



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
Feb 4 – “Organizing Tips for Seniors” with Terina Bainter, Clutter Cutters
Mar 3 – “Dealing with Consumer Debt” with Karl Hoffmann, Apprisen
Apr 7 – “The Work of SEIU” with Pete Subkoviak, SEIU 775

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 [Joan Engle](#) at (253) 627-3833
Feb 11 – Networking
Mar 10 – Honor Flight

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

Puyallup - Fourth Wednesday of each month, 9:00 – 10:30 a.m.
Feb 24 – Willow Gardens, 4502 6th St., SE, Puyallup
Tacoma - First Wednesday of each month, 8:30 – 10 a.m.
Feb 3 – La Quinta Inn (Ports of Call Restaurant), 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.
Feb 17 - Wesley Homes, 816 South 216th, Des Moines
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

Guidelines for Influenza Outbreaks and Outbreaks of Gastrointestinal Illnesses

Outbreaks of influenza and vomiting and diarrhea type illness within assisted living communities happen every year. These outbreaks can result in many residents and staff becoming ill. Some people will become so ill that they need to go to the hospital for treatment. Influenza can cause death. Norovirus is often the cause of vomiting and diarrhea outbreaks. Both influenza and norovirus are more common in the winter, but outbreaks can occur in other seasons. Immediately report outbreaks in group living facilities to the Tacoma-Pierce County Health Department. TPCHD can provide guidance and information to help prevent the spread of illness within your facility. To report, call (253) 798-

6410. [Two toolkits have been developed](#) to help administrators and caregivers plan to recognize and respond to these types of common outbreaks. Find them online. Contact [Denise Stinson, R.N.](#) or (253) 798-7671.

Resource for Substance Abuse, Gambling and Mental Health

The Washington Recovery Help Line is the new consolidated help line for substance abuse, problem gambling and mental health, as authorized and funded by the Division of Behavioral Health and Recovery at DSHS. The Recovery Help Line is a service of Crisis Clinic and serves residents in Washington State. Callers can get information about issues related to alcohol or drug abuse, problems related to gambling, symptoms of mental illness and treatment. Professionally trained volunteers and staff are available to provide emotional support 24-hours a day, and offer local treatment resources for substance abuse, problem gambling and mental health, as well as to other community services. Call (866) 789-1511. Visit online at www.warecoveryhelpline.org.

Medicare Savings Program Reminder

Medicare Savings Programs (MSPs) help pay your Medicare costs if you have limited finances. Income and asset qualifications apply. Your resources (assets) must be under \$7,160 for an individual and \$10,750 for a couple. [Learn more about qualifications and benefits.](#)

Metro Parks Launches FAB Mondays & Lunch

Bring friends and enjoy all of the great FAB (Fifty and Better) programs offered at STAR Center on Monday mornings – Zumba, weight room, fitness, brain fitness, bingo, crafts and more. Then enjoy a 4” Subway sandwich and bowl of soup for only \$4. [More info online.](#)

Tacoma Alzheimer's Association Caregiver Support Group Updates

The two Tacoma Alzheimer's Association Caregiver Support Groups that meet at the Asia Pacific Cultural Center will now be meeting on the 1st Wednesday of the month. The times, location, and facilitator remain the same. If you wish to attend please contact the facilitator – Jacquelyn Whalen – prior to attending at (253) 922-3221. There are two different groups 10:30 to noon and 1:00 to 2:30.

Annual DSHS Caregiver Conference

This all-day training conference offers 16 workshops on vital topics for caregivers. Outstanding speakers, practical skills and current resources are featured. The event will be held on Monday, June 6, 2016 at the Tukwila Community Center just off I-5. Pre-registration is required and space is limited. [Call or click today to receive a full brochure and registration form](#), 1-800-422-3263 or 360-725-2544. There is a reduced rate for early registration before May 16th. Vendor opportunities and sponsorships are still available – Contact [John Mikel](#) at (253) 798-2823. Over 400 participants will attend.

PAVE Offers Support Groups

Start the year with these support groups at PAVE.

