



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

Nov 7 – The Affordable Care Act and the Washington Health Benefit Exchange

Dec 5 – WA Talking Book & Braille Library, Tyler Kaye, Patron Registrar

Health Care Providers Council of Pierce County

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

Narrows Glen, 8201 Sixth Ave, Tacoma

(Breakfast \$6; Coffee \$2)

Contact Julie Moorner at (253) 583-2008

Nov 14 – LGBT Senior Awareness Month, Steven King and Michelle Douglas

Collection of holiday gift items for senior center participants – hats, gloves, scarves, etc.

Dec 12 – Holiday Party

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.

Nov 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.

Nov 20 – Wesley Homes Lea Hill, 32049 109th Pl SE, Auburn

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

LOCAL SERVICES

Rebuilding Together South Sound Features Tradesperson of the Year

Mark Egner of Frank and Sons Construction in Tacoma has been selected as the winner of the third annual national Rebuilding Together Tradesperson of the Year contest presented by Lowe's! The award was given after a nationwide search. Rebuilding Together joined Lowe's, HGTV, DIY Network, MyFixitUpLife and Choice Hotels International in conducting a national search. The Rebuilding Together Tradesperson of the Year winner was chosen based on volunteering in the community, being a role model in his industry and receiving online votes by the American public. Mark has been involved with Rebuilding Together South Sound for 10 years, acting as construction manager and averaging 100 to 150 pre-project home visits per year. He also serves as a house captain on rebuilding days and is a year-round volunteer. [Read the news release.](#)

Beware of Look-Alike Washington Healthplanfinder Websites

With the launch of the new Exchange website “Washington Healthplanfinder,” there are lots of websites popping up on the web that look very similar. Some are the sites of licensed agents, attempting to increase business, but others may be scammers attempting to get personal information such as social security numbers. Make sure when you’re helping people and referring them to the Healthplanfinder, you send them to this website address only (no other variations): www.wahealthplanfinder.org.

Learn How To Apply for Insurance Coverage

The Washington Health Benefit Exchange has produced a new [12-minute YouTube video](#) explaining how to use the new Washington [HealthPlanFinder](#). The video walks people through the process to research, select and enroll in the best health insurance plan for their particular circumstances.

ADRC Offers ACA Workshop

There is much to the Affordable Care Act. And there is lots of misinformation about the ACA. The ADRC is offering a straight forward one-hour workshop that provides a good overview of the major provisions of the Act. This informative workshop can be scheduled by contacting Bob Riler at briler@co.pierce.wa.us or (253) 798-7384.

Lobster Shop Gives Back to Seniors

Tacoma’s famous Lobster Shop on Commencement Bay (4015 Ruston Way) is giving back to low-income seniors with a free traditional holiday dinner with turkey and trimmings. (Not lobster.) The restaurant provides the special meal on November 18. There are two seatings: 11:00 a.m. & 12:30 p.m. Participants must be 50+ years of age, 1 person household under \$1,500 monthly income; 2 person household under \$2,000 monthly income. Single tickets will be available at the Beacon or Lighthouse Senior centers. Request multiple tickets via e-mail to weaton@ci.tacoma.wa.us. Please only ask for tickets that will be used.

AGO Unveils New Military and Veterans Resource Guide

The Washington State Attorney General’s Office has launched a new website for active and inactive duty individuals and their families to help them receive the support and resources they need. The new “[Military and Veterans Legal Resource Guide](#)” includes information on consumer, employment laws and more, to help veterans, military personnel and their families understand their legal rights and protections. This guide is part of a broader initiative in the Attorney General’s Office to enhance efforts to serve the legal needs of veterans and military personnel. To learn more, read this [KPLU story](#) or visit the [Veteran’s page](#) of the AGO website.

Vendors Invited to A Night In Venice

Metro Parks Tacoma presents a special evening to introduce their new FABulous (Fifty And Better) programs. Held Saturday, Nov 9 at 5:30 p.m. at the Star Center, 3873 S. 66th St., Tacoma Vendors are invited to be a part of the future of Metro Parks Tacoma FABulous Programming. Partnership opportunities, attending the event, volunteering for the event, or donating a basket and more: please contact: info@larsen-brennan.com.

