



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)  
July 4 – No meeting  
Aug 1 – “Care Transitions”

**Health Care Providers Council of Pierce County**

Second Thursday of each month, 7:45 – 9 a.m.  
Narrows Glen (Breakfast \$6; Coffee \$2)  
**New Location: Narrows Glen, 8201 Sixth Ave, Tacoma**  
Contact Julie Moorner at (253) 583-2008  
July 11 – Shared Housing Services

**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.  
July 3 – 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.  
July 17 – Foundation House, 32290 1st Ave S, Federal Way  
Schedule of meeting locations and times at [www.secoalition.com](http://www.secoalition.com)

**LOCAL SERVICES**

**TPCHD Takes Lead for Pierce County**

The Washington Health Benefit Exchange announced the selection of lead organizations to provide in-person assistance as part of the Washington Healthplanfinder Customer Support Program. The Tacoma-Pierce County Health Department will be the lead organization for the entire county. *Washington Healthplanfinder* is a new way for people to find, compare and enroll in health insurance in Washington starting Oct., 1, 2013. Statewide organizations included public health agencies, coalitions, regional health networks, and other community organizations were chosen to help residents enroll in a qualified health plan starting Oct. 1, 2013 for coverage that takes effect on Jan. 1, 2014. Lead organizations will provide residents with impartial information to help them determine which health insurance option best fits their needs. These efforts may take place through in-person meetings, online communications and over the phone. Lead organizations will also be responsible for building and overseeing a network of partners in their region to serve Washington’s diverse populations.

### **Living Well with Chronic Conditions**

A new 6-week series of Living Well with Chronic Conditions workshops will start July 16 at First United Methodist Church, 621 Tacoma Ave., S. The program offers participants information about all aspects of healthy living, including understanding an illness, improving working relationships with health care professionals, eating a healthy diet, incorporating activity into everyday life, and coping with the stressors that come with a chronic disease. Participants also receive terrific peer support from other workshop attendees and workshop leaders. This workshop series is designed to meet the needs of people with a wide range of chronic conditions, including arthritis, hypertension, heart disease, diabetes, chronic pain, obesity and depression. To register contact the Healthy Communities Foundation and ask for Living Well registration: (360) 786-8690, ext. 127.

### **WA State Budget**

The official state budgets passed by the Legislature and signed by the Governor are posted on the [website for the Office of Financial Management](#). Check with OFM for all budget information. For those who have not seen it yet, [the final agreed-upon operating budget is online](#).

### **Health Benefits Exchange Translated Fact Sheets Now Available**

Need more information about health care reform, the benefits of Washington Healthplanfinder and what the Exchange has been up to? The HBE website – [www.waheexchange.org](http://www.waheexchange.org) – has recently been updated with a new look and feel and additional resources for consumers, including [fact sheets](#) translated into various languages. There are also new pages available for individuals and families, employers, insurance brokers, tribal members and insurance carriers. Come visit us online!

### **Elder GLBT Survey for Pierce, S. King, Thurston, Mason and Lewis Counties**

The South Sound Area of Washington State GLBT Senior Needs Survey is on the needs of older Gay, Lesbian, Bisexual and Transgendered adults in the South Sound area of Washington State. This survey by SAGE-Olympia and Tacoma is intended for GLBT people who are 55 and older who live in Pierce County, S. King County, Thurston, Mason and Lewis counties. All responses are strictly anonymous. Your participation will help to increase awareness of the needs of GLBT people age 55 and older and may serve to help enhance the quality of local services available. We will be soliciting responses through 8/31/13, at which time we will summarize the results and make them available to those interested. [Click here to take the survey](#).

### **Senior Days at the Puyallup Fair**

The Washington State Fair in Puyallup will once again offer free coffee and baked goods at 10 a.m. at the Showplace Stage. Coupon books with special prices offered by Fair vendors, free entertainment with seniors in mind, and an activity sheet of things to do. Plus, flu shots offered by Walgreens. Held Sept 10 and 17.

