



This newsletter may also be viewed as a PDF at www.PierceADRC.org “News & Events.”

NETWORKING OPPORTUNITIES

Aging and LTC Providers Network

First Thursday of each month, 8 – 9 a.m.

Lighthouse Senior Center

5016 E. “A” Street, Tacoma

Contact [Bob Riler](#), ADR, 798-7384

Aug 7 – “Reduce the Misuse of Drugs” with Linda McCone

Sept 4 – “Helping Veterans with Needed Services” with Leland Cooper

Health Care Providers Council of Pierce County

Second Thursday of each month, 7:45 – 9 a.m.

Narrows Glen, 8201 Sixth Ave, Tacoma

(Breakfast \$6; Coffee \$2)

Contact Melissa Martin at (253)752-6870

August 14 – “Estate Planning & Elder Law” with Robert Michaels, Smith-Alling Law Firm

Sept 11 – Networking

Oct 9 – “Captioned Telephones” with Jeretta Scott from CapTel

East County Providers Network

Third Tuesday of each month, 8 a.m.

Meeting rotates monthly. Call for location.

Contact Laura Fehrenbacher, Stafford Suites, (253) 862-1818

SASH Coffee and Networking for Pierce County

“Sippin’ Summer Socials” - 9:30-11 a.m.

August 6 at La Quinta Inn in Tacoma, 1425 E 27th St.

Contact [Rebecca Bomann](#) at (206) 501-4375

South End (King County) Coalition

Third Wednesday of each month at 7:45 to 9:30 a.m.

Aug 20 – Regency Pacific, 414 17th St SE - Auburn

Schedule of meeting locations and times at www.secoalition.com

LOCAL SERVICES

New Where-To-Turn Directories

Senior Media Services will have the new 2014-2015 Where To Turn guides available mid-August.

Directories are free in quantities of a bundle (25) or case (225). They can be picked up at Senior

Media Services, 223 N. Yakima in Tacoma (call (253) 722-5687) or from the Pierce County Aging and Disability Resource Center, 1305 Tacoma Avenue, Suite 104 in Tacoma (call (253) 798-4600).

Directories will also be available at major provider networking meetings in Pierce County.

Only 50 Senior Farmers Market Vouchers Left

Pierce County Aging & Disability Resources still has a limited number of Senior Farmers Market vouchers remaining. One voucher per household. To be eligible to receive vouchers you must:

- Be 60 years of age or older (55+ if you are Native American or an Alaska Native)
- Live in Pierce County
- Have income below 185% of the Federal Poverty Level

- \$1,799 or less for a single-person household
- \$2,425 or less for a two-person household
- \$3,051 or less for a three-person household

To set up a time to pick up vouchers at the Pierce County Community Connections office in Tacoma call Nellis Kim at (253) 798-3807.

Stay Cool

Cool off at your Pierce County Library on hot summer days. All [18 locations](#) are free and equipped with air-conditioning. Read books and magazines, use the Wi-Fi, take a class or just sit and chill. Pierce County Libraries are official [Pierce County Emergency Management](#) cooling centers.

AARP Driver Safety Recognizes Puyallup Activity Center

AARP Driver Safety has recognized the Puyallup Activity Center with the “Top 100 Host” Award for its outstanding support in 2013. The PAC has supported AARP Drivers Safety since before 2000 by collaborating with local volunteers to host its classroom based driving refresher course, designed to help drivers age 50 and older stay safe and confident behind the wheel. The Center continues to offer AARP Driver Safety events, including the new AARP Smart Driver Course. Classes are open to drivers of all ages. AARP membership is not required. For more info, visit www.aarp.org/drive,

Start Thinking About Flu Shot Clinics

Lincoln Pharmacy offers on site Flu Shot Clinics. We recognize the importance of getting everyone vaccinated. As a pharmacy partner Lincoln can offer the Flu Shot Clinic at your community for not only your residents, but staff as well. We can bill Medicare or charge cash at affordable rates. Many seniors do not get vaccinated despite the heightened risk for health complications with advanced age. Seniors over age 65 are 100 times more likely to die from vaccine preventable diseases than children. Contact [Shannon Lawson](#) at (253) 473-1155.

Alzheimer’s Café Highlighted

KOMO-TV news produced a news story about the Alzheimer’s Café movement. Highlighted is the care at Tutta Bella in Columbia City. The café is facilitated by Full Life Care in Seattle. [Watch the KOMO news story](#).

