

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
May 7 – “SHAG Housing,” LeighBeth Merrick, SHAG Community Life Coordinator
June 4 – “Community First Choice” with Kevin Going and Mary Fran Marron

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
May 14 – “Pierce County Elder Abuse Unit” Prosecutor Mark Lindquist and Erika Nohavec.
June 11 - Networking

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.
May 6 – 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.
May 20 – Merrill Gardens at Renton Centre, 104 Burnett Ave S., Renton
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

Senior Farmers Market Voucher Registration Starts May 4

The 2015 season of the Senior Farmers Market Nutrition Program will be starting in June. Call the Aging & Disability Resource Center at (253) 798-4600 or (800) 562-0332 starting Monday, May 4th, to sign up for a set of vouchers (one per household) that you can redeem for fresh, Washington-grown fruit, vegetables, cut herbs and honey at participating Farmers Markets. Eligibility criteria:

- Live in Pierce County;
- 60 years old or older (55+ for Native American or Native Alaskan);
- Able to pick up the vouchers in person with your government-issued I.D.;
- Total monthly household income is not more than:
1 person - \$1,815 2 people - \$2,456 3 people - \$3,098

There is a limit of one set of vouchers per household.

Telephone Reassurance Calls Available Free

The Telephone Reassurance program is a welfare check by phone. ADRC staff(s) call participants each morning. In addition, ADRC staffs are resource specialists. We are also trained to recognize and respond appropriately to problems. Referral for the Telephone Reassurance program is a simple process that only takes a few minutes to complete. Just [e-mail](#) or call the ADRC @ (253) 798-4600 or and ask for the Telephone Reassurance program.

AARP Finances 50+

Are you having difficulties with budgeting or perhaps gotten into debt? AARP Finances 50+ will help with those issues and much more. This is a multiple date program and is provided to you at no charge. The five-session class will be held at the Point Defiance-Ruston Senior Center, 4716 N. Baltimore in Tacoma starting May 4. For details call (253) 756-0601.

Learn About Dental Services at Point Defiance-Ruston

Tamara Shearer, RDH, (aka Forever Smiles) will be discussing services that may be offered at the Point Defiance-Ruston Senior Center, such as dental cleanings. These services will be of particular interest to people on Medicaid because she will bill Medicaid and there will be no cost to the client. Presentation will be at 12:05 p.m. on Wednesday, May 13.

GiveBig on May 5

The Seattle Foundation's GiveBIG is a one-day, [online charitable giving event](#) to inspire people to give generously to nonprofit organizations who make our region a healthier and more vital place to live. [Search for non-profits](#) participating in this one-day event. The people behind these organizations, those who work tirelessly to improve the lives of everyone in Greater Seattle, are champions. GiveBIG is a day to support their championship-worthy work.

Sea Mar Tacoma Clinic Moving

The newly remodeled Sea Mar medical facilities on Cushman are done and doors are open. The previous location on 19th street will be converted to a mental health/behavioral health site in mid-May. Kyle Davidson is the clinic manager for the Tacoma Medical site on Cushman.

Memory Social Hour in Lakewood

Join us for food, activities, fun and enjoyment. This is a support group for people with early stage memory loss and serves people with Alzheimer's or dementia, their caregivers and families. It gives everyone an opportunity to be themselves in a supportive environment. Sponsored by Lakewood Senior Activity Center and Hearthside Manor. Held the fourth Thursday of each month at 2 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Drive, SW. Call (253) 798-4090 for details.

Nominate Today! Business of the Year Torch Awards

Better Business Bureau's annual Business of the Year Torch Awards honor businesses that demonstrate excellence in the marketplace. Every year, one business in each of BBB's service areas-Alaska, Oregon and Western Washington-will be selected to receive BBB's prestigious award. The Business of the Year Torch Awards allow businesses the opportunity to spotlight the great things they do every day in furthering marketplace trust and integrity. For a list of requirements and details on how to nominate or submit your business, [click here!](#) Nominations Close: June 1. Contact Savannah Kimball at (206) 676-4117 or Savannah.Kimball@thebbb.org.

