

Aging Well Whatcom Initiative
Friday, May 4, 2018
At the Northwest Regional Council
600 Lakeway Dr.

MINUTES

Attending:

Mary Carlson, Whatcom Council on Aging
Marie Eaton, Palliative Care Institute, WWU
Sue Sharpe, Chuckanut Health Foundation
Kristin Granstrand, Mercy Housing Northwest
Ryan Blackwell, Northwest Regional Council
Amy Hockenberry, Whatcom County Health Department
Carol Nicolay, Health Ministries Network
April Claxton, Recreation Northwest
Tammy Bennett, Whatcom YMCA
Heather Flaherty, RiverStyx Foundation
Rachel Lucy, PeaceHealth (alternate for Trisha Bannerman)
Jenny Weinstein, Opportunity Council
Melinda Herrera, Rosewood Villa
Mary Anderson, Whatcom Transportation Authority

Regrets:

Dr. Chao-ying Wu, Chuckanut Health Foundation Board/Family Care Network
Tonja Myers, Christian Health Care Center
Dr. Dave Lynch, Chuckanut Health Foundation Board President/Family Care Network (retired)
Jeanne Brotherton, Chuckanut Health Foundation Board/Health Ministries Network (retired)
Trisha Bannerman, PeaceHealth
Heidi Bugbee, Generations Early Learning & Family Center

Welcome and introductions

Sue welcomed the group and thanked Ryan and the NW Regional Council for hosting today's meeting. Members introduced themselves and welcomed Melinda Herrera, Executive Director of Rosewood Villa Assisted Living and Chair of the Elder Service Providers.

Review and approve minutes

Minutes from April 6, 2018 were approved with a correction; Mary Anderson was in attendance.

Purpose and guiding principles

Heather reviewed the next iteration of the Aging Well mission and guiding principles. After discussion and minor edits, the group agreed on the following:

Mission: We promote living well through all our years into the end of life.

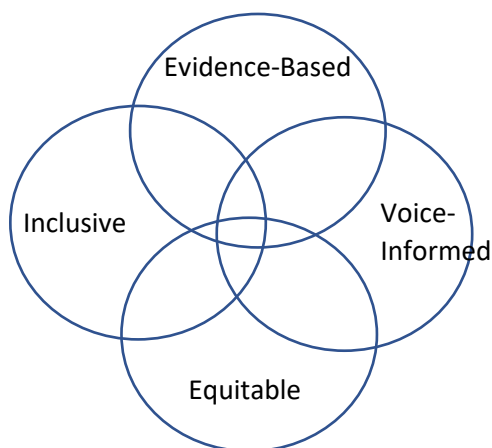
Guiding Principles:

- We work with and for those aging in our community.
- We work through collective action, guided by individual and community voices.
- We take evidence-based action.
- We are committed to equity and inclusion, welcoming all.
- We believe that healthy design for an aging community is healthy design for the whole community.

ACTION ITEM → Include mission and guiding principles on each meeting agenda to remind members and solidify “why we’re here”.

There was brief discussion about the **Internal Operating Principles**, and comments that additional clarification would be beneficial.

- Radical listening, voice-informed
 - Open heart and open mind; willing to have our assumptions challenged and our minds changed; focus on what really matters
- Moving toward justice
- Essential and integral
 - Whole health throughout the experience of aging; focus on the “intersection space,” “working at the center”
- Collaborative and inclusive
 - Everyone has a part to play
- Messy and organic
 - Committed to being experience-informed and not prescribing outcomes.



Assessment updates from subgroups

Updated Assessment Plan

Lara reviewed the Assessment Plan (*Attachment 2 in meeting packet*) and work completed to date.

Discussion and comments:

- The purpose of the assessment is to identify opportunities and prioritize what to focus on.
- It's important to get to action, and not get stuck in assessment. Some kind of "early win" will help build and keep momentum.
- A Blueprint for Aging Well (similar to the one created by NW Life Passages) is still the goal.
- By October we should have a draft Blueprint that at a minimum identifies the main focus areas or "buckets."

Demographic Data

The group reviewed demographic data compiled by Ryan, Amy and Lara (*Attachment 3 in meeting packet*). Members noted aspects that stood out to them, discussed some of the possible underlying reasons for demographic patterns, and asked for clarification and/or additional information in some areas.

ACTION ITEM → Lara will work with Ryan and Amy to refine the demographic data further.

Housing assessment

Jenny, Mary C., Melinda, and Lara developed a chart to inventory the range of housing types in which older adults are living (*Attachment 3 in meeting packet*). The chart is still incomplete, and has limitations in terms of capturing detailed information such as the complexities of different kinds of subsidized housing.

ACTION ITEM → The subgroup will continue to gather information and fill in the chart.

Listening to older adults

Due to lack of time in the meeting, Lara proposed forming a subgroup to work on this aspect of the Aging Well assessment. Marie, Mary A., Mary C., Kristin, and Melinda expressed interest.

ACTION ITEM → Lara will convene this subgroup.

AARP Network of Age-Friendly Communities

Lara posed the question of possibly following the framework laid out by the AARP Age-Friendly Communities Network, and briefly reviewed information (*Attachment 5 in the meeting packet*).

Group members affirmed that it made sense to learn more about the Network, what it offers and requires, and advantages and disadvantages to working within it.

ACTION ITEM → Lara will contact several people who are familiar with the Network (including people in Puyallup and Seattle, Washington's two cities that are Network members) to gather some first-hand information about their experiences.

Wrap up and next steps

Next meeting: Friday, June 1, 2018, 9-11 AM at *Generations Early Learning and Family Center*.