

## ADRC E-Newsletter April, 2016



Pierce County  
Community Connections

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

Apr 7 – "The Work of SEIU" with Pete Subkoviak, SEIU 775

May 5 – "Hearing Issues for Seniors" with Dr. Laura Day-Moran, Harbor Audiology

#### **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

Apr 14 – Networking meeting

#### **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**

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

Apr 6 – La Quinta Inn (Ports of Call Restaurant), Tacoma, 1425 E. 27th St.

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

Apr 27 – Willow Gardens, 4502 6th St., SE, Puyallup

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

#### **South End (King County) Coalition**

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

Apr 20 – SASH, Atrium Building, 6811 S. 204<sup>th</sup> St., Suite 395 - Kent

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**

#### **Senior Farmers Market Voucher Registration Begins May 2**

Pierce County Community Connections, Aging & Disability Resources will be distributing Senior Farmers Market vouchers to eligible Pierce County residents during the month of June. Participants receive \$40 worth of vouchers that can be used to purchase Washington-grown produce at participating farmers markets. A limited number of vouchers are available and pre-registration is required to participate in the program. Eligible applicants must live in Pierce County and be:

- 60 years old or older (55+ for Native American or Native Alaskan clients);
- Able to pick up vouchers in person;
- Have a government-issued photo I.D. (passport, driver's license, State identification card, or U.S. Uniformed Services identification card); and
- Low-income (gross monthly income less than \$1,832 for a single-person household or \$2,470 for a two-person household).

Starting on Monday, May 2, call the ADRC at (253) 798-4600 or (800) 562-0332 to complete an eligibility screening and to register to pick up vouchers at one of our eight different locations around Pierce County.

### **Prosecutor's Office Secures Grant to Fight Elder Abuse**

Pierce County has been awarded \$370,985 from the Department of Justice to support a comprehensive approach to addressing elder abuse. The Prosecutor's Office, which secured one of only nine nationwide grants, will team up with local law enforcement agencies and victim service organizations to increase and strengthen training, form a community response team and access to victim services. Aging & Disability Resources is one of the partners active in this grant. [Read more.](#)

### **Invitation to Honor a Caregiver**

Health Care Providers Council of Pierce County celebrates and recognizes outstanding caregivers in our community. [Nominate a caregiver by April 15.](#) Honors are focused on the frontline (paid and unpaid) caregivers, CNAs and HCAs that serve our seniors in community settings, rehab facilities, adult family homes and private homes all over Pierce County. Recognitions held at the [recognition dinner May 18.](#)

### **Pierce County Mental Health Study Completed**

The League of Women Voters of Tacoma-Pierce County has completed a study of mental health services in the county. The report is a review of the Pierce County mental health system. It describes what services are provided and by whom, the roles of various government and non-governmental agencies, the adequacy of services to meet current needs, and conclusions about those services. [Read the final report.](#) (February 2016)

### **County Proposes Relocation of Community Connections, Health Department**

Proposed plans would give Tacoma- Pierce County Health Department and Pierce County Community Connections a new home at 3615 Pacific Avenue—and make way for a proposed South Sound 911 public safety communications center. The project also involves demolishing the abandoned Puget Sound Hospital facility. Learn about the concept and discuss the idea with staff from the Health Department, Pierce County and South Sound 911. Contact [communications@tpchd.org](mailto:communications@tpchd.org) or (253) 798-2853. Project Information: [www.piercecountywa.org/hcb](http://www.piercecountywa.org/hcb) or [www.southsound911.org](http://www.southsound911.org). Two public presentations are scheduled: April 5, 6-7 p.m. and April 6, Noon – 1 p.m. Both sessions will be at the Tacoma-Pierce County Health Department Auditorium, 3629 South D Street in Tacoma.

### **Provider One Buys More than Food**

You can do more than just buy groceries with that EBT card. Individuals and families who are receiving state benefits in Washington State can use their EBT (food stamps) card or Provider One (medical) card for free or extremely reduced admission at many different places.

