

## ADRC E-Newsletter January, 2018



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.

(Morning refreshments served compliments of Spring Ridge)

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

Jan 4 – No meeting

Feb 1 – Intergenerational Housing – with Helen Lakeru, Many Lights Foundation

#### **Health Care Providers Council of Pierce County**

Second Thursday of each month, 7:30 – 9 a.m. (Breakfast \$10 - ends at 8 a.m. sharp)

**New Location:** Mountain View Funeral Home, 4100 Steilacoom Blvd SW, Lakewood.

Follow the [BLUE](#) line to the Celebration of Life Chapel.

Contact Trish Cooper, HCPC President, at 253-569-1674

Jan 11 – Networking

Jan 26 – Business After Hours; 3:30 to 6 p.m., Merrill Gardens Tacoma, 7290 Rosemount Circle.

Contact Linda Lee at 253-292-6946.

#### **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**

January 18, 7:30-8:30 a.m.

**New Location:** Brookdale Allenmore Independent Living, 2010 Union Ave., S., Tacoma

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.

Jan 17 – 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**

### **Prosecutor Sues Pharmaceutical Companies**

The Pierce County Prosecutor's Office, as authorized by the Pierce County Council, will file a lawsuit against Purdue Pharma and other major pharmaceutical companies. The proposed lawsuit is based on company conduct that contributed to the opiate epidemic in Pierce County and Washington State. Pierce County joins the State of Washington, the City of Tacoma, the City of Seattle, and the City of Everett, among other government entities across the nation, in pursuing litigation against Purdue, the manufacturer of OxyContin.

### **Prosecutor Focuses on Protecting Vulnerable Adults**

In his [Tacoma weekly column](#), Pierce County Prosecutor Mark Lindquist discusses how the office serves the public and keeps the community safe by fighting elder abuse and protecting other vulnerable adults. The Elder Abuse Unit has grown from one full-time staffer to its present size including two deputy prosecutors, two victim advocates, and a legal assistant.

### **Local Hospital Penalized**

The federal government has cut payments to hospitals with high rates of patient injuries this year. St. Clare Hospital in Lakewood will lose 1 percent of Medicare payments over the federal fiscal year. They are one of ten hospitals in Washington state to be penalized and [751 hospitals penalized nationwide](#).

### **HCA to Implement Opioid Clinical Policy for Uniform Medical Plan on Jan. 2**

Opioid use disorder (misuse and addiction) is a national public health crisis. More than 90 Americans die every day from an opioid overdose. Studies show that patients are often prescribed more opioids than they need, and the risk of moving to chronic use rises dramatically with longer initial prescriptions. As part of Washington State's strategy to combat this crisis, starting January 2, the Health Care Authority (HCA) will implement an opioid clinical policy for Uniform Medical Plan (UMP). The new policy limits prescriptions to about a week's supply for adults 21 or older. HCA's opioid clinical policy for UMP will limit the number of opioids that UMP will cover. Gov. Inslee issued [his supplemental budget proposal](#), which included additional funding for the state to combat opioid addiction.

### **Interactive Webinars Seek Input for Nurse Training**

Assuring quality clinical practice experiences for nursing students is critical to the development of a robust, qualified nursing workforce prepared to meet diverse population health needs but significant challenges exist. A stakeholder workgroup from Action Now! has developed five proposals to begin addressing these challenges. Action Now! needs to hear from you if you lead or work within a Healthcare or Service Organization, you are a Nurse Executive for a healthcare or service organization or association, you are a Consumer of Healthcare or Support Services, you are or have served as a Nursing Preceptor, you are a Recent Nursing Graduate in Practice, or you are a Nurse Educator in a nursing education program or in a healthcare or service organization. To register click on one of these webinar dates: [Tuesday, January 9](#) (3-4:30 p.m.) -OR- [Thursday, January 18](#) (8-9:30 a.m.) -OR- [Wednesday, January 24](#) (Noon-1:30 p.m.). Contact [Kathy Moisio](#) or [Debbie Brinker](#).

