

ADRC E-Newsletter March, 2018



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

Mar 1 – "Property Taxes: Seniors and People with Disabilities"
with Mike Lonergan, Pierce County Assessor Treasurer

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. Coffee \$2 at the door.

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

Mar 8 – Networking

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.

Mar 21 – Wesley Homes Lea Hill, 32049 109th Pl SE, Auburn

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

NW Networking

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

Puerto Vallarta Restaurant, 215 15th St, SE, Puyallup (lunch purchase encouraged)

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

LOCAL SERVICES

New Medicare Cards

Medicare is mailing new Medicare cards. They should arrive in mailboxes in Washington state in the last half of 2018. Here are [10 things to know](#) about the new Medicare cards.

Do You Have Earthquake Insurance?

The WA state Insurance Commissioner's Office [released a report](#) that details how many people in each county have earthquake insurance (12.17% in Pierce), how many companies offer it in each county (67 in Pierce) and many other breakdowns. KING-5 News aired a [follow-up story](#) on the report.

The DD Council is Recruiting New Members

The Washington State Developmental Disabilities Council is seeking candidates to fill open positions on the Governor-appointed Council. The Council is seeing candidates who are individuals with Intellectual/Developmental Disabilities (IDD); and parents/family members/guardians of individuals with IDD. The Council is especially interested in candidates from the diverse geographic, ethnic and cultural communities in Washington and the Native American Nations. [Learn more](#).

Shopping Around for Prescription Drugs Can Save Hundreds

Millions of Americans understand the high price tags of prescription drugs. But, a little comparison shopping could actually save money if you have time to shop around. [KING-5 TV News](#) shopped around 10 different Seattle-area pharmacies – including national retailers – and saved more than \$700.

Mediation Training

The Center for Dialog & Resolution offers a 5-day signature Mediation course that will teach the process of mediation, communication skills and peaceful conflict resolution. The training is offered quarterly: Spring – 3/02-3/04 & 3/16-3/17; Summer – 7/11-7/13 & 7/19-7/20; Fall 9/28-9/30 & 10/12/10/13. Held 8:30 a.m. to 5:30 p.m. at 717 Tacoma Ave., S. \$700 or \$650 early registration. Inquire about scholarships. [More information and registration online](#) or call 253-572-3657.

Free Tax Preparation

[Associated Ministries](#) partners with the IRS and other agencies to recruit, train and schedule volunteers to complete taxes for people making under, for 2017 income, \$56,000 a year or less. There are 23 sites where trained volunteers are ready to assist you in preparing your taxes and helping ensure you get the most refund you are owed. Please [check out the available Volunteer Income Tax Assistance \(VITA\) sites](#) and make arrangements to have your taxes done with no cost to you.

Optum Pierce BHO Crisis Services Survey

Optum Pierce BHO is asking how they can better support individuals when they or a member of their family experiences a crisis. Specifically, they are interested in your experiences with the Behavioral Health Crisis Line, the Recovery Support (or Warm) Line, any Mobile Outreach Crisis Team visit, any Designated Mental Health Professional (DMHP) contact and any Fife, WA Recovery Response Center (RRC) stay. Answers will be anonymous and will be combined with other responses. [Please take a few minutes to complete this online survey](#). Thank you for sharing your experiences.

Help Shape Washington's TBI Respite Care Services

Two Traumatic Brain Injury surveys will help shape respite services provided in Washington state. The [first survey for survivors of brain injury, their family members and caregivers](#) has a total of 13 questions for individuals who receive care and their caregivers. The [second survey for providers](#) has 8 questions for providers. The more surveys that are completed the better we can serve survivors and their unpaid caregivers with respite care services across our state.

Forty-one Nursing Facilities Certified in Music and Memory

Designed to improve the lives of residents in skilled nursing facilities who suffer from Alzheimer's and other cognitive disorders, LeadingAge Washington and the Music & Memory Project provides personalized music to skilled nursing residents. The project incorporates the nationally known Music & MemorySM program which brings individualized music to residents in long term care homes via Mp3 players. Since 2008, the program has been successfully implemented in thousands of long-term care facilities in the U.S. and Canada. For details contact [Pat Sylvia](#) at LeadingAge Washington.

