

ADRC E-Newsletter July, 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

July 6 – No meeting

August 3 – "Home Services from Pierce County Community Action"

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 \$8; Coffee \$2)
Contact [Joan Engle](#) at (253) 627-3833

July 13 – "Mediation Techniques" with Michelle Graham

Aug 10 – 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.
July 19 – Arbor Village, 24121 116th Ave SE, Kent
Schedule of meeting locations and times at www.secoalition.com

LOCAL SERVICES

Scorecard Give WA High Marks

Washington ranks #1 when it comes to meeting the long-term care needs of older residents and people with disabilities, but AARP warns more must be done, at an accelerated pace, to meet changing

demographic demands. Specific areas of concern in Washington include the need for more job opportunities for adults with disabilities who need assistance with activities of daily living. This, according to a [new, comprehensive state-by-state Scorecard](#) from AARP with support of the nation's leading organizations behind quality long-term care, The Commonwealth Fund and SCAN Foundation.

Summer Heat Warning

Pierce County's Department of Emergency Management reminds everyone to stay out of the heat as much as possible, stay hydrated, and to check on elderly relatives and neighbors when temperatures soar. They also recommend checking on those with chronic health concerns as they might be more susceptible to heat related illnesses. Do not leave children or pets in cars unattended - temperatures can quickly become deadly. Citizens are encouraged to take advantage of cooler air in public buildings such as [Pierce County libraries](#), local malls, movie theaters, and other large stores. People seeking relief from the heat by swimming in rivers risk cold shock and possibly drowning. Exercise caution.

Alzheimer's Caregiver Conference Vendor Registration Open

Vendor registration is now open for the 2017 Pierce County Alzheimer's Caregiver Conference. The event will be held Saturday, September 16 from 8:30 a.m. to 1:00 p.m. at Emmanuel Lutheran Church. Click [Here](#) to go directly to the HCPC events page to register. Please direct all sponsorship/vendor questions to Lynessa Tinglum at 253-475-7744 or ltinglum@advanced-healthcare.com.

Alzheimer's Caregiver Conference Participant Registration Open

Registration is now open for the 2017 Pierce County Alzheimer's Caregiver Conference. The event will be held Saturday, September 16 from 8:30 a.m. to 1:00 p.m. at Emmanuel Lutheran Church. Keynote speaker is Laura Wayman, "The Dementia Whisperer." Breakout sessions topics include challenging behaviors, Alzheimer's activities, elder law, senior living options, music and more. Event is free to attend. Complimentary respite care available – call Monika at 253-475-3702. Four CEUs offered to DSHS caregivers. RSVP required by calling 253-798-8787 or [register online](#). Call the ADRC for additional details at 253-798-4600.

Vendors Sought for Tacoma Health Expo

Premera Blue Cross is having a health expo for their current Medicare Advantage members. They are looking for vendors for events in Pierce, King, Snohomish, and Spokane counties – e.g., nutritional information; crisis intervention, workout instructors and demos, humor and its health benefits, massage therapists, chiropractors, home repair, entertainment etc. Contact [Kim Vilaire](#) or (253) 439-0381. The Tacoma event is Saturday, October 7, 2:30 -5:00 p.m. at the Star Center, 3873 S 66th Street in Tacoma.

Healthcare Repeal Lesson Learned the Hard Way in WA State

Republicans in the state of Washington didn't wait long in the spring of 1995 to fulfill their pledge to roll back a sweeping law expanding health coverage in the state. Coming off historic electoral gains, the GOP legislators scrapped much of the law while pledging to make health insurance affordable and to free state residents from onerous government mandates. It didn't work out that way: The repeal left the state's insurance market in shambles, sent premiums skyrocketing and drove health insurers from the state. It took nearly five years to repair the damage. [Read more](#). (Source: LA Times)

SNAP Critical to the Wellbeing of Washingtonians with Disabilities

According to a [new report](#) by the Center on Budget and Policy Priorities, the Supplemental Nutrition Assistance Program (SNAP) – which provides basic food support to people with lower incomes – helps 126,000 Washingtonians with disabilities secure a better quality of life and protect their basic health. The report underscores the key role SNAP plays in lifting people with disabilities out of poverty, helping them put food on the table, and contributing to a wide range of positive long-term health and economic outcomes.

