



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

Apr 2 – “What Say You?” Input for the ADR 4-year Area Plan, Nellis Kim, ADR Staff

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

Apr 9 – Networking

May 14 – “Pierce County Elder Abuse Unit” Prosecutor Mark Lindquist and Erika Nohavek.

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.

Apr 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 – 9:30 a.m.

Apr 15 – SASH Home Office, 4800 S. 188th St - Suite 220, Seatac

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.

- April 2 (8-9 a.m.) at the Lighthouse Senior Activity Center networking meeting, 5016 E. A St.
 - 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](#).

Chronic Disease Self Management Workshops

Three opportunities to take control of your health – in six weeks! The Living Well self-management workshop is a proven leader in self-management for people with chronic health conditions. Control your pain, deal with fatigue, start an activity program, handle stress and relax, use medications effectively, meet personal goals, eat well to live well. Workshops are free.

- Held every Tuesday Mar 31 to May 6 from 1 to 3:30 p.m. at Hillside Garden, 1708 South G St, Tacoma. Free. Okay to start April 7.
- Held every Tuesday May 12 – June 16 from 5:30 to 8:00 p.m. at the Lakewood Family YMCA, 9715 Lakewood Drive, SW.
- Held every Tuesday, April 7 to May 12 from 3 to 5:30 p.m. at New Tacoma Apartments, 1709 S. G Street in Tacoma.

Call to register at (360) 786-8690, ext 127.

Silver Sipping Social Hour(s)

A new program starting at the Rainbow Center and co-sponsored by Tacoma Older LGBT (Pre-SAGE Tacoma). For LGBTQ individuals who are 50+. Brown Bag Lunch (bring your own lunch - the RC will have beverages & snacks). This meeting will be an opportunity to socialize and also to discuss future meeting dates, topics/presentations/etc, possible meeting facilitators, group name and other issues. First meeting is Friday, March 20th from 11 a.m. to 1 p.m. Questions? Contact Laura at laura.brewer@rainbowcntr.org or (253) 383-2318.

Relay for Life in Pierce County

The American Cancer Society Relay For Life is the world's largest and most impactful fundraising event to end cancer. Several events in Pierce County. Check out details or sign-up online.

April 24-25 – [Relay For Life of Pacific Lutheran University](#) Held at PLU, 12180 Park Ave S.

May 1-2 – [Relay For Life of University of Puget Sound](#) Held at UPS, 1500 N Warner St.

June 6-7 – [Relay For Life of Tacoma](#) Held at Mt Tahoma High School, 4634 S 74th St. Health fair is from 11a.m. to 5 p.m. Opening ceremonies Saturday at noon. For information about participating contact [Cissy Gustafson](#).

June 19-20 – [Relay For Life of Central Pierce](#) Held at Franklin Pierce High School, 11002 18th Ave E.

New Care Center Opens on South Hill

Life Care Center of South Hill, a post-acute care center on South Hill in Puyallup, is now open and accepting patients. LCC South Hill has 100 beds, with 80 private patient suites and state-of-the-art diagnostic testing and rehabilitation equipment in a luxury, hotel-like setting. An in-house physician, 24-hour nursing care and fine-dining are just some of the features patients will enjoy. For the first few weeks a small sampling of private pay patients will be admitted. Patients with Medicare and other insurance will be considered following the Medicare certification inspection. Call (253) 841-6600 or stop in for a tour. LCC South Hill is located at 2508 7th St. SE, Puyallup, WA 98374.

25th Annual Conference on Ending Homelessness

The [2015 Conference on Ending Homelessness](#) will bring over 600 homelessness providers and advocates from across the state to exchange innovative ideas, best practices, and grow the movement to end homelessness in Washington. Held at the Greater Tacoma Convention & Trade Center, 1500 Broadway in downtown Tacoma May 13-14.

Books for the Visually Impaired

The Washington Talking Book & Braille Library endeavors to build community and provide equal access to information and reading materials for Washington residents unable to read standard print.

