



This newsletter may also be viewed as a PDF at [www.PierceADRC.org](http://www.PierceADRC.org) “News & Events.”

**NETWORKING OPPORTUNITIES**

**Aging and LTC Providers Network**

First Thursday of each month, 8 – 9 a.m.

Lighthouse Senior Center

5016 E. “A” Street, Tacoma

Contact Bob Riler, ADR, 798-7384 or [briler@co.pierce.wa.us](mailto:briler@co.pierce.wa.us)

Feb 7 – “Utility Assistance Options” with Amanda Maxwell, Utilities & Transport Commission

Mar 7 – “Using / Abusing 911 Services” with Dave Lovrak, LESA Communications Officer

**Health Care Providers Council of Pierce County**

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

**Temporary Location \* \* \* 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

Feb 14 – 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.

Feb 6 – La Quinta Inn Tacoma, 1425 E. 27<sup>th</sup> St.

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

**South End (King County) Coalition**

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

Feb 20 – 7:45 a.m. at Avalon Care Center, 135 S 336th St, Federal Way

(253) 835-7453

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

**LOCAL SERVICES**

**Transit Cuts Coming in September**

Pierce Transit’s will cut service by 34 percent as a result of the defeat of a sales tax increase. The cuts will be effective Sept. 29. The reductions mean weekend and holiday service will be eliminated; weekday evening service after 7 p.m. will be reduced; mid-day or peak-hour service on most routes won’t be cut as severely as predicted. PT currently operates 417,000 annual service hours which will be reduced to approximately 275,000 hours. The plan will be made available for riders and the public to review on the agency website shortly. PT will distribute information through print materials, open houses, and presentations. [Look for information regarding agency outreach efforts.](#) A public hearing on the implementation plan will happen in May 2013.

## **Pierce Transit Public Hearing on Title VI**

The Pierce Transit Board of Commissioners' will hold a hearing on Feb 11 to allow public comment on proposed Pierce Transit policies in accordance with Title VI of the Civil Rights Act. The meeting begins at 4 p.m. in the Rainier Room of the Pierce Transit Training Center at 3720 96<sup>th</sup> St. SW, Lakewood. Title VI defines guidelines to avoid discrimination of minority and low-income populations. Information is available at [www.piercetransit.org](http://www.piercetransit.org) or by calling Pierce Transit at (253) 581-8000. Two Open Houses will be held prior: Feb 5, 4:30-6:30 p.m., at Sheridan Elem. School, 5317 McKinley Ave. and Feb 6, 11:30 a.m.-1:30 p.m. at Centro Latino, 1208 S. 10<sup>th</sup> St.

## **Living Well with Chronic Conditions – Free Workshops**

Living Well with Chronic Conditions is a six-session workshop that is helps you make the most of life while managing chronic conditions. Workshops provide the skills and tools to deal with fatigue, frustration and isolation, to manage symptoms effectively, to make informed decision about treatment and to set and meet personal goals. Caregivers of people with chronic conditions are also encouraged to attend. Please contact one of the following community-based partners to register:

- Healthy Communities, Mondays, 3/11 to 4/15, 1 to 3:30 p.m. at Care Medical in Tacoma. Call (360) 786-8690, ext. 127- ask for Living Well registration.
- Allenmore Hospital, Mondays, 3/11 to 4/15, 9 to 11:30 a.m. Register @ (253) 792-6710.
- MultiCare Gig Harbor Medical Park, Tuesdays, 3/12 to 4/16, 2 to 4:30 p.m. Register @ (253) 792-6710.
- Good Samaritan Hospital, Thursdays, 3/14 to 4/18, 9 to 11:30 a.m. Register @ (253) 792-6710.
- AARTH, Saturdays, 4/6 to 5/11, at Salishan Gardens in Tacoma. Register @ (253) 732-8755.

## **New Senior Center Dental Program**

Pierce County Community Connections, Aging & Disability Resources, has partnered with Forever Smiles, Key Peninsula Community Services, and the Buckley Senior Center to offer a limited number of dental cleanings to Key Peninsula and Buckley residents who are 60 years of age or older, who have no dental insurance, have had no dental care in the past two years, and who meet income requirements. Please call the ADRC at (253) 798-4600 for more information or to complete an eligibility screening.