- The WA State History Museum – \$1/individual OR \$2/ family. Free 2 p.m. to 8 p.m. and admission on the third Thursday of the month.

- The Tacoma Art Museum – \$1/individual OR \$2/family. Free 5 p.m. to 8 p.m. on the third Thursday of the month.
- The Museum of Glass – \$1/individual OR \$2/ family. Free 5 p.m. to 8 p.m. on the third Thursday of the month.
- Tacoma Children’s Museum - Tacoma Children’s Museum operates on a “pay as you will” admission. Each person pays whatever they can afford. EBT or Provider One card is not required.

### **CARE Act Passes**

The 2016 Legislature passed the CARE Act. Hospitals must adopt and maintain written discharge policies. The discharge policies must ensure the discharge plan is appropriate for the patient's physical condition, and emotional and social needs. If a lay caregiver is involved, the discharge plan must take into consideration the lay caregiver's abilities. Lay caregivers are designated by the patient and will provide aftercare assistance to a patient in the patient's home. This bill will allow a patient to designate a caregiver and allow the caregiver to be contacted before discharge. The bill was supported by SEIU and AARP. [Click here for info about the bill.](#)

### **Family Community Connections Guidebook**

The Arc of Washington State has developed a [new resource guide](#) with input from families, individuals with disabilities, and professionals. It offers ideas, tips and resources to help envision a full and meaningful life for a child with an intellectual and/or developmental disability.

### **HCA Medical Assistance CSC Introduces New Extensions**

The Medical Assistance CSC (MACSC) toll-free line (1-800-562-3022) assists customers with a wide range of Apple Health inquiries, including managed care enrollment, find a provider, provider billing and claims, benefit coverage questions and assistance with the ProviderOne services card. In an effort to provide a better customer experience and decrease wait times, MACSC has introduced extension options for their most popular inquiries. Help find Medicaid Providers – Ext. 15618; Enroll/Change Managed Care Plans – Ext. 15621; Service Card Replacement Request – Ext. 15616; All Other Inquiries – Ext. 16131. MACSC operates Monday through Friday from 7:30 a.m. to 5:00 p.m. (except state holidays).

### **Changes to Basic Food**

There has been a recent change in eligibility for Basic Food benefits (food stamps). Beginning January 1, 2016, able-bodied adults without dependents (ABAWDs) in parts of Pierce, King, and Snohomish Counties will be limited to 3 months of Basic Food in a 36-month period. Tacoma and Lakewood both obtained waivers from the time limit rule, but it applies to residents in the rest of Pierce County. There are some exceptions to this time limit if, for example, recipients are working at least half-time or enrolled in certain programs.

### **Honor a Caregiver**

The Health Care Providers Council celebrates and recognizes the outstanding caregivers in the community. [Anyone can nominate a wonderful caregiver](#) – unpaid family caregivers, CNAs and HCAs or others that serve our seniors in community settings, rehab facilities, adult family homes and private homes all over Pierce County. More information online. Honors will be given at the All-Star Caregiver Recognition Dinner on May 18 at the Weatherly Inn, 6016 N. Highlands Pkwy in Tacoma. Tickets will be available on the [HCPC website](#).

### **Early Stage Memory Loss Support Group**

Individuals experiencing early stage memory loss can benefit from this special opportunity. “Early stage” refers to people in the beginning stages of memory loss, irrespective of age. Held the second Wednesday of each month from 10:00 to 11:30 a.m. in Tacoma. Pre-registration is required. Contact [Katherine Painter](#) at (206) 599-3868.

### **All Things Medicare class offered at Pierce County Libraries**

Turning 65 soon? Want to know more about Medicare? Join Sound Outreach and the Statewide Health Insurance Benefits Advisors (SHIBA) at Pierce County Libraries for “All Things Medicare.” This 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 (253) 596-0918 to sign up for a session or to speak with a SHIBA counselor. Walk-ins for classes are also welcome.

