

ADRC E-Newsletter August, 2017



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

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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
August 3 – “Home Services from Pierce County Community Action”
with Pierce County Community Action Team
Sept 7 – “Landlord Tenant Relationships”
with ChiQuata Elder, City of Tacoma

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
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.
August 16 – El Dorado, 1010 SW 134th Street, Burien
Schedule of meeting locations and times at www.secoalition.com

LOCAL SERVICES

Summer Heat Warning - Reminder

Pierce County's Department of Emergency Management reminds everyone to stay out of the heat as much as possible, stay hydrated, and 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. Take advantage of cooler air in public buildings such as [Pierce County libraries](#), [Tacoma 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 extreme caution.**

Washington State Budget Released

The legislature released a \$43 billion operating budget for 2017-2019. The budget is built using increased revenue projections, a new property tax mechanism and new sources of revenue. AARP highlighted some budget highlights and lowlights:

- 1) No cuts to Medicaid but hearing aids were not included in the final budget.
- 2) Personal needs allowance (PNA) was funded.
- 3) Guardianship, ombudsman, nutrition services for seniors were funded.
- 4) Area Agency on Aging case management and health homes were funded.
- 5) The Medicaid Transformation Waiver was funded.
- 6) Balance billing failed. This would have protected consumers from surprise billing from out-of-network bills. We will continue to support in 2018.
- 7) Paid family leave. A tentative statewide paid family leave program could begin in 2020. It will provide eligible employees 12 weeks of family leave (including caring for ailing family members) and 12 weeks of medical leave annually, with a combined annual maximum of 16 weeks. Employers with 50 or fewer employees will be exempt.

EBT Card Holders Get Extra Buying Power

Households participating in the Supplemental Nutrition Assistance Program (SNAP) can now access the Fresh Bucks program. It encourages point-of-purchase incentives at farmers markets and grocery stores to buy more fruits and vegetables. The program matches SNAP dollar for dollar for up to \$10 per cardholder per market day. Go to the market information tent to get your one-to-one match before you shop. Includes STAR Center, Eastside, Broadway, MultiCare Rose Garden and Proctor markets.

Tacoma Older LGBT Survey

The OLGBT board of directors is asking the community to [take a brief survey](#). Responses assist Tacoma Older LGBT in understanding any changes to the community and the needs. Please feel free to share this survey with others that are 50+ and live in Pierce County, Federal Way or Auburn. As a thank you for your time to [take the survey](#), your name will be entered into a drawing for a \$25 gift certificate if you add your email and name in the last question. Otherwise, the survey is absolutely anonymous and confidential. Please visit the website at [Tacoma Older LGBT](#).

Older Adult Falls Prevention Survey

The survey is to gather input from individuals across Washington State on their attitudes and ideas regarding falls prevention. Information gathered through the survey will be utilized to define priorities and recommendations in the State Fall Prevention Action Plan. [Click here for the Survey](#).

Flex Your Mind with the Game Campaign

The Game Campaign is an innovative project to delay the symptoms of Alzheimer's by building cognitive reserve. For 10 weeks, starting Sept 5, facilities all over Pierce County will host backgammon, bridge, chess, Go, and Scrabble(c), finishing with a huge game-a-thon on Saturday, November 4th. Everything is free. To get involved, contact Alisa Lee at alisagracelee@gmail.com or go to thegamecampaign.com.

Share your Thoughts to Improve Regional Transportation System

[The Puget Sound Regional Council \(PSRC\)](#) is currently updating the region's long-range transportation plan, Transportation 2040, which is a 30-year plan addressing how to improve the transportation system to meet the needs of our rapidly growing region. PSRC is a regional planning agency that plans for transportation, economic development and growth within the central Puget Sound region which includes King, Pierce, Snohomish and Kitsap counties. Please tell us what you think about strategies to improve mobility in the Puget Sound region by [completing this brief questionnaire](#).

Aging Smart Workshops in Gig Harbor

AGING SMART is a group of Gig Harbor professionals with a common goal: Educating people to make smart decisions as they age. Believing the best results come from pro-active planning. Members of our group cover: Health, Legal, Community Living, Insurance, Finance, Stay at Home Retirement and Internet Safety. August workshops focus on “insurance:” Medicare, Medicaid, VA and Health Insurance. Aug 8, 6:30-7:30 p.m. at the Gig Harbor Library; Aug 24, 10:30-11:30 a.m. at Canterwood Golf and Country Club. RSVP at 253-509-2340 / ask for Rebecca.

