



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

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

Health Care Providers Council of Pierce County

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

Temporary Location * * * Villas at Union Park (Breakfast \$6; Coffee \$2)

2010 South Union Avenue, Tacoma

Please park in the upper lot and the VWF lot.

Contact Julie Moorer at (253) 583-2008

Mar 14 – Kirk Larson, Social Security Administration

Collecting materials for the Puyallup Salvation Army Senior Center. Bring items such as zip-loc bags, paper and plastic bags, serving gloves.

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.

Mar 6 – 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.

Mar 20 – 7:45 a.m. at Wesley Homes in Des Moines, 816 S 216th St., Des Moines
(206) 870-1127

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

LOCAL SERVICES

Free Tax Preparation Available to Income-Eligible Households!

Volunteer Income Tax Assistance (VITA) helps working and low-income individuals and families save money through free tax preparation. Trained volunteers prepare federal tax forms and file them electronically to speed the receipt of refunds. Pierce County Asset Building Coalition offers several VITA sites throughout Pierce County. We work closely with AARP Tax-Aide, which offers free tax prep to those ages 60 and over. [Click here for a list of VITA and AARP Tax-Aide Free Tax Help Locations.](#)

Beyond the Borders Expands

Pierce County's Beyond the Borders service is expanding with new routes in the rural parts of the county. This free transportation option is available for lower-income residents, people with disabilities and seniors. If you live outside the Pierce Transit service area, you may be eligible for free rides to work, medical appointments, local shopping centers and Pierce Transit centers. For more information visit www.PierceCountyRides.com or call 2-1-1.

Dental coverage cut for 450,000 Medicaid patients in Washington

As more health care reform goes online, more people will qualify for Medicaid. But if they need dental care in Washington state, they're out of luck. KING-TV's Jean Enersen explains why so many patients hope the change of the law gets reversed. [Watch now.](#)

PCIP program to Stop Accepting Applications

The federal government is requiring the Pre-existing Condition Insurance Plan-Washington State (PCIP-WA) to stop accepting new applications postmarked after March 2, 2013. This enrollment suspension will help ensure that funds are available through 2013 to continuously cover the 1,000 people currently enrolled in PCIP-WA. [More information.](#)

News from Habitat for Humanity

- Households interested in purchasing a Habitat home may now submit an application without attending an application meeting first. If you know someone interested in applying, please have them email cbenbow@tpc-habitat.org, call Family Services at (253) 627-5626 or stop by the office Monday – Friday (9am – 5pm, weeknights and Saturdays by appointment only) to pick-up an application form. Applicants will need to submit the signed application form, a \$20 credit check fee (cash, check, money order made out to T/PC Habitat for Humanity), and copies of photo ID and social security cards for all adults in the household.
- Habitat for Humanity now has weekly office hours in Tillicum and Parkland. Households interested in applying for to our program can come to the office hours to pick-up or submit an application or simply learn more about our program. Wednesdays, noon to 1pm at the Habitat for Humanity office (4824 South Tacoma Way, Tacoma, 98409); Thursdays, 5 to 7pm at Garfield Book Company second floor, wheelchair accessible (208 Garfield St, Suite 101, Tacoma, 98444); Fridays, 2 to 4pm at Tillicum Community Center (14916 Washington Ave SW, Lakewood, 98498); and Saturdays, 10:30 to 11:30am at Garfield Book Company – second floor, wheelchair accessible.
- Minimum income guidelines have been lowered and monthly payments can now be as low as \$500 for mortgage payment, property taxes and homeowners' insurance combined! Income guidelines are based on how many people will be living in the Habitat house. As always, eligible income includes wages, child support/alimony, SSI/SSA, TANF, self-employment and any other documented income expected to continue for at least 3 more years (excludes food stamps, work study and unemployment benefits). Households with 1 or more people encouraged to apply.
- Habitat now offers a home repair program for Pierce County veteran homeowners or homeowners with veteran living with them. If you know someone in need of a 0%, affordable loan to fix a health or safety related home repair, please have them contact Habitat for details. Habitat does not offer immediate/emergency home repair services but can address home repair needs such a roof in need of repair or replacing, leaking plumbing, holes in the floors, etc...

Free Medical Alert Cards Available for PD Patients

The Northwest Parkinson's Foundation has created Medical Alert Cards specifically for the PD patient. Medications, schedules and key contacts are added to the card and kept on your person in case of emergency. You can order your free Medical Alert Card by dropping us an email with your name and

address to info@nwpf.org. Please let us know if you would like to be on our mailing list for other mailed information as well.

