

ADRC E-Newsletter November, 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.

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

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

NOTE: Location for November 3

Spring Ridge AL & Memory Care, 6856 Portland Ave E, Tacoma

Dec 1 – “Medicaid Transformation – 1115 Waiver” with Aaron Van Valkenburg, ADR

NOTE: Location for December 1

The Weatherly Inn, 6016 N Highlands Pkwy, Tacoma

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

Nov 13 – Tacoma’s New Mental Health Hospital Proposal with MultiCare Staff

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.

Nov 2 – La Quinta Inn (Ports of Call Restaurant), Tacoma, 1425 E. 27th St.

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

Nov 23 – 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.

Nov 16 – Wesley Homes Des Moines, 816 South 216th in Des Moines

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

Audio Voters Guide

The Washington State Voters' Pamphlet is complete and available for download as MP3 files at <https://www.sos.wa.gov/elections/research/2016-General-Election-Voters-Pamphlet-Audio.aspx>. To receive the voters' pamphlet on CD or a USB flash drive, contact the Secretary of State Elections Division at (800) 448-4881 or voterspamphlet@sos.wa.gov.

1115 Demonstration Waiver Agreement Reached

A new state-federal partnership will bolster state efforts to improve the physical and mental health of Washington families and transform the state's Apple Health (Medicaid) program to control costs. The Health Care Authority, the Department of Social and Health Services (DSHS) and the federal Centers for Medicare & Medicaid Services (CMS) reached an agreement in-principle, on a five-year Medicaid demonstration waiver. The five-year demonstration provides up to \$1.1 billion of incentives for delivery system reform and \$375 million to support critical services for Apple Health clients over five years. The demonstration plan has four goals:

- Reduce avoidable use of high-cost services such as acute care hospitals, psychiatric hospitals, and nursing home facilities.
- Improve population health, with a focus on prevention and proactive management of diabetes and cardiovascular disease, pediatric obesity, smoking, mental illness, and substance abuse for Apple Health clients.
- Accelerate Medicaid payment reform to pay providers for better health outcomes.
- Bend the Medicaid cost curve below national trend.

[Read more.](#)

➤ Attend a special briefing on the Waiver. December 1 at 8 a.m. at The Weatherly Inn, 6016 N.Highlands Parkway in Tacoma.

Vendor Opportunity for Caregiver Conference

The 24th Annual Giving Care, Taking Care Caregiver Conference will be held on June 5, 2017 in Tukwila. The purpose of the conference is to provide current practical information and skills that unpaid and paid caregivers may use in their daily caregiving responsibilities. Over 400 participants are expected to attend the conference. The Resource Exhibitor Fair presents an excellent opportunity for you to introduce your business and services to a broader consumer base. Exhibitors provide conference participants valuable information and materials related to caregiving. Conference activities have been planned to permit maximum opportunities for interaction between exhibitors and conference participants. Space and facilities are limited to approximately 43 exhibitors on a first come (registered/paid) basis. Special early bird rates for registration before January 31, 2017. For more information contact John Mikel at (253) 798-2823 or jmikel@co.pierce.wa.us.

SHIBA Hosts Medicare Open Enrollment Events

Pierce County Statewide Health Insurance Benefits Advisors (SHIBA) has scheduled numerous special enrollment events for Medicare Open Enrollment. Counseling sites, education classes and outreach events for October 1 through December 31, 2016, can be viewed online at: [SHIBA Open Enrollment Events 2016](#). One-on-one appointments can be scheduled online at: [Health Insurance Enrollment Appointments](#)

Health-insurance premiums rise in Washington, but not as much as elsewhere

Premiums for individual health-insurance plans in Washington will rise by an average 13.6 percent next year, though rates within the state health exchange are expected to jump about 8 percent for midlevel

plans, far lower than national hikes of 25 percent. Thirteen health insurers have been approved to sell 154 individual and family plans in Washington for 2017, including nine insurers that will sell 98 plans through the [Washington Healthplanfinder](#). Seven insurers will sell 56 plans outside the exchange. [Read more from the Seattle Times](#).

