



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  
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  
Sept 10 – Medicare: Admission or Observation?

**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.  
Sept 2– 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.  
Sept 16 – SHAG - Celebration Senior Living, 1524 S. 328<sup>th</sup> St. in Federal Way  
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**

**Draft ADR Area Plan Ready for Community Input**

The draft of the Aging & Disability Resources Area Plan is available for review and comment. The Area Plan lays out the direction for Pierce County ADR to serve the needs of older adults and individuals with disabilities for the next four years. The 2016-2019 Draft Area Plan includes the proposed 2016 Area Plan budget which allocates funding for a wide range of community-based services. Feedback is due by Sept 15. [Download the plan online and provide feedback.](#)

**Sign Language Classes in Tacoma**

Come learn ASL in a fun and supportive setting! The Hearing, Speech & Deafness Center is offering Beginning 1 & 2 American Sign Language Classes for the community at large ages 16 and over. 2 The classes are held at HSDC’s Tacoma offices. These 10-week classes focus on ASL vocabulary and grammar. Cost: \$200. Conversational skills and Deaf culture will also be covered. The class

will be taught by a former Gallaudet University instructor named Buck Rogers who is Deaf and a native of Washington State. ASL 1: For those with no experience with ASL held Tuesdays, 6:30-8:30pm starting Sept 29. ASL 2: For those with some experience with ASL held Thursdays, 6:30-8:30pm starting Oct 1. HSCD plans to offer classes again in 2016. Classes held at HSDC, 621 Tacoma Ave S., Suite 505 in Tacoma. [Register online.](#)

### **Phone Assistance Program Ends**

The Washington Telephone Assistance Program (WTAP) has been cut by the Legislature. WTAP served thousands of people, including 19,500 people who are over 65. An alternative resource is the Lifeline Program. Lifeline provides a monthly discount of \$9.25 off basic, local telephone service for eligible people. Basic, local telephone service costs between \$30-\$40 per month so participants will see double or triple costs. Call your phone company to get an application for Lifeline. [More information is available online.](#) Lifeline can also provide a free cellphone that comes at least 250 minutes of free talk time per month. You can get the \$9.25 monthly discount off a landline or a free cellphone. You can't get both. Only one Lifeline discount per address is allowed.

### **NW Trek for Brain Injury Survivors**

BIAWA is hosting a day at Northwest Trek - the Pacific Northwest's premier wildlife and adventure park. Join brain injury survivors (1 family member/caregiver) for an exciting morning of wildlife up close and then a delicious lunch at Amici's Italian Eatery in Graham, Washington. Transportation will be on an ADA accessible bus with accommodations for two wheelchairs. Northwest Trek is also ADA accessible. Cost to participants is only \$5 per person! This event is for survivors and their caregivers only. Held Wednesday, Sept 16. Pick up points in Seattle, Tukwila, Federal Way and Tacoma Dome Station. Call Claire to register: (206) 467-4800. Space is limited.

### **Caregiver Classes Slated for Orting & Tacoma**

- Tacoma – St. Leo Church will offer Support U classes on Wednesdays, beginning October 7 and ending October 21. Two classes are offered each session from 1:30 pm to 3:30 pm in the parish office at 710 S. 13th St., Tacoma. Please RSVP to [Kathy Hitchcock](#) or (253) 564-3785.
- Orting - Saints Cosmas and Damian Catholic Church will offer six class sessions for Support U: Fostering Caregiver Wellness. Classes will be held on Thursdays from Oct 15, 2015 to Jan 7, 2016. The church is located at 213 Leber St., NW in Orting. Call Leann Korbuszewski at (360) 893-3154 for class times.

Topics for Support U classes for caregivers include advance planning; finding, creating and using resources; caregiver self-care; family dynamics and communication; dementia; chronic illness and the family; and financial well-being. To schedule a Support U training contact [Program Director Pat Witt](#) or (253) 722-5691.