- Reunión de Padres del Grupo de Apoyo (A Support group for Spanish Speaking Parents)
First Tuesday of the month, 6-8 p.m. [Click here for more info](#)
- SOS Meeting (A Support Group for Siblings Outside the Spectrum)
First Wednesday of the month, 6:30 – 7:30 p.m. [Click here for more info](#)
- Mom's Night Out (Dads welcome too) (A Downs Syndrome Support Group)
Second Friday of the month, 6:30 p.m. [Click here for more info](#)

Hoarding Project Success Story

The [News Tribune highlighted the reality of hoarding](#) in conjunction with workshops held by the Pierce County ADRC. The story highlights how the Hoarding Project helped a 69-year-old local man deal with mental health issues and struggle successfully with his hoarding tendencies.

Bill Would Provide Better Protections for Disabled Adults

Proposed legislation (SB6564) is aimed at better protecting adults with developmental disabilities such as autism and cerebral palsy. Sen. Steve O'Ban (R-University Place), Chair of the Senate Human Services Committee, sponsored the bill which would make it mandatory for DSHS case workers to visit clients every year in person and at times to show up for the check-ins unannounced. Currently, caregivers are given plenty of notice before a case manager visits. [View the King 5 report.](#)

Free Tax Assistance

For plenty of hardworking families, filing taxes and receiving a refund is a chance to catch up on bills and pay for basic needs, however many may overlook important federal tax benefits because they simply don't know about them. Through the Volunteer Income Tax Assistance (VITA) program, hundreds of local trained volunteers provide [free tax preparation for eligible taxpayers](#) and can help them claim important tax credits. Contact [Wendy Morris](#) at 253-383-3056 ext. 117 to receive a JPG of the promotional flyer (also available in Spanish).

Be Included on Community Living Connections

DSHS has rolled out a new statewide directory of service providers and resources pertaining to aging and disability services. Not-for-profit, government and for-profit organizations who meet the guidelines for inclusion can have the aging and disability services they provide for older adults, adults and children listed on CLC. There is no fee for organizations to have their services listed on the web site. Learn about [Information/Exclusion criteria](#) or the [Organization Inclusion Request Form](#).

Relay for Life 2016 in Pierce County

[PLU](#) – April 22-23

[UPS](#) – April 29-30

[Buckley](#) – May 13-14

[Steilacoom](#) – May 20-21

[Lakewood](#) – June 3-4

[Tacoma](#) – June 11-12

[Gig Harbor](#) – June 17-18

[Central Pierce](#) – June 17-18

[Puyallup](#) – June 25-26

[Fife](#) – July 8-9

[Eatonville](#) – July 9-10

[Sumner](#) – July 22-23

New Mental Health Hospital

The state has selected an alliance of MultiCare Health System and CHI Franciscan for the development of a new mental health hospital. The proposal is for a 120-bed mental health facility on the campus of MultiCare's Allenmore Medical Center at South 19th Street and Union Avenue. The partners envision a three-year timetable to build and open the new facility that would offer psychiatric services to voluntary patients as well as patients facing involuntary commitment under state law.

Study Recruiting: WSU's Aging and Memory Lab

Members of the Aging and Memory Lab at Washington State University are conducting a study to evaluate a program designed to increase aging services technologies (ASTs) awareness. ASTs are

simple tools that can assist with daily activities. They are looking for older adults (50+), caregivers of older adults, or health care professionals who work with older adults to participate in this study. As part of the project, they created short videos (8-12 mins each) on different tools that may be helpful for older adults and caregivers. Interested individuals will be asked to complete questionnaires before and after viewing 3 of the 8 videos (i.e., medication management, daily living, and memory), which will take about 1.5 hours (no more than 2 hours) to complete. Simply create an online account at www.tech4aging.wsu.edu. The complete video series and additional information can also be found on our project website. Questions? Email wsutech4aging@gmail.com.

Become a Certified Cognitive Stimulation Instructor

This workshop is open to professionals of all disciplines who care for persons with varying levels of cognitive impairment. The course is ideal for those who work in assisted living, skilled nursing or home health care settings. In this cutting edge course, participants will learn up-to-date information about memory, aging, and dementia. Workshop participants will learn how to take advantage of preserved cognitive abilities that allow even mid-stage dementia patients to learn new skills. [Information and registration online](#). Held Feb 4 & 5 at America Credit Union, Chamber of Commerce, 6310 Mt. Tacoma Drive SW, Lakewood.

