

ADRC E-Newsletter September, 2017



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

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Note: Due to scheduling issues, the October edition of the ADRC E-News will be distributed early – the afternoon of Wednesday, September 27. Please submit items for inclusion accordingly.

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

Sept 7 – "Landlord Tenant Relationships"

with ChiQuata Elder, City of Tacoma

Oct 5 – "The Future of Health Care"

with Wei-Lin Huang and Brooke Benton, Qualis Health

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

Sept 14 – "Managing the Generations" with Amy Schmidt, Retirement Connections

Oct 12 – 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.

Sept 20 – Wesley Homes Lea Hill, 32049 109th Pl. SE, Auburn

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

NW Networking

Every Wednesday 11:30 a.m. -1 p.m.
Puerto Vallarta Restaurant, 215 15th St, SE, Puyallup (lunch purchase encouraged)
Contact Steph Hilfer, CayCare, 253-235-3562 or visit [Facebook page](#)

LOCAL SERVICES

Making the Link Vendor Sign-Up

Making the Link, the annual services and resources information fair for Pierce County, will be held from 11 a.m. to 4 p.m. Wednesday, Oct 18 at the MetroParks Star Center, 3873 S 66th Street in Tacoma. Vendors must be Health Care Providers Council members. If you are not a member, [join HCPC \(\\$50 annually/individual\) online](#) prior to signing up as a vendor. Vendor sign-ups (full and half tables) are now open through September 6. [Details and registration available on the HCPC website.](#)

Where To Turn Guide

The new 2017-2018 Where to Turn resource guides (yellow books) are now available in bundles of 25 or cases of 200. There is no cost thanks to advertisers. Contact Senior Media Services at 253-722-5687 or the Pierce County Aging and Disability Resource Center at 253-798-4600.

PC2 Resource Guide

The 2017 Pierce County Coalition for Developmental Disabilities Resource Guide is now available. To pick up a copy, drop by the PC2 office at 3716 Pacific Avenue, Suite A, in Tacoma. The PC2 offices are open 9-4:30, Monday-Friday. No copies mailed. Call for more info – 253.564.0707.

PC2 Legal Series

Pierce County Coalition for Developmental Disabilities hosts two presentations by Attorney Timothy Williams. Oct 24 – Guardianships for Individuals with Developmental Disabilities; Nov 7 – Estate Planning / Trusts for Families of Individuals with Developmental Disabilities. Presentations are held at 5:30 p.m. at PC2, 3716 Pacific Ave., #A in Tacoma. Advance registration required – call 253-564-0707.

Ombudsman Are Heroes

The Pierce County Long Term Care Ombudsman Program has produced a 30-second PSA informing about the program and recruiting new volunteers to “Be someone’s hero.” [Watch the PSA online.](#)

New Memory Café in Puyallup

Memory Cafés are regular gathering of individuals with memory loss along with their care-partners, friends and/or family. Enjoy old friends and make new ones. Light meal can be purchased, entertainment and conversation. Held the third Wednesday of the month from 2:30 to 4:00 p.m. at Mrs. Turner’s Restaurant, 701 E. Main Street in Puyallup. Contact [Linda McCone](#) at 253-722-5691.

Cross Training for Victim Service Providers

Learn the dynamics of abuse in later life and how to identify and utilize resources in the community. This training is for service providers who work with older adults and/or victims of abuse in Pierce County. Participants will be able to describe the dynamics of abuse in later life, identify and utilize resources in the community and promote collaboration and communication among victim service providers. Sponsored by the Pierce County Elder Abuse Project. Held Jan 23 and Feb 27, 2018 from 8

a.m. to 5 p.m. at KWA, 123 E. 96th Street in Tacoma. [Click here to register for a training session](#). Must register to attend. For questions, please contact [Stacia Vierra](#) at 253-798-4313.