Complete Eats Helps Washingtonians Afford Healthy Foods

The Department of Health and Safeway “Kicked-Off” [Complete Eats](#), a program that makes fruits and vegetables more affordable for Supplemental Nutrition Assistance Program customers. Complete Eats rewards customers who purchase fruits and vegetables with SNAP benefits (formerly called Food Stamps) with coupons and rebates. Shoppers at Safeway who buy at least \$10 worth of qualifying fruits and vegetables using their SNAP card and their Safeway Club Card receive a coupon for \$5 off their next purchase. Complete Eats is now available at all 150 Safeway locations in Washington. Complete Eats is scheduled to run for two years, and is jointly funded by Safeway and Albertsons and DOH’s [Food Insecurity Nutrition Incentive Grant](#) awarded by the National Institute of Food and Agriculture at the USDA.

Lawsuit: Washington Failing to Teach Special-Ed Students

A lawsuit from the Washington chapter of the American Civil Liberties Union accuses the state of failing to ensure that students with behavioral disabilities get an education instead of just kicked out of school. The complaint says the state Office of the Superintendent of Public Instruction has a duty to ensure that all children receive a public education, including those who have behavioral problems related to conditions such as bipolar disorder, post-traumatic stress disorder or Asperger's syndrome. Special-education students make up 14 percent of the state's students, but nearly 30 percent of suspended and expelled students, the ACLU said. [Read more.](#)

Disability Rights Washington Selected to Provide New State Ombuds Services

Disability Rights Washington has been awarded the contract to provide ombuds services for the new [Washington Developmental Disabilities Ombuds](#) program. The Legislature created the Office of the Developmental Disabilities Ombuds to help protect the health and well-being of individuals with developmental disabilities. The office will act as watchdog, monitoring and reporting on the services provided in Washington state for potential situations of abuse and neglect. [Disability Rights Washington](#) (DRW) is a private non-profit organization that protects the rights of people with disabilities statewide. Their mission is to advance the dignity, equality, and self-determination of people with disabilities.

CEU Opportunity: Comprehensive Automotive Mobility Solutions

This introductory continuing education course contains a range of topics pertaining to personal automotive mobility solutions. It will assist the allied health care practitioner in understanding and advocating for individuals seeking automotive vehicle modification solutions, while also teaching practitioners about the unique process involved in evaluating, selecting and purchasing appropriate automotive options. For course outline, instructor credentials and other information visit: <http://www.nmeda-camshp.org>. Cost: Free. Held at Kersey Mobility, 6015 160th Ave E., Sumner. For CEU information contact learning@nmeda.org, visit www.nmeda.com or call 800-833-0427.

Audit Slams King County's Access Transit for Disabled Riders

King County Metro Transit's Access service, which carries people with disabilities across the county, is inefficient and fails to promote service for non-English-speaking riders, [says a new county audit](#). At a cost of \$60 a trip, King County Metro's Access transit for disabled riders is expensive and is losing riders, an audit finds. Metro agrees and says it's buying smaller vehicles and writing new contracts.

Protecting Resources for Medicaid & SSI Beneficiaries

The countable resource limit for Supplemental Security Income (SSI) recipients and many Medicaid recipients is only \$2,000. However, some recipients can protect additional resources in a Special Needs Trust or an ABLE account. [This bulletin from Columbia Legal Services](#) explains these options and who can benefit from them.

Join the WTBBL Summer Read-a-thon

From July 1st to September 1st, read as many books as you can relating to the theme of "Build a Better World", (or any books of your choice) and ask friends and family to sponsor you with pledge per book you read. On Sept 1, total up the books and corresponding pledge total. Collect your pledges, or you may choose to ask your sponsors to direct the pledges directly to Washington Talking Book and Braille Library as donations. [Find more information online](#).

Pierce County Libraries Join Summer Read-a-Thon

Start your summer with a visit to your local Pierce County branch library. Participate in the all ages Read-A-Thon. For every hour read, your branch earns a new book. May include story times, readers' theater and other activities. Check your local branch for more information or [click here for details](#).

