



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
Sept 5 – “Falls Prevention,” Val Gish, Tacoma Trauma Trust
Oct 3 – No meeting (Alzheimer’s Caregivers Conference Day)

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
Sept. 12 – “Helping Your Clients with Incontinence” with Dr. Jeffrey Clemons

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.
Sept 4 – 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.
Sept 18 – Judson Park Retirement Living; 23600 Marine View Drive S.; Des Moines
Schedule of meeting locations and times at www.secoalition.com

LOCAL SERVICES

31 New Plans for Washington’s Health benefits Exchange

Insurance Commissioner Mike Kreidler has [approved the individual health plans and rates](#) of four health insurance companies to sell in Washington’s new health insurance Exchange, the [Washington Healthplanfinder](#), starting Oct. 1, 2013. In most counties, people will have a choice of two dozen plans. The approved rates are 1.8 percent lower than what the companies originally requested, resulting in a savings of more than \$10 million. Selling plans in Pierce County are Bridgespan, Group Health Cooperative, Lifewise and Premera Blue Cross. All of the approved plans include the [10 essential health benefits](#) such as prescription drug coverage and maternity coverage. Also, annual out-of-pocket costs including deductibles and copays are capped at \$6,350 for an individual and \$12,700 for a family. How much someone pays will depend on their age, where they live, whether or not they smoke, and which plan they select. Premium and cost-sharing subsidies are available for plans sold through the [Washington Healthplanfinder](#), depending on your income.

But . . . Final Vote on Health Exchange Put Off

The board for the state health exchange delayed a vote on approval of 31 plans proposed to be part of the system while some companies that were rejected by the insurance commission appeal their exclusion. Of the nine companies that applied to sell health plans in the exchange, four were preliminarily approved: Bridgespan, Group Health Cooperative, Premera Blue Cross and LifeWise, a subsidiary of Premera. The companies that applied but were not approved for the exchange were Moda Health Plan Inc., Kaiser Foundation Health Plan, Community Health Plan of Washington, Coordinated Care and Molina Healthcare. So far, Kaiser, Community Health Plans of Washington and Coordinated Care Co. have appealed Kreidler's decision, according to Kreidler's office. Officials with Molina say they've resubmitted their plan application with the health exchange. The OIC has until Sept 5 to submit all approved plans to CMS.

News Tribune Highlights Exchange

A detailed [article about the Washington Health Benefit Exchange](#) was published in the Tacoma News Tribune on preparing for Obamacare and featured personal stories on those who will benefit. It includes a handy chart showing what consumers could pay on the exchange.

Assister Organization Network Partners Awarded

The following organizations were selected for the In-Person Assister Program for the Washington Health Benefit Exchange: South Sound Outreach, Sea Mar Community Health Centers, Planned Parenthood of the Great Northwest, Community Health Care, Point Defiance AIDS Project, Korean Women's Association, Eatonville Family Agency, and the Comprehensive Health Education Foundation. These organizations will provide one-on-one help to people looking to make their health insurance choice as of October 1.

AGO Stops Deceptive Marketing of Prescription Drug Discount Card

The Washington Attorney General's Office (AGO) has successfully stopped deceptive marketing by a private prescription drug discount card. The "Washington Drug Card" has been falsely advertising their service as "Washington's Official Statewide Prescription Assistance Program." Washington Drug Card is a private company and is not affiliated or endorsed by any state governmental agency. **Please note:** The state's official prescription drug discount program is [Washington Prescription Drug Program](#), which is administered through the [Washington State Health Care Authority](#).

Seattle Times Explains Obamacare

The Seattle Times recently ran an [article detailing the cost of the individual insurance plans](#) that will be offered in Washington State by way of the Health Benefit Exchange. Currently 31 new plans (gold, silver and bronze) will be available from four insurance companies.

Impact of Affordable Care Act in Washington State

The US Department of Health & Human Services has produced a state-by-state overview of how the ACA is impacting the public. [View the Washington report](#).

