



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 or briler@co.pierce.wa.us

Mar 6 – “MetroParks Senior Programs”

Apr 3 – “American Red Cross Preparedness for Older Adults”

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

Mar 13 – Networking

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.

Mar 5 – La Quinta Inn Tacoma, 1425 E. 27th St.

Contact Rebecca Bomann at 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.

Mar 19 - Avalon Health Care Center, 135 S. 336th St in Federal Way

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

Local Services

The CD of Tacoma Music Project

City of Tacoma employees have combined to produce a remarkable CD. Featuring many styles of music: folk, jazz, blues, techno, country, rap, classical & bluegrass. Compositions and outstanding performances by Tacoma Power’s Rich Arneson and Bill Davis, City Attorney’s Office Jeff Capell, Tacoma Water’s Mike Creamer and Bob Langdon, Randy Sherman from Click! Network, the Tacoma Dome’s Howard Turner, Doug Hamer from Ground Maintenance, TPU Legal’s Joe Sloan and a final tribute to the memory of Al Nejme of the Tacoma Fire Department. \$10 each or \$9 each for two or more CD’s. Proceeds to benefit the Tacoma Power Senior Assistance Fund and the Albert Nejme Benevolent Fund – Tacoma Fire Department. Contact Randy Stearnes at (253) 502-8224 or rstearne@cityoftacoma.org.

The State of the Uninsured in Washington

The Office of the Insurance Commissioner released its report, "[The State of the Uninsured and Underinsured 2010-2014: A baseline report on health insurance before the Affordable Care Act.](#)"

Approximately 14.5 percent of people were uninsured before 2014. From 2010 through 2012 the number of Washington residents with no health insurance grew to 990,000. Four out of five people with individual insurance were underinsured. Uncompensated care ballooned to nearly \$1 billion per year. With the major provisions of the Affordable Care Act now in effect, the uninsured rate is expected to drop from 14.5 percent to 6 percent by 2016 and approximately 805,400 low- and middle-income families to be eligible for free or low-cost health coverage through the state's Exchange, [Washington Healthplanfinder](#).

TACID Helps Navigate the Mental Health System

Navigating the Mental Health System is a free weekly workshop provided by the Mental Health Ombudsman of Pierce County, Carolyn Glover. The workshop provides mental health service consumers and their family members information on how to access the public mental health system, how to advocate effectively and where to turn when there's a difficulty obtaining service. Workshop is held each Wednesday at 11 a.m. at TACID, 6315 S. 19th St. in Tacoma. Call (253) 302-5311 or (800) 531-0508. TACID also provides free peer support groups, classes and workshops promoting mental health wellness and disability information. Call (253) 565-9000 or visit the [TACID website](#) for more.

Loans Available for Accessibility Equipment

A new wheelchair accessible van can cost \$65,000. A decent used accessible van costs between \$19,000 and \$25,000. The Washington Access Fund (WAF) has increased the size of its low interest loans for people with disabilities from \$10,000 to \$25,000 so more people can now get the accessibility equipment they need. The larger loans are possible because of new federal grants, totaling over \$1.2 million, from the U.S. Department of Treasury Community Development Financial Institutions Program and the U.S. Department of Education Alternative Financing Program. WAF has provided loans for assistive technology for people with disabilities for ten years. The new funds allow the larger loans to be made in Washington for a wider variety of products. Visit the [WAF website](#) to learn more.

Applications Accepted for the 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 \(ADA\) 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 program also supports an innovative project developed by the recipient to serve and empower individuals with disabilities. Selected recipients are 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. Apply online at: www.hscfoundation.org/2014ADA.php. Applications must be received by April 11, 2014 by 5:00pm.

TBI & Alzheimer's Support Groups in Tacoma

Caregivers looking for support, help and input might consider joining a local support group. Alzheimer's Support Group meets monthly on the first Wednesday from 6:30 TO 8:00 p.m. at Cascade Park Active Day, 232 St Helens Avenue in Tacoma. Contact Janelle at (253) 627-9990 for more information. The TBI (Traumatic Brain Injury) Support Group, meets the third Tuesday of the month from 6:00 to 7:30 p.m. at Cascade Park Active Day, 246 St. Helens Avenue in Tacoma. Contact Jason at (253) 572-0383 for more information.

