



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

Mar 5 – Discussion: “The Future of Senior Services in Pierce County” with Mary Lynn Pannen, Sound Options; Don Hansen, Cascade Park Communities; Jonete Rehmke, Rehmke & Flynn.

Apr 2 – TBA

May 7 – “SHAG Housing,” LeighBeth Merrick, SHAG Community Life Coordinator

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

March 12 – TBA

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.

Mar 4 – 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 – 9:30 a.m.

Mar 18 – The Lakeshore, 11448 Rainier Avenue South, Seattle

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

Aging Smart – Gig Harbor

Fourth Thursday of each month at 8:45 – 10:00 a.m.

Harbor Place at Cottessmore, 1016 - 29th Street NW, Gig Harbor

Contact [Rebecca Rainsberger](#), (253) 509-2340

LOCAL SERVICES

ADR Seeks Community Input

Every 4 years Pierce County Aging & Disability Resources develops a comprehensive plan that sets priority areas and goals for services provided to local older adults and individuals with disabilities.

The new plan covers 2016 through 2019. Plan now to attend and share your experiences and hopes.

Topics include in-home care, transportation, nutrition, health care, housing, socialization, legal services, aging in place, employment / volunteering and more.

- March 4 (2-4 pm) at the Center for Independence, 7801 Bridgeport Way W, Ste 200, Lakewood
 - March 9 (10-noon) at the Lighthouse Senior Activity Center, 5016 E. A Street, Tacoma
 - March 19 (12:30- 2:30 pm) at the Milgard Family HOPE Center, 8502 Skansie Ave, Gig Harbor
 - March 21 (9-11 am) at the Buckley Senior Center, 811 Main Street, Buckley
 - April 16 (1 -3 p.m.) at the Lakewood Senior Activity Center 9112 Lakewood Dr SW, Lakewood
- Call for additional information: (253) 798-7376. [View event flyer](#). There is also an opportunity to provide feedback via a web survey. To take the survey visit the [ADR homepage](#).

Mountain View Cross-County Area Plan Forum

In collaboration with Aging and Disability Services of Seattle/King County, Pierce County Aging & Disability Resources is hosting a community forum at the Mountain View Community Center on Monday, March 30th. This free event will feature presentations from experts in healthy aging and aging in place, including Dr. Charles Emlet of the University of Washington, Tacoma, Dr. Harry Papadopoulos of Pacific Lutheran University, and Beth Ann Johnson, Community Programs Director for Mountain View Community Center. Following the presentations, your input will be sought on the topics of healthy aging and the “livability” of your own communities. This event is free to the public—everyone is welcome! Held 9:30 – 11:30 a.m. at Mountain View Community Center, 3607 122nd Ave. E., Edgewood.

HCPC Invites Nominations for Caregiver Recognition

The Health Care Providers Council of Pierce County wants to pay tribute to the caregivers in our community who provide compassionate care and give so much of themselves. Take time to nominate and honor a special caregiver (CNAs, HCAs, and Caregivers). Nomination forms are [available online at the HCPC website](#). Nominations must be postmarked by Friday, April 10. The recognition awards dinner will be held May 13th at 7 p.m. at The Weatherly Inn in Tacoma. Tickets for dinner will also be available [on-line](#) through the end of April.

RCS Functional Realignment

Residential Care Services has launched a realigned business operations infrastructure. This realignment will help elevate operational efficiency and effectiveness, streamline service lines, maximize systems integration and enhance customer service excellence. Most importantly, this will allow RCS to work with stakeholders in carrying out our shared mission: serving vulnerable adults in licensed/certified settings. [View the organizational chart](#).

New Service Offers Extra Help at Home

Friendly Senior Services offers a variety of non medical services to the senior population. Services include daily check-ins, social visits, errand running, pet care and much more. Free consultation available to determine individual needs. Tracy Williams is the sole proprietor and strives to make every visit personal and enjoyable. Tracy formerly worked at the YMCA as a fitness coach. Contact Tracy Williams at (253) 444-8739 or friendlyseniorservicesllc@gmail.com.