Lighthouse & Beacon Need Help

Both the Lighthouse and Beacon Senior Activity Centers have lost their sponsor for monthly birthday cakes. The need is simple – a birthday sheet cake for each site each month. Sponsors are welcome to place your name on the cake. Lighthouse and Beacon will run your name with the birthday celebration announcement in the newsletters, and announce the sponsor when the cake is served. Contact Willow Eaton at 253-591-5080 or weaton@ci.tacoma.wa.us

Audit: State DSHS Mishandled Millions

A new report by the State Auditor's Office claims the DSHS mishandled millions of dollars meant for people with developmental disabilities and possibly allowed people with criminal backgrounds to work with vulnerable adults. The Department of Social and Health Services spends \$900 million a year on 20,500 people with developmental disabilities. The new audit claims DSHS did a great job helping those people, but it also says there are 15,000 people on the waiting list. The audit also found problems with the way \$17 million was spent.

DOL Welcomes Public Comment on the Disability Parking Study

The Legislature asked the Department of Licensing to create a workgroup to examine the use of disabled parking placards and special license plates for persons with disabilities, and develop a strategic plan for ending any abuse. The workgroup is looking at where potential abuse may be, develop measures to reduce fraudulent use and issuance, and suggest ways to strengthen administrative processes, while minimizing the impact to individuals who really need these privileges. The deadline for public comments is October 15, 2013. The public may share ideas with the workgroup by sending an email to: DPWorkgroup@dol.wa.gov.

New "Where To Turn" Guides Are In

The 2013-2014 Where To Turn guides, produced by Lutheran Community Services and Senior Media Services, are now available. Please recycle the old (2012-2013) and replace it with the new yellow (2013-2014). Pick up at Lutheran Community Services (223 N. Yakima); or by calling the Aging & Disability Resource Center at (253) 798-4600.

Round Table Discussion Group for Professionals in the Field of Aging

A forum for Social Workers, Nurses, Home Care, Day and Senior Center Staff, Mental Health Providers and Residential Care Staff to participate in an in-depth conversation with professionals from a variety of community settings about older adults and life transitions. 1.5 CEUs available for each session. Held the third Thursday of each month at Senior Services, 2208 2nd Avenue in Seattle from 8:30 a.m. to 10:00 a.m. Facilitated by Barbara Green, MSW. [Info and registration online](#).

Seniors Art Show – Call for Entries

Franke Tobey Jones is once again searching for entries from talented local senior artists. Details about submissions are [available at the website](#). There is a \$25 entry fee. Deadline for completed form, JPG images and entry fee is Sept 29, 2013.

Certificate Program in Employment Services

The Center for Continuing Education in Rehabilitation (CCER) at the University of Washington presents a certificate program for direct service providers. The Certificate in Employment Services (CES) concentrates on practical employment strategies for people with disabilities, and provides an overview of significant disabilities; practical strategies for career development, job development, and job support; and rehabilitation issues and current trends. \$225. Part 1 held Oct 29-31; Part 2 held Dec 3-5, 2013 at the Silver Cloud Univ. Village in Seattle. [Get more information](#).

Rainbow Center and Oasis New Location

Oasis and the Rainbow Center have both relocated together to a new location: 2215 Pacific Ave. in Tacoma. The community hours are: Monday-Friday 1:00-5:00 p.m.; Saturday 1:00-4:00 p.m. More information [on the website](#).

Senior Tuesdays at the Washington State Fair

The Washington State Fair in Puyallup is once again honoring seniors. This event is held on two consecutive Tuesdays, and provides free entertainment and activities specifically geared towards seniors. Beginning at 10 a.m., seniors will enjoy a day of fun, starting with free morning coffee and snacks. Seniors will receive a free “seniors-only” coupon book, filled with valuable vendor savings for use on Senior Tuesdays. Seniors will also receive free rides on the Antique Merry-Go-Round throughout the day. Held both Tuesday, September 10 and 17.

