

ADRC E-Newsletter November, 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.
(Morning refreshments served compliments of Spring Ridge)
Contact [Bob Riler](#), ADR, 253-798-7384
Nov 2 – "Shick Shadel Hospital"

with Mark Woodward, Director of Marketing

Dec 7 – "Financial Literacy" with Sound Outreach

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

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

Dec. 14 – Holiday Party

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.

Nov 15 – Burien Nursing and Rehab; 1031 SW 130th St; Burien

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

HCA to Implement Opioid Clinical Policy

Each additional day of prescription opioid use increases the risk of opioid use disorder (misuse and addiction). Approximately 700 Washingtonians die each year because of opioid overdose. To help curb this public health crisis, the Health Care Authority (HCA) beginning on Nov. 1, will limit the quantity of opioids that providers can prescribe to Apple Health clients for short-term use. The policy is a tool to prevent misuse and addiction, an opportunity to promote safe prescribing practices, and a direct response to Governor Inslee's executive order to combat the opioid crisis. Learn more about the new policy and Washington's opioid crisis on [the opioid page on the HCA website](#)

Talking Book & Braille Library Advisory Council

The Washington Talking Book & Braille Library Patron Advisory Council (PAC) has a couple of openings for the term beginning January 2018. If you are interested in applying to be a member of the PAC, [the application form is now available online](#). The deadline for submissions is November 15th, 2017. For more information [visit the PAC webpage](#).

Pierce County Libraries Honored

Urban Libraries Council (ULC) recognized Pierce County Library System with an Innovative Initiatives Award citing the Library System as an innovative leader in building communities. Pierce County Library received honorable mention as a top-performing 21st century library for being a community leader and pioneer for positive change. (Source: PCLS)

MCIRT Hits the Road

The Mobile Community Intervention Response Team (MCIRT) is designed to provide outreach-based integrated mental health, substance use disorder, individual intensive case management, housing navigation, first aid and transition care services. The primary purpose of the MCIRT is to provide Pierce County residents and first responders with a therapeutic, community-based alternative to jails and hospital emergency services. The team will have the ability to intervene with people in their own communities, identify immediate resources on the scene and relieve the need for any further intervention when possible. The pilot is focused on the Parkland/Spanaway area. [A King 5 TV story describes the program](#).

Free Medicare Plan Reviews at Gig Harbor and University Place Libraries

Medicare plans change annually and new plans are coming to Pierce County. When was the last time you had your Medicare plan reviewed? Are you missing out on some new and important benefits or are you paying too much? Annual reviews are necessary, not just nice. There could be a 2018 Medicare plan that is a better fit for your healthcare and financial needs or maybe the plan you currently have is what you should stay with. A thorough review of the Medicare plans your doctors accept and all medications covered is where we start. Please contact [Bill Drenik](#) at Washington Senior Resources, LLC at 253-444-7907. Drenik is a licensed insurance agent.

On-Line Security Issues Hit Washington Residents

Data breaches affected nearly three-million Washingtonians in the past year according to the second annual [Data Breach Report](#) released by Washington state Attorney General Bob Ferguson. His report

finds twice as many data breaches and six times the number of consumers were impacted compared to the previous year. Individuals aren't the only ones vulnerable to an attack.

Chronic Disease Self-Management Leader Trainings Scheduled

Millions of adults live with one or more chronic health conditions. Effective evidence-based programs help people and their caregivers manage their symptoms, improve their quality of life, and reduce healthcare costs. Take advantage of these opportunities to help individuals with challenging conditions.

- Chronic Disease Self-Management Lay Leader Training
 - Thursday November 30 and Friday December 1
 - Wednesday December 6 and Friday December 8
- Diabetes Self-Management Lay Leader Cross-Training:
 - Thursday December 14
- Pain Self-Management Lay Leader Cross-Training:
 - Friday December 15

Training times are generally 8:30 to 5:30 at the Community Health Care Eastside Clinic, 1st Floor Community Room, 1708 East 44th Street in Tacoma. For more information contact [Kathryn Ramos](#) at 206-326-2807.

