

ADRC E-Newsletter February, 2017



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.

Note New Location: Mid-County Community Center, 10205 44th Ave E, Tacoma.

(Complimentary morning refreshments served)

Contact [Bob Riler](#), ADR, (253) 798-7384

Feb 2 – “Personal Emergency Response Systems”

Mar 2 – “Shick Shadel Drug & Alcohol Treatment” with Lorrie Adams

Health Care Providers Council of Pierce County

Second Thursday of each month, 7:30 – 9 a.m. (Breakfast ends at 8 a.m. sharp)

Narrows Glen, 8201 Sixth Ave, Tacoma

(Breakfast \$6; Coffee \$2)

Contact [Joan Engle](#) at (253) 627-3833

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.

Feb 15 – Merrill Gardens at Renton Centre, 104 Burnett Ave South, Renton

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

Members must have their business office in Gig Harbor or have Gig Harbor as a large territory for their business. Visitors are always welcome.

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

LOCAL SERVICES

NOTE: Last Chance to Stay on ADRC E-News List

We are updating the ADRC E-News mailing list. Do you want to stay on the list? If you want to continue receiving the e-news please send a quick e-mail to Bob Riler – briler@co.pierce.wa.us – and respond yes. Otherwise you will be dropped after this edition. If you already responded, great. No need to reply again. Thank you for your attention.

Washington Gets Final Approval for Medicaid Transformation

A final contract between Washington state and the Centers for Medicare and Medicaid Services (CMS) for a five-year [Medicaid Transformation demonstration has been finalized](#). The Washington State Medicaid Transformation Project provides up to \$1.1 billion of incentives for rewarding high-quality care. It takes a patient-centered, holistic approach to care, creates partnerships with communities to address social determinants of health, and holds down cost increases; as well as \$375 million to support critical services for Apple Health clients. Read more about [Medicaid Transformation](#).

UW Alzheimer’s Disease Study Seeks Participants

The UW Dept. of Rehabilitation Medicine, in collaboration with the Alzheimer’s Association, is conducting in a research study for adults with Alzheimer’s. Participants make two visits to the UW Medical Center: visit 1 includes taking MRI images of your brain, testing your memory and walking; visit 2 is one year later and includes testing your memory and walking. Participants must be 65-95 and can walk household distances (with or without walker or cane.) Transportation costs are covered plus lunch and \$80 compensation. Call Amy at (206) 616-5550 to learn more.

Legal Handbook for Washington Seniors

Handbook for Washington Seniors: Legal Rights and Resources is a comprehensive quick-reference guide on the full range of legal issues facing Washington seniors. The document is a production of Legal Voice. Online: [View or download the PDF](#) Print: [Order a spiral-bound book for \\$20](#).

Resource Guide to Community Services

Associated Ministries has completed its new [2016-2017 Community Services Resource Guide](#) for Tacoma and all of Pierce County. The 32-page directory includes resources on an array of social and human services and can be used as a quick reference when dealing with clients. This is on-line only. No print copies are available - online only.

Vendor Opportunities – Care Transitions Conference

The focus of the Care Transition Conference (May 10 in Des Moines) will be on developing a shared vision for patient and family-centered transitions of care across the continuum. The conference relies on sponsors, exhibitors, and advertising to stay affordable for health and human services professionals at all levels. Consider purchasing one of the event sponsor packages. Organizations wishing only to exhibit or advertise are also welcome. [For details visit the event website](#).

Pierce Transit’s Care-A-Van Program

The Pierce Transit “Care-a-van” program, grants retiring vehicles to qualifying not-for-profit or governmental organizations that provide rides and services for people with special needs. The vehicles might be used for everything from transporting individuals with disabilities to jobs, providing

transportation to meal sites, to providing mobility for low-income seniors to medical appointments or shopping. Pierce Transit is currently accepting applications. Deadline is February 14, 2017. If your organization has a not-for-profit designation and would like to apply for a retiring vehicle, please [click on this link](#) to learn about the program and to get your application.

