



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
Oct 2 – “Medicare Basics and Options” with Jean Drozd, Larry Walters and Jill Fish
Nov 6 – 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 Melissa Martin at (253)752-6870
Oct 9 – “APS Referrals” with Charlann Shakel
Nov 13 - Networking

Bridging the Gap

Second Friday of each month, 9:30 – 11:30 a.m.
Darol Tuttle Law Offices, 732 Broadway, Suite 202, Tacoma
Legal news, new ideas, networking for professionals

East County Providers Network

Third Tuesday of each month, 8 a.m.
Held at the Puyallup Activity Center, 210 W. Pioneer.
Oct 21 – “Medicare and health Insurance” with Matt Santelli, ADRC
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.
Oct 1 – 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.
October 15 – Chateau At Valley Center, 4450 Davis Ave S., Renton
Schedule of meeting locations and times at www.secoalition.com

LOCAL SERVICES

Community Living Connections Information System (CLC-GetCare)

The ADRC needs your help. Washington is rolling out a new information system – CLC-GetCare – to support the work of Area Agencies on Aging (AAAs), Aging & Disability Resource Centers (ADRCs) and Senior Information and Assistance programs. CLC-GetCare will include a comprehensive public resource directory. If you are a LTC facility, service provider, community organization, assistance center, etc., [download an Organization Information Form](#) at www.PierceADRC.org. It is important that CLC-Get Care is populated with the most thorough and accurate information possible. The more complete the reply the better the service we will all be able to provide to the community. If you have

any questions about the information requested or the CLC-Get Care website, please contact Bob Riler at (253) 798-7384 or briler@co.pierce.wa.us.

Medicare Part D enrollment starts Oct. 15

Enrollment in Medicare's prescription drug program (Part D) starts Oct. 15 and runs through Dec 7. If you're Medicare-eligible and want to enroll in Part D or change your current plan, beat the last minute rush by enrolling early. Remember this is also the one time a year insurance carriers can change the prescription drugs they cover so make sure you get your once a year Benefits Check-up! The Washington State Office of Insurance Commissioner's Statewide Health Insurance Benefits Advisors (SHIBA) can answer questions about Medicare Part D and provide help on other parts of Medicare as well as many other health care topics. To attend a public Part D enrollment event this Medicare Open Enrollment Season in Pierce County Call 1-800-562-6900 or locally 253-596-0918 (over the phone assistance also available) or make your appointment online at www.southsoundoutreach.org.

Union Says New Home-care Worker Contract Raises Average Hourly Pay Over \$14 by 2017

A union representing many of the state's home-care workers announced that it has a tentative agreement with Gov. Jay Inslee's labor negotiators that will raise pay for its members on average to more than \$14 an hour by early 2017. The deal, as described by Service Employees International Union 775 Northwest, also includes a retirement benefit similar to a 401(k) payment and holds the line on health plan coverage. The two-year agreement, which still must be ratified by the union's members, covers more than 33,000 individual providers who assist elderly and disabled people who qualify for Medicaid. The workers are not considered state employees but they negotiate with the state because voters approved Initiative 775 in 2001 to give home-care workers that are paid with tax dollars the ability to collectively bargain.

Prepare for Upcoming Legislative Session

This is going to be a very tough legislative session for people with developmental disabilities. If budget-reduction scenarios undertaken by two state agencies become real, thousands of disabled people currently receiving state aid would be affected, according to new reports. The scenarios, ordered by the state Office of Financial Management this spring, call for agencies to hypothesize how they could cut 15 percent of revenues received from the state's general fund for programs not protected by the state constitution or federal law. Gov. Jay Inslee could use the scenarios as input when drafting his 2015-2017 budget proposal. Education and advocacy are going to be more important than ever. Make sure you are signed up on The Arc's Action Network so that when action is needed to protect services and supports you can help. [Learn more online.](#)

AARP Highlights Family Caregiver Support Program

The September edition of The AARP Bulletin highlighted the Family Caregiver Support Program in Washington State. Washington ranked second overall in a report released in June by the AARP Public Policy Institute, along with the Commonwealth Fund and SCAN Foundation, ranking all states according to how well they provide long-term care services and supports. The FCSP is a major reason Washington ranks so highly. [Read the article.](#)

Bridging the Gap – Networking for Professionals

The health care and legal worlds may often intersect but vital information is often left out of the loop. Bridge the gap between the two by learning the latest information regarding elder law and VA benefits. Darol Tuttle hosts this monthly opportunity to learn and network. Held every second Friday of the month, 9:30 – 11:30 a.m. Held at 732 Broadway, Suite 202. Call (253) 272-1904 for details.

