

ADRC E-Newsletter August, 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

Aug 4 – “Living with Vision Loss” with Hongda Sao, ADRC, and Tyler Kaye, WTBBL

Sept 1 – “Ethical Wills” with Bob Riler, ADRC

Oct 6 – “Seniors & Election 2016” with Julie Anderson, Pierce County Auditor

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

Aug 14 – Networking

Sept 8 – Kim Roller, Story of the “USS Indianapolis”

East County Providers Network

Third Tuesday of each month, 8 a.m.

Location varies monthly

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

Pierce County Care Transitions Collaborative

Third Thursday of the month, 7:30-8:30 a.m.

Aug 18 – Life Care Center of Puyallup, 511 10th Ave SE

Contact [Rosanna Pace](#) at (206) 914-4755

SASH Coffee and Networking

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

Aug 3 – La Quinta Inn (Ports of Call Restaurant), Tacoma, 1425 E. 27th St.

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

Aug 24 – 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.

Aug 17 – Wesley Homes Lea Hill, 32049 109th Place SE, Auburn

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

Hoarding Support Groups

Tacoma support groups that focus on hoarding are now being held at TACID, 6316 S. 19th Street in Tacoma. A Family and Friends Support Group meets every Monday from 2:30 p.m. to 3:30 p.m. A Hoarding Support Group meets every Monday from 3:30 p.m. to 4:30 p.m. There are similar groups held on Tuesdays in Seattle. These are drop in groups, feel free to come if you are interested or refer a friend or family member. Contact Denise Burningham at denise@thehoardingproject.org or (971) 209-2305 for more information.

Vote!

August 2 is Primary Election Day. Ballots must be postmarked no later than Election Day or placed in a ballot drop box by 8:00 p.m. on Election Night. Voters are encouraged to return their ballot early. Voting Centers provide accessible voting using touch-screen equipment, ballot drop off, provisional ballots, voting assistance from Election staff and voter registration. Voting Centers are open on election day from 7 a.m. to 8 p.m. [Ballot Drop Box and Voting Center locations](#)

Ballot Drop Boxes May Have Moved

The Pierce County Auditor's Office is replacing all small-capacity ballot drop boxes with large-capacity boxes. Pierce County has 30 ballot drop boxes. Locations can be found [here](#).

CEU Vendor Opportunity at Making the Link

"Making the Link" (Oct 19) has added a CEU component for case managers to receive one (1) CCMC approved credit during the event. This will provide additional extended visits to your table by participating case managers. There is no additional charge to participate in the CEU portion of the event, however vendors will be responsible for the cost of printing an informational poster. Case managers will visit the exhibitors to earn their credit. Contact [Heidi Rowell](#) with Retirement Connection at [503-890-3627](tel:503-890-3627) for details or [visit HCPC website](#). Participation limited to the first 20 vendors.

CMS Releases Hospital Ratings

The Centers for Medicare and Medicaid Services has graded hospitals on a five-star scale, with more stars indicating higher quality. The star ratings are based on 64 different measures, including death, readmission and infection rates and the consistency of providing routine care properly. Medicare plans to update the ratings every three months. Local ratings:

- MultiCare Good Samaritan – 3 stars
- St. Clare Hospital – 3 stars
- St. Anthony Hospital – 3 stars
- St. Joseph Hospital – 2 stars
- Tacoma General / Allenmore Hospital – 2 stars

[Read more at Kaiser Health News.](#)

UW Memory Messaging Study

The UW Healthy Brain Research Network (HBRN), with the National Asian and Pacific Center on Aging (NAPCA), is conducting research focus groups to evaluate public health messages connecting adult children with resources for their aging parents. Participants must be Chinese or Japanese over 18 years old and have a living parent, step-parent or parent-in-law 65 or older. For details call Lillian (708-890-8475) or Minhui (206-661-5079) or fill out [a Screening Survey](#) or [email the project](#).

Funding for Senior Living Assistance Programs

The Greater Tacoma Community Foundation has a funding opportunity for nonprofit organizations that support senior living assistance programs in Pierce County. Letters of Interest must be submitted by Friday, August 5 at 4 p.m. For more information contact Kathryn Zetzer, Senior Program Officer at the Greater Tacoma Community Foundation, at (253) 383-5622 or (253) 345-4169.

Pierce Transit Seeks Input on Routes

Pierce Transit is conducting a comprehensive analysis of its existing bus service to help make recommendations for improvements and efficiencies. Your input along will help improve the way PT serves the community. [To get started click here](#) to design your own system, take a survey, provide feedback and get information about public meetings.