LCS Introduces Zoo Walk

The Zoo Walk offers individuals experiencing mild (early stage) memory loss an opportunity for regular exercise and a space to build relationships. There is NO cost for Zoo and Aquarium entry; participants buy their own beverage at the Cafe. Walk held on 8 consecutive Tuesdays beginning September 9. To register or learn more contact: Early Stage Memory Loss Coordinator at (206) 529-3868 Pre– registration is required by Aug 29. To volunteer contact Pat Witt at (253) 722-5691.

Quilt for Alzheimer’s

Team CPC (Cascade Park Communities) is raffling off one of Connie Hanser’s handmade quilts to raise money for the Walk to end Alzheimer’s. Tickets are \$1 each. See the quilt at the Health Care Providers Council meeting Aug 14. Call for details: (253) 242-6405

Primer on APS

Ever wonder exactly what APS (Adult Protective Services) is and what they do? You can get the basics with a new overview at [WashingtonLawHelp](#). The information is provided by Northwest Justice Project, a not-for-profit statewide legal aid organization.

CHEF Changes Name

CHEF is now Foundation for Healthy Generations. The new name reinforces their commitment to creating health equity that will endure generation after generation and their strategic methodology of focusing on life course and multi-generational approaches. Check out their new website – www.healthygen.org. All existing contact info still works and is redirected to the new addresses.

Lakewood Community Vision Plan

The City has launched its page for its [Community Vision Plan](#), which is a chance for residents and businesses of Lakewood to help chart the course of their community. Community Visioning is a process that helps the City Council develop priorities and guide the direction that Lakewood should head in the future. In the meantime, residents can voice their thoughts by visiting the [special webpage](#) that Lakewood has created and [take the City's online survey](#). Seniors and people with disabilities, caregivers and families are encouraged to participate.

TACID Seeks Interim Executive Director

Tacoma Area Coalition for Individuals With Disabilities is seeking an Interim Executive Director to replace Ken Gibson who has left for another position. The TACID Board members recognize the need for an Executive Director, but do not want either our Board members or qualified candidates to feel they must rush into making important decisions, since the Board was considering some possible strategic alliances or organizational modifications prior to Ken Gibson's decision to accept another position. Submit a cover letter and resume by e-mail to executivesearch@tacid.org.

Support and Education for Cancer Survivors

MultiCare Regional Cancer Centers in Auburn, Gig Harbor, Puyallup, and Tacoma: Gilda's Club and MultiCare partner to offer a comprehensive program of emotional support, education, and healthy lifestyle opportunities for anyone touched by cancer, being treated anywhere. The program includes support groups; a variety of classes and workshops; lectures on many cancer-related topics; and Healthy Living themed individual workshops. For more information [email](#) or call (866) 200-2383.

Scout for All Ages

It's a game, it's an online library, it's a rewards program! Pierce County Library has launched "Scout," an interactive online library experience. The program is for ages 18 and up. Members of "Scout" participate in an open community of readers, earn badges, qualify for prizes, and share their experience. Four categories of fun: Books, Do-It-Yourself, Food and Local. A library card is required to earn prizes. Prizes include gift cards to local museums, restaurants, cooking supply stores, book stores, home improvement and craft stores, along with a grand prize drawing for an iPad. Sign up at scout.pcls.us and automatically win a tote bag (while supplies last). Scout is funded by the [Paul G. Allen Family Foundation](#).

Special Enrollment Opportunity for Same-Sex Marriages on WA Healthplanfinder

A limited special enrollment period for Washington state residents whose same-sex domestic partnerships were recently converted to marriages is now open on [WA Healthplanfinder](#). The enrollment window provides these couples with a unique opportunity to enroll in a Qualified Health Plan before the next open enrollment period that starts on Nov. 15, 2014 for coverage beginning in 2015. The recent change is a provision of the Washington State 2012 same-sex marriage law that automatically converted most domestic partnerships to marriage on June 30. The conversion is considered a "qualifying life event" that triggers a special enrollment period. In addition to converted domestic partnerships, all newlywed couples will be eligible to enroll outside of the standard open enrollment period if they complete an application within 60 days of getting married.

