



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

Oct 3 – No meeting (Alzheimer’s Caregivers Conference Day)

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

Dec 5 – TBA

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 Moorer at (253) 583-2008

Oct 10 – Networking

East County Providers Network

Third Tuesday of each month, 8 a.m.

Meeting rotates monthly. Call for location.

Contact Laura Fehrenbacher, Stafford Suites, (253) 862-1818

SASH Coffee and Networking for Pierce County

Ports of Call Restaurant

First Wednesday of each month, 9:30-11 a.m.

Oct 2 – 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.

Oct 16 – Chateau at Valley Center, 4450 Davis Ave S. in Renton

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

LOCAL SERVICES

Help for the Washington Health Benefit Exchange

The toll-free Customer Support Center is now open to Washington state callers with questions about getting health insurance through the new Health Benefit Exchange. Assistance is available in up to 175 languages and trained representatives are available weekdays 7:30 a.m. to 8:00 p.m. by dialing toll-free 1-855-WAFINDER (1-855-923-4633). Consumers can also email customersupport@wahbexchange.org. Customer Support Center representatives are trained and available to answer questions about health coverage options, how to access financial help and what consumers need to know about the enrollment process. Beginning Oct. 1, they will also be able to facilitate enrollment in health plans offered through *Washington Healthplanfinder*. All 43 health plans offered through *Washington Healthplanfinder* meet strict benefit and quality standards, and cover essential benefits including doctor visits, hospital stays, prescriptions, and regular check-ups. An

individual making up to \$45,000 and a family of four making up to \$94,000 a year may qualify for financial help toward premiums and co-pays. Free and low-cost coverage is also available.

Medicare and the new Health Insurance Exchange Explained

A new web page from the Washington State Office of the Insurance Commissioner addresses issues of potential confusion concerning Medicare and the Exchange. The new Medicare web page tackles the most popular questions about health reform, the Exchange and Medicare. Check it out at: <http://www.insurance.wa.gov/your-insurance/medicare/exchange/index.html>.

Profile of Uninsured

The WA State Office of Financial Management has compiled some of the American Community Survey uninsurance numbers released by the Census Bureau. Highlights include:

- Children (Under 18): 5.8% uninsured
- Adults (18-64): 19.6% uninsured
- White alone, not Hispanic or Latino: 11.0 % uninsured
- Hispanic or Latino (of any race) 29.5% uninsured
- Unemployed: 44.5% uninsured
- Under 138 percent of the poverty threshold: 25.9% uninsured
- 138 to 199 percent of the poverty threshold: 23.0% Uninsured
- 200 percent of the poverty threshold and over: 9.1% uninsured

(Source: OFM)

Medicaid Covers Dental in 2014

People insured by Medicaid will have dental coverage starting January, 1, 2014. Beneficiaries will be able to get routine check-ups and cleanings and get dentures. To find a dental office or clinic that accepts Medicaid people can call 222, visit www.win211.org or visit www.washingtonconnection.org.

Gig Harbor Fire & Medic One Offers DME and Smoke Alarms

Gig Harbor Fire & Medic One, as a result of a special grant, is able to offer free smoke alarms to residents in their service area. (Limited to stock on hand.) In addition, medical equipment (e.g., wheel chairs, walkers, crutches and canes) is available for free loan to the public. Call Gig Harbor Fire & Medic One's Prevention Division at (253) 851-5111.

Providing Supportive Memory Care

The Weatherly Inn is presenting a series of three conversations around supports for individuals with memory care issues. "Enhancing Relationships" on Oct 2; "Valuing Spirituality" on Oct 23; and "Relating with Pets" on Nov 13. Presenter is Blaise Feeny and his Golden Retriever, Cider. Blaise is a former Catholic priest who has been active in ministry to seniors and their families. Refreshments served. Held 3 to 4 p.m. at 6016 N. Highlands Parkway in Tacoma. RSVP at (253) 752-8550.

