



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

Aug 1 – “Care Transitions,” Nellis Kim, ADR

Sept 5 – “Falls Prevention,” Val Gish, Tacoma Trauma Trust

Oct 3 – No meeting (Alzheimer’s Caregivers Conference Day)

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 Julie Moorer at (253) 583-2008

August 8 – “Transportation Challenges in Pierce County,” Margaret Tully; Penny Grellier

Summer Service Project: Senior Pet Food Pantry

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.

Aug 7 – 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.

Aug 21 – Emeritus of Federal Way, 31002 14th Ave S., Federal Way

253-941-0156 Schedule of meeting locations and times at www.secoalition.com

LOCAL SERVICES

Senior Farmers Market Vouchers are STILL Available!

If you missed our distribution dates in June and July, you still have an opportunity to receive a set of Senior Farmers Market Vouchers this season. Pierce County Community Connections staff will be at the Lakewood Farmers Market on Tuesday, August 6th between 11 a.m. and 2 p.m. to distribute the last remaining vouchers. Call Mickie Brown at (253) 798-7376 before August 6 to register for a set of vouchers. To be eligible for the vouchers, you must: 1) be 60 years of age or older, or 55 years of age or older for American Indian and Alaska Native residents; 2) have gross monthly income of \$1,771 or less for a single person household or \$2,391 or less for a 2-person household (call for info about larger households); 3) live in Pierce County; 4) be able to come to the Lakewood Farmers Market in person on August 6 to sign for your vouchers. Limit of one set of vouchers per household!

New “Where To Turn” Guides Coming

The 2013-2014 Where To Turn guide, produced by Lutheran Community Services and Senior Media Services, is soon off the presses. Quantities will be available in mid-August. Where To Turn comes in bundles of 25 or cases of 225. They will be available at numerous networking meetings; pick up at Lutheran Community Services (223 N. Yakima); or by calling the Aging & Disability Resource Center at (253) 798-4600.

Pierce Transit Cancels Cuts

Pierce Transit said it intends to cancel the reduction scheduled to take place on September 29. The agency said it intended to cut more than 80 transit jobs and slash bus and shuttle service more than 100,000 hours a year, hitting weekend riders especially hard. Among the hardest-hit would be riders in outlying areas, where transit boundaries already receded last summer. But Pierce Transit says that sales tax revenue — by far the biggest driver of its budget — increased during the first four months of this year and the cuts can now be averted. More info at www.PierceTransit.org.

Free Chronic Disease Workshop Available Now

Do you know someone who is living with a chronic condition such as arthritis, diabetes, or heart disease? [NCOA and Pierce County Community Connections are offering a FREE online chronic disease workshop for Pierce County residents!](#) Better Choices, Better Health® was developed by Stanford University and has been proven to help people with chronic conditions: Find practical ways to deal with pain, fatigue, and stress; Discover helpful nutrition and exercise tips; Make informed treatment decisions; Better communicate with doctors and family members. Participants log into the workshop from their own computers for just 2 hours a week over 6 weeks. All participants receive a FREE workbook plus online resources to help them live healthier. [Register now.](#)

Basic Health Program Closes at End of 2013

With federal health reform starting Jan. 1, 2014, the state’s Basic Health program will officially end Dec. 31, 2013. The program [will send an initial notice to members on July 10](#) with a more detailed letter later in the year. When options become available this fall through the Washington Healthplanfinder, Basic Health staff will assist clients with transitioning into a new health plan.

Health Homes Are Coming

A Health Home is a network of services that provide close coordination of primary and behavioral (mental health/substance-use) services. Health Homes are most commonly, but not always, focused on serving individuals with one or more chronic health conditions. As defined by the Centers for Medicare and Medicaid Services (CMS), a health home provides six specific services beyond the clinical services offered by a typical primary care provider. The Health Home network will offer six specific services: Comprehensive care management; Care coordination and health promotion; Comprehensive transitional care and follow-up; Patient and family support; Referral to community and social support services; Use of information technology to link services, if applicable. [Learn more](#) at the WA State Health Care Authority.