The WTBBL provides crucial services to people with visual impairments. To help spread the word they have put together a short video with testimonials from a number of patrons of the library. The video is on the WTBBL homepage – www.wtbbl.org – and on the facebook page – www.facebook.com/wtbbl - for you to watch and share as you like.

New Zoo Walk Series

Caregiver Services at Lutheran Community Services Northwest (LCSNW) partners with the Alzheimer's Association of Western and Central Washington (ALZWA) to offer a walking program in a safe but stimulating environment. The weekly Zoo Walk offers individuals experiencing mild memory loss an opportunity for regular exercise and a space to build relationships. The next series starts April 10. There is no charge for Zoo & Aquarium entry. Everyone pays for their own refreshments at the Plaza Café following the walk. Pre-registration is required. For more information contact Caregiver Services at Lutheran Community Services at (253) 272-8433

Where To Turn Guides Gone

The supply of the ever-popular Where To Turn guides (the yellow book) has been exhausted. Senior Media Services which produces the books will be releasing the 2015-16 edition in August.

Updated Income & Resource Standards Chart

The link for the [Washington Apple Health \(WAH\) Income & Resource Standards](#) – 2015 has been updated on the HCA website effective April 1. Other [WAH Publications](#) that list FPLs will be updated over the next couple weeks in preparation for the April 2015 changes.

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.

Free Business Planning Webinar

Are you an entrepreneur with a disability who needs a business loan for your small business? Need help writing your business plan? Sign up for Washington Access Fund's free accessible meetings. The meetings will take place via toll free conference calls with the materials emailed to you to follow along. The next series begins Tuesday, April 14 from noon to 1:30 p.m. and runs weekly (on Tuesdays for 6 weeks). To register and for more information, [E-mail](#) or call (206) 328-5116 / TTY 1-888-494-4775. Please give 14 days notice of accommodations needed.

Support Group for People Dealing with Alzheimer's

Cascade Park Active Day hosts a monthly Alzheimer's Support Group the first Wednesday of every month from 6:30pm-8:00pm. Come and join us for much needed support, helpful information and new friendships. Caregivers and those with dementia are welcome. It is a caring, safe and supportive atmosphere. Complimentary respite may be provided. Active Day is at 232 St Helens Avenue in Tacoma. Call (253) 627-9990 for more information.

SAIL Program Leader NEW Training & Refresher Course

SAIL Program Leader Training to expand SAIL classes in Washington State. Individuals who successfully complete this training will be able to conduct SAIL classes for older adults in local communities. Training is free. For more information contact [Laurie Swan](#) or [Sandy Gatlin](#).

Get Information and Support about Cochlear Implants

The South Sound Cochlear Implant (CI) Support Group is a resource for cochlear implant users, candidates, family members and service providers interested in learning more about the life changing technology that supports hearing loss when hearing aids are not enough. Throughout the year guest speakers come from the professional CI community – surgeons, audiologists, cochlear implant company representatives – to help guide and teach about the latest technology, surgical and programming enhancements. May 9 – MedEl; July 11 - Cochlear Implant Show 'N Tell; Oct 10 - Advanced Bionics. Held 10 a.m. to noon at TACID, 6315 South 19th St in Tacoma.

Health Insurance Marketplace Spring Special Enrollment Period

Customers who misunderstood the tax penalties for not having health insurance or who had trouble enrolling in a health plan by the Feb. 15 deadline qualify for a spring special enrollment period that runs until April 17. No documentation is required; however, retroactive coverage is not an option under this SEP nor can customers who are currently enrolled change plans. Additional info about the spring special enrollment period can be found [here](#).

Navigating Cancer Survivorship: Emotional Effects of Living with Cancer

MultiCare hosts Bruce Gimplin, LICSW, to talk about shared experiences of anxiety, depression, fear, and grief, and how we cope with cancer diagnosis, treatment, and survivorship. In addition, tools and resources to support you and your loved ones will be offered. There will be plenty of time for questions and discussion. Held in Pierce County at these MultiCare Regional Cancer Centers:

- Wednesday, April 1, 1:30-3 pm, 1003 S. 5th S. in Tacoma;
- Wednesday, April 22, 1-2:30 pm, Dr. Richard C. Ostenson Cancer Center, 400 15th Ave SE, Puyallup;
- Tuesday, May 5, 1-2:30 pm, 4545 Pt. Fosdick Drive NW in Gig Harbor.

