



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)

**Jan 3 – No Meeting**

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.

Life Manor Retirement Community  
1601 South Union, Tacoma

Contact Julie Moorer at (253) 583-2008

Jan 10 – "Managing Chronic Disease Prevention," David Hughes, Southwest WA Physicians

**East County Providers Network**

Third Tuesday of each month, 8 a.m.

Meeting rotates monthly. Call for location.

Contact Laura Fehrenbacher, Stafford Suites, 862-1818

**SASH Coffee and Networking for Pierce County**

Ports of Call Restaurant

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

**Jan 2 – No meeting**

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.

Jan 16 – TBA

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

**LOCAL SERVICES**

**Homeless Survey Volunteers Wanted**

2013 Homeless Survey in Pierce County will be conducted January 24<sup>th</sup> and 25<sup>th</sup> (Thursday and Friday). Volunteers will conduct surveys throughout the county, at hot meal sites, day shelters, health clinic, on the streets and at 'giveaway' locations. Volunteer safety training is mandatory and will take place in Gig Harbor Friday, Jan 11, 9:00 a.m. – 10:30 a.m. at the YMCA, 10550 Harbor Hill Dr. in Gig Harbor. Volunteers can choose from two safety trainings in Tacoma - Tuesday, Jan 15, 5:30 p.m. to 7:00 p.m. OR Wednesday, Jan 16, 4:00 p.m. – 5:30 p.m. at the Soundview Building, 3602 Pacific Ave, Conf. Room 1 in Tacoma. Sign up for location and assignments will take place at the safety meetings. Call or email to volunteer or if you have questions: [rgiron@co.pierce.wa.us](mailto:rgiron@co.pierce.wa.us) or (253) 798.6931. Last year volunteers like you helped survey over 1,997 homeless individuals in our county. 687 single

unattached individuals and 374 families with 752 children age 18 and under were identified as homeless during a 24 hour census period. Collecting good data on the numbers, needs, and characteristics of individuals that are identified as being homeless is critical to meaningful planning and program development.

### **Pierce Transit Snow Guide – Winter 2012-2013**

Certain bus routes are often affected by severe weather. Pierce Transit lists [routes that may be impacted](#) on their website. If your route is not shown, your bus is probably able to run its normal route. Service on all routes may be running much slower than usual. Storms are different and this sometimes forces unexpected detours. If snow is on the ground, visit [piercetransit.org](http://piercetransit.org) before leaving to catch a bus. A link will take you to the very latest detour information. Look for an alert on your route page to view the detour map. [OneBusAway](#) Real Time Bus information that you can access from your cell phone or other mobile device.

### **Tips for Riding the Bus in Snow & Ice**

**Wait** for the bus at the top or bottom of the hill closest to the stop.

**Signal the bus** so that the operator has plenty of time to stop.

**Wait** until the bus stops and the door opens before approaching.

**Use handrails** when getting on and off the bus.

**Wear highly visible** and warm clothing.

Every attempt will be made to continue wheelchair-accessible service, however, sand and salt can interfere with the lift mechanism. Call 253-581-8000 before heading to your bus stop. Snowy weather may cause delays and temporary detours, but our transit operators and support staff work to give you the best service possible.

### **Pierce Transit Next Steps**

After the rejection of Prop 1 in November, 2013, Pierce Transit is looking at implementing cutbacks. Federal regulations require a detailed analysis of service reductions and a robust public process, which takes approximately six months. Cuts are likely to be instituted in either September 2013 or February 2014. There will be many public meetings during the first part of the year for public input.

### **AA Reaches Out to Senior Facilities**

The Alcoholics Anonymous Accessibility Committee is offering free presentations to senior centers, retirement communities and other groups so people can learn more about the services of AA. Arrangements can be made by calling (253) 474-8897. Mention that you are following up on information from the Accessibility Committee.

### **FISH Food Bank Change in Food Bank Policy**

Faced with ever-increasing client numbers, FISH Food Banks needs to adjust their distribution policy to ensure that there is enough nutritious food to provide for all in need. Therefore, effective January 1, 2013, the policy of limiting food bank visits to one FISH Food Bank every seven (7) days will be enforced. Clients needing additional food assistance will need to talk with the food bank coordinator.