### **Summer Camp Assistance**

Are you a Kinship Caregiver over the age of 55? Do you need assistance with summer camp fees? Call Rosalyn Alber or Jesie Holden at (253) 565-4484 to see if you qualify for funds to help pay for summer activities for the kinship children you are raising.

### **Washington's Pre-existing Condition Insurance Plan Transitions to Federal PCIP**

PCIP-WA coverage ends on June 30, 2013. Enrollees may choose to transition to the federally-run PCIP. Notices were sent out to enrollees in May. Enrollees do not need to apply to the federally-run PCIP to qualify, but for coverage to start on July 1, they must pay their July premium to the federally-run PCIP. If they don't pay the July premium, they'll lose coverage and be responsible for any health

care services after June 30. Enrollees can also find more information at [www.pcip.gov](http://www.pcip.gov) or [www.pciplan.com](http://www.pciplan.com), by calling: 866-717-5826 (federally-run PCIP call center) or by calling the Insurance Consumer Hotline at 1-800-562-6900 to speak with a health analyst. Note: These changes do not affect members of the state's largest high-risk pool, the Washington State Health Insurance Pool.

### **Robocall Scammers Use 'Life Alert' to Swindle Seniors**

A new barrage of annoying robocalls is targeting seniors across the country with the promise of a free medical alert system – Life Alert. It's a scam. Talk to the live salesperson and they'll try to get your credit or debit card number. They may even ask for your Medicare number – that's your Social Security number – something you should never give to a stranger on the phone. The consumer soon is billed \$35 a month for that supposedly free medical alert system. Life Alert, the real company, has posted [a fraud alert](#) on its website warning people about the imposters: *The recordings sound like a real person claiming that either "someone has purchased a Life Alert system for you," or that "You qualify for a free Life Alert." Other calls may say they are calling from a shipping department to confirm a free order or to send upgraded Life Alert equipment. All of these are telemarketing scammers trying to mislead and defraud consumers by using our trademarked name so they can get your address, credit card number and bank information to charge you. We would like to remind you that Life Alert does not employ telemarketers or perform cold calls so if you do receive a recorded call saying they are Life Alert or the "I've fallen and can't get up" people, please DO NOT press the #1 button to talk to a sales person. (Source: Herb Weisbaum, TODAY contributor)*

### **DRW Launches “The Megaphone Effect”**

“The Megaphone Effect: Reclaiming Recovery” explores the evolution of a patient rights group at Western State Hospital (WSH) known as the “Sanka Party” that formed in response to lost rights and privileges after one Not Guilty by Reason of Insanity (NGRI) patient walked away from an Eastern State Hospital (ESH) sanctioned field trip. The resulting mass media frenzy culminated in a series of punitive legislation and state hospital policies eroding patient rights and ultimately the hope of recovery by patients at both state hospitals. [See the full story.](#)

### **Website Expands Statewide to Help Renters Locate Affordable Housing**

The HousingSearchNW website is a statewide, online, no cost service for renters and landlords. [www.HousingSearchNW.org](http://www.HousingSearchNW.org) allows landlords to post and renters to find available and affordable rental housing. The website provides helpful tools, such as a renter's checklist and an affordability calculator. Listings can include pictures, maps and information about community amenities such as parks, schools, and hospitals. The service also has a call center available Monday through Friday from 6 a.m. to 5 p.m., offering assistance in English and Spanish (877-428-8844).

### **Outstanding Service to Veterans Award Nominations**

Do you know a veteran's advocate who goes above and beyond to serve veterans and their families? The Governor's Veterans Affairs Advisory Committee is asking you to nominate them for the annual Outstanding Service to Veterans Awards! [Click here](#) for the Nomination form and be sure to have it in by September 13, 2013. Award winners are honored at an annual luncheon following the Auburn Veterans Day Parade. Contact Veronica Jarvis at 360-725-2167 or [veronicaj@dva.wa.gov](mailto:veronicaj@dva.wa.gov).

