

## ADRC E-Newsletter October, 2016



Pierce County  
Community Connections

The ADRC E-Newsletter may also be viewed as a PDF at [www.PierceADRC.org](http://www.PierceADRC.org) “News & Events.”

### **NETWORKING OPPORTUNITIES**

#### **Aging and LTC Providers Network**

First Thursday of each month, 8 – 9 a.m.

Lighthouse Senior Center, 5016 E. “A” Street, Tacoma

Contact [Bob Riler](#), ADR, 798-7384

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

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.

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.

Oct 5 – La Quinta Inn (Ports of Call Restaurant), Tacoma, 1425 E. 27th St.

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

Oct 26 – 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.

Oct 19 – El Dorado, 1010 SW 134<sup>th</sup> Street in Burien

Schedule of meeting locations and times at [www.secoalition.com](http://www.secoalition.com)

#### **Aging Smart – Gig Harbor**

Third Thursday of each month at 9 – 10 a.m.

Harbor Place - Dining Room, 1016 29th St NW, Gig Harbor

Call (253) 509-2340 or [e-mail](#) for Aging Smart info or relocations

### **LOCAL SERVICES**

**Behavioral Health Report Delivered – Feedback Welcome**

Behavioral health is a key issue facing Pierce County residents. The Pierce County Council is endeavoring to address this issue and as part of that effort has hired Human Services Research Institute (HSRI) to prepare a report that:

- Identifies behavioral health needs
- Catalogs available behavioral health resources
- Determines behavioral health resource gaps
- Provides recommendations for ensuring a comprehensive, cost-effective, and recovery oriented behavioral health system that meets the needs of Pierce County

Click to view the [HSRI Final Report](#)

Click to view the [Pierce County Behavioral Health Recommendations](#)

Click to view the [Pierce County Prevalence Rates](#)

Click to view the [HSRI Behavioral Health System Study Presentation](#)

A [series of meetings for public feedback](#) have been scheduled by the County Council (Oct 12, 19 and 31) to provide an opportunity for people to respond to the HSRI report or to share the work of organizations. [Individuals can also leave comments online.](#)

### **District 25 (Fife/Puyallup/S. Hill/Unincorporated Pierce County) Candidate Forum**

Meet your Candidates in District 25! Are you a resident of Fife, South Hill, Puyallup, East/Central Pierce County? Then come meet the men and women who are seeking your vote for State Senate and State Representative positions! On October 20, AARP Washington, the Puyallup Aging in Community Committee, Washington State Senior Citizens Lobby and the Aging & Disability Resources Advisory Board will host a Candidate Forum focusing on the needs and concerns of older adults and people with disabilities. Held October 20 at the Puyallup Activity Center, 210 W Pioneer Avenue from 1:30 to 3:00 p.m. 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](mailto:mbrown3@co.pierce.wa.us), five working days prior to the date of the meeting. Free. No RSVP required.

### **Home Repair Program Accepting Applications**

Rebuilding Together South Sound is accepting applications for its National Rebuilding Day event on April 29, 2017. RTSS will visit qualified homes and start planning for the work day in April when all the repairs are done. House Captains work with builders to plan the work that will be done, what materials are required, and who will work on the team. Volunteers can do all kinds of repairs, from plumbing, electrical, and carpentry, to repairing roofs, windows, and flooring. [Learn more about the program and eligibility and get an application online.](#)

### **Seattle Hospital Offers New Treatment to Stop Shaking**

The Swedish Neuroscience Institute is the first hospital in the Pacific Northwest to offer focused ultrasound treatment for essential tremor. Recently the Food and Drug Administration approved this type of non-invasive treatment for patients who have not responded to medication. [Read story from KING-TV.](#)

### **New ADRC Supervisor**

Effective October 3, Chelsea Blackburn-Roback is the new ADRC Supervisor. Chelsea comes with a strong social work background in the community. Since December 2005, Chelsea has been employed with DSHS/Western State Hospital – the last three years as a Program Specialist and Supervisor on the Habilitative Mental Health Unit. Prior to her work at WSH, Chelsea worked for four years as an APS

Social Worker. The ADRC has a team of 9 social workers and outreach workers. The ADRC is the point of entry for the programs offered through Pierce County as well as for the numerous community partners that help older adults and individuals with disabilities, families and friends stay safe and independent in the community. Contact the ADRC at (253) 798-4600.

