

**BELLEVUE NETWORK ON AGING
MINUTES**

November 2, 2023, Hybrid Meeting
8:30am – 10:30AM

MEMBERS PRESENT: Abigail Brown, Julie Hart, Mary Rita Hurley,
Beverly Heyden, Hannah Kimball, Gazel Tan, Diana
Thompson, Eleanor Lee, Anne Rittenhouse, Shana
Aucsmith, Kira Hackett

MEMBERS ABSENT: Phyllis Smilen, Barbara Carey

STAFF PRESENT: Dan Lassiter, Bellevue Parks & Community
Services – Rec. Div.
Christy Stangland, Bellevue Parks & Community
Services – Human Services Div.

GUESTS: Kathy Iverson, Andrea Kline, Michael Aduch, Kari Mareno

PRESENTER(S): DR. Linda Ko and Sonia Biship - Building Bidirectional Community
– ADRC Partnerships

RECORDING SECRETARY: Daniel Lassiter, Bellevue Parks & Community
Services

WELCOME AND ROLL CALL: The meeting was called to order by Abigail Brown.

PUBLIC COMMENTS: None.

APPROVAL OF MINUTES: October 2023 minutes approved as amended.

PRESENTATION: Building Bidirectional Community – ADRC Partnerships

UW Alzheimer’s Disease Research Center (ADRC) is one of 37 centers funded by National Institute on Aging.

- They have been charged with developing more approaches to treating and preventing Alzheimer’s and related diseases.
- ADRC belongs to the UW Memory and Brain Wellness Center, which provides clinical trial opportunities and community-based Observational Research support services to people living with dementia and their families.
- Original design was to focus on West side/close to University of Washington and urban hospitals – “Come to us” clinic-based thinking.
- Extremely low enrollment of unrepresented racial ethnic groups, NIH/funder required ADRC to shift focus and recalibrate their program approach.

Dr. Ko and our Health Communication Research Team became involved to bring a new approach to UW ADRC. Changes implemented included:

- Embedded at the UW School of Public Health and Health Promotion Research Center.
- A diverse research team of faculty, staff, and students.
- Research on addressing health inequities with community-based participatory research approach.

Dr. Ko spoke of the Community-Academic Partnerships of Yakima Valley Community for 2012 to the present. Dr. Ko described how they built the partnership size, implemented strategic planning meetings in the community and implemented a pilot intervention study. This brought success to the study.

The organization utilizes an Outreach, Recruitment, and Education core to reach untapped cultures in our area for study.

The core allows them to:

1. Build and deliver community-centered outreach and education program.
 - Certified Medical Education (offered to clinicians and teams outside UW).
 - Memory & Brain Wellness Center – Memory Hub.
 - Community Outreach.

2. Gain representation of underrepresented communities in Alzheimer's research

- Better understanding of Alzheimer's disease.
- Better treatment.

“Data Drives the Treatment.”

- 1 in 9 people 65+ years old will develop Alzheimer's disease or dementia.
- Asian American adults have a greater risk for specific types of dementia such as vascular dementia, which involves more severe cognitive decline.
- Only 18% of AAPI are aware of mild cognitive impairment (MCI) – making it harder for individuals or family to recognize symptoms and seek care.
- AAPIs are significantly underrepresented in UW ADRC
 - 5.5% ADRC across 22% in King County, WA.
- **Increasing representation leads to:**
 - Community knowledge and empowerment.
 - Data informed treatment inclusive of diverse perspectives and experiences.

Community Engagement Infrastructure

- Community Advisory Board (CAB) launched on 11/4/2022.
- CAB meets every 2 months.

Things that the ADRC have learned.

- People want to learn about brain health.
- There is a lot of interest in joining our research team.
- Many people are willing to take a memory test, donate saliva and blood.
- 19 people out of 26 people (73%) who attended a brain health event consented to participate in UW ADRC.

What does enrollment to ADRC entail?

- **ADRC Clinical Core Research Study**
 - Involves one-time annual neurological evaluations, biomarker collection, and cognitive testing.
 - Annual follow-up with a brief survey
- **Eligible for enrollment**
 - 55+ year old and older
 - Normal cognition and those with memory lost.
 - Speaks English and Spanish (Mandarin and Simplified Chinese new future)

RESOURCES

- Memoria.uw.edu
- [UW ADRC \(depts.washington.edu/mbwc/adrc\)](http://depts.washington.edu/mbwc/adrc)
- [Memory Brain Wellness Center](#)
- [ORE Facebook](#)
- [Native Research and Resource Core](#)
- [IREACH](#) (Institute for Research and Education to Advance Community Health)

MONTHLY REPORTS

Human Services Report: Christy Stangland

Human Services has a new manager, Ruth Blaw. The team will be welcoming a new admin Assistant soon as well.

The Needs Update is going well with the strategic plan objectives feedback coming in from the community groups. The Update should be headed to City Council by February 2024 and will be updated again for a final document.

Support provided to successful recipients of funds will be funded in a different manner this time around. Advanced payments of up to 25% will be given before the program begins helping to ensure a robust start to programs.

Human Services is assisting with the 15-90 Funding source that is the Housing Stability fund that ARCH and the Human Services are working together to find Stabil housing. Two programs have launched, Live-wire and Plymouth Housing. None of these units are identified solely as older adult housing. Presently the support is for chronically homeless and behavioral health related individuals.

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

Outreach: Julie

Kirkland Senior Council has updated their resource book and has printed it. Copies will come to North Bellevue Community Center. See the minutes of the October meeting for details on discussions.

ADVOCACY COMMITTEE REPORT: Diana Thompson

Members attended the October Senior Lobby Day and received lots of great information on senior needs. Diana has sent out links to many of the sessions for the BNOA members to review.

December's meeting will need to be the time that the legislative agenda will need to be adopted. Look for the document from Diana.

HOUSING AND TRANSPORTATION COMMITTEE: Anne

Nothing different than what is on the committee report.

The committee had reviewed the City of Bellevue Department meeting on serving older adults. Kirkland Senior Council visited several older adult living sites and reported on their high costs. There is an article about aging in Seattle in the Seattle Times 10/22/23 and is recommended for everyone to read.

COMMUNITY MEETING REPORTS:

The Community Diverse Conversations had about 40 people attend and participate. Among them were several BNOA members. The question asked by Gazel at the conversation, “What about seniors”?

Abigail attending a Nutrition meeting in the area where the talk concerning creating pop-up food pantries without registration that people would be able to receive food. She is currently asking NBCC to be a site.

The Transportation Summit meeting will be occurring on Nov 8th and members were encouraged to attend.

OLD BUSINESS:

Recruitment – Six applicants have interviews and two more potentially send in applications. A total of six people is needed to fill the BNOA membership slots for voting members.

NEW BUSINESS:

The City of Bellevue Older Adult Information Sharing Meeting held Wednesday October 11, 2023, was a big success with good participation from City of Bellevue Fire, Transportation, Utilities, Development Services, Community Development, Parks & Community Services including BNOA. Information was shared on how older adults are supported by these departments, questions were asked and afterwards a good session of chat-time among the attendees occurred. The group will talk about the future with some ideas that came from the meeting, likely at the retreat in January.

December’s meeting will be in-person only. Members are asked to bring a under \$20 present for an activity and be ready to talk about yourself in an activity to get to know one another and the new members that attend that meeting. Members were asked to bring a food item to share.

The BNOA annual retreat will be on Thursday January 4th, 2024, from 8:30a-noon.
It too will be in person at North Bellevue Community Cetner.

Meeting adjourned at 10:30am