## **AARP Features ADR Board Member**

The [January 2013 AARP Bulletin](#) highlights the story of a former ADR Advisory Board Chair. The profile of Maggie Sweasy provides the context for the “2013 Washington State Aging Agenda.” Sweasy is a long time family caregiver and understands the value of respite care in particular and senior services in general. AARP Washington wants state officials to develop policies to support this growing population in the areas of health care, long-term care services and supports, protections for vulnerable adults, financial security, housing and transportation. Governor Inslee has agreed to an AARP Washington request to hold an aging issues summit in the first six months of his administration.

## **Vendor Opportunities at Annual Caregiver Conference**

The annual Challenges in Caregiving conference will be held June 3 at the Tukwila Community Center. The conference reaches over 400 participants, both unpaid family caregivers and paid caregivers. The event includes a resource exhibitor fair to provide conference participants valuable information and materials related to caregiving, providing an excellent opportunity to acquaint a potential broader consumer base with your business and services. To learn more about becoming a vendor contact [John Mikel](#) via e-mail or (253) 798-2823.

## **Free Tax Prep & Filing for Pierce County Residents**

Tax season is upon us – but help is available for low and moderate income households and seniors. Beginning in early February, 22 free income tax preparation sites are opening around Pierce County.

These sites are sponsored by the Pierce County Asset Building Coalition and AARP Tax-Aide. And for those who want to get their taxes done early, join us for Super Refund Saturday, sponsored by KeyBank, on Saturday, Feb 9, from 9 a.m. to 3 p.m. There are two Super Saturday locations in Tacoma: Tacoma Goodwill at 714 South 27th Street, and South Sound Outreach at 1106 MLK Jr. Way. [Find a free tax site near you.](#)

### **Video Gives Overview of 2013 Legislative Issues**

The Arc of Washington State and the Developmental Disabilities Council (DDC) created a new 3-minute video. It's a quick, clear and informative overview of issues facing the legislature and an encouragement to advocate. [Watch the video.](#)

### **Inslee Appoints New Head of DSHS**

Kevin Quigley had been appointed by Governor Inslee to head the Department of Social and Health Services. Quigley, former State Senator from Snohomish County, is formerly the president of the U.S. Fab division for Vigor Industrial, a major shipbuilding company. Before that, he was president of Vigor's Everett shipyard and helped turn it into one of the largest dockside repair centers in the Pacific Northwest. Quigley has previously served as head of global business development for Teledesic. He holds degrees in political science from George Washington University and law degrees from New York School of Law and Harvard University.

### **New Director Named for HCA**

Governor Jay Inslee has appointed Dorothy Frost Teeter – a longtime leader in health care at King County, the University of Washington and the Center for Medicare and Medicaid Innovation – as the new Director of the Health Care Authority, effective March 4. MaryAnne Lindeblad will continue as Acting Director through February. Details are posted on [INSIDE HCA](#).

### **Keystone Employment Seeks Employer Partners**

Keystone Employment Services supports adults with a variety of physical and developmental disabilities in becoming productive, working members of their community. Our clients work side-by-side with a Job Coach and contribute lots of personality to any workplace. Please help us help others. We at Keystone would appreciate referrals to employers. If you know of a business looking to hire, please contact Leila Schwartz, Employment Consultant, at (253) 536-6559.

### **Grandparents of Kids with Special Needs (GKSN) Website**

The Sibling Support Project and Kinderling Center have developed the GKSN website to give grandparents an opportunity to meet other grandparents through their Yahoo group or Facebook groups. This project offers a chance to share ideas for supporting their kids and grandkids with each other. [Go to the website.](#)

### **Olympic Alzheimer's Residence Hosts Educational Series**

Michael A. Bower, BA, ACC Education Specialist of the Alzheimer's Association, will present a series of afternoon workshops in Gig Harbor on a variety of topics related to Alzheimer's. All workshops are at 2 p.m. Limited seating; RSVP at (253) 851-5306. Refreshments served. Feb 5 - "Know the 10 Signs: Early Detections Matters." Feb 19 - "The Basics: Memory Loss, Dementia and Alzheimer's Disease." Mar 5 - "Understand and Responding to Dementia-Related Behaviors." April 9 - "Generations Alzheimer's." April 23 - "Survivor-Dementia Island." May 7 - "Sexuality and Dementia." Olympic Alzheimer's Residence is located at 3025 14<sup>th</sup> Ave NW in Gig Harbor.