Interns & Volunteers Needed

Safe Families for Children are looking for help with Church & Community Development, Operations & Administration and Placement Coordination. Contact [Nicole Aguilar](#) at the Bellevue office call 425-462-1612 Ext. 1353 for more details. For the Tacoma office and non-specific volunteer opportunities, contact [Mark Shagren](#) call 253-212-3521.

Make A Difference

Make a difference by understanding the needs of others and meeting them with talents and tools you already have. Youshare.org connects families with critical needs to people who can fulfill those needs. It's an opportunity for people to share their resources and develop relationships that will lead to better lives. You can be part of this adventure in sharing, whether you are an individual looking to improve lives through sharing or an organization that serves people with critical needs. Sign up on youshare.org to learn more and start giving your extra stuff to people in need in your community.

Help for Lighthouse & Beacon Senior Centers

The two senior centers operated by the City of Tacoma are in need of ongoing help. Many of the participants are low and very low income residents. They would appreciate your help with small items that could be given as prizes at Bingo and other activities. Small personal toiletries (tooth paste, floss, soap, shampoo), food items (tuna, peanut butter, crackers,) gift cards and household items of all sorts are welcome. Lighthouse is also looking for dance sponsors. The dances are self-supporting at \$200 each. Sponsors have their name in the newsletter, are acknowledged by the musician at least twice, and can set up a booth at the dance and make a brief presentation. Contact Willow Eaton from the Lighthouse Senior Center (591-5080) and Cindy Reiger from the Beacon Senior Center (591-5083).

Washington Health Benefit Exchange Newsletter Introduced

As part of national health reform, the Washington Health Benefit Exchange is currently working to create Washington Healthplanfinder – an easily accessible, online marketplace for individuals, families and small businesses in Washington State to compare and enroll in qualified health insurance plans. This one-stop shop will enable residents to make apples-to-apples comparison between Qualified Health Plans, helps determine eligibility for tax credits or less expensive co-pays and deductibles and receive personal assistance finding, selecting and enrolling in the right health plan to meet their needs. [Subscribe to receive the newsletter monthly.](#)

Washington Healthplanfinder Selected for National Testing

Washington State is one of only two states confirmed for the first national Health Insurance Exchange system testing beginning in March. This testing, which will be led by the Centers for Medicare & Medicaid Services (CMS) and the Center for Consumer Information and Insurance Oversight (CCIO), will assess the IT infrastructure behind the new marketplace to ensure Washington is on track for final certification. The testing will also analyze the ability to integrate with the federal data systems that determine eligibility for tax credits and reduced insurance premiums.

Hearing Speech & Deafness Center Moves

The HSDC Tacoma office has moved to a new location. We are excited as we are sharing the building with other non-profit organizations such as Big Brothers, Pierce County Bar Association, Volunteer Legal Services, etc. We are also close to many social services on the same street. The new address is 621 Tacoma Ave., Suite 505; Tacoma, WA 98402. Other contact info remains the same.

Emergency Risk Communication Course Free

Learn how to communicate with the public and with the media during an emergency. This 2.5 hour [Emergency Risk Communication course](#) is now available free of charge. In this [Emergency Risk Communication course](#), you'll learn how to plan for an emergency, create effective messages, and interact with the media and community in times of crisis. This updated training was developed by NWCPHP and Public Health - Seattle & King County.

Hearing Loss Association Annual Convention

Portland, Oregon is the host city for Convention 2013, June 27–30. Go online to check out the [convention schedule](#) – the workshops, [Research Symposium](#), exhibit hall, social events and more, will make this a spectacular convention. Keynote Speaker is Howard Weinstein, Inventor of Solar Ear. Howard's keynote speech will take place during the Opening Session, Thursday, June 27, 5 to 6:30 p.m. Take a look at the preliminary schedule to help you determine the appropriate registration package as well as travel and hotel needs. The schedule is subject to change; please check the Convention 2013 Program & Exhibit Guide for the final schedule. See the registration page for information about registering off- and online. A limited number of scholarships will be awarded to first-time convention attendees who reside in the state of Washington. LA-WA especially hopes to attract young adults to join us at the HLAA Convention. For more information, contact HLA-WA@hearingloss-wa.org.