Pierce Transit Offers Retiring Vans to Non-Profits

Pierce Transit's "[Care-a-Van](#)" program transfers retiring vehicles to qualifying non-profits that provide rides and services for people with special needs. Two 12-passenger vans are now available. The vehicles can be used for everything from delivering meals to the homeless, to providing mobility for low-income seniors, to transporting individuals with disabilities to jobs. If your organization is a not-for-profit designation and would like to apply for a retiring vehicle, please visit - [Eligibility, Rules and Application Packet \(download\)](#). The application deadline is August 5, 2016. The first two awards in the "[Care-a-Van](#)" program went to the Puget Sound Educational Service District and Before and After School Enrichment.

Learn about the Candidates

The Arc of Washington State has created lists of candidates on our web site to provide citizens with information about those running for 2016 statewide public offices in Washington State. We emailed each candidate a questionnaire with questions about issues pertinent to developmental disabilities, asking for their perspective of what they would do if elected. To view responses from candidates, check out the [Arc of WA web site](#).

Caregiver Support Group in Lakebay

The Mustard Seed Project, in collaboration with the Alzheimer's Association, now offers a memory loss caregiver support group. Caregivers will find a safe place to exchange practical information on problems and solutions, talk through challenges and ways of coping and share feelings, needs and concerns. The group meets the third Saturday of each month from 10:30 a.m. to noon at The Mustard Seed Project, 9013 Key Peninsula Hwy North, Suite D in Lakebay. No cost. The group facilitator is Ray Steiner. Call (253) 820-2213 for details.

Cancer Patient Support Group in Federal Way

Virginia Mason and Cancer Pathways offer this support group in Federal Way for cancer patients. You may drop in to this professionally facilitated group. Held the 1st and 3rd Wednesdays from 11 a.m. to 12:30 p.m. For more information please contact Theresa at theresa@cancerpathways.org or 1-866-200-2383. This support group meets at Virginia Mason Medical Center, 33501 1st Way South, Federal Way. Free parking in the clinic parking lot.

Get Ready to Help Kids Prepare for School

Hope Sparks and the Pierce County Relatives Raising Children Kinship Caregiver Program will be helping over 100 children with school supplies and clothing this school year. Please consider donating

backpacks, 3-ring binders, general school supplies, new or gently used children and teen size clothing and shoes, new children and teen size socks and underwear. Drop off at Hope Sparks (6424 N. 9th Street, Tacoma) by Aug 12. Contact [Pati West](#) at (253) 565-4484.

Governor's Committee Recruiting Members to Advocate for People with Disabilities

The Governor's Committee on Disability Issues and Employment is recruiting new members to identify issues and concerns pertaining to the rights and needs of people with disabilities. The committee advises the Governor, Legislature, state agencies, the business community, organized labor, other public and private organizations and the general public. Members serve a 3-year term and make policy recommendations with an emphasis on increasing opportunities for independence and employment. Members must have a disability, have a family member with a disability or work as advocates for people with disabilities. Apply by Aug. 31. Find out more about [becoming a member](#) and read about the [application process](#) on [esd.wa.gov](#). Contact [Debbie Himes](#) at 360-902-9362 for more information.

Caregiver Sentenced for Death of Elderly Man

Larry Lee, 51, has been sentenced to 220 months in prison for the death of Philip Carter. The sentence is the high end of the standard range. A jury found Lee guilty of second degree murder. Prosecutor Mark Lindquist noted that successful prosecutions of caregivers for neglect is rare, but he expects such prosecutions to increase with improvements in awareness, training, and collaboration among agencies. Elder abuse crimes have historically been underreported. This is the first time a caregiver was tried for murder since the Prosecutor's Office Elder Abuse Unit was formed in 2012.

Disability Advocate of the Year

The Tacoma Area Commission on Disabilities is accepting nominations for individuals and/or businesses to be recognized for their positive impact on the quality of life of people with disabilities living in the community. Deadline is Aug 5. Information, nominations and more – contact mpaudel@citoftacoma.org; (253) 591-5895 or www.cityoftacoma.org/COD.

