



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

Sept 4 – “Helping Veterans with Needed Services” with Leland Cooper

Oct 2 – “Medicare Basics and Options” with Jean Drozd, Larry Walters and Jill Fish

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 Melissa Martin at (253)752-6870

Sept 11 – Networking

Oct 9 – “Captioned Telephones” with Jeretta Scott from CapTel

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 or lauraf@staffordcare.com

SASH Coffee and Networking for Pierce County

Ports of Call Restaurant

First Wednesday of each month, 8:30-10 a.m.

Sept 3 – La Quinta Inn Tacoma, 1425 E. 27th St.

Contact Rebecca Bomann at Rebecca@sashservices.com or (206) 501-4375

South End (King County) Coalition

Third Wednesday of each month at 7:45 to 9:30 a.m.

Sept 17 – Judson Park Health Center, 23600 Marine View Dr S, Des Moines

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

LOCAL SERVICES

ADR Schedules Public Meeting on Budget

Pierce County Aging & Disability Resources (ADR) invites the community to attend a public meeting to comment on the Draft 2015 Area Plan Budget. The meeting will be held Tuesday, Sept 16 from 11 a.m. to noon at the Soundview Building, 3602 Pacific Avenue in Tacoma. [View the complete public hearing notice.](#)

New Where-To-Turn Directories

Senior Media Services will have the new 2014-2015 Where To Turn guides available mid-August.

Directories are free in quantities of a bundle (25) or case (225). They can be picked up at Senior

Media Services, 223 N. Yakima in Tacoma (call (253) 722-5687) or from the Pierce County Aging and Disability Resource Center, 1305 Tacoma Avenue, Suite 104 in Tacoma (call (253) 798-4600).

Directories will also be available at major provider networking meetings in Pierce County.

Pierce County Alzheimer's Caregiver Conference

The annual [Pierce County Alzheimer's Caregiver Conference](#) will be held Thursday, Sept 25, at Emmanuel Lutheran Church, 1315 N Stevens St in Tacoma. Keynote speaker is Ann Hedreen, filmmaker and producer of "Quick Brown Fox," a documentary of her own mother's journey through the disease. This free event is sponsored by the Health Care Providers Council of Pierce County. Sessions include legal panel, caregiver panel and a special meet-and-greet with local therapy animals. Registration required at (253) 798-8787 or [RSVP online](#). Contact [Bob Riler](#) (253-798-7384) for more info.

Senior Farmers Market Vouchers

All the available senior farmers market vouchers for 2014 have been distributed. Sign-ups for vouchers for 2015 will begin next May by calling the ADRC. More details as they become available.

Special Enrollment Period for People Struggling with Health Coverage

Insurance Commissioner Mike Kreidler announced a limited special enrollment period – effective now through Nov 14 – for people who have experienced difficulty enrolling in health coverage through Washington's Exchange, [Washington Healthplanfinder](#), or who have had billing or payment issues. Only people who attest to having enrollment, billing, or payment issues with an Exchange plan may change plans during this time. General open enrollment for 2015 individual and family coverage starts Nov. 15, 2014 and ends Feb. 15, 2015. Consumers who choose to leave the Exchange and switch to a health plan sold outside of the Exchange will lose their premium and cost-sharing subsidies. They may also lose any credit toward their cost-sharing deductible or out-of-pocket maximum.

Tuesdays are Just Tuesdays at the Fair

The Washington State Fair is discontinuing Senior Tuesdays this year while it re-evaluates its entertainment and services for older fairgoers. Officials decided to stop the decades-old tradition at the fairgrounds in Puyallup due to low participation and a need to research the evolving senior market as baby boomers age. Senior Tuesdays, which were held each Tuesday during the 17-day fair, included free coffee and pastries at the ShowPlace stage in the morning, as well as senior-oriented speakers and free entertainment. Discounted admission for seniors applies every day of the fair, and will continue this year. Those 62 and older will pay \$9 instead of the \$12.50 general admission to the fair, which opens Sept. 5.

Sheriff's Community Academy Accepting Applications for Fall Program

The Pierce County Sheriff's Department is looking for interested citizens to attend its fall Community Academy program. The Parkland-Spanaway academy begins Sept. 18 and will meet each Thursday evening from 7 to 9:30 p.m. for 13 weeks. The academy is an opportunity for participants to 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. You can [register online](#) or [print out](#) and mail in the application. Details on the class will be sent once your application is received. Visit the [Community Academy's page](#) to learn more.

