



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 or [briler@co.pierce.wa.us](mailto:briler@co.pierce.wa.us)

Apr 3 – "American Red Cross Preparedness for Older Adults: Safe in the Sound"

May 1 – "Tacoma Fire Department: FD Cares"

#### **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

Apr 10 – "Hoarding" with Dr. Jennifer Sampson, The Hoarding Project

#### **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**

Ports of Call Restaurant

First Wednesday of each month, 9:30-11 a.m.

Apr 2 – La Quinta Inn Tacoma, 1425 E. 27<sup>th</sup> St.

Contact Rebecca Bomann at [Rebecca@sashservices.com](mailto:Rebecca@sashservices.com) or (206) 501-4375

#### **South End (King County) Coalition**

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

Apr 16 - Wesley Homes, 816 S 216th St., Des Moines, WA 98198

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

### **Local Services**

#### **Urgent Warning from AARP Fraud Fighters**

A fast-moving phone scam called the [largest of its kind](#) is targeting taxpayers across the country.

Victims have reported threats of license suspension, arrest, and deportation. What makes this timely

scam so tricky? The scammers impersonate IRS agents and demand payment for taxes owed, and

often know the last four digits of the victim's Social Security number, make caller ID appear as if the

IRS is calling, send follow-up bogus IRS emails to support their scam and call a second time claiming

to be the police or DMV, and caller ID again supports their claim. Remember: the IRS usually

contacts people by mail not by phone about unpaid taxes. The IRS won't ask for payment using a pre-

paid debit card or wire transfer, nor will they involve law enforcement or immigration agencies. If you

or a family member gets one of these calls, hang up. Do not give anyone money or credit card

information over the phone. Don't trust callers who use threats or insults to bully you. Report the

incident to the Treasury Inspector General for Tax Administration at 800-366-4484. File a complaint

with the Federal Trade Commission at [FTC.gov](http://FTC.gov). Add "IRS Telephone Scam" to the comments in your

complaint. If you owe or think you owe federal taxes, call the IRS at 800-829-1040 to verify.

### **Senior Summit for Caregiving**

Lutheran Community Services Northwest and Pierce County Community Connections, Aging & Disability Resources are hosting an event that will focus on caregiving within faith communities. Pastors, church staff, faith community leadership, parish nurses and others who may work with family caregivers and seniors are invited. Held May 8 from 9 a.m. to noon at Trinity Lutheran Church, 12115 South Park Ave. in Tacoma. Also May 10 from 9 a.m. to noon at a location TBA. For more info contact Pat Witt, Program Director, Caregiver Services at Lutheran Community Services NW, (253) 722-5691 or [pwitt@lcsnw.org](mailto:pwitt@lcsnw.org).

### **Nominations for Outstanding Caregiver**

HCPC is seeking nominations from the community for “Outstanding Caregivers.” This is an opportunity to recognize individual caregivers who so generously share of themselves in caring for others. Categories include volunteer, family, in-home, facility based and adult family home caregivers. Event information, nomination forms and dinner tickets can be found at the [HCPC website](#). Deadline for submissions is Monday, May 5. The recognition dinner will be held at Tacoma’s Weatherly Inn on Wednesday, June 4.

### **Apple Health (Medicaid) program Enrollment Is Open Year-Round**

HCA hopes to dispel any possible confusion this month among new Apple Health (Medicaid) applicants who may not realize that the program is open to new enrollment year-round. It’s important for clients and new applicants to know that the Washington Health Benefit Exchange and Apple Health are full-time, year-round operations. If they exceed income standards, applicants will be notified instead that they can return to [www.WaHealthPlanFinder.org](http://www.WaHealthPlanFinder.org) this fall when a new open enrollment period begins for private plans on November 15.

### **NJP Mobile Site Launched**

Northwest Justice Project has launched a mobile version of Washington LawHelp. Just point your browser to [washingtonlawhelp.org](http://washingtonlawhelp.org) on any a mobile phone and you will arrive at the site. Over a quarter of visitors to washingtonlawhelp.org are using mobile devices and we want to provide them with the best experience possible. Many of the most popular resources have been modified and optimized for mobile viewing. The mobile site does not contain every resource found on the full web site, such as the lengthy self-help packets, but does include hundreds of legal resources in a Q & A format, videos and a find legal help directory. The mobile site also allows users to email resources to themselves or others for viewing at a later time.