### **Coordinated Care Corp. Fined, Agrees to Fix Provider Networks**

Coordinated Care Corp. has agreed to a consent order detailing steps it must take to fix its provider network deficiencies and other ongoing issues. The company was fined \$1.5 million with \$1 million

suspended, pending no further violations over the next two years. Insurance Commissioner Mike Kreidler issued a cease and desist order ordering the company to stop selling individual health plans in Washington state because it failed to maintain an adequate network of medical providers. [Read more information about the case.](#)

### **ARC of WA Schedules Advocacy Dates**

Advocacy Days, part of the Advocacy Partnership Project, are held during each legislative session to involve self-advocates and families in the legislative process, giving them opportunities to make their voices heard by their legislators and to have an impact on policy and budget legislation that affects the services and supports available to them. [View the schedule of events from January 17 through March 7 on the ARC of Washington website.](#)

### **Draft Regional Transportation Plan Out for Public Comment**

The Puget Sound Regional Council has released the draft Regional Transportation Plan for a 45-day comment period. [Comments are welcome](#) to let the region's elected leadership know what you think. All comments will be shared with policy makers as they work in spring 2018 to finalize the plan.

### **Merger of Family Resource and Family Home Care**

David Lawrence, CEO and Owner of Family Resource Home Care, and Jeff Wiberg, President and CEO of Family Home Care, have announced the merger of their home care agencies, effective January 1, 2018. This merger will join two of the oldest and largest home care providers in the Northwest, with eight locations in Washington and Idaho. Family Resource has three branches in Western Washington (Seattle, Bellevue, and Tacoma), serving a five-county area. Family Home Care has five branches in Eastern Washington and Idaho.

### **New Community Check-Up Report**

The Washington Health Alliance released the 2017 version of the [Community Checkup report](#). The report includes the third results for the Washington State Common Measure Set for Health Care Quality and Cost, a set of 56 measures used to track progress in our state and a key component of the Healthier Washington initiative. The report includes over 100 measures of quality and patient experience with results for 39 counties, 9 ACHs, 300 medical groups, 1000 clinics and over 90 hospitals and 16 health plans. [View the highlights.](#)

### **Parks and Recreation's Winter, Spring Activity Guide Now Available**

Embrace winter now and look forward to what spring has to offer with Parks & Recreation's [winter/spring activity guide](#). Check out Parks & Recreation's broad and diverse selection of programs and events for all abilities and ages — from toddlers, teens, and adults. Browse the latest [activity guide](#) and pick your favorite programs and events to participate in. [Register online](#) or call 253-798-4177.

### **SCAMS OF THE MONTH**

#### **Scammers Use Courts as Source of Revenue**

Callers from claiming to be from various courts seem to be making the rounds. In Washington, scammers are posing as the Washington State Supreme Court Clerk to call Washingtonians to demand money and threaten arrest. The fraudulent calls have so far targeted individuals with Hispanic last names. If you receive a suspicious call, hang up and [file a complaint](#) with the Washington State

Attorney General's Office at [www.atg.wa.gov](http://www.atg.wa.gov), or report it to the [Federal Trade Commission](#). Elsewhere, United States Marshals protect the federal courts, track down dangerous fugitives, and transport thousands of prisoners. They don't make calls and threaten to arrest people or fine them for missing jury duty. [Read more](#). (Source: FTC)

### **Don't give to a charity imposter**

When you give to a charity, you're giving because you care and want to help — and you want to be sure your money actually gets to those you're trying to help. But scammers who pretend to be a charity try to get to your wallet. So consider these tips before you give. [Read more](#). (Source: FTC)

## **RECOMMEND READS**

### **The Spectrum of Hope**

Imagine finding a glimmer of good news in a diagnosis of Alzheimer's. A neurologist who's been specializing in dementia and memory loss for more than 20 years, Dr. Gayatri Devi rewrites the story of Alzheimer's by defining it as a spectrum disorder—like autism, Alzheimer's is a disease that affects different people differently. Told through the stories of Dr. Devi's patients, *The Spectrum of Hope* offers practical advice, wisdom, and real hope. There are chapters on how to maintain independence and dignity; how to fight depression, anxiety, and apathy; how to communicate effectively with a person suffering from dementia. ISBN 978-1631522642. List Price \$26.95

## **LOCAL HAPPENINGS**

### **Jan 10 – Dementia Friendly Community Conversation**

Want to be a part of a great movement? A special group is forming around making Pierce County a "Dementia Friendly Community." The next gathering will be from 9:30 to 11 a.m. at the Pierce County Library Administrative Center, 3005 112th St. E., Tacoma. The agenda will be to formulate first steps in providing community education to faith communities. All are welcome. For more information call [Bob Riler](#) (253-798-7384) or [Linda McCone](#) (253-722-5691).