Washington Access Fund Awards Program

We will be presenting awards to individuals, businesses, and organizations who have made noteworthy efforts to include, serve, and help people with disabilities across Washington State, making a positive impact on people with disabilities. WAF will be celebrating 10 years of providing access to technology and economic opportunity to individuals across Washington. Award categories: Best Practices, Innovation, Outstanding Access Fund Client, Recreational Engagement and Economic

Opportunity. Click here for more information about the [2014 Awards Program](#). Submit nominations by Sept 30. More info at www.washingtonaccessfund.org or meykia@washingtonaccessfuld.org.

Changes Ahead for DD Families

Three significant changes are on the horizon that will impact almost all individuals receiving services from the Developmental Disabilities Administration (DDA). If you or your family member receives services through one (or more) of the following programs, you can expect changes to what and how services are delivered. Individual & Family Services (IFS) will become a Home & Community Based Services waiver. Personal Care will become a new state plan program called Community First Choice Option (CFCO), and Home & Community Based Services (HCBS) waivers must comply with new federal regulations for a person centered approach to planning and the delivery of services in an integrated setting. Visit [Informing Families Building Trust](#) to learn more. [View special handout](#).

SASH Tacoma Networking Changes Time

The SASH Coffee Time in Pierce County will indeed be starting up again this coming week, but with a new time! As before, it will be held in La Quinta Inn in Tacoma, in the Ports of Call Restaurant / Bar, located at 1425 E 27th St, Tacoma, WA 98421. We will meet every first Wednesday of the month. The new time is from 8:30 am to 10:00 am, so starting an hour earlier. This is a well-attended event where elder care providers can really get to know one another - no guest speakers - just sharing, networking, and building relationships. This September, SASH is celebrating 8 years of hosting Coffee Time in the Puget Sound! Looking forward to seeing the Pierce County elder care community at Coffee Time this fall! Contact Rebecca Bomann at 206-412-7432 or rbomann@sashprogram.com.

SCAM OF THE MONTH

Debt Relief Scammers Falsely Claim Government Affiliation

What do you get when you mix a fraction of truth and a whole lot of lies? The FTC's case against scammers who allegedly operated websites that promote a fictitious "Bill Payment Government Assistance Program" — a debt relief program claiming to pay consumers' bills and repair their credit in exchange for an advance fee. [Read more](#). (Source: FTC)

RECOMMENDED READS FOR THE 50+

"The Possibility Dogs: What a Handful of "Unadoptables" Taught Me About Service, Hope, and Healing" by Charleson, Susannah. Call Number: LGE-TYPE 636.7088. Recommendation by the Pierce County Library System.

LOCAL HAPPENINGS

Sept 2 – Understanding and Responding to Dementia-Related Behaviors

This workshop provides hands-on tools for interacting with individuals with dementia-related behaviors that can be challenging for caregivers. Participants will learn to decipher the meaning of behaviors and uncover their triggers, as well as intervene to decrease distress and the incidence of these behaviors. This workshop will also provide a brief overview of dementia basics. Held 1:30 p.m. to 3:00 p.m. at The Lodge at Mallard's Landing, 7083 Wagner Way in Gig Harbor. Refreshments, coffee and tea will be provided. For more info or to RSVP [email](#) or call (253) 858-4990.

Sept 3 – Early Stage Memory Loss Seminar

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. Seminar provides information specific to those

experiencing memory loss and dementia. Bring a family member/support person with you. The program aims to provide education and supportive discussion on medical causes and treatments, future planning, communication strategies and more. Held at the Lakewood YMCA. Registration required before August 27 by calling (206) 529-3868 or (800) 848-7097, ext 229.

Sept 3 – Got Morale? Working and Playing as a Team

In this revealing program, Jean Steel will help bridge the difference between “just a job” and enthusiastic engagement. Learn tips on how you can enhance the environment you work in. Offering assistance, adjusting your attitude, assertively speaking up, dealing with conflict and of course, maintaining your sense of humor are a few of the approaches that will be covered. Sponsored by LeadingAge Washington. [Info and registration online](#). Held 8:30 a.m. to 4:30 p.m. at the Seattle Airport Marriott , 3201 S. 176th St.