County Leaders Weigh Sales Tax to Fund Mental Health Services

Pierce County Executive Pat McCarthy is asking lawmakers to enact a special sales tax funding mental health and substance abuse programs. Estimates are that it will pump \$6.3 million into [the county's 2017 budget](#). More than half of Washington's 39 counties have such a tax but among the state's urban counties, Pierce County is the exception. County lawmakers plan to hold a public hearing on the sales tax Nov. 14, shortly before a scheduled vote on the 2017 budget. [Read more](#).

Skills Group for Individuals who Hoard

The Hoarding Project hosts a new skills group starting in January 2017 on Wednesdays from 10 a.m. to noon. Group will explore flexible thinking, memory, planning and prioritizing, organizing, categorizing, decision making and attention/focus. This is meant to be an open/drop-in group for individuals who hoard. Held at The Hoarding Project office at 621 Pacific Avenue, Suite 300 in Tacoma. Contact [Lindsey Crow](#) at (458) 201-3129.

Hoarding Groups Continue

Two important hoarding support groups continue in Tacoma. A “family and friends support group” is held Mondays from 2:30 to 3:30 p.m. A “hoarding support group” is held Mondays from 3:30 to 4:40 p.m. Both groups are held at TACID, 6315 S. 19th Street in Tacoma. These are drop in groups. Feel free to come or refer a friend or family member. Contact Lindsey at (457) 201-3129.

Tech Tips 101

News from Informing Families, Building Trust. In this beginner's guide to apps, Anthony Nash explains the many uses of apps, including how to find and install them, using One Bus Away to demonstrate. Produced by The Arc of Washington State. Watch the Apple and Android versions [here](#).

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](#). Deadline for applications is December 1.

Patron Committee Looking for New Members

The Patron Advisory Council (PAC) of the Washington Talking Book & Braille Library is seeking new members to represent patrons who are veterans of the armed forces, who are physically disabled such that holding a book or turning a page is difficult, or who have a reading disability. If you are interested in applying to the PAC for 2017, please visit <http://tinyurl.com/WTBBL-PAC> or call (800) 542-0866 for assistance. Applications are due by November 15, 2016.

SCAMS OF THE MONTH

Money-Making Scheme Targets Older People and Veterans

With the holidays coming, many seniors are looking for a few extra bucks to help with holiday gifts. But if someone offers a chance to earn more money through a business opportunity, many people might be tempted to listen. Unfortunately, those offers often turn out to be just another scam. The FTC has charged three people and multiple companies behind a telemarketing scheme that targeted older people and veterans, and took millions of dollars from people with promises they would multiply their investment. [Read more.](#) (Source: FTC)

RECOMMENDED READS FOR THE 50+

Black Spokane: The Civil Rights Struggle in the Inland Northwest by Dwayne Mack

Recovers a crucial chapter in the history of race relations and civil rights in America. Drawing on oral histories, interviews, newspapers and a rich array of other primary sources, the author sets the stage for the years following World War II in the Inland Northwest, when an influx of black veterans would bring about a new era of racial issues. 2014. Narrated by Zoanne Leroy. Call Number: DBC 384 (Source: Washington Talking Book & Braille Library)

LOCAL HAPPENINGS

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

“What are the typical behaviors? How do I manage them?” 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.

Nov 3 - A Night at the Museum: The History of Western State Hospital

Join the Western State Hospital Historical Society for conversation and light refreshments in the Education Services Community Room at 6:30 p.m. Group will depart at 7:00 p.m. to go to the hospital museum in Central Campus. The exhibit rooms will be open and museum docents will share artifacts and photos from the hospital’s 140 years of history. Held 6:30-8:30 p.m. in Building 25 (Education Srvices) Room 114. Please contact Education Services at 253-756-2767 or mannesc@dshs.wa.gov to register for this special event.

Nov 5 – HOPE Conference

Northwest Parkinson's Foundation presents the 11th annual educational symposium for patients, family, friends and care partners in the Parkinson's community. The 2016 HOPE Conference will offer the latest information on Parkinson's, as well as Hope to live your best life with PD. Plus, breakout sessions, movement breaks and more. Held 9 a.m. - 3 p.m. at the Meydenbauer Center, 11100 NE 6th St. in Bellevue. [Register online and get your tickets today](#) (\$45).

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. 35th 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 Nov 2 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 Nov 2 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/ 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 6th Avenue in Tacoma.

