



This newsletter may also be viewed as a PDF at [www.PierceADRC.org](http://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

**July 3 – No meeting scheduled**

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

July 10 – “The Grannies” and Networking

**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.

July 11 at Central Summer Social at the SASH Office in Seatac, 4800 S. 188th St. Suite 220

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.

July 16 – Living Court Assisted Living, 2229 Jensen St., Enumclaw

Schedule of meeting locations and times at [www.secoalition.com](http://www.secoalition.com)

**LOCAL SERVICES**

**2014 Senior Farmers Market Vouchers are Available!**

Pierce County Aging & Disability Resources has one more community distribution day left for the 2014 Senior Farmers Market Nutrition Program. On Tuesday, July 1<sup>st</sup>, staff will be at the Lakewood Farmers Market (6000 Main Street, by Lakewood City Hall) between 10 a.m. and 1:30 p.m. distributing vouchers to eligible participants. Please pre-register for vouchers by calling the Aging & Disability Resource Center at (253) 798-4600. 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

There is a limit of one set of vouchers per household, and all applicants must bring photo I.D. to pick up their vouchers. If you missed your pick-up date, or cannot make it the Lakewood Farmers Market, you can set up a time to pick up vouchers at the Pierce County Community Connections office in Tacoma by calling Nellis Kim at (253) 798-3807.

### **Arc of WA Creates Candidate Questionnaire**

The Arc of Washington has created two questionnaires for candidates, one on congressional issues and one targeted at state level issues. Whether in Congress on the national level or in our State Legislature, you need to know how much these candidates know about the issues affecting individuals with developmental disabilities and their families. The Arc of Washington State will post each response received on our web site. Encourage candidates running in your district to respond so that you and others are able to make informed decisions when you vote! [Check back often to see new responses.](#)

### **Nominations Open for Disability Advocate Awards**

The Tacoma Area Commission on Disabilities is now accepting nominations for the Disability Advocate of the Year Awards. Each year, the Commission recognizes a volunteer, professional, and business that have made a positive impact on the quality of life of people with disabilities living in our community. Nominate someone you know for one of these three prestigious awards. Deadline is August 8<sup>th</sup>, 2014. Awards will be presented at a recognition event in October during Disability Awareness Month. Contact [Gail Himes](#) at (253) 591-5785.

### **Free Smoke Alarms**

The Tacoma Fire Department has ADA (Americans with Disabilities Act) compliant smoke alarms with strobe lights available free to deaf or hard of hearing residents in the cities of Tacoma, Fife, or Fircrest. Call or email [Marja Stowell](#) to schedule installation with a free in-home safety check at (253) 973-9207. West Pierce Fire & Rescue is offering free smoke alarms equipped with strobe light and/or vibration alert to residents of Lakewood or University Place. Call or email [Rachel Adler](#) to schedule an appointment for installation at (253) 983-4569.

### **Apply for an EMS Injury Prevention Grant**

The West Region EMS & Trauma Care Council has funding available for injury prevention programs within the West Region (including Pierce County) which meet the criteria established by the West Region Prevention Committee. Accepted projects must address injuries in one of the following categories: falls, motor vehicle crashes, suicide, poisoning and drowning. This might be an avenue for funding Tai Chi class instructor training. To obtain more details and an RFP contact [Lori Clary](#), Prevention Coordinator (360) 705-9019. RFPs must be received by the West Region EMS office no later than 5:00 pm, Tuesday, July 15, 2014.

### **Insurance Exchange Gives \$53 Million As Low-Ball Budget**

Officials with the state's health insurance marketplace estimate that they will need at least \$53 million next year to keep the exchange running. That amount is more than the \$40 million that has been allocated by the state Legislature, but far less than the \$127 million the insurance exchange expects to spend this year. (Source: [Seattle Times](#))

### **Washington Sees New Insurers on Exchanges**

Washington State's health insurance exchange is looking to be an attractive marketplace for new health insurance carriers. [Four new insurers have applied](#) to sell individual policies in the state's exchange next year, making Washington among the states with the highest number of new exchange entrants of the 12 states where preliminary 2015 rates have been filed. If insurance regulators approve the new carriers, Washington will have 12 insurers on the exchange in 2015, up from eight this year.