For more information or to RSVP to attend: 1-866-200-2383 or [online](#).

Navigating Cancer Survivorship: Stress Reduction, Relaxation, and Self Care

Stress is the cause of 80-85% of all human illness and disease. While stress is a normal part of life, the problem lies with how much stress, how often we feel stressed, and what tools we have to deal with it. MultiCare hosts Roger Moore, PhD, to teach quick, easy and effective mindfulness based stress reduction techniques to help you to relax, manage stress, boost your immune system, survive with cancer, have more energy, and generally feel better. And you will have the opportunity to experience relaxing hypnosis. Held in Pierce County at these MultiCare Regional Cancer Centers:

- Thursday April 30, 1:30-3 pm, 1003 S. 5th Street, Tacoma;
- Thursday May 14, 1-2:30 pm, 121 N. Division, Auburn;
- Tuesday May 26, 1-2:30 pm, 4545 Pt. Fosdick Drive NW, Gig Harbor.

For more information or to RSVP to attend: 1-866-200-2383 or [online](#).

Trips with Pierce County Parks & Rec

May 27 – Port Townsend to Friday Harbor whale watching for active adults 50 and over combines orca watching with an on-board naturalist, a tour of San Juan Islands, and a visit to Friday Harbor for shopping and sightseeing. Tour includes a 2-hour stop in Friday Harbor for shopping or quick sightseeing. Bring lunch, snacks, and/or money for lunch. 7 a.m. to 7 p.m. Fee: \$90

June 1 – Above The Trees: TreeHouse Point tour for active adults 50 and over ventures to Fall City to visit eight different tree house's high above the tree line. The tour is about 1.5 hours. Stop for late lunch at Fall City Roadhouse. Trip includes transportation, ticket, and trip oversight. This tour is not wheelchair or walker friendly and there is no opportunity for sitting during the tour. Pre-registration required by May 1. Held 9:30 a.m. to 5 p.m. Fee: \$56

SCAM OF THE MONTH

There Is No Bureau of Defaulters

The email says it's a court notice from the Bureau of Defaulters Agency-FTC with your arrest warrant record attached. It says you've ignored their efforts to contact you, so now your Social Security Number is on hold by the federal government, you'll be prosecuted for fraud, and you'll owe all kinds of money when you're found guilty. You've got just 24 hours to respond. It's not true. There is no Bureau of Defaulters, and the FTC doesn't send emails like this to people. [Read more >](#) (Source: FTC)

RECOMMENDED READS FOR THE 50+

“Mindfulness Meditation for Pain Relief” [sound recording]

Jon Kabat-Zinn shares his practices for using conscious awareness to free the mind and body from physical and emotional suffering. Listeners will learn tips and techniques for working with the mind and embracing whatever issues arise in their lives. He also leads listeners in guided meditations to help them find relief from chronic pain, everyday stress, and emotional challenges, as well as to read and act appropriately in the face of pain. 2 CDs (1 hr., 45 min.). Call Number: TKCD 616.0472 KABAT Z (Pierce County Library System)

LOCAL HAPPENINGS

Apr 2 – Free Home Repair Class

Learn the basics and save money. Rebuilding Together South Sound will offer a free Basic Home Maintenance & Repair Class open to the public. The class will be held from 1 p.m. to 2 p.m. at the Soundview Building, 3602 Pacific Ave., S. in Tacoma. For additional information please RSVP to Alex Gilliom at Rebuilding Together South Sound at (253) 238-0977 or [by e-mail](#).

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](#).

Apr 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 8 - Food Service Professionals Workshop

Topics include dining and dementia, accountability, disaster/emergency meal preparedness, controlling food service costs, new state inspection processes, and a lunch & product showcase. Hosted by LeaingAge Washington at South Seattle College from 9 a.m. to 4 p.m. \$95. [More information online](#).