Recognize Contributions of a Noteworthy Individual or Business

Washington Access Fund is now seeking nominations for our [2016 Awards Program](#). Help us recognize those individuals, businesses, and organizations that have made noteworthy efforts to include, serve, and help people with disabilities in Washington and Oregon this past year. Outstanding Award nominees will exhibit drive, dedication, originality, and inclusion in one of five Award Categories: innovation, best practices, recreational engagement, economic opportunity, and outstanding client awards. Submit your [Online Nomination Form](#) today. Deadline to submit nominations is Sept 15, 2016.

MetroParks Sets Senior Trips

Join your peers for trips & tours, crafts, singing, volunteering, dancing and more. FAB – Fifty And Better offers a variety of local day trips and activities. Leave the driving to us as we explore interesting places in our city and state. [See the list of upcoming senior trips from MetroParks](#).

Birthday Parties from SHIBA

SHIBA (Statewide Health Insurance Benefits Advisors) holds birthday parties to help people who are turning 65 or simply have questions about Medicare. At each event there will be an educational presentation followed by opportunities for personal counseling and a variety of other unbiased, free senior resource providers. All events are by RSVP 1-888-902-3011, extensions are below

- August 27th @ 10am: People's Community Center- RSVP ext. 1731
- September 10th @ 10am: Key Peninsula Civic Center- RSVP ext. 3929
- September 24th @ 10am: Eatonville Community Center- RSVP ext. 4616

To learn more about these events and other events in the calendar SHIBA. [Visit SHIBA online.](#)
Need more information? Call (253) 596-0918

All Things Medicare Class at Pierce County Libraries

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

- August 13—Fife Library: 6622 20th St E, Fife WA 98424
- August 20—Buckley Library 123 S River Rd, Buckley WA 98321

Drive Safe with Celebrate Seniority

MultiCare Celebrate Seniority hosts monthly AARP driving classes in West and East Pierce County. AARP Smart Driver Course, sponsored by MultiCare Celebrate Seniority and hosted by Weatherly Inn Tacoma. In many cases people can get a deduction on their auto insurance premiums. Sign up for August classes by calling (253) 697-7385:

- August 16, 9 a.m.-5 p.m. at the American Legion Building, 309 14th St, SE, Puyallup
- August 24, 8:30-3:30 p.m. at the Weatherly Inn, 6016 N Highlands Pkwy, Tacoma.

“Service Animal” or “Comfort Animal”?

A local (Everett, WA) grocery store recently posted notices at its entrances stating that while the establishment welcomes customers with “service animals,” it can’t allow people to bring their “comfort animals” into the store. The signs were necessary, because people keep bringing their pet dogs into grocery stores, among other places, which is against the law. Much like laws against driving and using phones, it is widely ignored. [Read more.](#)

SCAM OF THE MONTH

The IRS Doesn't Want your iTunes Cards

If anyone tells you to buy iTunes cards to pay the IRS, qualify for a grant, get a loan or bail out a family member, say “No.” They’re trying to scam you. The only place to use an iTunes card is at the iTunes store, to buy online music, apps or books. [Read more.](#) (Source: FTC)

RECOMMENDED READS FOR THE 50+

Under One Roof: Lessons I Learned from a Tough Old Woman in a Little Old House

The inspiring true story of the bond between a feisty octogenarian and the man in charge of building an enormous shopping mall around her home. Edith Macefield achieved folk hero status in 2006 when she turned down \$1 million to sell her home to make way for a commercial development in the Ballard neighborhood of Seattle. It didn't matter that her tiny house was surrounded by rubble and graffiti. It

was home. Written by Barry Martin, 2013. Downloadable talking book; Item # DBC00303 (Source: [Washington Talking Book & Braille Library](#))

LOCAL HAPPENINGS

Aug 2-6 – National Night Out (Date may vary by city)

Throughout Pierce County, diverse communities will come together to produce unique celebrations—block parties, barbecues, picnics, safety fairs with representative from police and fire departments. More than 9,000 communities across the country celebrate National Night Out to make a statement against crime. Get to know your neighbors and celebrate this wonderful event. More information at [Safe Streets](#); the [City of Tacoma](#); the [City of Lakewood](#); the [City of Puyallup](#); the [City of University Place](#) and many other cities and towns.

Aug 4 - The Classroom and Beyond: The Development of Students with Disabilities in College

This presentation will review services offered to students with disabilities within the community college system. Presented by Susan McPhee, MA, Manager of Access and Disability Services, Pierce College. Held 6:30 p.m. to 8:30 p.m. at Western State Hospital, Building 25, Room 114.

