



The ADRC E-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
June 4 – “Community First Choice” with Kevin Going and Mary Fran Marron, ADR
July 2 – No meeting scheduled

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
June 11 – “\$15 Minimum Wage”

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.
June 3 – 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.
June 17 – Farrington Court, 516 Kenosia Avenue, Kent
Schedule of meeting locations and times at www.secoalition.com

Aging Smart – Gig Harbor

Third Thursday of each month at 8:00 – 9:45 a.m.
Brookdale Gig Harbor, 3213 45th Street Court NW, Gig Harbor
Call (253) 509-2340 for Aging Smart info

LOCAL SERVICES

Time for Farmers Markets

Puget Sound Fresh was launched to assist local farmers in the 12 counties that surround Puget Sound to market their products, enabling them to keep their land in production and encourage development of new farm enterprises. The program provides consumers with resources and tools to help them identify and make informed choices on how to find and purchase seasonal and locally grown, raised or harvested foods. The Puget Sound region supports a diversity of fresh fruits and vegetables, meats, poultry, fish and shellfish, eggs, herbs, flowers and a wide variety of value added-farm products such as preserves, ciders and wine, cheese and many others. The program also helps consumers connect with on-farm experiences such as U-Picks, special on-farm events and pumpkin patches. [Find local farmers markets here.](#)

Senior Farmers Market Voucher Registration Continues!

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 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.

Fresh Bucks Doubles EBT Money at Farmers Markets

The Fresh Bucks program is in place this year at the Tacoma Farmers Markets and Proctor Farmer's Market. The program helps EBT card users double their benefits up to \$10 towards fruits and veggies each time they visit the market. The matching dollars are intended to promote healthy eating and local agriculture. Inquire at the Market Info Booth and learn how a dollar for dollar match is provided up to \$10 per EBT card per Market day! More at [Proctor Farmers Market](#) and [Tacoma Farmers Market](#).

Prairie Ridge Community Coalition Honored

United Way of Pierce County honored the Prairie Ridge Community Coalition at its Celebrate Community Breakfast in April. A team from United Way took video clips and pictures of a Coalition meeting and a community dinner and created a short video. Several community partners talk about the work that is being done in Prairie Ridge and how the community is working together. [View the video](#).

KWA Receives SNAP Enrollment Grant

The National Council on Aging's (NCOA) Senior SNAP Enrollment Initiative is a national program that fights senior hunger by supporting efforts by community-based organizations and agencies to assist older adults (i.e., age 60 and over) in applying for and enrolling in the Supplemental Nutrition Assistance Program (SNAP). KWA is one of 30 recipients nationally to receive a special grant for SNAP outreach and application assistance efforts. [See more online](#).

Oldest Working Nurse in America at TG!

Sixty may be the average retirement age, but Florence "SeeSee" Rigney can't see why. Today, at age 90, she's the United States' oldest practicing nurse, still wandering the halls of Tacoma General Hospital, setting up the operating room and making her fellow nurses smile. [Featured on Today](#).

Advocates Needed for Deaf-Blind Clients

Deaf-Blind Service Center is searching for potential candidates to work as sub-contracted Support Service Providers (SSPs) in Pierce and King Counties. SSPs assist with food shopping, basic banking, mail reading, errands, exercise for health and rides to the airport. Free training provided. Must have a car, be able to pass background check and obtain a business license. Contact Debra Kahn at ssp@seattledbsc.org.

Bill to Prevent Abuse of Vulnerable Adults Signed Into Law

A bill introduced by Rep. Melanie Stambaugh (Dist. 25, Puyallup) to protect vulnerable adults from abuse was signed into law by Gov. Jay Inslee. [House Bill 1316](#) requires police officers to arrest without a warrant any person they have probable cause to believe has violated a temporary protection order regarding the abuse of vulnerable adults, such as the elderly or disabled. Police currently can arrest a person without a warrant for violating a temporary protection order in domestic abuse cases,

but not in cases involving vulnerable adults. Pierce County Prosecutor Mark Lindquist [told The News Tribune](#) in early March his office prosecuted 70 elder abuse cases alone in 2014. More than half of those cases involved financial fraud, such as gaining access to an elderly person's bank account.