Volunteer Opportunities

Rebuilding Together South Sound is holding its annual “Rampathon” on Saturday, October 25th.

RTSS will be building 4 ramps with 4 amazing teams. Would you like to come out and help? Skilled and unskilled volunteers are needed. Please contact Craig Crossley by clicking [here](#) or call (253) 238-0977 if you can give your time to this amazing event.

Office Hours Changing at HSDC’s South Sound Office

Times, they are a’ changing. The Hearing, Speech & Deafness Center (HSDC) is changing hours in the Tacoma office. HSDC’s Tacoma office is open to the public Mondays, Wednesdays and Thursdays from 8:30 am to 5:00 pm. The Tacoma staff will be available by appointment only on Tuesdays and Fridays. This time change will allow staff to provide more education and outreach to the community, while ensuring staff availability during public office hours.

ASL videos on Northwest Justice's CLEAR's ASL Program

Northwest Justice Project has created new video resources around a variety of legal topics that will be of benefit to the Deaf and DeafBlind communities as well as the general public. The videos include information on the CLEAR*ASL program, the ADA complaint process, IDEA rights, Social Security Overpayments, and a video geared toward providers sharing 10 Tips for working with Deaf and DeafBlind clients. The videos are in ASL – with captions, if you click the caption button. These videos are posted to the NJP YouTube Channel and invite you to share them. You can access the [NJP YouTube ASL Videos](#) online.

Sound Transit Seeking Input on Potential New Low-Income Fare Options

Sound Transit is seeking input on potential new low-income fare options on Sound Transit Link light rail, Sounder commuter rail and ST Express buses. The discounted fare would be \$1.50 for adult riders with incomes at or below 200 percent of federal poverty level and increasing fares by 25 cents for other riders to offset lost revenue from the low-income fare. All public feedback received will help inform the Board decision in November. The public comment period ends Oct. 23 and [can be made online](#). Sound Transit will host public meetings throughout the region to gather feedback on the options and answer questions about the potential fare changes. The public meeting in Tacoma is Tuesday, Oct. 14, 5:30 - 7:30 p.m. at Freighthouse Square, Rainier Room, 2501 East D St.

Leadership Change Coming To FISH

FISH Food Banks' inspiring leader, Beth Elliott, has announced her retirement at the end of 2014, after 11 years as Executive Director. During Elliott's tenure with FISH, the organization has grown from serving 199,000 client visits in 2004, to more than 562,000 in 2013. Elliott is known for tender-heartedness for those in need in our community. Not infrequently, recounting the powerful stories of clients served brings a tear to her eye, and she often encourages FISH staff and volunteers to go beyond standard practices to meet emergency client needs. The FISH Food Banks Board of Directors seeks a strategic, compassionate, positive and experienced leader to shape, inspire and manage the organization. The new Executive Director will take this passionate organization to the next level of excellence and encourage community support. [Please click here for the full Position Announcement, Requirements and Application Process Instructions.](#)

Got Gloves?

A bill passed during the 2014 legislative session ([SHB 2310](#)) requires the state to help individuals meet their responsibility for providing gloves to Individual Providers (IP) of personal care services. Effective immediately, up to 200 gloves* per month will be available to individuals receiving personal care through Apple Health/Medicaid or state-only funding (such as Individual & Family Services) who

hire Individual Providers (IP) or receive hands-on care (and/or there is a documented need for gloves due to incontinence, blood born pathogen or both). [Click here to find out how to get gloves.](#)

Alive Inside Resource

The Grand Cinema in Tacoma has shown “Alive Inside,” the documentary that traces “Music and Memory founder Dan Cohen on his journey to help those with Alzheimer’s and other dementias reawaken their souls through the simple, profound experience of listening to their favorite music. Download “[How to Create a Personalized Playlist for Your Loved One at Home.](#)” It’s free.