Tool Kit for Active Living with Chronic Conditions

Do you experience fatigue, frustration, or pain? Take medications regularly? Have problems sleeping? Feel unhappy sometimes? Take advantage of a new free research study by participating in the Active Living with Chronic Conditions Tool Kit Program and Research Study. The Tool Kit is a mailed version of the successful Stanford Chronic Disease Self-Management Programs (CDSMP). The Tool Kit will be mailed to you including a “Living a Healthy Life with Chronic Conditions” book, an Exercise CD and booklet, a Relaxation CD, tip sheets, and a self-test. The Tool Kit is yours to keep!

Contact Stanford, complete a questionnaire, use the Tool Kit, and complete another mailed survey 6 months after receiving the Tool Kit. People with diabetes will also be asked to complete home blood tests, and will receive the results. All participants with diabetes will also receive home A1C blood test kits and be sent the results. Stanford will supply all pre-paid mailing supplies. For more information contact Stanford toll free 1-800-366-2624.

Washington State Council on Aging Vacancies

The Washington State Council on Aging (SCOA) is seeking candidates from the community who are committed to advocating for the elderly; drawing attention to the significant increase in the senior population occurring over the next 3 decades & the need for aging ready community planning; and contributing to the discussion about how our long term supports system can adapt to meet increased need. The SCOA is recruiting to fill one at-large position representing Western Washington. The Council meets eight times per year in SeaTac. This is a volunteer position. Members are reimbursed for travel expenses and per diem. Persons who are eligible and interested in serving are invited to submit letters of interest along with their resumes to the Governor's Office of Boards and Commissions at <https://fortress.wa.gov/es/governor/boardsapplication>. Applicants who cannot access the online application process may request a hard copy of the application by calling (360) 902-4110.

Tell Disability Rights Washington what to do!

DRW wants to know what you think our priorities should be - this year more than ever! Sequestration has reduced our budget so we need to learn what you think are the best uses of our limited resources. Let us know what you think by following this link and completing the form. [Input Form for DRW's 2014 Priorities](#).

The Hoarding Project Offers Help

Helping people who hoard is difficult. A simple clean-out is rarely a long-term solution. Serious counseling is often required. The Hoarding Project of Pierce and King Counties is now offering reduced fee therapy services for groups, individual and family therapy, consultation, and home visit services for individuals and families who are affected by a hoarding Disorder. For more information contact Jennifer@thehoardingproject.org or call (253) 642-6108. The Hoarding Project also offers support groups for family members and friends of people who hoard. Tacoma Groups: Meet the 1st Thursday of each month: Support group for people who hoard: 5:30-6:30 p.m.; Family and Friends Support Group: 7:00-8:00 p.m. Meetings are held at the One Pacific Building, 621 Pacific Avenue, Suite 300, Tacoma. Suggested donation \$10 per person. Please visit www.thehoardingproject.org.

SAIL Program Leader Training Opportunities

Two one-day training seminars will be offered in Pierce County for SAIL(Stay Active and Independent for Life) Program Leaders. This seminar provides an overview of the SAIL Program. Attendees should have a plan for setting up a SAIL Program in their organization and community. Attendees will be ready to establish and lead a SAIL Program upon successful completion of this class. The "Stay Active and Independent for Life" (SAIL) Program is an evidence-based intervention for prevention of falls in older adults. The SAIL Program includes a fitness class designed especially for older adults, as well as educational materials and self-assessments. Class from 8 am to 5 pm with a one hour lunch break. Held Friday, September 13, 2013 at Peoples Retirement Community in Tacoma or Saturday, September 14, 2013 at Pacific Lutheran University. Questions? Contact Laurie Swan at (253) 209-7837 or e-mail laurie@synapticseminars.com.

FTJ Hosts Annual Concerts on the Lawn

Franke Tobey Jones will hold its annual summer series of Concerts on the Lawn every Thursday evening in August. Bring your family, friends, a picnic, lawn chairs, blankets and have a wonderful

time. All concerts are free. Aug 1 – Route 66 (16 piece band), Aug 8 – Miss Rose and her Rhythm Percolators (music from the 20's), Aug 15 – The Voetberg Family (bluegrass), Aug 22 – Puget Brass (British Brass Band) and Aug 29 – Pearl Django (Jazz).