Sept 5 - ??? – Alive Inside: A Story of Music and Memory

Note: Date is tentative. This documentary won an audience award at the Sundance Film Festival, as a straightforward advocacy piece for music therapy for people with dementia. It explores the ways in which listening to music can help severely disabled seniors, and the trials that come with attempting to implement ipod programs. The film provides hard evidence for the effects of music, and also shows it firsthand: one patient who spends most of his time in a semi-dormant state is given an ipod filled with old music, and suddenly begins engaging in the room around him. Scheduled for a [limited engagement at the Tacoma Grand Cinema](#). [Read additional information about the film](#).

Sept 7 – Grandparents Day

Generations United is encouraging organizations and individuals to “do something grand” to celebrate grandparents. Find an idea in the Grandparents Day Action Guide. Caring Across Generations also is celebrating Grandparent’s Day by sharing stories that honor grandparents and elders in our lives. The campaign is called Throwback Summer. [Get ideas](#).

Sept 11 – Life & End-of-Life Planning for Seniors, their Families & Care-Givers

Tailored to meet the needs of seniors, their families and care-givers, this workshop presents legal and medical information for making decisions in advance for later years and end-of-life. It covers powers of attorney, advance directives and a checklist for what to do when a death occurs. Presentation will encourage attendees to think about the medical attention they may or may not want at the end of life and legal instruments to make their wishes known for both their property and their health care. Presenters from Legal Voice and Compassion & Choices of Washington. Held 10 to 11:30 a.m. at the Puyallup Public Library, 324 South Meridian in Puyallup. For details: Joan.LegalVoice@gmail.com or call (360) 387-9589.

Sept 12 – FTJ Wellness Walk and Fair

Join the residents at Franke Tobey Jones at this annual event. Open to the community. Starts at 10 a.m. at the duplex gazebo at Franke Tobey Jones, 5340 N. Bristol St. in Tacoma. Free. Enjoy morning stretches, a nice walk and information from numerous community resources. For more info call (253) 752-7796.

Sept 12 – Mill Ridge Village Provider Appreciation Garden Party

Mill Ridge Village, 607 28th Ave S. in Milton, hosts this social for all of the professionals that have networked with them and who have supported them throughout the year. It’s a wonderful afternoon of fantastic food, wine, music and networking with other professionals in their courtyard. Held 3:30-5:30 p.m. The event is an expression of their appreciation – health care providers, business people, Chamber members, elected officials, senior/community center directors, etc. are all invited.

Sept 13 – Pierce County Cancer Survivor Conference

The annual Pierce County Cancer Survivorship Conference is presented by multiple community organizations and cancer care advocates. Connect with other survivors to discuss and learn about the physical, mental and spiritual aspects of the cancer journey. The conference is FREE, but space is limited and registration is required. To register, call (253) 272-5368 (option “0”) or [visit online](#). Spanish registration: Agueda at (253) 353-5502. Korean, Vietnamese or Cambodian registration: KWA at (253) 535-4202. Pacific Islander registration: Jackie or Iolanda at (253) 778-5642. Russian or any other language registration: call (253) 426-6746. This event is free and open to all people affected by cancer as patients, family members and caregivers. Held in the Wheelock Student Center at the University of Puget Sound, 1500 N Warner St in Tacoma.

Sept 13 - Walk to End Alzheimer's Western and Central Washington State Chapter

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Registration for the Tacoma Walk begins at 8:30 a.m.; ceremony at 9:30 a.m.; walk at 10 a.m. Held at Thea's Park, 405 Dock Street in Tacoma. [Click here for registration and information](#).

Sept 15 – If the Shoe Fits... The Secrets of Walking for Health

Walking is the most popular form of exercise. The average adult will walk 115,000 miles by age 80 – more than four times the circumference of the globe. But podiatrists believe over 70% of adults are using shoes that don't fit – shoes that can cause problems. For people with diabetes – for any adult – that's crucial. Learn about feet, good shoes and staying active at this free, information-only workshop provided by the Pierce County Aging & Disability Resource Center. Held twice this day. [View flyer](#).