### **Caregiver Support Group at Auburn Medical Center**

Auburn Medical Center provides resources, education and support to family members and caregivers of those suffering from dementia and other illnesses. The Caregiver Support Group meets the 2<sup>nd</sup> Thursday of every month from 6:30 to 8:00 p.m. at MultiCare Auburn Medical Center, 202 N Division St. in Auburn. Go to the Intensive Outpatient Room, 1<sup>st</sup> floor waiting area by the aquarium. For more info call: (253) 804-2813. Facilitators: Jennifer Taylor, MSW & Barbara Guerrero, MSW. Free and open to the public.

### **Life After High School**

In this two part series on life after high school, find out from parents and professionals in the disability field what you need to know to help create a smooth transition to life as an adult by creating community and building life skills during school years. Features interviews with Michele Lehosky (PAVE and Parent to Parent), Brandi Monts (W.I.S.E.), Eric Matthes (The Arc of King County) and Diana Stadden (The Arc of Washington State). Check out both videos in the series at [http://arcwa.org/index.php/takeaction/washingtonstate/olympia\\_insider](http://arcwa.org/index.php/takeaction/washingtonstate/olympia_insider).

### **PC2 Has Home Ownership Funds Available**

PC2's Homeownership Program has funds available to be used for down payment assistance for individuals and families that experience developmental disabilities. PC2's Homeownership Program is currently accepting applications. If you haven't owned a home in 3 years, meet income criteria and you or your dependent have a developmental disability, you may qualify for the program. Families and individuals who are considering homeownership are invited to contact Diane Larsen, Homeownership Program Coordinator, at (253)564-0707 x 101 or [diane@pc2online.org](mailto:diane@pc2online.org). A free Homeownership Workshop provides more information. It will be held March 7 from 6 to 7:30 p.m. at PC2, 3716 Pacific Avenue #A in Tacoma.

### **Basic Mediation Training**

The Pierce County Center for Dispute Resolution is offering a 5-day training in facilitating parties to work to resolve conflict. The Washington Mediation Association-approved course teaches the process of mediation, communication skills and conflict dynamics to promote peaceful and constructive approaches to conflict and its resolution. Trainees who have completed the course are eligible to begin the Practicum at PCCDR to become a certified mediator. Held 8:30 a.m.-5:30 p.m. in downtown Tacoma March 8-10/22-23; July 15-19; Oct 11-13/25-26. Registration forms available at [www.pccdr.org](http://www.pccdr.org). Early Bird Registration: \$650 (at least 10 days prior to start of BMT paid in full)

### **Host Home Program**

As part of a county wide effort to address youth/young adult homelessness in Pierce County, Shared Housing Services is teaming with service providers in the community to create a comprehensive program for young people experiencing homelessness. The Host Home program is modeled after the very successful Home Sharing program which has been matching low-income/homeless families and individuals to community members with room to spare for 21 years. The program pairs a young person experiencing homelessness with a caring individual/family that has a spare bedroom and wants to make a difference. For more information or to schedule an interview, please contact Byron Cregeur at (253) 272.1532 or [shstacomapc@harbornet.com](mailto:shstacomapc@harbornet.com).

### **Help to Purchase Assistive Technology**

The Access Fund has new openings available for its Assistive Technology Individual Development Account Program in 2013! Participants can save up to \$4,000 and receive an equal amount in match for purchases of assistive technology needed for any purpose! We started the year with a wait list and we have a limited number of slots so act quickly if you would like to join this unique program!

Applications will be reviewed on a first-come, first-served basis. For questions and additional information, please contact Leann Wicklund at [leann@washingtonaccessfund.org](mailto:leann@washingtonaccessfund.org) or (206) 328-5116.

### **WashingtonLawHelp Launches New Web Site**

The new WashingtonLawHelp web site features a new interface and improved functionality as well as more streamlined access to resources, making it easier for those in need to find what they are looking for, whether in the area of housing, family law, public benefits, immigration or elsewhere. The site also features a more powerful search function and multimedia content such as legal-education videos and self-help forms. Please take a look at [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org).

### **FISH Does More In 2012**

In 2012 the seven FISH Food Bank locations and mobile food bank served more than 555,000 individuals, a 24% increase over last year. FISH now serves 40% of all the food bank clients in Pierce County. To learn more about this program visit [www.FishFoodBanks.org](http://www.FishFoodBanks.org).

### **Volunteering Reaches New High Mark – Washington #9**

Americans significantly increased their commitment to volunteering and civic engagement in 2011, a new report from the [Corporation for National and Community Service](#) and the [National Conference on Citizenship](#) finds. According to [Volunteering and Civic Life in America](#), Washingtonians ranked 9<sup>th</sup> with 1.83 million volunteers or 34.4% of residents volunteering. That averages to 42.1 volunteer hours per resident. In dollars, that means \$4.6 billion of service contributed.