The New Normal in Brain Injury

The New Normal is a course designed for caregivers, family members and friends of individuals who have recently sustained a brain injury. If you are currently learning to navigate this new way of life, New Normal will help you understand and accept the changes in your loved one. New Normal provides a safe place to explore feelings about the changes you are now experiencing. Attendance required at all sessions. This course is not appropriate for survivors of Brain Injury. Held Fridays: August 4, 11, & 18. 11 a.m. to 1 p.m. at the Puyallup Library, 324 S. Meridian. [Register Now!](#)

“Reading Matters” Newsletter

On a quarterly basis (March, June, September, December), Washington Talking Book and Braille Library posts its *Reading Matters* newsletter. It includes news from our program manager, department updates, lists new books in audio and braille produced at WTBBL, spotlights our staff and volunteers, and much more! *Reading Matters* is provided in text, Web-braille and audio versions [on our website](#). To receive *Reading Matters* in your email box, please subscribe by emailing wtbbl@sos.wa.gov.

Microsoft’s New, Free iPhone App Helps the Blind See

Microsoft has released an ambitious smartphone application in an effort to help the blind see. The free Seeing AI app, available for iOS, can read out short snippets of text, describe people, identify products and currency denominations, and take a stab at identifying the objects in a person’s surroundings. The app relies on the iPhone camera, backed by Microsoft’s machine-learning and image-recognition algorithms. [Seeing AI](#) joins a small group of apps designed to help visually impaired people. Most others are aimed at a single task, like identifying a color or reading text aloud. (Source: Seattle Times)

Summer Concerts on the Lawn

Franke Tobey Jones once again hosts a [free series of concerts](#). Please bring food donations to the concerts to benefit Nourish Pierce County (formerly FISH food banks). Bring lawn chairs, blankets, and a picnic. Held every Thursday Night In August, 6:30 -7:30 pm.

August 3 ~ Scott Cossu (light jazz), one of the first Windham Hill artists.

August 10 ~ 8 Second Ride (country) featuring old and new country, oldies and blues

August 17 ~ Tacoma Concert Band, 60 musicians playing Bach to Broadway, Straus to Sousa

August 24 ~ Hank Cramer (folk music), weaving music and history into the story of America

August 31 ~ Maia Santell and House Blend (American Songbook) a rich mix of melodies

Parkinson's Patients Fight Disease with their Fists

Twice a week 14 people unleash on the speed bag, the heavy bag, and they practice bobbing and weaving. But they never face off against each other. Instead, everyone here fights the same opponent: Parkinson's disease. The program is called Rock Steady Boxing. It was established as a non-profit a decade ago in Indiana and now has a growing presence in Western Washington, with studios in Gig Harbor and elsewhere. [View the KOMO-TV story](#).

Accessible Voting Outreach Video

It's easy to register to vote, receive and mark a ballot, and return your ballot. Pierce County has finished its [outreach / instructional video for voters living with disabilities](#). The 3-minute video highlights the three ways of voting in Pierce County: online, in person and by mail with an emphasis on services for individuals with disabilities including accessible touch screen voting equipment at five voting centers. The video will be updated for each election, through the end of 2018.

Family & Friends of Opiate Users Support Group

Care about someone addicted to opiates? This group provides a place to share your experience with a loved one who is struggling with opiate addiction and hear from others who are experiencing the same. Resources, compassion and hope offered in this casual discussion group. Held 1st and 3rd Wednesdays of each month 5-6 p.m. at TACID, 6315 S. 19th Street in Tacoma. For more info call 253-779-0100.

2017 Transportation Alternatives Program

Workshops will be held to review the materials included in the Call for Projects for the 2017 Transportation Alternatives Program project selection process for the Puget Sound Regional Council's federal funds. A Pierce County workshop will be held Tuesday, August 8, from 2:00 to 3:30 p.m. at the Tacoma Mall Office Building, 4th Floor, Conference Room 4A/4B, 4301 S. Pine Street. If you cannot attend, please use this conference call information: join the meeting with audio and visual: <https://bluejeans.com/168155591>. To join via phone, dial: 1.888.240.2560(US Toll Free) and enter conference ID: 168155591. Contact: [Monica Adkins](#) or (206) 389-2878.

