

## ADRC E-Newsletter October, 2017



The ADRC E-Newsletter may also be viewed as a PDF at [www.PierceADRC.org](http://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 44<sup>th</sup> Ave E, Tacoma.

(Complimentary morning refreshments served)

Contact [Bob Riler](#), ADR, 253-798-7384

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

Oct 12 – Networking

Nov 9 – "Vision for Wellness" with Dr. Troy Munson, Orting Chiropractic

#### **East County Providers Network**

Third Tuesday of each month, 8 a.m.

Location varies monthly

Contact [Laura Piacitelli](#), 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.

Oct 18 – Chateau at Valley Center, 4450 Davis Ave S., Renton

Schedule of meeting locations and times at [www.secoalition.com](http://www.secoalition.com)

#### **NW Networking**

Every Wednesday 11:30 a.m. - 1 p.m.

Puerto Vallarta Restaurant, 215 15<sup>th</sup> St, SE, Puyallup (lunch purchase encouraged)

Contact Steph Hilfer, CayCare, 253-235-3562 or visit [Facebook page](#)

## **LOCAL SERVICES**

### **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. 96<sup>th</sup> St. in Tacoma. [Click here to register for a training session](#). Must register to attend. For questions, please contact [Stacia Vierra](#) at 253-798-4313.

### **Final Chance to Apply for Ramps**

Rebuilding Together South Sound is accepting applications for their annual “Ramp Up” event on October 28. Low income individuals are invited to apply to have a ramp built at their home to enable access into and out of their home. Visit the RTSS website for more information or call 253-238-0977. [Applications should be submitted as soon as possible](#).

### **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](http://www.PierceADRC.org). Submission deadline is November 6.

### **Will you be a Dementia Friend in Pierce County?**

Pierce County is making the first moves to become a Dementia Friendly Community. Each day, more and more individuals sign up to become [Dementia Friends](#). Our counterparts in the United Kingdom recently hit the two million mark this year. Help us grow the Dementia Friends and Dementia Friendly Community movement in the United States here in Pierce County. To be a part of the movement locally, contact [Bob Riler](#) at 253-798-7384 or [Linda McCone](#) at 253-722-5691.

### **New Memory Care Opens in UP**

The Cottages at University Place is now open and accepting residents at 5417 64<sup>th</sup> Street W. in University Place. The cottages feature a unique design for residents suffering from Alzheimer’s and other memory-related problems. The cozy feel of the cottages allow residents to feel at home while receiving individualized, personal care. Each cottage opens to an expansive but secure courtyard allowing residents the opportunity to exercise, visit with neighbors and enjoy fresh air in landscaped surroundings. Join the staff in celebrating the grand opening on Oct 5 at 4 p.m. RSVP to [Susan@carepartnersliving.com](mailto:Susan@carepartnersliving.com) or [marysusan@cottages-universityplace.com](mailto:marysusan@cottages-universityplace.com).

### **Mobile Optometrist Comes to Pierce County**

Can’t get to your eye doctor? This one comes to you. [AK Vision](#) Care (Dr. Aditi Kakade, OD) has long experience helping improve the vision of residents in nursing homes. She provides in-house eye exams; comprehensive ocular exams with dilation to detect diabetic, hypertensive and other ocular changes; and can help prevent and treat ocular conditions including dry eye, bacterial infections and allergic conjunctivitis. She can also make eyeglasses in house as well. Contact [AK Vision](#) Care at [425-529-8145](tel:425-529-8145) or [404-277-6221](tel:404-277-6221).

## **Libraries Launch Pierce County Conversations**

Join neighbors in a series of new events called [Pierce County Conversations](#) and be a part of empowering conversations about current topics including immigration status, student rights, free speech and identifying fake news. Pierce County Library System along with the American Civil Liberties Union (ACLU) of Washington, the League of Women Voters of Tacoma-Pierce County and others is hosting informative discussions to provide people with the knowledge they need to communicate their ideas effectively and participate actively in democracy. [Click here for the complete schedule.](#)

## **Get Smart with Technology at Pierce County Libraries**

[Get Smart](#) and expand your knowledge with classes and online tools from Pierce County Library System this fall. A series of free technology classes to strengthen practical skills and knowledge starts Tuesday, Oct. 3, and runs through the end of the year. Classes include Computer Basics, Introduction to Microsoft Word and Excel, Internet and Cloud basics, technology help, web safety and iPad basics. The Library also offers courses in 3D printing.