### **Jan 12 – Reverse Mortgages: The Upside and the Downside**

Most older adults want desperately to remain in their own home. But staying at home can cost money which oftentimes isn't readily available. Reverse Mortgages have been around for 30 years. Today there are several different kinds of Reverse Mortgages. To make wise choices, consumers have to be adequately informed not only about the product but also the sales pitches that they likely encounter. Find out what you should know before travelling the road to a Reverse Mortgage. This is an educational event only. Held at noon at the Pierce County Annex, Meeting Room B, 2401 S. 35<sup>th</sup> Street, Tacoma. [View event flyer](#). Call 253-798-4600 for details. In case of inclement weather call 253-798-8787 for possible postponement.

### **Jan 12 – Oh My Gosh – Now What? (Part 1 of 6)**

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? [View flyer](#). Held at noon at the Pierce County

Annex Main Meeting Room, 2401 S. 35<sup>th</sup> St., Tacoma. Free; No RSVP. For details call 253-798-4600. In case of inclement weather call 253-798-8787 for possible postponement.

### **Jan 13 – Reverse Mortgages: The Upside and the Downside**

(See Jan 12 for event details.) Held at 10 a.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Tacoma. [View event flyer](#). Call 253-798-4600 for details. In case of inclement weather call 253-798-8787 for possible postponement.

### **Jan 20 – Mental Health First Aid**

An evidence-based, 8-hour training that introduces participants to common risk factors and warning signs of mental health problems and specific illnesses like anxiety, depression, substance use disorders, bipolar disorder, and schizophrenia. Participants learn a five-step action plan to support someone developing a mental illness or experiencing a mental crisis, and connect them to appropriate care and support. Open to adults age 18 and over who live and/or work in Pierce County. Training is offered at no cost. Held 8:30 a.m. to 5:00 p.m. at the Center for Dialog & Resolution, Tacoma. To register, please email your 1) name, 2) organization, 3) email, and 4) phone # to [Reception@CenterForResolution.org](mailto:Reception@CenterForResolution.org).

### **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.

### **Jan 26 – Oh My Gosh – Now What? (Part 2 of 6)**

(See Jan 12 for event description.) Part 2 - How does the disease progress? What should I expect? [View flyer](#). Held at noon at the Pierce County Annex Main Meeting Room, 2401 S. 35<sup>th</sup> St., Tacoma. Free; No RSVP. For details call 253-798-4600. In case of inclement weather call 253-798-8787 for possible postponement.

### **Feb 6 – Living & Thriving with Parkinson's**

Parkinson's is a complex disease that can affect almost every part of the body, ranging from how you move to how you feel to how you think and process. It affects not just those with the disease but their loved ones as well. While Parkinson's affects everyone differently, there are certain things that anyone can do to live well with Parkinson's and actually thrive. Free; No RSVP required. (In case of bad weather call 253-798-8787 for possible postponement information.) [View event flyer](#). Held at 6:30 p.m. at Sumner Branch Library, 1116 Fryar Ave, Sumner. Call the ADRC for more information at 253-798-4600. In case of inclement weather call 253-798-8787 for possible postponement.

### **Feb 9 – Oh My Gosh – Now What? (Part 3 of 6)**

(See Jan 12 for event description.) Part 3 - How do I start the conversation? How do I cope with the shock?" [View flyer](#). Held at noon at the Pierce County Annex Main Meeting Room, 2401 S. 35<sup>th</sup> St., Tacoma. Free; No RSVP. For details call 253-798-4600. In case of inclement weather call 253-798-8787 for possible postponement.

### **Feb 10 – Living & Thriving with Parkinson's**

(See Feb 6 for event details.) (In case of bad weather call 253-798-8787 for possible postponement information.) Held 10 a.m. at Pierce County Sound View Building, 3602 Pacific Ave., Tacoma. [View event flyer](#). In case of inclement weather call 253-798-8787 for possible postponement.

### **Feb 14 – Living & Thriving with Parkinson’s**

(See Feb 6 for event details.) (In case of bad weather call 253-798-8787 for possible postponement information.) Held at 6:30 p.m. at University Place Library, 3609 Market Place W., UP. [View event flyer](#). In case of inclement weather call 253-798-8787 for possible postponement.

### **Feb 19 – NAMI Lobby Day**

NAMI members and supporters are the most effective people to educate legislators about mental illness and the need to change our current “mental illness” system to a “mental health” system. Held 8:30 a.m. to 3 p.m. at Temple Beth Hatifloh, 201 8th Ave SE in Olympia. Registration: Please [click here to register for lobby day so that we can have an accurate head count of our advocates](#).

