

ADRC E-Newsletter March, 2016



Pierce County
Community Connections

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

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, 7:30 – 9 a.m. (Breakfast ends at 8am)

Narrows Glen, 8201 Sixth Ave, Tacoma

(Breakfast \$6; Coffee \$2)

Contact [Joan Engle](#) at (253) 627-3833

Mar 10 – "Honor Flight" with Bill Knudson, Honor Flight Board

East County Providers Network

Third Tuesday of each month, 8 a.m.

Location varies monthly.

Contact [Laura Fehrenbacher](#), Stafford Suites, (253) 862-1818

SASH Coffee and Networking

Puyallup - Fourth Wednesday of each month, 9:00 – 10:30 a.m.

Mar 23 – Willow Gardens, 4502 6th St., SE, Puyallup

Tacoma - First Wednesday of each month, 8:30 – 10 a.m.

Mar 2 – La Quinta Inn (Ports of Call Restaurant), Tacoma, 1425 E. 27th St.

Contact [Rebecca Bomann](#) at (206) 501-4375

South End (King County) Coalition

Third Wednesday of each month at 7:45 – 9:30 a.m.

Mar 16 – The Lakeshore, 11448 Rainier Ave. S., Seattle

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

Advertise in Where To Turn

Senior Media Services is accepting requests for advertising and listings in the 2016-17 printing of Where to Turn for Pierce County and King County. May 1 is the deadline for King County, and June 1 is the deadline for Pierce County. May 1 also is the deadline for an early-pay discount for advertisers. If you haven't already been in touch with a Senior Media Services representative, please call or e-mail program director Pat Jenkins at (253) 722-5687 and pjenkins@lcsnw.org.

New Fares on Pierce Transit

Pierce Transit fares go up on March 1. Senior/Disabled cash fare increases to \$1. Senior/Disabled monthly pass increases to \$36. SHUTTLE cash and ticket increases to \$1.25. SHUTTLE monthly pass increases to \$45. Seniors and individuals with disabilities must show a valid [Regional Reduced Fair Permit](#) when paying a discounted fare. Riders can use an [ORCA card](#) instead of paying cash. All other fares remain the same. More at www.PierceTransit.org.

Reduced Fare for Low-Income Riders on Sound Transit

Qualifying riders on any Sound Transit ST Express bus or Sounder train can pay a new low-income fare. Sound Transit will provide the fare discount to all riders who pay with special low-income ORCA LIFT cards. The reduced fare will be available to adult riders with incomes at or below 200 percent of the [federal poverty level](#) — about \$23,500 in annual income for an individual. Qualifying riders will pay \$1.50 - \$2.75 for ST Express bus trips and \$2.50-\$4.25 on Sounder depending on the length of the trip. Riders who qualify must use an ORCA LIFT card and cannot pay with cash. No fee will be charged for a new card or renewal. Visit www.orcalift.com to find out if you qualify.

Caregiver Support Group at Good Samaritan

Join other caregivers here who truly understand what you are going through. This group is for caregivers and individuals with stroke & brain injury, spinal cord injury, and other chronic medical conditions. Free and open to the public. Held the first Tuesday of every month from 6:00 to 7:30 p.m. at Good Samaritan Hospital, Mt. Tahoma Room, Meadow Pavilion. Contact Jackie or Jeanne: jakpope76@aol.com or Jesalvini@hotmail.com.

Shared Housing Services

If you are looking for ways to cut back on housing costs or looking for a home at an affordable rate, call the Adult Home Sharing Program at [Shared Housing Services](#). SHS is always accepting applications for home providers as well as home seekers for a roommate / companion match. We create housing matches after meeting with both parties and cleared background checks for both home seeker and provider. This is a great opportunity to open up your home in a controlled and accountable manner. SHS is open Monday through Friday from 8 a.m. to 5 p.m. Contact [Alexis Burris](#) – Adult Home Sharing Case Manager at (253) 272-1532.

Care and Compassion Teams

Following Hurricane Katrina, Associated Ministries and Pierce County Emergency Management created Disaster Response Care Teams. The Care Teams program trains community members to be prepared to help one another and themselves should disaster strike our area. The first training of 2016 will be held at Graham Evangelical Covenant Church (10609 234th Street East, Graham 98338) on Saturday, March 12, 2016 from 9 a.m. to 11a.m. Refreshments and coffee will be served and people regardless of faith are welcome to attend and learn more. For more information or to RSVP to attend, please contact [Wendy Morris](#) at (253) 383-3056 ext. 117.