Welcome To Medicare Workshops

Need help understanding Medicare? SHIBA offers a workshop is for current and new beneficiaries, those that will soon be eligible and anyone who wants to learn more about Medicare health coverage. Various plan options, prescription drugs and supplements are discussed.

- Welcome to Medicare @ Pierce College, Fort Steilacoom campus: May 30 from 10am-1pm
- Welcome to Medicare @ Pierce College, Puyallup campus: May 9 from 10am-1pm
- Welcome to Medicare @ Pierce College, Puyallup campus: June 6 from 10am-1pm

To register, call Pierce College registration at 253-840-8452. The class is free. Brought to you by SHIBA (Statewide Health Insurance Benefit Advisors).

Down Payment Assistance Loan Program for People with Disabilities

The HomeChoice Second Mortgage program is a Down Payment Assistance Program for low- to-moderate income people with a disability or who have a family member with a disability living with them and qualify for Home Advantage first mortgage loan program. A 1.00% interest rate on the Down Payment Assistance loan program for first-time homebuyers (borrowers who haven't owned and occupied their primary residence in the past three years). If you buy in a [targeted area](#) you do not have to be a first-time homebuyer. This is a program of the Washington State Home Finance Commission. [Learn more online.](#)

Disabled Parking Changes Coming Statewide

Effective July 1, a person applying for parking privileges for persons with disabilities must include a written prescription from a health care provider. This requirement is in addition to completing the standard application. This written authorization is also required upon a 5-year renewal. The changes in the law are, in part, the result of recommendations by the Disabled Parking Work Group formed under the direction of the 2013 Legislature to examine the use of placards and special license plates for persons with disabilities, and develop a plan to end program abuse. Other changes include:

- Temporary parking placards extended from up to 6 months to up to 12 months.
- Illegally obtaining a placard, license plate, tab, or identification card has been upgraded from a traffic infraction to a misdemeanor criminal offense.
- Selling a placard, license plate, tab, or identification card is a misdemeanor criminal offense.
- A placard must be fully visible through the windshield and improper display is a traffic infraction.
- New language on the application form includes a more detailed warnings about abuses.

[A new symbol for the placard](#) will be implemented as well.

Medicaid Plan Selection Coming May 11

People applying for Washington Apple Health (Medicaid) coverage will soon be able to choose their managed care plan through the Washington Healthplanfinder (HPF). This will be similar to the process used today by other customers to select commercial, “qualified health plans” via the Healthplanfinder. Beginning May 11, 2015, they can review managed care plan choices available in their area; examine information about the past performance of those plans; locate providers, hospitals, or clinics available in each plan; and choose a plan that will best meet their needs. Existing Apple Health clients will be able to use Healthplanfinder to change their plan at any time. As before, they can also submit changes via an [enrollment form](#), by calling the HCA call center (1-800-562-3022) or by going online to the [ProviderOne client portal](#).

Exchange Board Approves Family Dental Plans for 2016

Qualified Dental Plans will be offered through the [Washington Healthplanfinder](#) during the 2016 open enrollment period, pending a sustainable funding source. [Washington Healthplanfinder](#) currently offers Qualified Dental Plans for children. This decision will provide individuals and families a one-stop shop experience that allows them to purchase a Qualified Health Plan and Qualified Dental Plan in one

place. It also provides access to preventive dental care and allows for continuity of dental coverage for customers transitioning between Washington Apple Health and Qualified Health Plans.

Washington Healthplanfinder Enrollments Surge

Washington Healthplanfinder announced that 170,101 Washingtonians have signed up for a Qualified Health Plan or renewed their health coverage through www.wahealthplanfinder.org. Of the total number of Qualified Health Plan enrollees, more than 16,000 enrolled during the spring special enrollment period.

Walking Guide for Tacoma & Pierce County

While this info isn't new (published I 2008), the information is still basically current. Get out and enjoy the great outdoors. Most of the routes are accessible. All of them are rewarding. [View guide](#).