VITA Sites Provide Free Tax Services

Each February through April 15th, VITA (Volunteer Income Tax Assistance) helps working and low income individuals and families save month through free tax preparation (volunteers prepare tax returns for clients) or facilitated self-assistance (customers do their own returns with volunteer help). Tax counseling for the Elderly provides the same service, giving special attention to those aged 60 and older. [Click here to volunteer.](#) | [Click here to see a list of VITA tax sites in Pierce County.](#)

Earned Income Tax Credit for Tax Year 2016

The Earned Income Tax Credit (EITC) is a national program that helps low to moderate income working families and individuals by reducing their federal income tax burden. The amount of the tax credit is based on several factors, including the amount of an individual's earnings from wages, self-employment or farming. The EITC can provide a refund for as much as \$6,269 (for tax year 2016). [Click here](#) for more information on eligibility, income and refund amounts for tax year 2016.

Support U Offers Wellness for Caregivers

Support U: Fostering Caregiver Wellness helps make life better for seniors and unpaid caregivers. Basic care giving information and tips are presented in accessible short classes to help reduce the number of caregivers who suffer from burnout by trying to “do it all” alone. The six-session program focuses on planning ahead, resources, communication, finances, family dynamics and more. Held 1 to 3p.m. on Wednesdays Feb 28 to April 4 at St Leo Church, Bichsel Hall, 710 S. 13th St., Tacoma. \$20 suggested donation. Contact [Kathy Hitchcock](#), (253) 564-3785.

UP Senior Center Survives

The University Place Senior Center has new life. The nonprofit Community Connection Place (no relation to Pierce County Community Connections) is leasing the building from the city at \$1/month to maintain the social hub for seniors in light of the city discontinuing its recreation programs in 2017. The organization must cover operation and maintenance costs. Center hours are 9 a.m. to 4 p.m. Monday through Friday. Popular weekly bridge, pinochle, bingo and domino games will continue, along with Thursday morning art class and the Catholic Community Services free meal at noon Fridays. The organization is seeking a community partner to restore monthly foot care services, and leaders say they hope to create more partnerships to bring classes and services to the center. [Read more.](#)

Support Service Providers (SSPs) Needed

The SSP assists the DeafBlind individual(s) by providing visual/environmental info so they can have their basic needs met such as food shopping, basic banking, material reading, errands, and/or provide rides to the airport. Do you have the desire to be in a supporting role and assist individuals, have ASL skills or learning ASL (We might accept some with no ASL skills to work with those using spoken language) and have some free time and want to earn some extra income? Training provided. Contact [Debra Kahn](#) at ssp@seattledbsc.org.

Pierce County Long Term Care Ombudsman

[Kashmiri Gavronski](#) (253-798-3789) has been selected to serve as the new Regional Long Term Care Ombudsman. Since March 2014, Kashmiri has been a Case Manager with Aging & Disability Resources. In her new position, Kashmiri will provide oversight of the ombudsman program, including supervision of the three part-time staff and nearly twenty certified volunteer ombudsmen. Her office will be located at the Sound View Building, 3602 Pacific Ave in Tacoma.

Cancer Support Groups

Virginia Mason in partnership with Cancer Pathways is offering two separate support groups. One is for current and former cancer patients and a second one is for cancer caregivers. These are drop-in, professionally-facilitated groups. Held 1st & 3rd Wednesdays 11:00 a.m. to 12:30 p.m. upstairs, 2nd Floor. Free Parking in clinic parking lot. No matter where you are being treated - or have been treated - for cancer, both of these groups are here for you. For more information please contact Theresa at theresa@cancerpathways.org or call (206) 709-1400.