Angels Help Everyone Enjoy Community Races

[Ainsley's Angels](#) is a non-profit that connects folks who love to run community races – long and short distance – with individuals with often times severe disabilities. This is inclusion to the n-th degree. They have [specially-constructed “chariots”](#) to enable young and old to be a part of these events fully and safely. The South Sound organization has two “Axiom” units and seven “Freedom” Chairs available for riders/angels to use. The “Angel Team” is comprised of at least two Ainsley’s Angels. The rider is the core of the team and “pulls” the runner across the finish line with smiles, cheers and immeasurable inspirational spirit. The health and well-being of the rider is their foremost priority. The “Angel Team” works together to safely participate in community races while staying together and having fun. Ainsley's Angels aims to build awareness about America's special needs community through inclusion in all aspects of life. Visit their website – www.AinsleysAngels.org – and take a look at some of their videos to see miracles happen. Have tissue with you. Contact the [South Sound Ambassador Sarah Poppe](#). Looking for volunteer angels as well as individuals who would like to enjoy participating in the races. Know any runners?

The King County Fall Prevention Coalition Beginning

If you are professional who has a dedicated interest in preventing falls in our senior population, and would be willing to attend bi-monthly meetings, please contact [Renée Wallace](#) at 425-286-9640. Our goal is to partner together to raise awareness of current fall prevention programs available in King County, and to bring fall prevention education into the community through workshops, outreach, and sharing information and resources.

Life-Limiting Illness Support Group

Legacy of Love hosts a support group for individuals with a life-limiting illness. The primary purpose of the group is to provide social and emotional support to its members by providing a safe and supportive environment where member can share feelings and experiences with others. Held 3 to 4 p.m. the first Friday of every month at Rainier Hematology Oncology, 2920 S. Meridian, #100 in Puyallup. To RSVP or more info contact [Melissa Jenkins](#), RN at 253-306-1394.

Nominate a Worthy Individual or Organization

Each year ADR honors individuals and/or organizations who go above and beyond in service to older adults and people with disabilities in Pierce County. These are the heroes who excel year after year in quietly helping make our community a quality place to live through advocacy, service and dedication. Nomination forms are available at www.PierceADRC.org. Submission deadline is November 6.

Senior Art Show

Franke Tobey Jones Retirement is inviting talented artists age 55 or better to submit pieces for their 2017 Senior Art Show, which will take place Thursday, Oct 19 to 22 in the M.J. Wicks Wellness Center. Artists must be based in Washington State. For more information, and to enter the 2017 Senior Art Show, visit www.franketobeyjones.com/senior-art-show. Submission deadline is September 3.

Adult Children Caring for Parents with Memory Loss Support Group

Caring for a parent with memory loss? Alzheimer’s Association “Adults Caring for Parents” support

groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a parent with memory loss. Free information and support group for adult children is held the third Monday of each month at 5:30 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Dr. SW. For more contact facilitator [Debbie Washburn](#) at 253-798-4090.

New Series of Zoo Walks

The Zoo Walk offers individuals experiencing mild memory loss and opportunity for regular exercise and a space to build relationships. No charge for Point Defiance Zoo and Aquarium entry. Participants pay for their own snacks at the café. Pre-registration required. Call the Early Stage Memory Loss Coordinator at 206-529-3872.

Zumba Gold

The Point Defiance~Ruston Senior Center will offer Zumba Gold each week starting Thursday, Sept 7, at 9:00 a.m. The instructor is Molly Maddock. For more information call 253-756-0601.

Cancer Retreats at Harmony Hill

Harmony Hill offers three-day retreats for individuals affected by cancer time to reflect and explore the physical, emotional and spiritual challenges of their diagnosis. Through group sessions and activities such as yoga, meditation, guided imagery, poetry and art, the compassionate faculty provides self-care tools and practical resources to help facilitate healing and well-being. Thanks to our generous donors, lodging, meals and curriculum are provided at no cost. Learn more: Three-day Cancer Retreats in 2017 and in October a one day [Native American Cancer Gathering](#).