### **SHIBA Offers Help with Medicare Open Enrollment**

Enrollment in Medicare's prescription drug program (Part D) is Oct. 15 to Dec. 7. This is the one time a year Medicare Part C & D insurance carriers can change their coverage and your one time a year to check your plan changes so make sure you get your once a year Benefits Check-up! Statewide Health Insurance Benefits Advisors (SHIBA) offers free, unbiased Medicare counseling. Attend a session:  
10/17/15; 3pm – 6pm at Gig Harbor Library; 4424 Point Fosdick Drive NW, Gig Harbor;  
10/23/15; 2pm – 5pm at Summit Library; 5107 112th St. East, Tacoma;  
10/26/15; 1pm – 4pm at Pierce County Annex training room; 2401 S 35th St, Tacoma;  
10/27/15; 10:30am – 1:30pm at Bonney Lake Sr Center; 19304 Bonney Lake Blvd E, Bonney Lake;  
10/29/15; 1pm – 4pm at Pierce County Annex training room; 2401 S 35th St, Tacoma;  
11/02/15; 2pm – 5pm at Sumner Library; 1116 Fryar Ave, Sumner;  
11/06/15; 1:30pm – 4:30pm at Graham Library; 9202 224th St. East, Graham;

11/10/15; 10:30am – 1:30pm at Bonney Lake Sr Center; 19304 Bonney Lake Blvd E, Bonney Lake;  
11/12/15; 2pm – 5pm at Lakewood Library; 6300 Wildaire Rd SW, Lakewood;  
11/13/15; 2pm – 4:30pm at South Hill Puyallup Library; 15420 Meridian Ave E, Puyallup;  
Ongoing SHIBA In-Person Counseling sites also available at  
Celebrate Seniority; 1401 E Main, Puyallup, WA 98372  
Enumclaw Senior Center; 1350 Cole St, Enumclaw 98022  
Mustard Seed Project; 9103 Key Peninsula Hwy N, Lakebay 98349  
Sound Outreach; 1106 MLK Jr Way, Tacoma 98405  
Mid County Community Center; 10205 44th Avenue East, Tacoma, WA 98446  
Lakewood Senior Center; 9112 Lakewood Drive SW, 98499  
University Place Senior Center; 2534 Grandview Dr W, University Place, WA 98466  
Fife Senior Activity Center; 2111 54th Ave E, Fife, WA 98424  
Edgewood Community Center; 3607 122nd Avenue East, Edgewood WA, 98372  
To attend a SHIBA public Part D enrollment event, get over the phone assistance or find an in person counseling site this Medicare Open Enrollment Season in Pierce County. Call 1-800-562-6900 or locally 253-596-0918

### **Where To Turn Guides Available**

The 2015-2016 Where To Turn guide (little yellow book) for Pierce County is now available. Call Lutheran Community Services at (253) 722-5687 or [pjenkins@lcsnw.org](mailto:pjenkins@lcsnw.org). The guides are also available through the Pierce County ADRC at (253) 798-4600.

### **Washington Foreclosure Prevention Resource Guide**

The [Updated Foreclosure Prevention Guide](#) is now posted on [WashingtonLawHelp.org](http://WashingtonLawHelp.org). The updated guide provides a comprehensive overview of current law; information about the foreclosure process; options for homeowners and tenants facing foreclosure and how to obtain a reputable housing counselor; tips on how to avoid foreclosure rescue scams; and resources available for assistance.

### **Zoo Walk – Early Stage Memory Loss**

Lutheran Community Services and the Alzheimer's Association host a new series of Zoo Walks at Point Defiance Zoo and Aquarium. The Zoo Walk offers individuals experiencing mild memory loss an opportunity for regular exercise and a space to build relationships. There is no charge for Zoo & Aquarium entry. For dates and additional details or to volunteer contact Caregiver Services at (253) 722-5691. Pre-Registration is required. To register and learn more about other Early Stage Memory Loss Programs, please contact: Early Stage Memory Loss Coordinator at (206) 529-3868

### **Senior Lobby Fall Conference in Tacoma**

The Washington State Senior Citizens Foundation 2015 Annual Fall Conference will be held Wednesday October 28 2015 from 8 a.m. to 3:30 p.m. at the Hotel Murano, 1320 Broadway Plaza in Tacoma. Over 450 people will attend including legislators, policy makers, civic Leaders, state, county and city employees, senior activists and providers of services for senior citizens. The focus of the conference will cover topics such as Long Term Care, Fraud Abuse Transportation, Guardianship, Medicare, Report on the 2015 White House Conference on Aging, and the Budget.

