

## ADRC E-Newsletter March, 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.

Mid-County Community Center, 10205 44<sup>th</sup> Ave E, Tacoma.

(Complimentary morning refreshments served)

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

Mar 2 – Ombudsman Program Update, Kashmiri Gavronski, Pierce County LTC Ombuds

#### **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

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

Apr 13 – Networking

#### **East County Providers Network**

Third Tuesday of each month, 8 a.m.

Location varies monthly

Contact [Laura Fehrenbacher](#), Stafford Suites, (253) 862-1818

#### **Pierce County Care Transitions Collaborative**

Third Thursday of the month, 7:30-8:30 a.m.

Allenmore Hospital Basement Conference Room

Contact [Rosanna Pace](#) at (206) 914-4755

#### **SASH Coffee and Networking**

Tacoma - First Wednesday of each month, 8:30 – 10 a.m.

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 8:15 – 9:30 a.m.

Mar 15 – Weatherly Inn, 15101 SE 272nd Street - Kent

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

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**

### **Program Offers to Reduce Disability in Alzheimer's Disease**

Pierce County Aging and Disability Resources now offers a 6-week, in-home exercise program for adults with dementia and their caregivers. RDAD – Reducing Disability in Alzheimer's Disease – focuses on balance, strength, nutrition, safety and communication. It has been proven to improve overall health, help lower caregiver stress and enable care recipients to remain at home longer. To learn more or to participate call the ADRC at (253) 798-4600 or (800) 562-0332.

### **Services and Eligibility for Refugees and Immigrants**

DSHS has issued a memo regarding the recent Executive Order, "Protecting the Nation from Foreign Terrorist Entry into the United States." This order does not change eligibility or access for DSHS benefits or services for refugees and eligible immigrants once they have arrived in the United States.

### **Free Tax Preparation**

It's tax season again. Associated Ministries and partner organizations offer free tax preparation services to low and moderate income taxpayers and seniors at 23 different locations in Pierce County. Volunteer preparers are IRS-certified to provide free basic income tax return preparation. [Click for tax prep sites.](#)

### **New Caregiver Alert: Emergency Preparedness**

Emergencies can take many forms, from winter storms, wildfires, power outages, earthquakes, to terrorism. Individuals with intellectual and/or developmental disabilities are often at higher risk if they rely on others for care and support. Learn who is at increased risks, how to assess for emergency preparedness, and how to plan for your specific needs in this latest [Caregiver Alert](#) by the Washington State Developmental Disabilities Administration (DDA).

### **New Memory Care Community in University Place**

The Cottages at University Place is now taking reservations for its new Memory Care Community opening soon. Drive by for a peak of the new development at 5417 64th Street West in UP. Tours available Monday through Friday starting March 13 from 10 a.m. to 4 p.m. For more information contact Susan Dale at (253) 381-6946 or Marysusan Iotte at [marysusan@cottages-universityplace.com](mailto:marysusan@cottages-universityplace.com).

### **Excellence Awards Given to Local Agencies**

Home Care Pulse, the nation's home care industry's leading satisfaction management firm, has recognized three local providers with special awards for 2017. Sound Options in Tacoma received three awards as Leader In Excellence award winner in the 2017 Best of Home Care, 2017 Best of Home Care – Provider of Choice and Employer of Choice awards categories. Visiting Angels in Tacoma and Wisser Home Care also received 2017 Best of Home Care – Provider of Choice. And Wisser Home Care received the Employer of Choice award. [Read more.](#) Best of Home Care Awards are based on the satisfaction ratings from the clients and caregivers of each award winner and only providers with the some of the highest quality ratings qualify.

### **Vendor Opportunities – Care Transitions Conference**

The focus of the Care Transition Conference (May 10 in DesMoines) 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.](#)

### **ADR Advisory Board Member Recognized**

Patricia McIntyre, a member of the Aging & Disability Resources (ADR) Advisory Board, has been selected to receive an “2015 Outstanding Adult” volunteer award by Pierce County. More than 4,000 individuals gave their time, energy and expertise through volunteer activities, contributing over 16,000 hours of service. Pat has chaired numerous committees and has served as representative for Pierce County on the State Council on Aging and volunteers her time with several other area organizations.

### **The Represent You Booklets**

The League of Women Voters has produced the 2017 edition of “They Represent You” (TRY). The directory provides information about elected officials throughout Pierce County. TRY is available online at [www.tacomapiercelwv.org/TRY.html](http://www.tacomapiercelwv.org/TRY.html). For hard copies call (253) 272-1495 or [email](#).