## **Emergency Planning**

In [part three of the series on person-centered planning](#), Informing Families features Betsy and her daughter Leah who demonstrate how to use a “[Star form](#)” to identify a supports needed to reach a goal. Hosted by Sue Elliott and Ed Holen. Look at two previous episodes as well: [Person-Centered Planning Tools](#) | [My Life Plan](#).

## **AG Ferguson Sues Tacoma’s St. Joseph for Withholding Charity Care**

Washington state Attorney General Bob Ferguson has filed a [lawsuit against St. Joseph Medical Center](#) in Tacoma, alleging it repeatedly violated Washington’s Consumer Protection Act by withholding charity care from tens of thousands of low-income patients since at least 2012. The lawsuit also alleges that St. Joseph senior management were aware of the problems and did nothing. The law requires hospitals to provide notice of charity care availability and screen patients for eligibility. It also limits the amount of documents patients can be required to provide as proof of their income.

## **Feds Cut ACA Open Enrollment – But Not in WA**

Washington and several other states will exempt themselves this year from a new [Trump administration rule](#) that cuts in half the amount of time consumers have to buy individual health insurance under the Affordable Care Act. The Trump administration’s rule gives people shopping for 2018 coverage on [the federal exchange](#) 45 days to sign up, from Nov. 1 through Dec. 15. But in Washington and some of the other states that run their own exchanges consumers purchasing insurance for themselves this year will have extra time to make decisions. In [Washington state](#), it is Nov. 1 through Jan. 15.

Also...

The Trump administration plans to shut down the federal health insurance exchange for 12 hours during all but one Sunday in the upcoming open enrollment season. The shutdown will occur from 12 a.m. to 12 p.m. ET on every Sunday except Dec. 10. The Department of Health and Human Services will also shut down the federal exchange — [healthcare.gov](#) — overnight on the first day of open enrollment, Nov. 1. More than three dozen states (not WA) use that exchange for their marketplaces.

## **Pierce County’s New Community Action Programs Manager**

Lauren Walker Lee has been selected as Pierce County's new Community Action Programs Manager in the Department of Human Services. She will oversee a staff of 50 plus individuals that operate programs that serve the most vulnerable citizens of Pierce County. Programs include the Early Childhood Education Assistance Program (ECEAP), Energy Assistance Program (EAP) and career and employment programs. For the last 22 years Lauren has served as Executive Director of the Fair Housing Center of Washington located in Tacoma. Her first day will be October 4.

### **To Build Thriving Communities, Remove Barriers to Economic Security**

[New data](#) released by the U.S. Census Bureau shows that there is some good news when it comes to poverty rates and access to health care in Washington state. At the same time, the data shows that many Washingtonians – in particular, some communities of color, women, and people with disabilities – still face barriers to economic security. The Washington Budget & Policy Center [issued a summary blog](#).

### **The BBB Offers New App**

Need a quick way to find a doctor? Car repair? A bite to eat? The BBB App makes finding a trustworthy business or service easy based on the user's location. Whether at home, on the go or on vacation, this new tool will help. The BBB App is optimized for mobile devices. It's available in both [iTunes](#) and Google Play stores. Users can will experience features such as easy category search, business reputation, directory and more.

### **Spanaway Dental Clinic & Pharmacy Open**

Community Health Care has opened a new dental clinic with six chairs as well as a new pharmacy. For-profit private providers were the only option for most residents living in the local area. For an appointment call 253-847-2304. The [Spanaway Clinic](#) is located at 134 188th Street South, on the corner of 188th and Pacific Avenue near the Spanaway Airport.