Sound Vista Village Offers New Short Stay Care

Short Stay Care is designed for caregivers who could use a well-earned break as well as for seniors who are being discharged from a hospital or nursing home but are not quite ready to go home. Service includes all daily meals, housekeeping and laundry. Call for rates and availability. Visit the [Sound Vista Village website](#). Ph: (253) 851-9929

Check Out Shared Housing Services' New YouTube Channel!

Shared Housing Services has had features in the local news and other media recently. They have created a YouTube channel as a way to organize and share video footage with supporters! [Subscribe to the SHS YouTube channel](#) to see and spread the word on the latest happenings at Shared Housing Services.

Pierce Transit Board Adopts Agency's Strategic Direction

The Pierce Transit Board of Commissioners defined a new strategic direction for the Agency that will lead to a three-year strategic plan. The Pierce Transit 2014-2016 Strategic Plan will focus on the following five elements: 1) Operational Excellence: Safety - Customer Service - Efficiency - Labor and Employee Relations; 2) Financial Stability; 3) Tailored Community Solutions; 4) Public Perception; and 5) Service hour allocation (devoting 85% of the Agency's available service hours to higher-efficiency routes and 15% to developing markets and innovative, tailored solutions).

Governor's Committee Membership Recruitment

The Governor's Committee on Disability Issues and Employment is currently recruiting applicants to fill various positions. If you are a person with a disability, a family member of a person with a disability and/or an advocate, you may apply to be considered for appointment in January 2014, by Governor Inslee. These appointments may be one to three years in duration. The Committee advises the Governor, Legislature, state agencies, the business community, organized labor, public and private organizations and the general public on disability issues and concerns and makes recommendations to address those concerns with an emphasis on increasing opportunities for independence and employment. The due date for applications is August 30, 2013. For an application or questions, contact Debbie Himes at dhimes@esd.wa.gov or 360-725-9511.

Annual Census Results Show Decline in Homelessness in Washington State

Homelessness has decreased throughout the state, according to [numbers released](#) by the Washington State Department of Commerce. The numbers are from the statewide annual Point in Time Count that took place January 24, 2013. The reduction in homelessness can be attributed to an increase in programs addressing the issue by providing resources to help people into their own permanent housing with temporary rental assistance. The annual Point in Time Count of homeless people counts individuals and families living in places not designed for sleeping or in emergency shelters or transitional housing. The count captures one night out of the year. For more information, visit the [Point in Time Count page](#) on the Commerce website.

New Brief Compares Key Points of the Six Proposed Duals Demonstrations

The Kaiser Family Foundation (KFF) released an issue brief comparing key provisions of the six approved financial alignment demonstrations for dual eligibles – people eligible for both Medicare and Medicaid. The Centers for Medicare & Medicaid Services (CMS) has approved memoranda of understanding (MOUs) with Washington and 5 other states. Washington will test a managed fee-for-

service (FFS) model whereas the other states are approved to test managed care capitated models.

[Read the issue brief.](#)

Health Care Authority Renames its Programs

Washington State's Health Care Authority is applying a new brand for adults enrolled in Medicaid programs – a population that is expected to surge dramatically next year as new eligibility rules go into effect under the Affordable Care Act. The new brand – Washington Apple Health – capitalizes on the successful children's medical brand, Apple Health for Kids, which was adopted in 2008. Using Washington Apple Health will also help prevent confusion this fall as Medicaid expands its eligibility rules under the federal Affordable Care Act. Analysts predict the new rules will expand Medicaid enrollment by up to 328,000-plus beginning January 1, 2014. That's because the eligibility ceiling for adult enrollment changes from about 50 percent of the federal poverty level to 138 percent – a jump of about \$500 a month to \$1,322. For a family of three, the new eligibility rules would set the monthly Washington Apple Health income ceiling at \$2,246 and the annual income limit at \$26,951.