Reorganization at ADSA

DSHS Secretary Kevin W. Quigley has directed that the responsibilities of the Department's current Aging and Disability Services Administration be assigned to three smaller administrations whose leaders can focus as a team on the specific needs of people served by the Department and respond to those needs across systems. Said Quigley, "What brought home to me the need to focus management responsibilities was when I realized that the budget for ADSA's current Division of Developmental Disabilities alone would make it the third-largest agency in all of state government." The current ADSA Assistant Secretary Jane Beyer will lead the new Behavioral Health and Service Integration Administration as Assistant Secretary. Kathy Leitch, a former ADSA Assistant Secretary, will lead the new Developmental Disabilities Services Administration as Acting Assistant Secretary. Bill Moss, the current ADSA Deputy Assistant Secretary, will lead the new Aging and Long-term Support Administration as acting assistant secretary.

Faith Community Nursing Opportunities

Faith community nursing is a nursing specialty recognized by the American Nursing Association that focuses on care of the individual in body, mind and spirit within a church and community. Pacific Lutheran University, in partnership with Northwest Parish Nurse Ministries and Franciscan Health System, provides the Foundations of Faith Community Nursing course in the South Sound. This year the course will be held April 16-18, and May 15-16 (5 days). The Franciscan Foundation provides the Jean Vanberg Parish Nurse Scholarship to help fund this course. For further information and to receive a scholarship application packet please contact Debbie Saint at 253-530-2143 or debbiesaint@fhshealth.org. Deadline is March 15.

Off-to-College Campaign

2,800 Students in Pierce County schools have been identified as Homeless. Over 150 students are high school seniors who are on track to graduate in 2013 – many pursue higher education, but lack the basic necessities for college. Donations to the Off-to-College Campaign (OTCC) will help provide some of the most basic necessities these homeless youth need to attend post-secondary education and will serve as a stepping stone to their ongoing educational success. Cash donations, designated as OTCC and made to United Way of Pierce County, are tax deductible and will be used to purchase laptops,

Microsoft Office Student software, flash drives, backpacks and other needed items. You can also purchase and donate these goods. Businesses may want to have a specific drive to collect one or more of these college necessities. Deadline: May 24, 2013. Info at www.uwpc.org/offtocollege. If you have any questions about the campaign, please contact Tammy Brown at tammyb@uwpc.org.

New Scam Alert

Scammers are sending fraudulent letters to people's mailboxes about 2013 death benefit information. The letters appear as if they were issued by the government, and request the recipients' full name, date of birth, and phone number as well as that of their spouse. Scammers often target victims across the country, so please stay vigilant. Report any potential Medicare fraud cases to the Washington State Office of the Insurance Commissioner's Senior Medicare Patrol. Call Washington state's Senior Medicare Patrol (SMP) at (800) 562-6900 with any suspected scams. Help seniors prevent, detect and report Medicare and Medicaid fraud and abuse.

LOCAL HAPPENINGS

Mar 2 – IEP/504 Workshop

This is an in-depth training on the Individual Education Plan process and 504 plans sponsored by Dads MOVE. We will go over the laws and review forms that are typical of a well-rounded IEP plan. This training will also cover how to effectively work with schools and how to resolve conflicts. Held 10 a.m. to 2 p.m. at TACID, 6315 S 19th St in Tacoma. No cost. Register at www.dadsmove.org.

Mar 6-8 – Special Education Conference

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

Mar 7 – Heart Association South Sound Open House

The American Heart Association South Sound has moved to 1142 Broadway, Suite 120. To celebrate AHA is holding an Open House Happy Hour from 3 to 6 p.m. Drop by for a visit and enjoy a shopping experience with Jewell Kade, Stella & Dot, Pampered Chef and Magnabilities. Proceeds from vendors will be donated to AHA. Contact Charlene.gillmore@heart.org or (253) 572-4996.

Mar 11 – Hospital 101

This workshop provides information about preparations that patients need to make before arriving at the hospital. Most importantly, the workshop examines important considerations that need to be addressed before and during the discharge process including who goes to the hospital and why, what doctor's don't know, the distinction between "admitted" and "observation" and creating a discharge plan that patients can realistically follow. Free; no RSVP required. Held twice this day: 12:10-12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35th St, Tacoma and 7:00-8:00 p.m. at the Gig Harbor Library Meeting Room; 4424 Point Fosdick Dr NW, Gig Harbor. Sponsored by the ADRC.

