

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

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

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

Jan 7 – Virtual Dementia Tour – Ben Solomon, Right at Home

#### **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

Nov 12 – “911 Protocol and EMT Dispatch” with Tacoma and area Fire Departments

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

Dec 10 – Holiday Party

#### **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.

Nov 4 – 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.

Nov 18 – Wesley Homes Lea Hill Campus, 32049 109th Pl. SE, Auburn

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**

#### **Pierce County Housing Authority Opens Section 8 Voucher Waiting List**

Pierce County Housing Authority (PCHA) will be accepting applications online for the Section 8/Housing Choice Voucher waitlist beginning at 12:00am on Monday, November 16, 2015 until 11:59pm on Thursday, November 19th, 2015. To better serve applicants and to make the application process available to all, including those who are least likely to apply; the entire application process is available on-line by going to [www.pchawa.org](http://www.pchawa.org). Beware of scams! You will never be asked to give money or pay in association with your application. The application can only be accessed through

[www.pchawa.org](http://www.pchawa.org). PCHA will conduct a random lottery of all eligible applications to fill 1500 positions on the 2015 PCHA Section 8/Housing Choice Voucher waitlist. The time and date of application submission has no bearing on the position of applicants on the waitlist. There is no advantage to applying immediately after the list opens.

### **Open Enrollment for the ACA Marketplace**

People can search for individual health insurance provided by the Affordable Care Act. Open enrollment begins Nov 1, 2015 through January 31, 2016. Washington State residents should visit [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) to shop for a health plan. The website also provides information about Washington Apple Health.

### **Pierce County Completes Evaluation of Ramp, Sidewalk Compliance with ADA Standards**

Nearly all sidewalks in unincorporated Pierce County are wide enough to comply with the Americans with Disabilities Act (ADA), while non-compliant curb ramps may be creating barriers to accessibility according to Pierce County's *Americans with Disabilities Act Public Rights-of-Way Self-Evaluation Report*. The report details whether existing pedestrian facilities – such as sidewalks and curb ramps – located in the public right-of-way in unincorporated Pierce County are in compliance with the ADA. The Report is available for public review at [www.piercecountywa.org/ADAtransition](http://www.piercecountywa.org/ADAtransition) and details whether existing pedestrian facilities – such as sidewalks and curb ramps – located in the public right-of-way in unincorporated Pierce County are in compliance with the Americans with Disabilities Act. Public comment will be accepted through Nov. 25, 2015. The public can request copies of the report and submit comments by phone at (253) 798-2288, email at [daniel.hansen@co.pierce.wa.us](mailto:daniel.hansen@co.pierce.wa.us), or mail at Pierce County Public Works, Attn. Dan Hansen, 4301 S. Pine St., Tacoma, WA 98409. The self-evaluation report and resulting public comments will be used to create a transition plan that will help Pierce County prioritize future projects to bring facilities into compliance.

### **Program Offers Access to Hearing Aids**

The University of Washington Speech and Hearing Clinic in Seattle has recently announced two new programs focusing on helping low-income individuals obtain hearing aids. First, the University of Washington has developed a program that provides reconditioned hearing aids. This program is called the UW Hearing Aid Assistance Program (HAAP). The second program features the UW working with the Lion's Club to provide new Starkey hearing aids. For more information or to request an application, contact the UW Speech and Hearing Clinic at (206) 543-5440 or the Hearing, Speech and Deafness Center in Tacoma, WA at (253) 475-0782.

### **Free Home Repairs and Modifications**

Does your home need repairs or modifications that you cannot afford? Rebuilding Together South Sound can help. You must own your own home, be low income, live in Pierce County, Auburn or Federal Way and be either elderly, a person with a disability or a family with children. To apply or request more information call (253) 238-0977 or visit [the RTSS website](#).

### **Open Enrollment for the Health Insurance Marketplace**

Washington Health Plan Finder Qualified Health Plan Open Enrollment is November 1, 2015 to Jan. 31, 2016. This is for individuals looking to buy personal health insurance through the exchange – not Medicare beneficiaries. Compare health insurance options for you and your family. You may qualify for financial help. [Go here to find out](#).