Senior Utility Assistance

Are you over 55, told you do not qualify for utility assistance because you make too much to qualify but you're still struggling financially? Sound Outreach has WARM fund senior utility assistance available now. Seniors with incomes between 125% - 225% of the Federal Poverty Level (FPL) may qualify. Call Sound Outreach for an eligibility check and to apply Monday - Friday, 9 a.m. to 5 p.m. at (253) 593-2111. WARM fund FPL limit: 1 person household \$1239-\$2228 – 2 person household \$1670-\$3004 – Call for larger households. Income lower than 125%? Get help from LIHEAP utility assistance: Inside the Tacoma City Limits call MDC @ 253-572-5557; Inside Pierce County but outside Tacoma City Limits call Pierce County Community Connections @ 1-855-798-4328.

Mustard Seed Project Transportation

The Tacoma News Tribune featured the work of The Mustard Seed Project's transportation program. The article featured several volunteer drivers and the needs of local residents. Funded by grants and donations and partnering with [Pierce Transit](#) and [Catholic Community Services](#), the 10-year-old group has 145 clients catching rides from the volunteers. [Read the story.](#)

Conversations on Dating and Having a Social Life for Youth with Disabilities

Conversations with your family about dating or having a social life can be difficult to bring up. Informing Families has created a new video to offer tips for how to get started. Featuring Ivanova Smith, George Adams and Alexa Atkins. Watch and share [Conversations on Dating and Having a Social Life](#), a 5 minute video produced by Informing Families in collaboration with Allies in Advocacy. (YouTube) Great for the classroom, workshops, and group discussion.

Get One-on-One Help to Figure Out Your New Device

Did you have a new smartphone, tablet or laptop? For first-time owners of these devices and more, getting started can be confusing and frustrating. Pierce County Library System's new Book a Librarian to the rescue. A librarian will meet with you at the library to explain how your devices work, answer questions and point out handy functions. All you do is get a [Pierce County Library card](#) and make an appointment for a free, one-on-one session with Book a Librarian. Sessions are available at most Pierce County Library locations and can be reserved for up to 45 minutes at getsmart.pcls.us.

Let Your Seniors Dance!

Eden the Remix has come to Pierce County. The group brings ballet, hip-hop, contemporary, lyrical, jazz and event adult line cardio. The goal is to provide participants with the comfort and convenience of quality dance instruction outside the traditional dance studio. Instructors provide levels of instruction appropriate to the group based on their initial potential. The program has also been designed for at-risk youth and women who have suffered domestic abuse. Classes are already offered at a number of senior centers and senior living facilities as well as schools and community centers. Currently offered at Lighthouse, Beacon, Mercy Housing, Harbor View Manor and more. More info at (267) 577-7402 or edentheremix@gmail.com.

Sponsor the Senior Prom

Franke Tobey Jones will host their annual Senior Prom on April 8, 2017 at the McGavick Conference Center at Clover Park Technical College. Sponsorships for this great event are available. Contact Christine Hall at (253) 756-6350 or chall@franketobeyjones.com.

Senior Dental Care Day

Do you know a senior or veteran needing dental care, but who doesn't have insurance? Let them know about the Free Senior & Veteran Dental clinic! Registration is now open. Call (253) 272-1101 to sign up for service. Participant must be a Pierce County Resident 55 years of age or older or a veteran of any age. Participant must not have dental insurance, Medicaid/Apple Health. Participant must meet income guidelines and provide complete medical history. [View event flyer](#).

Smart Driver Course

AARP Smart Driver Course sponsored by MultiCare Celebrate Seniority. \$15 AARP member/\$20 non-member. Required RSVP: (253) 697-7385. Two locations:
Weatherly Inn, 6016 N Highlands Pkwy, Tacoma; Feb 22, Mar 22, April 26; 8:30 a.m.-3:30 p.m.
American Legion Building, 309 14th St SE, Puyallup; Feb 21, Mar 22, April 18; 9 a.m.-5 p.m.