### **Wesley Homes Begins Bradley Park Project**

Wesley Homes Bradley Park is coming to Puyallup and East Pierce County. The new campus will offer a wide variety of living choices, state-of-the-art amenities and a complete network of care services for those who need specialized care. Bradley Park will be the first and only faith based, not-for-profit senior living community in East Pierce County to offer a full continuum of care. The campus is also close to local Puyallup shopping centers and the YMCA.

### **Eating Recovery Program**

The Eating Recovery Program at HopeSparks offers hope for individuals who struggle with life-threatening eating disorders as well as those who are challenged with other food-related issues. Eating Recovery offers hope for individuals who struggle with life-threatening eating disorders as well as those who are challenged with other food-related issues. We teach individuals how to care for and nourish their body to restore self-confidence and well-being. The Eating Recovery Program at HopeSparks is the only nonprofit outpatient Eating Disorder program in the South Sound, providing dietitian services with mental health counseling for essential wraparound support. [Learn more online.](#)

### **How Medicaid Helps WA State**

Medicaid and the Children's Health Insurance Program now insures over 1.7 million adults and children since the Affordable Care Act's (ACA) coverage expansions went into effect. [Learn what Medicaid has brought to Washington.](#) Other states can be found on this new Commonwealth Fund [map and fact sheets](#) highlighting the gains in health coverage and federal funding. Evidence shows that repeal of the ACA's Medicaid expansion and implementation of alternative program financing approaches, such as block grants, may result in fewer federal Medicaid funds for states as well as reduced access to care, lower payments to health care providers, and job losses.

### **LGBT Mental Health & Crisis Calls**

Following recent actions by the new administration, including the announcement that the Department of Education is eliminating guidance for schools to protect transgender students, calls to LGBT hotlines have increased dramatically. In Pierce County the [Rainbow Center](#), 2215 Pacific Avenue, is a good resource to refer to – (253) 383-2318 . In addition, [Trans Lifeline](#), (877) 565-8860, is primarily for transgender people experiencing a crisis, including people who may be struggling with their gender

identity and are not sure that they are transgender, but is available to any transgender person in need. There are many additional programs and services on the GLAAD (Gay and Lesbian Alliance Against Discrimination) resource page at [LGBTQ Resource List](#)

### **New Retirement Connection Directory Available**

The new directory published by Retirement Connection We will be delivered to hospitals, libraries, senior meal sites, and area agencies on aging offices. Retirement Connection now has a phone app available for iPhones. [It can be downloaded from the app store](#) and is a great tool to keep up with networking opportunities, quickly search for resources, and dial a number or map a location directly from your phone.

### **SCAMS OF THE MONTH**

#### **Don't Say "Yes"**

Here's the scam. You receive a call from someone (a home security agency, a cruise line, a business listing company, survey company or social security). After the introduction, the recording will ask if you can hear the caller clearly. If you answer "yes" there's a possibility that the scam artist behind the phone call has recorded you and will use your agreement to sign you up for a product or service and then demand payment. Advice? Just hang up, especially on robocalls. Avoid responding to questions from unknown callers with "yes, sure or ok." Better yet, don't respond at all. If you are asked a question in a phone call or are asked to press a button to be placed on the Do Not Call Registry, just hang up the phone. Saying anything or pressing buttons when prompted may help the scam artists identify that you have an active phone number. Remember that no government agency will ever solicit for the Do Not Call Registry, but you can register your number at [DoNotCall.gov](#). This will stop legitimate telemarketers and business from soliciting you, but not scammers. So, if you are on the list and get a call, you can be that much more confident it's a scam. (Source: BBB)

### **LOCAL HAPPENINGS**

#### **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 5-8 - Sandglass Theater's D-Generation: An Exaltation of Larks**

An hour-long performance using the TimeSlips process to present stories from people with late stage dementia. Puppeteers play the roles of caregivers for the puppets who are residents of the care community. This performance will be followed by 6 free workshops designed for specific audiences. Maximum capacity for each workshop is 30 attendees. [Visit online](#) to purchase tickets for the performance and/or to register for the workshops.

#### **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?" 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.

### **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 14 – Nurses Day Out**

A unique opportunity for nurse leaders and nurses at all levels to get updated on nursing issues and hot button items, bringing together nurses and nurse leaders from numerous organizations. This is an opportunity to hear about pain management issues with dementia residents, creating high powered teams, the importance of documentation and readmissions. Special lunch keynote guest is Cynthia James --“[Choosing You](#): the Powerful Secret for “Getting Your Ducks in a Row.” Sponsored by LeadingAge Washington. [Registration link](#).

