



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

Apr 4 – “Changes to Medicare Coming July 1” – Del Slade, CMS

May 2 – “ADR Community Café Listening Session (8:00 – 9:45 a.m.)

June 6 – “Serving LGBT Residents in LTC Facilities,” Michelle Douglas, Rainbow Center

Health Care Providers Council of Pierce County

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

Villas at Union Park (Breakfast \$6; Coffee \$2)

2010 South Union Avenue, Tacoma

Please park in the upper lot and the VWF lot.

Contact Julie Moorer at (253) 583-2008

Apr 11 – 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.

Apr 3 – La Quinta Inn Tacoma, 1425 E. 27th St.

Contact Beth Pereira at bethp@sashprogram.com or (425) 890-3059

South End (King County) Coalition

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

Apr 17 – 7:45 a.m. at Wesley Homes in Des Moines, 816 S 216th St., Des Moines

(206) 870-1127

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

LOCAL SERVICES

ADR Hosts Community Cafes

Pierce County Aging & Disability Resources (ADR) will host a series of three Community Cafés to learn from older adults, adults with disabilities, community leaders, family members and service providers what essential services and supports are needed to create livable communities for all ages throughout Pierce County. Input will be used in developing ADR’s 2014-15 Area Plan Update.

- Thurs. April 18th – 10 a.m. to 12 noon @ Key Peninsula Community Services, 17015 9th St KP N., Lakebay.
- Thurs. May 2nd – 8:00-9:45 am @ Lighthouse Senior Center, 5016 E. A Street, Tacoma.

- Fri. May 17th @ 10:00 a.m. to 12:00 noon @ Puyallup Library South Meeting Room, 324 S Meridian, Puyallup

For more information contact Connie Kline, (253) 798-3782 or ckline@co.pierce.wa.us.

Reducing Disabilities in Alzheimer's Disease (RDAD)

RDAD is an exciting research study being done by the UW School of Nursing to improve overall health and caregiving for those experiencing Alzheimer's Disease and those who care for them. All services are provided in the home. Participants receive nine home visits with a trained study/exercise coach followed by monthly phone consults for four months. Caregivers and their loved ones will learn problem-solving strategies to improve caregiving, exercises designed for people with memory loss, as well as receive instructions and suggestions to improve mobility -- all this while participating in valuable research! There is no cost for this program. To learn more and call the Pierce County Aging & Disability Resource Center at 253-798-4600 or 800-562-0332.

Governor Inslee releases Working Washington budget priorities

Governor Jay Inslee released his [Working Washington 2013–15 budget priorities](#) which call for \$1.2 billion in new, targeted education investments tied to strong accountability measures. Inslee says the budget protects vital services to seniors, children and disabled individuals, and improve access to health care through expansion of Medicaid.

New State Benefit Income Guidelines Begin April 1st

Income guidelines for State benefit insurance programs (Medicaid/CHIP) and food assistance programs (Basic Food) are increasing on April 1st. Families who may not have qualified before, could qualify under the new income levels. [Review the new guidelines.](#)

Puyallup Unleashes the Power of Age

Unleash the Power of Age, is the theme of May is Older American's Month. Among the varied events are: May 8, Dick Edwards, nationally known eldercare specialist and author; May 1, *Take Control of Your Finances*; May 10, *Exercise after 50*; May 11, *Rock and Read*, older citizens reading to children; May 18, *Repassioning your Passion*, from midlife and beyond. Older adults will join college students in an *Intergenerational Conversation on Age*.

Pierce County 2013 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 learn about disaster response, disaster issues, creation of emergency plans, and how to update, train and exercise those plans. Held April 30 - May 1 or September 30 - October 1, 9 a.m. to 4 p.m. each day. Register at <http://piercecountrysurveyshare.com/s/AQAC9UB>. For questions, contact Sheri Badger at 253-798-2204 or sbadger@co.pierce.wa.us.

Where To Turn Invites Advertisers and Updates

The ever-popular "Where to Turn" guide, aka the "little yellow booklet" that serves as a directory of resources ranging from government services to non-profit agencies, will be reprinted this summer. To update listings or for information about advertising, contact Senior Media Services at pjenkins@lcsnw.org or (253) 722-5687.