- 12:10 – 12:50 p.m., Pierce County Annex Main Meeting Room
2401 S. 35th Street, Tacoma
- 6:30 – 7:30 p.m., Lakewood Sr. Activity Center
9112 Lakewood Dr, SW, Lakewood - RSVP for this site only – 798-4090

Sept 17 – If the Shoe Fits... The Secrets of Walking for Health

(See Sept 15 for event description.) Held twice this day. [View event flyer](#).

- 12:10 – 12:50 p.m., County City Building, 7th Floor Conference Room
903 Tacoma Ave., S., Tacoma
- 6:30 – 7:30 p.m., Summit Branch Library
5107 112th St. E., Tacoma

Sept 19 – Early Stage Dementia Counseling: The Power of Transformation

This forum is designed for professionals who want to learn new skills with an individualized approach for interacting with people in the early stages of dementia. Robyn Yale, LCSW, will discuss her new framework for individual counseling of people with a diagnosis of dementia that integrates the many emotional, practical and lifestyle issues they face. Held 7:30 a.m. to 12:30 p.m. at the Tukwila Community Center. Info at (206) 529-3893 or esmlforum@alzwa.org.

Sept 22 – The Age Wave: A Candidate's Forum on Washington's Aging Readiness

This event is a forum for state legislative candidates and will focus specifically on issues of importance to older adults and people with disabilities in Pierce County. All are invited, especially long-term care consumers and their families, paid and unpaid caregivers, retirees, advocates and all who are interested in our state's aging readiness. Jointly sponsored by AARP, the ElderCare Alliance, WA Association of Area Agencies on Aging, WA State Senior Citizens' Lobby, and the Pierce County Community Connections Aging & Disability Resources Advisory Board. Event includes a panel presentation on

Washington State's Aging Readiness, consumer and family perspectives, and questions from the audience and candidate responses. Free; No RSVP. Starts at 5:30 p.m. at the University Place Library, 3609 Market Place W., Suite 100, University Place. Call (253) 798-4600 for details.

Sept 22-27 – Fall Prevention Week – Key Peninsula

Numerous events have been scheduled by the Peninsula Fall Prevention Coalition. All events are free.

- Sept 22 – Key Peninsula Community Services, Food Bank & Senior Center, 17015 9th St KPN, Lakebay. Join us for our annual Play Day – a fun hour of safe indoor exercise, games and activities designed for folks over 60. 10:30am-11:30am
- Sept 22 – Learn steps you can take to maintain healthy balance at the Tom Taylor Family YMCA, 10550 Harbor Hill Dr. in Gig Harbor. Offers balance assessments, obstacle course, Biodex balance machine and much more. 11am-1pm
- Sept 23 - Consult with professionals who provide a variety of services that can improve your health, strength, and balance to prevent falls and promote well-being at Harbor Place at Cottesmore 1016 29th St NW in Gig Harbor. Guests include: Active Retirement & Senior Club of Gig Harbor, Purdy Costless Pharmacy, Gig Harbor Fire & Medic One, Gig Harbor Lions, Olympic Pharmacy, Pierce County ADRC, Sound Advice Audiology, Tacoma Trauma Center, Visiting Angels, Tom Taylor Family YMCA, Harbor Place and Cottesmore of Life Care. Many free screenings to include Biodex balance assessment available. Open to Everyone – Free to attend, no RSVP needed! 11am-2pm
- Sept 23 – SAIL Exercise Class at Brookdale Senior Living, 3213 45th St. Ct. NW in Gig Harbor. 2:45pm
- Sept 25 –A specialty program designed for those people diagnosed with Parkinson's disease. Cottesmore of Life Care's Physical Therapy team leads group exercise, educational presentation with light lunch provided on the 4th Thursday of each month at Harbor Place at Cottesmore 1016 29th St NW, Gig Harbor. RSVP to Glenn Anderson at (253) 853.8466. 11:30am-1:30pm
- Sept 25 – SAIL Exercise Class at Brookdale Senior Living, 3213 45th St. Ct. NW in Gig Harbor. 2:45PM
- Sept 27 – SAIL Exercise Class at Brookdale Senior Living, 3213 45th St. Ct. NW in Gig Harbor. 2:45PM

Sept 23 – National Fall Prevention Day - Tacoma

The Pierce County Falls Prevention Coalition will hold a special celebration at the Puyallup Activity Center, 210 W. Pioneer from 10 a.m. to 1 p.m. The free program includes presentations by the Central Pierce Fire Department, risk assessments, activities, lunch and basket giveaways. Risk assessments will focus on medication, vision, hearing, mobility, home modification and nutrition. No RSVP needed. Come and enjoy!