### **Mar 16 – Brain Injury Peer Navigator Training**

The Peer Navigation program is designed to match brain injury survivors who are at least 2 years post injury, are making a successful return to their community, and want to give back with those who have recently sustained an injury and are working on adjusting to life after brain injury. Peer Navigators are not professionally trained counselors or therapists. Navigators are provided with a one-day training that will explore their limits as navigators with special guidance on when and how to make referrals to BIAWA and others, when appropriate. Peer Navigators are part of a larger team of the BIAWA Brain Injury Peer Navigation Program. The team includes other Peer Partners, Peer Navigators, and the BIAWA staff. This larger group provides support, encouragement and a safety net to assist all members. For more information about Peer Navigators or this training call the Brain Injury Alliance of Washington office at (877) 982-4292 or apply to be a Peer Navigator [through this online survey](#).

### **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.

### **Mar 28 – Tools4Success**

Free conference for persons with disabilities focusing on preparation for employment. Lots of great workshops and community resource fair. All day event held at Tacoma Community College. Free for job seekers with disabilities, students and support staff. \$20 for professionals and parents. Pre-registration required. [Register online](#) or call PAVE at (253) 565-2266.

### **Mar 28 –Pierce County Resource Fair**

Welcoming families, educators, professionals, community members and those of all abilities. Over 40 participating organizations with loads of information in partnership with PC2. Held from 6 p.m. - 8 p.m. in Building 11 at Tacoma Community College, 6501 S. 19<sup>th</sup> Street, Tacoma. Topics include Developmental Disability Administration (DDA), family supports, recreation, School to Work Transition, Early Intervention, residential services, employment, adult services, Social Security, self-advocacy, county & state human services.

### **Apr 1 – Mental Health First Aid Trainings for Pierce County Faith Communities**

Mental Health First Aid training is available at no cost to leaders, staff, and volunteers at faith communities in Pierce County. This is an 8-hour training that introduces participants to common risk factors and warning signs of mental health problems and specific illnesses like anxiety, depression, substance use disorders, bipolar disorder, and schizophrenia. Participants will learn a five-step action plan, “ALGEE,” to support someone developing a mental illness or experiencing an emotional crisis, and connect them to appropriate professional, peer, social and self-help care. Held at South Hill Christian Church, 12311 151<sup>st</sup> St. E, Puyallup, from 8:00 a.m. to 4:30 p.m., with lunch provided. To register, email your name, faith community, email and phone number to info to [monetcraton@chifranciscan.org](mailto:monetcraton@chifranciscan.org).

### **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 6 - Marijuana 101: Everything You Want to Know**

Cancer Pathways in collaboration with the Washington State Department of Health is pleased to present Cristal Connelly, Marijuana Prevention Education Coordinator, CPP, from the WA State Department of Health. You will learn everything you want, or need, to know about medical and recreational systems, how marijuana affects health, what youth, parents, educators, and adult consumers should know and the disparities in usage. Free. Held 9:00 - 11:30 a.m. at [Cancer Pathways](#) 1400 Broadway Seattle, WA 98122. Register by phone (206) 709-1400, by e-mail at [info@cancerpathways.org](mailto:info@cancerpathways.org) or online at [www.cancerpathways.org](http://www.cancerpathways.org).

### **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. [Information and registration online](#).

### **Apr 8 – Puyallup Health & Wellness Fair**

Get great health information and resources and visit numerous community organizations at this free annual event. Held 8 a.m. to noon at the Puyallup Activity Center, 210 W. Pioneer in Puyallup. Pancake breakfast - \$4. Hear Aaron Steele of Steele Capital Management about financial options for long term care – 10:30-11:30 a.m. Live Entertainment and more.

### **Apr 8 – Mental Health First Aid Trainings for Pierce County Faith Communities**

(See April 1 for event details) Held at Mt. View Lutheran Church, 3505 122<sup>nd</sup> Ave E. in Edgewood. from 8:00 a.m. to 4:30 p.m., with lunch provided. To register, email your name, faith community, email and phone number to info to [monetcraton@chifranciscan.org](mailto:monetcraton@chifranciscan.org).

### **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**

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: 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](#). Must register to attend. For questions, please contact [Stacia Vierra](#) at (253) 798-4313.

