

## ADRC E-Newsletter February, 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

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; coffee \$2 - ends at 8 a.m. sharp)

[Purchase breakfast online](#). No breakfast purchases at the meeting. Deadline for ordering is noon the Monday prior to the meeting.

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

Feb 8 – Agenda TBA

#### **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 (PCCTC)**

Teams meet the third Thursday of each month from 7:30 to 9:00 a.m.

Quarterly "All Partners" meeting is on the third Thursday - March, June, Sept and Dec

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.

Feb 21 – Merrill Gardens Auburn, 18 1st St SE, Auburn

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**

### **Dementia Health Directives Tool Plans for the Future**

Advanced directives generally aren't given much attention until a medical crisis descends on an individual or family. Barak Gaster, a primary-care physician at the UW School of Medicine, came up with a five-page summary of options for those who want to get ahead of an Alzheimer's or other dementia diagnosis. View his [Health Directive for Dementia](#).

### **Bill Gates Sr. Battling Alzheimer's**

Bill Gates revealed in [an interview on the TODAY show](#) that his father, 92-year-old Bill Gates Sr., is battling Alzheimer's. The Microsoft co-founder announced in November he was personally donating \$100 million to fight the disease, \$50 million of which will [go to the Dementia Discovery Fund](#), which is working on new approaches to treating dementia.

### **State Domestic Violence Hotline Discontinued**

Based on state DV hotline data trends over time and changes in the options people have to communicate, seek help and obtain information, DSHS staff determined that provision of the state domestic violence hotline service will shift to an online information and referral resource. Through April 30, 2018 callers to the DV hotline will be directed to [Washington State Domestic Violence Information & Referral](#) or the National Domestic Violence Hotline [1.800.799.7233](#), after which the line will be discontinued.

### **2018 Apple Health Standards**

The Washington Apple Health (Medicaid) income and resource eligibility standards changed on January 1, 2018 for some non-MAGI programs. [Click here to view this quick reference chart](#) with gross income standards for a wide variety of programs and services.

### **Free Tax Preparation Available!**

VITA (Volunteer Income Tax Assistance) helps households with incomes up to \$54,000 save money through free tax preparation during tax season. IRS-certified volunteers prepare your taxes accurately and ensure that you receive all deductions and credits you qualify for as well as learn about other financial services and community resources. [Associated Ministries](#) and [Sound Outreach](#) locations throughout Pierce County. [Find out who needs to file, how to get answers to your tax questions, and how get the tax forms you need from the IRS.](#)

### **Changes to Relatives Raising Children Support Group**

Come meet other caregivers who are raising relative children not theirs by birth. Share a snack, learn about resources, talk about challenges and opportunities while the kids play at the Children's Museum of Tacoma, 1501 Pacific Avenue. Held the first Wednesday of the month from 5:30 to 7:00 p.m. Contact [Rosalyn Alber](#) at 253-565-4484.

### **Brain Injury Classes Available in Puyallup**

The Brain Injury Alliance of Washington is offering free classes at the MultiCare Good Samaritan Hospital in Puyallup. Classes are non-clinical and focus on social skills, organizational skills, relationships and communication as well as a mentoring program, all designed to empower participants

and give them the tools to take ownership of their health and well-being. [Download the catalog of classes](#). For more info call 1-877-982-4292.

### **Pierce County Conversations at the Library**

The McCleary decision, student loan debt, sexual assault and racial equity are just some of the issues affecting people in Pierce County. Learn more about these issues and engage with other residents in community discussions at this winter's Pierce County Library System's [Pierce County Conversations](#). [More information about times and locations is available online](#).

### **Touch the Sky Tactile Tours at The Museum of Flight**

The Museum of Flight now offers sensory tours for people with low or no vision! Docent-led tours showcase the history, design and science behind select aircraft and help vision-impaired visitors experience a variety of aircraft up close. Participants wear white gloves to touch the aircraft surfaces; this helps them to understand how the aircraft were engineered and how their designs impacted aviation history. Tours last 90 minutes. The next tour is scheduled for Tuesday, February 6 at 1:00 pm. To reserve a tour, contact Sean Mobley at 206-768-7151 or [smobley@museumofflight.org](mailto:smobley@museumofflight.org).

