



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](mailto:Bob.Riler@pierceadrc.org), ADR, 798-7384

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
July 9 – The Hoarding Project

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.
July 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.
July 15 – 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

HOP/Section 8 Applications Opens

Tacoma Housing Authority will be accepting applications for the Housing Opportunity Program- HOP (formerly Section 8). Applications (one per family) will be [taken online](#) from July 13 to July 22, 2015. Only THA’s website will allow a person to apply. A lottery will then determine placement on the wait list. Only the first 1,200 applicants drawn will receive a place on the wait list. Applicants must have a mailing or email address. Computer access is also provided at Tacoma Public Libraries, THA, Centro Latino, MDC, Sound Outreach, TACID and numerous other locations.

Learn How to Save on Your Medicare Costs

SHIBA, Statewide Health Insurance Benefits Advisors, is a free unbiased Medicare counseling service of the WA Office of Insurance Commissioner. SHIBA in Pierce County will host four free events for beneficiaries to learn about all the ways you can save on Medicare costs and prescription drug costs as

well as how SHIBA can help you during the annual Medicare open enrollment period and more. Application assistance and counseling services will be available on site at all events. Resource vendors and giveaways too!

- July 13, 9:30am – 11:30am @ Centerforce: 5204 Solberg Drive, Lakewood
- July 18, 9:00am – 11:00am @ Korean Women's Association: 123 96th Street E, Tacoma
- July 21, 3:00pm – 5:00pm @ Mercy Housing New Tacoma: 1709 South G Street, Tacoma
- July 23, 1:30pm – 3:30pm @ VADIS: 1701 Elm St E, Sumner

TACID Names New Executive Director

Nola Renz has been selected as the new Executive Director of TACID – Tacoma Area Coalition of Individuals with Disabilities. For the last nine months Joan Eads has served as Interim Director. Renz has over 25 years of experience in non-profit leadership and holds a BA in Psychology and a Masters in Non-Profit Management from Regis University. Contact Nola at (253) 565-9000.

Become a Host Agency for SCSEP

The Senior Community Service Employment Program (SCSEP) is a community service and work based training program for older workers. Host agencies for placements are 501 C (3) nonprofit organizations or public agencies that provide temporary job training assignments for program participants, preparing them to enter or re-enter the workforce. Participants earn a training income while enrolled in the program, and at the same time, they update their job skills, gain confidence, and develop skills to help them earn permanent employment. Host agencies receive the benefit of the participants' time while providing supervision, on-the-job training and skill development opportunities. During the training period, host agencies may screen participants as potential permanent employees. Contact [Corinne Daffern](#) at (253) 573-6759.

Nominations Open for Disability Advocate of the Year

The Tacoma Area Commission on Disabilities is now accepting nominations for the 2015 Disability Advocate of the Year Awards. The Commission invites anyone to nominate one or more individual(s) and/or a business you consider to be eligible under the Disability Advocacy Criteria. These three prestigious awards are to acknowledge and honor those who have had sustained positive impact on the quality of life of people with disabilities (including youth and seniors) living in our community. Information, guidelines and forms are available online. Deadline is Friday, August 14. Contact [Sandy Davis](#) with questions or more information: (253) 591-5452.

NAMI Homefront Teacher Training Recruitments

NAMI Homefront was developed to meet the unique needs of families of service members and Veterans who live with mental health conditions. This teacher training is a six-session adaptation of the evidence-based NAMI Family-to-Family program taught by family members who have a relative living with mental illness, also referred to as a brain disorder. Homefront is designed for spouses/partners, parents, siblings, adult children and others who love a Service Member or Veteran who's dealing with the complex challenges of a mental health condition. Sign up for the teacher training by [clicking here](#), completing the application and forwarding it to Bob Winslow at president@namipierce.org. Deadline is August 31.

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.](#)

Professionals Needed In Emergencies

Pierce County Emergency Management is recruiting individuals to serve on the Functional Assessment Service Team (FAST). This team of trained social service professionals would work in disaster emergency shelters to help assess people with access and functional needs and assist them by getting what they need to stay in a shelter. Community professionals are invited to a two-day FAST training on August 18 & 19 from 8 a.m. to 4 p.m. at the Pierce County Emergency Operations Center, 2501 S. 35th Street in Tacoma. You do not have to live and work within Pierce County to attend the training. Visit the [FAST website](#) for details or contact [Nicole Johnson](#) at (253) 798-2221.

