

## ADRC E-Newsletter January, 2017



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

Jan 5 – "Updating Social Security" with Bob Riler, Pierce County ADR

**NOTE: New location at Mid-County Community Ctr., 10205 44<sup>th</sup> Ave E, Tacoma.**

Feb 2 – "Personal Emergency Response Systems"

#### **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

Jan 12 – "Issues for Patient Hospitalization and Discharge" with Kim Barwell

Feb 9 – Networking

Mar 9 – "Consumer Awareness for Seniors" with Savannah Kimball from the BBB

#### **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.

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

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

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.

Jan 18 – TBA

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**

### **★ New Networking Meeting Location**

The Pierce County Aging & Long Term Care networking meeting – formerly held at the Lighthouse Senior Center in Tacoma – is moving. After a survey of attendees, the new preferred location is the **Mid-County Community Center, 10205 44th Ave E., Tacoma**. The center is just off 104<sup>th</sup> Street E. between Waller Road and Canyon Road. The Aging & LTC meeting is held the first Thursday of every month from 8 to 9 a.m. The next meeting is January 5, 2017. We'll be hearing about "12 Solutions to help keep Social Security Viable" for the long term. There is no cost or membership to attend. All are welcome. For information contact [Bob Riler](#) at (253) 798-7384.

### **Community Health Plan of Washington Reports Security Breach**

Community Health Plan of Washington (CHPW) [is sending a letter](#) to its members to report a data security incident. Some Washington state Medicare beneficiaries may be affected. The incident involves names, addresses, dates of birth, Social Security numbers and certain coding information related to health care claims. CHPW is offering its members free online credit and identity monitoring services for 12 months. If affected clients don't have online access, they can call 1-844-866-3863.

### **Point In Time Count Volunteers**

Pierce County Community Connections Homeless Program is recruiting volunteers for the 2017 Point-In-Time Count. The Point-in-Time (PIT) count is an annual event required by the U.S. Department of Housing and Urban Development (HUD) and the State of Washington Department of Commerce to survey individuals experiencing homelessness across the nation. The results from the PIT are reported to create a trend analysis in the mission to end homelessness in America. The 2017 Point-In-Time Count will be on January 27, please feel free to register at: [2017 Point-In-Time Pierce County Registration Link](#). Get more [information about Pierce County's Point-In-Time count online](#).

### **Buried In Treasures**

The Hoarding Project is starting a new 10-week skills group based on the Buried in Treasures book and group manual. This group is for individuals who struggle with hoarding or have clutter challenges. Each week will focus on skill building and achieving goals at home related to planning, motivation, goal setting, organizing, decision making and attention. Cost \$250. Interested individuals should contact [Denise Burningham](#), M.A., LMFTA at (971) 209-2305. Held at The Hoarding Project in Tacoma.

### **What Will Happen When We're Gone? Planning for the Future for Your Child with Disabilities**

Thinking about what will happen to a child with disabilities once you die, or are too ill to provide care, can be scary. One technique is to think about what you don't want for your child. [Read this informative article from PAVE](#). Call PAVE for more at (253) 565-2266.

### **Pierce Transit Snow Guide**

When it snows, everybody starts taking the bus. Pierce Transit has a [special section on its website](#) with snow routes and tips for riding the bus in the snow and ice. Remember, bad weather means the bus may not be able to keep up with its normal schedule. Dress appropriately. For the latest information or to talk to a customer service representative call (253) 581-8000. Press 1 then Option 2.

### **March 31: Medicare Part B Special Enrollment Deadline**

Some people newly eligible for Medicare thought it would be cheaper to remain in the Marketplace with subsidies, rather than pay Part B premiums, but did not realize that their Medicare Part A eligibility made them ineligible for premium subsidies or Advance Premium Tax Credits. When they realized their mistake, they were past their initial enrollment period and could only enroll in Part B during a General Enrollment Period, often incurring Part B late enrollment penalties. For a limited time, these individuals can also apply for equitable relief that will give them a Special Enrollment Period to enroll in Part B. Part B late enrollment penalties will not apply. CMS has mailed notices to individuals 65 and over in this situation, advising them to drop Marketplace coverage and enroll in Part B instead. The application deadline is March 31, 2017. Call SHIBA for details at (800) 562-6900 or (253) 596-0918.