Participate in the Pierce County Fall Prevention Coalition

Professionals in the aging and disabilities services networks are invited to join the Pierce County Fall Prevention Coalition. The Coalition seeks to research the current state of falling among these target populations, raise awareness about the potential for falling and practical ways that people can reduce the risk of falling. Coalition meetings are monthly. The next meeting is scheduled for Wednesday, March 26 3:30-4:30 p.m. at the University Place Library, 3609 Market Place W., Suite 100. For more information contact Denise Judd at denisej@norco-inc.com or (253) 474-1774.

Key Peninsula Community Services Connects with Fred Meyer Rewards

Key Peninsula Community Services is now a beneficiary of the Fred Meyer Rewards program. Customers can sign up at www.fredmeyer.com/communityrewards and link with KPCS. Look for their name or connect by the non-profit number 91-1188981. Every time you shop and use your Rewards Card, KPCS 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.

Workshops Help Seniors Make Smart Decisions

The Aging Smart Network (ASN) is a group of Gig Harbor professionals with a common goal of educating people to make smart decisions as they age. ASN offers education on a wide variety of topics. Workshops are available at little or no cost for churches, businesses, or educational groups. For scheduling, pricing, and a list of topics: (888) 377-1770, info@agingsmarteducationalworkshops.org, or www.agingsmarteducationalworkshops.org.

Patient & Caregiver Survey - US Residents Only

[Find a Cure Panel](#) specializes in patient research for serious and rare diseases and conditions, including Parkinson's Disease. The panel currently has a confidential and anonymous online survey for people with Parkinson's taking Levedopa drugs. If you qualify and complete the survey a donation will be made to the Northwest Parkinson's Foundation. To participate, you or your loved one must be a US resident with a PD diagnosis; currently taking one of the following Levodopa PD drugs: Levodopa, Dopar, Sinement, Sinemet CR, Stalevo or Stalevo ER; not be treated with DBS or LGIC; have never taken Alzheimer's related drugs: Aricept, Exelon Patch, Reminyl, Razadyne or Namenda; taking more than 2 pills per day (If you are taking 2 Levedopa and 2 Sinement for example, that's four pills and you would qualify); PD has some impact on you or your loved one's life and has some PD related symptoms that affect daily life. For every person who completes the survey, Find a Cure Panel will donate \$50 to NWPF. To get started, [click here](#).

Emeritus, Brookdale Senior Living Companies Announce Merger

Brookdale Senior Living and Emeritus Corp are merging. Residents are unlikely to see major changes. Seattle-based Emeritus operates facilities in Olympia, Gig Harbor, Puyallup, Federal Way, and Steel Lake. Tennessee-based Brookdale operates Villas at Union Park and Wynwood of Allenmore in Tacoma, Foundation House in Federal Way, and Clare Bridge centers in Olympia, Gig Harbor and Puyallup. All Brookdale and Emeritus locations will eventually carry the Brookdale brand.

LOCAL HAPPENINGS

Mar 6 – Scam Jam

Whether it's over the phone, through the mail, online or even at your doorstep, con artists are coming up with new and devious ways to scam you and your loved ones. You can learn how to fight back to protect yourself, your family and your friends. Join AARP, Attorney General Bob Ferguson and other leading scam experts for a free SCAM JAM event at the Museum of Flight. Find out about today's leading scams that are tearing through the nation and bilking consumers out of millions. Plus hear

some tips learned straight from the con-artists themselves about who they target and why. The event is free, but pre-registration is required. Register [online](#) or call toll-free 1-877-926-8300. Breakfast is included. Following the event, attendees will also enjoy free admission to the Museum of Flight. Space is limited, so [register](#) now! Held 8 a.m. to noon at The Museum of Flight, 9404 East Marginal Way S. in Seattle.

Mar 7-9 and 21-22 – Basic Mediation Training

The Pierce County Center for Dispute Resolution offers a Washington Mediation Association-approved course teaching the process of mediation, communication skills and conflict dynamics to promote peaceful and constructive approaches to conflict and its resolution. This experiential 40-hour, 5-Day Training includes an overview of conflict resolution systems, conflict dynamics, styles, and resolution concepts, interpersonal communication skills, the role of the mediator, neutrality & bias, mediator ethics, protocol, and professional standards and cultural diversity. Trainees who have completed the course are eligible to begin the Practicum at PCCDR to become a certified mediator. Registration forms available at www.pccdr.org. *Registration fee:* \$700; early bird registration: \$650; special group rate: \$550.

