

ADRC E-Newsletter September, 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

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

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

Nov 3 – “Resident Rights and Fair Housing” with Rubai Aurora, Fair Housing Center of WA

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

Sept 8 – “The Sinking of the USS Indianapolis” with Kim Roller

Oct 13 – Networking

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.

Sept 15 – Allenmore Hospital Basement Conference Room

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

SASH Coffee and Networking

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

Sept 7 – La Quinta Inn (Ports of Call Restaurant), Tacoma, 1425 E. 27th St.

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

Sept 28 – 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.

Sept 21 – El Dorado, 1010 SW 134th Street in Burien

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

**N.B. Deadline to register to vote in the November General Election is October 10
See Sept 28 for information about REV UP: Register, Educate, Vote, Use your Power**

LOCAL SERVICES

Where To Turn Guides Available

The 2016-2017 Where To Turn Guides (the “yellow book”) is now available. The WTT is a quick compendium of resources for older adults in Pierce County. Quantities are available in bundles (25) or cases (140). Contact Senior Media Services at (253) 722-5687 or the ADRC at (253) 798-4600.

Making the Link Vendor Opportunities

Vendor registration for the annual long term care services information fair continues until Oct 7 or when full. The event will be held Oct 19 at the Star Center from 11 a.m. to 4 p.m. Vendors must be HCPC members. [Registration online](#). Contact [Jenny Austin](#) for details. (More in the calendar below.)

Disabilities Group Sues State Over Institutions

Disability Rights Washington (DRW) has filed suit in U.S. District court asking DSHS and the state’s Health Care Authority to develop plans and procedures to move people out of institutions who have been identified as able to do so and have expressed that they would like to move into regular neighborhoods with appropriate support and care. The move follows the KING 5 series “[Last of the Institutions](#),” an investigative series that explored why Washington has failed to follow the lead of many other states in closing its state-run institutions for disabled adults.

Effective Grant Writing: Creating a “Grant-Ready” Senior Care & Services Organization

Foundations are beginning to increase their giving, after a flat period of growth. There is increasing interest in areas related to health care quality and cost reduction—an area of interest highly appropriate for our industry. Two sessions: Introductory class Oct 19, 12:30 - 4:00 p.m.; Intermediate class Oct 20, 12:30 - 4:00 p.m. Held at the ACU Building, 6310 Mt. Tacoma Drive SW, Lakewood. Sponsored by LeadingAge Washington. [Informational flyer and registration online](#).

Be a Voice for Change in Your Community

The Puyallup Watershed Initiative is forming a Community Council to direct the work efforts of the “Just and Healthy Food Systems Community of Interest.” It will guide network-wide decisions about work plans, budgets, and advocacy for food policy changes. The Council will also be responsible for recruiting new members, communicating their efforts to their communities, as well as advocating for new or existing food projects on the local level. Call Brogan for more info at (253) 405-3322. [Information and application online](#).

Series Helps Support Family Caregivers

Support U provides education and support for unpaid caregivers of family or friends. Saints Cosmas and Damian Church in Orting will be hosting another series of Support U classes from Sept 13 through Oct 18. The classes will be held for 6 consecutive Tuesday afternoons from 2:30 p.m. to 4 p.m. Classes focus on planning ahead, self-care, financial well-being, family dynamics, resources and dementia/chronic illness. For more information call (253) 722-5691.

Have You Met ALICE?

