

Aging Well
Whatcom
Summit
September
27, 2019



Some communities are better to grow old in than others.

Join us in making Whatcom County one of the best to age in.



Summit Agenda

- 8:35 – Table Discussions: Introductions
- 8:45 – Aging Well Whatcom Blueprint
 - Overview – Lara Welker
 - Blueprint Focus Areas - Blueprint Committees
 - Q and A, Discussion
- 9:30 – Table Discussions: Integrating and Implementing the Blueprint
- 10:15 – Where Do We Go from Here?
 - Interest and Energy: Blueprint Strategies
 - Closing Comments - Heather Flaherty
- 10:45 – Time to Connect and Network

Get to know
your table-
mates!



Share your name.



Your affiliation.



Your connection to aging that
brings you here today.

Aging Well Whatcom Process

Build Coalition

Research

World Health Organization

Livable Cities & Communities

Local assessment:

- Demographics
- Housing
- Listening to Older Adults

Other communities' best practices

Local and national research and initiatives

Prioritize

6 Focus Areas:

- Cultural Shift
- Information & Navigation
- Housing
- Intergenerational Community
- Wellness & Healthcare
- Transportation and Design

Develop

6 Blueprint Committees

Coalition members plus others with information, expertise, and experience

Merge

Into Aging Well Blueprint

Share

Aging Well Whatcom Summit



Listening to Older Adults & Their Families

Surveys and listening sessions with 300 people

- What is important to you/older adults?
- What are challenges or concerns for you/older adults?
- What programs, services, and supports for older adults and their families could be added or changed in Whatcom County?

What's Important

**#1 theme for all three groups:
Interaction, relationships, and connection**

Top 5 themes

- 1) Interaction, relationships, and connection
- 2) Family
- 3) Health
- 4) Healthcare
- 5) Housing

(Aggregated responses from all three groups)

Challenges and Concerns

#1 themes:

- Medical conditions (older adults)
- Healthcare (people who work closely with older adults)
- Interaction, relationships, and connection (family members of older adults)

Top 5 themes:

- 1) healthcare
- 2) medical condition(s)
- 3) physical decline
- 4) transportation
- 5) finances

(Aggregated responses from all three groups)

Add or
Change

**#1 theme for all three groups:
Programs and services**

Top 5 themes

- Programs and services
- Healthcare
- Interaction, relationships, and connection
- Transportation
- Housing

(Aggregated responses from all three groups)

Cultural Shift

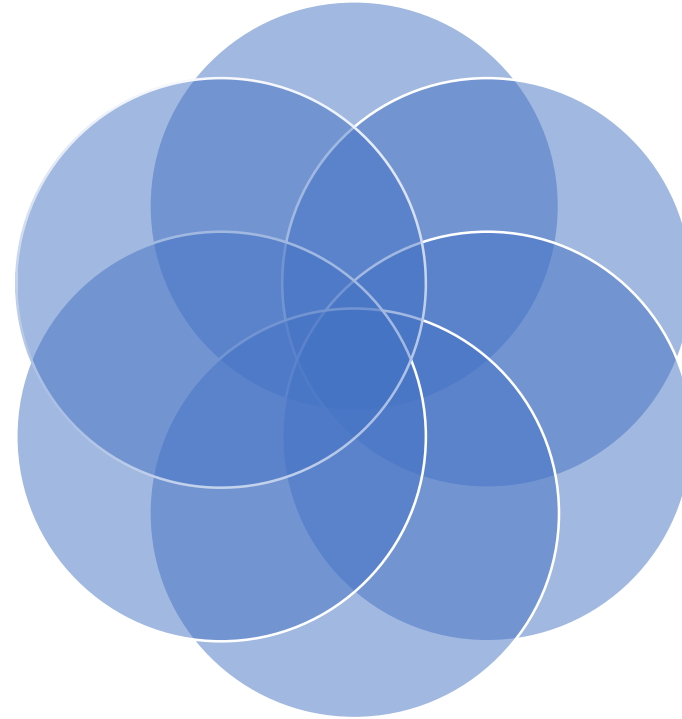
Wellness &
Healthcare

Information &
Navigation

Transportation

Housing

Intergenerational
Community





Cultural Shift

Chao-ying Wu, MD, (Lead), Physician, Family Care Network, Chuckanut Health Foundation Board

