

ADRC E-Newsletter June, 2017



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
June 1 – "Shick Shadel Recovery Programs" with Lisa Martz

July 6 – No meeting

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
June 8 – Networking
July 13 – "Mediation Techniques" with Michelle Graham

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.
June 21 – Farrington Court, 516 Kenosia Avenue, Kent
Schedule of meeting locations and times at www.secoalition.com

LOCAL SERVICES

Time to Check Your Where to Turn Listing

The next edition of the popular Where to Turn guide is being readied. If you have a listing...or would like to be listed, please check. Or if you would like to advertise in this great tool, contact Pat Jenkins at Senior Media Services, (253) 722-5687.

SHUTTLE Fare Increase Hearing

Pierce Transit is holding a public hearing to all for public comment on a proposed increase to the SHUTTLE fare. The hearing will be held as part of the Board of Commissioners meeting on June 12 at 4 p.m. at the Pierce Transit Training Center, 3720 96th Street, SW in Lakewood.

FISH Food Banks Gets a New Name

The non-profit organization we all know as FISH Food Banks of Pierce County has a new name – “Nourish Pierce County.” “Nourish” reflects not only what they do but also the way in which staff, volunteers, donors and the entire community work together to provide nutritious food to anyone who needs it. For questions contact Sue Potter at (253) 383-3164 or suepotter@nourishPC.org.

WA Set to Launch ABLE Program

The Achieving a Better Life Experience Act established the creation of ABLE accounts for people with disabilities. The Washington ABLE program provides tax-advantaged savings accounts for individuals and their families to save for qualified disability expenses without losing federal or state benefits. [Learn about ABLE and how it works](#). Washington’s [ABLE website](#) will be live July 1.

Summer Time Early Stage Memory Loss Zoo Walk

The Summer series Zoo Walk offers people with mild memory loss and their care partners an opportunity for regular exercise and a space to build relationships. There is NO charge for Zoo & Aquarium entry. Held Monday or Friday mornings. Pre-Registration is required. Call (206) 529-3868 For more info about this and other programs Please contact Caregiver Support at (253) 722-5691.

New Alzheimer’s Caregiver Support Group in Lakewood

Group is for caregivers of those with memory loss to exchange practical details on problems and get solutions, talk through challenges, share feelings, needs and concerns as well as connect with community resources. Held the third Saturday monthly from 10:30 a.m. to noon at St. Mary’s Episcopal Church, 10630 Gravelly Lake Drive SW in Lakewood. Call McKenzie Golden at (253) 271-4073.

Volunteers Help Ombudsmen Give Nursing Home Residents ‘A Voice’

Ombudsman's offices represent long-term care residents on issues such as admissions and discharges, food, physical environment and abuse. [Read the KHN story](#). For local information, contact Kashmiri Gavronski, Pierce County Long Term Care Ombudsman at (253) 798-3789.

Death Café in Gig Harbor

At Death Cafes people come together in a relaxed and safe setting to discuss death, drink tea and eat delicious cake/treats. The objective of Death Cafe is to increase awareness of death with a view to helping people make the most of their (finite) lives. This facilitated group is held monthly at the Gig Harbor Library, 4424 Point Fosdick Dr. NW. on Mondays (June 12, July 17 and August 14) from 3-4:30 p.m. Free. No RSVP necessary.

Pierce County Moves to Integrated Physical & Behavioral Healthcare

No later than January 1, 2020, Pierce County residents in the Medicaid system will receive both physical and behavioral care through a [state mandated initiative called Integration 2020](#). Through this whole-person approach, physical and behavioral healthcare will be delivered via one system through an integrated network of providers, offering better coordinated care for patients and more seamless access to the services they need. The initiative is part of Healthier Washington and brings together the payment and delivery of physical and behavioral health services for people enrolled in Medicaid, through managed care. The Pierce County integration work will be led by Steve O'Ban, a state Senator and current chair of the Senate Human Services, Mental Health and Housing Committee.

Stay Active and Independent for Life Instructors Needed

Exercise leads to a healthier heart, stronger bones and increased flexibility – especially for seniors. Results include better balance, slower mental decline, delay or prevention of disease, improved psychological well-being, decreased risk of falls, and increased life expectancy. Help make a difference by becoming a SAIL (Stay Active and Independent for Life) exercise program Instructor. You will lead exercise classes using SAIL's comprehensive curriculum. If you are a dependable, punctual and a motivated person who also enjoys exercise, this is an opportunity to do something good for yourself and your community. The next SAIL Instructor training is on Thursday, July 27 from 8:30 a.m. to 4:00 p.m. at the Puyallup Senior Activity Center. If interested, please call Sandy Gatlin 253-226-0062 or register at www.SAILfitness.org.