WA State Looks for Rx Relief

The state of Washington spends about \$1 billion per year on prescription drugs – that's state and federal funds. And the cost has been going up. Now some state lawmakers are wondering if there's a way to

drive a better bargain. Or at least shed some new light on how drugs are priced. [Read/listen to the KPLU story.](#)

Reliable Mobile Labs

Serving patients and their mobile medical needs (blood and urine services) for Assisted Living, Memory Care, Home Health Services, Adult Foster Care, Independent Living, and Homebound Residents. Reliable Mobile Labs arrives within 24 hours. RML accommodates fasting draws early. No contracts required. We handle all the billing and accept all insurance. We send test results promptly e.g., provider and facility. We serve hundreds of physicians and their patients. To obtain a requisition call (844) 487-5227 or email to Dispatch@ReliableML.com.

KP Senior Housing Project Update

The Mustard Seed Project (MSP) on the Key Peninsula will hold an update on their work to develop affordable senior housing. MSP is applying for USDA Rural Development funds and the meeting will explore how the project will offer a much-needed resource. Meeting will be held Thursday, March 17 at 10 a.m. at the Key Center Library, 8905 Key Peninsula Hwy N, Lakebay. Transportation to the event is available by advance appointment. Call (253) 884-9814.

Pierce Transit to Grant Retiring Vehicles to Local Nonprofits

Pierce Transit is undertaking a new “Care-a-van” program to grant retiring vanpool vans and SHUTTLE vehicles to not-for-profit (501c3) organizations located within Pierce County. Applications are available on [Pierce Transit’s web site](#). Interested not-for-profit organizations seeking additional information may also call Pierce Transit Senior Planner Cherry Thomas at (253) 983-3699. Deadline for applying for the two vehicles available in this round of grants is March 21.

New Director at DSHS

Washington [Gov. Jay Inslee has appointed Patricia Lashway](#) as acting secretary for the Department of Social and Health Services while a national search begins for a permanent leader. She was serving as the assistant secretary responsible for the day-to-day management of the 17,500-employee agency. Previously, Lashway was the senior director of policy and external relations for the agency.

Peoples Retirement Launches Neighborhood Clinic

Wellness Made Easy is a medical clinic offering primary care from ages two months to 102+. The mission is to connect people with wellness opportunities, providing members products and services as a reward for helping others. Clinic is located within Peoples Retirement Community off East 67th St in Tacoma. Become a Free Wellness Made Easy member to receive access to the latest information on health and wellness, lifestyle interests, employment and volunteer opportunities. Your membership includes online access to thousands of healthcare and personal products, discounted co-pays, discounted supplies and more. Volunteering in your community earns you discounts ranging from 10% to 50%. Call (253) 212-0202 or [visit online](#).

Free Resource Directory Available

The updated edition of Retirement Connection is out as of March 1st. If you would like free copies for your business, church, social group, neighbor or yourself, email dale@RetirementConnection.com or pick up at area networking meetings.

Washington State Plan to Address Alzheimer’s Disease and Other Dementias.

You now have access to the official Washington State Plan to Address Alzheimer’s Disease and Other Dementias. It is a rich, informative report. The appendices are worth reviewing as well. For example in “Appendix F: Prevalence and Forecasts of the Dementia” there is information related to individual counties. [View the report online](#). The Full Report is lengthy (168 pgs.) and the Executive Summary is available in the “useful links” area to the right.

Emergency Planning Institute

Two-day training designed for social service agencies, community and faith based organizations on the importance of disaster planning. Participants will learn the basics of Incident Command System, key components of emergency plans and the importance of personal, staff and agency preparedness. Held May 3 & 4 from 8 a.m. to 4 p.m. [Click here to register](#).

Building Resilience to Disasters: A Community-wide Strategy

The 2016 UASI Vulnerable Populations Disaster Planning Conference aims to broaden the understanding of community resilience, highlight the interconnectedness of systems, and gain a deeper understanding of the unique roles that community and faith based organizations, community leaders, and emergency managers play in supporting resilience. This is a regional event with participants from King, Pierce and Snohomish Counties. Held 8 a.m. to 4 p.m. at the Embassy Suites in Bellevue on May 25. [Register online](#) or contact [Deborah Witmer](#) at (206) 684-0712.