Medicaid Transformation Project Explained

TSOA and MAC are new Medicaid programs. TSOA and MAC provide free services to unpaid caregivers who are taking care of family members who are at least 55 years old but TSOA also supports individuals who do not have an unpaid caregiver. [Columbia Legal Services has released a new, easy-to-read Q&A.](#)

Be a Part of Giving Tuesday

#GivingTuesday is a global day of giving fueled by the power of social media and collaboration. Celebrated on the Tuesday following Thanksgiving (in the U.S.) and the widely recognized shopping events Black Friday and Cyber Monday, #GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. One of the best ways to get involved is in your own community. [Find organizations, charities, events and more in Pierce County.](#)

SCAMS OF THE MONTH

Avoid Contractor Scams

Fall storms often bring powerful winds and heavy rain, leaving Washingtonians with knocked down power lines, flooding, mudslides and more. After each storm it seems the contractor scams proliferate. BBB offers these tips before hiring help to rebuild and repair after a storm:

- **Research the contractor.** Be careful with door-to-door contractors. Many municipalities require a solicitation permit if sales people go door-to-door. Look up the company online at bbb.org. Remember, BBB Accredited contractors must be properly licensed, bonded and insured.
- **Ask the contractor for references.** Read reviews to see what past customers have to say about their experiences.
- **Get a contract in writing.** Be sure to take note of the company's name, address and phone numbers.

- **Never pay full prices upfront.** Instead, pay only a portion at the beginning of the job and the rest after repairs are completed satisfactorily.
- **Don't fall victim to high-pressure tactics.** Be sure to ask for a business card and follow-up later, if necessary.

Homeowners should never feel forced to make a hasty decision or agree to work with a company that doesn't offer contracts. Easily find a local contractor by downloading the BBB App at bbbapp.org.

Call from 877-382-4357? Hang up.

Scammers are using fake caller ID information to trick you into thinking they're someone who can be trusted. The practice is called caller ID spoofing, and scammers can fake anyone's phone number.

[Read more.](#) (Source: FTC)

LOCAL HAPPENINGS

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 3 – Resources for People with Visual Impairments

Washington Talking Book and Braille Library is a free public library program available by mail and online to anyone who has difficulty reading standard print due to a visual or physical disability. Learn about the eligibility process and get singed up with the library, demonstrate the talking book player and book cartridges available for loan and the options for downloading books using a desktop computer or mobile device. SightConnection will share inspiring stories of people who have adjusted and overcome vision loss and display visual aids available in their store and online. Free. Held at 1 p.m. at the Auburn Senior Activity Center, 808 9th Street SE in Auburn. Call 253-931-3016 for more information.

Nov 4 – The Last Gifts of Love

Leave clear plans regarding your choices for end of life issues after your death. When a loved one dies, there are many decisions that need to be made at a very vulnerable time that is often filled with grief. Presented by Pamela Maddess of New Tacoma Cemeteries and attorney Rick Hoefel. Held 9 a.m. to noon at United Church in University Place, 3912 Grandview Drive W., in UP. Please RSVP in advance by calling 253-564-2754.

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)

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 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 7 – Estate Planning

Pierce County Coalition for Developmental Disabilities hosts this workshop that will focus on creating trusts for families of individuals with developmental disabilities and estate planning. Presented by attorney Timothy Williams. Held at 5:30 p.m. PC2, 3716 Pacific Avenue #A in Tacoma. Advance registration is required by calling 253-564-0707.

Nov 9 – Family Caregiver Workshop

Find balance in family caregiving and create a caregiving plan that works for you. Presenter is Rick S. McKinnon, PhD, with the DSHS Aging and Long Term Care Support Administration. Held 9:30 a.m. to 4 p.m. at the Capital Event Center, 6005 Tye Dr. SW in Tumwater. Cost: \$25 – Continental Breakfast and Lunch included. Workshop & Respite Scholarships Available. For information, registration or accommodation please call (360) 748-2524 ext. 102.

Nov 10 and 12 – Free Community Health Clinic

Free community event provides diabetes screening and education, illness diagnosis and minor treatments, health promotion and education, blood pressure screening, eye exams/prescriptions, fillings, extractions, cleaning, restorative. Held 8 a.m. to 4 p.m. at the Boys & Girls Club of South Puget Sound, 3875 S. 66th Street, Tacoma.