Sheriff's Community Academy openings

The Pierce County Sheriff's Department is looking for interested citizens to attend its fall Community Academy program. The academy begins Sept. 26 and will meet each Thursday evening for 13 weeks. This is the first time a session will be held in a north central Pierce County location. Participants learn first-hand about law enforcement in Pierce County and to meet the Sheriff and other department members. The course seeks to familiarize the public with all aspects of the Sheriff's Department and provides insight into the practices of law enforcement and the criminal justice system. Pre-registration is required and applications are accepted on a first come first served basis until the class is filled. Applicants must be at least 16 years old. Fingerprinting and a photo I.D. are required after preliminary acceptance to the program so sign up soon. [Register online](#) or [print](#) and mail in the application. More information will be sent once your application is received.

News Tribune Profiles Lea Armstrong

The [Tacoma News Tribune ran a special profile](#) on Lea Armstrong, 71, one of Tacoma's biggest philanthropists. She provides the financial backing for Lea Armstrong Social and Community Organization, which gives scholarships to single parents with a 2.5 grade point average. Armstrong, who said she arrived in America from Daegu, South Korea, with \$50 to her name, built a successful company, Armstrong In-Home Personal Care & Respite Services that provided daily living assistance to people needing long-term care. Armstrong is pictured in her downtown Tacoma home.

LOCAL HAPPENINGS

Sept 6 - Caring For People With Dementia

Earn 6 hours of Washington DSHS pre-approved continuing education focused on the care of people with dementia. The training is offered in two sessions, with each session being worth 3 CE's. The morning session is a 3 hour “Keys to Dementia Care.” The afternoon session consists of “Making Bathing Pleasant” and “Assessing and Addressing Pain.” Register for the entire day, or for either the morning or afternoon session. Registration must be paid by noon, Aug. 30. No walk-ins accepted. Held 9am-12am & 1pm-4pm at Bethel Christian Center, 414 SW 312th St., Federal Way. Call for registration details at (206) 529-3889.

Sept 9 – 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](#). Call for more info (866) 337-1176.

Sept 10 – Communicating with Persons with Dementia

Improving communication with persons with dementia can lead to a decrease in dementia-related behaviors and distress and improve the quality of life for both care recipient and care partner. This class will help participants learn to understand and enter the world of the person with dementia and implement techniques for improving communication. 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.

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. [Updated information and registration.](#)

Sept 11 - Oct 16 – Living Well with Chronic Conditions

Are you unsure about how to best manage an ongoing health condition? Are you tired, anxious, frustrated, in pain? Join a safe, supportive six-week self-management workshop and discover new, practical ways to live better and healthier. Learn how to use medications effectively, solve problems and meet personal goals, talk to your doctor about your health, make choices about your treatment and be a healthy caregiver. The Living Well self-management workshop has become the proven leader in self-management for people with chronic health conditions. Held every Wednesday for six weeks from 2 to 4:30 p.m. at the Gig Harbor Family YMCA, 10550 Harbor Hill Dr.. Contact Physicians of Southwest Washington and ask for Living Well registration: (360) 786-8690, ext. 127.

Sept 13 – Wellness Walk and Vendor Fair

Franke Tobey Jones hosts its annual healthy aging event from 10 a.m. to noon at the FTJ campus, 5340 North Bristol in Tacoma. Free and open to the public.

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.](#)

Sept 16 – Grandparenting Today

Grandparenting used to be a predictable part of life. But today’s grand children live in a much different world and grandparents need to respond in new and unexpected ways. From texting and skyping to full-time caregiving, grandparents are doing more and more. Some grandparents are becoming “parents” once again. Uncover this new way of life for people in their 60’s and beyond and learn what successful grandparenting looks like today. Held twice:

- 12:10 – 12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35th Street, Tacoma
 - 7-8 p.m. at Tacoma Lutheran Retirement Community, 1301 Highlands Parkway, N., Tacoma.
- More information call (253) 798-4600.

