

## ADRC E-Newsletter December, 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.

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

**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

Dec 8 – Annual Holiday Party

In addition to the donations of warm scarves, mittens, blankets, etc. that we normally ask for to donate to our local senior centers, this year we are adding in toiletries. We will be accepting donations of toothpaste, toothbrushes, brushes, combs, deodorant - and other non-liquid items. Bring items to the party on December 8.

#### **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**

**No December meeting. Meetings resume in January.**

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.

Dec 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.

Dec 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.

Dec 21 – The Lodge at Eagle Ridge, 1600 Eagle Ridge Dr S., Renton

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

#### **Aging Smart – Gig Harbo**

**No December meeting. Meetings resume in January.**

January 19 – the 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**

### **KOMO-TV Focuses on Elder Abuse in Pierce County**

A Tacoma man on hospice was the victim of apparent financial abuse by his caregiver and now the family is struggling to deal with the financial and emotional after-effects. AARP reports startling research that suggests 1 in 10 Americans ages 60 and over have experienced some form of elder abuse. The story points out the need for families to do thorough background checks before a caregiver is allowed into the home. [Watch the story.](#)

### **New Memory Café Opens in Gig Harbor**

Lutheran Community Services Northwest (LCSNW) has started a second Memory Café. The café is a regular gathering of individuals with memory loss along with their care-partners, friends and/or family in a safe and accepting environment. The new meeting is the third Saturday of the month from 3 to 4:30 p.m. at the Harvester Restaurant, 5601 Soundview Drive. LCSNW also hosts a Memory Café in Tacoma at Elmer's Restaurant, 7427 S. Hosmer from 3 to 4:30 p.m. on the fourth Wednesday of each month. For more information contact [Linda McCone](#) at (253) 722-5691.

### **New Test Site for Home Care Aides**

The Home Care Aide program is pleased to announce there a new test site is now available in Federal Way! Details, including address and test site code, are available on [the list of test sites](#): Did you know that the Department of Health home care aide website has a list of "Frequently Asked Questions" on subjects such as requirements for certification, examination information, provisional certification, nurse delegation and continuing education? [Find out more online.](#)

### **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.

### **DD Advisory Board Seeks New Members**

The Pierce County Developmental Disabilities program is seeking individuals to serve on their Advisory Board. The board assists program staff in evaluating program objectives, performance and outcomes. Membership is open to any residents of Pierce County with an interest in developmental disability issues. Individuals who experience developmental disabilities, family members and individual with knowledge about services and supports for people with developmental disabilities are encouraged to apply. Board meets bi-monthly from 4:30 to 5:30 p.m. in Tacoma. Contact [Malissa Adame](#) at (253) 798-4332.

### **Employment Services for People with Traumatic Brain Injury**

The Center for Continuing Education in Rehabilitation at the US host this special webinar. Event will provide an overview of TBI with an emphasis on those functional limitations which can present as

barriers to employment. We will review the kinds of compensatory strategies individuals with TBI may find useful in employment, the range of accommodations - both self-accommodations and employer provided accommodations, including technology that may be useful. And we will discuss the role of natural supports and supported employment in maintaining employment. Held Dec 7 from 10 to 11:30 a.m. \$115 registration per site. 1.5 CRC Credits. [Register online](#).

### **New Way to Get Your Oxygen**

Freedom Oxygen Products specializes in providing innovative medical oxygen mobility solutions for oxygen patients in the home or care facility. Products increase safety for not only oxygen patients but everyone that comes in contact with the patient creating a much safer living environment. For more information visit [www.freedomoxygenproducts.com](http://www.freedomoxygenproducts.com) or contact [Aaron Savchenko](#) at (877) 427-0956.

