

ADRC E-Newsletter June, 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

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

July 7 – No meeting

Aug 4 – Living with Vision Loss with Hongda Sao and Tyler Kaye

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

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.

June 1 – La Quinta Inn (Ports of Call Restaurant), Tacoma, 1425 E. 27th St.

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

June 22 – 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.

June 15 – Farrington Court, 516 Kenosia Avenue, Kent

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

Foster Grandparent Program Closes at CCS

As of June 30, 2016 the Foster Grandparent Program (FGP) will no longer be administered by Catholic Community Services. At this time, the Corporation for National and Community Service (CNCS), the FGP's parent organization, has approved the FGP contract to be put out for bid to other community and/or state-wide agencies and organizations. Hopes are that a new organization picks up this amazing

program quickly. This year FGP has served over 70 children in one-on-one settings – improving reading and writing skills, and providing a comforting presence for children facing anxieties and discomforts at school. Contact [Kate Robison](#), Program Coordinator at (253) 502-2743.

Senior Farmers Market Voucher Registration Continues

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. 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).

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.](#)

New Location for Pierce County Veterans Bureau

The [Pierce County Veterans Bureau](#) has a new location at Community Connections, 1305 Tacoma Avenue, 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 miscellaneous services is also available on an emergency need basis. The Bureau also offers the Incarcerated Veterans Reintegration program, in partnership with the Washington State Department of Veterans Affairs. Open Monday-Thursday 8:00 a.m. - 5:00 p.m.; Friday 8:30 a.m. - 3:00 p.m. Call (253) 798-7449.

Alzheimer's Caregiver Conference Vendor Registration

Conference will be held September 17 from 8 a.m. to 1 p.m. at Emmanuel Lutheran Church in Tacoma. Vendor Registration runs from June 20 to July 14 through the HCPC website. Gold Sponsorship is \$500 (full table, logo on marketing materials, looped on screen and 7 mentions). Silver Sponsorship is \$200 (half table, 1 mention). Registration will be online at <http://healthcareproviderscouncil.org/>. Vendor services must pertain to individuals/families living with Alzheimer's. Contact [Marcus Shields](#) for more.

Making the Link Vendor Registration

The 2016 Making the Link event is set for Wednesday, Oct 19 from 11 a.m. to 4 p.m. at the Metro Parks Star Center in Tacoma. Vendor Registration will open on Aug 12 (the day after the monthly HCPC networking meeting) and the deadline will be Friday, Oct 7 at 5 p.m. – or until all tables are sold. Tables will be \$140 for a single and \$90 for shared which is a \$10 increase from 2015. Registration will be on the [Health Care Providers Council website](#). Contact [Jenny Austin](#) for more.

Washington State Plan for Independent Living

The Washington State Independent Living Council (WASILC) and Centers for Independent Living (CILs) are requesting your public comment on the [2017-2019 Washington State Plan for Independent](#)

[Living \(SPIL\)](#). The plan was developed based on input from consumers, disability advocates, and community partners who participated in statewide public forums from August 2015 through December 2015. Deadline for providing comment is 5 p.m. on June 19. Details are on the [WASILC website](#).

Vacation Advice – Don't Put It on Facebook

It's tempting to post details about your travels on Facebook. Don't. Imagine the glee if crooks get information that you are enjoying your Alaska cruise for a whole week – and your house is empty. Wait to post those details until you get home safely. Be safe.

Get a Little Help with Your Medicare

Individuals with low incomes might be able to save considerably by tapping into little known Medicare programs with special benefits. Medicare Savings Program, Extra Help program and the Medicare wellness and preventative benefits. These programs can help reduce or eliminate Part B premiums as well as help with Part D costs as well as boost individual wellness. SHIBA (Statewide Health Insurance Benefits Advisors) is hosting three information/enrollment events open to the public.

- July 14 from 1 p.m. - 3:30 p.m. @ Lakewood Senior Center, 9112 Lakewood Dr SW, Lakewood;
 - July 21 from 1:30 p.m. – 4 p.m. @ Sumner Senior Center, 15506 62nd St Ct E, Sumner;
 - August 8 from 10 a.m. - 12:30 p.m. @ People's Community Center, 1602 M.L.K. Jr Way, Tacoma.
- For more information call (253) 592-2111.