Pierce Transit Kicks Off Downtown to Defiance Trolley

Pierce Transit, in partnership with the City of Tacoma, Point Ruston, Metro Parks, South Sound Together, Port of Tacoma and Travel Tacoma, is pleased to announce Pierce Transit's Downtown to Defiance trolley service available from June 2 through September 3, 2017. This new service will connect visitors to downtown Tacoma to scenic destinations along Ruston Way and at Point Defiance Park. The service also serves Point Ruston with the first public transit bus connection.

SCAMS OF THE MONTH

Don't Become a Victim of Medicare Card Fraud

Medicare is sending beneficiaries new cards beginning in 2018. You won't have a Social Security Number. You will have a Medicare Beneficiary Identifier (MBI). Scammers are already taking advantage of the confusion as a way to commit fraud. Currently, most people's Social Security number is their Medicare card number, which makes collecting Medicare numbers an easy target for scammers to steal your identity, open new credit cards or take out loans in your name. The new Medicare card number will not be tied to your Social Security number and will provide more security. Some scammers call beneficiaries claiming to be with Medicare and ask you to confirm your current Medicare number before you can get your new card. Others say there is a charge for the new card and are collecting beneficiaries' personal information. Here are the facts: There is no charge for the new Medicare card and Medicare will never call you for your information. They already have it. If you receive any calls or suspicious solicitations, hang up and call the Washington State Senior Medicare Patrol at 1-800-562-6900.

Misdialed VA Callers Get Scam Line

VA is taking action in response to a phone line that is set up to take advantage of Veterans who misdial the Veterans Choice Program phone line. The two phone lines differ only in area code. The correct

Choice Program phone line is 1-866-606-8198. The fake line does not provide information on the Choice Program or its eligibility criteria. Instead it claims to offer callers a \$100 rebate if they provide a credit card number. VA would never ask Veterans for this information or offer this type of financial incentive through the Choice Program phone line.

LOCAL HAPPENINGS

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 2 – Relay for Life

Relay is a team fundraising event where team members take turns walking around the track at Mt. Tahoma High School, 4634 S 74th St in Tacoma. Health fair from 4:30 to 7:30 p.m. Luminaria ceremony at 10 p.m. The 24-hour event signifies that cancer never sleeps. Cancer patients don't stop because they're tired, and for one night, neither do we. [More info online](#).

June 3 – Free Shredding Event

Done with spring cleaning? Bring your documents to be shredded safely and securely. Shredding provided by Lemay Mobile Shredding. Everyone welcome – free coffee and treats. Held 8 to 11 a.m. at the Weatherly Inn, 6016 N. Highlands Pkwy in Tacoma.

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 7 – Speaking of Homelessness

What will it take to make Tacoma a model city, and Pierce a model county, for best practices in addressing homelessness? Join this open, hosted conversation. There is nothing to join, no fixed agenda, just a simple process that helps to shift us from small talk to BIG talk. Held 5 – 7:30 p.m. at the Bill Bichsel Hall, 710 S. 13th Street, Tacoma. Free but please register in advance at <https://www.eventbrite.com/>

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?” 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 12:30 p.m. at Puyallup Senior Activity Center, 210 W. Pioneer in Puyallup. [More info online](#) or call (253) 798-4600.

June 16 – Virtual Dementia Tour

Sponsored by Franke Tobey Jones' Senior University and Right-at-Home, this empathy-building exercise gives participants the chance to experience the cognitive declines and difficulties associated with dementia. Perfect for care partners, healthcare providers, and anyone who wants to gain a better understanding of living with dementia. Held at 2 p.m. at the Franke Tobey Jones Wellness Center, 5340 N. Bristol Street in Tacoma. Contact [Joanna Manning](#) at (253) 756-6219.

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?” 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. The course is designed for adults who regularly interact with older people (caretakers, nursing staff, etc.). Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration’s National Registry of Evidence-based Programs and Practices (NREPP). FREE - Including lunch, training manual, and training certificate (WA-licensed RN’s can submit training certificate for continuing education credits) To register, please email your: 1) Name, 2) Organization & Title, 3) Email Address, 4) Phone Number to monetcraton@chifranciscan.org. Offered at no cost through a partnership between Pierce County Aging and Disability Resources and CHI Franciscan Health’s Prevent-Avert-Respond (PAR) Initiative, and training time donated by certified Mental Health First Aid Instructors. Training is valued at \$170/person by Mental Health First Aid USA. Held 8:30 a.m. – 5:00 p.m. at Aging & Disability Resources, 3602 Pacific Avenue, Tacoma.

June 28 – IRIS

The Alzheimer’s Association Washington State Chapter sponsors this free showing of IRIS. Few films capture the reality of Alzheimer’s like “Iris,” starring Judi Dench, Kate Winslet and Jim Broadbent. The love story traces the relationship of Irish Murdoch and John Bayley from their college student days, through a loving marriage, to the final days when Iris is overtaken by Alzheimer’s. This free showing will be held at the Grand Cinema, 606 Fawcett Avenue, Tacoma, on Wednesday, June 28, at 6:15 p.m. Admission is free but reservations are required by calling (253) 798-8787.