HCDC on Facebook

The Hearing Speech & Deafness Center now has a new Facebook page for HSDC Tacoma South Sound. We are planning to put information about deaf events or accessible equipments that are available to the Deaf and Hard of Hearing communities. When we get information, we will post it ASAP. [Click like to be in the loop for information.](#)

Pt Defiance~Ruston Collects Shoes

Shoes needed! The Pt. Defiance~Ruston Senior Center will be collecting shoes for the Shoes4Africa program through September. The only prerequisite to donating is that the shoes have solid soles (no holes). These shoes will be sent to Africa in October for the use in preventing chiggers and hookworms from burrowing into the bottom of feet, which causes infection and sometimes worse. If you would like to contribute shoes, please drop them off at the Pt. Defiance~Ruston Senior Center, 4716 N Baltimore in Tacoma. Contact the Center at (253) 756-0601.

LOCAL HAPPENINGS

Aug 3 – Come Sail Away

A sailboat cruise for anyone touched by cancer. Sign up for this free, fun cruise compliments of the Ballard Elks Lodge and Gilda's Club Seattle – on sailboats or power boats – for anyone touched by cancer including families with teens and kids, adults with cancer, caregivers and friends of someone with cancer. Life jackets are provided and liability waivers must be signed by all adults at the time of the cruise. Leaves from Shilshole Bay Marina, 7001 Seaview Avenue NW in Seattle. Noon to 5 p.m. [Sign up online.](#) Contact [Sally Benson](#), (206) 709-1400 or 1-866-200-2383 (toll free).

Aug 5 – Primary Election

Information about the primary election is available on the [County Auditor's website](#). All ballots must be postmarked by 8 p.m. The general election will be held November 4.

Aug 5 – National Night Out

People across America gather in their own communities to take a stand against crime. For National Night Out neighbors plan barbecues, picnics, cookouts, safety fairs, and other events to celebrate their efforts to maintain safe and healthy neighborhoods. They also get organized to promote police and community partnerships, crime, drug and violence prevention, safety and neighborhood unity. [Check out the activities](#) that are happening in neighborhoods in Pierce County.

Aug 5 – Building Senior Resilience

This free, 4-hour course addresses the all-hazards comprehensive emergency management needs of senior citizens – inclusive of all economic, medical, cognitive, and mobility determinants – specifically as they address the actions of the individuals who care for them. This course will offer participants the knowledge and skills required to assess vulnerability emphasizing the unique characteristics of the senior citizen population. Hazard identification and risk assessment is focused on the senior citizen home and the senior care facility, although community-wide risk assessment will also be addressed within the larger geographic area. Two sessions to choose from – 8 to noon or 1 to 5 p.m. Held at the Pierce County Emergency Operations Center, 2501 S. 35th St. in Tacoma. [Register online.](#)

Aug 6 – Bullying in the Older Population

When we hear the word “bully,” we immediately think of children and adolescents, but it is a very real problem in the older population. An estimated 10-20% of older adults have been bullied. It normally occurs where there are shared resources such as at senior centers and in senior communities. This webinar will identify what bullying entails, the causes of the hostile behavior and how staff can teach

seniors to avoid being bullied. Held 10:30-Noon. Sponsored by LeadingAge Washington. Contact [Pat Sylvia](#) or (253) 964-8870. [Register online](#).

Aug 6 – Alzheimer’s Association Public Policy Town Hall & Seminar

This event highlights – and solicits feedback on – public policy priorities, including the National Alzheimer’s Plan, Alzheimer’s Disease Plan for Washington State, and Voices for Better Health. Objectives are to educate, solicit input, and provide an opportunity for people to interact with elected leaders. Community members, including those living with Alzheimer’s, their caregivers, representatives from federal, state and local government as well as the research, health and long-term care communities are invited to come and share their thoughts. Held 6 – 8 p.m. at the Morgan Family YMCA Boardroom, 1002 S Pearl St in Tacoma. [Event details online](#).

Aug 7 – Scams and Swindles

Every day a new scam comes along. It seems the swindlers are standing in line to take advantage of trusting consumers. Learn how you can tell fact from fiction, honest offers from sham swindles. Find out how you can help others who may not be as savvy. Attend this special workshop provided by Pierce County Aging & Disability Resources. Held twice this day. [View event flyer](#).