Powerful Tools for Caregivers Classes

Parish Nurses at Christ Lutheran Church in Lakewood will offer a 6-week Powerful Tools for Caregivers class. The class offers information for the caregiver on the challenges of caregiving and developing an action plan, managing caregiver stress, good communication, setting

limits, identifying and managing emotions, and caregiver decisions and family dynamics. Classes will be held Sunday mornings April 7, 14, 21 and May 5, 12, 19 from 10:00 to 11:15 a.m. The cost is \$25 per person and scholarships are available. Christ Lutheran Church is located at 8211 112th St. SW in Lakewood. For more information call Barb Olson at (253) 588-6240.

Paint Season is Coming Soon!

Low income seniors and people with disabilities in Tacoma and Lakewood should apply now. Applicants can include any low-income owner-occupied household, not only seniors or individuals with disabilities. Volunteer house painters are also needed during the summer of 2013. Learn more about volunteering at www.paintbeautiful.org. [Download the application](#) due by April 30.

Individual Health Plan Enrollment for Children

The first open enrollment of the year is going on now, March 15-April 30. The open enrollment periods apply to all health plans in the individual market, the place where people go to buy health insurance if their employer doesn't offer coverage. Federal health care reform prevents health insurers from denying coverage to children with pre-existing health conditions. However, just like employer health plans, individual plans can create open-enrollment periods. During these times, children under age 19 do not have to complete a health questionnaire and plans cannot deny health insurance due to a pre-existing condition. For more information about open enrollment for children, go to: <http://www.insurance.wa.gov/your-insurance/health-insurance/individuals-families/enrolling-kids/>

Health Benefit Exchange Draws Attention of Insurance Companies

The Washington Health Benefit Exchange has received 24 notifications from health and dental insurance carriers to participate in *Washington Healthplanfinder*, the State's online health insurance marketplace, starting Oct. 1, 2013. Thirteen carriers indicated they would offer plans through the individual market while seven plan providers indicated participation in the Small Business Health Options Program (SHOP). Four additional insurers proposed dental insurance coverage.

Get a Sneak Peek at Washington Healthplanfinder

The Washington Health Benefit Exchange has a demo that shares how individuals and families, small business employers and employees, and call center representatives will use the online insurance marketplace. The demo also includes an overview of an agent and broker search tool that will allow individuals and small businesses to find an agent or broker in their local area by name or zip code. To view the most recent 90-minute demo, [please click here](#).

What If You Could Prevent Cancer?

The American Cancer Society is conducting a long-term study to help in reducing/preventing cancer. Men and women between the ages of 30 and 65 years who have never personally been diagnosed with cancer (not including basal or squamous cell skin cancer) can join the study. The purpose of the CPS-3 is to better understand the lifestyle, behavioral, environmental and genetic factors that cause or prevent cancer. Local enrollment is being made possible in partnership with the Harrison Medical Center, the Bremerton Family YMCA and the Haselwood Family YMCA. Enrollment will be held in Bremerton (April 3, 9) and Silverdale (April 4, 10). More information at www.cps3kitsapcounty.org.

It's Always Something – Teen Writing Contest

Essay writing contest for teens in grades 9-12 in Washington State who have been touched by cancer either through a personal diagnosis, or that of a family member or friend. Essays must be postmarked by May 1, 2013. Essays must be between 500 & 2,000 words. Essays must be typed or computer generated hard copy, double spaced. Cash prizes will be awarded! Call (206)709-1400 or visit www.gildasclubseattle.org for more information.

Honors for FISH Food Bank Volunteer

FISH Food Banks of Pierce County is thrilled to announce that Mike Mowat, FISH board member and tireless volunteer, has been awarded the 2013 Washington State Jefferson Award. Presented by Seattle's City Club, local winners are considered "unsung heroes – ordinary people who do extraordinary things without expectation of recognition." This is certainly the case with Mike Mowat. More than 200 nominations were submitted, and only five winners were chosen. More info at www.fishfoodbanks.org.

Nominations Invited for Outstanding Caregivers

Health Care Providers Council of Pierce County (HCPC) is seeking nominations for outstanding caregivers for the 2nd Annual All-Star Caregiver Dinner, which will be held on May 30, 2013. The evening is an expression of thanks and recognition for these "unsung heroes" who go above and beyond to improve the quality of life for the families and individuals they care for. Eligible caregivers can be unpaid family members, friends or volunteers, and paid caregivers who work in retirement communities, assisted living facilities, adult family homes, skilled nursing facilities, or adult day health centers. Care recipients and/or their family members are encouraged to nominate a care provider they consider to be an All Star. Nominees may come from anywhere within the Pierce County area. All nominees and selected honorees will be recognized at the All Star Caregiver Dinner, which includes raffle drawings and entertainment on Thursday, May 30, 2013 at 7pm at The Weatherly Inn in Tacoma. Nomination forms MUST be received by 5:00 PM, Monday, April 29, 2013. If you have any questions, please call Kelly Chambers at 253-537-3700.