July 8-30 – Washington State Senior Games

The Washington State Senior Games will be held at various sites throughout the South Sound. Almost 2,000 participants will take part in the next Washington State Senior Games. The purpose of the Games is to keep seniors healthy and productive – promoting health and fitness throughout the year for people from 50 years of age to 100+ through participation, competition and education. Events include Archery, Basketball, Badminton, Bowling, Cowboy Action Shooting, Cycling, Dance, Disc Golf, Golf, Pickleball, Power Walking, Race Walking, Racquetball, 5 & 10K Runs, Rock Climbing, Shuffleboard, Soccer, Softball, Swimming, Table Tennis, Tennis, Track & Field, Trap Shooting, Triathlon and Volleyball. For more information or questions, call the Washington State Senior Games Information Line at (360) 413-0148 or [on the web](#).

July 18 – Disability Week’s Get out the Disability Vote

Part of the national Disability Week (July 17-21). Held at TACID. 6315 S 19th Street in Tacoma. For details please contact the Center for Independence at (253) 582-1253.

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 1 – National Night Out

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community while providing a great opportunity to bring police and neighbors together under positive circumstances. More at <https://natw.org/>.

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

The Pierce County Cancer Survivorship Conference is a free annual event to support and celebrate the community of cancer patients and survivors in the South Sound. The event will be held from 8:00 a.m. to 3:30 p.m. at the University of Puget Sound, 1500 North Warner Street in Tacoma. Program offers a variety of speakers on an array of topics supporting cancer fighters and survivors. [Information and registration available online.](#)

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 10 – Walk to End Alzheimer's

The Alzheimer's Association hosts its annual walk. Everyone is invited. Goal is \$205,000. Held at the University of Puget Sound, 1500 N. Warner St. in Tacoma. Registration at 11 a.m.; Ceremony at noon; Walk at 12:30 p.m. Contact Claire Fallat at (206) 529-3878 or cfallat@alz.org

Sept 14-15 – Elder Friendly Futures Conference

Two full days of educational sessions, networking opportunities, engaging exhibits, research poster presentations, roundtable discussions and, the always-popular films discussion. The 2017 theme, “The Essential Work of Caregiving Across Communities,” will include topics such as caregiving and the interconnection of race, gender, ethnicity, immigration status and sexual orientation; valuing family/friends and the professional caregiving workforce; community based innovation to support older adults and their caregivers; understanding the role of technology in caregiving and building an evidence base for elder care. Held at the Lynnwood Convention Center, 3711 196th St SW, Lynnwood.

[Information and registration online.](#)

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 recently enrolled in premium-free Part A, but learned that I will have to pay a premium for Part B. Could I get some information on Medicare Savings Programs, which I’m told would cover my Part B premium?

Answer: The [Medicare Savings Programs](#) (MSPs) [assist you with paying your Medicare costs](#). The programs include premiums, deductibles, coinsurance charges, and copayments. There are three MSPs, each with different federal income and asset eligibility limits. All three MSPs cover your Part B premium. 1. Qualifying Individual (QI) program pays for your Part B premium and provides three months retroactive Part B premium reimbursement from the month of application. Note: you *cannot* have Medicaid and QI. 2. Specified Low-Income Medicare Beneficiary (SLMB) program SLMB pays for your Part B premium and provides three month retroactive Part B premium reimbursement from the month of application. Note: you *can* have Medicaid and SLMB. 3. Qualified Medicare Beneficiary (QMB) program pays for your Part B premium and Medicare deductibles, coinsurance charges, and copayments. Which one you are eligible for depends on your assets and income. You can call the ADRC at (253) 798-4600 to get information about eligibility and application. You can also [apply online for an MSP](#).

NATIONALLY

New Medicare Cards Are Coming

Changes are coming to your Medicare card. By April 2019, your card will be replaced with one that no longer shows your Social Security number. Instead, your card will have a new Medicare Beneficiary Identifier (MBI) that will be used for billing and for checking your eligibility and claim status. And it will all happen automatically – you won't have to pay anyone or give anyone information, no matter what someone might tell you. Don't be fooled. If anyone calls asking for your Medicare number...or wants to "help" you get the new card, or wants to charge a fee for a "new" card - hang up! That's a guaranteed scam. You will get your new Medicare card without you doing a thing. For more on the new changes to your Medicare card, visit [Centers for Medicare & Medicaid Services](#). And [report scams to the FTC](#). (Source: FTC)

The Budget Debate Begins

Appropriations season for FY 2018 is underway on Capitol Hill, and lawmakers are weighing in with their colleagues on the issues they believe should be funding priorities for Congress. Senators Bernie Sanders (I-VT) and Chris Murphy (D-CT) circulated letters among their Senate counterparts asking for increased funding for OAA and SHIP programs, respectively. The Trump Administration has proposed slashing both programs. [Read more](#). (Source: n4a)

CBO Scorecard Says...