### **Two New Support Groups for Kinship Caregivers**

Joining a support group is a great way not only to meet and share with other kinship caregivers, but also to learn about fun family events and resources that are available to you. Groups will be facilitated by Rosalyn Alber, the Coordinator for the Relatives Raising Children Program. All meetings will be held at HopeSparks. Childcare will not be available for the first meeting, but we are working on

making it happen! Contact us at (253) 565-4484 or [ralber@hopesparks.org](mailto:ralber@hopesparks.org). Evening Support Group: 2<sup>nd</sup> Wednesday of each month from 5:30-7p.m.; Daytime Support Group: 4<sup>th</sup> Wednesday of each month from 10-11:30 a.m.

### **Laptops and Internet for Low-Income Households**

[InterConnection.org](http://InterConnection.org)'s mission is to help underserved people and nonprofits get connected and their new discounted Internet service goes a long way towards ensuring anyone can get online. They offer unlimited high speed mobile internet for \$8 per month, with a laptop computer for \$149, or internet service only for \$10 per month, for people who receive benefits from DSHS, such as food stamps, or are low income. You can get the service in person right away at their retail store at 3415 Stone Way in Seattle. The service is prepaid and there is no contract or credit check, so even if you owe money from past internet bills you can get InterConnection's Internet. The service is through Clear's well established 4G mobile Internet infrastructure and is available in most cities in Washington State. InterConnection also offers refurbished laptops at its store. Laptops start at \$149 and come complete with a Wi-Fi card, Windows 7 Professional, Microsoft Office and antivirus software. In order to qualify for the low cost Internet or discounted computers, you must present proof of low income (less than \$1,916 per month for a single person) or proof of receiving government benefits such as food stamps, SSI, Medicaid, TANF, State Family Assistance, Refugee Assistance, free or discounted school lunches, etc. Visit [InterConnection](http://InterConnection) online, send an email to [info@interconnection.org](mailto:info@interconnection.org), or give them a call at (206) 633-1517.

### **Eldercare Consultant Earns Certification**

Michelle Graham, eldercare consultant and CEO of Graham and Graham, has received CIRS-A certification. The Alliance of Information and Referral Systems provides professional credentialing for individuals working within the I&R sector of human services and is a measurement of documented knowledge and competencies needed by I&R practitioners to successfully execute their work. The CIRS-A certificate is given with an emphasis on aging.

### **Advice for Renters with Problem Landlords**

Northwest Justice Project has produced a series of videos on the Rights and responsibilities of landlords and tenants in Washington State. The series offers an informative yet entertaining way to look at problems and practical solutions. [Click here to watch.](#)

### **Nominations Invited for City of Tacoma Disability Advocate of the Year**

The 2013 Volunteer, Professional, and (for-profit or not-for-profit) Business Disability Advocate of the Year Awards. The City of Tacoma will publicly recognize two (2) individuals and one (1) business for effectively initiating, establishing, supporting, and/or implementing services or programs for people with disabilities in the City. Mayor Strickland will confer the Awards in October. These three prestigious Awards acknowledge and honor those who have had sustained positive impact on the quality of life of people with disabilities living in our community. Contact Gail Himes for nomination materials at [ghimes@cityoftacoma.org](mailto:ghimes@cityoftacoma.org) or call (253) 591-5785, or TTY 253- 591-5153. The deadline for nominations is Friday, August 2, 2013.

### **First Children's Book on Visit-ability**

""Libby and the Cape of Visitability"" is the diary of Libby, a KWD (Kid with Disability). Written for children ages 8-13, this book raises awareness of the exclusion created when houses are not built with simple features that allow mobility-impaired people to visit or live in them. For those grownups (teachers, parents and others) who engage in meaningful dialogue with children, this book provides not only a captivating story and relatable characters, but a Reader's Guide with discussion questions and resources as well. Available in print and e-versions via Amazon.com.

## **Governor Awards Program Nomination**

The Washington State Governors Committee on Disability Issues and Employment is calling for nominations of employers who deserve recognition for providing employment opportunities for people with disabilities and for an individual with a disability who has enhanced the empowerment of people with disabilities in the community and the workplace. Nominations are due August 30, 2013.

A nomination packet is attached to this email message. [Submit nominations online](#). For assistance, or to request an application in an alternate format, contact Melinda Johnson, (509) 482-3854 or email: [msjohnson@esd.wa.gov](mailto:msjohnson@esd.wa.gov). Self nominations, as well as nominations by others, are encouraged. For more information about the award, contact Scott Bellman at 206-685-6222 or [swb3@uw.edu](mailto:swb3@uw.edu).