King County Taps Pierce County Expert

King County Parks and Recreation has selected Christine Seymour to develop an Emergency Shelter Communications Toolkit designed to overcome communications barriers with individuals seeking shelter services in emergency situations. The resulting toolkit will become part of the Regional Evacuation and Sheltering Annex, a project of Puget Sound Region Catastrophic Grant Program. Christine has extensive experience training and emergency planning for this population. Christine was contracted by Pierce County Department of Emergency Management as an Access and Functional Needs consultant. She participated in the development of the curriculum for Functional Assessment Service Teams (FAST) and is an instructor for the program in both Pierce and Kitsap Counties. She

has delivered training to emergency management, first responders and Deaf and hard of hearing community members around the country.

State Budget Forecast Looks Brighter

The Economic and Revenue Forecast Council predicts for the current (2013-15) biennium, about \$262 million in new revenue, a 7.6% increase from the 2011-13 biennium, which was itself an 8.7% increase over 2009-11. For the next (2015-17) biennium, about \$93 million in new revenue is estimated due to economic growth, plus \$123 million from the passage of the telecommunications tax bill this year, for a total of about \$216 million in new revenue. [View the documents and power point](#) providing the detailed overview.

Ticket To Work Program at TACID

The Ticket to Work program is a federal program created by the Social Security Administration to assist those who receive SSI and/or SSDI benefits return to work and live independently. As an authorized Contractor, TACID can help assist in creating benchmark goals and providing coaching and skill building along the plan that the individual creates. There is no fee for this service and being enrolled with TACID offers some protection of benefits. To learn more about the Ticket to Work Program or to make an appointment, contact Michael Mesa at (253) 565-9000 Ext. 24

CS Team Offers Emergency Preparedness Series for People with Disabilities and Caregivers

The CS team will be offering a two part series of emergency preparedness workshops for people with disabilities and caregivers. “Pledge to Prepare” will be held Oct 9 from 2 to 3 p.m. and teaches how to create an emergency communication plan and how to build an emergency kit. Participants will be entered into a drawing to win a free 3-Day Emergency Kit. “Disaster Shelters and People with Disabilities” will be held October 2 and 23 from 2 to 3 p.m. This course provides information on how to receive emergency information alerts, when to go to a disaster shelter and what will happen at the disaster shelter. Workshops are held at TACID, 6315 South 19th St, Tacoma, WA. [Flyer](#). Registration required. Call 253-565-9000 or Email Christine@cs-dhhrs.com

Community Caregiver Support Group

MultiCare Auburn Medical Center is now hosting a free monthly caregiver support group. The goal is to provide resources, education and support to family members and caregivers of those suffering from dementia and other illnesses. Held the second Thursday of every month from 6:30 to 8 p.m. Held in the Intensive Outpatient Room (access by 2nd Street NE entrance; follow signs to 1st floor wait area by aquarium). Facilitators: Jennifer Taylor, MSW & Barbara Guerrero, MSW. For more information, call (253) 804-2813.

Help for Job Seekers with Disabilities

TACID’s Vocation and Education program was developed to support the needs of job seekers and those looking to advance their education who have disabilities. The program is a combination of skill building workshops, individual coaching and peer support and encouragement. For more information or to schedule a consultation, contact Michael Mesa at (253) 324-3463.

The New Aging and Disability Committee

State legislators and members of the Governor’s cabinet met for the first meeting of the legislative-executive Aging and Disability Committee. This committee is directed by the legislature to identify cost-effective strategies to prepare our state for the Age Wave on the horizon. The Committee elected Senator Barbara Bailey (R-10th) and Representative Steve Tharinger (D-24th) as co-chairs. They heard detailed presentations from staff and agency heads on the current status of health and long term services and supports for these populations. AARP and other advocates urged the committee to

develop new approaches to creating livable communities, promote financial security and help people prepare for the cost of long term care. The Committee will meet again in November and will submit an interim report to the legislature by December 12. More information about this committee, including postings of future meetings, will be posted soon at the Washington State Legislature web site, <http://www.leg.wa.gov>.

