



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

Nov 6 – Dementia: Setting the Record Straight” with Linda McCone

Dec 4 – “A Firefighter’s Point of View on Fall Prevention” with Ed Hrivnak

Jan 1 – No meeting

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

Nov 13 – Networking

Dec 11 – Christmas Party

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.

Location varies monthly.

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.

Nov 5 – 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.

Nov 19 – The Weatherly Inn, 15101 SE 272nd St – Kent.

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.

Community Input for Sidewalks, Ramps in Pierce County

The community is invited to help Pierce County prioritize projects that will bring pedestrian facilities – such as sidewalks and ramps – located in public right-of-way in unincorporated Pierce County into compliance with the Americans with Disabilities Act (ADA). Four public meetings are scheduled to gather feedback on which types of issues pose the biggest impact to accessibility, such as obstructions in a sidewalk, and which location are most important for the public to be able to reach without barriers to accessibility. Meetings will be held from 5:30-7 p.m.:

- **Nov. 6:** Bonney Lake Justice and Municipal Center, 9002 Main St. E in Bonney Lake
- **Nov. 12:** Sprinker Recreation Center, 14824 C St. S in Tacoma
- **Nov. 18:** Pierce County Central Maintenance Facility, 4812 196th St. E in Spanaway
- **Nov. 20:** Pierce College Puyallup, College Center Building, Multipurpose Room A, 1601 39th Ave. SE in Puyallup

The community can contact Project Manager Dan Hansen at (253) 798-2288 with questions or to request a special accommodation at a meeting. Meeting materials and the survey are available at www.piercecountywa.org/ADATransition.

Special Help for Alzheimer's Patients and Caregivers

Are you a caregiver for somebody who has been diagnosed with Alzheimer's or Dementia? Are you looking for resources to help keep them physically active or are you looking for additional information on the disease process? Pierce County has partnered with the University of Washington to help conduct a research study. Pierce County currently has openings for the RDAD (reducing disability in Alzheimer's disease) study. Call 798-4600 if you are interested in the study or would like more information.

Medicare Part D Enrollment Open

Enrollment in Medicare's prescription drug program (Part D) 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.

Health Insurance Marketplace

Open Enrollment is the time when you can find a new Marketplace plan, keep your current plan, or see if you can get help paying for coverage. If you want to make sure you have health insurance in 2015, mark these 4 dates on your calendar:

- Nov 15, 2014. This is your first day to apply for, keep, or change your coverage.
- Dec 15, 2014. Enroll by the 15th if you want new coverage that begins on Jan 1, 2015. If your plan is changing or you want to change plans, enroll by December 15th to avoid a lapse in coverage.
- Dec 31, 2014. The day all 2014 Marketplace coverage ends, no matter when you enrolled. Coverage for 2015 plans can start as soon as January 1st.
- Feb 15, 2015. The last day you can enroll in 2015 coverage before the end of Open Enrollment.

Residents of Washington State seeking health insurance should visit www.wahealthplanfinder.org.

Rebound to Better Balance

The City of Tacoma, in collaboration with Pacific Lutheran University, will offer a free Rebounder class at the Lighthouse Senior Center to promote better balance, independence and functionality. The program is looking for 12 people 55 and older who weigh less than 250 pounds and are not currently participating in other balance programs. The classes will be tailored toward individuals who are at risk of falling or have had a fall in the past year and will be taught by a trainer. Classes start in November and will be offered at 10:30 -11:30 a.m. on Tuesdays and Thursdays. For more information, contact Willow Eaton at (253) 591-5080 or Dr. Harry Papadopoulos at (253) 535-8706.

Zoo Walks at Point Defiance

Caregiver Services at Lutheran Community Services Northwest has partnered with the Alzheimer's Association to offer a safe but stimulating environment for individuals with mild memory loss and their care partners at Point Defiance Zoo and Aquarium in Tacoma. The Early Stage Memory Loss Zoo Walk allows participants to partake in a weekly morning walk through the zoo followed by coffee and conversation to exercise and build relationships with others who understand their concerns and can offer support. The winter series of 8 walks begins Nov 13 and includes free admission to the Zoo and Aquarium. Participants pay for their own beverages at the Plaza Café following the walk. To register, contact the Early Stage Memory Loss Coordinator with the Alzheimer's Association at (206) 529-3868. The deadline for registration is Nov 7.