Nov 10 – Bring Your Parents to Work Day

Parents have a chance to learn more about how their kids make a living. Many parents and grandparents don't understand their (grand)children's jobs. It's also a great way for adult children to say thanks for everything they've been taught along the way. [Learn more on LinkedIn](#) .

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 13 – Habitat at the Movies

Tacoma/Pierce County Habitat for Humanity is hosting a screening of Briars in the Cotton Patch, a retrospective about the birthplace of Habitat for Humanity, Koinonia Farm. To reserve your seats, visit [Brown Paper Tickets](#). Possibly the most daring social experiment in the South during the last century, [Koinonia Farm](#) faced years of terror, boycotts and intimidation in the years leading up to the tumultuous Civil Rights era. Narrated by former Atlanta Mayor and Civil Rights veteran Andrew Young, this award

winning documentary examines the remarkable events that tested the moral boundaries of a community and planted the seeds for the global work of Habitat for Humanity, The Fuller Center for Housing, and Jubilee Partners.

Nov 14 – Oh My Gosh – Now What? (Part 6) New Date

See Nov 7 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 18 – safeTALK on Suicide

Learn to recognize and engage with a person who is having thoughts of suicide, and find out how to connect them with life-saving resources. Email questions to moneteraton@chifranciscan.org. Move beyond common tendencies to miss, dismiss or avoid suicide risk, identify people who have thoughts of suicide and apply the TALK steps (Tell, Ask, Listen and KeepSafe) and connect a person with suicidal thoughts to help. No cost to Pierce County residents. Held 12:30-4:30 p.m. at the Milton/Edgewood Library, 900 Meridian E., Suite 29. safeTALK meets WA State suicide prevention training requirements for school nurses, counselors, social workers & psychologists. Sponsored by the American Foundation for Suicide Prevention-WA Chapter, Pierce County Library System, and CHI Franciscan Health’s PAR Initiative. [This event requires advance registration.](#)

Nov 21 – Oh My Gosh – Now What? (Part 6) NOTE: Moved to November 14

Dec 1 – Blue Christmas

Holidays can be an exciting time. But for many the season comes with a mix of emotions including sadness, depression and loneliness. Older adults who live alone or have families wrapped up in their own activities, are often impacted the hardest. United Church in University Place, 3912 Grandview Drive West, hosts this evening of solace at 7:00 p.m.

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. [View event flyer.](#)

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. 96th 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.

Mar 23-25 – West Region EMS Conference

Save the Date. Keynote speaker is Randolph Mantooth from the hit TV series “Emergency.” Held at the Ocean Shores Convention Center, Ocean Shores. Conference preceded on March 23, 8 to noon by a train-the-trainer workshop – What do you consider to be lethal?” For more information contact lori@wrems.com or 360-705-9019.

Q&A of the Month

Question: I'm getting a ton of mail about Medicare Part D prescription drug programs and Medicare Advantage plans. Why?

Answer: We are now in the annual Medicare Open Enrollment period – October 15 to December 7. It's a time when people can change their Part D prescription drug plans and move into a Medicare Advantage plan. It's also a good reminder not to sit on your laurels. Check your options. Part D plans regularly change the drugs they cover so your plan may no longer be the best fit. And our health conditions and needs always change so the provisions of your Medicare coverage may need to be examined. Medicare Advantage plans may contract with new providers and drop old ones. You may find out at the worst possible moment that your plan no longer is contracted to provide services. Checking your options is always important. You can get lots of information online at www.Medicare.gov or you can call SHIBA for a one-on-one look at what would be the best fit – 800-562-6900. Do it sooner rather than later.