Portrait of the Whole Person

Portrait of the Whole Person is a free curriculum designed to encourage students to understand how disability rights fit into the broader civil rights movement, to perceive disability as a reflection of societal views of differences, and to treat people with disabilities with respect and dignity. The entire curriculum can be found at portraitofthewholeperson.com. If you have questions or are interested in using the free curriculum, email info@dr-wa.org with your name and email address.

Person Centered Planning Videos

Person Centered Planning looks at a person's whole life-their interests, skills, abilities, relationships, dreams and goals. In Part One of this special series, Informing Families hosts Ed Holen and Sue Elliott introduce several planning tools, as well as interviews with Betsy and her daughter Leah who talk about how they use different planning tools, and Ron Bryan from DDA who shares how DDA uses a person-centered approach to service planning. [Watch Part One: Planning Tools](#). Part Two introduces a fresh new update for My Life Plan, a free online planning tool. [Watch Part Two: My Life Plan](#).

Passing of Diana Glassman

We received word of the recent passing of Diana Glassman. Diana was a core member of the Senior Information and Assistance program when it was located at the City of Tacoma. (Pierce County took on the service and it evolved into the Aging and Disability Resource Center.) [Donate online directly to the American Lung Association](#). If you would like to share a message about Diana, you can send an email, audio recording, or video recording to thomasglassman@outlook.com.

SCAMS OF THE MONTH

12th Man Fan Gets Scammed

A Seahawks fan lost more than a thousand dollars after paying someone online for season tickets she never received. The Oregon victim came across a Craigslist ad that claimed to be selling two season tickets. She sent a cashier's check for \$1,300 to pay for the tickets per the seller's request and received an email with a contract that was signed by the original ticket owner. After the seller received the money they ceased communication with the victim, leaving her ticketless and scammed out of more than a thousand dollars. Fans are advised to follow this advice when searching for football tickets online: 1) Pay with a credit card that offers consumers protection if scammed. Be wary of online sellers that ask to wire money and don't accept credit cards. 2) Verify the tickets. Require a copy of the seller's invoice or purchasing receipt to check where the seller bought the tickets and contact the original promoter directly. 3) Research the seller. Secure, legal sites for second-hand purchases include BBB Accredited businesses [SeatGeek](#) and [Vivid Seats](#). 4) Look for secure sites. The website should begin with https (the "s" is for secure) and include a lock symbol on the address bar. Also check for a phone number, physical address and email address. 5) Shop local. Meet sellers in person in a safe, public place. Any fans who believe they are the victim of a scam can report it to [BBB Scam Tracker](#). For more information, consumers can visit www.bbb.org/tickets.

No Secret Bank Accounts Can Pay your Bills

Another day, another scam. Case in point: the Federal Reserve reports that scammers are telling people they can pay their bills using so-called "secret accounts" or "Social Security trust accounts" and routing numbers at Federal Reserve Banks. No way! [Read more](#). (Source: FTC)

LOCAL HAPPENINGS

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. [South Sound walk information available online](#).

Sept 12 – Oh My Gosh – Now What? (Part 1)

More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and in the early stages after the diagnosis. Take a look at the questions and the answers in this 6-part series for families and individuals beginning the journey. Part 1: “What is Dementia? What are the warning signs?” Held 6:30 p.m. at the Sumner Library, 1116 Fryar Ave., Sumner. Free; no RSVP required. For details call 253-798-4600. [View event flyer.](#)

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.

Sep 16 – Community Health Fair

A free event focusing on caregiving for families. Enjoy presentations, blood pressure screenings, community service providers and more. Held 10 a.m. to 2 p.m. at Greater Heights Church of God in Christ, 4819 S 12th Street in Tacoma. Contact [Ameedah Hasan](#) at 253-753-5413.

Sept 19 – Area Plan Update

Pierce County Aging & Disability Resources holds a public hearing for our biennial update of the Area Plan. Every four years, ADR develops an Area Plan, which charts the course we will follow as we seek to coordinate community-based services and resources in Pierce County. This update is prepared for 2018-2019. The public hearing will be held at 10 a.m. at the Pierce County Sound View Building, 3602 Pacific Avenue, Suite 200 in Tacoma. The update will be posted on the [ADR website](#) by on Sept 5. For more information call 253-798-7376.