### **Apr 13 – Oh My Gosh – Now What?**

Pierce County ADRC begins another series of our popular “Oh My Gosh” workshop. The 6-part presentations are held on alternate Thursdays from 6 to 7 p.m. at the Sound View Building, 3602 Pacific Avenue in Tacoma. Other dates include April 27, May 11 and 25, June 8 and 22. For more information call the ADRC at (253) 798-4600 or (800) 562-0332. The workshop is free. No RSVP required.

### **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](#). Information about [scholarship opportunities](#) is also online. Held at the Greater Tacoma Convention & Trade Center in Tacoma. [Click for details](#).

### **Apr 19-June 21 – Buried in Treasures Group**

This workshop is designed to be a Facilitated Self-Help group (FiSH) for people whom hoard/clutter. The group will meet for 15 sessions to discuss the text, "Buried in Treasures" (Tolin, Frost, & Steketee, 2007), check in on individual progress, challenges, successes and goals. Hosted by The Hoarding Project. Meets Wednesdays 1 – 3 p.m. Contact [Denise Burningham](#) or (253) 642-6108 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.

### **Apr 29 – Disaster Preparedness Day**

West Pierce Fire and Rescue and the Lakewood YMCA host this annual event in conjunction with Healthy Kids Day. Topics include disaster kit preparation, emergency food and water preparedness, power problems and over all disaster preparedness. An event for all ages and abilities. Free; no RSVP required. Held 10 a.m. to 1 p.m. at the Lakewood YMCA, 9715 Lakewood Dr, SW.

### **Apr 29 – Mental Health First Aid for Older Adults**

Mental Health First Aid (MHFA) for Older Adults is an 8-hour training which introduces participants to the unique risk factors and warning signs of mental health problems in adults over the age of 65, builds understanding of the importance of early intervention, and teaches individuals how to help an older adult in crisis or experiencing a mental health challenge. The course is designed for adults who regularly interact with older people (caretakers, nursing staff, etc.). MHFA is included on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP). Held 8:30 a.m. to 5:00 p.m. at Orchard Park Health & Rehabilitation Center, 4755 S 48th St. in Tacoma. Lunch provided (by Orchard Park and/or PAR Initiative). Training is free. (Training is valued at \$170/person by Mental Health First Aid USA.) Register by April 1. E-mail: 1) Name, 2) Organization & Title, 3) Email Address, 4) Phone Number to [monetcraton@chifranciscan.org](mailto:monetcraton@chifranciscan.org).

### **May 2 - ChangingAging Tour**

Blending myth and science, live music and visuals, Dr. Bill Thomas' ChangingAging Tour is a modern day American Chautauqua barnstorming the country in a rock n' roll tour bus to bring communities a new and highly disruptive understanding of aging. Featuring two distinct non-fiction theater performances. Join Dr. Bill Thomas and friends at Pierce College Puyallup Campus to experience a new and highly disruptive understanding of aging. [Tickets can purchased online](#). Tour events include

Disrupt Dementia, 2:30-4:30 p.m., a lobby expo featuring community partners from 4:30-7 p.m. and the signature event, Life's Most Dangerous Game, 7-8:30 p.m. [Online preview.](#)

### **May 10 – Care Transitions: We're All In It Together**

Hospital and home health care administrators, discharge planners, nurses, physicians, pharmacists, policymakers, social service providers, community leaders, and consumers will gather in Des Moines to discuss new ways to work together to decrease avoidable hospital admissions and health care utilization. The focus of this year's conference will be on developing a shared vision for patient- and family-centered transitions of care across the continuum. Anyone engaged in improving health care quality and transitions of care is welcome to attend. Registration is now open, with earlybird rates in effect until April 10. More information about [sponsorships and advertising](#). More information about [the conference](#). Online Registration: [CT2017.brownpapertickets.com](http://CT2017.brownpapertickets.com) (Earlybird rates until April 10).

### **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 20 – Pierce County Hunger Walk**

The 37<sup>th</sup> annual Hunger Walk & 5K Run is one of the oldest hunger fundraisers in Pierce County. This year for the first time we are adding a timed 5K run to the event! Walk through the trees and around a beautiful lake or run in the timed 5K. Funds raised at this annual event at Fort Steilacoom Park help Emergency Food Network provide food for our neighbors in need. Held at Fort Steilacoom Park in Lakewood. [Learn more online.](#)

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

### **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**

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.