Professionals with a Brain Injury

Sometimes being the best you can be at work requires new tools, strategies and support. Meet and learn with others exploring how to do that best after their own brain injuries. Held at the second Monday of the month, 3-4:30 pm at Panagiotu Pension Advisors, Inc., 7350 Cirque Drive West, Suite 201 in University Place. Call Penny Condoll for details (877) 719-2378

Voices of Children Raised by Grandparents and Other Relatives

This contest is for children in Washington State who are being raised now or in the past by a relative other than their parents. The contest honors both the children, and the more than 40,000 relatives in Washington State who are raising them. Write a poem, short essay, or draw a picture that describes how living with a relative (such as a grandparent, aunt, or uncle) has made a positive difference in your life. Entries will be judged in three age categories 5-7 year olds, 8-12 year olds, and 13-19 year olds. All participating children must live in Washington State. Top two entries in each age division will receive \$100 from Twin Star Credit Union and a free night at Great Wolf Lodge for a family of four! [For entry forms or questions](#) call Family Education and Support Services at 1-877-813-2828 or e-mail Lynn@Familyess.org. All entries must be submitted or postmarked by April 19, 2013

Patriots Landing Hosts Monthly International Tour of Duty

Patriots Landing will take you on a tour of our most exquisite duty stations around the world. Join us each month for a themed lunch and entertainment free of charge. Attend at least five passport events during the next year, get your passport stamped and be entered to win an Alaskan cruise for two. Upcoming duty stations include: Panama, Australia, Germany, the Bahamas, Puerto Rico, the United Kingdom, Japan, Hawaii and the Netherlands. All events 11:20 a.m. to 1:30 p.m. Call for specific dates and to RSVP at (253) 964-4900.

Available to Income-Eligible Households!

Volunteer Income Tax Assistance (VITA) helps working and low-income individuals and families save money through free tax preparation. Trained volunteers prepare federal tax forms and file them electronically to speed the receipt of refunds. Pierce County Asset Building Coalition offers several VITA sites throughout Pierce County. We work closely with AARP Tax-Aide, which offers free tax prep to those ages 60 and over. [Click here for a list of VITA and AARP Tax-Aide Free Tax Help Locations.](#)

Edgewood FISH takes the Feinsein Challenge

Edgewood Community FISH Food Bank will participate in the 2013 Feinsein Foundation Million Dollar Challenge. Alan Shawn Feinsein will divide his one million dollars proportionately among all food banks who participate in the challenge, according to the amount of food and monetary donations collected between March 1 and April 30, 2013. Edgewood Community FISH Food Bank serves Pierce County residents from not only Edgewood, Fife, Milton, Puyallup and Sumner, and client numbers are rising quickly. Help Edgewood Community FISH Food Bank meet the challenge this year by hosting a food or fund drive between now and April 30.

Introduction to a Lifestyle of Brain Vitality

[This program](#) is divided into four units incorporating workshops with physical and mental exercises. Instructor, Susan Pfundt, was a key developer of this curriculum based on research and her experience working with seniors. The human brain continues to form new neural connections throughout your entire life. If you choose to, you can continue to grow, learn, and be creative as your age. This four-part workshop will cover: Awakening the Body/brain connection; Making the brain more adaptable; Freeing your brain from negative memories and habits; Integrating brain function. 4 sessions held April 8, 15, 22 and 29 at TCC Continuing Education, 3993 Hunt Street in Gig Harbor. \$19.

DSHS Client Survey

The DSHS Community Services Division (CSD) is randomly calling clients for a customer service survey. The survey samples clients who have had recent contact with CSD either through visits to CSO locations or by phone. DSHS is using a telephonic call-out technology to auto-dial them after hours (from 5:00 PM to 7:00 PM) daily. The automated survey is only in English and Spanish. This data will help inform DSHS of how customers rate the service and give a baseline point of comparison for future surveys in order to see the effects of initiatives currently being planned.