### **Arc's 2016 Advocacy Days Scheduled**

The Arc of WA has scheduled its [Legislative Advocacy Days for 2016](#). The Legislature meets in short session beginning January 11. Advocacy Days are held at The United Churches in Olympia.

January 20 - Legislative Briefing/Reception  
January 27 - Community Residential Services  
February 3 - Budget Overview

February 10 - Promoting Independence  
February 17 - Building Up Families  
February 24 - Civil Rights  
March 2 - Employment for All

### **Local Hospitals Fail Again to Escape Medicare's Readmission Penalties**

Once again, the majority of the nation's hospitals are being penalized by Medicare for having patients frequently return within a month of discharge. Area hospitals with penalties include MultiCare Good Samaritan, Puyallup; St. Anthony, Gig Harbor; St. Clare, Lakewood; St. Francis, Federal Way; St. Joseph, Tacoma; and Tacoma General, Tacoma. Penalized hospitals receive lower payments for every Medicare patient that stays in the hospital – readmitted or not – starting in October. The [Hospital Readmissions Reduction Program](#), created by the Affordable Care Act, was designed to make hospitals pay closer attention to what happens to their patients after they get discharged. [Read more.](#)

### **Introducing the IFS Waiver**

After more than a year of planning, the new Individual & Family Services Waiver program has been approved by the federal government. Clients currently on the state-only flexible funding IFS program will begin transitioning to the new waiver program at their annual assessment. In addition, the Legislature has approved funding for up to 4,000 new clients to be enrolled in the IFS waiver program and DDA is in the process of contacting individuals on the IFS request list. [Click here](#) to find out what services are included in the IFS waiver and how to access them. Includes a printable bulletin.

### **New Executive Director for Associated Ministries**

Associated Ministries has selected Mike Yoder from World Vision for the position of Executive Director. Mike was chosen unanimously by a Transition Team composed of community partners, Board members and staff and leadership of AM. He lives in Puyallup and knows the community well.

### **New Funding for Employment**

The budget for the Developmental Disabilities Administration (DDA) includes new employment funding for high school transition graduates who were born between Sept 1, 1993 and Aug 31, 1995; want to work; are not on a Home and Community Based Services Waiver (HCBS), but would like to be; and, are functionally and financially eligible for CFC personal care services. Anyone who meets these criteria and requests employment services will be placed on the HCBS Basic Plus waiver and begin receiving long-term employment services from DDA. Contact your DDA case manager or call the No Paid Services Caseload Line for Pierce County at (800) 735-6740.

### **Lakewood Habitat Store Open for Business**

Come visit Tacoma/Pierce County Habitat for Humanity's second Habitat Store location in the Lakewood Towne Center, located at [6030 Main St SW](#). 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. The Lakewood Store is a one-stop-shop for décor, antiques, furniture, and new appliances. It does not sell tools, building supplies, or light fixtures. It is open Monday - Saturday, 9am - 6pm. Donations gladly accepted.

### **Washington State Governor's Employer Awards Program**

The Governor's Committee on Disability Issues and Employment (GCDE) annually honors businesses who are deeply committed to the recruiting, hiring and advancing workers with disability. Consider submitting a nomination for an employer that has a strong record of recruiting, hiring and promoting workers with disabilities. In addition, the Governor's Trophy is an individual award presented to a person with a disability who has significantly enhanced the empowerment of individuals with

disabilities. Submission deadline is Sept 15. For more information please call or email Melinda Johnson at (509) 482-3854, [GCDEawards@esd.wa.gov](mailto:GCDEawards@esd.wa.gov).

### **Submit Entries for Washington Access Fund Awards**

The Washington Access Fund invites nominations for individuals, businesses, and organizations that have made noteworthy efforts to include, serve, and help people with disabilities across the state.

[Information about the awards, application form and award category descriptions are available online.](#)

Deadline for submissions is Sept 30, 2015.

