

ADRC E-Newsletter April, 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.
Mid-County Community Center, 10205 44th Ave E, Tacoma.
(Complimentary morning refreshments served)
Contact [Bob Riler](#), ADR, (253) 798-7384
Apr 6 – Crystal Judson Family Justice Center with Nadia Van Atter

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
Apr 13 – Networking
May 11 – Jonete Rehmke – New Medicaid/Medicaid Rules

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.
Apr 19 – Merrill Gardens of Auburn, 18 1st Street SE, Auburn
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

HCPC All-Star Caregiver Recognition

Health Care Providers council recognizes the outstanding caregivers we have in our community with special recognition to these truly wonderful people. Nominations are made from clients and families throughout Pierce County. To nominate an All-Star caregiver please [visit the HCPC website](#) to download the form. Nominations must be completed and postmarked by May 15. [Buy tickets for the recognition dinner](#) held June 14 at the Weatherly Inn, 6016 N. Highlands Pkwy in Tacoma.

Get Your Ad in the New Where To Turn Guide

Senior Media Services is accepting advertising and new or updated listings for its 2017-18 Where to Turn resource guides. Two editions will be published. King County edition deadline is May 15; Pierce County edition deadline is June 15. Early-pay discount for advertisers paid by May 1. Call or e-mail Senior Media director Pat Jenkins at (253) 722-5687 and pjenkins@lcsnw.org.

Rainbow Center New Executive Director

J. Manny Santiago has been appointed to the position of Executive Director of the Rainbow Center. Manny has extensive experience in coalition building with groups and individuals holding divergent ideas and philosophies and has worked extensively within and for faith-based communities as well as with state and national campaigns to build and protect civil rights. He begins on May 15th.

Pierce Transit Routes & Schedules Change

Pierce Transit has implemented lots of new changes to their service. Customers will find specific time and service information for each Pierce Transit route at www.piercetransit.org or by calling Pierce Transit's Customer Services office at (253) 581-8000 weekdays between 6:30 a.m. and 6:30 p.m.

Senior Farmers Market Vouchers Coming – May 1

Pierce County Aging & Disability Resources will be distributing Senior Farmers Market vouchers to eligible Pierce County residents during the month of June. Participants receive \$40 worth of vouchers that can be used to purchase Washington-grown produce at participating farmers markets. Pre-registration all during the month of May. Eligible applicants must live in Pierce County and be:

- 60 years old or older (55+ for Native American or Native Alaskan clients);
- Able to pick up vouchers in person;
- Low-income

Starting on Monday, May 1 – not before – call the ADRC at (253) 798-4600 or (800) 562-0332 to complete an eligibility screening and to register to pick up vouchers at one of our eight different locations around Pierce County. [Information and flyer available online at the ADRC website.](#)

Living with Memory Loss

The clinic team at the UW Memory Brain Wellness Center offers resources to help people experiencing memory loss, and their families, to navigate challenges and find opportunities to harness inner strengths and enhance well-being in any stage of dementia. The Center has produced [Living with Memory Loss: A Basic Guide](#), and a curated list of links to useful information, practical tips, support groups, and dementia-friendly community events. The information covers Alzheimer, Parkinson, frontotemporal degeneration (FTD) diseases, and other dementia-causing conditions.

Hospital to Home

Without a doubt, one of the most stressful situations parents can face is the hospitalization of a child. Whether it is a planned stay, like a surgery, or an unplanned event, parents are bombarded with a huge number of shifts in their day-to-day life and priorities. Parents are also expected to step in and provide a lot of the care a child receives in the hospital once they are back home and that can be extremely overwhelming. [Read more about helps and resources from PAVE.](#)

PC2 Homeownership Program Accepting Applications

The PC2 Homeownership Program is currently accepting applications to help with down payment assistance. Applicants must not have owned a home in 3 years, meet income qualifications, have a developmental disability or have a person in their family with a developmental disability. Contact [Diane Larsen](#) at (253) 564-0707, x 101.

Developmental Disabilities Advisory Board

Pierce County Department of Community Connections is seeking individuals to serve on the Developmental Disabilities Advisory Board. The advisory board assists program staff in evaluating program objectives, performance, and outcomes. Advisory Board membership is open to individuals residing in Pierce County who have an interest in developmental disability issues. Individuals who experience developmental disabilities, family members, and individuals with knowledge about services and supports for people with developmental disabilities are encouraged to apply. For more information contact Malissa Adame, Developmental Disabilities' Supervisor (253) 798-4332.