### **Feb 23 – Oh My Gosh – Now What? (Part 4 of 6)**

(See Jan 12 for event description.) Part 4 – What are the typical Behaviors? How do I manage them? [View flyer](#). Held at noon at the Pierce County Annex Main Meeting Room, 2401 S. 35<sup>th</sup> St., Tacoma. Free; No RSVP. For details call 253-798-4600. In case of inclement weather call 253-798-8787 for possible postponement.

### **Feb 24 – Mental Health First Aid**

(See Jan 20 for event description.) Held 8:30 a.m. to 5:00 p.m. at the Pierce County Library Administrative Center, Tacoma. To register, please email your 1) name, 2) organization, 3) email, and 4) phone # to [monetcraton@chifranciscan.org](mailto:monetcraton@chifranciscan.org).

### **Feb 25 – Living Well South Sound**

A [one-day conference](#) of learning, movement and optimism. Featuring wellness classes and information sessions designed to educate and empower those impacted by Parkinson’s disease. Presented by the American Parkinson’s Disease Association Northwest Chapter. \$25/person (early bird special \$20 before Feb 9th, 2018). Scholarships are available by calling 206-695-2905. Held 10:30 a.m. – 3:30 p.m. at the MetroParks Star Center in Tacoma. [Register online](#).

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

See Jan 23 for event description and registration.

### **Mar 5 – Five Wishes . . . and More**

Contemplating the “Five Wishes” has enabled people to better understand their own values and the relationships that are most important to them when it comes to their care. But the “Five Wishes” has proven to be more. This will be an opportunity for you to preserve your dignity and legacy, receiving a Living Will document called “Five Wishes” and so much more. Don’t miss this presentation to put your mind at ease. Held at noon at the Pierce County Annex Main Meeting Room, 2401 S. 35<sup>th</sup> St., Tacoma. Free; No RSVP; Information only. [View event flyer](#). For additional information call (253) 798-4600 or (800) 562-0332.

### **Mar 6 – Five Wishes . . . and More**

(See Mar 5 for event description) Held at 6:30 p.m. at the Graham Branch Library, 9202 224<sup>th</sup> St. E, Graham. Free; No RSVP; Information only. [View event flyer](#). For additional information call (253) 798-4600 or (800) 562-0332.

### **Mar 7 – Five Wishes . . . and More**

(See Mar 5 for event description) Held at 6:30 p.m. at the South Hill Branch Library, 15420 Meridian E., in Puyallup. Free; No RSVP; Information only. [View event flyer](#). For additional information call (253) 798-4600 or (800) 562-0332.

### **Mar 9 – Oh My Gosh – Now What? (Part 5 of 6)**

(See Jan 12 for event description.) Part 5 – How do I pay for care? What are the legal things I should do? [View flyer](#). Held at noon at the Pierce County Annex Main Meeting Room, 2401 S. 35<sup>th</sup> St., Tacoma. Free; No RSVP. For details call 253-798-4600.

### **Mar 9 – Free Family & Veteran Dental Clinic**

Services are provided by licensed dentist may include screening/evaluation, cleaning, X-rays, restorations and extractions. To be eligible for this free service you must be a resident of Pierce County; be 10 years of age or older; have no dental coverage, including Medicaid; meet income eligibility guidelines; and have completed medical history prior to appointment. To make an appointment please call 253-272-1101. Sponsored by Bates Technical College and the Pierce County Dental Foundation.

### **Mar 10 – Five Wishes . . . and More**

(See Mar 5 for event description) Held at noon at the Pierce County Sound View Building, 3602 Pacific Ave., Tacoma. Free; No RSVP; Information only. [View event flyer](#). For additional information call (253) 798-4600 or (800) 562-0332.

### **Mar 22 – WA State DD Endowment Trust Fund**

There may come a time when you are no longer able to care for your family member with special needs. Now is the time to create an individual special needs trust account to provide for their future. Get your questions answered and start building for a better tomorrow. Held at 5:30 p.m. at the PC2 Offices, 3716 Pacific Ave #A in Tacoma. Call 253-564-0707 for details. [View event flyer](#).

### **Mar 23 – Oh My Gosh – Now What? (Part 6 of 6)**

(See Jan 12 for event description.) Part 6 – Where can I turn for help? What are the resources I can rely on? [View flyer](#). Held at noon at the Pierce County Annex Main Meeting Room, 2401 S. 35<sup>th</sup> St., Tacoma. Free; No RSVP. For details call 253-798-4600.