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 22 – Medicare Information & Senior Resource Event

Join Statewide Health Insurance Benefits Advisors (SHIBA) for a free, unbiased Medicare education event. Additional local resources for older adults will also be on hand. Held 5 to 7 p.m. at the Puyallup Activity Center, 210 W. Pioneer in Puyallup. Free but space is limited – call 888-902-2011, ext. 3929 [or online](#). SHIBA is provided through the Washington State Office of the Insurance Commissioner.

Sept 26 – Oh My Gosh – Now What? (Part 2)

See Sept 12 for event description. Part 2: “How does the disease progress? What should I expect?” Held 6:30 p.m. at the Sumner Library, 1116 Fryar Ave., Sumner. Free; no RSVP required. For details call 253-798-4600. [View event flyer](#).

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.

Sept 29 – Medicare Information & Senior Resource Event

(See Sept 22 for event description.) Held 9 to 11 a.m. at the MetroParks STAR Center, 3873 S. 66th Street in Tacoma. Free but space is limited – call 888-902-2011, ext. 3929 [or online](#). SHIBA is provided through the Washington State Office of the Insurance Commissioner.

Sept 30 – Tacoma Walk to Defeat ALS

More than just a 2.5 mile trek, the [Tacoma Walk to Defeat ALS®](#) is an opportunity to bring hope to people living with ALS, raise money for a cure, and come together for something you care about right in our own community. This is the ALS Association’s biggest annual event, which raises funds that allow our local chapters to sustain care services and support research for much of the next year. Check-in: 10 a.m.; Walk starts: 11 a.m. Location: Fort Steilacoom Park. For questions or help registering, call 425-656-1650 or email lindsey@alsa-ec.org.

Oct 7 – Fall Fest in Eatonville

Fall Fest creates opportunities for the SE Rural Pierce County community to embrace all abilities through Disability Awareness, Health Promotion and to provide opportunity for residents of greater Eatonville area to connect with community resources. Held 11 a.m. to 3 p.m. at Eatonville Middle School, 207 Carter St. E. Contact [Tina Schmidt](#) at 253-677-2479.

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 9 a.m. to 3 p.m. at the Meydenbauer Center in Bellevue. [Info and registration online.](#)

Oct 9 – Fabulous Aging

A one-day conference with workshops, vendors, services, resources, stories and speakers on how to better implement person-centered care to LGBTQ Elders. Sponsored by DSHS, ALTSA and the Northwest LGBT Senior Care Providers Network. Intended for caregivers, providers, service professionals, adult family home, assisted living facility, skilled nursing facility, and home care agency providers. Held 8 a.m. to 4 p.m. at the Tukwila Community Center, 12424-42nd Ave S, Tukwila. More info at www.fabulousaging.org.

Oct 10 – Oh My Gosh – Now What? (Part 3)

See Sept 12 for event description. Part 3: “How do I start the conversation? How do I cope with the shock?” Held 6:30 p.m. at the Sumner Library, 1116 Fryar Ave., Sumner. Free; no RSVP required. For details call 253-798-4600. [View event flyer.](#)

Oct 10 – Cross Training for Victim Service Providers

This training on the dynamics of abuse in later life is now full. Additional trainings are scheduled for Jan 23 and Feb 27, 2018 from 8 a.m. to 5 p.m. at KWA, 123 E. 96th Street in Tacoma. [Click here to register for a training session.](#) 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 14 – KWA Celebrates 45 Years

An event to celebrate 45 years of serving Western Washington as well as looking to the future. KWA has grown to provide services to more than 12,000 clients annually representing 20 different language groups. Speakers include Lieutenant Governor Cyrus Habib and Attorney General Bob Ferguson. Held at 6 p.m. at the Tacoma Trade and Convention Center Ballroom-3rd Floor, 1500 Broadway in Tacoma. For tickets or more information visit <http://www.kwacares.org/kwa45/> or email to event@kwacares.org.