Pierce County Library Wants to Know

Pierce County Library is creating a roadmap to guide services through the years ahead. PCLS is on track to roll out a strategic plan this summer. That work starts with querying residents, those who use the library as well as those who don’t. There are two ways to get involved: [take the 5-minute online survey or drop in to an open house](#).

Developmental Disabilities Council State Plan Draft Available

The Washington State Developmental Disabilities Council (DDC) is preparing its next five year plan. The State Plan sets out goals, objectives, and activities that the DDC will cover the next five years. The draft State Plan goals, objectives and activities are now ready for your review and comments. [DDC Five Year State Plan](#). Instructions for submitting comments are on the [DDC website](#). If you have questions please call Ed Holen, DD Council Executive Director at (800) 634-4473.

CERT Training in Tacoma

The Tacoma Fire Department invites citizens who live or work within the city limits of Tacoma to attend Community Emergency Response Teams (CERT) classes. Aimed at preparing groups of citizens in our community to prepare for and respond to disasters, the classes will follow a model developed by the Federal Emergency Management Agency (FEMA) and offered in cities across the United States. Classes will be held on Tuesday and Thursday evenings for three weeks, from 6:30 p.m. to 9:00 p.m. and will culminate in a practical exercise to be held on a Saturday from 10 a.m. to 2 p.m. [Complete the online registration](#) to enroll or call Michael Davenport with Tacoma FD at (253) 591-5955.

KING-5 “Last of the Institutions” with Susannah Frame

- Part 7 – “[How One State Ended Segregation of the Disabled.](#)” Minnesota went from 9 “state hospitals” to none. Minnesota is one of 16 states across the country that has closed all of its institutions for the disabled.
- Part 8 – “[Shawn’s Story: From Life in an Institution to t Home of His Own.](#)” A young man with Angelman Syndrome wound up in one of Washington’s four institutions for the developmentally disabled. A one-month stay became two years. The story show how even developmentally disabled individuals with the highest level of needs can successfully live outside the walls of a state-run institution.

Enrollment Openings for Key DDA Program

The Individual & Family Services (IFS) waiver is open for enrollment for nearly 4,000 children and adults on DDA's No Paid Services Caseload. If your son or daughter is a client of the Developmental Disabilities Administration (DDA) and not receiving a paid service, they may be eligible to receive a broad array of services and supports through the Individual & Family Services (IFS) waiver. Family Income is Not Considered. [Click here](#) for a list of IFS services and toll-free numbers by region.

Check out Sight Connection’s New Website

[Sight Connection](#) launched a new Adaptive Aids website that's easier to navigate, and full of items to help you thrive. While the items included are focused on the needs of people with vision challenges, many adults will benefit from their ease of use. [Check it out!](#)

SAIL Pocket Guide

New translations of the SAIL Pocket Guide are available on the [DOH HERE](#) (Health Education Resource Exchange) website. The translations are downloadable and ready to print – Spanish, Vietnamese, Russian, and Ukrainian. English copies are available in bulk. See website for how to order English version only. <http://here.doh.wa.gov/materials/falls-free-guide>.

Brain Injury Alliance Website Offers Help and Resources

BIAWA hosts, participates in, and supports hundreds of outreach activities each year. Stay up-to-date on the latest BIAWA activities. See all the upcoming classes, and register on the [Brain Injury Awareness – Washington website](#).

All Things Medicare class offered at Pierce County Libraries

Are you turning age 65 soon? Want to know more about Medicare? Join Sound Outreach and the Statewide Health Insurance Benefits Advisors (SHIBA) at your local Pierce County Library for All Things Medicare. The free class covers Medicare Parts A and B, Medicare supplement and Medicare Advantage plans, Part D prescription drug plans and more. Classes are from 1 p.m. to 3:30 p.m. Call Sound Outreach at 253-596-0918 to sign up for a session. Walk-ins are also welcome.

