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

Retreat Notes

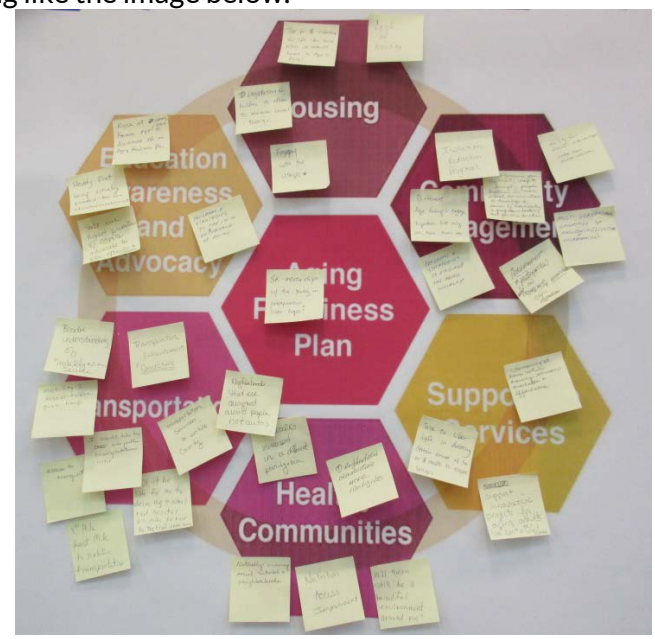
Wednesday, July 17, 2019
3:00 p.m. – 6:00 p.m.

Members Present: Nancy Dong, Chuck Green (phone), Amy Gross, Franklin Johnson, Marjorie Ledell, Megan McCarthy, Linda O'Leary, Larry Smith, Pam Wheeler

Facilitator: Donna Sinclair

Staff: Jenna Kay, Sharon Lumbantobing

1. **Welcome**
   - The group welcomed newest member Nancy Dong and introduced themselves.
   - The group discussed what they are proudest of (for returning members) and what they observed at their first meeting or were looking forward to (for new members).
   - Each COA member spent a few minutes writing down their thoughts on post-its in response to the following prompt: "When you think about getting older in Clark County, your neighborhood, or your home, what concerns you the most about creating a livable community where people of all ages, backgrounds, abilities, and incomes can grow up? And, what changes or possibilities would you like to see in your own future?"
   - Then, each COA member placed their post-its onto the COA topical diagram, with the final result looking like the image below:



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- The group reviewed what was written down and below is the typed-up version of the post-its:

  Housing:
  - Cost of housing
  - Taxes/incentives for those who build ADUS or retrofit homes for those to age in place
  - Legislation for builders to adhere to minimum Universal Design
  - Engaging with the Villages

  Community Engagement
  - Isolation reduction programs
  - Ability for social interaction rather than isolation
  - Multigenerational groupings with mentoring and collaboration culture
  - Programs and strategies to engage the aging socially
  - Different age groups engage together, not only seniors, teens, moms, etc
  - Involvement and participation in more community activities, civil discourse
  - Ways to bring people together in more rural communities to develop a sense of "community" and purpose – looking out for one another
  - Ways to bring people together in rural communities

  Supportive Services
  - Remaining at home while having services available and affordable
  - Support innovative projects for aging adults (ie EMTs re-visit homes)
  - Talk to Uber/Lyft in donating certain amount of hours or $ credits to eligible seniors
  - Senior mentorship with the young, entrepreneurs, Silver Pages (instead of Yellow Pages)

  Education, Awareness, &, Advocacy
  - Kiosk at community at farmers market (community events) to disseminate info on Aging Readiness Plan
  - Programs and strategies to tap into experience of aging
  - Healthy diet being actively promoted through fun education/entertainment
  - Take our highest priorities of COA and advocate to elected officials and others

  Transportation
  - Broader understanding of "mobility as a service"
  - Mobility and access to/from public transportation
  - Transportation enhancements and connections
  - Access to transportation
  - First mile/last mile to public transportation
  - I would like to use public transportation more
  - Transportation services to entire county
  - Neighborhoods that are designed around people not autos
  - Sidewalks increased in a different priority action
  - Will it be safe for me to drive my 4-wheel red scooter 25 miles an hour to the Fred Meyer 2-miles away?

Healthy Communities

- Neighborhood communities more inclusive
- Will there still be a beautiful environment around me?
- Nutrition access improvement
- Naturally occurring social network = neighborhoods

Debrief of post-it activity

- Technology: digital vs face to face, "high touch" vs high tech, meaning we need to have social interaction with technology, need simple easy to use technology so it can be a tool
- We have a tendency of thinking of these issues as separate issues and they need to be reconsidered as overlapping and connected issues

2. **Where we have been**
   - The group reviewed the summary sheet of past COA recommendations
   - Recommendations on document:
     - Explain why items have not been implemented or were not successful
     - Make sure summit recommendations are included
     - Include report to cities for each category
     - Linda provided her notes to staff, that can be incorporated into a revised version
   - **ACTION ITEMS - next steps for document:**
     - **Incorporate feedback above**
     - **Work to improve graphic design. Could be interesting to track what each city is doing.**
     - **Share with councils, could become an accountability tool**
     - **Append to annual report**
     - **COA can refer to as needed**