VA Caregiver Workshop

Building Better Caregivers is a 6-week workshop for family caregivers that teaches a variety of skills, such as time and stress management, healthy eating, exercise and dealing with difficult emotions. The workshop addresses specific needs of caregivers who care for someone with dementia, memory problems, traumatic brain injury, post-traumatic stress disorder (PTSD), or any other serious injury or illness. The program is facilitated by two trained moderators, one or both of whom also are caregivers. Contact the Caregiver Support Coordinator at the VA Puget Sound Health Care System at American Lake in Lakewood: Jeffery Weber, (253) 583-1412; Jennifer Jaqua, (253) 583-1412, or Tara Stablein, (206) 277-6696.

This Letter is Not a Scam

Some Medicare clients will receive a letter from the Social Security Administration (SSA) telling them they may qualify for help with their out-of-pocket medical and drug expenses. Individuals who receive these letters are encouraged to take action to learn more about the Medicare Savings Program (MSP) and Extra Help. SSA sends the letters annually to people on Medicare with limited Social Security incomes who could be eligible for—but are not enrolled in an MSP, which helps with Medicare out-of-pocket costs, or Extra Help, which helps with the costs of prescription drugs. These letters are not a scam. Anyone who receives a letter—or who believes they or a loved one may be able to get help from these programs can contact the ADRC at (253) 798-4600.

FTJ Summer Concerts Announced

Franke Tobey Jones has announced their summer Concerts on the Lawn line-up for 2016. Held every Thursday night in August at 6:30 p.m. This year there is a collaboration with FISH Food Banks. Your donation of non-perishable food at the concerts will support local families! [Click for event flyer](#).

- August 4 ~ Danny Quintero (crooner)
- August 11 ~ Route 66 (big band)

- Aug 18 ~ JazzRays (jazz and Motown)
- August 25 ~ The Olson Bros Band (country)

Seattle to Host 2018 Special Olympics Games

Seattle will host the next Special Olympics USA Games in July 2018. Planning is already under way for the roughly one-week competition that will attract thousands of visitors from across the country. It will be the biggest sports event in Seattle since the 1990 Goodwill Games. Read the [Seattle Times](#) article.

Mental Health First Aid Now Enrolling

Sometimes, first aid isn't a bandage, or CPR, or the Heimlich, or calling 911. Sometimes, first aid is YOU! You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack.

- **Mental Health First Aid** teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Held June 2, 8 a.m. to 5:30 p.m. at Comprehensive Life Resources, 1305 Tacoma Ave. S, 3rd Floor in Tacoma.
- **Youth Mental Health First Aid** is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and most importantly – teaches individuals how to help a youth in crisis or experiencing a mental health challenge. Held June 1, 8 a.m. – 5:30 p.m. at Comprehensive Life Resources, 1305 Tacoma Ave. S, 3rd Floor in Tacoma

Anyone can take the 8-hour Mental Health First Aid course, or the 8-hour Youth Mental Health First Aid Course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens. Registration required. Contact Michael Hardie at michael.hardie@optum.com or (253) 292-4193.

SCAMS OF THE MONTH

Scammers Can Fake Caller ID Info

Your phone rings. You recognize the number, but when you pick up, it's someone else. What's the deal? Scammers are using fake caller ID information to trick you into thinking they are someone local, someone you trust – like a government agency or police department, or a company you do business with – like your bank or cable provider. The practice is called caller ID spoofing, and scammers don't care whose phone number they use. One scammer recently used the phone number of an FTC employee. Here are a few tips for handling these calls. [Read more.](#) (Source: FTC)

RECOMMENDED READS FOR THE 50+

What to Do to Retire Successfully

What to Do to Retire Successfully is an enlightening blend of actual retirement scenarios intermingled with healthy, practical advice from a respected neuropsychiatrist, who is a fellow retiree with a wonderfully optimistic glass-half-full philosophy on living a fulfilling retirement life. Dr. Goldstein taps into his financial and psychiatric background as he explores the potential pitfalls of life after career's end, while providing helpful, proven solutions for a feasible and effective adjustment into retirement. Call Number: 646.79 GOLDSTE (Source: Pierce County Library)

LOCAL HAPPENINGS

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 4 – Free Shredding Event

Done with spring cleaning? Bring your documents to be shredded safely and securely by LeMay Mobile Shredding. Free coffee and treats. Held 9 a.m. to noon at the Weatherly Inn, 6016 N. Highlands Pkwy in Tacoma. Call (253) 752-8550 for details.