Mar 12 – Hospital 101

(See March 11 for description.) Held 7:00 – 8:00 p.m. at the Puyallup Library South Conference Room; 324 S. Meridian in Puyallup.

Mar 13 – Hospital 101

(See March 11 for description.) Held 12:10 – 12:50 p.m. at the County City Building 7th Floor Rainier Conference Room; 930 Tacoma Ave S in Tacoma

Mar 16 – 27th District Legislative Town Hall Meeting

Senator Jeannie Darneille and Representatives Laurie Jinkins and Jake Fey host their Town Hall Meeting. Get an update on the session, ask any questions you may have and share your thoughts on how to help our community. Held 10 a.m. to noon at Jason Lee Middle School Cafeteria, 602 S. Sprague in Tacoma. Information booths and sign-in starting at 9:30. Pierce Transit bus line #1. For more information, contact Senator Darneille's office, (360) 786-7652

Mar 20 – Pierce County Cancer Survivorship Conference

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

Mar 20 – Regional Vulnerable Populations Disaster Planning Conference

Event is full. Contact Sheri Badger at sbadger@co.pierce.wa.us.

Mar 26 – Tools 4 Success Conference: "Preparing You For Employment"

Tools 4 Success is a free conference for persons with disabilities focusing on preparation for employment presented by community organizations. Last year, nearly 400 transition HS youth attended free of charge and all Pierce County High Schools were represented. To learn more or to attend the conference: please visit the tools4successconference website. Held 8 a.m. – 1 p.m. at Tacoma Community College Campus, 6501 South 19th Street, Tacoma

April 3 – National Walking Day

Put on your walking shoes (and dress for the weather!). Join the [American Heart Association South Sound](http://AmericanHeartAssociation.org) for this special walking event. Held at Wright Park in Tacoma. Meet at the white lions on the 6th Avenue side. Welcome at 11:30 a.m. Walk from noon to 1 p.m. Special "Garden Walk" with narration by Tacoma Parks. More info contact Julia Falvey @ (253) 572-4945. If you can't join the AHA at Wright Park, walk in your neighborhood or at your place of work. The message is "walk!"

April 3 - Annual Technology Conference and Showcase

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

April 5 – Annual Alzheimer's Regional Conference

This year's keynote speaker is John Zeisel, PhD, author of "I'm Still Here: A Breakthrough Approach to Understanding Someone Living with Alzheimer's," dementia-friendly communities pioneer, and founder of Artists for Alzheimer's, and the Hearthstone Institute, which offers programs internationally and nationally on the I'm Still Here approach to care. This year's event covers research, treatment, elder law, dementia basics, dementia care, behaviors and activities. Access everything you need to know about the conference on the [Discovery 2013 conference website](#). Return as often as you like to make changes, receive immediate automated responses, and administer group registrations. Held 8:30 a.m. to 3:45 p.m. at the Washington State Convention Center in Seattle.

April 8 – Universal Design: Aging in Place...Thoughtfully

Pierce County Aging & Disability Resources, in partnership with Rebuilding Together South Sound, offers a special workshop to help homeowners start thinking about aging in place. This workshop will show how homes can be comfortable and barrier-free and provide many practical ideas and alternatives for a home's exterior and interior that can be used to make a home livable for many, many years, regardless of a person's physical condition. Additional community resources will also be provided. The workshop is free and open to the public. Held twice this day: 12:10 – 12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S 35th Street in Tacoma; 7:00 – 8:00 p.m. at the University Place Branch Library, 3609 Market Place W., Ste 100. in University Place.

April 9 – Free Business Planning Webinar

Are you an entrepreneur with a disability who needs a business loan for your small business? Need help writing your business plan? Then sign up for Washington Access Fund's FREE accessible web-based meetings! The next series begins Tuesday, April 9th from Noon to 1:30 p.m. and runs weekly (on Tuesdays for 7 weeks) until May 21st. To register e-mail: Kathy@washingtonaccessfund.org, call (206) 328-5116 or TTY 1-888-494-4775.

April 10 – Universal Design: Aging in Place...Thoughtfully

(See April 8 for description) Held twice this day: 12:10 – 12:50 p.m. at the County City Building Rainier Conference Room, 930 Tacoma Ave S, 7th Floor in Tacoma; 7:00 – 8:00 p.m. at the Sumner Branch Library, 1116 Fryar Avenue in Sumner.

