

ADRC E-Newsletter April 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

April 5 – "Drugs and Seniors" with Lincoln Pharmacy

May 3 – "Congregational Health Ministries" with Debbi Saint, CHI Franciscan

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

April 12 – "Medicare, Medicaid & MAGI" with Matt Santelli, Pierce County ADRC

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 – 9:15 a.m.

April 18 – Village Concepts El Dorado West, 1010 SW 134th St, Burien

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

NW Networking

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

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

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

LOCAL SERVICES

Help for Unpaid Caregivers

Pierce County Aging & Disability Resources (ADR) can help caregivers who are providing unpaid, in-home care. Services include caregiver support and education, counseling, advice about disease progression, housework and errands and respite care. Some services are provided by ADR case managers while others are provided by ADR community partners. Contact the [Aging & Disability Resource Center](#) or call 253-798-4600.

Summer Camp Pierce

Designed for young adults ages 20-30 with disabilities. Campers participate in personally enriching activities within the community including volunteering, visiting parks/other organizations, and taking fun weekly field trips. Campers learn about and use public transportation, enhance socialization with peers and community members, increase independence skills, and build their resumes. Housed at the Lakewood Community Center. Open Registration Night: May 8, 5:30-6:30 pm at the Lakewood Community Center, 9112 Lakewood Dr. SW, Lakewood.

Summer Camp Directory for Children with Special Needs

Seattle Children's Hospital has assembled a summer camp directory by region, condition, or month – or all three. Lists over 80 summer camps and programs for children, youth and young adults with behavioral conditions, learning and developmental disabilities, medical conditions, and physical disabilities across Washington. Includes camps in northern Oregon and western Idaho. [Download](#) the Summer Camp Directory (PDF). Order print copies of the directory at cshcn@seattlechildrens.org.

New Book Selected for Pierce County READS!

Join [Pierce County Reads](#) and revisit the events and impacts of the Civil Rights Movement with the award-winning graphic novel trilogy "March" co-authored by Congressman John Lewis and Andrew Aydin and illustrated by Nate Powell. Lewis joined Aydin and Powell and used a graphic novel format to educate and inspire a new generation. Join others throughout Pierce County and read "March," attend events, learn and talk about diversity, society, and community engagement, and be a part of the largest reading event in Washington.

- Author Event with Andrew Aydin and Nate Powell Friday, May 11, 7 p.m. at Pacific Lutheran University's Olson Auditorium, 124th St S, Tacoma.
- Pierce County Reads Kick Off with an exhibit and screening of the documentary "Transforming Tacoma: The Struggle for Civil Rights" followed by a discussion. Thursday, March 15, at 6 p.m. at Washington State History Museum, 1911 Pacific Ave, Tacoma. A.

Start Your Own Alzheimer's Café

The new "how-to" guide for starting an Alzheimer's Cafe or Memory Cafe is now available free. Download the introduction [here](#) or steps to success document [here](#). You are also invited to join a new Facebook group for people who help support Alzheimer's Cafe /Memory Cafes or are working to get one started. In Facebook, search for: "Alzheimer's Cafe/Memory Cafe Organizers, Washington State." Find a list of current Washington State Alzheimer's Cafés and their organizers at www.alzcafes.org.

Powerful Tools for Caregivers this Summer

Pierce County Aging and Disability Resources offers this [6-week evidence-based program](#) that provides unpaid family caregivers with the skills and confidence needed to better care for themselves while caring for others. Free event but advance registration is required. Participants must commit to attend all six sessions. Held July 12 – August 16 from 1 to 2:30 p.m. at the Puyallup Library, 324 S. Meridian. For more information call 253-798-4600. To register call 253-798-4423.

How ‘Bout Them Crushers!

The Tillicum Crushers aren’t your average Pony League baseball team. Almost all the players come from Tillicum Elementary School. They are sponsored for 2018 by the Tacoma Weatherly Inn. They proudly wear their bright orange jerseys at school where they get high-fives from the teachers and staff who attend games and who throw out ceremonial first pitches. They also get to star in the “Friday Night Lights” style pep rallies before games. Their coach, David Anderson, promotes community and character: encouraging his players to learn both game and life skills.