Silver Cinema Series at Key Center Library

The Mustard Seed Project and Friends of the Key Center Library sponsor a series of films in March. Documentaries shown on Sundays at 2 p.m. with discussion afterward.

- March 8 - “The Elders” Individual vignettes of elders sharing their personal coming of age stories help us all to consider, and understand, universal lessons of life.
- March 15 - “Mending the Line” Legendary fly fisherman Frank Moore, now in his 90s, returns to the streams of Normandy he discovered as a soldier in WWII, invoking many memories.

- March 22 - “Her Aim is True” The legacy of Northwest rock band photographer Jini Dellaccio is captured in this film made in her 90s, complete with a memorable soundtrack. Free admission and refreshments. Transportation available. For more information contact The Mustard Seed Project at (253) 884-9814.

Learn About Easy-to-Use Gadgets

Researchers at WSU are evaluating an educational program that promotes functional independence. They produced eight videos (only 8-12 minutes long) that discuss different tools and gadgets that can assist in fall prevention, memory, daily living, hearing and vision, communication, mobility and medication management. The researchers are looking for volunteers to participate in a study of the effectiveness of the videos. There is no cost to participate; we just need about 90-120 minutes of your time. The project website and information about participating is at www.tech4aging.wsu.edu or call (509) 335-4033 or [e-mail](mailto:).

Alzheimer’s Support Group

Cascade Par Communities hosts a monthly Alzheimer’s support group that provides information sharing, socialization, friendship and support. Held the first Wednesday of each month from 6:30 to 8:00 p.m. at 232 St. Helens Avenue in Tacoma. For more information contact Janelle Ryan at (253) 627-9990. All are welcome.

Gilda’s Club in Gig Harbor, Puyallup, and Tacoma

Gilda’s Club and MultiCare partner to offer a comprehensive program of emotional support, education, and healthy lifestyle opportunities for anyone touched by cancer, being treated anywhere. The program includes support groups; a variety of classes and workshops; lectures on many cancer-related topics; and Healthy Living themed individual workshops. For more information e-mail sallybenison@gildasclubseattle.org or call 1-866-200-2383 (toll free).

SCAM OF THE MONTH

Sending Money Out of Love, or Sending a Scammer Money?

Love is a powerful thing. So when a loved one calls or emails, saying they’re in trouble, you’d want to help, right? If they ask you to send cash immediately — should you follow your heart? The short answer is: no. [Read more](#). (Source: FTC)

RECOMMENDED READS FOR THE 50+

“Your Life Calling” by Jane Pauley. Last year every baby boomer reached the milestone age of 50. Former broadcaster Jane Pauley gives voice to the opportunities of her generation – and the next one too – offering humor and insight about the journey forward. Call Number: LGE-TYPE 650.1 PAULEY. (Pierce County Library System)

LOCAL HAPPENINGS

Mar 4 – ADR Community Input Forum

Every four years Pierce County Aging & Disability Resources develops a comprehensive plan that sets priority areas and goals for services provided to local older adults and individuals with disabilities. The new plan covers 2016 through 2019. Plan now to attend and share your experiences and hopes. Held 2 - 4 p.m. at the Center for Independence , 7801 Bridgeport Way W, Suite 200, Lakewood. Call (253) 798-7376 for more information. [View event flyer](#).

Mar 9 – Living with Vision Loss

Blindness or visual impairment can have a profound impact on your life, but you are still in control. There is an abundance of information and resources to help, whether you're visually impaired, losing vision, or know someone affected by vision loss. Learn about types of visual impairment, adaptive technology, support and guidance, personal experiences, education and skills training and workplace successes. Explore these resources and discover how to live a healthy, productive life with vision loss. Sponsored by the Pierce County ADRC and Sightconnection. Held 12:10-12:50 p.m. at the Pierce County Annex, 2401 S. 35th Street in Tacoma. Free; no RSVP required. [View event flyer](#).