DDA Region 3 Update

Denise Rothleutner has been appointed the new Regional Administrator for Developmental Disabilities Administration Region 3. She replaces Anita Delight who has retired. Denise has over 30 years of experience in the field of developmental disabilities with much of that in supervisory, management and leadership roles.

Beyond the Borders Makes Changes

On October 1, Community Connections will partner with TransPro Services to continue modified routes in Sumner and South Hill/Spanaway. Schedules for the bus routes are available at www.PierceCountyWA.org/CC, by calling TransPro at 888-600-8043 or 253-476-4657 or on the busses. Three routed bus services are discontinued: Bonney Lake Circular, Bonney Lake/Sumner Express and the Spanaway/Yelm Circular. “Demand Response Rides” continue in rural Pierce County. Eligibility is limited to individuals in need of transportation to dialysis appointments (no cap but coordination with others required), work-related trips (Maximum ride total of \$500 per person per month) and employment-related classes and internships (Maximum ride total of \$250 per person per month). Once an individual reaches the monthly cap, transportation is no longer available to that individual for that month. Riders outside of this eligibility are encouraged to use the routed service or call 2-1-1 (800-572-4357) to locate other transportation providers in the community. Questions? Please call TransPro: 888-600-8043 Monday – Friday, 9 a.m. to 5 p.m.

Pierce Transit Consolidates Customer Service Bus Shops

Beginning in October, Pierce Transit will consolidate its three Customer Service “Bus Shop” locations into the existing Bus Shop at Tacoma Dome Station (TDS). Consolidating three Bus Shops into one location saves the Agency staffing and facilities costs and increases communication and synergy between Customer Service team members who were previously spread out at three locations. The TDS Bus Shop is larger than the other Bus Shop locations, and is a transportation hub. Dates to remember: October 18 the Lakewood Bus Shop will close its doors. November 15 the Bus Shop Downtown (on Commerce Street) will close its doors. Riders can still use retail stores, ticket vending machines, orcacard.com and piercetransit.org as well as get help by phone at (888) 988-6722 for Orca cards or 253.581.8000 for Pierce Transit information.

ODHH Launches Revised Website.

The Office of Deaf and Hard of Hearing has released a new ODHH website. <http://odhh.dshs.wa.gov>. The website is an improvement with more information regarding services, resources, news, community, and about ODHH. New features include a statewide calendar of events, an online directory of services, interactive maps and more. Provide feedback to odhh@dshs.wa.gov.

Extended Cancer Retreats

Harmony Hill offers three-day retreats – an immersion in healing, nurturing and community. Learn self-care and stress management techniques with others going through similar challenges. October 14-16 (Mon-Wed) - Women's Cancer Retreat. November 11-13 (Mon-Wed) - General Retreat (open to men/women/companions). November 22-24 - Grief and Loss (for those who have lost a loved one to cancer). Held at Harmony Hill, 7362 Washington 106 in Union, WA.

LOCAL HAPPENINGS

Oct 1 – Options for Aging Adults

Everyday adult children are concerned as their loved ones require more and more assistance in their lives. Gig Harbor United Methodist Church hosts this opportunity to listen to local experts on options to better assist aging loved ones. Refreshments served. Free event. Held 6:30 p.m. at the church – 7400 Pioneer Way in Gig Harbor. Call for info: (253) 851-2625.

Oct 1, 8, 15, 22, 29 – Aging Smart

The “Aging Smart” professionals’ network in Gig Harbor is offering a variety of low cost workshops on topics of interest to seniors. Oct 1 - “Financial, Legal and Identity Protection;” Oct 8- “Real Estate, Moving Mortgage Options, Mobility Services;” Oct 15 – “Medicare, Medicaid, VA Benefits, LTC Insurance;” Oct 22 – “Community Living & Care Options;” Oct 29 – “Eldercare Placement, Home Care issues.” Held 6 to 8pm at the TCC Gig Harbor campus. \$19 per class or take all 5 and save \$10 (\$85). Register at 253-460-2424

Oct 3 – Pierce County Alzheimer’s Caregiver Conference

Topics include how music can enrich the life of the one living with AD, a legal issues panel discussion, how to communicate effectively with the physicians and care team at the hospital, strategies on how to handle embarrassing comments and behaviors, staying healthy while caring for the one with Alzheimer’s disease and much more. New location this year – Emmanuel Lutheran Church, 1315 N Stevens St., Tacoma. Reservations required by phone starting August 15 at (253) 798-8787. Check the [HCPC website](#) for details.