### **Pierce County Emergency Management provided Emergency Kits**

The Hearing, Speech, Deaf Center Tacoma has partnered with [Pierce County Emergency Management](#) to create emergency kits designed for the Deaf/Hard of Hearing community. The kits contain a “Deluxe Personal Safety Emergency Pack” which includes miniature first aid kit, germ protection, glow sticks, emergency poncho, emergency blanket, hand warmers, and emergency drinking water. Each kit also has a “100 Signs for Emergencies” booklet which shows ASL pictures of helpful words in emergencies, a “HELP” sign, hearing aid dehumidifier to keep hearing aids dry, hearing aid batteries, and a notepad and pen for communication between D/HH and hearing people. HSDC is providing kits to the community. Contact the HSDC Tacoma office at (253) 475-0782; Toll Free-Voice: (888)421-5560; TTY: (253) 474-1748; Toll Free-TTY: (866) 698-1748; Videophone: (253) 292-2209 or Email: [tacoma@hsdc.org](mailto:tacoma@hsdc.org).

### **Rainbow Center Seeks New Executive Director.**

The Rainbow Center in Tacoma is now recruiting for a new Executive Director. Through education, advocacy, and celebration, the Rainbow Center expands resources and safe space for the lesbian, gay, bisexual, transgender, queer, and allied (LGBTQA) community. [View the recruitment announcement.](#) E-mail questions to Sam Harris or John Cummings at [president@rainbowcntr.org](mailto:president@rainbowcntr.org). To apply contact Terry Stone with CenterLink at [careers@lgbtcenters.org](mailto:careers@lgbtcenters.org).

### **YMCA of Pierce and Kitsap Counties Cuts SilverSneakers**

SilverSneakers will not be offered at the YMCA of Pierce and Kitsap Counties in 2017. SilverSneakers is a nationwide exercise program designed for older adults that combines fitness and social activities. Some Medicare supplemental insurance plans offer a SilverSneakers membership, which allows its users free access to more than 13,000 fitness and wellness facilities nationwide. There are nearly 6,500 SilverSneakers members enrolled at the seven Y’s in Pierce County. Other public and private fitness facilities in Pierce County partner with SilverSneakers, including Metro Parks Tacoma, which offers SilverSneakers at its three fitness centers: People’s Center, STAR Center and the Center at Norpoint.

### **MetroParks FAB Sets Winter Activities**

Find fun, friendship and fitness in the MetroParks FAB (Fifty And Better) program with trips, tours, crafts, singing, volunteering, dancing and more at our local community centers. Starting in January join Pacific Lutheran University (PLU) Learning Is Forever Series. Topics include: Jan. 11 – Yellowstone National Park at PLU; Feb. 11 – Mason Bees at Steilacoom History Museum; Feb. 24 – Korea’s First Female Astronaut PLU. Wednesdays, 9 a.m. to 2 p.m., fee: \$30. [More info and other FAB events available online.](#) Call Bonnie at (253) 278-1475 for information or future trip ideas and suggestions.

### **Medicare Reminder**

If you are dissatisfied with your Medicare Advantage Plan, you can switch from your Medicare Advantage Plan (except MSA plan) to Original Medicare during the Medicare Advantage Disenrollment Period (MADP). This change can only be made if you have a Medicare Advantage Plan. The MADP occurs every year from Jan 1 to Feb 14. [Learn more on Medicare Interactive](#). Beneficiaries can contact SHIBA for advice at (800) 562-6900 or locally at (253) 596-0918.

### **Register for Special Summer Event for Kids with Cancer**

Camp Sparkle is a weeklong, free day camp for kids touched by cancer, ages 5-12. At Camp, kids and teens experience music, art, crafts, games, exercise, theater, therapy dogs, field trips and much more! Children may attend one week of camp per summer. A camp is planned for the Tacoma Area as well as in Seattle, Redmond and Everett in June/July/August, 2017. The camp is very popular and spots fill up fast. Contact [theresa@cancerpathways.org](mailto:theresa@cancerpathways.org).

