

BELLEVUE NETWORK ON AGING
MINUTES

January 5, 2023

North Bellevue Community Center via Virtual – Zoom.

8:30am – 12:00pm

MEMBERS PRESENT: Abigail Brown, Anne Rittenhouse, Barbara Carey, Beverly Heyden, Diana Thompson, Eleanor Lee, Gazel Tan, Hannah Kimball, Julie Hart, Kira Hackett, Phyllis Smilen, Shellie Gehring.

MEMBERS ABSENT: None.

STAFF PRESENT: Dan Lassiter, Bellevue Parks & Community Services
Christy Stangland, Bellevue Parks & Community Services
Shelley Brittingham, Bellevue Parks & Community Services

GUESTS: Mary Fredeen

PRESENTER(S): None

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: September 2022 and December 2022 minutes approved.

- ❖ Introduce Shelley Brittingham, City of Bellevue Parks and Community Services Assistant Director.
 - Shelley thanks everyone who serves on the Bellevue Network on Aging and is looking forward to seeing the work plan for 2023.

- ❖ Abigail Brown has been elected as Chair for 2023. Hannah Kimball has been elected as Vice Chair for 2023.

NEW BUSINESS:

- Contact Information Review. (Dan)
 - If anyone is in questions of term limits, details are in 2019 July minutes; 3-year term limits and rotations.
 - What are the member options for returning to the BNOA?
 - Former members are allowed to return to participate in committee meetings or public meetings. Members are allowed to be volunteers at meetings and outreach activities.

- Women's Health Letter. (Diana)
 - ❖ BNOA Advocacy is advocating for a women's health letter that highlights the following suggestions to enhance the healthcare that is necessary for women to manage their personal health decisions.
 - Insurance coverage for right of care.
 - Coverage for women and girls with pre-existing conditions.
 - Access to reproductive service through tele-medicine.
 - Reproductive health access.
 - Eliminate taxing hygienic products, women paying more because of their gender.

 - ❖ Impacts to women's health access is not economic justice nor reproductive justice for women in the United States.

Thanks for your attention to our suggestions to assist women in their health care journey. This letter is advocated by the Kirkland Senior Council and the Bellevue Network on Aging, independent of The City of Kirkland or The City of Bellevue.

 - ✓ Members comment that BNOA may not be the right vehicle for this issue as it isn't senior specific
 - ✓ Members will discuss this issue further and will decide at the next meeting after having additional time to review the letter.

- Discuss using more (not all) of the Roberts Rules of Order. (Dan)
 - Please read through the document as Dan believes it will make our meetings run quicker, smoother, and allow everyone to provide input in an orderly fashion.
 - Dan asking for an ad hoc committee to review the document and consider which rules will apply to BNOA.
 - Anne, Kira, and Phyllis volunteer to be on the reviewing committee.

- Legislative Agenda review for approval (Diana)
 - Proposed State Legislative Agenda
 1. Adequately Support and fund Washington’s Long Term Care System and Programs for Seniors.
 2. Support and fund legislation that will assist persons with dementia, their families, and organizations that serve persons with dementia.
 3. Increase Access to Death with Dignity under Washington’s Death with Dignity Act.
 4. Prevent robo calls and keep Washingtonians safe in hot weather.
 5. Support legislation that will adequately fund the Housing Trust Fund and assist seniors to age in place while retaining the power of municipalities to enact zoning law.
 - ❖ Motion moved to approve the Legislative Agenda as written. Voted and approved. Dan will have the City of Bellevue’s Intergovernmental Relations staff review the BNOA approved agenda for final approval.

- Zoom vs Microsoft Teams for future meetings. (Dan)
 - City of Bellevue may move to Microsoft Teams but further information to follow. Most members prefer to stay on Zoom for various reasons.
- New Members on-boarding. (Dan)
 - Orientation for new members to be scheduled.
 - Abigail, Diana, and Gazel volunteers to be a contact for new members Eleanor and Shellie for questions and guidance as they navigate BNOA.
- Recruitment to continue. (Dan)
 - Recruitment will continue throughout the year.
 - Bylaws need to be reviewed to decide whether new members that are brought in throughout the year are filling a specific vacancy to continue that term versus starting a new one, as the current bylaws state that terms for new members start at the 1st of the year.
 - It was suggested to have a system people can sign up for to receive meeting notifications for those who wish to be notified.

