Some communities are better to grow old in than others.

Join us in making Whatcom County one of the best to age in.
• 8:35 – Table Discussions: Introductions

• 8:45 – Aging Well Whatcom Blueprint
  • Overview – Lara Welker
  • Blueprint Focus Areas - Blueprint Committees
  • Q and A, Discussion

• 9:30 – Table Discussions: Integrating and Implementing the Blueprint

• 10:15 – Where Do We Go from Here?
  • Interest and Energy: Blueprint Strategies
  • Closing Comments - Heather Flaherty

• 10:45 – Time to Connect and Network
Get to know your table-mates!

Share your name.

Your affiliation.

Your connection to aging that brings you here today.
Aging Well Whatcom Process

Research
- World Health Organization
- Livable Cities & Communities
- Local assessment:
  - Demographics
  - Housing
  - Listening to Older Adults
- Other communities’ best practices
- Local and national research and initiatives

Prioritize
- 6 Focus Areas:
  - Cultural Shift
  - Information & Navigation
  - Housing
  - Intergenerational Community
  - Wellness & Healthcare
  - Transportation and Design

Develop
- 6 Blueprint Committees
- Coalition members plus others with information, expertise, and experience

Merge
- Into Aging Well Blueprint

Share
- Aging Well Whatcom Summit
Listening to Older Adults & Their Families

Surveys and listening sessions with 300 people

• What is important to you/older adults?

• What are challenges or concerns for you/older adults?

• What programs, services, and supports for older adults and their families could be added or changed in Whatcom County?
What’s Important

#1 theme for all three groups: Interaction, relationships, and connection

Top 5 themes

• 1) Interaction, relationships, and connection
• 2) Family
• 3) Health
• 4) Healthcare
• 5) Housing

(Aggregated responses from all three groups)
#1 themes:
- Medical conditions (older adults)
- Healthcare (people who work closely with older adults)
- Interaction, relationships, and connection (family members of older adults)

Top 5 themes:
- 1) healthcare
- 2) medical condition(s)
- 3) physical decline
- 4) transportation
- 5) finances

(Aggregated responses from all three groups)
Add or Change

#1 theme for all three groups: Programs and services

Top 5 themes

- Programs and services
- Healthcare
- Interaction, relationships, and connection
- Transportation
- Housing

(Aggregated responses from all three groups)
Cultural Shift

Chao-ying Wu, MD, (Lead), Physician, Family Care Network, Chuckanut Health Foundation Board
Marie Eaton, Community Champion, Palliative Care Institute, WWU
Colleen Harper, Coordinator, Bellingham at Home
Janet Simpson, Chair, Bellingham at Home
Information & Navigation

Ryan Blackwell (Lead), Health and Human Services Planner, NW Regional Council
Australia Hernandez Cosby, Programs Manager, Whatcom Alliance for Health Advancement
Amy Charlot, NW Regional Council
Carol Nicolay, Health Ministries Network
Melinda Herrera, Director, Rosewood Villa
Housing

Wendy Lawrence (Co-Lead), Regional Property Manager, Opportunity Council
Jenny Weinstein(Co-Lead), Opportunity Council
Mary Carlson, Community member
Teri Bryant, Whatcom Homeless Service Center Manager, Opportunity Council
Elaine Cress, Bellingham at Home, Whatcom Council on Aging/Bellingham at Home
Samya Lutz, Housing & Services Manager, City of Bellingham Planning & Community Development
Tony Casale, Director of Leased Housing, Bellingham/Whatcom County Housing Authorities
Adrienne Solenberger, Landlord Liaison, Opportunity Council
Intergenerational Community

Tonja Myers (Lead), Administrator, Christian Health Care Center
Andrea Asebedo, Minister, Center for Spiritual Living
Ann McAllen, Adult Programs Coordinator, Whatcom County Library System
Heidi Bugbee, Director, Generations Early Learning and Family Center
Janet Malley, Mobility Coordinator, Whatcom Transportation Authority
Susan Given-Seymour, Chuckanut Health Foundation Board member
Transportation & Design

Mary Anderson (Lead), Transit Planner, Whatcom Transportation Authority
Aly Horry, Medicaid Transportation Services Manager, NW Regional Council
Kim Brown, ADA Coordinator, City of Bellingham
Wellness & Healthcare

Sarah Lane, Chronic Disease Prevention Outreach Coordinator, YMCA
Chao-ying Wu, MD, Physician, Family Care Network, Chuckanut Health Foundation Board member
Julie Meyers, Director, Whatcom Council on Aging/Meals on Wheels
Mike Hilley, Manager, Whatcom Emergency Medical Services
Richard Smith, Regional Vice President for Health Services, Humana
Amy Hockenberry, Health Information & Assessment Supervisor, Whatcom County Health Department
Becky Kirkland, Manager, Center for Senior Health, PeaceHealth
Gurpreet Bajwa, Care Manager, SeaMar Community Health Center
Lance Romo, Recreation Coordinator, City of Bellingham Parks and Recreation
Stacy Phelps, Account Manager, Signature Home Health
Theodora (Tad) Lewis, Caregiver
Gurpreet Dhillon, Director, Cancer Center, Palliative Care & Hospice, PeaceHealth St Joseph Medical Center
Questions about the Blueprint? Comments?
➢ What aspects of the Blueprint are surprising or inspiring?

➢ What is missing?

➢ How does the Blueprint intersect with your work?
Interest & Energy: Dot Exercise!
Closing reflections?

How will you use the blueprint and the learnings from today?
Thank you!

We’d love to hear from you!

www.AgingWellWhatcom.org
agingwell@chuckanuthealthfoundation
360-671-3349