

Aging Well Whatcom Steering Committee

Wednesday, April 20, 2022

By Zoom call

MINUTES

Attending:

Adrienne Solenberger, Opportunity Council
Amy Hockenberry, Whatcom County Health Department
Chao-ying Wu, Chuckanut Health Foundation Board/Family Care Network
Heather Flaherty, Chuckanut Health Foundation
Janet Malley, Whatcom Transportation Authority
Kenzie Nelson, VibrantUSA
Mary Anderson, Whatcom Transportation Authority
Ryan Blackwell, Northwest Regional Council
Sarah Lane, Health Ministries Network
Tessa Whitlock, Chuckanut Health Foundation

Regrets:

Becky Kirkland, PeaceHealth Center for Senior Health
Chris Orr, Whatcom Council on Aging
Heidi Bugbee, Generations Early Learning & Family Center
Marie Eaton, Palliative Care Institute, WWU
Melinda Herrera, Rosewood Villa
Tammy Bennett, YMCA
Tonja Myers, Christian Health Care Center

Welcome

Lara welcomed Steering Committee members. The meeting goals and agenda were reviewed and minutes from the March 16, 2022 meeting were approved as written.

Blueprint Update

Process Update

Six work sessions, one for each Blueprint pillar, were held in late March. Session participants reviewed [Work Session Update Reports](#) that summarize changes since the last blueprint as well as current challenges and opportunities. Work session participants provided additional information and insight that Lara will add into these reports. Participants' comments and input can be seen on the [Work Session Jamboards](#).

The next step will be to synthesize all of the input from work sessions into specific revisions to the strategies in each pillar, and craft the overall Blueprint so that it's cohesive and even better than the first edition.

Gratitude was shared: to the Blueprint Update Committee for their work on this process, to Steering Committee members who assisted with the update reports and/or attended work sessions, to Tessa and Lara for coordinating the work sessions, and to Amy for updating the data.

Updated Data

Amy presented slides on demographic data for older adults (Lara will send out with these meeting notes).

Comments and suggestions:

- Slide on 65+ by school district areas: useful to see population numbers in addition to percentages.
- Slide showing fewer older adults living alone – what might be the story behind this?

Lara stated it would be helpful to have a data subgroup to help with data decisions for the Blueprint, as well as longer-term data discussions (partnering on health department's health indicator platform, determining measures for blueprint

pillars, etc.) Ryan stated he can participate in a data group (providing meetings are not more than once a month); Ying is interested starting in 2023.

Discussion on overarching points to convey with the refreshed Blueprint

- Number of older adults is clearly growing – what does this mean?
- Where is it a problem? What will be major needs ten years from now?
- Focus on data in areas that will move people to action.
- This growing population is an asset too, e.g., income and buying power of older adults, opportunities for directing these resources into the community.
- At tail end of the pandemic, there are human resources available that could potentially be directed into caregiving (caregiving as a profession, with a living wage).
- Change and challenge: breakdown in the pipeline of health care
 - Issues with provider availability, long wait times (especially for specialists).
 - Role and need for advocacy in healthcare, opportunity for cost-shifting.
- COVID impacts
 - Memorialize disproportionate impact on older adults.
 - Older adult survey asks about COVID impacts, so there are insights from those responses.
 - Some positive things have come out of COVID as well, such as expanded telehealth.
- Would be interesting to see data from Adult Protective Services – represents very vulnerable older adults.

➔ **ACTION:** Lara will follow up on trying to get these data; Ryan can do an introduction to APS Manager.

Ying suggested the steering committee read the [Longevity Economy](#) together and get training on asset framing.

Heather stated that CHF could buy the books – we could endorse it as our first AWW book club book for the community. CHF can also bring [Trabian Shorters](#) here for an asset framing training.

Blueprint Next Steps: Tasks and Asks

Task with approximate dates	Volunteers
1) 1:1 work with Lara to draft revisions to a specific pillar based on work session input. <i>April 21-29.</i>	Mary (Transportation), Ying, Kenzie,
2) Review the full draft Blueprint for cohesion, how it “holds together.” <i>May 9-16.</i>	Ryan, Janet, Tessa
3) Plan the share-out meeting: in-person, early June. <i>April 21 to meeting date.</i>	Sarah
4) Final Blueprint review and approval. <i>May 16-20.</i>	Sarah, Ying (possibly)

➔ **ACTION:** Lara will follow up regarding these tasks and reach out to steering committee members not in attendance today.

Member Updates and Announcements

Ryan announced that NWRC now has two Dementia Specialists, part of a pilot grant. The project includes partnering with Dementia Support NW to provide dementia training for organizations, and dementia related Advance Care Planning services and legal clinics.

Mary stated that the bike parade photo re-creation is happening on May 1, a collaboration between WTA, City of Bellingham, and other partners; see <https://cob.org/event/bike-parade>.

Sarah shared that the Ask-a-Nurse program has expanded to Eleanor Apartments (Mercy Housing), and is seeing people tentatively emerging from the isolating time of COVID. Ask-a-Nurse has also organized a “mammogram bus” that will take East County residents to Mt Baker Imaging for mammograms and provide goody-bags and lunch.

Wrap Up and Next Steps

We are revisiting the meeting date question because for some the Wednesday meeting time is less convenient than the previous Friday time. Lara will be reaching out to individual members to assess best days and times.

Next meeting: Wednesday, May 18, 12:30-1:30 PM