Oct 4 – Free Family Caregiver Class

This class is for the family member who has been caring for a loved one and needs a basic understanding of good body mechanics, providing personal care and safely feeding a loved one. Held at the Puyallup Senior Center, 210 West Pioneer Ave. from 1 to 3 p.m. [Register online](#). For more info call (866) 337-1176.

Oct 5 – Fall Fest

Fall Fest creates opportunities for our community to embrace all abilities through Disability Awareness and provides an opportunity for residents of greater Eatonville area to learn and discover resources available to them while connecting with others in our community. The event also recognizes “Washington State Disability History Awareness Month” in October. Held 112 a.m. to 3 p.m. at Eatonville High School, located at 302 Mashell Ave. N. in Eatonville.

Oct 5 - South Sound Heart & Stroke Walk

Step out for this fun 5K walk to support the American Heart Association/American Stroke Association. Enjoy a heart-healthy and non-competitive walk, with 5K and one-mile options. The event is open to all ages and features activities for the whole family. Walk proceeds help the American Heart Association build healthier lives by fighting heart disease and stroke, the No. 1 and No. 4 killers of Americans. [More info and registration](#).

Oct 6 – Pierce County Hunger Walk

Associated Ministries is [recruiting Walk Teams now](#) – congregations, businesses, civic organizations, and schools. And we have new creative ideas for funds & food collection for each type of organization. Run starts 1pm; Walk begins 2pm. Entertainment, food, and family fun Noon to 5pm. Held at Fort Steilacoom Park across from Western State Hospital. Half of the proceeds from the Hunger Walk benefit the Emergency Food Network (EFN), Pierce County’s non-profit distribution

center for more than 70 food banks, hot meal sites and shelters. For more information, contact Michele Cotton at michelec@associatedministries.org or at 253-426-1507.

Oct 7 and 9 - Addiction: A Look at the Pink Elephant

There can be a time when you become worried about a friend or family member, or even your own alcohol or drug use. Use can turn to abuse. In Pierce County, there is hope. Learn about effective resources for individuals and families of all types struggling with abuse and addiction to drugs and alcohol. What can be done to help someone reclaim a productive life? Get answers. Hear the stories of individuals who have been down that path and learn about where to turn.

- Oct 7 – 12:10-12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S 35th Street in Tacoma
- Oct 7 – 7-8 p.m. at the Lakewood Branch Library, 6300 Wildaire Rd., SW in Lakewood
- Oct 9 – 12:10-12:50 p.m. at the County City Building Rainier Conference Room on the 7th Floor, 930 Tacoma Ave S in Tacoma
- Oct 9 – 7-8 p.m. at the Pierce County Sound View Building, 3602 Pacific Avenue in Tacoma

Call (253) 798-4600 for details. [View event flyer.](#)

Oct 9 – Transportation Town Hall Meeting in Tacoma

People who rely on transportation services and advocates are encouraged to attend town-hall style meetings to let legislators know how important improved accessible transportation services are to seniors and people with disabilities. Legislators are considering a plan to fix our state's transportation problems. They need to hear the concerns of seniors and the disability community in their plan. Check out the Greater NW Chapter of the [MS Society's #KeepUsMoving blog post](#) to hear about their efforts and for some inspiration to get involved! Town hall meeting held at the Evergreen Tacoma Campus, Lyceum Hall, 1210 6th Ave. in Tacoma from 6 to 9 p.m. To stay informed, interested individuals can send an email to the google group keepusmoving+subscribe@googlegroups.com to get added to the list.