## **LOCAL HAPPENINGS**

### **Feb 11 – Using Medicaid: Medicaid Eligibility and Other Resources**

What is Medicaid and what does it cover? How does someone apply? What are the eligibility requirements and what are the consequences of receiving Medicaid? The ADRC's Matt Santelli provides an impartial, informational overview of the ins and outs of Medicaid and how it pays for health care. Held 12:10 – 12:50 p.m. at the Pierce County Annex main conference room, 2401 S. 35<sup>th</sup> Street in Tacoma. Free; no RSVP required. [View Flyer](#). Call ADRC at (253) 798-4600 for details.

### **Feb 11 – Using Medicaid: Medicaid Eligibility and Other Resources**

(See Feb 11 above for details.) Held 7 to 8 p.m. at Peoples Retirement Community, 1720 E. 67<sup>th</sup> Street in Tacoma. Free; no RSVP required. [View Flyer](#). Call the ADRC at (253) 798-4600 for details.

### **Feb 11 – Housing & Homelessness Advocacy Day 2013**

Join others in this opportunity to show elected officials in Olympia a unified message of support for affordable housing and ending homelessness. Lunch, training and appointments with your elected officials are included in the \$20 registration fee. Held 8 a.m. to 3 p.m. at United Churches, 110 Eleventh Ave SE in Olympia. [Register online](#).

### **Feb 13 – Using Medicaid: Medicaid Eligibility and Other Resources**

(See Feb 11 above for details.) Held 12:10 – 12:50 p.m. at the County City Building 7<sup>th</sup> Floor Rainier Conference Room, 930 Tacoma Ave., S in Tacoma. Free; no RSVP required. [View Flyer](#). Call the ADRC at (253) 798-4600 for details.

### **Feb 13 – AARP Legislative Lunch at the Capitol in Olympia**

The 2013 Legislative Lunch is a great way to become a part of what's going on in the state legislature. Get the latest information from AARP and your legislators, and then have a chance to talk with them

directly. Events starts at 10:30 a.m. and includes lunch, a legislator panel and lawmaker visits. Space is limited. Register at <http://aarp.cvent.com/d/tcqxrr/4W> or call 1-877-926-8300.

### **Feb 16 – Hopeless - HBO: The Alzheimer’s Project**

“The Memory Tapes” is a special production of HBO Films. The film will be shown free at Tacoma’s Blue Mouse Theater on Saturday, February 16 tentatively starting at 10 a.m. The Blue Mouse is located at 2611 North Proctor. Doors open at 9:30 a.m. This documentary profiles seven people living with the disease, each in an advancing state of dementia, from its earliest detectable changes through death. After the showing participants will have the opportunity to share in a discussion of the progression of the disease and hear from caregivers about their successful and trying efforts on behalf of their loved one. In addition, community-based organizations serving individuals and families with Alzheimer’s will be present to provide information and assistance in understanding services available in Pierce County. Sponsored by Pierce County Memory Care & Wellness Services and the UW Alzheimer’s Disease Research Center. [More details](#) at (253) 798-4600 or (800) 562-0332.

### **Feb 19 – Power Chair Safety**

Presentation on chair safety along with demonstrations. Held 9:30-10:30 a.m. at The Willows, 4502 6<sup>th</sup> Place SE in Puyallup. Call (253) 848-4430 for details.

### **Feb 20 – Social Security - Preserve it; Strengthen it; Pass it on.**

Dean Baker, co-director of the Center for Economic Policy Research will talk about the challenges and opportunities facing the program and offer ideas to strengthen it for current and future generations. Event also features Marilyn Watkins, policy director of the Economic Opportunity Institute. Held 5:30 - 7 p.m. at the UW-Tacoma, Philip Hall, 1918 Pacific Ave.

### **Feb 21 – Senior Lobby Day in Olympia – Save the Date!**

A new governor and many new legislators means educating lawmakers is more important than ever before. The Washington State Senior Citizens’ Lobby holds their 2013 Senior Lobby Day at United Churches, 110 11<sup>th</sup> Ave SE, Olympia. Agenda includes several well known speakers and panel discussions on issues such as the Budget, Health and Long Term Care, Pensions and Transportation. Governor Jay Inslee has been invited as the Keynote as well as the new Secretary of DSHS, Kevin Quigley. Registration opens at 8 am and the event concludes at 4:30 p.m. [Registration](#) \$15 per person before Feb 12. Late registration \$18 per person. Registrants receive registration packet, Legislative tool kit, Senior Lobby royal blue scarf, continental breakfast, box lunch and afternoon overview with refreshments to include a review of meetings scheduled with Legislators.