New Transportation Service for Seniors

Envoy America is a friendly for seniors and their families providing accompanied transportation with a unique set of senior valued attributes: Reserve in Advance, Door to Door Service, Wait and Return, Multiple Stops, Extra Assistance and Professional Drivers. Program is national and serves Pierce, King and Thurston Counties. All drivers are 50+ in age and provide a helping hand, just like a son or daughter would with the tasks that often become more difficult for Seniors. Drivers are trained to help seniors transfer in/out of a wheelchair and into a car, and how to interact with clients who have memory issues. Always hiring drivers. [Learn more, make reservations online](#) or call 1-888-375-5558

What Do You Want from Your Library?

Libraries are about learning, and a great way to learn is through conversation. That's why the Pierce County Library System is talking with thousands of people who live in Pierce County about how to [best serve growing communities](#). In 12 years the population in Pierce County has grown by 82,000 individuals. Please take a [survey](#) to tell us about the library services that are most important to you.

Sound Options Recognized as Leader in Excellence

Sound Options has been named the Leader In Excellence award winner in the [2018 Best of Home Care® awards](#) for the second year in a row. The award is provided by Home Care Plus, the industry's leading firm in satisfaction research and quality assurance, serving hundreds of home care businesses across North America. Based on client and caregiver satisfaction ratings, award recipients have proven that they deliver a high level of quality, professionalism, and expertise in home care.

SCAMS OF THE MONTH

Scammers as Regular as Tax Time

The Internal Revenue Service warns taxpayers of a quickly growing scam involving erroneous tax refunds being deposited into their bank accounts. The IRS has discovered tax practitioners' computer files have been breached. After stealing the client data and filing fraudulent tax returns, these criminals use the taxpayers' real bank accounts for the deposit. Thieves are then using various tactics to reclaim the refund from the taxpayers. Variations of this scam may continue to evolve. [Learn more about the scam](#) on the IRS website.

Do Not Call Registry is Permanent

Someone pretending to be from the FTC is sending out fake emails telling people that their Do Not Call registration is expiring. Registrations never expire. Once you add a number to the [Do Not Call Registry](#), you do not need to register it again. You can [register](#) your home or mobile phone for free. After you register, other types of organizations may still call you, such as charities, political groups, debt collectors and surveys. To learn more, read the [FAQs](#). Unfortunately this won't end telemarketing calls for you but it will reduce them. If you receive an unwanted call after your number is on the Do Not Call Registry it's a sure bet they are scammers. Hang up! (Source: Do Not Call Registry)

LOCAL HAPPENINGS (ADRC events are listed in color)

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. 35th St., Tacoma. Free; No RSVP; Information only. [View event flyer](#). For details 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 112th 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 224th St. E, Graham. Free; No RSVP; Information only. [View event flyer](#). For details 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 details 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. 35th 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 details call (253) 798-4600 or (800) 562-0332.

Mar 10 – Arts for Alzheimer’s

Local artists host this charity event to raise money for a cure for Alzheimer’s. Take a look at wonderful art pieces and find a gem. Held 1 to 6 p.m. at the Best Western Premier, 620 S Hill Park Dr., Puyallup. \$5 admission. Proceeds benefit the Alzheimer’s Association. Contact [Philip Mack](#) for details.

Mar 14 – Crazywise

A free community event to help raise awareness for Mental Healthcare in Pierce County. Clover Park Technical College, NAMI Pierce County and The Healing Field sponsor this thought-provoking film, along with a panel-led community conversation immediately following the showing. The documentary CRAZYWISE explores what can be learned from people around the world who have turned their psychological crisis into a positive transformative experience. Free. Held at 6:30pm at the McGavick Conference Center, 4500 Steilacoom Blvd SW, Lakewood. This is a FREE event but you must have a printed email receipt of the ticket to enter. [Advance registration online required](#).

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. 96th Street in Tacoma. Please RSVP at 253-798-8787. Walk-ins also welcome. [View event flyer](#). Call 253-798-3807 for more information.

May 19 – Habitat for Humanity Film Series: Suffragette

In partnership with Women Build and the Grand Cinema (606 S. Fawcett Ave in Tacoma), TPC-Habitat for Humanity will be showing Suffragette; a film chronicling the Women's Suffrage Movement that eventually led to Women's Right to vote in 1918. The film takes place in the Great Britain and follows the story of the Women's Social and Political Union during the early 20th Century. Doors open 6 p.m. Film at 6:30 p.m. Free / \$10 suggested donation. [Reservations online](#).