Mar 9 – ADR Community Input Forum

(See Mar 4 for event description) Held 10 am – noon at the Lighthouse Senior Activity Center, 5016 E. A Street, Tacoma. [View event flyer](#).

Mar 11 – Living with Vision Loss

(See Mar 9 for description.) Held 12:10-12:50 p.m. at the County City Building 7th Floor Rainier Conference Room, 930 S. Tacoma Avenue. [View event flyer](#).

Mar 14 – Living with Vision Loss

(See Mar 9 for description.) Held 10-11 a.m. at the Soundview Building, 3602 Pacific Ave., Tacoma. [View event flyer](#).

Mar 19 – ADR Community Input Forum

(See Mar 4 for event description) Held 12:30-2:30 pm at the Milgard Family HOPE Center, 8502 Skansie Avenue in Gig Harbor. [View event flyer](#).

Mar 21 – ADR Community Input Forum

(See Mar 4 for event description) Held 9-11 am at the Buckley Senior Center, 811 Main Street in Buckley. [View event flyer](#).

Mar 24 – Tools 4 Success Conference

Tacoma Community College partners with community organizations to host this one-day conference. Each year a keynote speaker shares their story to inspire high school students and community members from throughout Pierce County to discover their talents and live out their life's purpose. This event also includes breakout sessions on a diverse of topics from interview skills, a panel of individuals with disabilities who are employed and/or volunteering, sessions covering technology, and success stories. Cost is free to students and adults with disabilities and their support staff. All others cost is \$20. Accommodations provided if requested by March 9. Space is limited, registration is required. While walk-ins are welcome, available space is not guaranteed. [Click here for more information](#).

Mar 24 – Community Inclusion Program Resource Fair

After the Tools 4 Success Conference, PAVE's Community Inclusion Program and PC2 invite parents, students, teachers, and the greater Pierce County community to attend this informational resource fair. Information will be available for all individuals with special needs, their families, educators, and community members. During this event free childcare and recreational activities are provided. Held from 6:30 to 8:30 p.m. at Tacoma Community College, Building 11, 6501 S. 19th Street in Tacoma. Contact [Susan Jackson](#) or (253) 565-2266 for details. [Register to be a vendor for this event](#).

Mar 26 – Dementia Series: Doll Therapy

A round table discussion for professionals in the field of aging. Focuses on effectiveness of doll therapy as a behavioral intervention and assess the ethical issues of using doll therapy for dementia

patients. Held 8:30-10:00 a.m. at the Alzheimer's Association, 100 W. Harrison in Seattle. 1.5 CEUs \$27/session of \$65/3 sessions. [Register online](#). Call (206) 799-7108 or [e-mail](#).

Mar 30 – Mountain View Cross-County Area Plan Forum

In collaboration with Aging and Disability Services of Seattle/King County, Pierce County Aging & Disability Resources is hosting a community forum at the Mountain View Community Center. This free event will feature presentations from experts in healthy aging and aging in place, including Dr. Charles Emlet of the University of Washington, Tacoma, Dr. Harry Papadopoulos of Pacific Lutheran University, and Beth Ann Johnson, Community Programs Director for Mountain View Community Center. Following the presentations, your input will be sought on the topics of healthy aging and the “livability” of your own communities. This event is free to the public- everyone is welcome! Held 9:30 – 11:30 a.m. at Mountain View Community Center, 3607 122nd Ave. E., Edgewood, 98372.

Mar 31 – Guardianships for Individuals with Developmental Disabilities

Join attorney Timothy Williams for PC2's first spring informational meeting. Held at 6 p.m. at the Pierce County Coalition for Developmental Disabilities, 3716 Pacific Avenue, Suite #A in Tacoma. Call (253) 564-0707 for details.

Apr 7 – Options for the Future

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 most have little knowledge of available resources. Join us for an information-only presentation with experts in our 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 Milgard Family Hope Center, 8502 Skansie Ave in Gig Harbor. Free; no RSVP. [View event flyer](#).