### **Paint Tacoma-Pierce Beautiful 2014**

Paint Tacoma-Pierce Beautiful is on its 30th summer of painting houses for low-income homeowners. Volunteer groups and individuals are needed to sign up to paint a house. The goal is to paint 40 houses in Tacoma and 10 in Lakewood this year. You or your crew will be assigned one house to paint, and be provided with training, guidance, paint, supplies, and T-shirts. Individuals can sign up and be placed with a team. Visit [www.PaintBeautiful.org](http://www.PaintBeautiful.org). Click on the "Volunteer" tab and fill out the online application. Contact [Amy Allison](#) at (253) 426-1516, or Will Bergstrom at (253) 383-3056, ext. 157.

### **Living Well Workshops Available Online**

Pierce County Aging & Disability Resources and the National Council on Aging are offering a [Free online workshop for Pierce County residents with chronic disease](#). Better Choices, Better Health® has been proven to help people with chronic conditions deal with pain and stress, eat well and exercise, and communicate with their doctors. Participants log in from their own computers and receive a free workbook to live healthier!

### **WA State Ranks #15 for Retirees**

A United Health Foundation report looking at 34 different statistical measures ranked all 50 states based on the overall health and well-being of older Americans. The survey looked at various factors including obesity rates, access to care, and availability of quality nursing home beds. In the final tally, Washington came in #15. [View the final results](#).

### **WA Ranks High on Long-Term Care Scorecard**

The system of long-term services and support that allows people to remain in their homes as they age is in good shape in Washington, despite constant state budget pressures that advocates warn could change it. A [new scorecard](#) from AARP ranks Washington second in the nation with high marks for giving people choices of care settings and providers. But a closer look at the rankings finds a few areas of concern, including affordability of care. Only 66 out of 1,000 people in the state have long-term care insurance to help with those costs. Washington ranks 38th in the survey for supporting family caregivers.

### **HopesCloset Needs School Supplies**

HopeSparks sponsors a special clothing closet in August for families in need. If you are involved with a service group or organization please consider collecting donations. Items needed include looseleaf notebook paper, spiral notebooks, pencils, pens, scissors, crayons, glue, backpacks and rulers as well as socks, underwear, toothpaste, toothbrushes, deodorant, shampoo, soap, etc. Contact Rosalyn Alber at (253) 565-4484.

### **Senior Companion Program Welcomes Two New Stations**

The Senior Companion Program at Lutheran Community Services has added MultiCare Celebrate Seniority and the Boys & Girls Club Cheney Branch as new stations. As a result more clients can be served throughout Pierce County. Celebrate Seniority is a MultiCare community program that promotes healthy living and community connections for more than 4500 members - 55 and better throughout Pierce and South King Counties. For more information contact [Julie Kerrigan](#), Director of the Senior Companion Program at Lutheran Community Services at (253) 722-5686.

### **Rajiv Nagaich Recognized by National Academy of Elder Law Attorneys**

Rajiv Nagaich has been named as one of the 2014 Fellows of the [National Academy of Elder Law Attorneys](#) (NAELA). NAELA Fellows are attorneys who have been members of the

Academy for at least three years, whose careers concentrate on Elder Law, and who have distinguished themselves both by making exceptional contributions to meeting the needs of older Americans and by demonstrating commitment to the Academy. Election as a Fellow signifies that the lawyer is recognized by peers as a model for others, and an exceptional lawyer and leader. The most significant component in the selection process is commitment and contributions to NAELA through committee participation, programs, and leadership.