- April 9—Milton/Edgewood Library, 900 Meridian E., Suite 29, Milton
- April 16—Key Center Library, 8905 KPN, Lakebay
- May 14—Steilacoom Library, 2950 Steilacoom Blvd SW, Steilacoom
- May 21—Sumner Library, 1116 Fryar Ave, Sumner

### **\$2.7 Million Medicaid Fraud Judgment**

State Attorney General [Bob Ferguson announced](#) that the owner of a Puget Sound wheelchair company has been ordered to pay \$2.7 million for fraudulently billing the Medicaid program for 119 new wheelchairs, but instead delivering used wheelchairs to the poor and disabled across the state.

### **Franke Tobey Jones Considers Expansion**

Franke Tobey Jones senior living community in the Point Defiance neighborhood of Tacoma, announced plans to invest in expanding services for residents and the surrounding community of seniors. This latest expansion is in the early planning phases but will include involvement from the residents, families, and surrounding neighbors interested in participating in the future of Tacoma’s vibrant senior community. Plans include a new state-of-the-art health center and memory care community, independent living and renovation of the Lillian Pratt building. [More info online.](#)

### **Support U Fosters Caregiver Wellness**

Support U, a program of Lutheran Community Services, makes life better for seniors, care receivers and their caregivers. Classes provide basic care giving information and tips to help reduce caregiver burnout by trying to “do it all” alone. Classes are held weekly at 7 p.m. starting April 7 at Saints Cosmas and Damian Catholic Church, 213 Leber Street NW in Orting. Free will donations to cover cost of materials accepted. Call to sign-up: Leann Korbuszewski (360) 893-3154 or Betty Skodinski (360) 893-7630.

### **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](mailto:pjenkins@lcsnw.org).

### **Public Comment Period Begins for Sound Transit 3 Draft Plan**

Sound Transit launched a month-long effort to hear from residents on a draft plan for keeping the region's commuters and economy moving. Residents are urged to sound off with their views via an online survey at [soundtransit3.org](http://soundtransit3.org) and attend upcoming public meetings. [Learn More.](#)

### **Traumatic Brain Injury Support Group**

Cascade Park Active Day hosts a monthly support group for individuals with traumatic brain injury and their families/caregivers. Held the third Tuesday of each month from 6:00 to 7:30 p.m. at Cascade Park Active Day Adult Day Health, 246 St Helens Avenue in Tacoma. For more information call Tim Renn at (253) 627-9990.

### **SCAMS OF THE MONTH**

#### **Scammers Phish for Mortgage Closing Costs**

Buying a home is exciting. You saved for the down payment, scheduled the move, and are dreaming of planting new roots. Closing is right around the corner... unless a scammer gets your settlement fees first. If you're buying a home and get an email with money-wiring instructions, STOP! [Read more.](#) (Source: FTC)

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

#### **Conscious Living, Conscious Aging: Embrace & Savor Your Next Chapter**

No longer satisfied with a quiet life, retirees are looking to create a passionate, active, fulfilled, and engaging later life. That's where Ron Pevny comes in. His inspiring guide helps you do what he calls "conscious aging" -- realizing the life of growth, purpose, service, and spiritual exploration you've always imagined for yourself. Today's seniors are reshaping retirement: it's a whole new opportunity to engage with family, community, and the world with vigor. 341 pages (large print) Call Number: LGE-TYPE 306.38 PEVNY.

### **LOCAL HAPPENINGS**

#### **Apr 5 – NAMI Family-to-Family – 2 Locations**

NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. [See more online.](#)

- Buckley class will be taught at the Buckley Fire Station, 611 Division St. Call to register at (253) 740-8393 or [email](#).
- Tacoma class will be taught at the Tacoma Police Department's Sector 2 Substation, at 5140 North 26th Street. Contact [family@namipierce.org](mailto:family@namipierce.org) for more information or to sign up for the class.