Sept 19 -20 – Northwest ADA Regional Conference 2013

Learn how the Americans with Disabilities Act in 2013 is reshaping opportunities for citizens with disabilities. The Northwest ADA Regional Conference will bring together an impressive array of speakers to Boise, Idaho, touching on many of the topics important to our work and play. Hear experts from the Department of Justice, the Equal Employment Opportunity Commission (EEOC), the Access Board, and from the Job Accommodation Network, as well as regional authorities. Registration is limited. \$175. Check out the [agenda and speakers.](#)

Sept 21 – Staying at the Top of Your Game

An educational forum on managing diabetes hosted by MultiCare Health System. Event includes workshops for all ages, diet information and a health care panel answers diabetes questions. Held 8 a.m. – 12:30 p.m. at Tacoma Community College, 6501 S. 19th Street, Building 11, in Tacoma. To register call 800-485-0205 or www.multicare.org.

Sept 22 - Falls Prevention Awareness Day 2013

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

Sept 23 – Play Day at Volunteer Park

Stay Active and Independent for Life hosts this event for seniors to observe Fall Prevention Week. Park is at 5514 Key Peninsula Hwy. Meet at the picnic Shelter. Bring a donation for the local food bank. Held 10 a.m. To noon. Sponsored by Key Peninsula Community Services. For more details call Jessica Smeall, jessica@keypenparks.com or 253-884-9240 x22.

Sept 24 – Keys to Dementia Care

This workshop provides practical hands-on tools for relating successfully to persons with dementia. We will provide an overview of dementia and address communication, problem-solving, and dealing with dementia-related behaviors. Participants will learn how to enter the world of the person with dementia to better meet his/her needs and improve quality of life. 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.

Sept 25 – One Step At A Time

Celebrate Falls Prevention Day. Enjoy balance training, blood pressure checks, check on your risk for falling, chronic disease information, gait & balance testing, hearing information, medication review, vision ware & eye glass cleaning and much more. Held 10:00 a.m. to 12:30 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Dr., SE. Free event.

Sept 26 – 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. 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.](#)

Sept 27 - Caring For People With Dementia

Earn 6 hours of Washington DSHS pre-approved continuing education that is focused on the care of individuals who have dementia. The training is offered in two sessions, with each session being worth 3 CE's. The morning session is "Dementia and Dining" and "Generation Alzheimer's." The afternoon session is "Sexuality & Dementia" and "Take-Away Activities." Register for the entire day, or for either the morning or afternoon session. All registrations must be paid by noon, Sept. 20. No walk-ins accepted. Held 9am-12am & 1pm-4pm at Bethel Christian Center, 414 SW 312th St., Federal Way. Call for registration details at (206) 529-3889.

Sept 28 – Walk to Stop Diabetes

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

Sept 30-Oct 1 – Emergency Planning Institute

The Pierce County Emergency Planning Institute trains staff from social service agencies, long term care facilities and churches about planning and creating plans for disasters. Held 9 a.m. to 4 p.m. each day. Day 1 at Pierce County EOC, 2501 S. 35th Street in Tacoma; Day 2 at Tacoma Lutheran Retirement Community, 1301 N. Highlands Pkwy. in Tacoma. For info contact [Sheri Badger](#) at (253) 798-2204. Register at <http://www.piercecounty.surveymshare.com/s/AQAC9UB>.

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 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 - 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 – 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.. 95 per cent of those attending last year's fair found it to be helpful in learning about volunteer opportunities and 91 per cent found a place to volunteer. For more information, call 253-697-7096 or visit <http://puyallupvolunteerfair.org>.

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 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 29 – Take Control of Side Effects with Medicine, Mine & 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 of 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

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](#). More information: www.sash-events.com or call SASH at 206-501-4375 / 1-888-400-SASH.

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 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.

Q&A of the Month

Question: I'm on Medicare and I'm confused about the new Health Insurance Exchanges that I keep hearing about. Will it impact me?