Advocacy Days Scheduled for Arc of Washington

The Arc of Washington has scheduled a series of Advocacy Days for the 2014 Legislative session. Each day begins at 10 a.m. and includes speakers, informational presentations and tips for success. Jan 22 – Briefing and Reception; Jan 29 – Supporting Families; Feb 5 – Medicaid Services; Feb 12 – Civic Rights; Feb 19 – Independent Living Day; Feb 26 – Employment. RSVP to the Arc of WA and for location information – (888) 754-8798.

Medicare Open Enrollment

The annual Open Enrollment period for Medicare Part D and Medicare Advantage plans is now underway. Until Dec. 7, Medicare beneficiaries should review their coverage to make sure it's still meeting their needs. Many people are happy with their current coverage, and would rather not check what other options are available to them. But this is a very important step, and can save money. Remind people to look for the 4 Cs: Cost: How much was spent in premiums, deductibles, and copayments in 2013? How will these amounts change in 2014? Coverage: Does the plan cover all of the medications that will be needed in 2014? Convenience: Will the plan restrict access to certain needed medications in 2014? Is the plan accepted at the pharmacy? Customer service: Is the plan responsive to questions? SHIBA (Statewide Health Insurance Benefits Advisors) is a good resource to refer people to if they have questions at (800) 562-6900 or (253) 596-0918. KWA is also providing Korean-language assistance at (253) 535-8361. Beware. This year promises to be very active with a number of scams coming along. Medicare's Open Enrollment has nothing to do with the Washington Health Plan Finder. People on Medicare should not refer to the Washington Health Plan Finder or HealthCare.gov. And of course, no one should reveal their Social Security number, bank account information or other private information to anyone they do not know.

Dental Care for Adults on Medicaid to Restart Jan. 1

Dental care for adults on Medicaid, cut during the state's fiscal crisis, will be restored as of Jan. 1, according to the state's Health Care Authority. Adults enrolling in Apple Health/Medicaid under the new, higher-income eligibility rules that go into effect Jan. 1 as part of the Affordable Care Act will qualify for care as well as those already enrolled. The benefit will cover restorative and preventive services, dentures, root canals, cavity care and routine checkups and cleanings, as well as emergency services such as extraction, pain or infection relief and treatment of trauma-caused damage. The agency began notifying dentists this month about the restoration of service.

Pierce County Library Senior Services Receives Help

Seniors in care facilities will receive improved services from the Pierce County Library System with a \$75,321 grant award from the Gary E. Milgard Family Foundation. The funding will provide a new senior outreach services van, replacing the aging van currently in use. The funds will be used to purchase a vehicle and customize it with a lift gate, interior shelving, carts, crates, totes, bins and a colorful wrap. Skilled library staff members bring best-selling books, large print books, audiobooks, movies, music and e-readers, along with personalized reading recommendations, to seniors living in care facilities. Many of these residents are confined to their rooms or do not have the ability to travel. For more information contact Georgia Lomax at (253) 548-3421.

Free Home Repairs and Modifications

Rebuilding Together South Sound (RTSS) is accepting applications from homeowners for free repairs and/or modifications. To qualify people must own their own home, have low income, live in Pierce County (or Auburn or Federal Way) and be either a senior, a person with a disability or a family with children. RTSS holds an annual "Rebuilding Day" on April 26, 2014 and does emergency repairs throughout the year as funding and volunteers allow. Rebuilding Together South Sound accepts applications year round, but the deadline to submit applications to be considered for Rebuilding Day is December 1st, 2013. Visit [RTSS](#) or call (253) 238-0977

Home Care Aide Basic Training Offered

Home Care Aide Basic Training and Continuing Education are both available through Good To Be Home Care. The Basic Training course meets the 75 hour HCA training requirement through a combination of online and in-class sessions. Hands on skills are taught in classes of 4-8 students one

weekday a week for 4 weeks from 8am-2:30pm at Good To Be Home Care's classroom at 4421 S. Orchard St, Tacoma. The academic portion is completed online using the student's internet connected device. The next Basic Training class starts 11/5/13. Continuing Education hours (1-12 hours) are also completed online at the student's convenience. Call Brian Davis, Community Instructor, at (253) 588-4344 for more information. For a full list of instructors in the area, visit <https://fortress.wa.gov/dshs/adsaapps/Professional/training/training.aspx>

