From the chair
The year in review
Aging Readiness Plan
2014-2015 Commission on Aging
Community partners & volunteers
This letter is on behalf of the members of the Commission on Aging for Clark County. We are honored to serve at the pleasure of the Board of County Councilors and excited to share our work.

Like other young groups, we are always evolving, discovering both what works and what doesn't. As members finish their terms of service and are replaced by new members, we continue to find ourselves blessed with fresh vision and skills.

For all of us, the desire is to carry on the work that began with the Aging Readiness Task Force a few years ago. A large, diverse group of local citizens put in countless hours determining the current state of affairs for aging in Clark County as well as what needed to be addressed in the future. As best we can, we are continuing to move ahead with that same objective.

Clark County is not only a great place to live, but also a great place to age. We have the best of all worlds: a beautiful, resource-rich environment, a moderate climate, the activity of a large metropolitan area and a community truly diverse in most all respects. With 90 percent of Americans over 65 desiring to "age-in-place," our situation could not be better.

For our county to be all it can be for citizens as they age, we currently are addressing three key areas. First, we are developing an awareness campaign to help people understand the joys and challenges of aging in Clark County. Second, we have a special focus on housing. Issues include remodeling homes to make them livable as long as possible, shared living, developing accessory dwelling units and creating new neighborhoods using universal design, which aides both the older and younger generations. Third, we are launching a website designed to help anyone over 55 find the resources they most need in Clark County. These are truly on the cutting edge of things we want to see for our aging population.

We are pleased to partner with you, and thank you for your continued support.

Sincerely,

Bill R. Ritchie
Chair, Commission on Aging
THE YEAR IN REVIEW

2014-2015

The Commission on Aging (CoA) celebrates its third anniversary in June 2015. The group is tasked with leading and managing the implementation of the Aging Readiness Plan — fostering countywide awareness, dialogue and insight into challenges and opportunities for all residents.

As with the previous two years, the commission’s third year was full of educating, advocating and doing all it can to improve the quality of life in our community.

LET’S SHARE HOUSING on the Today Show!

On July 30, 2014, our friend and co-founder of LetsShareHousing.com, Michele Fiasca, sat down with Hoda and Kathie Lee of NBC’s Today Show and spread the word about shared housing.

The Commission on Aging worked with Michele and her business partner, Zoe Morrison, on expanding the program to Clark County and launched the effort in 2014.
EDUCATION

The commission works on numerous fronts throughout the year to provide information on a variety of topics to Clark County residents.

Fall and early winter 2014 included educational presentations on: aging-in-place; riding public transportation; mental health; and updates from the Governor’s State Council on Aging.

Mature Learning Program
Bill Ritchie, chair of the CoA, and Chuck Frayer, a member, spoke at Clark College Mature Learning program’s Fall Preview event in September. Bill gave the keynote introduction and Chuck talked about Universal Green Design. Chuck’s presentation has garnered interest in a semester course on the topic!

C-Tran Travel Training
Veronica Mari and Walt Gordon of C-TRAN spoke at the September CoA meeting about the agency’s Travel Training program. It is designed to introduce seniors and persons with disabilities to public transportation.

WA Council on Aging
Gail Haskett, chair of the Washington State Council on Aging, spoke to the CoA and community on work being done at the state level with the council and Joint Legislative Executive Committee on Aging and Disabilities.

Seniors and Mental Health
Patti Gray, Commission on Aging member, spoke about mental health and the aging population at the November meeting.
AWARENESS

The CoA works with community partners to advocate for shared causes and raise awareness of critical community issues and needs.

Aging-in-Place

Age-Friendly Innovators is a not-for-profit organization that helps address the disconnect between the houses we need as we age and the houses we currently have.

Howard and Sharon Johnson gave a presentation to the CoA and community members about how we can advocate for aging-in-place by educating the public, builders, remodelers, REALTORS® and local, state and national policy makers to find practical and innovative solutions.

Preventing Senior Falls

Greg Noelck of the Healthy Aging Alliance of Clark County talked to the CoA on preventing falls.

In any 12-month period, one-third of people 65 and older and one-half of those older than 80 will fall.

Healthcare costs related to falls were $34 billion in 2013; an associated death occurs approximately every 20 minutes.
The CoA’s mission is to provide leadership, advocacy, community awareness and partnerships to initiate change toward an all-age-friendly, livable community.