April 13 - Puyallup Health and Wellness Fair

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

April 13 – Diabetes Expo

The Expo includes health screenings, cooking demonstrations, product and service exhibitors, as well as leading experts talking about diabetes management, research and prevention. Get the latest information on preventing and managing diabetes and its deadly complications to help keep you and your family healthy. Learn how to live healthy, be active, and change the future of diabetes for you and your family. Event is free. Held at the Washington Convention Center in Seattle. [Get info and registration.](#)

April 17 – Emotional & Memory Wellness Benefits of Creative Art Therapy

Join Behavioral Health Creative Arts Therapists from Auburn Medical Center at this monthly roundtable event. Held in the 3rd Floor Conference Room 1&2 from 12:30 p.m. to 1:30 p.m. at 202 N Division St. in Auburn. Program is for clinical and non-clinical health care professionals serving adults age 45 and over. RSVP: (253) 333-2521.

April 25 – Survival Mindset: How to survive an Active Shooter incident

Pierce County Emergency Management and the High Risk Populations Disaster Planning Coalition help you learn what you can do to get into a survival mindset. Most dangerous situations are unpredictable and evolve quickly. Because most incidents are over within minutes, we must be prepared to deal with the situation until law enforcement personnel arrive. This training is designed to acquaint you with specific steps you can take to assess a potential threat and plan your response or escape should you be confronted with a dangerous situation. Preparedness and awareness are the keys to helping protect our employees, our clients, and ourselves. Held 1:30 to 3:30 p.m. at Sprinker Recreation Center, 14824 C St. in Tacoma. [Register online.](#) If ADA accommodations are needed please RSVP by April 18.

May 15 – HopeSparks Annual Breakfast – The Best Is Yet To Come

Event supports Relatives Raising Children, Family Support Services, Early Learning and Healing Hearts Counseling. Held at the Tacoma Trade & Convention Center, 1500 Broadway in Tacoma from 8 to 9 a.m. Cost: Complimentary. [Click here for more information and to RSVP.](#)

June 3 – Challenges In Caregiving Conference, Tukwila

This annual caregiving conference training conference will be held at the Tukwila Community Center in Tukwila. The event is hosted by Aging and Disability Services Administration, Full Life Care and Pierce County Community Connections/Aging and Disability Resources along with the support of numerous community organizations. The conference is designed to provide current, practical skills and resources that community caregivers can use in their daily caregiving responsibilities. The conference 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. The Early Registration fee (by May 15) for individual caregivers is \$30. Scholarships are available for unpaid family caregivers. The Early Registration fee for agency-based caregivers is \$50. Fees include workshops, lunch and resource exhibits. Registration forms will be available in April and space is limited - so don't delay! For more information or to receive a full brochure and registration materials, please call 1-800-422-3263 or (360) 725-2544. [View event flyer.](#)

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 18 – Social Security After Retirement

Learn how to make the most out of your Social Security benefit. Presenter is Kirk Larson from the Social Security Administration. Save the date. 4:30-5:30 p.m. Location: Evergreen Tacoma Lyceum Hall, 1210 6th Ave., Tacoma. Sponsored by Pierce County ADRC.

June 18 – Pierce County High Risk Population Disaster Planning Summit * New Date**

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. A continental breakfast and a lunch, catered by Murph’s BBQ, will be provided to participants at no cost (vegetarian option available). A free event, but [interested people should at register](#) at by June 11.

Please include requests for ADA accommodations. For questions please contact Sheri Badger at (253) 798-2204 or sbadger@co.pierce.wa.us.

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.” Held 6 to 9 p.m. at Stadium High School. More information to come.

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.

Q&A of the Month

Question: I am caring for my dad with Alzheimer's. I worry about him not getting much exercise. What should I do?

Answer: Just because a person has Alzheimer's Disease (AD) doesn't mean that exercise isn't important. As a matter of fact, it's probably more important than ever! Talk to his doctor about the kind of exercise that would be appropriate. Maybe it's something you two can do together, like walking. Pierce County is now offering two unique programs – Memory Care and Wellness Services (MCWS) and RDAD, Reducing Disability in Alzheimer's Disease. Both involve exercise in one way or another. MCWS makes use of Adult Day Health programs in the community. These offer the advantage of socialization as well as wonderful activities for both the mind and body. RDAD is an in-home caregiver education program that combines exercise training with teaching caregivers how to manage dementia-related behavior problems in persons with Alzheimer's disease. The exercise component includes aerobic and endurance activities and strength, balance, and flexibility training for the person with Alzheimer's disease. The behavioral management component includes training for family caregivers about dementia, and how to identify and modify behavioral symptoms. If these sound interesting, please call the ADRC at (253) 798-4600 and we can give you more details.

