

## ADRC E-Newsletter May, 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

May 5 – “Hearing Issues for Older Adults” with Dr. Laura Day-Moran, Harbor Audiology

June 2 – “Dental Care for Older Adults” with Dr. Tess Mandapat, Pearly Whites Laser Dentistry

#### **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

May 12 – “The Big One: the Catastrophic 9.0 Earthquake” with Nicole Johnson, DEM

June 9 – Networking

#### **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.

May 4 – La Quinta Inn (Ports of Call Restaurant), Tacoma, 1425 E. 27th St.

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

May 25 – 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.

May 18 – Merrill Gardens at Renton Centre, 104 Burnett Ave South, Renton

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 Now Open!**

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. [Information and flyer available online at the ADRC website.](#)

### **Farmers Markets Coming**

Communities throughout Pierce County will soon be opening their farmers markets for the season. It's a great way to get terrific fresh fruit and veggies as well as support local farmers. [The complete schedule of the markets locally can be found online.](#)

### **Pierce County Elder Abuse Survey**

The Pierce County Prosecutor's Office is launching a new Elder Abuse Project, funded by the Department of Justice's Office on Violence Against Women. The first part of this project is to implement a community needs assessment. This survey is for professionals and service providers who work directly with older adults and/or victims of abuse in order to identify gaps in services available to victims of elder abuse, and improve upon or create new services that better address their needs. [Please take 10-15 minutes to complete an online survey.](#) Your voice matters! If you have questions about this survey or the work of the Pierce County Elder Abuse Project, please contact Stacia Vierra at [SVierra@kwacares.org](mailto:SVierra@kwacares.org), or 253-798-4313.

### **Friend ADR on Facebook**

Pierce County Aging & Disability Resources is now on Facebook. This new resources gives the ADRC the opportunity to share timely news and information focused on the local community. Like us at <https://www.facebook.com/piercecountyadr/>.

### **Pierce County Veterans' Bureau Moves**

The [Pierce County Veterans' Bureau](#) will have a new home on Friday, May 20. The office will move into the lobby of Community Connections, 1305 Tacoma Avenue S., Suite 104 in Tacoma. The Veterans Bureau provides emergency assistance with food, rent and utilities to qualified indigent veterans and family members. Limited assistance with medical and other services is also available on an emergency need basis. The program also offers the Incarcerated Veterans Reintegration program.

### **Accessible Voters Pamphlet**

The Washington Secretary of State's office has produced a presidential primary voters' pamphlet for individuals with vision impairment. [The audio version is now available online.](#)

### **ABLE Act Becomes Law**

The ABLE Act, sponsored by Rep. Christine Kilduff (University Place), has been signed by Governor Jay Inslee. The legislation allows tax-free savings accounts similar to college savings plans for housing,

education, transportation, health care and related expenses for persons with disabilities. Currently people with disabilities and their families can be penalized for having more than \$2,000 in savings for programs like Medicaid or Supplemental Security Income. [Information about the ABLE Act is available online.](#)

### **Youth Transition Summer Workshop**

The FREE Youth Transition Summer Workshop is for youth (16-24 y/o) with all disabilities who are planning to live independently someday and have career or educational goals. Youth who have or had a 504 plan or IEP (in general ed classes) are encouraged to apply. Focus is on preparing for college and/or employment, and developing independent living skills including self-advocacy, financial management, etc. A great opportunity for youth to get connected with community resources and meet other youth with disabilities who plan to live independently. Participants will earn money each day for participation. For a glimpse of previous workshops please see the short videos on [YouTube](#) or at the [CFI website](#).

### **New Resources from Columbia Legal Services**

Columbia Legal Services has released updated publications:

- [Key Medicaid Standards](#) as of April 2016
- [The Medically Needy "Spendedown" Program](#): Medicaid for Adults 65 and Older or Disabled Who Don't Get SSI
- [Questions and Answers on Medicaid for Nursing Home Residents](#)
- [Questions and Answers on the COPES Program](#)

### **New DDA Service for Adults Living with Family Caregivers**

A new DDA service provides overnight planned respite for up to 14 days (in a calendar year) in a community-based setting. The service is currently available in 4 areas of the state, but there are plans to expand. Read more about [Overnight Planned Respite](#) and how to request it.