April 8 – Practical Implications of Genetic Diagnoses for People with Intellectual Disabilities

The Developmental Disabilities Administration hosts this full-day workshop with Brenda Finucane, MS, LGC. Participants will recognize the value of determining the underlying cause of a person's intellectual disability, distinguish among several genetic syndromes associated with intellectual and behavioral symptoms and identify local and national resources for people with diagnosed genetic syndromes. Contact [Melody Erickson](#) at (800) 248-0949.

Apr 9 – White House Conference on Aging Coming to Seattle

The 2015 White House Conference on Aging is an opportunity to look ahead to the issues that will help shape the landscape for older Americans for the next decade. The conference is dedicated to promoting policies that benefit elderly – and ultimately all – Americans. In preparation for the 2015 White House Conference, organizers are looking for individuals to be part of the conversation. [Go online to learn more about the Conference](#), to sign-up for updates on its events and activities, and to tell us your thoughts and stories. One regional forum (four nationally) will be held in Seattle. Details are forthcoming.

Apr 11 – Conversations on Caregiving

A majority of us will be caregivers at some point in our lives. We won't always know when we'll be needed as a caregiver, but there are things we can do to feel more prepared. Join in a conversation with past, current and future caregivers. Issues include coordinating care, legal planning and documentation, managing medications, community programs & services, respite care, caring for the caregiver, needed skills, emergency preparedness and more. Held 11:00 a.m. to noon at the University Place Library, 3609 Market Pl. W. Free. No RSVP Required. [View event flyer](#).

Apr 13 – Conversations on Caregiving

(See Apr 11 for event description) Held 12:10-12:50 at the Pierce County Annex, 2401 S. 35th Street in Tacoma. [View event flyer.](#)

Apr 15 – Conversations on Caregiving

(See Apr 11 for event description) Held twice this day.

12:10-12:50 at the County City Building, 7th Floor Rainier Conference Rm 930 Tacoma Ave., Tacoma.
6:30-7:30 at the Puyallup Library, 324 S. Meridian, Puyallup. [View event flyer.](#)

Apr 16 – ADR Community Input Forum

(See Mar 4 for event description) Held 1-3 pm at the Lakewood Senior Activity Center, 9112 Lakewood Dr, S., Lakewood. [View event flyer.](#)

Apr 16 – Plan to Work

Thousands of Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) beneficiaries have learned how to stay in control of their benefits while enriching their lives through employment. You can too! Plan to Work will help you understand your benefits and show you how using Social Security Work Incentives can be your “Ticket to Work”! Held 5:30 – 7:30 p.m. at TACID, 6315 S. 19th St in Tacoma. [View event flyer.](#)

Apr 16 – Discovery 2015: Alzheimer’s Regional Conference

A one-day conference filled with evidence based education designed for Professionals. Family caregivers are also welcome to attend. Choose from 16 innovative, evidence-based workshops, exhibits, bookstore and networking. CEs and CEUs available. Keynote speaker is Anne Lipton MD, PhD, author of: The Common Sense Guide to Dementia for Clinicians and Caregivers. Held 7:30 a.m. to 4:00 p.m. at the Washington State Convention Center in Seattle. Pre-conference special event open to all April 15 from 6 to 7:30 p.m. “Dementia and the 7 Common Senses of Caregiving” with Dr. Anne Lipton at Town Hall Seattle, 1119 Eighth Ave in Seattle. Tickets - \$5 at the door. Questions? [E-mail](#) or call (206) 363-5500 ext. 8170. [Register online.](#)

Apr 22 – Lighthouse/Beacon Health Fair

Join folks from the Lighthouse and Beacon Senior Centers for this unique health fair. Held at the Lighthouse Senior Activity Center, 5016 E. A Street in Tacoma from 9 a.m. to 1 p.m.

