



This newsletter may also be viewed as a PDF at www.PierceADRC.org “News & Events.”

NETWORKING OPPORTUNITIES

Aging and LTC Providers Network

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

Lighthouse Senior Center

5016 E. “A” Street, Tacoma

Contact Bob Riler, ADR, 798-7384 or briler@co.pierce.wa.us

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

July 4 – No meeting

Aug 1 – TBA

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 Moorer at (253) 583-2008

June 13 – 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.

June 5 – La Quinta Inn Tacoma, 1425 E. 27th St.

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

South End (King County) Coalition

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

June 19 – SASH Program – SeaTac City Hall, 4800 S. 188 St. - Suite 220, SeaTac

(206) 501-4375

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

LOCAL SERVICES

Housing Opportunity Program (HOP) Opens, Replaces Section 8

On June 3rd, 2013, the Tacoma Housing Authority will begin accepting applications for placement on the Housing Opportunity Program (HOP) waiting list. The HOP Program replaces the Section 8 Program. [Applications will be taken online only](#) from June 3 to June 10. There is only one web site that will allow a person to apply. After June 10th, a lottery will be held to determine random placement on the waiting list. Only the first 1,000 applicants drawn will receive a place on the waiting list. Only one application per family will be accepted and applicants must be 18 years of age or older. Applicants must have a mailing or email address.

Washington #1 on WOW Economic Security Scorecard

WOW – Wider Opportunities for Women – has released its latest Economic Security Scorecard. The report gives Washington State an overall grade of B- but the state still ranks as #1 nationally. The state was graded on income (A), Job Quality (C+), Public Assistance (C), Education (C-), Assets (C+), CCDF Parent Copayments (F), and Housing Trust Funds (A+). The report provides a map to lawmakers on how to rebuild state’s middle class and power economic growth and promotes the importance of economic security as framework and policy goal. Other NW states: Oregon (#3), Alaska (#39), Idaho (#47).

Pierce Transit Introduces Vanpool Community Solutions Program with Local Organizations

Pierce Transit is now offering to make available “retired” accessible vehicles for local non-profit, social service organizations that can make ongoing use of them in serving clients. The local non-profits provide drivers and use vans to transport area residents. 25% of riders must be shuttle-qualified. Pierce Transit provides driver training, vehicle maintenance and fuel. [Click here to learn more on the ADRC website.](#)

Washington HBE Forecasts Competitive Health Plan Options for Consumers

The Washington Health Benefit Exchange (HBE) announced that nine health insurance issuers have filed with the Office of the Insurance Commissioner (OIC) to provide 57 Qualified Health Plans (QHPs) totaling 229 plan options for individuals and families through Washington Healthplanfinder, the state’s new online health insurance marketplace that goes live Oct 1, 2013. The Healthplanfinder will help shoppers find a plan that fits their needs and their budget by offering side-by-side comparisons of health plans based on a variety of factors such as cost, physician networks and quality improvement strategies. More information about Washington Healthplanfinder and the Washington Health Benefit Exchange is available at www.wahbexchange.org.

Connect to Assistive Technology Re-Use

The Washington Assistive Technology Act Program at the UW has organized the [Evergreen Reuse Coalition](#) to connect reuse and service organizations to enrich lives through effective reuse of assistive devices. The website lists durable medical equipment as well as hearing and vision equipment. We’re currently trying to get computer reuse (directed at serving people with disabilities) up and going in WA and are recruiting businesses and organizations to be public drop off locations for laptops, smartphones, tablet computers. The items that are collected will be refurbished and laptops will be made available for redistribution to people with disabilities in WA.

- Learn more at the [2013 Assistive Technology Expo](#) on June 26 from 4 to 7 p.m. at Norco Medical Equipment (former Care Medical) 1902 Tacoma Ave.

Gilda’s Club in Tacoma-Pierce County

Gilda's Club is named in honor of Gilda Radner, who, when describing the emotional and social support she received when she had cancer, called for such places of participation, education, hope and friendship to be made available for people with cancer and their families and friends everywhere. The Seattle Club is holding more and more activities and events in Tacoma and Pierce County. [Click here to view.](#) Call for more information (206) 709-1400.