### **Respite Vouchers Available**

The Lifespan Washington Respite Voucher System provides short breaks for unpaid family caregivers. We anticipate being able to serve about 100 unpaid family caregivers in the next few months – a pilot program that will reveal trends. This is not emergency respite care. Information you need to access for these respite services is contained below. These are easily accessed by clicking on links. If you have any problems navigating this information, please feel free to contact the Project Coordinator at [info@easterseals.com](mailto:info@easterseals.com), or by calling 1.800.678.5708. [Visit the Lifespan Washington website](#).

### **Local Fire Departments Offer Free Visual Smoke Alarms**

**The Tacoma Fire Department** currently has 75 ADA (Americans with Disabilities Act) compliant smoke alarms with strobe lights available for 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 or [mstowell@cityoftacoma.org](mailto:mstowell@cityoftacoma.org).

**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 or [Rachel.adler@westpierce.org](mailto:Rachel.adler@westpierce.org). If you live in a different fire district, please check with your fire department regarding availability of visual smoke alarms.

### **Vendors Invited for TCC Job Fair**

Health Care Providers Council of Pierce County is hosting a job fair for students at Tacoma Community College. The event will be held 10 a.m. to 1 p.m. on Thursday, May 15. The event will be marketed by TCC directly to students. Costs for health care employers who wish to have a table is \$20. Limit of 20 vendors. Registrations can be faxed through April 15 to Kristin Ongais at (253) 735-1557. Payment must be received by May 7. For details call Scott Meikle at (253) 691-3140 or Victoria Hankwitz at (253) 318-6943 or [smeikle@abs-seniors.com](mailto:smeikle@abs-seniors.com).

### **Elder Abuse Unit to Expand**

Protecting our community's most vulnerable members is a top priority of the Pierce County Prosecutor's Office. The office has announced that a 2014 budget increase will allow for the expansion of the Elder Abuse Unit by hiring more staff members. These additional resources will allow for more prosecution of all types of cases involving... [Link to full story](#)

### **Living Well Workshops in Pierce County**

Want to live better even if you have a chronic condition? You can! Two new Living Well workshops series will be offered soon. Hillside Gardens, 1708 South G Street will meet every Monday for six weeks from 5 to 7:30 p.m. from April 7 to May 12. Visiting Angels Living Assistance Services, 1401 S. Union will meet every Tuesday for six weeks from 1 to 3:30 p.m. from May 13 to June 17. Mountain View Community Center, 3607 122nd Ave. E. in Edgewood meets every Tuesday from 1 to 3:30 p.m. from April 15 to May 20. The six week self-management workshop helps participants discover new and practical ways to live better and healthier. The workshops are free and are a terrific first step in giving people the tools they need to take better control of their health. For info and registration contact the Healthy Communities Foundation at (360) 786-8690, extension 127 and ask for Living Well.

### **Washington Successful in Signing Up for Health Insurance**

Washington Healthplanfinder announced that 446,787 Washingtonians have now accessed free or low-cost coverage options since Oct. 1. More than 350,000 individuals who have been previously covered through Apple Health have renewed their coverage through [wahealthplanfinder.org](http://wahealthplanfinder.org) for a total of nearly 800,000 residents. Residents who have not purchased coverage will now have to wait until the end of 2014 to sign up for coverage starting in 2015. Uninsured individuals may have to pay a penalty for not having signed up in 2014. Washington Apple Health (Medicaid) enrollment continues throughout the entire year at [www.WAHealthPlanFinder.org](http://www.WAHealthPlanFinder.org).

### **ER Report Shows Savings, Better Care**

In a report summing up more than a year of experience in reforming the state's hospital emergency departments, the WA State Health Care Authority says a partnership of doctors, hospitals and state Medicaid representatives is making a big difference in utilization, quality of care and savings. The report concludes the initiative reached its targeted savings goal in Medicaid fee-for-service emergency care costs. The report – "[Emergency Department Utilization: Update on Assumed Savings from Best Practices Implementation](#)" – is available on the Health Care Authority website. The Emergency Department partnership, which was known as "ER is for Emergencies," includes the Washington State

Hospital Association, the Washington State Medical Association, and the Washington Chapter of the American College of Emergency Physicians as well as the Health Care Authority.

### **Goodwill Grows, Changes Name**

Known as Tacoma Goodwill for 92 years, the agency announced that it would henceforth be known as “Goodwill of the Olympics and Rainier Region.” The nonprofit has grown to encompass many communities beyond Tacoma – Clallam, Cowlitz, Grays Harbor, Jefferson, South King, Kittitas, Klickitat, Lewis, Mason, Pacific, Pierce, Skamania, Thurston, Wahkiakum and Yakima counties.