Puget Sound Music Therapy Offers Info and Help

[Puget Sound Music Therapy](#) offers a monthly e-newsletter to provide you with a variety of resources, including ways to use music therapeutically at home with your loved ones; research findings about the effects of music therapy interventions on physical, cognitive, and speech and communication needs for the elderly and people with neurological conditions; special offers, new programs, event news, and more. Click [here](#) to subscribe.

Mobilizing Faith-Based Community Organizations in Preparing for Disaster

The Rural Domestic Preparedness Consortium (RDPC) is bringing MGT 405 Mobilizing Faith-Based Community Organizations in Preparing for Disaster in Tacoma, WA beginning on October 28, 2014, at 8 a.m. Associated Ministries is eager to see growth in this area across Pierce County and would welcome your assistance with growing interest. Please contact Associated Ministries to discuss our shared interest in developing Pierce Counties capacity for disaster preparedness. [Read More | Learn More about Associated Ministries Disaster Preparedness](#)

Hot Off the Press - Associated Ministries Community Resource Guide

Associated Ministries' popular Community Resource Guide has been updated. The guide was created to be a concise resource guide for people needing housing, food, and other resources and services. Print copies will be available soon or you can [download the guide online.](#)

Sound Transit seeks Citizen's Accessibility Advisory Committee Members

Sound Transit is recruiting and selecting nominees for their Citizens' Accessibility Advisory Committee (CAAC) for two-year terms beginning October 2014/2015. Currently there are vacancies for representatives from: North King County, South King County, Pierce County and At-Large representatives. If you are interested in applying or know of any potential candidates and would like an application emailed to you so you can fill it out or pass it on electronically, contact Sound Transit at accessibility@soundtransit.org.

Have You Heard About Pass It On?

[Pass It On](#) is a new education campaign that encourages older people to help their communities recognize and report frauds and scams. Fraudsters target people of all ages, but when older people lose money to a scam — regardless of whether it involves prizes and lotteries, imposters or identity theft — it’s often more difficult for them to recoup their losses. [Pass It On](#) is based on the idea that older adults are part of the solution, not simply the victims of scammers. The campaign reinforces what older people already know about common scams, and gives them resources to share with family members, friends and communities. To obtain a [Pass It On](#) kit, contact [Bob Riler](#) a (253) 798-7384.

Pierce County Library Changes Digital Media Offerings

Pierce County Library is discontinuing two digital media services this month and expanding a third. Axis 360, an e-book service, and OneClickDigital, an e-book and audiobook service, are discontinued. Hoopla, a multi-faceted digital media service, will expand to include audiobooks on Oct. 1, 2014.

Customers can immediately search for e-books and audiobooks in the library's [OverDrive](#) catalog. Customers can already download or stream music, movies and TV shows through Hoopla. The library also is increasing the checkout limits for customers to 12 within the Hoopla service. Learn more about Pierce County Library's [digital offerings](#) including music, magazines, movies and TV shows as well as e-books audiobooks. Download or stream to your electronic device of choice. All free with your [Pierce County Library Card](#). Questions? Email the library's [help desk](#) or call 253-548-3600.

SCAM OF THE MONTH

Worthless Health Care Plans

Before you sign up and pay any money for health insurance or discount plans, check out all the available options — and any claims they make about coverage. Some people who call you up promoting a way for you to save could be pitching a scam. The FTC identified Partners in Health Care and AFD Medical for selling medical and prescription drug discount cards that were essentially worthless. If you're looking for health insurance, make sure that's what you're buying. The [Office of the Insurance Commissioner](#) and [SHIBA counselors](#) can tell you if a plan isn't insurance — and whether the seller is licensed in your state — and may be able to alert you to a scam. [Read the Story from the FTC](#). (Source: FTC)

RECOMMENDED READS FOR THE 50+

"Life is a Wheel: Love, Death, etc., and a Bike Ride Across America" by Bruce Weber. Call number: 796.6097 WEBER. Expanding upon his popular series published in The New York Times, Life Is a Wheel is the witty and inspiring account of Bruce Weber's journey, where he extols the pleasures of cycling and reflects on what happened on his adventure, in the world, in the country, and in his life. Recommendation by the Pierce County Library System.

