

## ADRC E-Newsletter May 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

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

June 7 – "Senior Driving Exams" with Channa Beckman, DriveABLE program

#### **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

May 14 – 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 - 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.

May 16 – Merrill Gardens at Renton Centre, 104 Burnett Ave S, Renton.

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**

### **Celebrate May 2018 – Older Americans Month**

Every May we celebrate [Older Americans Month](#). The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. [Read the Proclamation by Governor Inslee](#).

### **Senior Farmers Market Vouchers**

The [Senior Farmers Market Nutrition Program](#) provides low-income seniors with \$40 of vouchers to purchase produce from participating farmers markets and roadside stands. Registration begins Monday, May 7, 2018 and continues until all vouchers are gone. Eligible applicants must live in Pierce County, be 60 years old or older (55+ for Native American or Native Alaskan), able to pick up the vouchers in person and show government-issued photo I.D. and have income below 185% poverty level. (Total household income – 1 person = \$1,872; 2 people = \$2,538) Pre-registration is mandatory by calling the Pierce County ADRC at 253-798-4600 starting May 7. [View program flyer](#).

### **Sound Transit Board Approves Simplifying ST Express Fares**

[ST Express Fares will be phased in](#) beginning July 1. On July 1, bus commuters with an ORCA Lift or Youth pass will see a flat \$1.50 fare, while Senior or Disabled pass holders will pay a flat \$1.00 fare. On July 1, 2020, Adult riders will pay a flat fare of \$3.25 on all ST Express bus routes. The new fare structure eliminates the previous two-zone fare system in favor of one simple fare throughout the ST Express service area.

### **Advanced Health Care Receives 2018 Best of Home Care® – Provider of Choice Award**

[Advanced Health Care](#) has received the 2018 Best of Home Care – Provider of Choice Award from [Home Care Pulse](#). The provider Choice Award is granted only to the top-ranking home care providers, based on client satisfaction scores gathered by Home Care Plus, an independent satisfaction research firm for home care. Advanced Health Care is now ranked among a select few home care providers across the county who have proven their ability to provide outstanding care. Best of Home Care – Provider of Choice award-winning providers have contracted with Home care Plus to gather feedback from their clients by conducting live phone interviews with their clients each month.

### **Tacoma Mental Health First Aid for Older Adults Training**

Mental Health First Aid is an 8-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. The next training is June 9 from 8:30 a.m. to 5 p.m. at the Pierce County Library Administrative Center, 3005-112<sup>th</sup> St. East, Tacoma. Training includes information about the risk factors and warning signs of mental health problems in adults over the age of 65. This free training includes lunch, manual, and 3-year training certificate. Register by emailing [Monet Craton](#) your name, organization, email, phone #, and name of this training. Info at 253-539-6786.

### **Helping Seniors with Emergency Preparedness Kits**

Safety experts often advise families to keep an emergency preparedness kit in your home. That's easy for many of us, but what about those who have a tough time putting a kit together? Here's one solution: A group of high school students and senior residents at Heron's Key in Gig Harbor spent some time

creating emergency preparedness kits for low-income seniors, who couldn't normally put a kit together. [Watch the report from Q13 News.](#)

### **Hygiene Products Drive**

Tacoma Community House is accepting donations of new, un-opened health and hygiene products – tampons, pads, toothbrushes, toothpaste, deodorant, body wash (instead of bar soap), baby wipes, cotton swabs, etc. – to give to the Tacoma Rescue Mission. Donations can be made through May 18 at either Tacoma Community House, 1314 S. L Street or at the Tacoma Rescue Mission at 425 S. Tacoma Way. Contact [Latasha Ware](#) at 253-383-3951.

### **GiveBIG**

Wednesday, May 9 is GiveBIG, a one-day online giving campaign to raise funds for local nonprofits. GiveBIG is presented by the Seattle Foundation. Find your cause and direct your donation (by topic, name, keyword or zip code) at the [GiveBIG website](#).

### **Puyallup Public Library's Memory Café**

Puyallup Public Library is pleased to announce Memory Cafe! Join us on Friday, June 1 at 1:00pm for our first afternoon of music, socializing, and fun! The library seeks to provide a relaxed atmosphere for those living with Alzheimer's Disease and/or Dementia related illnesses and their care partners. This is a free program and no registration is required. Contact [Katy Levesque](#) or 253-845-6623.