NATIONALLY

Sequestration Impacts Older Americans Act

The effects of Sequestration will be felt on seniors. The National States United for Aging and Disabilities has produced a chart with the [impacts from cuts to the Older Americans Act](#). Sequestration will have other impacts on aging services. There will be a 2% cut to Medicare reimbursement for health care providers. These cuts will amount to an \$11 billion cut in Medicare spending (Medicaid is exempt from the cuts). Section 202 housing funding will be cut 5.1%, amounting to \$18 million. A 5.1% cut, amounting to \$86.7 million, The Administration on Aging, which manages Older Americans Act programs, will also experience a 5.1% cut amounting to \$86.7 million. (Source: NASUAD and LeadingAge WA)

Medicare Settlement Means No More 'Improve or You're Out'

A federal judge has approved the proposed [Settlement Agreement](#) clearing the way for thousands of Medicare beneficiaries to receive needed health services to maintain their current level of functioning. The settlement, which represents a significant change in Medicare coverage rules, ends Medicare's longstanding practice of requiring people to show a likelihood of improvement in order to receive coverage of skilled care and therapy services. The Agreement is retroactive to January 18, 2011. The “maintenance standard” is effective immediately. (Source: AARP)

Time Focuses on Health Care

The March 4 edition of “Time” dedicates the entire issue to one story on health care. Titled “Bitter Pill: Why Medical Bills are Killing Us,” the story spends a lot of time on hospital billing practices and the impact of using the “Charge Master.” It also touches on the medical device industry, prescription drugs and doctors, but the focus is on hospital billing practices. Interestingly, it is Medicare that comes out the hero at the end of the story. [Read the story](#). (Source: Health Care Authority)

U.S. Postal Service Announces Service Cutbacks

Starting in August, 2013, the U.S. Postal Service will no longer deliver regular mail to street addresses on Saturdays. Mail will be delivered Monday through Friday. The following services will NOT change: Packages will still be delivered on Saturdays; Mail will still be delivered to PO Boxes on Saturdays; Post Office locations currently open on Saturdays will remain open on Saturdays. Discontinuing Saturday delivery is expected to save the Postal Service \$2 billion annually. The Postal Service is an independent government agency and does not receive tax money to support its operations. It relies on the sale of postage, products, and services to fund its operations. (Source: USPS)

How to Recognize and Prevent Abuse of People with Special Needs

For a variety of reasons, people with special needs are more likely to suffer physical, mental and financial abuse than are others. Here are some ways to recognize and prevent abuse of people with special needs. [Read story](#). (Source: Academy of Special Needs Planners)

Alzheimer's 'Epidemic' Could Hit USA by 2050

A new government-funded report confirms what advocacy groups have been warning for years: The number of people in the USA with Alzheimer's disease will almost triple by 2050, straining the health care system and taxing the health of caregivers. Numbers are projected to rise from about 5 million now to 13.8 million. Alzheimer's is the only disease among the top six killers in the USA for which there is no prevention, cure or treatment. [Go to full story](#). (Source: USAToday)

Web Watch: Planning a Post-Retirement Business?

The U.S. Small Business Administration has established a [Web page](#) for people nearing retirement who are thinking about setting up their own small business. Visitors are encouraged to complete a self-assessment form to help them see if they are ready for taking on that responsibility. A 30-minute training video offers some basic insights and tips. A detailed online tool aids in the preparation of a business plan. And there are links to connect visitors to local mentors and to a variety of other small business resources. (Source: MetLife)

ACL Launches New Website

The Administration for Community Living (ACL) has launched a new website, www.ACL.gov. ACL created on April 16, 2012 brought together three agencies within the federal Department of Health and Human Services: the Administration on Aging, the Administration on Intellectual and Developmental Disabilities, and the Office on Disability. The new website offers resources about the programs, services and issues facing persons with disabilities, older adults, and family caregivers. This easy to navigate site features current issues and stories in its “Features” section, easily assessable icons to learn about ACL programs and initiatives, blog posts about current trends and stories of interest, and news and information disseminated to the disability and aging communities. (Source: ACL)