Tacoma MetroParks Offers FAB Trips

MetroParks Fifty-And-Better program offers a wide variety of trips and tours specifically for "older" adults. Most trips start at the STAR Center, 3873 S 66th Street in Tacoma. [View trips](#).

Rainbow Center Announces New Executive Director

The Rainbow Center has announced the appointment of J. Manny Santiago to the position of Executive Director. Manny will fill the vacancy created by Michelle Douglas' departure in January. The selection was made after a national search and selection process. Manny, who is of Puerto Rican origin, becomes the first Hispanic/Latino to lead an LGBTQ+ rights organization in Pierce County. Contact Manny at 253-383-2318 or mannys@rainbowcntr.org.

Phone Call Reminder

Starting July 29, 2017, you will need to dial all ten digits when making local calls within Western Washington. The reason for this change is the new area code 564 will be introduced in late August. The update will affect calls to area codes 206, 253, 360, 425, and 564. Long distance calls will still require dialing a 1 plus the number. According to the MLA style sheet format for publication should be without parentheses, hyphens only – e.g. 253-798-4600.

Stay Active and Independent for Life Instructor Training

Help make a difference for seniors by becoming a SAIL (Stay Active and Independent for Life) exercise program instructor. 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. Please call Sandy Gatlin 253-226-0062 or register at www.SAILfitness.org.

SCAM OF THE MONTH

ADRC Saves Consumer \$2,400

At around 1:00 PM, one of our ADRC telephone screeners received a call from a woman (under 60 y/o) looking to verify the address here. She said a government agency told her to immediately pay \$2,400 to recover and get a new identity. She asked if we had worked for Home Land Security. We told her that we work for Pierce County government, and we did not have any program to recover people's identity. She was advised that this was most likely a scam. They told her after she paid the \$2,400, she should go to 3602 Pacific Ave (our address) to pick up the application to recover her identity. While she was on the phone with our staff, the scammer called her again. The area code was 202. She was advised to let the call go to voice mail and report the whole episode. Although the caller ID said it was a (202) area code, it could have come from anywhere.

The FTC Doesn't Need Your Bank Info

Some people have gotten an email that claims to be from Maureen Ohlhausen, the FTC's Acting Chairman. But it's not. The email asks you to give your bank account information – so, it says, you can get money from the government's settlement with Western Union. The email is a scam to steal your financial information. [Read more.](#)

Monthly Preparedness Tip - July

Prepare in a year. Pierce County Emergency Management offers [tips for getting your home emergency supply kit in order](#). | [Check every month for new ideas](#)

LOCAL HAPPENINGS

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. View this [simple guide](#) to voting in Washington State for voters with disabilities (includes printable bulletin).

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. Learn about eligibility, application, benefits and more. 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 12 – Lions Club Centennial Celebration

The Lions are celebrating their 100th at Clock Tower Park, 1400 Palisades Blvd in Dupont from 11 a.m. to 8:30 p.m. Please bring non-perishable foods for the Emergency Food Network. Event includes free diabetes screening, hearing screening and sight screenings. Lots of food, fun and games. Open to all.

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

An opportunity for caregivers, families and friends of people with Alzheimer’s to learn more about services, resources and community supports. Held at Emmanuel Lutheran Church, 1315 N. Stevens in Tacoma. Free. Complimentary respite care available – call Monika at 253-475-3702. RSVP required by calling 253-798-8787 or online at www.alzheimersconferencetacoma.eventbrite.com. Call the ADRC for additional details at 253-798-4600.

Sept 22 – Pierce County Fall Prevention Day

Sept 28-29 – Adult Family Home Council Annual Fall Conference

This 2 day event supports adult family home operators and their caregiving staff. It is also an opportunity for the many businesses who support the adult family home industry to exhibit their offerings. Operators and their staff can receive their required 12 continuing education credits, network with other operators and businesses and enjoy the beautiful Tulalip Resort. For information contact the Council at 360-754-3329 or info@adultfamilyhomecouncil.org

Oct 10 – Cross Training for Victim Service Providers

This training on the dynamics of abuse in later life is now full. Additional trainings will be scheduled for 2018. Contact [Stacia Vierra](#) at (253) 798-4313.

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: We are travelling overseas soon. How do we deal with emergencies?