### **Feb 23 – Elk Plain Emergency Preparedness Fair**

Community emergency service and social service providers join together for this special event sponsored by the Elk Plain Ward Emergency Response Council and Emergency Response Medical Team of The Church of Jesus Christ of Latter-Day Saints. Event includes blood pressure check-ups, emergency planning and response information, preparing a basic first aid kit, aging and disability resources, a blood drive for the Cascade Regional Blood Center and a display of Pierce County Health Department brochures and Information. Held 10 a.m. to 3 p.m. at the Graham West Building, 6901 224<sup>th</sup> Ave East in Graham.

### **Feb 27 – TACID Wellness & Peer Support Program Open House**

You are invited to an Open House at TACID’s Wellness & Peer Support Program from 1 to 3 p.m. TACID is rolling out some new programs to support people in creating recovery and wellness that focus on the whole individual. These new programs include book study & discussion, video viewings, wellness workshops, building healthy habits, and family supports. Come take a look at what’s new at

TACID, meet with peers and colleagues, and share light refreshments. TACID is at 6315 S. 19<sup>th</sup> St. in Tacoma. For more information contact the Wellness & Peer Support Program at (253) 565-9000 x20 or [mesa@tacid.org](mailto:mesa@tacid.org).

### **Mar 6-8 – Special Education Conference**

The 2013 Special Education Conference will be held at the Shoreline Conference Center (in North Seattle). Fifteen, full-day courses (five concurrent courses during each of three days) will be offered to meet the professional needs of special education teachers, therapists, supervisors, and support staff. This year's course faculty includes several internationally renowned presenters. For [full conference details including online registration](#) now available.

### **Mar 20 – Pierce County Cancer Survivorship Conference**

This free event is open to all people affected by cancer as patients, family members and caregivers. A schedule of events, session topics and registration is at [www.pccancersurvivorship.org](http://www.pccancersurvivorship.org). Register for the conference online (preferred) or by calling the registration phone line at 253-234-5245; (Spanish at 253-353-5502) (Korean, Vietnamese or Cambodian at 253-538-8352) (Pacific Islander at 253-778-5642) (Russian or any other language not listed above at 253-426-6746). Held at the University of Puget Sound Wheelock Student Center, 8 a.m. to 4 p.m.

### **Mar 20 – Regional Vulnerable Populations Disaster Planning Conference**

The conference will cover a range of issues within 3 tracks: social & Human Service Agency Preparedness, Transportation, and notification and Warming. Speakers include Ana-Marie Jones, ED of Collaborating Agencies Responding to Disasters (CARD). Sponsored by UASI. Free. Held 8 a.m. to 5 p.m. at Emerald Downs, 2300 Emerald Downs Dr in Auburn. Contact Sheri Badger at [sbadger@co.pierce.wa.us](mailto:sbadger@co.pierce.wa.us).

### **April 3 - Annual Technology Conference and Showcase**

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

### **April 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.

### **April 13 - Puyallup Health and Wellness Fair**

Puyallup Activity Center, 210 West Pioneer; 8 a.m. – 12 noon. Save the date.

### **April 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](#).

### **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.](#)

### **June 3 – Challenges In Caregiving Conference, Tukwila**

A conference for family caregivers will be held on June 3rd in Tukwila. Those caring for an elder or an adult with disabilities may benefit from the information provided at the conference. Informational topics of interest include managing medications, behavior strategies with developmental disabilities and dementia, legal issues in caregiving, and more. You must pre-register to attend the conference.

[View event flyer.](#)

### **June 12 - Pierce County High Risk Population Disaster Planning Summit**

Held at the Pierce County Environmental Services Building in University Place. Save the date. More details to come.

### **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 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. Save the date. 4:30-5:30 p.m. Location: Evergreen Tacoma Lyceum Hall, 1210 6th Ave., Tacoma. Sponsored by Pierce County ADRC.

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

**Question:** I get a monthly check mailed from Social Security. I hear I won't get any more checks from Social Security. What's it mean?

