

ADRC E-Newsletter May, 2017



The ADRC E-Newsletter may also be viewed as a PDF at www.PierceADRC.org "News & Events."

ATTENTION: Help Shape Pierce County Human Services Strategic Plan

We need your help to make things better! Pierce County Human Services (formerly Community Connections) is developing a strategic plan to better serve our community, focus our efforts, and guide us to better outcomes – both internally and externally. Your voice matters. We invite you to participate in the strategic planning process by completing a 10-15 minutes web-based survey. This survey is now open. It will close on Monday, May 8, at 5 p.m. – we look forward to hearing from you. [Click here for the link to the survey.](#) And thank you all for the good things you do!

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

May 4 – Support for Family Caregivers – Chelsea Blackburn-Roback, Pierce ADRC

June 1 – “Shick Shadel Recovery Programs” with Lisa Martz

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

May 11 – “New Medicaid/Medicaid Rules” with Jonete Rehmke

June 8 – 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.

May 17 – Village Green, 35419 1st Ave S., Federal Way

Schedule of meeting locations and times at www.secoalition.com

LOCAL SERVICES

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.](#)

Farmers Markets Opening Around the County

Take advantage of the many opportunities to get locally grown fresh fruits and vegetables. [Puget Sound Fresh](#) has lots of resources about markets, recipes, classes and more. Information is provided about the 12 counties in the Puget Sound area. Eat healthy, buy local!

75th Anniversary of the Puyallup Assembly Center

This special observance marks the 75th year since the establishment of the Puyallup Assembly Center as a result of Executive Order 9066. EO9066 authorized the incarceration of approximately 120,000 people of Japanese ancestry living in the United States based solely on their ethnicity. Over 7,500 individuals from Washington and Alaska were held at the Puyallup Assembly Center. This community observance for survivors and the community at large will be held at the Coca-Cola stage on the WA State Fairgrounds at 10 a.m. on Sept 2. Survivors are asked to contact [Sobie Seymour](#), (206) 841-7814. Visit www.puyallupvalleyjacl.org/ for more information.

Free Home Painting

Paint Tacoma-Pierce Beautiful is accepting applications for its 33rd year of painting homes for low income seniors and people with disabilities. Homes must be owner-occupied and in the City of Tacoma. Find information and apply online at www.paintbeautiful.org or contact Amy Allison for an application at 253-426-1516.

“GoGoGrandparent” Transportation Resource

“GoGoGrandparent” partners with Uber so that people without a smart phone...or even without a cell phone of any sort...can still access the services. Clients can either register online or by calling (855-464-6872) and registering through an operator. Clients are only charged for the services they use although in some cases may have to pay a cancellation fee. Tacoma area prices are roughly Uber Fare: \$3.45 base fare + \$1.00 per mile + \$0.12 per mile. GoGoGrandparent Concierge Fee: \$0.19 per minute.

(Required minimum Fare of \$5.35) Clients would still be subject to Uber surge pricing where demand creates higher rates. [Learn more online.](#)

Pierce County Point-in-Time Count Results Released

According to those individuals experiencing homelessness who were surveyed in Pierce County, the three most frequently identified causes of their situation are the loss of a job, eviction or family break-up. Volunteers counted 1,321 people who were experiencing homelessness. Mental illness is the most common disability reported by people surveyed. Only 7 percent of people identifying a prior residence lived outside of the state of Washington, while nearly 80 percent were originally residents in Pierce County. The responses are included in this year's [Point-in-Time Count results](#). [See the full set of data.](#)

Brain Injury Alliance Summer Catalog Online

The [Summer edition of the Brain Health and Wellness classes](#) sponsored by the Brain Injury Alliance of Washington has been published and it now on the web. All classes are free. Classes are held at MultiCare Good Samaritan Hospital in Puyallup. Register for the classes through the online calendar at <http://www.biawa.org/calendar.php> or by contacting [Kelsey Wilson](#) at (206) 467 – 4800.

Associated Ministries Community Resource Guide Update

Associated Ministries has done a fresh update of the [AM Community Resource Guide](#). You need to provide contact information before you download the document. That is done only so that word of any subsequent corrections or of publication of the next update can be sent to users. For errors or information that should be changed, email communications@associatedministries.org.

Workers Learn How to Make Dining More Friendly for the Deaf

When you walk into a store or restaurant, it's normal to hear a worker welcome you in. Unless you're deaf. Customers who are deaf or hard of hearing can find eating out especially challenging. Molly Moon's knows that, so its workers have skills that go beyond a strong ice cream scooping arm. Many Molly Moon's workers have some training in American Sign Language. [View / read the KOMO-TV News story.](#)

What are those Long Term Care Costs?