## **FREE Summer Meals for Kids**

For the parents of the 467,279 Washington schoolchildren who receive free or reduced price school meals, summer can be a time of struggle as they stretch available dollars to cover the gap left by school meals. Kids do not have to be hungry in the summertime. Summer Meals provides free meals and snacks to all kids and teens during the summer months. All kids and teens (18 years old and younger) are eligible for the program, regardless of income. OSPI and WithinReach partner to make it easy to find a summer meals sites in your community. [Find summer meal sites with the WithinReach Resource Finder](#) or call the WithinReach Family Food Hotline, 1-888-436-6392.

## **LOCAL HAPPENINGS**

### **July 16 – Quick Brown Fox at the Grand Cinema**

Emmy-nominated “[Quick Brown Fox](#)” combines their moving personal journey with an insightful look at the science and politics of Alzheimer’s – a disease that now affects more than 18 million people worldwide. The film also explores that profound question: Who are you if you lose your mind? The film will have a free Tacoma showing on July 16 at 1:30 p.m. at the Grand Cinema, 606 S. Fawcett Avenue. Ann Hedreen will introduce the film and participate in an audience discussion following. The event is free but RSVP’s are requested by calling (253) 798-8787 in advance. Sponsored by Pierce County Aging & Disability Resources and the Alzheimer’s Association.

### **July 30-31 – 2013 Regional Reentry Conference**

This annual conference offers an opportunity for service providers, educators, faith-based organizations, and community organizations to network, share expertise, learn about best practices, and foster sustainable partnerships. The theme of this year’s conference is *Engaging Communities, Bridging Connections*. The annual regional reentry conference will again feature our rich community and human resources and highlight interagency collaborations aimed at bridging connections across systems and communities to help offenders re-enter the community in positive ways. Held at the University of Puget Sound. [Click here for more details and registration information](#).

### **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 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 20-22 – Summer Leadership Workshop for Young People with Disabilities**

For students going into 10th, 11th, or 12th grade or for recent high school graduates. This free workshop is for young people with disabilities who are planning to go to college, get a job, and live independently in the future. Youth with 504 plans are encouraged to apply. Job and college preparation activities, get motivated, make new friends, \$100 gift card for successfully completing the workshop. Held 10 a.m. to 4 p.m. at the Center for Independence, 7801 Bridgeport Way W. Suite 200 in Lakewood. Individuals interested must call to request an application before June 25. Call Leah Thomas at 253-582-1253, ext. 5.

### **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 3<sup>rd</sup> Floor Conference Rooms 1&2 (elevator D). RSVP: (253) 333-2521 or [Ada.allen-harris@multicare.org](mailto:Ada.allen-harris@multicare.org).

### **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. [More info 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](#) to come.

### **Sept 19 -20 – Northwest ADA Regional Conference 2013**

This two-day event will be held at the Grove Hotel in downtown Boise, ID. The conference will offer four keynote sessions as well as 16 breakout sessions on a variety of topics, including: employment and people with disabilities, role of the ADA Coordinator/ADA Title II, accessible outdoor recreation, effective communication, assistive technology, service animals and more. \$175 includes lunch and refreshments. Contact the [Northwest ADA Center](#) for details.

### **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. 19<sup>th</sup> Street, Building 11, in Tacoma. To register call 800-485-0205 or [www.multicare.org](http://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 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](mailto:gfinch@diabetes.org) or (206) 282-4616 or [visit the event website](#).

### **Oct 3 – Pierce County Alzheimer’s Caregiver Conference**

Save the date. New location this year – Emmanuel Lutheran Church, 1315 N Stevens St., Tacoma.

### **Oct 6 – Pierce County Hunger Walk**

[View the Save-the-Date postcard](#)

### **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@seamarchc.org](mailto:vIvianaespindola@seamarchc.org).

### **Oct 23 – Making the Link**

Save the date. Held 11 a.m. to 5 p.m. at the Landmark Convention Center in Tacoma.

