

BELLEVUE NETWORK ON AGING
MINUTES

January 6, 2022, North Bellevue Community Center via Virtual – Zoom.
8:30am – 12:00pm

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

MEMBERS ABSENT: None

STAFF PRESENT: Dan Lassiter, Bellevue Parks & Community Services

GUESTS: Steve Kasner, East Bellevue Community Council

PRESENTER(S): None.

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: December minutes approved.

Abigail brown has been voted in as the BNOA Chair and Janet Jelleff has been voted in as Vice-Chair for the year 2022. Although Abigail is the new chair, Gazel has agreed to lead the retreat today.

The meeting started with an icebreaker activity by having everyone share something unusual about themselves.

BNOA MISSION: The BNOA is dedicated to healthy aging in our community by promoting awareness of needs and resources that support older adults through life's transitions.

- BNOA Purpose
 - Continue 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.
- Ideas on how committee members can keep informed.
 - Community meetings and events
 - Commissions and Boards meetings
 - Social Media
 - Nextdoor
 - City of Bellevue website is a quick and easy way to see what Bellevue is doing and get involved.
 - City government page, boards and commissions, city council meetings and agendas, legislative agenda, communications, BNOA page, Neighborhood News, Bellevue Essentials, etc.
 - Please subscribe for alerts for notifications.
 - Main City of Bellevue page link: <https://bellevuewa.gov/>
 - Network on Aging: <https://bellevuewa.gov/city-government/departments/city-clerks-office/boards-and-commissions/network-on-aging>
 - Main City Government Site Link (provide links to Council, Committees, and Departments: <https://bellevuewa.gov/city-government>
 - Neighborhood News Site: <https://bellevuewa.gov/city-government/departments/community-development/neighborhoods/neighborhood-news>
 - Bellevue Essentials: <https://bellevuewa.gov/city-government/departments/community-development/neighborhoods/classes-and-events/bellevue-essentials>
 - Engaging Bellevue: <https://www.engagingbellevue.com/>
 - 2021 Eastside Human Services Forum: <http://eastsideforum.org/wp/wp-content/uploads/2020/12/EHSF-2021-State-Legislative-Agenda.pdf>

COMMITTEE 2021 SUMMARY REPORTS

Advocacy 2021 Summary: (Diana)

1. Our Advocacy Committee is a joint committee with the Kirkland Senior Council. (KSC)
2. At the beginning of 2021 we focused on our state legislative agenda. We expanded our legislative agenda to:
 - a) support legislation, such as House Bill 1218, which improves the health, safety, and equality of life of residents in Long Term Care Facilities. This legislation was badly needed. Diana suggested an amendment to HB 1218, which was adopted.

- b) Support services that address persons with dementia, and their caregivers and/or families.

Bellevue committee members held zoom meetings with and sent emails to their legislators and/or their assistants from the 48th and 41st districts. We also emailed them a pass-out regarding our legislative agenda. We followed what was happening in the State legislature and continued through the Legislative session to advocate with legislators by email. We also had contact with Brad Forbes of the Alzheimer Association.

3. We studied federal issues, discussed extensively what should be included in our Federal Legislative Agenda, and drafted a fed agenda approved by the BNOA and KSC. In August and September, we had zoom meetings with legislative assistants from the offices of Rep. Del Bene, Rep Smith, Senator Murray, and Senator Cantwell regarding our federal agenda. We emailed them our pass-out, which gave information on why the issues were important. We also sent them a strong personal statement from a KSC member, which explains why dental problems *are* medical problems and should be covered by Medicare.
4. We kept in contact with Representative Smith's offices regarding the continued failure of the FDA to draft rules regarding Over-the-Counter Hearing Aids.
5. In November we developed and had approved our 2022 state legislative agenda. In December we discussed the Old Friends Club and dementia issues and decided to invite the founder of the Old Friends Club to attend our January 2022 meeting. In addition, Abigail and Diana made contacts with AARP, the Alzheimer's Association, and the Dementia Action Collaborative regarding the Old Friend's Club.
6. Members often attend meetings focusing on issues related to our state and federal legislative agenda, for instance the Washington State Senior Citizen's Lobby (WSSCL) conference and the dementia conference in October. In order to learn more and/or to bring attention to senior issues Diana has attended the monthly meetings of WSSCL and the Eastside Human Services Forum. She is also a member of and attends monthly meetings of the Advisory Council of King County Aging and Disability Services.

Outreach 2021 Summary: (Janet)

- Although many things were shut down due to Covid19, the Outreach Committee was able to find ways to still accomplish getting information out and have been productive.
 - Neighborhood News delivery has expanded, 400/month
 - Family Connection Center
 - Meals on Wheels
 - Crossroads Bellevue kiosk
 - Bellevue Farmer's Market table
 - Neighborhood News Site: <https://bellevuewa.gov/city-government/departments/community-development/neighborhoods/neighborhood-news>
 - Thank you, Paul, and Diana, for writing most of the articles. If anyone is interested in writing an article for the Neighborhood News, please reach out to Janet.
 - Mary will write an article on shingles in March.