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 14 – How to Make the Most of Your Interactions with a Person with Dementia

Free workshop offered to the community. Held 4 to 6 p.m. at The Lodge at Mallard's Landing, 7083 Wagner Way in Gig Harbor. Refreshments served. RSVP at (253) 858-4990 or [e-mail](#).

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 for professionals and family caregivers. 16 workshops and lots of 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](#).

April 16 – Celebrate Parkinson's Awareness Month.

Life Care Center of Puyallup will host a Parkinson's Awareness Expo from 11am-1pm. Guests will enjoy nutritious snacks and time with vendors and experts in assisting patients with Parkinson's. Life Care Center of Puyallup is located at 511 10th Ave. SE, Puyallup. Call 253 845 7566 for more info.

Apr 18 – Secure Your ID Day

Free shredding and ID protection event held at the Better Business Bureau parking lot, 1000 Station Drive in DuPont. Free electronic recycling, document shredding, cell phone collection, child's IDs and more. Held 10 a.m. to 1 p.m. [Click here for more info](#).

Apr 21 – Mini Taste of Technology and Resource Fair

This free conference will showcase the latest advancements in assistive technology and services for people with different types of special needs or disabilities (hearing, speech, vision, mobility and cognitive). Held 11:30 to 3:30 pm at the Auburn Senior Activity Center, 808 9th St, SE in Auburn. [RSVP by April 14 to receive a free lunch](#). More info: (877) 577-1825.

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.

Apr 22 – Live It Out Loud Special Session

Puget Sound Music Therapy and Ted Brown Music partner to offer a group music-making opportunity for teens with special needs. Held 7-8 p.m. at Ted Brown Music, 6228 Tacoma Mall Blvd. in Tacoma. Call Ted Brown Music at (253) 272-3211 for more info!

Apr 25 - Flapjacks to End Alzheimer's

Hearthside Manor sponsors their annual flapjack breakfast fundraiser at Applebee's Restaurant, 3819 Bridgeport Way W. in University Place. Served 8 to 10 a.m. \$10 each. Call (253) 460-3330. All proceeds donated to the Alzheimer's Association.

May 5 – Know the 10 Signs of Alzheimer's and Dementia: Early Detection Matters

Free workshop offered to the community. Held 4 to 6 p.m. at The Lodge at Mallard's Landing, 7083 Wagner Way in Gig Harbor. Refreshments served. RSVP at (253) 858-4990 or [e-mail](#).

May 5-6 – Emergency Planning Institute

The Pierce County Emergency Planning Institute trains staff from social service agencies, long term care facilities and churches about planning for and creating plans for disasters. Receive an introduction to disaster issues, develop and/or enhance your individual agency plan(s) and learn how to update, train and exercise those plans. Held 9 a.m. to 4 p.m. [Register online](#). For questions, contact Sheri Badger, Pierce County Department of Emergency Management at (253) 798-2204 or [e-mail](#).

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 15 – Oh My Gosh – Now What?

There's no diagnosis like an Alzheimer's or Dementia diagnosis. There's lots of uncertainty before the diagnosis and in the early stages after the diagnosis. Take a look at the questions and the answers in this 6-part series for families and individuals beginning the journey. Part 1 – "What is Dementia? What are the warning signs?" Attend one or all of these discussions. Held noon to 1 p.m. at the Pierce County Annex Meeting Room, 2401 S. 35th St in Tacoma. Free; No RSVP. [View event flyer](#).

May 18 – Aging Successfully and Resource Expo

Celebrate Older Americans Month with this special forum. Featured speaker is Roger Landry, MD, MPH, author of Live Long, Die Short: A Guide to Authentic Health and Successful Aging. Learn the 10 tips for healthy aging and discover how you can live a lifestyle that will offer you the best chance to maximize your potential as you age. Held 1:30 to 5 p.m. at Pierce College.

