

BELLEVUE NETWORK ON AGING

MINUTES

January 9, 2025. 8:30a – noon; Retreat and new member orientation

MEMBERS' PRESENT: Shana Aucsmith, Abigail Brown, Eleanor Lee, Beth Hanley, Andrea Kline, Elaine White, Beverly Heyden, Lori Reinvik, Anne Rittenhouse, Kari Marino, Hannah Kimball, Lisa Corcoran.

MEMBERS ABSENT: Bhavana Pahwa, Joyce Hansbearry, Julie Hart, Barb Carey.

STAFF PRESENT: Dan Lassiter -Community Services Supervisor

GUESTS: none

PRESENTER(S): BNOA annual planning retreat and New Member Orientation

RECORDING SECRETARY: Daniel Lassiter, Bellevue Parks & Community Services

WELCOME AND ROLL CALL: The meeting was called to order by Anne Rittenhouse.

PUBLIC COMMENTS: None

APPROVAL OF MINUTES: *December* minutes were approved.

Presentation: BNOA Planning Retreat and New Member Orientation

Anne Rittenhouse has been elected for her second consecutive year as Chair for BNOA. Anne began the meeting, completed the introduction of new members and existing members. Jen Newton, Parks Manager, was introduced and welcomed the team members of BNOA. Jen expressed the value of each volunteer serving Bellevue Older Adults. Jen also notified the group that North Bellevue Community Center had been awarded a new FTE to operate programs

and encourage all recreation centers to hold older adult appropriate activities at their sites. This action partly came directly from the awareness of the need to have a dedicated person working to encourage older adult friendly programs at more sites than NBCC, as expressed a few years ago, by the BNOA, to the City Department Directors. Jen expressed the need for Dan Lassiter to oversee the position and needed the time to do so. Therefore, his duties will need to shift in a manner to maintain a quality BNOA group with more direct activity produced by BNOA instead of Dan. Ideas included having a repository system where BNOA members could place committee agendas and minutes instead of Dan. Also, recruitment duties will be more a direct responsibility of BNOA members. Special events-planning such as a 20-year celebration of BNOA would need heavy support from BNOA members. Finding speakers for the monthly meetings and scheduling their times is another idea brought forward.

BNOA members expressed their approval and delight at an FTE that will be supporting older adult programming throughout the City of Bellevue Parks & Community Services Department.

Human Services Report – Christy Stangland

Christy was not available to attend today's retreat and therefore no report was given.

COMMITTEE REPORTS: Members were asked to read the committee reports before the meeting for discussion.

Advocacy Committee- Abigail

Legislative Agenda – Abigail spoke of the development of the 2025 state legislative agenda. Washington State Legislators will be in session beginning January and the State Senior Lobby Day will be held mid-February. From that meeting a legislative agenda will be decided on and brought before the BNOA team for discussion and approval.

BNOA Advocacy Annual Report 2024

Bellevue Network on Aging works in partnership with the Kirkland Senior Council on an Advocacy Committee. These are a list of items discussed, and the legislative agenda that was supported for 2024.

- The Kirkland Senior Council (KSC) provided their legislative agenda to members of the 1st and 45th districts in person. Representative Thai was interested in the funding of items from the legislative agenda.
- The head of the Ombudsman program, Patricia Hunter, was provided information from Representative Roger Goodman to KSC concerning the rights of Medicaid residents living in adult family homes and assisted living facilities. The bill was not passed by the state legislature.
- Advocacy supported the funding of \$2.8 million in the 2024 state budget to reduce the caseloads to 55:1 for case managers, whose clients do not have caregivers in the home.
- Supported House Bill 1859 to ensure that the residents in all types of long-term care facilities have the right to appeal an eviction, have the same rights as residents of nursing homes, are treated appropriately and are protected by relevant regulations.
- Supported legislation for funding that will assist people with dementia and their families, and organizations that serve people with dementia.
- The group held a discussion on Metro-Flex Transportation for older adults' purposes.
- The advocacy committee were shown how to check the status of Washington State bills under <https://app.leg.wa.gov/bi/report> and suggested members work to stay abreast of focal points for future advocacy.
- A presentation by the City of Bellevue Intergovernmental office was received by the BNOA group on how legislative agendas for the City of Bellevue are developed and supported.

- Kirkland has a senior housing unit under construction. KSC has expressed some problems relating to the units such as no parking, no air conditioning in the units, and lack of easily accessible transportation as it is being built on a hill. A letter expressing these concerns was written and presented to Kirkland Council.
- The committee supported the need for dental coverage through Medicare which is currently unavailable sufficiently to cover extended medical need beyond cleaning and x-rays.
- Senior discounts were sought by the Advocacy Committees by local businesses that could be included in the Gold Card program of Seattle.
- Kirkland provided website advertisements for groups seeking Seattle Human Services funding applications. [Web5.seattle.gov/human-services/for-providers/funding-opportunities/2024-king-county-congregate-meals-rfq](http://web5.seattle.gov/human-services/for-providers/funding-opportunities/2024-king-county-congregate-meals-rfq)
- The National Retired Legislator Network was contacted to discuss their agenda. The local chapter is Puget Sound Advocates for Retirement Action <http://www.psara.org>
- The KSC went to Kirkland City Transportation Committee on 10/1/24 to discuss the “transportation corridor” in Kirkland. The KSC promoted a pilot program to have shuttle transportation for Kirkland seniors. The goal is to make Kirkland an “age-friendly city”.
- Governor Jay Inslee announced WA as an age-friendly state (the twelfth of the nation).
- The Bellevue City Council approved a 20-year comprehensive plan update but has limited reflection about seniors.