### **SCAMS OF THE MONTH**

#### **IRS Warns of a New Tax Bill Scam**

We certainly understand if the latest IRS imposter scam makes you queasy: it involves a fake IRS tax notice that claims you owe money as a result of the Affordable Care Act. The IRS says the fake notices are designed to look like real IRS CP2000 notices, which the agency sends if information it receives about your income doesn't match the information reported on your tax return. The IRS says many people have gotten the bogus notices, which usually claim you owe money for the previous tax year under the Affordable Care Act. It's one of many IRS imposter scams that have popped up. [Read more](#). (Source: FTC)

#### **Don't Let Scammers Take Away Your Holiday Cheer**

You've got meals to plan and gifts to buy. The last thing you need is to lose money to a scam. Here are three ways to avoid giving your hard-earned money to a scammer this holiday season. [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 30 & Dec 1 – Public Demonstration for New Election Tabulation System**

Pierce County will replace its election tabulation system in 2017, retiring the 24-year old legacy system that is currently in use. Pierce County embarked on a Request for Proposal (RFP) process early this year. After preliminary scoring, the proposals have been narrowed to two finalists. You are invited to public demonstrations of the two finalists under consideration.

- Vendor A - Wednesday, November 30 at 9:00 a.m. – 12:00 p.m.
- Vendor B - Thursday, December 1 at 9:00 a.m. – 12:00 p.m.

Both public demonstrations will be held at Clover Park Technical College, 4500 Steilacoom Blvd SW, Lakewood in the Rotunda (Building 3). Link to [CPTC Campus Map](#). We have 30 seats available to the public, on a first-come basis. No reservations or registration is required.

### **Dec 2 – Estate Planning**

Attorney Bryana Cross Bean leads a discussion of real estate law, wills and powers of attorney from 12:30 to 1:30 p.m. Held at the Puyallup Senior Activity Center, 210 W. Pioneer Ave in Puyallup. Free; no RSVP required.

### **Dec 5 – Community Conversation on Racial Equality and Homelessness**

The Center for Social Innovation has invited Pierce County, the City of Tacoma, and community stakeholders to participate as part of a ten-city cohort in a national research and training project to better understand the nexus between race and homelessness, and to develop tools and approaches that will result in more equitable outcomes for all people experiencing homelessness. The project, called SPARC (Supporting Partnerships for Anti-Racist Communities), combines qualitative and quantitative research, training, and community dialog to promote awareness, education, and action. Join us for an evening of learning and conversation to kick-off Tacoma/Pierce County's journey with SPARC. For tickets, please RSVP at: <https://SPARCTacomapiercecounty.eventbrite.com>. Light refreshments and an opportunity for more dialogue and conversation following the program. Held 6:00 - 8:30 pm at Urban Grace Church, 902 Market Street in Tacoma.

### **Dec 6 – Deaf Foster Parent Workshop @ HSDC**

HSDC Tacoma will host a Deaf Foster Parent Workshop aimed at parents interested in learning about adopting children. Fostering Together will be leading the workshop discussing about becoming foster parents. There is an increased need of families who know ASL or sign language because there are many children who are Deaf or CODA (Child of Deaf Adults) who are in need of adoption. Please consider attending this event and pass along to others who may be interested. Deaf parents will share their experiences of being a foster parent for a Deaf child and a Deaf person who was adopted and raised by a family who knew sign language will also speak. Held 6:30-8:00 p.m. at HSDC, 621 Tacoma Ave. South, Suite 505 in Tacoma. ASL interpreters will be provided. Assistive listening devices are available upon request. For other reasonable accommodations, please contact us at [Tacoma@hcdc.org](mailto:Tacoma@hcdc.org), VP us at 253-292-2210 or call us at 253-475-0782. Please RSVP to those numbers or e-mail.

### **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.

### **Dec 10 – Seniors Pancake Breakfast**

The Puyallup Lions host a free breakfast for seniors in the Puyallup area including sausage, eggs, juice, coffee and all the pancakes you can eat. Held 8 to 11 a.m. at the Puyallup Activity Center, 210 W.

Pioneer Ave. Music provided by the Combo Band from Touch of Class and Ferrucci Jr. Hi School Band.