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 22-23 – Social Work Practice with Latinos Conference 2018

The [Latino Social Workers Organization](#) hosts a [2-day conference](#) at the University of Washington SSW in Seattle, WA focused on Social Work Practice with Latinos. Great opportunity to network with social workers from throughout the Northwest United States. Event is filled with keynotes, workshops, student sessions, and exhibitors. Open to all human service professionals serving the Latino community. Single day: \$65; full conference: \$130. Contact [Adrian Delgado](#) or 312-925-6959.

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. 35th 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 or 360-705-9019.

Mar 24 – T-Town: Play, Explore, Learn

If you’ve been wanting to see a City of Tacoma vehicle up close, talk to City representatives about the work that they do, learn more about City operations through a hands-on activity, and find out about the many services the City offers, come to this event. This is a FREE, fun, interactive [community event](#) hosted by the City of Tacoma featuring demonstrations and activities for the entire family. Held 10 a.m. to 3 p.m. at the Tacoma Dome. Call 253-591-5000 for more.

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. 19th Street in Tacoma. Request accommodations by March 16.

Apr 7 – End of Life & Advance Directives: A Medical Perspective

Most Advance Directives are made in a law office and are crafted as legal documents. But what do they look like from a medical perspective? When the time comes to implement those directives, options may not be as clear cut as people would anticipate. Hear from the health care professionals about experiences with patients with Advance Directives – and those without –facing crucial end-of-life choices. Held 10:30-11:30 a.m. at the Puyallup Library, 324 S. Meridian in Puyallup. Free, no RSVP. [View event flyer](#). Call the ADRC for details at 253-798-4600.

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 13-15 – Parent Training Weekend

Are you the dad or mom of a child with behavioral health concerns? This weekend event is open to all parents, and other caregivers, who have a special needs child in their family, or extended family. There is a \$30 registration fee, which includes lodging and meals from Friday evening to Sunday checkout (noon). We can also arrange carpools and provide limited assistance to get here. All you need to bring is your bedding, pillow, and all your questions! Held at The Double K Retreat Center in Easton, WA. [More information and registration online](#) or call 425-243-7028.

Apr 14 – Spring Fling Health Fair and Pancake Breakfast

The April Pancake Breakfast will host an educational forum for our seniors. Topics will include legal, financial and healthcare issues which are currently being faced by our seniors and seniors-to-be. \$4 for breakfast. Held 8 a.m. to noon at the Puyallup Activity Center, 210 W Pioneer Ave.

Apr 16 – Vacations of a Different Stripe

Vacations are important opportunities to rejuvenate. Today there's a growing interest in alternative vacations ranging from extended house sitting to "voluntourism" and many other options. Sometimes these rewarding experiences are in far off lands while other times they are in our own back yard. Hear about the possibilities and the resources available to connect. Held twice this day:

- Noon – Pierce County Annex, 201 S. 35th Street in Tacoma.
- 6:30 p.m. – Lakewood Library, 6300 Wildaire Rd., Lakewood.

[View event flyer.](#) Call the ADRC for details: 253-798-4600.

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, nonprofit 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 21 – End of Life & Advance Directives: A Medical Perspective

(See Apr 7 for [event description.](#)) Held 10:00-11:00 a.m. at the Pierce County Sound View Building, 3602 Pacific Avenue, Tacoma. Free, no RSVP. Call the ADRC for details at 253-798-4600.

Apr 23 – Vacations of a Different Stripe

(See Apr 16 for event details.) Held at the University Place Library, 3609 Market Pl., W in UP. [View event flyer.](#) Call the ADRC for details: 253-798-4600.

Apr 23 – Saying It Out Loud Conference

The purpose of this conference is to increase cultural competency in serving LGBTQ+ individuals. We share knowledge about relevant clinical practices and approaches needed to serve and support members of the LGBTQ+ communities and create space for dialogue about how differences with regard to gender and sexuality affect self-determination, overall physical health, behavioral health, and well-being.

Sponsored by DSHS Division of Behavioral Health and Recovery (DBHR) \$50. Held at the Greater Tacoma Convention Center. [Information and registration available online now.](#)

Apr 24 – Vacations of a Different Stripe

(See Apr 16 for event details.) Held twice this day:

- Noon – County City Building, 7th Floor Rainier Conference Room; 930 Tacoma Ave., Tacoma.
- 6:30 p.m. – Summit Library, 5107 112th Street E., Tacoma

[View event flyer.](#) Call the ADRC for details: 253-798-4600.