NWJP Releases Senior Bulletins

The NW Justice Project has revised publications to incorporate Medicaid changes effective October, 2014. [Key Medicaid Standards as of October 2014](#); [Questions and Answers on the COPES Program \(October 2014\)](#); [Questions and Answers on Medicaid for Nursing Home Residents \(October 2014\)](#).

Legislature to Face Huge Budget Deficit

The worst recession budget faced by a Governor in recent times was the \$4 billion shortfall as legislators entered the 2011 legislative session. In January, Governor Inslee will be telling folks the legislature will face as much as a \$3.5 billion shortfall - close but shy of the "once-in-a-lifetime" "Great Recession" budget. It adds up this way: \$1.5 billion shortfall in revenue to meet existing funding; \$1 billion in new McCleary spending on education; \$500 million for a COLA increase for state employees which haven't had one in a few years; \$350 million to meet the psychiatric boarding ruling, and some smaller chunks of change thrown in.

Exchange Open Enrollment, Round 2

Open enrollment on [Washington Healthplanfinder](#) launches on Nov 15, running for 90 days this year compared to last year's 180 days. That narrowed window could make enrollment trickier - particularly with significant cuts to the Exchange's marketing budget. And, those who really wanted to enroll probably already have, so reducing the state's 8.65% uninsured rate won't be easy this year.

New Proposal focuses on Mental Health

Pierce County Council Member [Stan Flemming](#) says a one-tenth of one percent hike in sales tax in unincorporated areas of the county will help meet the needs of the mentally ill, a population he says is woefully underserved. Flemming's proposal calls for individuals who live in unincorporated Pierce County and require mental health services but are not eligible for mental health coverage in their own plans to receive the services they need. It provides assistance for them to enroll in the state-sponsored Exchange health plan. However the individuals would be responsible to pay for those premiums under those health plans. Those who do not qualify for any health plan would be eligible to receive help from the county.

2015 Challenges in Caregiving Open for Vendors

Registration is now open for vendors at the 22nd Annual “Challenges in Caregiving: Giving Care, Taking Care” Caregiver Conference. The conference will be held on June 1, 2015 (first Monday in June) at the Tukwila Community Center in Tukwila. The conference provides current practical information and skills that caregivers may use in their daily caregiving responsibilities. Over 400 participants are expected to attend the conference. The conference presents an excellent opportunity to connect businesses with caregivers while providing participants valuable information and materials related to caregiving. Space and facilities are limited to approximately 43 exhibitors on a first come (registered/paid) basis. Contact [John Mikel via e-mail](#) or (253) 798-2823.

Help Shape the Future of Pierce Transit

Pierce Transit is accepting applications to fill current vacancies on its Community Transportation Advisory Group (CTAG). New CTAG appointees will serve a 3-year term which begins upon their date of appointment by the Pierce Transit Board of Commissioners. The Pierce Transit CTAG consists of nine volunteer representatives who reflect the demographic and geographic diversity of the Pierce Transit service area. CTAG members serve an important role as informed stakeholders providing feedback on Pierce Transit’s proposed plans, policies and services, and acting as communication links between Pierce Transit and their various community groups, businesses, and networks. The Pierce Transit CTAG meets monthly on the third Thursday of each month at 5:30pm at Pierce Transit’s Training Center in Lakewood. Meetings generally last about two hours. For more details about the application and selection process, and to [download a printable copy of the application materials](#) or contact [Carol Mitchell](#), Pierce Transit Public Relations Officer & CTAG Liaison at (253) 984-8213. Application packets are also available at Pierce Transit Administrative Offices, 3701 96th Street SW, Lakewood, WA 98499, between 8am and 5pm weekdays (served by Routes 48 and 300). Pierce Transit will accept applications for CTAG membership on an ongoing basis until all vacancies are filled. Applications received by 5pm November 12, 2014 will be given first consideration.