### **Senior Center Director Employment Opportunities**

The City of Tacoma is opening two recruitments for Program Technician – Senior Centers at the Lighthouse and Beacon Senior Centers. The individuals will coordinate and facilitate the daily activities on-site for senior citizen programs located within the Beacon and Lighthouse Senior Centers. The City is looking for individuals with a passion to provide senior citizens with an enriching and welcoming environment and who can use their personal initiative to provide resources and activities to promote senior wellness. [Visit the City of Tacoma employment website for more information.](#)

### **Adult Sibling Toolkit**

Many siblings feel a great deal of anxiety when it comes to planning for their sibling's future. What will you need to know? What will your legal and financial responsibilities be? Making a plan with family can help to alleviate some of that anxiety. This 32-page planning guide walks adult siblings through all the information they need to gather and save to help their sibling (and themselves) navigate life-from services and supports to finances, employment, relationships and advocacy. [Click here](#) to download your copy of the Adult Sibling Toolkit: A guide for siblings of adults with intellectual and developmental disabilities in Washington State.

### **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.

### **Making the Link Vendor Opportunities**

Vendor registration for the annual long term care services information fair continues until Oct 7. Only a few spots remain. The event will be held Oct 19 at the Star Center from 11 a.m. to 4 p.m. It's a great way to connect with social workers, discharge planners, health care providers and other professionals in the aging and disability services in Pierce County. Vendors must be HCPC members. [Registration online](#). Contact [Jenny Austin](#) for details. (More in the calendar below.)

### **Own Your Health Launches New Website**

[Own Your Health](#) is a campaign that empowers Washington consumers to become active participants in their own health and health care. The Own Your Health website features the [Savvy Health Care Shopper campaign](#), educating consumers on how to find value in health care.

The new Own Your Health website features

- Updated design and expanded topics
- Ongoing updates with new, custom content
- Articles and resources to help users understand how to get high quality care and a good experience at a fair price.

Supported by the Healthier Washington initiative, the Own Your Health website is administered by the Washington Health Alliance.

## **SCAMS OF THE MONTH**

More like “Scam of the Season.” October 15 to December 7 is the annual Medicare Open Enrollment period. Scammers know this. You can almost expect a call from someone claiming to be from Medicare...or from a supposed health insurance company...asking to confirm your Medicare number. Do not, ever, give out your Medicare number. You can bet your last dollar that this person is not from Medicare or from a health insurance company. They are professional scammers just trying to get your Medicare number (which is also your Social Security number).

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

### **Living Safely, Aging Well: A Guide to Preventing Injuries at Home**

As we age, our sense of balance and our vision, hearing, and cognition become less sharp. Aging-related changes greatly increase our risk of injury. Nationally recognized safety expert Dorothy A. Drago spells out how to prevent injury while cooking, gardening, sleeping, driving - and just walking around the house. Call Number: 613.0438 DRAGO 2013 (Source: Pierce County Library System)

## **LOCAL HAPPENINGS**

### **Oct 1 – Eatonville Fall Fest**

An opportunity for the community to embrace all abilities through Disability Awareness and to provide an opportunity for residents of the greater Eatonville area to learn and discover resources available to them while connecting with others in the community. Includes disability and health resource booths, entertainment and educational opportunities, crafts, food, fun, games and activities. Please bring donation for the Eatonville Food Bank, eye glasses for the Lions Club or used medical equipment and new supplies. Held in conjunction with the Eatonville H.S. track team 5k Zombie Run, Walk or Roll. Held at Eatonville Middle School, 207 Carter St., E. in Eatonville 11 a.m. to 3 p.m. [Email](#) or call (253) 677-2479 for more information.