Requesting Help From DDA in an Emergency

If you or your family member has been determined eligible for Developmental Disabilities Administration (Formerly the Division of Developmental Disabilities) services and are experiencing an incident or situation that put you or your family member at risk of hospitalization, institutionalization or loss of housing without additional support or intervention, DDA may be able to help. [Read this Bulletin](#) | [Read this & other DDA-focused Bulletins.](#)

SHIBA Pierce County Launches Facebook Page

Visit the Pierce County SHIBA Facebook page and LIKE US! (<https://www.facebook.com/pages/SHIBA-of-Pierce-County-WA/365356553578555>) Send your Facebook page links and SHIBA will return the favor by liking you on Facebook! Contact Heather Little, SHIBA Volunteer Coordinator at 253-593-2111 ext. 112 or heather@southsoundoutreach.org.

LOCAL HAPPENINGS

Apr 3 – National Walking Day

Put on your walking shoes (and dress for the weather!). Join the [American Heart Association South Sound](#) for this special walking event. Held at Wright Park in Tacoma. Meet at the white lions on the 6th Avenue side. Welcome at 11:30 a.m. Walk from noon to 1 p.m. Special “Garden Walk” with narration by Tacoma Parks. More info contact Julia Falvey @ (253) 572-4945. If you can’t join the AHA at Wright Park, walk in your neighborhood or at your place of work. The message is “walk!”

Apr 3 - Annual Technology Conference and Showcase

Sponsored by LeadingAge Washington. Location: Marriott SeaTac Hotel [Registration](#)

Apr 5 – Annual Alzheimer’s Regional Conference

This year's keynote speaker is John Zeisel, PhD, author of “I'm Still Here: A Breakthrough Approach to Understanding Someone Living with Alzheimer's,” dementia-friendly communities pioneer, and founder of Artists for Alzheimer's, and the Hearthstone Institute, which offers programs internationally and nationally on the I'm Still Here approach to care. This year's event covers research, treatment, elder law, dementia basics, dementia care, behaviors and activities. Access everything you need to know about the conference on the [Discovery 2013 conference website](#). Return as often as you like to make changes, receive immediate automated responses, and administer group registrations. Held 8:30 a.m. to 3:45 p.m. at the Washington State Convention Center in Seattle.

Apr 8 – Universal Design: Aging in Place...Thoughtfully

Pierce County Aging & Disability Resources, in partnership with Rebuilding Together South Sound, offers a special workshop to help homeowners start thinking about aging in place. This workshop will show how homes can be comfortable and barrier-free and provide many practical ideas and alternatives for a home’s exterior and interior that can be used to make a home livable for many, many years, regardless of a person’s physical condition. Additional community resources will also be provided. The workshop is free and open to the public. Held twice this day: 12:10 – 12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S 35th Street in Tacoma; 7:00 – 8:00 p.m. at the University Place Branch Library, 3609 Market Place W., Ste 100. in University Place.

Apr 9 – Free Business Planning Webinar

Are you an entrepreneur with a disability who needs a business loan for your small business? Need help writing your business plan? Then sign up for Washington Access Fund's FREE accessible web-based meetings! The next series begins Tuesday, April 9th from Noon to 1:30 p.m. and runs weekly (on Tuesdays for 7 weeks) until May 21st. To register e-mail: Kathy@washingtonaccessfund.org, call (206) 328-5116 or TTY 1-888-494-4775.

Apr 9 - Generations Alzheimer’s:

In 2011 the first baby boomers starting reaching 65 years of age. This presentation explores the impact that baby boomers and Alzheimer’s disease will have on our already overextended and social services systems. You will gain a better understanding of and ability to plan for the new era of care giving that this demographic change will bring about. Held at 2:00 p.m. at Olympic Alzheimer's Residence, 3025 14th Ave., NW in Gig Harbor. Free. Contact Kathy Wells at (253) 851-5306.

Apr 9 – Self-Esteem Workshop

Find out what is self-esteem and ways to improve self-esteem. Take part in activities that teach you about what helps and harms self-esteem. This is a TACID Wellness & Peer Support Program. Held 3:00 – 4:30 p.m. in at TACID, 6315 S. 19th Street in Tacoma, Room 5. To register contact Darren Clancy at (253) 565-9000 Ext. 20.

Apr 10 – Universal Design: Aging in Place...Thoughtfully

(See April 8 for description) Held twice this day: 12:10 – 12:50 p.m. at the County City Building Rainier Conference Room, 930 Tacoma Ave S, 7th Floor in Tacoma; 7:00 – 8:00 p.m. at the Sumner Branch Library, 1116 Fryar Avenue in Sumner.