Special Education: What to Expect, How to Prepare

This special four-part video series on [Special Education](#) produced by the Arc of Washington, offers a basic primer for parents and tips for creating good partnerships with educators. Part One: The history, federal laws and values of inclusion that form the basis of special education in Washington State. Includes advice from parents and statewide resources for families. Part Two: The three-part special education process: Referral, Evaluation and Individualized Education Program. Includes advice from parents and a special education administrator. Part Three: Key elements of an IEP, who writes it, and how to make the most of an IEP meeting. Part Four: An outline of the informal and formal ways to resolve conflicts between parents and school districts. Includes advice from parents and parent advocates about mediation and relationship building.

SCAM OF THE MONTH

Unlocking the Code

Identity thieves may already have a lot of information about you – like your credit card number, the card's expiration date, and your name, address, and phone number. With all that information in his hands, why would he call you? He's after one vital piece of information – the security code on your credit card. [Read more](#). (Source: FTC)

RECOMMENDED READS FOR THE 50+

“Deep-Rooted Wisdom : Skills and Stories from Generations of Gardeners”

Deep-Rooted Wisdom is Augustus Jenkins Farmer's antidote to this corporate-driven model of gardening. In it he shares the traditional skills and techniques he has learned over the years from generations of gardeners, like gardening with pass-along plants, harnessing the natural power of worms and mushrooms, saving heirloom seeds, and making handmade garden structures out of available materials. Along the way, he introduces us to a cast of unforgettable characters, like Yvrose Valdez, a woman from Haiti who uses legumes in lieu of fertilizer, and Bennett Baxley, who has a 20-acre yard filled almost entirely with scavenged plants. Deep-Rooted Wisdom is garden mentorship at its best and most honest, showing us all a way back to a more joyful, simple style of gardening. Call Number: 635 FARMER. (Pierce County Library System)

LOCAL HAPPENINGS

May 2 – Relaxation and Self Care Workshop

Relaxation is reported to help us in many ways from lowering our blood pressure to allowing us to improve concentration and mood. In addition, art therapy allows us to gain new perspective and

understanding of ourselves and also reduce feelings of stress--which in today's busy world we could all use! Enjoy a morning filled with a focus on the most important person in your life, YOU! \$25 Held 9 a.m. to 12:30 p.m. at the One Pacific Building, 621 Pacific Ave, Suite 300, Tacoma. Contact [Jordyn](#) or the Hoarding Project or call (253) 254-5731.

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 – BBB Orientation & Networking Event

Expand your business network with local professionals and BBB Accredited Businesses at AlphaGraphics Tacoma, 5005 Pacific Hwy East, Ste 16 in Fife from 4 to 6 p.m. Whether you are a new BBB Accredited Business, have been with BBB for years, or are thinking about becoming accredited, this [orientation and networking event](#) has something for everyone. Learn how to take advantage of your accreditation, utilize online marketing tools to help expand your brand and generate sales, and discover new benefits and opportunities provided to BBB Accredited Businesses. Stop by for a glass of wine and hors d'oeuvres, make connections with BBB Accredited Businesses and see how accreditation may benefit you and your business. If you are interested in marketing your business at the event by donating a prize item for a drawing, contact Savannah Kimball at (206) 676-4117 or Savannah.Kimball@thebbb.org.

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 Keynote 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 13 – Aging the LGBTQ Way

Come share your experiences, hopes and dreams for the future of LGBTQ aging in the Pacific Northwest. UW Professor Karen Fredriksen Goldsen will provide findings and updates from the first ever national federally funded longitudinal project of LGBTQ aging and well-being over time. The event 5:30-7:00 p.m. and is free of charge and wheel-chair accessible. To request disability accommodation, call at least 10 days in advance to (206) 543-6450/V, (206) 543-6452/TTY, (206) 685-7264 (FAX), or email dso@us.edu. Light refreshments served. RSVP at AgePride@uw.edu or call (800) 558-8703.

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

If you are now, or plan to become an elder/senior, you will want to get into the act and attend this free Forum in celebration of May as Older Americans Month. The forum will be held at Arts & Allied Health Building at Pierce College, 9401 Farwest Dr SW in Puyallup from 1 pm to 5 pm. Featured speaker is Roger Landry, MD, MPH, a preventive medicine physician and author of the award-winning *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. Dr. Landry combines the latest aging research with real-life stories as he lays out an easy roadmap to find authentic health age in today's fast-moving world. The event will include a resource expo where participants can learn about important, available aging information from area aging resources. Event schedule: 1 pm, Resource Expo opens; 2 pm; Forum, including panel and featured speaker; 4 pm Resource Expo; 5 pm event closes. Puyallup Area Aging in Community Committee is presenting the free event in partnership with Pierce Community College, LeadingAge Washington, Wesley Homes, MultiCare Celebrate Seniority, Thrivent Financial and Fairfield Inn.