### **Help Navigating Medicare**

Turning age 65 soon? Want to know more about Medicare? Pierce County Library System, Sound Outreach and SHIBA are offering free classes to answer questions about Medicare Parts A and B, supplements, Medicare Advantage plans, Part D drug plans, Medicare and individual's employer insurance and when to sign up for Medicare. Come with questions and learn more. Call Sound Outreach at 253-596-0918 to RSVP or just walk in. Held Saturday, Feb. 10, at Buckley Library, 123 S. River Ave. and Saturday, March 10, at Fife Library, 6622 20th St. E. Classes are from 1:30 to 4 p.m.

### **Adult Day Health Program in Pierce County**

Cascade Park Active Day offers specialized adult day health programs for memory care, traumatic brain injury and traditional needs. Clients experience socializations, therapies, mild exercise, cognitive activities and a balanced meal. Rates start at \$12.50/hour/minimum 4 hours. Call 253-627-9990.

### **Opiate Users Support Group Ends**

The Family & Friends of Opiate Users Support Group that has been meeting at TACID has been cancelled. Other options are being considered at this time.

### **Community Guide and Engagement Provider Training**

Interested in being a [Community Guide or Community Engagement Provider](#), or currently an Independent Provider and interested in making additional income as a CG or CE Provider? This free workshop will provide answers to questions you may have to become a contracted provider with the DD Administration for these services. Held Mar 29 from 10 a.m. to 3 p.m. at the Hampton Inn & Suites, 4301 Martin Way E in Olympia. Lunch provided. Registration by March 16 is required by contacting [Linda West](#) or 1-800-634 4473.

### **Washington's ABLE Program Delayed Until 2018**

Due to unforeseen circumstances, Washington's ABLE program will not be available until sometime in 2018. Once it launches, it can be found at: [www.washingtonstateable.com](http://www.washingtonstateable.com). The toll free call center phone number will activate when they launch.

## Office of DD Ombuds

For decades, DD advocates sought improved oversight and investigation of complaints of abuse against individuals with developmental disabilities. The Office of DD Ombuds is charged with investigating and responding to complaints involving individuals with developmental disabilities who receive state services. [Learn More](#). Download the [DD Ombuds One Page Bulletin](#).

## AARP Legislative Focus

AARP is focused on the following issues for the 2018 WA Legislative Session:

- Restoring funding to hearing aids in the Medicaid budget.
- Increase the Personal Needs Allowance ([SB 6237](#) / [HB 2651](#)) to \$85/month across all care settings.
- The Senior Property Tax Exemption – With property taxes increasing in some counties by as much as 20 to 25%, this issue is quickly becoming a priority. [HB 2608](#) (Reeves) companion SB 6251 (Dhingra). [HB 2597](#) (Sullivan) companion SB 6314 (Dhingra).
- Long Term Care Trust Act ([SB 6238](#) / [HB 2533](#)) – Utilizes a payroll tax to pay for long term care.

## Sound Transit Seeking Public Comment on Proposed ST Express Fare Simplifications

Sound Transit is inviting [the public to provide feedback](#) on proposed changes to fares. ST is reviewing options to simplify bus fares for riders throughout the region and lay the groundwork for developing the next generation ORCA fare card system. Currently ST Express buses use a [two-zone fare structure](#) with each county representing a separate zone. Trips within one county are charged a one-zone fare and trips crossing a county line are charged a two-zone fare. Under the proposed changes, fares will be simplified for low-income (\$1.50), youth (\$1.50), seniors (\$1) and people with disabilities (\$1).

## Coping with Cancer: Support and Resources

Cancer Pathways offers free, one-time, phone consultations with experienced social workers for anyone touched by cancer – individuals, family members, friends, and those of you who have lost someone to cancer. Are you concerned about the impact of a new diagnosis, coping with cancer survivorship, talking to children and teens, family dynamics, or looking for cancer resources? Call [Cancer Pathways](#) at 206-709-1400 to speak further about scheduling your phone consultation.