You may not know it, but the answer is yes. In fact, you know many ALICEs. ALICE is a United Way acronym for **A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed. Sadly, the number of Pierce County households who are ALICE – living paycheck to paycheck, struggling to afford life’s basic necessities –

far exceeds official federal poverty statistics. Despite the combination of ALICE's wages and some public assistance, ALICE households still face an average 25 percent income gap in order to reach financial stability. [Read the full report.](#) [Washington Results.](#) [Pierce County Results](#)

New Brain Health & Wellness Classes

MultiCare has partnered with the Brain Injury Alliance of WA to offer free classes to individuals with brain injury and their loved ones on a variety of topics to help with ongoing recovery and community integration. These Brain Health & Wellness classes are free to individuals with Brain Injury and loved ones, though will be capped at 8-10 people per class, so sign up early! [View the class schedule online.](#)

Tacoma Younger-Onset Caregiver Support Group

This group is especially for those caring for younger-onset memory loss. Group is a safe place for caregivers, family and friends. Held 6:30 to 8:00 p.m. at Skyline Presbyterian Church, 6301 Westgate Blvd. in Tacoma on the second Monday of each month. Call Lisa at (253) 905-9269 for more.

Foreclosure Prevention

The Norwest Justice Project's Foreclosure Prevention Unit provides free legal services for low- and moderate-income homeowners facing foreclosure. Staff attorneys and housing counselors represent clients in all stages of foreclosure with a focus on home retention. Elderly homeowners in foreclosure on reverse mortgages can contact NJP's FPU. Homeowners should call the toll-free number to be screened for program eligibility: 1-800-606-4819.

Supports for Children with Behavior Challenges

If your child's behaviors are causing increased stress and problems at home or in the community; if care providers need additional training and/or consultation to better support your child; if there is a change in your child's needs or your ability to provide care – it's okay to ask for help. [Click here](#) to learn the options for individuals and families/caregivers to get support to identify and address the root cause of challenging behaviors. Includes printable version available for download.

High School Transition Toolkit

Informing Families has updated their very popular high school transition materials into a four-page toolkit, now available for download. This four-page Transition Toolkit provides a Star Form to help identify supports to reach a student's transition goals; tips for transition planning and goal setting; transition timeline of things to do from age 14-21; transition checklist of skills, activities, and services when creating your child's high school transition plan for his/her IEP, ways to gain job skills during high school and resources for post-secondary education. Click [here](#) to download your copy today.

Six-Part Dementia Webinar Series: Hot Topics in Memory Care

LeadingAge Washington is hosting a series of six webinars that address unique challenges in the care of cognitively impaired residents using person-centered, innovative approaches. Build your skills to address the complex and varied needs of your cognitively impaired residents.

- October 6, 2016: Innovative Approaches to Engagement in MCI and Early Dementia
- November 3, 2016: Engagement Across the Course of Dementia: It Takes More than New Activity Ideas
- January 12, 2017: Honoring Choice in Dementia: More than Peas or Carrots
- February 2, 2017: Person-Centered Approaches to Sexual Expression in Memory Care

- March 2, 2017: An Unspoken Reality in Dementia: Grief and Loss
- April 6, 2017: Applying Mindfulness in Memory Care

All sessions will take place 9:30 to 11:00 a.m. Speaker: Cordula Dick-Muehlke, PhD, Clinical Psychologist, Dir. of Education at the U. of CA, Irvine. Visit www.leadingagewwa.org for details.

Mental Health Education for Families

Classes provide learning and support-building for families and others who care for individuals with a mental illness. Pre-registration required. Sponsored by NAMI Pierce County.

- Buckley, starting Sept 6: Register at info@rfwellnessfoundation.org.
- Puyallup, starting Sept 21: Register at family@namipierce.org.

Be A Fraud Fighter

AARP is recruiting volunteers for the AARP Fraud Fighter Call Center. Volunteers prevent seniors from being victimized by scammers. Volunteers receive lunch, free parking and convenient access to public transportation. The center will soon move to SeaTac. Contact [Leeta Scott](mailto:Leeta.Scott@AARP.org) at (206) 517-9353.

Plan to End Homelessness

Pierce County sponsored a two-day community conversation to address chronic and unsheltered homelessness in Pierce County with a [resulting document of recommendations](#). Input was received from 23 experts and 93 participants. These final recommendations will go to the Continuum of Care Oversight Committee to be incorporated into the update of their [Plan to End Homelessness](#).