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 8 – Pierce County Behavioral Health System Public Forum

In 2015 the Pierce County Council authorized a study (Resolution No. R2015-91) of the behavioral health system in the county. As part of the study, a public forum has been scheduled to help understand the guiding principles that should inform this project and the implementation of its recommendations. The listening session is designed to solicit feedback from as many community members and stakeholders (including behavioral health service recipients and their families) as possible at once, which will assist in understanding the local behavioral health context in Pierce County. Questions – call Michael Transue, Project Coordinator, Pierce County Behavioral Health System Study at (253) 798-7779. Held 6 to 8 p.m. at Kalles Junior High School, 501 Seventh Avenue SE in Puyallup.

June 10 – Conversations on Grandparenting

Grandparents today face new challenges in their relationships with their grandchildren. Today’s children live in a much different world and grandparents need to respond in new and unexpected ways. As family dynamics change grandparents are doing more and more. Some grandparents are even becoming “parents” once again. Uncover this new way of life for people in their 50’s and beyond and learn what successful grandparenting looks like today. Presenter is Rosalyn Alber, Coordinator, Relatives Raising Children. Held 12:10-12:50 at the Pierce County Annex Main Meeting Room, 2401 S. 35th Street in Tacoma. Free; no RSVP required.

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

[Buckley](#) – May 13

[Steilacoom](#) – May 20

[Tacoma](#) – June 11

[Gig Harbor](#) – June 17

[Central Pierce](#) – June 17

[Fife](#) – July 8

[Eatonville](#) – July 9

[Sumner](#) – July 22

June 11 – Moonlight Serenade Senior Prom

A very unique Senior Prom held for people age 55 and better. It's become so popular it has outgrown its original Stadium High School venue and will once again be hosted at the beautiful McGavick Conference Center at Clover Park Technical College in Lakewood from 6 to 9 p.m. Welcomed back this year is "Route 66," a 16 piece big band who has wowed the crowd at the Senior Prom the last four years. Because of the two major sponsors, Franke Tobey Jones and Allwest Moving and Storage, the ticket price remains at \$5 each. Tickets can be purchased in person at FTJ, [on-line](#) or at the door. Dress up or down, have your prom photo taken, and enjoy light refreshments in a festive and fun atmosphere. Call (253) 752-6621 for more info.

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 16 – Scams, Fraud and ID Theft

Learn how to avoid becoming a victim--and how to recover if it happens to you. Presented by Matt Santelli, case manager, Pierce County Aging and Disability Resource Center. Held 7 to 8:30 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Avenue S., in Tacoma. [View event flyer](#).

June 20 – Conversations on Grandparenting

(See June 10 for event description.) Held 12:10-12:50 at the County City Building, 930 Tacoma Avenue S, 7th Floor Rainier Conference Room in Tacoma. Free; no RSVP required.

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 21 – Giving Care

Fircrest Presbyterian Church hosts an evening forum on caregiving with helpful and expert information for caregivers – for seniors to plan ahead – and for anyone who may become a caregiver. Learn about community care options – have an opportunity to ask questions – and then pick up a variety of take-home resource materials. Speakers include Lisa Doyle, RN, with CayCare Services and Denise Carlock, RN, with Multicare Palliative & Hospice Services. A free event – but reservations are encouraged. Leave a voice mail with your name and phone number at (253) 564-3737 or fircrestpres@gmail.com.

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. 66th Street in Tacoma. [Register online by June 15](#). Contact [Nicole Johnson](#) or (253)798-2221.

June 30 – How to Write Your Will

Tips on getting your will together. It doesn't take that much time, effort or money – and it will save you and your family significant money and confusion later on. Presented by Jonete Rehmke, elder law attorney, Rehmke & Flynn. Held 7 to 8:30 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Avenue S., in Tacoma. [View event flyer](#).

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](#).

July 8 – Emergency Preparedness for Seniors

Earthquakes, floods, scams, fraud, ID theft, medication errors, travel, computers, home break-ins. Emergencies aren't planned. They always happen at the worst possible time without warning. And they come in all sorts of shapes and sizes. Seniors and people with disabilities are disproportionately hit hardest. Learn how you can prepare for the unexpected. Held at 11 a.m. at the Sumner Senior Center, 15506 62nd St. Ct. E. Free; no RSVP required.

July 11-15 – What Does Your Future Hold?

