



The ADRC E-Newsletter may also be viewed as a PDF at [www.PierceADRC.org](http://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  
Aug 6 – Washington State Residential Care Council with John Ficker, ED  
Sept 3 – Adult Day Programs – Joan Engle, Cascade Park Communities

**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  
Aug 13 – 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](mailto:lauraf@staffordcare.com)

**SASH Coffee and Networking for Pierce County**

Ports of Call Restaurant  
First Wednesday of each month, 8:30 – 10 a.m.  
Aug 5 – La Quinta Inn Tacoma, 1425 E. 27<sup>th</sup> St.  
Contact Rebecca Bomann at [Rebecca@sashservices.com](mailto:Rebecca@sashservices.com) or (206) 501-4375

**South End (King County) Coalition**

Third Wednesday of each month at 7:45 – 9:30 a.m.  
Aug 19 – The Weatherly Inn, 15101 SE 272 Street, Kent  
Schedule of meeting locations and times at [www.secoalition.com](http://www.secoalition.com)

**Aging Smart – Gig Harbor**

Third Thursday of each month at 9 – 10 a.m.  
Harbor Place - Dining Room, 1016 29th St NW, Gig Harbor  
Call (253) 509-2340 or [e-mail](#) for Aging Smart info or relocations

**LOCAL SERVICES**

**Last Chance for Senior Farmers Market Vouchers**

Fifty vouchers remain! Please call Mickie Brown at (253) 798-7376 to find out if you meet eligibility requirements and to schedule a time to pick up vouchers at our office in downtown Tacoma. The Senior Farmers Market Nutrition Program provides eligible households with \$40 worth of vouchers that can be used at participating farmers markets and farm stands to purchase fresh, Washington-grown fruit, vegetables, honey and cut herbs. Eligible applicants must live in Pierce County and be 60 years old or older (55+ for Native Americans and Alaska Natives), able to pick up the vouchers in person (present government-issued ID) and be low-income (below 185% poverty level).

### **Input Sought on Washington's Medicaid Transformation Demonstration**

Public input is invited regarding Washington's draft application for a Medicaid Transformation Demonstration Waiver. The plan will transform the delivery system for the 25% of Washington's population served by Medicaid, engaging and supporting Apple Health clients, providers, and communities in achieving improved health, better care, and lower costs. To read the application and learn more about how to provide comments at a public forum or through other avenues, visit the [Healthier Washington website](#) and go to Medicaid Transformation. A public meeting will be held from 8 to 10 a.m. at Pierce College-Ft. Steilacoom, 94-1 Farwest Dr., Lakewood, on August 3.

### **Franciscan Health at Home Now Open**

CHI Franciscan Health at Home is now officially serving all Medicare fee for service patients in Pierce County. The service is now in the process of procuring managed care contracts. Please contact Judy Keyt, Director of Operations for any questions or referrals at (253) 534-7612.

### **Graham & Graham Receives BBB Torch Award**

The Better Business Bureau serving Alaska, Oregon and Western Washington has named Graham and Graham Eldercare Consultants as this year's 2015 Washington Small Business of the Year winner. BBB Torch Award recipients are selected by volunteer judges from third-party community organizations and past award recipients.

### **Disabled Parking Privileges Change**

Changes to special parking privilege laws for persons with disabilities are now in effect. These law changes are an attempt to reduce the number of people abusing disabled parking privileges in our state. The changes to the laws are mainly the result of recommendations by a work group that was formed to develop a plan to eliminate abuse of the program. Individuals must now have a written prescription from a health care provider to obtain disabled parking privileges. A new application must be made for every renewal. It is a gross misdemeanor if applicants or health care providers knowingly provide false information. [Check out the changes online.](#)

### **Where To Turn Guides Coming**

The 2015-2016 Where To Turn guides will be available mid-August. (All copies of the current 2014-2015 edition have been distributed.) To request quantities (bundle of 25 or whole case) contact [Pat Jenkins](#) at Senior Media Services at (253) 722-5687 or [Bob Riler](#) at (253) 798-7384.