Care Transition Webinar Series Offered by LeadingAge

This 5-part series has several learning objectives: How to plan, prepare and execute a readiness readmission's audit of your facility! What partnerships along the care continuum are necessary and how to reach out beyond the physical walls of your campus! Learn what conversations you need to be having with your local hospitals and how to accomplish them. How to mix-up your business model – what additional opportunities are out there! Finally, an update on the State's Manage Care programs – how the State's plan will impact your business. Intended for administrators from nursing homes and assisted living, nursing, social workers, admissions, therapy, marketing and business office staff. Held the first Wednesday through December. [More info and registration details](#)

YouTube Highlights Adult Day Health

Cascade Park Active Day has provided a new video featuring the Adult Day services. Learn more about the program by [clicking here!](#)

LOCAL HAPPENINGS

Aug 2-5 – Achieving Momentum: The Arc's 2013 National Convention

Take advantage of this rare opportunity to learn more about the Arc and the many issues and concerns members have. Learn about new resources. Held at the Hyatt Regency in Bellevue. View the National Convention 2013 event flyer [here!](#) For more information and to register, [click here!](#)

Aug 7 – Family Ice Cream Social

TACID is holding a “Family Ice Cream Social” for parent/guardians of children with disabilities and a great opportunity for parents/guardians to socialize and have some fun. The event is free of charge and we encourage parents/guardians to bring their children as there will be onsite activities for them as well. RSVP by calling 253-565-9000 ext. 20.

Aug 8 – Free Screening of “Inocente”

Join MDC at the Grand Cinema in Tacoma for a free screening of the Academy Award-winning documentary, “Inocente.” At 15, Inocente refused to let her dream of becoming an artist be caged by homelessness. This is the story of her personal journey in art to create a world that looks nothing like her own dark past – a father deported for domestic abuse, an alcoholic and defeated mother of four who once took her daughter by the hand to jump off a bridge together, an endless shuffle year after year through the city's overcrowded homeless shelters and the constant threat of deportation. Show at 11 a.m. and 7 p.m. Discussion afterward hosted by Sen. Jeannie Darneille and Rep. Laurie Jinkins.

Aug 9 – Annual Center for Independence Picnic

Enjoy great food, games with prizes, raffle, accessible bicycles and live music. Held noon - 3:45 p.m. For information, directions and RSVP by July 26th call the Center for Independence at (253) 582-1253, Toll Free: (800) 724-8172.

Aug 14 & 15 – Two Autism Trainings Open to the Public

The Developmental Disabilities Administration and Services Alternatives, Inc. are providing two free trainings focused on autism, featuring Dr. Travis Thompson, a licensed psychologist with many years of experience in autism, developmental disabilities, behavioral analysis and behavioral pharmacology. The first workshop, scheduled for August 14, focuses on childhood autism and early intervention strategies. The second workshop, scheduled for August 15, focuses on behavior challenges in school age and adults with autism and related developmental disabilities. Both workshops are at Highline Community College. More information about the trainings and how to register are on the [home page of the Informing Families Building Trust website](#).

Aug 16 – Workshop Focuses on Thinking Ahead

Ready or Not? Are you prepared to protect your home, your assets and family if you take ill or die. Many thought they were but realize their information was out dated or their wills outdated. Don't wait until you have no voice and family members are unable to step in to help. People ask these same questions only to find that their personal documents are out dated or they just don't know where to go to find the answers. Take advantage to speak to a funeral director in the various options of burials, veteran benefits, Pierce County Aging & Disability Resources, Veteran Officer about your veteran benefits, and legal advisors about Wills, power of attorney and other legal questions. Held 10 a.m. to 2 p.m. at Experience Church, 10012 122nd St E. in Puyallup.

Aug 19 – Natural Disaster Awareness for Caregivers of Senior Citizens

DSHS is working with Washington State Emergency Management Division to provide FREE training to paid and unpaid caregivers of older adults. The training includes the potential types of natural disasters residents might face in different parts of our state. This 4-hour course seeks to address the all-hazards comprehensive emergency management needs of senior citizens – inclusive of all economic, medical, cognitive, and mobility determinants – specifically as they address the actions of the individuals who care for them. It offers participants the knowledge and skills required to assess vulnerability emphasizing the unique characteristics of the senior citizen population. [Register for this training](#) to be held 10 a.m. to 3 p.m. at the Lacey Community Center, 6729 Pacific Ave., SE. 4 CEU's available. The workshop has a Train-the-Trainer component available (a 5-10 min assigned "teach-back" of course material for a limited number of trainers).

