

Aging Well Whatcom Steering Committee

Friday, June 3, 2022

By Zoom call

MINUTES

Attending:

Amy Hockenberry, Whatcom County Health Department
Becky Kirkland, PeaceHealth Center for Senior Health
Chris Orr, Whatcom Council on Aging
Kenzie Nelson, VibrantUSA
Ryan Blackwell, Northwest Regional Council
Tessa Whitlock, Chuckanut Health Foundation
Tonja Myers, Christian Health Care Center
Chao-ying Wu, Chuckanut Health Foundation Board/Family Care Network
Marie Eaton, Palliative Care Institute, WWU

Regrets:

Heidi Bugbee, Generations Early Learning & Family Center
Janet Malley, Whatcom Transportation Authority
Melinda Herrera, Rosewood Villa
Tammy Bennett, YMCA
Sarah Lane, Health Ministries Network
Mary Anderson, Whatcom Transportation Authority
Heather Flaherty, Chuckanut Health Foundation

Plan for June 17 meeting

The June 17 meeting has been changed to online due to concerns regarding COVID rates in the community. The goals remain the same, just reconfiguring the format to the virtual setting.

➔ **Main “room”:** Welcome, opening remarks and Blueprint overview

➔ **Focus area breakout “rooms”:**

- Participants go three rooms of their choice
- Two 4-5 minute presentations specific to that focus area, Q and A/discussion
- Rotate every 15 minutes, choose another room

➔ **Main “room”:** Share out/reflection, call to action

| Focus Area Room | Presenters | Facilitator |
|-----------------------------|--|-------------|
| Cultural Shift | <ul style="list-style-type: none">• Art of Aging portraits – Richard Scholtz• Academy for Lifelong Learning – Susan Reece | Marie |
| Info & Navigation | <ul style="list-style-type: none">• Whatcom Info & Resource Collaborative – Kristi Slette• Bellingham Library Sr Tech Help – Suzanne Carlson-Prandini | Chris |
| Housing | <ul style="list-style-type: none">• YWCA Sr Women Housing Program – Karen Burke• OppCo Laurel-Forest development – Adrienne Solenberger? | Ryan |
| Intergenerational Community | <ul style="list-style-type: none">• Intergenerational Highschool – Diana Childs• Animals as Natural Therapy intergenerational program – Lindsey Witus | |
| Transportation | <ul style="list-style-type: none">• WTA Lynden Hop/on-demand shuttle goals – Mary A• COB Pedestrian Plan Update – Chris Comeau, COB | Janet? |
| Wellness & Healthcare | <ul style="list-style-type: none">• Ask a Nurse + Blood Pressure Self Monitoring – Sarah, Tammy• Dementia work (DSNW, new work at NWRC) – Kate Massey, Kelsey Wood NWRC | Becky |

Updates and Announcements

- Tessa clarified that Steering Committee members should RSVP to the June 17 meeting. The registration link is [here](#).
- Chris announced that the Bellingham Senior Activity Center has resumed serving in-person lunches and it's great to see people gathering again, meeting new people, and visiting.
- Marie shared that two books of her poetry were recently published – contact her if you'd like to order one or more.
- Lara will be off mid-July to mid-September.
- Other members shared “personal happinesses,” including kids’ graduations (high school to PhD!), and appreciation for the rain. 😊

Wrap Up and Next Steps

Next meeting: TBD!

- Several people will not be available on Friday, July 1 (4th of July holiday weekend).
- A summer in-person social was suggested for August 5.