- March 12—Orting Library, 202 Washington Ave. S., Orting
- March 19—Parkland/Spanaway Library, 13718 Pacific Ave. S.
- April 9—Milton/Edgewood Library, 900 Meridian E., Suite 29, Milton
- April 16—Key Center Library, 8905 KPN, Lakebay

Lighthouse Senior Activity Center

New hours have been posted for the Lighthouse Senior Activity Center. The center will now be open from 8 a.m. to 4 p.m. Monday through Friday. Individual and organizations interested in providing programming at Lighthouse contact the Center Director, [Willow Eaton](#) at (253) 591-5080

SCAMS OF THE MONTH

IRS Scam on the Rise

With tax season here, people may receive threatening phone calls from someone claiming to be with the Internal Revenue Service (IRS). The caller tells the consumer he/she owes taxes to the government and will be thrown in jail unless he/she pays. The IRS never calls people who owe money, it notifies debtors via U.S. mail. If you receive these type of calls, hang up. Never give out personal information over the phone to someone you don't know, such as SSNs, bank account numbers, credit card numbers, etc. (Source: WA OIC)

“Asset Recovery” Scam

The Consumer Financial Protection Bureau (CFPB) has issued a warning about a scam targeting older adults who already lost money through fraudulent money-making schemes. So-called “asset recovery companies” contact past victims, promising to get refunds for a substantial fee, and leave consumers financially worse off than before. [Help seniors protect themselves](#) (Source: CFPB)

RECOMMENDED READS FOR THE 50+

Therapeutic Gardens: Design for Healing Spaces

More than ever before, landscape architects, garden designers, and healthcare professionals are asked to create gardens that meet the physical, psychological, emotional, and social needs of a wide range of user groups. Landscape architect Daniel Winterbottom and occupational therapist Amy Wagenfeld present a collaborative approach that successfully translates the principles of therapeutic design into practice. Using examples from around the world, this practical guide demonstrates how gardens can support learning, movement, reconciliation, and memorialization, as well as improve physical and psychological health. Call Number: 883207286.

LOCAL HAPPENINGS

Mar 5 – Grand opening of SERA Campus field

Metro Parks will celebrate the completion of the new \$3.3 million all-weather field at the South End Recreation and Adventure (SERA) Campus (STAR Center) at 1 p.m. Come celebrate with the help of Tacoma Stars and some surprise guests. [Read more.](#)

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 9 – Volunteer Legal Clinic

Do you need help with a civil legal issue such as family law, record sealing, landlord-tenant, or other non-criminal legal problem? Contact the [Rainbow Center](#) to get an appointment. No walk-ins.

Sponsored by the Tacoma-Pierce County Bar Association Volunteer Legal Services Program, QLaw, and the Rainbow Center. Held 5:45-8 p.m. at the Rainbow Center, 2215 Pacific Ave., Tacoma.

Mar 12 – SOUP-tacular Lunch, FREE for Seniors

Join Bridgeport Place Assisted Living for a hearty soup lunch in the gentle comforts like home, and with a very social group. SOUP-tacular is a complimentary meal that includes soup-of-the-day, beverages, bread sticks, and dessert. New guests and friends are always welcome. Free. Held 12 noon to 1:30 p.m. at 5250 Bridgeport Way W, University Place. Info: (253) 565-1960

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. [View event flyer.](#)

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.](#)

May 19 – Spring Lunch: A 1950s Diner & Bake Sale

Bridgeport Place Assisted Living features a [Relay for Life](#) fundraiser serving sliders, fries, chili dogs, coleslaw, beverages, and more. For dessert enjoy the self-serve sundae bar or purchase a treat at the bake sale in the lobby prior to lunch. Two seatings: 11 a.m. or 12:30 p.m. RSVP, then pay at the door. \$10. Held at 5250 Bridgeport Way W, University Place. Info: (253) 565-1960

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.](#)

Mar 22 – Pierce County Resource Fair

In tandem with the Tools4Success conference, families, educators, professionals, community members and those of all abilities can participate in this [free community event](#). Over 40 participating organizations focusing on the needs of youth, students and families dealing with disabilities offer loads of information. Held 6:30 p.m. – 8:30 p.m. at Tacoma Community College, 6501 South 19th St., Building 11, Tacoma. There is no cost for the evening event and all are welcome. Sponsored by the Community Inclusion Program at PAVE.

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. 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.