Jan 9 – Hoarding Disorder: Assessment, Treatment and Intervention

Hoarding is a growing problem and public health concern. Professionals are challenged in finding effective approaches to address the issue. This presentation will provide a brief background of hoarding, assessment tips, effective treatment approaches and information about in-home interventions/cleanouts. Presenter is Leslie Shapiro, MA, Licensed Marriage and Family Therapist Associate at The Hoarding Project and Northwest Relationships in Tacoma. 6 CEUs. Held 9 a.m. to 4 p.m. at DDA Tacoma Office, 1305 Tacoma Ave S., Suite 300 in Tacoma. [Register online on the DDA website](#). Contact [Melody Erickson](#) at (253) 404-5560.

Feb 1 – Annual Disabilities Legislative Reception

Save the date for this special event hosted by numerous local and statewide disabilities organizations for this delightful meet-and-greet with legislators. Held 5:30-7:00 p.m. at the State Capitol Legislative Building Columbia Room. [Click here for more event information](#).

Mar 16 – Reason to Hope

Breakfast event sponsored by the Alzheimer’s Association. Held at the Hotel Murano. Save the date.

Apr 18-20 – Partners in Emergency Preparedness Conference

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

May 10-11 – 2017 Conference on Ending Homelessness

The Washington Low Income Housing Alliance's annual conference will take place in Tacoma. It will bring together over 700 people from across Washington who are working to end homelessness. The conference will feature exciting programming for numerous stakeholder groups ranging from direct service providers, advocates, government employees, and people with direct experience with homelessness and housing instability. [More online](#).

June 5 – Giving Care, Taking Care

24th Annual Caregiver Conference at the Tukwila Community Center. Save the Date.

Q&A of the Month

Question: As my finances shrink, I’m considering dropping my phone service. Any advice?

Answer: So, you need help paying your phone bill? It does seem like one of those things we can live without but that may not be the best option. You can apply for the federal Lifeline program. This program gives you a \$9.25 credit on either your cell phone or landline phone bill. For more information about the Lifeline program, [click here](#). For those that live on a federally recognized reservation, you may be able to save more money on your phone bill through the federal Tribal Lifeline and Link-Up programs. Call your local phone company to find out if you qualify. For more information, [click here](#). To sign up for the program, contact your local telephone provider and ask join the program. If you qualify, your phone company will send you the application and get you set up on the program. If you have difficulties signing up or don't think your credit is being applied, call the UTC's Consumer Protection Help Line at 1-888-333-WUTC (9882) or send an email to consumer@utc.wa.gov.

NATIONALLY

Social Security Checks Inch Upward

The Department of Labor's Consumer Price Index (CPI-W) rose this year. As a result, monthly Social Security and SSI benefits for over 65 million Americans will increase 0.3 percent in 2017, about a \$4 per month increase in their monthly benefit. The annual cost-of-living adjustment (COLA) usually means an increase in the benefit amount people receive each month. By law, the monthly Social Security and Supplemental Security Income (SSI) federal benefit rate increases when there is a rise in the cost of living. (Source: SSA)

Everything You Need for Open Enrollment

Medicare's annual Open Enrollment Period for Parts C & D continues until December 7. NCOA has created a page for all the tools you may need, from cost charts to counselor checklists to fact sheets and more. [Check out the resources](#). (Source: NCOA)

How Obamacare Premium Hikes Affect Politics and Your Wallet

The new enrollment period for the Affordable Care Act opens next Tuesday, and consumers in many areas could see double-digit percentage increases for premiums on average and fewer choices. PBS NewsHour's Judy Woodruff talks to Mary Agnes Carey of Kaiser Health News and Reid Wilson of The Hill as they consider some of the options that individuals around the country are weighing. [View the 11-minute video](#). (Source: PBS Newshour)

Explore Your VA Benefits

VA eligibility and application processes vary by benefit and applicant. Some applications can be completed online; others are submitted by mail or in person through the nearest VA facility or regional office. Benefits include disability, education, career, health, home purchase, life insurance, burial, supplemental income and spousal benefits. Explore benefit highlights, eligibility rules, how to apply and more at [Explore.VA.gov](#). (Source: VA)