### **SHAG Agrees to Accommodations**

Senior Housing Assistance Group, a senior housing nonprofit that spans five Puget Sound counties has agreed to work with the Fair Housing Center of Washington to accommodate residents with disabilities, resolving a complaint filed with federal housing authorities. [Read more.](#)

### **The Debilitating Cost of Long Term Care**

Staying at home during an illness is a luxury for many Americans who cannot afford long-term care. This personal story (Seattle Times) reveals the personal dimension. [Read more.](#)

### **Last of the Institutions**

King-5 News reporter Susannah Frame continues her series on institutions for individuals with developmental disabilities. Part 9 focuses on "[Underfunding by the Legislature](#)" and the consequences that keeps people in institutions.

### **Senior Foot Care Is Important**

Foot and toenail disorders affect over 80% of the population – especially older adults. Keeping feet healthy increases comfort and functionality and can prevent limb-threatening complications. Foot care services include soaking, cleaning and clipping nails; removing calluses or corns; padding pressure

areas, applying lotion, light massage and referrals when needed. [Check the ADRC website](#) for locations, times and costs.

### **FISH Mobile Food Banks Expands**

The innovative Mobile food bank program helps provide food to low-income neighborhoods with limited access to fresh food, a food bank or public transportation. The mobile service is now available in Roy and 8 other locations. FISH also operates seven fixed-location food banks. [Learn more.](#)

### **Watch Chickens Explain It All**

\$100,000 is about how much you need for long-term care as you age. Do you have that saved up? No? You're not alone. These are scary facts that nobody wants to talk about, but it's time to start talking. Take one moment to watch this [video from Washingtonians for a Responsible Future](#) about this issue and then sign up to join the conversation.

### **Access at Home Now Serves Pierce, Thurston, and Lewis Counties**

A new Certified-Aging-in-Place company, [Access at Home Inc.](#), provides mobility and access equipment and services in Pierce County. They help homeowners with disabilities or needs for home safety, independence, and comfort. They sell, install, and service gently-used modular ramps, grab bars, and side access bathtubs. They may be able to help in quick discharge situations. Call Tony at 360-852-1997 or [www.AccessAH.com](http://www.AccessAH.com). Access at Home is not a Medicare equipment vendor and can only accept private payer clients.

### **All Things Medicare Classes at Pierce County Libraries**

Turning 65 soon? Want to know more about Medicare? This free, impartial 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 SHIBA at (253) 596-0918 to sign up for a session or speak with a SHIBA counselor. Sponsored by Statewide Health Insurance Benefits Advisors (SHIBA). Dates include May 14 at the Steilacoom Library; May 21 at the Sumner Library; June 11 at the Eatonville Library; and June 18 at the University Place Library.

## **SCAMS OF THE MONTH**

### **Scammers offering to help with disability applications**

Scammers are trying to get personal information from people by pretending to help with applications for disability benefits and claims. These scammers could contact you. They're taking a shot in the dark, hoping that you have started an application, and hoping you'll give them a little more info over the phone. To "complete the process," they might ask you to give, or confirm, your Social Security number or bank account numbers. If scammers get your information, you could face identity theft and benefit theft. So here are a few things you can do to help protect yourself. [Read more.](#)

### **Official-Sounding Calls about an E-mail Hack**

There's a new twist on tech-support scams – you know, the one where crooks try to get access to your computer or sensitive information by offering to "fix" a computer problem that doesn't actually exist. Lately, the FTC has received reports that people are getting calls from someone claiming to be from the Global Privacy Enforcement Network. Their claim? That your email account has been hacked and is

sending fraudulent messages. They say they'll have to take legal action against you, unless you let them fix the problem right away. Bogus! Don't do it. [Read more](#). (Source: FTC)

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

### **21 Things You Need to Know About Diabetes and Your Heart**

This is a quick way to learn about the affect of diabetes on the heart. Part of the American Diabetes Association's 21 Things series, this book gives the reader brief, concise answers to the many questions about how diabetes affects the body. Jill Weisenberger and David S. Schade describe the effects of diabetes on the heart in plain language, making it easier to understand and remember. Written and reviewed by healthcare professionals with years of clinical experience, this book will help people with diabetes keep their diabetes under control and their hearts healthy. Call Number: 641.5631 WEISENB (Source: Pierce County Library)