### **SCAM OF THE MONTH**

#### **Is that Call from Tacoma Public Utilities?**

They are at it again. Scammers are posing as employees of Tacoma Public Utilities and calling customers. They demand immediate payment, often by purchasing a pre-paid card. Even the caller ID appears as if their call is coming from TPU. Customers should know that TPU will never call customers for debit, credit or prepaid card information – with the exception that you, the customer, called TPU. It's never necessary to buy a separate prepaid card to avoid disconnection. If you have any questions call TPU at (253) 502-8600 or visit [MyTPU.org/MyAccount](http://MyTPU.org/MyAccount). (Source: TPU)

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

#### **“Unretirement” by Chris Farrell**

The boomer generation, poised to live longer in better health than any before, is discovering unretirement: extending their working lives, often with new careers, entrepreneurial ventures, and volunteer service. Their experience, wisdom – and importantly, their continued earnings – will enrich the American workplace, treasury, and our whole society in the decades to come. Call Number: 306.38 FARRELL. (Pierce County Library System)

### **LOCAL HAPPENINGS**

#### **Sept 3 & 4 – Village Concepts Support for Victims of Eastern Washington Fires**

In light of the recent fires in eastern Washington, Village Concepts' retirement and assisted living communities are showing their support through the Village Concepts Cares program. To raise money for the victims, the community will be hosting a Spaghetti Feed Fundraiser from 5 to 6:30 p.m. Proceeds donated to the Red Cross. Held at Sound Vista Village, 6633 McDonald Ave in Gig Harbor. Along with the Spaghetti Feed, Sound Vista Village will also be setting up a Lemonade Stand, Bake Sale, and Raffle on Friday, Sept 4th 1 to 4 p.m. If you would like to donate baked goods for the bake sale, they can be dropped off during the Spaghetti Feed or between 8-11 a.m. on Sept 4th.

#### **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 Ave., NE in Tacoma. [View event flyer.](#)

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

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

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. Topics include fall prevention, environmental designs, early stage memory loss and more. [Check the website](#) for event details.

### **Sept 17 – The Other Side of Alzheimer's/Dementia Care**

Learn about a state-of-the art, one of a kind program offered by Home Care Connections, a [Certified Alzheimer's Care at Home](#) agency. Two presentations by Linda Oliver, President of Home Care Connections Home Care Agency in Gig Harbor. 9:00 a.m. at the Aging Smart Network meeting, Harbor Place - Dining Room, 1016 29th St NW, Gig Harbor; 1:45 p.m. at Peninsula Retirement Community in Gig Harbor, 3445 50th St Ct NW. Office: 253-858-2011.

### **Sept 19 – Spana-Park Info Fair**

The Spana-Park Senior Center hosts this information fair for seniors, family members and the community at large. Focus is on services and programs for older adults, caregivers and families. Pancake breakfast served. Held 8:30-11:00 a.m. at the Spana-Park Senior Center, 325 152nd St E. For details contact Beth King at [253-537-4854](tel:253-537-4854).

### **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. No RSVP needed. Enjoy light refreshments and live a falls free life. For more info contact [Sue Wilhelm](#) at (253) 853-3354.

### **Sept 22 – Wellness Fair @ The Weatherly Inn**

Join the Weatherly Inn for a special Wellness Fair from 9 a.m. to 3 p.m. on Fall Prevention Day. Special presentations include Dr. Doug Wornell on Dementia Care (9:45); Medication Safety (10:30), Medicare (1:15) and Estate Planning, Trusts, POA and Guardianships (2:00). Blood pressure checks, hearing screenings and flu shots all day. Healthy snacks and specialty vendors too. The Weatherly Inn is at 6016 N. Highlands Pkwy in Tacoma. Call (253) 752-8550 for details.

### **Sept 24 – Estate Planning for Families of Individuals with Disabilities**

Presented by Attorney Timothy Williams, as the offices of PC2, 3716 Pacific Avenue #A, in Tacoma. Sponsored by PC2 – Pierce County Coalition for Individuals with Disabilities. Advance registration is required by calling (253) 564-0707.

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

Is your family dealing with Alzheimer’s? Are you caring for someone with Alzheimer’s or another dementia? Here’s an opportunity to get useful information and practical help. Keynote: “Alive Inside” and the therapeutic power of music for people with Alzheimer’s or other dementias. Break-out sessions on difficult behaviors, paying for care, VA benefits, legal issues, caregiving, local 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 11 – CPR Sunday**

CPR Sunday is an annual community event offered free-of-charge to anyone interested in learning the basic life-saving skills of cardiopulmonary resuscitation (CPR). Students are taught the fundamentals of CPR and then given the opportunity to practice with CPR mannequins and Automatic External Defibrillators (AED). Upon successful completion of the course, students receive a Tacoma Fire Department certified CPR card. [Register online](#). Call (253) 594-7979 for more info.

