

**Aging Well Whatcom Initiative**  
**Friday, October 5, 2018**  
**9:00-11:00 AM**  
**At Christian Health Care Center in Lynden**

**MINUTES**

**Attending:**

Dr. Chao-ying Wu, Chuckanut Health Foundation Board/Family Care Network  
Dr. Dave Lynch, Chuckanut Health Foundation Board President/Family Care Network (retired)  
Ryan Blackwell, Northwest Regional Council  
Carol Nicolay, Health Ministries Network  
Sue Sharpe, Chuckanut Health Foundation  
Mary Carlson, Whatcom Council on Aging  
Mary Anderson, Whatcom Transportation Authority  
Tonja Myers, Christian Health Care Center

**Guests:** Pauline Smith, Executive Director, Skagit Adult Day Program; Patrick O'Neill, Chief Executive Officer Christian Health Care Center; Avalon (Sue's beautiful granddaughter).

**Regrets:**

Amy Hockenberry, Whatcom County Health Department  
Melinda Herrera, Rosewood Villa  
Jeanne Brotherton, Chuckanut Health Foundation Board/Health Ministries Network (retired)  
Jenny Weinstein, Opportunity Council  
Tammy Bennett, Whatcom YMCA  
Trisha Bannerman, PeaceHealth  
Kristin Granstrand, Mercy Housing Northwest  
Heather Flaherty, RiverStyx Foundation  
Marie Eaton, Palliative Care Institute, WWU  
Janet Malley, Whatcom Transportation Authority  
Colleen Harper, Bellingham At Home  
Heidi Bugbee, Generations Early Learning & Family Center

**Welcome and introductions**

Sue opened the meeting and extended a special welcome was extended to Pauline from Skagit Adult Day Program, as well as gratitude to Tonja and Patrick for hosting the group today.

**Announcements:**

- April Claxton from Recreation Northwest has accepted a new position and will no longer be participating in Aging Well. April recommended a couple of other people who could bring the parks/outdoor spaces perspective and Lara will reach out with invitations.
- Ryan, Mary A., Mary C., and Lara will be attending the 2018 Grantmakers in Aging conference October 17-19 in Memphis, thanks to the generous sponsorship of the Chuckanut Health Foundation.

## Review and approve minutes

Minutes from September 7, 2018 were approved.

## Adult Day Health opportunity

Sue stated that she and Pauline had spoken on the phone about the possibility of Skagit Adult Day Program (SADP) expanding into Whatcom County.

Pauline shared that SADP started in 1992, and now has two sites – one in Burlington (Bradford House), and one in Anacortes (Gentry House). There about 120 clients total, with different people participating on different days. Bradford House serves about 22 clients per day; Gentry House serves about 10 people per day.

Since the closure of the Adult Day Health Program in Whatcom County in August 2018, Pauline has been meeting with families who participated in that program, and had heard from them how important it was for them and the need for something similar to be available.

The SADP Board has had some discussion about expanding, possibly to the Stanwood-Camano Island area. However, they are now considering Whatcom County. The biggest need is a physical space of about 3,000 square feet; SADP has the ability to renovate. The program would only operate Mon-Fri.

Aging Well members suggested churches as a possibility, as well as the now vacant Public Market (previously Terra Organica) on Cornwall Ave. Sue stated that the Whatcom Community Foundation has been involved with considering how that space could be used creatively; Sue will talk with them about this opportunity.

Tonja and Pauline clarified differences between Adult Day **Programs** and Adult Day **Health Programs**:

- Adult Day Programs may have RN and OT as consultants, but not as full-time staff. For example, SADP provides space for on-site health services, but the health care providers are from other organizations or agencies. [DSHS?] conducts annual program reviews.
- In contrast, Adult Day Health Programs are required to have a full-time RN and OT (or OT assistant) on staff. [DSHS?] conducts **quarterly** program reviews.
- The Adult Day Health model of having integrated health services integrated beneficial to the participants, but it's significantly more expensive to operate and generally not a viable business model. This financial reality is not just in Whatcom and Skagit counties; Adult Day Health programs across the country are struggling.

**ACTION ITEM** → Pauline will create a summary of the desired features of a space for Whatcom County and Sue will distribute to the group.

## Blueprint discussion

Lara shared information via PowerPoint on basic blueprint structure, and examples of blueprints related to healthy aging developed by other communities.

**ACTION ITEM** → Lara will send out the PPT with blueprint examples to the full group.

**ACTION ITEM** → Members will review and send comments regarding which examples (or elements of the examples) they like and/or think would work well for Aging Well; Lara will summarize for the next meeting.

**ACTION ITEM** → Lara will send out assessment findings for members to review prior to the next meeting.

Ying asked about the products the group is working toward, and the timeline. Lara said that Based on the group's decision several meetings ago, the goal is to define the "buckets" of Blueprint priority areas this Fall; however, completing this by December is more realistic.

### **Wrap up and next steps**

Next meeting: Friday, November 2, 2018, 9-11 AM at Whatcom Transportation Authority in Bellingham.