#### **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**

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. [View event flyer.](#)

#### **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 13 – Webinar: My Life is My Own: The Power of Advocacy**

This webinar will feature a panel of community advocates and activists from Self Advocates of Washington (SAW) and Oregon Self Advocacy Coalition (OSAC). Panel members will offer information and examples of outreach efforts they are involved in within their local communities, including personal stories, a peer education project to help people obtain "real jobs for real pay", advocacy training for the next generation and education for disability allies and stakeholders about supported decision making. Held 2:30-4:30 p.m. \$30. [Information and registration online.](#)

#### **Apr 15 – 2016 Military Kids & Families Summit**

This event is for community and military service providers. The goal of the summit is to connect providers, educate service providers on programs available to military families, and share tips on how to maintain connections with each other. Topics presented will include resources provided by military programs, what is available in community, mental health resources, military culture and awareness, and more. Workshops on topics related to working with military families in Washington. Open to community and military service providers, educators, and military connected families. \$20 registration fee for attendees and resource providers includes lunch. [More info and registration online.](#)

#### **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 18-22 – Domestic Violence Victims' Services Training**

Presented from the historic context of gender inequality and the many intersections between violence in the home and in the greater society, this training provides specific information on what domestic

violence is and how we can all work together to keep victims safe and hold perpetrators accountable through a coordinated community response. Intended for anyone interested in working in the field of domestic violence service provision or in the social service field. Offered by YWCA Pierce County. Register online at: <https://goo.gl/naCIGW>.

#### **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 21 – Parkinson's Expo**

Life Care Center of Puyallup celebrates Parkinson's Awareness month with free Expo and resource event. There will be vendors, demonstrations, stories and a healthy lunch. Event will be from 11 a.m. to 1 p.m. at Life Care Center of Puyallup, 511 10th Ave SE. Free event. No RSVP required.

#### **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. 35<sup>th</sup> 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 25 – Oh My Gosh (Part 2)**

How does the disease progress? What should I expect? (See April 11 for event info, location and [flyer](#).)

#### **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 or [visit online](#).

### **Apr 30 – Hearthside Manor Flapjack Breakfast**

Hearthside Manor hosts their annual Walk to End Alzheimer's flapjack breakfast event. \$10 in advance at Hearthside Manor. Held 8-10 a.m. at Applebee's, 3819 Bridgeport Way in University Place.

### **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 4 – Northwest Patient Safety Conference**

This event brings together hundreds of regional leaders in patient safety, risk, and quality. The conference is packed with interactive activities and engaging sessions related to this year's theme: [Patients and Families as Partners in Safe Care](#). Look forward to keynote speakers, plenary presentations, shared decision making implementation workshops and more. [View Full Agenda here](#). For more info contact [Kelly Veit](#), Washington Patient Safety Coalition, (206) 204-7383. Held 8 a.m. to 4 p.m. at the Lynnwood Convention Center, 3711 196th Street SW in Lynnwood.

### **May 5 – Early Stage Memory Loss Forum**

Specifically designed for and limited to individuals who have mild memory loss due to Mild Cognitive Impairment (MC) Alzheimer's disease and other dementias. The individual with memory loss is invited to come alone or bring their care partner/s with them. The care partner may not come without the individual with memory loss. \$30/\$50. Held 9:30 a.m. to 3:45 p.m. at the United Church in University Place. [More information and register online](#) or phone (206) 363-5500, ext 8169.

### **May 7 – Three Final Decisions: Legal Issues, Ethical Wills, Funeral Planning**

It's no secret that death is a part of life. But actually thinking about that eventuality and doing something is all too rare. Learn about what you need to do and get the resources you need to follow through wisely. Learn about creating an ethical will, important legal issues that need attending, options for services and more. An information-only event. Complimentary lunch provided. Reservations required. Call (253) 798-8787. Held 9 a.m. to 3 p.m. at Mountain View Funeral Home, 4100 Steilacoom Blvd, SW in Tacoma. [View the event flyer](#).

