

Ageing Well Whatcom Steering Committee

Friday, April 7, 2023

Chuckanut Health Foundation + Zoom

MINUTES

Attending:

Amy Hockenberry, Whatcom County Health and Community Services
Becky Kirkland, PeaceHealth Center for Senior Health
Bethany Chamberlin, Northwest Regional Council
Chao-ying Wu, Family Care Network (retired)
Chris Orr, Whatcom Council on Aging
Heather Flaherty, Chuckanut Health Foundation
Janet Malley, Whatcom Transportation Authority
Katie Wahler, Nurse Practitioner Doctorate Student/AWW Intern
Marie Eaton, Palliative Care Institute, WWU
Sarah Lane, Health Ministries Network
Shu-Ling Zhao, Chuckanut Health Foundation
Tessa Whitlock, Chuckanut Health Foundation
Tonja Myers, Christian Health Care Center

Regrets:

Barbara Juarez, NW Indian Health Board
Heidi Bugbee, Generations Early Learning & Family Center
Kenzie Nelson, VibrantUSA
Kristin Hill, Opportunity Council
Tammy Bennett, YMCA

Welcome and Introductions

Lara extended special welcome to:

- Dr Bree Johnston, new Steering Committee member. Bree is a gerontologist and on the Chuckanut Health Foundation Board.
- Katie Wahler, a nurse practitioner in a doctorate program who will be working with AWW as part of her non-clinical residency hours.
- Shu-Ling Zhao, attending today to share information about the Health Equity Zone nomination.

Committee members introduced themselves and, in the spirit of Spring, shared something that is new or emerging in their organization, the community, or their life.

AWW Work Plan – and Capacity Discussion

- ➔ **DECISION:** The committee approved the 2023-2025 work plan. Lara noted that some projects will be prioritized over others in terms of focus and coordination time.
- ➔ **DECISION:** Committee members approved the “What Does AWW Do” graphic description with the inclusion of funding as a function, and the addition of “linking funders to projects” (in addition to linking projects to funders), and “rural and urban.”

Funding Comments & Discussion:

- CHF may not have an open grant round in 2023, but strategic funding would be available to organizations serving older adults and aging; mini-grants for smaller, more grassroots projects aligned with the Blueprint is an option. Grant-making is time-intensive, so AWW Steering Committee involvement would be helpful.
- Katie's time and expertise will add capacity for the next year.
- An application to AARP's Community Challenge Grant was submitted in March; if selected, these funds would support the work around shared housing for older adults.
- The Whatcom Housing Alliance has a model that AWW could "borrow," with members/partners paying an annual fee, in addition to other funding sources.
- Shu described the Health Equity Zone initiative of the WA Dept of Health, and proposed nominating Aging Well Whatcom. The Dept of Health will select one rural, one urban and one native community; recipients will receive \$200,000 per year for two years to support new or existing work to advance health equity. See the [Health Equity Zones website](#) for more information.

➔ **DECISION:** Committee members expressed agreement and enthusiastic support for the nomination.

Project Updates

- AWW has been invited to present at the County Health Board meeting on May 2. Lara suggested co-presenting with NW Regional Council and Whatcom Council on Aging. More information to follow.
- Marie, Ying, Becky and Tonja participated in four Senior Center Resource Fairs around the county in March. Information was collected to inform work on shared housing and the business pledge/member campaign.
 - Lara has shared the findings related to shared housing with the City of Bellingham, which is interested in this concept – next steps TBD.
 - Marie noted there are crowd-sourced apps that track noise level at establishments.
- The Data Committee has completed work with the health department's population health indicators platform (under construction) to give input regarding data on older adults. There was interest in seeing a demo of the new platform at an upcoming AWW meeting. The next phase of the committee's work will be to identify indicators to monitor community progress in the six Blueprint areas.

➔ **ACTION:** Lara and Amy will follow up with Jake at Whatcom County Health and Community Services, who is leading platform development.

Steering Committee Recruitment

- Marie, Chris, Heather and Lara met to identify people to potentially ask to join the Steering Committee, guided by the AWW Charter and priorities for additional representation. The goal is to add 5-6 members in 2023, given the attrition over the last several years.
- Members present indicated their top four choices to help direct outreach. Lara will ask those not present to "vote" as well.

Wrap Up and Next Steps

- Next meeting: Friday, May 5, 9:00-10:30 AM at Chuckanut Health Foundation and via Zoom link [myux?44zx57|jq3:tttr 3zx4a=9<696;899<](#).
- No meeting July 7 (Fourth of July week) or Sept 1 (Labor Day weekend).