

# WESTERN WASHINGTON UNIVERSITY BOARD OF TRUSTEES AGENDA APRIL 1 & 2, 2021

THURSDAY, APRIL 1, 2021

Location: Virtual Meeting Via Zoom Audiocast: <a href="https://wp.wwu.edu/live/">https://wp.wwu.edu/live/</a>

Time: 3:00 p.m.

1. CALL TO ORDER

3:00 - 3:01

2. INCREASING WASHINGTON IMPACT: WESTERN'S COMMUNITY-SERVING CENTERS AND INSTITUTES

3:01 – 5:00 Presentation: Brent Carbajal, Provost and Vice President for Academic Affairs

Hart Hodges, Associate Professor, Economics, Co-Director, Center for

Economics and Business Research (CEBR)

C.J. Seitz, Director, Small Business Development Center (SBDC)

Devyani Chandran, Director, Palliative Care Institute Ginny Broadhurst, Director, Salish Sea Institute

FRIDAY, APRIL 2, 2021

Location: Virtual Meeting Via Zoom Audiocast: <a href="https://wp.wwu.edu/live/">https://wp.wwu.edu/live/</a>

Time: 8:00 a.m.

3. CALL TO ORDER, APPROVAL OF MINUTES

8:00 - 8:05

Board of Trustees Meeting, February 11 & 12, 2021
Board of Trustees Work Session, March 8 & 9, 2021

4. PUBLIC COMMENT

8:05 - 8:15

5. BOARD CHAIR REPORT

8:15 - 8:25

6. UNIVERSITY PRESIDENT REPORT

8:25 - 8:35

### 7. FACULTY SENATE REPORT

8:35 - 8:45

### 8. ASSOCIATED STUDENTS REPORT

8:45 - 8:55

### 9. BOARD FINANCE, AUDIT AND ENTERPRISE RISK MANAGEMENT COMMITTEE REPORT

8:55 – 9:05 Presentation: Trustee Faith Pettis, Committee Chair

#### 10. BOARD STUDENT SUCCESS COMMITTEE REPORT

9:05 – 9:15 Presentation: Trustee Mo West, Committee Chair

#### 11. LEGISLATIVE UPDATE

9:15 – 9:25 Presentation: Becca Kenna Schenk, Executive Director, Government Relations

### **DISCUSSION ITEMS**

### 12. WWU ATHLETICS UPDATE

9:25 – 9:50 Presentation: Melynda Huskey, Vice President for Enrollment and Student Services

Steve Card, Director of Athletics

#### **BREAK - 10 MINUTES**

#### 13. WESTERN WASHINGTON UNIVERSITY HONORS

10:00 – 10:45 Presentation: Brent Carbajal, Provost and Vice President for Academic Affairs

Scott Linneman, Director, WWU Honors Program

### 14. WWU TRIBAL RELATIONS UPDATE

10:45 – 11:10 Presentation: Donna Gibbs, Vice President for University Relations and Marketing

Laural Ballew, Executive Director, American Indian/Alaska Native and First Nations Relations and Tribal Liaison to the President

### 15. FINANCE AND BUDGET OUTLOOK UPDATE

11:10 – 11:30 Presentation: Richard Van Den Hul. Vice President for Business and Financial Affairs

Faye Gallant, Executive Director for Budget and Financial Planning

### **ACTION ITEMS**

#### 16. REPEAL OF BOARD OF TRUSTEES POLICY REGARDING EXECUTIVE SESSION ACTIONS

11:30 – 11:35 Presentation: Melissa Nelson, Assistant Attorney General

### 17. APPROVAL OF EMERGENCY RULE EXTENSION REQUEST

11:35 – 11:40 Presentation: Melynda Huskey, Vice President for Enrollment and Student Services

Michael Sledge, Executive Director, Student Life

### 18. APPROVAL OF PUBLIC WORKS PROJECTS

11:40 – 11:45 Presentation: Richard Van Den Hul, Vice President, Business and Financial Affairs

Rick Benner, University Architect/Senior Director, Capital Planning and

Development

 General Contractor/Construction Manager Contract for the Electrical Engineering Computer Sciences Building Project (PW758)

• Construction Contract for Physical Plant Replace Underground Fuel System Project (PW762)

### 19. APPROVAL OF HOUSING AND DINING RATES AND RATE RESTRUCTURE

11:45 – 11:55 Presentation: Melynda Huskey, Vice President for Enrollment and Student Services

Leonard Jones, Director. University Residences

### 20. INFORMATION ITEMS

11:55 – 12:00

- a. Tenure and Promotion Report
- b. University Advancement Report
- c. Capital Program Report
- d. University Relations and Marketing Report
- e. Enrollment Management Summary
- f. Legislative Report

### 21. TRUSTEE REMARKS

12:00 – 12:10

- 22. EXECUTIVE SESSION MAY BE HELD TO ADDRESS ISSUES AS AUTHORIZED BY RCW 42.30.110
- 23. DATES FOR NEXT REGULAR MEETING: June 10 & 11, 2021
- 24. ADJOURNMENT

### 1. CALL TO ORDER

## WESTERN WASHINGTON UNIVERSITY ITEM SUBMITTED TO THE BOARD OF TRUSTEES

**TO:** Members of the Board of Trustees

FROM:

Hart Hodges, Associate Professor, Economics, Co-Director, Center for

Economics and Business Research (CEBR)

C.J. Seitz, Director, Small Business Development Center (SBDC)

Devyani Chandran, Director, Palliative Care Institute Ginny Broadhurst, Director, Salish Sea Institute

On behalf of Brent Carbajal, Provost and Vice President for Academic Affairs

**DATE:** April 2, 2021

SUBJECT: Increasing Washington Impact: Western's Community-Serving Centers and

Institutes

**PURPOSE:** Discussion Item

### **Purpose of Submittal:**

The Board of Trustees will receive a presentation from the following Western Service-Centers and Institutes:

- Center for Economics and Business Research (CEBR)
- Small Business and Development Center (SBDC)
- Palliative Care Institute
- Salish Sea Institute

# What is WWU's Center for Economic and Business Research?

**Board of Trustees** 

April 1, 2021





The Center for Economic and Business Research (CEBR) at Western Washington University works in partnership with businesses, non-profits, government/quasi-governmental entities and tribal communities to respond to data and analysis needs.