## **LOCAL HAPPENINGS**

### **July 3 – Independence Ball**

The Salvation Army Senior Center, 4009 9<sup>th</sup> Street, SW in Puyallup, hosts this special event from 3 to 6 p.m. Enjoy formal wear, dinner, music, dancing and special photos. \$5 per person. Contact [Maretha Baltimore](#), Director of Social Services/Puyallup Valley Corps, at (253) 841-1491, ext 205. The center is also doing a membership drive until August 29. Eat free by joining the SAC (Senior Activity Center). Membership is \$10 per year. Meals are served Mon, Tue, Wed and Fri 11:30 until 12:00. Non members pay \$5. Fridays are free for everyone.

### **July 16 – Giving Up the Keys**

There comes a time when some families have to deal with the fact that someone should no longer drive. Vision problems, memory problems, slowing reaction times, poor distance judgments and difficulty with directions are all indicators. How can a family “take away the keys?” What can be done when people resist the need? Join in this special conversation provided by Aging & Disability Resources. Held twice this day.

- 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 Soundview Building, 3602 Pacific Avenue, Tacoma

### **July 17 – Social Worker Appreciation Night**

Cascade Park Communities hosts their first mini golf classic with an evening of delicious good, tasty drinks, lots of fun and great prizes. Putt for fabulous prizes. Held at Chambers Bay golf course (Tent) from 5:30 p.m. to 8:00 p.m. RSVP: (253) 318-9857-Peter Adams or (253) 732-0062-Joan Engle.

### **July 19 – Cast For Kids**

This is a C.A.S.T. for Kids event designed to provide children with disabilities (ages 5-18) the opportunity to enjoy a quality outdoor recreational experience through the sport of fishing. Sponsored by MetroParks Tacoma, the Kiwanis, Mary Bridge Children’s Hospital and others. Free BBQ lunch at the close of the event. Participants receive a free rod & reel combo, tackle box, t-shirt and more. Held 8:30 a.m. to 1:00 p.m. at the Foss Waterway. No cost to participate but [pre-registration required](#).

### **July 21 – Giving Up the Keys**

(See July 16 for description. Held twice this day.)

- 12:10 – 12:50 p.m., Pierce County Annex Main Meeting Room, 2401 S. 35th Street, Tacoma
- 7:00 – 8:00 p.m., Sumner Library Meeting Room, 1116 Fryer Ave., Sumner

### **July 21-24 – Washington State Independent Living Youth Conference**

The Youth Conference is for youth (17-24) with all disabilities who are high-functioning enough to live independently and have career or educational goals. The conference focuses on preparing for college and/or employment, and developing independent living skills including self-advocacy, finance management, etc. This is a great opportunity for youth to get connected with community resources and meet other youth with disabilities who plan to live independently. \$100 gift card given on completion.

Youth with a 504 plan or IEP (in general ed classes) encouraged to apply. The individual youth must be the one to call and request an application. [Get more conference info](#) or view a [short video](#).

### **July 22 & 24 – Aging Smart Educational Workshop series:**

Aging Smart of Gig Harbor hosts a free educational workshop (repeated twice). Presentations include downsizing or moving options to consider, especially when retirement years are approaching and the differences to consider when thinking about adult family homes, assisted living, independent living and continuing care communities. Meet the not-for-profit Members of Aging Smart of Gig Harbor! Held Tuesday, July 22 from 3:30 to 4:30 p.m. at Subway's event room on 4840 Point Fosdick Dr. in Gig Harbor. Repeated Thursday, July 24 from 9:30 to 10:30 a.m. at the same location. More at [www.agingsmarteducationalworkshops.org](http://www.agingsmarteducationalworkshops.org) or Rebecca Rainsberger at (888) 377-1770.

### **July 23 – Building a Better Brain: Lifestyle Approaches to Keep Sharp**

Everyone is worried about memory loss. Maybe you're taking care of your parents and they are dealing with memory loss or are in fear of it happening to them. This will be a great time to learn from Deanna Minich, PhD about lifestyle changes and approaches you can do for yourself and for your aging parents to help keep sharp! Start building a better brain today. Held at Harmony Hill Retreat Center, 7362 E State Route 106, Union, WA. [Click here for registration information](#).