Monster.com Makes Website Accessible for Blind Users

The popular job search website Monster.com will be the first job search and recruitment website in the industry to provide job seekers who are blind with full and equal access to all of its products and services including mobile applications. The announcement is the result of an agreement with the AG's

Office and the NFB and provides meaningful benefit to individuals nationwide who are blind or visually impaired, including more than 35,000 residents in Massachusetts. (Source: NFB)

Social Security – Protecting and Preserving Social Security Act Reintroduced

Sen. Mark Begich (D-AK) and Rep. Ted Deutch (D-FL) have reintroduced the Protecting and Preserving Social Security Act (S. 308 and H.R. 649). The legislation strengthens Social Security's long-term financing by gradually phasing out the cap on earnings subject to payroll contributions. It also adopts a more accurate measure of the inflation experienced by seniors and people with disabilities for annual Social Security cost-of-living adjustments – helping to make sure that benefits keep up with rising costs. The bills were introduced during the 112th Congress, but did not advance. S. 308 was referred to the Senate Committee on Finance; H.R. 649 was referred to the House Committee on Energy and Commerce, Subcommittee on Health. (Source: Arc of WA)

Congressional Commission on Long Term Care

A new Commission on Long Term Care was created in the American Taxpayer Relief Act that took effect on January 1, 2013 and replaced the Community Living Assistance Services and Supports (CLASS) Act. The commission will be comprised of members named by President Obama, Senate Majority Leader Reid, Senate Minority Leader McConnell, House Speaker Boehner, and House Minority Leader Pelosi. (Source: Arc of WA)

ID Theft Rises Again

Identity theft is on the rise again according to a new study. This reverses a promising two-year trend. Some 12.6 million Americans were victimized by ID theft in 2012, the second-highest total since the Federal Trade Commission began counting victims in 2003 and roughly 1 million more than 2011, according to the survey by Javelin Strategy and Research. The record – 13.9 million victims – was set in 2009. The criminals made off with \$3 billion more than in 2011, as well. Overall, slightly more than 1 in 20 consumers – 5.26 percent – were victims last year. (Source: NBC)

Helpful Resource for Long Term Care Information

The National Clearinghouse for Long-Term Care Information is sponsored by the U.S. Department of Health and Human Services. The website provides information and resources to help individuals and families plan for future long-term care (LTC) needs. Learn what long-term care is, how and where you can get information and services you need - now or in the future, and how to pay for services. Information includes [Paying for care overview](#), [Costs of care](#), [Sources of payment](#), [Medicare](#), [Medicaid](#), [Long-term care insurance](#) and more. (Source: HHS)

EMPLOYMENT

The **Washington Health Benefit Exchange** is currently hiring for several Health Benefit Exchange positions. Salaries are annual and depend on qualifications. [See job posting website](#) for more information.

The **Tacoma Housing Authority** has an opening for a Program Specialist - Elderly & Disabled Service Coordination. The purpose of the position is to manage THA's elderly and disabled housing program. It connects elderly and disabled residents that are experiencing difficulties with available community resources; and assists elderly and disabled residents with needs in health, personal care, meal services, money management, substance abuse treatment, and other aspects of daily living. The position also works with property management and residents to create an open and friendly community environment. Closes March 8. [View job description and application process.](#)

PLAN AHEAD – MAY IS...

ALS, Arthritis, API Heritage, Better Hearing & Speech, Brain Tumor Awareness, Community Living, Family Wellness, Fibromyalgia Education and Awareness, Healthy Vision, Huntington’s Disease, Lupus Awareness, Skin Cancer Detection & Awareness, Allergy/Asthma Awareness, Foster Care, Mental Health, Osteoporosis, Physical Fitness & Sports, Stroke, Older Americans, Women’s Health Care Months; Goodwill Industries (5-11), Anxiety & Depression (5-11), Nurses (5-11), Teacher appreciation (6-10), Food Allergy (12-18), Nursing Home (12-18) and Women’s Health (12-18) Weeks; Bladder Cancer (4), Occupational Safety & Health (9), Women’s Check-Up (15), Visit Your Relatives (18), Crohn’s & Colitis (23), Heat Awareness (24), National Senior Health & Fitness (29), and MS (29) Days.

#####

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.