The Center brings students and faculty together to find solutions to client questions that inform, engage and encourage innovation. Our work includes a variety of analysis documents, presentations and facilitated discussions backed by both primary and secondary research that is supported by academic standards and best practices.

We are a portal to WWU

We are fun

We are a research center

We are engaging

We are mentors

We are bridge

**CEBR** began in the early 1990s.

It was one faculty member... and then one faculty member and one graduate research assistant.

**CEBR** has been a member of the national Association of University Business and Economic (AUBER) centers for over two and half decades. For years we were one of the smallest, but more active centers in the country.

- We hosted the AUBER conference in 2008 (with the Chief Economist for Moody's/S&P explaining how they rated mortgage backed securities... oops)
- Hart is a past president of AUBER
- James is a current board member of AUBER
- We have taken students to annual conference where they have presented their research

## **CEBR** today

We are a full-service solution provider to both internal and external clients offering connections to the full-spectrum of expertise within Western.

We are a self supporting center, with a charge of providing applied research and writing opportunities for students in CBE (and beyond)

- One faculty director and one administrative director
- One full-time staff
- 10-12 paid student researcher assistants (graduate and undergraduate)
- More than 60 non-paid students each year working on guided research
  - Pricing studies, their own research or experiential exercises
- these numbers are growing steadily

## **CEBR** today

- Our full-time staff member is a research economist
  - Our new research economist will be joining us in May, coming from the University of Wyoming, where she is completing her Masters in Economics and has been working as the research assistant in their Center for Business and Economic Analysis
  - Directly conducts research but is also a mentor for students

- We have research assistants from CBE, but also Huxley (GIS program), Political Science and other places of origin
- We support campus-wide resources through providing the Mergent Intellect database through the library, licensed software packages and access to other subscription data services.

## **CEBR** today

Over the past five years our research assistants have accepted jobs for Amazon and other organizations, including Teach for America. They have also gone on to:

- University of Utah PhD program in Economics
- University of Utah law school
- University of California, Davis PhD program in Economics
- University of Washington, Evans School Masters in Public Policy (3 students)
- NYU PhD program in Public Admin/Policy

Many complete honors projects while at WWU (where we serve as advisors)

### **Topics and Reports**

Center for Economic and
Business Research

Projects & Initiatives

Presentations & Workshops

Tools & Data

Ask a Question

Economic Forecaster

Topics and Reports

Speaker Services

Center Staff

cebr@wwu.edu + 360-650-3909

### **Topics and Reports**

The Center for Economic and Business Research occasionally posts results of its research and analysis on this page. Much of the Center's work is paid research and analysis. This work is conducted using best practices overlaid with academic rigor and standards with the results of such analysis held as independent from the funding source. Our work is conducted by a team of select students, graduate students, faculty and staff and reviewed by qualified faculty and staff.

We welcome questions and comments related to our work and encourage you to email us at cebr[at]wwu.edu.

- 2020 Kitsap County Economic Profile (2019 dataset).pdf (PDF)
- ₫ 2020 Whatcom County Economic Profile (2019 dataset).pdf (PDF)
- ₫ 2019 Skagit County Economic Profile.pdf (PDF)
- 2020 Peer Cities Report.pdf (PDF)
- 2020 SamishWayRedevelopment\_ImpactUpdate.pdf (PDF)

# Western Washington University

Prepared by the Center for Economic and
Business Research

Impact Analysis
2017-2018

## **Projects to Note:**

- Sound Transit
- Washington Dept. of Transportation
- Washington Dept. of Ecology
- Washington Dept. of Revenue
- Department of Children, Youth & Families (DCYF)
- Port of Skagit
- City of Bellingham
- United Way of Whatcom County
- Governor's office outdoor education
- Multiple Skills Centers (economic impacts)
- Numerous companies

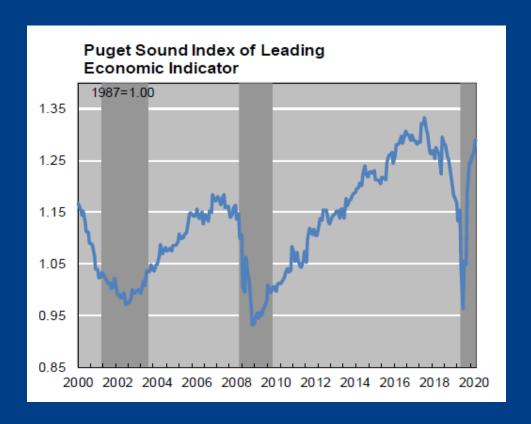
## Internally:

- Human Resources
- Business & Finance
- Facilities
- Outreach & Continuing Education
- Risk & Compliance

Many of the projects dictate that we talk frequently with President Randhawa and Provost Carbejal, as well as Becca Kenna-Schenk. We prefer a team approach.

# Puget Sound Economic Forecaster

Puget Sound Economic Forecaster:



Summary Forecast Annual Percent Change				
	2019	2020	2021	2022
Puget Sound Region				
Employment	2.3	-5.0	1.7	5.4
Personal income (cur. \$)	4.5	5.8	2.8	3.9
Consumer price index	2.6	1.7	2.0	2.2
Housing permits	4.4	-6.8	2.8	-4.6
Population	1.3	1.3	1.1	1.0
United States*				
GDP (\$12)	2.2	-3.5	5.0	4.0
Employment	1.4	-5.7	3.7	2.8
Personal income (cur. \$)	3.9	6.3	3.3	2.6
Consumer price index	1.8	1.3	2.3	2.1
Housing starts	3.8	7.8	8.2	0.0
*Source: Blue Chip Economic Indicators				

## **CEBR** is a face for the university

## Frequent presentations

- Kitsap Economic Development Association
- HomeStreet Bank
- Chambers of Commerce
- Surrey Board of Trade
- Realtor Associations
- Phillips 66 Community Advisory Committee
- Trade organizations
- Government entities
- Etc. Etc.