Sept 25 – Alzheimer's Caregiver Conference

The annual [Pierce County Alzheimer's Caregiver Conference](#) will be held at Emmanuel Lutheran Church, 1315 N Stevens St in Tacoma. Keynote speaker is Ann Hedreen, filmmaker and producer of "Quick Brown Fox," a documentary of her own mother's journey through the disease. This free event is sponsored by the Health Care Providers Council of Pierce County. Sessions include legal panel, caregiver panel and a special meet-and-greet with local therapy animals. Registration is now open – call (253) 798-8787 or [RSVP online](#). Contact [Bob Riler](#) (253-798-7384) for more info.

Sept 27 – Wings for Autism

The Arc of King County, in collaboration with The Port of Seattle, Alaska Airlines and Transportation Security Administration (TSA), will be hosting its second Wings for Autism at Seattle-Tacoma International Airport. [Click here to register](#). Wings for Autism is an airport "rehearsal" specially designed for individuals with autism spectrum disorders, their families and aviation professionals and

seeks to alleviate some of the stress that families who have a child with autism spectrum disorders experience when traveling by air. [Details online.](#)

Sept 30 – Hypnotherapy for Cancer: Beyond the Swinging Pendulum

Join Gilda's Club for this unique lecture to learn how hypnotherapy can help to reduce stress levels when living with cancer. Roger Moore, a Certified Counselor and Registered Hypnotherapist with 40 years of specializing in stress management techniques and medical hypnosis, will clear up common misconceptions about hypnosis and provide information on how hypnosis can help cancer survivors boost their immune systems, increase energy, and manage treatment side effects. Held 6:30-8:00 p.m. at the MultiCare Regional Cancer Center Community Room, 4545 Pt. Fosdick Drive N.W. in Gig Harbor. Free parking in the Cancer Center parking lot. RSVP to attend: 1-866-200-2383 or online at www.gildasclubseattle.org.

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. Participants will have a basic understanding of Incident Command, receive an introduction to disaster issues, develop and/or enhance their agency plan(s) and learn how to update, train and exercise those plans. Held 9 a.m. to 4 p.m. each day. [Register online.](#) For questions, contact [Sheri Badger](#) at (253) 798-2204.

Oct 4 – South Sound Heart and Stroke Walk

Register you family and friends for the 2014 Heart and Stroke Walk and help fight two of the leading health threats – heart disease and stroke. 5K walk or run and survivor route. Held at Cheney Stadium. 8:00 a.m. Community Festival. 9:30 a.m. walk. [Info and registration.](#)

Oct 5 – Pierce County Hunger Walk

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. The other 50% goes to local and international hunger relief agencies designated by each walker. 5K & 10K routes. Run at 1 p.m. Walk at 2 p.m. Entertainment, food, and family fun to 5 p.m. Held at Ft. Steilacoom Park, 9601 Steilacoom Blvd in Lakewood. [Registration and info online](#) or (253) 426-1507.

Oct 8-9 – Elder Friendly Futures Conference

Researchers, practitioners, administrators, policy-makers, and educators discuss the opportunities and challenges to building elder-friendly futures. This conference continues to offer a number of excellent opportunities for showcasing mission and networking with a key audience of government and non-profit organizations, academics, researchers, clinicians, and community members. There is an early bird registration, opportunities to submit proposals for the poster session and the innovation showcase, and different levels of sponsorship for you or your organization to be part of this important event. Held at the UW campus in Seattle. [Visit the website to register and access more info.](#)

Oct 9 – Latino Health Fair

Sea Mar Community Health Centers presents this annual event with keynote Speaker: Dr. Anna Ratzliff, Associate Director for Education, Division of Integrated Care & Public Health Department of Psychiatry & Behavioral Sciences University of Washington addressing “Proven Strategies to Advance Integrated Care in the Latino Community.” Held 8 a.m. to 5 p.m. at the Hilton Seattle Airport & Conference Center. Visit the [event website](#) for information and registration. \$105 early bird registration / \$50 for students.