Answer: Good question. It can be confusing because this year the new Washington Healthplanfinder has open enrollment (Oct 1, 2013 – March 31, 2014) during a time span similar to Medicare's Open Enrollment (Oct. 15 – Dec. 7, 2013). The Health Insurance Marketplace is designed to help people who don't have any health insurance. You have health insurance through Medicare. The Marketplace won't have any effect on your Medicare coverage. Your Medicare benefits aren't changing. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits and security you have now, and you won't have to make any changes. The Health Insurance Exchanges you hear about – in Washington we call it the "Washington Healthplanfinder" – provide new health insurance options for many Americans. If you have family and friends who don't have health insurance, tell them to visit www.wahealthplanfinder.org or call 1-855-WAFINDER (1-855-923-4633) to learn more about their options. In the meantime, enjoy your Medicare!

NATIONALLY

IRS Finalizes Penalty on Individual Health Insurance Mandate

For the first year, the charge for not obtaining health insurance is \$95 or 1 percent of household income. The penalty will increase, though, to \$695 per person or 2.5 percent of household income in 2016 and then according to a cost-of-living formula for following years. There are, however, a number of exemptions to the penalty. [Read the story in The Hill.](#) (Source: The Hill)

Social Security Benefits for Same-Sex Spouses

Following the Supreme Court's decision to strike down the Defense of Marriage Act (DOMA), the Social Security Administration has announced it is accepting applications from same-sex family members who believe they may be eligible for benefits. Social Security will begin to process these claims as soon as they finalize instructions for their personnel. [Get more information.](#) (Source: NCOA)

SNAP Benefits Cut In November

22 million American households relying on the SNAP program (Supplemental Nutrition Assistance Program) will see their benefits drop in November. The average household's monthly benefit from the Supplemental Nutrition Assistance Program will drop by \$20 or \$25, [according to the Center on Budget and Policy Priorities](#), a liberal Washington think tank. The November reduction is set to kick in because a 13 percent benefit boost from the 2009 stimulus bill is expiring. Initially, the plan was to let inflation catch up with the increase so that SNAP recipients would never see a month-to-month dollar decline. But in 2010, Senate Democrats and the Obama administration needed money to offset the cost of a series of spending bills. They [said at the time they would replace the money later](#), but they never did. (Source: Huff Post)

Medicare Drug Premiums Remain Stable Four Years in a Row

The Department of Health and Human Services (HHS) released data showing that the average premium for a basic Medicare Part D prescription drug plan in 2014 is projected to remain stable, at an estimated \$31 per month. [Read more.](#)

2013-2014 Flu Season

Now is the time to prepare for the upcoming flu season. The Centers for Disease Control and Prevention has updated flu vaccination resources on its website:

- [20113-14 Influenza Vaccine Information Statement](#)
- [National Influenza Vaccination Week \(December 8-14, 2013\)Webpage](#)

· [Recommendations of the Advisory Committee on Immunization Practices](#) (Source: CDC)

Straight Talk on Health Reform

The National Council on Aging has updated fact sheets on how health reform affects older adults. See five key facts about the Affordable Care Act, plus frequently asked questions. Then watch your in-box over the next month for our latest information on what the new health insurance exchanges—set to open Oct. 1—will mean for older adults who aren't yet eligible for Medicare. [Get Straight Talk | Understand the exchanges](#) (Source: NCOA)

SSA Change in Terminology

In a recent [Final Rule](#), the Social Security Administration has formally replaced the term “mental retardation” with “intellectual disability” in its Listing of Impairments which is used to evaluate claims involving mental disorders in adults and children. The change reflects the widespread adoption of the term “intellectual disability” by Congress, government agencies, and public and private organizations. (Source: SSA)

New Outreach Video from Eldercare Locator

The [Eldercare Locator](#), funded by the Administration for Community Living, recently created a new outreach video. The short whiteboard animation is on YouTube and explains the Aging Network's work for older adults, caregivers, and professionals. (Source: ACL)

Health Care Changes for Businesses

Affordable health care is a top concern for businesses. In a few quick steps, [this wizard](#) from Business.U.S.A.gov can help you understand what you need to know about new insurance options and other health care changes as well as find health care related resources. (Source: Families USA)

\$2,700 Tax Credit Per Family Next Year for People Who Now Buy Their Own Insurance