### **Seattle Mariners Add Captioning at Safeco Field**

The Seattle Mariners home opener is on April 8 against the Los Angeles Angels. People with hearing loss will now be able to read what is being said for the activities on the field on one of two monitors situated at the end of the first and third base lines, visible from any seat!

### **Recovering Your Creative Self through Group Therapy**

Many individuals are extremely creative people for whom creative expression is very wrapped up in the healing done in therapy. The Hoarding Project has developed an 8-week therapy group using art techniques to help cater to this very unique and gifted group of people. The group will meet for 8 sessions between April 27 and June 29 from 3 to 6 p.m. Registration will be open to the first 8 registrants. For more information or to register, please contact Sara ([sara@thehoardingproject.org](mailto:sara@thehoardingproject.org)) or Carlon ([carlon@thehoardingproject.org](mailto:carlon@thehoardingproject.org)).

### **Say Whoa To Your Doctor**

Washington Health Alliance's [Own Your Health campaign](#) has released a new series of materials to prepare health care consumers for their first doctor's visits. The Alliance has created a variety of materials, such as a card for your wallet with sample questions for your doctor called, “When to Say Whoa to Your Doctor.”

### **Spring Break Camp Registration is Open**

Community Care has highly trained behavior specialists who work with at-risk and special needs youth to provide a structured, fun environment that meets a child's behavioral goals. We will conduct scheduled activities in the community during Spring Break Camp, April 7-11. Camp is held in West Seattle and starts between 8 and 9 a.m. and ends between 3 and 4:30 p.m. depending on which camp your student is signed up for. Specific times will be confirmed once the application has been received. Activities include hikes, ping pong, field trips, swimming, sports, arts/crafts and games. [Find out more.](#) Please call Angelica at (425) 224-5905 or email at [angelica.community@gmail.com](mailto:angelica.community@gmail.com) for a registration form and further information or [download an application from the website.](#)

### **Advocates in Disability Award Program**

The HSC Foundation's ADA Program is seeking the next generation of disability advocates! Young leaders with a disability are encouraged to apply for up to \$10,000 in funding. The [Advocates in Disability Award](#) program awards and encourages a young adult with a disability between the ages of 14 and 26 who is dedicated to positively affecting the lives of individuals with disabilities and their families. The selected recipient is awarded \$3,000 in recognition of his or her disability advocacy and will receive up to an additional \$7,000 in funding support for a project to benefit the disability community. To apply, [please review the guidelines and application.](#) Deadline is April 11, 2014.

### **Fall Prevention Awareness Day**

Mark your calendars! In 2014, Falls Prevention Awareness Day will be observed on Sept. 23. This year's theme, Strong Today, Falls Free® Tomorrow, seeks to raise awareness and prevent falls. [Check out the National Council on Aging](#) for more information and great ideas.

### **The Center for Independence Connects with Fred Meyer Rewards**

Center for Independence is now a beneficiary of the Fred Meyer Rewards program. Customers can sign up at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards) and link with CFI. Look for their name or connect by the non-profit number - 83214. Every time you shop and use your Rewards Card, CFI earns a donation. You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today. Fred Meyer is donating \$2.5 million per year to non-profits based on where their customers tell them to give. If you don't have a Fred Meyer Reward card, sign up at customer service.

## **LOCAL HAPPENINGS**

### **Apr 3 - Resident Focused Dining**

LeadingAge Washington hosts this day-long event with sessions focused on designing accessible dining, food costs, the culture change in dining standards and survey regulations. Held 8:30 a.m. to 3:00 p.m. at the Landmark on the Sound Event Center, 23660 Marine View Dr. S. in Des Moines. \$125/\$95 registration. [Register online](#) or contact [cmeritt@LeadingAgeWa.org](mailto:cmeritt@LeadingAgeWa.org).

### **Apr 5 - Downsizing & Rightsizing**

Just the idea can be overwhelming! Learn steps to make this process easier and help you get the most out of the next phase of life, with Beverly Pogue, The Homemaker's Coach™ and owner of Clear Path Organizing. Walk out the door with tools to simplify your life. Held at the Graham Pierce County Library, 9202 224th St. E. at 2 p.m. Register online @ [www.piercecountylibrary.org/calendar](http://www.piercecountylibrary.org/calendar), at the library, or by calling (253) 548-3322. Free event sponsored by The Friends of the Graham Library.

### **Apr 5 – Autism Awareness Day**

Barnes & Noble and PAVE host this annual event including community vendors, referral and information, fun activities for the entire family, lots of books regarding Autism, featured authors and more. Held 10 a.m. to 3 p.m. at Barnes & Noble, 5711 Main Street SW in Lakewood.

