

Bellevue Network on Aging  
Annual Retreat  
January 5, 2017  
8:30am-12pm

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The purpose of the retreat was to review 2016, and to identify committees for the 2017 work plan.

**ATTENDANCE:** Shelley Brittingham/Assistant Director Bellevue Parks & Community Services, Daniel Lassiter/Community Services Supervisor North Bellevue Community Center, Alex O'Reilly & Kayla w/Human Services, Ethan Crawford, Dianna Thompson, Eileen Rasnack, \*Desiree Leigh, Sandy Jones, Gazel Tan, Janet Zielasko, \*Lauren Emery, \*Phyllis Smilen, Jeanne Grote, Arlene Cheng, Hannah Kimball, Beverly Heyden, Berta Seltzer, Howard Katz, Bill Merriman, Judy Dowling, Debbie Lacey/Retreat Facilitator, Jullie Grey. (\* indicates new member)

**DECEMBER MEETING MINUTE CORRECTIONS:**

- Dianna Thompson asked for the following corrections/revisions/clarifications; 1) Janet is not a new member. 2) There is a 'provision' rather than a 'compendium?' then cross out 'which would involve' and replace it with 'by' so the sentence should read; "There is a provision within the resolutions that would extend Medicare by increasing the amount taken out for Social Security and Medicare taxes." 3) The Outreach Committee has been meeting on the 3<sup>rd</sup> Thursday of each month not the 1<sup>st</sup>. 4) In front of the word "City Hall" should be "Mini", and after the first City Hall there should be a period. "She" should be the next sentence.

**NEW BUSINESS:**

- Dianna Thompson reported that Eileen is the co-chair for the Advocacy Committee and they wanted to add accessibility to public buildings on their agenda. This has already been approved by the committee and on their agenda for the past few years. The committee neglected to add it when they voted on their agenda. She moved to add this to their agenda accessibility in public buildings. They will be focusing on 'hearing & vision accessibility' in addition to other accessibility. Councilmember Robinson had asked that they stay involved in this, specifically 'looping' for hearing impaired. A motion was asked for and approved, a vote was taken and passed.

**RETREAT NOTES:**

- Dan gave a BNOA overview, bylaw summary, roll of staff and new news for those who are new and or just catching up; as well as priorities and committee work for 2017.
- Shelly informed Dan that looping will be added to the Banquet Room at the North Bellevue Community Center this year.

- Dan suggested that all members read the bylaws on their own. He reviewed & clarified topics such as, attendance, roll of the Chairperson, voting, Robert Rules of Order (a handout was given), staff roll and chain of command. Additionally, he reported that New Member Orientation has been completed.

Debbie Lacey talked about this time of year being a good time to take inventory of last year, your goals and accomplishments and if you were satisfied with those. She said that if you were not satisfied or would do things differently now is a great time to take stock in that and plan accordingly. She mentioned that one of the things they talked about at last year's retreat was some of the things that can get in the way of owning the work and being a leader in the community as well as the group; time, other obligations, the unknown future, skills and confidence are things that everyone shares. She emphasized that everyone's voice matters and has something to offer even in a small group such as BNOA. She was listening to the list of things that Dan does, which is a lot and it's not even the actual work that the members do such as connecting with the community and bringing forth ideas. Dan can be a good resource bringing things to and from the City but members need to flow that energy, emphasis and initiative forward to him. Today is a good opportunity to talk about what that is. She quoted a metaphor from Gareth Morgan, a college professor from Toronto. He talked about something called the 15% Solution saying, "In any given work or community organization, about 85% of what you do is out of your control." He goes on to say that knowing your limits gives you incentive to pay attention to how you want to spend that 15%. So today, think back to what your roll was last year and how you feel about it. Was there a lack of satisfaction or do you want more of something you enjoyed? Give that some thought as you plan for 2017.

Debbie had the group review the handout of 2016 accomplishments. She invited committee chair & co-chairs to share their highlights and areas that they felt they did not perhaps get the attention that they wanted. She referred to it as rallying, supporting & campaigning others to support their group.

*Where do you want to spend your 15% this year?*

*In considering committee participation and leadership, what are some of the challenges that can prevent people from stepping into a leadership role?*

- Lack of clarity about mission
- Lack of time
- Lack of confidence
- Fear of failure
- Lack of support
- Fear that you're not an expert and don't know it all (believing you have to be an expert to be a good leader)
- Not having good teamwork

- Not having skills to lead (some people may not be meant to lead or are unable to gain skills)
- People may have a long history of leadership and would rather give others the opportunity

In addition to the needs expressed above, people expressed the importance of leaders listening well and being good followers.