Oct 9 – Fourth Annual Volunteer Fair

Want to stay connected to your community by volunteering? Find your volunteer match by attending the Fourth Annual Volunteer Fair scheduled for Saturday, October 19, 10 am-1 pm at the Puyallup Activity Center, 210 W. Pioneer Avenue, Puyallup. Individuals wanting to volunteer can meet organizations that are looking for volunteers. Last year 95% of those attending found it to be helpful in learning about volunteer opportunities and 91% found a place to volunteer. For more information, call 253-697-7096 or visit <http://puyallupvolunteerfair.org>.

Oct 10 – Homeowners Invited to Free Workshops on Managing Stormwater Systems

Pierce County homeowners and homeowner associations are invited to attend a free workshop to learn how to prepare their stormwater systems for the rainy season. Homeowners will also learn how to manage their neighborhood associations or start one. Homeowners will learn simple steps to maintain storm drains, gutters, and stormwater ponds located within their neighborhood. Additionally, homeowner associations will learn how planning in advance for routine maintenance can reduce the likelihood of needing more extensive repairs. Held at the Gig Harbor Civic Center, 3510 Grandview St. from 6:30 to 8:30 p.m. Homeowners should register by calling (253) 798-2460, emailing PCSWMWorkshop@co.pierce.wa.us, or visiting www.co.pierce.wa.us/hoaworkshops.

Oct 11 – Oasis / Rainbow Center Open House

Oasis and the Rainbow Center have moved to a new location - 2215 Pacific Ave. in Tacoma. Celebrate National Coming Out day with an open house visit. Stop by for a tour and learn more about

the O.R.C (for Oasis and Rainbow Center). Held 3 to 7 p.m. Door prizes, snacks, entertainment, and speakers, with a program at 5:30. RSVP [Here](#) or on [Facebook](#).

Oct 11-13 – Pierce County Kinship Family Retreat

This is a free retreat available to kinship families in Pierce County. All lodging, meals and activities are included. At least one caregiver in the household must be 55+ to qualify and families with children age 6-up are suggested due to camp activities. Spots will be reserved on a first come, first serve basis. Held at Camp Berachah, 19830 SE 328th Pl. in Auburn. Info and registration at (253) 565-4484 or jholden@hopesparks.org.

Oct 13 – CPR Sunday

CPR Sunday is an annual community event offered free-of-charge to anyone interested in learning the basic life-saving skills of cardiopulmonary resuscitation (CPR). On the second Sunday in October each year, students are taught the fundamentals of CPR and then given the opportunity to practice with CPR mannequins and Automatic External Defibrillators (AED). Upon successful completion of the course, students receive a Tacoma Fire Department certified CPR card. Over 6,000 participants have attended this life saving class. [Learn More](#). Four class options: 8:00am, 10:00am, 12:00pm, or 2:00pm. Held at Foss High School, 2112 S. Tyler St. in Tacoma. [Register Today](#)

Oct 16 – “The Dementia Whisperer” with Laura Wayman

Olympic Alzheimer’s Residence and Comfort Keepers are proud to welcome renowned author of “How to Care for Dementia,” dedicated gerontologist and dementia expert Laura Wayman. Held from 8:45 to 10:45 a.m. at Olympic Alzheimer’s Residence, 3025 14th Ave NW in Gig Harbor. Please RSVP to 360-373-5678.

Oct 16 – Understanding Inpatient BH Hospitalization and Discharge Planning-BH Social Work

The Behavioral Health Social Work team will present at this monthly Behavioral Health Educational Roundtable. Held 12:30 p.m. to 1:30 p.m. at MultiCare Auburn Medical Center, 202 N Division St. in Auburn in the 3rd Floor Conference Rooms 1&2 (elevator D). RSVP: (253) 333-2521 or Ada.allen-harris@multicare.org.