A 5-day workshop designed to empower youth (16-24) living with disabilities. Supports young people in their pursuit of living, working and participating independently in the community. Workshop is for those planning to go to college, get a job and live independently in the community in the future. Youth with 504 plans are encouraged to apply. Contact Leah Velasco at (253) 582-1253 or [via e-mail](#). Held at Center for Independence, 7801 Bridgeport Way W. in Lakewood.

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 a 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

The annual Pierce County Cancer Survivorship Conference is free and open to all people affected by cancer as patients, family members and caregivers. The event is designed to allow survivors and caregivers to connect and learn more about all aspects of the cancer journey. Topics discussed at the conference focus on the physical, mental and spiritual aspects of the cancer journey. Fifteen-year-old Dylan Walsh, a 13-year Burkitt Lymphoma survivor, will provide the keynote presentation. The event also features many breakout sessions on topics of interest to survivors and caregivers. Held 8 a.m. to 4:30 p.m. at the University of Puget Sound. [Information and registration online](#) or call (253) 207-5151. Other registration language lines: Spanish at (253) 353-5502; Korean, Vietnamese or Cambodian at

(253) 535-4202; Pacific Islander at (253) 778-5642; Russian or any other language not listed call (253) 530-2936. For more information, please call (253) 530-2936.

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 4 - South Sound Step Out: Walk to Stop Diabetes

Register for ADA's Step Out: Walk to Stop Diabetes event and experience the fun of Opening Weekend at the Washington State Fair! Your participation helps raise funds and awareness for the American Diabetes Association. The South Sound Step Out: Walk to Stop Diabetes will be held inside the Washington State Fairgrounds. Registered walkers will receive fun prizes at sponsored wellness stations as they walk throughout the fairgrounds. [Register online.](#)

Sept 11 – Walk to End Alzheimer's

This event for all ages raises awareness and funds for Alzheimer's care, support and research. The Alzheimer's Association provides free, easy-to-use tools and staff support to help participants reach their fundraising goal. While there is no fee to register, we encourage participants to fundraise in order to contribute to the cause and raise awareness. Held at the University of Puget Sound. Registration at 11 a.m.; ceremony at noon; walk at 12:30 p.m. [Register and info online.](#)

Sept 15-16 – Elder Friendly Futures Conference

A two-day gerontology conference for health-care providers, community-based professionals, researchers, educators and students with a commitment to healthy aging. Topics include the science of health and wellness, connecting within age-friendly communities, what it means to be older and underserved, cognitive and mental health and elder justice and security. Held at the Lynnwood Convention Center. [Register online.](#)

Sept 17 – Pierce County Alzheimer's Caregiver Conference

Save the Date. Emmanuel Lutheran Church, Tacoma. Vendor Registration runs from June 20 to July 14 through the HCPC website. Gold Sponsorship is \$500 (full table, logo on marketing materials, looped on screen and 7 mentions). Silver Sponsorship is \$200 (half table, 1 mention). Registration will be online at <http://healthcareproviderscouncil.org/>. Services must pertain to individuals/families living with Alzheimer's. Contact [Marcus Shields](#) for details. More 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.

Oct 19 – Making the Link

Sponsored by Health Care Providers Council at MetroParks Star Center. Vendor Registration begins Aug 12 and closes Oct 7 at 5 p.m. or when full. Tables will be \$140 for a single and \$90 for shared.

Vendors must be HCPC members. Registration will be online at <http://healthcareproviderscouncil.org/>. Contact [Jenny Austin](#) for details. More to come.

Nov 19 – Seattle Step Out & Wellness Expo

Participants in the Seattle Step Out: Walk to Stop Diabetes make a positive impact in the lives of people affected by diabetes while also improving their own health! Join us at the beautiful Magnuson Park for an invigorating and inspiring walk. Immediately following the walk, join us for the FREE American Diabetes Association Wellness EXPO with over 50 health and wellness vendors. [Register online](#).

Q&A of the Month

Question: Will My Medicare Still Work When I Travel to Europe?