What Happens to Special Needs Students After High School?

Graduation rates for special education students vary widely – from 22.5 percent in Mississippi to 80.4 in neighboring Arkansas. Washington falls right in the middle, at 54.5 percent for the 2012-13 school year. But what about after graduation? [Read more from the Seattle Times](#).

Dylan's Dream

After 10 years of preparation, and with the help of his friends, family and community, Dylan Kuehl pursues his lifelong dream of becoming a student at Evergreen State College. [Watch Dylan's journey](#) over several months as he deals with the challenges put before him as the first person with Down syndrome to seek admission to a four-year college in Washington State.

Contribute Input to Department of Services for the Blind

The Department of Services for the Blind is seeking input on a draft version of its four-year plan for implementation of vocational rehabilitation services via the [DSB web site](#). [DSB's VR component of the Combined State Plan](#) describes DSB's goals, priorities, partnerships, and activities that will be carried out to serve customers between July 1, 2016 and June 30, 2020. The DSB VR attachment describes how DSB will provide high quality, effective vocational rehabilitation services to our customers. The State Plan is a part of the Workforce Development Combined State Plan that is required by the Workforce Innovation and Opportunity Act.

Mom and Me Mobile Medical Clinic Hits the Road

Retired Public Employee Dale Clark has been the vision behind the Mom and Me Mobile Medical Clinic. The service is set to promote wellness by providing access to high-quality basic and preventative medical care at no cost to the under- and non-insured citizens of the State of Washington. The clinic is funded by a variety of resources including a Go Fund Me effort and the M & M Thrift store that's open Tuesday thru Saturday, 10am-5pm. 1140 Cole St. in Enumclaw. [Visit the website](#).

Kevin Quigley Steps Down from DSHS

Gov. Inslee will be looking for a new secretary for the state's largest agency, DSHS. Sec. Quigley [announced](#) he is leaving the agency having spent almost three years at the helm. During that time, he commuted from Lake Stevens to Olympia at least three days a week, while also being a husband and father to three of four kids still at home. The average DSHS secretary lasts 22 months. He leaves as

one of the longest serving secretaries ever. The [Seattle Times](#) had an extensive piece on his background.

Public Transportation Public Input Opportunity

WSDOT has been working on drafting a [long-range plan for the state's public transportation system](#). There is a projected population growth of more than 25 percent during the next 20 years. The draft Washington State Public Transportation Plan offers a blueprint to better integrate all modes of transportation to meet the needs of Washington's people. WSDOT invites individuals and organizations to review the plan and provide feedback by Monday, February 8. All comments/feedback can be submitted to our consultant via phone (206.462.6357) or email (sshannon@prrbiz.com).

WA Tracking Network Offers Community Overviews

The [Washington Tracking Network \(WTN\)](#) is a public website where users can find data and information about environmental health hazards, population characteristics, and health outcomes. Users can view information on issues such as health disparities and socio-economic determinants of health, as well as detailed data on individual topics such as cancer, drinking water contaminants, or birth outcomes. WTN lets you explore information and data on health conditions, environmental exposures, and community characteristics where you live, work, and play.

SCAM OF THE MONTH

Scammers Fake Social Security E-Mail

The subject line says "Get Protected," and the email talks about new features from the Social Security Administration (SSA) that can help taxpayers monitor their credit report, and know about unauthorized use of their Social Security number. It even cites the IRS and the official-sounding "S.A.F.E Act 2015." It sounds real, but it's all made-up. It's a phishing email to get you to click on a scammer's link. [Read more.](#) (Source: FTC)

RECOMMENDED READS FOR THE 50+

What to Do to Retire Successfully

An enlightening blend of actual retirement scenarios intermingled with healthy, practical advice from a respected neuropsychiatrist. Dr. Martin Goldstein explores the potential pitfalls of life after career's end, while providing helpful, proven solutions for a feasible and effective adjustment into retirement. He also analyzes how a range of personality types cope with retirement and suggests necessary modifications, as well as probes the unique problems of those forced into early retirement. He addresses financial issues with specific formulas for maintaining standard of living, steps for saving and investing, and tips for handling retirement resources. The lifestyle sections cover creating a dynamic plan for retirement living, the importance of setting up routines, keeping your mind engaged, daily exercise, and making the necessary preparations for a successful transition into retirement living. Call Number: 646.79 GOLDSTE.