Right At Home Sponsors “Still Alice”

Right At Home Pierce County will screen “Still Alice” at The Grand Cinema, 606 S. Fawcett Ave, on August 26. The evening is for professionals who work with those who have dementia and memory loss. Right at Home will provide wine, beer, hors d’oeuvres, and an opportunity to network starting at 5 p.m. A panel discussion will follow. Event is limited to 50 professionals. RSVP to [Linda Kirch](#) of Right at Home at (253) 293-2346.

Metro Parks Trips Scheduled

FAB offers a full slate of local day-trips to help those “Fifty and Better” get out and explore the region.

- July 3 - Emerald Downs, Races and Fireworks - Happy Fourth!
- July 17 – Long Beach Sandsations
- July 24 – Local Cheese Makers Tour in Chehalis
- July 25 – Scottish Highland Games
- Aug 1 – Diablo Lake Boat Tour
- Aug 2 – *Grease* at the Fifth Avenue Theatre
- Aug 10 – Star Gazing Party and Dinner

[Sign Up Online.](#) Deadlines and fees apply.

Veterans Resource Website Launched

Northwest Justice Project’s (NJP) Veterans Project has launched an interactive legal information resource for Washington veterans and advocates working to assist veterans: [RepWaVets.org](#). The website is based on NJP’s *Representing Washington Veterans* (2012) manual, written by Mr. Leo Flor and recognized as the essential resource on the legal and cultural basics for representing veterans in Washington. Fenwick & West LLP and Microsoft have also generously supported legal aid services for veterans and for helped make this valuable resource for veterans a reality.

On No Paid Services Waitlist?

Families with children who have developmental disabilities who are currently on the No-Paid Services Caseload list should contact the Developmental Disabilities Administration (DDA) regional office - (253) 404-5500 to request to be on the new IFS waiver. If you have any questions, please call PC2 at (253) 564-0707.

Some Disabled Wait for State Help – Up to 14 Years

In 1950 the state of Washington created a wait list for people with developmental disabilities who needed state assistance and who met the criteria to be deemed eligible. Back then the names of 1,000 people were on the list. Today, 65 years later, there are nearly 15,000 names on the same list. That's

how many families have asked for help for their loved one. But instead of getting support, those families were told to fill out paperwork and get in line. [KING-TV's Susannah Frame reports](#).

Looking for Mental Health Resources?

If you want to keep up with what's happening in Pierce County in regard to mental health, NAMI (National Alliance on Mental Illness) Pierce County is a great place to start. The NAMI Pierce County website is filled with lots of mental health news as well as a Pierce County event calendar. Visit the [NAMI Pierce County website](#).

Shop at Macy's to Benefit Pierce County Library "Be Book Smart" Campaign

Macy's shoppers can put free books into the hands of Pierce County Library's youngest readers June 21 to July 12. Macy's is teaming with Reading is Fundamental (RIF) on "Be Book Smart," a national campaign featuring a \$10 off Macy's coupon and other discounts in return for a \$3 donation to RIF. Pierce County Library System will use proceeds to purchase books to be given away during its public block play sessions. Research shows that young children develop an incredible variety of skills when they play with blocks, and armed with this information, the system invested in sets of blocks for every library. [Learn more about Project BLOCKS](#). For information about the "Be Book Smart" campaign and Macy's discount, visit www.macys.com/rif.

Apple Health Publications Update

Check out these new and updated Apple Health materials. Many are available in multiple languages. [First Timers' Guide to Apple Health – Part 1](#) Helps new Apple Health recipients get started and answers their basic questions.

[First Timers' Guide to Apple Health – Part 2](#) Guides a new Apple Health recipient through the process of visiting their medical provider.

[Apple Health Federal Poverty Level Chart - find out if you're eligible](#) Provides income guidelines to determine eligibility for Apple Health programs.

