult to find, almost no Medicaid beds in Bellevue. If you are going to consult with a Certified Senior Advisor, make sure they are accredited.

Expansion of Neighborhood News: Julie Ellenhorn of BEES suggested checking with Natasha Grossman of Fire Cares, distributed through community senior centers, Carol Ross, Jubilee Reach, It's Your City, CoB intra-net Inside View, Bellevue College, churches, and synagogues.

Diana is writing NN article for April edition, is due by March 15. Anne Rittenhouse is writing the May NN article, due April 15, and Diana is composing the June NN article, annual Elder Abuse Awareness Day.

- ❖ Thank you, Mary for March article on shingles.
- ❖ April - Anne will have an article on remodeling and retrofitting your house.
- ❖ May - Paul will have an article on hearing loss and evaluation.
- ❖ June - Diana will write on state legislature and legislative agenda.
- ❖ The committee is always looking for additional places to distribute Neighborhood News.

HOUSING AND TRANSPORTATION REPORTS:

1. Revisited "elevator speech" assignment, suggestions and brief samples discussed, homework assignment for BNOA and KSC members.
2. Anne Rittenhouse will update Transportation Matrix.

3. HUD's federal average median income for Kirkland stands at \$115,700 which is probably similar to other Eastside cities.
 4. Anne Rittenhouse attended the 2/16 Sophia Way meeting which featured Mayor Robinson discussing affordable housing. The mayor highlighted contributions from Microsoft and Amazon and mentioned the Congregations for the Homeless project in Eastgate.
 5. BNOA and KSC agreed to work together to come up with a definition of **senior housing**.
 6. The Eastside needs approximately 35,000 new housing units to accommodate middle-income and lower wage workers. Seventy percent of residential homes house only 1 to 2 people, many would like to downsize and re-buy but cannot afford to in the same neighborhoods.
- ❖ Anne has completed an update to the transportation matrix.
 - Free Lift rides only allow 2 free rides *for life*, and they currently don't service Seattle. Additionally, they allow 2 free rides for each vaccination appointments.
 - ❖ Hannah attended the NW Universal Design council meeting and they're going to restart their efforts to integrate Universal Design into more project in the region. One element they've added is the digital environment integrated into the built environment so this may help in finding those who aren't connected or aware.
 - ❖ Digitalinclusion.org has information on Emergency Broadband Benefit Grants that help low-income people receive a monthly allotment for technology. Ann will forward info for those interested.
 - ❖ Go-Go Grandparents: A paid service for scheduling rides with Uber or Lift for those who do not have access to a smart phone/app.
- Diana is concerned that committee reports presented before the BNOA monthly meetings are minutes that have not yet been approved. The members discussed different options and decided to add it to next month's agenda to come to a resolution.

COMMUNITY PARTNERSHIP REPORT:

Eastside Easy Rider Collaborative – nothing to report.

Aging and Disability Services – nothing to report.

WA Senior Lobby – nothing to report.

COMMUNITY MEETINGS:

- Anne attended Universal Design mayor's update.
- Diana attended the Aging and Disability Services, and WA Senior Lobby. Both of these are open to the public for anyone who would like to attend.

- Hannah and Gazel attended the comprehensive plan update meeting – looking at what Bellevue will be like in 2044. Visit <https://www.engagingbellevue.com/> for those who would like to follow what's going on.

NEW BUSINESS: (*Dan*)

- ❖ Elevator Speech – committees are working on it.
- ❖ May is Older Americans Month – Please let Dan know if you have a desire to go to council to present what the BNOA has been doing for a year.
- ❖ Please attend Coffee with a Cop at North Bellevue Community Center on March 21st in-person or on Zoom.
- ❖ Please give Dan feedback on what you are interested in hearing about as community members as NBCC will be planning more programs through the Vet Grant.
- ❖ Program coordinator has left the job and Dan is in process of hiring a new coordinator and will be reaching out to BNOA members for assistance with the hiring process.
- ❖ Phyllis will be absent for about 3 months due to health reasons.

Meeting adjourned at 10:35am