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

**Question:** I’m always cold. So is the summer heat a problem for me?

**Answer:** Just because you typically feel a little cold does not mean that you can ignore the heat. Seniors are more prone to heat stress than younger people. They don’t adjust well to sudden changes in temperature, they have more chronic medical conditions, and they are more likely to take prescription medicines that impair the body’s ability to regulate its temperature or that inhibit perspiration. Be very cautious if you experience any of these symptoms: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting, cool and moist skin, a fast or weak pulse rate, or breathing that is fast and shallow. Be sure to stay hydrated. drink cool, nonalcoholic beverages. Rest. Take a cool shower, bath, or sponge bath. If possible, seek an air-conditioned environment. Wear lightweight clothing. If possible, remain indoors in the heat of the day. And do not engage in strenuous activities. If you have concerns, call your doctor or health care professional. In an emergency, call 911.

### **NATIONALLY**

#### **PBS NewsHour Premieres Six-Part Series on the Challenges of Long-Term Care**

PBS NewsHour premiered *Taking Care*, a six-part series on the challenges of long-term care. The series’ intent is to show the magnitude of the problem of long-term care, the challenges faced by individuals and governments, and some of the models for change being tested. In addition to the broadcast reports, the series will feature robust online components, including additional material, topical reports and discussions. [Click here](#) for more information on the series. (Source: PBS)

#### **Medicare Reform: The seniors’ perspective**

As policymakers debate the future of Medicare, the Leadership Council of Aging Organizations (LCAO)—a coalition of 68 prominent national aging advocacy organizations—has released a compilation of fact sheets about the reform proposals. Reforms affecting out-of-pocket costs for beneficiaries, home health care, and physician payment are among the topics covered.

[Download the LCAO compilation](#). (Source: LCAO)

### **2013 Senior Report of America's Health Ranking Released**

United Health Foundation has released their 2013 Senior Report of America's Health Rankings which provides a great many resources to assess the status of senior health on a state-by-state basis. (WA ranks #16.) Within the report is an article written by Gail Hunt which analyzes the current trends of caregiving and those in need of care, as our rapidly aging population shifts the demographics of our country. To view the report, click [here](#). (Source: UHF)

### **Deeper Federal Budget Cuts on the Horizon**

The House Appropriations Committee has divvied up funding for fiscal year 2014 among the 12 annual appropriations bills. The funding levels assume that the federal budget sequester is here to stay. What's on the horizon for key social services, including the Older Americans Act? Nearly \$35 billion in more cuts. [Get the details](#). (Source: NCOA)

### **Resource Tool Meets the Needs of Adults with Physical Disabilities or Functional Limitations**

The Centers for Medicare and Medicaid Services (CMS) recently released the [Disability-Competent Care Assessment Tool](#), which is designed to help health plans and health systems evaluate their present ability to meet the needs of adults with physical disabilities or functional limitations. The Tool was developed by providers currently caring for adults with disabilities. (Source: ACL)

### **WISERWoman - Women Need to Start Planning for Long-Term Care**

Long-term care insurance helps people cover the expenses of care associated with chronic illness or disability. Since women tend to live longer than men, on average 4 years longer, it is important that they take long-term care planning into consideration early on. In this issue, educate yourself about long-term care so that you can make the right decision for you and your family. [View the Spring 2013 newsletter](#). (Source: WISER)

### **PLAN helps people secure futures for family members with disabilities**

NY Times commentator David Bornstein examines what can happen when a father starts looking for long term care resources for his son with a developmental disability. "My responsibility doesn't stop when I die," he says. One result was a connection with a Canadian support organization – [Planned Lifetime Advocacy Network](#). [Read the story](#). (Source: NYT)

### **Trustees Report Shows Longer Medicare Part A Solvency**

The Medicare Trustees have projected that the Part A trust fund that finances Medicare's hospital insurance coverage will be able to pay full benefits until 2026, two years beyond what was projected in last year's report, thanks in part to the Affordable Care Act. The Social Security trust fund shortfall remained at 2033. [Learn more](#). Also, the Trustees projected that the standard Part B premium, which is about \$105 in 2013, will remain unchanged in 2014, keeping out-of-pocket costs for beneficiaries down. (Source: NCOA)

