



Retreat Notes

Tuesday, July 18, 2017

3:00 p.m. – 5:00 p.m.

Members Present: Marian Anderson, Marjorie Ledell, Ali Caley, Donna Roberge, Linda O’Leary, Temple Lentz, Amy Gross, Pat Janik and Chuck Frayer
Staff: Sharon Lumbantobing and Kathy Schroader
Facilitator: Carol Cate

Welcome and Introductions – Marjorie Ledell, COA Chair and Carol Cate, facilitator

Teamwork

Each COA member briefly shared their respective professional experience, personal background and what excites them about serving on the COA.

Effective Teamwork Guidelines proposed by COA members:

- Shared Values
- Celebrate Success
- Respect, Care about others
- Active listening
- Does the homework
- Does not interrupt
- Stay on task
- Strong leadership
- Collaboration
- Open to new ideas, Concise ideas, No bad ideas
- Non-judgmental
- Builds trust
- Humor
- Innovation
- Ways to incorporate introverts
- Passion, Energy, Dynamic

2018 Focus - Group Activities

1. **Selecting a Topic(s) for 2018.** COA members broke into two groups to brainstorm subtopics under each of the four categories: transportation, housing, supportive services, and healthy communities. Below is the list of topics of each group:

Transportation

Group 1:

- Curbs, sidewalks, proximity to public transportation
- C-Tran,
- walkability,

Group 2:

- Priority – Access
- How to navigate a car-based community
- Rural options with C-Tran and Rural Isolation
- C Tran options
- How to partner with private sector (like Uber and Lyft)

Healthy Communities

Group 1:

- Parks
- Recreation ideas
- Access to health care
- Walkability
- Access to pets at home and when in hospital

Group 2:

- Sidewalks and curb cuts and walkability
- Access to parks
- Intergenerational programs (nursing home having a pre-school inside it)

Housing

Group 1:

- Follow up on COA's recommendations to cities and county (like a panel that reports back to the county's housing task force, what are the cities and county doing)

Group 2:

- Affordable housing
- City's levy on affordable housing (report out where that money is going)
- Successful programs nationwide (who has promising programs that we might want to learn about)

Supportive Services

Group 1:

- Culminating event for end of this year
- What are our follow up recommendations
- In-home services (meal delivery, housekeeping)

Group 2:

- Nutrition (SNAP program) and food preparation info
- Mental health (currently aging people and their caretakers, loneliness, depression prevention, transportation to social places or health care)
- Palliative care

Selected Topic for 2018:

- Most COA members agreed that transportation should be the topic for 2018.
- Two COA members suggested choosing the topic of Healthy Communities, but include transportation within that
- 1 COA member suggested combining Housing and Transportation under the umbrella of Aging in Place

The COA members ultimately agreed to select the topic of transportation as the 2018 focus area with supporting subtopics as follows:

- C TRAN
- Access:
 - Connecting aging populations with their community
 - Destinations: where are people going, such as medical, theaters, grocery
 - How to walk when there are no sidewalks (especially with strollers, walkers, wheelchairs, etc)
- Innovative private sector
- Partner with other organizations (Accessible Transportation Coalition Group (ATCG) is looking at sidewalks and curb cuts and Clark County Bike and Ped Advisory Committee is looking at curb cuts and design)
- Safety (driver safety, pedestrian safety, lighting, signage)
- Volunteer driver program (engaging faith-based community)
- Training program/education on how to utilize public transportation (intergenerational programs)
- Research what other communities are doing, such as innovative transportation services, driverless cars, etc
- Working with city partners to drill down on transportation related issues
- COA should do transportation research on its own

The COA members also agreed to have follow up sessions with updates on housing and supportive services in 2018 to see what the county and cities are doing.

2. Culminating Event

Culminating Event co-sponsored with AADSWA (1/2 day event):

Audience:

- Public
- City councils and BOCC
- Caregivers
- Agency heads
- Keynote speaker who is well known
- Panel of caregivers talking about the struggles, resources they used and need
- Pat, Ali, Donna and Amy will meet with AADSWA to discuss planning the joint conference

What's Next

Calendar of Events

- Need to identify Transportation subcommittee

Closing – Majorie Ledell

The Retreat adjourned at 5:00 p.m.

The Clark County Commission on Aging provides leadership and creates community engagement in addressing the needs and opportunities of aging.