Answer: It's prudent to plan ahead. Your hotel concierge is often a first resource. But the nearest embassy or consulate can help. They know the resources available in the country – everything from lost or stolen passports and legal problems to medical emergencies and political unrest. Before you leave, [visit the State Department web page on emergencies abroad](#). It's loaded with information. You will also find a complete listing of embassies and consulates – addresses and phone numbers. Carry these with you. One helpful suggestion – e-mail this information to yourself. That way you can get the info from anywhere by checking your e-mail. Enjoy your trip!

ADRC Alert!

When you travel absolutely DO NOT post information on your Facebook page. Police nationwide – and here in Pierce County – are experiencing a rise in home break-ins while people are away on vacation. Posting pictures of your trip on Facebook while you are away lets crooks know of a relatively easy opportunity to burglarize your home. Exercise caution.

NATIONALLY

Compare Proposals – Senate – House – ACA

Republicans have committed to repealing and replacing the Affordable Care Act (ACA). How do proposals from the Senate and House compare to the ACA? How do they compare to each other? View this [side-by-side comparison](#) of 17 different areas using this Kaiser Family Foundation tool. You can also view the summaries of each proposal:

- The Better Care Reconciliation Act of 2017 passed by the Senate ([PDF](#))
- The American Health Care Act, as passed by the House of Representatives ([PDF](#))
- The Affordable Care Act, 2010 ([PDF](#)) (Source: KFF)

CBO Score of Senate Health Reform Bill

The Congressional Budget Office and the staff of the Joint Committee on Taxation (JCT) have completed an [estimate of the direct spending and revenue effects](#) of the Better Care Reconciliation Act of 2017, a Senate amendment in the nature of a substitute to H.R. 1628. CBO and JCT estimate that enacting this legislation would reduce the cumulative federal deficit over the 2017-2026 period by \$321 billion. That amount is \$202 billion more than the estimated net savings for the version of H.R. 1628 that was passed by the House of Representatives. The Senate bill would increase the number of people who are uninsured by 22 million in 2026 relative to the number under current law, slightly fewer than the increase in the number of uninsured estimated for the House-passed legislation. By 2026, an estimated 49 million people would be uninsured, compared with 28 million who would lack insurance that year under current law. (Source: CBO)

Popular Support for Medicaid Expansion

As Congress weighs major budget cuts and structural changes to Medicaid as part of its effort to repeal and replace the Affordable Care Act (ACA), majorities of the public are wary of those changes to the program that covers medical and long-term care for millions of low-income Americans, [the latest Kaiser Family Foundation tracking poll](#) finds. A majority of Republicans see Medicaid as welfare while Democrats and Independents see it as insurance. (Source: KHN)

CBO Clarifies Extent Medicaid Would Be Slashed by Republican Plan

The Congressional Budget Office has released a more detailed and long-ranging report on the effects that the Republican plan would have on the federal-state program for low-income people. Projected Medicaid spending under a Senate Republican bill to repeal the Affordable Care Act would be 35 percent lower after two decades. The report detailed how Medicaid changes would cut more deeply as they go fully into force. [Read the story](#). (Source: NY Times)

Seniors Should Look for an Important Letter from SSA – It’s Legit!

Every year in late spring/early summer, the Social Security Administration (SSA) sends letters to people with Medicare who may be eligible for two money-saving programs that can help them afford their prescriptions and health care costs. Tell seniors it's not a scam. [See what to look for](#). (Source: NCOA)

Village Concept in Chicago

Thirty seniors convened in a Chicago living room to talk about growing older and needing more help. Who will be my allies as I go through this process, they asked. Many were unmarried, without children, living alone. Millions of older adults are in a similar situation, peering into an uncertain future without knowing whom they can count on to be at their side. [Read more](#). (Source: KHN)

Some Seniors Just Want To Be Left Alone, Which Can Lead To Problems

Almost 30 percent of patients leaving the hospital don’t want home health care services, which often leads to readmissions and other health issues. As many as 28 percent of patients offered home health care when they’re being discharged from a hospital – mostly older adults – say “no” to those services, [according to a new report](#). Understanding why this happens and what can be done about it is important — part of getting smarter about getting older. (Source: KHN)

Many COPD Patients Struggle To Pay For Each Medicinal Breath

An estimated 1 in 9 Medicare beneficiaries are diagnosed with chronic obstructive pulmonary disease, or COPD. And, in 2014, COPD was the [third-leading cause of death](#) in the country. Inhalers like Spiriva and Advair account for billions in Medicare spending each year. Yet, even if responsible only for monthly copays, many enrollees can’t afford their inhalers. [Read their story](#). (Source: NPR)

Will High Risk Pools Work?