### **Apr 11 – Greater Lakes Mental Healthcare Clinic Open House**

Come and join Greater Lakes Mental Healthcare for the opening of our new clinic located off of 72nd St and Portland Ave. in Tacoma. The facility offers an array of services including individual and family therapy, case management, peer support, group therapy and medication management. Held noon to 2 p.m. at 1415 East 72nd St, Suite B in Tacoma. For more information contact Jessica Johnson at (253) 620-5826.

### **Apr 12 – Puyallup Senior Health & Wellness Fair**

The Puyallup Activity Center holds its annual Pancake Breakfast and educational forum for seniors. Service providers will be available to talk about legal, financial and healthcare issues which are currently being faced by seniors and/or soon-to-be seniors from 8 a.m. to 12 p.m. to answer questions related to healthcare. Enjoy a live radio broadcast with Rajiv Nagaich, elder law attorney. Tickets for breakfast (\$4 adults; \$1 children 6 and under) will be sold at the door.

### **Apr 14 – Long Term Care Insurance: Smart or Foolish**

Most adults don't consider buying – or choose not to buy – a long term care insurance policy. That may or may not be the best choice. Take advantage of this information-only presentation and learn about how this insurance coverage might help or how it might be a total waste of your money. Get

impartial information without the high-pressure tactics and heavy-handed sales pitch. Free. Sponsored by the Pierce County Aging and Disability Resource Center. Held 7-8 p.m. at the Soundview Building, 3602 Pacific Avenue in Tacoma. Please RSVP in advance by calling (253) 798-8787.

**Apr 16 – Long Term Care Insurance: Smart or Foolish**

(See April 14 for event description.) Held 7-8 p.m. at the Tacoma Lutheran Retirement Community, 1301 N. Highlands Parkway in Tacoma. Please RSVP in advance by calling (253) 798-8787.

**Apr 21 – Dine Out for Life**

When you Dine Out on April 24th, you join the fight against AIDS. Eat at any of the participating South Sound restaurants who will be donating 25% of your food and non-alcoholic beverage bill to support HIV/AIDS prevention, and care services in Pierce, Thurston and Lewis Counties. More at [www.diningoutforlife.com/tacoma](http://www.diningoutforlife.com/tacoma).

**Apr 22-24 - Partners in Emergency Preparedness Conference**

The Partners in Emergency Preparedness Conference (a non-profit 501(c)3 charitable organization) is the largest and most successful regional emergency preparedness conference in the Pacific Northwest. Partners represent business, schools, government, the nonprofit sector, emergency management professionals, and volunteer organizations. Topics include lessons learned from recent worldwide events like earthquakes, work place violence, current hazards research, contingency planning, school preparedness, technology, media interactions, and public health issues. Held at the Greater Tacoma Convention and Trade Center, 1500 Broadway in Tacoma. [Event information and registration available online.](#)

**Apr 24 – Plan to Work While on Social Security Disability Benefits**

Thousands of Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) beneficiaries have learned how to stay in control of their benefits while enriching their lives through employment. You can too! Plan to Work will help you understand your benefits and show you how using Social Security Work Incentives can be your “Ticket to Work.” Sponsored by Plan to Work, Pierce County Coalition for Developmental Disabilities (PC2), Pierce County Community Connections and Aging & Disability Resource Center, Tacoma School District - Student Services. Held 5:30 to 7:30 p.m. at the Tacoma Public Schools Professional Development Center, 6501 N. 23rd Street, Tacoma. For more information, call Plan to Work at 1-866-497-9443 or PC2 at (253) 564-0707.

**Apr 26 – Making Your Own Health Care Choices**

A peninsula-area workshop focused on the importance of advance planning with loved ones. Held at Peninsula Lutheran Church, 6509 38th Ave NW in Gig Harbor. All are welcome but this event is especially appropriate for seniors and those with aging parents or loved ones and ministry professionals: clergy, parish nurses, health ministers, chaplains, Stephen ministers and care team members. Two sessions: 8:30 a.m. to 12:20 p.m., free, includes lunch. 12:30 to 3:30 p.m. \$20, ministry professionals only (must attend morning session). Deadline to register is April 18 by calling (253) 851-3511. Sponsored by Congregational Health Ministries and Franciscan Health System.