### **New Poison Prevention and Medication Safety Webpage**

The Washington Poison Center has launched a new [webpage for Older Adults](#). This [webpage](#) links professionals and the general public to information on poison prevention and medication safety

targeted toward the older adult population, and it also provides several downloadable resources including brochures and medication calendars and lists. For more information contact Whitney Pennington at (206) 517-2380 or [wpennington@wapc.org](mailto:wpennington@wapc.org).

### **Flood Preparedness Open House**

Pierce County is hosting a free information fair for residents from on November 14 from 10 a.m. to 3 p.m. at Stewart Elementary, 426 – 4<sup>th</sup> Ave NE in Puyallup. Information presented will help residents understand the flood risk on their property and in their community, prepare for disasters and more. This is a drop-in event with information tables from multiple agencies and organizations and short presentations on preparedness topics throughout the day. [Check our website](#) for info and updates.

### **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.

### **Get In Shape: Washington State Senior Games**

The Washington State Senior Games, the largest Olympic-style multi-sport event in Washington, will be held in July 2016 at various sites throughout the South Sound. Almost 2,000 participants will take part in the next Washington State Senior Games. Events for the 2016 Washington State Senior Games include: Archery, Basketball, Badminton, Bowling, Cowboy Action Shooting, Cycling, Dance, Golf, Pickleball, Power Walking, Race Walking, Racquetball, 5 & 10K Runs, Rock Climbing, Rugby, Shuffleboard, Soccer, Softball, Swimming, Table Tennis, Tennis, Track & Field, Trap Shooting and Volleyball. The Washington State Senior Games is an OPEN – state and out-of-state participants are welcome. [Check out the website](#) or call (360) 413-0148.

### **Stoke Strides Group at Good Samaritan in Puyallup**

A new community group for stroke survivors and family is providing a program to provide support, education and networking opportunities for stroke survivors and family caregivers. Topics look at stroke follow up and life after rehab.

Nov 10 – Speech/language and Changes in Swallowing – What is this all about?

Nov 17 – Caregiver support – Keeping family relationships while being a caregiver.

Nov 24 – Panel Discussion – stroke survivors open dialogue and discussion about life after a stroke.

Held 1-2:30 at the Family Birth Center at Good Samaritan. Information/register by contacting: Janet or [Debbie](#) at (253) 697-1807.

### **SHIBA Launches New Medicare Section on the Web**

SHIBA has launched a [new and improved Medicare webpage section](#) on the Office of the Insurance Commissioner's website. Please note that if you bookmarked your most-used pages to the previous Medicare section, they will not work anymore as the web links have changed. You will need to delete those and save your new bookmarks.

### **Spotlight on Visiting Angels**

Visiting Angels has been awarded the Spotlight on Business Award by the Tacoma-Pierce County Chamber for their accomplishments as a minority owned business. Visiting Angels is a local, family-owned agency that has been providing living assistance services to seniors in their home for 11 amazing years. Visiting Angel's owners are Jeff and Kelly Chambers and Alice Smith. To learn more

about Visiting Angels and the services they provide, call 253-537-3700 or go to [www.VisitingAngels.com/Tacoma](http://www.VisitingAngels.com/Tacoma).

### **Pt. Defiance ~ Ruston Senior Center Open on Saturday This Winter**

For the second year in a row, as a service to our community and the senior population, the Pt. Defiance~Ruston Senior Center, operated by Franke Tobey Jones and located at 4716 N Baltimore, Tacoma, WA, will be open on Saturdays from October 24 through April 16. [Read More](#).

### **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](http://www.soundoutreach.org). For over the phone counseling services call (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 starts November 18 and 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](mailto:patricia@tacomaolderlgbt.org) for details and location.

