

Clark County Commission on Aging

1300 Franklin Street, 6th Floor

Vancouver, Washington

Retreat Notes

Tuesday, June 19, 2018

3:00 p.m. – 5:15 p.m.

Members Present: Marjorie Ledell, Marian Anderson, Chuck Green, Amy Gross, Temple Lentz, Linda O’Leary (will be late), Donna Roberge and Larry Smith

Absent: Ali Caley

Staff: Jacqui Kamp, Jenna Kay

Guest: Donna Sinclair

1. **Welcome, introductions, and background**

***Why did you join COA?***

* + Larry: liked the initial Aging Readiness task force, involved with Meals on Wheels involvement, and thought could be an asset to the group. Brings policy background to the group. Thinks this is a kind community and amazed at how people step up to support the community and wants it to stay good. Sees challenges of the senior population.
	+ Chuck: has lived a lot of different places. Currently is a consultant for Otak. Working on community transit BRT project in Everett, WA right now. Has seen how several communities have developed. Had a family member with alzheimer’s. Familiar with walkable small towns. Aging in place and transportation mobility are important topics to him.
	+ Temple: was looking for a way to serve the community while also remotely addressing own family’s aging challenges/classic senior struggles. Recognized that other places don’t have a COA or agency like AAADSWA. It has been a good experience so far.
	+ Amy: spent most of her career in direct service to the elderly as a clinical psychologist and through fundraising work. Father had alzheimer’s and served on several committees and on the board of the Alzheimer’s Association. Moved to area for retirement. Grew up in a small town and not excited about community involvement in LA, where used to live, but here heard of friends’ active involvement, and has become involved in fundraising projects and other projects when can be. Loves what the commission does and has done and likes the caliber of people she gets to work with.
	+ Marian: moved to Vancouver in the 1970s and involved in neighborhood and City Hall shortly thereafter. On the Vancouver Planning Commission from late 1980s to 2000 and gained lots of experience through that, i.e. was involved in the largest annexation in state history, also involved in establishing the hearings examiner process and Water Resources Center. Has learned that whatever we do for the community has a lasting value. Learned more about planning from husband. He became ill as got older and they moved to a universally designed house in Hazel Dell. Read about COA, sat in on some meetings. Knew about housing and zoning, and that’s why applied. Thinks it is incredibly important to look at the aging population. Has learned a lot and received a lot of support from fellow commissioners.
	+ Marjorie: applied because she saw an ad that COA was looking for someone with communications, strategic planning and organizational development experience. Looked at the Aging Readiness Plan and thought was cool.
	+ Linda: had unfortunate personal experiences and thought could join to learn more and help strengthen services in the community.
	+ Donna: wanted to join because she is a senior citizen, cares about the aging population, and used to teach gerontology courses.

***COA’s accomplishments***

The group reviewed and discussed their accomplishments, including:

* + Mobility coordinator for Human Services Council
	+ Elder Justice Center and deputy position
	+ Universal Green Design Ideabook
	+ Weatherization programs for seniors
	+ Aging Readiness Plan presentation to state legislature
	+ Telehealth conference
	+ Shared housing forum
	+ Policy recommendations to county council and other organizations related to housing and supportive services
	+ Advocacy for complete streets policy
	+ Housing Summit
	+ Supportive Services Summit

***What are your hopes for the commission?***

* + Marjorie: I like where we’ve come and am interested in how we proceed from here. Likes how we do business.
	+ Marian: it’s important to understand and make the most of having a voice with local government and advocate for things that are doable and possible.
	+ Temple: influence and advocacy. Likes that COA makes recommendations and have seen some of the cities make some changes, especially with housing. Looking forward to increased influence and would love to see the group staying with it, not just putting out recommendations and hoping they take hold. Interested in how to do more follow-up and really target specific things. Also, continues to hear “I didn’t know COA existed,” and wants to figure out how to continue to increase visibility/awareness of the group and its work.
	+ Chuck: knows the Aging Readiness Plan is now 6-years old and wonders if there is a time to relook at it and possibly update it? Aging in place is a big topic from the design, land use/community and transportation perspectives and interested to see how to get involved with recommendations and advocacy in those areas.
	+ Donna: advocacy and education are major missions and would like to see that turned into policy with the county council. There’s nothing more frustrating than doing a lot of work and it not turning into a policy. The county council has been very open, feels like being heard.
	+ Larry: public-private partnerships and opportunities, opportunities to do more outreach, agrees name recognition is important - COA has meaning and wants to make it more powerful, aging is not just for seniors - kids don’t always realized how involved their grandparents are in their community, trying to get seniors more involved with public education, being supportive of elected bodies and speaking on behalf of a policy, building on the respect of what the organization does and the important things it does for the community.
	+ Amy: reiterates what everyone else said, thinks COA can be an agent of kindness, we’re talking about old people and there’s something we can do to draw on the kindness of the people here, we also need more connection to the seven cities – went to some of the city presentations and one city wanted to tell the group what to do, the other said thank you and didn’t engage more, maybe assign one member per city and be known to that council, ought to be promoting available services rather than offering services, knows people who think the city government ought to do “X,” and don’t realize it already happens.
1. **2019 work program and summit small group discussions**
	* The commission split into two groups to brainstorm the 2019 work program
	* Flip chart notes from these discussions are captured below