Outreach Committee Report – Shana

Martin Luther King Health Fair at Crossroads Mall is an outreach opportunity and Shana reached out several times to ask if BNOA could participate but received no

response. The group agreed to attempt to continue contact to arrange participation in next year's event.

The Outreach Team has a qualified presenter on Advance Directives and would like to work with NBCC in providing a free workshop to the public. The group agreed that it would be a worthwhile activity for BNOA to support. Dan had previously looked at available dates at NBCC and April 29th, 10:30-11:30, was chosen to see if the presenter was available. The committee will be writing an article to highlight the presentation by March 15th for the Neighborhood News.

Outreach Accomplishments for 2024

Outreach Table set up at:

- Crossroads Farmers Market (CFM) and Bellevue Farmers Market (BFM) between May and September. Alternated between them monthly so tabled at each market 3 times. An average of 42 people visited our table each month at the CFM and 37 at the BFM.
- CISC (Chinese Information Service Center) Health Fare at the North Bellevue Community Center, June 4, 2024.
- "Welcome to City Hall" at City Hall, June 1, 2024
- Senior Day, September 5, at the Bellevue Farmers Market (BFM). Coordinated with the BFM. Invited 6 nonprofits to table: Hopelink, Sound Generations, Solid Ground (including both RSVP-Retired Senior Volunteers Program and SHIBA -Statewide Health Insurance and Benefits Advisors), Eastside Neighbor Network, King County Ombudsman Program for Long Term Care, Hearing Loss Association. Held a raffle to encourage visitors to visit nonprofit tables as well as ours. The "Sounds of Swing Band" from North Bellevue Community Center performed jazz music.

Presentations

- Completed a presentation at Pembroke Meadows Friendship Circle October 16, 2024.

City of Bellevue Neighborhood News (NN)

- Developed guidelines for the submission of articles to the Bellevue Neighborhood News (NN).
- Wrote an article each month for the NN. The topics were Mental Health & Post Holiday Blues; Yoga; Dementia Action Collaborative; King Co Property Tax Exemption; Social Connections; Elder Abuse; Wellness; Over-the-Counter Hearing Aids; Fall Prevention; Fitness for People with Cancer, Team Survivor NW; Medicare Open Enrollment; Holiday Emotional Stress.
- BNOA members delivered hard copies of the NN to 23 different sites each month.

Updates to BNOA Publications

- Updated the BNOA publication “Resources for Older Adults.”
- Updated the flier on “Legal Resources”.

City Council Proclamations

- Received a proclamation from City Council declaring Older American Month on May 21, 2024, and provided some public remarks.
- Received a proclamation from City Council for Older Adult Abuse World Awareness Day on June 11, 2024, and provided some public remarks.

Outreach to City Hall

- Participated in the 2nd Annual Joint Information Sharing Meeting between BNOA and City Departments on October 9, at City Hall. Participating departments showcased their activities in support of older adults, and BNOA discussed what might be done to support different department work. Participating departments were Police, Fire, Transportation, Utilities, Development Services, Community Development, and Parks and Community Services.

Housing and Transportation – Anne

Housing and Transportation Accomplishments for 2024

Quick review/affirmation of H&T purpose:

☑ Teamwork: Combined knowledge between Kirkland Senior Council (KSC) and BNOA

- Working together for common Eastside goals
- Advocacy on multiple fronts
- Becoming SME (Subject Matter Experts) on one or more topics
- Support other BNOA Committees (Advocacy, Outreach, Ad Hoc, etc.), CoB and larger community efforts in areas that need an older adult voice/representation, as we are able

2024 Accomplishments for both Housing and Transportation (individually and collectively)

• Collaboration with KSC

1. Learned from their work with City of Kirkland on H&T issues
2. They shared their Senior Resources Guide.
3. Invited us to Older Adult Educational Classes; and
4. Art is an ageless exhibition they sponsored.
5. Joined them for a meeting with Congresswoman DelBene at her Kirkland office to discuss protecting Social Security, help for family Caregivers, the power of the 50+ voters, and more.

• Supported BNOA Outreach by:

1. Updating the Transportation Matrix.
2. Reordering AARP HomeFit guides and Dementia Roadmaps brochures.
3. Throughout the season, hosted the BNOA table at both Farmers Markets and other events, handing out literature and answering questions, helped with Senior Day at the Market September 5th; and
4. Members did Community Outreach at Pembroke Meadows, introducing BNOA.