The Genworth Cost of Care Survey has been the foundation for long term care planning since 2004. Knowing the costs of different types of care - whether the care is provided at home or in a facility - can help families plan for these expenses. The 2016 survey covers [440 regions](#) across the U.S. and based on data collected from more than [15,000 completed surveys](#). See the numbers for Washington State and compare to other states.

Introducing Pierce county Human Services

The Pierce County Council, via an ordinance, changed our name from Pierce County Community Connections to [Pierce County Human Services](#). We believe this name change more accurately reflects the varied and important work we do across the nearly 50 programs we provide and administer. And while our name has changed, we have not changed our passion to make things better. [Pierce County Aging and Disability Resources](#) and the [ADRC](#) are programs within Human Services. And by the way, our whole website has recently been upgraded. Take a look today!

And Another New Name

Love INC (Love In The Name of Christ) is a ministry of a number of churches in Pierce County and provides a wide variety of much needed assistance to individuals and families. The service is in the process of transitioning to the new name to [Bridges of Love](#). Contact at (253) 531-2366. The service has been active now for 15 years!

Disabilities Video

In this video produced by Informing Families, four Washington State parents of children with dual-diagnoses share their perspectives on the need for greater understanding, support and acceptance of people with non-visible disabilities. Watch [Beyond Labels](#).

Youth Leadership Forum

The 17th Youth Leadership Forum for High School Students with Disabilities is a unique, career leadership-training program for high school students (16-21) and those receiving transition services from their school districts. Students serve as delegates from their communities and are given the opportunity to cultivate their potential leadership, citizenship and social skills. Held July 22-28 at Western Washington University in Bellingham. For more information about the Forum, email or contact [Debbie Himes](#), Governor's Committee on Disability Issues & Employment: (360) 902-9362. Download the [Youth Leadership Brochure 2017](#).

Housing Resources for Women

[Women for Living in Community](#) is a nation-wide resource for housing and community options, primarily for women. It includes a number of [housemate-matching networks](#). Availability in Pierce County varies. Website also includes information about various housing movements including pocket neighborhoods, shared housing, roommates and co-living.

SCAM OF THE MONTH

The FTC Won't Offer to Fix your Computer

Some cons send pop-up computer warnings to pitch unnecessary – and sometimes harmful – tech support services. Some make phone calls. Others – like one scammer the FTC just sued – send spam emails that falsely claim the FTC hired them to help remove problem software. In a new case, the court has ordered the defendant to stop claiming he's affiliated with the FTC, to shut down his websites and phone numbers, and inform current customers who contact him that he is not affiliated with the FTC. If you got one of those messages, please [tell the FTC](#). [Read more](#). (Source: FTC)

LOCAL HAPPENINGS

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 - Changing Aging 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 3-31 – Educational Series for Seniors and Adult Children of Seniors

Celebrate Older Americans Month with Summit United Methodist Church and Spring Ridge with a [five-part series focused on seniors and the adult children of seniors](#). Held 6-7 p.m. May 3 – “Starting the Conversation & Legal Paperwork;” May 10 – “Warnings Signs of Alzheimer’s and Caregiver Burnout;” May 17 – “Housing Options;” May 24 – “Home Care.” Resource Fair May 31 from 10 a.m. to 1 p.m. All events are free and held at Summit United Methodist Church, 5316 – 104th St. E in Tacoma. RSVP to (253) 474-1093.

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 – GiveBIG Today

The Seattle Foundation's seventh annual GiveBIG event. Check with your favorite local nonprofit to make your donation count big!

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

This year’s conference in DesMoines 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. 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. A \$25 suggested donation will be accepted at the door via cash, check or debit/credit card. 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 13 – Veteran Resource Fair

Event provides connection to community services, VA benefits, legal services, homeless services, educational benefits, medical screenings, dental resources, job opportunities and more. Held 9 a.m. to 3 p.m. at the Tacoma Dome Exhibition Hall. Free. [More information online](#).

May 13 – Early Stage Memory Loss Forum

This will be a day of education, encouragement and resource sharing for those living with mild memory loss and their care partners. The Early Stage Memory Loss Forum is specifically designed for and limited to individuals who have mild memory loss due to Mild Cognitive Impairment (MCI), Alzheimer's disease and other related dementias. The individual with mild memory loss is invited to come alone or bring their care partner/s with them. The care partner may not come without the individual with memory loss. Held at the Stillaguamish Senior Center in Arlington from 10:00 a.m. to 3:45 p.m. \$35. Free bus transportation provided from the Tacoma Mall. Call at (206) 363-5500 ext. 8169 or e-mail ESMLForum@alzwa.org.

