



Clark County Commission on Aging  
1300 Franklin Street, 6<sup>th</sup> Floor  
Vancouver, Washington

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## Meeting Notes

Tuesday, December 17, 2013

4:30 p.m. – 6:00 p.m.

Members Present: Gary Beagle, Chuck Frayer, Patti Gray, Bob Holdridge, Kathy McLaughlin, Lisa Rasmussen, Randy Scheel, Kiersten Ware, Karin Woll

Community Partners: Klaus Micheel, David Kelly

Staff: Colete Anderson, Jacqui Kamp, Oliver Orjiako, Mary Beth O'Donnell

### Welcome and Call to Order

- Meeting opened with the unanimous approval of the agenda. Meeting notes from November 19, 2013 were approved unanimously as submitted.
- Chair report:
  - Commission is meeting in a work session prior to the general meeting at 3:30. They are open to the public.
  - Gary and Karin met with Commissioner Stuart December 10. Possible joint meeting with the Board in the first quarter of 2014 regarding how they can support the strategies and projects of the Commission.
    - Informed Commission Stuart of the treasurer appointment for the Commission with an initial donation of \$1000 to open the account. Committee chairs are working with the Communications committee to come up with budgets for two projects for this fiscal year.
    - Commissioner Stuart was impressed with the large turnout at the Telehealth Conference which he attended to give opening remarks. He is grateful for the Commission's efforts in that regard.
  - Future events: 50+ Expo, Home and Garden Show, Recycled Arts Fair, Board retreat in June or July.
  - Shared Housing: program to launch here in March 2014 at the main branch of the public library. Bob has developed a plan and contacted several businesses and individuals to partner with on UGD and handicap accessibility design. Housing committee will meet in January to discuss options.
  - Transportation committee working on volunteer sidewalk program and they have had discussions with county officials.
  - Next work session January 21<sup>st</sup>, 3:30 with Chris Cook, county prosecuting attorney, for review of the commission's role and responsibilities.

## Work Committee Updates

- Timebanking: turned in budget for 2014; finalizing the application for a Vista volunteer to be submitted no later than March; need \$6,500 to fund and in return receive 40 hours of work. Currently organizing outreach to neighborhood associations for their input on interest in the community for this program.
- Telehealth: goal to maximize momentum created by the conference; next step to bring in an expert to speak to the commission. Randy is working on scheduling the director of Northwest Regional Telehealth Resource Center. Also, talking to local healthcare providers and executives to see how we can accelerate the benefits that the program can bring to the county, especially in the rural areas.
- Housing: Projects: possible UGD home in 2015 Parade of Homes; asking Lowes Inc. to build a mock-up on their property of a UGD home; ABC and SWWA Land Trust to build UGD home for a veteran and have it ready by Veterans Day 2015. It will go to a veteran of their choice.
  - Housing Committee wants to create a public education awareness campaign on what it will be like to be 80 years old and what they might need to prepare for that. Bob asked for the commission's approval to continue with that project.

**ACTION: Gary said it can be put on the agenda for the next work session.**
- Communication: Projects: Working with Arts Commission for booth at Recycled Arts Fair; committee discussing a plan for a community event that would highlight the commission and new projects; registration complete for 50+ Expo (\$700 is allocated); working with Timebanking group on an idea that would help people build up a bank of hours to draw from once the program launches.
- Treasurer: \$1,889.33 account balance; expenses currently will be coming out of the county budget.

## Presentation

Gail Haskett, Chair, WA State Council on Aging and Representative Paul Harris, member of the Joint Legislative Executive Committee on Aging and Disability, were among the 100 that attended Governor Inslee's summit on aging on October 1<sup>st</sup>. The intent was to prepare for the coming Age Wave by improving and enhancing the lives of senior citizens and health of Washington communities.