Living Well with Chronic Conditions

This workshop is open to anyone with a chronic illness, including diabetes. The workshop is free of charge for anyone. Sponsored by Community Health Care and the Community Health Plan of Washington. Held 9:30 a.m. to noon on Thursdays – August 3, 10, 17, 24, and 31 at Marymount Manor, 317 152nd St E, Tacoma. For more information, contact Ruth Kelner at 253-442-8633 or 253-359-2544 or register online at www.commhealth.org.

Conversations: Employment and Career Goals

Having conversations with your family about your career goals can be hard to have when what you have in mind is different from what other people think you can do. Informing Families Building Trust created this video to offer tips for how to get started. [Watch the video.](#)

Children's Museum Free Memberships to Foster Children, Kinship Families

The Children's Museum of Tacoma provides free memberships for all foster care and kinship families in Pierce County. Members receive free parking in the lot adjacent to the Museum, exclusive member-only admission on Mondays, Free member-only Wee Ones Weekly every Monday, Free admission to Saturday morning playful programs, express entrance into the museum and discounts on workshops, programs camps and birthday/event rentals. To sign up a family for a free membership visit the Children's Museum in Downtown Tacoma (1501 Pacific Avenue) and bring your guardianship/kinship documentation or call [Chad Russell](#) at 253-627-6031, ext 236.

Seattle Aquarium for Kinship Caregivers and Foster Parents

Foster parents and kinship caregivers can enjoy free admission to the Seattle Aquarium. Contact the Kinship Caregiver Support Program at 253-565-4484, ext 140 to obtain the necessary identification card. Foster Parents use their current wallet ID card issued by DLR. Free entry is for up to two adult caregivers and five children. Contact [Hilarie Haputman](#) at 360-726-2556.

Molina Healthcare Community Champions Award

Is there a volunteer you know who pours their heart and energy into your community? Someone who gives freely, beyond the scope of their daily job, to make a difference in the lives of the most needy and often overlooked members in our community? Consider nominating them for Molina Healthcare's 2017 Community Champion Award. Community Champions is Molina's most distinguished volunteer recognition event. Winners, nominees and those who nominate someone will be invited to our celebration dinner and awards ceremony to be held on Oct 19 at no cost. Fill out our brief Community Champion Nomination Form and submit it to us by Aug 26. Click here for [Community Champion Nomination Form](#). Contact our community engagement specialist Katterine Nazario at Katterine.Nazario-Vasquez@molinahealthcare.com or 425-398-2659.

Report Finds Sex Assaults, Neglect, Abuse at State Disabled Facilities

Disabled people living in four Washington-state run communities (including Buckley) have choked to death, been sexually assaulted, denied basic treatment and given the wrong medication, according to a report released by Disability Rights Washington. The centers support residents with developmental disabilities through a program designed to help each person live as independently as possible. [View the DRW report.](#) | [View the KOMO-TV news story.](#)

Shield HealthCare Educational Webinars – with CEUs

Shield HealthCare provides information about a variety of upcoming webinars. Closer to the date of each webinar, Shield will post direct links to pages with more information about that particular event. Most webinars include [one CE contact hour from the Would Care Education Institute](#). If you have any questions you can submit them online. [Click here for the July-Dec 2017 webinar schedule.](#) | [Click here for step-by-step instructions on how to attend a Shield HealthCare webinar.](#)

Ruston Senior Center Plans for Emergencies

The Ruston-Point Defiance Senior Center has an emergency communications center with a HAM radio. They are looking for licensed radio operators or volunteers who will work with a licensed operator to join their emergency communications team. They meet on 145.210, tone 103.5 on Tuesday mornings at 8 a.m. In the event of an emergency, volunteers will meet at the Senior Center to man the radio station to assist with the transfer of messages. Participants serve a vital role. Anyone interested is encouraged to inquire and/or join. Call the center at (253) 756-0601.

Seeking Applications for Governor's Interagency Council on Health Disparities

The Governor's Interagency Council on Health Disparities will have one vacancy for a [Consumer Position](#) (no financial connection to healthcare industry) starting Sept 14, 2017. To apply fill out the [Application for Appointment](#) on the Governor's website. This is a volunteer position. No compensation is allowed per state law; however, reimbursement for travel expenses may be allowable. Health Disparities Council members are expected to attend about 4 meetings/year. Contact Christy Hoff at 360-236-4108 or Christy.Hoff@sboh.wa.gov.