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 16 – What Mount Rainier Has in Store

What will happen when Mount Rainier comes to life - as it's bound to do? Everyone in Pierce County – and beyond – may be directly impacted. Hear several scenarios from the experts at the US Geological Survey, Pierce County and the City of Puyallup. [Learn what to expect and what to do](#). Held 6:30-8:30 p.m. at the Puyallup Activity Center, 210 W. Pioneer Ave., Puyallup. Call (253) 798-4600 for details.

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 18 – Legal Documents Forum

Valuable estate-planning information on a wide variety of topics with ample time for questions and helpful take-home materials. Attorney Robert L. Michaels leads the workshop, everything from essential documents and long-term care planning to understanding Medicaid and dealing with nursing homes. Held 7:00-8:30 p.m. at Fircrest Presbyterian Church, 1250 Emerson St. in Fircrest. Call FPC at (253) 564-3737 for on Facebook [@fircrestpres.org](#).

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 22 – 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.

May 26 – Saying It Out Loud

This conference addresses substance use, mental health and other health issues facing the Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) communities. Attendees will gain awareness and knowledge of the best practices and important clinical services to support members of the LGBTQ community. [Register online](#). \$50 fee includes lunch and 7 hours of CE provided by DSHS. Held at the Greater Tacoma Convention and Trade Center.

May 29 – Memorial Day at Haven of Rest

The park is open all weekend with flags placed as a tribute on the graves of over 2000 veterans. Join us on Monday at noon for a program consisting of a brass band, community “sing along” of patriotic songs, speaker, and featuring high school ROTC for posting of the colors. Free hot dog lunch for all. Held at 8503 State Route 16 NW, Gig Harbor. More info at (253) 851-9991 or www.havenrest.com.

June 1 - Suicide Assessment, Treatment & Management Training

This one-day training provides an introduction to ZERO Suicide: a practical approach to suicide care model for health care and behavioral healthcare systems. This program was recently [highlighted on NPR](#), “What Happens If You Try to Prevent Every Single Suicide?” Training will introduce the ZERO Suicide (ZS) Training model and will explain how it relates to suicide assessment, treatment, and management. 6 DSHS approved credits. Held 9:00 a.m. – 4:30 p.m. at Embassy Suites in Tukwila. For registration information contact Cassi Meritt, cmeritt@LeadingAgeWa.org.

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 14 – High Risk Population Disaster Planning Summit

You are cordially invited to the 2017 Tacoma-Pierce County High Risk Population Disaster Planning Summit at the Star Center, 3873 S. 66th Street in Tacoma. Focus is on communication – overcoming language, cultural and disability barriers and developing effective community partnerships. Free event but space is limited. [Please see the flyer](#) for more information. [Click here to register!](#)

June 14 – Pierce County SBIRT and Behavioral Health Prevention Conference

A [one-day certification training](#) to provide an overview of Screening, Brief Intervention, and Referral to Treatment (SBIRT) and Motivational Interviewing (MI). Participants will understand how to screen patients for mental health and substance use in a primary care setting. Participants will also practice brief interventions using MI – having dialogue with patients in a patient-centered and culturally responsive way to support their desire and plan to adopt a healthy behavior. This training is required by WA Health Care Authority for licensed providers who want to bill for brief interventions. 8 CEUs will be provided. Lunch will be provided. For Health Professionals, Community Health Workers, and Behavioral Health Providers Working in Primary Care, Hospital, and Educational Settings. [Register by May 12th](#). Held 8:30 a.m. to 5 p.m. at the Best Western Tacoma Dome, 2611 East E St. in Tacoma.

June 15 – World Elder Abuse Awareness Day

World Elder Abuse Awareness Day (WEAAD) was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. [WEAAD](#) provides an opportunity for everyone to promote a better understanding of abuse and neglect of older persons by raising awareness of the many processes affecting it. (Source: USC)

June 16 – Every Last Cent

Many older adults eventually find themselves on fixed incomes. With inflation those fixed incomes can shrink. Find out what's available to help you, your loved one or your neighbor stay afloat when your income doesn't seem to go as far anymore. What you learn will save you money and change your life – as well as the lives of those around you. Free. Held 12:30p.m. at Puyallup Senior Activity Center, 210 W. Pioneer in Puyallup. [More info online](#) or call (253) 798-4600.