*Group 1, Marjorie, Marian and Larry with written input from Ali and Linda, flip chart notes:*

2019

* Urban forestry
	+ Trails, greenspace
	+ Trees
	+ Planting strips
	+ Sidewalks
	+ Parks
	+ Recreation outside and inside
* Tree/open space requirements
* Work with County Parks Board
* Review standards
* National consultant at summit
* Topic/speaker ideas
	+ Patrick Sweeney – complete streets
	+ Alan DeLaTorre – kickoff
	+ Julie Hammond – overview of parks
	+ Trails, environmentalist elements – Friends of Gorge
	+ Food – Suzanne Washington
	+ Legacy – health benefits of healthy communities, all facets of health
	+ Recreation facilities: inside and out

*Group 2, Donna, Chuck, Amy, Temple, flip chart notes:*

Healthy Communities

* Parks and recreation
* Seniors and pets
* Neighborhood associations in cities
* Unincorporated areas lacking associations
* Nutrition and accessing food network
* Safety and security
* Connections to services
	+ Shopping
	+ Telemed
	+ Communication bridge to technology
	+ Villages Clark County
* Non-profit organizations network
1. **2019 work program and summit report out and full group discussion**
	* Each group reported out to the full commission and discussed additional ideas and next steps
	* *Group 1, Marjorie, Marian, Larry, Ali, and Linda, report out:*
* Selected healthy communities as focus area for 2019
* Overall, many topics fall under urban forestry, such as trails, greenspace, sidewalks, etc.
* Suggested meeting ideas and speakers include:
	+ - * Alan DeLaTorre – beginning presenter to cast a big picture of what would be a healthy community
			* Patrick Sweeny – could cover complete streets
			* Julie Hammond – could provide an overview of parks in the county and cities
			* Friends of the Gorge – could discuss existing trails
			* Suzanne Washington – executive director of Meals on Wheels, could talk about food security. Could also maybe get a second speaker to cover nutrition.
			* Recreation (inside or outside)
			* Why healthy communities are of benefit
		- Summit
			* National consultant – could talk about healthy communities
			* Keynote (20-25 min)
			* People who could drill down into aspects of expertise
			* COA members could report out from small groups
	+ *Group discussion after the first report out:*
		- Parks and recreation – will want to frame as economic development, to sell the value to your community and helping pull your community together.
		- Park land acquisition - interest in understanding how the county acquires property for parks.
		- Subdivisions – developers build parks now and often operate them until houses are built and the land is transferred to the local government jurisdiction.
		- Urban forestry – Amy recalled her grandmother who was blind and lived in area with lots of walking paths with a rope fence that she could use to navigate. She also was involved in the design of an alzheimer’s unit in a housing complex where there were trails designed in a way so that residents could not get lost.
		- Park activities – discussed memories of picnic, parades, contests, etc. that used to be held in small town park. One member noted the idea of having a senior citizen’s parade.
	+ *Group 2, Amy, Chuck, Donna, Temple, report out:*
		- Parks and recreation: could separate the two, i.e. recreation could be focused on active transportation and activities and parks could be about the physical parks and amenities. Speakers could include: Bill Burke, Kelly Punteney, Bill Dygert.
		- Seniors and pets: could include both seniors caring for pets, and help with pet care for seniors who are less mobile/ill
		- Neighborhood and home owner associations, assisted living centers
		- Safety and security
		- Connection to services such as all-in-one-building type services: examples include Vancouver Clinic, Kaiser, Sea Mar.
		- Technology such as Telehealth: way to assist seniors via video applications such as Skype or Facetime
		- Nonprofits such as Villages Clark County: this model is starting to gel and mature, could talk about what they do and how they do it
		- Food networks: nutrition and access to good food. Speakers could include Warren Neth or Ann Foster
	+ **Next steps**
		- **Staff to take ideas and will share back draft of what meetings and speakers could look like for 2019**
		- **Members of COA to think of and share other speaker ideas**
1. **2019 Transportation Summit**
	* The group discussed what they want to have happen at the February 2019 transportation summit.
	* Recommendation process/sequence:
		+ Recommendations will come out of the year of talks
		+ Recommendations will be presented to the county council in January 2019, prior to the February summit
		+ The summit can be used to generate more ideas or garner support for recommendations/how to implement the recommendations
	* Attendees
		+ People like networking and idea generation.
		+ Interest in a hybrid of experts and interested members of public. We don’t want it to just be about public services. There needs to be for-profit, not-for-profit and public invitees, and we would want a mix of them at each table
		+ Could use as a way to strengthen relationships with cities, but want to avoid being dominated by governmental groups who already are connected. Will want to reach out to other nonprofit groups to involve them, to generate a more diverse range of ideas
		+ Suggestion to include a representative of senior resident councils