A Daily Check-in

Living alone can be troubling and isolating. Having someone guaranteed to call each and every day simply to check-in can be assuring. For \$30/year, YourDailyhello.com (based in Lakebay) provides a daily e-mail. People have to click the "I'm good" button. If there's no response within 24 hours staff will call or text you. If there's still no response emergency services will be notified. Call 855-378-4840 or e-mail info@yourdailyhello.com. The Pierce County ADRC also offers a free daily telephone reassurance call. Call 253-798-4600 for details.

SCAMS OF THE MONTH

ADT Reports Multiple Door-to-Door Alarm Sales Scams

There has been a rise in complaints to home security company ADT about door-to-door salesman claiming to be affiliated with the company. BBB urges consumers to remember these tips when a door-to-door salesperson knocks at their door: 1) Research for proof. Consumers should tell the salesperson they may be interested, but to come back later so the consumer has time to research and contact the business with the phone number on the company's official website. 2) Ask for the salesperson's identification for themselves, their company and business license. 3) Avoid any high-pressure sales tactics. That's a red flag. 4) Get everything in writing. No oral promises. 5) The Federal Trade Commission's "Cooling-Off Rule" gives consumers three days to cancel purchases over \$25 made at their home or other location that is not the seller's permanent place of business. 6) If in danger, call local authorities immediately. If a seller or contractor gets irate or difficult, shut the door and call the local police department.

Is That Debt Collector Legit?

Fake debt collectors try many tricks to get you to pay. Keep these two things in mind. First, if a debt collector says you owe a debt, before you agree to pay anything ask for a validation notice that says how much money you owe. By law, they have to send you a validation notice in writing within five days of contacting you. If they don't, that's a sign that you're dealing with a fake debt collector. Secondly, if a debt collector threatens you with jail time, hang up the phone. They're violating the law. The Consumer Financial Protection Bureau handles complaints about financial products or services, and may

be able to help you directly. File your complaint with the CFPB at www.consumerfinance.gov or toll free at 855-411-2372.

LOCAL HAPPENINGS

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 free 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 5 – Hot Rods for Heroes

Patriots Landing Retirement Community hosts their third annual car show featuring all makes and models. Includes live performance by the Blues Power Revue, lots of entertainment, beer garden, snacks and food and more. Free. Held 10:30 a.m. to 2 p.m. at 1600 Marshall Circle in Dupont. Call 253-343-468 or [e-mail](#) for more info.

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 – Rainbow Center 20th Anniversary

The Rainbow Center (2215 Pacific Avenue) in Tacoma celebrates its 20th anniversary serving the needs of the LGBTQ community. Save the date. 1-4 p.m.

Aug 12 – Fall Prevention Event

Stay safe at home. Prevent falls. McLendon's Hardware Tacoma store will host a show and demonstration of common home safety tools and resources. Community resources will also be on hand. Sponsored by McLendon's and the Pierce County Fall Prevention Coalition at McLendon Hardware, 1015 N Pearl St, Tacoma from 10 to 11:30 a.m. Contact [Sarah Mercer](#) at 253-394-4618.

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.

Aug 16 – Tacoma Senior Living Community Tour

Five senior living communities come together to offer group tours to help you learn more about the living options in the Tacoma area. Featured communities are [Franke Tobey Jones](#), [Tacoma Lutheran Retirement Community](#), [The Weatherly Inn](#), [Narrows Glen](#) and [Merrill Gardens](#). Tours start at 9:45 a.m. at each of the communities. Event continues to 3:00 p.m. Seating is limited. RSVP required by August 14. Call 253-756-7562. Note: Tours include lots of walking; wear comfortable shoes.

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 (aka Puyallup Fairgrounds) at 10 a.m. Visit www.puyallupvalleyjacl.org/ for details.

Sept 8 – Franke Tobey Jones Wellness Walk and Fair

The Wellness Walk and Wellness Fair are hosted for the Franke Tobey Jones residents, however many community members outside Franke Tobey Jones also participate. Enjoy good exercise and learn about some helpful community resources. Held 10 a.m. to noon at 5340 N. Bristol St., Tacoma. Contact Colin Deck at cdeck@franketobeyjones.com or (253) 756-6279.

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 15-17 – NAMI WA State Conference

At the 2017 NAMI Washington state conference, we explore the theme of "The Challenge of Change: Promise and Progress in Mental Health." Purchase your registration before August 15 for Early Bird

pricing. Registration ends September 12. Detailed information can be found on the registration site and the [NAMI Washington website](#). Conference scholarships available. [Register Now!](#) Held at the Red Lion Hotel in Olympia.