SCAMS OF THE MONTH

Western Union Refunds Scam Alert

People are getting official-looking emails about the Western Union settlement. You cannot apply for a refund by email. The scam emails ask for information about your Western Union transaction, along with your name and address. These emails are scams. Don’t respond, don’t give any information. The only way to apply for a refund from the FTC’s Western Union settlement is to [follow these steps offered by the FTC](#). (Source: FTC)

How to Choose a Reputable Tax Preparer

Scammers pose as tax preparers and make a financial killing at the end of tax season. The IRS offers many important tips to avoid scammers. Here are some of the more important ones:

- Demand their IRS Preparer Tax Identification Number. All bona fide preparers must be registered.
- Use the [IRS Directory of Federal Tax Return Preparers with Credentials and Select Qualifications](#).
- Ask the Better Business Bureau about the preparer.
- Avoid preparers who base fees on a percentage of their client’s refund or boast bigger refunds than their competition.
- Never sign a blank return.

[Get more tips on the IRS website](#). (Source: IRS)

LOCAL HAPPENINGS (ADRC events are listed in color)

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 7 – Medicare Planning

Pierce County Library System, Sound Outreach and Statewide Health Insurance Benefits Advisors (SHIBA) offer a free class to help people successfully plan for and use Medicare. Held 1:30 to 4 p.m. at the Key Center Library, 8905 Key Peninsula Hwy N., Lakebay.

Apr 11 – Cascade Park Active Day Open House

Find out about the adult day health programs at Cascade Park, 232 St. Helen's Ave in Tacoma. Refreshments and raffle prizes. Held 10 a.m. to noon. RSVP to 253-572-0383.

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 19 – Parkinson's Awareness Expo

A free public resource event to celebrate Parkinson's Awareness Month. Vendors will include Northwest Parkinson's Foundation, Northwest Chapter American Parkinson's Disease Associates, home health and medical equipment providers, legal, funeral and senior programs and services, and others. Held 11 a.m. to 1 p.m. at Life Care Center of Puyallup, 511 10th Ave SE. Complimentary lunch provided. For information call (253) 845-7566.

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. \$50. Held at the Greater Tacoma Convention Center, 1500 Commerce, Tacoma. [Information and registration available online](#).

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 professional 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 3:30 – 6:00 p.m. at C.I. Shenanigans, 3017 Ruston Way in Tacoma. Please RSVP to amy@retirementconnection.com.

Apr 27 – Discovery 2018

The Alzheimer's Association Washington State Chapter hosts a day filled with dementia-specific, evidence-based information and education with a focus on community. The Discovery conference is designed for healthcare professionals as well as family caregivers. Speakers are experts in their fields and provide evidence-informed dementia related education. Held 8:30 am to 4:30 pm at the Washington State Convention Center in Seattle. [Information, agenda and registration online](#). Contact for details at discoveryconf@alzwa.org or 206-363-5500, ex 8170.

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 2 – Wednesdays for Seniors – And Their Adult Children

A five-part educational sessions intended for seniors and the adult children of seniors. Session #1 – “Starting the Conversation & Hospice Care.” Sessions are free and open to the public. Held at 6:30 p.m. at Parkway Presbyterian Church, 714 E. 138th Street in Tacoma. Limited seating. Please RSVP in advance to Michelle Wyse at 253-474-1093.

May 5 – Aging EXPO 2018

Don't miss this exciting opportunity to learn about the new realities of aging and to make the most of the gift of longevity. We are never too old (or too young) to take part in activities that will enrich our physical, mental and emotional well-being. The day's highlights include speakers Wendy Lustbader, well-known author, popular speaker and UW professor, and elder law attorney and Aging Options radio host Rajiv Nagaich. Local service providers available in the EXPO area. Held 8 a.m. to 4 p.m. at the Pierce College Puyallup Campus Center. [Information, flyer and registration available online.](#)

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 5 – Medicare Planning

Pierce County Library System, Sound Outreach and Statewide Health Insurance Benefits Advisors (SHIBA) offer a free class to help people successfully plan for and use Medicare. Held 1:30 to 4 p.m. at the Bonney Lake Library, 18501 90th St. E., Bonney Lake

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 9 – Wednesdays for Seniors – And Their Adult Children

Part 2 of a five-part educational sessions intended for seniors and the adult children of seniors – “Legal, Financial & Guardianship.” Sessions are free and open to the public. Held at 6:30 p.m. at Parkway Presbyterian Church, 714 E. 138th Street in Tacoma. Limited seating. Please RSVP in advance to Michelle Wyse at 253-474-1093.