## **LOCAL HAPPENINGS**

### **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 3 – GiveBIG**

Over the past 5 years, more than \$56 million was invested throughout the Greater Puget Sound area through GiveBIG. GiveBIG is part of a larger collective giving strategy to invest in the future of Greater Seattle. Decisions are guided by a deep knowledge of the community and the Healthy Community Framework, which identifies eight essential aspects of society that must be supported in order for a community to thrive. Learn more about this special fundraising event. [Learn more 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 4-5 – Tai Je Quan Instructor Training Workshop**

Learn to teach a national recognized evidence based training program for fall prevention in older people. Previous training/experience not required. Held at the Valley Regional Fire Authority Headquarters, 1101 D Street NE, Auburn. \$200. [Registration online](#).

### **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 5 - Plan to Work**

Thousands of Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) beneficiaries have learned how to stay in control of their benefits while enriching their lives through employment. You can too! Plan to Work will help you understand your benefits and show you how using Social Security Work Incentives can be your "Ticket to Work"! Held 5:30 – 7:30 p.m. at Pierce County Coalition for Developmental Disabilities, 3716 Pacific Avenue, Suite A; Tacoma. For additional information, please call Plan to Work at (866) 497-9443 or PC2 at (253) 564-0707.

### **May 7 – Three Final Decisions: Legal Issues, Ethical Wills and 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 7 – What's Your Natural High?**

Join other members of your community as we learn about the psychological impacts of marijuana and answer the question "What's Your Natural High?" as we explore healthy alternatives to illegal marijuana use by kids and teens. For Youth & the Parents/Guardians of youth ages 12 - 19. Held 8:30 a.m. to 2 p.m. at the McGavick Conference Center at Clover Park Technical College, 4500 Steilacoom Blvd in Lakewood. [Learn more and RSVP online.](#)

### **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 10 – U.S. Access Board Town Hall Meeting in Seattle**

The U.S. Access Board will hold a town hall that will feature a panel discussion on implementation of accessibility requirements at the state and local levels and another on access to public transportation, including bus and rail systems and passenger vessels. Both panels will consist of speakers from the Seattle area and will be moderated by Board members. The [Town Hall meeting](#) will be from 1:30 p.m. to 5:00 p.m. at the Husky Union Building (the HUB), University of Washington, Room 250 (2nd floor), 4001 East Stevens Way, NE, Seattle.

### **May 11 – Tools for the Journey**

This no-cost, 3-hour workshop offers resources and strategies to live fully despite the challenges of cancer. Senior Harmony Hill faculty member J Fields will share self-care techniques such as gentle movement, guided imagery, breathing exercises and new ways to reduce stress. Each participant will receive resources to implement these tools in daily life. Lunch is provided. Register at (253) 530-2936 or email [jamedobosz@chifranciscan.org](mailto:jamedobosz@chifranciscan.org). Held 12 noon to 3 p.m. at St. Anthony Hospital, Gig Harbor.

### **May 14 – Three Final Decisions: Legal Issues, Ethical Wills and 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 – Early Stage Memory Loss Forum**

Specifically designed for, and limited to, people who have mild memory loss due to Mild Cognitive Impairment (MCI), Alzheimer's disease and other related dementias, and their care partners. Pre-registration required. Sponsored by the Alzheimer's Association. Held 10 a.m. to 3:45 p.m. at the United Church in University Place. Full forum details and online registration at [www.alzwa.org](http://www.alzwa.org), select Early Stage Memory Loss Forum in the Explore Conferences box or call (206) 363-5500 ext. 8169.

### **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 14 – City of Puyallup Age-Friendly Celebration**

This free event celebrates the City of Puyallup's recognition as an AARP/World Health Organization Age-Friendly City Designation, making it the first city in the state to be so recognized. Don't miss hearing nationally recognized preventive medicine physician and author of *Live Long, Die Short*, Roger Landry, MD, MPH, when he speaks on Successful Aging; The Benefits of an Age-Friendly City. Held 9:30 am to noon at Pierce College, Arts and Allied Health Building Theatre, 601 39<sup>th</sup> Ave. SE, Puyallup. The City of Puyallup will be the first city in the state to be recognized as an "Age-Friendly City." Resource Expo, 9:30 a.m.-10:30 a.m.; Presentation Ceremony 10:30 a.m.-11:00 a.m.; Keynote Speaker Dr. Roger Landry, 11:00 a.m.-Noon.