W4A Posts 2014 Legislative Priorities

The Washington State Association of Area Agencies on Aging (W4A) has posted its 2014 Legislative Priorities. The document focuses on the best utilization of state resources for the rapidly-growing population of older adults. [View the agenda on the W4A website.](#)

Governor Inslee Hosts Aging Summit

On October 1 Governor Jay Inslee hosted a special Aging Summit. Invitees included approximately 100 people, including key cabinet officials, selected legislators, community leaders and issue experts from Washington State and beyond. Major topic areas were livable communities, financial security, health care and long term services and supports. [View materials from the summit.](#)

PC2 Resource Guide Available

Pierce County Coalition for Developmental Disabilities (PC2) has released a new edition of its annual Resource Guide. The 138-page guide includes information on a wide array of services for individuals of all ages with disabilities. The guide is [available online](#) or by donation at PC2, (253) 564-0707.

Medicaid expansion adds adults to dental care

Starting Jan. 1, current Medicaid recipients who lost coverage after successive rounds of budget cuts in 2009 and 2011 will have it restored as will those who are being added to the health care program. A quarter-million adults in Washington will gain dental coverage over the next two years as the state expands its Medicaid rolls under the Affordable Care Act and re-establishes programs dropped in budget cutbacks. Children in Medicaid families in Washington never lost dental coverage. Gradual cutback in coverage for more than 100,000 adults limited care to emergency procedures such as pulling teeth that were painful, infected or impacted, often after a patient showed up at an emergency room.

Shayan's Fund Helps Families with Autism

Washington State Legislature has provided funding to Washington Autism Alliance & Advocacy (WAAA) to help autistic individuals or families with autistic children navigate health insurance coverage as Washington State transitions to federal health reform. "Shayan's Fund" provides advocates trained to help families navigate insurance coverage of medically necessary treatments. If treatments are denied or unreasonably capped, families can contact a WAAA advocate to help with insurance appeal(s): (425) 894-7231 or Info@WashingtonAutismAdvocacy.org or visit www.washingtonautismadvocacy.org/updates/advocacy-resource-coordinators/

Sound Transit Seeks Input on Long-Range Expansion Options for Regional Transit

Where should regional high-capacity transit services go next following the completion of currently funded projects in 2023? Community members can help shape the regional transit system's future by participating in Sound Transit's Long-Range Plan update. The public can provide input on what potential changes to the current Long-Range Plan should be studied. Sound Transit is seeking comments through November 25 in any of the following ways: [Online](#), Email at LongRangePlan@soundtransit.org, by mail: Sound Transit, Attn: James Irish, 401 S. Jackson St., Seattle, WA 98104 or in person at one of several meetings including Tacoma on Monday, Nov. 18,

5:30-8 p.m. Tacoma Convention Center, 1500 Broadway. View the [current Long Range Plan](#) for high-capacity transit.

LOCAL HAPPENINGS

Nov 1 – You Are Not Alone: Poems of Hope and Faith

Join Cascade Park Memory Care in welcoming Lon Cole, a published poet, for a private book reading. Lon suffers from Alzheimer's disease & brings a unique look at life through his poems. Held 10 a.m. to 11 a.m. at Cascade Park ~ Memory Care Adult Day Health, 232 St. Helens Ave. in Tacoma. Free. No RSVP required. For more information call: (253) 627-9990.

Nov 2 – Enrollment Event for Washington Health Insurance

The Washington Healthplanfinder makes a Tacoma stop on their mobile enrollment tour with an Internet-equipped trailer. This event is sponsored by the Tacoma-Pierce County Health Department. Detailed [Mobile Enrollment Event location information](#) is on the Healthplanfinder calendar of events.