Oct 17 – Travel Ambassador Training

Would you like to know what transportation options are available in Pierce County and how to travel throughout the region? You are invited to attend a Free Travel Ambassador workshop. This program is designed to give an overview of travel options in our community. It is especially valuable for social service and agency professionals who serve seniors, people with disabilities, and people with low incomes. You will receive a free “Getting Around Puget Sound” toolkit with Pierce County travel information. Held 8:30 a.m. to 1 p.m. at the Pierce Transit Training Center, 3720 96th Street SW in Lakewood. Limited seating. Pre-registration required at pennyg@ccsww.org or (253) 502-2708.

Oct 22 – Making the Link

Annual resource fair for health care professionals, social workers, discharge planners, church staff, and interested individuals with information about a wide variety of long term care services and supports. Free event sponsored by the Health Care Providers Council of Pierce County. Drop in from 11 a.m. to 5 p.m. at the STAR Center, 3873 S 66th St. in Tacoma. No RSVP required.

Oct 29-30 – Pierce County FAST Training

A 2-day training for individuals who would like to be a part of [FAST Teams](#) – Functional Assessment Service Teams. [To register for the training visit the FAST website.](#) Participants should have two years experience in working with serving people in one or more access and functional needs categories.

Oct 30 – Financial Exploitation of Elders and Adults with Disabilities

Washington State's 11th Annual Conference on Elder Abuse features Dr. Jason Karlawish, Professor of Medicine, Medical Ethics and Health Policy at the University of Pennsylvania, and Robert Canino, Regional Attorney for the Dallas District Office. Other sessions include capacity, fiduciary duty, and undue influence from the perspective of a civil attorney, forensic accounting, investigation of financial crimes, current trends in financial scams, a unique approach to guardianship monitoring, as well elder financial criminal trial case presentations. Registration will open in September. \$90. Held 7:30 a.m. to 5:00 p.m. at the Criminal Justice Training Center in Burien. [More info online.](#)

Nov 1 – HOPE for Parkinson’s Disease 2014

This year's symposium will feature presentations on integrative and alternative therapies and mindfulness with a medical keynote and an inspirational address. There will also be break that highlights an activity for people with Parkinson's that is available in the greater Seattle area. Held 9 a.m. to 3 p.m. at the Meydenbauer Center, 11100 NE 6th Street in Bellevue. Registration opens Aug 1. [Click here for more info.](#) Or call (206) 277-5516 or (206) 748-9481.

Nov 3 – Options for Your Medicare

Medicare’s annual Open Enrollment for coverage in 2015 is Oct 15 – Dec 7, 2014. Beneficiaries must make informed choices about coverage each year or risk less coverage and higher out-of-pocket costs. Medicare is no longer one-size fits all. Every year, every plan changes coverage. It is up to the consumer to do their homework and make their choices based on personal health and circumstances. Take an hour. Get informed. Choose wisely. Save money. Held 12:10 – 12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35th Street, Tacoma. Free. No RSVP required. For details call (253) 798-4600.

Nov 3 – Options for Your Medicare

Medicare’s annual Open Enrollment for coverage in 2015 is Oct 15 – Dec 7, 2014. Beneficiaries must make informed choices about coverage each year or risk less coverage and higher out-of-pocket costs. Medicare is no longer one-size fits all. Every year, every plan changes coverage. It is up to the consumer to do their homework and make their choices based on personal health and circumstances. Take an hour. Get informed. Choose wisely. Save money. Held 12:10 – 12:50 p.m. at the Pierce

County Annex Main Meeting Room, 2401 S. 35th Street, Tacoma. Free. No RSVP required. For details call (253) 798-4600.

Nov 5 – Options for Your Medicare

(See Nov 3 for details) Held 12:10 – 12:50 p.m. at the County City Building 7th Floor Rainier Conference Room, 930 Tacoma Ave, S., Tacoma. Free. No RSVP required. For details call (253) 798-4600.

Nov 8 – Options for Your Medicare

(See Nov 3 for details) Held 10:00 – 11:00 a.m. at the Soundview Building, 3602 Pacific Avenue, Tacoma. Free. No RSVP required. For details call (253) 798-4600.