ICE-BREAKER ACTIVITY:

Members participated in an activity “Tell a little-known fact about yourself” and a white elephant gift exchange.

ADVOCACY COMMITTEE MINUTES:

(No committee minutes submitted for January other than legislative agenda review for approval, see New Business)

OUTREACH & EDUCATION COMMITTEE MINUTES:

1. Saturday 12/17 Bellevue Farmers Market - H. Kimball cannot attend and will contact Liz P. to see if we can leave outreach materials during market hours on existing table space.
2. Neighborhood News(NN) - Kira will pick up Paul's distribution route for January 2023, will need to find solution for remainder 2023. Anne will take over Mary's Factoria distribution. Listing of historical NN articles will be transferred and maintained. Anne put together a document containing all prior articles, they will be put on the BNOA website.
3. Meeting with Mark Heilman, NN - The original intent of Neighborhood News was to publicize community/city events and activities and to encourage citizen participation. Articles submitted must be 400 words or less. While Mark is supportive of our NN efforts, the intended tone of NN is on the lighter, upbeat side. Diana would like to see a "desk procedure" for writing NN articles.
4. Renewal Food Bank - Continues to be receptive to displaying BNOA outreach materials, we have an opportunity to increase the amount.
5. Retiring BNOA member thoughts on Outreach Committee experience - Mary would like to see a "mentor" or "go to" person identified for newcomers, a resource for questions and understanding the inner workings of BNOA. Also thinks a procedure manual would be useful. More interaction between subcommittees would improve communication of BNOA activities. Mary would like to see broader BNOA participation in outreach volunteer activities, such as farmers markets.
6. Paul endorsed our solid farmers markets presence; would like to see continued expansion of NN distribution; would like to also see more finite data on low-income, middle/high asset seniors in the community.
7. Catherine agreed that farmers markets presence is a critical and effective outreach activity, and so is Neighborhood News. She would like to see BNOA participate in more "boots on the ground" community and city events.
8. Areas of emphasis for 2023 - Diana would like to see additional focus on communicating new developments in dementia and Alzheimer's research, treatment, and care. Gazel agreed that this could be an important emphasis area for next year.
9. Saying "goodbye" - Dan announced that Desiree B. Leigh resigned one year shy of her term. We will miss her!
10. 2022 Year End Report - Please send subcommittee list of accomplishments for 2022 to Dan for compilation of BNOA 2022 achievements.
11. To that end, Paul and Mary request that Outreach committee members send our list of accomplishments to him.
12. The next outreach committee meeting will be January 19, 2023 @ 8:30 a.m.

HOUSING AND TRANSPORTATION COMMITTEE MINUTES:

1. Hyde Shuttle update -- concern expressed over lack of data and demographics available for evaluating effectiveness; Hannah took action item to contact Heather Clark, Mobility Manager @ Hopelink, to see what info is available.
2. Information calls to Service First: Gazel and Phyllis called Service First with questions regarding older adults in Bellevue to ask for help in a hypothetical situation and then evaluated the response. A dedicated line for the hard of hearing would be helpful. A chat function should be added to the on-line access. Getting info was not particularly successful, answers were cursory, and in one instance, the caller was referred to the BNOA for help on senior issues.
3. The Kirkland Senior Council is planning their retreat; they will be using the recent AARP paper on "middle housing" to continue pushing for senior housing in Kirkland. AARP also has a template/rating system for creating age-friendly cities, does City of Bellevue use this in any way? How do they rate? Does City of Bellevue still participate in Aging & Disability Services?
4. H&T would like to understand where the fee-in-lieu goes (when a developer donates money instead of affordable housing), and if we get a commensurate amount in return? How and where is the money used? We would like to understand what Bellevue's relationship with ARCH now is and how/if it still cares about senior housing.
5. Update on meeting with Shelley Brittingham -- Anne, Gazel, Julie, and Dan met with Shelley to review BNOA's "position paper" letter on Bellevue's older adults. Next step is to meet with Michael Shiosaki, which Dan will schedule for sometime in January 2023."