LOCAL HAPPENINGS

Feb 5 – National Wear Red Day

The American Heart Association highlights heart disease among women at www.goredforwomen.org.

Feb 6 – Super Refund Saturday

If you qualify for the [Earned Income Tax Credit \(EITC\)](#) this event is for you. Goodwill, Pierce County Asset Building Coalition and AARP Tax-Aide provide trained volunteers to prepare and file your taxes on the spot. With direct-deposit checks should be in the bank in 7-10 days. Held 9 a.m. to 3 p.m. at Goodwill, 714 S. 27th Street in Tacoma. Call (253) 573-6636 for details.

Feb 9 – Adult Family Home Lobby Day

Join the Adult Family Home Council for an all-day informational program and meeting with legislators. Held at the Washington State Capitol Newhouse Building, 215 Sid Snyder Ave SW in Olympia. Free. Call for details at (360) 754-3329 or [e-mail](#). [Register online](#).

Feb 10 – Oh My Gosh – Now What? (Part 3 of 6)

There's no diagnosis like an Alzheimer's or Dementia diagnosis. More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and in the early stages after the diagnosis. Take a look at the questions and the answers in this 6-part series for families and individuals beginning the journey. [Event flyer](#). Part 3 – “How do I start the conversation? How do I cope with the shock?” Held 1 to 2 p.m. at the Active Retirement & Senior Club, 8502 Skansie Avenue in Gig Harbor. Free; No RSVP required.

Feb 12 – Alzheimer's Advocacy Day

Participants will meet with members and staff of the Washington State Legislature to show support for the needs and rights of individuals affected by Alzheimer's disease and other dementias. We also have a wonderful opportunity to be involved in the official launch of the Alzheimer's State Plan that morning. [Visit online for more information](#) on Advocacy Day.

Feb 13 – Learn about Medicare

Medicare is complex. Always has been, probably always will be. Knowing the ins and outs can be important to making the most of your Medicare benefits – especially if you are new to Medicare or soon to be enrolled. Join SHIBA (Statewide Health Insurance Benefits Advisors) for a 2½ hour class to learn everything you need to know about Medicare. Held at 1:00 p.m. at the Fife Library, 6622 20th Street East. RSVP at (253) 596-0918 or walk-in.

Feb 17 – Caring for Your Teeth After 50

After age 50, even if you brush and floss regularly, you may face certain issues when it comes to your oral health. Dental problems can be caused by medications, dentures, diet or other issues. And oral health is now linked to other chronic conditions such as diabetes, heart disease and dementia. So what can you do? Held 6:30 to 7:30 p.m. at the Sound View Building, Suite 200, 3602 Pacific Avenue in Tacoma. Free; No RSVP required. [Event flyer](#). (In case of inclement weather call (253) 798-8787 for possible postponement.)

Feb 17 – Early Stage Memory Loss Seminar

This seminar provides education specific to those experiencing mild memory loss and related changes. Sponsored by the Alzheimer's Association, WA State Chapter. Program provides education and supportive discussion on topics such as medical causes and treatments, planning next steps for the future and strategies for coping and communication. Held from 1 to 4 p.m. in Lakewood. For information, location and registration contact (206) 529-3868 or kpainter@alz.org.

Feb 18 – Caring for Your Teeth After 50

(See Feb 17 for event description) Held 12:10 to 12:50 p.m. at the County City Building, Rainier Conference Room 7th Floor, 930 S. Tacoma Avenue in Tacoma. [Event flyer](#). (In case of inclement weather call (253) 798-8787 for possible postponement.)

Feb 19 – Caring for Your Teeth After 50

(See Feb 17 for event description) Held 12:10 to 12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35th Street in Tacoma. [Event flyer](#). (In case of inclement weather call (253) 798-8787 for possible postponement.)

Feb 19 - Assistive and Information Technology Conference 2016

Conference features emerging technologies such as robotics and 3D printing to support people to be independent in their communities. There will be an opening keynote speaker and a panel of speakers in the morning, followed by breakout sessions in the afternoon. This event is one day only, mark your calendar now! Keynote speaker is [Todd Stablefeldt](#). Held at the Heathman Lodge, 7801 NE Greenwood Drive in Vancouver, Washington. [Registration and info online](#). Deadline February 10, or when capacity is reached. For more info contact [Jaimie Laitinen](#) at (206) 422-9433.