Bonney Lake Artist Recognized

Drivers entering Bonney Lake on Hwy 410 might be familiar with a bronze sculpture of a boy reaching toward the sky with a flock of ducks that sits alongside the “Bonney Lake Welcomes You” sign. The face behind the creation of that sculpture is Bonney Lake resident Larry Anderson. As a longtime artist, Anderson created the sculpture, called “The Ascent,” in 1992 for the city. The 76-year-old was honored by the Bonney Lake City Council and given the 2016 Medal of Arts Award. [Read more.](#)

Living Well With Diabetes

Community Health Care and the Diabetes Association offer a free 6-session workshop for individuals living with diabetes. Learn about healthy eating, safe exercise, managing medications, dealing with depression and stress, communication skills and preventing low blood sugar. Held April 11 – May 16 at the Eastside Family Medical Clinic Community Room, 1708 East 44th in Tacoma. Register at www.commhealth.org or contact Ruth Kelner at (253) 442-8633 or (253) 359-2544.

ADRC and Pierce County Libraries Observe Older Americans Month

Join Pierce County Aging and Disability Resources and the Pierce County Library System for a special showing of “Being Mortal,” a PBS Frontline special documentary in honor of May 2017, Older Americans Month. “Being Mortal” is about living a good life – all the way to the very end. [Visit the ADRC website](#) – News and Events – for more information and schedule of screenings.

Celebrate Older Americans Month

Summit United Methodist Church and Spring Ridge sponsor a [five-part series focused on seniors and the adult children of seniors](#). Held 6-7 p.m. May 3, 10, 17 and 24. Resource Fair May 31 from 10 a.m. to 1 p.m. at Summit United Methodist Church, 5316 – 104th St. E in Tacoma. RSVP to (253) 474-1093.

Alzheimer's Caregiver Support Group Starts in Lakewood

A new support group for caregivers of those with memory loss is starting in Lakewood. The group provides a chance to exchange practical information and solutions, talk through challenges, share feelings and needs and learn about community resources. Held 10:30 a.m. to noon the third Saturday of each month at St. Mary's Episcopal Church, 10630 Gravelly Lake Dr., SW. Call (253) 271-4073.

Buried in Treasures Group Beginning

Do you want to get more organized in the New Year? Would you like to build skills to help with organization and clutter? This group is for individuals who struggle with hoarding or have clutter challenges. This 10-week skills group meets from April 26 to June 28. Group focuses on planning, motivation, goal setting, organizing, decision making and more. Held 1 to 3 p.m. at The Hoarding Project Office, 621 Pacific Ave., Suite 300 in Tacoma. Contact [Denise Burningham](#) at (971) 209-2305.

Grief Support Groups Offered by MultiCare

MultiCare Home Health & Hospice offer two grief support groups in Pierce County. There is no charge for the groups but registration is required as there is limited space for each group. Groups are held in Tacoma on Tuesdays at 5:30 p.m. from April 11 to May 30. A Puyallup group meets Wednesdays at 2 p.m. from April 12 to May 31. To register call (253) 301-6400.

A Food Bank of a Different Pot

The News Tribune highlighted Elouise's Cooking Pot Food Bank on Tacoma's East Side. Rounder Ahndrea Blue wants the food bank to provide a traditional shopping experience by offering a variety of choices for families facing financial difficulties. [Read the story.](#)

Summer Camps

- Camp Sparkle is a free, week-long day camp, 9:30 am to 4:00 pm, is for kids ages 6-12 who have a loved one with cancer, who have cancer themselves, or who have lost someone to cancer. (Must have completed Kindergarten). Provides themed activities, field trips, and making friends. Held in Tacoma July 10-14. Provided by Cancer Pathways (formerly Gilda's Club Seattle). To join or to register for camp, please contact Theresa Kelly at (206) 709-1400 or 1-866-200-2383.
- Camp Pierce is for young adults with disabilities age 20-30 with socialization, independence skills, building resumes and learning about public transportation. Six great one-week sessions from July 10 to August 18. \$100/week. Open registration from 5:30 to 6:30 p.m. May 2 at the Lakewood Community Center, 9112 Lakewood Dr., SW. Call (253) 798-2997 or [visit online](#).
- Camp Lots of Fun is a day camp experience for children and young adults 6-21 with disabilities includes music, singing, theme weeks, games, community visitors, creative arts, social activities and more. Held Monday through Friday July 10-August 4, 9 a.m. to 2 p.m. at Surprise Lake Middle School, 2001 Milton Way, Milton. Open house at Surprise Lake, July 6. Registration begins May 1 at the Lakewood Community Center, 9112 Lakewood Dr., SW. Call (253) 798-4176 or [visit online](#).
- See also "[2017 Washington State Summer Camp Directory for Children with Special Health Care Needs.](#)"