Apr 13 - Puyallup Health and Wellness Fair

This annual breakfast event will host an educational forum with topics to include legal, financial and healthcare issues which are currently being faced by our seniors and/or our soon-to-be seniors. Multiple service vendors will also be on site from to answer any questions you may have related to healthcare. Rajiv Nagaich, Elder Law Attorney, will broadcast his weekly radio program from the site. Tickets for the breakfast (\$4.00 adults and \$1.00 children 6 & under) will be sold at the door. All are welcome to attend. Held at the Puyallup Activity Center, 210 West Pioneer; 8 a.m. – 12 noon.

Apr 13 – Diabetes Expo

The Expo includes health screenings, cooking demonstrations, product and service exhibitors, as well as leading experts talking about diabetes management, research and prevention. Get the latest information on preventing and managing diabetes and its deadly complications to help keep you and your family healthy. Learn how to live healthy, be active, and change the future of diabetes for you and your family. Event is free. Held at the Washington Convention Center in Seattle. [Get info and registration.](#)

Apr 13 – Welcome to the World of Autism!

Join Steve Becker, Ph.D. – nationally recognized expert on Autism and Asperger's Syndrome – to learn answers to your biggest questions: What IS Autism? What should I expect? How can I plan for the future? What resources are available in my area? Where do I go for help? Held noon to 1:30 p.m. at the Tacoma Public Library, Olympic Room, 1102 Tacoma Ave. South in Tacoma. Free. Register by emailing: stevebeckerassociates@comcast.net.

Apr 16 – Reason To Hope Breakfast (Tacoma)

The Alzheimer's Association of Western and Central Washington hosts [2013 Reason to Hope Breakfasts](#). At these inspiring, one-hour events you will learn about the work here of the Alzheimer's Association. You'll learn about the critical support, care and Alzheimer's disease education we provide at no cost to the individuals and families we serve, as well as how we are funding research to develop better treatments that will bring us closer to a world without Alzheimer's. The breakfasts are free to attend, and at the program's conclusion, guests are given the opportunity to reinforce their commitment to the Alzheimer's Association by making a contribution. Please note: Seating is limited! Please RSVP to reserve your seat today. To learn about sponsorship, hosting a table, and to RSVP, contact Sally Chong at schong@alz.org or 206-529-3865.

Apr 17 – Emotional & Memory Wellness Benefits of Creative Art Therapy

Join Behavioral Health Creative Arts Therapists from Auburn Medical Center at this monthly roundtable event. Held in the 3rd Floor Conference Room 1&2 from 12:30 p.m. to 1:30 p.m. at 202 N Division St. in Auburn. Program is for clinical and non-clinical health care professionals serving adults age 45 and over. RSVP: (253) 333-2521.

Apr 19 –Medicare Changes and Hospitalization

Find out what to expect as Medicare changes and how to reach the best outcomes. Presentations by Dr. Nancy Fisher, CMS Chief Medical Officer, Region X and Dr. Sharon Eloranta, Medical Director, Quality and Safety Initiatives. Held at Foundation House, 32290 1st Avenue S. in Federal Way from 1 to 3 p.m. RSVP by calling (253) 838-8823.

Apr 23 – Survivor-Dementia Island:

Receiving a new diagnosis of Alzheimer's leaves families stunned and often lost. Where should I turn? What help do we need? What happens next? Is my life over? This presentation answers these questions, and many more. It provides resources for the support and assistance that will help people to take charge and to navigate their journey of Alzheimer's. Held at 2:00 p.m. at Olympic Alzheimer's Residence, 3025 14th Ave., NW in Gig Harbor. Free. Contact Kathy Wells at (253) 851-5306.

Apr 24 - Washington State Crime Prevention Association Spring Conference

Committed to ensuring that crime prevention information reaches those who will benefit the most, the WSCPA is allowing a special registration opportunity. For a donation of \$15 you can attend the session Crimes Against the Elderly, which will be held from 1 to 4 p.m. at the Holiday Inn in downtown Everett. [More information and registration online](#). Indicate on the form that you are registering for the Elder Crimes session and the manner in which you are enclosing your \$15 donation.

Apr 25 – Survival Mindset: How to survive an Active Shooter incident

Pierce County Emergency Management and the High Risk Populations Disaster Planning Coalition help you learn what you can do to get into a survival mindset. Most dangerous situations are unpredictable and evolve quickly. Most incidents are over within minutes so we must be prepared to deal with the situation until law enforcement personnel arrive. Training is designed to acquaint you with specific steps you can take to assess a potential threat and plan your response or escape should you be confronted with a dangerous situation. Held 1:30 to 3:30 p.m. at Sprinker Recreation Center, 14824 C St. in Tacoma. [Register online](#). If ADA accommodations are needed RSVP by April 18.