Q&A of the Month

Question: My daughter is five and will start Kindergarten this year. At last year's IEP meeting, I was assured by her special education teacher that she could spend part of her day in the general education setting. I just found out they placed her in an all-day self-contained class. My daughter is a very social little girl and I think very capable of participating in many of the Kindergarten activities. The last thing I want is for her to have no contact with other typically developing children. What can I do?

Answer: There is a section of education law (IDEA) that addresses Least Restrictive Environment. Basically it states that school districts shall ensure that the provision of services to each student eligible for special education services shall be provided, to the maximum extent appropriate, in the general education environment with students who are nondisabled. Special classes, separate schooling or other removal of students eligible for special education from the general education environment occurs only if the nature or severity of the disability is such that education in general education classrooms with the use of supplementary aide and services cannot be achieved satisfactorily. It also emphasizes that the decision provide a reasonably high probability of assisting the child attain their annual goal and that modifications in the general education curriculum cannot be to sole reason for a child not being in the general education environment. Look at your current IEP. It should indicate the amount of time spent in general education and special education. If the IEP does not reflect what you understood would be her program for the coming school year, contact your special education director and set up a meeting as soon as possible before school starts. Make sure there is a general education kindergarten teacher at the meeting. Remember that since your daughter is very social, the goals of kindergarten include things such as developing friendships in addition to learning letters, sounds, colors, the alphabet, etc. Help them to see that participation in the general education kindergarten setting is needed to support her increased "functioning" within her educational environment. Ask questions regarding the schedule for both settings. After discussing all possibilities, your team can arrive at a positive solution for your child. If not, you have options. Contact PAVE for more information and assistance at (253) 565-2266.

NATIONALLY

6 Questions for the Candidates

It's county fair time. It's also campaign time. Many elected officials are sure to make public appearances. This is a great opportunity for you to ask candidates what they've done to help seniors – beyond just fending off proposed cuts. When you meet a candidate ask these 6 questions on important aging issues. [See what to ask the candidates](#) (Source: NCOA)

Retirement Picture Not Bright for Most Americans

Most people have very little tucked away for retirement, and many aren't even trying to figure out how much they'll need later in life, a new national survey reveals. About 36% of workers have less than

\$1,000 in savings and investments for retirement, not counting their primary residence or defined benefits plans such as traditional pensions, and 60% of workers have less than \$25,000. [Read the USA Today story](#). [Read the EBRI study](#). (Source: Employee Benefit Research Institute)

At Life's Last Threshold, Choir Brings Comfort

The Threshold Choir brings music to those on the threshold of life — people who are dying. The first group started about a decade and a half ago. Now there are choirs in 120 cities, and even a few countries. NPR visits one of the newer chapters. On a recent day, Tammy Heinsohn and two other choir members were going room to room at a hospice there, introducing themselves and offering to sing some lullabies. [Read/listen to the story](#). (Source: NPR)

Hello, May I Help You Plan Your Final Months?

Vital Decisions, founded in 2008, represents roughly a dozen insurance companies nationally that want to, when appropriate, start discussions with beneficiaries about end-of-life care. The hope of this program, she says, is to build a relationship with the patient over the phone, so he'll be comfortable discussing his situation and his goals with her and, ultimately, feel empowered to communicate those goals with others – his family and his doctors. [Hear and read the story](#). (Source: NPR)

Hospitals Reconsider Charity Care

As more Americans gain insurance under the federal health law, hospitals are rethinking their charity programs, with some scaling back help for those who could have signed up for coverage but didn't. The move is prompted by concerns that offering free or discounted care to low-income uninsured patients might dissuade them from getting government-subsidized coverage. [Read the story](#) from Kaiser Health News. (Source: KHN)

Medicare Star Ratings Allow Nursing Homes To Game The System

[An examination of Medicare's 5-star rating system](#) by The New York Times has found that many top-ranked nursing homes have been given a seal of approval that is based on incomplete information and that can seriously mislead consumers, investors and others about conditions at the homes. The Medicare ratings, which have become the gold standard across the industry, are based in large part on self-reported data by the nursing homes that the government does not verify. (Source: NY Times)