Mar 7 – Reduce the Misuse

The Pierce County Long-Term Care Ombudsman Program sponsors a series of free seminars to help family members learn about the misuse of anti-psychotic medications that have been improperly marketed and used as treatments for the behavioral symptoms of dementia. Held at 12 noon at the Salvation Army Senior Center, 4009 9th Street SW in Puyallup. For more information contact the Pierce County Ombudsman program at 798-3789.

Mar 8 – 3rd Annual Early Stage Memory Loss Forum

The Early Stage Memory Loss Forum is specifically designed for and limited to people who have mild memory loss due to Mild Cognitive Impairment (MCI), Alzheimer's disease and other related dementias and their support person. Held 10 a.m. to 3:30 p.m. at the North Seattle Community College, 9600 College Way North in Seattle. \$30 Person with Early Stage Memory Loss; \$50 Person with Early Stage Memory Loss & Support Person. A limited number of scholarships are available. Please contact the Early Stage Memory Loss Forum line for details. [Pre-registration required](#) or call (206) 529-3893.

Mar 10 – Reduce the Misuse

The Pierce County Long-Term Care Ombudsman Program sponsors a series of free seminars to help family members learn about the misuse of anti-psychotic medications that have been improperly marketed and used as treatments for the behavioral symptoms of dementia. Held at 1 p.m. at the Bonney Lake Library, 18501 90th Street E. in Bonney Lake. For more information contact the Pierce County Ombudsman program at 798-3789.

Mar 12 – Reduce the Misuse

(See Mar 10 for description.) Held at 6:30 p.m. at the Spanaway Library, 13718 Pacific Avenue, S. in Tacoma. For more information contact the Pierce County Ombudsman program at 798-3789.

Mar 12 – From Pencils to iPads: Cutting Edge Ideas & Activities for Cognitive Stimulation

A Webinar presentation by LeadingAge Washington. Information about cognitive stimulation programs will be presented by Dr. Rob Winningham, Professor, Western Oregon University. Participants will learn many different paper and pencil activities that can be utilized in cognitive stimulation programs. Discussions include what part of the brain and cognitive ability each activity exercises. Participants will also learn how to employ iPads and other tablet devices in an effort to

maximize cognitive stimulation and quality of life. The audience will receive enough resources to start or reinvigorate a high quality brain exercise program in their own community. Held 1:00—2:30 p.m.
[Registration](#)

Mar 13 – Pierce County Resource Fair

PAVE'S Community Inclusion Program and Pierce County Coalition for Developmental Disabilities hosts this annual event for families, educators, professionals and the community at large. Information on family supports, recreation, school-to-work transition, early intervention, residential services, employment, adult services, Social Security, self advocacy and county & state human services. Free refreshments and activities. Held at Franklin Pierce High School, 11002 18th Ave E in Tacoma. For more information, contact Tami McGrath at (253) 564-0707 or tami@pc2online.org.

Mar 14 – Legislative Session in Olympia Scheduled to End

Mar 15 – Reduce the Misuse

(See Mar 10 for description.) Held at 11:00 a.m. at Olympic Alzheimer's Residence, 3025 14th Ave. NW in Gig Harbor. For more info contact the Pierce County Ombudsman program at 798-3789.

Mar 17 – Reduce the Misuse

(See Mar 10 for description.) Held at noon at the Pierce County Annex Main Meeting Room, 2401 S. 35th S. in Tacoma. For more info contact the Pierce County Ombudsman program at 798-3789.

