



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)

May 2 – “ADR Community Café Listening Session (Note extended time: 8:00 – 9:45 a.m.)

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

July 4 – No meeting

**Health Care Providers Council of Pierce County**

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

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

May 9 – Speakers: Marge Tully and Penny Grellier,

Pierce County Coordinated Transportation Coalition

**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.

May 1 – 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.

May 15 – 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](http://www.secoalition.com)

**LOCAL SERVICES**

**ADR Hosts Community Cafes**

Pierce County Aging & Disability Resources (ADR) will host a series of two more Community Cafés in May to learn from older adults, adults with disabilities, community leaders, family members and service providers what essential services and supports are needed to create livable communities for all ages throughout Pierce County. Input will be used in developing ADR’s 2014-15 Area Plan Update.

- Thurs. May 2<sup>nd</sup> – 8:00-9:45 am @ Lighthouse Senior Center, 5016 E. A Street, Tacoma.
- Fri. May 17<sup>th</sup> – 10 a.m. – 12 noon @ Puyallup Library South Meeting Room, 324 S Meridian, Puyallup

View the [PC News story on the Community Café events](#). For more information contact Connie Kline, (253) 798-3782 or [ckline@co.pierce.wa.us](mailto:ckline@co.pierce.wa.us).

### **Online Version of Living Well With Chronic Conditions**

Pierce County Aging & Disability Resources is very excited to be able to offer “Better Choices, Better Health,” an online version of the very popular “Living Well with Chronic Conditions” workshop. This opportunity is available to residents of Pierce County 18 years of age or older who have a chronic health issue or who are caregivers for family members with a chronic illness. [To learn more and to register click here.](#)

### **Puyallup Observes Older American’s Month**

The Puyallup Aging in Place Coalition has created a variety of public events to help celebrate Older American’s Month 2013. All events are free and open to the public.

- May 1 @6:30 pm; “Your Retirement Income,” Puyallup Public Library
- May 8 @7 pm; “Caring Conversations,” Pierce College
- May 10 @ 10 am; “Exercise Over 50,” Puyallup Activity Center
- May 11 @ 10 am; “Navigating Long Term Care,” Puyallup United Methodist Church
- May 11@ 1-5 pm; “Rock and Read,” Puyallup Public Library
- May 17 @ 10 am; “Community Café,” Puyallup Public Library
- May 18@ 10 am; “Re-passioning Your Passion,” Pierce College

Learn more at the [Puyallup Aging in Place Coalition website](#).

### **Budget Infographic: A Sharp Contrast**

As lawmakers continue with budget negotiations, they will have to resolve differences in priorities and values. Budgets put forth by the House and Governor choose kids, seniors, and working parents, while the Senate chooses to preserve tax breaks for out of state shoppers and oil refineries. Check out the [WA Budget & Policy Center infographic](#) on the major differences between the budgets.

### **Funding to Help Replace Uncertified Wood Stoves**

Older, uncertified wood stoves and inserts are dirty, less efficient and pollute the air – both inside your home and the air around your neighborhood. Funding is available through mid-May to help remove, recycle or replace the estimated 24,000 uncertified devices in the [Tacoma-Pierce County Smoke Reduction Zone](#). Move on to better heat. (If no replacement heating device is needed, take advantage of the buy-back program: \$350 you-haul, \$200 if we come pick it up.) To be eligible, you must have a pre-1995 wood stove or insert AND live in the Tacoma-Pierce County Smoke Reduction Zone. Visit <http://www.airsafepiercecounty.org/> for more info.

### **Scam Alert #1!**

It didn’t take long. Residents have reported calls from fundraisers asking for donations for the victims of the Boston Marathon bombing. As legitimate as they may sound, exercise extreme caution. Many of these solicitations are simply scams. Give to charities you know. The WA Secretary of State keeps a registry of all charitable organizations, fundraisers and charitable trusts. The registry provides valuable information, such as: total dollar value of support received by the organization; total dollar amount applied to charitable purposes, fundraising costs and other expenses; and the total revenue of the preceding fiscal year. Call (800) 332-4483 to check on a charity. They cannot endorse a charity But they can tell you if a charity is registered.