Aug 21 – Sexual Behaviors Controversy of What's Appropriate and What's Not

Dr. Douglas Wornell presents at this monthly Behavioral Health Educational Roundtable. Held 12:30 p.m. to 1:30 p.m. at MultiCare Auburn Medical Center, 202 N Division St. in Auburn in the 3rd Floor Conference Rooms 1&2 (elevator D). RSVP: (253) 333-2521 or Ada.allen-harris@multicare.org.

Aug 28 – Area Plan Update

Pierce County Community Connections Aging and Disability Resources (ADR) will host a public meeting on the Draft 2014-2015 Area Plan Update. The plan discusses challenges experienced by older adults and individuals with disabilities living in Pierce County and includes proposed strategies to address these issues. The Plan also allocates 2014 program funding for a number of community-based, long term supports and services. The Update to the Area Plan will be posted on August 14 on the [ADR homepage](#). The meeting will be held at 1:30 p.m. at the Pierce County Soundview Building,

3602 Pacific Avenue, Suite 200. For more information call Mickie Brown at (253) 798-7376.

August 29-31 - Family Cancer Retreat

This Harmony Hill retreat will allow in-depth, high-quality support, focusing on individual and family needs as they relate to the parents with a cancer diagnosis and their children (ages 6-18). Based on Harmony Hill's Extended Cancer Retreat model, this customized program will also provide specific tools and resources for parents and children affected by a parental cancer diagnosis. This summer retreat will include facilitated support group time, guided imagery, art, music, movement, fun outdoor activities, and free time. Please note: There are only a few spaces remaining in this retreat - Please contact victrinia@harmonyhill.org or call 360-898-2363 to apply.

Sept 6 - Caring For People With Dementia

Earn 6 hours of Washington DSHS pre-approved continuing education focused on the care of people with dementia. The training is offered in two sessions, with each session being worth 3 CE's. The morning session is a 3 hour "Keys to Dementia Care." The afternoon session consists of "Making Bathing Pleasant" and "Assessing and Addressing Pain." Register for the entire day, or for either the morning or afternoon session. Registration must be paid by noon, Aug. 30. No walk-ins accepted. Held 9am-12am & 1pm-4pm at Bethel Christian Center, 414 SW 312th St., Federal Way. Call for registration details at (206) 529-3889.

Sept 11-12 – Working Together for Elder Friendly Futures

Annual UW Gerontology conference. What does the future hold for older adults? How can we work together to create a future in which all older people can thrive? Just as it "takes a village to raise a child," those committed to older adults' well-being know that "we're all in this together" to support older adults in the communities of their choice. Held in the newly remodeled Student Union Building (the HUB) in the heart of the park-like University of Washington campus. [Updated information and registration.](#)

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.](#)

Sept 16 – Grandparenting Today

Grandparenting used to be a predictable part of life. But today's grand children live in a much different world and grandparents need to respond in new and unexpected ways. From texting and skyping to full-time caregiving, grandparents are doing more and more. Some grandparents are becoming "parents" once again. Uncover this new way of life for people in their 60's and beyond and learn what successful grandparenting looks like today. Held twice:

- 12:10 – 12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35th Street, Tacoma
- 7-8 p.m. at Tacoma Lutheran Retirement Community, 1301 Highlands Parkway, N., Tacoma.

More information call (253) 798-4600.

