



The ADRC E-Newsletter may also be viewed as a PDF at www.PierceADRC.org “News & Events.”

NETWORKING OPPORTUNITIES

Aging and LTC Providers Network

First Thursday of each month, 8 – 9 a.m.

Lighthouse Senior Center, 5016 E. “A” Street, Tacoma

Contact [Bob Riler](#), ADR, 798-7384

Oct 1 – Medicare Updates Re: Open Enrollment – Faith Homan, Sound Outreach

Nov 5 – SEIU 775: Washingtonians for a Responsible Future – Pete Subkoviak, SEIU 775

Dec 3 – Ombudsman Program – Patricia Hunter, State LTC Ombudsman

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

Oct 8 – Networking

Collecting donations of cold weather items- socks, gloves, scarves etc... for area senior centers for the holidays.

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.

Oct 7– 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.

Oct 21 – Chateau at Valley Center, 4450 Davis Ave S., Renton

Schedule of meeting locations and times at 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

ADR Invites Nominations for Recognition

Pierce County Aging and Disability Resources annually recognizes an organization and an individual that makes outstanding contributions to the lives of older adults, individuals with disabilities, caregivers and the community at large. Nominations can be made by any resident of Pierce County before Nov 2, 2015. [Nomination qualification information](#) and [nomination forms](#) are available on the ADRC website. Call [Bob Riler](#) at (253) 798-7384 for more details.

Domestic Violence Victims’ Services Training

Everyone can be a first responder for a victim of domestic violence. This training provides specific information on what domestic violence is and how we can all work together to keep victims safe and hold perpetrators accountable through a coordinated community response. Class is for anyone who works in the social service field. \$275/professionals; \$150 students. Held Oct 19-23 from 8:30 a.m. to 5 p.m. at the Pierce County YWCA, 405 Broadway, Tacoma. Questions, call (253) 272-4181.

[Information and registration online.](#)

State Alzheimer's Plan

The Alzheimer's Disease Working Group (ADWG) was created to examine the array of needs of individuals diagnosed with Alzheimer's disease and other dementias and the capacity of Washington state and current providers to meet these and future needs. Over the past year, the ADWG has used public input and collective expertise to identify major goals, general strategies and specific recommendations. The draft and tools for providing comments are available on the [Alzheimer's State Plan webpage](#). Public comments will be accepted on the webpage September 4 - 26, 2015.

Senior Housing to Increase in December

New Tacoma Senior Apartments will add 40 new units in December. The one-bedroom units are in a secure building near downtown Tacoma and overlook Commencement Bay and Mt. Rainier.

Applicants may be placed on a waitlist. Visit at 1709 S. G Street in Tacoma Monday through Friday, 8:30 a.m. to 5:30 p.m. For more info call (253) 272-1772.

Medicare Open Enrollment Resource

Enrollment in Medicare's prescription drug program (Part D) starts Oct. 15 and runs through Dec. 7. If you're Medicare-eligible and want to enroll in Part D or change your current plan, enroll early. The Office of Insurance Commissioner's Statewide Health Insurance Benefits Advisors (SHIBA) can assist you with answering questions about Medicare's Part D and provide help on Medicare and other health care-related topics. To attend a public enrollment event on Part D in Pierce County, call Sound Outreach at (253) 593-2111 or visit our website www.soundoutreach.org. For over the phone counseling services call (253) 596-0918.

Free Open Enrollment Medicare Training for Professionals

Join Statewide Health Insurance Benefits Advisors (SHIBA) for a free Medicare Open Enrollment training for professionals & volunteers who work with seniors and want to help them free & unbiasedly during the annual Medicare Open Enrollment period. Medicare Open Enrollment (Oct 15 – Dec 7) is the one time a year most Medicare beneficiaries can change their plans Medicare Part C or D plan. Plans can change their plan premiums; prescriptions, doctors & hospitals they cover. Medicare & SHIBA encourage all Medicare Beneficiaries to have a yearly benefits checkup even if happy with their current plan. This is a one day class with two class date choices:

- Oct 12 – 9:30 a.m. - 12:00 p.m. at the Soundview Building, 3602 Pacific Ave. in Tacoma
- Oct 14 – 9:30 a.m. - 12:00 p.m. at the Soundview Building, 3602 Pacific Ave. in Tacoma

To RSVP: Heather@soundoutreach.org -or- [253-596-0918](tel:253-596-0918).