Applications for Rebuilding Day Program

Rebuilding Together South Sound is now accepting applications for the 2015 Rebuilding Day. RTSS evaluates applications, visits qualified homes and starts planning for the work day on April 25 when all the repairs are done. House Captains work with builders to plan the work that will be done, what materials are required, and who will work on the team. Volunteers can do all kinds of repairs, from plumbing, electrical, and carpentry, to repairing roofs, windows, and flooring. To qualify for the Rebuilding Day program applicants must own the home; be low-income and fall within [Income Guidelines](#); reside in the service area of Pierce County, Federal Way, and Auburn; and be elderly, a person with a disability, or a family with children. [Apply Online](#) or download a [Print Application](#). Deadline to complete application is December 1, 2014.

Medicare Fines Pierce County Hospitals

Medicare is [fining a record number of hospitals](#) – 2,610 nationwide – for having too many patients return within a month for additional treatments. Even though the nation’s readmission rate is dropping, Medicare’s average fines will be higher, with 39 hospitals receiving the largest penalty allowed. In Pierce County, hospitals receiving fines include Multicare Good Samaritan Hospital, Puyallup; St Anthony Hospital, Gig Harbor; St. Clare Hospital, Lakewood, St. Joseph Hospital, Tacoma; and Allenmore Hospital, Tacoma. Thirty-seven percent of all hospitals in WA were fined. The penalty means that from Oct. 1, 2014 through Sept. 30, 2015, they will receive lower payments for every Medicare patient stay – not just for those patients who are readmitted.

FISH Awarded Nonprofit of the Year

FISH Food Banks was named Nonprofit of the Year by the Tacoma-Pierce County Chamber of Commerce. Recognized not only for their service model where their clients are able to choose the food that meets their family's dietary needs, cultural and personal preferences and their Connection Centers which provide a one-stop shop for families in need, but for their innovation in engaging in new practices to serve their clients. By implementing bulk buying, FISH Food Banks of Pierce County was able to save more than \$70,000 in 2014 off their food purchasing budget. They even share these bulk bargains with partner agencies that do not have the buying power on their own.

TACID Selects Interim Executive Director

The Tacoma Area Coalition of Individuals with Disabilities (TACID) has selected [Joan Eads](#) as its Interim Executive Director. Over the past 20 years Joan has promoted the building of community by assisting nonprofit organizations in fundraising, leadership development, organizational culture and team building. At TACID she will be helping members, volunteers, the board of directors and staff, complete an organizational assessment before assisting with the hiring of a permanent Executive Director. Joan has done interim executive director work in the Puget Sound area since 2007. Previously she helped establish a national organization, L'Arche USA, to assist L'Arche communities supporting people with developmental disabilities throughout the US.

HSDC's New Executive Director

The [Hearing Speech and Deafness Center](#) has appointed Lindsay Klarman as the organizations new Executive Director. Klarman is a former ASL interpreter, holds a Masters in Executive Non-Profit Leadership from Seattle University, and was previously at the Institute for Learning and Brain Sciences (I-LABS), University of Washington. She is part-time faculty at Seattle Central College in their Deaf Studies Program and currently serves on two boards (Hillel UW and Deaf Spotlight).

Volunteer Income Tax Assistance (VITA)

Each February through April 15th, VITA (Volunteer Income Tax Assistance) helps low and moderate-income households through free tax preparation. Last year 67 volunteers provided over 1,768 hours of free tax preparation services to 1,423 taxpayers. Volunteers are needed to be tax preparers. Through Associated Ministries VITA provides the training. Schedule your time around your schedule and help others. [Learn more.](#)

Michelle Graham Receives New Appointment

Michelle Graham of Graham & Graham has been appointed to the National Board of Standards for the Society of Certified Senior Advisors. Michelle is CEO and Eldercare Consultant at Graham & Graham and is a Certified Senior Advisor and Certified Information & Referral Specialist in Aging.

Healthplanfinder Streamlines Renewal Process for Current Customers

Starting Nov. 15, [Washington Healthplanfinder](#) customers who signed up for a Qualified Health Plan last year will be eligible to renew their health coverage for 2015 plans. Most customers may be eligible to automatically renew their current health plan, but customers also have the option to update their application and shop for new plan options. Approximately 80 percent of Qualified Health Plans offered in 2014 will be offered again during the next open enrollment period.

Research Trials Currently Recruiting

Booth Gardner Parkinson's Care Center in Kirkland, Washington is currently recruiting Parkinson's patients for several clinical trials. For more information about the research trials, please [click here](#).