### **Scam Alert #2!**

It’s not new but people are receiving calls from a person saying they are VISA or MasterCard. They say there has been suspicious activity regarding your card including a certain purchase (usually just

under \$500). The caller sounds very authentic and even gives you your actual credit card number. They then ask you to give the 3-digit security code on the back side of the card. That's the scam. Do not give them the security code. If it's a legitimate bank, they already have that number. Hang up! Give out your 3-digit security code only if you place the call to make a purchase.

### **Sequester Impacts Unemployment**

The federal sequester will affect both Employment Security administrative funds and federally funded benefit payments to unemployed workers. Federally funded Emergency Unemployment Compensation (EUC) benefits must be reduced. Washington claimants will begin to see their weekly benefit payments reduced during May. Full details of the amount and timing of the reduction will likely be known in early May.

### **Housing Opportunity Program Opens Waiting List**

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 9, 2013. After June 9th, 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.

### **How to Communicate with Your Managed Care Provider – From PAVE**

When Washington State changed to managed care for individuals who were on Medicaid, families and individuals who were already receiving Medicaid services were assigned a Medicaid provider from one of five service providers. I know that for many families with children and youth with special healthcare needs this was one more piece to add to their already busy lives but it is important to do several things if you haven't already done them. [Click here to read more](#)

### **DMEPOS Contract Suppliers Announced**

CMS has announced the contract suppliers for Round 2 and the national mail-order program of the Medicare Durable Medical Equipment, Prosthetics, Orthotics and Supplies (DMEPOS) Competitive Bidding Program. A list of contract supplier names is available at [www.dmecompetitivebid.com](http://www.dmecompetitivebid.com). Contract supplier locations for each product category in each competitive bidding area can be found in the Supplier Directory at [www.medicare.gov/supplier](http://www.medicare.gov/supplier). More information: [Press Release](#) | [Fact Sheet](#)

### **VADIS Honors Marshalls in Bonney Lake and Lakewood**

Vadis has named *Marshalls stores* in Bonney Lake and Lakewood as “2012 Pierce County Employers of the Year.” The Marshalls store at Lakewood Towne Center has been a strong partner with Vadis for many years and has provided opportunities for people with disabilities to job-shadow and try retail work through structured community based assessments. Most importantly, the store has given paid employment to people with disabilities. The Marshalls in Bonney Lake has given employment opportunities to those who rarely have the same opportunities as other people in the community including one young woman who had lived most of her life in an institution and presented some challenges to integrating into the community.

### **Camp Sparkle Tacoma 2013**

Gilda's Club is offering a free day camp for kids, ages 5 and up, touched by cancer. Camp will be held the week of August 5 to 8 at the Children's Museum in Tacoma, from 9:30 a.m. to 4 p.m. each day. This camp is for children with cancer, or who have a parent or close relative with cancer, a friend with cancer, or who have lost someone to cancer. Contact Michelle Massey, LICSW, for information, to

register, or to become a Camp Counselor. Call (206) 709-1400 or [michellemassey@gildasclubseattle.org](mailto:michellemassey@gildasclubseattle.org).

### **PC2 Spring Newsletter Available**

The Spring issue of the [PC2 Focus Newsletter](#) is available for viewing and downloading. The Pierce County Coalition for Developmental Disabilities (PC2) is a parent-driven, 501(c) 3 organization, responsible for providing clear, consistent information for families and individuals with developmental disabilities in Pierce County, Washington.

### **Alzheimer's Story Wins Edward R. Murrow Award**

“Alive and Thankful” from KING 5 Television's John Sharify and Doug Burgess has won an Edward R. Murrow Award for Feature Reporting Large Market Television. The story focuses on Lon Cole and his family as he struggles with Alzheimer's. [Here's a link](#) to the video.

