

# Aging Well Whatcom Initiative

Friday, June 1, 2018

9:00-11:00 AM

At the Generations Early Learning and Family Center – 2901 Connelly Ave, B101

## MINUTES

### Attending:

Amy Hockenberry, Whatcom County Health Department  
April Claxton, Recreation Northwest  
Carol Nicolay, Health Ministries Network  
Dr. Chao-ying Wu, Chuckanut Health Foundation Board/Family Care Network  
Dr. Dave Lynch, Chuckanut Health Foundation Board President/Family Care Network (retired)  
Heather Flaherty, RiverStyx Foundation  
Heidi Bugbee, Generations Early Learning & Family Center  
Janet Malley, Whatcom Transportation Authority  
Jeanne Brotherton, Chuckanut Health Foundation Board/Health Ministries Network (retired)  
Jenny Weinstein, Opportunity Council  
Kristin Granstrand, Mercy Housing Northwest  
Marie Eaton, Palliative Care Institute, WWU  
Mary Carlson, Whatcom Council on Aging  
Ryan Blackwell, Northwest Regional Council  
Sue Sharpe, Chuckanut Health Foundation  
Tonja Myers, Christian Health Care Center  
Trisha Bannerman, PeaceHealth

### Regrets:

Melinda Herrera, Rosewood Villa  
Tammy Bennett, Whatcom YMCA

## Welcome and introductions

Sue welcomed the group; members introduced themselves and extended their appreciation to Heidi and the Generations Early Learning and Family Center for hosting today's meeting.

## Review and approve minutes

Minutes from May 5, 2018 were approved as written.

## Information and Inspiration – member sharing

Dave shared the article "Sauna bathing is inversely associated with dementia and Alzheimer's disease in middle-aged Finnish men" from the journal *Age and Ageing*.

(<http://ageing.oxfordjournals.org/content/early/2016/12/07/ageing.afw212.abstract>).

## Blueprint Timeline

Lara reviewed a timeline of Aging Well's first year (Dec 2017-Dec 2018). *[Please see attached – this document was not included in the meeting packet.]* Listening to Older Adults work continues through Sept; August-September the group will synthesize findings and visit other communities (or have representatives from other communities visit us). The Blueprint will be developed starting in September 2018.

## Assessment: Housing for Older Adults

Jenny presented a Powerpoint that expanded on the information in the housing assessment chart previously shared by the housing subgroup.

Tonja also explained some aspects of long term care (LTC) which is an umbrella term including Assisted Living (AL), Adult Family Homes (AFHs), and Skilled Nursing Facilities (SNFs). Within SNFs, people can receive short term rehab/therapy (often as a transition between hospital and returning home), long term nursing care (continuing to live at the facility), or referral to hospice services (most SNFs in Whatcom County have contracts with Hospice).

AFHs do not provide 24-hour nursing care and have a maximum of six people and are licensed by DSHS. Memory care facilities have a separate certification, and different regulations regarding staffing, the facility, etc. There are numerous issues around what insurance does and does not cover in various LTC settings, and differences between Medicaid, Medicare, and private insurances.

Jenny also noted that there is no continuing care community in Whatcom County; closest are in Shoreline, Burlington and Warm Beach.

## Assessment: Listening to older adults and their families

The subgroup has met and recommends focusing this aspect of the community assessment on the Age-Friendly Community domains of 1) social participation, 2) respect and social inclusion, 3) civic participation and employment, and 4) communication and information. We can (and are) learning about the other four domains (housing, community and health care, transportation, and outdoor spaces and buildings) by other means.

Members reviewed the subgroup's proposed plan (attachment 2 in the meeting packet).

Discussion and comments:

- It's important to ask more broad and open questions such as:
  - What matters to you?
  - How satisfied are you?
  - How are things going for you?
  - What would you like to see?
- Caution regarding words and concept of "social participation." Some people aren't "joiners" and typical "social participation" doesn't match their personality or meet their needs.
- The key issue is more about an *experience of connection* – how connected people feel rather how much they participate in social activities or groups.

**ACTION ITEM** → The subgroup will rework the Listening assessment based on this discussion and recommendations.

## AARP Age-Friendly Communities Network

This was not discussed due to lack of time. [See attachment 3 in meeting packet for a summary of considerations].

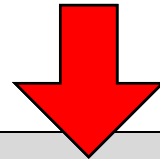
## Wrap up and next steps

Next meeting: Friday, August 3, 2018, 9-11 AM [Location: Eleanor Apartments, 1510 N Forest St.]

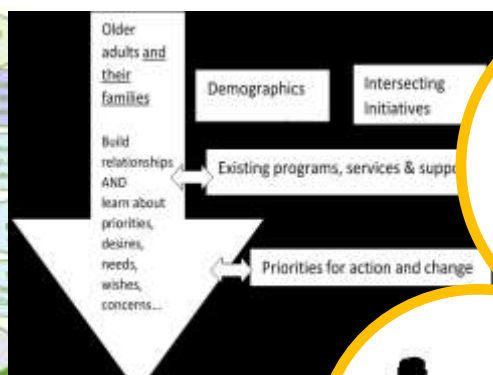
# Whatcom Aging Well Initiative

## Chuckanut Health Foundation

November 2017-December 2018



2017						2018						
Dec	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Develop Coalition →												
		Demographic and Housing Assessment										
					Listening to Older Adults Assessment							
								Synthesize Findings				
								Site Visit(s)				
								Develop Blueprint Framework				



**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.