*What's possible if we all assume some level of ownership in the work?  
What's possible for us? For our mission? For the community we serve?*

- Something would get done
- We'd have more energy going toward good ideas and good solutions
- We'd have more influence and power
- Increased involvement
- We can make a difference and see evidence of our impact
- We would be recognized for our accomplishments
- The community would have a better understanding about what we do
- We'd see increased benefits to the community

## **Committee Discussions**

### **Advocacy Committee:** (Eileen & Jullie)

Eileen's voice was bothering her so she excused herself from speaking. Jullie thought one of the greatest accomplishments was the collaboration with Kirkland's Advocacy Committee and was noteworthy. She said that there was/is power in more voices. The issues they advocate on impact both cities & residents of Kirkland & Bellevue. They had a great legislative forum led by Sound Generation at NBCC that was well attended, standing room only. Senior Lobby Day was well attended as well. They addressed issues impacting funding, SHIBA, hospitalized older adults, communicating information so people can make informed decisions and looping at public facilities for hearing impaired.

### **Housing & Transportation:** (Beverly, Hannah & Berta)

Berta spoke saying they have a long list of accomplishments. They worked closely with Janet Lewine, COB Planner who kept them updated on affordable housing especially the Spring development on Bel-Red Road. They attended monthly meetings with Eastside Easy Rider part of the KC Mobility Coalition. They had an information table at the KC library Senior Fair. They were updated on elder abuse and human trafficking by the COB Police.

Beverly mentioned they will be getting more involved this year, with affordable housing for older adults as well as transportation issues.

Dianna stated that she was speaking with Cathy Iverson from Kirkland regarding what Kirkland is doing regarding affordable housing. They are really concerned with the passing of the

Transportation Initiative there has been a big increase in taxes. Kirkland is interested in looking into freezing taxes for seniors.

Ethan mentioned that the homeless issue is another important topic for older adults. He would like all three committees to work on this area of concern.

### **Outreach and Education: (Ethan)**

Ethan mentioned that last year, the ad hoc committee worked with memory care as an issue. Alzheimer's support group, (Alzheimer's Café at Tutta Bella Pizzeria) had a great year of implementation. The YMCA and Overlake Hospital also work with this organization that meets up at Crossroads Mall every 4<sup>th</sup> Tuesday from 3-5pm would be a good venue for members to get involved in. He also handed out the Neighborhood Newsletter which has a list of commissions that are part of the City activities.

Senior fair's displayed the Vials of Life using them as a recruitment tool. Outreach at community centers is a key thing promoting the community. This brings awareness and promotes involvement of any implementation of issues that the BNOA is working on and getting their mission across. He would like to really utilize our community centers to promote awareness. Beverly mentioned that they need many volunteers to assist with these fairs.

Fall prevention awareness is also something that was worked on with the Bellevue Fire Department. Finding different ways to involve and assist the community with equipment and awareness was the focus.

Dianna said that at fairs, a lot of literature on fall prevention and awareness is handed out. She also said that she feels strongly that early awareness for memory loss is extremely important and that the Alzheimer's Cafe' is a really good resource for this. Jeanne said that she's attended many of these meetings and that basically people just want to meet and outreach with others to share and gather information.

### **Committee Feedback**

Committee members were invited to talk about what worked, where the challenges were and if they have any recommendations as far as the structure of the committee and how they should move forward this year.

- ***Transportation & Housing Committee***

Challenges: Participation  
Focus  
Purpose  
Organization

Recommendations: Co-chairs

- ***Advocacy & Outreach Committees*** did not report

It was proposed that once you get into your committees, that you assign at least 1 person from each to form an ad hoc committee to assist Dan with year-end reporting. Debbie asked for a

thumbs up, down or indifferent vote. This never happened as other things were brought up at this point.

Berta mentioned the Bellevue Journal and how they need someone, perhaps with a journalism background to assist with getting information out to the media.

Beverly suggested that all members attend at least 1 City Council meeting wearing their nametags.

Alex mentioned for the Outreach Committee that every-other year the Human Services Commission develops a needs assessment. She commented that on the last 6+ reports, BNOA members have participated in those community conversations. This is the year that Alex is working on it and is the Project Manager. It does not encompass the entire year, but rather March through June 2017. She suggested that committee members talk with older adults not affiliated with BNOA, focusing on ethnic groups in the community to get their input.