### **The Mobile Tooth Fairy-Preventative Dental Hygiene Treatment**

Nicole Fink, registered dental hygienist, can evaluate your needs and help you in your own living and comfortable environment. She also helps find a dentist or specialist that can do on-site work or that is easy to visit. Services offered include evaluation of oral tissue and teeth, Assessment of oral risks (including oral cancer screenings for possible referrals to other medical providers), denture evaluations and cleaning, routine and therapeutic dental cleanings, fluoride varnish applications, individual oral home-care instruction, thorough dental and health history update, teeth desensitizing products available, staff/caregiver instruction and CE available, dentist referral as needed, list of local dentist available to meet individuals needs. Call Ruth Fink, RDH, BS, at (253) 444-7112.

### **Pierce County Library System Receives National Medal for Museum and Library Service**

The Pierce County Library System has been selected as one of 10 recipients of this year's National Medal for Museum and Library Service. The National Medal celebrates institutions that make a difference for individuals, families, and communities. Pierce County Library System supports a growing population of children, a constant influx of new residents from JBLM, job seekers, small business owners, active seniors, and more. [Click here to learn more](#) about the National Medal winners.

## **LOCAL HAPPENINGS**

### **May 1 – Safe & Ready Workshop**

A special event for people with disabilities. Are you ready for an emergency or disaster? Discover the tools available to the whole community to be prepared and empowered. Plan for using resources in your community by networking. Join the Center for Independence to learn how to connect and build relationships with individuals and community partners, be informed, make a plan, build a kit. ASL interpreters available. Free planning kits and more. Food and beverages provided. Held from 5 to 8 p.m. in Tacoma. Limited space. Call Hilary for reservation and location info at (253) 582-1253, ext 7. (Event repeated May 8; 11 a.m. to 2:30 p.m.)

### **May 4 – 4th Annual NWPF Wellness & Parkinson's Conference**

The conference theme is “Moving Towards Wellness: Tools for Improved Quality of Life for the Parkinson's Community.” Presenters include Dr. Monique Giroux, “Personal Healing”; Dr. Jennifer Witt, “How Medications Work for You”; and Jeffrey Shaw PhD, “Mutual Caregiving.” Held in Everett at the Edward D. Hansen Conference Center at Comcast Arena, 2000 Hewitt Avenue from 10:00 a.m. to 2:30 p.m. [Click here for more info or to register.](#)

### **May 8 – Safe & Ready Workshop**

(See May 1 for event description.) Held from 11 a.m. to 2:30 p.m. in Lakewood. Limited space. Call Hilary for reservation and location info at (253) 582-1253, ext 7.

### **May 9 – Take Your Knowledge to the Next Degree at 50+**

Clover Park Technical College hosts this 50+ Career Conference & Open House. Learn about workforce training and support services that can help those who are 50 and above complete the requirements for new, marketable credentials that will lead to the right job and/or entrepreneurship opportunities in the next stage of one's life. Career Clusters include Aerospace & Advanced Manufacturing, Health Sciences & Human Services, Business & Hospitality, Science, Technology, & Engineering and Transportation & Trades. Enjoy a BBQ lunch for \$5.75. Contact Mabel Edmonds at (253) 589-5510 or [mabel.edmonds@cptc.edu](mailto:mabel.edmonds@cptc.edu).

### **May 13 – Hearing Loss: Symptoms & Solutions**

Hearing loss is becoming increasingly common among all ages – young and old. It can come on gradually or quite suddenly. Getting a good hearing evaluation by a professional can uncover possible solutions, many of which can be quite simple. Untreated hearing loss may lead to catastrophic consequences. Information only event. Free. Presented by Dr. Laura Day, Harbor Audiology & Hearing Services. Sponsored by Pierce County Aging & Disability Resources in collaboration with Harbor Audiology and Hearing Services. [View flyer.](#)

- Held 12:30 – 1:30 p.m. at the Milgard Family Hope Center, 8502 Skansie Ave., Gig Harbor.
- Held 6:30 – 7:30 p.m. at the Gig Harbor Library Meeting Room, 4424 Point Fosdick Dr., NW, Gig Harbor.