SCAMS OF THE MONTH

BBB Urges the Public to Be Cautious this Tax Season

With tax season underway, Better Business Bureau serving the Northwest is reminding the public to be vigilant with their personal information. Tax collection scams were the most reported fraud cases to BBB in 2016 with more than 7,500 reported. BBB is urging consumers to be wary of unsolicited phone calls, emails or letters purported to be from the IRS or any official-sounding government agency. Watch for these common tax related scams:

- Impostor Scams: Scammers pose as IRS agents and demand money or threatening jail time.
- Tax Relief Scams: Deceptive advertisements claim to greatly reduce a person's tax liability.
- Identity Theft: Scammers file fraudulent tax returns in the victim's name.

[More information online](#).

LOCAL HAPPENINGS

Feb 3 – Go Red for Women

[National Wear Red Day](#) – American Heart Association

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. 35th 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. [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?” 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 [Event flyer](#). Call for details at (253) 798-4600.

Feb 7 – Updating Social Security

(See Feb 6 for event information.) Held 12:10 – 12:50 p.m. at the County City Bldg., 930 Tacoma Ave. S., 7th Floor Conference Room. [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. [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. [View the event flyer](#) or call (253) 798-4600.

Feb 9 – Alzheimer’s Association Advocacy Day

[Registration is open](#) for the Washington State Chapter Advocacy Day. For questions contact Peter Newbould: pnewbould@alz.org or (206) 529-3867.

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. [View the event flyer](#) or call (253) 798-4600.

Feb 14 – AARP Legislative Day

An opportunity to advocate for the protection of vulnerable adults from financial exploitation by bringing the perpetrators to justice. The event is free, but registration is required. [Click here to register!](#)

Feb 15 – Disaster and Emergency Preparedness Workshop

This is a free Community Preparedness Education presentation for Seniors. This program is designed empower adults and their families to utilize the information and skills they learn from the Red Cross to help others. Held 1 – 3 p.m. at Patriots Landing; 1600 Marshall Circle in DuPont. RSVP required. Contact Karen Getchell at (253) 343-4868 or kgetchell@patriotslanding.com.

Feb 16 – 2017 Washington State Assistive Technology Conference

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

Educate legislators about mental illness and the need to change our current “mental illness” system to a “mental health” system. The full schedule for the day can be found on the [NAMI Washington website](#). NAMI Washington's 2017 legislative priorities can be downloaded by clicking [here](#). Special Legislative Luncheon Reception on the Capitol Campus in the Legislative Building, Room 112 from 12:15 - 1:30 p.m. [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 Feb 7 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 21 – Memory Care Strategies.

Things you can do to improve your memory. Presented by Pioneer Physical Therapy- Jessica Sides, COTA/L. Held 12:30-1:30 PM at the Puyallup Activity Center, 210 W Pioneer, Puyallup.

Feb 21 – Family to Family Class

A 12-week series held in Buckley help families learn how to support their loved ones and care for themselves as they move from the shock of a mental health diagnosis onto the path of Recovery. Pre-registration is required. To register contact family@namipierce.org.

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 27 – Recipe for Strong Bones

Presented by Traci Woodcock, Nutritional Therapist/Certified Holistic Health Coach. Held 12:30-1:30 PM at the Puyallup Activity Center, 210 W Pioneer, Puyallup.

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. 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. 96th Street in Tacoma. [Click here to register for a training session](#). 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 Feb 7 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: (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 28th. 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 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.

Apr 6 – Discovery 2017 Pre-Conference Event

“Understanding the Experience and Selfhood of People with Alzheimer’s Disease: Context is Key” with Dr. Steven Sabat. Our understanding of people living with Alzheimer’s disease has been dominated by a biomedical point of view, focused primarily on disability. With a shift in perspective drawn from Dr. Sabat’s research, he’ll help us see a very different point of view: Ability. Held 7:00 p.m. to 8:45 p.m. at Town Hall Seattle, 1119 Eighth Avenue in Seattle. Tickets: \$5 at the door.