### **Dec 14 – Suicide Assessment, Treatment & Management Training**

This one-day training provides an introduction to ZERO Suicide: a practical approach to suicide care model for health care and behavioral healthcare systems. This program was recently [described by NPR](#), “What Happens If You Try to Prevent Every Single Suicide?” Dr. Ursula Whiteside, national ZERO suicide faculty, will introduce the ZERO Suicide (ZS) Training model and will explain how it relates to suicide assessment, treatment, and management. This training meets the new 6-hour state mandated training requirements for DNSs, mental health and healthcare providers regarding suicide assessment, treatment, and management as part of continuing education, continuing competency, or recertification requirements. [RCW 43.70.442] Held 9 a.m. to 4:30 p.m. at the Registration at the Embassy Suites, 15920 West Valley Highway, Tukwila. For registration information contact Cassi Meritt, registrar, LeadingAge Washington at [cmeritt@LeadingAgeWa.org](mailto:cmeritt@LeadingAgeWa.org).

### **Jan 9 – Living Well in 2017 – Diabetes Prevention & Management**

29.1 million Americans, or about 9.3% of the population, has diabetes. Nearly 90 million Americans over 20 has prediabetes. Without major changes, as many as 1 in 3 US adults could have diabetes by 2050. Harmful effects of diabetes include damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. Take this opportunity to learn about diabetes and how it can be managed by balancing food, exercise and medicine. Free; No RSVP required. Held 12:10 – 12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35th St., Tacoma. For more information [view event flyer](#) or call (253) 798-4600.

### **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.

### **Jan 12 – Living Well in 2017 – Diabetes Prevention & Management**

See Jan 9 for event details. Held 12:10 – 12:50 p.m. at the County City Building, 930 Tacoma Ave. S., 7th Floor Rainier Conference Room, Tacoma. Free; No RSVP required. For more information [view event flyer](#) or call (253) 798-4600.

### **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](#).

### **Feb 6 – Updating Social Security**

President Roosevelt signed the Social Security Act in 1935. Major adjustments have been made to the program over the past 80 years. Today, 97 percent of the elderly (aged 60 to 89) either receive Social Security or will receive it. But challenges lie ahead. Currently, Social Security projects that by 2035 taxes will be enough to pay for only 75 percent of scheduled benefits. So what can be done to keep Social Security alive and healthy for the long term? Learn about 12 proposals that congress may consider. An informational presentation of the Pierce County Aging and Disability Resource Center. Free. No RSVP required. Held 12:10-12:50 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35<sup>th</sup> St., Tacoma. For more information [view the event flyer](#) or call (253) 798-4600.

### **Feb 6 – Updating Social Security**

(See above for event information.) Free; No RSVP required. Held 6:30-7:30 p.m. at the Gig Harbor Library, 4424 Pt. Fosdick Dr., Gig Harbor. For more information [view the event flyer](#) or call (253) 798-4600.

### **Feb 7 – Updating Social Security**

(See Feb 6 for event information.) Free; No RSVP required. Held 12:10 – 12:50 p.m. at the County City Bldg., 930 Tacoma Ave. S., 7<sup>th</sup> Floor Conference Room, Tacoma. For more information [view the event flyer](#) or call (253) 798-4600.

### **Feb 7 – Updating Social Security**

(See Feb 6 for event information.) Free; No RSVP required. Held 6:30-7:30 p.m. at the Sumner Branch Library, 1116 Fryar Ave., Sumner. For more information [view the event flyer](#) or call (253) 798-4600.

### **Feb 9 – Updating Social Security**

(See Feb 6 for event information.) Free; No RSVP required. Held 6:30-7:30 p.m. at the University Place Library, 3609 Market Place W., Suite 100, University Place. For more information [view the event flyer](#) or call (253) 798-4600.

### **Feb 11 – Updating Social Security**

(See Feb 6 for event information.) Free; No RSVP required. Held 6:30-7:30 p.m. at the Pierce County Soundview Building, 3602 Pacific Ave., Suite 200, Tacoma. For more information [view the event flyer](#) or call (253) 798-4600.