Feb 20 – Children’s Dental Health Day

Kids can get important services and enjoy lots of free activities at the Puyallup South Hill Mall from 10:30 a.m. to 2:30 p.m. Event includes dental screenings, referrals for care, sport mouthguards, dental goodie bags, live demos by “Chompy the Carrot,” fluoride varnish applications, table clinics with dental health education, low cost bike helmets (wearer must be present), dental van to provide free dental care (upon qualification) and face painting.

Feb 24 – Oh My Gosh – Now What? (Part 4 of 6)

(See Feb 10 for series description) [Event flyer](#). Part 4 – “What are the typical behaviors? How do I manage them?” Held 1 to 2 p.m. at the Active Retirement & Senior Club, 8502 Skansie Avenue in Gig Harbor. Free; No RSVP required.

Feb 25 – Senior Lobby Day

[Save the date](#). Annual opportunity to raise the level of awareness about senior issues in Olympia.

Feb 26-28 – 2016 West Region EMS Conference

An Educational Conference for all healthcare professionals involved in emergency care. Includes special pre-conference tracks for prevention, leadership, Basic and Advanced Life Support. Vendor shows Friday and Saturday. For detailed information and registration, visit the [online registration website](#). Held at the Ocean Shores Convention Center, 120 West Chance A La Mer Ave. For more information, contact [Lori Clary](#) at the West Region EMS & Trauma Care Council.

Mar 9 – Oh My Gosh – Now What? (Part 5 of 6)

(See Feb 10 for series description) [Event flyer](#). Part 5 – “How do I pay for care? What are the legal things I should do?” Held 1 to 2 p.m. at the Active Retirement & Senior Club, 8502 Skansie Avenue in Gig Harbor. Free; No RSVP required.

Mar 14 – Surviving the Really Big One

Some scientists sat the Puget Sound area is long overdue for a big earthquake of 9.0. You could be at work, at home or school, driving, shopping or out of town. What will this area look like if these forecasts come true? How will overburdened first responders triage the situation? How can you prepare? Learn the facts about the forecast and what you can do before “The Really Big One” hits. Workshop focuses on needs of older adults and people with disabilities. Held 12:10-12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35th St. in Tacoma.

Mar 14 – Surviving the Really Big One

(See above for event description.) Held 6:30 – 7:30 p.m. at the Gig Harbor Library, 4424 Pt. Fosdick Dr., NW. [View event flyer](#).

Mar 15 – Surviving the Really Big One

(See Mar 14 for event description.) Held 12:10-12:50 p.m. County City Bldg., 7th Floor Rainier Conference Room, 930 Tacoma Avenue, S. [View event flyer](#).

Mar 15 – Surviving the Really Big One

(See Mar 14 for event description.) Held 6:30 – 7:30 p.m. at the Puyallup Library, 324 S. Meridian Street. [View event flyer](#).

Mar 17 – Surviving the Really Big One

(See Mar 14 for event description.) Held 6:30-7:30 p.m. at the Graham Library, 9202 224th St. E. [View event flyer](#).

Mar 17 – Delivering on Stakeholder Priorities Guardianship Conference

Registration is open for the second Working Interdisciplinary Network of Guardianship Stakeholders (WINGS) Conference at the Bell Harbor International Conference Center in Seattle. The conference offers a forum to learn methods and obtain practice tips that can improve decisional support outcomes, while providing cost savings and most importantly provide an overall better experience for individuals receiving decisional support. Event provides training, policy discussion and networking opportunities that will improve support for individuals needing assistance making decisions. More info and registration at “[WINGS II Conference Registration](#).”

Mar 19 – Surviving the Really Big One

(See Mar 14 for event description.) Held 10:00 a.m. – 11:00 a.m. at the Sound View Building, 3602 Pacific Avenue S. in Tacoma. [View event flyer](#).