Mar 18-19 – Creating a “Grant Ready” Senior Care and Service Organization

NOW is the perfect time to be learning or re-learning grant planning and grant writing skills. Foundations are beginning to increase their giving, after a flat period of growth, i.e., “more money is expected to be available in the coming years than there have been recently.” In addition as the Affordable Care Act kicks in, it is reasonable to assume that there will be increase interest in areas related to health care quality and cost reduction—an area of interest highly appropriate for our industry. March 18 – Introductory Class; March 19 – Intermediate Class. (\$89 one class; \$149 both) Held 12:30 – 4:00 p.m. at Wesley Homes (Board Room) * 815 S. 216th Street, Des Moines. Visit [website](#) or e-mail psylvia@LeadingAgeWa.org or (253) 964-8870.

Mar 19 – Reduce the Misuse

(See Mar 10 for description.) Held at 2:15 p.m. at the Tacoma Wheelock Library, 3722 N. 26th St in Tacoma. For more info contact the Pierce County Ombudsman program at 798-3789.

Mar 20 – Get the Word Out: Emergency Messaging to Vulnerable Populations

Learn more about emergency notification and warning to vulnerable populations, including the development and dissemination of key messages and the use of diverse networks to deliver time-sensitive, life-safety information. Intended for emergency managers, public information officers, representatives from community and faith organizations. Free event; lunch provided. Register online. Held 8 a.m. to 4 p.m. at the Southcenter DoubleTree Suites, 16500 Southcenter Parkway, Seattle. Sponsored by the UASI Vulnerable Populations Disaster Planning Steering Committee.

Mar 20 – Serve Big

Join with neighbors, local leaders, youth, and community organizations to examine topics of importance to the health of the Sumner/Bonney Lake communities. By participating in the Summit, you will gain information about local issues, be inspired to take action, and become meaningfully involved in creating solutions to addressing tough topics. Check-In 2:45 - 5:00 p.m. Pre-Summit Community Service Leadership Projects from: 3:00 - 4:45 p.m. Community Summit 5:00 - 8:15 p.m.

(groups, dinner, reports, awards and keynote presentation.) Key Note Speaker - Thad Huff. Pre-registration for the event is required. For more information, please call the STARR Project at 253-891-6066 or e-mail at: mandi_highland@sumnersd.org.

Mar 24-26 – Extended Three-Day Cancer Retreat

Harmony Hill's three-day retreat offers an immersion in healing, nurturing and community. Learn self-care and stress management techniques with others going through similar challenges. This is a general cancer retreat open to men/women/companions. For more details and to register, [click here](#).

Mar 25 – Tools for Success

A free conference for persons with disabilities focusing on preparation for employment and presented by community organizations. Workshops on technology, resume tips, interviewing skills, navigating employment services and more. [Pre-Registration Required](#). Accommodations will be provided if requested by March 14. Held 8:00am – 1:00pm Tacoma Community College Campus 6501 South 19th Street, Tacoma. More at [event website](#) or call (253) 565-2266.

Mar 26 – Reduce the Misuse

(See Mar 10 for description.) Held at 2 p.m. at the Gig Harbor Boys and Girls Club, 8502 Skansie Avenue in Gig Harbor. For more info contact the Pierce County Ombudsman program at 798-3789.

Mar 26 – Depression and Dementia in Older Adulthood

Sad or depressed older adults have 30% greater increased mortality rates. In addition, depression and social support are both related to the likelihood of developing memory problems. This webinar presentation will discuss risk factors for depression and why there might be a correlation between depression and memory impairment. Strategies to motivate older adults to do the activities and therapy that can improve their quality of life will also be discussed as well as interventions to maximize social engagement and decrease loneliness in retirement communities. Held 1:00—2:30 p.m. [Registration](#)

Mar 28 – Stand Up for Mental Health

Optum and TACID present this unusual comedy show featuring the fabulous David Granirer, comic, counselor, author of The Happy Neurotic, and the 2014 graduating class of Stand Up for Mental Health. Tacoma. Held at the Tacoma Community College Auditorium at 7 p.m. Purchase tickets at <http://www.eventbrite.com/e/stand-up-for-mental-healthtickets-10437040469> or at the door.

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.

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. Sponsored by Emeritus at The Courtyard, Arcadia Health Care, Gentiva Home Health, Rajiv Nagaich, Elder Law Attorney and the Puyallup Lions Club.

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 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 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.

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 – 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.

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 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.

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.

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.

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 or call 206-529-3894.