### **Tacoma Brain Aneurysm, AVM & Stroke Support Group**

Individuals who have experienced a brain aneurysm, AVM or Stroke (and their caregivers) are invited to participate in a new support group. The meetings are May 8 and June 12 from 6 to 8 p.m. at Tacoma General Hospital Conference Room #1, 315 Martin Luther King Jr. Way in Tacoma. For more information contact: 253-403-0187 or [TacomaWA@JoeNiekroFoundation.org](mailto:TacomaWA@JoeNiekroFoundation.org).

### **Asking for Respite Care Feedback**

Are you a parent or caregiver of children who have experienced, or are experiencing, foster care, guardianship, adoption, or kinship care? If so, we'd like to know more about your respite needs. Please [take this 3-minute survey](#) hosted by Many Lights Foundation and Lifespan Respite Washington.

### **Feedback on State Plan on Aging**

The Aging and Long-Term Support Administration is asking older adults, adults with disabilities, caregivers, interested citizens and paid service providers to take a short, confidential survey about your needs and main concerns. Your answers will help us develop our State Plan on Aging through 2022. [Please take the survey by May 16.](#)

### **Health Department Community Survey**

Tacoma-Pierce County Health Department, in collaboration with MultiCare Health System, CHI Franciscan Health and University of WA-Tacoma, is asking for [your input in a new survey](#) to find out what you think about the overall health, strengths and needs of your community. The results will be used to identify the priority needs of Pierce County residents and to select key programs and plans. This should take no more than seven minutes to complete. Your answers are anonymous.

### **Dementia Series at Franke Tobey Jones**

Franke Tobey Jones hosts a 4-part series on caring for a loved one with dementia:

- May 2 – Understanding Dementia
- June 13 – Caregiver Tips and Training: Caring for Dementia
- September 19 – Communicating with Dementia: Speaking the Language of Your Loved One
- October 17 – Loving to the End: Late Stage Dementia Care

Sessions will be held 2 to 3:30 p.m. on the Franke Tobey Jones campus. Afterwards, participants are invited to tour the remodeled memory care facility as well as our assisted living area. Enjoy beverages and a selection of desserts too. Seats are limited! RSVP at 253-320-4216.

### **Brain Injury Classes Posted**

The Brain Injury Alliance and MutiCare have posted their May-August class offerings online. Classes are free and offered at Good Samaritan Hospital in Puyallup. [View the May-August Catalog.](#)

### **Living with Low Vision Loss**

Hope Vision Foundation and the Pierce County Library System are partnering to offer a series of events about low vision and accessibility resources. Sessions are offered on how to help loved ones with vision impairment, using technology for reading and light, magnification and contrast. [View the schedule online](#) or call 253-548-3300.

### **2018 Point in Time Count**

Pierce County Human Services has posted the [2018 Point in Time Count](#) data on its website. The count is done every year to learn more about who is experiencing homelessness. This year changes were made to how the count was executed with the goal of improving accuracy. A map is available that shows general distribution of unsheltered homelessness at the end of the [data set](#).

### **Youth Transition Summer Workshop**

The free Youth Transition Summer Workshop is for youth with all disabilities who are planning to live independently someday and have career or educational goals. Youth who have or had a 504 plan or IEP are encouraged to apply. This is for ages 16-21 years old. The individual who is interested in attending must be the one to call and request an application. The workshop focuses on preparing for college and/or employment, and developing independent living skills including self-advocacy, financial management, etc. This is a great opportunity for youth to get connected with community resources and meet other youth with disabilities who plan to live independently. We'll have motivational speakers, many of who lead productive and successful lives despite having disabilities. [Watch a short video about previous workshops.](#) Contact [Leah Velasco](#) at 253-582-1253, ext. 5.