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 29 – Travel Ambassador Workshop

Learn about the transportation options available in Pierce County and how to travel throughout the region. This program is designed to give an overview of travel options in our community. It is especially valuable for social service and agency professionals who serve seniors, people with disabilities, and people with low incomes. Held 8:30 a.m. to 1:00 p.m. at the Pierce Transit Training Center, 3720 96th Street SW in Lakewood. Refreshments provided. Register before May 27 with [Penny Grellier](#) or call (253) 502-2708.

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.](#)

June 29-30 – Emergency Planning Statewide Conference for People with All Abilities

If you work with people with disabilities, vulnerable populations, individuals with access and functional needs, and network with local Police, Fire, and Emergency Management personnel in your community, then this event is for you. Learning how to prepare, respond, and recover to any emergency is essential. This conference will help you, the people you serve, and your agency know how to prepare, respond, and recover in crucial emergency situations. Free. Held at the Yakima Convention Center. [Register online.](#) More info contact [Brooke Searight](#) at (360) 725-3692.

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 13-17 – What Does Your Future Hold?

Join the Center for Independence of this 5-day workshop designed to empower youth (16-21) living with disabilities. Supports young people in their pursuit of living, working and participating independently in the community. Event is designed for young people planning to go to college, get a job, and live independently in the community in the future. Youth with 504 Plans encouraged to apply. Held 10 a.m. to 4 p.m. at CFI, 7801 Bridgeport Way W., #200 in Lakewood. Request an application before June 1. Call Leah Velasco at (253) 582-1253, ext. 5.

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.

Aug 27 – Area Plan Public Hearing

ADR has conducted several community forums and surveys to gather information for the 4-Year Area Plan for 2016-2019. Find out what the results have told us as ADR unfolds its new plan for services. Held 1:30 – 3:00 p.m. in the Soundview Conference Room 1, 3602 Pacific Ave., Suite 200, Tacoma.

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 13 – Latino Health Forum

Tenth annual event. Save the date. Held 8 a.m. to 5 p.m. at the Hilton Seattle Airport Conference Center.

Oct 21 – Making the Link

MetroParks STAR Center, 3873 S 66th Street in Tacoma. 11 a.m. to 4 p.m. 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: What's the penalty for not having health insurance in 2015. Last year wasn't too bad for me but I hear it will be higher in 2015.

Answer: The penalty not for having health insurance in 2014 was \$95 or 1 percent of a person's total income. For 2015 that penalty will be higher. The penalty increases next year to \$325 per adult and \$162.50 per child up to \$975 per household or 2 percent of income, whichever is higher. The following year those penalties will more than double. Remember, if you go without health insurance, if you do have any health expenses you will also be responsible for 100% of the cost of care in addition to the penalty when you file taxes next year. It could be a very expensive gamble.

NATIONALLY

Medicare & Medicaid at 50

With Medicare and Medicaid turning 50 in July, the Kaiser Family Foundation has produced a [video](#) that provides a brief history of both programs, including an examination of the health care, social and political landscapes that gave rise to them, the significant ways each program has evolved over five decades and the important roles they play in the U.S. health care system today. The 16 minute video includes archival footage as well as commentary and perspective from policy makers, government officials and experts. (Source: KFF)

Congress Passes Medicare Bill that Does More than Fix Medicare's Doctor Payments

Congress has passed legislation to scrap the physician reimbursement formula, accepting a bipartisan plan muscled through the House last month by Speaker John Boehner and Democratic leader Nancy Pelosi. The current reimbursement schedule will [replaced](#) with payment increases for doctors for the next five years as Medicare transitions to a new system focused "on quality, value and accountability." Existing payment incentive programs would be combined into a new "Merit-Based Incentive Payment System" while other alternative payment models would also be created. [Read more](#). The bill also includes funding to start the removal of Social Security numbers from Medicare cards — a step that federal auditors and investigators had been recommending for some time. (Source: KFF)