### **Property Tax Relief for Seniors**

The income limit to qualify for a property tax exemption has increased from \$35,000 to \$40,000 for property owners 61 years or older, or those retired due to a service or job-related disability. The exemption applies to a person's principal residence and depends upon the combined disposable income of the applicant, spouse, partner and/or co-tenants occupying the same home. The income limit for the deferral program has also increased from \$40,000 to \$45,000. This delays property taxes for seniors and the disabled until a later date. Visit the [Pierce County Assessor-Treasurer](#) online.

### **Nominations Open – 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 eligible under the Disability Advocacy Criteria. The awards 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.

### **Nominations Open - 2015 Governor's Employer Awards Program**

The Governor's Committee on Disability Issues and Employment (GCDE) is soliciting nominations for 1) Public, Private and Non-Profit Employers in small, medium and large categories; 2) a Youth Employer Award to acknowledge employer contributions to employment preparation for youth with disabilities; and 3) the Governor's Trophy in Memory of Carolyn Blair Brown which is the highest honor presented to an individual with a disability in Washington State. The nomination deadline is September 15, 2015. Contact [Melinda Johnson](#) at (509) 482-3841. [More information online.](#)

### **Washington Healthplanfinder Reminds Customers to Report Income Changes**

Washington Healthplanfinder is reminding customers to report any changes in income or household to Washington Healthplanfinder. Customers can log into their account on the [Healthplan finder website](#) to report changes now. It's important for customers to report life changes because these changes can potentially affect customers' coverage and financial help. Tax credits and cost-sharing reductions are calculated based on the household size and income customers report on their application. Reporting income changes now can also prevent customers from having to owe more at tax time.

### **New Coordinator for Prairie Ridge Coalition**

Kimberly Caldwell has joined the Prairie Ridge Coalition as the new coalition coordinator. Kimberly and her family live in Buckley and she is finishing her degree in Communications. She brings with her experiences and expertise in grassroots efforts and special events and has been affiliated with the YMCA, PTA, and two retirement communities, among others. Kimberly will be a great asset to our community and will bring a fresh perspective and new ideas to the Coalition. You can contact Kimberly at [kcaldwellprcoalition@gmail.com](mailto:kcaldwellprcoalition@gmail.com).

### **ORCA Introduces Regional Day Passes**

The Puget Sound region's ORCA smart card system has launched a Regional Day Pass program. There are two new pass products that can be added to an ORCA card. An \$8 Regional Day Pass for adult riders is valid for unlimited rides on services with fares up to \$3.50. A \$4 Regional Day Pass for ORCA Regional Reduced Fare Permit (RRFP) cardholders (seniors and riders with disabilities) is valid for unlimited rides on services with fares up to \$1.75. (At this time there is no youth or low income day pass product.) Regional Day Passes are accepted on bus, light rail, commuter rail, streetcar and foot ferry services operated by Community Transit, Everett Transit, King County Metro, Kitsap Transit, Pierce Transit and Sound Transit. The current ORCA PugetPass and the ORCA Regional Day Pass are not valid for fare payment on Washington State Ferries service. [Learn more about ORCA.](#)

### **Family First Is Expanding**

Family First Adult Family Home is expanding with their sixth house. The Goodman house is located at 3512 38th Ave NW, close to the Narrows Bridge and uptown Gig Harbor in a quiet peaceful corner lot near Goodman middle school. 24 hour care includes a beautiful large bedroom with a large bath and a roll in shower, experienced staff including awake staff at night, activities, meals and snacks and help with all ADL's. Care includes but is not limited to Alzheimer's, dementia, stroke, Parkinson's, and hospice care. We handle all medications, and accept insulin dependent diabetics. Call Julie Thomson at (253) 732-3292 for more info.

### **Donations Needed for New Lakewood Habitat Store**

The Habitat Store is a home improvement outlet benefiting Tacoma/Pierce County Habitat for Humanity's mission to build affordable housing in partnership with families in need. A new store in Lakewood is opening and we are in need of upholstered furniture. We are also looking for other gently used furniture and homegoods to sell in this new location. Call (253) 779-8149 to schedule a pickup or

drop off donations at the Tacoma store at 4824 S. Tacoma Way or the new Lakewood Store at 6030 Main St. SW, Ste. A, Monday through Saturday, 10:00am - 4:00pm.