### **Peer Connections Helps People Connect with their Community**

The Developmental Disabilities Council (DDC) is beginning a new project called the Peer Connections Project. This project will match trained peer visitors with clients of the DD Administration who receive services from an Independent Provider and who no longer have family involved in their lives. Peer Visitors recruited for the project will be people with developmental disabilities and others interested in making connections with DDA clients. They will be paid a small stipend to make two visits with the person over the course of a year. [Learn more about Peer Connections](#)

### **SOUP-tacular at Bridgeport Place**

Bridgeport Place, a senior living community, invites seniors to join them the third Saturday of every month from 12 noon to 1:30 p.m. and enjoy a hearty chef's soup of the day, breadsticks, desserts and beverages. Meal is free. Call 565-1960 for details.

### **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:

- 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.

### **Soundpath Health Offers Medicare Workshops**

During Medicare Open Enrollment, Soundpath Health is hosting informative seminars about Medicare and the options that people have. The organization was founded in 2007 by local doctors to serve people on Medicare. You do not have to be a Soundpath member to attend. [View upcoming presentations](#) in the South Sound area.

### **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.

### **SCAM OF THE MONTH**

#### **Did You Miss Your Jury Duty?**

Pierce County Jury Administration reports a spike in jury scams locally. These scams typically target seniors. This is not a new scam but it resurfaces from time to time. The senior gets a call from someone claiming to be an officer representing the court, insisting that an arrest warrant has been issued for failing to appear for jury duty. The then demand that the senior pay hundreds or thousands of dollars with a cashier's check to cover the warrant and clear their name. If anyone receives such a call, hang up immediately. It's a scam!

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

#### **The Theft of Memory: Losing my Father, One Day at a Time**

In the most personal book of his career, Dr. Harry Kozol tells the story of his father's life and work as a nationally noted specialist in disorders of the brain and his astonishing ability, at the onset of Alzheimer's disease, to explain the causes of his sickness and then to narrate, step-by-step, his slow descent into dementia. The Theft of Memory is at once a tender tribute to a father from his son and a richly colored portrait of a devoted doctor who lived more than a century. Call Number: 616.831 KOZOL (Pierce County Library System)



## **LOCAL HAPPENINGS**

### **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 3 – Paying for Long Term Care**

Do you know your options for retirement and the average cost of long term care? In this free, educational seminar offered by Registered Nurse and Geriatric Care Manager, Lisa Doyle, you will receive valuable information that will help you navigate the choices available for retirement and long term care. Learn about levels of care, methods of choosing care, how to have the tough conversation about long term care and more. Free. Register online. Held [Nov 3 from 5:30 to 7:00 p.m.](#) at Life Care Center of Puyallup, 511 10th Ave SE in Puyallup. Held [Nov 12 from 5:30 to 7:00 p.m.](#) at BECU Trust, 12770 Gateway Dr. in Tukwila.

### **Nov 5 – Sound Transit Proposed Service & Fare Changes**

Sound Transit is proposing a number of service changes in 2016. In addition to the service improvements, ST is considering offering a low-income adult fare on ST Express buses to align with King County Metro and existing Link light rail fares. Sound Transit would provide the fare discount to riders who pay with special low-income ORCA LIFT cards issued by King County Metro. Other fares could increase by 25 cents. ST is also considering raising fares on Sounder trains by 50 cents for adult and youth riders, and 25 cents for seniors and people with disabilities. To mitigate the impacts of the fare increase on low-income riders, ST is considering introducing a low-income fare on Sounder. [Service change](#) and [fare change](#) information is available online. The public is invited to comment on the new service and fare proposals online, in person or email through Nov. 5. Comment at 1-866-940-4387 or email [fastride@soundtransit.org](mailto:fastride@soundtransit.org). Public hearing on Thursday, Nov. 5, 10 a.m. at Union Station—Ruth Fisher Boardroom, 401 S. Jackson St. in Seattle. Or take the [ST survey online](#).