The Congressional Budget Office (CBO) and JCT (Joint Committee on Taxation) estimate that enacting the American Health Care Act would reduce federal deficits by \$119 billion over the coming decade and increase the number of people who are uninsured by 23 million in 2026 relative to current law. [Read the report](#). (Source: CBO/JCT)

10 Ways the Administration's Budget Would Impact Seniors

The FY18 budget proposal released by the White House includes historic cuts to—and even elimination of—programs older adults and their families have relied on for decades. [Read more](#). (Source: NCOA)

Loneliness in Seniors Can Be Eased

The White House released its first full budget proposal today, and it includes historic cuts – and even elimination – of programs that older adults and their families have relied on for more than 50 years. Congress has indicated that it will develop its own FY18 budget, so the Administration's proposal is just that – an outline of its funding priorities. However, it does set up the debate for the coming fiscal year. [Read more](#). (Source: KHN)

National Parks Lifetime Passes

The USGS sells [lifetime passes to all parks for seniors 62 and over](#). Provides entrance or access to pass owner and accompanying passengers in a single, private, non-commercial vehicle at Federal operated recreation sites across the country. Cost of the pass is currently \$10 (\$20 through the mail or Internet). (Cost of the pass will increase substantially at the end of the year.) The pass may also provide a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services. Generally does NOT cover or reduce special recreation permit fees or fees charged by concessioners. A free, lifetime pass - available to U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability (does not have to be a 100% disability) – provides admittance to more than 2,000 recreation sites managed by five Federal agencies. (Source: USGS)

10 Things to Know about Medicaid: Setting the Facts Straight

Medicaid, the nation's public health insurance program for low-income children, adults, seniors, and people with disabilities, covers 1 in 5 Americans, including many with complex and costly needs for medical care and long-term services. Most people covered by Medicaid would be uninsured or underinsured without it. The Affordable Care Act (ACA) expanded Medicaid to reach low-income adults previously excluded from the program and provided federal funding to states for the vast majority of the cost of newly eligible adults. [This brief highlights 10 key Medicaid facts.](#) (Source: KHN)

States Get Time to Meet Medicaid Standards of Care

The Trump administration has [given](#) states three extra years to carry out plans for helping elderly and disabled people receive Medicaid services without being forced to go into nursing homes. Among other things, the rule requires states to provide opportunities for enrollees to engage in community life, control their own money and seek employment in competitive settings. It also ensures that enrollees in group homes and other residential settings get more privacy and housing choices that include places where non-disabled people live. [Read more.](#) (Source: KHN)

Medicare Beneficiaries' High Out-of-Pocket Costs

More than one-fourth of Medicare beneficiaries spent 20 percent or more of their household income on out-of-pocket medical expenses and monthly premiums in 2016. A [new study](#) reveals that beneficiaries with high needs – those with multiple chronic conditions or physical or mental disabilities – are at the greatest risk of incurring high costs. Medicare does not limit beneficiaries' annual out-of-pocket spending and has relatively high cost-sharing requirements. And, with nearly half of beneficiaries earning less than \$24,000 a year, many cannot afford supplemental coverage. Locally, SHIBA advisors can help with impartial, knowledgeable information and resources. Call (253) 596-0918 or (800) 562-6900. (Source: Commonwealth Fund)

Get Multi-Language Benefits Resources

Looking for benefits information and outreach materials in Spanish, Korean, Chinese, and other languages? Check out the National Council on Aging compilation of multi-language resources and discover where you can get more tools for your non-English speaking clients. [Find out more.](#) (Source: NCOA)

Caregiver Boot Camp for Alzheimer's

Doctors and researchers increasingly recognize that caring for people with dementia compromises the physical and mental health of the caregivers. And that, in turn, jeopardizes the well-being of the people they are caring for. Some studies have shown that the burden on caregivers may increase the likelihood that the loved ones in their charge will be placed in a nursing home. Free, daylong sessions run by UCLA teach caregivers how to keep their loved ones safe and engaged, while minimizing the stress in their own lives. Similar programs exist in other states. [Read/listen to the story.](#) (Source: KHN)

Senior Volunteers Provide More Than 3.3 Billion Hours of Service

More than 21 million Americans 55 or older contributed more than 3.3 billion hours of service in their communities, according to the 2017 annual Volunteering and Civic Life in America report by Corporation of National and Community Service. Seniors helped communities fill critical gaps in education, health care, and other services. The top-ranked volunteer activities were collecting and