Talking About Hard Truths and End-Of-Life Care

The cost of end-of-life care jeopardizes the long term viability of Medicare. The Centers for Medicare and Medicaid services estimates that more than 25 percent of Medicare spending is directed to the 5 percent of beneficiaries who die each year, with a third of that cost in the last month of life. The health reform debate in America has been hampered by a lack of progress about end of life care and medical futility. [This article by Dr. John Maa](#), past-president of the Northern California Chapter of the American College of Surgeons, may offer a restart of the dialogue. (Source: Forbes)

Barriers for People with Mobility Disabilities

[Infographics on Barriers to Community Participation Experienced by People with Mobility Disabilities](#) were developed by the Kansas University Research and Training Center on Community Living. The infographics are based on data from the 2011 American Housing Survey. One presents an overall picture and the other focuses on rural communities. (Source: Lewin)

My American Dream Video Contest Returns

The National Disability Institute sponsors the annual [My American Dream - Voices of Americans with Disabilities Video Contest](#). Individuals with disabilities in the US are encouraged to submit short videos sharing their dreams and how they are working towards them. The contest is focused on

advancing the economic empowerment and financial capability of people with disabilities. Entries due Sept 9. (Source: Lewin)

Medicare Drug Premiums to Rise for 2nd Year

Medicare says premiums for prescription drug plans will rise in 2015 for the second year in a row. Medicare's average monthly drug premium will rise next year to \$32. The modest increase of \$1 a month comes amid worries over the future impact of costly new medications. Sovaldi, for example, cures hepatitis C but costs \$1,000 a pill. [Read more](#). (Source: Kaiser Health News)

Vaccines: What Medicare pays for

Medicare pays for many preventive services, including vaccines, but the coverage rules and frequency can be confusing. NCOA's newest fact sheet outlines the commonly recommended vaccines for people with Medicare, which part of Medicare covers those vaccines, and where to find more information on vaccination schedules and coverage rules. [Download the fact sheet](#) (Source: NCOA)

Hospital Discharge: Help Clients Understand their Rights

Millions of Medicare beneficiaries are discharged from hospital stays each year, and many may question whether they are ready to go home. Our updated fact sheet details the process hospitals and Medicare Advantage plans must follow to notify beneficiaries of their rights when facing discharge, including how patients can appeal the discharge notice. [Download the fact sheet](#) (Source: NCOA)

Flu Season 2014: Time to Get Prepared

Flu season is right around the corner, and the National Council on Aging has all the info you need to help seniors stay healthy with this year's *Flu + You* campaign. Discover why the flu is an important health issue for older adults, how you can use free *Flu + You* materials to empower older adults with information, and fast and easy ways to share prevention tips. [Register for the webinar](#) | [Learn about flu](#) (Source: NCOA)

Report Reveals the Facts behind Brain Fitness Programs

Brain fitness programs promise to improve users' memory, but they are not all the same. If you're thinking of purchasing a program to use with residents, you should read our latest Orange Paper to understand the science behind these programs. Download [Investing in Brain Health Pays Off](#) and you can learn which types of brain fitness can be effective and why. You'll also learn where you can get more information on brain fitness. (Source: Mather Lifeways)

Prepared for the FLSA Changes for Home Care Workers?

In January 2015, the Fair Labor Standards Act (FLSA) minimum wage and overtime requirements will be [expanded](#) to cover direct care workers. These rules will apply to home care workers employed by agencies and other third-party employers; they state that workers are entitled to receive at least the federal minimum wage and overtime pay. Compliance with the rule could impact budgets for these services. More information about what these changes mean and planning resources are [available](#) from the Department of Labor. (Source: N4A)

PLAN AHEAD – NOVEMBER IS...

Adopt a Senior Pet, Diabetes, Diabetic Eye Disease, Epilepsy Awareness, Lung Cancer Awareness, Alzheimer's Disease, Diabetes, Family Caregivers, Home Care & Hospice, Long-Term Care Awareness and Pet Cancer Awareness Month; Patient Accessibility (1-7), Nurse Practitioner's (2-8), Drowsy Driving Prevention (5-12), Hunger & Homeless Awareness (15-23), Fraud Awareness (16-22), GERD Awareness (23-29) and Family (24-30) Weeks; Family Caregiver (1), Election (4),