Next Meeting is on January 25, 2023 @ 8:30 a.m.

COMMITTEE 2022 SUMMARY REPORTS:

ADVOCACY:

Activities of the Joint Bellevue Network on Aging and Kirkland Senior Council

2022 Advocacy Committee

1. At our monthly meetings we discussed our state legislative agenda
2. We developed a pass-out to give to state legislators.
3. Residents of the BNOA from the 41st and 48th Districts met on-line with legislators from our districts AND e-mailed our state pass-out to them. Some members sent the legislature on-line comments on various bills. Kirkland Senior Council Members E mailed our state pass-out to their legislators
4. We spent considerable effort learning about ACO Reach, a Medicare program that starts this month.

5. Developed a federal legislative agenda and a pass-out on federal issues impacting seniors. Met with legislative assistants from the offices of Representative Smith and Senator Murray. E-Mailed our federal legislative agenda pass-out to Representative Cantwell and Representative DelBene. Some members of our committee attended a meeting on federal issues with Representative DelBene, which was organized by AARP and the Seattle King County Area Agency on Aging.
6. Invited a speaker from AARP, who is involved in the AARP senior employment program, to speak with us and thus learned about the AARP employment programs.
7. The co-leader of the committee, in order to keep up to date on legislative issues, attended the monthly meetings of both Washington State Senior Citizen's Lobby and the Advisory Council of Seattle King County Aging and Disability Services. She also attended the meetings of the Dementia Action Collaborative and the meetings of the AARP advocacy committee.
8. We discussed possible issues for a local agenda.

OUTREACH:

1. The Outreach Committee held Zoom meetings on the third Thursday of the month for all twelve months. They worked on the following:
2. **Revising the BNOA resource guide for older adults.** The guide is on-line and in a paper copy. It refers to such non-profit organizations in the Puget Sound as Adult Abuse Prevention, Alzheimer's Association of Western Washington, Asian Counseling and Referral Services and the City of Bellevue Major Home Repair Program.
3. **Bellevue Farmers Market Program.** The committee had tables at the markets for May, June, July, September, October, November and December with four volunteers at each market day. The tables had brochures for the elderly, brochures on Bellevue parks and information of general interest about Bellevue such as the Neighborhood News. Farmers market visitors stopped at the table for the brochures and to ask questions.
4. **Senior Day.** Senior Day occurred on the first Thursday of August. The committee brought together vendors/agencies who specialize in and provide assistance/info to seniors -- Sunrise Living, Hopelink transportation services, Sound Generations, ENN, Hearing Loss Association, BNOA, YMCA. NBCC's band provided music. Several door prizes were given away.
5. **Neighborhood News articles.** There were articles in eleven of the monthly Neighborhood News. The articles included ones on Dementia Resources, Remodeling/Retrofitting your Home and Shingles. In addition, there was an insert with the June Neighborhood News on Legal Resources, prepared by Diana. The articles and insert provided useful information for older Bellevue residents.

6. **Neighborhood News Distribution:** The number of locations receiving Neighborhood News increased to nineteen during the year. The locations included libraries, medical clinics, a food bank and Crossroads; all in Bellevue. About 500 copies are distributed each month. Before the Outreach Committee began distributing Neighborhood News, Bellevue residents could only access the publication on-line and get paper copies at the Community Centers.
 7. **Updated BNOA slide show** It is used as a general outreach tool for community, civic, and neighborhood presentations. It describes the general role of BNOA, services and opportunities for Bellevue's older adults. The entire slide deck was revised in September for presentation to the Parks Board, which occurred on 9/13 and presented by Abigail. Attendees included Dan Lassiter, Shelly Brittingham, John Stokes, and Michael Shiosaki
- Mary suggested that members participate in each of the committees to see the work that is being done across the committees. Mary valued the Outreach Committee's presence at the Bellevue Farmer's Market and Neighborhood News and being part of the work being done to distribute the information gathered by BNOA.