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 14 – Oh My Gosh – Now What? (Part 1)

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 6-7 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Dr., Lakewood. Free; No RSVP. 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 16 – Wednesdays for Seniors – And Their Adult Children

Part 3 of a five-part educational sessions intended for seniors and the adult children of seniors – “Housing Options.” Sessions are free and open to the public. Held at 6:30 p.m. at Parkway Presbyterian Church, 714 E. 138th Street in Tacoma. Limited seating. Please RSVP in advance to Michelle Wyse at 253-474-1093.

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 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 19 – Cinderella Ball

MetroParks Tacoma hosts this formal dance that provides an opportunity for people with disabilities to experience a unique event of style and glamour. Held at the Tacoma Yacht Club, 5401 Yacht Club Drive, Tacoma, from 1 to 4 p.m. More info online at [MetroParks Tacoma website](#) or e-mail nancyjwilliams9@gmail.com or 253-549-5046.

May 19 – Medicare Planning

Pierce County Library System, Sound Outreach and Statewide Health Insurance Benefits Advisors (SHIBA) offer a free class to help people successfully plan for and use Medicare. Held 1:30 to 4 p.m. at the Orting Library, 202 Washington Ave. S., Orting.

May 21 – Oh My Gosh – Now What? (Part 2)

(See May 14 for event description.) Part 2 – “How does the disease progress? What should I expect?” [View flyer](#). Held 6-7 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Dr., Lakewood. Free; No RSVP. For details call 253-798-4600.

May 23 – Wednesdays for Seniors – And Their Adult Children

Part 4 of a five-part educational sessions intended for seniors and the adult children of seniors – “Staying at Home Safely.” Sessions are free and open to the public. Held at 6:30 p.m. at Parkway Presbyterian Church, 714 E. 138th Street in Tacoma. Limited seating. Please RSVP in advance to Michelle Wyse at 253-474-1093.

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.

May 30 – Wednesdays for Seniors – And Their Adult Children

The final session of this five-part educational series intended for seniors and the adult children of seniors – “Resource Vendor Fair.” Includes give-aways, raffles and prizes. Free and open to the public. Held 10 am to 1 pm at Parkway Presbyterian Church, 714 E. 138th Street in Tacoma. No RVP required for this session.

June 2 – Free Shredding Event

The Weatherly Inn hosts a free shredding event. Bring along your sensitive documents, and while you’re there, enjoy free refreshments. Held 8 – 11 a.m. at 6016 N Highlands Pkwy in Tacoma.

June 2 – Medicare Planning

Pierce County Library System, Sound Outreach and Statewide Health Insurance Benefits Advisors (SHIBA) offer a free class to help people successfully plan for and use Medicare. Held 1:30 to 4 p.m. at the Steilacoom Library, 2950 Steilacoom Blvd. S.W., Steilacoom.

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 4 – Oh My Gosh – Now What? (Part 3)

(See May 14 for event description.) Part 3 – “How do I start the conversation? How do I cope with the shock?” [View flyer](#). Held 6-7 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Dr., Lakewood. Free; No RSVP. For details call 253-798-4600.

June 9 – Mental Health First Aid – Older Adults

Eight-hour training that teaches common risk factors and warning signs of mental health problems and specific illnesses like anxiety, depression, bipolar disorder, schizophrenia, and substance use disorders. Intended for those who regularly interact with or support older adults. Held 8:30-5 p.m. at the Pierce County Library Administrative Center, 3005 112th St. East, Tacoma. Free, includes lunch & materials. Send name, organization, e-mail address, phone and date to monetcraton@chifranciscan.org.

June 11 – Oh My Gosh – Now What? (Part 4)

(See May 14 for event description.) Part 4 – “What are the typical behaviors? How do I manage them?” [View flyer](#). Held 6-7 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Dr., Lakewood. Free; No RSVP. For details call 253-798-4600.

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.