### **July 26 – Community Fair for Families, Seniors and Individuals with Special Needs**

Mercy Housing hosts this Community Fair with a focus on health and wellness, emergency preparedness, housing and financial stability for families, seniors and individuals with special needs who lack opportunity to access quality and safe community resources. Children and adults are invited. Held 10 a.m. to 2 p.m. at the Oasis of Hope Center, 1937 South G Street in Tacoma. Contact [Mattie Berry-Evans](#) (627-1415) or [Chrystal Campbell](#) (383-8900).

### **July 26 – Walk in the Park with Team Parkinson's**

Raise awareness and funds for Parkinson's care while enjoying an easy two-mile walk along the beautiful lake-side shores of Magnuson Park. 7400 Sand Point Way, NE in Seattle. Fun, family oriented, and dog friendly walk. Honor or remember a loved one and walk in their name! No registration fee to walk. [Register online](#) or contact [Rebecca Mauldin](#) or (206) 946.6516. Additional questions: [Anne Alkema](#) or (206) 946-6518.

### **Aug 5 – National Night Out**

Each year, on the first Tuesday in August, people across America gather in their own communities to take a stand against crime. For National Night Out (NNO), 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 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.

- 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 11 – Scams and Swindles**

(See Aug 7 for description. Held twice this day.)

- 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 this annual event every Thursday in August at 6:30 p.m. Tonight it's 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! Held at 5340 N. Bristol Street in Tacoma. Info at (253) 752-6621.

### **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.

### **Aug 21 – Summer Concerts on the Lawn**

Franke Tobey Jones hosts this annual event every Thursday in August at 6:30 p.m. Tonight it's Carrie Cunningham & the Six Shooters, a rockin' country band. Free. Bring lawn chairs, blankets and picnic and enjoy! Held 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 20<sup>th</sup> 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](http://www.harmonyhill.org).

### **Aug 27 – Tools for the Journey**

This free three-hour workshop, which includes lunch, 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. To register please submit an [online interest form](#) and indicate the date of the workshop you are interested in attending, email [programs@harmonyhill.org](mailto:programs@harmonyhill.org) or call (360) 898-2363.

### **Aug 28 – Summer Concerts on the Lawn**

Franke Tobey Jones hosts this annual event every Thursday in August at 6:30 p.m. Tonight it's 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! Held at 5340 N. Bristol Street 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 13 – Pierce County Cancer Survivor Conference**

Save the Date. Held at the University of Puget Sound 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 13 –Ability Awareness Celebration and Open House at TACID. More to follow!**

### **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, Tacoma, WA 98406. 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 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**

Step out to have fun, get inspired and support a great cause. 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 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. Keynote Speaker: Dr. Anna Ratzliff, Associate Director for Education, Division of Integrated Care & Public Health Department of Psychiatry & Behavioral Sciences University of Washington speaking on “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**

An 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. This free event is sponsored by the Health Care Providers Council of Pierce County. Drop in when you can from 11 a.m. to 5 p.m. at the STAR Center, 3873 S 66th St. in Tacoma. Details to come. No RSVP required.

### **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 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's the difference between Medicare and Medicaid?

**Answer:** Your question is very common – and important. Simply put, there are four parts to Medicare. Part A covers hospital services; Part B covers outpatient care; and Part D provides prescription drug coverage. Part C is called “Medicare Advantage,” private insurance companies contracting with Medicare, to provide health care. Medicare serves people over 65 primarily, whatever their income; and serves some younger disabled people and dialysis patients. Patients pay part of costs through deductibles for hospital and other costs. Small monthly premiums are required for non-hospital coverage. Medicare is a federal program. It is basically the same everywhere in the United States and is run by the Centers for Medicare & Medicaid Services, an agency of the federal government. Medicaid, on the other hand, pays medical bills are paid from a mix of federal and state funds. It serves low-income people of every age. Patients usually pay no part of costs for covered medical expenses. A small co-payment is sometimes required. Medicaid varies from state to state. Each state may tailor its program to meet local needs and resources. Eligibility is a complicated picture. To see if you qualify for the Medicaid program, call the ADRC at (253) 798-4600.