### **Property Tax Reminder**

The Washington State Legislature changed the Senior/Disabled property tax exemption program by increasing the maximum annual household income from \$35,000 to \$40,000. This change is not retroactive, it applies to property taxes due in 2016 and forward only. You may qualify for property tax relief if you are age 61 or older, or you are unable to be gainfully employed because of physical or mental impairment, and you own and occupy a residence or mobile home, and have a gross household income of \$40,000 or less. For more information, please stop by the Assessor Treasurer's office at the Pierce County Annex, call (253) 798-2169, or [visit the Assessor Treasurer's website](#).

### **Washington's SHIBA Program Ranked Among Top 15 in Country**

The U.S. Administration for Community Living (ACL) recently announced Washington state's SHIBA (Statewide Health Insurance Benefits Advisors) program ranked 13th nationally in performance for helping people with their Medicare coverage. [Read the full release](#). (Source: ACL)

### **SCAM OF THE MONTH**

#### **TPU Warns of Scam**

Scammers have been targeting Tacoma Public Utilities customers, making telephone calls to demand payment and issue disconnection threats. A male, who speaks with an accent, calls from a phone line that shows up as Tacoma Public Utilities on caller ID. He tries to coerce customers into making an immediate payment of up to \$1,200, and threatens to disconnect them if they do not pay. The phone number that shows on caller ID is (855) 652-0599. People who call that number can select from a variety of options that mimic services provided by the utility. After selecting an option, an imposter will answer the phone and may sound like a credible utility employee. If someone calls demanding payment to Tacoma Public Utilities, do not pay. TPU does not call, demand immediate payment and threaten disconnection. Call (253) 502-8600 or go to [www.MyTPU.org/MyAccount](http://www.MyTPU.org/MyAccount) to check the status of your account. If a customer is behind on payments, Tacoma Public Utilities will send a notification in the mail. More information about utility scams is available online: [www.MyTPU.org/Scams](http://www.MyTPU.org/Scams).

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

With the age of technology and social media upon us our exposure to information has never been greater. We must be responsible filters of this bombardment of ideas and opinions. In doing so, rather

than possessing principles by inheritance, let us ask ourselves why we think the way we do. The answers may surprise you and hopefully inspire original thought based on your own, educated, judgment. Here are some titles available from Tacoma Public Library to help you along your way to free thinking:

- “Thinking, Fast and Slow” by Daniel Kahneman
- “Think” by Guy Harrison
- “What Philosophy Can Do” by Gary Gutting

Get more ideas at the Tacoma Public Library website – [www.tacomalibrary.org](http://www.tacomalibrary.org)

(Source: Tacoma Public Library)

## **LOCAL HAPPENINGS**

### **Jan 3 – Oh My Gosh: Now What?**

Session #1 of 6: “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. Held 11 a.m. to noon at the Point Defiance~Ruston Senior Center, 4716 N. Baltimore Street. Free event; RSVP if staying for lunch at (253) 756-0601 [View event flyer](#). Call for more info at (253) 798-4600.

### **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.

### **Jan 17 – Oh My Gosh: Now What?**

Session #2 of 6: “How does the disease progress? What should I expect?” See Jan 3 for more details. Held 11 a.m. to noon at the Point Defiance~Ruston Senior Center, 4716 N. Baltimore Street. Free event; RSVP if staying for lunch at (253) 756-0601 [Event flyer](#). Call for details at (253) 798-4600.