3. **Planning for 2020 and beyond**
   - The group discussed what the COA's focus will be for 2020 and how to structure selves for action
   - 2020 focus area discussion
     - What does the public want?
     - Education, advocacy, awareness - advocate COA issues to our state legislators
     - Advocate on specific COA topics to allies/community groups (i.e. 7 Rotary groups in the county)
     - Community Engagement Focus Area hasn't been an annual topic of COA yet
     - COA could use some training on what is a good way to advocate, package clear/concise message.
     - The city of Vancouver has a Neighborhood Alliance that has 69 neighborhood associations that COA could engage with. The county has neighborhood associations too.
     - COA Roadshow – could meet at TouchMark or Marriot in Battle Ground where we have concentration of senior people, we could take the COA monthly meeting on the road
     - Would you invite providers? We could. We need to be careful with private organizations and not promote anyone in particular.

    - COA could have town meetings in each of the seven cities and/or in each of the 4 council districts.
    - COA could have info or announcements at festivals, community events, farmer's markets, Esther Short Park concert series, Columbia Tech Center events, library events, etc. and piggyback off these events to do outreach for COA.
    - Outreach events take energy and volunteers.
    - Decision: the group will focus on Community Engagement and Education, Awareness and Advocacy in 2020.
    - Educational focus can include general aging awareness, i.e. 10,000 people a day turn 65 in America.
- Discussion on how to structure ourselves for action
    - How do we provide leadership and community awareness to initiate change?
    - COA's role is to advance housing and transportation (and other topical) issues a little bit every year. We are not a service provider.
    - Structured Town Hall in each of the 4 county districts. Could work with the councilor of each district on the concept of the town hall for that district. Could invite mayors and city councilors that overlap with the district. Town Hall would involve public engagement and seeking public feedback.
    - Present at 7 Rotary Clubs
    - Chamber of Commerce (CoV, BG, Camas)
    - We want feedback from the public in addition to sharing knowledge. More listening, less talking.
    - We want to open the line of communication
    - Empower Neighborhood Associations. Talk with Neighborhood Association chairs in City of Vancouver, Clark County(and smaller cities if they have neighborhood association groups) to talk about ideas on better engaging neighborhoods and how to go about doing it
    - Could video stream town hall events
    - Methods county is readily set-up for public engagement:
        - NextDoor
        - Web
        - Facebook
        - Neighborhood Association leadership
        - Press Release
        - Press
        - Mail (within budget)
        - Email
        - CVTV (has limited budget)
    - Stay in touch with the cities – continue yearly visit, get onto city council agendas annually
    - Build on existing structures and partnerships
    - Any meetings need to be easily accessible by transportation and in a venue that is accessible
    - With our engagement and advocacy, it would be helpful to have a specific ask or action item we want people to take
    - Attend AAADSW advocacy day in Olympia
- Other discussion items
    - Safety and aging – topic could raise attention to

    - Clark College classes – some already exist
    - Blue zones – Megan mentioned the blue zone concept, she has the book she can share and there is an engaging TedTalk. The group could consider it in their work.
- **ACTION ITEM - Staff to develop draft 2020 plan based on discussion and will share back with COA for feedback and revision**

4. **2019 Healthy Communities goals and outcomes**
    - Annual Report – use similar approach as previous few years with summary of speakers from year and COA major findings and recommendations
    - Joint meeting with Council – will take place in January of 2020
    - Summit in 2020 should be a culminating, celebration and call to action (not a summary of Healthy Communities Focus Area from last year)
    - Outreach – do better job involving Neighborhood Association leadership

5. **Leadership roles and liaisons**
    - Chair and Vice Chair elections will take place in August. **Interested members can send staff a few sentences explaining why they want to serve as Chair or Vice Chair. Staff will compile all information in one document. That information will be shared during the August work session and there will be opportunity to discuss nominations further at that time. Elections will take place during the regular meeting.**
    - Area Agency on Aging and Disabilities of SW Washington - Aging and Disabilities Resource Network (ADRN) meets quarterly. Amy is the current COA liaison to this group and is interested in continuing in that role. **There is also interest in having David Kelly come to COA meetings 2-3 times per year.**
    - Clark County Public Health Advisory Council: David Hudson is our public health advisory council liaison and Amy and David have monthly phone check-ins. This was more effective than attending their monthly meetings which overlap with COA monthly meeting times and have largely been focused on youth health topics. **Amy is interested in continuing in the liaison role with Public Health. ACTION ITEM - Nancy would like to learn more about the Public Health Advisory Council, staff to send her a link to their website.**
    - Human Services Council –Accessible Transportation Coalition. The Accessible Transportation Coalition has invited a COA member to serve on the coalition if there is interest. If there isn't interest, then they have asked if they can come meet with the COA a couple of times a year. **ACTION ITEM – staff to close the loop with Colleen/HSC.**
    - If COA members have ideas about other liaison or leadership roles you would like to see the commission be involved with, please feel free to bring forward to the group.

6. **Next Meeting:** August 21, 2019 – 3:00pm.

7. **Adjournment:** The work session adjourned at 5:30 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.