Videos Help Explain Health Insurance

The Washington Health Benefit Exchange, KING 5 and Washington Community Checkup have produced a series of educational videos about health insurance. [KnowYourPlan](#) provides resources about finding the right plan for you and your family. Customers can get information about how insurance works, comparing and shopping for plans and getting in-person help.

Washington Healthplanfinder Business Website

The Washington Health Benefit Exchange has launched “Washington Healthplanfinder Business,” a customer-friendly, online marketplace that allows employers in Washington with up to 50 employees to compare health plans, decide their contribution level and manage payment – all in one place. Small employers can choose from a total of 23 different health plans. Enrollment for small employers is year-round. Businesses can sign up and submit their payment by Dec. 15, 2014 for coverage beginning Jan. 1, 2015. Employers can view their options at www.wahealthplanfinder.org.

SCAM OF THE MONTH

Scammers Bank on Ebola Fears

One thing the Federal Trade Commission has learned is that scams often follow the news – especially when there’s a health scare in the headlines. Banking on fear, scam artists are making unsubstantiated claims that products containing everything from silver to herbal oils and snake venom can cure or prevent Ebola. Not so, says the FTC and the Food and Drug Administration. In fact, the FTC and FDA recently sent a [warning letter](#) to Natural Solutions Foundation to hammer home that point. [Read more](#). (Source: FTC)

RECOMMENDED READS FOR THE 50+

“New Life, No Instructions : A Memoir” by Gail Caldwell. Call number: LGE-TYPE B-CALDWEL. Within the pages of this outstanding memoir, Gail Caldwell explores topics such as what to do when your personal story changes midlife, how change starts and stays, how we are connected to our loved ones, and finally a discussion on hope. (Recommendation of the Pierce County Library System)

LOCAL HAPPENINGS

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 4 – Mountain View Health & Wellness Fair

Event features numerous community providers and workshops on Five Wishes and Medicare. Lunch provided. Held 9 a.m. to 2 p.m. at 3607 122nd Ave. E. in Edgewood. More info at (253) 826-4329 or bethannj@mtviewcc.org.

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 6 – Keys to Successful Transition

Community Connections Developmental Disabilities is providing a resource fair evening for transition students in Pierce County. This is a chance for students to meet with employment service providers and receive great resources regarding employment. Learn more about transition information, school-to-work program, DVR services and local supports. RSVP to 798-4368 or [Sundus Ali](mailto:Sundus.Ali).

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 12 – Dementia: Setting the Record Straight

A review of the current medical science on the treatment of Alzheimer's and other dementias. In addition, alternative options and therapies will be discussed ranging from dietary supplements and herbal sources to individual therapies and non-FDA approved medicines. Presented by Linda McCone, Pharmacologist and Pierce County Ombudsman. Free; No RSVP required. Held 6 p.m. at the Wheelock Public Library, 3722 N. 26th in Tacoma.

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 17 – Dementia: Setting the Record Straight

(See Nov 12 for description) Held at noon at the Pierce County Annex, 2401 S. 35th Street in Tacoma.

Nov 17 – Dementia: Setting the Record Straight

(See Nov 12 for description) Held at 6 p.m. at the University Place Library, 3609 Market Place W in University Place.

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 20 – Dementia: Setting the Record Straight

(See Nov 12 for description) Held at 10 a.m. at the Key Center Fire Station, 8911 KPN in Lakebay.

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 23 – Annual Fantasy Lights Walk

Get your exercise and get into the season with a walk through the 2.5 miles of [animated light displays](#) at Spanaway Park. A must do to kick off your holiday season. Held 5 – 7 p.m. Walkers of all ages and abilities, including wheelchairs and strollers, are invited to take a sneak preview walk through Fantasy Lights on one night only. \$4/person; \$12 family of four. [Save with pre-registration](#). Join a group with Pierce County Parks. Meet at 4 p.m. and finish at the west end of the Sprinker Recreation Center parking lot, 14824 S C St. \$20 fee includes ticket, coffee mug and your choice of a hot drink prior to the walk.

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

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.

Feb 26 – Senior Lobby Day

Olympia. Save the date. More details to follow.

Q&A of the Month

Question: How can I save on my heating bills this winter?