This policy will be implemented at the following FISH Food Banks:

- \* Southeast Tacoma FISH - 1704 85th Street East, Tacoma 98445
- \* Lakes Area FISH - 6900 Steilacoom Blvd SW, Lakewood 98499
- \* Northwest Tacoma FISH - 2710 N. Madison Street, Tacoma 98407
- \* Graham/South Hill FISH - 10425 187th Street E, Puyallup 98374
- \* Edgewood Community FISH - 3505 122nd Ave E, Edgewood 98372
- \* Mobile FISH

## **ARC of WA Posts Legislative Notebook**

The [2013 Legislative Notebook](#) has now been posted on the Arc of Washington web site. The Arc focus for the 2013 Legislative Session is to find a way to provide services to more than 15,000 people who are signed up as clients with the Division of Developmental Disabilities and who qualify for services, but receive nothing because there is no funding. These people are on what is called the “No Paid Services” caseload. Their needs are no different than the people who do receive services; they just didn’t sign up when there was funding available. Some have been waiting for many years.

## **Arc of WA Schedules Legislative Advocacy Days**

The Arc of Washington offers a full slate of Advocacy Days during the legislative session, beginning with January 23<sup>rd</sup> for the Statewide Legislative Reception at 5:30 pm (and the afternoon briefing on developmental disability issues beforehand). Great prizes await those who show up and are the most involved! The dates and topics for the 2013 Advocacy Days are:

- Feb 6 - Session Overview
- Feb 13 - Employment
- Feb 20 - Medicaid Services
- Feb 27 - Home and Community Based Services (HCBS) Waivers
- Mar 6 - Independent Living Day Rally
- Mar 13 - Budget Review
- Mar 20 - Respite/Family Services
- Mar 27 - Behavior Supports
- April 3 - Healthcare
- April 10 - Civil Rights
- April 17 - Session Wrap-up

Learn more at [http://arcwa.org/index.php/takeaction/washingtonstate/advocacy\\_day](http://arcwa.org/index.php/takeaction/washingtonstate/advocacy_day).

## **Governor Gregoire Releases 2013-15 Budget**

The state faces another forecasted \$900 million shortfall. This, combined with the state Supreme Court-mandated McCleary decision for education, presents a significant challenge. As required by law, the Governor prepared a biennial budget that relies solely on existing revenues. That reliance means \$900 million more in program reductions. Cuts would include reducing levy equalization funding to local school districts by \$100 million; imposing \$52 million in across-the-board cuts to public universities and colleges; and eliminating the State Food Assistance Program and other services for our most vulnerable citizens. The governor also proposed a second budget – one that includes program reductions as well as solutions to maintain essential services. A [side-by-side comparison for Governor Gregoire’s budget proposal](#) contains two budget versions. The first (“Book 1”) is an all cuts budget. “Book 2” indicates what the Governor proposes to fund with new revenue. Complete information can be found at: [http://www.governor.wa.gov/priorities/budget/budget\\_rollout.pdf](http://www.governor.wa.gov/priorities/budget/budget_rollout.pdf) and [http://www.governor.wa.gov/priorities/budget/policy\\_briefs.pdf](http://www.governor.wa.gov/priorities/budget/policy_briefs.pdf).

## **Lutheran Community Services Offers Caregiver Program**

“Support U: Fostering Caregiver Wellness” partners with local congregations to make life better for seniors and their caregivers. Basic care giving information and tips, presented in accessible short classes, helps reduce burnout from trying to “do it all” alone. “Support U” includes six 60-90 minute classes on caregiving: Planning Ahead; Finding, Creating & Using Resources; Self Care for the Caregiver; Family Dynamics & Communication; Dementia, Chronic Illness & the Family; and Financial Well-Being. Held Mondays 6-7:30 p.m. April 1 to May 6 at Franke Tobey Jones, 5340 N. Bristol in Tacoma. Cost: \$0 thanks to the Milgard Family Foundation. Pre-registration required: contact Alex Newman at [anewman@franketobeyjones.com](mailto:anewman@franketobeyjones.com) or (253) 756-6219. Classes also held in Des Moines and Silverdale – contact Pat Witt at (253) 722-5691.