LOCAL HAPPENINGS

Oct 3 – Eatonville Fall Fest

This event, in its fifth year, is for all ages and abilities. Come enjoy the "Eatin in Eatonville" with local restaurants and browse the 30 disability resource booths. Bring non-perishable food and fresh garden vegetables for the Eatonville Food Bank, eye glasses for the Eatonville Lions and medical supplies and equipment for Betina International Children's Organization. Promoted by the Fall Fest Planning committee and Eatonville Area Council. Held at the Eatonville High School Commons 11 a.m. to 3 p.m. Call (360) 832-4400 for information.

Oct 4 – South Sound Heart and Stroke Walk

Register your 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 4 - Tacoma Walk to Defeat ALS

More than just a few-mile trek, the Walk to Defeat ALS® is an opportunity to bring hope to people living with ALS, to raise money for a cure, and to come together for something you care about. The Walk to Defeat ALS® is The ALS Association's biggest annual event, which raises funds that allow local chapters to sustain care services and support research for much of the next year. Held at Fort Steilacoom Park. Paved flat trail, packed gravel road. Nice flat walk through natural wooded area around Lake Waughop. Large playground, ADA accessible, 22 acre dog park. 10a.m. check-in & team photos; 10:45 a.m. – opening ceremony; 11 a.m. – walk begins. [More info on the web](#).

Oct 4 – Making Your Own Health Care Choices

University Place Presbyterian Church Health Ministries is sponsoring a health workshop on advance planning/end-of-life decision making. All are welcome, but this event is especially appropriate for seniors and those with aging parents or loved ones and ministry/care professionals. To learn more about the presenter, Gretchen Brauer-Rieke, RN, MSN, more about the presentation and to register, click [HERE](#). (Registration is not required, but it is helpful to know if you're coming.) Questions? Contact Jill McMullen at 564-2522 x139 or jmcmullen@uppc.org.

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 6 – Flu Shots, Pneumonia and Shingles Shots

The Puyallup Activity Center will host an all-comers event for seniors to receive these important shots. The flu shots are “free” for seniors with Medicare Part B. Held 10 a.m. to noon. 201 W. Pioneer in Puyallup.

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 Forum – It Takes A Village

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 10 – Rainbow Center Open House

Experience the new changes at the Rainbow Center, learn about exciting current and future projects, talk with Oasis Youth Center and Rainbow Center staff members, volunteers, board members, youth, and community members; enjoy tasty snacks, take part in a community art project. Held noon to 6:30 p.m. Program at 5:30 p.m. at 2215 Pacific Ave in Tacoma.

Oct 12 – 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). Participants 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, participants receive a

Tacoma Fire Department certified CPR card. Four class options: 8 a.m., 10 a.m., noon or 2 p.m. Held at Henry Foss High School, 2112 S. Tyler Street in Tacoma. More [online](#) or call (253) 594-7979.

Oct 13 – Things I Want My Family to Know

Most people put off funeral planning and leave it for their children and families to decide. But the time of one's passing is a most turbulent and confusing time for those who remain. Caught up in the grief process, families frequently do things that the deceased would not have wished or spent money foolishly. There are many things that can be done and paid for in advance that will make life so much easier to family survivors. This information-only presentation will lay out the essentials to help people plan ahead. Held 12:10-12:50 p.m. at the Pierce County Annex, 2401 S. 35th St. in Tacoma. Free; no RSVP required. Call the ADRC for details at (253) 798-4600.

Oct 14 - Things I Want My Family to Know

(See Oct 13 for event details.) Held 6:30-7:30 p.m. at King's Manor Senior Living Community, 8609 Portland Ave., E. in Tacoma. Free; no RSVP required. Call the ADRC for details at (253) 798-4600.

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 18 – DeafNation Expo

DeafNation Expo is the foremost touring trade show for, by, and about deaf people. DeafNation provides exhibitions and entertainment around the United States at no charge to the public. Our philosophy is that free admission brings a diversity of attendees who can share our culture, needs, language, and information. HSDC will have a booth so please visit. Held 9 a.m. to 5 p.m. at the Greater Tacoma Convention & Trade Center, 1500 Broadway, Tacoma. More information and free registration: www.deafnation.com.

Oct 18 – Fifth Annual Volunteer Fair

Want to stay connected to your community by volunteering? Find your volunteer match by attending the Fifth Annual Volunteer Fair scheduled from 10 a.m. to 1 p.m. at the Puyallup Activity Center, 210 W. Pioneer Avenue, Puyallup. Individuals wanting to volunteer can meet organizations that are looking for volunteers. Over 90% of attendees found the fair to be helpful in learning about volunteer opportunities and a high percentage found a place to volunteer. For more information, call 253-864-7309 or see <http://puyallupvolunteerfair.org>.