Nov 4 – Deciphering the Affordable Care Act

Many provisions of the Affordable Care Act take effect in 2014. Learn about the basic provision of the ACA and what consumers will see. Included will be an overview of the Washington Health Plan Finder web tool and other resources that people can use in making insurance choices. Sponsored by Pierce County Aging & Disability Resources. Held twice this day:

- 12:10-12:50 p.m., Pierce County Annex Main Meeting Room, 2401 S. 35th St., Tacoma
- 4:30-5:30 p.m., Soundview Building, 3602 Pacific Ave., Suite 200, Tacoma

Nov 4 – You Are Not Alone – An Alzheimer's Function

Come learn more about Alzheimer's and Dementia with Lon Cole, who is a published poet currently living with Alzheimer's disease. Lon will be reading and discussing his book of published poems and how Alzheimer's has changed his life. Come and connect with others within the community who are also affected by Alzheimer's disease. Free. Held 6:30 to 7:30 p.m. at the University Place Pierce County Library, 3609 Market Place W. Suite #100 in University Place. For more details please call 253-548-3307

Nov 4 – Self Care for the Dementia Caregiver

Family caregivers of people with dementia have one of the most difficult and challenging journeys, one that often ends in burnout. Hear about ways for family caregivers to take care of themselves so they can better take care of their loved ones. Held 10:00 a.m. at Olympic Alzheimer's Residence, 3025 14th Ave NW in Gig Harbor. Free. Call (253) 851-5306 to RSVP.

Nov 5 – Deciphering the Affordable Care Act

(See Nov 4 listing for description.) Held twice this day:

- 12:10-12:50 p.m., County City Building, 930 Tacoma Ave., S, 7th Floor, Tacoma
- 7:00-8:00 p.m., Soundview Building, 3602 Pacific Ave., Suite 200, Tacoma

Nov 6 – National Eating Healthy Day

Take the first step to making healthier food choices by taking part in the American Heart Association's National Eating Healthy Day. Americans are encouraged to make small healthy changes and raise the awareness of the importance of good nutrition and to give your family, friends and co-workers a friendly push toward a healthier life. [Read more and sign up.](#)

Nov 7 – HopeSparks Open House

HopeSparks is opening a new office in Puyallup at 1420 South Meridian #B. They are hosting a community welcome from 3 to 6 p.m. RSVP [online](#) or call (253) 565-4484.

Nov 8-10 – Woman Veterans Experiencing Post Traumatic Stress Retreat

This is a free weekend retreat for women veterans experiencing combat or military sexual trauma post traumatic stress. The free weekend includes childcare, lakeside motel-style rooms, meals, recreation and networking. [Apply online](#). Sponsored by Lions International and the Lions Project New Hope NW. Questions call (360) 456-6990.

Nov 8 & 15 – Tell Your Stories

The Pierce County University Place Branch Library will host an intergenerational event two times in November. The event will offer a multi-generational program with kids interviewing grandparents as well as parents. Tips on interviewing and recording will be provided. Your story will make a special gift or memento. If possible, bring a recordable CD or USB drive. Registration not required. Held 4 to 6 p.m. both days. UP library is at 3609 Market Place W., Suite 100.

Nov 9 – A Night In Venice For Seniors

Metro Parks Tacoma kicks off another year of FABulous programming for those Fifty And Better (FAB). “A Night In Venice” will transport you to Venice, Italy at the STAR Center. You will be treated to a four-course meal provided by Tacoma’s own Joesepis Italian Ristorante along with beer and wine. Help shape the future of our region’s Senior Programs! June Brown will recount her best travels throughout the region. In addition, get to know more about the many opportunities to be Fifty And Better (FAB)! The evening features strolling Venetian musicians, a complimentary drawing for special gift baskets, participation in a Heads ‘n Tails drawing with a chance to win two tickets to Harrison Hot Springs, Canada. Also, a chance to visit Tacoma partners focused on health and fitness for those that are Fifty And Better and much more! Held at the [STAR Center](#), 3873 S. 66th St., Tacoma. Doors open at 5:30 p.m. \$35 per person. Purchase Tickets Online: [Register online](#)!