## **Aging Smart Network Teams Up With TCC – GIG HARBOR**

Aging Smart Network, a group of Gig Harbor LTC professionals, will partner with TCC to offer a series of low cost workshops for people facing retirement, people in retirement, or family members looking to help guide their loved-ones with these important decisions. Cost includes an Aging Smart manual to cover workshop topics. Classes held Tuesdays, 6-8 p.m. Cost: \$19 each or take all 4 workshops and save \$10. Call TCC-Gig Harbor at 253-460-2424 to register. Jan 8 – “Financial, Legal or Insurance Decisions for Retirement”; Jan 15 – “Real Estate, Moving and Estate Sales, Mortgage and Transportation”; Jan 22 – “VA Benefits, Medicaid, Eldercare Consultants/Placement and Geriatric Care Management; Jan 29 – “Living Communities (SNF, AFH, ALF, Alzheimer/Dementia Care, Home Care)”

## **Opt Out of Catalogs**

Tired of all those catalogs coming to your mailbox? There’s a way to get rid of them. Catalog Choice is a free service to opt out of catalogs, coupons, credit card offers, phone books, circulars and more. Reduce clutter, protect your privacy and help the environment. Learn more and opt out at [www.catalogchoice.org](http://www.catalogchoice.org).

## **Technology available to assist DSHS clients with hearing loss**

Deaf and hard of hearing clients seeking services at the Department of Social and Health Services’ Community Services Offices in Tacoma (South Pierce CSO, 1301 E. 72st St.) and Tumwater can now use assistive technologies that send auditory signals directly to hearing aids or Cochlear Implants and that better amplify sound while diminishing background noise. The Loop System consists of a magnetic induction loop that sends an auditory signal to clients’ hearing aids or implants that have telecoil. The Counter Loop works with a desktop microphone. It greatly enhances a hearing aid or Cochlear Implant user’s ability to hear in an environment with background noise. Additionally, there is a receiver with headphones that can be used with or without the hearing aids or implants for any clients who can benefit from amplified sound.

## **New Resource Helps Compare Health Care Providers**

The [Community Checkup](#) is produced by the Puget Sound Health Alliance, a nonprofit, nonpartisan collaborative where the people who get, provide and pay for health care come together to help drive change in the health care system in our region. The new website helps consumers choose a medical group or clinic, choose a hospital, compare scores and navigate that important visit to their doctor.

## **2012 Survey on Emergency Communications and People with Disabilities**

Emergency communications generally include two main components: 1) contacting emergency response services (911 services) for help, and 2) receiving public emergency alerts for events like severe weather and other natural events, amber alerts for missing children, and other emergencies. The data from a new survey will be used to improve emergency response and disaster relief. Consumers can [take the survey online](#). As an incentive for taking the survey, we will be giving away two \$100 Amazon gift certificates to two lucky respondents. Let your voice be heard!

## **Changes Coming to TACID**

More than 200 individuals participated in shaping TACID's 2013-2015 Strategic Plan. This plan identified peer support, advocacy, and self-sufficiency as TACID's core business. Beginning in January of 2013 TACID will provide more workshops, classes, and trainings focused on providing skills development, self-advocacy, independent living, wellness, employment, education, and social opportunities. TACID hours will be changing to provide more effective and valuable services - Mon.

9:30 a.m. - 5:00 p.m.; Tue.,Wed.,Thur. - 9:30 a.m. - 8:30 p.m.; Fri. 9:30 a.m. - 6 p.m.; Sat. - as scheduled.

## **LOCAL HAPPENINGS**

### **Jan 9 – The Ultimate Dilemma: Aging Parents of Children with Disabilities**

Parents of children with a life-long developmental disability, chronic illness or mental health condition often face a lifetime of challenges, successes, sorrows, and joys. But what happens when aging parents develop their own medical and cognitive decline? Who will assume caregiving for both? What will happen to the disabled child when their parents pass away? [The Ultimate Dilemma](#) presents Elder Law Attorney Darol Tuttle and Lisa Doyle, RN, of CayCare care management to discuss options available for families. Held 7-8 p.m. at the Puyallup Library, 324 S. Meridian in Puyallup. Free; No RSVP required. More information at (253) 798-4600.

### **Jan 14 – The Ultimate Dilemma: Aging Parents of Children with Disabilities**

See Jan 9 for event description. Held 12:10-12:50 at the Pierce County Annex Conference Room, 2401 S. 35<sup>th</sup> Street in Tacoma. Free; No RSVP required. [More information](#) at (253) 798-4600.