LGBT 50+ Grief Support Group

Are you experiencing a loss in your life? Loss can take multiple forms - death of a spouse or close friend, loss due to a separation or breakup, loss due to various addictions, loss of a beloved pet, loss of a job etc. We are not a therapy group, but individuals coming together to talk about our loss and our process. This group was developed based on a need for the LGBT community. Group meets the third Wednesday of each month in Tacoma from 5:30 to 7:00 p.m. Please Note: While the group mainly focuses on the 50+ older LGBT adult and their unique challenges as they grow older, we never turn anyone away who needs support. Contact Pat at patricia@tacomaolderlgbt.org for details and location.

Tacoma Film Festival Highlights Adult Autism

Autism in Love – With beautiful cinematography and remarkable compassion. The film examines the everyday realities of autistic adulthood, showing how the members of this often-misunderstood community cope with the challenge of keeping romance alive over the years. Film shows Oct 9 at 4:30 p.m. and Oct 13 at 2:30 p.m. at the Tacoma Grand Cinema. [View the Tacoma Film Festival website.](#)

Video Explains Value of Service Animals

The WA State Department of Veterans Affairs has produced a new video on the role of service animals. The video is designed for businesses to acquaint them with the requirements of public accommodation, what can be asked and expected of service animals and the differences between service and companion animals. The 9-minute video also includes some basic do's and don'ts. View at <https://www.youtube.com/watch?v=jA01pBe6b7M&feature=share>.

Washington Health Insurance Rates Going Up

People who buy their health insurance on the Washington Healthplanfinder exchange can expect an average 4.2 percent increase in their rates in 2016. The rate increases approved by the Office of the Insurance Commissioner are lower than the insurance companies had requested. Insurance officials have approved 12 health insurance companies to sell 136 individual health plans on Washington Healthplanfinder in 2016. The companies requested an average rate change of 5.4 percent.

Music Therapy for Parkinson's Disease

Music Therapy for Parkinson's Disease is an eight-week series of 90-minute classes. Neurologic Music Therapy uses music within a therapeutic relationship to address a variety of rehabilitation, development and adaptive needs. The goals of the classes is to improving walking, balance and movement coordination, helping with speaking volume, breath support and speech clarity and fluency, strengthening attention and decision making skills and many more. Classes will be taught by Megumi Azekawa, MM, MT-BC (Puget Sound Music Therapy) in partnership with Northwest Parkinson's Foundation and Ted Brown Music. Held 1:00 to 2:30 weekly at Ted Brown Music, 6228 Tacoma Mall Blvd. now through November 18. Call Puget Sound Music Therapy at (253) 448-1400.

WA State Tax System Studied

U.S. state tax structures vary greatly. Public perception is that fair systems are progressive systems, but, [according to the report](#), most states have regressive state and local structures. Washington state was rated the least fair tax system, followed by Georgia and then Hawaii. [Read more.](#)

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 p.m. to 3:30 p.m. 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; 3 p.m. – 6 p.m. at Gig Harbor Library; 4424 Point Fosdick Drive NW, Gig Harbor;
- 10/23; 2 p.m. – 5 p.m. at Summit Library; 5107 112th St. East, Tacoma;
- 10/26; 1 p.m. – 4 p.m. at Pierce County Annex training room; 2401 S 35th St, Tacoma;
- 10/27; 10:30 a.m. – 1:30 p.m. at Bonney Lake Sr. Ctr.; 19304 Bonney Lake Blvd E, Bonney Lake;
- 10/29; 1 p.m. – 4 p.m. at Pierce County Annex training room; 2401 S 35th St, Tacoma;
- 11/02; 2 p.m. – 5 p.m. at Sumner Library; 1116 Fryar Ave, Sumner;
- 11/06; 1:30 p.m. – 4:30 p.m. at Graham Library; 9202 224th St. East, Graham;
- 11/10; 10:30 a.m. – 1:30 p.m. at Bonney Lake Sr. Ctr.; 19304 Bonney Lake Blvd E, Bonney Lake;
- 11/12; 2 p.m. – 5 p.m. at Lakewood Library; 6300 Wildaire Rd SW, Lakewood;
- 11/13; 2 p.m. – 4:30 p.m. 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;
- Enumclaw Senior Center; 1350 Cole St, Enumclaw;
- Mustard Seed Project; 9103 Key Peninsula Hwy N, Lakebay;
- Sound Outreach; 1106 MLK Jr Way, Tacoma;
- Mid County Community Center; 10205 44th Avenue East, Tacoma;
- Lakewood Senior Center; 9112 Lakewood Drive SW;
- University Place Senior Center; 2534 Grandview Dr. W, University Place;
- Fife Senior Activity Center; 2111 54th Ave E, Fife;
- Edgewood Community Center; 3607 122nd Avenue East, Edgewood;