### **DSHS Can Help with Getting State ID Cards**

For those who do not drive, or have had their state-issued ID lost or stolen and need a replacement, case workers at Community Service Offices can assist their clients with obtaining a Washington State Identocard at a reduced cost from the Department of Licensing. DSHS public assistance clients will need to get a "Request for Identocard form" completed by DSHS to take to DOL. The client will then need to take the form to DOL, along with required evidence of identity as requested by DOL, and \$5 to apply for the Identocard. Washington State Identification cards regularly cost \$45. The \$5 is the cost to produce the card. Current clients just need to walk in to any Community Service Office to start the process. For details, call (877) 501-2233.

### **Job Opening - Federal Way Senior Center Executive Director**

The Federal Way Senior Center Board is recruiting for an Executive Director. The ED is responsible for the development and evaluation of programs and operations, facility management, center and program budgeting, personnel and short/long range planning. The ED will also help with special events and programs offered through the Center as well as participate in local, regional, state and national aging associations and groups to stay abreast of "cutting edge" programs and methods that would benefit FWSC. For more information, contact FWSC board member Kelley Tanner at [tankelbus@gmail.com](mailto:tankelbus@gmail.com).

### **Sheriff's Citizens Academy Now Open**

The Pierce County Sheriff's Department is looking for interested citizens to attend its winter Community Academy program. The **Parkland/Spanaway** academy begins Sept. 3 and will meet each Thursday evening from 6:30 to 9:30 p.m. for 10 weeks. The academy is an opportunity for participants to learn first-hand about law enforcement in Pierce County and to meet the Sheriff and other department members. [Register online](#) or [print](#) and mail in the application. Visit the [Community Academy's webpage](#) for more information.

### **Gilda's Club Activities in Tacoma**

Gilda's on the Go, children, teens, and family members come together to support one another on their journey with cancer. Programs include parent networking, small talk for ages 5 to 11, Family potluck brunches and support group on the 4<sup>th</sup> Saturday of the month. More info or to register for the *Family Cancer Support Program*, contact [Kathleen Goodman, M.Ed, NCC](#) or 1-866-200-2383 (toll-free).

### **Video Celebrates ADA**

The Developmental Disabilities Council and Allies in Advocacy invites everyone to celebrate the signing of the ADA with the launch of Americans with Disabilities ACT, a [short video](#) featuring the powerful voice of disability advocacy here in Washington State. Americans with Disabilities ACT is our expression of what the ADA brings into the lives of all Americans when everyone is included.

### **Assistive Technology Tip**

Want your I-Phone to read emails and websites to you? Turn on "Speak Selected Text." Go to Settings - General - Accessibility, and select Speech. After you tap "Speech" a new screen will appear with three options; the first option is "Speak Selection." Turn on Speak Selection and a set of options will appear, including Voices, Speaking Rate, Highlight Content and Speak Auto-text. Set your preferences for each of these features. After you have set your preferences, you can begin using the speak function. Open an email, press and hold on a sentence or paragraph, tap select and tap speak from the horizontal bar that appears above the selected text. Enjoy listening to your email.

## **Elder Economic Insecurity on the Rise**

A new analysis of Census Bureau data shows 40% of Washington seniors live in households that lack incomes required for economic security. In all states more than one-third of elders are at risk of being unable to afford basic needs and age in their own homes. The [Elder Economic Insecurity Rates](#) were analyzed by Wider Opportunities for Women.

## **Life Care Center of South Hill Now Accepts Medicare**

South Hill's new Life Care Center is now certified to accept patients with Medicare. The facility offers 24-hour registered nursing care with advanced diagnostic tools, on-site physician services, state-of-the-art rehabilitation equipment and therapy services, hospital transportation and more. For 24-hour admission assistance, please call (253) 389-2800.