- 12:10 – 12:50 p.m. at the County City Building, 7th Fl. Conf. Rm., 903 Tacoma Ave., S., Tacoma
- 7:00 – 8:00 p.m. at the South Hill Branch Library 15420 Meridian E., South Hill.

Aug 7 – Summer Concerts on the Lawn

Franke Tobey Jones hosts this annual event every Thursday in August at 6:30 p.m. Tonight it’s Puget Brass, a 30-member local British brass band that performs traditional and contemporary music. Free. Bring lawn chairs, blankets and picnic and enjoy! Held at 5340 N. Bristol Street in Tacoma. Info at (253) 752-6621.

Aug 8 – Center for Independence Annual Picnic

Enjoy great food, raffle, live music and accessible cycles at this annual event. Open to all. Held noon to 3:45 p.m. Please RSVP by August 4 to CFI at (253) 582-1253 or (800) 724-8172 for location info.

Aug 9 – Alzheimer’s Benefit

Spring Ridge Assisted Living and Memory Care, 6856 E Portland Ave. in Tacoma, is holding a special parking lot sale to benefit the Walk to End Alzheimer’s. Lots of unique items for sale, please join us. Parking lot stalls still available. Remember one person’s junk is another’s treasure. Call Kathy Wells at (253) 474-1093.

Aug 11 – Scams and Swindles

(See Aug 7 for description. Held twice this day.) [View event flyer](#).

- 12:10 – 12:50 p.m., Pierce County Annex Main Meeting Room, 2401 S. 35th Street, Tacoma
- 7:00 – 8:00 p.m., University Place Library Meeting Room, 3609 Market Place W., UP.

Aug 11-15 – Camp Sparkle Tacoma

Camp Sparkle is a journey for children and teens that provides education, creates long-lasting friendships and builds a community where everyone is affected by cancer. All participants must be members of Gilda’s Club. Held at the Morgan Family YMCA, 1002 S Pearl St, Tacoma. To become a member or register for Camp, contact Michelle Massey at 1-866-200-2383.

Aug 14 – Summer Concerts on the Lawn

Franke Tobey Jones hosts The Voetberg Family Band powered by two national fiddle champions. Eight siblings display a cohesive variety of Irish, Scottish, Swing, American, Jazz and Classical music.

Free. Bring lawn chairs, blankets and picnic and enjoy! 6:30 p.m. at 5340 N. Bristol Street in Tacoma. Info at (253) 752-6621.

Aug 15 – Early Detection of Memory Loss

The Alzheimer's Association in partnership with Spring Ridge Memory Care and the Puyallup Activity Center present "10 Warning signs Early Detection Matters." Held 1-2:30 p.m. at the Puyallup Activity Center, 210 West Pioneer in Puyallup. Call (253) 841-555 for pre-registration.

Aug 16 – Partners in Parkinson's

This event helps patients and their families optimize care at every stage of the disease. Whether you are newly diagnosed or have been living with Parkinson's for years, hear from other patients and ask your own questions during a full day of panel discussions and breakout sessions. Held 8 a.m. to 3:30 p.m. at the Greater Tacoma Convention & Trade Center, 1500 Broadway in Tacoma. [More info.](#)

Aug 21 – Summer Concerts on the Lawn

Franke Tobey Jones hosts Carrie Cunningham & the Six Shooters, a rockin' country band. Free. Bring lawn chairs, blankets and picnic and enjoy! 6:30 p.m. at 5340 N. Bristol Street in Tacoma. Info at (253) 752-6621.

Aug 22 – A Day of Resources for Gig Harbor

Project Homeless Connect moves to the LDS Church at 12002 Peacock Hill Ave, NW in Gig Harbor. Event provides free on-site information and services including health insurance enrollment, medical, vision and dental care, Veterans support, haircuts, ID replacement, state food benefits and more. Held 11 a.m. to 4 p.m.

Aug 24 – Harmony Hill's 5th Annual Survivorship Fair and Open House

Harmony Hill celebrates the 20th anniversary of our Cancer Program. Keynote speaker is Michael Lerner, Environmentalist, Co-Founder and President of Commonweal, a retreat center in Bolinas, California, which provided the inspiration and model for our cancer retreats. We will also have free massage and several other presentations/speakers at this event. For details check the Harmony Hill website – www.harmonyhill.org.