### **Aug 9 – Pierce County Cancer Survivorship Conference**

### **Sept 22 – Pierce County Fall Prevention Day**

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

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

**Question:** I completed my will a while back but I'm told that I need to review it. Why?

**Answer:** Once you do a will it's done. Wills don't expire. But things happen in our lives. Relationships change – think children, grandchildren, executor and the like. Assets also change. We acquire new things and let go of other things. Locations change. We move to a new state perhaps to be closer to family. Don't assume your will meets the requirements of your new state. Check-ups are good. You might want to change distributions. Allocations might be adjusted. And finally tax laws do change. They may have negative impacts on you and the people you name in your will. We always recommend working with a certified elder law attorney. They have in-depth knowledge of how the law works for older adults. An old will, while valid, may not be the best instrument if you don't review it. The ADRC is sponsoring a workshop on this topic repeated on March 14 in Sumner; 18 in Tacoma; 22 in Parkland and 23 in University Place. [Learn more](#) or call (253) 798-4600.

## **NATIONALLY**

### **8 Tax Tips for People With Disabilities (and Their Caregivers)**

According to the CDC, 53 million adults in the U.S. (or one out of every five) live with a disability. Whether they're working or not, people with disabilities and their [caregivers](#) often have higher costs associated with medical care or daily living, so the current [tax code](#) makes some of these costs deductible. As tax day approaches, here's a look at [tax strategies](#) for people with disabilities and their caregivers to consider. (Source: US News)

### **ACA Compared to Repeal and Replace Proposal**

Donald Trump and Republicans in Congress have committed to repealing and replacing the Affordable Care Act. A [new interactive tool from the Kaiser Family Foundation](#) enables users to create side-by-side comparisons of major ACA alternative plans, now including 2017 proposals from Sen. Rand Paul and from Sen. Bill Cassidy. With the tool, users can compare the plans' approaches to more than a dozen key areas of health policy, including individual insurance market rules, requirements and provisions for employers, benefit design, Medicaid, and Medicare. (Source: KHN)

### **America Reaches a New Low**

The Nation's Uninsured Rate Hit a Record Low. The nation's uninsured rate tumbled further last year, according to new government data that underscored what's at stake in efforts to repeal the Affordable Care Act (ACA). [Learn more](#). (Source: Commonwealth Fund)

### **Threat of Obamacare Repeal Leaves Community Health Centers In Limbo**

Treating people for free or for very little money has been the role of community health centers across the U.S. for decades. In 2015, 1 in 12 Americans sought care at one of these clinics; nearly 6 in 10 were women, and hundreds of thousands were veterans. The community clinics – now roughly 1,300-strong – have also expanded in recent years to serve people who gained insurance under the Affordable Care Act. Most of the centers – like Community Health Care in Pierce County – are nonprofits with deep roots in their communities and they meet the criteria to be a [federally qualified health center](#). That means they can qualify for federal grants and a higher payment rate from Medicaid and Medicare. The ACA was a game changer for these clinics – it has enabled them to get reimbursement for much more of the care they provided, because more of their patients now had private insurance or were on Medicaid. [Read more](#). (Source: KHN)

## **Premium Support and the Impact on Medicare Beneficiaries**

Under a premium support system, the federal government would replace Medicare beneficiaries' guaranteed benefit package with a fixed dollar amount or "voucher" that beneficiaries would apply toward their health care coverage. [Read about](#) the likely impacts of this change on Medicare beneficiaries in this new fact sheet from the AARP Public Policy Institute. (Source: AARP)

## **Per Capita Cap Considered for Medicaid**

The new administration and Congressional majority are advocating changes to Medicaid intended to change the intent of Medicaid and its scope. One tool being proposed is something called a "per capita cap." The National Health Law Program (NHLP), which fights to preserve and bolster the Medicaid guarantee, [explains in a one-page fact sheet](#) what a per capita cap is, and how it would "dramatically cut Medicaid funding."