[Eligibility Overview for Apple Health \(Medicaid\) Programs](#) Gives an overview of eligibility requirements for Apple Health programs (Classic and MAGI Medicaid).

Peoples Retirement Receives Bronze Award

Peoples Retirement Community has been recognized as a 2015 recipient of the Bronze – Commitment to Quality Award for its dedication to improving the lives of residents through quality care. The award is the first of three distinctions possible through the national Quality Award Program, presented by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL). The program honors centers nationally that have demonstrated their commitment to improving quality care for seniors and individuals with disabilities. Contact Robyn Meier at (253) 474-1741 for details.

ROADS to Financial Independence

The Washington Access Fund now offers a new program called ROADS, aimed at improving the financial well-being and economic security of individuals with disabilities who are currently working or interested in exploring employment. Services focus on financial empowerment for persons with disabilities and include a Financial Wellbeing Assessment, financial education classes, one-on-one financial coaching, reviewing credit scores, SSI/SSDI benefits counseling, maximizing employer benefits and more. Contact [Conrad Reynoldson](#), Financial Stability Project Coordinator at WAF, to schedule an in-person or phone meeting to complete a financial wellbeing assessment and learn more about your financial needs: (425) 728-8133.

WA Ranks #6 in SNAP Participation Rates

The Supplemental Nutrition Assistance Program (SNAP) is a core benefit that helps older adults afford food. Nationally, only 42% of eligible seniors receive the benefit. Washington has a participation rate of 54.9%, or 81,664 participating out of 148,859 eligible seniors. [Explore the trends](#) using the National Council on Aging [visualization tool](#).

TBI Support Group Offers Activities

The Traumatic Brain Injury support group for survivors and their families meets monthly on the third Tuesday evening at Cascade Park Communities, 246 St. Helens Ave in Tacoma. The July 21 meeting includes an annual BBQ from 6 to 7:30 p.m. Contact Tim Renn at (253) 627-9990.

SCAM OF THE MONTH

Is that Work-at-Home Job Going to Pay?

Are you looking for a job you can do from home? Maybe you want something flexible to balance responsibilities like caring for kids or family members. Or maybe you haven't been able to find a job, or you need extra income. Whatever your reason, know this: many – if not most – work-at-home ads that promise you can earn a great living, even in your spare time, are scams. They won't deliver on the claims they make. [Read more](#).

RECOMMENDED READS FOR THE 50+

“New Life, No Instructions: A Memoir” by Gail Caldwell

Within the pages of this outstanding memoir, Gail Caldwell explores topics such as what to do when your personal story changes midlife, how change starts and stays, how we are connected to our loved ones, and finally a discussion on hope. Call Number: LGE-TYPE B-CALDWEL CALDWEL. (Pierce County Library System)

LOCAL HAPPENINGS

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 – Save on Medicare Costs

Whether you are soon to be on Medicare, recently enrolled or a long-time beneficiary, here's your chance to learn how to save on your Medicare costs. Learn about cost-saving programs, prescription assistance, health & wellness benefits and more. Sponsored by South Outreach, the WA State Office of the Insurance Commissioner and the Pierce County ADRC. [View event flyer](#). Held 9:30-11:30 a.m. at Centerforce, 5204 Solberg Dr in Lakewood. For details call (253) 593-2111, ext 112.

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 18 – Save on Medicare Costs

See July 13 for event description. [View event flyer](#). Held 9-11 a.m. at Korean Women's Association, 123 - 96th Street E. in Tacoma. For details call (253) 593-2111, ext 112.

July 21 – Save on Medicare Costs

See July 13 for event description. [View event flyer](#). Held 3-5 p.m. at Mercy Housing New Tacoma, 1709 S. G Street in Tacoma. For details call (253) 593-2111, ext 112.

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 23 – Save on Medicare Costs

See July 13 for event description. [View event flyer](#). Held 1:30-3:30 at VADIS, 1701 Elm Street E. in Sumner. For details call (253) 593-2111, ext 112.

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 1 – Hot Rods for Heroes

Patriots Landing hosts this free annual event from 10:30 a.m. to 2:00 p.m. No entry fee. Event includes live music and entertainment, beer garden, snacks and food and special salutes. To register or for more info contact [Karen Getchell](#) at (253) 370-44142. Held at 1600 Marshall Circle in DuPont.