June 19 – Every Last Cent ([See June 16 or online for details.](#))

Held 12:10 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35th St, Tacoma
Held 6:30 p.m. at the Graham Branch Library, 9202 224th St. E., Graham

June 20 – Every Last Cent ([See June 16 or online for details.](#))

Held 6:30 p.m. at the Gig Harbor Branch Library, 4424 Pt. Fosdick Dr., NW in Gig Harbor

June 21 – Every Last Cent ([See June 16 or online for details.](#))

Held 12:10 p.m. at the County City Building, 7th Floor Rainier Conf. Rm, 930 S. Tacoma Ave, Tacoma.

June 22 – Every Last Cent ([See June 16 or online for details.](#))

Held 6:30 p.m. at the Parkland/Spanaway Branch Library, 13718 Pacific Ave S., Tacoma.

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

13th annual adaptive equipment expo. Vehicles on display as well as information from numerous community organizations including the ADRC. Free event with free BBQ lunch and valet parking. Held 10 a.m. to 3 p.m. at Kersey Mobility, 6015 160th Ave. E., Sumner. For more info contact [Amanda Phelan](#) or call (253) 863-4744 x 115.

Aug 9 – Pierce County Cancer Survivorship Conference

Aug 14-18 – What Does Your Future Hold

A 5-day workshop to empower youth living with disabilities. Supports young people in the pursuit of living, working and participating independently – to go to college, get a job, and live independently in the community in the future. Youth with 504 plans are encouraged to apply. Held 10 a.m. to 4 p.m. at Center for Independence, 7801 Bridgeport Way, W. in Lakewood. For application contact [Leah Velasco](#) at (253) 582-1253.

Sept 2 – 75th Anniversary Observance of the Puyallup Assembly Center

This special observance marks the 75th year since the establishment of the Puyallup Assembly Center as a result of Executive Order 9066. EO9066 authorized the incarceration of approximately 120,000 people of Japanese ancestry living in the United States based solely on their ethnicity. Over 7,500 individuals from Washington and Alaska were held at the Puyallup Assembly Center. A community observance for survivors and the community at large will be held at the Coca-Cola stage on the WA State Fairgrounds at 10 a.m. Visit www.puyallupvalleyjacl.org/ for more information.

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 got an e-mail for a new service that provides lots of free TV shows and movies. I want to be cautious but it does sound good. Is it a scam?

Answer: “Something for nothing” always sounds appealing, but often there’s a hidden cost. If they are offering free downloads or streams of well-known movies, popular TV shows, big-league sports, and absorbing games, the hidden cost is probably [malware](#). Sites offering free content often hide malware that can bombard you with ads, take over your computer, or steal your personal information. In the long run, it’s going to cost you something. The FTC also advises that the content is probably pirated and therefore illegal.

NATIONALLY

New Debt Hotline

Do you know someone struggling to manage debt on a fixed income? The National Council on Aging is working with [GreenPath Financial Wellness](#) to offer customized debt management, money management, budgeting, and financial counseling services—specifically for older adults. Share the number with those who could benefit from speaking with a certified counselor: 1-866-217-0543. All calls are free and confidential. (Source: NCOA)

VA Offers Pre-Need Burial Planning

VA’s new pre-need eligibility determination program allows Veterans to find out in advance if they are eligible for burial in a VA national cemetery. This allows families to plan ahead, and streamlines access to the burial benefits that Veterans have earned through military service for themselves and their eligible family members. Want more information about this new program? Visit [ExploreVA](#) to learn how to apply in advance for burial in a VA national cemetery. (Source: VA)

Impact of Capping Medicaid

The Kaiser Family Foundation released an issue brief highlighting what a Medicaid per capita cap could mean for people with Medicare who have low incomes. Through the American Health Care Act, some policymakers propose capping what the federal government pays for Medicaid benefits—effectively undermining the program’s basic promise and guarantee. [KFF sums up the impact of a Medicaid per capita cap for low-income people with Medicare.](#) (Source: KFF)

Doulas Making A Difference

Doulas, an ancient Greek term that loosely means a woman helping another woman, have long comforted women during birthing. But the definition has broadened, and doula programs — a combination of male and female volunteers and paid certified staff — are [increasingly helping elderly patients](#) fulfill wishes to die at home rather than in hospitals or nursing homes. (Source: KHN)

Learn How to Use the Elder Index

What does it take for a senior in your community to be economically secure? The Elder Index can give you the answer. [A new guide from the National Council on Aging](#) shows how to use the Index to educate others about the true cost of aging in your area. (Source: NCOA)