Sept 19 -20 – Northwest ADA Regional Conference 2013

Learn how the Americans with Disabilities Act in 2013 is reshaping opportunities for citizens with disabilities. The Northwest ADA Regional Conference will bring together an impressive array of speakers to Boise, Idaho, touching on many of the topics important to our work and play. Hear experts from the Department of Justice, the Equal Employment Opportunity Commission (EEOC), the Access Board, and from the Job Accommodation Network, as well as regional authorities. Registration is limited. Check out the [agenda and speakers.](#)

Sept 21 – Staying at the Top of Your Game

An educational forum on managing diabetes hosted by MultiCare Health System. Event includes workshops for all ages, diet information and a health care panel answers diabetes questions. Held 8 a.m. – 12:30 p.m. at Tacoma Community College, 6501 S. 19th Street, Building 11, in Tacoma. To register call 800-485-0205 or www.multicare.org.

Sept 22 - Falls Prevention Awareness Day 2013

The 6th annual National Falls Prevention Awareness Day (FPAD) will be observed September 22, 2013 to promote and increase public awareness about how to prevent and reduce falls among older adults. This year's theme, "Preventing Falls—One Step at a Time," seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls. [Learn more from the National Council on Aging](#).

Sept 27 - Caring For People With Dementia

Earn 6 hours of Washington DSHS pre-approved continuing education that is focused on the care of individuals who have dementia. The training is offered in two sessions, with each session being worth 3 CE's. The morning session is "Dementia and Dining" and "Generation Alzheimer's." The afternoon session is "Sexuality & Dementia" and "Take-Away Activities." Register for the entire day, or for either the morning or afternoon session. All registrations must be paid by noon, Sept. 20. No walk-ins accepted. Held 9am-12am & 1pm-4pm at Bethel Christian Center, 414 SW 312th St., Federal Way. Call for registration details at (206) 529-3889.

Sept 28 – Walk to Stop Diabetes

Participate in this family friendly community event by fundraising, walking and increasing diabetes awareness. The event includes a 1.5 and 5 mile route as well as a light breakfast, vendor fair, entertainment and more. Held at Point Defiance Park in Tacoma. Contact Grace Finch at gfinch@diabetes.org or (206) 282-4616 or [visit the event website](#).

Oct 3 – Pierce County Alzheimer's Caregiver Conference

Topics include how music can enrich the life of the one living with AD, a legal issues panel discussion, how to communicate effectively with the physicians and care team at the hospital, strategies on how to handle embarrassing comments and behaviors, staying healthy while caring for the one with Alzheimer's disease and much more. New location this year – Emmanuel Lutheran Church, 1315 N Stevens St., Tacoma. Reservations required by phone starting August 15 at (253) 798-8787.

Oct 6 – Pierce County Hunger Walk

Associated Ministries is [recruiting Walk Teams now](#) – congregations, businesses, civic organizations, and schools. And we have new creative ideas for funds & food collection for each type of organization. Run starts 1pm; Walk begins 2pm. Entertainment, food, and family fun Noon to 5pm. Held at Fort Steilacoom Park across from Western State Hospital. Half of the proceeds from the Hunger Walk benefit the Emergency Food Network (EFN), Pierce County's non-profit distribution center for more than 70 food banks, hot meal sites and shelters. EFN provides about 75% of food sources for Pierce County food banks and shelters. The other 50 percent goes to local and international hunger relief agencies designated by each walker. For more information, contact Michele Cotton at michelec@associatedministries.org or at 253-426-1507.

Oct 16 – Understanding Inpatient BH Hospitalization and Discharge Planning-BH Social Work

The Behavioral Health Social Work team will present at this monthly Behavioral Health Educational Roundtable. Held 12:30 p.m. to 1:30 p.m. at MultiCare Auburn Medical Center, 202 N Division St. in

Auburn in the 3rd Floor Conference Rooms 1&2 (elevator D). RSVP: (253) 333-2521 or Ada.allen-harris@multicare.org.

Oct 21 – 8th Annual Latino Health Forum

Save the Date. Sea Mar Community Health Centers presents “Transforming Latino Health: Community Engagement and the Affordable Care Act.” Held 8 a.m. to 5 p.m. at the Hilton Seattle Airport and Conference Center. More info contact vIvianaespindola@seamarhc.org.

Oct 23 – Making the Link

Save the date. Held 11 a.m. to 5 p.m. at the Landmark Convention Center in Tacoma. Vendor opportunities will be posted at the [Health Care Providers Council website](#) or at the monthly HCPC networking meeting at Narrows Glenn.