### **May 15 – Hearing Loss: Symptoms & Solutions** ( See above for description) [View flyer.](#)

- Held 12:30 – 1:30 p.m. at the Fern Hill Library Meeting Room, 765 S. 84<sup>th</sup> Street, Tacoma.
- Held 6:30 – 7:30 p.m. at the Sound View Building Conf Room, 3611 S. “D” Street, Tacoma.

### **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.](#)

### **May 15 – Behavior Supports**

Dr. BethAnn Garteiz, PC2 Executive Director, will present this important overview for parents and teachers. Held at the offices of PC2, 3716 Pacific Avenue, Suite A, in Tacoma from 6 to 8 p.m. For more information or to RSVP call (253) 564-0707.

### **May 15-16 – Annual Conference on Ending Homelessness**

Hosted by the the Washington Low Income Housing Alliance, the Annual Conference on Ending Homelessness is one of Washington State's most significant gatherings focused on affordable housing and homeless issues. Join concerned residents, activists, and homelessness and housing providers from around the state for a dynamic mix of sessions, speakers, and exhibits – all focused on ensuring everyone in Washington has access to a safe, healthy, and affordable home. Held at the Hotel Murano in Tacoma. [Check for registration info.](#)

### **May 17 – Project Homeless Connect**

This quarterly event provides a wide variety of social services to homeless men, women and children. Free on-site information and/or services that may be available: Prescription Drug Help, Child Support, HEN, Taxes, Tobacco Cessation, Eyeglasses, Chemical Dependency, DSHS, Adult Dental, WIC, Veteran’s Affairs, Fair Housing, Lunch and Refreshments, Child Developmental Screening, Limited

Medical Specialists, Child Immunization, Event Pet Day Care, Pet Flea Treatment, Haircuts, Social Security, HIV/AIDS testing, Hepatitis A/B, Primary Medical, Access Point 4 Housing, Toiletries, Flu Shots, Socks, Domestic Violence, Legal Services and more. Held at Calvary Community Church, 15116 Gary St. E. in Sumner. Doors Open 9 a.m. to 3 p.m. Services available until 5 p.m.

### **May 18 – Milgard Center Offers Free Prosthetics**

Upon the closing of the Breast Cancer Resource Center in 2012, the Carol Milgard Breast Center stored new and gently used prosthetic products in hopes of making them available again to breast cancer survivors who need them. For one day only, these new and gently used bras, camisoles, swimsuits and inserts will be made available for FREE. Certified prosthetic fitters will also be on site to assist. All items are FREE; cash & check donations will be accepted to benefit Catherine Place. Held 9 a.m. to 4 p.m. at Catherine Place, 923 South 8th Street, Tacoma. Advance registration is required. Register by calling (253) 680-3596 or email [bfox@tranow.com](mailto:bfox@tranow.com).

### **May 21 – Promoting Comfort and Well-Being with Therapeutic Music**

A special event for all caregivers. What's the difference between entertainment and therapeutic music? What are the benefits of therapeutic music? Does a patient need to be awake and/or alert to receive the benefits of a therapeutic music session? What is involved in a therapeutic music session? Carole Glenn, CMP, has served as a Certified Music Practitioner for 13 years. During that time she has discovered how music can serve as a benefit for those who are ill or transitioning. Carole will share stories and will invite the audience to sing along with some familiar pieces. Held 6 to 8:30 p.m. at MultiCare Adult Day Health, 6442 S. Yakima Ave in Tacoma. For more info call (253) 459-7222.

### **May 21 – Continuing Education Classes on Serving People with Hearing Loss**

CS-DHRS, LLC is offering two continuing education classes on serving people with hearing loss. "Introduction to Assistive Listening Technology" (8:15 a.m. - 10:15 a.m.) discusses assistive listening technology that support communication with people with hearing loss, with or without hearing aids. "Impact of Hearing Loss on Seniors" (10:30 a.m. - 12:00 p.m.) explores the bio/psycho/social impact of hearing loss on seniors including consequences of untreated hearing loss, dispelling common misconceptions, and basic communication strategies that improve interpersonal relationships and ability to provide effective services. Both classes will be held at the Lakewood Community Center, 9112 Lakewood Dr. SW, #121 in Lakewood. Cost: \$30 for one class, \$50 for both. Register online at [CS-DHRS Continuing Education](#).