## SCAM OF THE MONTH

### How Scammers Make You Pay

Here's one of the top questions that people often ask: Is this a scam? Whatever the "this" looks like, here's the best answer from the FTC to that question: Did someone – anyone – say you can only pay by wiring money, putting money on a gift card, or loading money on a cash reload card? If they did, then yes: that is a scam. [Read more](#). Whether someone tells you to pay to claim a prize, help someone out of trouble, pay a fine or deal with tax issues from the IRS: nobody legitimate is ever going to say you have to pay by wiring them money, getting iTunes cards, or putting money on a MoneyPak, Vanilla Reload, Reloadit card or other tool. (Source: FTC)

## PSE Scam Alert

[Puget Sound Energy](#) is warning customers about a fake call circulating with threats to shut off their power if they don't pay up. Utility company imposters will typically reach out by telephone or knock on your door claiming to be a representative from the local water, electric or gas company. In the most common scenario, the scammer informs you that payment is overdue and the utility will be shut off if

you don't pay immediately. If a caller specifically asks you to pay by prepaid debit card or wire transfer, this is a huge warning sign. If you feel pressured for immediate payment or personal information, hang up the phone and call the customer service number on your utility bill. This will ensure you are speaking to a real representative.

### **Do Not Call Registrations Don't Expire**

Someone pretending to be from the FTC is sending out fake emails telling people that their Do Not Call registration is expiring. The emails use the FTC's logo and send people to a phony Do Not Call website to register their numbers again. Don't buy it. Do Not Call registrations never expire. Once you add a number to the Do Not Call Registry, you don't need to register it again -- ever. [Read more](#)

### **LOCAL HAPPENINGS** (ADRC events are listed in color)

#### **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)**

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?" [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 Feb 9 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 Tacoma Elks Lodge, 2013 S Cedar St, 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 – Dementia Friendly Community Forum**

All are invited as we finalize steps to begin the move to make Pierce County a Dementia Friendly community. Held 9:30 – 11 a.m. at the Pierce County Library Administration Bldg., 3005 112<sup>th</sup> St. E. Tacoma. For more information call Linda McCone at 253-272-8433.

### **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 Feb 9 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 Dental Clinic for Seniors and Veterans**

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; 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 15-Apr 19 – Powerful Tools for Caregivers**

Pierce County Aging & Disability Resources offers [Powerful Tools for Caregivers](#), a 6-session class designed to help family caregivers take better care of themselves while caring for a family member or friend. Caregivers develop a wealth of self-care tools to: reduce stress; change negative self-talk; communicate with family members and healthcare or service providers; communicate more effectively in challenging situations; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions. Participants also receive a copy of “The Caregiver Helpbook,” developed specifically for the class. Held 1:30 to 3 p.m. at the Pierce County Soundview Building, Ste 200, 3602 Pacific Ave in Tacoma. Free; reservation required. Call 253-798-4423 or [e-mail](#).

### **Mar 17 – LGBTQ Aging in Pierce County Town Hall**

Join us to shape a more inclusive and age friendly Pierce County. Attend discussion sessions to help design and enhance multigenerational relationships and resources for optimal aging. It's a time dedicated to aging well! Held 1 to 4 p.m. at KWA, 123 E. 96<sup>th</sup> Street in Tacoma. Please RSVP at 253-798-8787. Walk-ins also welcome. [View event flyer](#). Call 253-798-3807 for more information.

### **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 Feb 9 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. Pre-conference train-the-trainer workshop on March 23, 8

to noon – “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.

### **Mar 27 – Tools4Success**

A free conference for persons with disabilities focusing on preparation for career, employment and college readiness presented by community organizations. Keynote, workshops, activities and resource fair. No fee for job seekers with disabilities, students and support staff; \$20 fee for professionals and others. [Register online](#) or call PAVE at 253-565-2266. Held 8 a.m. to 1 p.m. at Tacoma Community College, 6501 S. 19<sup>th</sup> Street in Tacoma. Request accommodations by March 16.