### **Harmony Hill Schedules Cancer Retreats**

Harmony Hill (Union, WA) offers individuals affected by cancer time to reflect and explore the physical, emotional and spiritual challenges of their diagnosis. Through group sessions and activities such as yoga, meditation, poetry and art, our compassionate faculty provide self-care tools and practical resources to facilitate healing and wellbeing. Caregivers and companions are welcome. Thanks to generous donors, lodging, meals and curriculum are provided at no cost. Space for retreats is always limited and reservations fill quickly. [View a list of upcoming retreats and programs.](#)

### **Help Shape the Future of Transportation**

The central Puget Sound region (King, Pierce, Snohomish, and Kitsap counties) is preparing for growth in the coming decades – about 1.8 million more people and 1.2 million more jobs by the year 2050. VISION 2050 will identify challenges the region should tackle together and renew the vision for the next 30 years. The Puget Sound Regional Council is working to create this new plan and needs your input. [An online survey on issues and experiences in the central Puget Sound is now open.](#) Responses are completely anonymous.

## **SCAM OF THE MONTH**

### **New Medicare Card Tips to Avoid Scams**

- You do not need to “activate” your new card.
- You do not need to “deactivate” our old card.
- You do not need to send anyone your old Medicare card. Shred it.
- You do not need to pay for a new Medicare card.
- You do not need to pay for a temporary Medicare card.
- There are no “refunds” on your old card.
- There is no way to “expedite” delivery of your new card.
- You cannot choose your own new Medicare number.
- Medicare (CMS) or Social Security (SSA) will not call you about your account.

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

### **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. 138<sup>th</sup> Street in Tacoma. Limited seating. Please RSVP in advance to Michelle Wyse at 253-474-1093.

### **May 2 – Understanding Dementia**

Jake Gamble, owner and administrator of Generations Home Care, discussion dementia from 2 to 3:30 p.m. on the Franke Tobey Jones campus. Afterwards, participants are invited to tour the remodeled memory care facility as well as the assisted living area. Enjoy beverages and a selection of desserts too. Seats are limited! RSVP at 253-320-4216.

### **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. 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 – Hunger Walk 2018**

Speed walk, casually stroll, jog, or take a thrilling chip-timed run. Whichever one you choose, you are helping hungry neighbors get the food they need when you participate in the Hunger Walk & 5K Run. Emergency Food Network kicks off Hunger Awareness Month with the Hunger Walk & 5K Run at Fort

Steilacoom Park in Lakewood. Family-friendly activities and live music are also provided at the start/finish line. [Click here for walk information and registration.](#)

### **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. 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 and 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 – Social Security Disability**

Almost 13% of Washingtonians live with a disability. The chances of becoming disabled are higher than most people realize – about 1 in 5. Social Security pays benefits to people who can't work because they have a condition that's expected to last at least one year or result in death. "Compassionate Allowances" serve to expedite the processing of disability claims. Get the details about this program and how to access important benefits from Social Security Disability. Presentation given by Kirk Larson, Public Affairs Specialist, Social Security Administration. Held 4 to 5:30 p.m. at the Puyallup Library, 324 S. Meridian. [View event flyer.](#) Free; no RSVP.

### **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. 35<sup>th</sup> 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**

An 8-hour training that introduces participants to common risk factors and warning signs of mental health problems and specific illnesses like anxiety, depression, substance use disorders, bipolar disorder, and schizophrenia. Includes additional content on risk factors and warning signs of mental health problems commonly experienced by veterans and military members. Open to adults age 18 and over who live and/or work in Pierce County. Training is offered at no cost. Held 8:30 a.m. to 5:00 p.m. at the Center for Dialog & Resolution, Tacoma. To register, please email your 1) name, 2) organization, 3) email, and 4) phone # to [Reception@CenterForResolution.org](mailto:Reception@CenterForResolution.org).

### **May 8 – Disasters and Insurance**

(See May 7 for event details.)

- Held 12:10 p.m. at the County City Building 7<sup>th</sup> 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 8 – Guardianships for Individuals with Developmental Disabilities**

Learn about guardianships and how they can best serve the needs of people with developmental disabilities. Presented by attorney Timothy Williams. Held at PCS, 3716 Pacific Ave., Suite A in Tacoma. Call 253-564-0404 to RSVP.

### **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. 138<sup>th</sup> 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. 138<sup>th</sup> Street in Tacoma. Limited seating. Please RSVP in advance to Michelle Wyse at 253-474-1093.

### **May 18 – National Older Adults Mental Health Awareness Day!**

Join a live, national webinar designed to raise public awareness about the mental health of older Americans and spur action to address the needs of this population. Watch a panel of experts discuss evidence-based approaches to mental health and substance use prevention, treatment, and recovery supports for older adults, and encourage collaboration between the mental health and aging networks. Go to [National Older Adult Mental Health Awareness Day](#) for info and free registration.