## **NATIONALLY**

### **Confronting the Challenges of Traveling With a Disability**

Planning a vacation can be daunting, especially for people with disabilities. All those logistics can get much more complicated working around mobility concerns, which is the topic we're tackling on this week's *Winging It*. NPR's Rachel Martin speaks with Carole Zoom, a disability activist who's traveled the world. [Listen to the report](#). (Source: NPR)

### **Get Ready for Fall Prevention Month – September 2014**

Fall Prevention Awareness Day is September 23, 2014. The National Council on Aging has [lots of helpful resources](#). The NCOA has updated the [Media Toolkit](#) as well. The Fall Prevention Education Resource Package is available from the [Washington State Hospital Association](#) web site. And a reminder - NCOA's Falls Free® Initiative is hosting a National Photo Contest to gather photos that can be used in promoting this year's [Fall Prevention Awareness Day](#) and the programs/services to prevent falls. There is a need for fresh photos. We are getting some nice submissions already and hope you will share with your constituents. Signed consent forms are required. View more on the special [NCOA photo website](#). Deadline for submitting photos is August 1. (Source: NCOA)

### **Get Ready for Senior Center Month – September 2014**

The National Institute of Senior Centers (NISC) has released updated materials for the 2014 celebration of Senior Center Month in September. This year's theme is: *Senior Centers: Experts at Living Well*. All centers are free to download the Program Guide, which offers great ideas to celebrate. NISC members also have access to a Publicity Guide, poster, and more. [Download materials](#) | [See how to join NISC](#) (Source: NCOA)

### **What You Don't Know About Social Security—But Should**

[The Wall Street Journal](#) (June 23) takes a look at claiming strategies, tax angles and more to help you make sense of a complicated program. The article provides basic information and puts it into (present and future) perspective as more and more people hit their retirement years. Make the most of your benefits! (Source: WSJ)

### **About Using Those Blood Pressure Monitoring Kiosks**

Convenience can come with tradeoffs. The next time you put your arm in the cuff at a kiosk that measures blood pressure, you could get an inaccurate reading unless the cuff is your size.

Correct cuff size is a critical factor in measuring blood pressure. Using a too-small cuff will result in an artificially high blood pressure reading; a too-large cuff may not work at all or result in an inaccurately low blood pressure reading. The Food and Drug Administration (FDA) is advising consumers that blood pressure cuffs on public kiosks don't fit everyone and might not be accurate for every user. [Read more from the FDA](#). (Source: FDA)

### **Resources Help Understand Medicare**

It is always a good idea to review your [Medicare Summary Notices \(MSNs\)](#) if you have Original Medicare, or your [Explanation of Benefits \(EOBs\)](#) if you are in a Medicare Advantage plan. Remember that these notices are not bills! They provide beneficiaries with an opportunity to review the health care services that have been received, which can help clarify whether or not a particular health service was covered and also recognize fraudulent billing. Medicare Interactive offers a [step-by-step tutorial](#) on how to read and understand your Medicare Summary Notice, if you have Original Medicare. (Source: Medicare Rights Center)

### **Benefits Fact Sheets Now in Spanish and Russian**

The National Council on Aging has translated several fact sheets from BenefitsCheckUp® into Spanish and Russian. The fact sheets include basic overviews of Medicare, Medicaid, LIS, the Medicare Savings Programs, Supplemental Security Income (SSI) and the Supplemental Nutrition Assistance Program (SNAP). [Find Spanish fact sheets](#) | [Get Russian fact sheets](#). (Source: NCOA)