### **May 17 – Women Veterans Health Fair**

VA Puget Sound Health Care System, American Lake Division is hosting a Women Veterans Health Fair from 10 a.m. to 2 p.m. Located in the Building 9 Auditorium, this health fair honors the service of female Veterans and promotes health and mental health awareness with educational booths from VA and community agencies. Other topics include women's preventative health care, pregnancy and reproductive health, exercise & nutrition, stress management, VA benefits and claims, violence against women, MST, anxiety and mood management, housing resources, LGBT support, and more. Come join us in celebrating Women's Health! Questions? Yolande Allen at (253) 583-1462.

### **May 17 – "Charting a Course to Health" Care Transitions Conference**

Are you involved in improving health care quality and transitions of care? Register to attend “Charting a Course to Health,” the 2016 Care Transitions Conference in south Seattle. The conference focuses on building community connections among health care or human services professionals and empowering patients and families to manage their health care. Held at the IAM District 751 (South Building), 9125 15th Pl S., Seattle, 8 a.m.–4 p.m. [More information online](#) or (206) 684-0662 or visit [register online](#).

### **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. 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 and 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 Rocío 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 2 – Guardianships for Individuals with Disabilities**

Attorney Tim Williams provides an overview of guardianships and how families can and should use guardianships for children with disabilities. Held 6-8 p.m. at PC2, 3716 Pacific Ave., Ste. A in Tacoma. Advance registration required at (253) 564-0707.

### **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 15 – World Elder Abuse Day**

World Elder Abuse Awareness Day (WEAAD) is an opportunity to raise awareness, engage new partners, and renew our collective commitment to the cause of elder justice. No matter who you are, you can [take action](#) and play a part in this effort. Visit the Administration for Community Living's [WEAAD website](#), developed in partnership with the National Center on Elder Abuse.

### **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](#).)

### **June 22 – High Risk Population Disaster Planning Summit**

Pierce County Department of Emergency Management sponsors this annual event. Topics include Mount Rainier – World-Class Volcano in Our Backyard; Cascadia Subduction Zone Earthquake – The Big One; Risks and Impacts to Pierce County; Regional Planning Efforts and Promising Practices; and more. For any individual, agency, organization or business that is interested in disaster planning for the area's high risk (vulnerable) populations. Complimentary continental breakfast and lunch provided. Held 8 a.m. to 3:30 p.m. at MetroParks Star Center, 3873 S. 66<sup>th</sup> Street in Tacoma. [Register online by June 15](#). Contact [Nicole Johnson](#) or (253)798-2221.

### **July 7 – Suicide Assessment, Treatment & Management Training**

This one-day training by LeadingAge Washington provides an introduction to ZERO Suicide: a practical approach to suicide care model for health care and behavioral healthcare systems. Dr. Ursula Whiteside, national ZERO suicide faculty, will introduce the ZERO Suicide (ZS) Training model and explain how it relates to suicide assessment, treatment, and management. Held 9 a.m. to 4:30 p.m. at the Embassy Suites, Tukwila. [Information and registration online](#).

### **Aug 8-12 – Camp Sparkle This Summer**

This free, week-long day camp, 9:30 a.m. to 4:00 p.m., is for kids ages 5-12 who have loved one with cancer, who have cancer themselves, or who have lost someone to cancer. Held in Tacoma. All camper families must join the Cancer Pathways community. To join, or to register for camp if you are already part of the community, please contact Theresa Kelly at (206) 709-1400 or (866) 200-2383.

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

This free annual conference is open to all people affected by cancer as patients, family members and caregivers. Connect with other survivors to discuss and learn about the physical, mental and spiritual aspects of the cancer journey. Details will be posted online at the [Cancer Survivorship website](#). Held at the Wheelock Student Center at the University of Puget Sound.

### **Aug 13 - Northwest Ability Expo**

Here's an opportunity to see the latest in mobility equipment from walkers and scooters to full-size vans. Event is held from 10 a.m. to 3 p.m. at Kersey Mobility, 6015 160th Ave E. in Sumner. Event includes a free BBQ lunch and valet parking. Save the date. More to come.