### **May 7 – T-Town City Services Expo**

The City of Tacoma is hosting a fun, interactive community event at the Tacoma Dome from 10 a.m. to 3 p.m. featuring demonstrations, activities, games and prizes for the whole family. The Expo is free and open to the public. Learn about services delivered by the various departments at the City of Tacoma and how city government works. Share ideas and feedback about how the city should utilize its services. Questions – call (253) 591-5000 or dial 3-1-1 or view [City of Tacoma website](#).

### **May 9 – Oh My Gosh (Part 3)**

How do I start the conversation? How do I cope with the shock? (See April 11 for event description, location and [flyer](#).)

**May 14 – Three Final Decisions: Legal Issues, Ethical Wills, Funeral Planning**

See May 7 for event description. Complimentary lunch provided. Reservations required. Call (253) 798-8787. Held 9 a.m. to 3 p.m. at Powers Funeral Home, 320 W. Pioneer Avenue in Puyallup. [View the event flyer](#).

**May 14 – Spring into Better Health and Pancake Breakfast**

Free health fair with over 25 organizations participating. Get helpful information and connect to community service providers. Held 8 a.m. to 12 noon at the Puyallup Activity Center, 210 West Pioneer. \$4 breakfast (all the pancakes you can eat, plus eggs, sausage, juice and coffee). Open to all. Come and enjoy the fun. No RSVP required.

**May 18 – All-Star Caregiver Recognition Dinner**

Join HCPC to celebrate and recognize the outstanding caregivers in our community. This event is focused on the frontline caregivers, CNAs and HCAs that serve our seniors in community settings, rehab facilities, adult family homes and private homes all over Pierce County. [Nominate a caregiver by April 15](#). Held 7-10 p.m. at the Weatherly Inn, 6016 N. Highlands Pkwy in Tacoma. [Get tickets online at HCPC website](#).

**May 21 – Three Final Decisions: Legal Issues, Ethical Wills, Funeral Planning**

See May 7 for event description. Complimentary lunch provided. Reservations required. Call (253) 798-8787. Held 9 a.m. to 3 p.m. at New Tacoma Cemeteries and Funeral Home, 9212 Chambers Creek Rd. W. in University Place. View [the event flyer](#).

**May 22 – Latina Health Fair**

The annual Latina Health Fair (LHF) is a community-based event hosted by Sea Mar Community Health Centers in partnership with the University of Washington. The event serves as the kick-off celebration in support of National Women's Health Week. Held 9 a.m. to 2 p.m. at Sacred Heart Catholic Church, 4520 McKinley Ave. E. in Tacoma. Contact Rocio Rojas, LHF Coordinator at (855) 289-4503 or [rociorojas@seamarchc.org](mailto:rociorojas@seamarchc.org).

**May 23 – Oh My Gosh (Part 4)**

What are the typical behaviors? How do I manage them?" (See April 11 for event info, location and [flyer](#).)

**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 6 – Oh My Gosh (Part 5)**

How do I pay for care? What are the legal things I should do? (See April 11 for event info, location and [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](mailto: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

### **June 11 – Moonlight Serenade Senior Prom**

Franke Tobey Jones hosts this annual extravaganza for all 55+. Held 6-9 p.m. at the McGavick Conference Center at Clover Park Tech College, 4500 Steilacoom Blvd, SW in Lakewood. \$5 tickets available at the door, [online](#) or by calling (253) 752-6621.

### **June 20 – Oh My Gosh (Part 6)**

Where can I turn for help? What are the resources I can rely on? (See April 11 for event info, location and [flyer](#).)

### **Aug 10 – Cancer Survivorship Conference**

Save the Date. University of Puget Sound.