Oct 18 – Making the Link

Held 11 a.m. to 4 p.m. at the MetroParks Star Center in Tacoma. Vendor registration (full and half tables) is now open through Sept 6. [Details and registration available on the HCPC website.](#)

Oct 20 – WA State Hoarding Awareness Conference

This conference will be featuring a variety of different speakers/presenters on hoarding-related topics in our local communities. Registration: \$175 before Sept 1; \$200 before Oct 1; \$225 Full fee. Discounted student rates available. Registration includes access to all workshops, keynote presentations, resource fair, and lunch. 6 CE Units will be offered for day-long attendance. Keynote speakers are Lee and Bec Schuer, co-founders of Mutual Support Consulting. Held 9 a.m. to 5 p.m. at the Tukwila Community Center, 12424 – 42nd Ave S. in Tukwila. [More information and registration online.](#)

Oct 24 – Oh My Gosh – Now What? (Part 4)

See Sept 12 for event description. Part 4: “What are the typical behaviors? How do I manage them?” Held 6:30 p.m. at the Sumner Library, 1116 Fryar Ave., Sumner. Free; no RSVP required. For details call 253-798-4600. [View event flyer.](#)

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.

Oct 26 – Emergency Preparedness: Moving from Paper to Readiness

Martie Moore, Chief Nursing Officer of Medline Industries, has worked with the Department of Homeland Security in developing disaster plans, and specializes in the healthcare arena. Expect a solid day of invaluable information – with time to process the planning that communities endure! The emergency preparedness requirements will build on your already required disaster plans. Held 9 a.m. to 3 p.m. at the Tukwila Community Center. Sponsored by LeadingAge WA. [Register today.](#)

Nov 1 – Being There for Mom and Dad

When a loved one moves into a long term care facility, the work of family has changed, not ended. Whether it's a parent, a sibling, a child with a disability or another loved one, it's important to stay connected and to communicate needs and wishes. If you have someone close to you in a long term care facility ... or if you can foresee the need in the near future ... join in this engaging conversation about what staff expects of family and what family can expect of staff. Held 6:30 p.m. at the South Hill Library, 15420 Meridian E., South Hill. Free; No RSVP. [View flyer.](#) For details call 253-798-4600.

Nov 6 – Being There for Mom and Dad

(See Nov 1 for details.) Held twice this day: 12:10 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35th Street, Tacoma. Also 6:30 p.m. at the Bonney Lake Library, 18501 90th St., E. in Bonney Lake. Free; No RSVP. [View flyer.](#) For details call 253-798-4600.

Nov 7 – Oh My Gosh – Now What? (Part 5)

See Sept 12 for event description. Part 5: “How do I pay for care? What are the legal things I should do?” Held 6:30 p.m. at the Sumner Library, 1116 Fryar Ave., Sumner. Free; no RSVP required. For details call 253-798-4600. [View event flyer.](#)

Nov 13 – Being There for Mom and Dad

(See Nov 1 for details.) Held 6:30 p.m. at the Lakewood Library, 6300 Wildaire Rd, SW, Lakewood. Free; No RSVP. [View flyer.](#) For details call 253-798-4600.

Nov 14 – Alzheimer's Town Hall

This town hall is your opportunity to learn how Washington state is combating Alzheimer's disease and to ask the questions you want answers too. Attendees will hear about federal issues affecting Alzheimer's and other dementias. Learn about the progress made in implementing the [Washington State](#)

[Plan to Address Alzheimer's and Dementia](#) followed by a question and answer session. Sponsored by the Alzheimer's Association Washington State Chapter. Held 9:30 – 11 a.m. at People's Community Center, 1602 MLK Jr. Way in Tacoma. [Check out the website calendar](#) for other town hall events.