### **Jan 31 – Oh My Gosh: Now What?**

Session #3 of 6: “How do I start the conversation? How do I cope with the shock?” See Jan 3 for more details. Held 11 a.m. to noon at the Point Defiance~Ruston Senior Center, 4716 N. Baltimore Street. Free event; RSVP if staying for lunch at (253) 756-0601 [Event flyer](#). Call for details at (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% 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 – Oh My Gosh: Now What?**

Session #4 of 6: “What are the typical behaviors? How do I manage them?” See Jan 3 for more details. Held 11 a.m. to noon at the Point Defiance~Ruston Senior Center, 4716 N. Baltimore Street. Free event; RSVP if staying for lunch at (253) 756-0601 [Event flyer](#). Call for details at (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 9 – Alzheimer’s Association Advocacy Day**

### **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.

### **Feb 16 – 2017 Washington State Assistive Technology Conference**

Technology is evolving at a rapid pace and will substantially increase quality of life for not only people with disabilities but all of us. Come learn what is happening, the enormous impact it is having on the lives of people just like you and how you can take part in this future as it unfolds. Event focuses on the theme “From the Person to the Practical to the Possible.” Learn how people with disabilities and their supports can access technology, assess what is pertinent for them, fund it, train to use and maintain the technology and increase independence in all domains of life. Held 9 a.m. to 5 p.m. at the Spokane Convention Center. [Click here for details and more information.](#)

### **Feb 20 – NAMI Lobby Day**

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 a.m. - 5:00 p.m. at the Legislative Building Rm. 112 (on Campus). [RSVP if you are planning on attending.](#)

### **Feb 21 – Oh My Gosh: Now What?**

Session #5 of 6: “How do I pay for care? What are the legal things I should do?” See Jan 3 for more details. Held 11 a.m. to noon at the Point Defiance~Ruston Senior Center, 4716 N. Baltimore Street. Free event; RSVP if staying for lunch at (253) 756-0601 [Event flyer](#). Call for details at (253) 798-4600.

### **Feb 23 – Senior Lobby Day**

Save the date. Held at the United Churches in Olympia. More to come.

### **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/one day or \$240/two days. [More information, a full list of presentations and speakers and online registration available.](#) Contact [Lori Clary](#) at (360) 705-9019.

### **Feb 28 – Cross Training for Victim Service Providers**

Learn the dynamics of abuse in later life and how to identify and utilize resources in the community. This training is for service providers who work with older adults and/or victims of abuse in Pierce County. The purpose of this training is to enhance older victims’ safety and quality of life by strengthening collaboration among victim service providers. Participants will be able to describe the dynamics of abuse in later life, identify and utilize resources in the community and promote collaboration and communication among victim service providers. Sponsored by the Pierce County

Elder Abuse Project. (Additional dates: April 11, May 22 and Oct 10) Held 8 a.m. to 5 p.m. at KWA, 123 E. 96<sup>th</sup> Street in Tacoma. [Click here to register for a training session](#). All participants must register to attend. For questions, please contact [Stacia Vierra](#) at (253) 798-4313.

#### **Mar 4 – Women Building Bridges**

This one-day conference is for women interested in exploring the potential and power of collaboration, renewing their personal spiritual life, and engaging with their community to spur positive change. The Interfaith Women's Conference will emphasize that which unites us – compassion and understanding. This is an event for women of all faiths throughout the entire Puget Sound region. We will explore ways we can work together to assist more people in need. [Information and registration online](#).

#### **Mar 7 – Oh My Gosh: Now What?**

Session #6 of 6: “Where can I turn for help? What are the resources I can rely on?” See Jan 3 for more details. Held 11 a.m. to noon at the Point Defiance~Ruston Senior Center, 4716 N. Baltimore Street. Free event; RSVP if staying for lunch at (253) 756-0601 [Event flyer](#). Call for details at (253) 798-4600.

#### **Mar 10 – Senior and Veterans Dental Clinic**

A free dental clinic for older adults and Veterans of all ages who do not have any dental coverage. Services provided may include screening/evaluations; denture repairs; X-rays; restorations or extractions. All participants must meet eligibility requirements including: Must be a Pierce County resident 55 years of age or older, or a Veteran of any age; must have no dental coverage, including Medicaid; must meet income eligibility guidelines, must be able to provide a completed medical history no later than February 28<sup>th</sup>. Advance appointments required. Call the Pierce County Dental Society at (253) 272-1101 for more information or to be screened for eligibility.