### Media contacts

- MSNBC and NPR
- Seattle Times
- Regional papers
- KGMI

## Membership

- University Economic
   Development Association
- Pacific Northwest Regional Economics Association
- AUBER
- National Association of Business Economists

## **CEBR** is a face for the university

### **Social Media Connections**

- Facebook
- Instagram
- Twitter
- LinkedIn
- 6+ posts per day
- Weekly economic summary

## Trusted Resource

- City, County, State & Federal offices regularly contact us
- Partnerships throughout WWU

### **Initiatives**

- Western Insights
- CBE Executive Education
- Innovation & Economic
   Prosperity University designation
   from APLU

## And we are here for you

We challenge the outside world to think of us as THEIR research team

We are actually yours... Let us know and we'll find a way to help

Drawing on best practices, solid data and tools, internal and external
expertise and, the secret sauce, students hungry for applied experiences.

# Follow Us On Social Media!









WesternCEBR

@wwucebr

WWU
Center for
Economic
and Business
Research

@PugetSoundEF



CEBR@wwu.edu CEBR.wwu.edu EconomicForecaster.com 360-650-3909



# Western Small Business Development Center

Presented by CJ Seitz, Director



# The Institute

# As Part of University Relations, We

- Advance our local economy by growing companies and starting new businesses
- Elevate the Western brand in the business community
- Provide exceptional student development opportunities
- Supports a sustainable, external funding model

# A Partnership by Design



U.S. Small Business Administration



Western Washington
University



**Local Government** 

# A History of Service and Community Connection

# **Showing Western's Commitment to Business**

- For over 30 years, the SBDC in Whatcom County has been delivering leading economic impacts in the state.
- A Federal program that nurtures relationships between the US Department of Commerce, Higher Education and Local Stakeholders
- Delivers valuable external resources only available through these relationships

# The Work We Do

# Advancing our local economy

 We grow companies and start new businesses through one-on-one management technical assistance



# **Active Community Partners**

- •Bellingham/Whatcom Chamber of Commerce
- •Whatcom County Chambers of Commerce (Blaine, Birch Bay, Ferndale, Mt. Baker Foothills, Point Roberts and Sumas)
- City of Bellingham
- Downtown Bellingham Partnership
- •East Whatcom County Outreach Team
- •Lummi Nation Te'Ti'Sen Center
- NW Cooperative Development Center

- Northwest Workforce Council
- •Port of Bellingham Economic Development
- •Small Cities Mayor Partnership
- Sustainable Connections
- Team Whatcom
- •Whatcom Business Alliance
- Whatcom Community
- •Whatcom Community Foundation
- •Whatcom Dispute Resolution

Center

# **Student Opportunities**

# We provide opportunity

- **Student work:** Graduate students participate in real-world client services opportunities
- Applied Learning: We connect Western Professors to local companies for research and consulting with local businesses

Opportunities for professor, student and SBDC interaction				
Marketing	Engineering and Design	Audiology		
Management Information Systems	Entrepreneur Studies	Physical Therapy		
Digital User Experience	International Studies	Language		

# **Expanding Western's Reach**

# Supported Western's expansion in Kitsap County

- University Relations partnered with the Western Foundation and the to launch the Kitsap SBDC in mid 2019
- The Kitsap center opened with three years of stable funding and a strong stakeholder base
- The Kitsap Center opened in June of 2019 and was well prepared to support Kitsap County businesses during the pandemic

# 2020 Services Whatcom and Kitsap





# **Outcomes for Whatcom and Kitsap Counties**

## Whatcom

IMPACTS	2020	2016-2020
New business starts	5	40
New Investments/COVID-19 Relief (\$M)	15.8	49.7

## Kitsap (Center opened in June of 2019)

IMPACTS	2020	2019-2020
New business starts	3	7
New Investments/COVID-19 Relief	\$2,000,000	\$2,006,000

# **Our Role**

# Western as a trusted business voice

 Local elected officials, stakeholders and decision makers regularly reach out to us for insights and information about our community









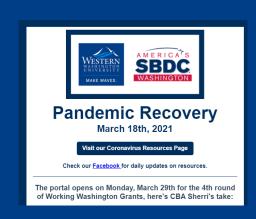


# **Our Voice**

# A constant presence for the university

 We promote branded outreach to Whatcom and Kitsap County business owners, entrepreneurs and partners







Western SBDC Digital Outreach	2020	2019
Website Homepage Visits	7,300	2,490
Website Unique Users	6,432	1,825
Newsletters Opened	24,320	1,894
Facebook Reach	22,428	6,439

# Our Commitment to Western's DEI Work

# We pivot to move forward

- The pandemic disproportionately impacted our service area
- Western leadership urges us all to reflect on our work
- The SBDC embarked on a path of discovery to design a more inclusive service model
- The Center works with the Foundation to seek more diverse funding sources.



# **Learn More?**

CJ.Seitz@wwu.edu 360-778-1762

Online:

https://sbdc.wwu.edu

Facebook

@BellinghamSBDC





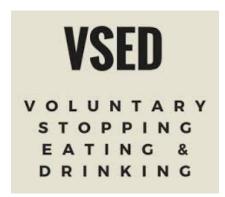
## Palliative Care Institute

The Palliative Care Institute at Western Washington University is a partnership with Northwest Life Passages Coalition and other community agencies and volunteers to transform palliative care in Whatcom County and support our human responses to living and dying. Our goal is to create a healing community by providing a space where people living with serious illnesses or facing the end of life don't have to be cured to heal. We build on collaborations among those both inside and outside of the medical industry, reclaiming palliative care as a community responsibility.

The first Coronavirus patient in the US died just a little over a year ago. The world is very different today, changed in ways no one could have predicted – ways that have amplified the urgency of our work to educate and support providers and community members in our community about serious illness and palliative and end of life care.

## **Upcoming Projects**

### Spring Webinar



# Voluntary Stopping Eating and Drinking Webinar

May 13, 2021. 5:30-7:30 pm

**Advance Registration Required** 

For more information and registration links

Voluntary Stopping Eating and Drinking (VSED) is becoming

a more recognized end-of-life choice; patients are choosing to hasten their death by stopping eating and drinking. Typically, they make this choice when they feel that their body is so severely compromised that their quality of life is no longer acceptable.

Although a number of states, including Washington, have laws that allow patients who are close to dying to take medication to end their lives, that option is not always available and so some patients turn to VSED.

This 2-hour webinar will examine Voluntary Stopping of Eating and Drinking (VSED), as an end-of-life choice, exploring moral, ethical, medical and legal issues that arise for patients, and their families and providers. Although this webinar is intended primarily for those in the medical field, we welcome community participation. An application for CME credit is being considered.