Mar 25 – SAIL Instructor Training

SAIL (Stay Active and Independent for Life) is a comprehensive fall prevention program targeted to adults 65 and older. Learn how to be a SAIL instructor and bring this program into communities and/or existing fitness classes. Held 8:30 am to 4:30 p.m. at the Sumner Senior Center, 15506 62nd St. Ct. E. \$75. Limited number of scholarships available. [Register online](#) or call (509) 888-9933.

Mar 29 – WA State Transition Conference

An opportunity to learn and network with others working toward a seamless and successful transition from school to work and adult life. Event will offer information and resources for educators, parents, advocates, students, case managers, VR Counselors, and others who are dedicated to creating a successful transition from school to work and adult life. Held at the Xfinity Arena, 2000 Hewitt Ave in Everett. [Click here for more information about this event.](#)

Apr 9 – Upside of Downsizing Conference

The Upside of Downsizing Conference offers practical information for boomers and seniors looking to concentrate on the life they want to live, instead of being consumed by the physical and emotional burdens of maintaining a large home. There are four presenters who are local to the area: Real Estate Specialist, Home Stager, Counselor, and Elder Law Attorney. The conference consists of lunch and exhibitors who provide a variety of services and products of interest to boomers and seniors. Held 9:30 a.m. to 3:00 p.m. at the Tacoma Dome. Admission (\$25/\$35) includes lunch and materials. [More information and registration online](#). [Sponsor and exhibitor opportunities](#) are still available and provide excellent opportunities for customer contact as well as network with other businesses. For more info on exhibiting contact [Jerry Spann](#) or call (503) 614-9778.

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.

Apr 19-21 – Partners In Emergency Preparedness Conference

This is the largest emergency management conference in the Pacific Northwest. Attendees represent representing business, schools, government, the nonprofit sector, emergency management professionals,

and volunteer organizations. Held at the Greater Tacoma Convention & Trade Center in Tacoma, 1500 Broadway in Tacoma. [More info and registration online.](#)

Apr 20 – Living with Vision Loss

Blindness or visual impairment can have a profound impact on your life, but you are still in control. There is an abundance of information and resources to help, whether you're losing vision, visually impaired or know someone affected by vision loss. Explore these resources and discover how to live a healthy, productive life with vision loss. Held 12:10-12:50 p.m. at the County City Building, Rainier Conference Room, 7th Floor, 930 Tacoma Ave., S., Tacoma. Free; no RSVP. [View event flyer.](#) Call (253) 798-4600 for details.

Apr 22 – Living with Vision Loss

(See April 20 for event description.) Held 12:10-12:50 p.m. at the Pierce County Annex, 2401 S. 35th Street, Tacoma. Free; no RSVP. [View event flyer.](#) Call (253) 798-4600 for details.

Apr 23 – Living with Vision Loss

(See April 20 for event description.) Held 10:00 – 11:00 a.m. at the Pierce County Sound View Building, 3602 Pacific Ave., S., Tacoma. Free; no RSVP. [View event flyer.](#) Call (253) 798-4600 for details.

Apr 28 – WA State DD Endowment Trust Fund

There may come a time when you are no longer able to care for your family member with special needs. Now is the time to create an individual special needs trust account to provide for their future. Get your questions answered and start building for a better tomorrow. Held at 5:30 p.m. at PC2, 3716 Pacific Avenue, Suite A, in Tacoma. For details call PC2 at (253) 564-0707.

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.](#)

May 25 – National Senior Health & Fitness Day

The nation's largest [older adult health promotion event](#). Retirement communities, senior centers, park and recreation departments, health clubs, hospitals and health systems, health plans, area agencies on aging, and more host health and fitness events that encourage older adults to enhance the quality of their life through regular physical activity. 2016 event registration fee is \$30; limited number of [free online event registrations available](#). Registration provides access to the 2016 Senior Health & Fitness Day program website with all of the materials and resources needed to plan and host a successful event.

June 6 – Challenges in Caregiving” Giving Care, Taking Care

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 at the Tukwila Community Center. Pre-registration is required and space is limited. Call today to get a brochure and registration form, (800) 422-3263 or [click online](#). [View event flyer.](#)

June 11-12 – Tacoma Relay for Life

Event runs Saturday noon to Sunday noon at Mt. Tahoma High School. Health Fair is from 11 a.m. to 5 p.m. Saturday. Vendor opportunities. Contact Shelly Baker at survivors@tacomarelay.org.