### **Jan 14 – TACID Mental health Community Meeting**

TACID extends an invitation to a community meeting to provide input on TACID's Wellness, Peer Support, and Mental Health programs in 2013. What is working? What needs improvement? What would you like TACID to offer? What can you do to help? Held 5:30 p.m. – 7:30 p.m. at TACID 6315 S 19th Street in Tacoma. Light refreshments served. If you need an accommodation to participate, please call (253) 565-9000 or Washington Relay at 711 with at least 7 days advance notice. We'll work with you to make your visit productive.

### **Jan 14 – Ready To Rent Orientation for Case Workers**

The Pierce County Housing Authority extends an invitation to case workers to attend a one-day *mock* Ready To Rent training class. This interactive information session will allow you to get a taste of what Ready to Rent offers which may be useful when referring your clients to the class. We will also have representation from MDC's Landlord Liaison Project to share with you what they are doing in their program and how your clients can access this beneficial link to finding housing in the private market. The day includes how does a landlord view a potential renter with barriers such as eviction, poor credit, criminal history, understanding and addressing credit issues, budgeting, community resources to help stretch our income, understanding Landlord Tenant Law and Fair Housing and steps to take during the moving in/moving out process. This presentation will be held from 8:30 a.m. to 4:00 p.m. at Pierce County Housing Authority, Building B, 603 South Polk Street in Tacoma. Space is limited to the first 15 respondents so please RSVP! Please feel free to invite other service providers that may be interested that I didn't include here. More info contact Michelle Longo at (253) 620-5400 x1424.

### **Jan 15 – Preventing Falls: Medications and Vision**

Topics include medication risks, medication reminders and eye health. 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.

### **Jan 16 – The Ultimate Dilemma: Aging Parents of Children with Disabilities**

See Jan 9 for event description. Held 12:10-12:50 at the County city Building, 7<sup>th</sup> Floor Rainier Conference Room, 930 Tacoma Ave. in Tacoma. Free; No RSVP required. [More information](#) at (253) 798-4600.

### **Jan 16 – Assistive Technology Overview**

Information and technology overview presented by staff from the Washington Assistive Technology Act Program and the Washington Access Fund. Held at 6 p.m. at Franklin Pierce H.S., 11002 18<sup>th</sup> Ave., E. in Tacoma. Info or RSVP to (253) 564-0707.

### **Jan 23 – Legislative Reception**

The 33<sup>rd</sup> Legislative Reception for the Community of People with Disabilities of Washington State will be held 5:30-7:30 p.m. in the Legislative Building's Columbia Room, in Olympia. Hosted by the Washington State Developmental Disabilities Council, the Governor's Committee on Disability Issues and Employment, the State Independent Living Council, Parkview Services & the Washington State Rehabilitation Council. Questions contact [david.maltman@ddc.wa.gov](mailto:david.maltman@ddc.wa.gov) or (800) 634-4473.

### **Jan 24 – Social Security After Retirement**

Join the Social Security Administration and the Aging & Disability Resource Center for this fast-paced informative [presentation about Social Security](#). For people preparing to start their benefits, a few simple tips might save them thousands of dollars. And for those currently receiving benefits, there may be ways to increase the benefits in the long term. Held 4:30-5:30 p.m. at the Soundview Building, 3611 S. D Street in Tacoma. Free. No RSVP required. Call 798-4600 for details.

### **Jan 26 – Project Homeless Connect**

This quarterly event will be held 9 a.m. to 3 p.m. at the new Spanaway Elementary School, 412 165<sup>th</sup> St South in Spanaway. Served by PT Route 1 and shuttle busses. On-site information and/or services available include Child Support, Voter Registration, Tobacco Cessation, WIC, Community Voice Mail, Replacement Driver's License, Pet Spay & Neuter, Replacement Identification Cards, Disability Resources, Veteran's Affairs, Chemical Dependency DSHS benefits, Adult Dental, Primary Medical Care, Lunch, Flu Shots, Toiletries, Event Pet Care, Early Childhood Developmental Screening, Haircuts, Socks, Healthcare Insurance for Un-insured, Event Childcare and Access Point 4 Housing. More at [www.pchomelessconnect.com](http://www.pchomelessconnect.com) or (253) 593-2111, ext 116 or [info@pchomelessconnect.com](mailto:info@pchomelessconnect.com).