#### Presenters include:

Hope Wechkin, MD, EvergreenHealth Palliative Care, Medical Director Megan Ellingson, MD, Palliative Care, Whatcom Hospice Erin Mae Glass, Elder Law Attorney, Baron Smith Law Sharmon Flgenshaw, ARNP, Hospice Nurse Nancy Simmers, RN, Death Doula, VSED Resources NW Jen VanderWeyden, Family member whose mother chose VSED

This webinar is co-sponsored by the Palliative Care Institute, The Northwest Washington Medical Society, VSED Resources NW and A Sacred Passing.



# A new community resource: VSED Resources NW

The Palliative Care Institute has been collaborating with **VSED Resources Northwest**, a new non-profit organization, on the

development of a new website that seeks to increase awareness o f and access to the end-of-life option **Voluntarily Stopping Eating and Drinking**, or **VSED**. <a href="https://www.VSEDresources.com">https://www.VSEDresources.com</a>.

This website is designed to assist individuals who wish to explore the option of VSED, and offers personal stories, management guidelines, and an extensive reading list. In addition, the site gives practical suggestions about how to talk with a health care provider about VSED and how to select equipment and supplies for the VSED process. All website documents are downloadable and printable for ease of sharing with medical staff and family members.



March is March National Kidney Month. PCI and the Mount Baker Foundation are now partnering to raise awareness about chronic kidney disease (CKD). CKD is called the silent epidemic because even though 33% of adults are at risk, so many folks do not exhibit symptoms early. Are you at risk?

### **Updates from 2020**

COVID-19 impact on healthcare workers













### Impacts of COVID-19 on Caregivers

During fall quarter the Palliative Care Institute offered a virtual space for health care providers to gather to explore the impacts of COVID-19 on their professional and personal lives. These sessions were intended to be a listening space and revealed some common themes that still resonate as COVID-19 continues to spread across our communities.

Caregivers were concerned about the impacts of the coronavirus on their patients. Caregivers reported that clients were frightened of losing their caregiver suddenly as social isolation measures were enforced. Within nursing homes, increasing numbers of clients faced the possibility of dying alone and away from their families. As institutions tightened restrictions on who could enter, clients lost access to community-based caregivers. Staff in organizations reported that they faced the likelihood that the gains making connections between the community and older adults in assisted living and nursing homes would be lost and loneliness and isolation would result for the long term.

In home service providers faced difficult choices in deciding the levels of personal risk they were willing to undergo in order to effectively meet client needs. This was particularly true in work with dementia patients, making decisions about providing care to clients in organizational settings while maintaining their own safety. Caregivers often also educated family members of clients on COVID safety.

Caregivers also faced increasing difficulties trying to build rapport and connect to clients in online settings, losing clients and facing unemployment as isolation measures were enforced, and balancing work from home, their families and the needs of their clients.

Several caregivers reported that personal connection with clients is the most rewarding aspect of their job and how challenging it became to work in an environment where that connection

was eroded. In addition to above mentioned challenges, in the early days of the pandemic many caregivers did not have adequate access to PPE once again risking their personal safety on an everyday basis.

Technology has helped caregivers remain connected to each other and to clients and communities but as a larger group, they hope to return to a time when they can serve clients face to face again. Last but not least, caregivers discussed measures that helped them connect with other caregivers and ensure a level of self-care for themselves. These include coffee hours and work groups on Zoom, daily check ins between caregivers and supervisors, attending a workspace on a rotating basis in order to address work from home challenges.

### **Fall Webinars**

Last fall, we also hosted two exciting webinar series. If you weren't able to join us for these conversations, you use the links below to access the lectures and discussions.

### Palliative Care Across Cultures Webinar Series - This webinar series featured



keynote speakers, panels and some complicated case studies to explore the importance of understanding and respecting culture at the end-of-life, examined ways that inequity impacts palliative care patients and explored how to promote health equity on our teams or at the institutional level.

All six sessions can be accessed at https://cedar.wwu.edu/pci/conferences/webinar Fall2020/



### Advance Care Planning in Legal and Medical Care: Attuning Conversations and Aligning Documents Webinar Series

Because professionals in medical and legal communities often work in silos, there are challenges in using documents effectively across

professional settings. This webinar series encouraged legal and medical communities to take a deeper look the processes they use to help patients and clients prepare advance care plans and living wills in order to improve how a person's goals and values for medical plans of care are represented. Over the three sessions, panelists from both medical and legal backgrounds

discussed appropriate use of advance care planning documents, living wills, durable powers of attorney (for healthcare, finances, mental health care) and POLST forms.

All three sessions can be accessed at

https://cedar.wwu.edu/pci/conferences/webinar\_nov2020\_acp/



Many Palliative Care Institute programs are supported by generous gifts from individuals, as well as philanthropic giving from local and regional Foundations.

With deep appreciation, we acknowledge the previous support from many of you as contributors to the Palliative Care Institute. If you are able to include us in this year's end of year giving, please visit <a href="https://pci.wwu.edu/support">https://pci.wwu.edu/support</a>



Want to stay connected? *Like* us on Facebook. Search for *Palliative Care Institute WWU* 

We hope you are all staying safe.

### Marie & Devyani



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### Palliative Care Across Cultures Webinar Series October – November 2020 Summary Report

Submitted by Marie Eaton, Community Champion, Palliative Care Institute, Western Washington University

The Palliative Care Institute's annual conference, *Palliative Care Across Cultures*, was originally planned as a one-day in-person event in Spring 2020. However, the COVID-19 pandemic required us to find a new way to engage caregivers and community members.

We developed a six session webinar series, spread over Fall 2020, which featured keynote speakers, panels and some complicated case studies to examine ways that inequity impacts palliative care patients and to learn how to promote health equity on our teams or in our institutions. Case studies illustrated how our cultural identities and belief systems influence how we interact and engage with the patients and families we serve. We also examined how these elements impact family decision making when facing serious illness, death or after death care.

We also investigated how the 'culture' of the medical system can impact how patients and families make care decisions at the end-of-life, and explored the importance of understanding and respecting cultural and spiritual values at the end-of-life. Each webinar also included time for Q&A.