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.

HCPC Invites Donations for Seniors

The Christmas Committee for the Health Care Providers Council of Pierce County would like to start collecting the donations of cold weather items- socks, gloves, scarves etc... for our senior centers sooner as opposed to later. Members can bring items to the October and November HCPC meetings, or one of our committee members can also come to your location for pick-up! Think outside the box...organize a collection drive in your lobby - challenge the office next door to see who can raise the most! We will also be accepting CASH donations, as well - so there are lots of ways to participate and support our senior centers. At the October meeting, bags will be available for members to take and fill. Contact [Melissa Martin](#) or any HCPC member.

Dementia: The Progression of Behavioral Symptoms * 6-part Webinar Series

LeadingAge Washington is providing a 6-part webinar series with Cordula Dick-Muehlke, a leading expert on Dementia. Each webinar will be 90 minutes.

- Oct 15 – From MCI to Advanced Dementia: Understanding the Progression of Alzheimer's Disease
- Nov 12 – Behavioral Expressions: A New Approach to Behaviors in Dementia
- Jan 7, 2016 – Supporting People with Cognitive Impairment in Independent and Assisted Living
- Feb 18, 2016 – Supporting Dementia Caregivers: Placement and Other Care Transitions
- Mar 17, 2016 – Person-Centered Care: What is IT and How to Move Forward
- April 7, 2016 – Meeting Spiritual Needs of People with Dementia and Caregivers

Cordula Dick-Muehlke, Ph.D., is a licensed clinical psychologist with 30 years of experience in working with older adults and is currently the Director of Education at the U. of California Irvine,

Institute for Memory Impairments & Neurological Disorders (UCI-MIND). Webinar is 9:30 a.m. to 11:00 a.m. with 1 DSHS Credit, per webinar. Contact for registration info [Cassi Meritt](#) at LeadingAge Washington.

SCAM OF THE MONTH

Home Retention Assistance - Loan Modification Scam

A Washington State consumer has reported being solicited by Home Retention Assistance for a loan modification. The consumer was offered a loan modification for a flat rate of \$769 or a loan 99modification for \$2,400. The address associated with Home Retention Assistance is 22865 Lake Forest Drive, Lake Forest, CA 92630. The WA State Department of Financial Institutions says this is a fraudulent entity. Additionally, Home Retention Assistance is not licensed by DFI nor is Home Retention Assistance registered with the Washington State Department of Revenue, the Office of the Secretary of State, or the Department of Licensing Master Business Division to do business in Washington State. DFI strongly recommends that consumers deal only with those lenders that are properly licensed to conduct business. Consumers can determine whether lenders are properly licensed using the “Verify a License” feature on DFI’s website at www.dfi.wa.gov.

RECOMMENDED READS FOR THE 50+

“Love, Again: The Wisdom of Unexpected Romance”

Eve Pell beautifully and thoughtfully concludes that life experience adds dimensions to the art of connection--and that we all stand to learn something from unexpected romance. How do old people meet new loves? This thing, this late-in-life love: It's growing, it's everywhere, and it's transformative. In staggering numbers, older people are meeting and falling in love--in senior living facilities, in retirement homes, in bars, in grocery stores, on cruise ships, on the Internet--brazenly, quietly, unexpectedly. People once written off as too old for intimacy are having romances, beginning intense affairs once thought to be for the young. Part memoir, part journey to a new frontier, Love, Again is illuminating and heartwarming. Speaking with poets and artists, a retired nurse and a retired coach, environmentalists, philanthropists, and teachers--couples whose partners' ages range from 61 to 96--Pell reports on their relationships, from saying hello to knowing they'd found the one, from blending routines and traditions to overcoming judgments and challenges. These widows, widowers, divorces, and never-marrieds open up about old love versus young, the thrill of sex, and the looming shadow of mortality. At the core of this book is wisdom: what we all can learn from the experience, regardless of age. Call number: 306.7084 PELL 2014 (Pierce County Library System)