Aug 6 – Hot Rods 4 Heroes

The third annual Patriots Landing car show offers music and entertainment, drinks in the beer garden, delicious snacks and food and lots of cool cars. No entry fee. Free to the public. Held 10:30 a.m. to 2 p.m. at 1600 Marshall Circle in DuPont. Call (253) 343-4868 for details.

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, 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 of all sorts – from walkers and scooters to full-size vans. Other community organizations serving individuals and families dealing with mobility issues are also present. 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. Free; no RSVP required.

Aug 14 – Tacoma’s First Color Run

Sound Outreach is hosting the first Tacoma Color Run to benefit their efforts to fight poverty and build household economic strength in Pierce County. Volunteers and participants needed. Held at the Tacoma Dome. [More info online.](#)

Aug 16 & 17 – FAST Training

Learn how you can become a member of Pierce County’s Functional Assessment Service Team (FAST). Accommodating people with access and functional needs in emergency shelters. FAST responds to disasters and deploys to shelters to help people maintain their health, safety, and independence following a major disaster. Two-day training held 8:00 a.m. - 4:30 p.m. at Pierce County Emergency Operations Center, 2501 S. 35 St., Suite D in Tacoma. [Register online.](#) Qualified attendees must fill out the FAST application one week prior to the training. Contact [Nicole Johnson](#) at (253) 798-2221.

Aug 26 – PAC Celebrates 10th Anniversary

Join the Puyallup Activity Center in its 10-Year celebration of activities. This open house celebration will introduce you to the many activities and events that make up our beloved PAC! Join city officials, activity center staff and volunteers, along with city residents to celebrate this fantastic facility and the well-rounded assortment of activities and events that are available to our city’s senior citizens. Held 11 a.m. to 2 p.m. at the Puyallup Activity Center, 210 W. Pioneer.

Aug 27 – Harmony Hill Open House

Harmony Hill is a retreat center offering services to individuals and families dealing with cancer. The annual open house includes lots of activities for all ages. [Learn more about the event online.](#) Local food vendors Kern's Kitchen and Union City Market will offer delicious lunch and snack foods for purchase. Held 11 a.m. to 3 p.m. at 7362 E. State Route 106 in Union, WA.

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 9 – FTJ Wellness Walk and Fair

Franke Tobey Jones hosts the annual Wellness Walk and Fair from 10 a.m. to noon at their campus, 5340 N. Bristol St. in Tacoma. The event includes exercise and walking opportunities throughout the campus as well as an informational wellness fair with numerous service providers. Free; No RSVP required. Call (253) 756-6279 for more information.

Sept 11 – Walk to End Alzheimer’s

This event for all ages raises awareness and funds for Alzheimer’s care, support and research. The walk includes an information/resource fair for individuals and families on the Alzheimer’s journey. 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, participants are encouraged 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 13 – Options for the Future

Someone turning age 65 today has almost a 70% chance of needing some type of long-term care services and supports in their remaining years. Women need care longer (3.7 years) than men (2.2 years) One-third of today's 65 year-olds may never need long-term care support, but 20 percent will need it for longer than 5 years. This impartial presentation surveys the choices for long term care in Pierce County, how to choose, what it costs and more. Held 6:30-8:30 at the South Hill Branch Library, 15420 Meridian Ave E, Puyallup. Free; no RSVP required. Sponsored by Pierce County Aging and Disability Resource Center and the Health Care Providers Council. Call for more info – (253) 798-4600.

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 16-18 – Dads-Only Training Weekend

For dads, grandparents and other male caregivers who have a special needs child in their family or extended family. \$20 includes lodging and meals. Carpools arranged from Tacoma. Held in Coupeville, WA. [More information and registration online](#) or call (425) 243-7028.

Sept 17 – Pierce County Alzheimer's Caregiver Conference

Dr. Stephen Thielke, MD, headlines this annual event for caregivers. The keynote will focus on managing agitation and challenging behaviors with and without medications. Breakout sessions include home modifications, hospice & end of life, legal issues, paying for care, meaningful activities and a hands-on dementia experience. The annual Pierce County Alzheimer's Caregiver Conference is free will be held from 8 a.m. to 1 p.m. at Emmanuel Lutheran Church, 1315 N. Stevens in Tacoma. Refreshments are provided. RSVP is required [online](#) or by calling (253) 798-8787. Complimentary respite care is available by contacting Cascade Park Gardens – call (253) 475-3702. Registration begins at 8 a.m. Contact [Trish Cooper](#) for details.