## WEBINAR #1: Cross Cultural Palliative Care: Finding Alignment and Tools, Jody Waldron, M.D. September 24, 2020, 9:00-10:30 am

Recognizing that underserved communities often underutilize hospice and palliative care services at end-of-life, this session focused on cultural barriers to palliative care using cases from various immigrant and refugee communities. Dr. Waldron also explored how common local approaches to end of life discussions and care may be rooted in Western or Eurocentric values in ways that are often taken for granted by practitioners. He also discussed ways to reduce this bias, build rapport and alignment in these communities, and provide culturally specific end of life care to this growing population of patients in need.

Dr. Jody Waldron is a board-certified physician with Palliative Care Services at Harborview Medical Center and faculty in the University of Washington General Internal Medicine program.

This session had 72 attendees.

## WEBINAR #2: Providing Culturally Relevant Palliative Care Systematically as a Community - Gurpreet Dhillon, MBA, October 6, 2020, 10:00 am-12:00 pm

Approaching palliative care as a community system with many layers and stakeholders, this session used interviews with care-providers from varied cultural groups to explore some of the challenges in access to and perspectives about palliative care in their communities.

Gurpreet Dhillon, MBA, is director of Hospice, Palliative Care and the Cancer Center at PeaceHealth St. Joseph Medical Center.

This session had 46 attendees.

## WEBINAR #3: PANEL: Case Studies in Cultural Aspects of Care, Dr. Devyani Chandran, moderator, October 7, 2020, 2:30-4:00 pm

In this Webinar, a panel from varied cultural groups responded to a complicated case study to explore how their varied cultural and spiritual perspectives may impact how different communities and families respond to the same end of life challenges.

#### Panelists included:

Jenna Bowman, MSPS, MSCJ, PhDc. Bowman is a member of the Tulalip/Yakama tribes and is the Washington State Tribal Liaison for UnitedHealthcare- Community Plan.

Australia Hernández Cosby, MS, Promotora at Community to Community Development, Bellingham, WA

Geraldine Reitz, MA, Hospital chaplain at PeaceHealth Saint Joseph Medical Center, Bellingham, WA

Devyani Chandran, PhD, Director of the Palliative Care Institute and Associate Professor in Health and Community Studies, WWU, was the moderator.

This session had 48 attendees.

## Webinar #4 - From Alleviation to Action: Health Equity and Palliative Care, Tracey Ng, LMSW, October 19, 2:30-4:00 pm

This session examined how our own cultural identities and belief systems impact how we interact and engage with the patients and families we serve, and how unconscious bias and racism can impact health equity in palliative care. Tracey Ng discussed the unique challenges and opportunities in addressing health equity in palliative care and identified actions providers can take to promote health equity for their patients, on their teams, and at the institutional level

Tracy Ng, LMSW, is a palliative care social worker on an embedded palliative care team within the Advanced Heart Disease service at Brigham and Women's Hospital in Boston, MA. She is part of the Unconscious Bias and Racism subcommittee there.

This session had 71 attendees.

## Webinar #5 - Caring Across Cultures - The values and voices of immigrant caregivers, Marinel Kniseley, MA, October 29, 2020. 3:00-4:00 pm

This session explored how the values and perspectives of caregivers from Mexicana background impact their caregiving roles and the challenges of providing care across cultural identities. Kniseley examined the disconnect between mainstream culture and care needs of elders in our community, and also discussed how caregivers can be supported to express their cultural values and knowledge in their work to the benefit of the patient. She identified specific challenges faced by immigrant or first-generation caregivers and identified strategies to improve retention of caregivers in these roles

Marinel Knisely, MA, splits her time between being a Research Manager and coordinating community based research for the Community Health and Social Innovation Hub at University of the Fraser Valley in British Columbia focusing on community based research.

This session had 52 attendees.

## Webinar #6 Immigrants and Undocumented – Challenges of Healthcare Access, Dr. Devyani Chandran, November 5, 2020, 10:00-11:00 am

This session explored challenges accessing end of life care for immigrants and undocumented individuals face several challenges in accessing end of life care. Dr. Chandran introduced both individual and structural barriers to care for undocumented persons that negatively impact the end of life experience these individuals. She explored cultural beliefs that may impact decision making for this population and explained why undocumented individuals may find it harder than citizens or documented individuals to engage in advance care planning

Devyani Chandran, PhD is Director of the Palliative Care Institute and Associate Professor in Health and Community Studies, WWU.

This session had 48 attendees.

In collaboration with PeaceHealth St Joseph Medical Center we were able to offer up to 9 hours of Continuing Medical Education credits for this series.



# **Advance Care Planning in Legal and Medical Care: Attuning Conversations and Aligning Documents**

#### November 2020 Summary Report

Submitted by Marie Eaton, Community Champion, Palliative Care Institute, Western Washington University

This webinar grew out of a series of conversations between advance care planners in healthcare settings and professionals in the legal profession, who also work with clients on planning for end-of-life care. In these conversations we recognized that medical advance care planners and those in the legal profession rarely were in conversations about the purposes and uses of these documents, even though we are all trying to support good planning for end of life care.

We also recognized that sometimes the plans we help patients and families develop do not accomplish what we hope when patients and families carry them across these professional settings. Because professionals in medical and legal communities often work in silos, there are challenges in using documents effectively across professional settings.

The series presenters, from both medical and legal settings, took a deeper look at the processes to help patients and clients prepare advance care plans and living wills in order to improve how a person's goals and values for medical plans of care are represented.

Over the three sessions, panelists discussed appropriate use of advance care planning documents, living wills, durable powers of attorney (for healthcare, finances, mental health care) and POLST forms.

Together, the panelists explored some best practices in preparing, storing and using legal and medical documents in order to improve inter-professional consistency in how advance care planning is approached and documented. Our goal was to improve clarity and function of these

documents as a representation of a person's goals and values when used to determine medical plans of care. We also addressed strategies for successfully beginning these conversations with clients and patients.

Continuing education credits (1.5) were available for each webinar.

**Continuing Medical Education** credits were offered through PeaceHealth St. Joseph Medical Center

Continuing Legal Education credits were offered through the Northwest Justice Project. Continuing Education Units for Social Workers, Guardians and Long Term Care Workers were offered as well.