### **Apr 13-14 – Nurse Renewal Retreat**

Join a community of nurses who embrace the value of self-care to sustain a caring presence and greater longevity in their practice. Develop strategies to have more joy at work and home; explore mindfulness for yourself and your patients; experience yoga, journaling, and creative arts; reconnect to the passion and meaning of your profession. Eligible for 10.5 CNEs. Held at Harmony Hill, Union, WA. [More information and registration online.](#)

### **Apr 17-19 – Partners in Emergency Preparedness Conference**

The #1 Emergency Preparedness Conference in the Northwest, connecting more than 700 professionals representing business, education, government, non-profit sector, emergency management, insurance, utilities and hospitals. [The Conference](#) attracts top speakers and provides cutting-edge information on business continuity planning, school safety, public health preparedness, homeland security, and public information. [View the registration page.](#) Held at the Greater Tacoma Convention Center.

### **Apr 23 – Saying It Out Loud Conference**

Save the date. DSHS Division of Behavioral Health and Recovery (DBHR) sponsors the 17<sup>th</sup> annual Saying It Out Loud Conference. The goals of the event are to increase cultural competency, improve behavioral health services, and better the well-being of LBGQTQ+ individuals and communities. \$50. Held at the Greater Tacoma Convention Center. Registration coming soon.

### **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).

### **May 29-30 – Traumatic Brain Injury Conference**

This year’s conference features 5 tracks: Adults with TBI, Support for Caregivers, Military and Veterans Issues, Supporting Teens and Young Adults with TBI and Professional Interests. Held at the Hotel Murano in Tacoma. Approved for 6.75 CEUs. [More information online.](#) Scholarships available.

### **June 4 – Giving Care, Taking Care Caregiver Conference**

This all-day training conference focuses on topics of vital interest to caregivers. Outstanding speakers present practical, down to earth information, and resources for additional help will be on display. Held at the Tukwila Community Center. Pre-registration is required and space is limited. Call today to receive a full brochure and registration form, 1-800-422-3263 or 360-725-2544 or [visit the website.](#)



### **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.

### **Sept 29 – Tacoma Walk to Defeat ALS**

Bring hope to people living with ALS, raise money for a cure and come together for something you care about right in our community. Held at Fort Steilacoom Park. Check in at 10 a.m.; Walk at 11 a.m. [Register online](#) or call 425-656-1650.

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

**Question:** I was told that with Medicare I am eligible for an Annual Wellness Visit. What's that?

**Answer:** The Annual Wellness Visit isn't a physical. Rather, it's a conversation between you and your doctor to discuss your health history and any concerns you may have regarding your health, and to review your medications and immunizations. It also is a time when you and your doctor review your existing health problems; determine what health issues may become a concern in the future and how to prevent them. Bring a list of all your medications, including vitamins and supplements, the names of all of your other healthcare providers, including doctors, pharmacists, therapists, home health agencies, and non-traditional providers and your immunization records, including flu or pneumonia shots. It's also a good time to talk about Advance Directives.

### **NATIONALLY**

#### **Financial Penalties Against Nursing Homes Relaxed**

The Trump administration — reversing guidelines put in place under President Barack Obama — is [scaling back the use of fines](#) against nursing homes that harm residents or place them in grave risk of injury. Since 2013, nearly 6,500 nursing homes — 4 of every 10 — have been cited at least once for a serious violation, federal records show. Medicare has fined two-thirds of those homes. Common citations include failing to protect residents from avoidable accidents, neglect, mistreatment and bedsores. The new guidelines discourage regulators from levying fines in some situations, even when they have resulted in a resident's death. The guidelines will also probably result in lower fines for many facilities. [Read the story.](#) (Source: KHN)

#### **Huge Relief Over Deal for Children's Health Insurance**

After brinkmanship over the federal budget, an agreement to end the shutdown has assured CHIP funding for six years. CHIP covers children in low-income families — most can't afford private insurance and their children might have had to go uninsured. Nationally, about 9 million children get health coverage through CHIP. [Read / listen to the story.](#) (Source: NPR)