## **SCAM OF THE MONTH**

### **Faking it — Scammers' Tricks to Steal your Heart and Money**

Not everyone using online dating sites is looking for love. Scammers create fake online profiles using photos of other people — even stolen pictures of real military personnel. They profess their love quickly. And they tug at your heartstrings with made-up stories about how they need money — for emergencies, hospital bills, or travel. Why all of the tricks? They're looking to steal your money. [Read more.](#) (Source: FTC)

## **RECOMMENDED READS FOR THE 50+**

### **“Is this Thing On?” by Abigail Stokes**

This is a friendly guide to everything digital for newbies, technophobes, and the kicking & screaming. A delightful read that puts a humorous spin on ignorance while teaching things you never knew. Call Number: 004.16 STOKES 2015. (Pierce County Library System)

## **LOCAL HAPPENINGS**

### **Aug 1 – Northwest Ability Expo 2015**

Kersey Mobility hosts this annual event. Come and see the latest in equipment (from full-service vans to wheelchairs and walkers) to help individuals with disabilities, their families and friends. Free; No RSVP required. Complimentary valet parking and free BBQ lunch. Held 10 a.m. to 3 p.m. at [Kersey Mobility](#), 6015 160<sup>th</sup> Ave E in Sumner. Call (253-863-4744 for more info.

### **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 6 - 27 – Summer Concerts on the Lawn**

Franke Tobey Jones hosts this annual event. Bring lawn chairs, blankets and picnic and enjoy. Free. Donations accepted for FISH Food Banks. Held at 6:30 pm at 5340 North Bristol Street, Tacoma.

Aug 6 - Featuring Paul Sawtelle and the Brotherhood of Soul.



Aug 13 – Featuring The MoodSwings.  
Aug 20 – Featuring the Voetberg Family Band.  
Aug 27 – Featuring The Olson Bros. Band.

### **Aug 7 – CFI Annual Picnic**

Celebrate the 25<sup>th</sup> anniversary of the ADA at CFI’s annual picnic from noon to 3:45 pm. For details call CFI at (253) 582-1253. RSVP by Aug. 3.

### **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 – 80<sup>th</sup> Anniversary.

### **Aug 17 – Probate, Living Wills, Estate Planning**

Join Attorney Bryana Cross for this free discussion of key legal documents for seniors. Held 12:30-1:30 p.m. at the Puyallup Activity Center, 210 W. Pioneer in Puyallup.

### **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](#).

### **Aug 25 – Social Security: Everything You Need to Plan Ahead**

This is a free fast-paced presentation for anyone anticipating their benefits and those currently receiving benefits. Hear about strategies that can maximize benefits including when to begin receiving benefits and the advantages of making claims based on spousal work history. Held 6-7:30 pm at the Evergreen State College, 1210 6<sup>th</sup> Avenue in Tacoma. [Click here for event flyer](#). Sponsored by the Social Security Administration and the Pierce County ADRC. Free. No RSVP required.

### **Aug 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 29<sup>th</sup> and for the Survivorship Fair on the 30<sup>th</sup> (which will run from 12-4pm that day). Mark these dates on your calendar and look for more [information online](#).

### **Sept 9 – Fall Prevention Day – The Center at Norpoint**

Join your neighbors to prevent falls. Get information on nutritional counseling, vision, medication, mobility aides, exercise class information and fall prevention programs in your communities. “Free” Fall Risk Assessment’s will be performed at event. Enjoy healthy snacks and refreshments. Held 10:30 a.m. to 1:00 pm at the Center at Norpoint, 4818 Nassau Avenue NE in Tacoma.

### **Sept 13 – Walk to End Alzheimer’s**

Get your cape ready! This year’s walk is bringing back the Superhero theme. Come dressed as your favorite Superhero and visit some of the heroes that will be joining us at the event. Pet friendly. Held at the University of Puget Sound – Todd Field, 1500 North Warner, Tacoma. Registration at 11 am; Ceremony at noon; Walk at 12:30 pm. [Info and registration online](#).

### **Sept 14 – 19 – Making It Safe at Home**

Crime and the fear of crime create special problems for seniors and people with disabilities. Older adults and people with disabilities need to take extra care to be safe. Whether at home, out and about, shopping or driving, there are simple things people can do to make sure they are safe. Join your local police department, Safe Streets and Pierce County Aging & Disability Resources in a conversation about home and personal safety. [View event flyer](#) Or call (253) 798-4600 for details.