**Apr 26 - Assistive Technology Open House for Families**

Ever wondered what kind of technology is out there for a child who is blind or has low vision? The Seattle Dept. of Services for the Blind is opening its doors to their Assistive Technology and Low Vision labs to provide you and your family with a hands-on experience. Come try out a wide range of tools, devices and technology to see what’s out there. Staff will be on site to answer your questions so you can get the most out of your experience. Representatives from the [WA Assistive Technology Act Program](#) and [WA Access Fund](#) will also be present to provide information about their services. Held

10 am - 2 pm at Dept. of Services f/t Blind, 3411 South Alaska St. in Seattle. RSVP by Monday April 21 to: Janet George at (206) 906-5530 or [janet.george@dsb.wa.gov](mailto:janet.george@dsb.wa.gov)

### **Apr 26 – Take Back Your Meds Day**

Leftover medicines that linger in our homes are potentially dangerous and drug take-back programs are [the only safe way to dispose of medicines](#). Because of the dire need, some law enforcement offices and pharmacies are collecting unwanted medicines from residents. It's another good way to keep drugs out of the hands of children and household pets. Check with your local police department of pharmacy for "Take Back Your Meds Day" activities from 10 a.m. to 2 p.m. On April 1 [check the DEA website](#) for a list of drop-off locations in your community. This provides a safe and simple way to dispose of expired, unneeded or unused prescription drugs.

### **Apr 28-29 – Washington State TBI Conference**

This year's conference features 5 tracks: adults with TBI, support for caregivers, military and veterans issues, supporting youth with TBI and professional interests. Held at the SeaTac Airport Marriott Hotel. \$175 includes lunch, refreshments and resource fair. CEU's available. More at [www.TBIWashington.org](http://www.TBIWashington.org).

### **May 3 – Five Wishes**

Five Wishes is changing the way America talks about and plans for care at the end of life. It is a living will, written in everyday language and helps start and structure important conversations about care in times of serious illness. The presenter for "Five Wishes" is Lori Olson, RN, MN, CHPN, a Clinical Supervisor at MultiCare Palliative Home Health and Hospice. Participants will receive a Five Wishes guidebook which is valid in Washington State. Free (Donations accepted). Held 10 – 11:30 a.m. at the Soundview Building, 3602 Pacific Avenue, Tacoma. RSVP in advance at (253) 798-8787.

### **May 3 – Great Strides for Cystic Fibrosis in Gig Harbor**

Join us at the Rush Companies/Park Plaza in Gig Harbor to walk to find a cure cystic fibrosis! It will be a day of fun for the whole family and a celebration of our fundraising success. We'll have entertainment, sponsor booths & giveaways, music and many other exciting activities. The 3 mile walk will be out and back along the Cushman Trail. And be sure to join us after the walk for a delicious lunch provided by Longhorn BBQ. Great Strides provides a great opportunity for people within the community to get involved in a great cause. Participants can form walk teams at their workplace, through their clubs and organizations, or with friends and family. Register today! For more information on this event, please contact Jaclynn at [jsimpson@cff.org](mailto:jsimpson@cff.org) or (206) 282-4770.

### **May 6 & 7 – 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 or [sbadger@co.pierce.wa.us](mailto:sbadger@co.pierce.wa.us).

### **May 7 – Project Homeless Connect**

Project Homeless Connect provides a starting place on the journey back to safety, stability, health, and hope. Project Homeless Connect reduces the duration of homelessness by providing services that address the basic needs; basic medical and dental care, access to education, employment and benefits systems, chemical dependency assessments, flu shots, haircuts, and much more – all under one roof!

This quarterly event takes place at the Washington State Fairgrounds in Puyallup. Doors open 9 a.m. to 3 p.m. Info [online](#) or e-mail [alanna@southsoundoutreach.org](mailto:alanna@southsoundoutreach.org).

#### **May 14 – Serving People with Hearing Loss**

CS-DHRRS provides a special education seminar specifically designed for adult boarding home workers. Course has two sections: 1) the impact of hearing loss on seniors and 2) an introduction to assistive listening technology. \$25 for each section or \$40 for both. Held at the Lakewood Community Center, 9112 Lakewood Drive, SW. CEU available. [Pre-registration required](#). Call for more information at (253) 256-4690 or visit [www.cs-dhhrs.com](http://www.cs-dhhrs.com).

#### **May 16 – Discovery: Alzheimer’s Regional Conference**

This one day conference filled with evidence based education is designed for professionals. Receive a total of 5 CE and CEU credits for attendance at four 90-minute sessions. We also welcome Family Caregivers to attend. We have exciting new topics and speakers we are working on for this year. Held at the Washington State Convention Center, 800 Convention Place in Seattle. [Registration is now open](#). Questions? [EmailDiscoveryConf@alzwa.org](mailto:EmailDiscoveryConf@alzwa.org) or call 206-529-3894.