May 8 – “Planning for Safe Travels”

Older adults and people with disabilities can be discouraged at travelling and vacationing. But “accessible travel” is on the rise. With good information and advance planning, safe and enjoyable travel can be a reality for every one of every age and every ability. Learn about tours, medical issues, travelers’ rights, personal safety and security, service animals, wheelchairs, scooters & adaptive tools. Everyone welcome. Information only; no sales. Held 12:10-12:50 p.m. at the Pierce County Annex, 2401 S. 35th Street, Tacoma. Please RSVP in advance by calling (253) 756-3050. For vendor opportunities call Marilyn Richards (360) 292-3844 or Tara Hodge (360) 754-9792.

May 8 – South Sound Alzheimer’s Conference

Thurston County holds its annual Alzheimer’s Conference featuring Keynoter Teepa Snow. Teepa is an advocate for those living with dementia and has made it her personal mission to help families and professionals better understand how it feels to be living with the challenges and changes that accompany various forms of the condition so that life can be lived fully. Held 7:45 am – 4 pm at Westwood Baptist Church 333 Kaiser Rd NW in Olympia. \$25 suggested donation. [Information and registration online.](#) CEUs available for additional fee. RSVP to (360) 586-6181.

May 9 – “Planning for Safe Travels”

(See May 8 for description) Held 11 a.m. to 12 noon at the AAA Washington Travel Store, 1801 South Union Ave in Tacoma. Everyone welcome. Information only; no sales. Please RSVP in advance by calling (253) 756-3050.

May 9 – “Spring Fling”

Also known as the Puyallup Senior Health & Wellness Fair. Held 8 a.m. – noon at the Puyallup Activity Center, 210 West Pioneer in downtown Puyallup. Information contact Tammy Baxter at (253) 221-3309 or arcadia@frugal.com.

May 12 – “Planning for Safe Travels”

(See May 8 for description) Held 12:10-12:50 p.m. at the County City Building 7th Floor Rainier Conference Room, 930 Tacoma Avenue, Tacoma. Everyone welcome. Information only; no sales. Please RSVP in advance by calling (253) 756-3050.

May 13 – All Star Caregiver Recognition Event

The Health Care Providers Council of Pierce County honors the caregivers in our community who provide compassionate care and give so much of themselves. Held at 7 p.m. the Weatherly Inn, 6016 North Highland Street in Tacoma. [Tickets available online.](#)

May 20 – High Risk Populations Disaster Planning Summit

Save the date. Held at the MetroParks STAR Center, 3873 South 66th Street, Tacoma. Details to come. (Event is held earlier this year due to scheduling with the US Open golf tournament.)

May 30 – Veterans Resource Fair

A free event for Veterans community of the Puget Sound area (Pierce, King, Kitsap, and Thurston). Local providers and services available with information about community services, VA benefits, legal services, homeless services, educational benefits, medical screenings, dental resources, employment opportunities, female Veterans resources, financial education-assistance, housing and home ownership, reintegration services, disability claims and benefits. Held at the Tacoma Dome from 9 am to 3 pm. [More information online.](#)

May 30 – Walk & Roll

PAVE is conducting this walk to advance community awareness, bring supporters together and raise vital funds for our mission. It's simple to organize a team and become a Team Captain. Support PAVE and care about the unique skills and talents of ALL of us! Held at Tacoma Community College, 6316 South 12th St in Tacoma. Registration - 9 a.m.; Event – 10 a.m. Call (253) 565-2266 or [click here for more information.](#)

June 1 – Challenges in Caregiving: Giving Care, Taking Care

Annual caregiver training conference held at the Tukwila Community Center in Tukwila. The event is hosted by Aging and Long-Term Support Administration, Full Life Care and Pierce County Aging and Disability Resources along with the support of numerous community organizations. The conference is designed to provide current, practical skills and resources that community caregivers can use in their daily caregiving responsibilities. The conference is intended for family caregivers (spouses, adult children, parents of adults with disabilities, or other relatives); home care workers and adult day services staff; adult family home or assisted living staff; and social service or mental health professionals who work with family caregivers. The Early registration fee (by May 13) for individual caregivers is \$30. Scholarships are available for unpaid family caregivers. Early registration fee for

agency-based caregivers is \$50. Fees include workshops, lunch and resource exhibits. Registration forms will be available in April and space is limited. For more information or to receive a full brochure and registration materials, please call 1-800-422-3263 or (360) 725-2544, or, [click here](#).