Four areas of focus addressed:

- **Livable communities:** what can the state do to improve health of people of all ages, affordable and accessible housing, flexible transportation options.
  - Top five ideas: small planning grants for development of livable communities, eliminate silos in housing/transportation, cluster services/housing around transportation hubs, pass a transportation revenue package, create more affordable land for housing
- **Financial security:** help people plan for retirement, incentivize small businesses to offer retirement savings plans, ensure most vulnerable are safe from financial exploitation.
  - Top five ideas: make it easier for small businesses to offer savings accounts, protect pensions, support people of all ages and abilities to enter the workforce and work

- longer, teach financial literacy, ensure timely and more effective APS response, ensure access to guardians and improve oversight and accountability.
- **Healthy Aging/Healthcare:** how can we help people stay healthy longer, what strategies do we implement for the projected increase in Alzheimer's and dementia, support for decision making with regard to end of life care.
  - Top five ideas: Create a task force to promote a culturally activist approach, develop WA State Alzheimer's plan and start conversations and planning earlier to avoid "fear factor", grow and sustain falls prevention program, online matching service for volunteers and those in need of help, statewide system like a report card with measurable goals for hospice, ICU deaths, etc.
- **Long term services and supports:** how to better serve the pre-Medicaid population and support families in taking care of their loved ones longer, leverage private resources to pay for long-term care, prepare people for future costs.
  - Top five ideas: State should pursue short and long-term approaches for resources to finance services and support, create public social insurance system to help families save for long-term needs, expand Aging and Disability Resource Centers statewide, expand support system for caregivers such as T-Care and Family Caregiver Support programs and address turnover for paid workforce, address funding in LTSS system and restore programs cut during the recession, invest in developing a robust quality and workforce metric system for the HCBS system.

The State Council on Aging is a group of 22 people, 4 appointed by the governor, others appointed by AAA in 13 areas. They meet 8 times a year and members serve two consecutive 3 year terms. Having served on the Aging Readiness Task Force, Gail was able to apply her knowledge of how the task force was organized to the state council level. For the first time, they have work committees that focus on different areas with specific outcomes. Every member is required to be on a committee. They are mandated to act as an advisor group to governor on all matters pertaining to aging statewide; educate and recommend policy to the governor's office, DSHS and Kevin Quiqley; educate local communities about what the issues are. Currently they're focused on transportation at the grassroots level to find out what local citizens want and bring that information to state officials. Research committee is gathering plans from AAA and looking into what things are working.

#### Questions:

- What can the council do to address mental health issues in this community? Locally, we need money and treatment facilities.
  - Harris: The Healthcare Appropriation committee recently had a special meeting on mental health. We will see some reforms and changes from this legislation as a result of that.
- Is the council considering an educational campaign to make the population aware of the coming age wave and the related problems?
  - Education is the thing we can do; it's relatively inexpensive and very important. How do we bring generations together to understand each other's problems? Educate people in a problem solving way. Everyone is so polarized. Work on a grassroots level with all generations so that we're presenting a more unified voice to the

Legislators. The Commission on Aging's mission statement includes intergenerational involvement within the community and has a grasp on that issue.

- Part of a livable community and complete neighborhood piece is looking at how a shut-in can get from their home out to a street that provides transportation in a safe way, meaning having sidewalks. Sidewalks are at the bottom of the totem pole when you talk about any kind of funding.
- Harris: he'll try to help with that. Bikes come before sidewalks. 40% of highway dollars don't go to roads. It goes either to bikes, mass transit, etc., and is not going into sidewalks. He wants to work on a new venue to fund roads and is in favor of sidewalks over bikes lanes separately.

#### Public Comment

- Consider state facilitated long-term care plan. If we can do something to incentivize younger people to participate in a state managed program and perhaps have those premiums contribute to the deductible. Or offer a tax credit. Important to get young people interested.
- Citizen Jane Thiebaud, expressed interest in seeing a group formed of 70+ elders that could get together and share their wisdom and experience. They could talk and listen to each other and offer recommendations and good ideas based on all they've seen in their lives. She is enthusiastic and appreciative of all the work the commission is doing.

Oliver Orjiako said he will be working with the commission chair in the future on issues related to budget. The county will be preparing the biannual budget in 2015-16. The commission will play an advocacy role in committing the Board to increase its budget. He will also assist with the upcoming joint meeting between the commission and the Board. Oliver thanked the commission for the annual report to the community and said both he and the Board were pleased with it.

Gary remarked to Rep. Harris and Gail that the commission has a huge breadth of wisdom and are willing to help with their efforts at the state level. He'd like to see some of the monies that we contribute brought back into the county, especially in the mental health field.

Meeting adjourned at 6:00 pm.