### **Nov 9 – Senior and Disabled Bus Fare Increase Public Hearing**

Bus fares could be going up on March 1, 2016 for seniors and people with disabilities. SHUTTLE cash fares are proposed to increase from \$0.75 to \$1.25 per trip. Other senior and disabled cash fares would increase from \$0.75 to \$1 per trip. Cost of monthly passes would also increase. A public hearing will be held as part of the Pierce Transit Board of Commissioners' meeting. The meeting begins at 4 p.m. in the Rainier Conference Room of the Pierce Transit Training Center at 3720 96<sup>th</sup> Street SW in Lakewood. If you are unable to attend the public hearing, you may call Customer Service at 253-581-8000, press 1, and then press 3 to register your comments with a Customer Service Representative. You may also send written comments by November 6th, 2015 to Pierce Transit, ATTN: Jay Peterson, Transit Development Manager, P.O. Box 99070, Lakewood, WA 98496-0070 or email at [ptcustomer@piercetransit.org](mailto:ptcustomer@piercetransit.org)

### **Nov 11 – Veterans Day Dance**

Patriots Landing (1600 Marshall Circle in DuPont) is holding a special Veterans Day Dance from 6:30 to 8:30 p.m. Live music provided by the Paul Sawtell Jazz Quintet. To RSVP or for more information call Karen at (253) 370-4142 or [kgetchell@patriotslanding.com](mailto:kgetchell@patriotslanding.com).

### **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](#).

#### **Nov 14 – Flood Preparedness Open House**

Pierce County is hosting a free information fair for residents from 10 a.m. to 3 p.m. at Stewart Elementary, 426 – 4<sup>th</sup> Ave NE in Puyallup. Information presented will help residents understand the flood risk on their property and in their community, prepare for disasters and more. This is a drop-in event with information tables from multiple agencies and organizations and short presentations on preparedness topics throughout the day. [Check our website](#) for detailed information and updates.

#### **Nov 16 – Fair Housing Rights and Resources**

The Fair Housing Center of Washington is a non-profit agency dedicated to ending Illegal discrimination and enforcing the Fair Housing Act for residents of Western Washington. Come join us in this informative and worthwhile presentation to provide insight on resident rights and ways to minimize homelessness. Topics include protected classes, who can be held responsible, what discrimination looks like, reasonable accommodations & modifications, accessibility standards and more. Held 1:30 – 3:00 p.m. at TACID, 6315 S. 19th Street in Tacoma.

#### **Nov 17 – PC2 Legislative Forum**

Pierce County Coalition for Developmental Disabilities, in collaboration with Tacoma Public Schools, hosts their annual Legislative Forum. Legislators will discuss issues of importance for individuals and families who experience developmental disabilities. Vendors and providers share program information. Resources, activities and exhibits from 5:30 to 6:30 p.m. Legislative forum from 6:45 – 8:45 p.m. Held at Mt. Tahoma High School, 4634 S. 74<sup>th</sup> Street in Tacoma. Call for more information at (253) 564-0707.

#### **Dec 2 – State Plan for Independent Living Public Hearing**

The Washington State Independent Living Council (WASILC) is partnering with the Center for Independence (CFI) to host a public hearing. The hearing will gather information to develop a three year (2017-2019) State Plan for Independent Living (SPIL) that addresses Independent Living needs in our community. Learn about the work of the state council and the local CIL and find out how this community is serving individuals with housing, transportation and living independently. Held 2 to 5 p.m. at TACID, 6315 S. 19<sup>th</sup> Street in Tacoma. Call to RSVP and request accommodations for this event at (253) 582-1253. Accommodations must be made 2 weeks in advance.

#### **April 15 – Discovery 2016**

Save the date. Alzheimer's Association annual regional conference. Held at the Washington State Convention Center in Seattle. Registration opens Jan 5, 2016.