Oct 21 – Introduction to WTBBL for Long-Term Care Professionals

The Washington Talking Book & Braille Library (WTBBL) in Seattle will host an event where you can learn about us and network with your peers! Meet WTBBL staff and take a tour, get an Overview of WTBBL's Services and see how they can benefit your residents and clients, and learn how to download books, work with Readers Advisory, and more! Free parking on-site, and light refreshments will be served. Please RSVP by September 18 to David david.junius@sos.wa.gov. Questions? Please call (206) 615-0417. Held 10 a.m. to noon at WTBBL, 2021 9th Avenue in Seattle.

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 22-23 – Lifespan Respite Summit

Connect in an interactive way about innovative respite ideas and practices, and to help plan for Washington's new respite grant. What a great opportunity to rally around respite for all of the dedicated, unpaid family caregivers in Washington. For caregivers, advocates, non-profits, organizations supporting individuals with special needs, planners and anyone interested in respite services. All are welcome! Oct 22 at the Liberty Inn Hotel, 1400 Wilmington Drive in DuPont from 6 to 9 p.m. includes dinner, guided journal writing, movie and more. Oct 23 at the Girl Scouts of Western Washington, 1000 Davis Place in DuPont from 9:30 a.m. to 3:30 p.m. includes breakfast, summit program, guest speakers and more. Come either or both days. [Register online](#) or contact lporter@wa.easterseals.com or (800) 678-5708, x108. For more information about Lifespan Respite Washington visit www.lifespanrespitewa.org.

Oct 25 – Holiday Craft Bazaar

The Puyallup Activity Center hosts their annual Holiday Craft Bazaar from 9 a.m. to 2 p.m. If you would like to purchase a table as a vendor, please call Trudi at 253-841-5548. Vendor fee is \$10 for seniors and \$20 for non-seniors. Chili Dogs & Pop only \$5.

Oct 25 – THA's Senior & Disabled Craft Fair

Tacoma Housing Authority will be hosting its Senior & Disabled Handmade Craft Fair from 10 a.m. to 3 p.m. at the Family Investment Center: 1724 E. 44th Street in Tacoma. Senior and disabled residents of THA will be selling their handmade crafts to the public, with 25% of vendor profits being donated to a local food bank. Vendors will be selling a variety of handmade items, including: knitted items, unique recycled art, jewelry, wood carvings, Victorian finger purses, and one resident will be selling copies of her self-published book of poetry! For more info, please contact Caroline Cabellon, Elderly & Disabled Program Specialist, at (253) 720-6784 or ccabellon@tacomahousing.org.

Oct 28 – Conversations about Dementia

Whether you are a family member, professional provider or want to further your education, you are invited to learn how to help support and care for those with Alzheimer's disease and dementia. For more information or to register for this free event contact us at (253) 851-5306. All seminars are free and open to the public. Held 1 p.m. at Olympic Alzheimer's Residence, 3025 14th Ave NW in Gig Harbor.

Oct 28 – The Effects of Cancer on Women's Health

Vijaya Galic, MD, Gynecological Oncologist with the MultiCare Regional Cancer Center, will give an overview of women's health during and after cancer treatment, and into the survivorship years. Held 6:30-8:30 at MultiCare Regional Cancer Center, 4545 Pt. Fosdick Drive, NW in Gig Harbor. Free parking in the cancer center parking lot. Please RSVP to 1-866-200-2383 or [online](#).

Oct 29 – Senior Lobby Conference

Meet senior advocates from around the state. Governor Jay Inslee, Insurance Commissioner Mike Kreidler and a number of other elected officials have been invited to speak. This year we expect over 500 people will attend. In addition, up to 40 Exhibitors will provide resource information covering senior issues. The audience includes legislators, policy makers, civic leaders, state, county and city employees, senior activists and providers of services for senior citizens. The focus of the conference

will cover topics such as: Report on the Joint Legislative Executive Committee on Aging and Disability Issues, Transportation, Long Term Care, Medicare, Coverage to Care and Life Style Changes in an Aging Society. Advocates, Senior Citizens or Volunteers \$60; Professionals \$150. Held 8:30 a.m. to 4:00 p.m. at the Hotel Murano, 1320 Broadway Plaza in Tacoma. Info and registration at www.waseniorlobby.org or call (360) 754-0207.