#### **A Year with the Oldest**

John Leland started a series of articles for The New York Times about old age. He spent a year with six New Yorkers above the age of 85, including a gay man who had lost his partner six years earlier, a woman who was in an intimate relationship with another resident at her nursing home, an African-

American man who was a veteran of World War II and a retired civil servant and a Chinese immigrant who kept her social connections through playing Mahjong. That series inspired his book, “Happiness is a Choice You Make.” [Read / Hear his surprising discoveries in this Fresh Air interview](#). (Source: NPR)

### **AARP Roadmap to Livability Collection**

Six workbooks with strategies and solutions that make a community great for people of all ages. [Book 1 – Roadmap to Livability – available for download now](#). (Source: AARP)

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

The Health Resources Services Administration has released [new learning modules](#) to train the primary care workforce about dementia caregiving, but also to help providers address caregiver needs. Modules are aimed at providers and family caregivers. (Source: HRSA)

### **Shield HealthCare Webinars Give CEs.**

Need CE contract hours or just looking for good education? Shield HealthCare offers free monthly one-hour webinars. Most offer CEWs. [Visit the webinar webpage](#). (Source: Shield HealthCare)

### **Abused and Betrayed: People with Disabilities**

A [yearlong NPR investigation](#) finds that there is little recognition of a group of Americans that is one of the most at risk: people with intellectual disabilities. People with intellectual disabilities are sexually assaulted at a rate seven times higher than those without disabilities and are at heightened risk at all moments of their daily lives. These crimes go mostly unrecognized, unprosecuted and unpunished and the abuser is free to abuse again because the cases are difficult to win in court. (Source: NPR)

### **Home Care Agencies Wrongly Deny Medicare Help to the Chronically Ill**

Kaiser Health News looks at the case of a 58-year-old with ALS who has been consistently denied Medicare to pay for services by home care agencies. That’s an incorrect but common belief. Medicare [does cover](#) home care services for patients who qualify, but incentives intended to combat fraud and reward high quality care are driving some home health agencies to avoid taking on long-term patients who have debilitating conditions that won’t get better. Now, rule changes that took effect in January could make the problem worse. (Source: KHN)

### **Church Spurs Parishioners to Plan for Illness and Death**

Nationwide, only a third of Americans have documented their end-of-life wishes, and for black adults 65 or older, rates are much lower: Only 19 percent have documented their end-of-life wishes, compared with 65 percent of whites. A pastor in Boston is trying to close this gap by facilitating end-of-life planning workshops at her church. [Read the story](#). (Source: KHN)

### **Alzheimer's Association Launches Dementia Care Practice Recommendations**

By age 80, 75% of people with Alzheimer's are admitted to a nursing home. The Alzheimer's Assoc. [has published new recommendations](#) meant to shape dementia care practice at nursing homes, assisted living facilities and other long-term care and community care providers. (Source: Alz Assoc)

### **Gene Wilder's Widow Talks about Caregiving Experience**

Karen Wilder never pictured herself marrying, or taking care of, a movie star. Wilder, who lost her husband of 35 years, actor Gene Wilder, to Alzheimer's in 2017, discusses their bond as well as some of

the challenges facing people who care for someone living with the disease. [Read the essay by Karen Wilder](#). (Source: ABC News)

### **Reverberations from War Complicate Vietnam Veterans' End-Of-Life Care**

Vietnam veterans' wartime experiences — and their lasting psychological toll — can make it harder to treat their physical and emotional pain as they approach death. [Read the report](#). (Source: KHN)

### **New Medicare Cards**

The Centers for Medicare & Medicaid Services (CMS) will begin [issuing new Medicare cards](#) in April 2018 that no longer include your Social Security number. The Social Security numbers will be replaced by a new Medicare Beneficiary Identifier (MBI). The cards will be mailed to your address on file with the Social Security Administration, so [make sure your contact information is accurate](#). It will take 12 months to mail new cards to all Medicare beneficiaries. Keep in mind that Medicare will never request personal or private information, so be wary of anyone contacting you about the new card or MBI. Once you receive your new card, destroy the old card immediately. (Source: CMS)