Sept 16 – Pierce County Alzheimer’s Caregiver Conference

Registration today 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, 1315 N. Stevens in Tacoma. 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 but RSVP required by calling 253-798-8787 or [register online](#). Complimentary respite care available – call Monika at 253-475-3702. Four CEUs offered to DSHS caregivers. Call the ADRC for additional details at 253-798-4600.

Sept 22 – Pierce County Fall Prevention Day

Falls don't "just happen," and people don't fall because they get older. Often, more than one underlying cause or risk factor is involved in a fall. As the number of risk factors rises – physical condition, medical issues, home safety hazards – so does the risk of falling. Learn about how to decrease your risk factors and increase your safety. Held 10 a.m. to 1 p.m. at Patriots Landing Retirement Community, 1600 Marshall Circle in Dupont. Event is free and a light lunch will be provided. [View event flyer](#). For more info call (253) 798-4600 or [e-mail the Pierce County Fall Prevention Coalition](#).

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 7 – HOPE Conference

The Northwest Parkinson’s Foundation presents an educational symposium focusing on Hope for people with Parkinson’s and their family, friends and caregivers. Held at the Meydenbauer Center in Bellevue. Save the date. Details to come.

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.

Oct 25 – Project Homeless Connect

Held at the Tacoma Dome, 2727 E. D Street in Tacoma from 9 a.m. to 2 p.m. Free services available including health insurance enrollment, dental care, wellness exams, vaccines, vision resources, tax preparation, career building, community resources, haircuts, VA services and benefits enrollment. Warmth Wagon provides warm clothes, work apparel, toiletries, blankets, hats and more. Refreshments and lunch provided. Free. For information [contact Alanna](#) or call 253-593-2111.

Q&A of the Month

Question: What is a “representative payee” and why would I need one?

Answer: A representative payee is someone who receives and oversees the funds for an adult or child who cannot manager his/her benefits. Social Security or Supplemental Security Income (SSI) benefits often go through a representative payee. A representative payee is usually a trusted family member or friend, but when friends or family are not able to serve as representative payees, there are qualified individuals or organizations to represent the beneficiary. A payee’s main duties are to use the benefits to pay for the current and future needs of the beneficiary, and properly save any benefits not needed to meet current needs. A payee must also keep records of expenses. When a report is requested, a payee must provide an accounting of how he or she used or saved the benefits. You can learn more about the Social Security Representative Payee Program at www.socialsecurity.gov/payee. The number of people needing assistance will increase dramatically in the coming decades as the population ages.

NATIONALLY

Final Alert – Avoid the National Parks Senior Pass Price Increase

The price of the Senior Pass has been \$10 since 1994 but will increase to \$80 (mandated by congressional legislation) after August 28. Passes are for US citizens or permanent residents age 62 or over. The Senior Pass 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. Passes are non-refundable, non-transferable and cannot be replaced if lost or stolen. After August 28 an annual Senior Pass may be purchased for \$20. (Four annual Senior Passes purchased in consecutive years can be traded in for a lifetime pass.) [Learn more / apply online](#). (Source: USGS)

Video Promotes Value of Older Americans Act

Sandy Markwood from the National Council on Aging is featured in a new video extolling the virtues of and need for the essential aging programs and services delivered through the Older Americans Act. Developed by Senator Bernie Sanders (I-VT), the educational and advocacy video aims to educate and motivate – including support for increased funding for OAA. [Click to view the video](#). (Source: NCOA)

The Long Term Care Dilemma

About 52 percent of adults reaching age 65 today will need long term care services – 26 percent for two years or less; 12 percent for two to four years; and 14 percent for more than five years [according to a new HHS report](#). Fewer than 10 percent of older adults have purchased long-term care insurance. A “qualified long-term care partnership policy” may be the solution. (Source: KHN)

Social Security Outlook Remains Unchanged

The Social Security Board of Trustees released its [annual report on the long-term financial status of the Social Security Trust Funds](#). The combined asset reserves of the Old-Age and Survivors Insurance, and Disability Insurance (OASDI) Trust Funds are projected to become depleted in 2034, the same as projected last year, with 77 percent of benefits payable at that time. The DI Trust Fund will become depleted in 2028, extended from last year's estimate of 2023, with 93 percent of benefits still payable. The asset reserves of the combined OASDI Trust Funds increased by \$35 billion in 2016 to a total of \$2.85 trillion. The combined trust fund reserves are still growing and will continue to do so through 2021. Beginning in 2022, the total annual cost of the program is projected to exceed income. The year when the combined trust fund reserves are projected to become depleted, if Congress does not act before then, is 2034 – the same as projected last year. At that time, there will be sufficient income coming in to pay 77 percent of scheduled benefits. [View the 2017 Trustees Report summary](#). (Source: SSA)