June 6-7 – Tacoma Relay for Life

Change for 2015 – moving to a Saturday / Sunday event. Health fair is from 11 a.m. to 5 p.m. Opening ceremonies Saturday at noon. For information about participating contact [Cissy Gustafson](#). Location remains at Mt. Tahoma High School.

July 26, 1990 – Americans with Disability Act signed into law – 25th Anniversary

(See also Sept 26 listing below) The ADA National Network has produced an Anniversary Tool Kit to help in celebrating this landmark event and bring attention to the important work that has been done to promote equal opportunity for people with disabilities and highlight the work that is yet to be done. [Click here to open the Anniversary Tool Kit](#).

July 30, 1965 – Medicare signed into law – 50th Anniversary

Aug 4 – National Night Out

More than 9000 other communities across America, will ‘*Stand against Crime*’. Groups will gather to host block parties, barbeques, picnics, cookouts, safety fairs and other activities to celebrate their efforts to maintain safer and healthier neighborhoods.

Aug 12 – Pierce County Cancer Survivorship Conference

Held at the University of Puget Sound. More information to follow. Interested vendors and exhibitors should contact JoAnne Fletcher, (253) 564-7589 or joannefle@comcast.net.

Aug 14, 1935 – Social Security signed into law – 80th Anniversary

Sept 26 – 25th Anniversary ADA Community Festival
Tentative. Held at TACID, 6315 S. 19th in Tacoma.

Q&A of the Month

Question: I don’t recall if I had the measles vaccine when I was a kid. What do I do?

Answer: Adults born before 1957 are generally considered immune to measles and mumps. All adults born in 1957 or later should have documentation of 1 or more doses of MMR vaccine unless they have a medical contraindication to the vaccine or laboratory evidence of immunity to each of the three diseases. Documentation of provider-diagnosed disease is not considered acceptable evidence of immunity for measles, mumps, or rubella. Talk with your physician soon if you have any concerns.

Question: Are there other vaccinations that I should get?

Answer: According to a just released CDC vaccination schedule, adults 65 and older need two vaccines to better protect them from bacterial infection in the blood (called sepsis), meningitis and pneumonia. All adults aged 65 years or older should talk to their health care providers about getting pneumococcal vaccines for protection against pneumococcal diseases. The CDC recommendation is that seniors get both the Prevnar 13 and the Pneumovax 23 vaccines. As their names imply, Prevnar 13 protects against 13 types of pneumococcal bacteria, and the Pneumovax 23 protects against 23 types of pneumococcal bacteria. Two vaccines are necessary because each works in a different way. The additional protection is especially important for older adults because they’re much more vulnerable to serious infections. The risk of invasive pneumococcal disease in older adults is nearly 10 times that of young adults. As always, discuss this with your physician. (Source: CDC)

NATIONALLY

What's inside the President's 2016 budget request

The President's annual budget request once again presents a mixed bag for seniors. It is unlikely to receive support from a Republican Congress, but the Administration's preferences will be important when a final fiscal year 2016 (FY16) budget is crafted at year's end. [Get summary and funding table](#) | [Explore the HHS request](#) (Source: NCOA)

IRS Hounding You?

'Tis the season when scammers pose as IRS employees demanding money or you'll be arrested. The IRS will never call. If you get a call don't give the caller any personal information. Write down the details if you have Caller ID and hang up. If you think the call might be real check it out with the IRS at 800-829-1040. File a complaint with the [Treasury Inspector General for Tax Administration](#) at 800-366-4484. Warn friends and family. (Source: FTC)

Administration Extends Health Law Sign-Up Through Tax-Filing Season

The Obama administration said it would allow people to sign up for plans on HealthCare.gov through April to avoid tax penalties for going uncovered in 2015. People who pay penalties for going uncovered in 2014 and are still uninsured will be allowed to visit HealthCare.gov until the end of April. Some people without insurance don't understand the penalties involved until they do their taxes and this provides some relief for 2015. [Read more](#). (Source: WSJ)