Medicare Bill a Victory for Low-Income Seniors

President Obama signed a bill that offers critical protections for our nation's most vulnerable seniors with Medicare. The Medicare Access and CHIP Reauthorization Act makes the Qualifying Individual (QI) program permanent and expands resources for community-based organizations to conduct benefits outreach and enrollment. [Get more details](#) (Source: NCOA)

National Falls Prevention Action Plan: National Action Plan

In response to escalating concerns related to falls and fall-related injuries among the aging population, and to address the challenges and barriers related to a national falls prevention initiative, The National Council on the Aging (NCOA), with support from the Archstone Foundation and the Home Safety Council, is spearheading an initiative entitled Falls Free: Promoting a National Falls Prevention Action Plan. [Read more and review the Action Plan](#). (Source: NCOA)

Use Older Americans Month to Educate and Advocate

May is Older Americans Month, and the Administration for Community Living is recognizing the 50th

anniversary of the Older Americans Act (OAA) with the theme *Get into the Act!* Use this opportunity to educate your community, the media, and your elected officials about how the OAA helps seniors stay independent. Congress is in recess May 23-30—a great time to invite your lawmakers to see the OAA in action at your organization. [Get OAM materials](#) | [Learn more about OAA](#) (Source: NCOA)

A Husband Becomes Caregiver, A Marriage Evolves

When Rick Rayburn retired from the California State Parks system, he had his heart set on balmy days of gardening, playing tennis and traveling to France with his wife, Marianne. But then she was diagnosed with dementia. It disrupted the couple's lives from top to bottom, right on the cusp of retirement. At 67, Rick has taken on a big new role. [Listen to the story](#). (Source: NPR)

A Roadmap to Better Care & a Healthier You

CMS launched a national initiative, “From Coverage to Care”, (C2C), which is designed to help answer questions that people may have about their new health coverage to help them make the most of their new benefits, including taking full advantage of primary care and preventive services so they can live a long and healthy life. “A Roadmap to Better Care and a Healthier You”, is now available in 6 additional languages: Chinese, Korean, Vietnamese, Russian, Haitian Creole and Arabic. [Order free materials](#). (Type “11813” in the search box and it will take you right into the site.) [Download materials](#). (Source: CMS)

CMS Adds Star Ratings to Hospital Compare

CMS is now publicly reporting Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) Star Ratings on [Hospital Compare](#). The HCAHPS survey is a standardized survey instrument and data collection methodology that has been in use since 2006 to measure patients' perspectives on hospital care. The HCAHPS results will allow consumers to make fair and objective comparisons between hospitals and patients' perspectives of care. (Source: CMS)

Medical Providers Can't Sue States Over Medicaid Funding

The U.S. Supreme Court has ruled that private medical providers that deliver residential care services cannot sue a state to raise Medicaid reimbursement rates to deal with rising medical costs. The justices, on a 5-4 vote, ruled that medical providers have no legal recourse to sue. The ruling is a loss for the healthcare industry, with trade groups and the U.S. Chamber of Commerce backing the providers in the case. [Read more](#). (Source: Reuters)

Hacked Email? Hijacked computer?

Do you know what to do when your personal email gets hacked? How about when malware hijacks your home computer? The FTC has two new videos to help: [Hacked Email: What to Do](#) and [Hijacked Computer: What to Do](#). For more information on about how to be safe, secure and responsible online, visit [onguardonline.gov](#). (Source: FTC)

Microsoft Announces Pilot Program to Hire People with Autism

Microsoft has launched a new pilot program with [Specialisterne](#), focused on hiring people with autism for full-time, Redmond-based Microsoft positions. People with autism bring strengths that we need at Microsoft, each individual is different, some have amazing ability to retain information, think at a level of detail and depth or excel in math or code. Candidates interested in our pilot program can email resumes to msautism@microsoft.com. Find out more about [Microsoft's commitment to diversity and inclusion](#). (Source: Microsoft)

25 Ways the ADA Sparked Positive Change in the US