**Answer:** Paper checks are being phased out. It (direct deposit) is safer for beneficiaries and it's cheaper for taxpayers. Seniors and others who still receive their federal benefit payments by paper check are required by law to switch to an electronic payment option by March 1, 2013. People need to comply with this law before time runs out. Act now and switch to direct deposit or the Direct Express<sup>®</sup> Debit MasterCard<sup>®</sup> card by calling the US Treasury Electronic Solution Center at (800) 333-1795 Monday – Friday from 5:00 a.m. to 5:00 p.m. PST. For direct deposit, people can also sign up online at [www.GoDirect.org](http://www.GoDirect.org) or at their bank or credit union. The US Department of the Treasury's *Go Direct*<sup>®</sup> campaign offers more [information](#) to help you understand the change.

### **NATIONALLY**

#### **New Poverty Guidelines Released**

The U.S. Department of Health & Human Services has released the 2013 poverty guidelines—now \$11,490 for a single person. The guidelines are used to determine eligibility for a wide variety of federal and state benefits programs. [Get the guidelines.](#)

#### **New Elder Economic Security Standard Index Released**

The Gerontology Institute of the John W. McCormack Graduate School of Policy and Global Studies at the University of Massachusetts has released a new, updated version of the National Elder Economic Security Standard<sup>™</sup> Index report. The report's new data aggregates contemporary Elder Index data

from all counties in the country. The report also contains new, cross-state Index comparisons. [View the new Elder Index data](#) for the US and all states. (Source: Wider Opportunities for Women)

### **Fiscal Cliff Deal: What It Means for Seniors**

Congress passed the American Taxpayer Relief Act on Jan. 1, including a broad range of tax, unemployment insurance, and health-related extensions. The bill includes both positives and negatives for older adults—including a two-month delay in sequester cuts and extended funding for low-income benefits outreach, but repeal of the CLASS long-term care program. Proposed cuts to Medicare, Medicaid, and Social Security are still likely to be on the table as part of the debt ceiling debate. [Find out more](#) | [Read the full bill](#) (Source: NCOA)

### **What's New with Medicare in 2013**

Check out what's in store for people with Medicare in 2013, including new coverage for preventive services and an easier-to-read summary of benefits. [See what's changing](#) | [Make the most of Medicare](#) (Source: NCOA)

### **How Medicare Changes Would Affect Vulnerable Seniors**

Medicare is emerging as a prime target in the federal budget debate. Several proposals would reform Medicare by shifting more costs onto people who use the program. Half of all people with Medicare live on incomes of less than \$22,000 per year. A report from Health & Human Services shows Medicare spending per person at historic lows. How would changes affect vulnerable seniors in your community? [Read the HHS report](#) | [Explore beneficiary characteristics](#) (Source: NCOA)

### **New Look At Middle-Class Shows Threats to Retirement Security**

AARP's Public Policy Institute has released research from its year-long [Middle Class Security Project](#), a multi-disciplinary exploration of American middle class well-being that focuses on prospects for financially secure retirement. In general, project research shows that if current trends continue many younger Americans will have difficulty sustaining middle-class living standards in retirement. The project includes eight research reports and a focus group report that highlight key issues affecting the middle class security. The reports are available at [www.aarp.org/security](http://www.aarp.org/security). (Source: AARP)

### **Home Delivered Meals Benefits Documented**

Home Delivered Meals advocates have always believed that something this fundamental – a hot meal, a greeting, another set of eyes – can help keep people in their homes longer. Brown University health researchers crunched numbers — from Medicare, states and counties, the federal Administration on Aging and more than 16,000 nursing homes — from 2000 to 2009, and published their findings in the journal Health Services Research. The [connection they discovered between home-delivered meals and the nursing home population](#) will come as welcome news (though not really news): States that spent more than the average to deliver meals showed greater reductions in the proportion of nursing home residents who didn't need to be there.” [Link to article.](#)

### **Know a Veteran who Needs Help?**

BenefitsCheckUp® has added more programs to help veterans with housing, tax relief, employment, education, and more! Visit the site and click “Get Started Now” to see if a veteran is eligible. Visit [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org). (Source: NCOA)

### **New Video Shows the Impact of Technology on Aging in Place**

The video, [High-Tech Aging: Improving Lives](#), recently released by LeadingAge's Center on Aging Services Technology (CAST), shows how current technology can facilitate coordinated care and aging in place. The video demonstrates the possibilities through the story of Alma, an 83-year-old woman

whose journey from home to hospital, rehabilitation and back home is assisted by technology. Alma and her caregivers use personal health tablets, a medication dispenser, electronic health records, home monitoring, telehealth, engagement technologies, and assistive technologies. They also use a personal emergency response system, with automatic fall detection, to plan her care, to communicate with each other and to allow her to remain safely at home with support.