Sept 21 – Oh My Gosh – Now What? (Part 1)

“What is Dementia? What are the Warning Signs?” 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. [View event flyer](#). Held at the Milton/Edgewood Library, 900 Meridian Ave., E., Milton. Free; No RSVP required. For more information call (253) 798-4600.

Sept 29 – Fall Prevention Awareness Day

This unique one-day complimentary event will provide education to seniors in the community on fall prevention. Attendees will get the latest information on fall risk prevention and free screenings to include fall risk assessments, balance testing, and blood pressure checks. Many vendors will be there

introducing a variety of services and programs to help reduce fall risks and promote safe alternatives. A light lunch will be provided. Held 10 a.m. to 1 p.m. at the Meridian Habitat Community Center, 14422 Meridian E., Puyallup. Vendor Information: Please contact [Leigh Ann Breer](#) Home Health Specialist, Kindred at Home (formerly Gentiva Home Health) at (253) 625-0756.

Sept 30-Oct 2 – NAMI State Conference: The Road to Recovery

The NAMI Washington State Conference brings together people living with mental illness, family members, legal, medical and research professionals, and providers, over three days to advance and explore The Road to Recovery, and why Mental Health Matters for everyone. [Information and registration online.](#)

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. (Day 1: Pierce County Emergency Management, 2501 S. 35th St., Tacoma; Day 2: Tacoma Lutheran Retirement Community, 1301 N. Highlands Pkwy, Tacoma). [Click here to register.](#) For details contact [Nicole Johnson](#) at (253) 798-2221.

Oct 5 – Oh My Gosh – Now What? (Part 2)

“How does the disease progress? What should I expect?” (See Sept 21 for event description.) [View event flyer.](#) Held at the Milton/Edgewood Library, 900 Meridian Ave., E., Milton. Free; No RSVP required. For more information call (253) 798-4600.

Oct 12 – The Power of Your Pharmacist

Health care can be expensive, confusing and time consuming. Perhaps your best resource is just around the corner at your local drug store. Pharmacists today are a crucial resource and can help in ways you never imagined. They are approachable, available and knowledgeable, sometimes serving as your last line of defense against medication errors. They may even be able to do more than your physician can do. Learn more about this untapped resource near your home. Held 12:10-12:50 p.m. at the County City Building, 930 Tacoma Avenue, 7th Floor Rainier Conference Room, Tacoma. Free; No RSVP required. Call (253) 798-4600 for more information.

Oct 15 – The Power of Your Pharmacist

(See Oct 15 for event information.) Held 10 – 11 a.m. at the Sound View Building, 3602 Pacific Ave., Tacoma. Free; No RSVP required. Call (253) 798-4600 for more information.

Oct 15 – Wings for Autism

The Arc of King County, Alaska Airlines, and The Port of Seattle will be hosting another Wings for Autism® event at Sea-Tac Airport. Registration is now open using links provided on The Arc of King County's [website](#) and [Facebook](#) page. Register as soon as possible. Registration fills up fast!

Oct 19 – Making the Link

This free annual information/resource fair provides everything you want to know about services, programs and resources for long term care in Pierce County. Primarily intended for health care providers, social workers, discharge planners, faith community workers and volunteers – but all are welcome. CEU component for case managers to receive one (1) CCMC approved credit during the

event. Held 11 a.m. to 4 p.m. at the MetroParks Star Center, 4702 S 19th St, Tacoma. Drop-in when you can; leave when you must. No RSVP required. Vendor registration Aug 12 until Oct 7 or when full. Vendors must be HCPC members. [Registration online](#). Contact [Jenny Austin](#) for details.

Oct 19 – The Power of Your Pharmacist

(See Oct 15 for event information.) Held 6:30 – 7:30 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Ave S, Tacoma. Free; No RSVP required. Call (253) 798-4600 for more information.

Oct 19 – Oh My Gosh – Now What? (Part 3)

“How do I start the conversation? How do I cope with the shock?” (See Sept 21 for event description.) [View event flyer](#). Held at the Milton/Edgewood Library, 900 Meridian Ave., E., Milton. Free; No RSVP required. For more information call (253) 798-4600.

Oct 20 – Latino Health Forum

Dedicated to the exchange of innovative ideas, best practices, and the advancement of health for the Latino community, attracting health care experts and activists serving Latinos in the Pacific Northwest to participate in open dialogue and forums on current topics affecting the health of Latinos on regional, national, and international levels. The forum is a valuable platform for individuals working in health care, social justice, public policy and for those working with underserved Latino populations. Held at the Seattle Hilton Airport and Conference Center. [Visit SeaMar website for info and registration](#).