### **CMS Releases Updated “Are You a Hospital Inpatient or Outpatient?”**

The Centers for Medicare & Medicaid Services (CMS) has updated information on inpatient and outpatient hospital stays, including observation. This topic is particularly troublesome as beneficiaries may stay overnight at the hospital and receive outpatient charges (deductibles/coinsurance) for the hospital, doctor services, and prescription drugs. The tip sheet offers scenarios and questions a counselor/Medicare beneficiary may use to determine the status and the cost associated with a hospital stay. [Read the updated tip sheet](#). (Source: CMS)

### **From Coverage to Care Resources**

CMS has launched a [consumer/patient education project](#) called “From Coverage to Care” with some very useful booklets, videos, discussion guides and more. From Coverage to Care is an initiative to help people with new health care coverage understand their benefits and connect to primary care and the preventive services that are right for them, so they can live a long and healthy life. These materials make good companion pieces to the Washington State Health Care Authority's [“First-timers' Guide to Washington Apple Health.”](#)

### **Push for Older Americans Act**

There's a window of opportunity to reauthorize the Older Americans Act (OAA) this election year. But lawmakers need to hear from you—their constituents. A Senate committee approved a bipartisan bill in October, but the process is now stalled. If reauthorization doesn't happen this year, the process will have to start anew in 2015—in a potentially different political environment. [Tell Congress to act now](#) | [Learn more about OAA](#). (Source: NCOA)

### **10 Things You Should Know about Aging with Dignity and Independence**

The Scan Foundation has produced a series of “10 Things You Should Know” articles built around the general theme of aging with dignity and independence. Each one is a PDF stand-alone resource. [Pointers about the cost and access realities of daily assistance](#); [conversation starters that can help you begin planning for the future you want as you grow older](#); [starting the process of preparing to address future needs should you or someone you love require support](#); [important conversations to have with](#)

[your doctor](#); [providing help to an older loved one](#); and [ensuring that a system of care is available for you and your loved ones should you ever need it](#). (Source: TSF)

### **Update to Long-Term Care Scorecard Released**

AARP, the Commonwealth Fund and the SCAN Foundation recently released a 2014 update to its Long-Term Care Scorecard report, which rates states' provision of long-term care supports and services (LTSS). [Click here to read the 2014 Scorecard](#). (Source: Medicare Rights Center)

### **New ACL Educational Tool Helps LGBT Residents of Long Term Care Facilities**

The U.S. Department of Health and Human Services' Administration for Community Living (ACL) has produced a new online learning tool: [Building Respect for LGBT Older Adults](#). The tool is designed to increase awareness of the issues faced by lesbian, gay, bisexual, and transgender (LGBT) individuals living in long term care (LTC) facilities. After completion of the online training, program participants will be prepared to increase visibility of the issues facing LGBT individuals in LTC facilities, provide easy access to information on serving LGBT individuals in LTC facilities, encourage LTC facilities to provide opportunities for staff to take the online training and change the way individuals and facilities approach older LGBT adults. The Building Respect for LGBT Older Adults tool was developed in collaboration with the HHS Office of Public Affairs, the Centers for Medicare & Medicaid Services, and the ACL-funded National LGBT Resource Center, with input from aging and LGBT advocates. [Read more](#). (Source: ACL)

### **Utensils Help Steady Tremors**

Liftware is a line of eating utensils that can help improve the lives of people with essential tremor (ET). Liftware uses tremor stabilization technology. Rather than forcing a hand with tremor to stop moving, which can cause pain and discomfort, Liftware responds to tremor and stabilizes what a person is trying to hold. The first product is a spoon which constantly steadies itself even while the user may be shaking. [View the NBC News story](#). (Source: NBC News)

### **U.S. Health System Ranks Last Among 11 Countries**

The Commonwealth Fund reports that the United States pays the most for health care among all developed nations, but does not get an adequate return on its investment. The United States' ranking is dragged down substantially by deficiencies in access to primary care and inequities and inefficiencies in our health care system. [Visit The Commonwealth Fund to read the full report](#). (Source: Commonwealth Fund)