### **JobSource: A New Online Portal for Older Adults Seeking Employment**

[JobSource](#) is a new online portal to help older adults assess their work skills, identify job training opportunities, and find employment. Last month, 1.8 million adults aged 55+ were actively seeking employment, according to the Bureau of Labor Statistics. Nearly half of older workers looking for jobs have been without employment for over a year. JobSource includes a quick job match system that enables users to assess their work interests and transferable skills. Users can also register on the site to earn job skills certifications and enroll in over 30 free online courses. JobSource is one of a suite of online tools from NCOA that help older adults to improve their economic security. [BenefitsCheckUp®](#) is a free online screening service that contains information on thousands of programs available to assist older adults in paying for health care, prescriptions, food, and other necessities. Another tool, [Home](#)

[Equity Advisor](#), helps older homeowners to assess when and how they may want to use their home equity to age in place. (Source: NCOA)

### **Travelers with Disabilities and Medical Conditions Can Connect With TSA Cares**

Travelling this summer? TSA Cares is a helpline to assist travelers with disabilities and medical conditions. TSA recommends that passengers call 72 hours ahead of travel to for information about what to expect during screening. Travelers may call TSA Cares toll free at 1-855-787-2227 prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint. TSA Cares will serve as an additional, dedicated resource specifically for passengers with disabilities, medical conditions or other circumstances or their loved ones who want to prepare for the screening process prior to flying. The hours of operation for the TSA Cares helpline are Monday through Friday 8 a.m. – 11 p.m. EST and weekends and Holidays 9 a.m. – 8 p.m. EST. Travelers who are deaf or hard of hearing can use a relay service to contact TSA Cares or can e-mail [TSA-ContactCenter@dhs.gov](mailto:TSA-ContactCenter@dhs.gov). [Click here for more information about TSA Cares](#).

### **Shortage of Direct Care Workers Hitting Home**

MediCaring – a project dedicated to improving the scope of the US healthcare system for patients with serious illnesses – featured an article broaching the topic of increased family caregiving due to the shortage of direct care workers. Anne Montgomery’s article, [“No Disrespect: How Family Caregivers Can Improve Care Transitions.”](#) looks into the current state of our healthcare system, specifically assessing the ways in which the lack of a transitional process between family and professional caregiving shapes our health and long-term care systems. (Source: MediCaring)

### **Get Your Guide to Senior Center Month 2013**

September is National Senior Center Month, sponsored by the National Institute of Senior Centers (NISC). Be part of the celebration! This year’s theme is *Senior Centers: Experts at Living Well*. NISC members can access all materials online, including a program guide with dozens of activity ideas, a publicity guide, and a poster. [Download Senior Center Month materials](#) (Source: NCOA)

### **HHS Releases 2013 Alzheimer’s Disease Plan Update**

U.S. Department of Health and Human Services today released the [National Plan to Address Alzheimer’s Disease: 2013 Update](#), a follow-up to the initial plan released in May 2012. The update reflects our national progress towards accomplishing the goals set a year ago, as well as new and revised action steps. (Source: ADEAR)

### **Senior Centers: An Rx for Healthy Aging**

America’s Health Rankings® has released its 2013 Senior Report, showing which states are healthiest for seniors. The report includes an NCOA commentary calling for a greater investment in senior centers to promote health and prevent disease among older adults. [Read the full report](#) | [See where your state ranks](#) | [Read NCOA’s commentary](#) (Source: NCOA)

### **Money Smart for Older Adults**

Did you know that financial exploitation results in older Americans losing an estimated 2.9 billion dollars annually? It is estimated that for each case that is reported, 43 others go unrecognized. Now, there is a new tool available to help older consumers and their loved ones prevent financial fraud and exploitation. The Consumer Financial Protection Bureau has teamed up with the Federal Deposit Insurance Corporation (FDIC) to develop a consumer guide and program based on the FDIC's successful Money Smart program. [Check it out](#). (Source: NCOA Crossroads)