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, 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 event is hosted by Aging and Long-Term Support Administration, Full Life Care and Pierce County Community Connections/Aging and Disability Resources along with the support of numerous community organizations. 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. Scholarships are available for unpaid family caregivers. 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 more information or to receive a full brochure and registration materials, call (800) 422-3263 or (360) 725-2544, or, [visit online](#).

June 13 – Relay for Life

Relay For Life is a fundraiser for the American Cancer Society which covers all cancers. This 24-hour event is 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. The goal is to have 750+ survivors attend this year's Relay For Life. If you have any questions about the event or health fair vendor opportunities, please contact 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

Join Pierce County Emergency Management for this free 8th annual event. 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 and prepare you employees and clients for disasters. A continental breakfast and a lunch will be provided to participants at no cost (vegetarian option is available). Held 8:30 a.m. to 4 p.m. at the STAR Center, 3873 S. 66th St., Tacoma. Event is free but [RSVP is required](#) by June 11. For more info contact Sheri Badger at sbadger@co.pierce.wa.us or (253) 798-2204.

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 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.

Q&A of the Month

Question: I don't want to wait for my tax refund. Is it safe to use an instant rebate? They look legit and come from a business nearby.

Answer: Beware of Refund Anticipation Loans (RAL's), also known as Fast Cash Refunds, Express Refunds and Instant Refunds. Don't be fooled. They are expensive, not much faster and risky! In reality they are most often short-term loans with very high interest rates (from 40% to 700% APR). Typically they arrive only about a week before your regular IRS refund would arrive. And if the IRS denies your tax refund, you still have to pay back the full amount of the loan plus interest! It's best just to file your taxes as quickly as possible and wait for your refund. On these RAL's, it's very easy to end up owing the lender more than your tax refund. If you need free income tax preparation help contact VITA – Volunteer Income Tax Assistance at www.pctaxhelp.org or 211.

NATIONALLY

From Seattle – Washington Post Focuses on Family Caregiving

The Washington Post held a community forum in Seattle to look at better ways to support family caregivers and highlight their critical role in America today. [Watch clips from the Feb 19 event](#). They've been called "humble heroes," the men and women who care for an aging or ill parent without pay and often while juggling a job and raising children. The national conversation about this stressful work of tens of millions of people is a quiet one — though critically important. Guests at the forum included travel writer Rick Steves, First Lady Trudi Inslee, DSHS Secretary Kevin Quigley and more. The Washington Post will produce a special section on Family Caregiving on March 5. [Check out the website after that date](#). (Source: Washington Post)

Website for Young Caregivers

The American Association of Caregiving Youth (AACY®) mission is to recognize, support, and promote the awareness of dual role youth that are both students and caregivers within their families. AACY® strives to raise awareness through education, research and direct services in cooperation with social, education, healthcare, government and community corporations, organizations and agencies. Caregiving Youth are children and adolescents who are 18 years of age or younger and who provide significant or substantial assistance, often on a regular basis, to relatives or household members who need help because of physical or mental illness, disability, frailty associated with aging, substance misuse, or other condition. [Learn more!](#) (Source: AACY)

Now Available: Poverty Guidelines for 2014

The Department of Health and Human Services (HHS) released the new Federal Poverty Levels (FPLs) for 2014. The slight increase in 2014 means more individuals may be eligible for programs such as Extra Help and the Medicare Savings Programs, which use the FPL as a baseline for determining income eligibility. [Review the guidelines](#). (Source: HHS)

Social Security Field Office Service Changes Coming Later This Year

To meet increasing service demands despite shrinking budgets, Social Security will implement some important changes. On August 1, 2014, Social Security offices will stop offering Social Security number printouts. Also, on October 1, 2014, offices no longer will issue benefit verification letters.