Sept 14 – 6:30 - 7:30 pm @ Lakewood Police Department, 9401 Lakewood Dr., SW

Sept 16 – 6:30 - 7:30 pm @ Gig Harbor City Hall, 3510 Grandview St.

Sept 15 – 6:30 - 7:30 pm @ Tacoma Police Department, 3701 S. Pine St., Tacoma

Sept 17 – 6:30 - 7:30 pm @ Sumner Senior Center, 15506 62nd Street Court E., Sumner

Sept 19 – 10:30 - 11:30 a.m. @ Graham Pierce County Library, 9202 - 224<sup>th</sup> Street E.

### **Sept 14 - Nov 16 – Oh My Gosh – Now What?**

A 6-part series for families beginning the journey with Alzheimer’s. Everyone welcome. Attend one or all sessions. Held 6-7 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Dr., SW.

Sept 14 - “What is Dementia? What are the warning Signs?”

Sept 28 - “How does the disease progress? What should I expect?”

Oct 12 - “How do I start the conversation? How do I cope with the shock?”

Oct 26 - “What are the typical behaviors? How do I manage them?”

Nov 2 - “How do I pay for care? What are the legal things I should do?”

Nov 16 - “Where can I turn for help? What are the resources I can rely on?”

[View event flyer](#) or call the Pierce County ADRC (253) 798-4600 for details.

### **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. [Check the website](#) for event details.

### **Sept 22 – Fall Prevention Day – Harbor Place at Cottesmore**

Come on by for the Gig Harbor Fall Prevention Expo. Lots of information to help you prevent falls and live safely. Held 11 a.m. to 2 p.m. at Harbor Place at Cottesmore, 1016 29<sup>th</sup> St NW in Gig Harbor. Enjoy light refreshments and live a falls free life.

### **Sept 26 – Pierce County Alzheimer’s Caregiver Conference**

Keynote: “Alive Inside” and the therapeutic power of music for people with Alzheimer’s or other dementias. Break-out sessions on disease progression, caregiving, paying for care, services and resources. Held 8 a.m. – 2:30 p.m. at Emmanuel Lutheran Church, 1315 N. Stevens in Tacoma. Sponsored by Health Care Providers Council. Register by calling (253) 798-8787 or online at [www.PierceCountyWA.org/ALZ](http://www.PierceCountyWA.org/ALZ).

### **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 4 – Pierce County Hunger Walk**

Associated Ministries hosts their 35<sup>th</sup> annual 5K and 10K Hunger Walk/Run at Fort Steilacoom Park, 9601 Steilacoom Blvd in Lakewood. Register at noon; run at 1pm; walk at 2 pm. Fun, food and entertainment from noon to 4 pm. [Click here for registration and more info](#) or call (253) 426-1507.

### **Oct 12-22 – Your Medicare Choices**

Medicare is constantly changing. One of the most confusing changes is the fundamental option that beneficiaries have – whether to receive health care through Medicare or to choose the Medicare Advantage option. How do you know which is best? Prepare for the 2016 Annual Open Enrollment period Oct 15 – Dec 7. Learn about your Medicare options. [Presentation held 8 times in October.](#)

Oct 12 - 7:00 p.m. at the Gig Harbor Library, 4424 Pt Fosdick Dr. NW, Gig Harbor

Oct 13 - 12:10 p.m. at the County City Building 7<sup>th</sup> Floor, 930 S. Tacoma Ave., Tacoma

Oct 14 - 7:00 p.m. at the Sumner Library, 1116 Fryar Ave, Sumner

Oct 15 - 7:00 p.m. at the Graham Library, 9202 224th St E, Graham

Oct 19 - 12:10 p.m. at the Pierce County Annex, 2401 S. 35<sup>th</sup> St., Tacoma

Oct 19 - 7:00 p.m. at the Lakewood Library, 6300 Wildaire Rd SW, Lakewood

Oct 21 - 7:00 p.m. at the Soundview Building, 3602 Pacific Ave, S., Tacoma

Oct 22 - 7:00 p.m. at the Summit Library, 5107 112th St E, Tacoma

This information-only event is free and open to the public. No RSVP is required. Sponsored by the Pierce County ADRC and SHIBA. For more information call (253) 798-4600.