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

**Question:** I heard about the Medicare Savings Program that helps seniors with their Medicare costs. How do I get it?

**Answer:** Medicare is a hot topic this time of year with the annual open enrollment going on through December 7. The Medicare Savings Program (MSP) helps Medicare recipients pay for all or part of

their Medicare premiums. It is designed for Medicare recipients who meet income and resource requirements. To be eligible your resources (assets) must be under \$7,160 for an individual and \$10,750 for a couple. Resources include cash, bank accounts, certificates of deposit, savings bonds, stocks, real property (except the home you live in) and recreational vehicles. You also have to qualify based on your income. There are several different types of Medicare Savings Programs that can help pay for Part A and B premiums, deductibles, and co-payments. Call the Aging and Disability Resource Center at (253) 798-4600 and we can go over what benefits you might be able to receive.

## **NATIONALLY**

### **Medicare Part B Premium Increase Still in Limbo**

The House of Representatives passed a budget deal that also addresses the impending 152% increase in Medicare Part B premiums that is otherwise projected to impact 30 percent of beneficiaries, and an increase in the Medicare Part B deductible that would have impacted all Part B enrollees. If passed by the Senate, the budget deal will take what the premium would have been had the increase been spread across all enrollees, and will “loan” the difference to beneficiaries from the Medicare trust fund, making their premium for next year about \$120. Beneficiaries as a group will have to repay that loan by paying a \$3 per month surcharge. The deal also reduces the projected Part B deductible from about \$223 to around \$167 and prevents a 20% cut in Social Security Disability Benefits from going into effect. (Source: MRC)

### **No Cost-of-Living Adjustment for 2016**

Social Security’s annual cost-of-living adjustment (COLA) is an increase in the benefit amount people receive each month. By law, the monthly Social Security and SSI federal benefit rate increases when there is a rise in the cost of living. The government measures changes in the cost of living through the Department of Labor’s Consumer Price Index (CPI-W). The CPI has not risen since the last cost-of-living adjustment in 2015. As a result, the SSI benefit rate and, for most people, Social Security benefit amount will [stay the same in 2016](#). (Source: SSA)

### **Half of Uninsured Eligible for Medicaid or Subsidized Coverage,**

Weeks away from the Affordable Care Act’s third open enrollment period, [a new Kaiser Family Foundation analysis](#) finds nearly half (49% or 15.7 million) of the 32.3 million nonelderly people in the United States without health insurance at the beginning of 2015 are eligible for Medicaid or subsidized coverage through an ACA marketplace. In Washington State, 19 percent of the 621,000 individuals who are uninsured are tax credit eligible. (Source: KHN)

### **Medicare Costs Expected to Spike**

Medicare Part B costs are expected to increase next year for 30 percent of people with Medicare. Without a fix by Congress, Part B premiums will increase to \$159 per month for some beneficiaries, and the Part B deductible will rise to \$223 for all people with Medicare. Older adults and people with disabilities affected by the projected premium increase includes individuals who enroll in Part B for the first time in 2016; enrollees who do not receive a Social Security benefit; beneficiaries who are directly billed for their Part B premium; current enrollees who pay an income-related higher premium; and dual Medicare-Medicaid beneficiaries, whose full premiums are paid by state Medicaid programs. (Source: NCOA/USA Today)

### **Medicare Part D Buyers Beware: Insurers' 2016 Changes Could Hit Your Wallet**

As insurance providers implement cost-cutting measures, experts advise consumers to not just re-enroll in their Part D prescription drug plan without shopping around during open enrollment. In related news, The Fiscal Times explores why Medicare costs can vary so widely across the country. And



Reuters reports on a lawsuit filed by 250 hospitals against the U.S. government over Medicare reimbursement rates. [CBS News reports](#) that many insurance companies offering prescription drug plans under Medicare Part D are implementing cost-cutting measures for 2016. What does that mean for you? (Source: KHN)

### **How Medicare Beneficiaries Can Pick the Best Drug Plan for Their Pocketbook**

With the open enrollment period running through Dec. 7, [PBS Newshour offers advice](#) for choosing a Medicare Part D prescription drug plan. Meanwhile, [PBS' Next Avenue](#) looks at who might be affected by a 52-percent Medicare Part B premium increase in 2016, how to lessen the pain and what might stop the hike. (Source: KHN)