People needing proof of their Social Security or Supplemental Security Income benefits can get verification letters online instantly through a “my Social Security” account at www.socialsecurity.gov/myaccount. They also can get one mailed to them by calling our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778). Please share this information with others in your organization, and help us get the word out to all of your members and constituents. SSA has also developed and updated outreach materials on [our third party page](#). (Source: SSA)

Help Combat Obesity Among People with Disabilities

[Healthy Weight Issue Briefs](#) are five new publications from the Centers for Disease and Prevention. The publications describe considerations that people and organizations can do to help combat obesity among people with disabilities and assist them in achieving healthy weight and an improved quality of life. (Source: CDC)

Increase Understanding of Behavioral Health Needs

[Mayors' Guide to Behavioral Health Issues](#) is a new resource from Substance Abuse and Mental Health Services Administration. This publication is targeted to mayors of cities and towns to increase their understanding of behavioral health needs within their communities. The guide includes resources and trainings as well a list of national awareness recognition events. (Source: SAMHSA)

Hearing Aid Assistance Available

Hearing loss creates profound isolation for many who experience it. The Starkey Hearing Foundation www.starkeyhearingfoundation.org is a good resource. Call 800-328-8602 to discuss eligibility with a Hear Now representative. E-Mail: hearnow@starkey.com to request an application for assistance. (Source: Starkey Hearing Foundation)

Older Americans Month Focus is Injury Prevention

Start planning activities for Older Americans Month in May. This year’s focus is injury prevention with the theme “Safe Today. Healthy Tomorrow.” Visit the [OAM 2014 theme section](#) for materials and ideas to help celebrate Older Americans Month by encouraging older adults to protect themselves and remain active and independent for as long as possible. (Source: NCOA)

Hearing Aid Donations Welcomed

Repurpose those old, used, no longer used hearing aids. Package carefully, include your name and address and mail to: Hear Now Donation; 6700 Washington Ave S.; Eden Prairie, MN 55344. All donations tax deductible. (Source: Starkey Hearing Foundation)

Help Clients with Disabilities Compare Health Plans

The American Association on Health and Disability (AAHD) recently published a fact sheet for the National Disability Navigator Resource Collaborative (NDNRC). Comparing Health Plans’ Benefits and Coverage Summaries is designed to inform navigators and enrollment specialists about what people with disabilities need to look for in the Summary of Benefits and Coverage when comparing plans on the Marketplace. [Get the fact sheet](#) (Source: NCOA)

ADA Information on Mobility Devices and Effective Communication

The Justice Department published [two new technical assistance documents](#) to assist the public in understanding how the ADA applies to their unique circumstances. "Wheelchairs, Mobility Aids, and Other Power-Driven Mobility Devices" provides guidance regarding the use of wheelchairs and mobility aids, as well as other types of less-traditional powered mobility devices. "Effective Communication" provides guidance on the 2010 regulations provisions relating to communicating effectively with people who have vision, hearing, or speech disabilities. To find out more about the

ADA, call the toll-free ADA Information Line at 800-514-0301 or 800-514-0383 (TDD), or access its ADA.gov website. (Source: DOJ)

I Have Alzheimer’s Disease Online Resource

A new Alzheimer's Association online resource, [I Have Alzheimer's Disease](#), offers information and tools to help those with early-stage Alzheimer's or another dementia live their best life for as long as possible. This site should be the first "Go To" after diagnosis. [I Have Alzheimer's Disease](#) features personal insights from real people with Alzheimer's. A diagnosis can feel isolating, but [I Have Alzheimer's Disease](#) helps people move past that feeling and on to planning, preparing and receiving support. This site is also a valuable resource for caregivers, family members or friends of someone with Alzheimer's. Whether they seek information for themselves or want to empower the person with dementia, [I Have Alzheimer's Disease](#) provides a better understanding of Alzheimer's and what others are doing to live their best life. The sentiment is simple: “You're not alone.” Visit [I Have Alzheimer's](#) to learn more. (Source: Alzheimer’s Association)

PLAN AHEAD – MAY IS...

ALS Awareness, Arthritis Awareness, Better Hearing & Speech, Brain Tumor Awareness, Family Wellness, Healthy Vision, Melanoma/Skin Cancer Detection, Guide Dog, High Blood Pressure, Mental Health, Osteoporosis Prevention, Stroke Awareness, Older Americans, Social Security Education, and Women’s Health Care Month; Hospital (4-10), Nurses (6-12), Nursing Home (11-17), Food Allergy Awareness (12-17) and EMS (18-24) Weeks; Bladder Cancer (3), Nurses (6 or 12), Asthma (6), Animal Disaster Preparedness (8), Visit Your Relatives (18), Senior Health & Fitness (28), MS (28) and Heat Safety (30) 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.