Millions in Payouts Fail to Improve Care for Vulnerable Adults

A record-setting verdict against the state of Washington 15 years ago was expected to produce big changes in the system that cares for developmentally disabled adults. The [\\$17.8 million in damages](#) and additional \$1 million in legal costs awarded to three developmentally disabled men were seen as a stinging rebuke to Washington's Department of Social and Health Services (DSHS). But in the decade-and-a-half since, [DSHS](#) has paid more than \$30 million in new jury verdicts and settlement agreements for lawsuits filed on behalf of abused and neglected developmentally disabled adults. Each of the lawsuits exposed problems in how DSHS cares for vulnerable adults, yet the [KING 5 Investigators](#) found few improvements have been made, raising serious questions about the state's commitment to fixing a broken system.

Youth Transition Summer Workshop

The Youth Transition Summer Workshop is for youth with all disabilities who are planning to live independently someday and have career or educational goals. Youth 16-24 years old who have or had a 504 plan or IEP are encouraged to apply. Individuals must call and request an application. Once the application is received they will be contacted for an interview in June. The workshop focuses on preparing for college and/or employment, and developing independent living skills including self-advocacy, financial management, etc., as well as developing goals (i.e. work, college, or trade school). This is a great opportunity for youth to get connected with community resources and meet other youth with disabilities who plan to live independently. Participants will receive \$20 a day for participation. For more information about the workshop see these short videos - https://www.youtube.com/watch?v=NXX14H6WCt0&feature=em-share_video_user and <http://www.cfisouth.org/announcements.html> . Contact [Leah Velasco](#) at (253) 582-1253 x 5.

Input Requested to Improve Mental Health Services

The Mental Health Task Force of the Tacoma Area Commission on Disabilities is soliciting comments, recommendations, and other feedback as it works to craft goals related to community education about mental health treatment and recovery. Everyone agrees on the urgent need to “de-stigmatize” mental illness through community education and awareness training. If you have any suggestions about ways to reduce and eliminate the stigma around disorders of the brain or any other insights pertaining to mental health treatments and community education please submit your written recommendations and other feedback before June 19 to tacomacommissiondisabilities@gmail.com.

29% of WA Nursing Homes Received Low Overall Ratings on Nursing Home Compare

Twenty-nine percent of nursing homes in Washington State have 1 or 2 star ratings under the federal government's recently revamped Five-star Quality Rating System, according to a [new analysis](#) by the Kaiser Family Foundation. Nationally, over one third of the nation's 15,500 nursing homes have 1 or 2 stars and account for 39 percent of all nursing home residents. The ratings, overseen by the Centers for Medicare and Medicaid Services, assigns ratings of 1 to 5 stars to all Medicare- and Medicaid-certified nursing homes based on deficiencies that may be reported during health inspections, and measures relating to staffing and quality.

Honoring Choices Pacific Northwest Helps End of Life Planning

Honoring Choices Pacific Northwest website is a comprehensive portal of resources from communities across WA state. The goal is to inspire adults of all ages to create their personal end-of-life care plans and connect people to the tools they need to get started. Resources are provided to guide people

through sharing those plans with their loved ones and health care teams. Honoring Choices Pacific Northwest is an initiative of the [Washington State Hospital Association](#) and the [Washington State Medical Association](#).

Medicaid Plan Selection Now Live

Medicaid plan selection changes in [Healthplanfinder](#) and ProviderOne now provide new and renewing Washington Apple Health customers the ability to review managed care plan choices available in their area; examine information about the past performance of those plans; and locate providers, hospitals, or clinics available in each plan so they can choose a plan at the time of eligibility determination or renewal. Previously, Apple Health clients were assigned a managed care plan, and then had to take extra steps if they wanted to change to another plan. Existing Apple Health clients will be able to use Healthplanfinder to change their plan at any time. Online managed care plan selection integrates Healthplanfinder, the Department of Social and Health Services' Eligibility Service and HCA's ProviderOne system.

Join the 50+ Lunch Bunch

Are you a 50+ LGBTQ individual? Join the 50+ Lunch Bunch at the Rainbow Center, 2215 Pacific Ave in Tacoma. Held the third Friday of every month from 11 a.m. to 1 p.m. Bring your own lunch – the RC will have beverages & snacks. Questions? Contact [Laura](#) at 253-383-2318

Seeing Yellow Dots?