Apr 26 – Retirement Connection Guide Release

Join your colleagues for a special networking event. All are welcome so invite your referral sources, colleagues, and other guests to enjoy great wines, hors d'oeuvres and pick up copies of the new edition of the Retirement Connection Guide! Held at C.I. Shenanigans, 3017 Ruston Way in Tacoma.

Apr 28 – Vacations of a Different Stripe

(See Apr 16 for event details.) Held at the Pierce County Sound View Building, 3602 Pacific Ave. in Tacoma. [View event flyer.](#) Call the ADRC for details: 253-798-4600.

Apr 28 – Veteran Resource Fair

Community resources for Veterans including VA, legal, homeless, education, medical, dental, financial, disability, employment and more. Held 9 a.m. to 3 p.m. at the Tacoma Dome. [More info online.](#)

Apr 30 – Stretching Your Grocery Dollars

During this educational class, we'll look at five ways to save money on food while staying true to your health. Presenter is Bradley Wooten from Humana. Held 12:30-1:30p.m. at the Puyallup Activity Center, 210 W. Pioneer Ave.

May 5 – Aging EXPO 2018

Celebrate Older American's Month and honor the many ways older adults make a difference in our community. We are never too old (or too young) to take part in activities that will enrich our physical, mental and emotional well-being. Highlights include speakers Wendy Lustbader, well-known author, popular speaker and UW professor, Elder Law Attorney and Aging Options radio host Rajiv Nagaich and US Congressman Denny Heck. Break out information sessions on falls prevention with a falls risk assessment, aging and sexuality, dementia care and caregiver support, financial planning and more. Local service providers available in the EXPO area. Held 8 a.m. to 4 p.m. at the Pierce College Puyallup Campus Center. Registration information coming soon.

May 5 – South Sound Free Dental Day

Light Dental Studios generously gives back to the community, providing select free dental services on a first come, first served basis. Limit one dental service per patient: one free filling or one free extraction. No appointments will be made. Patients seen on a first come, first served basis. With or without insurance, insurance will not be billed. No purchase necessary. Held 8 a.m. to 1 p.m. at offices in Puyallup, Olympia and University Place. [More information online.](#)

May 7 – Disasters and Insurance

Pierce County sits squarely in the path of wind storms, flooding, mudslides, earthquakes, tsunamis, volcanos and fires. After a disaster is not the right time to find out what's covered, what's not covered, exceptions, home contents, temporary housing and more. Understand how well your insurance covers you – or not – before the disaster. Held at 12:10 p.m. at the Pierce County Annex, 2401 S. 35th Street in Tacoma. Free; no RSVP. [View event flyer](#). For details call 253-798-4600.

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.

May 8 – Disasters and Insurance

(See May 7 for event details.)

- Held 12:10 p.m. at the County City Building 7th Floor Rainier Conference Room, 930 Tacoma Ave.
- Held 6:30 p.m. at the Gig Harbor Library, 4424 Point Fosdick Dr., NW.
- Free; no RSVP. [View event flyer](#). For details call 253-798-4600.

May 14 – Disasters and Insurance

(See May 7 for event details.) Held 6:30 p.m. at the Sumner Library, 1116 Fryar Ave. Free; no RSVP. [View event flyer](#). For details call 253-798-4600.

May 16 – Disasters and Insurance

(See May 7 for event details.) Held 6:30 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Drive, SW. Free; no RSVP. [View event flyer](#). For details call 253-798-4600.

May 19 – Disasters and Insurance

(See May 7 for event details.) Held 10:30 a.m. at the Parkland/Spanaway Library, 13718 Pacific Avenue. Free; no RSVP. [View event flyer](#). For details call 253-798-4600.

May 18 – JBLM Retiree Health Promotion Fair

Access limited to retired Military Tricare Beneficiaries or be Tricare eligible. Meet with benefits advisors, learn about local Veterans programs and services. Held 7:30 a.m. to 1 p.m. at the American Lake Conference Center, Bldg. 8085, NCO Beach Road, JBLM. For more info call 253-968-4387.

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.

Aug 7 – National Night Out

Aug 8 – Cancer Survivorship Conference

Save the date. Held at University of Puget Sound, Tacoma

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: We are going on vacation for a couple weeks. I'm apprehensive about my dad who lives alone but won't have anyone to check on him during this time. Any suggestions?