**Older Americans Month**

**PROCLAMATION**

Whereas, Clark County is a thriving community of older Americans who deserve recognition for their contributions and wisdom to ensure a better future for future generations; and

Whereas, Older adults in Clark County and throughout America are a growing population with evolving needs; and

Whereas, We recognize the value of older adults remaining healthy and active while giving back to our community; and

Whereas, The Clark County Commission on Aging was created in 2012 to provide leadership in addressing the needs and opportunities of an aging population and serve community engagement on the important issues; and

Whereas, Older adults of today and tomorrow promise to be among the most active and engaged populations in our nation’s history; and

Whereas, All communities should work to reach the lives of people of all ages by:

- Promoting activity, wellness and social inclusion
- Emphasizing home and community-based services for support-independent living
- Empowering adult and community members of all ages reflected in the coalition and experience of older adults.

Now, therefore, the Board of County Commissioners does hereby proclaim the month of May 2015 as

**OLDER AMERICANS MONTH**

in Clark County, Washington. We urge all citizens to celebrate our older adults and the people who support them as pivotal and vital individuals who greatly contribute to our community.

DATED this 7th day of May 2015

BOARD OF COUNTY COUNCILLORS
CLARK COUNTY, WASHINGTON

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**Affordable Housing**

Healthy Living Collaborative is a diverse group of community partners who work to reduce and prevent chronic disease and associated risk factors by promoting policy, systems and environmental changes that create and support healthy communities.

In January, the collaborative came to the CoA meeting to discuss the Vancouver Housing Authority’s survey on affordable housing in our community.

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**Senior Services**

Our partners from AAADSW talked to the CoA and community about the agency’s programs and services.

**Did you know?** Washington’s long-term services and support systems are ranked second nationally by AARP and 34th in the country in long-term care spending per capita.
TIME BANKING

The CoA’s Community Engagement Committee has been working for more than two years to develop a time bank. After countless meetings, presentations, surveys and conversations with time banks around the country, the CoA is proud to introduce Clark County’s own...

What is time banking?

A time bank allows neighbors to exchange skills or services without any money changing hands.

Types of services offered

- Computer assistance
- Massage
- Minor home repair
- Tutoring
- Painting
- Yard services
- Cooking
- Moving help
- Running errands
- Haircutting
- Yoga classes
- Housecleaning

Karin Woll presenting hOur IMPACT to a neighborhood group
471 time bank communities in U.S.
32,325 members nationwide
1.6 million hours of service received

A special thank you to our partners and sponsors!

Time Bank Work Group
Karin Woll, Chair
Kathy McLaughlin, Past Chair
Erin Adams
Colete Anderson
Bob Cone
Sherri Dickerson
Jo Jones
Jacqui Kamp
Colleen Kuhn

hOur IMPACT Special Support
Colete Anderson
Judi Bailey
Gary Beagle
Randy Grafton
Tina Hernandez
Noland Hoshimo
Jeanne Kojis
Jason McCallister
Kathy McLaughlin
Judy Ware
Karin Woll

hOur IMPACT is a program created in partnership between the Clark County Commission on Aging and Human Services Council.
This summer, the CoA is working with Fermium Marketing to develop a website that will provide a comprehensive directory of resources, products and services to assist older adults in Clark County.

Because it reduces costs and increases comfort, weatherizing a home can make the prospect of aging-in-place more likely for older adults with limited income. Reducing energy costs is the goal behind Clark Public Utilities Community Energy Efficiency Program (CEEP).

Clark Public Utilities works with the Commission on Aging to determine which areas of the county have a high concentration of seniors with electrically heated homes built before 1992.

Clark Public Utilities has been working with the Marrion, Burton Ridge and Forest Ridge neighborhoods for the past two years. The utility plans to receive additional funding from the state of Washington to move the program into a new neighborhood this fall.
Universal Green Design uses simple, proven ideas to make any home more comfortable for people with a wide range of abilities.

The CoA promotes UGD through its awareness campaign, including its Universal Green Design Idea Book. The idea book provides information and inspiration for those looking to remodel or build a new home.

A number of land use and zoning strategies focused on housing options were addressed in the Aging Readiness Plan. One way to encourage changes in the built environment is to modify zoning, development and building codes. The commission is working with Clark County Community Planning throughout the update of the 2016 Comprehensive Plan, and with local jurisdictions to review their development codes.
AGING READINESS PLAN

The Aging Readiness Task Force developed a plan that identifies 91 strategies focusing on healthy communities, housing, transportation and mobility, supportive services and community engagement.