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

**Question:** I have heard that I cannot use a taxi because I have a wheelchair. Is that true?

**Answer:** The City of Tacoma licenses taxis for Tacoma and all of Pierce County (the County asked the City to pick this responsibility up a few years back). All for-hire transportation providers – taxis, uber, lift, etc. follow the same rules in Tacoma. The Tacoma Municipal Code is explicit on the matter of service animals. Section 6B.220.340 H states: “A for-hire driver shall not refuse to transport in the for-hire vehicle any passenger’s wheelchair which can be folded and placed in either the passenger, driver, or trunk compartment of the vehicle or a service animal used to assist persons with disabilities, groceries, packages or luggage when accompanied by a passenger.”

### **NATIONALLY**

#### **House Passes Older Americans Act Reauthorization**

The U.S. House passed its version of a Senate-passed bill, [S. 192](#), the Older Americans Act Reauthorization Act of 2015, signaling its support for the vital home and community-based services that

the Older Americans Act (OAA) authorizes and funds in communities across the nation. The bill is poised to be sent to the President for signature as soon as the Senate endorses the House changes. The OAA provides essential services every year to nearly 11 million seniors, including information and referral assistance, in-home supports, nutrition programs, transportation, caregiver support, job training, legal services and protection from abuse and financial exploitation. [Get the details](#). (Source: NCOA)

### **How *Not* to Shop for Medicare**

Know someone who's turning 65? Watch the latest video from the National Council on Aging at My Medicare Matters® with helpful tips and pitfalls to avoid when it's time to choose a Medicare plan. [Watch the video](#). (Source: NCOA)

### **Doctors Ponder Delicate Talks As Medicare Pays For End-Of-Life Counsel**

Physicians can now bill Medicare \$86 for an office-based, end-of-life counseling session with a patient for as long as 30 minutes. But many doctors may need training to have those talks. Medicare has set no rules on what doctors must discuss during those sessions. Patients can seek guidance on completing advance directives stating if or when they want life support measures such as ventilators and feeding tubes, and how to appoint a family member or friend to make medical decisions on their behalf if they cannot, for instance. [Read more](#). (Source: KHN)

### **Big Financial Costs Are Part of Alzheimer's Toll on Families**

First, Alzheimer's takes a person's memory. Then it takes their family's money. That's the central finding of a [report](#) published Wednesday by the Alzheimer's Association on the financial burden friends and families bear when they care for someone with dementia. [Read the story](#). (Source: NPR)

### **Veterans Burial and Memorial Benefits**

The VA provides [burial and memorial services](#) for Veterans, their spouse and other eligible family members at VA national cemeteries to ease families through the loss of their loved one at no cost. Some benefits are available for Veterans who choose burial in a private cemetery. Click to [Explore VA](#) and learn about benefits including burial in a VA national, state Veterans, or tribal cemetery; headstone, markers and medallions; burial flags, Presidential Memorial Certificates and more. (Source: VA)

### **New for 2016! Core Benefits Cheat Sheet**

Back by popular demand is NCOA's "cheat sheet" of eligibility guidelines for core benefits programs for low-income Medicare beneficiaries. The resources focus on Medicare Part D Extra Help, Low Income Subsidy, Medicare Savings Programs, LIHEAP, SNAP, and SSI for 2016. [Download the resource](#). (Source: NCOA)

### **Long-Term Care Insurance: Less Bang, More Buck**

Long-term care insurance was supposed to help the middle class ease the financial burden of expensive in-home or nursing home care that now can top \$90,000 a year. About 4.8 million people were covered by policies in 2014. But early on the industry underestimated how long people would live and how long they'd need nursing home care — but overestimated how many people would drop their policies and how much interest insurers could earn on the premiums they banked. Many insurers left the business. Those that remain are in financial trouble on their long-term care policies. They're charging far more for new policies, and sharply raising the premiums of old ones. [Read more](#). (Source: KHN)

