

BELLEVUE NETWORK ON AGING  
MINUTES

June 1, 2017  
8:30-10:30am

Bellevue City Hall  
Room 1E-113

MEMBERS PRESENT: Ethan Crawford, Dianna Thompson, Desiree Leigh, Sandy Jones, Lauren Emery, Arlene Cheng, Phillis Smilen, Hannah Kimball, Beverly Heyden, Berta Seltzer, Eileen Rasnack, Judy Dowling, Janet Zielasko, Howard Katz, Gazel Tan

MEMBERS ABSENT: Bob Megargel, Jeanne Grote, Bill Merriman, Linda Whitehead, Jullie Gray

STAFF PRESENT: Dan Lassiter/Bellevue Parks & Community Services, Teri Ekstrom/Bellevue Parks Human Services

GUESTS: Liz Phase/Eastside Neighbors Network Marketing, Joanne Gainen/Eastside Neighbors Network Organizer, Maggie Sarah, Carolyn Jones, Karen Koenig/Executive Director Old Friends Club from Kirkland, Andrea Michaels/Financial Advisor Edward Jones, Dori Gillens/Presenter

RECORDING SECRETARY: Vicki Barrett, Bellevue Parks & Community Services

Eastside Neighbors Network announced that they will be having their monthly social on Monday, June 5<sup>th</sup>, 4-6pm at the Village Haunt Mocha Café'. All are welcome. They will be focusing on aging in other countries.

**WELCOME AND ROLL CALL** - The meeting was called to order at 8:30am by Chair Ethan Crawford.

**APPROVAL OF MINUTES – May 1, 2017** Ethan asked if there were any corrections or changes to the May meeting minutes. Member present rather than absent was requested for Sandy Jones. Minutes were approved with the 1 correction.

**[PRESENTATION & DISCUSSION] Dori Gillam “Retired or Rewind? Creating a Fulfilling 3<sup>rd</sup> Act”, Northwest Center for Creative Aging.**

[www.nwcreativeaging.org](http://www.nwcreativeaging.org)

“What does retirement mean **for** you? What does retirement mean **to** you? What is or was your original idea about retirement? How many have firm answers? How many are still working it out? How many would like to share?” Howard shared that volunteering helped him, but when you get older it gets harder to focus on several volunteering opportunities. Focusing on one or two works out. Physical and mental issues can limit you. Dori followed up with a story about breaking her arm, shoulder and a spinal cord injury. She was a very active person. Mountain climbing and hiking then all of a sudden she was in a brace unable to do much of anything. She was emphasizing the point that things can change for you without notice. George spoke up saying he didn’t have a plan but stopped his corporate job and went into nonprofit. There was never an idea of retirement, “that’s what old people do”, “don’t think about retiring”. He said that some of his friends feel the same and that they are always busy but couldn’t tell you what they do. He is also finding that some people are finding that they need to keep working some sort of job for financial purposes as they are supporting second and third generations. Phyllis said retirement is hard to plan. She learned over the years, that volunteer work makes her happy. Knowing yourself is key then look around to see what you want to do in retirement.

Dori asked “is retiring the end of a career or just the end of a job? You are not done with your life when you retire. This could be another phase or phases of your life. The word retirement seems to be where a lot of people get hung up. It is merely just leaving a job and entering a new phase of your life.” Howard noted that coping with the loss of your classmates, friends and relatives can be difficult. Outliving your generational network is hard. Dori mentioned that the King County Library System has a program for older adults called “Wisdom Café’s that is very helpful. One of their topics is “Make New Friends but Keep the Old”.

What Men Fear Most About Aging & What Women Fear Most About Aging. An international study that was completed in Western Europe & US ages 50-80. The number 1 fear for men is impotence, 2 weakness, 3 irrelevance, 4 loss of independence, 5 dementia or spousal dementia. The women’s list is quite different with, 1 being invisible, 2 being left alone, 3 lack of finances/bag lady, 4 cancer, 5 dependent on others.