Aug 27 – Tools for the Journey

This free three-hour workshop will be facilitated by J Fields, MA, LMFT. Come learn about practical resources and strategies for how to live fully despite the challenges of cancer. Held at St. Anthony Hospital, Cancer Center Classroom, The JTRCC Center, 11511 Canterwood Blvd NW in Gig Harbor. Lunch included. Submit an [online interest form](#) and indicate the date of the workshop you are interested in attending, email programs@harmonyhill.org or call (360) 898-2363.

Aug 28 – Summer Concerts on the Lawn

Franke Tobey Jones hosts Pearl Django with their extensive repertoire that includes traditional jazz classics and original compositions to delight audiences of all musical tastes. Free. Bring lawn chairs, blankets and picnic and enjoy! 6:30 p.m. at 5340 N. Bristol St. in Tacoma. Info at (253) 752-6621.

Sept 3 – Early Stage Memory Loss Seminar

Memory loss is not a normal part of aging. If memory problems are affecting your life, attend this seminar to learn about Early Stage Memory Loss. Seminar provides information specific to those experiencing memory loss and dementia. Bring a family member/support person with you. The program aims to provide education and supportive discussion on medical causes and treatments, future

planning, communication strategies and more. Held at the Lakewood YMCA. Registration required before August 27 by calling (206) 529-3868 or (800) 848-7097, ext 229.

Sept 3 – Got Morale? Working and Playing as a Team

In this revealing program, Jean Steel will help bridge the difference between “just a job” and enthusiastic engagement. Learn tips on how you can enhance the environment you work in. Offering assistance, adjusting your attitude, assertively speaking up, dealing with conflict and of course, maintaining your sense of humor are a few of the approaches that will be covered. Sponsored by LeadingAge Washington. [Info and registration online](#). Held 8:30 a.m. to 4:30 p.m. at the Seattle Airport Marriott , 3201 S. 176th St.

Sept 5 - ??? – Alive Inside: A Story of Music and Memory

Note: Date is tentative. This documentary won an audience award at the Sundance Film Festival, as a straightforward advocacy piece for music therapy for people with dementia. It explores the ways in which listening to music can help severely disabled seniors, and the trials that come with attempting to implement ipod programs. The film provides hard evidence for the effects of music, and also shows it firsthand: one patient who spends most of his time in a semi-dormant state is given an ipod filled with old music, and suddenly begins engaging in the room around him. Scheduled for a [limited engagement at the Tacoma Grand Cinema](#). [Read additional information about the film](#).

Sept 12 – FTJ Wellness Walk and Fair

Join the residents at Franke Tobey Jones at this annual event. Open to the community. Starts at 10 a.m. at the duplex gazebo at Franke Tobey Jones, 5340 N. Bristol St. in Tacoma. Free. Enjoy morning stretches, a nice walk and information from numerous community resources. For more info call (253) 752-7796.

Sept 12 – Mill Ridge Village Provider Appreciation Garden Party

Mill Ridge Village, 607 28th Ave S. in Milton, hosts this social for all of the professionals that have networked with them and who have supported them throughout the year. It’s a wonderful afternoon of fantastic food, wine, music and networking with other professionals in their courtyard. Held 3:30-5:30 p.m. The event is an expression of their appreciation – health care providers, business people, Chamber members, elected officials, senior/community center directors, etc. are all invited.

Sept 13 – Pierce County Cancer Survivor Conference

The annual Pierce County Cancer Survivorship Conference is presented by multiple community organizations and cancer care advocates. Connect with other survivors to discuss and learn about the physical, mental and spiritual aspects of the cancer journey. The conference is FREE, but space is limited and registration is required. To register, call 253-272-5368 (option “0”) or [visit online](#). Spanish registration: Agueda at 253-353-5502. Korean, Vietnamese or Cambodian registration: KWA at 253-535-4202. Pacific Islander registration: Jackie or Iolanda at 253-778-5642. Russian or any other language registration: call 253-426-6746. This event is free and open to all people affected by cancer as patients, family members and caregivers. Held in the Wheelock Student Center at the University of Puget Sound, 1500 N Warner St in Tacoma.

Sept 13 - Walk to End Alzheimer's Western and Central Washington State Chapter

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Registration for the Tacoma Walk begins at 8:30 a.m.; ceremony at 9:30 a.m.; walk at 10 a.m. Held at Thea's Park, 405 Dock Street in Tacoma. [Click here for registration and information](#).