US Currency Reader Free to Visually Impaired

The US Bureau of Engraving and Printing (BEP) has launched its [U.S. Currency Reader Program](#) nationwide. The program provides a free currency reader device to all U.S. citizens or legal residents who are blind or visually impaired. The currency reader is a small, compact, hand-held device – about the size of a credit card and about one-half inch thick. It runs on one AAA battery, which is included. The currency reader identifies all U.S. currency in circulation, including \$1, \$2, \$5, \$10, \$20, \$50 and \$100 denominations. To request a currency reader, individuals must fill out and mail an application form, which is [available to download](#).

New "Disability Etiquette" Fact Sheet

The National Disability Navigator Resource Collaborative (NDNRC) has released a new fact sheet in its series of topical fact sheets and population-specific fact sheets designed to provide health insurance navigators and other enrollment specialists with information they need to help these specific populations within the disability community. The latest release, "[Disability Etiquette - Tips for Interacting with People with Disabilities](#)," provides guidance to navigators communicating to consumers with disabilities. [Click here](#) to view a complete list of published and soon-to-be released fact sheets. (Source: NDNRC)

Medicare Spending Peaks at 96 Years

Medicare per capita spending increases steadily with age. It doesn't flatten out as people move into their 80s or early 90s and, remarkably, it peaks at age 96. Per capita Medicare spending then declines gradually for the relatively small number of beneficiaries at even older ages. Most of the spending goes toward emergency-room visits, inpatient hospital care, skilled nursing facilities, and home health care. This spending is not necessarily for heroic end-of-life care. [Read more](#). (Source: KFF)

Website Facilitates Supported Decision Making

The National Resource Center for Supported Decision Making has launched its new website: www.SupportedDecisionMaking.Org. There, you'll find information, research, resources, advocacy, and educational materials dedicated to the Right to Make Choices: the principal prerogative we ALL have to express our own preferences, make our own decisions, and direct our own lives, free from overbroad or undue guardianship. Site includes [information about Washington state](#). (Source: W4A)

Resource Guide for Employers

The White House announced a new guide for employers that compiles key federal and federally funded resources related to the employment of people with disabilities. The resource guide, [Recruiting, Hiring, Retaining, and Promoting People with Disabilities](#), provides employers with plain language technical assistance tools in an easy-to-use question-and-answer format. The guide was produced by the [Curb Cuts to the Middle Class Initiative](#) – a federal interagency effort working to increase equal employment opportunities and financial independence for people with disabilities. (Source: Job Accommodation Network)

Center for Future Planning Encourages Adults with I/DD and Families to Plan Ahead

The Center for Future Planning's website provides information and assistance to families and individuals with intellectual and developmental disabilities on areas such as person centered planning, decision-making, housing options, financial planning, employment and daily activities, and making social connections. The website also provides information to family members, friends, and professionals that support individuals with I/DD. [View the website](#). (Source: The Arc)

Fall Prevention Programs Prove Effective

A new CDC study published in the *Journal of Safety Research* found that three evidence-based fall programs are proven to be feasible, effective, save costs, and provide a positive return on investment for society. The analysis found that the cost of implementing community-based fall prevention programs is far less costly than the potential medical costs needed to care for someone injured from a fall: Tai chi: Moving for Better Balance; Stepping On; The Otago Exercise Program. These research findings can help community organizations and policymakers identify and use programs that can save lives and costs. [Read the study abstract](#). (Source: CDC)

MSP & LIS Eligibility Charts Updated with 2015 Poverty Info

The U.S. Department of Health and Human Services (HHS) has published the federal poverty guidelines for 2015. These guidelines are used to determine financial eligibility for a range of government programs. [See the poverty guidelines](#) | [Get the MSP eligibility chart](#) | [Find LIS eligibility](#) (Source: NCOA)