New Opportunities for Kinship Caregiver Support

Pierce County Relative Raising Children has started two new support groups for Kinship Caregivers. An evening support group now meets the second Wednesday of each month from 5:30-7 p.m. A daytime support group meets the fourth Wednesday of each month from 10-11:30 a.m. Both groups meet at HopeSparks, 6424 North Ninth Street in Tacoma. Groups will be facilitated by Rosalyn Alber, Coordinator for the Relatives Raising Children Program. For more information call (253) 565-4484 or ralber@hopesparks.org.

SAIL Class Listings Wanted

The Washington State Senior Falls Prevention Program is developing a comprehensive list of all the SAIL classes in the state. (SAIL = Stay Active and Independent for Life) If you are sponsoring, hosting or conducting a SAIL class, please contact Mary Borges at (360-236-2861) or mary.borges@doh.wa.gov

People's Robyn Meier Named Administrator of the Year

Robyn Meier, Administrator of Peoples Retirement Community was recently awarded "Administrator of the Year Award for 2013" by the Washington Health Care Association. This award recognizes an assisted living administrator who demonstrates outstanding innovation, achievement, and capabilities in their provision of high quality person-centered care in a service oriented culture in an assisted living community. Ms. Meier's leadership, dedication, integrity and high standard of ethical behavior were some of the contributing factors leading to such a prestigious award. Peoples Retirement Community, is located at 1720 E. 67th in Tacoma.

Group Facilitators Needed

Lutheran Community Services NW (LCSNW) and the Alzheimer's Association of Western/Central WA (ALZWA) are teaming up to recruit and train facilitators for new support groups. The need is especially great in the South Hill Puyallup/Graham area. Group facilitators help bring caregivers of persons with Alzheimer's or other dementias together to connect them with resources. Facilitators receive free training and ongoing support from ALZWA in Seattle. Two churches in Puyallup have space available, but facilitators are needed. If you or someone in your faith community is interested and can make a 1-year commitment, please contact Pat Witt at pwitt@lcsnw.org or (253) 722-5691.

Grief Support Groups Available

Mountain View Funeral Home in Lakewood offers various grief support groups throughout the month. Groups meet to assist individuals and families through mutual support and grief education as they journey toward healing. For more information, visit them online at www.mountainviewtacoma.com.

Emergency Management Creating a List of Lists

Pierce County Department of Emergency Management (DEM) wants to get out timely emergency and disaster information to high risk populations. One way that we are going to do this is to develop a contact list of people and the groups they serve, or what we are calling a "List of Lists." Many organizations have lists of folks that they work with or serve. DEM is seeking basic information on the type of lists you have, your contact information, and a back-up contact. The idea is, during disasters, DEM will send an email to all of the contact people on our list (you), and then have you forward out that information (if you find it relevant to your groups). This list will stay housed at Department of Emergency Management and will not be distributed to anyone else. This is for emergency notification only. The contact and group information we are looking for from you is: group name, type of group, approx. # in group, county (or counties) served, point of contact (e-mail, phone, fax) and back-up point of contact (email, phone, fax). For details contact Sheri Badger at (253) 798-2204 or sbadger@co.pierce.wa.us.

FAST Members Wanted from LTC Providers

The Pierce County Department of Emergency Management is recruiting for FAST members for the Functional Assessment Service Team program in Pierce County. The FAST teams are groups of social service professionals who deploy to disaster shelters during emergencies to assess for accommodation needs and help find the resources for the identified needs. We are looking for people with a professional background in aging (services/supports), chronic health needs, developmental and other

cognitive disabilities (i.e. traumatic brain injury), hearing loss, vision loss, mental health disabilities, physical disabilities and substance abuse issues. Two-day trainings are held throughout the year. The training is open to potential team members as well as people who are interested in learning more about the program. The FAST website has more information about the program, and also has an on-line application form – it can be found at www.PierceCountyWA.org/FAST or call (253) 798-2204.