### **May 23-24 – Traumatic Brain Injury Conference**

[This year's conference features](#) 5 tracks: Adults with TBI, Support for Caregivers, Military and Veterans Issues, Supporting Youth with TBI, and Professional Interests. Sample workshop topics include: TBI 101 for Professionals, Pediatric TBI Resources, Journaling for Caregivers and Yoga as a Strategy for Resiliency. Held at the Marriott Hotel, Seattle-Tacoma Airport. Cost: \$175 (includes both days, lunch and refreshments, resource fair to highlight TBI services, programs, and resources.

### **May 30 – All Star Caregiver Appreciation Banquet**

The Health Care Providers Council of Pierce County (HCPC) hosts its annual All-Star Caregiver Dinner to recognize unpaid family, paid in-home and facility caregivers. This will be an evening where we take time to corporately express our thanks and pause to recognize these "unsung heroes" who go above and beyond to improve the quality of life for the families and individuals they care for. [Tickets \(\\$25\) now are now available on-line](#). Held 7-9 p.m. at the Weatherly Inn, 6016 N Highlands Parkway in Tacoma.

### **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 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 96<sup>th</sup> 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@ccsww.org](mailto:PennyG@ccsww.org) or (253) 502-2708.

### **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](mailto: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 19-21 – 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." Held 6 to 9 p.m. at Stadium High School. More information to come.

### **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 Care Medical, 1902 Tacoma Ave. in Tacoma. Contact Bob Riler at (253) 798-7384 or [briler@co.pierce.wa.us](mailto:briler@co.pierce.wa.us).

### **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 22 - Falls Prevention Awareness Day 2013**

This year’s theme is Preventing Falls – One Step at a Time. The event seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls in the older adult population. It’s not too early to begin planning for [Fall Prevention Awareness Day](#).

### **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 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:** What is the “shelter in place” order that I heard about in Boston? Could it happen here?

**Answer:** “Shelter in place” is an emergency procedure for people affected by things like a chemical accident or terrorist attack. When the order went out in Boston it meant people had to stay put – at work, in their homes or wherever they were. The police knew it was going to be an inconvenience but public safety and the need to apprehend dangerous suspects outweighed the inconvenience. That’s exactly why everyone should have emergency supplies in their house and why businesses should plan ahead. Depending on the situation, everyone within a specific distance of the incident may be ordered to shelter in place or people within a closer range may be ordered to evacuate while everyone else shelters in place. Sheltering in place is generally only used for a short period of time. Public authorities may call for potential victims in a hazardous situation to shelter in place, particularly in the

event of a release of hazardous materials such as radiological, biological, or chemical contaminants. Though you may not live next to such a storage facility, trucks and trains weave throughout Pierce County and such an order could be made anytime. Will it happen in Pierce County? Hopefully never. But the responsibility is on us to prepare for any emergency.

## **NATIONALLY**

### **Funding Cuts Hit Fall Prevention & Chronic Disease Self Management**

Federal FY13 Prevention & Public Health Fund allocations for the Chronic Disease Self-Management Program (CDSMP) were cut from \$10 million to \$7.1 million. Funding for elder falls prevention was not included at all. The \$1 billion for programs supported in FY12 was reduced by 38%, with sequester cutting \$51 million and the Administration diverting \$332 million to health insurance exchanges. In FY12 and FY13, the Senate Appropriations Committee recommended the Fund include \$10 million for elder falls prevention. [See a table of Fund allocations.](#) (Source: NCOA)

### **Get a Free Dictionary on the Language of Eldercare**

Anyone in the field of aging knows it has its own unique language. Understanding all the shifting terms, however, can be a challenge. At 95, Walter Feldesman, a prominent New York attorney, has released the third edition of his *Dictionary of Eldercare Terminology*, and he's making it available free exclusively through NCOA. [Learn more](#) | [Download the dictionary](#) (Source: NCOA)