Answer: It's good for you to be concerned. Think about neighbors who might be able to drop by and check on him. The Aging & Disability Resource Center provides a Telephone Reassurance Program at no cost to anyone in Pierce County. One of our staff calls individuals who live alone just to check up on them – how are they doing, are they well, is everything okay, do they have any needs. If the person does not answer the phone we will have a list of key contacts. If we still are unable to connect, we will call local police for a “welfare check.” You can rest assured that your dad will at least get one call each day from a friendly voice. Call the ADRC at 253-798-4600 to get more information and to register.

NATIONALLY

Administration Slashes Senior Programs

The Administration's FY19 budget request - released Feb. 12 – recommends eliminating or cutting more than a dozen programs or initiatives vital to the health and economic security of seniors. [Read the NCOA analysis](#). In addition, the National Association of Area Agencies on Aging produced their [analysis of the cuts](#). (Sources: NCOA and N4A)

Congressional Budget Actions and Health Care

Justice in Aging has prepared [a summary](#) of some of the major health provisions in the Bipartisan Budget Act of 2018. (Source: Justice in Aging)

Videos Highlight Healthcare Experiences of People with Disabilities

What is the healthcare experience like for people with disabilities? And what is Disability Competent Care? This video series also offers ways for providers to be more prepared in their interactions with people with disabilities while promoting compassion and understanding for everyone. Topics include the health care experience; Disability Competent Care; Core Values; and communication, programmatic and physical access. [View the website](#). (Source: Colorado Department of Health Care)

French Postal Workers Double as Caregivers

French mail carriers are being redeployed as caregivers for the elderly in an innovative response to both the country's aging population and a decline in letters being sent by post. Distant relatives and town halls concerned about senior citizens at risk of neglect or loneliness can commission the local mail carrier to look after them by buying groceries, asking basic health check questions, or simply hanging out. "[Watch Over My Parents](#)" costs about \$34 a month and more than 2,500 seniors have been signed up in the first few months since its launch. And with mail volumes falling by as much as five percent every year, the French post thinks it might be able to solve both problems. (Source: VICE News)

The Uniquely American Problem of High Prescription Drug Costs

Kaiser Health News Editor-in-Chief Elisabeth Rosenthal [discusses high drug costs](#) on NPR's Weekend Edition. Listen to the broadcast and read a transcript of that conversation. (Source: NPR)

What the Bipartisan Budget Act of 2018 Means for Seniors

The Bipartisan Budget Act of 2018 lifts funding caps and makes some positive Medicare changes. But it also cuts and leaves out other important programs. [Here's the NCOA analysis](#). (Source: NCOA)

Examining the Administration's budget request

Although most consider the Administration's FY19 budget request dead on arrival, the budget repeats many of the cuts it proposed in aging services for FY18, including elimination of the Senior Community Service Employment Program (SCSEP) and the Medicare State Health Insurance Assistance Program (SHIP). It also includes proposals to cut Medicaid, the Supplemental Nutrition Assistance Program (SNAP), and likely falls prevention and chronic disease self-management (CDSME) funding. [View the FY19 aging program budget table](#). (Source: NCOA)

Grief: Is A Broken Heart Real?

Research shows a connection between the loss of a person we love and an increased risk of certain heart problems. The deaths one day apart of actress Carrie Fisher and her mom, Debbie Reynolds, caught the attention of many. And the death of Johnny Cash shortly after that of his wife June Carter Cash often was portrayed as death by a broken heart. The European Society of Cardiology (ESC) says that *broken heart syndrome* commonly occurs after a person experiences severe emotional distress after a sad or stressful event, such as a death or health crisis. [Read more](#). (Source: Caring Right at Home)

PCPID Releases Report on Direct Support Workforce

The [President's Committee for People with Intellectual Disabilities \(PCPID\)](#) has released its latest report, *America's Direct Support Workforce Crisis: Effects on People with Intellectual Disabilities, Families, Communities and the U.S. Economy*. Direct Support Professionals promote participation in the U.S. economy by helping people with an (intellectual disability) get jobs and by enabling family members to work. The report describes the current state of the DSP workforce as a "crisis," noting that the average DSP wage is \$10.72, most work two or three jobs, and the average annual DSP turnover rate is 45%. Read [the full report \(PDF\)](#) or [a plain-language version \(PDF\)](#). (Source PCPID)

Researchers Uncover Common Link Between ALS and CTE

Recent studies point to a possible connection between ALS and chronic traumatic encephalopathy (CTE), the type of traumatic brain injury associated with playing football and other contact sports. NFL