		+ Suggestion to include Bill Bauman’s mobility coordinating Coalition
	* Format
		+ Previous events have been half-day. Is this sufficient?
		+ Will need a focus and know what we want to get out of the summit, i.e. three goals or items to get out of the event. Previously have covered problem identification and solutions. Hard to pick focus without knowing transportation recommendations yet
		+ Use the summit to share what we have learned and assist with policy or other recommendation implementation
		+ Format suggestion: Consider a set of questions for each group, or a question for each group and that group’s job is to provide a solution.
		+ Format suggestion: the recent League of Women Voters Transportation forum had the right players and focused questions
	* Speaker ideas: TREC in Washington (run out of University of Washington) and OTREC in Oregon (run out of PSU by Jennifer Dill), goal is to learn from our speakers
	* Co-sponsor: RTC was a recommended co-sponsor, since they cover the cities, C-TRAN, WSDOT, ports, Metro and ODOT
	* Venue: the most pressing issue to pin down right now
		+ Have had 100-150 attendees in the past
		+ Venue ideas:
			- Clark College Gaiser Hall, on main campus
			- Clark College Tech Center
			- Red Cross Building
			- Water Resource Center
			- Does it need to be transit accessible?
		+ **Next step – staff to investigate what’s available on summit date**
	* A subcommittee will meet to drill down the summit plans further.
		+ Subcommitee will be: Chuck, Larry and Marian
		+ **Next step – subcommittee to work with staff to find a meeting time and then report back to the full group**
2. **Communication**
	* Web pages – Jacqui provided an overview of the COA web site
		+ Request to include bios and photos on the COA member web page. Discussed starting with bios and going from there
		+ **Next step - staff to organize and share bios prior to publishing on website. Will confirm draft at the next work session**
	* Facebook-Jenna provided an overview of the COA Facebook page
		+ When COA members click on articles or share posts, it ups the number of people that see the post exponentially
		+ **Next step – staff to come up with way to share articles that are on Facebook for those that don’t use the platform**
	* Analytics – Temple reiterated that the more the group shares and responds to Facebook posts, the more activity the site will get.
	* Meeting time
		+ The group discussed preferences for a 3 or 3:30pm start time for COA work sessions.
		+ The group agreed to a 3:30pm start time unless more time is needed for discussion, decided at the discretion of the chair.
	* Meeting materials and communication –
		+ Group preference is to receive an email with a link to materials on the COA website.
		+ Hard copies of materials will be provided at meetings.
		+ For items such as background articles, staff will also send out an email with a link to the web page where the articles are saved.
3. **Leadership roles**
	* Self-nomination process for chair and vice chair roles
		+ **Next step - send an email to Jenna (jenna.kay@clark.wa.gov) before the July meeting with your interest in chair or vice chair, and a brief description of your qualifications for the position.**
		+ Staff will compile all nominations and share them at the July work session
	* The group will deliberate and vote for new officers at the regular July meeting per the following process:
		+ Open nominations
		+ Vote on chair
		+ Vote on vice chair
4. **Miscellaneous**
	* Partnerships and standing reports
		+ COA currently has liaisons to AAADSW, Public Health Advisory Council, the Adult and Disability Resource Network and the county council
		+ Discussion items included:
			- The value of partnerships are when they’re active and working relationships. Report sharing has not seemed like a useful approach.
			- We could invite partners to our meetings to make comments.
			- Amy has connected with the Public Health Advisory Council one more time, to see if they can establish a new approach moving forward
			- The AAADSW relationship was really important this year, i.e. they co-sponsored summit
			- Christine runs the ADRN and attends many of our meeting
			- For 2019, could we come up with some new partnerships, lots of non-profits have seniors involved in them and they don’t know of COA. We can’t keep talking to ourselves and would like to reach them
			- Could partner with letter carriers, meter readers, bank tellers – they often notice when things looking odd
			- For 2019, partnerships need to be deliberate and methodical
		+ **Next steps - continue monthly liaison with AAADSW. Revisit topic at the July meeting.**
	* Community Roots Housing initiative – COA was approached for a letter of support for this initiative, the project is currently looking for land and financing, COA will wait and see what gels before submitting a letter of support
	* hOur IMPACT Timebank – Jacqui explained the history of the program and the challenges of implementation. Since it has not successfully taken off, the county plans to shut-down the web platform.
5. **Next meeting:**  July 17, 2018 at 3:30pm.
6. **Adjournment:** The work session adjourned at 5:15 p.m.

***The Clark County Commission on Aging provides leadership in community engagement and advocacy of Clark County's Aging Readiness Plan, especially for those 60 and over who plan to age in place.***