

BELLEVUE NETWORK ON AGING

MINUTES

August 6, 2026, 8:30am - noon

MEMBERS' PRESENT: Beth Hanley, Andrea Kline, Bhavana Pahwa, Elaine White, Julie Hart, Hannah Kimball, Eleanor Lee, Roxi Wilson, Suresh Velagapudi, Guang-an Wu, Kari Marino, Kan Liang,

MEMBERS ABSENT: Shilpa Mehta, Madhu Kachru, John DePalma, Anne Rittenhouse, Chelcy Flores,

STAFF PRESENT: Dan Lassiter -Community Services Supervisor
Christy Stangland- Human Services Planner

GUESTS: Abigail Brown

PRESENTER(S): Office of Emergency Management – Alex Dryer, Tesslyn Matthes

RECORDING SECRETARY: Daniel Lassiter, Bellevue Parks & Community Services

WELCOME AND ROLL CALL: The meeting was called to order by chair Bhavana Pahwa at 8:30a.

Approval of MINUTES: Minutes for July 2026 were reviewed and approved.

PUBLIC COMMENTS: None

Presentation: Fire Safety and Emergency Preparedness

Topics for today!

- Preparedness –
- Emergency Plan
- Build a Kit
- Special Considerations
- Be Informed

- **Get Involved**
- **Know Your Neighbors**

Medical Information

- Communicating Medical Wishes
- Important Paperwork

Emergency Plan

Communications Plan

- Develop emergency contacts
- Local & out of state
- Texting is BEST
- Share & practice
- Familiarize everyone with the plan
- Alternate forms of communication
- Pen and Paper
- Radios
- [Facebook.com/about/safety](https://www.facebook.com/about/safety) check

Action Plan

- Sheltering
- What if you must shelter in place?
- Stay informed
- Evacuation
- How you'll leave and where you'll go?
- Identify safe meeting spots
- One within your neighborhood
- One outside of your neighborhood

Build a Kit: stationary

Be Two Weeks Ready

- Food
- Water
- Sanitation/hygiene items
- Lighting
- Shelter
- Fire Extinguisher
- Comfort Items
- Special Items
- Important Documents

Build a Kit:

- Grab-and-go
- Basic first-aid kit
- Flashlight
- AM/FM emergency radio
- Shelter
- Tableware
- Navigation
- Fire
- Extra clothes
- Weather protection
- Basic home supplies

Special Considerations

- Young Children
- Pets and Service Animals
- Access and Functional Needs
- Dietary Needs
- Cultural or religious considerations

- Kits are not one-size-fits-all!

Be Informed



- Sign up for Alert King County
- Regional emergency alerts
- Available in over 30 languages
- Identity Protection

Get Involved

- Bellevue's Office Of Emergency Management Volunteer Groups:
- Bellevue Communication Support team (BCS)
- Public Outreach and Education
- Emergency Response Team

Know Your Neighbors!

- Social Isolation and Loneliness
- Loneliness poses health risks comparable to smoking 15 cigarettes a day, significantly impacting both physical and mental health
- About half of U.S. adults report experiencing loneliness, and the condition has been associated with a 30% increased risk of premature death, as well as higher risks of stroke, heart disease, depression, anxiety, dementia, and type 2 diabetes

Medical Wishes

- POLST/DNR
- Portable Orders for Life-Sustaining Treatment/ Do Not Resuscitate
- Designed for seriously ill individuals or those in very poor health
- Different from Advance Directive
- Communicate medical wishes to physicians and trusted individuals
- Have emergency contacts listed on your phone

Important Paperwork

- What to have
- POLST/DNR
- Medical facts – current diagnoses, chronic conditions, severe
- Medication list - name, dosage, purpose, and when it is usually taken
- Emergency contacts
- Insurance information will not be collected by EMS, but may be needed at the hospital

Where to Keep It?

- There is no standard place a firefighter/EMT/paramedic will look. Their focus is on the emergency and any life saving measures
- Most important is that you or someone in your home knows where it is. Refrigerator, front door, in a purse.
- Digital/portable copies recommended

BNOA asked: Is the vial of life no longer usable as an information device that emergency workers look for?

The emergency staff will not look for that information anymore, so it is best to have any medical id, or better to have your neighbors really know your issues so

they can convey information. It is still good to have this information prepared but let someone in your house know where it is.

Human Services Needs Update – Christy Stangland

Final funding preliminary recommendations are in the works. Currently the Humans Needs Update is being reviewed to align needs. A vote will take place by October 5th. GCB funding is federal funding which is very specific on what it can be used for and equals \$145,000.

COMMITTEE REPORTS: Members were asked to read the committee reports before the meeting for discussion and due to time restraints were skipped this month.

Advocacy: The legislative agenda was presented to BNOA and was approved as written. The agenda is shared with the Kirkland Senior Council. The local agenda has been suggested and the BNOA will vote on it next meeting.

Housing & Transportation: No meeting was held in August.

Outreach: Crossroads Farmers Market final day will be September 29th. Four people are needed to run the table. Hannah will set up in the morning, and Andrea will close in the afternoon. The Bellevue Farmers Market was discussed as an older adult day but unsure with the new director of FM that it will be approved. Andrea is looking into it with new director Robin Crowder.

Public Meetings: No meetings attended.

Ad hoc committees:

Celebration Committee: Chelcy is working to secure a BNOA fund raiser to help remove barriers for the public to enjoy the Botanical Gardens by providing up to two specialized wheelchairs to the Botanical Society. The celebration will be at

the Botanical Garden on October 14th, 4-6p. Emphasis will be to invite past members, valued partners, and City of Bellevue staff and officials involved in its development. Councilmember Robinson has been asked to keynote, and originator of the BNOA program Cathy VonWald will be asked to present the BNOA beginnings. Food/ beverages/pictures/gifts are all being considered.

Older Adult Recreation Plan for Bellevue: The plan is to finish that project by end of August. Members have been asked to help scribe for the various focus groups.

Recycled Computer Program:

Guan-an continues to work with the Bellevue IT department on receiving cleared recycled computers that can be given to older adults. He has checked if NBCC has any help services and found that some do exist but will need more development. April 2027 is when computers will be given out.

NEW BUSINESS:

Age Friendly meeting with King County – Hannah reports that the group is seeking the answer to “how does this program really help the older adult?” They are also looking at catch phrases to go with the project such as “Aging is Cool” or “Aging, Everyone is Doing It”.

September is the beginning of recruitment month. Dan asked for volunteers but no takers so far. A note will go out to the team asking for volunteers.

The meeting was adjourned at 10:30a

Next meeting is September 6, 2026. Presenters: Cameron Parker speaking on how Commissions and Boards appointed by council are set up and operate.