### **Equal Opportunity for Students with Disabilities in Extracurricular Athletics**

The US Department of Education issued guidance regarding school districts' legal obligations to provide equal access to extracurricular athletic activities to students with disabilities. The guidance urges school districts to work with community organizations to increase athletic opportunities for students with disabilities, such as opportunities outside of the existing extracurricular athletic program. The guidance letter provides examples of the types of reasonable modifications that schools may be required to make to existing policies, practices, or procedures for students with intellectual, developmental, physical, or any other type of disability. The guidance also notes that the law does not require that a student with a disability be allowed to participate in any selective or competitive program offered by a school district, so long as the selection or competition criteria are not discriminatory. More at [Department of Education's Office for Civil Rights](#). (Source US Dept of Ed)

### **Better Choices, Better Health – Diabetes Self-Management**

The National Council on Aging is conducting a national pilot of Better Choices, Better Health® Diabetes, an online self-management program for adults with type 2 diabetes. Participation is free through March 31, 2013. The program is a six-week online workshop. You can participate from your home computer at any time that's convenient for you. Trained individuals who also have diabetes lead the workshop for about 25 participants. While online, you'll be able to find tips and tools to help you monitor your blood sugar, food, medication, and exercise - and even plan your weekly menu; create and track a weekly action plan to improve your health; discuss problems you're facing with other participants - and find solutions together; and celebrate your successes! [Visit the BCBH site to sign-up](#). [View the recruitment flyer](#). [Download the BCBH over view](#). (Source: NCOA)

### **Long Term Care Program Ended by “Fiscal Cliff” Deal**

The resolution to the “Fiscal Cliff” reached earlier this month in Washington repealed the CLASS Act, or the “Community Living Assistance Services and Supports” Act. The program aimed to help middle class families afford long-term care. The Obama administration was forced to suspend implementation because of long-term funding problems. Senator Jay Rockefeller (D-WV) was able to insert into the fiscal agreement a provision to create a commission to recommend improvements in long-term services. (Source: ARA)

### **Why Dementia Patients Stop Driving**

Some reports say that dementia patients may be more likely to have car accidents while driving. But, are accidents the reason that people stop driving when they have dementia? A recent study found that about 40 percent of people with mild to moderate dementia were still driving. The number one reason that people with dementia stopped driving was the caregiver's belief that it was too risky. Very few people stopped driving because of accidents or having their license taken away. [Read more](#). (Source: DailyRx.com)

### **Alzheimer's Drugs - Expensive and Don't Work Very Well for Most People**

Several drugs are approved to treat Alzheimer's, including donepezil (Aricept and its generic cousins) and memantine (Namenda). But they don't work well for most people, according to a [report from Consumer Reports Best Buy Drugs](#). The report concluded that none of the drugs could be recommended as a Best Buy. Besides not being very effective, Alzheimer's medication can cause side

effects. While most are relatively minor, such as nausea, vomiting, diarrhea, dizziness, muscle cramps and tremors, they could be debilitating in older people with dementia who can't communicate their discomfort. They're also expensive: An average monthly prescription can range from \$177 to more than \$400. (Source: [Washington Post](#))

### **NIH Tracks ED Use by People with Disabilities**

The National Institute of Health released a new study titled, [Use of Emergency Departments among Working Age Adults with Disabilities: A Problem of Access and Service Needs](#). In the report, NIH researchers found that despite representing 17 percent of the working age US population, adults with disabilities accounted for 39.2 percent of total emergency room visits. While the research concluded that emergency departments will always play a role in providing care, some of the visits could potentially be avoided if ongoing care were optimized. (Source: ADRC-TAE)

### **FDA Requiring Lower Recommended Dose for Certain Sleep Drugs**

The Food and Drug Administration (FDA) is reminding consumers that some drugs to treat insomnia could make them less able the next morning to perform activities for which they must be fully alert, including driving a car. FDA has informed the manufacturers of products containing zolpidem that the recommended dose for women should be lowered. FDA is also suggesting a lower dose range for men. [Read more](#). (Source: FDA)

### **Older Americans Month 2013 Logo and Other Materials Now Available**

The Older Americans Month theme for 2013 is “Unleash the Power of Age.” The Administration on Aging is pleased to provide materials to assist our partners at the national, state, and local levels plan for activities in commemoration of Older Americans Month. [Click here](#) to view and download Older Americans Month 2013 materials. (Source: AoA)