### **Mar 23-25 – West Region EMS Conference**

Registration is now open. 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?” [Visit online](#) for detailed information and registration. Questions? Contact the West Region EMS office at [lori@wrems.com](mailto:lori@wrems.com) or 360-705-9019.

### **May 7 – Mental Health First Aid for Veterans & Military Members**

(See Jan 20 for event description.) Includes additional content on risk factors and warning signs of mental health problems commonly experienced by veterans and military members. Held 8:30 a.m. to 5:00 p.m. at the Pierce County Library Administrative Center, Tacoma. To register, please email your 1) name, 2) organization, 3) email, and 4) phone # to [monetcraton@chifranciscan.org](mailto:monetcraton@chifranciscan.org).

### **June 12-14 – Community Summit**

Featuring a lineup of exceptional speakers and presentations sponsored by DSHS Developmental Disabilities Administration. The event will include an Assistive Technology Expo and technology related sessions throughout the conference schedule. Registration coming soon. Held at the Wenatchee Convention Center, 121 North Wenatchee Avenue, Wenatchee.

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

**Question:** I see the ads on TV and I want a power wheelchair to get around my home. How do I get one, and how do I get Medicare to cover it?

**Answer:** Don't be fooled by those TV ads. It's not that easy. The first step to getting a power wheelchair is to speak with your doctor. You may feel you need one, or your doctor might suggest it, but either way, you must have an office visit with your doctor before you get your wheelchair. This visit should take place no more than 45 days before the order is placed, and should address with the medical reasons you need the wheelchair. Your provider must sign an order or fill out a prescription that states among other things: a) Your health makes it very hard to move around in your home, even with the help of a walker or cane, b) You have significant problems in your home performing activities of daily living such as getting to the toilet, getting in and out of a bed or chair, bathing, and/or dressing, c) You cannot use a manual wheelchair or scooter, but you can safely use a power wheelchair, and d) The required visit with your doctor took place. Once you have the doctor's order or prescription, you must take it to the right kind of supplier in order to get your power wheelchair covered. The supplier you use depends on what kind of Medicare coverage you have and where you live. Be careful, there are many unscrupulous providers around. Call SHIBA (1-800-562-6900) or Medicare (1-800-MEDICARE) to get the facts.

### **NATIONALLY**

#### **Straight Talk for Seniors: The Final Tax Reform Bill**

Congress passed a tax reform bill that merges the two versions passed earlier by each chamber. The final bill includes several provisions that the National Council on Aging and other aging advocates are concerned will harm older Americans, especially those who are most vulnerable. [Read the highlights.](#) (Source: NCOA)

#### **New Medicare Card: Less Than Four Months until Transition Begins**

On April 1, 2018, CMS will start mailing Medicare cards with new Medicare Beneficiary Identifiers (MBIs) to everyone with Medicare. The MBI will replace the Social Security Number (SSN)-based Health Insurance Claim Number for transactions like billing, eligibility status, and claim status after a [transition period](#). Providers are to be ready to accept the MBI beginning April 1. Cards will be mailed to beneficiaries on a random basis over many months. Couples should not be surprised if one spouse receives a card and the other spouse does not...for several weeks. Be aware that CMS will not call beneficiaries to "verify information." Callers claiming to be from CMS, Medicare or Social Security are scammers. (Source: CMS)

### **Social Security Cap Increases**

The cap on Social Security contributions is rising by \$1,200 to \$128,400. Most people contribute 6.2 percent of their earnings to Social Security up to that cap, with their employers matching that contribution with another 6.2 percent. After a person reaches \$128,400 earnings during the year their income is no longer taxed for Social Security Benefits. (Source: SSA)

### **When Nursing Homes Push Out Poor and Disabled Patients**

[Kaiser Health News reports](#) that complaints about allegedly improper evictions and discharges from nursing homes are on the rise in California, Illinois and other states. These concerns are echoed in lawsuits and by ombudsmen and consumer advocates. Around the country, ombudsmen say many patients end up with no permanent housing or regular medical care after being discharged. Even when the discharges are deemed legal, these ombudsmen say, they often are unethical. (Source: KHN)

### **New Learning Modules for Dementia Caregivers**

The Health Resources Services Administration has released eleven new learning modules as a supplemental resource to the Agency's [Alzheimer's Disease and Related Dementia's Training Curriculum](#) that trains the primary care workforce about dementia care and helps providers address caregiver needs. Four are aimed at providers, with seven for unpaid caregivers. These are a wonderful resource for CMS beneficiaries and their families and caregivers. [Check out the new learning modules.](#) (Source: NIH)