### **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 66<sup>th</sup> Street in Tacoma. 11 a.m. to 4 p.m. Vendors can register online starting August 14 at the [Health Care Providers Council website](#). More details TBA.



## **Oct 28 – Senior Lobby Conference**

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

## **Oct 29-30 – Washington State Residential Care Council’s Annual Fall Conference**

Save the date. Held at the Tulalip Resort and Casino, 10200 Quilceda Blvd in Tulalip. For more information, contact the WSRCC office @ (360) 754-3329 or [www.wsrcc.org](http://www.wsrcc.org).

## **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:** The Supreme Court handed down the much-anticipated ruling on same-sex marriage. But I’ve heard that getting married could pose problems for seniors especially. What are the issues?

**Answer:** Any marriage has its legal and financial consequences. Many public benefits that an individual gets can be enhanced – or lost – when a one-person household suddenly becomes a two-person household. Most obviously, many Medicaid benefits are directly impacted by marriage. Eligibility changes and combining incomes could have an impact. Social Security has spousal benefits. Combining incomes may mean that SSI (Supplemental Security Income) eligibility is lost. Qualifications for housing subsidies changes with a couple versus a single person. VA benefits are determined by one’s marital status. Health insurance provided by an employer often allows a spouse to be added at a fraction of the open-market cost. Marriage comes with many tax implications, including income and estate taxes. This is all very general. Each couple’s situation will need to be evaluated individually. It may be wise to consult a qualified financial advisor or elder law attorney.

## **NATIONALLY**

### **ADA Improves Access for All**

When the Americans with Disabilities Act (ADA) became law 25 years ago, everybody was thinking about the iconic person in a wheelchair. Or that the ADA — which bans discrimination based on disability — was for someone who is deaf, or blind. But with a closer look you see how the ADA has helped not just people with those significant disabilities, but also people with minor disabilities, and people with no disability at all. [Listen to/read the story](#). (Source: NPR)

### **Good News, Bad News in Medicare Trustees Report**

Medicare has some welcome financial news. Its giant hospital trust fund will be solvent until 2030, and its long-term outlook has improved, according to a report from the program’s trustees. But the report warned that several million Medicare beneficiaries could see their Medicare Part B monthly premiums skyrocket by 52 percent in January — from \$104.90 to \$159.30. Medicare Part B, which is paid for by a combination of federal funds and beneficiary premiums, generally covers physician and outpatient costs. [Read more](#). [Read the 2015 OASDI Trustee Report](#). (Source: KHN)

### **Senate Passes Older Americans Act Reauthorization**

Just days after the 50<sup>th</sup> Anniversary of the Older Americans Act and the 2015 White House Conference on Aging, Senators on July 16 unanimously approved a bipartisan bill to reauthorize the Older

Americans Act (S. 192). The bill passed under a procedure reserved for non-controversial legislation, so neither a roll-call nor voice vote was required. As long as no Senators raised an objection to the bill coming to the floor in this manner by a certain time, the bill passed automatically. The measure now moves on to the House of Representatives. (Source: N4A)

### **Congress Approves Bill Bolstering Medicare Patients' Hospital Rights**

The U.S. Senate unanimously approved legislation requiring hospitals to tell Medicare patients when they receive observation care but have not been admitted to the hospital. It's a [distinction](#) that's easy to miss until patients are hit with big medical bills after a short stay. The legislation is expected to be signed into law by President Barack Obama, said its House sponsor, Texas Democratic Rep. Lloyd Doggett. [Full story at Kaiser Health News](#). (Source: KHN)

### **SAGE USA Urges Couples to “Talk Before You Walk”**

The Supreme Court decision legalizing same-sex marriage means many more people can tie the knot across the nation. SAGE USA is urging all couples to consider how marriage impacts them financially and legally. For older adults who rely on benefits like Social Security, Medicare, and Medicaid, this conversation can be important to your financial well-being. [Learn more](#). (Source: NCOA)