### **Market Survey of Long-Term Care Costs**

This survey of Nursing Home, Assisted Living, Adult Day Services and Home Care Costs by MetLife provides national, statewide, and area specific average daily rates for private and semi-private rooms in a nursing home, monthly base rates in assisted living communities, hourly rates for home health aide and homemaker services, and daily rates for adult day services as well as the range of rates in each area surveyed. [Download the survey and key findings](#). (Source: MetLife)

### **New Report on Financial Retirement Risks for Women**

Many people, especially women, face a serious risk of running out of money in retirement. This latest report from WISER, “[The Impact of Running Out of Money in Retirement](#),” produced with the Society of Actuaries and The Urban Institute, looks at how many people are at risk, how great the risk is, and what can be done to minimize it. (Source: Women’s Institute for a Secure Retirement)

### **The No.1 Retirement Question**

How much money do you need to finance a comfortable retirement? A worksheet - available at [www.choosetosave.org/ballpark](http://www.choosetosave.org/ballpark) - can help you come up with a ballpark figure, tailored to your particular circumstances. The worksheet asks you 16 questions, some of them not so simple. But the site also includes an explanatory intro to the worksheet as well as tips for answering each question. There’s a smartphone application available as well. (Source: MetLife)

### **Nutrition Facts Label: 20 and Evolving**

Twenty years ago, the Nutrition Facts Label became a revolutionary addition to food packaging, giving consumers important information about the nutritional content of a food at the point of purchase. Its impact has been felt around the world because it has been adapted by other countries. The label has

influenced companies to make their foods more healthful. And more consumers than ever are referring to the Nutrition Facts Label as they make their food choices. [Learn more about FDA's online resources](#). (Source: FDA)

### **Growth of Health Care Spending Remains at Historic Low**

New statistics from the Centers for Medicare & Medicaid Services show that the overall growth in health spending was at a historic low for the third year in a row. According to the annual Report of National Health Expenditures, total U.S. health spending grew 3.9 percent in 2011. That's the same rate of growth as in 2009 and 2010, and in all three years spending grew more slowly than in any other year in the 51 year history of the report. As a share of our nation's Gross Domestic Product (GDP), overall health care spending also remained the same as in the previous two years—17.9 percent. This contrasts sharply with the pattern of the last thirty years, when health spending as a share of GDP grew by about 0.3 percent per year. (Source: HHS)

### **U.S. Health in International Perspective: Shorter Lives, Poorer Health**

The United States is among the wealthiest nations in the world, but it is far from the healthiest. Although Americans' life expectancy and health have improved over the past century, these gains have lagged behind those in other high-income countries. This health disadvantage prevails even though the US spends far more per person on health care than any other nation. The National Research Council and the Institute of Medicine investigated potential reasons for the U.S. health disadvantage and assessed its larger implications. The panel's findings are detailed in its report, [U.S. Health in International Perspective: Shorter Lives, Poorer Health](#). (Source: IOM)

### **EMPLOYMENT**

Tacoma Community House is recruiting a **Development and Communications Coordinator**. The job focuses on the successful execution of special events, database management, gift and acknowledgement processing, as well as assisting in the management of outreach and awareness-raising efforts, particularly to local faith communities. More info at [TCH website](#).

The Tacoma Housing Authority has an opening for a **Case Worker** to provide high quality supportive services to THA customers to help them succeed as tenants and neighbors, parents, students and wage earners who can live without assistance. More on the [THA website](#).

### **PLAN AHEAD – APRIL IS...**

ASPCA, Alcohol Awareness, Autism Awareness, Cancer Control, Child Abuse Prevention, Defeat Diabetes, Fair Housing, Financial Literacy, Donate Life, Occupational Therapy, Parkinson's Awareness, Physical Wellness, Stress Awareness and Women's Eye Health & Safety Month; Medication Safety (1-7), Public Health (7-13), Crime Victims Rights (14-23), Library (14-20), 911 Operators (14-20), Consumer Awareness (18-23), Fibroid Awareness (21-27) and Severe Storm Preparedness (21-27) Weeks; Walking (3), Vitamin C (4), World Health Organization (7), ASPCA (10), Parkinson's (11), Stress Awareness (16), Adult Autism (18), Guide Dogs (24), Red Hat Society (25), and Rebuilding (27) Days.

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This information is provided as a service of the Pierce County Aging & Disability Resource Center and is intended for sharing throughout the county. To receive or discontinue this e-newsletter, please contact Bob Riler at (253) 798-7384 or [briler@co.pierce.wa.us](mailto:briler@co.pierce.wa.us).