Oct 21 – 8th Annual Latino Health Forum

The Latino Health Forum is an event dedicated to the exchange of innovative ideas, best practices and the advancement of health for the Latino community. The forum is a valuable networking platform for individuals in the field of health science, social justice, public policy and to those committed to underserved Latino populations. Participants will have the opportunity to meet and engage one-on-one with practitioners, researchers and community activists currently impacting the field of public health. In addition, participants will gain valuable resources and skills towards shaping health policy and creating greater health equity for Latino populations here in Washington state. Held 8 a.m. to 5 p.m. at the Hilton Seattle Airport and Conference Center, 17620 International Blvd. More [info and registration online](#).

Oct 22 – Meaningful Activities: How to Make the Most of Your Interactions

Learn how to engage the person with dementia and create meaningful, personalized activities out of everyday tasks and interactions. Find out how to create a portable individualized activity bag to help meet the needs of the person with dementia for calming, sensory stimulation, boredom and more. Held at 2:00 p.m. at Olympic Alzheimer’s Residence, 3025 14th Ave NW in Gig Harbor. Free. Call (253) 851-5306 to RSVP.

Oct 22 - Meaningful activities: How to Make the Most of Your Interactions.

A free presentation held at 2 p.m. at Olympic Alzheimer's Residence, 3025 14th Ave NW in Gig Harbor. Please call 253-851-5306 to RSVP.

Oct 23 – Making the Link

Save the date. Held 11 a.m. to 5 p.m. at the Landmark Convention Center, 47 St. Helens Avenue in Tacoma. Vendor opportunities will be posted at the [Health Care Providers Council website](#) or at the monthly HCPC networking meeting at Narrows Glenn.

Oct 23 – Project Homeless Connect

This quarterly event will be held at the Tacoma Dome Exhibition Hall from 9 a.m. to 3 p.m. Free on-site info on medical care, Veterans support, haircuts, housing, vision, dental, food, tax preparation and more. Visit www.pchomelessconnect.com.

Oct 24 – Homeowners Invited to Free Workshops on Managing Stormwater Systems

(See Oct 10 for event description) Held at the Parkland/Spanaway Library, 13718 Pacific Ave. S. in Tacoma from 6:30 to 8:30 p.m. Homeowners should register by calling (253) 798-2460, emailing PCSWMWorkshop@co.pierce.wa.us, or visiting www.co.pierce.wa.us/hoaworkshops.

Oct 29 – Take Control of Side Effects with Medicine, Mind & Body

A free educational workshop for people living with cancer and their loved ones sponsored by MultiCare and Guilda's Club at Good Samaritan Hospital, Dr. Richard C. Ostenson Cancer Center, 401 - 15th Ave SE, Puyallup. The Benefits of Collaborative, Complementary Therapies: Side effects during and after cancer treatment can range from mild to severe, be short term or last months or years. Dan Labriola, ND, Director of the Northwest Natural Health Clinic will help you learn how natural medicine treatments apply to the challenges faced during cancer treatment and beyond. [Info and Registration](#). Held 6:30 - 8:00 p.m.

Oct 29-30 – FAST Training

Pierce County Department of Emergency Management will hold its special FAST (Functional Assessment Service Team) training. Primary requirement is two years of professional experience with serving people in one or more access and functional needs categories. Visit the FAST website to find additional information on qualifications: www.piercecountywa.org/FAST. Held both days 8 a.m. to 4:30 p.m. at the Pierce County Emergency Operations Center, 2501 South 35th St., Suite D in Tacoma. Register online at www.piercecountywa.org/FASTapplication. Questions? Contact Sheri Badger at sbadger@co.pierce.wa.us or (253) 798-2204.

Oct 30 – Hoarding: When Collecting Goes Bad

Have you struggled to understand how to help your hoarding clients navigate significant life changes? Do you have questions about serving seniors who suffer from a hoarding disorder? Karen Kent, retired head of King County's Geriatric Regional Assessment Team (GRAT), will clarify the traits common to hoarders, identify the causes of the behavior, and offer practical approaches to intervention. See Sept 26 event description. Held 9:30 am to 12:30 pm at the SASH Home Office, Seatac City Hall, Second Floor, 4800 S. 188th St. Suite 220 in Seatac. [Register in advance](#).

