



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

May 1 – “Tacoma Fire Department: FD Cares”

June 5 – “WA State Falls Prevention & Pierce County Falls Prevention Coalition”

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

May 8 - 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

Ports of Call Restaurant

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

May 7 – 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.

May 21 - Farrington Court, 516 Kenosia Ave. in Kent

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

LOCAL SERVICES

ADRC Moves to New Location.

The Pierce County Aging & Disability Resource Center team has moved to a new location – 3602 Pacific Avenue, Suite 200, Tacoma, WA 98418. The phone numbers remain the same – (253) 798-4600 and (800) 562-0332. Please make an appointment in advance to speak in person with an ADRC team member.

Registration Open for Senior Farmers Market Vouchers

Starting Monday, May 5th, the Pierce County Aging and Disability Resource Center (ADRC) will begin registering eligible individuals for the [Senior Farmers Market Nutrition Program](#). For individuals who qualify, this program provides \$40 worth of vouchers which recipients may use at participating Farmers Markets. Registration will be on a first-come, first-served basis, with a limit of one set of vouchers per household. [Check here for eligibility](#). The ADRC phone lines will be open from 9 a.m. to 4 p.m. Call (253) 798-4600 or toll-free at (800) 562-0332 to register. If you or your

clients speak a language other than English, please contact Nellis Kim at (253) 798-3807 for information about registration in other languages.

2014 Farmers Market Schedule & Map

Puget Sound Fresh provides consumers with resources and tools to help identify and make informed choices on how to find and purchase seasonal and locally grown, raised or harvested foods. The Puget Sound region supports a diversity of fresh fruits and vegetables, meats, poultry, fish and shellfish, eggs, herbs, flowers and a wide variety of value added-farm products such as preserves, ciders and wine, cheese and many others. Resources include the annual [Puget Sound Farm Guide](#) and its companion [website](#), the [What's Fresh Now e-newsletter](#), online [CSA directory](#) and annual [Eat Local for Thanksgiving campaign](#). [Check out the Pierce County Farmers Markets](#). You can also download the [Puget Sound Fresh app](#) that provides quick access to everything “farm fresh.”

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.

David Duea Steps Down at HopeSparks

David Duea, President and CEO of HopeSparks in Tacoma, has announced that he is leaving HopeSparks in Tacoma as of June 30. He has been with the organization for 13 years. David will take on a new position as President and CEO for Lutheran Community Services Northwest (LCSNW). LCSNW serves communities throughout Washington, Oregon and Idaho.

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.

Give BIG on May 6, 2014

The Seattle Foundation's GiveBIG is a one-day, online charitable giving event to inspire people to give generously to nonprofit organizations who make our region a healthier and more vital place to live. Each donation made to the [more than 1,600 nonprofit organizations profiled on The Seattle Foundation's website](#) between midnight and midnight (Pacific Daylight Time) on Tuesday, May 6, 2014, will receive a prorated portion of the matching funds pool.

Insurance Chief OKs Rule For Health-Plan Networks

Despite criticism from both insurers and hospitals, [Washington Insurance Commissioner Mike Kreidler adopted a new rule](#) that spells out what health insurers must do to make sure their networks of hospitals and doctors can provide covered benefits to patients. For patients, the general thrust of the rule, which affects plans offered for coverage in 2015, is “no surprises.” It requires insurers to spell out how their benefit arrangements affect patients’ pocketbooks, clearly explain referral and

authorization practices, tell policyholders whether emergency-room doctors in an in-network hospital's emergency room are also in-network, and update directories of in-network providers monthly.

State High Court Upholds \$57 Million Verdict for Home Care Workers

Washington's Supreme Court upheld a \$57 million verdict against the state in a case brought by workers who care for severely disabled people. The 22,000 workers claimed they were shortchanged by a 2003 rule from the DSHS that automatically cut their pay by 15 percent. The high court struck down the rule in 2007 as inconsistent with federal Medicaid requirements, and the workers sued to get the money they said they were owed. The amount each worker is due will be calculated later but will likely be about \$3,000 apiece.

Where To Turn Readies New Edition

It's time once again to take a look at the Where To Turn guide produced by Senior Media Services. All listings are reviewed, new categories added, advertising opportunities available. Pass along your feedback or request for advertising by June 6 to Pat Jenkins, editor, at (253) 722-5687 or pjenkins@lcsnw.org.

