Clark County Commission on Aging
1300 Franklin Street, 6th Floor
Vancouver, Washington

Work Session Notes

Wednesday, June 19, 2019
3:00 p.m. – 4:15 p.m.

Members Present: Chuck Green, Amy Gross, Franklin Johnson, Marjorie Ledell, Megan McCarthy, Larry Smith, Pam Wheeler

Absent: Linda O'Leary

Staff: Jacqui Kamp, Jenna Kay

1. **Introductions and welcome to new members**
   Three new COA members introduced themselves. Pam Wheeler – teaches nursing at Linfield College, much of career has involved working with the aging population. Franklin Johnson – retired from federal government, former neighborhood officer for Bennington Neighborhood Association in Vancouver, currently does educational consulting. Meghan McCarthy – Community Systems Director for PeaceHealth.

2. **May 15 COA work session notes**
   The work session notes were approved.

3. **Takeaways from May 15 meeting**
   - Marjorie: liked idea of putting a tree goal in the comprehensive plan, the WSU-Extension heritage tree program, and community forestry commission for the county.
   - History: There used to be a joint City of Vancouver-Clark County forestry commission when there was more partnership between Vancouver and the county. The Parks Foundation is countywide.
   - Chuck: would like to see update to the Aging Readiness Plan (ARP). When we talk about comprehensive plan amendments, my suggestion is we keep it in the context of the ARP. Don't want to stretch beyond scope. Healthy communities: includes healthy trees and tree canopy. Shade nice, especially as we get older. Would like us to connect our recommendations to aging.
   - Larry: as add trees, we increase maintenance costs. Landscaping in newer parks is done very carefully. Walking trails in parks are also really important.
   - Amy: asked about who maintains parks. Typically, the local jurisdiction where the park is located maintains it, i.e. the county manages parks in the unincorporated parts of Clark County.
   - Meghan: mentioned the parallel between caring for our oldest trees and caring for our oldest residents.

[redacted]

- Jacqui: noted that the ARP includes a strategy on creating a joint City-County urban forestry program.

4. **Healthy communities topic update**
   Jacqui provided an update on speakers scheduled for the rest of the year.

5. **Prep for August meeting speaker – Health/Wellness**
   - The presentation topic for August is health and wellness and we have invited Deleasha Hall, with PeaceHealth Hospice and Palliative Care to present to the group.
   - Meghan provided overview of what the speaker could cover including: practical information like advanced directives, communication and bringing in other people to your care team, resources in the area, etc.
   - Chuck: interest in hearing about long-term care policies and costs
   - Pam: interest in hearing about the what is going on in Clark County for health care system community outreach.
   - Larry: interest in hearing about the value of a second opinion and the pros and cons with that.
   - Pam: interest in hearing about the team perspective and how that is being emphasized now where the client and family is at the center of the team.
   - Pam: interest in whether or not there is a map of health resources in the county.
   - Jacqui: **ACTION ITEM: public health could potentially chime in on county resources.** Staff to follow-up.
   - Meghan: lots of tools/one-stop-shops.
   - Meghan: another topic that could be of interest is learning more about what is happening in Bellingham where the community decided they wanted to be the best place to die in Washington. This started a conversation on having the resources and infrastructure.
   - Several members mentioned interest in still hearing about pet care/pet support. Meghan will ask Deleasha if that's something that comes up in her work. **ACTION ITEM – staff to reach out to Humane Society as additional speaker.**
   - Franklin: I learned that 90% of fire department calls are medical calls. One of my littles (mentees) had an allergic reaction, and I brought him to a nearby fire department, knowing that was an available resource.
   - Franklin: interest in discussing terminology when we see a doctor and how to hold them accountable and ask them to explain what they said so I can understand. How do we get our aging population be confident to say, make me understand that. Meghan noted you can ask your doctor to draw you a picture, and other options for better patient-doctor communication.
   - Franklin: interest in hearing about long-term care and the aging population being easy targets for healthcare scams or paying more than they need to.
   - Larry: interest in discussing the importance of end of life conversations with family. It's hard to do, but very beneficial to the family.
   - **ACTION ITEM - Meghan to relay info to presenter.**

6. **July COA retreat planning**
   - Donna Sinclair will facilitate the retreat.
   - Jenna walked through the draft retreat agenda.
   - Marjorie: in the past, COA members have presented to the cities in the county and accompanied AAADSW to the state legislature. I wonder if we want to reach out to others groups in the future.

- Larry: the realtor and building association seem like important groups to stay connected with. The technology of building houses now is unbelievable.
- Franklin: wondered about how to create a strategy/plan to make available to people just moving here. With the Vancouver Community Development Block Grant (CDBG) advisory group started having presentations on resources. Is there a strategy or vehicle for people unfamiliar with resources available here?
- Chuck: there are a lot of programs out there, but we need a roadmap to figure out where to go. It would be nice if you move in and have that available.
- Pam: you often see directors for older adults with various services.
- Amy: there are some senior facility directories
- **ACTION ITEM: staff to share resource directories that are available.**
- Chuck: are AAADSW services available 24/7? Response: no
- Franklin: it is also important that we can provide access to someone who doesn't use a computer, won't leave house, etc.
- Question: Does Clark Co. have geriatric care managers?
- **ACTION ITEM: staff to coordinate with Chuck on remote participation for the retreat.**

7. **Announcements/Updates**
    - August meeting request: can we do a photo shoot?
    - August meeting: will hold chair and vice chair elections.
    - Returning COA members introduced themselves.

8. **Next Meeting:** Retreat, July 17, 2019 – 3:00pm.

9. **Adjournment:** The work session adjourned at 4:05 pm.

The Clark County Commission on Aging provides leadership in community engagement and advocacy of Clark County's Aging Readiness Plan, especially for those 65 and over who plan to age in place.