SCAM OF THE MONTH

New "HHS OIG" Phone Scam

[There's a new phone scam on the rise](#) in which scammers alter your caller ID to make it seem as if the call is coming from the Dept. of Health & Human Services (HHS) Office of Inspector General (OIG) Hotline 1-800-HHS-TIPS (1-800-447-8477). HHS OIG does not use the HHS OIG Hotline to make outgoing calls and individuals should not answer calls from 1-800-HHS-TIPS (1-800-447-8477). If you've been a victim of the phone spoofing scam report it to HHS OIG either through its Hotline at 1-800-HHS-TIPS (1-800-447-8477) or via email at spoofoig@oig.hhs.gov. Consumers can also file a complaint with the Federal Trade Commission at 1-877-FTC-HELP (1-877-382-4357). (Source: BBB)

LOCAL HAPPENINGS

Apr 1 – Barnes & Noble Bookfair

Annual Autism Awareness event features vendors that serve the local Autism community, children's activities, giveaways, story time and book fair fundraiser. Held 10 a.m. to 3 p.m. at the Lakewood Towne Center store, 5711 Main Street SW. Purchases go to support the programs for families at the Exceptional Families Network and PAVE. (Online bookfair ID 12049078)

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 or online at 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 is \$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

Held at Mt. View Lutheran Church, 3505 122nd 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.

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 10 – Ethical Wills

Many times when family members pass on, stories are lost forever. All that remains are some unlabeled photographs. Learn how anyone can write their story and leave a thoughtful document that reveals who you are and what matters most to you. Includes templates to get you started. Learn about this wonderful way of sharing the most meaningful values and lessons that we have.

- Held 12:10-12:50 p.m. at the Pierce County Annex Main Meeting Rm. 2401 S. 35th St., Tacoma.
 - Held 6:30-7:30 p.m. at the Bonney Lake Branch Library, 18501 90th Street E. in Bonney Lake.
- Free; no RSVP. (Repeated April 12, 17, 18 and 20.) Visit the [ADRC](#) or call (253) 798-4600.

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. 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.

Apr 12 – Ethical Wills

Held 12:10-12:50 p.m. at the County City Building, 930 Tacoma Ave., S., 7th Floor Rainier Conference Room. Free; no RSVP. For more info call or visit the [ADRC](#) at (253) 798-4600.

Apr 12 – The Game Campaign

A briefing for marketing directors and activity directors. Learn about cognitive reserve and how care facilities can help residents delay the onset of Alzheimer's symptoms. [More info online](#). Held 3:30-5:00 p.m. at Spring Ridge, 6856 Portland Ave E., Tacoma. RSVP to (253) 474-1093.

April 12 – Navy Band Jazz Combo

The Weatherly Inn hosts a special public performance. Complimentary refreshment and appetizers served during the performance. Held at 3 p.m. at 6016 N. Highlands Pkwy in Tacoma.

Apr 13 – Oh My Gosh – Now What? (Session #1 of 6)

Pierce County ADRC begins another series of our popular “Oh My Gosh” workshop. 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 6 p.m. at the Pierce County Sound View Building, 3602 Pacific Avenue, Tacoma. Other dates include April 27, May 11 and 25, June 8 and 22. For more info call or visit the [ADRC](#) at (253) 798-4600. The workshop is free. No RSVP required.

Apr 17 – Ethical Wills

Held 6:30-7:30 p.m. at the Lakewood Branch Library, 6300 Wildaire Rd., SW, Lakewood. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

Apr 18 – Ethical Wills

Held 6:30-7:30 p.m. at the Graham Branch Library, 9202 224th St., E. in Graham. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

Apr 18 – Guardianships for Individuals with Developmental Disabilities

What's a guardianship and how does it work for people with developmental disabilities? Attorney Tim Williams offers a tailored explanation from 6 to 8 p.m. at PC2, 3716 Pacific Avenue #A in Tacoma. Advance registration is requested by calling (253) 564-0707.