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 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 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 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 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 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.

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

Save the date. Vendor opportunities and participant registration coming soon.

Q&A of the Month

Question: I've had occasion to see blind people with guide dogs. I'm a dog lover. But I was told never to approach a guide dog. Is that true?

Answer: Understand that a guide dog is a working dog. They take their role very seriously. They should not be petted or disturbed while working in their harness. When they are not working, do not pet them without first asking permission of their owner. Do not be surprised or put off if the owner says no. There may be many things that are not readily obvious to you. If you do receive permission, always be gentle because, even when the dog is "not working," they are still going to be very protective of their owner. And certainly do not offer the dog any treats or food without permission.

NATIONALLY

Watch and Share New Spanish Youtoon: "Los YouToons Se Preparan Para Obamacare"

The Kaiser Family Foundation has a Spanish-language video as part of its continuing efforts to increase the public's understanding of upcoming changes under the Affordable Care Act (ACA). "[Los YouToons Se Preparan Para Obamacare](#)" explains the basic changes in how Americans can obtain health coverage in 2014. Nearly two-thirds of Hispanics (64%), say they don't have enough information about the ACA to understand how it will impact them and their families. This video serves as a visual how-to guide to help viewers understand what benefits they qualify for and what they can do to prepare for open enrollment, which runs Oct 1, 2013 to March 31, 2014. More resources can be found on the Foundation's [website](#), which will soon include a Spanish-language version of the Subsidy Calculator. (Source: KFF)

The Facts About the Affordable Care Act and Medicare

US News & World Report [published an article](#) on the myths and facts of how the Affordable Care Act (ACA) affects Medicare beneficiaries. According to the article, older adults are often confused about how Medicare works and ACA changes are compounding some of that confusion. The article summarizes five myths about the ACA and Medicare and provides the facts on how the ACA impacts Medicare beneficiaries, both now and going forward. (Source: US News)

Consumer Reports Offers Info and Ratings

The October edition of Consumer Reports provides an impartial 11-page tutorial on the 2014 changes that will come with the Affordable Care Act. The survey provides a national overview but it does

include health plan rankings (provided by the National Committee for Quality Assurance (NCQA)). The article includes the NCQA's state-by-state ranking of Medicare Advantage Plans. (Source: CR)

Health Insurance Savings for Nearly 6 in 10 Uninsured Americans

The U.S. Department of Health and Human Services recently released a [report](#) showing that 56 percent of people without health insurance today may be eligible for coverage through the [Health Insurance Marketplace](#) for under \$100 per month. The report also shows that if all 50 states took advantage of new options to expand Medicaid coverage, nearly 8 out of every 10 people (78 percent) who currently do not have insurance could be paying less than \$100 a month for coverage under the Affordable Care Act. (Source: HHS)

Reminder: Medicare Pays for Flu Shots

Autumn is almost here, and so too is flu season. NCOA has updated its "Flu + You" campaign materials to promote the importance of vaccinations for seniors. Remember: the annual flu shot is covered under Medicare Part B, along with a range of other preventive services. [Get flu materials](#) | [Download a chart of free Medicare preventive services](#) (Source: NCOA)

Download Calendar of Medicare Enrollment Periods

With the rollout of the Health Benefit Exchange, this year is going to be very confusing for people with Medicare – Original Medicare, Medicare Advantage, Part D, and more. The National Council on Aging has created a calendar of key enrollment periods, who they are for, what you can do in them, and when coverage starts. The calendar is in two sizes in Word so you can tailor with your agency's contact details. [Get the calendar](#) (Source: NCOA)

SSA in ASL

The Social Security Administration has produced its first American Sign Language video and webinar "Social Security, SSI and Medicare: What You Absolutely Need to Know About These Vital Programs." It can be viewed at www.socialsecurity.gov/multimedia/video/asl or by webinar at www.socialsecurity.gov/webinars. (Source: HSDC)