Dianna wanted to make sure everyone is aware about what could be happening in DC regarding Medicare & Medicaid. Her understanding is that Paul Ryan wants to have Medicare on a voucher system. Her opinion is that we need Medicare as it stays for seniors. She thinks individuals might want to write their legislators regarding this. The other thing is that Medicaid is very important especially for our low-income citizens. They are considering changing to a block grant for Medicaid. Many people are thinking that Washington State will receive less money from the Federal Government for this program if this is what happens.

## **BREAK**

### **2017 Standing Committees & Opportunities**

Standing Committees:

- **Advocacy**  
Volunteers include; Jullie Gray, Dianna Thompson, Eileen Rasnack, Janet Zielaskow, Lauren Emory, Howard Katz, Linda Whitehead.
- **Outreach**  
Volunteers include; Ethan Crawford, Dianna Thompson, Sandy Jones, Gazel Tan, Arlene Cheng, Desiree Leigh.
- **Transportation & Housing**  
Volunteers include; Ethan Crawford, Gazel Tan, Phillis Smilen, Arlene Cheng, Hannah Kimball, Beverly Heyden, Berta Seltzer, Howard Katz, Bill Merriman, Judy Dowling.

Ad hoc Committees:

- **Age Friendly Community/COB Aging Update** that Dan is pioneering. He proposes that at least 1 member from each committee be involved with this committee.  
Volunteers include; Jullie Gray, Eileen Resnack, Hannah Kimball, Beverly Heyden, Berta Seltzer, Howard Katz, Judy Dowling.

- **Bylaw Review**

Volunteers include; Dianna Thompson, Hannah Kimball, Beverly Heyden, Janet Zielasko.

Dianna suggested that perhaps the new members may want to choose at 2 committees to see which one they are more comfortable with.

Before breaking into individual groups, Debbie suggested that each group have co-chairs, minute taker and meeting agendas including a brief overview of the prior meeting. She then passed out a committee template for the groups to utilize. Eileen provided a list of Age Friendly Cities for each group utilize as well. Debbie mentioned as each group reviews their priorities, to think about what would be the best strategy to accomplish them.

Each committee stated when & where they meet monthly before breaking into individual groups.

- ❖ Advocacy Committee meets 1<sup>st</sup> Monday monthly, 8:30-9:30am in Kirkland at Merrill Gardens (except for observed holidays).
- ❖ Outreach Committee meets 3<sup>rd</sup> Thursday monthly, 8:30-9:30am at City Hall.
- ❖ Transportation & Housing meets 4<sup>th</sup> Monday monthly, 8:30-10am at City Hall.

## **Individual Group Session Discussion**

The meeting was reconvened to report and close out the meeting.

**Outreach:** Meets 3<sup>rd</sup> Thursday monthly, 8:30-9:30am at City Hall.

Ethan Hawk & Sandy Jones are co-chairs

Broaden the reach of communications (Gazel)

Senior Fair coordination (Ethan)

Special needs coordinator (Desire & Alex)

Fall Prevention (Sandy)

**Advocacy:** Meets 1<sup>st</sup> Monday monthly, 8:30-9:30am in Kirkland at Merrill Gardens (except for observed holidays).

Janet Zielasko will co-chair for Bellevue the Kirkland co-chair is TBA

Develop a template letter to share with all BNOA members to contacting legislators.

Track & recommend input on older adult needs for Veterans & Human Services Levy which is coming up this fall.

Work on legislative agenda which includes State, City & Federal issues.

**Housing & Transportation:** Meets 4<sup>th</sup> Monday monthly, 8:30-10am at City Hall.

Beverly Heyden & Judy Dowling will be co-chairs

Committee mission is to advocate for affordable housing as well as available and accessible transportation.

Create a transportation handbook  
Research criteria for affordable housing  
Have committee members attend the monthly Transportation & Planning  
Commission meetings and City Council meetings.

Before ending the meeting, Dan asked for feedback on upcoming speakers;

Attorney General is coming in February

Transportation Secretary (what is their plan this year as relates to older adults)

Aging friendly community speaker

Elder abuse awareness speaker

State of Washington Alzheimer's plan

Homelessness in Bellevue as relates to older adults (Alex suggested to schedule  
sometime after April to include the latest statistics)

City Council Member to visit BNOA to hear BNOA issues and concerns

Veterans Administration