Farmers Markets Open for the Summer

Looking for something fresh and delicious? Try a Farmers Market in Pierce County. Visit the [Puget Sound Fresh website](#) to find a listing of all the markets, locations and their hours.

Senior Companion Volunteers Needed

Senior Companion volunteers help frail or disabled seniors stay in their own home and maintain their independence. By giving families or professional caregivers much-needed time off, running errands, providing transportation or simply being a friend, companions make a difference that strengthens and preserves an individual's independence. Companions serve 15- 40 hours per week and earn a tax-free, hourly stipend. Volunteers receive pre-service orientation, training from the organization where you serve, and supplemental accident and liability insurance while on duty. Must be age 55 or older; commit to at serving at least 15 hours a week; be low in-come (\$1,915 a month for a 1 person household and \$2,585 a month for a 2 person household). Volunteers who can drive are preferred. For more information call Julie (253) 722-5686 or jkerrigan@lcsnw.org.

LOCAL HAPPENINGS

June 3 – Challenges In Caregiving Conference, Tukwila

This annual event will be held at the Tukwila Community Center. The conference provides current, practical skills and resources that community caregivers can use in their daily caregiving responsibilities. It is intended for family caregivers (spouses, adult children, parents of adults with disabilities, or other relatives), home care workers and adult day services staff, adult family home or assisted living staff, social service or mental health professionals who work with family caregivers. \$30 Early Registration (by May 15) for individual caregivers. \$50 Early Registration fee for agency-based caregivers. Fees include workshops, lunch and resource exhibits. Registration forms now available. Space is limited! For more information or to receive brochure and registration materials call 1-800-422-3263 or (360) 725-2544. [View conference info, schedule and mail-in registration.](#)

June 4 - Retirement Planning Seminar

The Lodge at Mallard's Landing, 7083 Wagner Way in Gig Harbor is hosting a FREE retirement planning seminar with Renee Landrum of Edward Jones. Held 10 to 11 a.m. Drinks and snacks provided. For more info call Jen Drake at 253-858-4990 or info@thelodge-gigharbor.com.

June 6 – Independent Living Council Hosts Public Forum

The Washington State Independent Living Council (WASILC), in partnership with the Centers for Independent Living, will hold six public forums in order to get input for development of the 3-year State plan for Independent Living. These forums get input and advice from the disability community, service providers and the general public about priorities for future expansion of Independent Living Services in unserved parts of the state, unmet IL service delivery needs for particular groups of people with disabilities, and initiatives by the WASILC and its partners that enhance independent living opportunities for individuals with disabilities. A forum will be held in Lakewood from 2 to 4 p.m. at the Center For Independence, 7801 Bridgeport Way W., Suite 200. ASL interpreters and Real Time Captioning (CART) will be available. For other accommodation request, contact Debbie Cook at 800-624-4105 or debcook@uw.edu.

June 6 – Support “The Walk To End Alzheimer’s”

The Lodge at Mallard’s Landing, 7083 Wagner Way in Gig Harbor, is hosting a fun Spaghetti Feed Fundraiser for the Alzheimer’s Association’s “Walk To End Alzheimer’s” on September 14h. At 3 p.m. Julie Moorer, RN with the UW Alzheimer’s Disease Research Center will discuss normal, age related memory change and changes in memory that are not normal. She will also examine the relationship between chronic disease, memory loss and the importance of managing vascular risk factors related to memory loss. At 4:30 p.m. The Lodge at Mallard’s Landing Memory Care will serve Spaghetti, Caesar salad, and garlic bread paired with fine wine to raise funds for the Alzheimer’s Association. Dinner is on a donation-basis and all proceeds go directly to the Alzheimer’s Association to fund research and supportive networks. For more info call Jen Drake at 253-858-4990 or info@thelodge-gigharbor.com.

June 7 – Travel Ambassador Training

Learn about transportation options available in Pierce County. The free Travel Ambassador workshop is designed to give an overview of travel options in our community. It is especially valuable for social service and agency professionals who serve seniors, people with disabilities, and people with low incomes. Held at the Pierce Transit Training Center, 3720 96th St., SW in Lakewood from 8:30 a.m. to 1 p.m. Space is limited, pre-registration by May 31 is required. To register contact Penny Grellier, Catholic Community Services PennyG@ccsw.org or (253) 502-2708.