Answer: The winter months are indeed coming and as the temperature drops our heating costs rise. Don't despair, there are lots of simple low-cost things you can do to increase the efficiency of your home and help keep your energy bills reasonable. Lower water heater temperature. Try setting your water heater to 120 degrees Fahrenheit. You can save up to \$30 a year for every 10 degree reduction. Insulate hot water pipes and water heater tanks. This reduces heat loss and can raise water temperature by 2-4 degrees Fahrenheit - making it easier to set your water heater at a lower setting. Seal air leaks. Air leaks can waste a lot of your energy dollars. One of the quickest energy, and money, saving tasks you can do is caulk, seal and weatherstrip all cracks and large openings to the outside. [See more tips on saving money on your energy bill this winter](#). If you have questions or concerns about your energy bill, call the Utilities and Transportation Commission Help Line at 1-888-333-WUTC (9882). And be sure to check out the Low Income Home Energy Assistance Program (LIHEAP). The program helps low-income households meet their immediate home energy needs. The program is designed to help families keep their heat on, especially those households that are most vulnerable, such as the elderly, the disabled, and households with young children. The program will begin scheduling appointments in October and continue until the money is distributed. Appointment slots fill fast, so do not wait to schedule yours! Resources are limited. To see if you're eligible, please call the [Pierce County Community Connections](#) automated appointment line at 1 (855) 798-HEAT (4328). Pierce County's weatherization program can help educate occupants about saving energy and maximizing efficient, safe operations of their heating system as well as install energy conservation measures. Call (253) 798-6115.

NATIONALLY

PBS News Hour on Long Term Care

The [popular PBS News Hour](#) has posted an article about caring for aging parents from a distance. Concern about a parent's health and well-being is top of mind for many baby boomers. But what if you live a good distance away? Caregiving at a distance presents very real challenges. No longer just a devoted daughter or son, you're now a "long-distance caregiver." PBS News Hour has compiled some great resources on how to care for aging relatives from a distance. (Source: PBS News Hour)

Health Insurance Coverage Key Terms

As people are preparing for Medicare (October 15-December 7, 2014) and the Health Insurance Marketplace (November 15, 2014 – February 15, 2015) open enrollment periods, it's important for consumers to understand health insurance terms. CMS has developed a series of infographics to explain key insurance terms like deductible, coinsurance, premium, network, and copayment in plain language. You can [use these training resources](#) to help educate consumers so they can best use their health insurance. (Source: CMS)

Launching the White House Conference on Aging Website

The Administration for Community Living has forward this [blog post](#) from White House Conference on Aging Executive Director Nora Super. While visiting the [conference website](#), discover ways to [get involved](#), including [signing up](#) to receive updates on conference activities. (Source: ACL)

Strong, Healthy & Energized for Women 60+

The [SHE Facilitator Guide](#) and [SHE Participant Guide](#) provide information on the Strong, Healthy, Energized (SHE), a facilitator-led, group-based health and fitness program for older (age 60+) lesbian and bisexual women. The SHE program is designed to help participants develop healthier eating habits and improve their physical fitness, specifically through a walking initiative. SHE also promotes stress management and a caring, engaged, group environment. (Source: Lewin)

2015 Medicare Part B Premiums and Deductibles to Remain the Same as Last Two Years

Next year's standard Medicare Part B monthly premium and deductible will remain the same as the last two years. Medicare Part B covers physicians' services, outpatient hospital services, certain home health services, durable medical equipment, and other items. For the approximately 49 million Americans enrolled in Medicare Part B, premiums and deductibles will remain unchanged in 2015 at \$104.90 and \$147 respectively. This leaves more of seniors' cost of living adjustment from Social Security in their pockets. (Source: CMS)

Veterans Eligibility for Healthcare Fact Sheet

[Information for Veterans Regarding Department of Veterans Affairs Healthcare](#) is a fact sheet from National Disability Navigator Resource Collaborative (NDNRC) with information about veterans and their eligibility for healthcare through the Department of Veterans Affairs (VA). It addresses questions such as eligibility to receive healthcare through VA, enrollment in the VA's healthcare system, family coverage, and marketplace eligibility. (Source: National Disability Navigator Resource Collaborative)