# Session One: What does success look like? For the legal profession? For medical professionals? For the patient and their family? November 2, 2020. 12:00pm – 1:30pm PST

In this session, building from a story about how having clear plans and family conversations helped a family decide to end aggressive (and likely fruitless) interventions and allow natural dying, panelists discussed the varied documents used in advance care planning in both the legal and medical settings, including Powers of Attorney (for healthcare and finance), wills and trusts, the POLST, the Mental Health Directive and the Dementia Directive. In addition, panelists clarified who the statutory decision makers are in absence of a Durable Power of Attorney for Healthcare and how to plan for long-term care. Panelists also explored the challenges of matching desired outcomes to the medical treatment plans and how legal documents work in the medical setting.

There were 131 participants in this webinar.

# Session Two: Best practices: Preparing and storing legal and medical paperwork November 9, 2020. 12:00pm – 1:30pm PST

In this session, panelists built on a story about how having good planning documents (both medical and legal) and frequent conversations about choices and values eased the experience of a mother's death. The challenges that arise when planning has not happened were explored. Discussion centered on the importance of keeping plans simple, basing them in values and quality of life descriptions rather than choices of intervention and making them easily accessible to all involved in decision making, including the Durable Power of Attorney for Healthcare, primary care physician and other medical providers, family members, and the local hospital. The different uses of the Advance Care Plan and the POLST form were also discussed.

There were 101 participants in this webinar.

# Session Three: Best Practices: Fostering conversations which reflect patients' personal and cultural values November 16, 2020. 12:00pm – 1:30pm PST

In this final session of the series, models for opening conversations about advance care planning in both legal and medical sessions were explored. The importance of paying attention to cultural

and spiritual values when initiating these conversations was also stressed. Finally, strategies for building bridges and continuing conversations across these professional boundaries were explored.

There were 124 participants in this webinar

#### **Panelists**



**Lisa Brodoff, JD,** is an Associate Professor of Law and Director of the Clinical Law Program at Seattle University School of Law, teaching courses in Elder Law, Administrative Law, and Estate/Disability planning. Professor Brodoff was instrumental in the passage of legislation creating the Mental Health Advance Directive, a planning document for people with mental illness. She also created an innovative planning document for people with dementia – the Living with Dementia Mental Health Advance Directive.



**Sharmon Figenshaw, ARNP,** is a Palliative Care Nurse Practitioner working with families facing end-of-life transitions for over 30 years. She co- chairs the Washington POLST task force and is now with Honoring Choices Pacific Northwest as the POLST and Serious Illness Clinical Skills Program manager -- a program which supports and educates clinicians as they help people with chronic and serious illnesses & conditions plan for future care.

Meredith Grigg, Seattle. Her adults. She is Action Planning Toolkit



**JD**, is an attorney with the Northwest Justice Project in practice focuses on housing and healthcare for older also a member of the Washington State Dementia Collaborative and helped author the Dementia Legal to support early legal planning for people with dementia.



**Karen Haggen** has been a Development Officer and Legacy Advisor for Whatcom Hospice Foundation and PeaceHealth St. Joseph Medical Center Foundation for twelve years. Prior to her role as a Development Officer, Karen served as a Whatcom Hospice Volunteer and Board Member for the Whatcom Hospice Foundation.



Donna Inglis is a member of the St. Joseph Peace Health Medical Center Foundation Board and recently Chair for their Outpatient Palliative Care Campaign. She also sits on the International Threshold Choir Board of Directors and, is a community volunteer supporting programs in advanced care planning and end of life care issues.

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Johnston, MD, is Director of the Palliative Medicine Program and the Palliative Medicine service at the Arizona, Tucson



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#### **Moderator:**



Marie Eaton, PhD, was the founding Director and is currently the Community Champion for the Palliative Care Institute (PCI) at Western Washington, University in Bellingham, WA. The Institute is a partnership with other community agencies and volunteers to transform palliative care in Whatcom County and support our human responses to living and dying.

This webinar was supported fiscally with grants from the PeaceHealth St. Joseph Medical Center Foundation, Honoring Choices Pacific Northwest and the Northwest Justice Project. These funds covered the cost of obtaining continuing education credit accreditation and editing the videos.

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# **Advance Care Planning in Legal and Medical Care: Attuning Conversations and Aligning Documents**

#### November 2020 Summary Report

Submitted by Marie Eaton, Community Champion, Palliative Care Institute, Western Washington University

This webinar grew out of a series of conversations between advance care planners in healthcare settings and professionals in the legal profession, who also work with clients on planning for end-of-life care. In these conversations we recognized that medical advance care planners and those in the legal profession rarely were in conversations about the purposes and uses of these documents, even though we are all trying to support good planning for end of life care.

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### Palliative Care Across Cultures Webinar Series October – November 2020 Summary Report

Submitted by Marie Eaton, Community Champion, Palliative Care Institute, Western Washington University

The Palliative Care Institute's annual conference, *Palliative Care Across Cultures*, was originally planned as a one-day in-person event in Spring 2020. However, the COVID-19 pandemic required us to find a new way to engage caregivers and community members.

We developed a six session webinar series, spread over Fall 2020, which featured keynote speakers, panels and some complicated case studies to examine ways that inequity impacts palliative care patients and to learn how to promote health equity on our teams or in our institutions. Case studies illustrated how our cultural identities and belief systems influence how we interact and engage with the patients and families we serve. We also examined how these elements impact family decision making when facing serious illness, death or after death care.

We also investigated how the 'culture' of the medical system can impact how patients and families make care decisions at the end-of-life, and explored the importance of understanding and respecting cultural and spiritual values at the end-of-life. Each webinar also included time for Q&A.

## WEBINAR #1: Cross Cultural Palliative Care: Finding Alignment and Tools, Jody Waldron, M.D. September 24, 2020, 9:00-10:30 am

Recognizing that underserved communities often underutilize hospice and palliative care services at end-of-life, this session focused on cultural barriers to palliative care using cases from various immigrant and refugee communities. Dr. Waldron also explored how common local approaches to end of life discussions and care may be rooted in Western or Eurocentric values in ways that are often taken for granted by practitioners. He also discussed ways to reduce this bias, build rapport and alignment in these communities, and provide culturally specific end of life care to this growing population of patients in need.