Yellow Dot program is a traffic safety initiative that provides first responders with critical personal medical information necessary to treat victims at the crash site. Because the first hour or the “golden hour,” following an injury is the most crucial, this information can mean the difference between life and death. The Yellow Dot Program places a decal on the vehicle's rear window on the driver's side in the lower corner. Emergency first responders (emergency medical responders and law enforcement personnel) look for this decal. The decal indicates to the first responders that there is a folder in the glove compartment of the vehicle that contains the participant's name, photo of the participant (in case more than one person is in the vehicle), medical conditions, and emergency contacts. The information in the folder assists emergency first responders in identifying the person, communicating with the person's emergency contacts, and ensuring that the person's medications and preexisting medical conditions are considered when treatment is administered related to the motor vehicle accident. Read more: http://www.myyellowdots.com/washington_yellow_dot.php.

Enrollments to Open Soon in Key DDA Programs

The Developmental Disabilities Administration (DDA) is beginning the process of transitioning to two new programs: Individual & Family Services (IFS) waiver and Community First Choice (CFC). It will affect everyone who receives services through the current IFS program, as well as personal care. Before the new programs take effect, and enrollments begin for thousands who have been waiting for services, a few things have to happen first. Read and share the [Six Steps of Transitioning to New DDA Programs](#). (Includes a link to a printable bulletin.)

App Helps People in Wheelchairs Plan Travel Routes

For most people, using a tool like Google Maps is an adequate way to find walking or public transit directions. But for those who face mobility challenges, be it a disability or a temporary injury, it can be difficult to know where closed sidewalks, steep inclines, ramp curbs, or other obstacles may exist. This is a problem that [Hackcessible](#) wants to fix. The new web app took home first place at [Hack the Commute](#), a hackathon put on by the City of Seattle that encouraged entrepreneurs to build solutions to fix the city's transportation issues. (Source: GeekWire)

Continuing Education for Caregivers

The Village Senior Living and Tara DuBois of Butterflies R Us Training are offering two classes for caregiver CEUs. June 13 – “Traumatic Brain Injury: Strategies for Surviving and Thriving,” 9 a.m. to 3:30 p.m. (6 hours); and June 27 – Infection Control and Mobility, 9 a.m. to 1 p.m. (4 hours). All courses are held at The Village Senior Living, 4707 South Orchard St. in Tacoma. Space is limited. Call Tara Dubois at (253) 876-4294 or [visit online](#).

CPR /AED / First Aid & Bloodborne Pathogens Course for Deaf Community

The CPR/AED/First Aid course includes recognizing & caring for breathing & cardiac emergencies and providing first aid to people. Participants will learn lifesaving skills, how to assess an emergency, and how to provide care for a co-worker, friend or family member, should they be cut or burned, stop breathing, choke or collapse. The Bloodborne Pathogens course includes information about managing a potential exposure to an infectious disease in the workplace, including how bloodborne pathogens are spread, how to prevent exposures and what to do if exposed to infectious materials. Contact HSDC for more info or to register for this class taught in ASL. Contact Deaf Services at seattle@hxdc.org or (206) 452-7953 Voice/VP for registration or more information. Training will be held at Hearing, Speech and Deafness Center, 1625 19th Ave. in Seattle.

SCAM OF THE MONTH

Spammy, Phony Weight Loss Promises

You get an email from a friend, with a link and a message: “Hi! Oprah says it’s excellent!” But did your friend really send this message? And what’s so excellent? Millions of people got emails like this one, but not from their friends. Instead, according to the FTC, marketers hired by Sale Slash sent spam emails from hacked email and social media accounts. Why? To trick people into thinking the messages came from a friend. And, of course, to sell stuff. [Read more](#). (Source: FTC)

RECOMMENDED READS FOR THE 50+

“The Caregiver’s Companion: Caring for Your Loved One Medically, Financially and Emotionally While Caring for Yourself ” by Carolyn Brent

Everything you need to know to ensure that your elderly loved one is being properly cared for. In this extensive guide, caregiver advocate Carolyn Brent outlines a step-by-step process so caregivers know what to do and what to ask in every situation that may arise, including: Signs that your loved one needs more assistance, What to look for in a retirement home, Caretaking in your own home, How to ensure wills are in order, How to manage difficult family relationships, Ensuring you are getting the help and care you need. Call Number: 362.24 BRENT. (Pierce County Library System)

LOCAL HAPPENINGS

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 15: World Elder Abuse Awareness Day

2015 is the 10th anniversary of this worldwide event that shines a light on a hidden problem – elder abuse. The Administration for Community Living (ACL) has a [microsite](#) with tips, tools, and ways to get involved.