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 20 – Ethical Wills

Held 6:30-7:30 p.m. at the Summit Branch Library, 5107 112th St., E in Tacoma. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

Apr 22 – The Upside of Downsizing Conference

An informative and fun conference about simplifying life by downsizing. Learn about the powerful benefits of downsizing, when and where to begin your new adventure in life, and the Eight-Step Checklist to downsizing successfully. Held 9:30 a.m. - 3:00 p.m. at the Tacoma Dome, 2727 East D Street, Tacoma. \$25 per person through Apr 8 / \$35 per person after includes lunch and event materials). For event information, visit www.UpsideofDownsizing.com or call (206) 430-5249.

Apr 25-27 – Grief & Loss Retreat

Three-day open to anyone who has experienced the loss of a loved one to cancer. It's an opportunity for sharing, group support, movement therapy and learning techniques for stress management. Grief and loss retreats support the process of working through loss in the community of others. Lodging and meals onsite at Harmony Hill in Union, WA. [Application Fee | Participant Application](#) Contact programs@harmonyhill.org or (360) 898-2363 or (877) 920-1070.

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 27 – Oh My Gosh: Now What? (Session #2 of 6)

“How does the disease progress? What should I expect?” See Apr 13 for more details. Held 6 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Tacoma. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

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 – Assistive Technology & Resources Fair

Assistive technology is any product or service that makes tasks easier or possible. Learn about community resources and tools to help people live, work and play independently. Numerous provider organizations will be present. Request for ASL Interpreting services at least 7 calendar days in advance. Contact jacavinta@kcls.org or call (253) 931-3018.

May 2 – Being Mortal

Free screening and discussion of the PBS documentary “Being Mortal,” examining the relationship between patients nearing the end of life and the doctors who serve them. “Being Mortal” is about living a good life all the way to the end. Held at 2 p.m. at the Tillicum Library, 14916 Washington Ave SW, Lakewood. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

May 2 - ChangingAging Tour

Blending myth and science, live music and visuals, the 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: “Disruptive Dementia” in the afternoon and evening performance of “Life’s Most Dangerous Game.” The Puyallup Area Aging in Community Committee hosts Dr. Bill Thomas and friends at Pierce College in Puyallup in celebration of Older American’s Month and Puyallup’s Age-friendly initiative. [For schedule and to purchase tickets visit online.](#)

May 6 – Being Mortal

(See May 2 for details) Held at 1 p.m. at the Summit Library, 5107 112th St., E in Tacoma. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

May 10 – Being Mortal

(See May 2 for details) Held at 7 p.m. at the University Place Library, 3609 Market Place W., Suite 100 in UP. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

May 10 – Care Transitions: We’re All In It Together

This year’s conference in Des Moines will focus 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 now open. Earlybird rates until April 10. Info about [the conference](#). Online Registration: CT2017.brownpapertickets.com.

May 10-11 – 2017 Conference on Ending Homelessness

The Washington Low Income Housing Alliance's annual conference in Tacoma will feature exciting programming for stakeholder groups ranging from direct service providers, advocates, government employees, and people with experience with homelessness and housing instability. [More online](#).

May 11 – Oh My Gosh: Now What? (Session #3 of 6)

“How do I start the conversation? How do I cope with the shock?” See Apr 13 for more details. Held 6 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Tacoma. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

May 12 – South Sound Alzheimer’s Caregiver Conference

Registration is now open for the Thurston County 2017 Caregiver Conference. Held 9:00 a.m. to 4:00 p.m. South Puget Sound Community College, 4220 6th Ave SE in Lacey. Register by phone at (360) 456-3477 or at the door. \$25 suggested donation accepted at the door via cash, check or debit/credit card. A catered box lunch is included.

May 13 – Being Mortal

(See May 2 for details) Held at 2 p.m. at the South Hill Library, 15420 Meridian E in South Hill. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

May 15 – Being Mortal

(See May 2 for details) Held at 4:30 p.m. at the Lakewood Library, 6300 Wildaire Rd, SW in Lakewood. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

May 18 – Being Mortal

(See May 2 for details) Held at 10 a.m. at the Key Center Library, 8905 KPN in Lakebay. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

May 20 – Pierce County Hunger Walk

The 37th annual [Hunger Walk & 5K Run](#) is one of the oldest hunger fundraisers in Pierce County. 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.

May 15 – Being Mortal

(See May 2 for details) Held at 7 p.m. at the Gig Harbor Library, 4424 Pt. Fosdick Dr. NW in Gig Harbor. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

May 22 – Cross Training for Victim Service Providers

See April 11 for details and registration information.