### **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 15 – Guardianships for Individuals with Disabilities**

Presented by Attorney Timothy Williams, as the offices of PC2, 3716 Pacific Avenue #A, in Tacoma. Sponsored by PC2 – Pierce County Coalition for Individuals with Disabilities. Advance registration is required by calling (253) 564-0707.

**Oct 21 – Making the Link**

Learn about the whole range of long term care services, providers and programs available throughout Pierce County. This is a free community resource fair for professionals and volunteers in health care, social work and community services. A drop in event from 11 a.m. to 4 p.m. at the MetroParks STAR Center, 3873 S 66<sup>th</sup> Street in Tacoma. Vendor registration open until full at the [Health Care Providers Council website](#). Free event. No RSVP required to attend.

**Oct 24 – Sixth Annual Volunteer Fair**

Stay connected to your community by volunteering. Find a service organization that fits your needs by attending the free Sixth Annual Volunteer Fair presented by the Puyallup Area Aging in Community Committee. The event will held from 10 a.m. to 1 p.m. at the Washington State Fairgrounds Oldfield Heritage and Art Center, 110 9<sup>th</sup> Ave. SE in Puyallup. Enter via the Red Gate. Free parking available in the Red Parking Lot. [More information online.](#)

**Oct 28 – Senior Lobby Conference**

Hotel Murano, 1320 Broadway in Tacoma from 8 a.m. to 3:30 p.m. Contact [Karen Bowen](#) at (360) 754-0207. Details TBA.

**Oct 28 – Options for the Future**

What you would do or how you would get information if you need to care for a loved one – especially if it was a sudden need? Everyday people face this dilemma but most have little knowledge of available resources. Join us for an information-only presentation with experts in our community on options for aging adults and people with disabilities. Sponsored by the Pierce County ADRC and community partners. Held 6:30 – 8:30 p.m. at the Lakewood Branch Library, 6300 Wildair Rd, SW in Lakewood. Free; no RSVP needed.

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

Conference is designed and presented for Adult Family Home providers. Conference trainings include supporting residents with brain injury, preparing for a disaster, medication error reduction, therapeutic laughter, surveys and inspections, patient centered care and non-pharmalogical interventions as well as vendor Showcase, hospitality and networking. Held at the Tulalip Resort and Casino, 10200 Quilceda Blvd in Tulalip. More [information online](#) or call WSRCC at (360) 754-3329.

**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. Topics include: prescription drug overdose, senior falls, marijuana legalization, sexual abuse, suicide prevention, and gun violence. The summit is coordinated by the Northwest Center for Public Health Practice, Public Health Training Center and Washington State Department of Health. Held 9 a.m. to 4 p.m. at the Seattle Airport Marriott. Questions? Contact [Trudy San Jose White](#), at (206) 685-2931. [Register online](#).

### **Q&A of the Month**

**Question:** I was hurt on the job and can't work. How do I start my application for Social Security disability benefits?

**Answer:** If you have a disability that qualifies, you can apply online at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability). There are several advantages to applying online for disability benefits. You can start your disability claim immediately. There is no need to wait for an appointment. You can apply from the convenience of your home or on any computer. And, you avoid trips to a Social Security office, saving you time and money. You can use the online application to apply for benefits if you are age 18 or older, have a medical condition that has prevented you from working or is expected to prevent you from working for at least 12 months or result in death, and reside in the United States or one of its territories or commonwealths.