June 7 – TACID “Wellness & Peer Support Program” Open House

This Open House introduces the community to the program that provides support services and wellness planning free of charge in the following areas: mental health, physical health, substance abuse, parenting, and caregiving. This is a great opportunity to learn more about program offerings, speak with Certified Peer Counselors, hear about upcoming events, and meet the Pierce County Ombuds. Bring a colleague, client, friend, and/or family member. Held at TACID, 6315 S 19th in Tacoma. Light refreshments will be served. Contact Kathleen Pantoja at (253) 565-9000 x 17.

June 11 – Taking on Parkinson’s

Learn about the hope that has been so important to people like actor Michael J. Fox, boxer Muhammad Ali, former Governor Booth Gardner and their families and friends. The chances of having Parkinson’s increases with age. But there are effective medications and treatments to help live with Parkinson’s. Join Sharon Jung of the Northwest Parkinson’s Foundation speak on the basics of Parkinson’s Disease and the many treatment approaches that are currently available and the hope that patients and families can have. Held 6:30 – 8:00 p.m. at the Villas at Union Park, 2010 S. Union Ave in Tacoma. Free. [View event flyer](#). Call (253) 798-4600 for details.

June 11-13 - LeadingAge Age Washington’s Annual Meeting and Exhibition

The LeadingAge Conference is designed to provide valuable educational and networking opportunities for administrators, department managers and staff from nursing homes, assisted living / senior and retirement housing, home health and CCRCs. Held at the Hilton Hotel and Convention Center in Vancouver, WA. [Click here for more information and to register online](#).

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

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

June 15 – World Elder Abuse Awareness Day

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

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

Whether you are working in the sun or just enjoying that warm feeling, it’s best to know what the sun is doing to you – both good and bad. Get the scoop on what is healthy exposure to sunlight and what can cause lasting effects. Find out the truth about who is most vulnerable, what ages are most at risk, sunscreen products, how much UV protection you need, which ones work and which ones are a waste of money. Held twice this day: 12:10 – 12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S 35th Street, Tacoma; and 6:30 – 7:30 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Ave S., Tacoma. [View event flyer](#). For more info call (253) 798-4600.

June 18 – Social Security After Retirement

An information-only presentation for folks preparing to retire – someday – as well as current beneficiaries. Learn how to make the most out of your Social Security benefit. Presenter is Kirk Larson from the Social Security Administration. Everything you could possibly want to know – and more!. Held 4:30-5:30 p.m. Location: Evergreen College Tacoma Campus, 1210 6th Ave., Tacoma. Sponsored by Pierce County ADRC.

June 18 – Pierce County High Risk Population Disaster Planning Summit

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

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

(See June 17 for description) [View event flyer](#). Held twice this day:

- 12:10 p.m. at the County City Building, 930 Tacoma Ave. S., Tacoma
- 6:30 p.m. at the Soundview Building, 3611 S. D Street, Tacoma

June 19 – Wills & Trusts for Individuals with Disabilities in WA State

Learn about the ins and outs of this important topic especially geared to families with a child with disabilities. Presented by Josh Brothers of the Dussault Law Group and Patti Bell of the Washington State Life Opportunities Trust Fund, Arc of Washington. Held at 6 p.m. at PC2, 3716 Pacific Ave., Suite A in Tacoma. For more information or to RSVP call (253) 564-0707.

June 19 – Behavioral Health Educational Roundtable

Topic: Maintaining Emotional and Memory Wellness: Recognizing the Early Signs to Stay In Balance. Speakers: Behavioral Health Social Work and Creative Arts Therapists. Held 12:30 p.m. to 1:30 p.m.

at MultiCare Auburn Medical Center, 202 N Division St. in Auburn in the 3rd Floor Conference Rooms 1&2 (elevator D). RSVP: (253) 333-2521 or Ada.allen-harris@multicare.org.