HOUSING AND TRANSPORTATION:

1. The Housing & Transportation Committee is a joint committee of BNOA and Kirkland Senior Council (KSC) members.
2. Committee members participated in the planning phase of the Sound Generations pilot project, Eastside Mobility for All, aka Rides & Smiles. Assisted in coordinating focus groups for this project. Rides & Smiles is now operational, serving 4 cities on the Eastside.
3. Transportation matrix updated and added to the BNOA 'bag' of outreach resources.
4. Collaboration with city and regional partners, such as EERC, on mobility and transportation solutions with a focus on options for older adults.
5. Committee members attended and provided input at several 2044 Comprehensive Plan Meetings.
6. Invited COB Planning Manager and ARCH staff to update committee and BNOA and to answer questions on affordable housing for older adults. Several Committee members went on the bus tour of affordable housing in Bellevue.
7. Formed a working group to research, gather data and information, and analyze options for affordable housing. After a 4-month effort, the final report with findings and recommendations was approved by BNOA members to send Parks and Community Services managers.

8. Contacted AARP and received a supply of AARP HomeFit guides. This publication, in several languages, offers tips and suggestions for retrofitting homes to help older adults age in place, and has been added to the BNOA 'bag' of outreach resources.
9. Committee members continue to monitor the City of Bellevue Weekly Permit Bulletin, Downtown Bellevue Building Updates, and updates from affordable housing advocacy organizations.
10. The ARCH website has been revamped, and the list of senior housing resources is no longer available on the website.

GOALS FOR 2023:

1. 2023 Speakers

- Members discussed value of different speakers to focus on getting senior needs met.
 - More impactful information that can be turned around and be impactful for the senior population.
 - Updates from service providers to have conversations on getting senior needs met.
 - Updates from City of Bellevue department work plans and how BNOA can be involved.
 - Follow-up meetings on topics that needed further clarification and push for accountability.
 - Memory Loss and Vision loss are ideas already proposed.

2. Development of Electronic Storage of BNOA info for members use only. (Abigail)

- Repository database sanctioned by the City of Bellevue for members to store documents in one place including various meeting minutes, documents, and calendar of events.
- Christy will look into SharePoint, city email, google drive, or other platforms.
- Members will be responsible for accessing this site and eliminate information sent via emails.
- Maintenance will be crucial going forward.
- Christy and Dan will meet to discuss options and report back to BNOA members.

3. Possible committee configuration changes. After March maybe Advocacy with Housing and Transportation.

- Consider shifting focus from federal/state to local advocacy during the year. Look into what other eastside advocacy groups are doing. Consider adding healthcare to one of the committees.
- Members discussed possible configuration changes, but decision is to keep the three committees as is for now.

4. Local agenda items to think about focusing on: establish local senior networks; broadband access; disability concerns; caregiver issues; food insecurity; isolation, etc...

- To be discussed in committee meetings.

5. Bylaw updates?

- Tabled today due to lack of time.

6. Stay involved with 2044 comprehensive plan.

7. BNOA December potential changes for 2023.

- Should we consider not doing regular committee meeting reports in December?
Please discuss in committee meetings and report back.

COMMITTEE'S SET UP AND ORGANIZE:

❖ Members joined in Zoom breakout rooms for three committees to discuss the following:

Advocacy: Abigail Brown, Dan Lassiter, Diana Thompson, Eleanor Lee.

Housing & Transportation: Anne Rittenhouse, Beverly, Christy Stangland, Hannah Kimball, Kira Hackett.

Outreach: Barbara Carey, Gazel Tan, Julie Hart, Shellie Gehring.

1. Meeting day and time.

- No change.

2. Note taker or shared note taker per meeting.

3. Choose a chair or co-chairs.

- Gazel will co-chair outreach with Julie.

4. Create outline of 2023 work plan.

5. Send this information to Dan

Meeting adjourned at 12:00pm