SNAP Benefits May Be Changing

The Food and Nutrition Service has announced that recipients of Supplemental Nutrition Assistance Program (SNAP) benefits might see a change soon in their benefits. First, benefits may go up in October with changes due to the costs of living. However, on November 1, benefits may decrease slightly due to the end of the extra benefits provided by the 2009 stimulus law. [Learn more](#) | [Download our SNAP resource guide](#) (Source: NCOA)

Federal Agencies Change Benefits after DOMA Defeat

The U.S. Supreme Court recently ruled that Section 3 of the Defense of Marriage Act, which said "marriage" and "spouse" only applied to heterosexual unions, was unconstitutional. A number of federal agencies have released information about changes to federal programs and benefits as a result of the Supreme Court's decision. [Learn more about the changes to taxes, Social Security, Medicare, visas, and benefits for uniformed service members and federal employees](#). (Source: USA.gov)

AARP: Potential Number of Caregivers to Plummet the Next 20 Years

Family caregivers provide a majority of long term care services. Currently there are 7 family caregivers for each person over the age of 80, but by 2030 there will be only 2.9 caregivers for each person over 80. As baby boomers age, they are transitioning from providing care to requiring care. The rapidly increasing demand for care, coupled with smaller families to provide support, makes establishing a U.S. comprehensive policy for long-term care services essential. Demographic changes

are analyzed, and a call is made for a national integrated policy on long term care, that includes strong family support. [Read the report.](#) [Read the solution.](#) (Source: AARP)

State by State Insurance Map

The National Organization for Rare Disorders (NORD) has published a health exchange map of the U.S. showing which states operate their own exchange, which are using a federal exchange, and which have a joint state-federal exchange system. Clicking on a state takes the reader to contact information for that state's Department of Insurance. [View the map.](#) (Source: FCA)

Long-Term Care Commission Releases Recommendations

The Federal Commission on Long-Term Care – created by Congress when it repealed the CLASS long-term care program – has released its recommendations in its report to Congress. However, the commission could not provide clear direction on long-term care financing. [Read the National Council on Aging’s statement](#) | [See the recommendations.](#) Five progressive commissioners who voted against the report released their own set of recommendations, including calling for a public social insurance program to cover long-term care. [Read the alternate report](#) (Source: NCOA)

Essay Contest for Caregivers

Shield HealthCare is sponsoring its 13th Annual Story Contest for Caregivers. Essays should respond to “What Makes Caregiving Rewarding.” Submissions should be a one-page typed entry including name, address and phone number. Top three winners receive \$500 American Express Gift Cards. Top five runner-up prizes include \$150 gift cards. Contest deadline is Nov 30, 2013. Details at www.shieldhealthcare.com/caring. (Source: Shield HealthCare)

America’s Economic Insecurity Rate Rises to 45%

A new report, published by [Wider Opportunities for Women \(WOW\)](#), reveals that the nation’s “economic insecurity rate” is 45% - three times the 2012 poverty rate of 15% announced by the US Census Bureau. The report defines economic insecurity as the inability to afford basic needs such as decent housing, basic transportation and food, and finds millions of families are insecure even when household breadwinners are working full time. According to the report, [Living Below the Line: Economic Insecurity and America’s Families](#), while the poverty rate increased sharply in 2008 and has since remained largely unchanged, the overall insecurity rate has steadily increased, by seven percentage points, between 2007 and 2011. The largest rate increases were suffered by unmarried couples, white children and single fathers. (Source: WOW)

PLAN AHEAD – DECEMBER IS...

World AIDS, Drunk & Drugged Driving Prevention, Safe Toys and Gifts and Food Service Safety Months; Handwashing Awareness (1-7), Human Rights (10-17) and Gluten-free Baking (15-21) Weeks; World AIDS (1), Special Education (2), Pearl Harbor Remembrance (7), Dewey Decimal System (10), Homeless Persons’ Remembrance (21) and Haiku Poetry (22) 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.