Narrows Glen Offers Memory Enhancement Program

Narrows Glen Assisted Living now offers a unique memory enhancement program for residents with mild memory loss. Throughout the day, residents meet for special classes, engaging discussions, and small group activities. Guided by a professional Program Director, participants are able to embrace a more independent lifestyle in a supportive and safe environment for an extended period of time. Program includes travel, arts & crafts, music therapy, a reading group, puzzles & mind enhancing games, exercise, nutrition and more. Call (253) 564-4770.

Lakewood Walmart Provides Transportation

The Lakewood Walmart has contracted with a private company to provide transportation to seniors and people with disabilities from their homes directly to Walmart. Transportation is available Monday-Friday, 9 a.m. to 3 p.m. They ask for a 48 hour minimum advance reservation but can take reservations several weeks out. Their service area is fairly broad – DuPont, Steilacoom, Fircrest, University Place, Tacoma (and maybe Parkland). The service is contracted by Walmart to MTR Western in Seattle. Individuals who wish to request a ride should call (253) 279-9951.

Learn How to Make Informed Financial Decisions

CENTS (Consumer Education and Training Services) is a nonprofit co-founded by Federal Bankruptcy Judge Karen A. Overstreet and Seattle bankruptcy professionals. The organization's mission is to teach individuals how to make informed financial decisions. [The Senior Money Project](#) is the culmination of teamwork by Western Washington financial professionals and attorneys, including representatives from the Northwest Justice Project, the FTC, and the United States Bankruptcy Court to create an instructional video, companion website, and in-person presentations. [The Senior Money Project website](#) is filled with crucial information for older adults and their adult children.

DSHS Pre-approved Caregiver Continuing Education

DSHS requires paid Caregivers to complete 12 hours of Continuing Education each year. The Alzheimer's Association provides pre-approved Continuing Education classes specializing in quality Alzheimer's and dementia care. The current workshop series offers participants the opportunity to complete 12 hours of Continuing Education by attending two workshops. [Click here for the DSHS Caregiver Workshop Series brochure and registration form](#). Workshop participants can elect to attend one workshop for 6 CE hours or 1 session for 3 CE hours. Instructor is Michael A. Bower, BA, ACC,

an approved DSHS Continuing Education instructor and Education Coordinator with the local Alzheimer's Association Chapter. Held May 9 in Federal Way.

Summer Camp for Kinship Kids

Looking for help to pay for summer camp for the kinship child or children you are raising? The Relatives Raising Children program at HopeSparks might be able to help. Kinship caregivers age 55 or older are eligible for some help. Contact Rosalyn Alber, Coordinator, Relatives Raising Children, program of HopeSparks (253)-565-4484 for more details.

Footcare Nurse Needed

Beacon and Lighthouse Senior Centers in Tacoma are looking for a provider for regularly scheduled footcare. Please contact Willow Eaton, Senior Program Supervisor for details at (253) 591-5080.

AmeriCorps Positions Available

Rebuilding Together South Sound is recruiting for two AmeriCorps positions. Candidates should be interested in serving our community and making a huge difference in homeowners' lives every day. The positions start in August, 2014. If you have questions, please contact Kristina Santwan at (253) 238-0977 or ksantwan@rebuildingtogetherss.org. Click [here](#) for details and to apply.

Chronic Disease Self Management Workshops

The Living Well self-management workshops have become the proven leader in self-management for people with chronic health conditions. Two free new series of these 6-week workshops are scheduled for University Place. Tuesday series runs from June 17 to July 22 from 3 to 5:50 p.m. Saturday series runs from July 12 to August 16 from 10 a.m. to 12:30 p.m. Both are held at Our BEST Space, 2607 Bridgeport Way W., #2G. For info and registration call (360) 786-8690, ext. 127.

New Senior Relocation Provider

Gig Harbor Home Management provides comprehensive support for seniors during their transition to a new living space. The Senior Relocation division offers support, oversight and peace of mind to seniors and their families before, during and after a major downsizing to a new home - whether an apartment, a retirement community or assisted living. A personal project manager oversees all sorting, organizing, downsizing of possessions; coordinates estate sales, auction and consignment store accounts; assists with donations and final removal of home contents; and manages the moving day, floor plans, unpacking, and getting settled. For more information call (253) 225-4864 or visit www.GigHarborHomeManagement.com.

Gilda's Club Seeks Event Volunteers

The Tacoma Surviving with Style Fashion Show and Luncheon will be held Wednesday, Nov 5, 2014 and we need volunteers to help! The next meeting will be held at Digestive Health Specialists, 3209 S 23rd Street, in Tacoma, Tuesday April 22 at 6 p.m. Contact Event Chair Rosie Martinson at rosie.martinson@digestivehlth.com to RSVP or for more information! Gilda's Club and MultiCare Regional Cancer Center bring a comprehensive program of emotional support, education, and healthy lifestyle opportunities for anyone touched by cancer. The program is free of charge to participants and is open to men, women, children and their families and friends, no matter where they are being treated.