### **Seniors Featured on “Alive, 55+ and Kickin’” on CBS’ 60 Minutes**

“The first 50 years are for learning; the second 50 are for LIVING!” That's the motto of a show in Harlem with a cast of singers ages 55 and up. These seniors pick up where life has interrupted. [View episode one](#) (14 minutes). In Part Two, the over 55 crew teams up with the hip hop generation for what theater producer Vy Higginsen calls an intergenerational exchange. [View episode two](#) (11 minutes). (Source: 60 Minutes)

### **7.5M Paid Penalty for Not Having Health Insurance**

About 7.5 million Americans paid an average penalty of \$200 for not having health insurance in 2014 — the first year most Americans were required to have coverage under the Affordable Care Act. By contrast, 76 percent of taxpayers checked a box indicating they had qualifying insurance coverage all year. Counting another 7 million dependents who were not required to report their coverage but also filed returns, the proportion rises to 81 percent. [Read more](#). (Source: KHN)

### **10 Things Parents of Children with Developmental Disabilities Should Know.**

Parents who have children with disabilities often times try to “do it alone.” Disability.gov has created a very thorough [roundup of critical things that every family needs to know](#). Topics include understanding DD, early interventions, special education, transitioning to adulthood, self-determination, housing, transportation and much more. (Source: Disability.gov)

### **A Day in the Life of a Deaf Person**

Filmmaker Rachel Soudakoff has created an [eye-opening video](#) that gives you a glimpse into what a normal day is like for a deaf person. In the five-minute video, you'll follow Ren, a deaf college student, as she navigates a day packed full of misunderstandings. The video also illustrates how one could treat those with hearing disabilities in a much kinder way. (Source: GOOD)

### **‘A Terrible Way to End Someone’s Life’**

A Stanford University study shows almost 90 percent of doctors would forego resuscitation and aggressive treatment if facing a terminal illness. It could be that too few doctors are [trained to talk](#) about death with their patients. [Read this story](#) from Southern California Public Radio about performing CPR on elderly, terminal patients. (Source: SCPR)

### **Ending Life on 60 Minutes**

Should doctors and family members be allowed to help terminally ill people end their own lives rather than succumb to the last ravages of disease? The question has been the subject of a fierce and long-running, state-by-state battle. In the vast majority of states, the practice is currently not allowed, or else it's unclear and quite possibly illegal. Barbara Mancini was arrested and charged with helping her dying father kill himself. [View her story and more](#) on the end-of-life debate. (Source: 60 Minutes)

### **Despite Gains In Advance Directives, Study Finds More Intensive End-Of-Life Cancer Care**

Conversations about end-of-life care are difficult. But even though most people now take some steps to communicate their wishes, many may still receive more intensive care than they would have wished, according to a [study](#) published online in JAMA Oncology. [Read more](#). (Source: KHN)

### **Falls Free National Falls Prevention Action Plan**

The National Council on Aging has issued the [2015 Falls Free® National Action Plan](#) – a blueprint describing what should be done to reduce the growing number of falls and fall-related injuries among older adults. The plan envisions older adults experiencing fewer falls and fall-related injuries, maximizing their independence and quality of life. The purpose of the plan is to implement specific strategies and action steps to affect sustained initiatives that reduce falls among older adults through a framework of action over the next five to ten years. (Source: NCOA)

### **Send In Your Falls Prevention Photos**

The National Council on Aging is asking for high quality action photos of older adults participating in falls prevention programs. NCOA will use the photos to promote falls prevention to the media and partners across the country in time for Falls Prevention Awareness Day on Sept. 23. Cash prizes awarded - \$300. [Contest rules](#). Deadline is Aug 17. (Source: NCOA)

### **Valuing the Invaluable: A Report on Family Caregiving**

The AARP Public Policy Institute's new publication, [Valuing the Invaluable: 2015 Update, Undeniable Progress but Big Gaps Remain](#), reports that family caregivers in the U.S. provided 37 billion hours-worth an estimated \$470 billion -to their parents, spouses, partners, and other adult loved ones in 2013. The report updates the national and state estimates of the economic value of family caregiving using the most current data available. It also explains the challenges that family caregivers face today, highlights key policy developments for family caregivers, and provides recommendations to better support caregiving families. (Source: AARP)