- Resource guide update was difficult due to so many changes in phone numbers and websites and inability to connect to organizations. Now working on a caregiver's list which looks to be challenging as well.

Housing And Transportation 2021 Summary: (Gazel)

- It was a very challenging year for this committee due to lack of a chair. Thank you, Hannah, for being the notetaker for the year.
- It was very positive to be partnered with the Kirkland Senior Council and work on issues that were collectively important to both cities. The issues that affect Bellevue were also issues affecting most cities on the eastside.
- Spent time understanding what affordable housing means especially with regard to seniors.
- Tax exemption was passed by the city council – If a developer agrees to the Multi Family Tax Exemption (MFTE), it's a scheme where their property or project taxes are deferred for 12 years but they must agree to have 20% of their dwelling units become affordable 30/60/80%. However, most are at 80% which is still very high especially for seniors.
- Metro and Bellevue started a Crossroads Connection project which would offer transportation to the nearest Rapid Link line. We will hope to get an update on how successful this has been.
- Phyllis was invited to be on an Advisory Board – Sound Generations teamed with Hopelink to submit a request for a pilot transportation solution aimed at immigrants, refugees, older adults, and other vulnerable population. Phyllis was one of 10 on the grant review panel.
- ARCH – A Regional Coalition for Housing is a facilitator working with regional authorities, developers, and funders to piece together projects for affordable housing. They have a senior living options features on their website that's devoted to housing for older adults. Each year, the BNOA Housing & Transportation committee had taken that piece of the ARCH website and updated it. Their focus appears to be shifting a bit – less from doing projects and more for being an information source and is in process of building a new website. When ARCH completes redesigning their website, the committee will return to updating information on the senior housing portion of the website.
- Information on Sound Generations can be found on: <https://soundgenerations.org/>

Older article with good overview info on Sound Generations:

https://www.agewisekingcounty.org/ill_pubs_articles/introducing-sound-generations-ceo-jim-wigfall/#:~:text=Currently%2C%20the%20organization%20comprises%20182%20employees%20and%20more,Generations%20receives%20funding%20from%20additional%20sources%20as%20well

Main goal to consider for 2022 is the same as 2021:

How can BNOA be more effective in representing older adults in Bellevue in 2022?

❖ Promoting Awareness and Needs

- Who – everyone, decision makers, all generations, awareness of BNOA within COB.
- Where – Use Engaging Bellevue platform.
- How - need ease of use and easy access, BNOA webpage, how do residents interact with BNOA, calendar of events and meetings.
- Elevator speech – Can we create one right now?
- Build relationships
 - Community Meetings.
 - Commission Meetings.
- Understand Needs
 - How – relationships, committee meetings, BFD social workers, social workers who work with seniors (Sound Generations? Healthcare providers).
- Resources that each of us know:
 - Who?
 - Where?

❖ Lessons Learnt in 2021 (members to provide input, examples below)

- 14% of Bellevue residents are 65 years or older (approx. 21,000 residents).
- 21% of people over 64 are low income (approx. 4,410).
- Where do seniors fit on the AMI chart for 30% - 50% - 80% affordability?
- How are seniors getting information?
- How are seniors getting the resources they need?
- There have been some opportunities for face-to-face meetings and programs.
- Access to wider community via on-line meetings and remote programs.
- Transportation – how to engage early so we can provide feedback. Pursuit of more transport options for older adults of Bellevue.
- People can learn technology – opportunity to help seniors.
- Common resource 2-1-1? What do you see as important to put on 211 from NBCC?
- Many Bellevue issues are also regional/King County issues

If anyone has ideas for lessons learnt as well as how to promote awareness and needs, please email Dan so he can collect the information and pass it on to the respected committees.

❖ Priority Initiatives for 2022

- Digital Equity – computers for seniors.
- KC grants for senior equipment and training.
- Determine basic requirements for good access.
- Expand non-digital distribution of Neighborhood News.
- Advocacy Committee support for Digital Equity.
- Universal Design, should we continue to pursue an aspect of the concept?
 - Definition of Universal Design: https://en.wikipedia.org/wiki/Universal_design
- Affordable Housing especially concerning the income in-between population in Bellevue.

- Dementia initiatives – Dementia Action Collaborative status, Dementia Friendly City, and businesses. Bringing service to Bellevue. Dementia education.
 - Momentia: <https://www.momentiasattle.org/>
- Special Projects – Community workshop, music program, pickleball.

Committees, please keep the above priority initiatives in mind as you discuss the 2022 workplan.

❖ **WHAT 10 presentations would the BNOA like to see this year?** (*Dan*)

Already in plan: City of Bellevue manager Brad Miyake, City Council members will present in May, and Sound Generations.

Suggestions: ARCH; Lindsey Masters, COB Planning Department; Linda Whitehead regarding diversity; Solid Ground; PACE (Program of All-inclusive Care for the Elderly); Long-term care; Smart City for seniors; Eastside Legal Assistance – estate planning; healthcare directives. Check out new intergovernmental affairs and Eastside Human Services Forum to discuss how the City aligns with legislative agendas on the eastside. *Please email Dan any other presentation suggestions.*

❖ ***Members, please read the Robert's Rules of Order as this is the procedure used for BNOA meetings.***

BNOA members separated into breakout rooms to appoint chair/co-chair, confirm date/time of monthly meetings, and decided on a workplan for 2022.