She likes the word interdependent rather than dependent as we are already dependent for some things in our life. There are many theories of aging well. Some things are in our control and others are out of our control. Everyone needs something to do, something to look forward to, something to believe in and someone to love. At any age, when a person doesn’t have at least two of these things and they are at risk of becoming depressed and suicidal. You need something to keep you moving. You also need something to laugh about. “Have you thought about how you will contribute, what you will learn, who will you teach?” She asked the audience what do you look forward to in life. Grandchildren, greatgrandchildren, travel, hobbies, stimulation, finding community/getting connected, learning. “What do you believe in, faith, volunteering, traveling, continuous learning. Do you have someone to love (humans that can love you back), child, niece, neighbor, friend, (pets are important as well but perhaps not necessarily a good replacement for humans). Some husbands and wives die very close to one another because the surviving spouse will give up, stop eating, become very depressed, etc.”

“You are not retiring from life when you quit a job, you can still work, volunteer and contribute to society therefore helping yourself as well as others. What makes you laugh, TV, politics, U-Tube videos, comedy/comedians, kids, grandkids, great grandkids, plays, etc. Find your imagination. What do you think you need more of in your life & what can you do without?” Ethan said that you can get overextended with things and need boundaries for yourself. You can’t take your talents and knowledge with you, share while you are here. Look for some challenge in your life, something new. You are never too old to set a goal or a dream. What can you do in your life to shake things up? Do the things you want to do with your life, don’t wait as you are never ‘ready’ to do them. Jobs fill your pocket but adventures fill your soul. She challenged everyone to do something in the next 7 days that will shake up their life. It could be something small or something huge. Then go home and tell someone what it is. Let’s look to our future more often and do what you want to do. We don’t have to fit into anyone else’s mold, make your own. Only you can create your next grate phase.

She ended her presentation by recommending the 3<sup>rd</sup> Act Magazine. It’s local here in the Pacific Northwest. It’s free on-line or hardcopy.

End of presentation.

BREAK (10 minutes)

## **COMMITTEE REPORTS**

**Advocacy** (reported by Janet Zielasko)

At the May meeting, the committee worked on updating the Federal Legislative Agenda talking points. Several members met yesterday with Congressman Dave Reichert to present the BNOA federal agenda. A meeting is coming up June 13<sup>th</sup> with Senator Smith’s representative to present the agenda.

Seven members between Bellevue Network on Aging and Kirkland Senior Council met with Congressman Reichert which lasted about an hour. He listened and said he would be in support of most of what they were talking about including the issue on Social Security including the proposed scrapping the cap which is a complex issue and would take their comments under advisement. It was a good exchange.

They also discussed the issue of the sharp rise in medication expenses. Rich with the Kirkland Senior Council is doing some investigation on the subject. He will report at the next advocacy meeting. At the time of the meeting no one was aware of any Legislative issues regarding slowing medication costs.

The Resolution to address the Social Security crisis, “scrap the cap” is being taken forward to the Kirkland City Council and is being considered to be presented to the Bellevue City Council. The Hearing Aid Bill did not pass, but may be included in the budget. The Senate wants to include it in their bill but the House wants more information first. Dianna reported that there is a good chance it will pass.

Bellevue Network on Aging  
April 6, 2017  
Page 3

**Outreach, Education Diversity Committee** (reported by Gazel Tan)

At the May meeting the power point to be used in presenting Bellevue issues and resources to citizen groups was continued for development. The project is about half way through revisions on the first draft. They are verifying information.

The committee agreed to staff the BNOA table at the Strawberry Festival. More people are needed for the 3 hour shifts. It's on 6/24 & 25 at Crossroads upper park area. They will be working with the Bellevue Parks & Community Services staff. He needs about 3 more volunteers. Vials of Life will be available as handouts.

**Transportation/Housing Committee** (reported by Judy Dowling)

The committee finished their revision of the ARCH web-site. They are beginning to work on transportation issues. She mentioned putting something together like the on the ARCH web-site with all the transportation options on the eastside, with service explanations so people can find a way that works for them. They are expecting to complete it in the next few months.

Alex spoke up saying Human Services Division is working on a partnership with Aging and Disability Services and the NW University Signing Council. They will be hosting a meeting at Bellevue City Hall called, "Improving Access to Healthcare". Transportation will be discussed with a panel of transportation experts (two from East King County). This will be a good venue to share your comments of the lack of transportation options.