LOCAL HAPPENINGS

Oct 3 – Eatonville Fall Fest

Fall Fest creates opportunities for our community to embrace all abilities through Disability Awareness and to provide an opportunity for residents of greater Eatonville area to learn and discover resources available to them while connecting with others in our community. Enjoy disability and health resource booths to educate individuals and their families about available resources in our state, county and community. “Eatin’ in Eatonville”, foods and beverages for sale from area restaurants and community groups to promote fun and socialization with the goal of drawing in more people. Entertainment and Educational Opportunities to enhance ability awareness to focus on what people can do, rather than on what they can’t do. Held at Eatonville Middle School, 207 Carter St. E. Fall Fest is open to the public 11 a.m. to 3 p.m. Admission is free. Contact [Tina Schmidt](#) at (253) 677-2479

Oct 3 – Tacoma Walk to Defeat ALS

More than just a few-mile trek, the Walk to Defeat ALS® is an opportunity to bring hope to people living with ALS, to raise money for a cure, and to come together for something you care about. Held at Fort Steilacoom Park, 8714 87th Ave SW, Lakewood. Paved flat trail, packed gravel road. Nice flat walk through natural wooded area around Lake Waughop, ADA accessible. The Walk to Defeat ALS® is The ALS Association's biggest annual event, which raises funds that allow our local chapters to sustain care services and support research for much of the next year. 10:00 a.m. check-in & team photos; 10:45 a.m. opening ceremony; 11:00 a.m. walk begins. [Info and registration online](#).

Oct 4 – Pierce County Hunger Walk

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

Oct 9 - Oasis & Rainbow Center 3rd Annual National Coming Out Day Open House

See new changes to our space. Learn about exciting current and future projects. Talk with Oasis and Rainbow Center staff, volunteers, board, youth, and community members. Enjoy tasty snacks. Take part in a community art project. Held noon to 6:30 p.m. (Program at 5:30) at the Rainbow Center, 2215 Pacific Ave. in Tacoma. Please [RSVP!](#) Questions email info@rainbowcntr.org or call (253) 383-2318.

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 –Open Enrollment Medicare Training for Professionals

Medicare Open Enrollment training for professionals & volunteers who work with seniors and want to help them free & unbiasedly during the annual Medicare Open Enrollment period (Oct 15-Dec7). Learn about Medicare options and the various tools available on the Medicare and OIC websites. Held 9:30 a.m. - 12:00 p.m. at the Soundview Building, 3602 Pacific Ave. in Tacoma. To RSVP: Heather@soundoutreach.org -or- [253-596-0918](tel:253-596-0918).

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. [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 7th 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.111111 at the Graham Library, 9202 224th St E, Graham

Oct 19 - 12:10 p.m. at the Pierce County Annex, 2401 S. 35th 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 14 –Open Enrollment Medicare Training for Professionals

See Oct 12 for description. Held 9:30 a.m. - 12:00 p.m. at the Soundview Building, 3602 Pacific Ave. in Tacoma. To RSVP: Heather@soundoutreach.org -or- [253-596-0918](tel:253-596-0918).

Oct 15 – DSB Tacoma Open House

Join the Tacoma office of the Department of Services for the Blind at this special open house. Learn about the work of DSB and enjoy special treats. Held 10 a.m. to 3 p.m. at 949 Market Street, Suite 508 in Tacoma. Also that day at the Tacoma Farmers Market on Broadway.

Oct 15 – Guardianships for Individuals with Disabilities

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

Oct 20 – Hoarding Conference

Join the Pierce/King County Hoarding Project for a day-long conference sponsored by the City of Renton at [Highlands Neighborhood Center](#) from 9 a.m. to 4 p.m. Presentation topics will include hoarding disorder FAQs; legal considerations; bedbugs, rodents, pests, and hoarding; using Motivational Interviewing strategies to start the difficult conversation about hoarding; animal hoarding; hoarding and senior housing; and organizational strategies for working with people who hoard. \$50 registration includes workshops, presentations, resource fair, and lunch! [Register online.](#)

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 66th Street in Tacoma. Vendor registration open until full at the [Health Care Providers Council website](#). Free event. No RSVP required to attend.