LOCAL HAPPENINGS

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 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 10 – Taste of Technology

Washington Relay presents this free event for anyone who is interested in learning about vendors that feature technology to meet the needs of people with many types of disability. Event includes speakers showcasing technology and independence. Held 10 a.m. to 4 p.m. at the Hotel Murano, 1320 Broadway Plaza in Tacoma. NOTE: All attendees must register by May 3. Phone 877-271-7620 or cindy.2.campbell@sprint.com.

May 12 – Films for Families Dealing with Dementia and Alzheimer’s

Pierce County ADRC hosts a free showing of “Iris: In Memory of Irish Murdoch.” The film tells the true story of a woman who faces forgetfulness and dementia and in the process forces her husband to deal with his own frustrations as a caregiver. The theme of unconditional love is woven throughout. Stars Kate Winslet, Judi Dench and Jim Broadbent. The film (closed captioned) starts at 6:15 p.m. at the Grand Cinema, 606 S. Fawcett in Tacoma. RSVP required by calling (253) 798-8787.

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 17 – Aging with Choice

This 90-minute hour seminar will help you navigate the process of moving into a more appropriate housing situation. Topics include housing options, costs of assisted living & memory care, the process and steps to getting your home sold, what to do with your stuff, your legacy, and the importance of financial power of attorney. Held 10:00 to 11:30 a.m. at Spring Ridge Assisted Living & Memory Care, 6856 East Portland Ave. in Tacoma. RSVP at (253) 474-1093 (limited seating).

May 19 – Films for Families Dealing with Dementia and Alzheimer’s

Pierce County ADRC hosts a free showing of “A Song for Martin.” Martin, a conductor and composer and Barbara, a concert violinist meet in middle-age and marry but soon after find out that Martin as Alzheimer’s Disease. The moving story is considered one of the most realistic depictions of caregiving on film. (*Swedish film with English subtitles.*) The film will show at 6:15 p.m. at the Grand Cinema, 606 S. Fawcett in Tacoma.

May 19 – Guardianships for Individuals with Developmental Disabilities

PC2 hosts this presentation with Timothy Williams, Attorney at Law. Learn about guardianships in general and how they apply to individuals with disabilities. Held at 5:30 p.m. at the TACID Center, 6315 S. 19th Street in Tacoma. RSVP by calling (253) 564-0707.

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 6:30 – 8:30 p.m. at the Pierce County Library Administrative Center, 3005 112th Street E., Tacoma. Free; no RSVP required. Call (253) 7908-4600 for details.

May 22 – Western Washington Fair Housing Conference

The conference highlights 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 conference provides interactive learning opportunities, share information about leadership and how to use it to achieve fair housing, fair housing law, 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. [Details online](#).

May 28 – National Senior Health & Fitness Day

This day aims 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.

May 28 & 29 – FAST Training

Become a member of the FAST Team. Learn about accommodating people with access and functional needs in emergency shelters. FAST responds to disasters and deploys to shelters to help people maintain their health, safety, and independence following a major disaster. Held 8 a.m. to 4:30 p.m. at the Pierce County Emergency Operations Center, 2501 S. 35 St in Tacoma. Qualified attendees must fill out the FAST application one week prior to the training. [Register online](#). Contact Nicole Johnson at njohns1@co.pierce.wa.us or (253) 798-2221. Next training is Oct 29 & 30.

May 31 – All Abilities 5-K

Join PAVE for this fun event at the PAVE office (6316 S 12th St.) on the Tacoma Community College campus to raise funds for PAVE's mission and programs. Rally friends, family, and coworkers to form a team or just come and Walk & Roll with us! A donation of any amount to our organization is greatly appreciated. You can donate to someone walking or you can join a team and help your team reach its goal. There's no need to physically walk, some families choose to walk virtually. We appreciate your support and thank you for caring about the unique skills and talents of military and civilian families of loved ones with disabilities. [Simply click to register](#).

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 5 – Lakewood Senior Center Open House

Join all the folks at the Lakewood Senior Activity Center for this annual open house event. Features activities, food, entertainment and local service providers. Open to everyone whether you live in Lakewood or not. Held 10 a.m. to 1 p.m. at 9112 Lakewood Drive, SW. Call for more info at (253) 798-4090.