### **Jan 30 – Why Do They Do THAT? Understanding Symptoms and Behaviors in Dementia**

LeadingAge Washington hosts Teepa Snow in this all-day workshop. Topics include recognizing early signs, seeing dementia from the other side and intimacy and sexuality issues. Held 9 a.m. to 4:30 p.m. at Cedarbrook Lodge, 18525 36<sup>th</sup> Ave., S. in SeaTac. Registration (\$189/\$159) includes materials, lunch and 6 CEUs. More at [www.LeadingAgeWA.org](http://www.LeadingAgeWA.org). Contact [psylvia@leadingagewa.org](mailto:psylvia@leadingagewa.org) or (253) 964-8870.

### **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 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 16 – 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 ADRC. More details at (253) 798-4600 or (800) 5462-0332.

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

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

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

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

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

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

**Question:** Is it okay to use one of these payday loan businesses I see on TV?

**Answer:** It’s not the best choice, for sure. The Washington State Department of Financial Institutions (DFI) urges consumers seeking short-term and/or small loans from companies seen on TV or online to be very, very cautious. There’s lots of small print. Lenders associated with these types of businesses may or may not be licensed in Washington State or adhere to our state’s laws. Because of this, the protections in our state’s laws – including limitations on fees that may be charged and laws relating to unlicensed lenders not being able to use our courts – may not be available to people using these services. Many companies do not offer loans themselves. Additionally, some sites require you to provide your personal information prior to providing information about which lenders they work with. To receive a loan, you must provide access to your bank account. Payments are then deducted from the account loans were deposited in. In other words, it’s risky at best. We suggest three things. Find a [local consumer credit counseling service](#). Contact the [Pierce County Asset Building Coalition](#). And review the [Washington State payday lending laws](#) at the Department of Financial Institutions website.

### **NATIONALLY**

#### **Study Examines Raising Medicare Eligibility Age**

Raising Medicare’s eligibility age from 65 to 67 in 2014 would be a mixed bag. It would generate an estimated \$5.7 billion in net savings to the federal government, but also result in an estimated net increase of \$3.7 billion in out-of-pocket costs for 65- and 66-year-olds, and \$4.5 billion in employer retiree health-care costs, according to a Kaiser Family Foundation projection of the potential change suggested by several deficit-reduction plans. The study also estimates that the change in Medicare

eligibility would raise premiums by 3% for those who remain on Medicare and for those who obtain coverage through the new insurance exchanges. [Read the KFF Study](#). (Source: KFF)

### **What Is the Chained CPI?**

Much of the debt-cutting rhetoric recently has included the “chained CPI (Consumer Price Index).” It represents a change in how the country calculates inflation and, by extension, how it will impact any increases in monthly Social Security benefits. (The policy change would mean that an average earner retiring in 2011 at age 65 could lose over \$6,000 over 15 years.) National Public Radio’s Michele Norris speaks with Robert Greenstein, the president of the Center on Budget and Policy, about how this change will work. [Listen to the discussion](#). (Source: NPR)

### **New Video: “The Story of Medicare: A Timeline”**

A new [video](#) from the Kaiser Family Foundation highlights the Medicare program’s evolution from its origins to the current day. Written and produced by Foundation staff, [The Story of Medicare: A Timeline](#) serves as a visual timeline of Medicare’s history, including the debate that led to its creation in 1965, and subsequent changes, such as the passage and repeal of the Medicare Catastrophic Coverage Act in the 1980s, the Medicare Modernization Act in 2003, and the Affordable Care Act in 2012. The 7-minute video also highlights the program’s impact on the 50 million elderly and disabled Americans it serves today, as well as the fiscal challenges it faces to ensure its long-term sustainability. [Watch](#) the video. [Request](#) a download or DVD of the video at no charge. The Foundation also has a [short quiz](#) to test your knowledge of the Medicare program. Additional resources on Medicare from the Kaiser Family Foundation can be found at [www.kff.org/medicare](http://www.kff.org/medicare). (Source: KFF)