Study: Suffering at the End of Life Getting Worse, Not Better

It's been more than 15 years since the Institute of Medicine released its [seminal 1997 report](#) detailing the suffering many Americans experience at the end of life and offering sweeping recommendations on how to improve care. A new study reveals that the percentage of Americans experiencing pain in the last year of life increased between 1998 and 2010, despite the growth of palliative care programs and hospice use. [Read more](#). (Source: Kaiser Health News)

Family Struggles with Father's Wish to Die

Robert Schwimmer was diagnosed with pancreatic cancer in 2013. He is now in hospice care. Schwimmer wants to hasten death if he finds himself in agonizing pain. His family stands ready to help but have legal and spiritual concerns. [Read/listen to the story](#). (Source: NPR)

After Alzheimer's Diagnosis, "The Stripping Away Of My Identity"

A 2-part story about Greg O'Brien who is living with early-onset Alzheimer's. In [Part One](#), O'Brien talks about learning that he had the disease and the challenge he had of telling his family. In [Part Two](#), he talks about how his life has changed in the five years since he was diagnosed with early-onset Alzheimer's disease. "More and more I don't recognize people," he says. (Source: NPR)

Google Features Cars for Individuals with Disabilities

The Google Self-Driving Car is a project that involves developing technology for autonomous cars, mainly electric cars. Fully autonomous driving has always been the goal of this project by Google. [View a new video about the car](#). One of the most unusual things about the video is that it involves a number of people with disabilities being shown, riding in, and enjoying the vehicle. (Source: Google)

Government to Grade Nursing Homes on Tougher Scale

Nursing homes now will be graded on their use of anti-psychotic drugs and will have to do more to get top ratings on the federal website [Nursing Home Compare](#). Those grades – in the form of one- to five-star ratings – are part of a government website to help consumers evaluate nursing homes. [Read more](#). (Source: KHN)

Aid & Attendance Rules Change

An Aid & Attendance pension can provide a wartime veteran with up to \$21,466 this year (\$1,788 per month) to cover care at home or in assisted living. The surviving spouse of a wartime veteran can get Aid & Attendance pension reimbursement for up to \$14,353 per year or \$1,196 per month. The Department of Veterans Affairs gave notice on January 23, 2015 that it will be changing the rules for pension eligibility. You have an opportunity through March 23rd to comment on the proposed changes. [Read proposed regulations and submit comments](#). (Source: AgingCare)

Vaccinate to Protect from Pneumonia

The Advisory Committee on Immunization Practices (ACIP), which is the vaccine advisory panel for the U.S. Centers for Disease Control and Prevention (CDC), recently recommended that older adults receive two vaccines to protect themselves from pneumonia. The committee recommended that adults age 65 and older receive both the Prevnar 13 and Pneumovax 23 vaccines to protect against the pneumococcal bacteria that cause pneumonia. Each vaccine works in a different way, and both vaccines offer broader protection. Additional protection is especially important for older adults, who are more vulnerable to serious infections. Medicare Part B will cover the both vaccines as part of the preventive care benefit. To read the full story from MedlinePlus, [click here](#). To read about Medicare's coverage of pneumonia vaccines, [click here](#). (Source: CMS)

March is Colorectal Cancer Awareness Month

Colon cancer is the second leading cause of cancer deaths in the United States. About 140,000 Americans are diagnosed with colorectal cancer annually and more than 50,000 people die from it. This disease is highly preventable by getting screened. Medicare Part B covers several types of colorectal cancer screening tests to help find precancerous growths or find cancer early. One or more of these tests may be covered: screening barium enema, screening colonoscopy, screening fecal occult blood test, multi-target stool DNA test (like Cologuard™), screening flexible sigmoidoscopy. [Visit Medicare online](#) to learn more about Medicare's coverage of colorectal cancer screenings. (Source: CMS)

PLAN AHEAD – MAY IS...

Older Americans, ALS Awareness, APS Awareness, Arthritis, Asthma, Better Hearing & Speech, Brain Tumor, Cystic Fibrosis, Family Wellness, Healthy Vision, Mental Health, Stroke Awareness,