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. Spanish, please call (253) 353-5502. Korean, Vietnamese or Cambodian, call (253) 535-4202. Pacific Islander, call (253) 778-5642. Russian or any other language not listed above, call (253) 530-2936. For more info, call (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 21-23 - 2015 NAMI State Conference

The 2015 NAMI (National Alliance on Mental Health) Washington State Conference will be held in Richland. The theme will be “Mental Health in Sync: Working Together to Improve Lives.” [More information and registration](#).

August 26 – “Still Alice” Professional Screening and Panel Discussion

Right At Home Pierce County is screening “Still Alice” at Tacoma’s Grand Cinema, 606 S. Fawcett Ave. Right at Home will provide wine, beer, hors d’oeuvres and networking time starting at 5 p.m. Film shows at 6:15 pm, and a panel discussion to follow led by Julie Moorer, Nurse Educator – Geriatrics from the Memory Disorders Clinic at the VA, and Joan Engle, Director of Marketing & Communications at Cascade Park Communities. Event is for professionals who work with those who have dementia and memory loss. Event limited to 50 professionals. RSVP required to [Linda Kirch](#), Community Liaison, Right At Home, (253) 293-2346.

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.

Sept 26 - HOPE Conference

Held 9 a.m. to 3 p.m. at the Meydenbauer Center, 11100 NE 6th St. in Bellevue. Early registration is open now for this excellent conference featuring international speakers, updates on the latest medications for Parkinson's, dietary suggestions, treatments, strategies for coping. Early bird general admission \$35 by Sept 11.

Oct 13 – 10th Annual Latino Health Forum:

Event theme – "Be The Voice, Foster The Change: Powerful Partnerships for Latino Health Equity. Keynote Speaker is Marielena Hincapié, Executive Director of the National Immigration Law Center, speaking on the topic "The Changing Face of Immigration Reform – The Good, The Bad, and The Ugly." Held 8 a.m. to 5 p.m. at the Hilton Seattle Airport Conference Center, 17620 Pacific Hwy S. in SeaTac. [Register online.](#)

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.

Nov 13 – Transforming Injury and Violence Prevention

Decision-makers, leaders, and researchers from public health, health care, and community-based organizations are invited to a one-day summit to learn about injury and violence prevention innovations in policy, practice, and partnerships. The summit is coordinated by the Northwest Center for Public Health Practice, Public Health Training Center and Washington State Department of Health. Registration opens July 13. Held 9 a.m. to 4 p.m. at the Seattle Airport Marriott. Questions? Contact [Trudy San Jose White](#), at 206-685-2931. [Learn more.](#)

Q&A of the Month

Question: I'm worry a bit about my folks during the hot summer weather. I live out of state. What should I encourage them to do to be safe?

Answer: It's good for you to be concerned. Too much heat is not safe for anyone. It is even riskier if you are older or if you have health problems. But being hot for too long can be a problem. Encourage your parents to be cautious. Drink plenty of liquids—water, fruit, or vegetable juices. Stay out of the sun. Try to keep the house as cool as possible. Cover windows with shades, blinds, or curtains during the hottest part of the day. Open windows at night. If the house is hot, they should try to spend at least 2 hours during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house. Remind them that headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F to put them at risk for a heat-related illness. Most importantly, watch the weather and stay in touch with your parents frequently. Those check-in calls could be invaluable.

🔴**NOTE:** The Pierce County Department of Emergency Management reminds everyone to stay out of the heat as much as they can, stay hydrated, and to check on their neighbors. Do not leave children or pets in cars unattended at all – temperatures can quickly become deadly. Citizens are encouraged to take advantage of cooler air in public buildings such as Pierce County libraries, local malls, movie theaters, and other large stores. Other facilities that are open include:

- Anderson Island Fire Department, 12207 Lake Josephine Blvd. 8am - 4pm, Mon - Fri
 - Bonney Lake Senior Center, 19304 Bonney Lk Blvd 8am - 4pm, Mon - Fri
 - City of Buckley Multi Purpose Center, 811 East Main 8am - 3pm Mon - Tues; 8am – 1pm Wed - Fri
 - Chapel Hill Church, 7700 Skansie Ave. Gig Harbor 9am - 9pm, Sat - Thurs
 - DuPont Fire Station 1780 Civic Drive Noon - 10pm when temps in 90's
 - Fife Community Center, 2111 54th Ave. E 8:30am - 6:30pm Mon - Wed; 8:30am - 5pm Thurs – Fri
 - Mountain View Community Center, 3607 122nd Ave E. Edgewood 9am - 5pm Mon-Fri (Thur to 7pm) 9am - noon Sat.
 - South Hill Mall, 3500 S. Meridian, Puyallup 10am - 9pm Mon - Sat; 11am - 6pm Sun
 - Sprinker Recreation Center, 14824 S. C St., Spanaway 6am - 10pm daily
 - Steilacoom Community Center, 2301 Worthington St 9am - 8pm Mon - Thurs; 9am - 5pm Fri
- The following locations allow domesticated pets to come in with their owners to get out of the heat. Pets need to be on a leash or in a crate and owners must provide water if they plan on being in the facility for long periods of time.

- Petco: hours may vary store to store
- Petsmart: 9 am - 9 pm, Mon - Sat., 10-6 on Sun, all Petsmart stores in Pierce County
- Veterinary Centers of America: Pacific Animal Hospital Pac Ave, Pacific Ave. S., Open 24 hrs/day

NATIONALLY

High Court Upholds Health Law Subsidies

The Affordable Care Act made it through its second do-or-die Supreme Court test in three years, raising odds for its survival but by no means ending the legal and political assaults on it five years after it became law. The [6-3 ruling](#), a major win for the White House, stopped a challenge that would have erased tax-credit subsidies in at least 34 states for individuals and families buying insurance through the federal government's online marketplace. [Read more.](#) (Source: KHN)

\$10 Bill Revamp Will Help Visually Impaired

The \$10 bill will be redesigned soon. The announcement that a yet-to-be-named woman will grace the redesigned \$10 bill is overshadowing what could be an equally historic change in the way America's money feels. The new \$10 note is the first slated to have raised elements that will help the blind and visually impaired distinguish between denominations, an accommodation for which disability rights groups have been fighting for decades. (Source: Washington Post)

It's Too Darn Hot

The EPA – Environmental Protection Agency – has produced a number of good resources over the years. “Planning for Excessive Heat Events” is filled with good information for older adults and family caregivers. The [4-page fact sheet is available online](#). (Source: EPA)

Census Bureau Releases “Facts for Features”

In commemoration of the 25th Anniversary of the Americans with Disabilities Act, the Census Bureau is releasing a "[Facts for Features](#)" providing a demographic snapshot of the U.S. population with a disability and examining various services available to them. The demographic snapshot includes information about institutionalization, transportation, employment, accessibility, and other useful information. (Source: Arc of WA)

50 Wishes for Medicare

On July 30, 2015, Medicare celebrates 50 years since it was signed into law. In those 50 years, Medicare has provided guaranteed health benefits to millions of older adults and people with disabilities. Today, 54 million Americans and their families rely on Medicare for basic health and economic security. Medicare Rights is counting down to this historic anniversary by making 50 wishes for Medicare’s future. One wish will be posted each day on Medicare Rights’ website and on Facebook and Twitter until July 30. The wishes include ideas big and small—from adding new a dental benefit to clarifying beneficiary notices. Visit www.medicarerights.org/50wishes to follow our top #50MedicareWishes. (Source: MRC)

Half of Older Households Have No Retirement Savings

A newly released Government Accountability Office [study](#) revealed that more than half of all American households with someone 55 or older have no retirement savings. The study also found that poverty rates are higher for people who are 75 and older. Additionally, more than a quarter of households age 55-64 have neither a pension nor any form of retirement savings and have a median net worth of only about \$9,000. (Source: GAO)