### **Oct 2 – Pierce County Hunger Walk**

One in six individuals in Pierce County is food insecure. It’s not always obvious who in our community is experiencing hunger – your elderly neighbor, a child in your own kid’s classroom, or that friendly clerk in your favorite store. Many members of our community are just a paycheck, a medical emergency or a change in family structure away from needing our support. The event brings together churches, schools, community organizations, businesses and individuals to raise funds to fight food insecurity in Pierce County. The funds raised go to Emergency Food Network which distributes food through food banks, meal sites, shelters and mobile food banks in Pierce County. Held at Fort Steilacoom Park, 9601 Steilacoom Blvd, Lakewood. 12pm On-Site Registration Opens, 1pm- Run, 2pm- Walk, 3pm-4pm- Family Fun & Entertainment. [More info or register online.](#)

### **Oct 4 – Age Wave Candidate Forum**

Washington State legislators and candidates from the 5th, 30th, 31st, 33rd, and 47th districts will participate in a legislative and candidate forum. The forum will focus on Washington State’s Aging readiness and will include a presentation about how Washington State can take the lead to create age friendly communities, strengthen the long-term support system, promote economic security in retirement, and increase protections against abuse, neglect and exploitation. Legislators and candidates

will comment and take questions from the audience. Held at 10 a.m. at the Auburn Community Center, 910 Ninth St. SE, Auburn. Free. Seating is limited and people are encouraged to RSVP in advance by [clicking the link here](#), or contacting [Gigi Meinig](#) at 206-684-0652.

#### **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 4-6 – Assessment of Fair Housing Clinic**

Join the Fair Housing Center of Washington for a special clinic on HUD's New Assessment of Fair Housing requirements with guidance for public and private housing providers, developers, elected officials, government planners and social service providers. Held at the Greater Tacoma Convention and Trade Center. Clock-hour credits (4)/CLE (4.5) approved & APA AM credits pending. [Information and registration online](#). Questions – call (253) 448-3754 or [e-mail](#).

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

“How does the disease progress? What should I expect?” 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 continuing series for families and individuals beginning the journey. [View event flyer](#). Held at the Milton/Edgewood Library, 900 Meridian Ave., E., Milton. (To the left of the Rite Aid drug store) Free; No RSVP required. For more information call (253) 798-4600.

#### **Oct 5 – NAMI Pierce Candidate Forum**

NAMI Pierce County hosts a Candidate Forum exploring the links between housing stability and health with candidates for County Executive and County Council. Held 5 to 7 p.m. in Philip Hall at the University of Washington Tacoma Milgard Assembly Room, 1918 Pacific Avenue (2<sup>nd</sup> floor) in Tacoma.

#### **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. [View event flyer](#). Call (253) 798-4600 for more information.

### **Oct 12 – The Power of Your Pharmacist**

(See Oct 11 for event information) [View event flyer](#).

- Held 12:10-12:50 p.m. at the County City Building, 930 Tacoma Avenue, 7<sup>th</sup> 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 224<sup>th</sup> 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 44<sup>th</sup> 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. [View event flyer](#). 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. [View event flyer](#). 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 19<sup>th</sup> 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. [View event flyer](#).

### **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. [View event flyer](#). 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 Oct 5 for event description.) [View event flyer](#). Held at the Milton/Edgewood Library, 900 Meridian Ave., E., Milton. Free; No RSVP required. (To the left of the Rite Aid drug store) For more information call (253) 798-4600.

### **Oct 20 – District 25 Candidate Forum – Puyallup/S. Hill/Pierce County**

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, Puyallup Aging in Community Committee, 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](mailto: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 25 – Get Out the disAbility Vote**

This free event is your opportunity to meet candidates and election officials. Discover current election information. Learn how your ballot is counted. Try out an accessible voting unit. Held 6 to 8 p.m. at TACID, 6315 S. 19<sup>th</sup> Street in Tacoma. Persons needing special accommodation should call (253) 582-1253, ext 4, ten working days prior to the meeting.

### **Oct 26 – Project Homeless Connect**

Free services include health insurance enrollment, medical, dental and wellness exams, vaccines, vision resources, Veterans services, community resources, benefits enrollment and more. All are welcome, not just homeless. Held 9 a.m. to 2 p.m. at the Tacoma Armory, 715 S. 11<sup>th</sup> Street in Tacoma. For more information call (253) 593-2111 or [alanna@soundoutreach.org](mailto:alanna@soundoutreach.org).

### **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](mailto:info@waseniorlobby.org), or visit [www.waseniorlobby.org](http://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 Oct 5 for event description.) [View event flyer.](#) Held at the Milton/Edgewood Library, 900 Meridian Ave., E., Milton. (To the left of the Rite Aid drug store) Free; No RSVP required. For more information call (253) 798-4600.