Mar 22 – Tools4Success Conference

Tools 4 Success is a one-day conference designed for youth, young adults and community members who experience a disability to dream, imagine and shape their future. Includes 12 interactive sessions, a resource fair and keynote speaker. Held at Tacoma Community College, Building 15, 8 a.m.-5 p.m. Free to job-seekers with disabilities and care providers. \$20 for the conference for parents, professionals and community members. [Info and registration online](#). In the evening Tools 4 Success will hold a community resource fair 6:30 p.m. – 8:30 p.m. There is no cost for the evening event and all are welcome.

Mar 23 – Oh My Gosh – Now What? (Part 6 of 6)

(See Feb 10 for series description) [Event flyer](#). Part 6 – “Where can I turn for help? What are the resources I can rely on?” Held 1 to 2 p.m. at the Active Retirement & Senior Club, 8502 Skansie Avenue in Gig Harbor. Free; No RSVP required.

Mar 23 – Social Security Disability

Everything you wanted to know about Social Security including information regarding disability benefits and disability filing process, definition of “disability,” how to use your “*my Social Security*” Online Account and other online services, Supplemental Security Income benefits and how they protect those that have not worked, reporting requirement when receiving benefits and review of other Social Security programs. Go to www.ssa.gov/myaccount. Held 4:00 to 5:30 p.m. at TACID, 6315 S. 19th St. in Tacoma. [View event flyer](#). Call the ADRC for details at (253) 798-4600.

Apr 11 – Oh My Gosh, Now What? New 6-Part Series Beginning

There's no diagnosis like an Alzheimer's or Dementia diagnosis. More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and in the early stages after the diagnosis. Take a look at the questions and the answers in this 6-part series for families and individuals beginning the journey beginning April 11. Event flyer. Held 6 to 7 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Dr. Free; No RSVP.

Apr 12 – 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 Parkland Spanaway Branch Library, 13718 Pacific Ave S in Tacoma. Free; no RSVP needed. [View event flyer](#). Call (253) 798-4600 for details.

Apr 15 – Discovery 2016 – Alzheimer's Regional Conference

[Plan now to attend this annual conference](#). Keynote by Dr. Gary Small – “Brain Aging and Cognitive Decline: What Clinicians and Caregivers Need to Know.” Breakout sessions on research, communication, fall prevention, improving memory, LGBTQ challenges, Lewy Body dementia, sundowning and more. Held 8:30 a.m. to 3:45 p.m. at the Washington State Convention Center in Seattle. [Register now online](#). Interested in being a sponsor or exhibitor at Discovery 2016? Contact [Sarah Michael](#) at (206) 529-3874.

Apr 19 – Social Security Retirement

Congress made significant changes to Social Security last year. Learn about those changes and how to make the most out of Social Security retirement benefits. A must session for anyone planning to retire in the next few years. Held 4:00 – 5:30 p.m. at the Summit Branch Library, 5107 112th St E. in Tacoma. Presented by SSA in collaboration with the Pierce County ADRC. Free; no RSVP required. [View event flyer](#). Call (253) 798-4600 for details.

May 2 – WA Statewide Transition Conference

A conference about improving transition outcomes for students experiencing disabilities. Learn and discuss methods to increase school to adult outcomes. Hear about practices that bring students and their communities together to land jobs and create futures. Discuss adult resources working in consort with schools and families, making a more seamless transition process. Held at the Hilton Hotel in Vancouver, WA. Contact [Marsha Threlkeld](#), (206) 343-0881. [More information online](#).

Q&A of the Month

Question: As the temperature drops I'm finding it harder to heat my place. Is there any help?

Answer: Pierce County has an Energy Assistance Program that can pay heating bills directly to utility companies for eligible applicants. Payments are based on eligible household's fuel usage for the past 12 months and income. All applicants receive education on energy conservation, utility payment plans and budgeting. Resources are limited. To see if you're eligible, please call the automated appointment line at 1 (855) 798-HEAT (4328). The county also has a home weatherization program. The weatherization team examines single and multi-unit dwellings and mobile homes for existing heat loss conditions. You can [apply online](#). The county contracts with private sector contractors to install energy conservation measures to conserve energy, educate occupants about saving energy and maximizing efficient, safe operations of their heating system and preserve affordable housing in Pierce County.

NATIONALLY

Ask the Presidential Candidates

On Wednesday, February 17 the Leadership Council of Aging Organizations will hold a live forum, Seniors Decide 2016, featuring candidates for President of the United States. This platform provides voters the opportunity to ask questions of the candidates and for the candidates to speak about policies that affect older adults. For information and to submit a question for the candidates, [visit the website](#).