Public Warning About SSA Employee Impersonation Scheme

SSA and its Office of the Inspector General (OIG) are alerting citizens about an [OIG employee impersonation scheme](#) reported from citizens across the country. The caller attempts to acquire personally identifiable information from victims to then edit the victims' direct deposit, address, and telephone information with SSA. The caller claims to be an SSA employee and tells the victim that they are due a 1.7 percent cost-of-living adjustment (COLA) increase of their Social Security benefits, asking victims to verify all of their personal information including their name, date of birth, Social Security number (SSN), parents' names, etc. to receive the increase. SSA already has that information. Anyone calling asking for this information is a scammer. Hang up immediately. (Source: SSA, OIG)

National Medicare Education Week

The National Association of Area Agencies on Aging partners with UnitedHealthcare (UHC) on the [National Medicare Education Week \(NMEW\) campaign](#), an annual observance held Sep 15-21. National Medicare Education Week provides Medicare beneficiaries, their families and caregivers with the information and tools they need to make confident, informed Medicare decisions—just in time for Medicare Open Enrollment – Oct. 15 to Dec. 7. (Source: N4A)

Confused About Medicare's Future? Know the Facts!

Medicare, the nation's federal health insurance program for 57 million people age 65 and over and younger people with disabilities, often plays a major role in federal health policy and budget discussions. Medicare's financial status has improved since the ACA passed in 2010. To sustain Medicare for the long run, policymakers may need to consider additional [program changes](#) to modify program revenues, benefits, spending, and financing. [This brief presents 10 facts and figures](#) about Medicare's financial status today and the outlook for the future. (Source: KFF)

Nine Lifestyle Changes Can Reduce Dementia Risk

One in three cases of dementia could be prevented if more people looked after their brain health throughout life [according to a new study](#). It lists nine key risk factors including lack of education, hearing loss, smoking and physical inactivity. By 2050, 131 million people could be living with dementia globally. There are estimated to be 47 million people with the condition at the moment. (Source: BBC)

These Preventive Measures Might Help Delay Dementia or Cognitive Decline

In a [landmark report](#), scientists have endorsed three strategies for preventing dementia and cognitive decline associated with normal aging — being physically active, engaging in cognitive training and controlling high blood pressure. This is the first time experts convened by the National Academies of Sciences, Engineering and Medicine have deemed scientific evidence strong enough to suggest that preventing dementia and age-related cognitive decline might be possible. (Source: KHN)

Sicker Seniors Opt Away from Medicare Advantage

Medicare Advantage plans can prove risky for seniors in poor or declining health, or those who need to see specialists, because they often face hurdles getting access. A recent report by the Government Accountability Office adds new weight to criticisms that some health plans may leave sicker patients worse off. [Read more](#). (Source: KHN/NPR)

Prepare for Your Care

A new website helps families unsure how to broach sensitive questions. prepareforyourcare.org provides step-by-step instructions and video stories to help people navigate the care they want at the end of their lives. It guides patients in drafting a “summary of wishes” to help families and other caregivers decide whether their loved ones should undergo life-sustaining medical interventions. (Source KHN)

Record Number of Seniors Remain in Work Force

The number of older Americans in the workforce has reached an [all-time high](#). Nearly a third of Americans aged 65-69 and nearly half of Americans aged 62-64 are employed. Employment has risen even among the oldest Americans – those ages 75 and over to 8.1%. (US Bureau of Labor Statistics)

PLAN AHEAD (Always 2 months ahead) – October 2017

AIDS Awareness, Pharmacists, Breast Cancer Awareness, Blindness Awareness, Celiac Disease Awareness, Domestic Violence Awareness, Down Syndrome Awareness, Emotional Wellness, Eye Injury Prevention, Health Literacy, LGBT History, Long Term Care Planning, Crime Prevention, Dental Hygiene and Medicine Abuse Awareness Month; Mental Illness (17), Financial Planning (2-8), Food Bank (15-21), Pharmacy (15-21) and Prescription Errors Education (24-31) Weeks; Older Persons (1), Blessing of the Animals (4), Depression Screening (5), Mental Health (10), Homeless (10), and Make A Difference (28) Day.

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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.