A new Kaiser Family Foundation [analysis](#) estimates that Americans who now buy their own insurance through the individual market would receive tax credits averaging nearly \$2,700 next year for coverage purchased through new insurance marketplaces. The tax credits or subsidies would cover 32 percent of the premiums on average for this group of enrollees in a so-called "silver" plan. (Source: KFF)

Snapshot of Poverty Among Seniors

The Census Bureau created the supplemental poverty measure, in an effort to differently reflect cost of living and financial status from the "official" measure. Poverty rates among older adults are higher under the supplemental poverty measure (15%) than under the official poverty measure (9%). This analysis does a state-by-state comparison using both poverty measures to describe seniors living in poverty. An understanding of elder financial hardship is important for fiscal policy debate. View the [Kaiser Family Foundation Report](#). (Source: KFF)

United States of Aging Toolkit

Use the 2013 [United States of Aging Resource Kit](#) to find out if your community has what it takes. Download the National Council on Aging's free materials to plan an event or begin a conversation in your community. You'll find a presentation with talking points, fact sheets, a discussion guide and ideas to promote your event. Download and share with others in your community! [Then tell us how it went](#). For more details, please visit [The United States of Aging Resource Kit](#). (Source: NCOA)

NPR Focuses on Accessible Playgrounds

New federal requirements define playground accessibility as a civil right. Under those rules, playgrounds built or altered after March 14, 2012, are required to have wheelchair-friendly surfaces

and equipment that helps kids with physical challenges move around. There's also a function to find an accessible playground near you. [Read/listen to the National Public Radio story](#). (Source: NPR)

MentalHealth.gov

This online resource provides one-stop access to U.S. government mental health information. The CDC, FindYouthInfo.gov, MedlinePlus, NIH, NIMH and SAMHSA provided content for this site in an effort to educate and promote conversation about mental health among the general public, health and emergency preparedness professionals, policy makers, school systems and local communities. The website has social media channels that connect people to the latest information and first-person narrative videos. [Visit the website](#). (Source: HCBS)

New Study: Seniors Lose 31% Of Their Buying Power

According to a [new study](#), the Social Security Cost-of-Living Adjustment (COLA) has increased benefits just 38% since 2000, while typical senior expenses have jumped 81 percent, more than twice as much. Seniors with average Social Security benefits in 2000 received about \$816 per month, a figure that rose to \$1,129.80 by 2013. However, those seniors would require a Social Security benefit of \$1,477.00 per month in 2013 just to maintain their 2000 level of buying power. (Source: TSCL)

Governors Issues Blueprint on the Employment of People with Disabilities

The National Governors Association (NGA) released a [Blueprint on the Employment of People with Disabilities](#). The report offers practical advice on engaging people with disabilities in the workforce. It also provides insight for both private and public sector employers about recruiting and retaining people with disabilities and the benefits to a company's bottom line. [Click here](#) for more information and to download the Blueprint. (Source: HHS)

“Everybody: An Artifact History of Disability in America”

The Smithsonian National Museum of American History has a new on-line exhibit titled [Everybody: An Artifact History of Disability in America](#). People with disabilities have been present throughout American history, but rarely appear in textbooks or shared public memories. The online exhibition helps us understand the American experience and reveals how complicated history really is. The online exhibition is at the center of the museum's work in unraveling the intricate ways in which stigma, rights, and everyday realities intertwine. (Source: Smithsonian)

PLAN AHEAD – NOVEMBER IS...

Adopt a Senior Pet, Diabetes, Diabetic Eye Disease, Epilepsy Awareness, Gluten-Free Diet, Lung Cancer, Alzheimer's Disease, Family Caregivers, Home Care and Hospice, Family Literacy, Pet Cancer Awareness and Pancreatic Cancer Awareness Months; Patient Accessibility (1-7), Nurse Practitioners' (3-9), Hunger & Homeless Awareness (10-16), Education (17-23) and Family (24-30) Weeks; Daylight Saving Time Ends (3), Election Day (5), Parents as Teachers (8), Veterans Day (11), Great American Smokeout (21), Humane Society Anniversary (22), Family Volunteer (23), Thanksgiving (28) and Flossing (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.