### **Older Consumers Disproportionately Vulnerable to Deception and Fraud**

People 60 years and older make up 15% of the population but are estimated to account for 30% of investment fraud victims. The disproportionate percentage of older victims of investment fraud is attributable to at least two causes. First, many older consumers hold higher household wealth (savings, inheritance, accumulated home equity, etc.). Second, as individuals grow older, they are more likely to experience cognitive decline, which can impair their capacity to manage their finances. Financial capacity is one of the first abilities to decline as cognitive impairment and early dementia encroach, yet older people, their families and others with whom they interact are frequently unaware that these deficits are developing. [Read report.](#) (Source: Consumer Financial Protection Bureau)

### **Amazon Trends Toward 50+ Market**

Amazon has launched its 50+ Active and Healthy Living Store ([www.amazon.com/50activeliving](http://www.amazon.com/50activeliving)) featuring hundreds of thousands of nutrition, wellness, exercise and fitness, medical, personal care, beauty, entertainment items and more – all in a single destination for customers in the 50+ age range. Customers can also sign up to receive thousands of items – including everyday essentials like vitamins, incontinence care products and shampoo – delivered automatically to their home and at a discounted price via Amazon's Subscribe & Save program. The store will feature detailed product information, images, customer reviews, best sellers, recommendations and a Resource Center with tips on beauty, healthy eating, caregiving and various other topics to help customers discover products that are right for them. (Source: Amazon.com)

### **New Calculator - Effects of Chained COLA on Social Security Benefits**

The proposed changes to the Cost of Living Adjustment (COLA) for Social Security, military, or other federal benefits will have a long-lasting impact on the amount received. The new proposed method for determining the cost of living adjustment would use the more slowly growing chained CPI. The Senior Citizens League has produced a [new online calculator](#) to help beneficiaries see the impact of the Chained COLA. Use the calculator to see how much you stand to lose if this goes into effect. (Source: Senior Citizens League)

## **Part D Updates for 2014**

CMS has provided a glimpse at the 2014 Part D program. The 2014 information is good news for Part D clients, as most of the Part D cost-sharing amounts in a standard plan are lower next year as compared to 2013. For example, the standard Part D deductible will be reduced from \$325 in 2013 to \$310 in 2014. The Initial Coverage Limit does down as does the Out-of-Pocket Threshold. [See the 2013-14 Part D cost-sharing comparison chart](#). (Source: CMS)

## **On the Critical List? A MetLife Report on the Health Status of the 40+ Population**

The current health status of the adult 40+ population and the associated healthcare costs are on a rocky road. We have embraced chronic diseases as a part of ‘getting older’ and have focused on disease management and acute care versus taking steps as we age to prevent us from acquiring disease in the first place. [This MetLife white paper](#) considers the current health status of the 40+ population and the major health issues that are significantly affecting our health and healthcare costs now and in the future; current trends of technology and in-home care for chronic illnesses and how their adoption could positively impact future healthcare costs; and a health promotion and wellness trend that is having a positive impact on individual health and healthcare cost reduction, especially as it relates to employers and the workplace. (Source: MetLife)

## **Meet the Commission on Long-Term Care**

All 15 members of the new Commission on Long-Term Care have been appointed. Created under the “fiscal cliff” deal, which repealed the CLASS long-term care program, the commission is charged with developing a plan for “establishing, implementing, and financing [a] comprehensive, coordinated, and high-quality system that ensures the availability of long-term services and supports” for seniors and people with disabilities. [See who’s on the commission](#). (Source: NCOA)

## **Putting a Value on Volunteers' Time**

Volunteers play a key role in the aging network. But how can you put a dollar number on the assistance they provide? The Independent Sector, a leadership network for nonprofits and philanthropies, has estimated the hourly value of volunteer time at both a national and state level. [Get the estimates](#). (Source: NCOA)