New DDA Online Information & Service Request Form

DDA has just made requesting services a lot easier with its new online [Service Information & Request](#) form. This is a great opportunity for individuals on DDA's No Paid Services (NPS) caseload to take advantage of open enrollment on the [Individual & Family Services](#) waiver and other services. If you or your family member would like more information about what's available, or would like to request specific services if you are already a client of DDA, fill out the easy to use [online form](#) and someone from your regional DDA office will get back to you.

SCAMS OF THE MONTH

Helping Victims of the Flooding in Louisiana — Make Sure Your Donations Count

It's heartbreaking to see people lose their lives, homes, and businesses to the ongoing flooding in Louisiana. But it's despicable when scammers exploit such tragedies to appeal to your sense of generosity. [Read more.](#) (Source: FTC)

Shrink-Wrap Scam Only Shrinks Your Wallet

Have you seen ads promising easy money if you shrink-wrap your car - with ads for brands like Monster Energy, Red Bull, or Pepsi? The "company" behind the ads says all you have to do is deposit a check, use part of it to pay a specified shrink-wrap vendor, and drive around like you normally would. Don't jump onto the bandwagon. It's only [easy money for the scammers](#) who placed the ads. (Source: FTC)

RECOMMENDED READS FOR THE 50+

21 Things You Need to Know About Diabetes and Your Heart

Here's a quick way to learn about the effect 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 System)

LOCAL HAPPENINGS

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 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 details – (253) 798-4600.

Sept 15-16 – Elder Friendly Futures Conference

This year's conference theme is "Multiple Voices Shaping our Communities." In addition to research and program presentations on topics and trends in the field of aging, EFF will feature roundtable discussions, poster sessions, informational exhibits, a film viewing and discussion, a bookstore, and many opportunities for networking. See the complete [program schedule.](#) 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. Learn about systems navigation, IEPs, parenting techniques, de-escalation, reward systems, sibling issues and more. \$20 includes lodging and meals from Friday evening to Sunday noon. 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

The annual Pierce County Alzheimer's Caregiver Conference helps individuals and families learn about Alzheimer's and other dementias, get practical tips and skills, hear about local resources and pick up important information from area providers. Dr. Stephen Thielke, MD, will focus on managing agitation and challenging behaviors with and without medications. Breakout sessions: home modifications, hospice & end of life, legal issues, paying for care, meaningful activities and a hands-on dementia experience. The Alzheimer's Caregiver Conference is free. Registration at 8 a.m.; keynote at 9 a.m.; event ends at 1 p.m. at Emmanuel Lutheran Church, 1315 N. Stevens in Tacoma. Refreshments provided. [RSVP is required online](#) or by calling (253) 798-8787. Complimentary respite care provided by contacting Cascade Park Gardens at (253) 475-3702. Call (253) 798-4600 for event details.

Sept 19 – A Touch of Braille: A Brief Intro to Braille

Learn how braille was created; get an intro to the braille cell, letters of the alphabet, and numbers; have fun with the first 10 letters of the alphabet through practice exercise sheets; find out various ways that braille could be helpful in your daily life. An exciting 2-hour brief introduction to braille system held at Sight Connection, 9709 3rd Avenue NE, Suite 100 in Seattle from 10 a.m. to noon. Call Sight Connection at (206) 525-5556 if you'd like to attend or if you have questions. Or email knamekata@SightConnection.org.

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 28 – HSDC 10 Year Anniversary

HSDC (Hearing, Speech and Deaf Center) South Sound is celebrating 10 years of D/HH advocacy services. ASL interpreters, assistive listening devices, some brief presentations, networking opportunities and refreshments. Held 6 p.m. to 8 p.m. at TACID 6315 South 19th Street in Tacoma. Free. Food and refreshments provided. Please RSVP at (253) 475-0782 (Voice) or (253) 292-2210.