Oct 20-21 - Adult Family Home Council Annual Conference

Save The Date! Adult Family Home Council's Annual Conference will be held in Marysville, WA at the Tulalip Resort & Casino. This 2 day educational conference is for Adult Family Home Providers and their staff with 12 continuing educational credits available. There will be providers, caregivers, and vendors in attendance for learning, networking and fun! [Watch the event page](#) for registration details.

Oct 28 – Hoarding Awareness Conference

Topics Include: Assessment, Screening, and Diagnosis of Hoarding Disorder for Mental Health Professionals; Implementation of Eviction Diversion Programs in Housing Properties; Health Concerns and Hoarding: Rodents, Insects, and Biohazards; Animal hoarding; Organizational Skills Instruction; Hoarding and Brain Differences; Trauma-Informed Response to Hoarding Cleanouts and much more. Registration Fees: \$125 before Aug 1; \$150 before Oct 1; \$175 after Oct 1. Registration includes access to all workshops, keynote presentations, resource fair, and lunch! 6 CE Units offered for day-long attendance. [Get event information](#). [Register online now](#).

Nov 2 – Oh My Gosh – Now What? (Part 4)

“What are the typical behaviors? How do I manage them?” (See Sept 21 for event description.) [View event flyer](#). Held at the Milton/Edgewood Library, 900 Meridian Ave., E., Milton. Free; No RSVP required. For more information call (253) 798-4600.

Nov 16 – Oh My Gosh – Now What? (Part 5)

“How do I pay for care? What are the legal things I should do?” (See Sept 21 for event description.) [View event flyer](#). Held at the Milton/Edgewood Library, 900 Meridian Ave., E., Milton. Free; No RSVP required. For more information call (253) 798-4600.

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](#).

Nov 30 – Oh My Gosh – Now What? (Part 6)

“Where can I turn for help? What are the resources I can rely on?” (See Sept 21 for event description.) [View event flyer](#). Held at the Milton/Edgewood Library, 900 Meridian Ave., E., Milton. Free; No RSVP required. For more information call (253) 798-4600.

Dec 8 – Social Security 2017

This is a fast-paced presentation for anyone anticipating their retirement benefits and those currently receiving benefits. The workshop will update recent changes, discuss early retirement and present effective strategies that can maximize benefits. Participants will also learn how to negotiate the rules about working, either full or part time, while receiving benefits. To maximize the value of the class please open a “*mySocial Security*” account by at www.socialsecurity.gov/myaccount/ and printout your Social Security Statement. Presenter is Kirk Larson, Public Affairs Specialist, from the Social Security Administration. Free; No RSVP required. Held 4:00 – 5:30 p.m. at the Evergreen State College-Tacoma, 1210 6th Avenue in Tacoma.

Q&A of the Month

Question: I am working with my mother to move her from Oregon up to Tacoma to be closer to me. I want to have everything arranged before the move including getting her on Medicaid. How do I do that?

Answer: It’s good you are thinking ahead. And the fact that you want to have your mom closer to you so you can provide care for your mom is great. As much as it may make sense, arranging for services like this before the move cannot be done. Application can only be done after the person has established residence in Washington state. The ADRC can work with you before the move to make sure all your documentation is in order. But the actual application has to wait until the move is complete. Call us for more information at (253) 798-4600. We would love to work with you.

NATIONALLY

Social Security Offers Same-Sex Couples Website

Social Security has redesigned their website for same-sex couples to describe how Social Security is there for LGBT families through life’s journey. There’s also a new publication, [What Same-Sex Couples Need to Know](#), on the website. This new publication explains how changes in the law affect Social Security benefits for same-sex couples. Your marital status is important for the retirement, survivor, and disability programs because you or your spouse could be entitled to benefits or a higher benefit amount based on the relationship to a worker. You can also learn what benefits are available for your family, children, and survivors, in the event of your death. Learn more at www.socialsecurity.gov/same-sexcouples.

Few Young Doctors Are Training To Care For U.S. Elderly

This information is provided as a service of the Pierce County Aging & Disability Resource Center and is intended for sharing throughout the county. To receive or discontinue this e-newsletter, please contact Bob Riler at (253) 798-7384 or briler@co.pierce.wa.us.