Dr. Jody Waldron is a board-certified physician with Palliative Care Services at Harborview Medical Center and faculty in the University of Washington General Internal Medicine program.

This session had 72 attendees.

## WEBINAR #2: Providing Culturally Relevant Palliative Care Systematically as a Community - Gurpreet Dhillon, MBA, October 6, 2020, 10:00 am-12:00 pm

Approaching palliative care as a community system with many layers and stakeholders, this session used interviews with care-providers from varied cultural groups to explore some of the challenges in access to and perspectives about palliative care in their communities.

Gurpreet Dhillon, MBA, is director of Hospice, Palliative Care and the Cancer Center at PeaceHealth St. Joseph Medical Center.

This session had 46 attendees.

## WEBINAR #3: PANEL: Case Studies in Cultural Aspects of Care, Dr. Devyani Chandran, moderator, October 7, 2020, 2:30-4:00 pm

In this Webinar, a panel from varied cultural groups responded to a complicated case study to explore how their varied cultural and spiritual perspectives may impact how different communities and families respond to the same end of life challenges.

#### Panelists included:

Jenna Bowman, MSPS, MSCJ, PhDc. Bowman is a member of the Tulalip/Yakama tribes and is the Washington State Tribal Liaison for UnitedHealthcare- Community Plan.

Australia Hernández Cosby, MS, Promotora at Community to Community Development, Bellingham, WA

Geraldine Reitz, MA, Hospital chaplain at PeaceHealth Saint Joseph Medical Center, Bellingham, WA

Devyani Chandran, PhD, Director of the Palliative Care Institute and Associate Professor in Health and Community Studies, WWU, was the moderator.

This session had 48 attendees.

## Webinar #4 - From Alleviation to Action: Health Equity and Palliative Care, Tracey Ng, LMSW, October 19, 2:30-4:00 pm

This session examined how our own cultural identities and belief systems impact how we interact and engage with the patients and families we serve, and how unconscious bias and racism can impact health equity in palliative care. Tracey Ng discussed the unique challenges and opportunities in addressing health equity in palliative care and identified actions providers can take to promote health equity for their patients, on their teams, and at the institutional level

Tracy Ng, LMSW, is a palliative care social worker on an embedded palliative care team within the Advanced Heart Disease service at Brigham and Women's Hospital in Boston, MA. She is part of the Unconscious Bias and Racism subcommittee there.

This session had 71 attendees.

## Webinar #5 - Caring Across Cultures - The values and voices of immigrant caregivers, Marinel Kniseley, MA, October 29, 2020. 3:00-4:00 pm

This session explored how the values and perspectives of caregivers from Mexicana background impact their caregiving roles and the challenges of providing care across cultural identities. Kniseley examined the disconnect between mainstream culture and care needs of elders in our community, and also discussed how caregivers can be supported to express their cultural values and knowledge in their work to the benefit of the patient. She identified specific challenges faced by immigrant or first-generation caregivers and identified strategies to improve retention of caregivers in these roles

Marinel Knisely, MA, splits her time between being a Research Manager and coordinating community based research for the Community Health and Social Innovation Hub at University of the Fraser Valley in British Columbia focusing on community based research.

This session had 52 attendees.

## Webinar #6 Immigrants and Undocumented – Challenges of Healthcare Access, Dr. Devyani Chandran, November 5, 2020, 10:00-11:00 am

This session explored challenges accessing end of life care for immigrants and undocumented individuals face several challenges in accessing end of life care. Dr. Chandran introduced both individual and structural barriers to care for undocumented persons that negatively impact the end of life experience these individuals. She explored cultural beliefs that may impact decision making for this population and explained why undocumented individuals may find it harder than citizens or documented individuals to engage in advance care planning

Devyani Chandran, PhD is Director of the Palliative Care Institute and Associate Professor in Health and Community Studies, WWU.

This session had 48 attendees.

In collaboration with PeaceHealth St Joseph Medical Center we were able to offer up to 9 hours of Continuing Medical Education credits for this series.



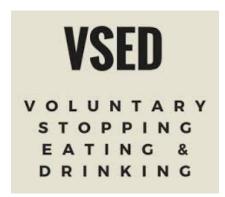
### Palliative Care Institute

The Palliative Care Institute at Western Washington University is a partnership with Northwest Life Passages Coalition and other community agencies and volunteers to transform palliative care in Whatcom County and support our human responses to living and dying. Our goal is to create a healing community by providing a space where people living with serious illnesses or facing the end of life don't have to be cured to heal. We build on collaborations among those both inside and outside of the medical industry, reclaiming palliative care as a community responsibility.

The first Coronavirus patient in the US died just a little over a year ago. The world is very different today, changed in ways no one could have predicted – ways that have amplified the urgency of our work to educate and support providers and community members in our community about serious illness and palliative and end of life care.

### **Upcoming Projects**

### Spring Webinar



# Voluntary Stopping Eating and Drinking Webinar

May 13, 2021. 5:30-7:30 pm

**Advance Registration Required** 

For more information and registration links

Voluntary Stopping Eating and Drinking (VSED) is becoming

a more recognized end-of-life choice; patients are choosing to hasten their death by stopping eating and drinking. Typically, they make this choice when they feel that their body is so severely compromised that their quality of life is no longer acceptable.

Although a number of states, including Washington, have laws that allow patients who are close to dying to take medication to end their lives, that option is not always available and so some patients turn to VSED.

This 2-hour webinar will examine Voluntary Stopping of Eating and Drinking (VSED), as an end-of-life choice, exploring moral, ethical, medical and legal issues that arise for patients, and their families and providers. Although this webinar is intended primarily for those in the medical field, we welcome community participation. An application for CME credit is being considered.

#### Presenters include:

Hope Wechkin, MD, EvergreenHealth Palliative Care, Medical Director Megan Ellingson, MD, Palliative Care, Whatcom Hospice Erin Mae Glass, Elder Law Attorney, Baron Smith Law Sharmon Flgenshaw, ARNP, Hospice Nurse Nancy Simmers, RN, Death Doula, VSED Resources NW Jen VanderWeyden, Family member whose mother chose VSED

This webinar is co-sponsored by the Palliative Care Institute, The Northwest Washington Medical Society, VSED Resources NW and A Sacred Passing.