### **The Great ShakeOut**

Millions of people worldwide will practice how to [Drop, Cover, and Hold On](#) at 10:19 a.m. on October 19 during [Great ShakeOut Earthquake Drills!](#) Washingtonians can join them today by [registering](#) for the 2017 Great Washington ShakeOut. Participating is a great way for [your family or organization](#) to be prepared to survive and recover quickly from big earthquakes– wherever you live, work, or travel. Learn tips on how to get 2 Weeks Ready and craft your own [emergency kits here](#). ShakeOut is also a major activity of [America's PrepareAthon!](#) [Start here](#) to be included in the 2017 Washington ShakeOut! \*If you cannot hold your ShakeOut drill on 10/19, you can select another day when you register.

### **Congressman Stresses Importance of Federal Funding for Research**

U.S. Rep. Suzan DelBene, D-Medina, recently toured the University of Washington Alzheimer's Disease Research Center and emerged with a renewed resolve to support dementia research. [She praised advances in medicine and health](#), but said “to harness the full potential of these advances, Congress must be forward-looking in protecting and strengthening the life-saving medical research under way in labs across the country, including right here in Washington state.”

### **SCAMS OF THE MONTH**

#### **Hurricane Scams Proliferate**

People are coming together to help survivors of Hurricanes Harvey and Irma in many ways. This support shows the positive side of people helping other people from all over the country. Unfortunately, there will be others who will try to take advantage during these trying times. Be on alert for phony requests for [post-disaster donations and identity theft](#). Be alert and watch out for email phishing scams. DHS has [advice](#) for people who would like to donate funds to help the victims. Some other resources available include:

- US Department of Justice, [how to report fraud](#) and [identity theft](#)
- Federal Trade Commission, [phone scams and what to do](#), [10 things you can do to avoid fraud](#), [email phishing](#), and [identity theft](#)
- Better Business Bureau, [find trusted contact information for many charities](#)
- Federal Trade Commission, [Find out how to give wisely](#)

### **Equifax Isn't Calling**

Ring, ring. "This is Equifax calling to verify your account information." Stop. Don't tell them anything. They're not from Equifax. It's a scam. Equifax will not call you out of the blue. That's just one scam you might see after [Equifax's recent data breach](#). Other calls might try to trick you into giving your personal information. There are many tips for recognizing and preventing [phone scams](#) and [imposter scams](#).

### **LOCAL HAPPENINGS**

#### **Oct 5, 12, 19, 26; Nov 2, 9 – Living Well With Diabetes & Chronic Conditions Workshops**

Community Health Care is offering Living Well with Diabetes and Living Well with Chronic Conditions education workshops for our patients and our community. Open to anyone with prediabetes, diabetes type I or type II, and care givers. This is a free workshop! Participants should attend all 6 sessions. Held 1 to 3:30 p.m. at Community Health Care - Hilltop Regional Health Center; Second Floor - Residency Room; 1202 Martin Luther King Jr Way, Tacoma. [Register today, space is limited.](#)

#### **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 8 – CPR Sunday**

Annual community event offered free-of-charge to anyone interested in learning the basic life-saving skills of cardiopulmonary resuscitation (CPR). Students are taught the fundamentals of CPR and then given the opportunity to practice with CPR mannequins and Automatic External Defibrillators (AED). Students receive a Tacoma Fire Department certified CPR card. Over 9,500 participants have attended this life saving class. Sessions held 8 a.m. to 2 p.m. at Held Henry Foss High School, 2112 S. Tyler St., Tacoma. [Information 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, ALTA 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](http://www.fabulousaging.org).

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

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 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. 96<sup>th</sup> Street in Tacoma. [Click here to register for a training session](#). Contact [Stacia Vierra](#) at (253) 798-4313.

### **Oct 11 – Getting Real About Earthquakes**

Will this be our Hurricane Harvey or Hurricane Irma? Imagine the 6.8 magnitude Nisqually earthquake – for 5 minutes. Or the 6.2 magnitude Amatrice, Italy earthquake that destroyed roads, water service, electrical power and more for weeks. While the news highlights “the big one,” what will happen when a much more probable “normal” earthquake hits? Will the Nisqually or the less spoken of Tacoma fault rupture? With a region so dependent on highways, utilities and health care, what will likely happen? How can families with children, seniors and individuals with disabilities prudently prepare? Find out what you can/should do today and in the coming months. Held 6:30 – 8:00 p.m. at Evergreen State College – Tacoma, 1210 6<sup>th</sup> Avenue. For details call 253-798-4600. Free; no RSVP. [View event flyer](#).