Apr 25 – South Sound's 19th Annual Dining Out for Life Event

Dine at any of the 60 participating restaurants for breakfast, lunch or dinner on Thursday, April 25, and 25% of food and non-alcoholic beverage bill will be donated to support HIV/AIDS prevention, care, and advocacy in Pierce, Thurston, and Lewis Counties. Delicious, right? Make your reservation today to Dine Out, and Fight AIDS! For a full list of participating restaurants, www.diningoutforlife.com

Apr 27 – National Prescription Take Back Day

Help older adults and persons with disabilities in your community empty their medicine cabinets of unwanted or expired medications on National Prescription Drug Take-Back Day. Prevent accidental overdose, abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. The Drug Enforcement Administration and local partners will hold a National Prescription Drug Take-Back Day at sites nationwide from 10 a.m. to 3 p.m. The service is free and anonymous, no questions asked. If you are interested in partnering with a local law enforcement agency to provide a venue for your community to dispose of unwanted or unused medications [click here](#). You will also find helpful resources to promote this event, such as the [Partnership Toolbox](#).

Apr 29 – Medications & The Older Adult

This workshop will introduce participants to problems of polypharmacy, developing good medication management protocols and knowing when to utilize the skills and services of a professional pharmacist. This class will cover the basics of medications for older adults for pain, diabetes and high blood pressure. Instructor is Petty Odegard, PharmD, Professor & Chair Department of Pharmacy, University of Washington Held 2:00 to 4:30 p.m. at the 2100 Building, 2100 24th Avenue, S. in Seattle. Fee: \$45. CEUs available. To register open attached flyer or go to www.bgreenmsw.org

May 4 – 4th Annual NWPF Wellness & Parkinson's Conference

The conference theme is “Moving Towards Wellness: Tools for Improved Quality of Life for the Parkinson's Community.” Presenters include Dr. Monique Giroux, “Personal Healing”; Dr. Jennifer Witt, “How Medications Work for You”; and Jeffrey Shaw PhD, “Mutual Caregiving.” Held in Everett at the Edward D. Hansen Conference Center at Comcast Arena, 2000 Hewitt Avenue from 10:00 a.m. to 2:30 p.m. [Click here for more info or to register.](#)

May 15 – HopeSparks Annual Breakfast – The Best Is Yet To Come

Event supports Relatives Raising Children, Family Support Services, Early Learning and Healing Hearts Counseling. Held at the Tacoma Trade & Convention Center, 1500 Broadway in Tacoma from 8 to 9 a.m. Cost: Complimentary. [Click here for more information and to RSVP.](#)

May 17 – Project Homeless Connect

This quarterly event provides a wide variety of social services to homeless men, women and children. Free on-site information and/or services that may be available: Prescription Drug Help, Child Support, HEN, Taxes, Tobacco Cessation, Eyeglasses, Chemical Dependency, DSHS, Adult Dental, WIC, Veteran's Affairs, Fair Housing, Lunch and Refreshments, Child Developmental Screening, Limited Medical Specialists, Child Immunization, Event Pet Day Care, Pet Flea Treatment, Haircuts, Social Security, HIV/AIDS testing, Hepatitis A/B, Primary Medical, Access Point 4 Housing, Toiletries, Flu Shots, Socks, Domestic Violence, Legal Services and more. Held at Calvary Community Church, 15116 Gary St. E. in Sumner. Doors Open 9 a.m. to 3 p.m. Services available until 5 p.m.

May 23-24 – Traumatic Brain Injury 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. Sample workshop topics include: TBI 101 for Professionals, Pediatric TBI Resources, Journaling for Caregivers and Yoga as a Strategy for Resiliency. Held at the Marriott Hotel, Seattle-Tacoma Airport. Cost: \$175 (includes both days, lunch and refreshments, resource fair to highlight TBI services, programs, and resources.

May 30 – All Star Caregiver Appreciation Banquet

June 3 – Challenges In Caregiving Conference, Tukwila

This annual caregiving conference training conference will be held at the Tukwila Community Center in Tukwila. The conference is designed to provide current, practical skills and resources that community caregivers can use in their daily caregiving responsibilities. It 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, social service or mental health professionals who work with family caregivers. \$30 Early Registration (by May 15) for individual caregivers. Scholarships are available for unpaid family caregivers. \$50 Early Registration fee for agency-based caregivers. 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 brochure and registration materials call 1-800-422-3263 or (360) 725-2544. [View event flyer.](#)

June 10 – “The Sun and Your Skin: Know What the Sun Can Do”

Whether you are working in the sun or just enjoying that warm feeling, it's best to know what the sun is doing to you – both good and bad. Get the scoop on what is healthy exposure to sunlight and what can cause lasting effects. Find out the truth about who is most vulnerable, what ages are most at risk, sunscreen products, how much UV protection you need, which ones work and which ones are a waste of money. Held twice this day: 12:10 – 12:50 p.m. at the Pierce County Annex Main Meeting Room,

2401 S 35th Street, Tacoma; and 6:30 – 7:30 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Ave S., Tacoma. For more info call (253) 798-4600.