### ***Your Money, Your Goals* for Persons with Disabilities**

The Consumer Financial Protection Bureau created *Your Money, Your Goals* as a financial empowerment guide that organizations could use to empower consumers to better understand the risks and benefits of financial services and products. A new, 90-page companion guide contains specific information, tips, and tools based on insights from people with disabilities and the organizations that serve them. [Download the guide](#). (Source: CFPB)

### **New CMS Resource Guides Available**

Caring for individuals with dementia can present unique challenges to both caregivers and healthcare professionals. These two resource guides, one created for caregivers and the other for healthcare professionals, include training and toolkits, fact sheets, publications, and information resources from various organizations and health plans. [View these guides online](#). (Source: CMS)

### **Congress Passes Bipartisan Legislation on Family Caregiving**

The Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers has passed Congress with bipartisan support. The legislation requires the Secretary of Health and Human Services to develop, maintain, and update a strategy to recognize and support family caregivers. An advisory council will be formed to develop the strategy with public input. The development of the initial strategy will take up to 18 months, followed by biennial updates. [Read the text of the RAISE Family Caregivers Act](#). (Source: NCOA)

### **For Elder Health, Trips to the ER Are Often a Tipping Point**

An older person's trip to the ER often signals a serious health challenge and should serve as a wake-up call for caregivers and relatives. [Experts provide tips](#) for older patients and their caregivers to cope with the physical and mental declines associated with emergency room visits. (Source: KHN)

### **SSA Seeks Input on Improving Economic Outcomes for Youth with Disabilities Receiving SSI**

The Social Security Administration released a Request for Information (RFI) to elicit ideas, strategies, and best practices related to improving adult economic outcomes for youth aged 14 to 25 with disabilities receiving Supplemental Security Income (SSI). Comments due by Feb 2. The RFI includes

12 questions for respondents to consider when providing comments. The full RFI can be viewed and comments can be made directly through the regulations.gov [website](#). (Source: ACL)

**Hospitals & Doctors Hone New Message About Opioids: Expect Pain**

Hospital officials and physicians are gradually accepting a degree of responsibility and culpability in addressing the opioid epidemic. [Patients have to expect more pain](#) after surgery and understand the risk of addiction. Even for people who’ve never struggled with drug abuse, studies are finding that patients are at risk of addiction anytime they go under the knife. (Source: KHN)

**Joint Report: Health and Safety in Group Homes**

The Department of Health and Human Services Office of Inspector General (OIG) examined states' monitoring and reporting of injuries and other critical incidents of people with developmental disabilities living in group homes. OIG found that up to 99 percent of these critical incidents were not reported to the appropriate law enforcement or state agencies as required. [Read more and download the report](#). (Source: ACL)

**Apps to Download in 2018**

Are you an “App” kind of person? Ordering food, shopping, reviews and buying movie tickets, there’s an app for everything. Did you know the government has apps available that make some tasks easier to handle? Others provide easier ways to contact or get information about certain programs. Check out [USAGov’s apps to download](#) in 2018.

**PLAN AHEAD (Always 2 months ahead) – April 2018**

ASPCA, Alcohol Awareness, Autism Awareness, Cancer Control, Diversity, Distracted Driving Awareness, Fair Housing, Financial Literacy, Child Abuse Prevention, Parkinson’s Awareness, Sexual Assault Awareness & Prevention, Social Security, Women’s Eye Health & Safety and Bereaved Spouses Awareness Month; Golden Rule (1-7), Medication Safety (1-7), Public Health (1-7), Crime Victims’ Rights (8-14), Library (9-15), Dental Hygienist (11-17), National Park (14-22), Volunteer (15-22), Consumer Awareness (18-23), Bedbug Awareness (22-28) and Immunization (24-30) Weeks; Autism (2), Weed Out Hate (3), Vitamin C (4), Alcohol Screening (5), POW (9), Library and Library Workers (10), Parkinson’s (11), World Art (15), Stress Awareness (19), Silence (20), Guide Dogs (25), Arbor (27) and Rebuilding (28) 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](mailto:briler@co.pierce.wa.us).