June 19-21 – The Community Summit...Let's Get Connected

The Division of Developmental Disabilities will hold this summit at Central Washington University in Ellensburg. The event will bring together individuals committed to building inclusive communities that are rich with people participating as neighbors, co-workers, and citizens. People with developmental disabilities and their families and friends, staff that provide residential, employment, educational and personal supports, state and county staff, and local activists and leaders are all welcome. The vision is for people to come together to listen, present ideas and learn from each other about how to build and participate in inclusive communities that enrich everyone. [Learn more.](#)

June 22 – Senior Prom

Franke Tobey Jones Community sponsors this annual extravaganza for older adults who want to relive those wonderful days of long ago when they were “the other kind of senior.” Includes dancing, live music, refreshments, photos and lots of memories. Held 6 to 9 p.m. at Tacoma’s Stadium High School. Tickets are \$5 at the door or in advance at (253) 752-7796 or at www.FrankeTobeyJones.com.

June 26 – Assistive Technology Expo

Get the most up-to-date information and see examples of what’s available for assistive devices – mobility, vision, hearing, prosthetic devices and more. This is an information-only event. Free. Held from 4 to 7 p.m. at Norco Medical Equipment (formerly Care Medical), 1902 Tacoma Ave. in Tacoma. Contact Bob Riler at (253) 798-7384 or briler@co.pierce.wa.us.

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 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.

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. 19th Street, Building 11, in Tacoma. To register call 800-485-0205 or www.multicare.org.

Sept 22 - Falls Prevention Awareness Day 2013

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

Sept 28 – Walk to Stop Diabetes

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

Oct 3 – Pierce County Alzheimer's Caregiver Conference

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.

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: We are going to do some traveling with my folks, one of whom as Alzheimer's. Do you have any tips for a safe trip?

Answer: We can offer some ideas but ultimately you will be the best judge. If you will be at a location for an extended period of time, consider contacting the local Alzheimer's Association for resources and support. Changes in environment can trigger wandering. Even for a person in the early stages, new environments may be more difficult to navigate. Keep the person safe by taking precautions, such as enrolling MedicAlert, Alzheimer's Association Safe Return, Comfort Zone or Comfort Zone Check-In. Have a bag of essentials with you at all times that includes medications, your travel itinerary, a comfortable change of clothes, water, snacks and activities. Pack necessary

medications, up-to-date medical information, a list of emergency contacts and photocopies of important legal documents. Create an itinerary that includes details about each destination. Give copies to your emergency contacts back home. Keep a copy of your itinerary with you at all times. If you will be staying in a hotel, inform the staff ahead of time of your specific needs so they can be prepared to assist you. Lastly, travel during the time of day that is best for the person with dementia.

NATIONALLY

Warning about Oklahoma Scams

For many, it's impossible to view the heartbreaking stories coming out of Oklahoma and not feel an overwhelming urge to do something. But following your first impulse to help could just lead to more heartbreak, as many charitable givers often fall prey to scams in the wake of national tragedies. Authorities are warning would-be donors to think carefully and check thoroughly before they donate.

AARP Highlights Age Wave Implications for Medicaid

A new report from the AARP Public Policy Institute finds that most older people need some long-term services and supports during their lifetimes. Nearly a third of older people are projected to deplete their life savings and turn to Medicaid for assistance as their ability to care for themselves declines.

[Click here](#) to access [Medicaid: A Program of Last Resort for People Who Need Long-Term Services and Supports](#), a 6 page report.