### **Most Buying On Insurance Exchanges Were Uninsured**

Nearly six in 10 Americans who bought insurance for this year through the health law's online marketplaces were previously uninsured – most for at least two years, [according to a new survey](#) that looks at the experiences of those most affected by the law. That finding is higher than some earlier estimates, and counters arguments made by critics of the law that most of those who purchased the new policies were previously insured. The survey also found that consumers who purchase their own coverage because they can't get it at work are more likely to have a favorable view of the Affordable Care Act than the general public. (Source: Kaiser Health News)

### **Evidence-based Materials for Conversations About Brain Health**

A new [set of materials](#) to facilitate conversations with older people about brain health is available from the U.S. Department of Health and Human Services. The four-part set is written in plain language and explains what people can do to help keep their brains functioning best. Topics include: preventing falls to avoid head injury, refraining from excessively drinking alcohol, getting enough sleep, and

managing diabetes and blood pressure. The materials are for use at senior centers and in other community settings. (Source: ACL)

**New Comprehensive Community Resource Finder**

The Alzheimer’s Association has partnered with CareLike LLC to launch a new online resource tool, Community Resource Finder. The Alzheimer’s Association community now has access to over 270,000 listings for local care resources and services through a highly functional and sophisticated online search portal. Innovative functionality such as sophisticated mapping features and ability to search for specific memory care services, make it a quick and easy tool to locate information. The partnership between CareLike and the Alzheimer’s Association comes in response to the growing number of Alzheimer’s and dementia patients who require specialized care. For more information on the Community Resource Finder, please visit [www.alz.org/crf](http://www.alz.org/crf). (Source: CareLike)

**Help from Exploitation for LTC Facility Residents**

[Protecting Residents From Financial Exploitation](#) is a manual for assisted living and nursing facilities from the Consumer Financial Protection Bureau. The guide aims to equip staff with the knowledge to prevent and recognize the warning signs of elder financial abuse. (Source: Lewin)

**These Ten Fastest Growing Costs Can Blow Senior Budgets**

Seniors have lost 31% of the buying power of their Social Security benefits since 2000. The findings are the same as last year; showing no improvement in the buying power of Social Security benefits, despite recent low inflation. Since 2000, the Social Security Cost of Living Adjustment (COLA) has increased benefits just 41% while typical senior expenses jumped 84%, more than twice as much. [Read more](#). (Source: The Senior Citizens League)

**Tips for Aging in Place**

[12 Simple Safety and Security Tips for Aging in Place](#) is a new article from the American Society on Aging (ASA). It offers basic tips for older adults to make their home living environment as safe as possible including suggestions that emphasize proactive steps toward fall prevention at home. (Source: ASA)

**PLAN AHEAD – SEPTEMBER IS...**

Responsible Dog Ownership, ADHD, Atrial Fibrillation, Gynecology Cancer Awareness, Library Mold Awareness, Ovarian Cancer Awareness, Prostate Cancer Awareness, Preparedness, Skin Cancer Awareness, Healthy Aging and World Alzheimer’s Month; Assisted Living (7-13), Suicide Prevention (7-15), Prostate Cancer (14-20), Deaf Awareness (21-28), Rehabilitation Awareness (21-28), Register to Vote (21-27), Reflexology (21-27) and Hearing Aid Awareness (7/28-8/4) Weeks; Grandparent’s (7), Literacy (8), Physical Therapy (8), Suicide Prevention (10), Stand Up to Cancer (12), Consumer Awareness (13), Citizenship (17), HIV/AIDS and Aging Awareness (18), Alzheimer’s (21), Women’s Health & Fitness (24) and Heart (28) Days.

#####

This information is provided as a service of the Pierce County Aging & Disability Resource Center and is intended for sharing throughout the county. To receive or discontinue this e-newsletter, please contact Bob Riler at (253) 798-7384 or [briler@co.pierce.wa.us](mailto:briler@co.pierce.wa.us).