### **TRICARE Benefit Changes**

As of Oct. 1, 2015, a new law requires all TRICARE beneficiaries, except active duty service members, to get select brand name maintenance drugs through either TRICARE Pharmacy Home Delivery or from a military pharmacy. Beneficiaries who keep using a retail pharmacy for these drugs will have to pay the full cost. Maintenance drugs are drugs clients take regularly for a long time, such as to control blood pressure or cholesterol. The law does not apply to drugs they take for a short time, like antibiotics, or generic drugs. If beneficiaries fill at a retail pharmacy again, they have to pay 100 percent of the cost of their medication. For more about this change to TRICARE's pharmacy benefit, go to: [www.tricare.mil/RxNewRules](http://www.tricare.mil/RxNewRules). (Source: SHIBA)

### **President's Committee for People with Intellectual Disabilities 2015 Report**

The President's Committee for People with Intellectual Disabilities (PCPID) published its 2015 Report to the President titled *Leveling the Playing Field: Improving Technology Access and Design for People with Intellectual Disabilities*. The report describes the critical and increasing role of technology in enabling individuals with intellectual disabilities to have greater control over their own lives and to experience the full benefits of citizenship. [Click here](#) to access the full report, which is also available on the [PCPID webpage](#). (Source: WHCOA)

### **Alzheimer's Costs Top Other Medical Conditions**

Total health care costs in the last 5 years of life was 57 percent higher for people with dementia than for people without dementia, shows a [new study](#) funded primarily by the National Institute on Aging. The study found that Medicaid, private insurance, and out-of-pocket spending for those with dementia was higher than for those with cancer, heart disease, or another cause of death. Medicare spending was similar between the dementia and non-dementia groups. The gap in financial burden between those with and without dementia was larger among those who were female, unmarried, African American, or had less than a high school education. [Learn more about the study](#). (Source: ADEAR)

### **Dance, Sing, Just 'Keep Moving,' Dick Van Dyke Tells Seniors**

From his roles in *Mary Poppins* to the *Dick Van Dyke Show*, actor Dick Van Dyke has been in our collective consciousness for a very long time. Though he seems to be ageless, the award-winning star turns 90 soon. And to help mark the occasion he's published a new book with author Todd Gold, *Keep Moving: And Other Tips and Truths About Aging*. Van Dyke shares his advice about enjoying old age. It was a book idea prompted by his publishers, who noticed his spryness in comparison to his peers. At first, Van Dyke didn't think he had much of a book in him on that topic, beyond the title. Then, it "just flowed out of him," he says in an [interview with NPR's Lourdes Garcia-Navarro](#). (Source: NPR)

### **Video: Mastering Longevity**

The National Council on Aging has partnered with ITN Productions on a news style program exploring innovative ideas to help people navigate the challenges of aging. Mastering Longevity is a combination of interviews, news items, and sponsored profiles. [Watch the video](#). (Source: NCOA)

### **Report Shows Huge Retirement Savings Gap Between Top CEOs and American Families**

A [new report](#) from the Institute for Policy Studies and the Center for Effective Government provides an analysis by the Government Accountability Office highlighting just how unprepared most workers are for retirement. It shows that 29 percent of workers aged 50-65 have no pension or retirement savings in a 401(k) or IRA. The report also note that more than half of people aged 50-64 will be forced to rely almost solely on Social Security, which averages \$1,233 a month. (Source: OWL)

### **Transportation Survey for Individuals with Disabilities**

The Rocky Mountain ADA Center seeks participants in a national survey titled, Transportation Access and Experiences, which is designed to improve understanding of accessibility of public transportation for people with disabilities. Responses will be used to make improvements at regional and national levels. If you are a person with a disability, you can take the survey by visiting [https://unco.co1.qualtrics.com/SE/?SID=SV\\_00wcGeTOzGL2lQ9](https://unco.co1.qualtrics.com/SE/?SID=SV_00wcGeTOzGL2lQ9). (Source: ADA Center)