Apr 7 – Discovery 2017 – Alzheimer’s Regional Conference

This annual conference is an opportunity for attendees to learn and affirm, connect and confer, energize and visualize ways to enhance the lives of individuals with Alzheimer’s. Held 7:30 a.m. to 4 p.m. at the Washington State Convention Center in Seattle.

Apr 8 – Senior Prom

Franke Tobey Jones hosts this annual social extravaganza for the 55+ crowd. [View the event flyer](#). Held at the McGavick Conference Center at Clover Park Technical College, 4500 Steilacoom Blvd, SW in Lakewood. Tickets \$5 at the door or in advance at (253) 752-6621 or [online](#).

Apr 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. 96th 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 for 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. Topics include 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](#).

Apr 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: We’re All In It Together

This conference continues a community conversation discussing new ways to work together to decrease avoidable hospital admissions. Readmissions contribute significantly to the cost of health care—costs borne by insurance companies, hospitals, taxpayers (Medicaid and Medicare), patients, and families. The conference is open to anyone engaged in improving health care quality and transitions of care. Stakeholders in King, Snohomish, Pierce, and Kitsap counties are particularly encouraged to participate. 300 participants expected. [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. 96th 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

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

July 25 – Social Security Disability

Save the date. Celebrate the 27th 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.

Aug 9 – Pierce County Cancer Survivorship Conference

Sept 22 – Pierce County Fall Prevention Day

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. 96th 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: I've already received one phone call and two e-mails from the IRS. Both sound kind of threatening but I'm not sure I should respond.

Answer: Don't. The IRS will not contact you by phone or e-mail. The IRS will only send letters. Ignore any phone call or e-mail no matter how threatening. The only time they will call you is if you contact them first, but even that is rare. Usually matters are taken care of when you call and are finished when you hang up. Do not respond to those phone calls – hang up. Do not respond to those e-mails – delete. That being said, be careful of mail that purports to be from the IRS. Scammers are getting smart to that and can imitate official looking IRS letters. It might not be a good thing to call the phone number on such a letter – it could be the scammer's phone. Get on the Internet (www.irs.gov) to check to find the right number to call or call the ADRC – (253) 798-4600.

NATIONALLY

2017 Poverty Guidelines Published

HHS has issued the [2017 poverty guidelines and thresholds](#) in the Federal Register. The poverty guidelines are sometimes loosely referred to as the “federal poverty level” (FPL). The guidelines are frequently used in determining financial eligibility for certain federal programs. (Source: HHS)

Obamacare Repeal Could Threaten Older Adults

Republican lawmakers say they want their replacement of Obamacare to be done by spring. There is no consensus on a plan yet, but several Republicans in Congress have already circulated [proposals](#) that could reduce or eliminate features of the federal health law that have benefited older Americans on Medicare as well as Medicaid. [Read or listen to the story.](#) (Source: NPR)

Everything You Need to Know About Block Grants — The Heart of GOP's Medicaid Plans

Republican plans to transform Medicaid could help set debate on the role of government and entitlements. [Here's an explanation](#) of how it could work. (Source: KHN)

Fact Sheet Highlight the Role and Reach of Medicaid

A new collection of [state Medicaid fact sheets](#) highlights the role and reach of the nation's public health insurance program for people with low income, which covers more than 70 million Americans, many with complex and costly health conditions. The fact sheets for each state are accessible via an [interactive map](#) of the U.S. and display a wide range of data. (Source: KFF)

Caregiving is Taxing, But You May be Eligible for Savings

As a caregiver, you likely pay for some care costs out of your pocket. You may qualify for tax benefits. Tax rules are complex so be sure to talk to your financial adviser or accountant before filing your returns. [Read more from the Alzheimer's Association.](#) (Source: Alzheimer's Association)

New One-Stop Resource to Protect and Strengthen Medicare

[Medicare Rights](#) launched its newest resource: [Protect & Strengthen Medicare.](#) This webpage will serve as a one-stop clearinghouse for facts and information on the Medicare program and on proposals under consideration by Congress and the Administration to change it. In the debates ahead this website will