### **NATIONALLY**

#### **The Arc offers Future Planning**

The Arc's Center for Future Planning website aims to support and encourage adults with intellectual and developmental disabilities (I/DD) and their families to plan for the future. The Center provides reliable information and practical assistance to individuals with I/DD, their family members and friends, professionals who support them and other members of the community on areas such as person-centered planning, decision-making, housing options, and financial planning. [View the easy-to-navigate website](#). (Source: The Arc)

#### **Information Guides on Disability Benefits, Programs, and Services**

Finding reliable disability-related information and resources can be time consuming. Disability.gov has developed a series of [14 guides](#) about topics such as [disability benefits](#), [housing assistance](#), [job training programs](#), and [financial help for families with low incomes](#). Other guides cover services that promote independence for people with disabilities such as [home health care](#), [programs for caregivers](#), [assistive technology](#), and more. To learn more, visit [Disability.gov](http://Disability.gov). (Source: ACL)

#### **Veterans Have Access to Faster, Closer Healthcare**

More veterans now have access to faster, closer healthcare through the [Veterans Choice Program](#). The Choice Program allows vets to see doctors who are not associated with the Department of Veterans Affairs, if:

- The vet enrolled in VA health care on or before August 1, 2014, or is eligible to enroll as a recently discharged combat veteran
- and
- The vet has been (or will be) waiting more than 30 days for VA medical care
- or
- The vet lives more than 40 miles away from a VA medical care facility or faces one of several excessive travel burdens.

The VA recently changed how it determines how far a vet lives from the nearest VA medical facility, using actual driving distance instead of measuring the distance in a straight line. That means more veterans are now eligible for the program under the 40-mile rule. Learn [more facts about the Veterans Choice Program](#). (Source: USA.gov)

### **US Trans Survey Now Open**

Rainbow Center is helping the 2015 U.S. Trans Survey team recruit the largest and most diverse group of trans, genderqueer, and nonbinary people to complete the survey. Almost everything we know about trans experiences in the U.S. comes from one place: the 2011 report of the National Transgender Discrimination Survey (NTDS): *Injustice At Every Turn*. The NTDS has become our community's go-to resource for helping the public understand trans people. It's shown us the number of trans people who've faced discrimination or harassment in employment, housing, school, health care, and in many other areas of their lives. [Take the survey](#). (Source: Rainbow Center)

### **Social Security and Medicare for Same-Sex Couples**

Following the Supreme Court decision *Obergefell v. Hodges*, the Social Security Administration is encouraging spouses, ex-spouses, and surviving spouses of legal same-sex relationships to apply for benefits. A new webpage links to information on applying for Medicare, Social Security, and Supplemental Security Income for same-sex couples, and where to get your questions answered. [Get more information](#). (Source: SSA)

### **Generations United Asks You to #TakeAGrandie**

To celebrate Grandparents Day on Sept. 13, Generations United is holding a contest for the best intergenerational selfie. Submit yours on Facebook, Twitter, or Instagram using the hashtag #TakeAGrandie. Then vote for your favorite! [Get details](#). (Source: NCOA)

### **Easy Chirp Technology: How People with Visual Impairments Can Now Access Twitter**

Are you or someone you know visually impaired? Are you interested in using Twitter to stay connected with friends, stay up-to-date on the news or find work opportunities? Easy Chirp is a website that can help people with disabilities view information and interact on Twitter. The site is highly accessible and designed to work with [assistive technology](#) such as screen readers, screen enlargers, braille-output, text-only browsers and many other web-enabled devices. The site does not require you to have a specific browser or internet connection speed. To learn more about Easy Chirp, watch this [webinar](#) hosted by the [Partnership on Employment and Accessible Technology \(PEAT\)](#) on how the app was created and how it can assist people with disabilities. (Source: SSA)

### **When Prisons Need To Be More Like Nursing Homes**

By 2030, nearly one-third of all prison inmates will be over 55, the ACLU says, and caring for aged prisoners often costs twice as much as caring for younger ones. Some states – New York, California and Connecticut – are confronting the problem, however, with innovative programs meant to improve care and save money. [Read the KHN report](#). (Source: KHN News)

### **Health Exchange Enrollees Miss Out On Cost-Sharing Assistance**

More than 2 million people with coverage on the health insurance exchanges [may be missing out on subsidies](#) that could lower their deductibles, copayments and maximum out-of-pocket spending limits. Those who may be missing out are people with incomes between 100 and 250 percent of the federal poverty level (\$11,770 to \$29,425). Under the health law, people at those income levels are eligible for cost-sharing reductions that can substantially reduce their out-of-pocket costs. But there's a catch: the reductions are only available to people who buy a silver-level plan. (Source: KHN)