Hospitals Step Up To Help Seniors Avoid Falls

Falls are the leading cause of injuries for adults 65 and older, and 2.5 million of them end up in hospital emergency departments for treatment every year, [according to the Centers for Disease Control and Prevention](#). The consequences can range from bruises, fractured hips and head injuries to irreversible calamities that can lead to death. And older adults who fall once are twice as likely as their peers to fall again. A number of new initiatives are designed to make seniors stronger and less likely to take a tumble. [Read more](#). (Source: KHN)

Sleep and Alzheimer's Linked

There's [growing evidence](#) that a lack of sleep can leave the brain vulnerable to Alzheimer's disease. The brain appears to clear out toxins linked to Alzheimer's during sleep. Among research animals that don't get enough solid shut-eye, those toxins can build up and damage the brain. (Source: NPR)

CA Caregivers Get Huge Help at Hospitals

Family caregivers in California benefit from [a new law](#) that requires hospital staffers to involve a family caregiver during the hospitalization and discharge process. Supporters say this will improve patients' overall health and reduce their chances of readmission. The law mandates that hospitals give patients an opportunity to identify a caregiver, notify that caregiver when the patient is to be discharged, and provide information and instruction on the patient's needs and medications following the hospitalization. Hospitals must still follow privacy laws and aren't required to release information if the patient doesn't give consent. [Read more](#). (Source: KHN)

Geriatric Training for Home Health Aides, Community Health Workers and Others

The Carolina Geriatric Education Center Consortium (CGEC) is on the cutting edge of health care promoting evidence-based falls prevention trainings, developing practitioner core competencies in geriatrics and interdisciplinary practice, providing faculty development in health literacy and advocating for mental health for older adults. [Register for classes at no cost](#) on older adult fall prevention, Alzheimer's, and other issues.

Free Educational Materials: Next Steps to Better Nutrition

Looking for proven materials to educate older adults about good nutrition? Check out 6 learning modules NCOA created on topics like stretching your budget to pay for healthy food, adapting comfort foods for good health, and keeping your heart healthy. Materials include presentations, facilitators' scripts, handouts, and professional videos. [Download the modules](#). (Source: NCOA)

Benefits Quick Check

Are the seniors you serve getting all the benefits they're eligible for? Help them find out in under 1 minute using the [new quick check](#) on [BenefitsCheckUp](#). Answer three simple questions to quickly find benefit programs that help pay for medications, health care, food, and more. (Source: NCOA)

Working-Age Americans with Health Insurance Report Problems Paying Medical Bills

Among the insured with medical bill problems, 63% report using up most or all their savings and 42% took on an extra job or worked more hours. Half of people without health insurance report problems with medical bills, and they face similar financial and personal consequences as those with insurance. [Read the report.](#) (Source: KFF)

Medicare Interactive New and Improved Resources

Whether you need to brush up on Medicare for yourself, a family member, or your clients, Medicare Interactive's new design and features ensure you'll find the answers you need quickly—through smart links to relevant MI pages and case examples, a roll-over glossary, and other helpful resources. [Register now for Medicare Interactive.](#) For those looking to dig deeper into Medicare, [please check out the Medicare Interactive Pro \(MI Pro\) learning curriculum,](#) which will evolve further in the coming months. As an MI Pro subscriber, you'll access exclusive, in-depth Medicare content, quizzes to test your progress, and printable learning tools. Keep track of where you left off within each course, and complete coursework at your own pace. (Source: Medicare Rights Center)

Reducing Health Care Costs for the Nation

A new study examining the health care experiences of older, sicker adults in nine high-income countries concludes that the United States in particular would reap long-term cost benefits from targeted policies that reduce financial barriers to primary care within this population and promote better care management. [Read the brief.](#) (Source: Commonwealth Fund)

Provide Input to the COPD National Action Plan

Creating a COPD National Action Plan will provide states across the country with a unified and comprehensive plan to reduce the burden of COPD – the third leading cause of death. To develop a strong [COPD National Action Plan,](#) join the COPD Town Hall Meeting on February 29 and March 1, 2016. For more information and to register for the COPD Town Hall Meeting, visit the [Event Page.](#) (Source: National Heart, Lung & Blood Institute)