### **Nov 5 – HOPE Conference**

The Northwest Parkinson’s Foundation holds their annual gathering featuring experts in research, care and treatment, introduce health and wellness practices and inspire through personal experiences. Registration opens soon. Held at the Meydenbauer Center in Bellevue.

### **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 12 – Travel with Dementia – Yes or No?**

When a spouse, partner or parent has dementia, life changes but it doesn't end. There's usually still plenty of life to be lived. Travel can offer the experiences and stimulation that can be particularly helpful to a person with a diagnosis of Alzheimer's or dementia. Whether it's a winter get-away to warmer climates or a quick trip to places nearby, travel can be the best medicine. Learn from the experiences of a husband who continued to travel with his spouse even well into the progression of Dementia. [View event flyer.](#) Held 10 – 11 a.m. at the Soundview Building, 3602 Pacific Ave., Tacoma.

#### **Nov 14 – Travel with Dementia – Yes or No?**

See November 12 for event description. [View event flyer.](#) Held 12:10-12:50 p.m. at the Pierce County Annex, 2401 S. 35<sup>th</sup> Street in Tacoma.

#### **Nov 15 – Travel with Dementia – Yes or No?**

See November 12 for event description. [View event flyer.](#) Held 6:30-7:30 p.m. at the Tacoma Lutheran Retirement Community, 1301 N. Highlands Parkway in Tacoma.

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

“How do I pay for care? What are the legal things I should do?” (See Oct 5 for event description.) [View event flyer.](#) Held at the Milton/Edgewood Library, 900 Meridian Ave., E., Milton. (To the left of the Rite Aid drug store) 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 Oct 5 for event description.) [View event flyer.](#) Held at the Milton/Edgewood Library, 900 Meridian Ave., E., Milton. (To the left of the Rite Aid drug store) 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/](http://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. [View event flyer.](#) Held 4:00 – 5:30 p.m. at the Evergreen State College-Tacoma, 1210 6<sup>th</sup> Avenue in Tacoma.

#### **Apr 18-20 – Partners in Emergency Preparedness Conference**

Save the Date. Held at the Greater Tacoma Convention & Trade Center in Tacoma. [Click for details.](#)

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

**Question:** I hear lots about “Open Enrollment?” What’s that all about?

**Answer:** Fall Open Enrollment runs from October 15 to December 7 each year. This is the time of the year when Medicare beneficiaries can make changes to their existing coverage. If you are enrolled in a Medicare Advantage Plan or a stand-alone Part D plan, your plan should send you an [Annual Notice of Change](#) that lists any changes to your plan for 2017. These changes could be that the plan will charge a different monthly premium, cover different services, change providers, or change its formulary (the plan’s list of covered drugs). Read this notice carefully to see if any of the changes affect you. For instance, if your Part D plan will have an annual deductible next year, you may want to choose a new Part D plan that does not have a deductible. During Fall Open Enrollment you can:

- Switch from [Original Medicare](#) to a [Medicare Advantage Plan](#) (also called Part C)
- Switch from a Medicare Advantage Plan back to Original Medicare
- Switch from your current Medicare Advantage Plan to a new one
- Join a [Part D prescription drug plan](#) (if you do not have one)
- Switch from your current Part D prescription drug plan to a new one
- Do nothing and stay with your current coverage

Changes become effective January 1, 2017. You can make as many changes as you like during Fall Open Enrollment, but only the last change you make will be effective in January. If you have questions about your coverage, plan options, or just need help in general, there two helpful resources you can use for assistance: call SHIBA here in Pierce County at (253) 596-0918 or call 1-800-MEDICARE.