### **In Focus: Spreading Innovative Approaches to Dementia Care**

In parts of the country newly diagnosed patients and their loved ones struggle to manage what can be a long, progressive decline. Several innovative dementia care models show how, in the absence of a cure, providers can help patients and family caregivers cope with the physical symptoms of dementia, monitor its effects on other chronic conditions, and offer strategies for behavioral and psychosocial problems. [Learn more.](#) (Source: Commonwealth Fund)

### **Visualize Healthy People 2020**

Each month, the Office of Disease Prevention and Health Promotion releases an infographic with the latest data related to a [Healthy People 2020](#) Leading Health Indicator (LHI) topic. These infographics show progress toward Healthy People 2020 LHI targets — and show where there's still work to be done. This month's featured LHI topic is [Clinical Preventive Services](#). Check out the infographic below, then head over to the [Healthy People 2020 LHI Infographic Gallery](#) to see infographics for other LHI topic areas. (Source: ODPHP)

### **How to Choose a Nursing Home**

Nursing homes provide a [wide range of health and personal care services](#) for people in need of short-term rehabilitation or long-term care. If you are looking for a nursing home, your doctor may be able to recommend a few to consider, but there are several questions you should ask to ensure you find a facility that meets your individual needs. Get tips on [choosing a nursing home](#) from the NIA website and the [Centers for Medicare and Medicaid Services](#). (Source: NIA)

### **Helping Caregivers to Become Falls Prevention Partners**

The National Council on Aging, in collaboration with the National Alliance for Caregiving, has just released their new ["Falls Prevention Conversation Guide for Caregivers."](#) With clear language and simple action steps, the guide helps caregivers to reduce their risk of falls for those they care for and for themselves. This guide is available for free online and can be used to improve your outreach and education for caregivers your community. (Source: NCOA)

### **Fire and Falls Safety Come Together in Free Community Education Program**

The National Fire Protection Association has made their ["Remembering When"](#) educational program free for organizations to use. This unique approach utilizes eight key fire prevention and eight key falls prevention messages aimed at helping older adults to be safe in their home. It can be utilized as a presentation in community settings or one-on-one in the home. In addition to an increased risk of falls, older adults are twice as likely to be injured in fires than the rest of the population. (Source: NFPA)

### **Find and Apply for Jobs**

If you have a disability, finding and applying for the right job can be challenging. However, Federal agencies are required by law to provide reasonable accommodations to qualified applicants and employees with disabilities. Get the help that you need to find and apply for a Federal job now on USAJOBS. [Find and apply for jobs.](#) (Source: USA.gov)

### **VA announces rollout and application process for new Veterans ID Card**

The VA has introduced a national [Veterans Identification Card \(VIC\)](#). Only those Veterans with honorable service will be able to apply for the ID card, which will provide proof of military service, and may be accepted by retailers in lieu of the standard DD-214 form to obtain promotional discounts and other services where offered to Veterans. The VIC provides a more portable and secure alternative for those who served the minimum obligated time in service, but did not meet the retirement or medical discharge threshold. To request a VIC, Veterans must visit [vets.gov](#), click on ["Apply for Printed Veteran ID Card"](#) on the bottom left of the page sign in or create an account. (Source: VA)

### **Focus on Falls in the Bathroom**

The bathroom is definitely one of the most challenging rooms to get around in for people with disabilities of any age. Having an [accessible bathroom](#) makes all the difference. There are many ways to modify the bathroom to make the shower, sink and toilet more accessible. The options to modify a bathroom are limited only by budget and space. (Source: Shield Health Care)

### **What to Look for (and Avoid) in an Emergency Alert System**

Personal emergency response systems can be a life-saving addition to a senior's care plan. Knowing that help is only a push of a button away can give the entire family invaluable peace of mind. [Read More.](#) (Source: AgingCare)

### **IRS Offers Security Awareness Tax Tips**

The [IRS has a web page](#) dedicated to helping consumers and businesses avoid tax and ID scams. The page includes information about e-mail phishing, data breaches and online scams. (Source: IRS)

### **The Long Goodbye: Coping with Sadness and Grief Before a Loved One Dies**

The anguish accompanying aging isn't openly discussed very often, nor is its companion: grief. Instead, these emotions are typically acknowledged only after a loved one's death, when formal rituals