## **CMS Releases MOON Instructions**

CMS recently released an educational article regarding instructions for the Medicare Outpatient Observation Notice (MOON). No later than March 8, hospitals are required to provide the written MOON notification and oral explanation to Medicare beneficiaries receiving hospital observation services as outpatients for more than 24 hours. [Learn more](#). (Source: NCOA)

## **Background to Health Savings Accounts**

HSA's are generating a lot of buzz as congress contemplates plans to repeal/replace or repair the Affordable Care Act. The accounts are based on the view that consumers should be more responsible for their health care spending. HSAs make consumers bear a bigger up-front share of medical care – while making it easier to save money tax-free for those costs – with hopes that consumers will be more judicious in using the health system and slow rising costs. [Read more](#). (Source" KHN)

## **Block-Granting Medicaid**

There's been lots of talk about turning Medicaid into a block grant program. [A Commonwealth Fund summary](#) breaks down what block-granting Medicaid, how this major shift departs from current policy and what the evidence says about the likely impact on lower-income Americans, access to health care, and state budgets. There's more on Medicaid's successes and the impact of repeal on the ACA Repeal Debate [resource page](#). (Source: Commonwealth Fund) The Kaiser Family Foundation produced a short video on "[What's at Stake Under A Block Grant or Per Capita Cap.](#)" (Source: KFF)

## **With ACA Repeal, Is Medicaid's Role as Public Insurance Over?**

The most recent Republican House policy brief provides the first inklings of an Affordable Care Act (ACA) replacement plan. George Washington University's Sara Rosenbaum finds that if the replacement legislation tracks the policy brief's proposals, it would likely not only dramatically cut federal funding but also extinguish Medicaid's guarantee of coverage for all Medicaid beneficiaries—not just the 11 million covered as a result of the ACA's eligibility expansion. Under the proposal states could cut services or even eliminate Medicaid's basic guarantee of coverage for people who meet eligibility requirements. [Read more](#). (Source: Commonwealth Fund)

## **The iOme Challenge is Now Open!**

The iOme (I OWE ME) Challenge is a national student competition to raise awareness of the nation's retirement crisis and the need for the millennial generation to save for their futures. Check out the

Challenge question and submission guidelines at [iomechallenge.org](http://iomechallenge.org). The winning team will share a \$5,000 prize and be invited to Washington, DC to present their winning paper at a national symposium. Deadline to submit entries is April 17, 2017. (Source: WISER)

### **Clarity about Medicare’s Financial Outlook**

Medicare’s funding, finances, and future continue to be major topics of conversation. A Kaiser Family Foundation brief brings much-needed clarity by explaining Medicare funding, the Affordable Care Act’s (ACA’s) impact on Medicare’s long-term financial stability, and what an aging population means for Medicare going forward. [Read more](#). (Source: KFF)

### **Sick, Dying and Raped in America’s Nursing Homes**

It's impossible to know just how many victims are out there. But through an exclusive analysis of state and federal data and interviews with experts, regulators and the families of victims, CNN has found that this little-discussed issue is more widespread than anyone would imagine. [Read more](#). (Source: CNN)

### **The Financial Costs of Family Caregiving: A Stark Reality**

While the unpaid contributions of family caregivers fill big gaps in health care and long-term services and supports (LTSS), policies that view LTSS as only a personal responsibility do not work anymore. Better financial relief is sorely needed to help address the financial challenges of caregiving. [Read the new blog](#) from AARP Public Policy Institute's Lynn Friss Feinberg to learn how much families spend on the out-of-pocket costs of caregiving. (Source: AARP)

### **Older Americans Month 2017 Materials Now Available**

The Administration for Community Living has revealed “Age Out Loud” as the theme for this year's celebration of older adults in May. Find out how your organization can support Older Americans Month and give aging a new voice. [See ACL's materials, activity ideas, and resources](#). (Source: ACL)

### **Trouble Reading Prescription Labels**

A growing number of pharmacies are offering alternatives to their standards small-print information about prescription drugs. Labels often come in large print, braille and even audio formats. Customers need to ask their pharmacist for them. [Learn more about alternatives](#). (Source: En-Vision America)

### **PLAN AHEAD (Always 2 months ahead) – May 2017**

ALS Awareness, APS, Arthritis, Asthma, Better Hearing & Speech, Brain Tumor, Food Allergy, Healthy vision, Mental Health, Osteoporosis Prevention, Stroke, Older Americans, Women’s Health Care and Family Months; Nurses (6-12), Women’s Health (7-13), Nursing Home (14-21), Preparedness (21-27) and EMS (21-27) Weeks; Asthma (2), Bladder Cancer (6), Animal Disaster Preparedness (8), Women’s Check-up (8), Stamp Out Hunger (13), LGBT Elders (16), Crohn’s & Colitis (23), Senior Health & Fitness (31) and MS (31) Days.

#####

This information is provided as a service of the Pierce County Aging & Disability Resource Center and is intended for sharing throughout the county. To receive or discontinue this e-newsletter, please contact Bob Riler at (253) 798-7384 or [briler@co.pierce.wa.us](mailto:briler@co.pierce.wa.us).