May 20 – High Risk Populations Disaster Planning Summit

Hear about landslides in Washington, surviving an active shooter in your agency and new efforts in vulnerable populations emergency planning. Intended for any individual, agency, organization or business that is interested in disaster planning for the area's high risk (vulnerable) populations. Free continental breakfast and lunch provided to participants (vegetarian option is available). Free event, but [RSVP by May 13](#). Questions? [E-mail Sheri Badger](#) or call (253) 798-2204. Held at the MetroParks STAR Center, 3873 South 66th Street, Tacoma.

May 29 – Oh My Gosh – Now What?

Part 2 – "How do I start the conversation? How do I cope with the shock?" Held noon to 1 p.m. at the Pierce County Annex Meeting Room, 2401 S. 35th St in Tacoma. Free; No RSVP. [View event flyer](#).

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.](#)

May 30 – Senior Prom – “With a Song in My Heart”

Franke Tobey Jones hosts its sixth annual Senior Prom. New location is the McGavic Conference Center at Clover Park Technical College, 4500 Steilacoom Blvd, SW, Lakewood. Held 6 to 9 p.m. \$5 tickets at the door or in advance at (253) 752-6621 or www.franketobeyjones.com. (Event sponsorships available. Contact Christine Hall at (253) 756-6350 for sponsorship info.)

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

Annual caregiver training conference held at the Tukwila Community Center in Tukwila. The conference provides practical skills and resources that caregivers can use in their daily responsibilities. 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. Early registration fee (by May 13) for individual caregivers is \$30. Scholarships available for unpaid family caregivers. Early registration for agency-based caregivers is \$50. Fees include workshops, lunch and resource exhibits. [Registration information available online.](#) Space 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 2 – Hearing Loss and Dementia Behaviors

Free workshop offered to the community. Held 4 to 6 p.m. at The Lodge at Mallard’s Landing, 7083 Wagner Way in Gig Harbor. Refreshments served. RSVP at (253) 858-4990 or [e-mail.](#)

June 12 – Oh My Gosh – Now What?

Part 3 – “What are the typical behaviors? How do I manage them?” Held noon to 1 p.m. at the Pierce County Annex Meeting Room, 2401 S. 35th St in Tacoma. Free; No RSVP. [View event flyer.](#)

June 26 – Oh My Gosh – Now What?

Part 4 – “How does the disease progress? What should I expect?” Held noon to 1 p.m. at the Pierce County Annex Meeting Room, 2401 S. 35th St in Tacoma. Free; No RSVP. [View event flyer.](#)

July 6 – Who Decides? Powers of Attorney and Guardianships

We all want to be in control and make our own decisions. But what happens when accident, illness or disease make that impossible? It can happen anytime. Learn the basics about the two most important legal instruments any adult can have, when they are appropriate, how they can be implemented, what they can and can’t do and what it can mean for families and a person’s health, finances and long term independence. Held 12:10-12:50 p.m. at the Pierce County Annex, 2401 S. 35th Street, Tacoma. Free; No RSVP Required. [View event flyer.](#)

July 7 – Who Decides? Powers of Attorney and Guardianships

(See July 6 for event description.) Held 12:10-12:50 p.m. at the County City Building, 930 Tacoma Ave S in Tacoma. Free; No RSVP Required. [View event flyer.](#)

July 10 – Oh My Gosh – Now What?

Part 5 – “How do I pay for care? What are the legal things I should do?” Held noon to 1 p.m. at the Pierce County Annex Meeting Room, 2401 S. 35th St in Tacoma. Free; No RSVP. [View event flyer.](#)

July 11 – Who Decides? Powers of Attorney and Guardianships

(See July 6 for event description.) Held 10-11 a.m. at the Soundview Building, 3602 Pacific Avenue in Tacoma. Free; No RSVP Required. [View event flyer.](#)

July 24 – Oh My Gosh – Now What?

Part 6 – “Where can I turn for help? What are the resources I can rely on?” Held noon to 1 p.m. at the Pierce County Annex Meeting Room, 2401 S. 35th St in Tacoma. Free; No RSVP. [View event flyer.](#)

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

(See also Sept 26 listing below) 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.