Sept 15 – If the Shoe Fits... The Secrets of Walking for Health

Walking is the most popular form of exercise. The average adult will walk 115,000 miles by age 80 – more than four times the circumference of the globe. But podiatrists believe over 70% of adults are using shoes that don't fit – shoes that can cause problems. For people with diabetes – for any adult – that's crucial. Learn about feet, good shoes and staying active at this free, information-only workshop provided by the Pierce County Aging & Disability Resource Center. Held twice this day. [View flyer.](#)

- 12:10 – 12:50 p.m., Pierce County Annex Main Meeting Room
2401 S. 35th Street, Tacoma
- 6:30 – 7:30 p.m., Lakewood Sr. Activity Center
9112 Lakewood Dr, SW, Lakewood - RSVP for this site only – 798-4090

Sept 17 – If the Shoe Fits... The Secrets of Walking for Health

(See Sept 15 for event description.) Held twice this day. [View event flyer.](#)

- 12:10 – 12:50 p.m., County City Building, 7th Floor Conference Room
903 Tacoma Ave., S., Tacoma
- 6:30 – 7:30 p.m., Summit Branch Library
5107 112th St. E., Tacoma

Sept 19 – Early Stage Dementia Counseling: The Power of Transformation

This forum is designed for professionals who want to learn new skills with an individualized approach for interacting with people in the early stages of dementia. Robyn Yale, LCSW, will discuss her new framework for individual counseling of people with a diagnosis of dementia that integrates the many emotional, practical and lifestyle issues they face. Held 7:30 a.m. to 12:30 p.m. at the Tukwila Community Center. Info at (206) 529-3893 or esmlforum@alzwa.org.

Sept 22 – The Age Wave: A Candidate's Forum on Washington's Aging Readiness

This event is a forum for state legislative candidates and will focus specifically on issues of importance to older adults and people with disabilities in Pierce County. All are invited, especially long-term care consumers and their families, paid and unpaid caregivers, retirees, advocates and all who are interested in our state's aging readiness. Jointly sponsored by AARP, the ElderCare Alliance, WA Association of Area Agencies on Aging, WA State Senior Citizens' Lobby, and the Pierce County Community Connections, Aging & Disability Resources Advisory Board. Event includes a panel presentation on Washington State's Aging Readiness, consumer and family perspectives, and questions from the audience and candidate responses. Free; No RSVP. Starts at 5:30 p.m. at the University Place Library, 3609 Market Place W., Suite 100, University Place. Call (253) 798-4600 for details.

Sept 23 – National Fall Prevention Day

The Pierce County Falls Prevention Coalition will hold a special celebration at the Puyallup Activity Center, 210 W. Pioneer from 10 a.m. to 1 p.m. The free program includes presentations by the Central Pierce Fire Department, risk assessments, activities, lunch and basket giveaways. Risk assessments will focus on medication, vision, hearing, mobility, home modification and nutrition. No RSVP needed. Come and enjoy!

Sept 25 – Alzheimer's Caregiver Conference

The annual Pierce County Alzheimer's Caregiver Conference will be held at Emmanuel Lutheran Church, 1315 N Stevens St in Tacoma. Keynote speaker is Ann Hedreen, filmmaker and producer of "Quick Brown Fox," a documentary of her own mother's journey through the disease. This free event is sponsored by the Health Care Providers Council of Pierce County. Sessions include legal panel, caregiver panel and a special meet-and-greet with local therapy animals. Registration is now open – call (253) 798-8787. Contact [Bob Riler](#) (253-798-7384) for more info.

Sept 27 – Wings for Autism

The Arc of King County, in collaboration with The Port of Seattle, Alaska Airlines and Transportation Security Administration (TSA), will be hosting its second Wings for Autism at Seattle-Tacoma International Airport. [Click here to register.](#) Wings for Autism is an airport “rehearsal” specially designed for individuals with autism spectrum disorders, their families and aviation professionals and seeks to alleviate some of the stress that families who have a child with autism spectrum disorders experience when traveling by air. [Details online.](#)

Sept 30 & Oct 1 – Emergency Planning Institute

The Pierce County Emergency Planning Institute trains staff from social service agencies, long term care facilities and churches about planning and creating plans for disasters. Participants will have a basic understanding of Incident Command, receive an introduction to disaster issues, develop and/or enhance their agency plan(s) and learn how to update, train and exercise those plans. Held 9 a.m. to 4 p.m. each day. [Register online.](#) For questions, contact [Sheri Badger](#) at (253) 798-2204.