Other 2016 Relay for Life events:

[PLU](#) – April 22

[Lakewood](#) – June 3

[Puyallup](#) – June 25

[UPS](#) – April 29

[Tacoma](#) – June 11

[Fife](#) – July 8

[Buckley](#) – May 13

[Gig Harbor](#) – June 17

[Eatonville](#) – July 9

[Steilacoom](#) – May 20

[Central Pierce](#) – June 17

[Sumner](#) – July 22

Aug 10 – Cancer Survivorship Conference

Save the Date. University of Puget Sound.

Q&A of the Month

Question: I'd like to get my tax refund as soon as possible rather than wait for the IRS. Is that okay?

Answer: You have until Monday, April 18, 2016 to file your taxes, or, if you file for an extension, until October 15, 2016, to file your 2015 taxes. Refund Anticipation Loans (RAL's), also known as Fast Cash Refunds, Express Refunds and Instant Refunds are attractive. But there are more negatives than positives. RAL's are expensive, not much faster and risky. In reality you are not getting your tax refund; they are short-term loans with high interest rates. Interest ranges from 40% to 700% APR. In most cases they only arrive about a week before IRS refunds. If the IRS denies your tax refund, you still have to pay back the full amount of the loan plus interest. It's definitely not the safest route to go.

NATIONALLY

2016 Federal Poverty Guidelines Released

The updated [federal poverty guidelines for 2016](#) have been published in the Federal Register. The guidelines are issued each year in the Federal Register by the Department of Health and Human Services (HHS). They are a simplification of the poverty thresholds for use or administrative purposes – for instance, determining financial eligibility for certain federal programs. (Source: HHS)

CMS Provides Star Ratings for Home Health Care Agencies

People who need or who are receiving home health care can now look up star ratings for home health care agencies using the new Home Health Compare tool from the Centers for Medicare & Medicaid Services (CMS). The new tool is part of a suite of tools to compare other aspects of health care, including hospitals, physicians, nursing homes, Medicare plans, and suppliers. Agencies are rated using the standard scale of one star to five stars, with five being the best rating. [Read about Home Health Compare](#). (Source: CMS)

Critical Illness Insurance Gains Popularity

A relatively obscure category of health insurance — “critical illness” insurance — is catching on because, increasingly, conventional health plans have consumers paying a lot of out-of-pocket costs. Critical care insurance pays out a lump sum for any kind of expense if someone is diagnosed with a serious illness. [Hear the story on NPR](#). (Source: NPR)

A Voter’s Guide to the Health Law

Nearly six years after its enactment, the Affordable Care Act remains a hot-button issue in the presidential race — in both parties. In some cases candidates are bending the truth. But in general, both praise and criticisms of the law are accurate. That’s because the health law is so big and sweeping that it has had effects both positive and negative. [Here is a brief guide](#) to some things the health law has — and has not — accomplished since it was signed by President Barack Obama in 2010. (Source: KHN)

Peace Corps Enlists Seniors

Alice Carter has traveled a long road to get to where she is today. Morocco, that is. Carter, 87, is the oldest current volunteer in the Peace Corps. She says she's been interested in the world for a long time. [Listen to/read this NPR story](#). (Source: NPR Sunday Edition)

Advocates in Disability Award Program Now Accepting Applications

The Advocates in Disability Award Program awards and encourages a young adult with a disability (age 14 to 26) who is dedicated to positively affecting the lives of individuals with disabilities and their families. Winner receives up to \$7,000 for a project to benefit the disability community. Deadline is 2 p.m. April 13, 2016. [Apply for the Advocates in Disability Award](#). (Source: HSC Foundation)

Report Offers Options to Finance LTSS

The Bipartisan Policy Center (BPC) has issued initial recommendations to help address the financing of long-term services and supports (LTSS). [The report](#) is a follow-up to BPC's 2014 study of the long-term care crisis, and is the first set of recommendations it plans to put forth. (Source: NCOA)

Evaluating Health Care Apps

Apps focused on health improvement are sprouting up all over. With Commonwealth Fund support, researchers have developed a framework for evaluating mobile health apps for their patient engagement potential, quality, and safety. As [reported in a new issue brief](#), fewer than half of the more than 1,000 apps they reviewed appeared likely to be useful. (Source: Commonwealth Fund)

PLAN AHEAD – MAY 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.