#### **Mar 14 – Essential Documents**

Age has nothing to do with it. Everyone needs to have these essential documents in place. While preparing these documents on your own may be an option, find out whether that option will be right for you, your family and your descendants. Information on the Internet, for example, may not be valid in Washington State. Learn about details in this impartial, informational presentation sponsored by the ADRC. [View event flyer](#). Held 6:30 – 8:30 p.m. at the Sumner Library, 1116 Fryar Ave., Sumner. Call (253) 798-4600 for more information.

#### **Mar 16 – Reason to Hope**

Join the Alzheimer's Association for the annual Reason to Hope Breakfast in Tacoma and learn how, together, we can change the path of Alzheimer's. Breakfast event held 7:30-8:30 a.m. at the Hotel Murano in Tacoma. [Visit the website information/registration page](#).

#### **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.



### **Mar 18 – Essential Documents**

(See March 14 for event description.) [View event flyer](#). Held 10 a.m. to Noon at the Pierce County Soundview Building, 3602 Pacific Avenue, Tacoma. Call (253) 798-4600 for more information.

### **Mar 22 – Essential Documents**

(See March 14 for event description.) [View event flyer](#). Held 6:30 – 8:30 p.m. at the Parkland/Spanaway Library, 13718 Pacific Ave., S. Tacoma. Call (253) 798-4600 for information.

### **Mar 23 – Essential Documents**

(See March 14 for event description.) [View event flyer](#). Held 6:30 – 8:30 p.m. at the University Place Library, 3609 Market Place W., UP. Call (253) 798-4600 for more information.

### **April 11 – Cross Training for Victim Service Providers**

See Feb 28 for event details. (Additional dates May 22 and Oct 10) Held 8 a.m. to 5 p.m. at KWA, 123 E. 96<sup>th</sup> Street in Tacoma. [Click here to register for a training session](#). All participants must register to attend. For questions, please contact [Stacia Vierra](#) at (253) 798-4313.

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

The Partners in Emergency Preparedness Conference (a non-profit 501(c)3 charitable organization) is the largest regional emergency preparedness conference in the Pacific Northwest. Event hosts nearly 700 people representing business, schools, government, the nonprofit sector, emergency management professionals, and volunteer organizations. Includes lessons learned from recent worldwide events like earthquakes, work place violence, current hazards research, contingency planning, school preparedness, technology, media interactions, and public health issues. Speakers and exhibitors provide cutting-edge information on subjects such as business continuity planning, school safety, public health preparedness, homeland security, and public information. [Registration is now open online](#). Held at the Greater Tacoma Convention & Trade Center in Tacoma. [Click for details](#).

### **April 26-27 – Science of Hope Conference**

Join the Foundation for Healthy Generations at the annual two-day conference for those working to create enduring healthy equity. [Register](#). Held at the SeaTac Hilton, 17620 International Blvd., SeaTac.

### **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.](#)

### **May 22 – Cross Training for Victim Service Providers**

See Feb 28 for event details. (Additional dates May 22 and Oct 10) Held 8 a.m. to 5 p.m. at KWA, 123 E. 96<sup>th</sup> Street in Tacoma. [Click here to register for a training session.](#) All participants must register to attend. For questions, please contact [Stacia Vierra](#) at (253) 798-4313.

### **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.

### **Oct 10 – Cross Training for Victim Service Providers**

See Feb 28 for event details. (Additional dates May 22 and Oct 10) Held 8 a.m. to 5 p.m. at KWA, 123 E. 96<sup>th</sup> Street in Tacoma. [Click here to register for a training session.](#) All participants must register to attend. For questions, please contact [Stacia Vierra](#) at (253) 798-4313.

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

**Question:** My car doesn't use a key. It uses a wireless remote to lock and unlock the door. I saw on the news that crooks have the technology to copy my remote signal and get into my car. What can I do?