• Supported BNOA Advocacy by:

1. Responding to their Call-to-Action Alerts to legislative issues in general, but specifically gave input on topics associated with our aging population and affordable housing; and

2. Attended Senior Lobby

• Attended and participated in:

1. CoB Affordable Housing Bus Tour, via Experience Bellevue
2. Bellevue 2044 - Comprehensive Plan Final Draft Info Sessions
3. Planning Commission meetings
4. Bellevue's Grand Connection Open House

5. Older American Month Proclamation and Elder Abuse Proclamation @ Bellevue City Council meetings
6. Crossroads and Newport Hills Neighborhood Planning Sessions with the City
7. City of Bellevue Middle Housing Code Information Sessions
8. CoB Diversity Advantage Plan (DAP) meeting
9. CoB Human Services Needs Update meeting
10. Focus Group representing Older Adults for the CoB Human Services Study
11. Focus Group to assess the "City of Bellevue's performance related to the specific concerns of older residents"
12. Bellevue 2044 Drafting the Plan Kick-Off
 - Helped distribute the Neighborhood News in the community
 - Completed the Bellevue 2044 Policy Survey, voicing Older Adult concerns
 - Worked with BNOA to help facilitate the annual meeting w/CoB members of the greater CoB leadership team:
 1. Connected w/Bellevue Police Department and Transportation after meeting
 2. Toured the CoB Transportation Department, and discussed older adult issues with staff
 - Invited CoB's new Affordable Housing Planning Manager, Linda Abe, to our H&T meeting
 - Participated in Bike Bellevue Lake to Lake Ride
 - Attended and promoted NBCC classes, funded with Veterans, Seniors & Human Services Levy
 - Participated in 300 Trees Giveaway
 - Monitored the City of Bellevue Weekly Permit Bulletin, Downtown Bellevue Building Updates, and updates from affordable housing advocacy organizations
 - Reviewed Bellevue weekly permit activity for issues that may impact older adults

Beyond Bellevue, members also attended, and represented older adult issues, at:

- Justice in Aging Webinar on Topics in SSI (Federal)
- Congressman Adam Smith Accessing Home Energy Rebates & Incentives Webinar (Federal)
- Dementia Action Collaborative webinar (State)
- Gladly followed Governor Jay Inslee's announcement that Washington State has joined the AARP Network of Age-Friendly States and Communities and USAging's Dementia-Friendly America network (State and CoB level)

- South Bellevue Town Hall w/KC councilman Dunn (County)
- Community Planning Session: Senior Villages (County)
- Aging Well Community seminar (Newcastle)
- Transportation Solutions Summit (Regional)
- Action for Affordable Housing on the Eastside: Imagine Gathering
- Stayed involved in the efforts to preserve the King County health clinics
- Hosted speakers from KC Access Paratransit service/vans
- Participated in an important Alzheimer's Study called "Retain Your Brain" (National)
- Responded to many organizations request for older adult input, such as a survey by FindARide.org; KC Parks Levy community survey; King County Parks ADA Transition Plan survey, etc.
- Collaboration with regional partners, such as EERC (Eastside Easy Rider Collaborative), EATS (Eastside Advocates for Transportation Solutions), etc. on mobility and transportation solutions with a focus on options for older adults.
- Followed Rides'n'Smiles, and helped publicize the new program
- Members attended KC Advisory Council on Aging and Disability Services, and Sophia Way meetings, reporting back on these important organizations
- Lunch'n'Learn virtual meeting on affordable housing
- Attended 2024 Seattle Design Festival (The Northwest Universal Design Council)

Members also tried out these services so they could provide accurate information for the community:

- Eastside SoundTransit Link 2-Line

Regrets:

- Members were not able to become SME (Subject Matter Experts) on one or more topics.
- Many CoB meetings dealing with H&T issues did not have a BNOA representative there.

New Member Orientation

Anne, Abigail and Dan went through the updated Orientation manual to inform new members of the makeup of BNOA, it's purpose under the park director, and the functions of the committees. The updated phone list of all members is contained in the manual which was given to all network members. Questions

were answered by Anne, Abigail, Dan and the balance of Network members so that well-rounded information was provided.

Committee Selections

Members selected the committees in which they would like to serve and then each committee group met to lay out some plans for 2025. A chair for each committee was chosen as well as a scribe to take the monthly minutes at each committee. The Advocacy chair will be Abigail Brown with Lori Reinvik being the note taker and the group will continue to meet on the 1st Monday of each month although a suggested change may come in the future. The members will be Abigail, Eleanor, Hannah, Beth, Lori, Lisa, Andrea, and Bhavna. The Housing and Transportation team will be co-chaired by Anne Rittenhouse and Elaine White with Hannah Kimball taking notes. The members of the team will be Kari, Anne, Elaine, Hannah, and Beverly. The Outreach team will be co-chaired by Shana Aucsmith and Andrea Kline with Lisa Corcoran taking minutes. The members will be Shana, Andrea, Beverly, Lisa, Hannah, Barb, Julie and possibly Bhavana.

The meeting was adjourned at noon.