RETREAT BREAKOUT SESSION NOTES:

Advocacy Committee:

- Diana remains Chair (with option to groom replacement).
- Date/Time of meetings remains the first Monday of the month from 8:45-10am.
- Continue with and maintain state and federal legislative agenda items (e.g., Medicare coverage, Digital divide, Death w/dignity). We have not yet discussed our 2022 federal agenda, although it probably will be similar if not the same as 2021. Our 2021 pass outs were headed “2021 Federal Legislative Agenda.”
- Re the state legislative agenda: this year it does not include “digital equity”. At the two October conferences I attended I do not believe this issue was brought up. In addition, no one brought it up at the advocacy meeting. However, here is the good news. The infrared bill passed by Congress includes considerable funding for digital equity, some of which will be given to the states, local government, non-profits, etc.
- Participation in Washington Senior Lobby along with meetings with local, state, and federal representatives.
- Discussion of potential local agenda/related issues:
 - Dementia related efforts (e.g., DAC, OFC)
 - Universal design/ADU and DADU COB land use planning and regulation
 - Smart City implementations (how are seniors plugged in and represented).
 - First responder options that cater to seniors and folks with dementia
 - Seattle Gold Card expansion/coverage in Bellevue.

Welcome to the team Kira!

Outreach Committee:

Janet, Anne, Dan, Catherine, Barbara, Mary & Paul were initially at the breakout session, (Hannah joined later; and Dan rotated out when Hannah came in) and were charged with five main tasks for 2022:

1. Appoint Note Taker:
 2. Select Chair(s):
 3. Confirm meeting day/time:
 4. Identify Goals for group to work on in 2022; and
 5. Work on the "1 minute" Elevator Speech.
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1. Appoint Note Taker - It was mentioned that Hannah had previously been Note Taker, and might do it again, but that she was presently in another breakout room, and wouldn't join us until later. Anne volunteered to take notes for this session. Later in the meeting, Hannah joined the group and confirmed she would be willing to be the Note Taker again.
 2. Select Chair(s) - Mary & Paul agreed to be Co-Chairs. Everyone thanked Janet for her previous work on the committee.
 3. Confirm meeting day/time - Meetings will continue to be on the 3rd Thursday of each month, at 8:30AM, via Zoom. The next meeting will be on January 20th.
 4. Identify Goals for group to work on in 2022 -
 - It was suggested that we expand the distribution of the Neighborhood News, and that we make a more formal list of drop-off sites. Right now, Janet is delivering to five sites; Anne to two; and Hannah is doing two. Catherine and Paul said they would like to help as well. The group talked about adding churches (if they are back in session), and maybe some hospitals and hospice centers; Bellevue College main campus and their North Campus, especially since that is the home of the TELOS program/senior classes. Generally, the consensus was that all of these sites would be good to included. Anne will check on Bellevue College main campus; Mary on the North Bellevue College campus; and Mary will also check on Evergreen and the hospice centers she is familiar with.
 - How can we get people out, to engage in community? Although it is hard with Covid, could we add some information about hikes? Would it be possible to do a community workshop, in cooperation with a school with a woodshop, to help get folks out? A workshop where older adults could come and get the services of a Notary Public, for example, or information on how to read insurance forms? Perhaps a financial workshop? Generally, it was agreed these were good ideas, but in-person workshops would have to wait until Covid was "over".
 - However, in the meantime, we could utilize the Neighbor News by doing an insert that might have some announcements, or schedules of activities already available in the community.
 - Barb said she will work on writing up a recommended hike each month.
 - Meeting time was almost over, so we agreed other ideas can be discussed at our meeting on the 20th.

5. "1 minute" Elevator Speech - Our time ran out, so it was suggested that each member send their ideas for an elevator speech to Dan.

Housing and Transportation:

Housing and Transportation is a different matter. Beverly, Gazel, Phyllis and Hannah attended. We confirmed the monthly meeting date for 2022 to be 4th Wednesday from 8:30 to 10:00 a.m. Phyllis will act as chair, Hannah will be notetaker. Phyllis is part of Hopelink transportation grant taskforce, and Hannah will also attend going forward. Hannah will continue to attend Eastside Easy Rider Coalition (EERC) on behalf of BNOA. We will explore Universal Design status and evaluate relevance to 2022 goals. We will work on 30-45 second "elevator speech" for seniors' housing and transportation needs. We will support aging in place. We will support and advocate for affordable senior housing and convenient, accessible transportation options for older adults. I took notes so I'll add a bit to Hannah's good memory.

We spoke about possible (unwanted) ways to still remain in Bellevue. Seniors could rent out space in their homes, could share with a friend, could move in with their kids.

The reason for an elevator speech is that we believe Bellevue has no plan for housing for the elderly. The plans are for the wealthy.

Assignment for all Committees: Please work on an elevator speech at your first committee meeting and send the speech to Dan, keep it under one minute please.

Meeting adjourned at 12:00pm