

How age Friendly is Bonney Lake?

Abstract

Bonney Lake is a rapidly growing city about 30 miles south of Seattle, Washington. This poster evaluates the age-friendliness of Bonney Lake by evaluating a few key aspects of the society. The main aspects evaluated are housing, outdoor spaces and built spaces, transportation, social environment, community support and health and wellness services. It is ultimately concluded that Bonney Lake is an age-friendly society, and as you would expect excels in a few aspects while lacks in a few others.

Criteria

There are many aspects that need to be looked at when determining whether a community can be considered an age friendly community or not. These criteria are:

- **Housing-** Houses that are accessible and affordable in location where residents can still access the community
- **Outdoor Spaces and Built Environment-** Pleasant and safe while also accessible living areas
- **Transportation-** Social help and public transportation that is accessible and can get individuals to where they need to go within the community
- **Social Environment-** Being capable of getting the correct information to everyone and offers connections in the society
- **Community Support-** Opportunities that offer engagement and interaction in the community to learn various skills
- **Health and Wellness Services-** Accessible care to a wide variety of health offices and healthcare facilities

Housing

Bonney Lake can offer several different housing options including apartments, assisted living, nursing home, family or simply owning a house. The most promising aspect of housing in Bonney Lake is Bonaventure which offers:

- Independent living, assisted living, and memory care
- Transportation Services
- Enhanced front door security and maintenance for safety

Outdoor Spaces

Perhaps Bonney Lake's most famous and popular park would be Allan Yorke Park.



Allan Yorke has amazing views of Mt. Rainier as well as many picnic tables and relaxing areas. The park also offers several events for individuals of all ages. The park also offers live concerts in the park, Bonney Lake days, and food vendors.

Transportation

Through Pierce County Coordinated Transportation Coalition there is a service called "Need a Ride? Get a Ride" that offers transportation to people of all ages. It is an easy process where you simply call 2-1-1 and arrange a ride for the future. There is also a service called "Beyond the Borders" that offers free rides throughout the community to those younger than 17 and those over the age of 65. This is the only driving service that stated that it was free. Lastly, Bonney Lake has a bus service that will get individuals throughout the entirety of the county.

Social Environment

The social environment in Bonney Lake is quite adaptive to all scenarios. At the city council events they offer hearing aids for people who are hard of hearing. Every other Tuesday they also meet and allow community members to express concerns have discussions. Another interesting aspect of social environment is that the community is responding to COVID-19 very well by offering online city council meetings, the senior center has postponed all events, the city is offering meals to-go for elderly adults, and the senior center is strongly pushing for donations currently.

Community Support

One interesting opportunity through the community for older adults is through AARP and it is called Smart Driving Course. It is an online course to give older adults refreshers on driving. The AARP website also mentioned a Reading With the Kids event but did not mention where it would be held in WA. Lastly, the senior center in Bonney Lake also offers many events such as Tai Chi, Bingo, Pinochle, Board Games, Wood Carving, and Dominoes.

Health and Wellness Services

Bonney Lake has two emergency rooms, one hospital (containing one of the emergency rooms). A medical center that has several different services such as cancer care, neuroscience, surgery, orthopedic and sport services, urgent care, hospice and palliative care and more. There are also a few different wellness centers as well as several chiropractors and physical therapists. To also encourage fitness in the elderly population they have a program called "Stay Fit!" online that has a directory of all the places in the area where you can engage in group workouts. In Bonney Lake there is Curves, strength and balance, swimming and water, aerobics, and walking.

Conclusions

In its entirety I believe that Bonney Lake can be deemed an age-friendly community but has a few different aspects of their society to improve on. Starting with housing, I believe that Bonney Lake is extremely age-friendly in this regard. They have a few different retirement homes/ nursing homes as well as plenty of housing that would be safe for all ages. I believe even if Bonney Lake only had Bonaventure it could be deemed age-friendly. Moving into Social Environment, the city does a well-rounded job of including the society in decisions as well as letting them ask questions. They also have handled the COVID-19 quite well. The last two aspects of the community that I believe meet the age-friendly requirements would be Transportation and Health and Wellness Services. Transportation is quite age friendly given that all you must do is dial 2-1-1 and you can get a ride. Health and Wellness services are also well above and beyond the requirements to make it age friendly.

To improve the society I would like to see more volunteer and job opportunities through community support, as well as more intergenerational opportunities. I would also like to see more paved pathways at Allan Yorke because it is a beautiful park.

References

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