### **Medicare's Value-Driven Future**

The Commonwealth Fund is creating a series of briefs focusing on modernizing Medicare's benefit package, improving care for complex patients and the program's fiscal outlook. The [first issue brief](#) in the *Medicare at 50 Years* series explores the key issues facing Medicare's future and options for addressing them. [Subscribe](#) to future issue briefs.

### **The BARD Mobile App for Android Devices**

The National Library Service for the Blind and Physically Handicapped has a new, free mobile app for downloading audio materials from BARD to Android-based smart phones and tablets. BARD (Braille and Audio Reading Download) currently has nearly 50,000 downloadable audiobooks and magazines. The BARD Mobile app allows you to download items and read them whenever you want. The app is available from the Google Play store. (Source WTBLL)

### **Why Aren't Hearing Aids Covered by Insurance?**

Only 19 states require health insurance to cover hearing aids, mostly for children. Only three states mandate coverage for adults. Washington is not one of them. Why is that when more than 50 percent of those over the age of 75 have hearing loss? [Read more](#). (Source: Healthy Hearing)

**Younger Adults with Alzheimer's Are Key to Drug Search**

The face of Alzheimer's isn't always old. Sometimes it belongs to someone like Giedre Cohen, who is 37, yet struggles to remember her own name. Giedre has a rare gene mutation that causes symptoms of Alzheimer's to appear before age 60. Until recently, people who inherited this gene had no hope of avoiding dementia and an early death. Now there is a glimmer of hope, thanks to a project called [DIAN TU](#) that is allowing them to take part in a study of experimental Alzheimer's drugs. [Listen to the story](#). (Source: NPR)

**Poverty Among Disabled Adults Rises**

The adult disability poverty rate increased from 19.9% in 2000 to 30.5% in 2013, an increase of 53%. The poverty metric being used is the official poverty metric in the American Community Survey, which includes incomes from the two main disability benefit programs (SSI and SSDI) in its poverty calculations. (Source: Demos)

**Home Health Agencies Get Medicare's Star Treatment**

CMS has released a new [five-star rating system for home health agencies](#), hoping to bring clarity to a fast-growing but fragmented corner of the medical industry where it's often difficult to distinguish good from bad. Medicare applied the new quality measure to more than 9,000 agencies based on how quickly visits began and how often patients improved while under their care. Nearly half received average scores, with the government sparingly doling out top and bottom ratings. (Source: KHN)

**A Guide of 20 Common Nursing Home Problems and How to Resolve Them**

Many common nursing home practices are, in fact, illegal. Residents or family members should be familiar with the protections of the federal Nursing Home Reform Law, and understand how to use the law effectively. This resource can help consumers and advocates navigate the legalities of nursing home practices, and offer practical tips on how to resolve issues that come up. "20 Common Nursing Home Problems and How to Resolve Them" is [available for free download](#). (Source: NASUAD)

**PLAN AHEAD – OCTOBER IS...**

AIDS Awareness, Pharmacists, Breast Cancer, Blindness, Domestic Violence Awareness, Down Syndrome, Financial Planning, Health Literacy, LTC Planning, Crime Prevention, Dental Hygiene, Disability Employment and Substance Abuse Prevention Month; Fire Prevention (4-10), Mental Illness (4-10), Financial Planning (5-11), Food Bank (11-17), Food & Drug Interactions (17-24), Health Education (19-23) and Save for Retirement ((25-31) Weeks; Libraries (6), Depression Screening (8), Homeless (10), Arthritis (12), White Cane (15) and Make-A-Difference (24) Days.

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This information is provided as a service of the Pierce County Aging & Disability Resource Center and is intended for sharing throughout the county. To receive or discontinue this e-newsletter, please contact Bob Riler at (253) 798-7384 or [briler@co.pierce.wa.us](mailto:briler@co.pierce.wa.us).