June 12 – “The Sun and Your Skin: Know What the Sun Can Do”

See June 10 for description. Held twice this day: 12:10 – 12:50 p.m. at the County City Building 7th Floor Rainier Conf Room, 930 Tacoma Ave S, Tacoma; and 6:30 – 7:30 p.m. at the Sound View Building Conference Room, 3611 S. “D” Street, Tacoma. For more info call (253) 798-4600.

June 14-15 – Tacoma Relay For Life at Mt. Tahoma High School

Event is a 24-hour walk in support of cancer survivors and cancer research. Walk begins at 6 p.m. Includes a special community information and resource fair from 4 to 8 p.m. on Friday night. Sign-up and donate at [event website](#).

June 15 – World Elder Abuse Awareness Day

The National Center on Elder Abuse (NCEA) urges individuals, families, community groups, organizations, and businesses to “[Take A Stand](#)” by participating in elder abuse awareness and prevention efforts. There are many ways to become involved, from attending or organizing a World Day event, to visiting an older neighbor who lives alone, to volunteering for a program that benefits seniors, to organizing a fundraiser to support a local abuse prevention initiative. [Learn more](#). Also, check out Ageless Alliance, a new grassroots movement focused on stopping elder abuse. The initiative is building awareness of elder abuse, providing support to survivors, and helping people take action in their communities. [Learn more about the Alliance](#).

June 17 – The Sun and Your Skin: Know What the Sun Can Do

After months of gloom, the sun is about to make its annual comeback. Know what’s healthy and what’s not when it comes to being in the sun. A collaborative presentation of the Pierce County ADRC and Cascade Eye and Skin Centers. Held twice this day:

- 12:10 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35th Street, Tacoma
- 6:30 p.m. at the Summit Branch Library, 5107 112th St., E., Tacoma

June 18 – Social Security After Retirement

Learn how to make the most out of your Social Security benefit. Presenter is Kirk Larson from the Social Security Administration. Everything you could possibly want to know – and more!. Held 4:30-5:30 p.m. Location: Evergreen Tacoma Lyceum Hall, 1210 6th Ave., Tacoma. Sponsored by Pierce County ADRC.

June 18 – Pierce County High Risk Population Disaster Planning Summit * New Date**

Held at the Pierce County Environmental Services Building in University Place, 8:00 a.m. to 3:30 p.m. Hear about ‘boots on the ground’ experiences from Hurricane Sandy. Learn about new recommended Disaster Core Competencies for Social/Human Service agencies and their staff. See what transportation issues occur during emergencies in Pierce County. Contribute to the timely notification and warning of non-traditional populations. Intended for any individual, agency, organization or business that is interested in disaster planning for the area’s high risk (vulnerable) populations. Continental breakfast and lunch catered by Murph’s BBQ will be provided to participants at no cost (vegetarian option available). A free event, but [please register](#) by June 11. Include requests for ADA accommodations. Contact Sheri Badger at (253) 798-2204 or sbadger@co.pierce.wa.us.

June 19 – The Sun and Your Skin: Know What the Sun Can Do

(See June 17 for description) Held twice this day:

- 12:10 p.m. at the County City Building, 930 Tacoma Ave. S., Tacoma

- 6:30 p.m. at the Soundview Building, 3611 S. D Street, Tacoma

June 22 – Senior Prom

Franke Tobey Jones Community sponsors this annual extravaganza for older adults who want to relive those wonderful days of long ago when they were “the other kind of senior.” Held 6 to 9 p.m. at Stadium High School. More information to come.

Sept 14 - Walk to End Alzheimer's

Save the date. The South Sound Walk will be held at Thea’s Park, 535 Dock Street in Tacoma at 8:00 am. [More details](#) to come.

Q&A of the Month

Question: I’m getting close to retirement. I don’t have huge savings or a fancy portfolio. What should I consider for my basic living needs.