<table>
<thead>
<tr>
<th>National Facts</th>
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<tbody>
<tr>
<td>⇒ 10,000+ people turn 65 daily, a trend expected to continue to 2030.</td>
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<td>⇒ If you live to be 65, you are likely to live to be 85.</td>
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<tr>
<td>⇒ This age group is the majority of people who participate in service organizations such as symphonies and foundations.</td>
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<tr>
<td>⇒ Most entrepreneurs are older than 50.</td>
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<tr>
<td>⇒ 70% of this group wants to age-in-place, but needs accessible housing and need to fix up what they have.</td>
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<td>⇒ 38 percent: The number of non-retirees who say they’ll have enough money to live comfortably when they retire, a new low.</td>
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CLARK COUNTY COMMISSION ON AGING

7 FOCUS AREAS

The Commission has identified seven focus areas based on the plan: Housing, Community Engagement, Supportive Services, Transportation, Healthy Communities, Benchmarks and Communication.

2014-2015 Members

- Bill Ritchie, chair
- Bob Holdridge, vice-chair
- John Correa, treasurer
- Marjorie Ledell, communications
- Chuck Frayer
- Patti Gray
- Scott Perlman
- Lisa Rasmussen
- Karin Woll

About the CoA

The CoA was established May 20, 2012, as recommended by the Aging Readiness Plan. Appointed by the Board of Clark County Commissioners, the CoA is tasked with leading and managing the implementation of the plan — fostering countywide awareness, dialogue and insight into the challenges and opportunities for all residents. The CoA is supported by community volunteers and the Clark County Department of Community Planning.

In Memory of Randy Scheel

1952-2015
2015 COMMUNITY

A special thanks to all who assisted the Commission on Aging this year!

A Caring Heart
Jose Alvarez, Clark County
Erin Adams, Human Services Council
Colete Anderson, Clark County
Matt Babbits, Clark Public Utilities
Judi Bailey, City of Vancouver
Larry Blaufus, Clark Public Utilities
Beagle, Burke & Associates
City of Vancouver
Clark College Mature Learning Program
Clark County
Clark Public Utilities
Amy Cochran, Koelsch Senior Communities
Bob Cone, volunteer
Lynda David, Regional Transportation Council
Alan DeLaTorre, Portland State University
Sherri Dickerson, Vancouver Housing Authority
Mark Eshelman, Banner Bank
Nick Ford, Human Services Council
Fort Vancouver Regional Library
Vanessa Gaston, Clark County
Holley Gilbert, Clark County
Kevin Gillette, Community Housing Resource Center
Walt Gordon, C-TRAN
Randy Grafton
Gail Haskett, Washington Council on Aging
Tina Hernandez, Human Services Council
Noland Hoshino, High Five Media
Andrey Ivanov, Fermium Marketing
Dennis Ivanov, Fermium Marketing
BJ Jacobson, Human Services Council
Greg Johnson, Messenger
Howard and Sharon Johnson, Age-Friendly Innovators
Leslie Johnson, Clark County
Healthy Living Collaborative
Howard & Sharon Johnson, Age-friendly Innovators
Ann Johnston, Clark County
Jo Jones, RSVP
Jacqui Kamp, Clark County
David Kelly, AAADSW
Jeanne Kojis, Nonprofit Network
PARTNERS & VOLUNTEERS

Colleen Kuhn, Human Services Council
Jason Lamb, Fermium Marketing
Let’s Share Housing
Kathy Lobry, Sundin Realty
Mark Maggiora, Americans Building Communities
Veronica Mari, C-TRAN
Christina Marneris, AAADSW
Jason McCallistter, Human Services Council
Kim McNally, Battle Ground Community Library
Greg Noelck, Healthy Aging Alliance
Mary Beth O’Donnell, Clark County
Oliver Orjiako, Clark County
Mike Reardon, AAADSW
Mike Selig, Clark County
Peggy Sheehan, City of Vancouver
Bryan Snodgrass, City of Vancouver
Ashley Spurgeon, Clark Public Utilities
Benjamin Surmi, Bonaventure of Salmon Creek
Judy Ware, WSU-Vancouver
Mark Wilsdon, Clark County
Jim Wilson, volunteer

Mark Maggiora, Jim Wilson, Karin Woll, visiting Bridge Meadows in Portland, OR.

Clark County’s Building Safety group displaying the CoA’s Universal Green Design Display at the 2015 Clark County Home & Garden Fair.
Clark County Commission on Aging

The Clark County Commission on Aging provides leadership and creates community engagement in addressing the needs and opportunities of the aging.

www.clark.wa.gov/aging

Clark County Community Planning

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