## **NATIONALLY**

### **Report on Families Caring for an Aging America**

The National Academies of Sciences, Engineering, and Medicine has issued a report, “Families Caring for an Aging America,” that raises serious concerns about the current state of family caregiving of older adults in the United States. The report calls for a transformation in the policies and practices affecting the role of families in the support and care of older adults, stating that today’s emphasis on person-centered care needs to evolve into a focus on person-and-family-centered care. It also calls for the creation and implementation of a National Family Caregiver Strategy. Report in Brief ([PDF](#)) | Recommendations ([PDF](#)) | Press Release ([HTML](#)) (Source: NASEM)

### **America’s Most Common Workplace Injury Is Hearing Loss**

According to the Centers for Disease Control and Prevention, hearing loss is the most common work-related injury with approximately 22 million workers exposed annually to hazardous levels of occupational noise. [Read more.](#) (Source: KHN)

### **Part D costs in 2017**

Find out what beneficiaries will [pay for their prescription drug plans](#) in the coming year, and what costs are in the Part D coverage gap (“donut hole”) in our updated chart and illustration. (Source: NCOA)

### **Seniors Lack Tools and Information They Need To Compare Plans**

A small share of Medicare Advantage enrollees switch plans each year, but those who do tend to pick plans with lower premiums and out-of-pocket limits than the plans they left behind, according to a new [analysis](#). Eleven percent of enrollees voluntarily switched from one Medicare Advantage plan to another between 2013 and 2014, the analysis finds, while another four percent were forced to change because their Medicare Advantage plan exited the marketplace. Looked at another way, roughly 8 in 10

enrollees stayed in the same plan from one year to the next – a share that has remained fairly steady since 2007. (Source: KFF)

### **CMS Delays Implementation of Observation Notice**

The Notice of Observation Treatment and Implication for Care Eligibility (NOTICE) Act requires hospitals to provide written and oral notice, within 36 hours, to patients who are in observation / outpatient status for more than 24 hours. Patients were supposed to begin receiving the Medicare Outpatient Observation Notice (“MOON”) on Aug. 6. However, the Centers for Medicare & Medicaid Services (CMS) has delayed implementation of the NOTICE Act and MOON until final approval by the Office of Management and Budget, likely to be late fall 2016. [Read more](#). (Source: CMA)

### **Social Security Number Removal Initiative**

The [Medicare Access and CHIP Reauthorization Act of 2015](#) (MACRA) requires CMS to remove Social Security Numbers (SSNs) from all Medicare cards by April 2019. No earlier than April 2018, CMS will start mailing new Medicare cards to people with Medicare. A new 11-character, randomly generated Medicare Beneficiary Identifier (MBI) will replace the SSN-based Health Insurance Claim Number on new Medicare cards for transactions like billing, eligibility status, and claim status. Prepare for this change by visiting the new [overview](#) and [provider](#) webpages, which include transition period, characteristics of the MBI and how to obtain the MBI. (Source: CMS)

### **“Speechless” Committed To Raising Awareness**

As the debut of ABC’s “Speechless” brings cerebral palsy to the forefront, those behind the show are looking to help people directly affected by the developmental disability. The creators of “Speechless” are partnering with the Cerebral Palsy Foundation to release materials online after each episode airs addressing the specific issues touched on in the show. [Read more](#). (Source: DisabilityScoop)

### **Where Hillary Clinton and Donald Trump Stand on Seven Health Care Issues**

While health care has not been central to the 2016 presidential campaign, the election’s outcome will be a major determining factor in the country’s future health care policy. [A new summary and side-by-side comparison](#) from the Kaiser Family Foundation provide a snapshot of the positions of Hillary Clinton and Donald Trump on seven health care topics that have garnered attention this year. The comparison covers the key issues on private health insurance (including the Affordable Care Act), Medicaid, Medicare, opioids, prescription drugs, reproductive health, and the Zika virus. [Read the snapshot](#). (Source: KFF)

### **Where Clinton and Trump Stand on Caregiving and Long-Term Care**

Considering that Americans 65 and older are the demographic group most likely to vote, it is astounding how little the major parties’ presidential candidates have talked about two issues that loom so large in older adults’ lives: caregiving and long-term care. This is the fourth in a series of Next Avenue’s [Election 2016](#) blog posts on where presidential candidates Hillary Clinton and Donald Trump stand on key issues of interest to Americans over 50.) [Read more](#). (Source: Forbes)

### **How to Fight for Yourself at the Hospital — and Avoid Readmission**

When hospitals readmit aging patients more often than average, they can face stiff government penalties. But a hospital’s priorities may not be in the best interests of patients. It’s a mistake to rely on hospital staff to ensure that things go smoothly; medical centers’ interests (efficiency, opening up needed beds,