Oct 4 – South Sound Heart and Stroke Walk

Register you family and friends for the 2014 Heart and Stroke Walk and help fight two of the leading health threats – heart disease and stroke. 5K walk or run and survivor route. Held at Cheney Stadium. 8:00 a.m. Community Festival. 9:30 a.m. walk. [Info and registration.](#)

Oct 5 – Pierce County Hunger Walk

Half of the proceeds from the Hunger Walk benefit the Emergency Food Network (EFN), Pierce County’s non-profit distribution center for more than 70 food banks, hot meal sites and shelters. The other 50% goes to local and international hunger relief agencies designated by each walker. 5K & 10K routes. Run at 1 p.m. Walk at 2 p.m. Entertainment, food, and family fun to 5 p.m. Held at Ft. Steilacoom Park, 9601 Steilacoom Blvd in Lakewood. [Registration and info online](#) or (253) 426-1507.

Oct 8-9 – Elder Friendly Futures Conference

Researchers, practitioners, administrators, policy-makers, and educators discuss the opportunities and challenges to building elder-friendly futures. This conference continues to offer a number of excellent opportunities for showcasing mission and networking with a key audience of government and non-profit organizations, academics, researchers, clinicians, and community members. There is an early bird registration, opportunities to submit proposals for the poster session and the innovation showcase, and different levels of sponsorship for you or your organization to be part of this important event. Held at the UW campus in Seattle. [Visit the website to register and access more info.](#)

Oct 9 – Latino Health Fair

Sea Mar Community Health Centers presents this annual event with keynote Speaker: Dr. Anna Ratzliff, Associate Director for Education, Division of Integrated Care & Public Health Department of Psychiatry & Behavioral Sciences University of Washington addressing “Proven Strategies to Advance Integrated Care in the Latino Community.” Held 8 a.m. to 5 p.m. at the Hilton Seattle Airport & Conference Center. Visit the [event website](#) for information and registration. \$105 early bird registration / \$50 for students.

Oct 22 – Making the Link

Annual resource fair for health care professionals, social workers, discharge planners, church staff, and interested individuals with information about a wide variety of long term care services and supports. Free event sponsored by the Health Care Providers Council of Pierce County. Drop in from 11 a.m. to 5 p.m. at the STAR Center, 3873 S 66th St. in Tacoma. No RSVP required.

Oct 30 – Financial Exploitation of Elders and Adults with Disabilities

Washington State's 11th Annual Conference on Elder Abuse features Dr. Jason Karlawish, Professor of Medicine, Medical Ethics and Health Policy at the University of Pennsylvania, and Robert Canino, Regional Attorney for the Dallas District Office. Other sessions include capacity, fiduciary duty, and undue influence from the perspective of a civil attorney, forensic accounting, investigation of financial crimes, current trends in financial scams, a unique approach to guardianship monitoring, as well as elder financial criminal trial case presentations. Registration will open in September. \$90. Held 7:30 a.m. to 5:00 p.m. at the Criminal Justice Training Center in Burien. [More info online.](#)

Nov 1 – HOPE for Parkinson's Disease 2014

This year's symposium will feature presentations on integrative and alternative therapies and mindfulness with a medical keynote and an inspirational address. There will also be a break that highlights an activity for people with Parkinson's that is available in the greater Seattle area. Held 9 a.m. to 3 p.m. at the Meydenbauer Center, 11100 NE 6th Street in Bellevue. Registration opens Aug 1. [Click here for more info.](#) Or call (206) 277-5516 or (206) 748-9481.

Q&A of the Month

Question: What do I do if I have a complaint about my utility service?

Answer: First, always try to work out your problem directly with the utility. If you find that you are not getting anywhere with the company and need somewhere to turn, call the Utilities and Transportation Commission (UTC) – they're in your corner! The UTC regulates private investor-owned utilities providing service in the state of Washington. Part of that regulation requires companies follow certain consumer protection rules which many consumers just don't know about. Consumer Protection staff at the UTC work directly with consumers and the company to find solutions to the problems they are having and ensure that the company is following all state rules and regulations. Consumers should call the Help Line at 1-888-333-WUTC (9882), if they are having a billing dispute, customer service issues, quality of service problems, are threatened with disconnection, or just don't know where else to turn. In most cases, the UTC can keep a customer's service on, resolve the issues and provide them with information to help them avoid similar issues in the future.