Nov 9 – Safety and Vulnerability

The Autism Society of Washington hosts its 2013 Annual Conference & Annual Meeting at the Red Lion Hotel in Olympia. This year ASW is presenting a dynamic program addressing some of the most problematic issues facing the Autism community today, those of Safety and Vulnerability. Safety awareness is a topic that goes far beyond cupboard and door latches and ID bracelets. The level of risk and vulnerability for individuals with ASD is as varied and complex as their individual diagnosis. And it changes with growth and development and varies from setting to setting. There is no single set of tools and applications that apply to every person and every situation. Don’t miss this opportunity to increase your awareness of safety and risk associated with ASD. Following the program, please join us for our 2013 Annual Membership Meeting and learn more about the Autism Society of Washington and our plans for 2014. [Register online](#).

Nov 11 – “Thank You Veterans” Reception

A program designed to thank veterans and current military to benefit the non-profit organization Freedom Heroes USA. Beverages and cake will be served. Held 2:00 to 3:30 p.m. at Chapel Hill Presbyterian Church, 7700 Skansie Avenue in Gig Harbor. Sponsored by A Blessing To Serve. Tickets at Gig Harbor Chamber of Commerce on Judson or at the Chapel Hill church office. Call (253) 851-7779.

Nov 12 – Tools for the Journey

A three-hour workshop offering practical resources and strategies for how to live fully despite the challenges of cancer. Includes breath work, guided imagery, group support and information about

healing books and resources. This program will be facilitated by a licensed professional with an extensive background in working with those affected by cancer. Each attendee will take home materials which will include information around self-care, as well as other helpful resources. Held noon to 3 p.m. at St. Anthony Hospital in Gig Harbor. [Click here](#) for more info & to register.

Nov 13 – Memory Loss is *Not* A Normal Part of Aging

If memory problems are affecting your life, attend this seminar to learn about Early Stage Memory Loss. This seminar provides information specific to those experiencing memory loss and dementia. You are invited and encouraged to bring a family member/support person with you. Discussion will include medical causes and treatments, future planning and communication strategies. Held 1 to 4 p.m. at the Lakewood Family YMCA, 9715 Lakewood Dr SW. Pre-registration required by calling (206) 529-3868 or (800) 848-7097, ext 229.

Nov 13-14 – Wraparound Training: Wraparound Core Foundations

A special training for Developmental Disabilities Administration staff, families, providers and the community. These two days focus on system of care overview, working with the 10 principles and phases and activities of the Wraparound process. Held 9 a.m. to 4 p.m. at the DDA Tacoma Training Room, 1305 Tacoma Ave., S, Suite 300 in Tacoma. Contact: Linda Gil (linda.gil@dshs.wa.gov) and Christie Seligman (christie.seligman@dshs.wa.gov). Training capacity is up to 25 participants.

Nov 16 – 8th Annual Parkinson’s Disease HOPE Conference

Northwest Parkinson's Foundation and the American Parkinson Disease Association Washington Chapter hold their 8th Annual HOPE Conference on Parkinson's at the Meydenbauer Center in Bellevue. \$30 registration fee includes breakfast snacks, a plated lunch, and free parking. Plus, enjoy presentations by Anne Udall, PhD - Board Member of PAN, Daughter of Senator Morris K. Udall, Co-Chair of Udall Foundation, VP of Professional Development at NWEA in Oregon; Paul Short, PhD - Neuropsychologist, "The Parkinson's Coach"; Helen Bronte-Stewart, MD, Movement Disorder Specialist, Stanford University School of Medicine; Laurel Beck, PT, MS, NCS - Certified LSVT BIG Provider, Virginia Mason Medical Center; and Peter Lynch, RYT - Instructor, Yoga for PD. To register, please visit pdhope.org www.pdhope.org or call (877) 980-7500.

Nov 19 – Legal and Financial Planning for Alzheimer’s Disease

Get practical information on topics such as making legal plans that fit your needs, important legal documents and what they mean, strategies for making a long term plan of care, how to find legal and financial assistance, government programs that can help pay for care, and tax deductions and credits. Held 1:30-3:00 p.m. at Olympic Alzheimer’s Residence, 3025 14th Ave NW in Gig Harbor. Free. Call (253) 851-5306 to RSVP.