Sept 28 – REV UP – National Voter Registration Day

National Voter Registration Day is a day when volunteers, celebrities, and organizations promote awareness of voter registration opportunities. The [REV UP Campaign](#): Register, Educate, Vote and Use your Power (sponsored by AAPD - The American Association of People with Disabilities) is participating in National Voter Registration Day.

Sept 28 – National Women's Health & Fitness Day

Celebrate the nation's largest women's health and wellness event. For details visit fitnessday.com. For a copy of this year's *Women's Health & Fitness Day Fact Sheet*, [click here](#). Local groups include Ys and health clubs, park and recreation districts, hospitals and health systems, colleges and universities, health plans, local women's organizations, retirement communities and senior centers, and many more.

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 great 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. Free. No RSVP required. 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 important issues. [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 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 7 – Understanding Invisible Disabilities

Challenge your thinking about invisible disabilities. [This workshop](#) provides knowledge and guidance on the impact of invisible disabilities in their workplace, includes information on the prevalence and cost of invisible disabilities, disability etiquette, and techniques to encourage individuals to disclose their invisible disabilities. Participants will understand their own attitudes about invisible disabilities, and how to promote acceptance of invisible disabilities in their own workplace. [Registration information and costs](#). Held 9 a.m. to 3 p.m. at The 2100 Building, 2100 24th Ave. S. Seattle.

Oct 9 – CPR Sunday

CPR Sunday is a community event offered free-of-charge to anyone interested in learning the basic life-saving skills of cardiopulmonary resuscitation (CPR). Students are taught the fundamentals of CPR and then given the opportunity to practice with CPR mannequins and Automatic External Defibrillators

(AED). Upon successful completion of the course, students receive a Tacoma Fire Department certified CPR card. Four class options: 8 a.m., 10 a.m., 12 p.m., or 2 p.m. (ASL and Spanish sessions available). [Signup online](#) or call (253) 584-7979. Held at Foss High School, 2112 S. Tyler in Tacoma.

Oct 11 – 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 6:30-7:30 p.m. at the Sumner Branch Library, 1116 Fryar Avenue in Sumner. Free; No RSVP required. Call (253) 798-4600 for more information.

Oct 12 – The Power of Your Pharmacist

(See Oct 11 for event information)

- 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.
- Held 6:30-7:30 p.m. at the Graham Branch Library, 9202 224th Street E. in Graham. Free; No RSVP required. Call (253) 798-4600 for more information.

Oct 12 – Alzheimer’s Town Hall - Tacoma

Join the Alzheimer’s Association [at this special event](#) to examine the promise of care and support for people with Alzheimer’s and other dementias. Hear updates on current federal issues and the Washington State Plan to Address Alzheimer’s and Other Dementias. Local panelists will highlight aspects of state and federal issues that are important to your community, such as unpaid family caregivers, who care for 80% of people with dementia. Held 2-3:30 p.m. at the Morgan Family YMCA, 1002 South Pearl Street in Tacoma.

Oct 14 – Mid-County Senior Wellness Fair

Learn about the great benefits of living a healthy lifestyle. We’ll have lots of local vendors with valuable information for seniors about health-focused services and resources. Meet Drama, the certified Therapy Mini Horse. Held 9 a.m. to 1 p.m. at the Mid-County Community Center, 10205 44th Ave E. in Tacoma. Free. Call (253) 531-8412 for details.

Oct 15 – The Power of Your Pharmacist

(See Oct 11 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 17 – The Power of Your Pharmacist

(See Oct 11 for event information.) Held 10 – 11 a.m. at the University Place Branch Library, 3609 Market Place W., in UP. Free; No RSVP required. Call (253) 798-4600 for more information.