Oct 23 – Mid-County Senior Wellness Fair

Enjoy a fall harvest of health at this Senior Wellness Fair. Learn about the benefits of a healthy lifestyle, enjoy healthy harvest homemade soup and get valuable information. Lots of give-aways and fun. Free. Held 10 a.m. to 2 p.m. at the Mid-County Community Center, 10205 44th Avenue E. in Tacoma. Call (253) 531-8412 for details.

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 9th 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

This year's conference will draw over 450 people. In addition, we will have up to 40 Exhibitors with resource information covering senior issues. 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. The intended audience includes legislators, policy makers, civic leaders, state, county and city employees, senior activists and providers of services for senior citizens. Held at the Hotel Murano, 1320 Broadway in Tacoma from 8 a.m. to 3:30 p.m. Contact Karen Bowen at (360) 754-0207. [Register online](#).

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 28 – Project Homeless Connect

This quarterly event is held at the Tacoma Armory, 715 S. 11th Street in Tacoma from 9 a.m. to 2 p.m. Free services include health insurance enrollment, medical, dental and wellness exams, vaccines, vision resources, haircuts, Veterans services and more. Lunch, refreshments and give-aways. More info at www.pchomelessconnect.com or call (253) 593-2111.

Oct 29 - Improving Our Understanding of Domestic Violence Against Elders and Adults with Disabilities

A full-day conference sponsored by the King County Prosecuting Attorney's Office. This conference is open to law enforcement, prosecutors, advocates, members of the Attorney General's Office, elder law attorneys, guardians, social workers, DSHS employees, Ombudsmen, health care providers, employees of financial institutions, and others who work or volunteer in the area of detection, treatment, prevention, investigation, or prosecution of abuse of elders and adults with disabilities and related fields. Conference is not open to the general public. \$90. Includes 6 CEU's. Held at the Criminal Justice Training Center, 19010 1st Ave. S. Burien from 8 a.m. to 4:45 p.m. [Get more details, agenda & registration info](#).

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.

Oct 31 – Keys to Successful Transition

Community Connections Developmental Disabilities is providing a half-day resource fair for transition students in Pierce County. This is a chance for students and their families to meet representatives from DDA, DVR, PC2, PAVE and employment service providers and receive great resources regarding transition and adult employment services. Held at Puyallup Public Library, 324 S. Meridian. Free. RSVP's are encouraged by [e-mail](#) or (253) 798-4368.

Oct 31 – Being Prepared: Finances and Health

The Lutheran Church of St Paul and Preschool in Graham, hosts this free workshop for older adults from 10 to 11:30 a.m., with a light lunch following – no cost. This workshop will include financial

planning information presented by Joe Newman, Thrivent Financial Planner, and also thinking ahead about how to address health crises, presented by Chaplain Dorothy Probynski, Director of Pastoral and Spiritual Care, Multicare. For more information you can call St. Paul at 253-847-3084, or go to their website lcsprgraham.org. St. Paul Lutheran Church is at 22419 108th Ave. E., Graham

Nov 5 & 6 – Caregiver Planning & Dementia Care Skills

In celebration of National Caregiver Month Lewis Mason Thurston Area Agency on Aging is hosting this workshop at the Capital Event Center in Olympia. Joyce Beedle, RN, caregiving and dementia expert, will help create caregiving plans on day one and learn dementia care skills on day two. The workshop costs \$25 for one day or \$40 for both. Each caregiver who registers can sign up their support person at no extra cost. To register call (360) 664-3162.

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](mailto:Trudy.SanJose@washingtonstate.gov), at (206) 685-2931. [Register online](#).

Q&A of the Month

Question: I keep hearing that Social Security is especially important for women. Why is that?