### **Disaster Distress Helpline Offers Immediate Crisis Counseling**

The recent shooting at the Sandy Hook Elementary School in Newtown, Connecticut, continues to bring out strong emotions across the Nation. The Disaster Distress Helpline, 1-800-985-5990, can provide immediate counseling to anyone who needs help in dealing with the many issues and problems that might arise from this tragedy. Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), the Helpline immediately connects callers to trained and caring professionals from the closest crisis counseling center in the nationwide network of centers. Helpline staff will provide confidential counseling, referrals, and other needed support services. This Helpline is a 24-hours-a-day, 7-days-a-week national hotline dedicated to providing disaster crisis counseling. The service is confidential and multilingual, and available for those who are experiencing psychological distress as a result of natural or man-made disasters, incidents of mass violence, or any other tragedy affecting America's communities. TTY for Deaf/Hearing Impaired: 1-800-846-8517. The Helpline also can be accessed online at <http://disasterdistress.samhsa.gov/>. (Source: SAMHSA)

### **Disability Statistics Available**

The *Annual Disability Statistics Compendium* is a publication and web-based tool of statistics on people with disabilities and related government programs. The *Compendium* serves as reference guide for the government, policymakers, researchers, administrators, advocates, and other relevant stakeholders; and provides accessible, valid statistics to support policy improvements, program administration, service delivery, protection of civil rights, and major life activities. View either the [PDF of 2012 Compendium](#) or the [Web Based Tool](#). (Source: ESD)

### **NAMI on Sandy Hook/Mental Illness Connection – or Lack Thereof**

It's easy to blame the recent mass killing at Sandy Hook Elementary on mental illness, but the National Alliance on Mental Illness cautions jumping to conclusions. The Nonprofit Quarterly took a quick look at the tragedy and what The National Alliance on Mental Illness (NAMI) has to say. [Read the article](#). (Source: Nonprofit Quarterly)

**NBC Focuses on Aging Parents**

It is difficult for families to talk about death and dying, but by proactively resolving complicated end-of-life issues it's possible to stave off future financial worries and stress. Other segments talk about older adult health and preparing for the end of live. [NBC's Dr. Nancy Snyderman reports](#). (Source: NBC News)

**Tax Breaks for Alzheimer's**

The cost of caring for someone with Alzheimer's disease or another chronic illness can be devastating. But you may be able to defray part of the expense by employing certain tax-saving strategies or write-offs. The tax breaks could go to the person with the medical condition or to a family member who assumes the financial burden of care. [Go to full story](#). (Source: money.msn.com)

**2013 Older Americans Month Theme Announced**

May is Older American's Month. The theme for 2013 is *Unleash the Power of Age*. Older Americans are productive, active and influential members of society, sharing essential talents, wisdom and life experience with their families, friends and neighbors. Think about what your organization can do to help *Unleash the Power of Age*. Giving our elders opportunities to volunteer their time to support those who are less fortunate, to teach others the skills they've honed over the years or to become involved in civic matters are just a few ways you can *Unleash the Power of Age*. Help our older Americans stay positive, active, and looking forward. (Source: ACL)

**Reports Focus on Family Caregivers For Discharged Patients**

The National Center on Caregiving/Family Caregiver Alliance has released a new report that shines a light on the important role of family caregivers in U.S. healthcare-and how those caregivers are often unrecognized and unsupported within medical and long-term service systems. "[Family Caregiving and Transitional Care: A Critical Review](#)" is an examination of the often ignored--yet absolutely essential--role of caregiving families as patients transition from one healthcare setting to another, for example discharge from hospital to home or hospital to rehab facility. (Source: FCA)

**PLAN AHEAD – MARCH IS...**

American Red Cross, Brain Injury Awareness, Colorectal Cancer Awareness, Caffeine Awareness, Chronic Fatigue Syndrome Awareness, Color Therapy, Ethics Awareness, Eye Donor, MS Education & Awareness, Kidney, Nutrition, Social Work, Poison Prevention and Women's History Months; Severe Weather Preparedness (3-9), Consumer Protection (3-9), Save Your vision (3-9), Girl Scout (10-16), Flood Safety (11-15), Brain Awareness (11-17), Health Information Professionals (17-23), Wellderly (18-24) Weeks; Read Across America (2), Daughters' and Sons' (3), Women's Rights & International Peace (8), Land Line Telephone (10), Women & Girls HIV/AIDS Awareness (10), K-9 Veterans (13), Consumer Rights (15), Wellderly (18), Brain Injury Awareness (21), Down Syndrome (21), Diabetes Association Alert (26) and Doctors (30) Days.

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