People with preexisting conditions constitute roughly 51 percent of Americans. [Read a discussion](#) about who might end up in a high-risk pool, what their experiences might be, and policymakers’ alternative options for stabilizing the marketplaces. (Source: The Commonwealth Fund)

Capped Financing for Medicaid Does Not Account for the Growing Aging Population

New projections from the AARP Public Policy Institute demonstrate that the American Health Care Act's Medicaid per capita cap financing proposal will not keep pace with changing demographics, specifically the growing and aging 65+ population. A new [fact sheet](#) discusses these projections and the impact cuts to Medicaid could have on consumers, especially the Boomer generation, and on states. (Source: AARP Public Policy Institute)

1 in 3 Now on Medicare Advantage

For the first time, 1 in every 3 people with Medicare is enrolled in Medicare Advantage, the private Medicare plans that have played an increasingly large role in the Medicare program over the past decade, according to [a new analysis](#) from the Kaiser Family Foundation. The Congressional Budget

Office has projected that enrollment in Medicare Advantage will continue to rise, reaching 41 percent of all beneficiaries by 2026. (Source: KHN)

Caregiver Scholarships Available to Road Scholar Adventures

The Road Scholar Financial Assistance Program helps to increase the social, educational and economic diversity of Road Scholar groups, enriching the program experience for all, not just those who receive financial aid. There are two kinds of financial assistance – Scholarships and Caregiver Grants. Scholarships are awarded to lifelong learners without the financial means to participate in our learning adventures. Each year, thanks to the generosity of our donors, more than 300 Scholarships are awarded. [Apply for a Scholarship.](#) | [Apply for a Caregiver Grant.](#) (Source: Road Scholar.org)

Professional Resources to Care for People with Alzheimer’s/Dementia

Health professionals – physicians, nurses, social workers, and others – play an important role in identifying and caring for people with Alzheimer’s disease. Check out [Alzheimer’s and Dementia Resources for Professionals](#) to access free resources on topics like tools for assessment, diagnosis, treatment, and management; disease-specific information; professional training and curricula; clinical trials and studies; patient care; and patient and caregiver education. (Source: NIH)

Danny Trejo Caregiver PSA

Men represent 16 million of the more than 40 million Americans who are unpaid family caregivers. Although most male caregivers agree that caregiving is stressful, very few reach out for help; they often avoid talking about their situation with others and don’t feel comfortable discussing the emotional challenges of caregiving. More than half (63%) of male caregivers are the primary caregiver for their loved one, and the majority of employed male caregivers juggle with working 40 or more hours per week. AARP has produced a [new PSA featuring "tough guy" Danny Trejo](#) and use the tagline “Caregiving is tougher than tough.” Watch the [“behind the scenes” video](#) too. (Source: AARP)

Respite for VA Caregivers

Veterans who require a caregiver may be eligible for up to 30 days of respite care each year. This care can be offered in your home, at a VA community living center, at a VA-contracted community residential care facility, or at an adult day health care center. To see if you are eligible for respite care services, call the Caregiver Support Line: 1-855-260-3274, or enter your zip code and call your local Caregiver Support Coordinator. [More information online.](#) (Source: VA)

Administration Proposes Eliminating Senior Jobs Program

The Senior Community Service Employment Program (SCSEP) was launched in 1965 to help disadvantaged older adults get skills and confidence to reenter the workforce. The Administration's FY18 budget proposal would eliminate the program, despite traditionally bipartisan support. [See why it's worth saving](#) (Source: NCOA)

LGBT Seniors at Higher Risk for 3 Chronic Conditions

Barriers to health care, lack of health insurance, and fear of discrimination by doctors threatens the healthy aging of a generation of LGBT older adults. Know what to watch for, and how to help protect their health. [Read more.](#) (Source: NCOA)