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 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 11 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 – District 25 Candidate Forum

This free event is your opportunity to meet the candidates, learn where they stand on issues and services that are important to seniors and people living with disabilities. Sponsors include W4A, AARP Washington, the Washington State Senior Citizens Lobby and the Aging & Disability Resources Advisory Board. This meeting site is barrier free. Persons needing special accommodation should contact Pierce County Aging & Disability Resources at (253) 798-7376, or mbrown3@co.pierce.wa.us, five working days prior to the date of the meeting. Held at the Puyallup Activity Center, 210 W Pioneer Avenue from 1:30 to 3:00 p.m. Free. No RSVP required.

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

Adult Family Home Council's Annual Conference 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! [Registration online](#).

Oct 27 – Washington Senior Lobby Conference

This year we expect over 480 people will attend the 2016 Fall Conference along with 40 Exhibitors with resource information covering senior issues. Audience includes legislators, policy makers, civic Leaders, state, county and city employees, senior activists and providers of services for senior citizens.

The focus of the conference will cover topics such as: Long Term Care, Guardianship, Medicare, Aging, Fraud Abuse, Housing, Transportation and the Budget. Pre-registration required. Location: Hotel Murano, 1320 Broadway, Tacoma. For more information, contact Karen Bowen at (360) 754-0207 or info@waseniorlobby.org, or visit www.waseniorlobby.org.

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 9 – Heart of the Matter: Cognitive Capacity and Abuse of Elders and Adults with Disabilities [Annual elder abuse conference](#) for the Puget Sound area. Registration will open in September. Fee is \$90. Held 8 a.m. to 5 p.m. at the Criminal Justice Training Center, 19010 1st Avenue South in Burien.

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 latest [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: With the recent devastating earthquake in Italy, we are thinking ahead about our own disaster planning. What should I do after the disaster?

Answer: First of all, congratulations on thinking ahead. Disasters can come at any time and are rarely anticipated. Seeing your home or property after a flood, windstorm, earthquake or wildfire (all of which we can get here in Pierce County, can be upsetting. You may want to rush back in and starting cleaning up. First, wait until officials have given you the green light to go inside the property. Next, use caution as there maybe unseen hazards such as natural gas leak, bad sewage and live electric wires. There may also be some critters around that you'd rather not encounter. Take loads of photographs before you touch anything. You may need them as proof for your homeowners insurance claim or federal disaster help. Get [more safety tips and information](#) before you return home after a disaster. If you have been the victim of a recent disaster, learn more about federal disaster assistance available to you.

NATIONALLY

Party Platforms Promote Home and Community-Based Services & End to Subminimum Wage

Both the Democratic and Republican platforms include language promoting home and community-based services. The Democratic platform states: “Democrats will take steps to strengthen and expand the home care workforce, give seniors and people with disabilities access to quality, affordable long-term care, services, and supports, and ensure that all of these resources are readily available at home or in the community.” The Republican platform states: “Our aging population must have access to safe and affordable care. Because most seniors desire to age at home, we will make homecare a priority in public policy.” [Learn more](#) | [Read the Democratic Party Platform](#) | [Read the Republican Party Platform](#) Both parties call to end the subminimum wage for people with disabilities. [Read more](#). (Source: NCOA)

Clinton Proposes Plan to Address Mental Health Treatment

Hillary Clinton is rolling out a [comprehensive plan](#) to address millions of Americans coping with mental illness, pointing to the need to fully integrate mental health services into the nation's health care system. Clinton's campaign released a multi-pronged approach to mental health care aimed at ensuring that Americans would no longer separate mental health from physical health in terms of access, care and quality of treatment. (Source: AP)

Federal Officials Seek To Stop Social Media Abuse of Nursing Home Residents

Federal health regulators have announced plans to crack down on nursing home employees who take demeaning photographs and videos of residents and post them on social media. The move follows a series of reports that have documented abuses in nursing homes and assisted living centers using social media platforms such as Snapchat, Facebook and Instagram. These include photos and videos of residents who were naked, covered in feces or even deceased as well as images of abuse. [Read more](#). (Source: NPR)

New HHS Data Shows Obamacare Drew Healthier Customers