NATIONALLY

Brighter Outlook for Medicare Trust Fund

The Congressional Budget Office's (CBO) latest long-term budget outlook says Medicare's projected financial health is significantly improved. The forecast was extended due to the growing belief that the current slowing of the growth in Medicare spending is here to stay. Additionally, because of changes under the Affordable Care Act, more than \$700 billion dollars was saved in the Medicare program.

[Click here to read the report.](#) (Source: MRC)

FCC Launches an ASL Video Consumer Support Service

The Federal Communications Commission (FCC) has launched a video consumer support service, the ASL Consumer SupportLine, specifically designed to enable consumers who are deaf and hard of hearing to engage in a direct video call with a consumer specialist at the FCC. The service will allow deaf and hard of hearing consumers to communicate in their primary language, American Sign Language (ASL). [Click for more information about this direct video service.](#) (Source: HSDC)

AARP Blog Post Highlights Need for ADRCs

Following the release of the [LTSS State Scorecard](#), which includes ADRC functions as an indicator, an AARP staff member spent the day at her local ADRC. This [resulting blog post](#) describes the role ADRCs play in improving access to LTSS. It discusses some of the services ADRCs provide to consumers to help improve their quality of life. The blog post concludes: “As the population ages, more people will need care to live in their homes and communities for as long as they are able. ADRCs are an important gateway to these critical services.” (Source: Lewin)

United States of Aging Survey

The National Association of Area Agencies on Aging and UnitedHealthcare released the results of their 3rd annual United States of Aging Survey examining seniors’ perspectives on aging. A special sample of low-income seniors revealed that despite undertaking fewer preparations for the future, many had a more optimistic outlook compared to last year. Socially isolated seniors expressed greater concern about finances and the need for support to age in place. [Get survey results](#) (Source: NCOA)

Caring for Children with Disabilities as They Grow Older

Judy and James Lee’s lives revolve around providing 24-hour care to their 16-year-old son who has cerebral palsy. As they get older, they worry about who will eventually take care of him. [Listen to their story](#). NPR’s Kelly McEvers talks with special needs lawyer Theresa Varnet and social entrepreneur Al Etmanski about the types of assistance available for families caring for a special needs child. [Listen to the conversation](#). (Note: In Pierce County the Family Caregiver Support Program provides some help for families caring for their adult child with disabilities. Call the Aging & Disability Resource Center at (253) 798-4600 or (800) 562-0332.)

Gardens May Be Therapeutic for Dementia Patients

Agitation is one of the hardest symptoms of dementia to deal with, for patients and caregivers alike. More and more, researchers are looking for ways to treat it without the use of medication. Some are studying the effects of aromatherapy, and others, like the University of Exeter, are looking towards the benefits of nature. Their new study shows that gardens in adult care centers can have many positive effects, from providing a calming environment to spend time in to providing a place to maintain life skills through gardening. The researchers are next looking at implementation, as staffing restrictions and safety measures may make it difficult. [Read more](#). (Source: Smithsonian)

Afraid of Getting Old?

Check out a new site called Get Old. Developed by Pfizer, with NCOA as a supporting partner, the site is designed to help people face their fear of getting old (#FOGO) and dispels commonly held myths about aging. [Visit the site](#). (Source: NCOA)

Interagency Partnership to Address Elder Abuse

The Dept. of Justice and Dept. of Health and Human Services [announced](#) the [Elder Justice Roadmap](#), a collaborative effort to identify the most critical priorities and concrete opportunities for greater public and private investment and engagement in elder abuse issues. To support this effort, DOJ announced an [online training program](#) for lawyers involved in elder abuse cases. HHS will support the initiative by developing a national adult protective services database. (Source: ACL)

Got Stress?

National Public Radio, in partnership with the Robert Wood Johnson Foundation and the Harvard School of Public Health, produced a [series of stories](#) on stress. [One episode](#) focuses on stress and the impact it can have on day-to-day caregivers.

New Data Reveals Reduction in Medicare Spending