Answer: Social Security is important for everyone and most would be in a world of hurt without it. But it is a fact that women do rely more on Social Security income than men. Women make up more than half of all beneficiaries age 62+, and around two-thirds of beneficiaries age 85+. Women generally outlive men and so have to rely on that income longer. Women are less likely than men to have a pension -- even when they do, being underpaid and taking time out of the workforce to serve as caregivers makes those pensions smaller. Without Social Security, nearly half of women 65+ would be poor. Social Security has a booklet that you might refer to – [“What Every Women Should Know.”](#)

NATIONALLY

Guns Key to Senior Suicide Problem

Senior suicide doesn't usually make the news, but it is a big problem in America; and one that is particularly pronounced in homes where a gun is present. One in four suicide attempts by seniors are lethal. For these Americans aged 65 and older, firearms account for [72% of all suicide deaths](#). [Read article](#) by Marshall Kapp, director of the Florida State University Center for Innovative Collaboration in Medicine and Law. (Source: CNN)

No Social Security COLA Causes Medicare Flap

The *2015 Social Security Trustees Report* predicts that Social Security recipients will not get a cost of living adjustment (COLA) in 2016. Without a COLA, Medicare Part B premiums cannot increase for most beneficiaries, so a minority has to bear the full burden of rising costs. A new issue brief from the Center for Retirement Research analyzes what this means for older adults and their medical spending. [Read the brief](#) (Source: NCOA)

What is Brain Health? Campaign Launched

The Administration for Community Living (ACL) has launched a campaign to provide information about how the brain changes over time, and steps you can take to help keep your brain sharp. The *What is Brain Health?* campaign also offers tips for talking with loved ones and health care practitioners about symptoms if they arise. 71% of adults said they “worry most” about not being alert and experiencing memory loss as they get older. The campaign is anchored by the Brainhealth.gov website, which has tips and tools for promoting brain health, educational videos, links to social media, testimonials from real people, and an interactive feature that shows how the brain changes with age. Learn more by visiting Brainhealth.gov and [ACL’s brain health webpage](#). (Source: ACL)

NCOA Joins “Raise the Caps”

The National Council on Aging is part of a new “Raise the Caps” campaign to urge Congress to end the threat of sequester and allow investments in important programs for Americans’ safety and security. NCOA members will tell Congress, the press, your social media followers what cuts in programs for seniors will mean. [Join the effort](#) | [Learn about pending cuts](#) | [Email Congress now](#) (Source: NCOA)

Health Care Gains, But Income Remains Stagnant

Nearly nine million people gained health insurance last year, lowering the ranks of the uninsured to 10.4 percent of the population. But there was no statistically significant change in income for the typical American household in 2014. Overall, the new census numbers suggest that one major government program, to provide health insurance under the Affordable Care Act, is working, but that for ordinary Americans, especially the poor, the economic recovery — now into its seventh year — has yet to deliver measurable benefits. [Read the story](#). (Source: NY Times)

Common Mistakes of Accessible Parking Abusers

Nothing frustrates wheelchair users more than people taking advantage of accessible parking spaces when they don’t really need them. Here’s a [list of the common mistakes](#) and a few tips on how to put an end to this type of abuse. (Source: United Spinal Association)

Accountable Care Organizations, Explained

ACOs are one of the ways created by the Affordable Care Act to reduce health care costs while improving quality of care. Learn what ACOs are, their strengths and weaknesses and how they are different from HMOs. [Watch the video](#) that explains ACOs. (Source: KHN)

Seniors Have Eyes, Ears, and Teeth Act (H.R. 3308)

Hope for expanding Medicare coverage to include eyeglasses, hearing aids and dental care has grown with the [introduction of a HR 3308 in Congress](#). The primary sponsor is Alan Grayson (D) from Florida. (Source: Family Caregiver Alliance)

Dramatic Drug Price Increase on Hold – for Now

The maker Daraprim has put on hold a price increase of more than 5,000%. Turing Pharmaceuticals had announced a price jump from \$13.50 to \$750 per pill. Turing also boosted the price of Nitropress by more than 200% -- from \$257 to \$800 a vial. After public outrage the company put a hold on the price increases but has so far not announced a specific increases. The price jump was described as a way to develop funds for future research. Daraprim (aka pyrimethamine) is used mainly to treat toxoplasmosis, a parasite infection that can cause serious or even life-threatening problems for babies born to women who become infected during pregnancy, and also for people with compromised immune systems, like AIDS patients and certain cancer patients. [Read more](#). (Source NY Times)