June 15 – World Elder Abuse Awareness Day

Created by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations, [WEAAD](#) is an opportunity for communities around the world to raise awareness of elder abuse and neglect, and to renew our commitment to preserving the rights of older adults – including the basic human right to live with dignity, free from abuse and neglect.

June 18 – Oh My Gosh – Now What? (Part 5)

(See May 14 for event description.) Part 5 – “How do I pay for care? What are the legal things I should do?” [View flyer](#). Held 6-7 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Dr., Lakewood. Free; No RSVP. For details call 253-798-4600.

June 25 – Oh My Gosh – Now What? (Part 6)

(See May 14 for event description.) Part 6 – “Where can I turn for help? What are the resources I can rely on?” [View flyer](#). Held 6-7 p.m. at the Lakewood Senior Activity Center, 9112 Lakewood Dr., Lakewood. Free; No RSVP. For details call 253-798-4600.

June 28 – Dementia and IDD: Learn, Connect, Plan

A forum for advocates, thought leaders, family members and creative thinkers. Learn what we know about those with I/DD and dementia. Connect with leaders from various disciplines and systems that support people with I/DD. Plan next steps we can take to better support those with I/DD in our state who develop dementia. A presentation by the Washington State Dementia Action Collaborative on the progress made in our state to date and a community conversation among forum participants on how we

can better support people with I/DD who experience dementia. Registration is free, but space is limited. To reserve your spot, contact [Aziz Aladin](#). Held 10 a.m. to 2:30 p.m. at the SeaTac Airport Conference Center. [Printable Flyer \(PDF\)](#)

Aug 5-10 – Youth Transition Summer Workshop

For young people with disabilities who are planning to go to college, get a job and live independently in the community. Youth with 504 plans encouraged to apply. Deadline is Jun 8. Contact [Korina Heard](#) at Center for Independence, 253-582-1253, ext 103.

Aug 7 – National Night Out

Aug 8 – Cancer Survivorship Conference

Save the date. Held at 8 a.m. at the University of Puget Sound, Tacoma. Sponsor/vendor opportunities. [Join a team or make a donation online](#). Contact [Stephanie Budrus](#) at (206) 529-3861.

Sept 16 – Walk to End Alzheimer’s

Save the date. Held at the University of Puget Sound

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.

Oct 6 – Mental Health First Aid – Older Adults

See June 9 for event details. All information remains the same.

Oct 31 – Latino Health Forum

Save the date. Hilton Seattle Airport & Conference Center

Q&A of the Month

Question: We are going to be moving soon and we are going to need to hire a moving company to do the work. How should we pick a company?

Answer: The short answer is – carefully. If you plan to hire a moving company in Washington state, check with the Washington Utilities and Transportation Commission – even before you call the moving company – to make sure your mover has the proper permit. You can also find out a mover's consumer complaint history. To check the status of an in-state moving company, call 1-888-333-WUTC (9882) or visit the UTC [website](#).

NATIONALLY

Everything You Need to Know About the New Medicare Cards (But Beware of Scams)

Starting in April, [new Medicare cards will be issued](#) to the program’s 59 million enrollees. Washington state residents should see cards start arriving after June 2018. The new cards address serious security concerns, yet there are growing “scams” linked to the rollout. (Source: KHN)

Older Americans Month Materials Online

May is Older Americans Month, and it's around the corner. Get ready by visiting oam.acl.gov for materials, activity ideas, and resources to help you promote and celebrate this year's theme, *Engage at Every Age*. Available now: [Logos](#) | [Posters \(online and print\)](#) | [Web badges](#) | [Button and banner](#) | [Sample article and proclamation](#) | [Activity ideas](#) | [Resource list](#). (Source: ACL)

Alzheimer's Facts and Figures

The Alzheimer's Association has released its 2018 Alzheimer's Disease Facts and Figures. The report includes a special report on the financial and personal benefits of early diagnosis. [View the report](#). | [View the video](#) (1:49).

