



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

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## MEETING NOTES

Tuesday, April 21, 2015

Members Present: John Correa, Bob Holdridge, Scott Perlman, Bill Ritchie, Karin Woll

Absent: Chuck Frayer, Patti Gray, Marjorie Ledell, Lisa Rasmussen

Staff: Colete Anderson, Mary Beth O'Donnell

### Welcome and Call to Order

- Chair, Bill Ritchie, called the meeting to order. A motion was entered to approve the minutes from March, seconded and unanimously approved. Motion to approve the meeting agenda was unanimously approved.
- Bill reported that creation of the website is moving forward and meetings are scheduled for June 12<sup>th</sup> for rollout, soft launch to the community. Full presentation in early August.

### Work Committee Updates

- Bob reported that his work with the Lincoln neighborhood association has been postponed due to their busy schedule. He's still investigating possibility of creating senior multi-service centers. CDM received a grant from WA State to build new daycare facility and Bob is talking with them about making it a multi-service center, and the possibility of branching out with more facilities. The grant also included funds to improve the senior community recreation center in Washougal.
- John reported that a check for \$1,000 was given to the HSC for launching the Timebanking program. Bank account balance is \$1,889.33. At this time there are no other anticipated expenses.
- Karin gave a wrap-up report on the weatherization project. Through CPU, three neighborhoods involved were given the opportunity to make their homes more energy efficient at a reduced price. Total of 241 residences part of the program, number of jobs were 175, with 4 still in progress and 5 yet to be paid for. CPU has applied for another grant and is awaiting approval. Customers overall were very satisfied.
- Karin reported that Timebanking, after 3 years of development, is ready to roll out in July in the test area and complete launch January 2016. The first presentation to a neighborhood association is April 30 and several others are scheduled. Six neighborhoods have been designated as the beta test area. They've been working with High Five on the digital marketing for the website. The program is titled "hOur IMPACT".

- Due to their absence, no reports from Lisa, Patti, or Chuck.
- Appointments for commission positions and nomination of officers will take place at the May meeting.

Presentation: Greg Noelck, Healthy Aging Alliance – Preventing Senior Falls

- Greg is a physical therapist and much of his work has to do with keeping people on their feet and in their homes. Last year started the Clark County Fall Prevention Coalition, which is now called Healthy Aging Alliance.
- Overview
  - Stats: Nationally, 15 million falls/year for all ages 65+. Falls are the leading cause of traumatic injury and traumatic mortality deaths for those over 65; 2.5 M/year ER visits; per day, every 13 seconds someone 65+ will be seen in the ER; over 700,000 hospitalizations/year; over next 5 years, \$55–60B in national healthcare costs; over 25K deaths to falls in 2013. Clark County has 20,000 falls/year; CRESA serviced 4,100 fall related 911 calls in 2013.
  - Oregon stats: 60% of seniors in the state who are hospitalized for falls are discharged into long-term care; unintentional falls are 3<sup>rd</sup> in cost to treat after cancer and heart disease.
  - Personal risk factors: medical issues; dizziness or stiffness; medications; alcohol abuse; not using canes or walkers properly; rushing; vision and hearing difficulties; apathy, safety not a priority; lack of understanding/education; dementia.
  - Environmental risks: poor lighting; slippery floors, throw rugs; clutter; cords; pets; limited space for mobility.
  - Effects: fracture; bruising; head trauma; fear of falling which causes decreased mobility; embarrassment; hospitalization; death.
- What helps with prevention?
  - Regular exercise; review, revise, reduce medications; annual vision exam; home safety evaluation and modifications.
  - SAIL: Stay Active & Independent for Life – strength, balance and fitness class for adults 65+. Focuses on staying active; gets people engaged in the elements of fall prevention without calling it that. Developed by WA State Department of Health starting in 2003. Two instructors here in Clark County, one in Woodland and one at Touchmark.
  - Home safety important. Do assessment of home; add equipment such as grab bars and seat/bench in the shower; remove throw rugs; no stairs; allow space to move around safely; make modifications to accommodate aging in place.
- Resources in the state and county:
  - WA State Fall Prevention Coalition– <http://www.doh.wa.gov/>
  - FD Cares– <http://fdcares.com/fdcares-washington-state.html> (currently not in Vancouver)
  - Healthy Aging Alliance of Clark County– <http://healthyagingalliance.org/>
  - Clark County Fall Prevention–Greg Noelck [gnoelck@peacehealth.org](mailto:gnoelck@peacehealth.org)
  - Area Agency on Aging and Disabilities of SW WA–<http://www.helpingelders.org/>

- Comments/questions:
  - Concern about lack of sidewalks in this community. Makes mobility difficult and unsafe. The outside environment needs to be safe as well as inside the home.
  - Clark County does not have a fall prevention program as such. Public Health has elements of the program like Tai Chi classes, but not comprehensive.
  - Can a pharmacist do a medication analysis? They could but they don't always know all the medications that someone is taking as they may not purchase all of them from one place. Inform them of any OTC meds or supplements as that's important as well.

Meeting adjourned at 5:45 p.m.