May 25 – Oh My Gosh: Now What? (Session #4 of 6)

“What are the typical behaviors? How do I manage them?” See Apr 13 for more details. Held 6 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Tacoma. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

June 5 – Giving Care, Taking Care

Learn practical caregiving skills and strategies. Conference has many helpful workshops based on your needs as a caregiver. Held 9:00 a.m. to 4:30 p.m. at the Tukwila Community Center, 12424 42nd Ave S, Tukwila. \$30 family & volunteer caregivers; \$50 agency-based caregivers. Reservations required. Space is limited. [Brochure & registration online](#) or call (800) 422-3263.

June 8 – Oh My Gosh: Now What? (Session #5 of 6)

“How do I pay for care? What are the legal things I should do?” See Apr 13 for more details. Held 6 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Tacoma. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

June 22 – Oh My Gosh: Now What? (Session #6 of 6)

“Where can I turn for help? What are the resources I can rely on?” See Apr 13 for more details. Held 6 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Tacoma. Free; no RSVP. For more info visit the [ADRC website](#) or call (253) 798-4600.

June 24 – Mental Health First Aid for Older Adults

Mental Health First Aid 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 assist an older adult in crisis or experiencing a mental health challenge. All day training held at the Pierce County Sound View Building, 3602 Pacific Avenue in Tacoma. Training is free. [Register today by E-mail](#): 1) Name, 2) Organization & Title, 3) Email Address, and 4) Phone Number.

July 25 – Social Security Disability

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 5 – Kersey Mobility Annual Expo (*Save the date. Kersey Mobility, 6015 160th Ave. E., Sumner*)

Aug 9 – Pierce County Cancer Survivorship Conference

Sept 16 – Pierce County Alzheimer’s Caregiver Conference (*tentative*)

Sept 22 – Pierce County Fall Prevention Day

Oct 10 – Cross Training for Victim Service Providers (*See April 11 for details*)

Oct 12 – Latino Health forum

Dedicated to the exchange of innovative ideas, best practices, and the advancement of health for the Latino community. The forum is a valuable platform for individuals working in health care, social justice, and those working with underserved Latino populations. Held 8 a.m. to 4:30 p.m. at the Hilton Seattle Airport Conference Center, 17620 International Blvd. [Online registration open now.](#)

Oct 18 – Making the Link

Held 11 a.m. to 4 p.m. at the MetroParks Star Center in Tacoma. Save the date. Details to come.

Q&A of the Month

Question: I am turning 66 this year and was planning on claiming my Social Security benefit at my birthday. But I heard that the full retirement went up to 67. Should I postpone my claim?

Answer: If you turn 66 this year you can file and receive 100% of your benefit. The age for full retirement is being raised gradually. For those born in 1955, full retirement age is 66 and two months. It's being gradually raised so that those born in 1960 or later full retirement is 67. You can learn much more about this on the Social Security website – www.SSA.gov.

NATIONALLY

Relief for Marketplace Enrollees who Need Medicare

Many people who had Marketplace coverage and then qualified for Medicare made a costly mistake by keeping their Marketplace coverage and not enrolling in Medicare. Many mistakenly believed that their Marketplace subsidies would continue, and, as a result they now face Medicare Part B late enrollment penalties and/or gaps in coverage. CMS has launched an initiative to provide these individuals with relief including a Special Enrollment Period to sign up for Part B and, importantly, relief from Part B late enrollment penalties. Deadline for applications is Sept 30, 2017. [Read More.](#) (Source: CMS)

Alzheimer's: The Disease that Could Bankrupt Medicare

The [Alzheimer's Association annual report](#) says that by the year 2050, another American will develop Alzheimer's every 33 seconds. That statistic is mirrored worldwide in the 2016 [World Alzheimer's Report](#). That's a bit more than the current population of Spain. [Read more.](#) (Source: CNN)

Embracing Alzheimer's with Faith

James Ruck talks about how he and his wife made the conscious decision to move into Alzheimer's. That decision set in motion a journey, one available to anyone who faces such life-altering news and is willing to ride on the power of faith and love. [Read the story.](#) (Source: America)

Sesame Street Takes On Autism

“Sesame Street” is an American institution. It's been on the air for almost 50 years. Sesame Street takes on its latest challenge introducing a new kid on the street, a Muppet named Julia, who has autism. [Watch the CBS 60 Minutes story.](#) (Source: 60 Minutes)

Video Help for Family Caregivers Who Must Draw Blood or Give Injections