NATIONALLY

7 Things to Know About Medicare Open Enrollment

Navigating the Medicare maze is a complicated feat, and the annual enrollment period can leave seniors and caregivers feeling especially confused. Here [are seven things to know about Medicare Open Enrollment](#) (MOE) that will help you make the most informed decision. (Source: AgingCare.com)

Social Security Benefits to Get 2% Boost in 2018

Social Security recipients will get a 2% increase in benefits in 2018, an amount slightly lower than what was projected this summer but up sharply from the past two years. The cost-of-living adjustment (COLA) covers more than 61 million Social Security beneficiaries and more than 8 million recipients of Supplemental Security Income benefits. Some people get both. The boost – averaging \$25/month – is the highest since a 3.6% bump in 2012. The average monthly Social Security payment is \$1,258, or about \$15,000 a year. The increase is tied to the Consumer Price Index. (Note: Some people with Medicare will not see the full 2% increase. Those who paid less than the standard \$134 Part B premium in 2017 had lower costs because they were protected by the hold harmless provision.) (Source: SSA)

Social Security Giveth, Medical Costs Taketh Away

Retirees spent on average more than a third of their Social Security benefits on out-of-pocket medical costs in 2014, [according to a recent study](#). Even after factoring in other sources of income, medical spending still took a substantial 18 percent bite out of seniors' total retirement income, the study found. (Source: Center for Retirement Research)

ACA Premiums Rise But Many Will Pay Less

Premiums will rise substantially in 2018 Affordable Care Act marketplace plans for states using HealthCare.gov. In many cases, however, people receiving premium tax credits will pay less than they did in 2017, a [new Kaiser Family Foundation analysis](#) finds. The new analysis includes county-level interactive maps charting premium changes of lowest-cost gold, silver, and bronze plans for consumers with and without premium tax credits in the 2018 HealthCare.gov marketplaces. (Source: KFF)

Executive Order Hits Health Insurance Plans

Under Donald Trump's recent executive order, federal regulators could allow an [association health plan](#) to be treated the same as a large employer health plan. If that happens, these plans wouldn't have to offer the ACA's essential health benefits and could charge higher premiums to people with preexisting conditions. Also available is an updated post on the impact of the expansion of [short-term health plans](#), another aspect of the executive order. Read more by Georgetown University's Kevin Lucia and Sabrina Corlette in a post on *To the Point*. (Source: Commonwealth Fund) [Read a response from Washington State Insurance Commissioner Mike Kreidler](#).

Sell Insurance Across State Lines?

Lots of talk has surfaced about [selling health insurance across state lines](#). Learn about whether this is a good idea and whether it would, in fact, lower premiums. (Source: Commonwealth Fund)

Caregiving Tips for LGBT Community

Caregivers will likely face extra challenges around caregiving if a loved one identifies as lesbian, gay, bisexual or transgender. LGBT older adults are twice as likely to be single and four times less likely to have children than their non-LGBT counterparts. In addition, many are estranged from their biological families which means they're less likely to have the traditional caregiver support that many older adults rely on. AARP has produced a special "Prepare to Care" planning guide for caregivers in the LGBT community. (Source: AARP)

Congress Takes Step to Aid Family Caregivers

A bill calling for a national strategy to support the more than 40 million Americans who help loved ones live independently at home unanimously passed the U.S. Senate. The measure – [the Recognize, Assist, Include, Support and Engage \(RAISE\) Family Caregivers Act \(S. 1028\)](#) – was sponsored by Sens. Susan Collins (R-Maine) and Tammy Baldwin (D-Wis.). It now goes to the House, where it is sponsored by Reps. Gregg Harper (R-Miss.) and Kathy Castor (D-Fla.). They have support from both sides of the aisle. (Source: AARP)

What You Need to Know This Flu Season

Getting an annual flu vaccine is the best way to protect you and your family from the flu. Flu vaccination can reduce the risk of illness, doctors' visits, and missed work and school due to sickness. The CDC recommends to get vaccinated by the end of October, if possible. Flu vaccines have been

updated to better match circulating flu viruses. Injectable flu vaccines are recommended. Learn more about [what's new for the 2017-2018 flu season](#). (Source: USA.gov)

Depression and Older Adults

[Depression](#) is a common problem among older adults, but it is NOT a normal part of aging. In fact, studies show that most older adults feel satisfied with their lives, despite having more illnesses or physical problems. The upcoming holiday season often increases feelings of depression. However, important life changes—like the death of a loved one or living with a chronic illness—that happen as we get older may cause feelings of uneasiness, stress, and sadness. Know the signs and symptoms of depression! (Source: NIA)

PLAN AHEAD (Always 2 months ahead) – December 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.