Marie Eaton, Community Champion, Palliative Care Institute, WWU

Colleen Harper, Coordinator, Bellingham at Home

Janet Simpson, Chair, Bellingham at Home

Information & Navigation

Ryan Blackwell (Lead), Health and Human Services Planner, NW Regional Council
Australia Hernandez Cosby, Programs Manager, Whatcom Alliance for Health Advancement
Amy Charlot, NW Regional Council
Carol Nicolay, Health Ministries Network
Melinda Herrera, Director, Rosewood Villa

Housing

Wendy Lawrence (Co-Lead), Regional Property Manager, Opportunity Council

Jenny Weinstein(Co-Lead), Opportunity Council

Mary Carlson, Community member

Teri Bryant, Whatcom Homeless Service Center Manager, Opportunity Council

Elaine Cress, Bellingham at Home, Whatcom Council on Aging/Bellingham at Home

Samya Lutz, Housing & Services Manager, City of Bellingham Planning & Community Development

Tony Casale, Director of Leased Housing, Bellingham/Whatcom County Housing Authorities

Adrienne Solenberger, Landlord Liaison, Opportunity Council



Intergenerational Community

Tonja Myers (Lead), Administrator, Christian Health Care Center

Andrea Asebedo, Minister, Center for Spiritual Living

Ann McAllen, Adult Programs Coordinator, Whatcom County Library System

Heidi Bugbee, Director, Generations Early Learning and Family Center

Janet Malley, Mobility Coordinator, Whatcom Transportation Authority

Susan Given-Seymour, Chuckanut Health Foundation Board member



Transportation & Design

Mary Anderson (Lead), Transit Planner, Whatcom Transportation Authority

Aly Horry, Medicaid Transportation Services Manager, NW Regional Council

Kim Brown, ADA Coordinator, City of Bellingham

Wellness & Healthcare

Sarah Lane, Chronic Disease Prevention Outreach Coordinator, YMCA

Chao-ying Wu, MD, Physician, Family Care Network, Chuckanut Health Foundation Board member

Julie Meyers, Director, Whatcom Council on Aging/Meals on Wheels

Mike Hilley, Manager, Whatcom Emergency Medical Services

Richard Smith, Regional Vice President for Health Services, Humana

Amy Hockenberry, Health Information & Assessment Supervisor, Whatcom County Health Department

Becky Kirkland, Manager, Center for Senior Health, PeaceHealth

Gurpreet Bajwa, Care Manager, SeaMar Community Health Center

Lance Romo, Recreation Coordinator, City of Bellingham Parks and Recreation

Stacy Phelps, Account Manager, Signature Home Health

Theodora (Tad) Lewis, Caregiver

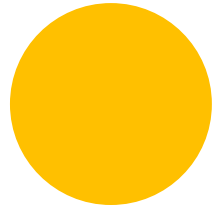
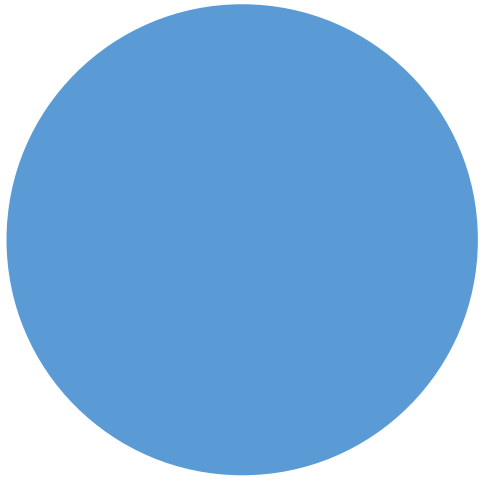
Gurpreet Dhillon, Director, Cancer Center, Palliative Care & Hospice, PeaceHealth St Joseph Medical Center

The image features a dark grey background with a decorative pattern of overlapping semi-circles in various shades of blue. A horizontal white band runs across the middle of the image, containing the text "Questions about the Blueprint? Comments?".

Questions about the Blueprint? Comments?

Table Discussions

- What aspects of the Blueprint are **surprising** or **inspiring**?
- What is **missing**?
- How does the Blueprint **intersect** with your work?



Interest & Energy:
Dot Exercise!





Closing reflections?

How will you use the blueprint and the learnings from today?

Thank you!

We'd love to hear from you!

www.AgingWellWhatcom.org

agingwell@chuckanuthealthfoundation

360-671-3349