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 26-28 – NAMI Basics Teacher Training

NAMI Basics is a signature education program for parents and other caregivers of children and adolescents living with mental illnesses. It focuses on the fundamentals of caring for the parent or caregiver, others in the family, and the child living with mental illness. Participants will learn the necessary skills to conduct a rigorous and effective 6-week course in your community. Attending the training is by pre-registration only, and class size is limited to 16 spots. If there are more applications than spots for the class a waiting list will be created. \$50 refundable registration deposit from your affiliate is required. Applications must be received by June 15th, 2015. View the [Basics Application](#). Contact the NAMI Washington office at (206) 783.4288 or email [Dorina Hyseni](#).

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. Deadline to request an application is June 5. Call Leah Velasco at (253) 582-1253, ext. 5.

July 22 – ADA 25th Anniversary Celebration and Rally

This July 26th, will be the 25th anniversary of the signing of the Americans with Disabilities Act (ADA). All are invited to be part of this celebration to bring public attention to the ADA. Celebrate its achievements and rally for issues that will bring opportunity for true equity to all. Let us know your interest, so we can contact you to support, coordinate, and/or partner if possible. Held 4 to 6 p.m. at WestLake Park/Center in Downtown Seattle. For details contact [Brooke Searight](#), (360) 725-3692.

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

Connect with other survivors to discuss and learn about the physical, mental and spiritual aspects of the cancer journey. This event is presented by multiple community organizations and cancer care advocates. The conference is FREE, but space is limited and registration is required. Held at the University of Puget Sound Wheelock Center from 8 a.m. to 5 p.m. [Register online](#) or call (253) 207-5151. If you speak Spanish, please call Agueda at 253-353-5502. If you speak Korean, Vietnamese or Cambodian, please call KWA at 253-535-4202. If you are Pacific Islander, please call Jackie or

Iolanda at 253-778-5642. If you speak Russian or any other language not listed above, please call 253-530-2936. For more information, please call Jamie at 253-530-2936.

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

Aug 17-21 – What Does Your Future Hold?

(See July 13-17 for event description. Held 10 a.m. to 4 p.m. at in Kent at 24437 Russell Rd., #204. Request an application before July 6. Call Leah Velasco at (253) 582-1253, ext. 5.

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.

Aug 29-30 – Cancer Survivorship Fair

Harmony Hill will be welcoming best-selling author and world-renowned expert on the mind/body connection [Joan Borysenko](#) as featured speaker for both the Gala dinner on Saturday evening the 29th and for the Survivorship Fair on the 30th (which will run from 12-4pm that day). Mark these dates on your calendar and look for more [information online](#).

Sept 17-18 – Elder Friendly Futures Conference

This two-day conference will focus on the opportunities and challenges of Care and Collaboration with Older Adults. The conference continues to offer a number of excellent opportunities for researchers, practitioners, administrators, policy-makers, and educators to showcase their mission and network with a key audience of government and non-profit organizations, academics, and community members. Highlights include keynotes, panel presentations, roundtable discussions, films on aging, and networking around current issues. Check the website for the early bird registration, opportunities to submit proposals for the poster session, and sponsorship opportunities for you or your organization to be part of this important event! [Click here for more information and registration](#). \

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.

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. Many patient assistance programs do not offer help if you have not signed up for health insurance as you are supposed to. It could be a very expensive gamble.

Follow-up From April's Q&A on the Do Not Call Registry

Consumers Union (publishers of Consumer Reports) has taken up a petition to end "robocalls," those computer generated calls that are more often scams than legitimate services. Consumers Union has already submitted a petition to the FCC asking it to clearly authorize phone companies to use blocking technologies. Now the advocacy group is demanding the phone companies offer free, effective call-blocking solutions. And the move includes fighting the expansion of robocalls to cell phones. To join the petition visit www.endrobocalls.org.