Nov 19 – National Memory Screening Day

The Alzheimer's Foundation of America is sponsoring the 11th annual National Memory Screening Day on Nov. 19. Community sites will offer free, confidential screenings and educational materials about memory problems, caregiving, and successful aging. [Find out how to participate](#). (Source: NCOA)

Nov 19 – Living Library

Check out a “living book” for 15 minutes. Have a one-on-one conversation with a police officer, activist, artist or another unique “living book.” Who am I? Who are you? Take 15 minutes out of your day and have a conversation. Discover how some special people answer that question. Bring your Tacoma Public Library card and meet a local Artist, Rabbi, Police Officer, Activist or another personality in your community and ask the question. Who are you? [Please click here to sign-up for](#)

[the event](#). Held at the Wheelock Library, 3722 North 26th Street, at 5 p.m.

Nov 20-21 – Wraparound Practical Application and Advanced Skill Building

These two days focus on identifying strengths, needs, goals and action steps, working with teams and facilitation skills. Held 9 a.m. to 4 p.m. at the DDA Tacoma Training Room, 1305 Tacoma Ave., S, Suite 300 in Tacoma. Contact: Linda Gil (linda.gil@dshs.wa.gov) and Christie Seligman (christie.seligman@dshs.wa.gov). Training capacity is up to 25 participants.

Nov 20-21 - From Hurt to Hope: Building a High Capacity Community

A hands-on training for homeless/housing and social service providers, child and family programs, government agencies, funders, and others committed to creating the highest quality system of care for families and individuals experiencing homelessness in Pierce County, by understanding and incorporating principles of trauma-informed care. Sponsored by the H.O.P.E. Initiative: Tacoma Pierce County Health Department, YWCA Pierce County, Puget Sound Educational Service District, City of Tacoma, and Pierce County Community Connections. \$100 per person for teams of two, or individuals. \$80 per person for teams of three or more. Held at the McGavick Conference Center at Clover Park Technical College in Lakewood. [Click here for more info and registration](#).

Nov 26 – UPCC Open House for Professionals

University Place Care Center welcomes professionals in the health care community in celebrating the opening of our Oasis Spa. The open house will be from 4 to 6 p.m. Come enjoy hors d'oeuvres and beverages while meeting the providers: Acupuncturist Kenneth Noble, LAc, Massage Practitioner Bonnie Lee, LMP, and Manicures & Pedicures by Tamaria Lelli. Please contact Chris or Nick with any questions at: (253) 566-7166. UPCC is located at: 5520 Bridgeport Way West, University Place.

Dec 5 – PC2 Legislative Forum

PC2 continues to focus on helping families who are on the no-paid services caseload. We are actively working with DDA and Pierce County DD in an effort to help individuals with developmental disabilities who are on this caseload. Join PC2 at the annual Legislative Forum at 7 p.m. at Franklin Pierce High School.

June 2 – Challenges in Caregiving: Giving Care, Taking Care

This [annual caregiver conference](#) is designed for family and community caregivers and offers practical, up-to-date resources and information to help you in your caregiving responsibilities. Dynamic speakers from a variety of backgrounds including health care, rehabilitation, social work, and law will share their expertise and knowledge in twenty sessions offered throughout the day. You choose the sessions you need most in your own situation. Resource and Information Exhibits offer informational displays of caregiving services, products, and literature from 8 am – 3 pm. Vendor opportunities and participant registration coming soon. Contact jmikel@co.pierce.wa.us.

Q&A of the Month

Question: I'm confused about having to sign up for health insurance. What's the deadline?

Answer: There has been a delay in imposing penalties for six weeks on some consumers who might have been caught in a sticky timing problem for enrolling in coverage through the health law's new insurance marketplaces. The law originally required that by Jan. 1 most people must have health insurance. But the law also allows consumers to be without coverage for less than three consecutive months without a fine, meaning they have until March 31 to get coverage. However, to have insurance by then, consumers would have to choose a policy by Feb. 15 to allow enough time for their enrollment to be processed so coverage would start March 1. Most insurance coverage begins on the

first of the month. With the new administration announcement, consumers can wait until March 31 – when the current enrollment period ends – to enroll and not face fines.