### **Feb20 – NAMI Lobby Day**

Save the Date. Make your voice heard! NAMI (National Alliance on Mental Illness) members and supporters are the most effective people to educate legislators about mental illness and the need to change our current "mental illness" system to a "mental health" system. Held 8:30 am - 5:00 pm at the Legislative Building Rm. 112 (on Campus). More to follow.

### **Feb 24 & 25 – West Region EMS Conference**

Prevention workshop held Feb 24 8:00 a.m. - 12:15 p.m.; EMS conference follows. Held at the Ocean Shores Convention Center. \$125 for one day or \$240 for two days. More information and [online registration available](#). Contact Lori Clary at (360) 705-9019.

### **Mar 16 – Reason to Hope**

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

### **Mar 17-19 – Parents and Caregivers Training Weekend**

DadsMOVE hosts this weekend event for parents, grandparents and other caregivers who have a special needs child in their family or extended family. Topics include collaborative problem solving, WISE/Wraparound, anti-bullying, local community resources, love and logic, self-care and more. \$20 includes lodging and meals Friday evening to Sunday noon. Held at the Black Lake Bible Camp, 6521 Fairview Rd., SW in Olympia. More information at [www.dadsmove.org](http://www.dadsmove.org) or call (425) 243-7028. DadsMOVE is an all-volunteer 501(c)3 organization to provides support, training, advocacy and resources to the families of special needs children in Washington State.

### **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 – Care Transitions Conference**

Hospitalizations contribute significantly to the cost of health care—costs borne by insurance companies, taxpayers (Medicaid and Medicare), patients, and families—and take an emotional toll on patients and their families. Join the care transitions conversation among health care and human services professionals and others to discuss new ways to work together to decrease avoidable hospital admissions. [Conference website.](#) Held at the Four Points by Sheraton at Seattle Airport South (22406 Pacific Highway South, Des Moines).

### **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**

24<sup>th</sup> Annual Caregiver Conference at the Tukwila Community Center. Save the Date.

### **July 25 – Social Security Disability**

Save the date. Celebrate the 27<sup>th</sup> anniversary of the Americans with Disabilities Act. Pierce County ADRC hosts this informational presentation about Social Security Disability. Presenter is Kirk Larson, Public Affairs Specialist, from the Social Security Administration. Free; No RSVP required. Refreshments provided. Held 4:00 – 5:30 p.m. at TACID, 6315 S 19th St. in Tacoma.

### **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](mailto:consumer@utc.wa.gov).

## **NATIONALLY**

### **Medicare Open Enrollment Ends Next Week**

For older adults, switching their Medicare Advantage or Part D plan by Dec. 7 could save them hundreds of dollars a year. Before the deadline passes, please share our Complete Guide to Medicare Open Enrollment with the seniors you serve. [Read more](#). (Source: Medicare Matters)

### **President-Elect Announces Choices for HHS, CMS**

President-elect Donald Trump has nominated Rep. Tom Price (R-GA) to lead the Department of Health & Human Services (HHS) and Seema Verma as administrator of the Centers for Medicare & Medicaid Services (CMS). Price, who must be confirmed by the Senate, is chairman of the House Budget Committee and has played a key role in developing legislation to replace the Affordable Care Act (ACA). Verma is best known for helping Vice President-elect Mike Pence design Indiana's Medicaid expansion under the ACA. NCOA and other aging advocates are concerned that Price is a strong proponent of repealing the ACA, replacing Medicare with vouchers, and turning Medicaid into a block grant program – changes that would likely impact seniors' access to health care and increase their out-of-pocket costs. [Read Trump's statement](#). (Source: NCOA)

### **What May Be Coming**

Below are links to several resources compiled by the National Association of Area Agencies on Aging that may inform the Trump administration's approach to federal funding, health care and retirement security strategy...