### **Oct 12 – Korean Children’s Choir**

The Puyallup Activity Center, 210 W Pioneer Ave, hosts the Korean Children’s Choir in a special concert from 11:30 to noon. All are welcome. The event is free. A light lunch will be provided.

### **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](mailto:event@kwacares.org).

### **Oct 16 – Infinity Rehab Series: Backward Disequilibrium**

Physical therapist Kristina Gonzales will explain why most older adults tend to lose their balance backwards and give several exercises that participants can do on their own in order to decrease their backward lean and decrease backward falls. Held at 2 p.m. at Franke Tobey Jones Wellness Center, 5340 N. Bristol Street, Tacoma. Free. Contact Joanna Manning at 253-756-6219 for more.

### **Oct 18 – Making the Link**

[Making the Link](#) is Pierce County's premiere long term care information and resource expo. It's a drop-in event from 11 a.m. to 4 p.m. intended for professionals (clinicians, social workers, discharge planners, navigators, gatekeepers, etc.) but all are welcome, including family caregivers and interested folks. We will have over 100 exhibitors of all sorts showing their services, products and resources. As an added incentive, most of the exhibitors offer giveaways and door prizes so bring lots of business cards too. Making the Link is a wonderful opportunity for browsing / networking which is so much a part of what makes the day special. Sponsored by the Health Care Providers Council of Pierce County. Please join us and extend this invitation to others who may be interested. Held 11 a.m. to 4 p.m. at the MetroParks Star Center, 3873 S. 66th Street, Tacoma.

### **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 21 – Puyallup Activity Center Holiday Bazaar**

Come and find that holiday treasure! No rummage will be sold. Chili dogs, all the fixings, along with chips and pop...only \$5.00! Held 9 a.m. to 2 p.m. at the Puyallup Activity Center, 210 W Pioneer Ave.

### **Oct 23 – Stroke: Would You Know What To Do?**

Imagine eating dinner with someone when suddenly their face appears to sag, their speech changes and they slump to one side. Would you know what to do? Learn the facts from MultiCare Good Samaritan Stroke Program Coordinator Valerie Lyttle at the Puyallup Activity Center, 210 W Pioneer Ave, at 1 p.m. Please RSVP at 253-841-5555.

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

See Oct 10 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 1 – Conference on Abuse of Elders and Adults with Disabilities**

This conference is open to law enforcement, prosecutors, advocates, members of the Attorney General's Office, elder law attorneys, guardians, social workers, DSHS employees, Ombudsmen, health care providers, employees of financial institutions, and others who work or volunteer in the area of detection, treatment, prevention, investigation, or prosecution of abuse of elders and adults with disabilities and related fields. Held 8:15 a.m. to 5:00 p.m. at the Criminal Justice Training Center, 19010 1st Ave. S. in Burien. [Registration is online](#) or call 206-477-3733.

### **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. 35<sup>th</sup> Street, Tacoma. Also 6:30 p.m. at the Bonney Lake Library, 18501 90<sup>th</sup> 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 Oct 10 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 – Oh My Gosh – Now What? (Part 6) New Date**

See Oct 10 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.](#)

### **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) NOTE: Moved to November 14**

### **Dec 7 – Social Security Retirement 2018**

This is a fast-paced presentation for anyone anticipating their retirement benefits and those currently receiving benefits. The workshop will update changes for 2018, discuss early retirement and present effective strategies that can maximize benefits. Participants will also learn how to negotiate the rules about working, either full or part time, while receiving benefits. Presenter is Kirk Larson, Public Affairs Specialist, from the Social Security Administration. Held 4 to 5:30 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Dr., SW. Free; No RSVP required. Call 253-798-4600 for more information.

### **Jan 23 – Abuse in Later Life: Cross Training for Victim Service Providers**

Learn the dynamics of abuse in later life and how to identify and utilize resources in the community. The purpose of this training is to enhance older victims’ safety and quality of life by strengthening collaboration among victim service providers. Held 8:30 a.m. to 5:00 p.m. at KWA, 123 E. 96<sup>th</sup> St. in Tacoma. [Register online](#) or call 253-798-4313 or [e-mail](#). Registration required.