### **Sept 11 – Walk to End Alzheimer's**

Save the Date. University of Puget Sound.

### **Sept 17 – Pierce County Alzheimer's Caregiver Conference**

Save the Date. Emmanuel Lutheran Church, Tacoma. Details to come.

### **Oct 4-5 – 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 8 a.m. to 4 p.m. at Pierce County Emergency Management, 2501 S. 35th St., Tacoma. [Click here to register](#). For details contact [Nicole Johnson](#) at (253) 798-2221.

### **October 19 – Making the Link**

Sponsored by Health Care Providers Council at MetroParks Star Center. Details to come.

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

**Question:** What's the difference between having a burial plot and prearranging funeral services?

**Answer:** Both are important things to do. Owning a burial gives you a final resting place.

Prearranging funeral services includes much more – funeral, memorial, end of life celebration and final disposition just to mention a few. But it should also include conversations with family members and important friends. You are alleviating them of the weight of making difficult decisions at what will be an already difficult time. It's a wonderful gift to your family. May is Older Americans Month. As part of our observance the ADRC is partnering with area funeral homes for a [full-day workshop on May 7, 14 and 21](#). Attend any one of the three events. You can learn all about prearranging services as well as legal and ethical issues that should be done. It's a strictly information-only event so there's no pressure to buy anything. And a free lunch is included! RSVP by calling (253) 798-8787 or call the ADRC for more information at (253) 798-4600.

## **NATIONALLY**

### **Obama signs Older Americans Act Reauthorization**

President Obama signed S. 192, the Older Americans Reauthorization Act of 2016 bill, into law on April 19. The underlying Older Americans Act (OAA) statute, which was passed in 1965, created the federal Administration on Aging (AoA) and the current federal framework for providing services for older Americans. The [reauthorization bill](#) increases specific funding levels for the programs by 6% over the next three years. The bill also adjusted the formula for allocating funds to states to ensure that states with growth in their 60 population would receive more support. [Read more](#). (Source: LifeHealthpro)

### **Celebrate Older Americans Month, 2016**

May is Older Americans Month, and this year's OAM theme is "Blaze a Trail." The Administration for Community Living will use May as an opportunity to raise awareness about important issues facing older adults. ACL will also highlight the ways that older Americans are advocating for themselves, their peers, and their communities. Materials are available at <http://oam.acl.gov/>. ACL is also interested in collecting the stories of older Americans who blaze trails themselves. Share your story now at <http://oam.acl.gov/submissions/register.aspx> (Source: ACL)

### **Emergency Airplane Evacuations for Wheelchair Users & Disabled Travelers**

Air travel is regarded as the safest mode of transportation in the United States, with only 0.06 fatalities per one billion passenger miles. Despite the impressive safety statistics, many remain apprehensive about air travel – particularly the significantly disabled. With more than 300 flights under his belt as a mobility impaired wheelchair user, [John Morris reflects](#) on his experiences flying and conversations with flight attendants. (Source: WheelchairTravel.org)

### **Accessible Technology Help from DOJ**

The Department of Justice has launched a [new Accessible Technology section](#) for ADA.gov, its Americans with Disabilities Act (ADA) Web site, to further assist covered entities and people with disabilities to understand how the ADA applies to certain technologies, such as Web sites, electronic book readers, online courses, and point-of-sale devices. Covered entities have longstanding obligations to make their programs, goods, services, and activities accessible. (Source: DOJ)

### **Uninsured Rate Hits New Low**

The uninsured rate for Americans has tumbled dramatically over the past few years in the wake of Obamacare and expanded Medicaid coverage. Only 11 percent of adults and children are still without healthcare coverage, according to a [new survey by Gallup and Healthways](#). (Source: Fiscal Times)

### **Watch the PBS Documentary: "When I'm 65"**

*When I'm 65: Rethinking Retirement in America* is a great show for all ages. The one-hour documentary takes an honest look at the struggle many Americans face when funding their retirement and includes some helpful retirement planning ideas. You can [watch the show anytime online](#). (Source: WISER)

### **National Park Service Senior Pass**

Lifetime passes for senior citizens to U.S. national parks and other federal recreational areas are available for a low fee. The interagency pass allows entry to over 2,000 places managed by federal agencies. [Learn more about costs and get your pass today!](#) (Source: NPS)