Nov 21 – Oh My Gosh – Now What? (Part 6)

See Sept 12 for event description. Part 6: “Where can I turn for help? What are the resources I can rely on?” Held 6:30 p.m. at the Sumner Library, 1116 Fryar Ave., Sumner. Free; no RSVP required. For details call 253-798-4600. [View event flyer](#).

Q&A of the Month

Question: We did our will some time ago. Why do I have to re-do it?

Answer: Wills don't expire after a certain date. Once you do a will it's done. But that doesn't mean you can forget it. There are many reasons to go back and review your will. Relationships change – everything from grandchildren to charities to divorce and that may impact your wishes. Assets change. Maybe you acquired, sold or lost something precious or you sold your home or business. You may wish to change you're your assets are dispersed. Locations change. If you moved to another state since you last did you will, understand how the new state handles probate, property, and estate and inheritance taxes. Lastly, tax laws change. There may be extensive legal strategies may be necessary for efficient tax planning. Wills don't require an attorney but it's a good idea to have an attorney work with you to make sure your will best expresses your wishes and does the most good for your beneficiaries.

NATIONALLY

Serious Nursing Home Abuse Often Not Reported To Police

More than one-quarter of serious cases of nursing home abuse are not reported to the police, according to an [alert](#) released Monday morning by the [Office of Inspector General](#) in the Department of Health and Human Services. [Read / listen to more](#). (Source: NPR)

ERs Learn How to Recognize Elder Abuse

Because visits to the emergency room may be the only time an older adult leaves the house, staff in the ER can be a first line of defense, said Tony Rosen, founder and lead investigator of the Vulnerable Elder Protection Team (VEPT), a program launched in April at the New York-Presbyterian Hospital/Weill Cornell Medical Center ER. [Read more](#). (Source: KHN)

Trump Rule: Nursing Home Residents May Not Be Able To Sue After Abuse

Another Obama-era regulation is on the Trump administration's chopping block — this one about nursing homes. The Obama administration's rule would've made it easier for nursing home residents to sue for negligence or abuse. But the Trump administration is proposing to replace that rule. And [the new one](#) could make it almost impossible for nursing home residents to get their day in court. That is because new nursing home residents are frequently handed an agreement to go to [arbitration](#) instead of suing if something goes wrong. [Listen to/read the story](#). (Source: NPR)

CMS Releases Hospice Compare Website

CMS has begun a new [Hospice Compare website](#). The site displays information in a ready-to-use format and provides a snapshot of the quality of care each hospice facility offers to its patients. The

Hospice Compare site allows patients, family members, caregivers, and healthcare providers to compare hospice providers based on important quality metrics. (Source: CMS)

New Online Community for Senior Center Professionals

The National Institute of Senior Centers (NISC) has launched Crossroads, a new online community for senior center professionals. It's free to join the conversation! Ask a question or join a discussion with colleagues across the country. NISC members can also manage their accounts through the platform.

[Learn how to join the conversation.](#) (Source: NCOA)

New Dementia Training Resources from HRSA

The U.S. Health Resources and Services Administration (HRSA) has released new training resources related to dementia. The [professional curriculum](#) has been designed to help clinical and other providers learn more about dementia and to help caregivers. There are specific links for each of the sixteen modules in the curriculum. The modules focus primarily on people with dementia living in their homes and communities. (Source: National Alzheimer's and Dementia Resource Center)

NYT Focuses on Dementia Friendly Communities

The roles that Area Agencies on Aging and the Dementia Friendly America initiative in helping to address social isolation among caregivers were recently cited in a *New York Times* article, "[Caregiving Is Hard Enough. Isolation Can Make It Unbearable.](#)" (Source: NY Times)

Social Security Benefits Lose 30% of Buying Power Since 2000

Social Security beneficiaries have lost nearly one-third of their buying power since 2000, according to the 2017 Social Security Loss of Buying Power Study by The Senior Citizens League (TSCL). The findings represent a big 7% loss in buying power just over the past 12 months, from 23% in 2016 to 30% in 2017. [Read more.](#) (Source: TSCL)