\$15/Hour for Home Care Workers May Not Solve Problems

In recent months, health aides who care for elderly Americans at home appeared at scores of rallies calling for better pay and workplace conditions. People with a deep understanding of eldercare policy say that without improving conditions and raising pay, which hovers at \$10 an hour, it will be impossible to meet skyrocketing demand for skilled and devoted workers. But they also argue that bigger paychecks and benefits will not have a significant impact on senior citizens unless their aides and assistants are also better screened, trained and organized. [Read more](#). (Source: KHN)

When Pretend Play Is Real For Alzheimer's Patients

Nursing homes and other senior facilities nationwide are using a controversial technique called doll therapy to ease anxiety among their residents with dementia. Senior care providers and experts say the dolls are an alternative to medication and help draw in elderly people who are no longer able to participate in many activities. [Read more](#). (Source: KHN/NPR)

Staying Out of the Closet in Old Age

As openly gay and lesbian people age, they will increasingly rely on caregivers and move into assisted living communities and nursing homes. And while many rely on friends and partners, more are likely to be single and without adult children, according to [research](#) published by the National Institutes of Health. But long-term care facilities frequently lack trained staff and policies to discourage discrimination, advocates and doctors said. That can lead to painful decisions for seniors about whether

to hide their sexual orientation or face possible harassment by fellow elderly residents or caregivers with traditional views on sexuality and marriage. [Read the story.](#) (Source: KHN)

Unraveling How Autism Differs in Boys and Girls

Think autism and an image of an awkward boy typically emerges, but the way [autism strikes girls](#) – or doesn't – may help reveal some of the developmental disorder's frustrating secrets. The causes of autism aren't known. Genetic mutations are thought to play a role, and outside factors including older parents and premature birth also have been implicated. But the gender effect is now a hot topic in [autism research](#) and one that could lead to new ways of diagnosing and treating a condition that affects at least 1 in 68 U.S. children. [Read more.](#) (Source: CBS News)

DOT Requires Airlines to Report Mishandled Wheelchairs and Scooters

The Department of Transportation (DOT) has issued a [final rule](#) that requires U.S. airlines to report data on incidents of mishandled wheelchairs and scooters in addition to other types of checked baggage. Carriers will be required to file with DOT on a monthly basis the total number of wheelchairs and scooters stored in cargo holds and the amount that have been mishandled, including damaged, lost, delayed, or pilfered. The new mandate takes effect January 1, 2018. The rule will enable air travelers with disabilities to compare carrier performance in this area and make informed travel decisions. For further information, visit [DOT's website.](#) (Source: DOT)

Millions Leaving Government Insurance Money on the Table

Millions of Americans who bought individual health insurance outside the Affordable Care Act's public exchanges may be leaving money on the table if they skip those marketplaces again in picking 2017 coverage, a new report says. The Department of Health and Human Services estimates that 2.5 million people who bought so-called off-exchange coverage for this year might have income levels that qualify them for tax credits to help pay the premium. [Read more.](#) (Source: USA Today)

PBS Focuses on BenefitsCheckUp.org

Older adults across the country are living on fixed incomes, and worry about how they are going to make ends meet every month. There are programs that can help increase their budget to pay for health care, food, and housing, but often they don't know about the program or how to apply. This video explains some of the programs, and how people can use NCOA's free, confidential website – [BenefitsCheckUp.org](#) – to find out an individual or a loved one qualifies. [Watch the PBS video.](#) (Source: NCOA)

CMS Suspends “Seamless Conversion”

The Centers for Medicare & Medicaid Services (CMS) recently [suspended a policy](#) known as [seamless conversion](#), a practice that allows select insurers to auto-enroll newly eligible Medicare beneficiaries in an issuer's commercial or Medicaid managed care product into one of the same company's Medicare Advantage (MA) plans. In light of recent inquiries CMS decided to temporarily halt the acceptance of all new seamless conversion proposals from plans. [Read more.](#) (Source: MRC)

Officials Warn Some Older Marketplace Customers To Switch To Medicare

The government is [sending emails and letters](#) to some seniors to warn them that if they are eligible for Medicare and stay on the health insurance exchange, they will have to repay any subsidies they receive. If they miss their Medicare enrollment opportunity, they may face a life-long penalty. (Source: KHN)