Answer: The Elder Economic Security Standard Index for 2013 provides a startling picture of the costs that older adults face in retirement. The “Elder Index” illustrates in a broad-brush sort of way how much it really costs to live in our state. The findings are based on accurate real-time costs for older people — both singles and couples. In a nutshell, basic needs for living at home with a mortgage are (individual/couple): Housing including utilities, taxes & insurance (\$1,411/\$1,411); Food (\$251/\$461); Transportation (\$238/\$368); Health Care in good health (\$426/\$852); Miscellaneous (\$282/\$435); Total Monthly (Index) Expenses (\$2,608/\$3,527); Total Annual (Index) Expenses (\$31,296/\$42,324). These numbers represent a bare minimum. Look closely at your income from Social Security and all other sources. The annual increase in cost of living for retirees has typically failed to keep up. Retirement isn’t cheap. It takes planning but also thoughtful living adjustments when you drop from the work force. Think it through carefully.

NATIONALLY

Sequester Effects On Seniors Becoming Clearer

The Administration for Community Living (ACL) has issued state-by-state estimates of the cuts’ impact on Older Americans Act programs, including meals and home and community-based services. And Social Security says beneficiaries can expect longer waits for help. Meanwhile, Congress is working to put the finishing touches on long-overdue FY13 funding decisions. [Learn the latest](#) | [See ACL’s state estimates](#)

Livable Community Indicators for Sustainable Aging in Place

Aging in place has the potential to benefit not only older adults, but also their families, their communities, and their governments. The MetLife Mature Market Institute has produced a new report with a goal to identify an initial list of indicators that can be measured using information that is readily available to local governments, providing a low-cost way for cities and towns to begin to examine the needs of their aging population. [Click here for highlights and full report.](#) (Source: MetLife)

2013 Alzheimer's Disease Facts and Figures

The Alzheimer's Association has released the 2013 Alzheimer's Disease Facts and Figures. This comprehensive report contains the latest on prevalence, mortality, impact on caregivers, and cost to the nation. The report also contains data on the impact of Alzheimer's disease in every state across the nation. [Release of Alzheimer's Association 2013 Alzheimer's Disease Facts and Figures](#) (Source: Alzheimer’s Association)

Internet Closed Captioning Rules Take Effect

Rules requiring closed captions on live and near-live programming delivered via Internet protocol (IP) take effect on March 30, 2013. Captions make video programming accessible to viewers who are deaf or hard of hearing by visually displaying the audio portion of the video programming. The rules apply to IP-delivered video programming that meets the certain following criteria. [FCC Press Release](#). (Source: FCC)

New Data Collection Guide Now Available

To help LTSS providers collect the information they need to better serve LGBT older adults, SAGE’s National Resource Center on LGBT Aging has released a new publication: [Inclusive Questions for Older Adults: A Practical Guide to Collecting Data on Sexual Orientation and Gender Identity](#). This 28-page guide was created to help service providers ask questions about sexual orientation and gender identity in safe and respectful ways. Relying on research and real-world knowledge and experience, the guide outlines why collecting data on LGBT older adults is important for service delivery; how to incorporate sexual orientation and gender identity questions into client forms; and helpful suggestions for discussing sexual orientation and gender identity with older clients. (Source: SAGE USA)

Crisis Line Available for Veterans

The [Veterans Crisis Line](#) connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text messaging. Veterans and their loved ones can call 1-800-273-8255 and Press 1, [chat online](#), or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for [deaf and hard of hearing individuals](#) is also available. [Get help for a veteran now](#).

Law Protects Consumers From Worst Insurance Practices

HHS has issued a final rule that implements five key consumer protections from the Affordable Care Act, and that makes the health insurance market work better for individuals, families and small businesses. More information on how this rule helps create a better health insurance market for consumers is available [here](#). Access the full text [here](#). (Source: SHIP Resource Center)

PLAN AHEAD – JUNE IS...

Cataract Awareness, Dairy Alternative, Men’s, Migraine Awareness, Aphasia Awareness, GLBT Awareness, Fruit & Veggies, Safety and Professional Awareness Month; Headache Awareness (2-8), Dystonia Awareness (3-10), Men’s Health (10-16), Nursing Assistants (13-20), Lightning Safety (23-29) and Prevention of Eye Injuries (27-7/4) Weeks; Heimlich Maneuver (1), Cancer Survivors (2), Abused Women and Children’s Awareness (9), Alcoholics Anonymous Founders (10), Family History (14), Elder Abuse Awareness (15), World Refugee (20) and Public Service (23) 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.