- [President-Elect Trump's Transition website](#)
- [2016 RNC Platform](#) (pgs. 23-25 discuss Medicare, Medicaid and Social Security; pgs. 36-38 discuss other health care reforms including "make homecare a priority in public policy and will implement programs to protect against elder abuse")
- [Paul Ryan's "Better Way" Agenda for Health Care](#)
- [Paul Ryan's "Better Way" Agenda for Safety Net Programs](#)
- We've heard that changes to the ACA could be largely based on Pence's approach to health care in the [Healthy Indiana 2.0 Plan](#).

(Source: N4A)

### **A Consumer's Guide to Medicare's New Rules on Doctor Pay**

The way Medicare pays doctors is changing. If the new rules achieve their intended goal, all Americans — and not just Medicare enrollees — could see improvements in the quality of their care. The regulations were passed in an unusually strong bipartisan vote. The new system begins in 2019, but will be based on quality measures physicians report starting in 2017. Nothing in the new law or rules changes Medicare's benefit structure or benefits for 2017 and beyond. [Read more](#). (Source: KHN)

### **2017 Medicare Parts A & B Premiums and Deductibles Announced**



The Centers for Medicare & Medicaid Services (CMS) announced the 2017 premiums for the Medicare inpatient hospital (Part A) and physician and outpatient hospital services (Part B) programs. Premiums depend on income. [View the CMS announcement](#). (Source: CMS)

### **See 2017 Extra Help/LIS asset limits**

CMS announced 2017 Extra Help/Low-Income Subsidy (LIS) asset or resource limits effective Jan. 1. The 2017 resource limits are \$7,390 (\$11,090 if married) for the full LIS and \$12,320 (\$24,600 if married) for other low-income subsidies. If a beneficiary reports in their application that they expect to use resources for burial expenses, the 2017 resource limits increase by \$1,500 for the full LIS and \$13,820 (\$27,600 if married) for other low-income subsidies. The 2016 income limits are effective until the Federal Poverty Level updates in early 2017. [Read the CMS announcement](#). (Source: NCOA)

### **Health Insurance Marketplace Calculator Updated for 2017**

The Kaiser Family Foundation's [Health Insurance Marketplace Calculator](#) is now updated to include local data on 2017 health plans that are being sold through the Affordable Care Act marketplaces. With the tool, consumers around the nation can generate estimates of their health insurance premiums and government subsidies for 2017 ACA marketplace plans that are sold in their local area. The estimates are based on household income, family size, ages of family members, and zip code – an important factor as premiums vary tremendously from one area to another. The calculator also helps consumers determine whether they could be eligible for Medicaid. (Source: KFF)

### **Dementia Rates Decline Sharply Among Senior Citizens**

A new study finds that the prevalence of dementia has fallen sharply in recent years, most likely as a result of Americans' rising educational levels and better heart health, which are both closely related to brain health. Dementia rates in people over age 65 fell from 11.6 percent in 2000 to 8.8 percent in 2012, a decline of 24 percent, according to a [study](#) of more than 21,000 people across the country published Monday in JAMA Internal Medicine. [Read more](#). (Source: KHN)

### **Many Caregivers Spend \$7K Annually Out Of Pocket**

More than 3 out of 4 caregivers absorb out-of-pocket costs currently averaging nearly \$7,000 a year, AARP found. Those costs consumed the equivalent of a fifth of caregivers' incomes on average — and the burdens were even greater for those with lower incomes, the group reported. The most financially strapped caregivers tap savings or take out loans to meet expenses. [Read more](#). (Source: AARP/KHN)

### **Alone and Aging: Creating a Safety Net for Isolated Seniors**

A growing number of seniors find themselves alone just when aging and end-of-life care becomes real. That universe is coming to be known among geriatric specialists as “elder orphans” — seniors with no relatives to help them deal with physical and mental health challenges. Their rising numbers prompted the American Geriatrics Society to unveil guidelines for a segment of these older adults who can no longer make their own medical decisions and have no designated surrogates. The nonprofit dubbed them “unbefriended” and called for a national effort to help prevent a surge among incapacitated seniors who don't have a decision maker and face a health crisis. [Read more](#). (Source: KHM)

### **18 Steps to Fall Proofing Your Home**