An 'Ominous' Message for the Disabled

The sudden dismissal of an ADA lawsuit in Virginia has advocates concerned a systematic weakening of the federal law has begun. The [Justice Department](#) has dropped its appeal of a key disability rights lawsuit—and advocates say they fear this means people with disabilities could see their rights rolled back under [President Donald Trump](#). The lawsuit at issue concerns a sheriff's deputy who had to temporarily leave her job to get surgery for a heart condition. After surgery, she tried to return to work but wasn't physically capable of taking her old position. [Read more.](#) (Source: DailyBeast)

When Advance Directives Don't Work

Nora Harris, 64, a former librarian, signed an advance directive after her Alzheimer's diagnosis to prevent her life from being prolonged when her disease got worse. Now, her husband said, she's being kept alive with assisted eating and drinking against her stated wishes. [Read more.](#) (Source: KHN)

"Elder Orphans" Create Community

Are you an "elder orphan?" Also called unbefriended adults, they are people aging alone, without kids. But now, they have a [Facebook group](#) with about 5,000 users since it began last year. You have to be 55 or over, live without a spouse and not have children. Or, if you do, they have to either be estranged or live far away. [Read more.](#) (Source: WBUR)

Microsoft's Speech Recognition System as Good as Human

Microsoft researchers have hit a milestone 25 years in the making. The company's conversational speech recognition system has finally reached an error rate of only 5.1 percent, putting it on par with the accuracy of professional human transcribers for the first time ever. [Read more](#). (Source: New Atlas)

Medicare’s End of Life Consultation

In 2016 nearly 575,000 Medicare beneficiaries took part in the conversations, new federal data obtained by Kaiser Health News show. One decried as “death panels,” use was much higher than expected, nearly double the 300,000 people the American Medical Association projected would receive the service in the first year. [Read more](#). (Source: KHN)

Medicare Part D Remains Steady

The Centers for Medicare & Medicaid Services (CMS) announced that the average basic premium for a Part D prescription drug plan is estimated to be \$33.50 per month in 2018, a slight decrease from the average monthly premium in 2017 (\$34.70) and represents the continued relative stability of Part D premiums. [Read more](#). (Source: CMS)

Music Legend Glen Campbell Dies

Legendary country singer-songwriter Glen Campbell, who helped reduce stigma surrounding Alzheimer’s disease by announcing his diagnosis in 2011, died Aug 8 at age 81. Campbell’s final album, “Adiós,” was released on June 9. [See more](#). (Source: ABC News)

Potential Relationship Between Eyes and Alzheimer’s

A new study suggests that early indicators of Alzheimer's may exist in our eyes, showing the potential for a simple, non-invasive eye scan that could predict the disease years before symptoms occur. The researchers found that certain abnormal proteins associated with Alzheimer’s build up on the retina similarly to the brain. [Read more](#). (Source: USA Today)

PLAN AHEAD (Always 2 months ahead) – November 2017

Diabetes, Diabetic Eye Disease, Gluten-Free Diet, Lung Cancer, Alzheimer’s, Family Caregivers, Home Care & Hospice, Long Term Care, Marrow Awareness, COPD and Senior Pet Month; Drowsy Driving Prevention (5-11), Hunger & Homeless (11-20), Nurse Practitioner’s (12-18), Fraud Awareness (19-26), Restorative Justice (19-25) and Family (19-25) Weeks; Family Caregiver (1), Daylight Savings Time Ends (5), Cancer Awareness (10), Pneumonia (12), Diabetes (14), Games (18), Survivors of Suicide (18), Thanksgiving (23), Listening (24), Elimination of Violence Against Women (25) and Computer Security (30) Days.

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This information is provided as a service of the Pierce County Aging & Disability Resource Center and is intended for sharing throughout the county. To receive or discontinue this e-newsletter, please contact Bob Riler at (253) 798-7384 or briler@co.pierce.wa.us.