Oct 29 – Project Homeless Connect

This event provides free on-site information and/or services including medical care, Veterans support, haircuts, Access Point 4 Housing, give a-ways, vision care, dental care, chemical dependency. I.D. replacement, food benefits. income tax preparation and more. Free. Held 9 a.m. to 3 p.m. at the Tacoma Dome, 2727 East D Street. For more information visit www.pchomelessconnect.com or e-mail Alanna@southsoundoutreach.org.

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 a 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 – Checking on Choices for 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 – Checking on Choices for 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 5 – Surviving With Style

Gilda's Club hosts its 6th annual fashion show and luncheon at the Landmark Temple Theater Ballroom, 47 St. Helens Ave in Tacoma. RSVP at www.gilda'sclubseattle.org or (206) 709-1400.

Nov 8 – Checking on Choices for Medicare

(See Nov 3 for details) Held 9:30 – 11:00 a.m. at the Soundview Building, 3602 Pacific Avenue, Tacoma. Free. No RSVP required. For details call (253) 798-4600.

Nov 14 – Exploring the Cancer Journey Through Creative Expression

This free 3-hour cancer workshop, which includes lunch, will be facilitated by Ronnie Hacken. Expressing yourself through art and play has been shown to promote healing in a myriad of ways. It helps reduce stress and provides an opportunity to find closure and healing. In this workshop, participants will be offered simple forms to express themselves that do not require any artistic skill. To register, contact programs@harmonyhill.org or call (360) 898-2363. Held noon to 3 p.m. at St. Anthony Hospital, Cancer Center Classroom, The JTRCC Center, 11511 Canterwood Blvd NW, Gig Harbor.

Nov 18 – Options for Long Term Care

What you would do or how you would get information if you need to care for a loved one – especially if it was a sudden need? Everyday people face this dilemma but many people have little knowledge of resources that are available. Join us for an information-only presentation with experts in our East Pierce County community on options for aging adults and people with disabilities. Jointly sponsored by Health Care Providers Council of Pierce County and the Aging & Disability Resource Center. Held 6:30 – 8:30 p.m. at the Puyallup Activity Center, 210 W. Pioneer in Puyallup. Free; no RSVP.

Nov 21-22 – Dementia Care Workshop

The Family Caregiver Support Program of the LMT Area Agency on Aging is hosting Teepa Snow for a 2-day workshop. Learn Dementia-specific communication and caregiving skills. Create a home plan to manage stress without distress. \$55 for both days. Continental breakfast and lunch will be provided. Held 9 a.m. (8:30 check-in) to 4 p.m. at ESD 113, Capitol Events Center, 6005 Tyee Dr. SW in Tumwater (next to Costco). Respite and workshop scholarships are available. For information, registration, or accommodation call (360) 664-3162 ext. 102.

Nov 25 – Know the 10 Warning Signs

Whether you are a family member, professional provider or want to further your education, you are invited to learn how to help support and care for those with Alzheimer's disease and dementia. For more information or to register for this free event contact us at (253) 851-5306. All seminars are free and open to the public. Held 1 p.m. at Olympic Alzheimer's Residence, 3025 14th Ave NW in Gig Harbor.

Dec 4 – Pierce County Legislative Forum

Save the Date. Join Pierce County Coalition for Developmental Disabilities (PC2) at this special forum with candidates. The focus is on issues of importance to individuals who experience developmental disabilities and their families. 6:30-9:00 p.m. The forum is held in conjunction with the Tacoma School District. Location TBA. For more info call PC2 at (253) 564-0707.

Dec 30 – Understanding & Responding to Dementia Related Behaviors

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and open to the public. Held 1 p.m. at Olympic Alzheimer’s Residence, 3025 14th Ave NW in Gig Harbor.