#### **May 20 – Options for the Future: Living Choices for Older Adults and People with Disabilities**

Whether the need arises suddenly or over a period of years, when the need for extended care arises, knowing about community resources is a necessity. The worst case scenario is to have to make decisions about care in a crisis. “Options for the Future” is a free, information-only opportunity to learn about the wide variety of services and resources in Pierce County. Topics include in-home care, geriatric care management, elder law, adult family homes, assisted living, skilled nursing homes, memory care, Medicare, Medicaid and community resources in Pierce County. Held at the Pierce County Library Administrative Center, 3005 112<sup>th</sup> Street E., Tacoma. No RSVP required. Call (253) 7908-4600 for details.

#### **May 22 – Western Washington Fair Housing Conference**

The conference will highlight how to take the lead, at all levels from community member to housing provider to government official, in promoting and ensuring fair housing for all. The fair housing conference will provide interactive learning opportunities. Plenary sessions are planned to share information about leadership and how to use it to achieve fair housing. Workshops will cover topics including fair housing law overview, disabilities and reasonable accommodations, communicating with residents, how government officials can implement practices to promote fair housing, and much more! Held at the Greater Tacoma Convention & Trade Center. Registration opens in March. Keep updated at: [www.cityoftacoma.org/fairhousing](http://www.cityoftacoma.org/fairhousing), then click on link (left side) to “Fair Housing Conference.”

#### **May 28 – National Senior Health & Fitness Day**

The common goal for this day is to help keep older Americans healthy and fit. 100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. The day is organized as a public-private partnership by the Mature Market Resource Center, a national information clearinghouse for the older adult market. Visit the [National Senior Health & Fitness Day website](#) for details.

#### **June 2 – Challenges in Caregiving: Giving Care, Taking Care**

Challenges in Caregiving: Giving Care, Taking Care, a caregiver training conference will be held at the Tukwila Community Center in Tukwila, Washington, 8 a.m. to 4:30 p.m. The conference is designed to provide current, practical skills and resources that community caregivers can use in their daily caregiving responsibilities. The conference is intended for: Family caregivers (spouses, adult children, parents of adults with disabilities, or other relatives); Home care workers and adult day

services staff; Adult family home or assisted living staff and; Social service or mental health professionals who work with family caregivers. The Early Registration fee (by May 14) for individual caregivers is \$30. The Early Registration fee for agency-based caregivers is \$50. Fees include workshops, lunch and resource exhibits. Registration forms will be available in April and space is limited - so don't delay! For details or to receive a full brochure and registration materials, call (800) 422-3263 or (360) 725-2544, or, [visit online](#).

### **June 13-14 – Relay for Life**

Relay For Life is a 24-hour event held to honor those who have lost the battle, for survivors and caregivers currently fighting this disease, and for future generations - a world free of cancer. Held at Mt. Tahoma High School with a great health fair starting at 4 p.m. The Health Fair provides a variety of community resources and information to survivors, caregivers, and others who are attending the Tacoma Relay For Life. Contact [survivors@tacomarelay.org](mailto:survivors@tacomarelay.org), Cissy Gustafson: 253-503-2396 (work), 253-304-8575 (cell); or Karen Miller: 253-272-4119 (work), 253-223-3070 (cell).

### **June 18 – High Risk Population Disaster Planning Summit**

This free event helps individuals, agencies, organizations or businesses interested in disaster planning for the area's high risk (vulnerable) populations. Learn how to respond to an active shooter and develop lock down plans. Identify the hazards and risks in your area and in your agency. Hear from a panel of law enforcement, fire personnel, and hospital staff on how they can assist you in your emergency planning. Prepare your employees and clients for disasters. Continental breakfast and lunch provided to participants at no cost (vegetarian option is available). Held 8 a.m. to 4 p.m. at MetroPark's STAR Center, 3873 S. 66th Street in Tacoma. This is a free event, but interested people must [register online in advance](#) by June 11. Please include requests for ADA accommodations. For questions on the Summit, please contact Sheri Badger at [sbadger@co.pierce.wa.us](mailto:sbadger@co.pierce.wa.us) or (253) 798-2204.

### **June 20-21 – Relay for Life of Gig Harbor**

The Relay For Life of Gig Harbor is an incredible and inspiring opportunity to unite as a community to honor cancer survivors, raise awareness about what we can do to reduce our cancer risk, and raise money to help the American Cancer Society fight the disease. [Click here for more details](#) about our event! Starts at 6:00 p.m. Held at Goodman Middle School, 3701 38th Ave NW in Gig Harbor.