Monday at 6pm the Bellevue City Council will take a vote on the permanent men's shelter in Eastgate. It can also be watched on BTV. Dan asked people to come in support of Diana as she receives the Elder Abuse Awareness Day Proclamation and gives a short statement on how it is a concern in Bellevue. Howard asked who was looking after the homeless children. Alex said that those under 10 years old are looked after by the state. The 10-18 year olds unaccompanied would be turned into law enforcement then turned into foster care. There is a year-round family shelter in Kirkland.

**COMMUNITY PARTNERSHIPS REPORTS**

**Eastside Rider** Hannah said she attended an Eastside Easy Rider Collation Tuesday. They had a presentation about Access. They are trying to update their service and utilizing customer service surveys. Part of the problem is that they haven't updated their bus and routes times and traffic has changed dramatically since the last update so they are not working with current information. They are trying to change their current image of bad performance/services. They are also putting out a contract for a new provider or manager. They have incentives and penalties in place for the contractor if they don't meet the performance measures set by Metro. But, there is no way for the customer who is charged for a no-show doctor appointment to be refunded. They are going to start looking at that. Currently Metro has no consistent way to gather customer data. Hannah

Bellevue Network on Aging

April 6, 2017

Page 4

thinks people would be more generous in their evaluations if they worked on this aspect. Stacy with King County Mobility Coalition is looking for feedback of Metro services. Someone at the meeting commented that Metro has been collecting data for years and nothing has come of it. Hannah said the next Eastside Easy Rider Meeting is on July 25<sup>th</sup> in Issaquah but dependent upon a presentation they are trying to arrange. Mark Carson/Hopelink Coordinator will send out an email confirming. Alex said this is the same presentation that she and Dan have been trying to line up for the July 6<sup>th</sup> meeting with King County Regional Council is developing their "Transportation 2040 Plan". The Council hired consultants for listing sessions around the county. She said that their committee has been advocating to have a couple of them in East King County and just had confirmed that they will be coming to the 7/6 meeting. She mentioned that Federal funds come to this Council for roads and bridges as well as special needs transportation. She is hoping for a good turn out to this meeting. If you miss the 7/6 meeting perhaps you could attend the 7/25 meeting. It was also mentioned that you may be able to check for Metro's on-line survey. Dan mentioned that they are trying to organize Access Transportation to attend the BNOA August meeting. Alex said it will likely be the same group that Hannah previously mentioned.

**Eastside Human Services Forum** (reported by Alex O'Reilly)

She wanted to make sure everyone received an invitation to the June 14<sup>th</sup> Summer June/Education Event on Heroin & Prescription Opioid Addiction. Event will take place in Redmond, 2-4pm Old Redmond Schoolhouse. Panel will have 2 people, 1 from UW who does a lot of research in this issue and 1 from King County Substance Abuse Division. This will be open to all.

Alex handed new fliers from the Sound Generations on the Minor Repair Program from the City of Bellevue's Major Home Repair Program. Some people may not be aware that the City of Bellevue has a contract with Sound Generations so we can do 'minor' home repairs as well. Additional fliers were requested for handouts at the Strawberry Festival.

Dan said that Alex is leaving as today is her last day, she is now the Human Services Director, and Alex will be doing the hiring for her vacant position.

**Timebank**

Jeannie was not at this meeting, no report.

**Aging & Disability Services** (reported by Beverly Heyden)

Beverly was unable to attend the last meeting, no report.

**Senior Lobby** Dianna Thompson said they had a speaker that talked about Fall Prevention. She suggested that once the power point is complete, the Outreach Committee could perhaps focus on Fall Prevention Day or month in September.

**New Business/Staff Report**

Dan said on Monday Dianna is going to City Council for the Elder Abuse Awareness Day Proclamation and will give about a four minute talk. Last month Dr. Whitehead went to City

Bellevue Network on Aging

April 6, 2017

Page 5

Council to receive the Older American Month Proclamation. She got the council together and all had a picture taken. Someone mentioned that they want a picture of the proclamations for their web-page. BNOW pictures will be taken at 7/6 meeting. Ethan, Gazel, Arlene and Judy volunteered to assist with the Strawberry Festival.

**Staff Report** included with New Business

**Adjourn**

The meeting adjourned at 10:30am.