Medicaid and LTSS Primer Published

The Kaiser Family Foundation has released *Medicaid and Long-Term Services and Supports: A Primer*. The report is a comprehensive guide to long-term services and supports (LTSS) in the United States. The publication details LTSS delivery and financing, types of care providers and settings, beneficiary subpopulations, quality evaluations and improvement, and recent reform efforts. [Click here](#) to access the primer. (Source: NASUAD)

Microsoft Disability Answer Desk Now Has ASL Support

A new support feature for asking questions and getting assistance is now available through Microsoft’s [Disability Answer Desk](#). The ASL support lets people who are Deaf or Hard of Hearing get assistance for using Microsoft products, as well as assistive technologies such as screen magnifiers, speech recognition software and their devices’ accessibility settings. It’s available from 8:30 a.m. to 5:00 p.m. Monday through Friday and an agent who speaks ASL as their primary language is available via a videophone. The support is currently offered in the US only, though the company is evaluating the need for potential expansion internationally. (Source: Microsoft)

Prescription Eyeglasses for Low- Income Individuals

[New Eyes for the Needy](#) purchases new prescription eyeglasses for low-income individuals in the U.S. through a voucher program. [Applicants](#) must meet the U.S. poverty guidelines, have had a recent eye exam. (New Eyes does not pay for eye exams.), and have no other resources available to them to pay

for glasses. A New Eyes voucher typically covers only the cost of a basic pair of single or lined bifocal eyeglasses. New Eyes does not endorse the purchase of more costly glasses at a client's additional expense. The intent of the program is to help those most in need. (Source: New Eyes)

New Amputee Rehabilitation Video Series

The Amputee Coalition has produced a new video series designed to help patients during the recovery and rehabilitation process following the amputation of a limb. Each video highlights an important part of the recovery process, using experiences from other people with limb loss and healthcare professionals with expertise in amputee care and rehabilitation. Click [here](#) to view the videos. (Source: Amputee Coalition)

What is Medicare's Role in End-of-Life Care?

About three-quarters of the 2.5 million Americans who die each year are ages 65 and older, and covered by Medicare at the time of their death, yet policy issues related to Medicare and end-of-life care are often poorly understood. The Kaiser Family Foundation offers a [new fact sheet](#) that answers 10 frequently-asked questions (FAQs) about the program's role in end-of-life care. (Source: KFF)

Medicare Pays for Spouses to Get Grief Counseling Through Hospice

Medicare's hospice benefit covers services not only for a terminally ill beneficiary. Family caregivers also can receive grief and loss counseling for up to [a year](#) following the beneficiary's death. [Read more](#). (Source: KHN)

Critical First Steps for Identity Theft

News about data breaches at banks, stores, and agencies is an everyday occurrence now. But the sooner you find out about it, and begin damage control, the better off you'll be. [IdentityTheft.gov](#), a new website, offers step-by-step checklists of what to do right away, and what to do next, depending on the information that's been stolen or exposed. It lists [warning signs](#) indicating your identity was stolen, and gives websites and phone numbers for organizations you'll need to reach. And, it has sample letters for disputing fraudulent charges, correcting information in your credit reports, and getting business records relating to the theft. Check out [IdentityTheft.gov](#). (Source: FTC)

2015 Caregiving Report Published

Released by the National Alliance for Caregiving, *Caregiving in the U.S. 2015* provides insights into a wealth of caregiver data. The study identifies changes in the caregiver population, in particular the increasing diversity among caregiver demographics. The study provides new details on higher-hour caregivers (at least 21 hours of care a week), caregivers ages 75 and older as well as challenges that caregivers face in the workplace. The report also includes information on caregiving activities, stresses, and supports. [Click here](#) to access the report. (Source: NASUAD)

The Challenges Facing Family Caregivers

"Caregiving in the U.S. 2015 Report" from the National Alliance for Caregiving and AARP shows that the profile of the family caregiver is changing. While the "typical" family caregiver is a 49-year-old woman who takes care of a relative, caregivers on the whole are becoming as diverse as the American population. [Download findings](#) (Source: NCOA)

Online Tool Connects Seniors to Dental Care

A [new online tool](#) helps older adults and caregivers find affordable dental care where they live and educates them about the importance of oral health. The site also includes expert content for health professionals about the unique oral health needs of older adults. (Source: NCOA)