Answer: It all depends. Original Medicare does not cover you outside the United States. All Medicare supplement (Medigap) plans do provide coverage when you travel within the US. But that's not the case when you travel outside. Original Medicare plus a supplement policy that covers overseas travel is very flexible—it will cover you in the event of an emergency outside the US. A number of Medigap plans cover foreign travel emergencies (up to plan limits). If you travel on a regular basis, you may want to consider one of these plans: Plan C, D, F, G, M, or N. Generally, they are expensive. Another consideration – healthcare in other countries can be cheaper than in the United States. Some travelers just opt to pay out of pocket in the event of needed healthcare services. If you rarely travel overseas—but still want to be covered when you do—consider taking out travel insurance right before a trip rather than paying every month for a supplemental policy that covers overseas travel. A good travel insurance policy will cover extra charges to change your return date, and other expenses, should you experience a health crisis overseas. If you have a Medicare Advantage (MA) plan you will need to connect with the plan before you travel. You may or may not be covered. Again, buying travel insurance may be your cheaper option.

NATIONALLY

Five Health Issues Presidential Candidates Aren't Talking About — But Should Be

The nation in the next few years faces many important decisions about health care — most of which have little to do with the Affordable Care Act. [Here are five issues](#) candidates should be discussing, but largely are not. (Source: KFF)

Third Leading Cause of Death in the US – Medical Errors

If medical error were considered a disease, [a new study has found](#), it would be the third leading cause of death in the US behind only heart disease and cancer. The data shows that 250,000 Americans die each year due to doctors' and other health care providers' mistakes. (Source: KHN)

Going to the Dogs: Owning a Dog Can Improve Older Adults' Health

A recent study of older adults looked the contributions of dog ownership on positive health outcomes, and asked whether potential health benefits of dog ownership were associated with the physical activity of walking the dog or other factors. The study also looked at the potential influence of older adults' bonds with their dogs. [Read more](#). (Source: Mather LifeWays)

Obamacare Repeal Could Affect Medicare

The 2010 Affordable Care Act (Obamacare) remains a target of discussion. A total repeal of the Affordable Care Act would have consequences for beneficiaries. It would likely end Medicare Part D discounts in the “doughnut hole” coverage gap, putting beneficiaries back on the hook for 100% of the cost of their drugs, until they have spent the out-of-pocket threshold to qualify for catastrophic coverage. [Read more.](#) (Source:TSCL)

Heimlich Uses His Own Maneuver

Dr. Henry Heimlich didn't hesitate. When a fellow diner started choking, the 96-year-old was ready to perform the maneuver that he invented. This all happened at an assisted-living facility in Cincinnati where Heimlich is a resident. [Read, watch more.](#) (Source: NPR)

Uninsured Rate Shows Historic Drop, CDC Study Finds

The nation's uninsured rate fell below 10 percent for the first time in history last year, according to survey results published by the Centers for Disease Control and Prevention (CDC). [Read more.](#) (Source: Commonwealth Fund)

New U.S. Food Label Rules to Require Added Sugars Be Detailed

The [FDA announced plans](#) for a major overhaul of the way packaged foods are labeled. Serving sizes will be adjusted to reflect how much people actually eat, and for the first time labels will list added sugars. These are the first significant changes since the Nutrition Facts label was introduced more than 20 years ago. They come as an increasing number of Americans battle obesity, diabetes and heart disease and will affect roughly 800,000 products from Coca-Cola and ice-cream to soup and spaghetti sauce. (Source: Reuters)

Register for Webinar on LGBT Aging

The National Institute of Senior Centers is partnering with CenterLink for an informative and interactive SAGE webinar on LGBT aging. “Respected and Whole” is on June 16 from 10:30 to 11:30 a.m. [Register for June 16.](#) (Source: NCOA)

Rate of Americans Skipping Necessary Care Drops, CDC Data Show

The percentage of Americans who forgo needed medical care due to cost has dropped significantly since the 2010 federal health law passed, according to new data from the Centers for Disease Control and Prevention (CDC). The CDC-run National Health Interview Survey found that 4.5 percent of Americans couldn't afford needed medical care in 2015, compared with 6.9 percent in 2009 and 2010. The metric hit a peak in those two years and has been steadily declining since—coinciding with the passage of the 2010 federal health overhaul. [Read more.](#) (Source: Commonwealth Fund)

Healthy Aging Begins at Home

A new report from the Bipartisan Policy Center outlines policy recommendations to help older adults stay healthy and independent in their own homes. [Download the report.](#) (Source: NCOA)

The Challenges of Aging-In-Place

In “[Aging in Place.](#)” columnist Jane E. Brody discusses the very real considerations that homeowners must take into account as they age. She brings up many valid points regarding the barriers to aging-in-place for older homeowners, and provides some great recourse and ideas for facing those challenges. However, as we continue the conversation around the housing crisis facing our aging population, it is