### **June 28 – Senior Prom**

Enjoy dancing, live music, refreshments, photos and memories at the Senior Prom hosted by Franke Tobey Jones. Everyone 55+ is invited. Held 6 to 9 p.m. at Tacoma's Stadium High School. \$5 tickets available at the door or by calling (253) 752-6621 or [online](#).

### **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 23 – National Fall Prevention Day**

This year's theme, Strong Today, Falls Free® Tomorrow, seeks to raise awareness and prevent falls. [Check out the National Council on Aging](#) for more information and great ideas.

## **Sept 30 & Oct 1 – Emergency Planning Institute**

See May 6 & 7 for details. [Register online](#). For questions, contact Sheri Badger at (253) 798-2204 or [sbadger@co.pierce.wa.us](mailto:sbadger@co.pierce.wa.us).

### **Q&A of the Month**

**Question:** What's all this I hear about hospitals not admitting patients and just saying they are under observation?

**Answer:** Healthcare is getting pretty complex. The answer to your question will dictate how much your insurance coverage pays or doesn't pay – both in the hospital and for follow-up care. This is particularly important if you are on Medicare. There is no easy, quick answer to your question. In theory, to be admitted you have to have a doctor (your own or on the hospital staff) write an order to the hospital as an inpatient. Observation services are hospital outpatient services given to help the doctor decide if the patient needs to be admitted as an inpatient or can be discharged. Observation services may be given in the Emergency Department (ED) or another area of the hospital. Patients have to be very careful. Just because you are in a bed for six days getting care in the hospital doesn't necessarily mean you are "admitted." Patients have to ask and it's important that you do. That's why it's so important for patients to have family members or advocates who can do this for them. Patients are often too sick, disoriented, confused and weak to think clearly enough to ask the right questions. A hospital social worker may be able to help you.

### **NATIONALLY**

#### **Special Focus on Caregiving in Washington Post**

The Washington Post recently held a "Caregiving in America" forum in Seattle. You can [view some short video clips](#) from the various guest speakers from that day's event. The newspaper also created a whole [special section about caregiving](#). As Americans age, families are critical to nation's health-care system. This section includes both a series of video clips at the top and a couple of extra articles [Experts offer advice: How to care for caregivers](#) and [Heading toward the caregiving cliff](#) at the conclusion of the article. (Source: Washington Post)

#### **Latinos Live Longer But Struggle To Save Enough For Retirement**

Many American workers find themselves financially unprepared for retirement. Among racial and ethnic groups, Latinos are the least prepared. They're one of the fastest-growing racial or ethnic groups, and they have a longer life expectancy than whites and blacks — [at about 81 years old](#). But four out of five Hispanic households have less than \$10,000 in retirement savings, according to a [recent report by the National Institute on Retirement Security](#). Compare that to three out of four black households and one out of two for whites. (Source: NPR)

#### **When to Take Social Security?**

The National Academy of Social Insurance has developed a new toolkit to educate workers approaching retirement about their options for taking Social Security benefits, and why it can pay to wait. Watch a video and download a fact sheet. [Get the toolkit](#) (Source: NCOA)

#### **Ad of the Day: Afraid of Growing Old? This Beautiful Ad Could Help**

Age U.K., a British advocacy group for older adults, released a beautiful PSA that celebrates the joys and advantages of aging. The 60-second ad, titled "Love Later Life," features a poem by English beat poet Roger McGough about his own aging that is expertly read by 91-year-old actor, Sir Christopher Lee. [View the ad](#). (Ad Week)

## **Retirees' Regrets**

USA Today described retirees' biggest financial regrets [in a recent article](#). Financial advisers, asked about their retired clients' biggest money regrets, offered several recommendations in USA Today. Among the regrets listed: retiring too early, not planning for worst-case scenarios, and underestimating future medical costs. Some also regret withdrawing early from an IRA or 401(k) and not moving to a new city or state to reduce taxes. (Source: USA Today)

## **Penalty for Not Having Health Insurance**

In 2014, [the penalty](#) for choosing not to have health insurance is the greater of a flat \$95 per adult and \$47.50 per child under age 18, up to a maximum of \$285 per family, or 1 percent of your family's modified adjusted gross income that is over the threshold the requires you to file a tax return. That threshold is \$10,150 for an individual, \$13,050 for a head of household and \$20,300 for a married couple filing jointly. Next year the penalty increases to \$325 per adult or 2 percent of income, and in 2016 it will be the greater of \$695 or 2.5 percent of income. (Source: Kaiser Health News)