June 10 – Social Security Basics

If you are planning on retiring anytime soon, or if you have retired recently, you will want to attend this informative presentation by Social Security representative Kirk Larson. Held 4 to 5:30 p.m. at the Milgard Family Hope Center, 8502 Skansie Ave. in Gig Harbor. No RSVP needed. Sponsored by the Pierce County ADRC. Call (253) 798-4600 for details.

June 13 – 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. This information-only presentation will explore 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 Point Defiance

Village and the Pierce County Aging and Disability Resource Center. Held at 2 p.m. at Point Defiance Village, 6414 N. Park Way in Tacoma. Please RSVP in advance by calling 759-8908.

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, Cissy Gustafson: 253-503-2396 (work), 253-304-8575 (cell); or Karen Miller: 253-272-4119 (work), 253-223-3070 (cell).

June 17-19 – Community Summit 2014: Let's Take Action!

The Community Summit, sponsored by the WA State Developmental Disabilities Administration, brings together people with developmental disabilities and their families, friends, providers, state and county staff, and advocates. The Community Summit, held in Wenatchee, offers local and national headliners, a series of workshop sessions, dance, barbeque and other activities. Session themes this year are: Cutting Edge, Transitions and Transformations and Citizenship and Engagement. For more information, or to register, [click through to Community Summit 2014](#).

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. Participants will 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 emergency staff on how they can assist you in your emergency planning and 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 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 – “Ain't We Got Fun” Senior Prom

Enjoy dancing, live music, refreshments, photos and memories at the Senior Prom hosted by Franke Tobey Jones. Music by Route 66. 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](#).

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 lose 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 21-24 – 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. Interviews will be scheduled in June. Get [more info about the conference](#) or view a [short video](#).

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.

Oct 9 – Latino Health Fair

Sea Mar Community Health Centers presents this annual event. Held 8 a.m. to 5 p.m. at the Hilton Seattle Airport & Conference Center.

Q&A of the Month

Question: Does Medicare ever cover dental, vision and hearing services?

Answer: Medicare Parts A and B do cover these areas only on very rare occasions. Medicare will pay for dental services that are medically necessary prior to another Medicare-covered procedure. For example, Medicare may cover tooth extraction for a person with oral cancer prior to radiation treatment. For vision procedures, Part B covers an annual glaucoma test for at-risk individuals, an annual exam to test for diabetic retinopathy among diabetics, certain diagnostic tests and screenings for macular degeneration, and cataract surgery plus one pair of post-surgery eyeglasses. And Part B covers diagnostic hearing and balance exams if a provider orders these tests to see if a person requires medical treatment for a condition other than hearing loss. A number of Medicare Advantage plans do offer more comprehensive dental, vision and hearing services but they will vary by plan.

NATIONALLY

Materials to Promote Older Americans Month 2014 Available

May is Older Americans Month. This year's theme focuses on injury prevention: Safe Today. Healthy Tomorrow. To help participating organizations promote their events, ACL has posted new materials for 2014 here: [Older Americans Month](#). The toolkit includes facts about preventing falls and injuries, an activity guide, poster templates, logos, and tips for consumers. (Source: ACL)

Something for May for Mothers

With Mother's Day just weeks away, the [Eldercare Locator](#) has produced a [new one-pager](#) that encourages sons and daughters of aging mothers to do more than just send flowers or give her a call. Instead, it asks them to “really see how mom is doing” and provides them with additional resources for consideration. (Source: N4A)

CBS Sunday Morning Focuses on Alzheimer's

Alzheimer's robs millions of their memories, their money and, finally, their lives. Now, after countless setbacks, there's some hope that the search for a treatment may not be "the longest journey" after all. A family in Medellin, Columbia, are carriers of a rare genetic mutation that guarantees they'll get Early-Onset Alzheimer's, with symptoms developing in their 40s and progressing to death just a decade later. [CBS Sunday Morning focuses on this family](#) and what researchers hope to learn. (Source: CBS)

Caregivers to Military Post 9/11

More than 1.1 million spouses, parents and friends are caring for the injured and disabled who have served in the U.S. military since Sept. 11, 2001, often doing so without a formal support network and putting their own well-being at risk, according to a new [RAND Military Caregivers Study](#). The largest-ever study of military caregivers -- commissioned by the Elizabeth Dole Foundation -- finds that Americans who are taking care of veterans who served after 9/11 are younger than other caregivers, are usually employed outside the home and are more likely to care for someone who has a behavioral health problem. Caregivers who assist post-9/11 veterans provide an estimated \$3 billion in care annually. (Source: Rand Corporation)