# A new community resource: VSED Resources NW

The Palliative Care Institute has been collaborating with **VSED Resources Northwest**, a new non-profit organization, on the

development of a new website that seeks to increase awareness o f and access to the end-of-life option **Voluntarily Stopping Eating and Drinking**, or **VSED**. <a href="https://www.VSEDresources.com">https://www.VSEDresources.com</a>.

This website is designed to assist individuals who wish to explore the option of VSED, and offers personal stories, management guidelines, and an extensive reading list. In addition, the site gives practical suggestions about how to talk with a health care provider about VSED and how to select equipment and supplies for the VSED process. All website documents are downloadable and printable for ease of sharing with medical staff and family members.



March is March National Kidney Month. PCI and the Mount Baker Foundation are now partnering to raise awareness about chronic kidney disease (CKD). CKD is called the silent epidemic because even though 33% of adults are at risk, so many folks do not exhibit symptoms early. Are you at risk?

### **Updates from 2020**

COVID-19 impact on healthcare workers













### Impacts of COVID-19 on Caregivers

During fall quarter the Palliative Care Institute offered a virtual space for health care providers to gather to explore the impacts of COVID-19 on their professional and personal lives. These sessions were intended to be a listening space and revealed some common themes that still resonate as COVID-19 continues to spread across our communities.

Caregivers were concerned about the impacts of the coronavirus on their patients. Caregivers reported that clients were frightened of losing their caregiver suddenly as social isolation measures were enforced. Within nursing homes, increasing numbers of clients faced the possibility of dying alone and away from their families. As institutions tightened restrictions on who could enter, clients lost access to community-based caregivers. Staff in organizations reported that they faced the likelihood that the gains making connections between the community and older adults in assisted living and nursing homes would be lost and loneliness and isolation would result for the long term.

In home service providers faced difficult choices in deciding the levels of personal risk they were willing to undergo in order to effectively meet client needs. This was particularly true in work with dementia patients, making decisions about providing care to clients in organizational settings while maintaining their own safety. Caregivers often also educated family members of clients on COVID safety.

Caregivers also faced increasing difficulties trying to build rapport and connect to clients in online settings, losing clients and facing unemployment as isolation measures were enforced, and balancing work from home, their families and the needs of their clients.

Several caregivers reported that personal connection with clients is the most rewarding aspect of their job and how challenging it became to work in an environment where that connection

was eroded. In addition to above mentioned challenges, in the early days of the pandemic many caregivers did not have adequate access to PPE once again risking their personal safety on an everyday basis.

Technology has helped caregivers remain connected to each other and to clients and communities but as a larger group, they hope to return to a time when they can serve clients face to face again. Last but not least, caregivers discussed measures that helped them connect with other caregivers and ensure a level of self-care for themselves. These include coffee hours and work groups on Zoom, daily check ins between caregivers and supervisors, attending a workspace on a rotating basis in order to address work from home challenges.

### **Fall Webinars**

Last fall, we also hosted two exciting webinar series. If you weren't able to join us for these conversations, you use the links below to access the lectures and discussions.

#### Palliative Care Across Cultures Webinar Series - This webinar series featured



keynote speakers, panels and some complicated case studies to explore the importance of understanding and respecting culture at the end-of-life, examined ways that inequity impacts palliative care patients and explored how to promote health equity on our teams or at the institutional level.

All six sessions can be accessed at https://cedar.wwu.edu/pci/conferences/webinar Fall2020/



### Advance Care Planning in Legal and Medical Care: Attuning Conversations and Aligning Documents Webinar Series

Because professionals in medical and legal communities often work in silos, there are challenges in using documents effectively across

professional settings. This webinar series encouraged legal and medical communities to take a deeper look the processes they use to help patients and clients prepare advance care plans and living wills in order to improve how a person's goals and values for medical plans of care are represented. Over the three sessions, panelists from both medical and legal backgrounds

discussed appropriate use of advance care planning documents, living wills, durable powers of attorney (for healthcare, finances, mental health care) and POLST forms.

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Many Palliative Care Institute programs are supported by generous gifts from individuals, as well as philanthropic giving from local and regional Foundations.

With deep appreciation, we acknowledge the previous support from many of you as contributors to the Palliative Care Institute. If you are able to include us in this year's end of year giving, please visit <a href="https://pci.wwu.edu/support">https://pci.wwu.edu/support</a>



Want to stay connected? *Like* us on Facebook. Search for *Palliative Care Institute WWU* 

We hope you are all staying safe.

### Marie & Devyani



Devyani Chandran
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**The Salish Sea Institute** was formally established in the fall of 2015, the founding director Ginny Broadhurst was hired in 2017.

The mission of the Salish Sea Institute is to foster responsible stewardship of the Salish Sea, inspiring and informing its protection for the benefit of current and future generations.



#### The Salish Sea Institute:

- Develops and shares place-based curriculum for students to explore the environment, history and communities of the Salish Sea
- Hosts events, workshops and meetings to cultivate collaborative governance and protection of the Salish Sea
- Develops reports, publications and communications to share Salish Sea knowledge, data, science and policy issues broadly
- Administers the biannual Salish Sea Ecosystem Conference
- Makes connections and builds relationship across the border among managers, scientists, students and others

#### **Current projects and accomplishments:**

- A State of the Salish Sea report providing an assessment of the marine waters of the
  international Salish Sea ecosystem is under development. It highlights two overarching and
  unrelenting threats: climate change and land-use changes associated with population growth.
  The report synthesizes existing scientific research and includes vignettes from guest authors. It
  will be released in late April 2021.
- In 2019, WWU approved the multi-disciplinary Salish Sea Studies minor. Developing a deep
  knowledge of the Salish Sea from environmental, cultural, and historical perspectives will prepare
  students to work collaboratively across multiple jurisdictions, sectors, and perspectives in a range
  of professions, including public service, industry, and nonprofit organizations. Salish Sea Studies
  offers a place-based complement to other majors and minors. We are also sharing it with other
  institutions of higher learning in the region. It has already been adopted at Whatcom Community
  College.
- The Institute developed a Hope for the Salish Sea program that is tapping a need among students and the environmental community to be hopeful and promote solutions for the Salish Sea. We're looking at ways to expand this project in a meaningful way using it to bridge the findings from the State of the Salish Sea will be explored.

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