Aug 10-14 – Camp Sparkle Tacoma

Five full days of themed activities, field trips, and making friends for all children and teens affected by cancer. Free but all campers must be members of Gilda’s Club Seattle. To join or to register for camp contact Sally Benson at (206) 709-1400 or 1-866-200-2383 or [e-mail](#). Held 9:30 a.m.-4 p.m. at the STAR Center, 3873 S. 66th St. in Tacoma.

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 17-18 – Elder Friendly Futures Conference

Save the date for a two-day gerontology conference for clinical care providers, community partners and researchers with a commitment to healthy aging. Presented by the UW School of Nursing and the UW School of Social Work. [More information online.](#)

Sept 23 – Fall Prevention Awareness Day

This year’s event is Sept. 23, the first day of fall. Start planning now to educate older adults about how they can stay safe! This year’s theme is “Take a Stand to Prevent Falls.” [Find out more](#) | [Read what states did last year](#) (Source: NCOA)

Sept 26 – Pierce County Alzheimer’s Caregiver Conference

Save the date. Held 8 a.m. – 4 p.m. at Emmanuel Lutheran Church, 1315 N. Stevens in Tacoma. Sponsored by Health Care Providers Council. More information to come.

Sept 26 – 25th Anniversary ADA Community Festival

Tentative. Held at TACID, 6315 S. 19th in Tacoma.

Oct 21 – Making the Link

MetroParks STAR Center, 3873 S 66th Street in Tacoma. Details TBA.

Oct 28 – Senior Lobby Conference

Hotel Murano, 1320 Broadway in Tacoma. Contact [Karen Bowen](#) at (360) 754-0207. Details TBA.

Q&A of the Month

Question: I am getting lots of telephone calls from people selling people. How do I make them stop?

Answer: Sign up on the “Do Not Call Registry.” You can sign up online at www.donotcall.gov or by phone at (888) 382-1222. Once you are on the list you will remain on the list. Contrary to rumors, you do not have to re-register your number after 5 years. Exempt from following the list are nonprofit organizations and political campaigns. It’s not unusual that some sales calls will come through. Consider the caller either a scam or a not very honest business. Legitimate companies honor the list. You shouldn’t deal with a company that doesn’t know how to follow basic rules. When those sales calls come through, hang up. If you have signed up on the registry and you still get calls, file a complaint, visit www.donotcall.gov or call (888) 382-1222. That’s about all you can do.

NATIONALLY

Older Americans Act Limps Along at 50, Service Agencies Stressed

This year marks a half-century since Congress created the Older Americans Act, the major vehicle for delivering social and nutrition services to people over 60. But there’s little to celebrate on the golden anniversary of the law that helps people age at home. Federal funding hasn’t kept up with the skyrocketing number of America’s seniors, now the largest elderly population in history. That’s left states and communities struggling to provide the in-home support, meals, case management and other nonmedical services that help seniors avoid more costly nursing home care and enrolling in taxpayer-funded Medicaid. [Read the article.](#) (Source: Government Executive)

OAA Reauthorization in Congress

The Older Americans Act reauthorization is winding through Congress. Read the [N4A Advocacy Alert](#) which provides both background information and guidance on steps that you can take to voice your support for the increase in funding. (Source N4A)

How IRS Contacts Taxpayers

The IRS stops and flags suspicious or duplicate federal tax returns that falsely represent your identity, such as your name or social security number. If the IRS suspects tax ID theft, the agency will send a [5071C letter](#) to your home address. If you receive this letter, verify your identity at idverify.irs.gov or call the toll-free number listed in the letter. If you are a victim of state tax ID theft, contact your state’s taxation department or comptroller’s office about the next steps you need to take.

Battle Over Dementia Drug Swap Has Big Stakes For Drugmakers, Consumers

A court ruling about Actavis’s strategy to switch consumers from its top-selling dementia drug, which will lose patent protection this summer, to a newer, patent-protected drug, may define how far drug makers can go to protect profits from generic rivals. [Read more.](#) (Source: KHN)