Medicare Extenders Bill Passes with QI and Low-Income Outreach

Congress voted to extend the Medicare Qualified Individual (QI) program for 12 months, but not make it permanent. QI, one of the Medicare Savings Programs, helps low-income Medicare beneficiaries afford their health coverage. The bill also extends Medicare Improvements for Patients and Providers Act (MIPPA) funding for benefits outreach and enrollment through March 2015. [Read the bill summary](#) (Source: NCOA)

Medicare vs. Private Insurance

Wonder why some doctors grumble when a Medicare patient walks in the door? It's likely because the government program typically pays only 80% of what private insurers do. Medicare has the bad rap of being a big, bloated government program, but it's not because it's overpaying doctors. [CNNMoney analyzed](#) the “allowed charges” for five common procedures, using data provided the Centers for Medicare and Medicaid Services and Truven Health Analytics. (Source: CNN)

Retiree Health Care Costs Exceeding Average Social Security Benefits

According to a recent article in *Investment News*, a new Retirement Health Care Cost Index released by [HealthView Services](#) shows that Social Security benefits for middle-income retirees are on track to be surpassed by the retirees' average health care costs. The index looks at the percentage of Social Security benefits needed to pay health care costs for a healthy couple in retirement who receives average Social Security benefits. According to the analysis, retirement health care costs will increase from 69% of Social Security benefits for a couple retiring in 2015 to 98% for a couple retiring in 10 years – those retiring 20 years from now will need 127% of the average Social Security benefit to pay for their health care costs. (Source: Investment News)

Social Security Launches Expedited Disability Process for Veterans

The Social Security Administration will expedite disability claims filed by veterans with a Department of Veterans Affairs (VA) disability compensation rating of 100% Permanent & Total (P&T). The VA rating only expedites disability claims processing and does not guarantee an approval for Social Security disability benefits. [Learn more](#) (Source: NCOA)

Social Security to Bring Back Paper Benefits Statements

The Social Security Administration has announced that it will partially resume mailings of Social Security benefits statements. The agency had previously switched to an online system and ended most benefit statement mailings in 2011, in response to budget constraints. Under the new rules, workers who have not signed up to receive online statements will begin receiving mailed statements every five years. Advocates believe that paper statements are helpful for letting workers know how benefits are calculated and how much they can expect in future payments. (Source: SSA)

Access Information about End-of-Life from the NIH

Seniors and their families need to have the information they need regarding end-of-life care. [A new website](#) helps older adults and their families start thinking about this challenging and stressful time of life. The site has information regarding hospice and palliative care, financial issues, advance directives and caregiver support, among many other topics. (Source: NIH)

Free Online Arthritis Workshop

With support from the U.S. Centers for Disease Control, the National Council on Aging is partnering with the Arthritis Foundation to offer Better Choices, Better Health®-Arthritis free of charge. Over six weeks, participants will learn strategies to reduce pain, decrease activity limitations, and improve their ability and confidence to manage arthritis—all from the convenience of their own computer. [See how seniors can sign up.](#) (Source: NCOA)

Steps for Caregivers to Protect Money and Retirement

[Financial Steps for Caregivers What You Need to Know About Protecting Your Money and Retirement](#) is a new resource addressing caregiver financial security from the Women's Institute for a Secure Retirement. The publication offers tips on budgeting, saving for retirement, personal care agreements, identifying financial fraud and abuse, sources of financial help for the caregiver and the care recipient, end-of-life planning, and more. (Source: Women's Institute for A Secure Retirement)

CMS Releases Physician-level Medicare Data

CMS announced the release of new, privacy-protected utilization and payment data on services provided to Medicare beneficiaries by health care professionals. The new data set has information for over 880,000 distinct health care providers who collectively received \$77 billion in payments in 2012 under Part B. [Learn more](#) | [Access the data set](#) (Source: NCOA)

U.S. Access Board Launches Online Guides to the ADA and ABA Standards

The U.S. Access Board has launched new online guides on the Americans with Disabilities Act (ADA) Accessibility Standards and the Architectural Barriers Act (ABA) Accessibility Standards. The [Guide to the ADA Standards](#) is web-based and features illustrated technical guides that explain and clarify requirements of the ADA and ABA standards, answer common questions, and includes a series of animations on various subjects covered by the standards. The [Guide to the ABA Standards](#) addresses similar standards that apply under the ABA to facilities that are designed, constructed, altered, or leased with federal funds. Future installments to the guides will be published as they become available. Users can [sign-up](#) to receive email updates on the release of new technical guides in the series. (Source: US Access Board)