**Answer:** It's true although it's not too common – yet. The automobile companies are working hard on a solution but it's going to be some time for a fix and there's very little consumers can do. In the meantime, as always, be alert to your surroundings and people who may be lingering close to you. Store no valuables in your car. Security people recommend that if you do place valuables in your car, hop in and drive around the parking lot for a minute and find a new place to park. Thieves will usually think you are leaving and won't hang around to break in your car for those packages you stored. If you have a GPS system, make sure you do not have your home address saved as one of your destinations. Instead, pick an address maybe a block or two away so they cannot use that information – or your garage door remote – to enter your home while you are away.

### **NATIONALLY**

#### **What Repeal of the Affordable Care Act Could Mean for Medicare**

Repealing the ACA will have direct implications for Medicare spending, beneficiaries, and other stakeholders. A full repeal of the ACA would undo all of the law's changes to Medicare and would increase Medicare spending resulting in higher Medicare premiums, deductibles, and cost sharing for beneficiaries, and accelerate the insolvency of the Medicare Part A trust fund. It also would eliminate coverage in the "doughnut hole" of the Medicare Part D drug benefit, a coverage gap that is closing by 2020 under the ACA. [Read more from KHN.](#) ). Also, [watch NCOA's new short video](#) to get the facts on why the ACA matters for seniors. (Sources: KHN and NCOA)

## **U.S. Life Expectancy Declines**

The [life expectancy](#) for Americans declined in 2015, a phenomenon that hasn't happened since 1993. Males could expect to live 76.3 years at birth last year, down from 76.5 in 2014. Females could expect to live to 81.2 years, down from 81.3 the previous year. Death rates rose across all ages and most demographic groups. Among the ten leading causes of death in the United States, eight rose last year including heart disease, stroke, and Alzheimer's disease. (Source: Washington Post)

## **Out of Pocket Costs for Family Caregivers**

An [AARP study of family caregivers](#) detailed out-of-pocket costs. Findings include family caregivers spend roughly \$7,000 per year, or 20% of their income. Household expenses garner the largest share of family caregivers' out-of-pocket spending with 41% of total spending. Long-distance caregivers incurred the highest out-of-pocket costs (\$11,923). More than half of employed caregivers (56%) experience at least one work-related strain. Many family caregivers also need to cut back on other spending which can undermine the family caregiver's future financial security. Also, read "[Caring For A Loved One At Home Can Have A Steep Learning Curve](#) from KHN." (Source: AARP)

## **FAPE Case Draws Flurry of Attention**

As the U.S. Supreme Court prepares to consider how much educational benefit schools must provide students with disabilities, everyone from lawmakers to states and advocates are weighing in. [Read more](#). (Source: DisabilityScoop)

## **Meet the Nominees**

President-elect Donald Trump has announced his nominees to lead the Department of Health & Human Services and Centers for Medicare & Medicaid Services. Here's what we know about each of them. [Learn more](#). (Source: NCOA)

## **Congress Passes 21st Century Cures Act**

The 21<sup>st</sup> Century Cures Act provides for \$4.8 billion in new funding for the National Institutes of Health; of that, \$1.8 billion is reserved for the "cancer moonshot" launched by Vice President Biden to accelerate research in that field. Another \$1.6 billion is earmarked for brain diseases including Alzheimer's. Also included are \$500 million in new funding for the Food and Drug Administration and \$1 billion in grants to help states deal with opioid abuse. The full text of the bill can be found [here](#). [Read more](#). (Source: NY Times)

## **Dental Costs Can Take a Large Bite Out of Seniors' Pocketbooks**

More than half of Medicare beneficiaries went without a dental visit in the past 12 months, and only 12 percent had any kind of dental insurance. Despite evidence of a strong connection between oral health and physical health, Medicare excludes dental care from covered benefits, not only leaving beneficiaries at risk for tooth decay and disease but also exposing them to high out-of-pocket costs. [Read more](#). (Source: Commonwealth Fund)

## **Proposal to Cut Social Security Benefits Introduced**

U.S. Rep. Sam Johnson (R-TX), chair of the Social Security subcommittee of the House Ways and Means Committee, has filed [a bill that would cut Social Security](#). It means a 35% cut from current levels for some retirees. The Social Security Reform Act of 2016 (H.R. 6489) also raises the retirement