Male Caregiver Video Series

The AARP Public Policy Institute (PPI) has released a new video series featuring male caregivers talking about their experiences: a [millennial](#) caring for his wife and their young daughter, a [partner](#) sharing the challenges and triumphs of caring for a terminally ill partner, a traditional-style [support group](#) for African-American male family caregivers, and an [organization that supports](#) a group of male family caregivers of partners with a terminal illness. [See the PPI report](#) that highlights the experiences and challenges facing male family caregivers who make up 4 out of 10 caregivers. (Source: AARP PPI)

New Regulations Governing the Health Insurance Marketplace

The Trump administration has released new rules for the Health Insurance Marketplace. Some of the rules include cutting the open enrollment period in half and making it harder to enroll in coverage throughout the year, allowing sale plans that increase people's out-of-pocket costs like deductibles, reducing financial assistance to help afford coverage and removal of the federal oversight of provider networks that makes sure people can find a doctor who takes their insurance. [Read the full text of the rule here.](#) (Source: Families USA)

Most Housing Discrimination Complaints Related To Disabilities

People with disabilities appear to be disproportionately affected by housing discrimination. Of the 28,181 complaints of housing discrimination documented in 2016, 55 percent were based on disability. The figures come from a [report](#) from the National Fair Housing Alliance. [Read more.](#) (Source: Disability Scoop)

New VA Tool Helps Veterans Make Informed Health Care Decisions

The VA has [launched a new website](#) with an access and quality tool that allows Veterans, caregivers and the public to access the most transparent and easy-to-understand wait time and quality of care measures across the health care industry. The online tool provides easy-to-use data related to patient wait time, scheduling primary and specialty care, timeliness of appointments and quality of care. (Source: VA)

The Deal with Health Savings Accounts

Health savings accounts (HSAs) allow people to save money tax-free for paying certain future medical expenses. HSAs were a key component of the bill Republicans recently introduced in the House of Representatives, and subsequently pulled, to repeal and replace the Affordable Care Act. Georgetown University's JoAnn Volk and Justin Giovannelli explain it's unlikely that [expanded reliance on HSAs](#) will increase access to health care or that most Americans will be able to realize their tax benefits. [Learn more](#) (Source: Commonwealth Fund)

Advance Planning For Care

[Planning for care in the event of a serious illness](#) is an important topic to discuss with your doctor and your loved ones. These plans usually include advanced directives—written instructions letting others know the type of care you want if you are seriously ill or dying. If you have advance directives already, check out these tips:

- Make sure your doctor and family understand your advance directives and your views about end-of-life care.
- Review your choices from time to time and make changes as needed.
- Check to see if your advance care forms are legal in your home state and any other state you may live in for part of the year.

Want to learn more about creating advance directives? [Visit the NIA website](#). (Source: NIA)

Country Music Legend Campbell Releases Final Album

Six years after being diagnosed with Alzheimer’s, country music legend Glen Campbell is releasing his final studio album, “Adiós,” in June. Campbell, in the final stages of the disease according to his wife, recorded the album following his Goodbye Tour in 2011. [Read more](#). (Source: Alz Assoc)

Help Alzheimer’s Patients Enjoy Life, Not Just ‘Fade Away’

Alzheimer’s disease has an unusual distinction: It’s [the illness that Americans fear most](#) — more than cancer, stroke or heart disease. The rhetoric surrounding Alzheimer’s reflects this. People “fade away” and are tragically “robbed of their identities” as this incurable condition progresses, we’re told time and again. Yet, a sizable body of research suggests this Alzheimer’s narrative is mistaken. It finds that people with Alzheimer’s and other types of dementia retain a sense of self and have a positive quality of life, overall, until the illness’s final stages. [Read more](#). (Source: KHN)

What Would Happen If Health Care in Your State Improved?

The Commonwealth Fund’s [Scorecard on State Health System Performance](#) assessed states on more than 40 indicators of health care access, quality, costs, and outcomes. See the gains that each state could achieve by improving its performance to the level of better-performing states, as well as the losses that would result if your state failed to sustain its performance. (Source: Commonwealth Fund)

PLAN AHEAD (Always 2 months ahead) – July 2017

Bereaved Parents Awareness, Cell Phone Courtesy, Eye Injury Prevention, Black Family, Parks & Recreation, Wheelchair Beautification, Sandwich Generation and Social Wellness Month; Freedom (4-10), Restless Leg Syndrome (18-25) and Scrabble (22-27) Weeks; Postal Workers (1), Stay Oure of the Sun (3), Forgiveness (7), Give Something Away (15), Pet Fire Safety (15), Americans with Disabilities (26), Korean War Veterans Armistice (27) and Public Education (30) Days.

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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.