White House Conference on Aging

[White House Conference on Aging Website](#) provides updates on recent events and opportunities for involvement in the 2015 White House Conference on Aging. The Conference will focus on how to continue to maximize the contributions of Americans as we age, and how to advance priorities such as healthy aging, a secure retirement, accessing the services and supports older Americans, and protecting older Americans from financial exploitation, abuse, and neglect. (Source: WHCA)

NBC Highlights Glen Campbell's Battle with Alzheimer's

As music legend Glen Campbell enters the final stages of Alzheimer's disease, his family is giving the world a rare glimpse inside his battle with the disease. Campbell's wife of 32 years, Kim Woolen, recently took NBC's Cynthia McFadden to visit her 78-year-old husband at a full-time care facility in Nashville, where the entertainer has been living since March. [Watch the story](#). (Source: NBC News)

Aging in America: Stuck in the Middle

Senior citizens whose finances fall in the middle – not rich, not poor – can find themselves in a real bind if they need home care. These are the families who are not poor enough to qualify for Medicaid and not rich enough to pay out of pocket. And their loved ones can find themselves caught in the middle as well. [Rita Braver reports on CBS Sunday Morning](#). (Source: CBS)

In England – Dementia #1 Killer of Women

Dementia is the leading cause of death for women in England and Wales, official figures show. The disease now kills more than three times as many women as breast cancer and thousands more than either heart attacks or stroke. Analysts say the rising numbers may be because doctors are becoming more aware of the disease and recording it on death certificates more frequently. Coronary heart disease remains the leading cause of death in men. For males, dementia is the third most common cause of death. (Source: BBC)

Changes coming to 5-star nursing home ratings

The federal government will [make substantial changes to the CMS five-star rating program](#) for nursing homes, a widely used consumer tool that has been criticized for its reliance on self-reported, unverified data. The [five-star rating system](#) has become the gold standard for evaluating the nation's more than 15,000 nursing homes since it was put in place five years ago, even though two of the major criteria used to rate the facilities — staffing levels and quality statistics — are reported by the nursing homes themselves and generally are not audited by the federal government. [Several changes will start in January](#) to address some of these concerns. Nursing homes will have to begin reporting their staffing

levels quarterly using an electronic system that can be verified with payroll data. And officials will initiate a nationwide auditing program aimed at checking whether the so-called quality measures rating — which is based on information collected about every patient — is accurate. Beginning in January, nursing homes' ratings will also be based partly on the percentage of its residents being given antipsychotic drugs. (Source: NY Times)

The Truth About Disability

In [the first of a three part series](#) revealing the truth about disability we take on topics from the serious to the not so serious by interviewing a wide range of people who live with a disability. Insights on relationships, marriage and kids, to travel and work, there are insights and advice on when to offer help and when to back off. (Source: AttitudeLive)

New Partnership on Employment & Accessible Technology

The U.S. Department of Labor's Office of Disability Employment Policy (ODEP) [announced](#) the launch of [PEATworks.org](#), a comprehensive web portal spearheaded by the Partnership on Employment & Accessible Technology (PEAT). From educational articles to interactive tools to expert interviews, [PEATworks.org](#) has something for everyone. Visit, explore, and get excited about accessible technology. Check out [PEATworks.org](#) today! (Source: DOL)

Sequestration: Not Gone or Forgotten

While the issue of sequestration has been absent from headlines and some of the pain of its impact was lessened by recent budget bills, the federal funding cuts are on tap to resume fully in FY 2016. Advocates for non-defense discretionary programs, which include OAA programs, renewed the call to end sequestration in a recent [Think Progress article](#) about sequestration's devastating effects. The President has also announced that his FY 2016 budget, due out in February, will propose an end to sequestration, but it will be up to Congress to enact a new law doing so. (Source: N4A)

Computer Games Better Than Medication in Treating Elderly Depression

Clinical depression affects many members of the older population. Researchers tested participants with depression age 60-89, who played 30 hours of computer activities over the course of four weeks. The study found that playing certain computer games was just as effective at reducing depression in older patients as the commonly prescribed antidepressant escitalopram (brand name Lexapro), and in four weeks versus 12. The games also outperformed medication in terms of improved thinking skills, which are also linked to depression. [Read More](#) (Source: Fox News)

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.

#####

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.