NATIONALLY

Older Americans Act Moves Ahead

The U.S. Senate Health, Education, Labor and Pensions (HELP) Committee passed with full bipartisan support legislation to reauthorize the Older Americans Act (OAA). This achievement is a huge milestone, since the OAA has not been reauthorized since 2006. The bill (S. 1562) now awaits consideration by the full Senate. While the OAA still has a long way to go, passing the HELP Committee is a major move forward. For more information on how the Act benefits long-term care consumers, [click here](#).

CMS Releases 2014 Medicare Part A and B Figures

- The Standard Medicare Part B premium will remain the same at \$104.90 for those who make less than or equal to \$85,000/single person/year or \$170,000/couple/year.
- Premiums for those who have higher incomes also did not change. [More info for high earners](#).
- The Part B deductible will remain the same at \$147.
- The Medicare Part A deductible increases \$32 in 2014 to \$1,216.
- After day 60 as an inpatient, clients have other costs:
 - Days 61-90 clients will pay \$304 per day - up from \$296 in 2013
 - Beyond the 90th day, clients will pay \$608 per day - up from \$592 in 2013
- The daily co-insurance for Medicare clients in a skilled nursing facility for days 21-100 increases \$4 in 2014 to \$152.

[Click here for more specific information](#). (Source: CMS)

Social Security Extra Help

This fall, certain Medicare beneficiaries may receive gray Extra Help notices from the Social Security Administration. This notice informs people that they will no longer automatically qualify for Extra Help, beginning the first of 2014. (Extra Help is the federal assistance program that helps pay the cost of prescription drugs for those with limited finances.) The gray notice will be sent to individuals who no longer qualify for Extra Help in the upcoming year because they no longer have a Medicare Savings Program, qualify for Medicaid or receive Supplementary Security Income. People with limited income and resources may still qualify for Extra Help. However, they must apply directly to Social Security to continue receiving the benefit. They can do so by filling out the application attached to the gray notice or by visiting this [link](#). [Learn more about Extra Help](#). (Source: Ship Navigator)

Affordable Care Act: Frequently Asked Marketplace Questions

The Kaiser Family Foundation recently partnered with the Center on Budget and Policy Priorities, and the Georgetown University Center on Health Insurance Reforms to answer several frequently asked questions about the Affordable Care Act. [Click here](#) for the full list. (Source: KFF)

Affordable Care Act Deadlines Clarified

HHS announced that individuals who purchase health insurance before March 31, 2014 will not face the tax penalty for being uninsured for three consecutive months. March 31, 2014 is the end of the open enrollment period. Originally it was assumed that insurance would have to be purchased by February 15th so that coverage could begin on April 1. Under that scenario anyone who purchased coverage after February 15 would be uninsured for three consecutive months (January, February and March) and would face penalties. If individuals want insurance to begin on January 1, 2014, they must purchase insurance by December 15, 2013. (Source: The Arc)

Tough Medicare Decisions Await Bipartisan Budget Panel

The deal President Barack Obama, Republican and Democratic lawmakers reached to reopen the federal government and raise the debt ceiling includes a bipartisan panel charged with producing a long-term budget agreement. Medicare currently accounts for [16 percent](#) of the federal budget, a share that will grow as more baby boomers age into the program. About 50 million elderly and disabled beneficiaries now receive benefits through the program. Enrollment is expected to hit 80 million by 2030, so the program is bound to be a major part of the panel's deliberations. [Read the full story about possible changes to Medicare.](#) (Source: Kaiser Health News)

SNAP Benefits Decrease Nov. 1

Beginning Nov. 1, stimulus funding for the Supplemental Nutrition Assistance Program (SNAP, or Food Stamps) will expire. This means that SNAP benefits, which had been boosted with stimulus funding, will be cut for all households. NCOA's new fact sheet explains what this may look like for different households and how to offset the reductions with various income deductions. Also check out the SNAP guide to learn how to increase benefits for seniors using the medical expense deduction. [Learn more](#) | [Download our SNAP resource guide.](#) (Source: NCOA)