Get Data About Today's Older Adults

One in eight Americans is over age 65. Over 3.6 million seniors lived in poverty in 2011. That same year, almost 50% of older householders spent more than a quarter of their income on housing costs. These facts and more are included in the data set Profile of Older Americans 2012, available online from the U.S. Administration on Aging. [Find the key statistics](#) (Source: NCOA)

The MTV Generation Moves into Mid-Life

This study marks a first broad examination of Generation X, establishing a baseline of their current work and retirement plans, finances and housing, family life and their views about their health, aging and generational identity. (Source: MetLife)

A Glimpse of Your Future Could Boost Your Savings

Stanford University scientists have found that younger people have trouble visualizing themselves as elderly, which can limit how much they invest in their retirement plans. When the researchers showed a group of young people computer-aged photos of themselves, they became more inclined to increase their retirement investment. You can [experience your own photographic aging](#). And you can find some help in estimating how much you will need for retirement with a [calculator](#) developed by the Employee Benefit Research Institute. [Click for link to article](#). (Source: MetLife)

Helping Communities Adjust to the New Demographics

A set of seven relatively simple and low cost indicators that help communities determine if their services meet the needs of an aging population has been developed by the MetLife Mature Market Institute and the Stanford Center on Longevity. The system also describes how these characteristics of a community relate to each other, rather than simply providing a list of characteristics. [Click for link to study](#). (Source: MetLife)

Heart Attack Info for Women

The "Make the Call. Don't Miss a Beat" campaign is a national public education campaign that aims to educate, engage, and empower women and their families to learn the seven most common symptoms

of a heart attack and encourage them to call 9-1-1 as soon as those symptoms arise. The campaign encourages woman to make the call to 9-1-1 immediately if they experience one or more of the heart attack symptoms listed above. [View a flyer designed in 12 different languages](#). (Source: FHS)

Get Ready for Senior Center Month

September may seem far away, but it's not too soon to start thinking about how you can partner with your local senior center to mark National Senior Center Month. This year's theme is "Experts in Living Well." Members of the National Institute of Senior Centers (NISC) will receive a full toolkit to celebrate. [Learn more](#) | [Join NISC now](#) (Source: NCOA)

Council Considers Elder Justice Proposals

Assistant Secretary for Aging Kathy Greenlee led the spring meeting of the Elder Justice Coordinating Council. Members reviewed nine proposals for federal action to address elder abuse, neglect, and exploitation. [See the proposals](#) | [Learn what you can do about elder abuse](#) (Source: NCOA)

Making Home Affordable Program Deadline Extended

The U.S. Department of the Treasury and the U.S. Department of Housing and Urban Development [announced an extension](#) of the Administration's Making Home Affordable Program through December 31, 2015. The new deadline was determined in coordination with the Federal Housing Finance Agency (FHFA) to align with extended deadlines for the Home Affordable Refinance Program (HARP) and the Streamlined Modification Initiative for homeowners with loans owned or guaranteed by Fannie Mae and Freddie Mac. The program has been a critical part of the Administration's comprehensive efforts to provide relief to families at risk of foreclosure and help the housing market recover from a historic housing crisis. (Source: HUD)

New for Vets – Navigating Government Benefits and Employment

This [guidebook](#) is intended to be a resource for veterans and family members as they navigate the complex interaction between government benefits and employment or self-employment. This [guidebook](#) focuses on government benefit programs that veterans access most frequently. The primary focus of the guidebook is on the impact that work income can have on factors such as initial eligibility, ongoing eligibility, and cash benefit amounts. (Source: HCBS)

Health Insurance Exchange Coming Oct 1

The Department of Health and Human Services (HHS) released the final applications consumers will use to apply for coverage through the new Health Insurance Marketplaces when enrollment opens on October 1, 2013. Three paper applications were released: 1) A [new short form](#) for single adults with no dependents who don't have an offer of employer-sponsored coverage; 2) A [revised family application](#) for financial assistance; and 3) A [revised non-financial assistance](#) application. (Source Families USA)

Free Friends and Family Health Kit

You support each other through good times and through challenges. Now, you can help the people you care about by sharing a free set of health publications filled with tips you can trust. The "Friends and Family Health Kit" is a collection of 20 quick to read, easy to understand publications from FDA's Office of Women's Health and the General Services Administration's Federal Citizen Information Center. [Order a free kit for yourself](#). (Source: GSA)

PLAN AHEAD – AUGUST IS...

American Indian Heritage, Cataract Awareness, Immunization Awareness, Water Quality, Neurosurgery Outreach and Psoriasis Months; Simplify Your Life (1-7), Assistance Dog (4-10), Fraud