Q&A of the Month

Question: Why do scammers keep preying on seniors?

Answer: Results. It’s all about results that scammers get calling seniors. Older adults are generally more trusting and receptive. A few are lonely and appreciate any phone call, no matter the source. Some, with a little bit of cognitive impairment, can fall victim easier than others. We worry that this fall will see a flood of scams coming with the arrival of the health insurance marketplace for people without coverage. In October, we will see the Washington HealthPlanFinder, a web tool to help folks find coverage. But sure as the winter rains, scammers will be working overtime – under the guise of the Affordable Care Act – to get people of all ages to give up their personal information, Social Security numbers, Medicare numbers, bank account numbers and security codes. Never, ever give any one that information unless you initiated the call and are super-certain that the call is legitimate.

NATIONALLY

Congress Is Heading Home: Are You Ready to Make Your Voice Heard?

Congress is on recess Aug. 3-Sept. 8, and members will be in their home states. This is a great time to educate them about the issues facing seniors and your organization. The new National Council on Aging toolkit includes talking points on key issues—including Older Americans Act funding and reauthorization, Medicare physician payments, and low-income protections—plus tips on how to connect with your legislators. [Use the NCOA toolkit to get started](#) (Source: NCOA)

House Passes Farm Bill Without SNAP

The House passed the farm bill, but only after stripping out the Supplemental Nutrition Assistance Program (SNAP, or Food Stamps). The move was harshly criticized by hunger relief advocates, who say it further jeopardizes the program that helps low-income citizens pay for food. [Read one analysis](#) | [See a statement from Feeding America](#) (Source: NCOA)

LongTermCare.gov Gets a Makeover

Checkout LongTermCare.gov - with its recently revamped design, this site is now much easier to navigate. It’s been around since 2005, so it was time for a refresh. The content on the site is now more digestible and manageable. (Source: ACL)

The YouToons Get Ready for Obamacare

With major parts of the Affordable Care Act (ACA) going into effect in 2014, the Kaiser Family Foundation released a new animated video to help people understand the health care system changes on the horizon. "[The YouToons Get Ready for Obamacare](#)" explains the basic changes in the way

Americans will get health coverage and what it will cost starting in 2014, whether it's through their employer, Medicaid, Medicare, or buying insurance on their own with the help of federal tax credits. Written and produced by the Foundation and narrated by former ABC News anchor Charlie Gibson, a member of the Foundation's Board of Trustees, the animation was developed to inform and educate Americans about what will – and what will not – change under the ACA. (Source: KFF)

Social Security 101: What's In It for Me?

The Social Security Administration has created a 17-minute video introducing Social Security to viewers. The video explains how Social Security works, what the Federal Insurance Contributions Act (FICA) is all about, and how to plan for a comfortable retirement by making easy steps now. [Access the video.](#) (Source: NCOA)

The Takeaway Focuses on Caregiving

The Takeaway is a national morning news program co-produced by PRI (Public Radio International) and WNYC Radio in collaboration with The New York Times and WGBH Boston. The program featured a weeklong series on family caregiving. [Listen to the series “Examining the Lives of America’s Caregivers.”](#) (Source: DSHS)

FY14 Appropriations Process Begins in Earnest

The House and Senate have embarked on the fiscal year 2014 appropriations process with widely divergent funding totals. Nowhere is this more apparent than allocations for the bill that funds the Older Americans Act and many other programs important to vulnerable seniors and their families, where there is a gulf of over \$42.5 billion between the two chambers. Learn more about what's ahead and what you can do. [Read our analysis](#) | [Use our updated budget advocacy toolkit](#) (Source: NCOA)

VA Commits to Building Better Caregivers

The VA Caregiver Support Program is offering Building Better Caregivers to Family Caregivers of Veterans in collaboration with the National Council on Aging. BBC is a 6 week on-line, interactive workshop for Caregivers of all eras. The workshop provides education, support, and training to Caregivers on how to provide care for their Veteran and also how to care for themselves as a Caregiver. Get more information at <http://va.buildingbettercaregivers.org>. Referrals to BBC are done through the Caregiver Support Coordinator at each VA medical center. (Source: VA)