## **FDA Releases New BeSafeRx Interactive Online Pharmacy Map**

As part of its ongoing [BeSafeRx: Know Your Online Pharmacy](#) effort to protect consumers from the risks of fake online pharmacies, FDA has developed a new, easy-to-use [interactive map tool](#) that lets consumers locate a state-licensed online pharmacy, providing a quick way to ensure the site you order from is safe and legal. Fake online pharmacies use sophisticated marketing efforts or phony web storefronts to appear legitimate, so FDA recommends you always confirm that an online pharmacy is licensed in the United States. The [BeSafeRx: Know Your Online Pharmacy](#) website offers resources for consumers, health professionals, and organizations on the risks of purchasing from a fake or fraudulent online pharmacy, how to identify them, and how to find legitimate online pharmacies from which to purchase medications. (Source: FDA)

## **Alzheimer’s Prevention Registry recruiting 250,000 volunteers**

People who have been touched by Alzheimer’s know the challenges and sadness of this devastating disease. Many also wish to take action in the fight against the disease. Now, a new initiative offers a way for this group of family members, friends, and others to help combat Alzheimer’s in a direct and meaningful way. The [Alzheimer’s Prevention](#) Registry is an online community of people who want to help scientists find treatments to slow, halt, or prevent the memory-robbing disorder. (Source: NIH)

**New Website Helps Seniors Get Ready for Their Next Job**

The National Council on Aging has launched JobSource, a new online portal to help older adults define their skills, get training, and find a job. The site includes a Job Match System, 32 free training courses, and a Job Search tool. It's one product of a partnership between NCOA and the Bank of America Charitable Foundation. [Learn more](#) | [Visit JobSource](#). (Source: NCOA)

**NIH-Supported Study Looks at Dementia Care Costs**

The costs of caring for people with dementia in the United States in 2010 were between \$159 billion to \$215 billion, and those costs could rise dramatically with the increase in the numbers of older people in coming decades, according to [estimates by researchers](#) at RAND Corp. and the University of Michigan, Ann Arbor. The study totaled direct medical expenditures and costs attributable to the vast network of informal, unpaid care that supports people with dementia. Depending on how informal care is calculated, national expenditures in 2010 for dementia among people older than 70 were found to be \$159 billion to \$215 billion. (Source: NIH)

**What Direct Care Staff Think about “Good Care”**

Direct care workers play a crucial role in the provision of nursing home care, providing the bulk of hands-on care for residents and serving as the front line for identifying and dealing with the emotional and practical issues that arise in the care setting. A recent study interviewed a sample of direct care workers from skilled nursing facilities to understand how direct care workers conceptualize quality of care. [Read the full story here](#) (Source: Mather LifeWays)

**Are Seniors in Your Community at Risk of Pre-Diabetes?**

Recent studies estimate that 79 million Americans over age 20 are at risk. Help older adults understand their risk by sharing a free screening quiz from the U.S. Centers for Disease Control. Then look up your local YMCA to see if it's participating in a new proven program to help people at risk adopt healthier habits. [Take the quiz](#) (Source: NCOA)

**First Ever Directory of Creative Aging Programs**

The National Center on Creative Aging has launched the [Directory of Creative Aging Programs in America](#). The Directory features arts programs serving older people and includes intergenerational activities in urban, suburban, and rural communities in a variety of settings such as community centers, senior centers, assisted living, adult day care, arts institutions, and libraries. (Source: NCCA)

**PLAN AHEAD – JULY IS...**

Bereaved Parents Awareness, Disaster Education & Awareness, Herbal/Prescription Awareness, Recreation and Parks, Wheelchair Beautification, Social Wellness and Make a Difference to Children Months; Massage (14-20), Restless Leg Syndrome (18-25) and Single Working Women (29-8/4) Weeks; Stay out of the Sun (3), Tell the Truth (7), Forgiveness (7), Grange (13), Gorgeous Grandma (23), Dance (27), Korean War Veterans (27), Aunties (28), Hepatitis (28) and Uncommon Instruments (31) Days.

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