Q&A of the Month

Question: I’m hearing about Medicare Open Enrollment. I’m already enrolled. What’s the big deal?
Answer: Medicare beneficiaries who want to make changes to their prescription drug plans or Medicare Advantage coverage can do so starting Oct. 15 during the Medicare’s program’s annual open enrollment period. Although premiums aren’t expected to rise markedly overall in 2015—and in some cases may actually decline—some individual plans have signaled significantly higher rates. Rather than rely on the sticker price of a plan alone, it’s critical that beneficiaries compare the available options in their area to make sure they’re in the plan that covers the drugs and doctors they need at the best price. The annual open enrollment period is also a once-a-year opportunity to switch to a private Medicare Advantage plan from the traditional Medicare fee-for-service plan or vice versa. [Open enrollment ends Dec. 7.](#) Visit www.Medicare.gov to get help or call SHIBA at (253) 596-0918 or (800) 562-6900 to get personal help. Do it sooner rather than later.

NATIONALLY

Guide to Medicare Mailings and Key Events

Medicare open enrollment (Oct. 15-Dec. 7) is coming. The National Council on Aging has produced an updated Guide to Mailings and Key Events in 2014/2015. It provides detailed descriptions of the content of each mailer, hints to help clients, and a one-page, color-coded chart with links to most notices in English and Spanish. The guide also contains information about several Part D and Medicare Advantage Special Enrollment Periods. [Download the guide](#) | [Get more Part D resources](#) (Source: NCOA)

Medicare Outreach Materials for Persons with Disabilities

The National Association of States United for Aging and Disability (NASUAD) has created three posters and a tip sheet to educate Medicare beneficiaries with disabilities about benefits that may help them save on Medicare costs. These materials are 508 Standards compliant and feature editable space for counselors to include contact information for consumers seeking additional information and application assistance. [Get the materials.](#) (Source: NCOA)

Kaiser Family Foundation Updates Medicare Program Overview

The Kaiser Family Foundation (KFF) has released an update to the fact sheet “Medicare at a Glance,” providing an overview of the Medicare program. [Click here to view the fact sheet.](#) (Source KFF)

Social Security Resumes Mailing Benefit Statements

The Social Security Administration will resume mailing estimated benefit statements to most workers every five years, while encouraging all workers to create personalized Social Security accounts online that will allow them to access their benefit information at any time. The Social Security statement is a valuable financial planning tool providing workers age 18 and older with important information regarding their earnings, tax contributions, and estimates for future retirement, disability and survivor benefits. Workers who have not registered for a My Social Security online account will receive a statement in the mail about three months before their birthday. After age 60, people will receive a statement every year. (Source: SSA)

Domestic Abuse / Violence – Get Help

[Domestic abuse](#) and violence have been front-page news and a topic of discussion throughout the country. The [US Department of Justice](#) defines domestic violence as, “a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.” It can be physical, sexual, emotional, economic or psychological. If you or someone you know is experiencing domestic abuse, there is help. Call the [National Domestic Violence Hotline](#): 1-800-799-SAFE (7233). (Source: USA.gov)

Insurance Coverage for End-of-Life Talks?

The [New York Times discusses](#) how private insurers are beginning to cover end-of-life conversations. The American Medical Association is requesting that Medicare also cover these discussions between doctors and patients, and Medicare may begin doing so as early as 2015. (Source: NY Times)

Dying In America Is Harder Than It Has To Be

It is time for conversations about death to become a part of life. That is one of the themes of a 500-page report, titled "Dying In America," released by the Institute of Medicine (IOM). The report suggests that the first end-of-life conversation could coincide with a cherished American milestone: getting a driver's license at 16, the first time a person weighs what it means to be an organ donor. Follow-up conversations with a counselor, nurse or social worker should come at other points early in life, such as turning 18 or getting married. The IOM plans to spend the next year holding meetings around the country to spark conversations about the report's findings and recommendations. [Read more from Kaiser Health News](#). (Source: KHN)

What adults 65+ should know

Flu season is gearing up—and so is our *Flu + You* campaign to educate older adults, and those who care for them, about the seriousness of the flu, the importance of annual vaccination, and available vaccine options. Award-winning actress Judith Light from *Who's the Boss?*, *Dallas*, and *Ugly Betty*, is helping us urge people 65+ to talk to their health care provider about their annual flu shot. [Watch the video](#) | [Get flu facts](#) | [Spread the message](#) (Source: NCOA)

PLAN AHEAD – DECEMBER 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), Veterans (11), Diabetes (14), Great American Smokeout (20), Survivors of Suicide (22) and Elimination of Violence against Women (25) 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.