CALM: An Online Suicide Prevention Course

Access to lethal means can determine whether a person who is suicidal dies or survives. The online suicide prevention course, *Counseling on Access to Lethal Means (CALM)*, is designed for people with training and experience in mental health counseling. It explains why lethal means restriction is an important part of a comprehensive approach to suicide prevention. It also teaches how to ask suicidal patients/clients about their access to lethal means and work with them and their families to reduce their access. [Learn more about the course](#) (Source: ACL)

The State of Aging and Health in the US

In the next 25 years the number of older Americans will double to 72 million, due to baby boomers living longer. As we age the leading causes of death are heart disease, stroke, cancer, COPD, adult onset diabetes and Alzheimer's. This report examines 15 key health indicators and current preventative measures. A state report card is featured with ratings of how well each state is doing overall. [CDC Synopsis](#); [CDC Report](#). (Source: CDC)

Sequestration Hits Home Delivered Meals

Due to sequestration, [19 million fewer meals will be delivered to seniors](#) through Older Americans Act funding. (Source: The Nation)

Video Toolkit on Medical Conditions in Older Drivers

The National Highway Traffic Safety Administration (NHTSA) produced [a series of eleven short videos](#) to show how difference medical conditions common among older drivers can impact driving abilities. Conditions include sleep apnea, stroke, Parkinson's, arthritis, vision disorders, and Alzheimer's. (Source: NHTSA)

AARP Blog Series on Long-Term Care

AARP Public Policy Institute (PPI) has developed a series of blogs on topics related to the issues being discussed by the newly formed Long Term Care Commission:

- [States Seize Opportunities to Improve Medicaid Long-Term Services and Supports](#)
- [The Time is Now for a National Strategy to Support Family Caregivers](#)
- [Private Long-Term Care Insurance: Tiny Vessel on a Turbulent Sea](#)
- [The Good News about Medicaid Costs and an Aging Population](#)
- [Supporting Family Caregivers with Leave Policies in the Workplace](#)
- [Medicaid: Program of Last Resort](#)
- [States Move to Coordinate Medicare, Medicaid](#)

To find a listing of reports from the AARP's Public Policy Institute on Family Caregiving and Long-Term Services and Supports (LTSS) issues, [click here](#). (Source: AARP)

New Online Retirement Toolkit

The U.S. Department of Labor Employee Benefits Security Administration, in cooperation with the Social Security Administration, and Centers for Medicare and Medicaid Services, launched a new online retirement toolkit to help workers identify key issues related to retirement planning. The toolkit includes a list of publications and interactive tools to help in your planning, plus information on how to contact these agencies with specific questions. The [Retirement Toolkit](#) addresses employment-based retirement plans, Social Security, and Medicare. (Source: ACL)

Warning: Fake Diabetes Projects on Market

The Food and Drug Administration (FDA) is advising consumers to be on the watch for fake diabetes products. They may contain harmful ingredients or may be otherwise unsafe, or may improperly be marketed as over-the-counter (OTC) products when they should be marketed as prescription products. They carry an additional risk if they cause consumers to delay or discontinue effective treatments for diabetes. Without proper disease management, people with diabetes are at a greater risk for developing serious health complications. Watch [FDA's new video](#) and [learn more](#) to protect yourself. (Source: WOW)

You're The Cure

Americans' lives are touched by heart disease and stroke every day. These are our nation's No. 1 and No. 4 killers. *You're the Cure* – the American Heart Association/American Stroke Association's grassroots network – is a community of fathers and mothers, neighbors and friends, researchers and caregivers, passionate about an America that's free of heart disease and stroke. We advocate for heart-healthy and stroke-smart communities through legislative policies in our cities, states and across the country, and [we hope you'll join us!](#) Take a look at [our video!](#) (Source: AHA)

Delaying Retirement Can Delay Dementia

New research boosts the "use it or lose it" theory about brainpower and staying mentally sharp. People who delay retirement have less risk of developing Alzheimer's disease or other types of dementia, a