### **Keep Your Mouth Healthy: Oral Care for Older Adults**

Oral health is important for people of all ages. But the simple routine you learned as a kid – brush your teeth twice a day and floss regularly – can become more of a challenge as you get older. That’s partly why nearly 1 in 5 older Americans has untreated tooth decay. Among adults ages 75 and older, about 1 in 4 has lost all natural teeth. Tooth decay and gum disease don’t have to be a part of getting older. You can take steps to keep your mouth healthy throughout your lifetime. And if you’re a caregiver for an older adult, you can help ensure that he or she gets proper oral care. [Learn more](#). (Source: NIH)

### **Poll: FDA Should Review Drug Ads Before They Air**

According to a [poll by the Kaiser Family Foundation](#), almost 90 percent of people surveyed think the Food and Drug Administration should review prescription drug ads before they air – something it currently doesn’t do – to make sure they’re clear and accurate. (Source: KHN)

### **Doing Health Care Differently**

Health professionals and health care organizations are experimenting with new ways to lower costs and improve care, especially for the sickest and frailest Americans. To help guide this effort, The Commonwealth Fund’s Health Care Delivery System Reform program recently released six principles for improving the value of care provided to high-need, high-cost patients, as well as a brief highlighting new models of care delivery. [The first three animated videos of the series](#) illustrate new approaches to paying for and delivering health care services. (Source: Commonwealth Fund)

### **Benefits.gov Launches Native One-Stop**

The federal web portal Benefits.gov has announced the launch of Native One-Stop. The new online portal provides Tribes, American Indians, and Alaska Natives information about services available across the federal government. [Visit the portal](#) (Source: NCOA)

### **8 Brilliant New Accessibility Inventions**

Inventors and coders from around the world have put their heads together in the [global ConnectAbility Challenge](#) – a three month software competition to find the best new mobile and wireless technology to support people with disability live their lives. \$100,000 was up grabs in the challenge, with winners

announced to mark [the 25<sup>th</sup> anniversary of the Americans with Disabilities Act](#). Sixty-three entrants from 15 countries came up with some brilliant ideas for affordable easy to use solutions to every day accessibility problems. Entries were judged by a panel of IT experts and four “exemplars” who have different disabilities. These 8 prize winning accessibility inventions will make for a more inclusive world. [Read the best ideas](#). (Source: Every Australian Counts)

**There’s a Code For That**

If you’re struck by an orca, sucked into a jet engine, or having relationship problems with your inlaws, fear not: Your doctor now has a medical diagnosis code for that. As of October 1 U.S. doctors, hospitals and health insurers must start using the ICD10, a vast new set of alphanumeric codes for describing diseases and injuries in unprecedented detail. The transition has been called American health care’s Y2K moment, because the codes haven’t been updated in 36 years. Doctors and hospitals are on high alert since the arcane letters and digits are key to how health care providers get paid. If they don’t use the right codes, down to the decimal, they may not be paid sufficiently – or at all. Other codes include W61.33 (pecked by a chicken), Y08.01 (assault by hockey stick) and R46.1 (bizarre personal appearance). [Read more](#). (Source KHN)

**PLAN AHEAD – JANUARY 2016 IS...**

Bath Safety, Food Servers, Cervical Health, Financial Wellness, Braille Literacy, Glaucoma Awareness, Mentoring, Self-Defense, Poverty in America Awareness, Radon Action, Thyroid Awareness, Self-help Group and Volunteer Blood Donor Months; Home Safety and Security (3-9), Lose Weight/Feel Great (3-10), Letter Writing (8-14), Activity Professionals (17-23), Fresh Squeezed Juice (17-23), Sugar Awareness (18-22), Certified Registered Nurse Anesthetists (24-30) and Tax Identify Theft (24-29) Weeks; Pet Safety (2), Braille (4), Women’s (8), War on Poverty (8), Cut Your Energy Costs (10), Human Trafficking Awareness (11), Humanitarian (15), Soup Swap (16), Service (18), Healthy Weight (21), Holocaust Memorial (27), Seeing Eye Dog (29) and Appreciate Your Social Security Check (31) 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).