## **Portrait of Seniors' Experiences in Poverty**

While the Census Bureau's official poverty measure shows 9 percent of seniors nationally live in poverty, the share climbs to about one in seven seniors (15 percent) under the bureau's alternative Supplemental Poverty Measure, which takes into account out-of-pocket health expenses and geographic differences in the cost of living. A new video produced by the Kaiser Family Foundation, [Old and Poor: America's Forgotten](#), provides a portrait of seniors who are living in poverty, in both urban and rural areas across the United States. (Source: KFF)

## **Series Helps Caregivers of People with Dementia**

[Information & Support for In-Home Dementia Caregivers](#) was developed by the Veterans Health Administration (VHA) Office of Rural Health. This educational series is designed to aid caregivers who are helping a loved one suffering from dementia including home safety, legal matters, dealing with problem behaviors and learning relaxation techniques. (Source: VHA)

## **Answers About Health Insurance Marketplace for People with Disabilities**

[Rehabilitation and Habilitation Services and Devices](#) is a factsheet from the National Disability Navigator Resource Collaborative intended to help Navigators answer specific questions that people with disabilities might ask about rehabilitation and habilitation services and devices benefits when they are considering buying health insurance through the Marketplace. It is the fourth in a series of factsheets. (Source: NDNRC)

## **Women are at the Epicenter of Alzheimer's**

The Alzheimer's Association has released 2014 Alzheimer's Facts and Figures - Special report: "Women and Alzheimer's." Two thirds of Americans with Alzheimer's Disease are women. [Learn the Facts](#). (Source: Alzheimer's Association)

## **Caregiving Can be Long Term Burden on Lower Income Women**

Reuters looked at the long-term financial effects of caregiving on poor women, who are more likely to take on daily responsibility of caring for aging parents. These women enter a cycle of not earning money or contributing to Social Security, and after a year of care giving, poor women's incomes are likely to have decreased. Read the full article [here](#). (Source: Reuters)

## **New Videos: Eating right, on a budget**

For older adults living on a fixed income, it can be difficult to eat well. Yet, healthy nutrition is critical to staying active and independent. Watch and share NCOA's three new videos on how to get

help paying for food, ways to shop smart, and tips to make comfort foods healthier. Then visit BenefitsCheckUp® to download your state's application for food assistance. [Watch 3 videos](#) | [Find help paying for food](#) (Source: NCOA)

**Dental, Vision, and Hearing: Help for Services Medicare Does Not Cover**

Medicare covers a range of inpatient and outpatient services, but regular screenings and care for dental, vision, and hearing are not included. Our new fact sheet explains general Medicare coverage rules, and highlights options for your low-income clients to get help accessing dental, vision, and hearing care and equipment at low or no cost. [Download the fact sheet.](#) (Source: NCOA)

**VA Caregiver Support Telephone Education Groups**

VA’s Caregiver Support Line facilitates monthly telephone education groups for family Caregivers of Veterans with a theme of “Care for the Caregiver.” A different topic is presented every month with the goal of helping Caregivers develop tools and strategies to help balance the demands of caregiving, while also focusing on the importance of self-care. For more information, to register for a group or find your local Caregiver Support Coordinator, visit VA’s Caregivers website, [www.caregiver.va.gov](http://www.caregiver.va.gov).

**U.S. Ranks Just 19th in Retirement Security Worldwide**

U.S. retirees are facing worse conditions for their golden years than retired workers in many other developed countries -- from Canada and the United Kingdom to South Korea, [CNN reports](#). The U.S. ranked 19th in retirement security for the second year in a row, according to information from Natixis Global Asset Management that ranked 150 countries based on health care, finances, economic well-being and quality of life factors. (Source: CNN)

**Aging Prisoners to Private Nursing Homes?**

Many states are noticing an increase in the number of aging prisoners in correctional facilities, due in part to the stricter sentencing guidelines instituted over the last several decades. *Governing* magazine highlights a trend in several states to transfer these prisoners to private nursing facilities, transferring costs to the federal government. Read the full article [here](#). (Source: Governing)

**PLAN AHEAD – JUNE IS...**

Cancer from the Sun, Cataract Awareness, Men’s Health Education and Awareness, Migraine Awareness, Fruit and Veggies, Professional Wellness and Vision Research Month; Headache Awareness (1-7), Sun Safety (1-7), Men’s Health (9-15), Nursing Assistants (12-19) and Prevention of Eye Injuries (27-7/4) Weeks; Cancer Survivors (1), Abused Women & Children (9), Alcoholics Anonymous (10), Career Nurse Assistants (12), Blood Donor (14), Elder Abuse Awareness (15), Sickle Cell (19) and PTSD Awareness (27) Days.

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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).