### **Feb 27 – Abuse in Later Life: Cross Training for Victim Service Providers**

See Jan 23 for event description and registration.

### **Q&A of the Month**

**Question:** I’m over 65 and I want to get a flu shot this year. I hear there is a special flu shot for seniors. What is it?

**Answer:** There is a special shot for folks 65 and older. It’s been around since 2009 so it has a track record of success. People 65 years and older are at greater risk of serious [complications from the flu](#) because human immune defenses become weaker with age. In recent years [it’s estimated](#) that between 71 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older and between 54 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group. The “[high dose vaccine](#)” is designed specifically for people 65 and older and contains 4 times the amount of antigen as the regular flu shot. It may result in more of the mild side effects that can occur with standard-dose seasonal shots. Mild side effects can include pain, redness or swelling at the injection site, headache, muscle ache and malaise. Be sure to talk to your pharmacist or your physician if you have any questions. A reliable [on-line resource is the CDC](#).

### **NATIONALLY**

**CMS Reveals New Medicare Card Design**

The Centers for Medicare & Medicaid Services (CMS) has revealed the [newly designed Medicare card](#). The new Medicare card contains a unique, randomly-assigned number that replaces the current Social Security-based number. CMS will begin mailing the new cards to people with Medicare benefits in April 2018 to meet the statutory deadline for replacing all existing Medicare cards by April 2019. Scammers are already capitalizing on the change telling people they need to pay for a new card, must provide their old SSA number to get a new card and other variations. Ignore these and similar requests. There is no cost associated with the new cards whatsoever. (Source: CMS)

### **Millions Cut from Budget Used To Push Obamacare**

The federal government [plans to spend millions of dollars less](#) this year on advertising and outreach efforts to support the health law's open enrollment period. The enrollment period for 2018 has been shortened by 45 days – Nov 1 to Dec 15, 2017. The advertising budget for 2018 will be cut to \$10 million, compared with \$100 million spent by the Obama administration last year, a drop of 90 percent. Additionally, grants to about 100 nonprofit groups, known as navigators, that help people enroll in health plans offered by the insurance marketplaces will be cut to a total of \$36 million, from about \$63 million. (Source: KHN)

### **The Faces Behind Insurance Premiums**

With insurance premiums rising and national efforts at health reform in turmoil, a group of 50 state bureaucrats whom many voters probably can't name have considerable power over consumers' health plans: state insurance commissioners. As insurers threaten to exit state markets and voters at town halls complain about unaffordable prices, the state commissioners are central characters in the unfolding drama that is America's health coverage. [Find out what they can and cannot do](#). (Source: KHN)

### **Supporting People with Dementia and Their Caregivers in the Community**

A supplemental issue of *Generations* focuses on "Supporting People with Dementia and Their Caregivers in the Community." The *Generations* supplement is comprised of 18 articles authored by experts in a broad range of dementia care and advocacy topics. It provides insight into evidence-based interventions, person-centered/directed dementia care, underserved and vulnerable populations, and other topics for providing effective home and community-based services. The [Generations](#) publication is free. (Source: ACL)

### **Family Caregivers Take On Complex, Risky Medical Tasks**

Despite a lack of medical training, relatives increasingly are assigned complex, risky medical tasks at home, such as maintaining catheters. If done incorrectly, blood clots, infections, even death can result. [Read about the incredible tasks caregivers take on](#). (Source: KHN)

### **Microsoft Accessibility Videos for Office**

Microsoft has a set of training videos available that provide guidance and tips on making more accessible documents with their Office software. Some of the guidance is Office version specific and may be different on older versions, but a lot of the content is best practice and applies to all modern versions. [Accessibility Training Videos](#). Microsoft has also expanded the Accessibility Help Desk with more content. [Office Accessibility Center - Resources for people with disabilities](#). (Source: Microsoft)

### **The Equifax Data Breach: What to Do**



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](mailto:briler@co.pierce.wa.us).