



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

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## Meeting Notes

Tuesday, April 16, 2013

4:30 p.m. – 6:00 p.m.

Members Present: Gary Beagle, Bob Holdridge, Kathy McLaughlin, Lisa Rasmussen, Randy Scheel, Kiersten Ware, Karin Woll

Absent: Chuck Frayer, Patti Gray

Community Partners: David Kelly, Klaus Micheel, Walter Gordon

Staff: Jose Alvarez, Jacqui Kamp, Mary Beth O'Donnell

### Welcome and Call to Order

- Lisa Rasmussen called the meeting to order in the absence of the chair, Kiersten Ware, who was arriving late.
- The meeting agenda was approved. Minutes from the March 19<sup>th</sup> were approved as submitted.
- Chairperson's Report: (after Kiersten's arrival)
  - Quarterly meetings with Commissioner Stuart have been set.
  - Members of the CoA met for coffee.
  - Congratulations to Community Planning on receiving an award from APA for the Aging Readiness Plan. Colete is in Chicago this week to receive the award.
  - Three members of the CoA have terms expiring at the end of next month. They may submit their request for renewal to the Board of Commissioners for consideration.

### Work Committee Updates (going in reverse order)

- Transportation:
  - Jacqui for Chuck: Nothing significant to report. Next meeting tomorrow, April 17, 3:00 pm, Public Service Center, Room 323.
- Supportive Services:
  - Randy: Telehealth group met and agreed to move forward with two public forums, with the objective to advance the community's willingness and ability to incorporate telehealth into its health and well-being. Meeting this Friday to discuss planning.
  - September forum will be on community advocacy. Involves agencies, government organizations, non-profits. Beginning in the morning with keynote welcome and

- speaker followed by moderated, break-out sessions. Regroup in the afternoon and closing comments. Checking on Peace Health facility as the location.
- October forum involves professionals that have a stake in the subject such as physicians and those already using telehealth successfully, healthcare providers, hospitals managers and executives, acute care providers, along with technology experts to help pull it all together.
  - Gary: Completed three primary goals: encourage and promote development of the Elder Justice Center, Elder Friends program and a regional health alliance. Meeting with stakeholders in May to develop goals and look at other avenues to get involved in. Also open to assist other committees with their projects.
  - Healthy Communities:
    - Neighborhood meeting at Marrion School was fairly well attended. Purpose to generate dialog with the community about what they would like to see in their neighborhood; things that can be accomplished through volunteer efforts. A poster was created listing opportunities for neighborhood improvements and projects. Each person placed a dot next to their top 7-8 priorities. Most dots were placed on neighborhood networking category.
    - Next steps: committee to meet this Thursday and assess neighborhood's priorities based on the dot votes. Will continue talking with Neighborhood Association leaders on how to best assist them with their goals.
  - Housing:
    - No meeting held in March. Next meeting a week from Friday to review strategies and status of committee's work.
    - Bob visited some social service agencies to inform them of the shared housing project. They thought it was a good idea and could assist their clients by offering computer access to the website for available housing.
    - Possibility for future strategy: assist social service agencies financially or otherwise. Could discuss in August at the retreat.
    - Looking at September for start-up date of shared housing, ready for roll out in January 2014.
  - Community Engagement:
    - Forum May 22<sup>nd</sup> on time banking, targeting those currently involved with the program to come and provide input. Format is small group sessions focusing on need in the community, brainstorming, information gathering. All commission members are encouraged to come and help with the small groups.
    - Next meeting 04/25.
  - Communication:
    - Lisa developed a calendar for each work group to track volunteer hours. She will consolidate onto the main one.
      - **Action: Lisa to send out calendar template for recording of volunteer hours. Everyone to enter updates. Send her only number of hours spent and where. Details not necessary.**
    - Draft of presentation banner was shown. It will be used whenever the commission is presenting.

- Lisa is scheduling presentations at city council meetings. Contact her if you're interested in joining her.
  - **Action: Lisa will send out calendar of council meetings.**
- Lisa will meet with Commissioner Madore in April (on Kiersten's behalf) and Commissioner Stuart in May.
- Upcoming events:
  - 50+ Expo: Kathy will have a booth, Lisa and Gary will be at the CoA booth. All are invited to attend.
  - Home and Garden Show: final list with schedule will be sent to Lisa soon.
- Anyone interested in giving a presentation in the community, contact Lisa. She can meet with you to review and practice. The presentation can be customized to suit a specific topic.
- Facebook page is almost done.
- Benchmark:
  - Last group meeting was held March 28. Individuals now have assignments to complete the annual report. It will be ready to present at the June meeting.

### Presentation

- Jim Wilson, Aging Readiness Task Force member and AIA emeritus, gave a presentation on universal green design (UGD).
- UGD homes are planned to meet needs and expectations as we age; allow to age in place; affordable.
- Some features include:
  - Good for all ages, young and old
  - No steps at exterior entrances, flush thresholds, covered entry, lighted walkway
  - Comfort; safety; energy efficiency; adequate lighting
  - Easy access to electrical panel, water shut off, water heater
  - Wider hallways and doorways for accessibility and maneuverability
  - Pocket or sliding interior doors
  - Pull out shelving, drop down shelves in upper cabinets, rounded cabinet and cabinet edges
  - Dishwasher and washer/dryer on elevated platform
  - Lever handle hardware; rocker light switches
  - Reinforced walls for grab bars
  - Water-saver toilets, lower for children, higher for older adults
  - Adjustable height, hand-held shower head
  - Plumbing at wall for clear access under sink or wall mounted sink
  - Clear access to bed, closet and window
  - Adjustable closet rods, shelves, counter tops
  - Emergency exit to outside from bedrooms

When retrofitting a home, look for an American Association of Home Builders contractor with the "CAPS" (Certified Aging in Place) certification. This means they've gone through the course.

You can go online and educate yourself about upgrades or remodeling so when talking to the builder you have an understanding of what you want and what should be done.

Discussion ensued about options for remodeling homes, what permitting is required and the challenges that exist with older houses. Modular homes could be a good option for modifications, either enlarging or downsizing according to need.

It's important to educate younger generations so they can be prepared for their housing needs in the future.

Jose announced there will be an educational meeting on UGD at the Ft. Vancouver main library, April 24, 6–8:00 pm. CVTV will be there to record and it's open to the public.

### New Business

Jacqui talked about tracking volunteer hours spent by commission members. It is important to log hours to show the committees what is involved and how much effort has been put forth in volunteering. It's also important to know when applying for grant money. Research is being done on an electronic system that everyone can use. Hope to have a follow up report at the next meeting.

### Public Comment

- A Townhome owner asked whether financial incentives might be available through the county for retrofitting homes. Would someone be available to attend an HOA meeting? Possibly provide a standardized remodel plan that would work for everyone in order to save money on hiring professional services? Is there a local investment option that one could contribute to and self-finance for basic remodels in the community?
- Local government does not have money to offer in terms of financing. The housing committee does have a member from Home Street bank and discussion is broadening about what could take place outside government. Good topic for the next committee meeting.
- Jose can talk to a building official about idea of attending neighborhood meetings.
- An HOA has set up its own "grassroots" group to discuss what they can do to their homes in order to stay in them as they age and avoid going to a nursing home.
- Financing: renovation loans through FHA and Home Street are good options.
- Roger Ullenberg showed his proposed new, artistic design for a disabled parking sign logo. He'd like to see it eventually replace the current one.

The meeting was adjourned at 6:03 pm.