Managing Someone Else's Money

Millions of Americans are managing money or property for a loved one who is unable to pay bills or make financial decisions. This can be very overwhelming. But, it's also a great opportunity to help someone you care about, and protect them from scams and fraud. The Consumer Financial Protection Bureau has produced four easy-to-understand booklets to help financial caregivers. The guides walk you through your duties; tell how to watch out for scams and financial exploitation, and what to do if your loved one is a victim, and tell where you can go for help. [Download PDFs of the four guides.](#) (Source: CFPB)

COLA for Social Security

Social Security benefits for nearly 58 million people will increase by 1.5 percent next year. The increase is among the smallest since automatic adjustments were adopted in 1975. It is small because consumer prices haven't gone up much in the past year. The annual cost-of-living adjustment, or COLA, is based on a government measure of inflation. The COLA affects benefits for more than one-fifth of the country, affecting benefits for millions of disabled veterans, federal retirees and people who get Supplemental Security Income, the disability program for the poor. (Source: SSA)

Get the Two-Minute Scoop on OAA Reauthorization

Older Americans Act Reauthorization is up for mark-up in the Senate HELP Committee. [The National Association of Area Agencies on Aging \(N4A\) supports the bill as is without amendment](#) and is urging advocates to contact their [Senators](#), especially those with Senators on the Senate [HELP Committee](#), and let them know how critical OAA reauthorization is for communities, families and older adults across the country. While this bipartisan bill is a fairly simple reauthorization, it makes changes to [National Family Caregiver Support Program](#) to make it more available to caregivers of persons with disabilities of all ages. The definitional fix would make the program apply to caregivers of persons with disabilities between 18 and 59 years of age, who presently are excluded. N4A's most recent [Advocacy Alert](#) shares specifics on the bill as well as talking points for advocates. [Watch the video.](#) (Sources: N4A, The Arc)

The Peanut Butter Sniff Test for Alzheimer's

A recent study by researchers at the University of Florida came up with the peanut butter sniff test to determine if someone is in the early stages of Alzheimer's. [Read about the research](#). (Source: AgingCare.com.)

New Website for Direct Care Workers

The Department of Labor developed the [We Count on Home Care Web Portal](#) with information on the new Home Care rule in the [Fair Labor and Standards Act](#). It features resources for home care stakeholders including workers, individuals and families, and agencies and other employers. (Source: U.S. Department of Labor)

Eldercare Locator Home for the Holidays Campaign

This year the [Eldercare Locator](#) is partnering with [The Conversation Project](#) to produce a consumer publication for older adults and their loved-ones to spark conversations around the holidays about end-of-life issues. The publication and campaign will focus on having these difficult conversations as well as which legal, financial and health wishes should be considered. Materials for the campaign will be distributed mid-November. If you have examples of positive end-of-life planning that your organization has assisted people with and/or you know a good spokesperson in your community on this issue, please contact Mark Fetterhoff (mfetterhoff@n4a.org). (Source: N4A)

Report Health Care Scams

[Suspect a Health Care Scam? Here's What to Do](#) is a quick resource from the Federal Trade Commission. It covers what Health Care Scams look like, how to respond to them, and where to report the scams. (Source: FTC)

Coming soon: National Influenza Vaccination Week

National Influenza Vaccination Week is Dec. 8-14. Get prepared now by ordering free *Flu + You* materials to share in your community. [Order free materials now](#). (Source: NCOA)

PLAN AHEAD – JANUARY IS...

Bath Safety, Food Servers, Birth Defects, Cervical Cancer Screening, Financial Wellness, Glaucoma Awareness, Self-Defense Awareness, Poverty Awareness, Blood Donor, Self-help Group Awareness and Thyroid Awareness Months; Diet Resolution (1-7), Letter Writing (8-14), Fresh Squeezed Juice (17-23), Sugar Awareness (20-24) and Activity Professionals (22-28) Weeks; Global Family (1), Braille (4), Cut Your Energy Costs (10), Martin Luther King Jr. (20), Day of Service (20), Compliment (24) and Seeing Eye Dog (29) 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.