Major Increases for OAA Pass Congress

The FY 2018 omnibus bill includes significant increases for several Older Americans Act programs and has thrilled advocates and SHIP champions who exhaled at the news of continued (and boosted) funding. It also provides a \$480 million increase for the Social Security Administration's administrative budget. That includes an increase for general operations, as well as designated amounts of \$284 million for Information Technology modernization and \$100 million for reducing the disability hearings backlog. [Learn more](#). This will help address an [increase of 109% in wait times at SSA](#) offices over the past six years nationwide. (Source: N4A)

Congress Repeals Medicare Therapy Caps

Medicare beneficiaries will no longer need to be concerned about paying for physical, speech or occupational therapy when annual costs exceed \$2,010. Congress recently repealed the caps on these services. Read more information on how [Medicare helps pay for medically necessary physical therapy, speech therapy or occupational therapy](#). (Source: WA OIC)

Circle of Care

The National Alliance for Caregiving has released [Circle of Care: A Guidebook for Mental Health Caregivers](#). Circle of Care is designed to guide unpaid friends, family, and neighbors who care for someone with a mental health condition. (Source: National Alliance for Caregiving)

Armed and Aging: Should Seniors Be Allowed to Keep Guns?

As with the ability to drive a car, the time may come for many elders when owning a firearm is no longer safe. Their families then face an emotional and sometimes risky decision regarding how and when to remove this hazard. [Read More](#). (Source: AgingCare.com)

Congressional Leaders Call for Cuts to Social Security, Medicare and Medicaid

Shortly before passing tax reform into law, Republicans announced plans to go after "entitlement spending" in 2018 to reduce the federal debt. Passage of the tax bill is estimated to increase the federal deficit by \$1.5 trillion over the next ten years, primarily through tax cuts that give the biggest benefit to corporations and the wealthiest families. Now House GOP Members say they plan to write the fiscal year 2019 budget blueprint to call for cutting spending on Medicare, Medicaid and Social Security. [Read more](#). (Source: TSCL)

Why US Health Care Costs Are So High

The US spent [twice as much on health care](#) than ten other high-income countries in 2016, but it's not because we use more services. The main drivers seem to be the high cost of prescription drugs, administrative overhead and labor, [a new study indicates](#). (Source: The Hill)

Program Cheat Sheets Available

Four Medicare Savings Programs are designed to help low-income Medicare beneficiaries pay for their healthcare costs. [View the MSP cheat sheet](#). In addition, there are [core money-savings programs](#) available to low-income Medicare beneficiaries. Learn how the eligibility criteria are set, where the determination is made, how the benefit is funded, and where and how to apply. (Source: NCOA)

New Rx from Your Doctor: Uber

Uber wants to get you from your home to your doctor's office – and you won't even need to open the Uber app. [Uber is teaming up with health care organizations](#) to provide transportation for patients going to and from medical appointments. Instead of operating through an app, Uber Health will send its passengers' ride information through an SMS text message. The company also plans to introduce the option for passengers to receive a call with trip details to their landline instead. (Source: NPR)

Jury's In: Opioids Are Not Better Than Other Medicines for Chronic Pain

A [new study](#) followed patients with severe chronic pain for a year and found that opioids relieved pain and increased function no better than common drugs like acetaminophen and lidocaine. But the opioids carry the risk of more serious side effects, including addiction and death. (Source: KHN/JAMA)

New Technologies Help Seniors Age in Place — and Not Feel Alone

Motion sensors, Alexa and other voice-assistive technologies give seniors the tools they need to live independently and safely. [Read more](#). (Source: KHN)

Older People Will Soon Outnumber Kids

In less than two decades, the graying of America will be inescapable: Older adults are projected to outnumber kids for the first time in U.S. history. In 2035 the U.S. Census Bureau projects that older adults will edge out children in population size. [Read more](#). (Source: US Census)

PLAN AHEAD (Always 2 months ahead) – June 2018

Alzheimer's & Brain Awareness, Cancer from the Sun, Cataract Awareness, Dementia Care Professionals, Fireworks Safety, Men's Health Education, Aphasia Awareness, PTSD Awareness and Vision Research Month; Bed Bug Awareness (3-9) , Sun Safety (3-9), Men's Health (11-17), Nursing Assistants (14-21), Lightning Safety (18-24) and Eye Injury Prevention (27-7/4) Weeks; Heimlich Maneuver (1), Gun Violence Awareness (2), Cancer Survivors (3), Environment (5), Abused Women and Children (10), Brain Injury Awareness (13), Blood Donor (14), Elder Abuse Awareness (15), Husband Caregiver (17), Public Service (23) and PTSD Awareness (27) 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.