2015 Senior Report

Today 1 in 7 Americans are aged 65 and older. Taking an in-depth look at the health of seniors and the specific challenges they face as a population is key to understanding and addressing our health as a nation. "[America's Health Rankings Senior Report](#)" offers a comprehensive analysis of senior population health on a national and state-by-state basis across 35 measures of health. Washington ranks 11th overall. (Source: United Health Foundation)

First Responder Access & Functional Needs Training Series

The County of San Diego Office of Emergency Services produced a series of training videos aimed at providing first responders with helpful information to consider when evacuating individuals with physical, cognitive and emotional disabilities. In total, 8 videos that are each 8-10 minutes in length are available. A supplemental handout highlighting important talking points from each video is also available. Videos include: Alzheimer's Disease & Memory Loss, Autism, Blind & Low Vision, Chronic Illness, Cognitive Disabilities, Deaf & Hard of Hearing, Mental Illness and Physical Disabilities. [View the videos.](#) (Source: San Diego County)

Facts About Brain Health Programs

Research strongly suggests that individuals of all ages *can* improve their cognitive function, and reduce their risk of Alzheimer's Disease, by following healthy brain practices. But scientists have also found little evidence that "brain games" do much to improve our cognitive skills. You can read more about what research says about these games at [Brain Game Claims: Fact or Fiction?](#) and [Computerized Brain Training: What Works & What Doesn't.](#) (Source Mather Lifeways)

WHCOA Releases Final Report

The administration has released the final report for the 2015 White House Conference on Aging (WHCOA). The report summarizes key themes from the dialogues held throughout the country, as well as policies announced during and following the July 13 convening. [Read more](#). (Source: NCOA)

What Does the “Single-Payer” System Mean?

Health care has emerged as one of the flash points in the Democratic presidential race. Vermont Sen. Bernie Sanders has been a longtime supporter of a concept he calls “Medicare for All,” a health system that falls under the heading of “single-payer.” His proposal has renewed questions about what a single-payer health care system is and how it works. [Here are some quick answers](#). (Source: KNH)

Cancer Guides for Patients

Getting information on various treatment options for a medical condition isn’t hard. Finding out which ones are the best bets for the money can be more difficult. Two new guides help patients and their health care providers decide which screenings and treatments offer the best value in terms of clinical and cost effectiveness for two types of cancer. More guides are in the works. The “[Proven Best Choices](#)” guides rate how well one option works compared to others based on scientific evidence and how a treatment’s cost compares to its long-term benefits. View guide on [treatment options for men with low-risk prostate cancer](#). View guide covering [breast cancer screening options](#). (Source: KHN)

Podcast for the Blind and Partially Sighted

“As I See It” is a new podcast (online radio show) of interest to people whose lives have been impacted by vision loss. The host of the “As I See It” is Dr. Shawn Maloney, a former vision scientist who is also legally blind. Dr. Maloney discusses topics related to vision loss with invited guests. Topics include scientific research, clinical trials, accessible sports, adaptive aids, and much more. The podcast is accessible via the dedicated website, as well as via iTunes, Google Play, and other channels. [Go online for a concise overview of how to listen to the podcast](#). (Source: NCOA)

PLAN AHEAD – APRIL 2016 IS...

Alcohol Awareness, ASPCA, Autism Awareness, Cancer Care, Defeat Diabetes, Distracted Driving Awareness, Fair Housing, Financial Literacy, Child Abuse Prevention, Garden, Occupational Therapy, Minority Health, Rebuilding, Pet First Aid, Testicular Cancer, Rosacea Awareness, Stress Awareness and Physical Wellness Month; Pooper Scooper (1-7), Medication Safety (1-7), Public Health (3-9), Volunteer (10-16), Health Information Privacy & Security (11-16), National Parks (16-24), Pet IC (17-23), Crime Victims Rights (24-30) and Oral, Head and Neck Cancer Awareness (24-30) weeks; World Autism (2), Vitamin C (4), Sexual Assault Awareness (5), National Walking (6), Parkinson’s (11), Library Workers (12), Health Care Decisions (16), Stress Awareness (18), Earth (22), Red Hat (25), and Rebuilding (30) Day.

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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.