NATIONALLY

Go4Life Month

Celebrate the many health benefits of exercise with the [first annual Go4Life Month](#) this September! In collaboration with the White House Conference on Aging, *Go4Life Month* encourages older adults nationwide to fit exercise into their daily lives. Physical activity can [help people with Alzheimer's disease](#). Benefits range from staying in shape to helping with sleep habits, and exercise can even be done in 10-minute increments. Caregivers benefit from exercise, too! Regular physical activity can help reduce stress while keeping you healthy enough to care for others. Get involved with *Go4Life Month*. Our free resources include information on [how to participate](#) in *Go4Life Month*; free tools to [help you plan an event](#); and [social media posts to share](#). Any questions? Visit the [Go4Life Month website](#) or e-mail go4life@nia.nih.gov. (Source: NIA)

Former Labor Secretary Robert Reich Spells Out Need to Expand Social Security

Former Labor Secretary Robert Reich released a new video explaining the need for expanding earned Social Security benefits by eliminating the \$118,500 cap on income subject to Social Security Taxes. Reich notes that with employer-sponsored defined benefit pensions disappearing, and two-thirds of seniors relying on Social Security for a majority of their income, it is more important than ever to expand earned benefits. [Watch the video now](#). (Source: ARA)

15th Annual Transamerica Retirement Survey

[The study by the Transamerica Center for Retirement Studies](#) is one of the largest and longest-running of its kind, and is a robust, nationally representative survey conducted by an independent research company. The large sample enables TCRS to delve into comparisons of workers across many demographics and comparisons of employers by company size. Reports from the survey include topics related to readiness, challenges, employee demographics, generational differences, savings and more. (Source: TCRS)

Medicare Itemizes Its \$103 Billion Drug Bill

[Federal officials released data](#) showing prescription histories of hundreds of thousands of doctors and identifying the most common and costly drugs. The data show that 14 drugs cost the federal

government and Medicare beneficiaries more than \$1 billion each, accounting for nearly a quarter of Medicare prescription drug spending in 2013. Most of those drugs are used to treat chronic conditions that plague the elderly, including diabetes, depression, high cholesterol and blood pressure, dementia and asthma. (Source: KHN)

Making Information Power: Psychiatrists Unveil A New Resource For Patients

The American Psychiatric Association is releasing a new resource, “Understanding Mental Disorders: Your Guide To DSM-5,” to give patients and their families a better understanding of what these conditions involve and arm them with tools to advocate for their care. The guide costs \$21. [Read the story](#). (Source: KHN)

ACL Releases Profile of Older Americans

Over the past 10 years, the U.S. population age 65 and over increased by approximately 25 percent, from roughly 36 million in 2003 to 45 million in 2013. The population of older Americans is experiencing dynamic changes. Every year the Administration for Community Living (ACL) uses U.S. Census data to compile a profile of the U.S. population over age 65. This year’s report is entitled “[A Profile of Older Americans: 2014](#).”

Senior Center Conference

Registration is open for the 2015 Senior Center Conference being held in Columbus, Indiana. “Seek 2015: Engaging Communities to Age Well,” will take place September 20-22. Register by June 30 to receive an early bird rate of \$295 for National Institute of Senior Centers (NISC) members and \$345 for non-members. [Click here](#) to view conference details and register. (Source: NASUAD)

New IdentityTheft.gov Website

Recovering from identity theft is easier with a plan. If someone has stolen your identity, or you’ve gotten a notice about a data breach, visit the FTC’s new site at [IdentityTheft.gov](#) for help. [IdentityTheft.gov](#) is the federal government’s one-stop resource to help you report and recover from identity theft. It’s also available in Spanish at [RobodeIdentidad.gov](#). (Source: FTC)

Medical Marijuana Pills Fall Short in Treating Dementia Behavior

So-called medical marijuana pills may not ease behavioral symptoms that commonly affect people with dementia, [according to a new study](#). In a small trial, researchers found that pills containing the main active ingredient in marijuana were no more successful than placebo pills in easing agitation, aggression and wandering. The researchers said the medical marijuana pills were well-tolerated, so future research using higher doses may be possible. (Source: HealthDay)

Falls for Seniors Continue to Grow

CDC’s new data show that from 2000 to 2013, age-adjusted death rates from unintentional falls grew for those aged 65 years and over. Death rates from falls increased from 38.2 per 100,000 in 2000 to 67.9 in 2013 for males. For females, death rates virtually doubled from 24.6 in 2000 to 49.1 in 2013. [Read about the CDC’s efforts to reduce falls](#). (Source: White House Conference on Aging)

Add Your Voice: Long-Term Services and Supports

The White House Conference on Aging (WHCOA) has released a new policy brief on long-term services and supports (LTSS), a key focus area of the upcoming conference. The brief reviews informal caregiving, formal services and supports, direct care workers, access to information and services, and financing LTSS. [Read and comment](#). (Source: WHCOA)