### **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](mailto: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. 138<sup>th</sup> 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 is a community resource fair for seniors and the adult children of seniors. Includes give-aways, raffles and prizes. Free and open to the public. Held 10 am to 1 pm at Parkway Presbyterian Church, 714 E. 138<sup>th</sup> Street in Tacoma. No RVP required.

### **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 112<sup>th</sup> St. East, Tacoma. Free, includes lunch & materials. Send name, organization, e-mail address, phone and date to [monetcraton@chifranciscan.org](mailto: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 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**

A valuable platform for individuals working in health care, social justice, public policy and for those working with underserved Latino populations. Meet and network with practitioners, researchers and community activists currently impacting the field of public health. Gain valuable resources and skills towards shaping health policy and creating greater health equity for Latino populations here in the Pacific Northwest region. Held at the Hilton Seattle Airport & Conference Center. [Register online now](#).

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

**Question:** How do I get telemarketers to stop calling? I’m already on the Do Not Call list.

**Answer:** If you have registered for the nationwide Do No Call List (1-888-382-1222), you’ve made the right move. If you do get a call you know immediately that it’s a scammer or a business with dubious practices. Additionally, you can get Caller ID from your land-line telephone provider. Most cell phones provide this and you can turn it on in your settings feature. But know this – many scammers are able to manipulate their Caller ID information to make it look like it’s coming from another area code, another phone number or even a federal agency like the IRS or Medicare. The best advice is to not answer calls from unknown numbers or, if you do answer, just hang up as soon as you realize it’s an unwanted call. You don’t even have to say you’re sorry.

### **NATIONALLY**

#### **N4A Releases 2018 Policy Priorities**

The National Association of Area Agencies on Aging has released its 2018 Policy Priorities, outlining the most critical policy considerations facing seniors. They reflect where advocacy is most needed in

2018 to promote the health, security and well-being of older adults. The three general areas include: Enable Aging at Home and in the Community, investing in Cost-Effective Aging Services, **and** improving Health and Lower Costs Through Community Interventions. [Read the Priorities online](#). (Source: N4A)

### **Go Wish Focuses on End of Life, Values & Goals**

Go Wish is a card game (English or Spanish) that gives you an easy, even entertaining way to talk about what is most important to you. The cards help you find words to talk about what is important if you were to be living a life that may be shortened by serious illness. Playing the game with your relatives or best friends can help you learn how you can best comfort your loved ones when they need you most. Free previews online. [Read more](#). (Source: CODA Alliance)

### **Soaring Medicare Drug Prices**

Prices for the 20-most prescribed brand name drugs for seniors have risen an average of 12% each year since 2012, according to a [congressional report](#). That is nearly 10 times higher than the rate of inflation. (Source: US Senate)

### **Hospitals Move Toward LGBTQ-Inclusive Care**

Health care facilities across the U.S. are making “tremendous strides” toward LGBTQ-inclusive care. Human Rights Campaign’s annual [Healthcare Equality Index](#) found “remarkable progress” in areas including transgender-specific policies for patients, transgender-inclusive benefits for employees and LGBTQ-patient-care training for staff. (Source: HRC)

### **Medicare Changes Coming for 2019 – Good and Bad**

The Centers for Medicare & Medicaid Services (CMS) released the final Medicare Advantage and Part D 2019 Rate Announcement and Call Letter. It provides for increased plan flexibility and reduced oversight. This flexibility will require increased understanding, vigilance, and research by beneficiaries as they choose and utilize coverage through Medicare Advantage Plans. [Read more](#). (Source: KHN) At the same time, there may be a serious downside to the changes. [Read more](#). (Source: JustCareUSA)

### **For Better or for Worse: Living with Alzheimer's**

Mike and Carol Daly have been married for 53 years. Like more than five million American families, they're dealing with dementia. Carol has been suffering from Alzheimer's, the main type of dementia. What makes this story so unusual is that almost every year for the past 10 years [Dr. Jon LaPook interviewed Mike and Carol](#) as Alzheimer's took over her brain. (Source: 60 Minutes)

### **CRISPR Offers Hope**

ALS, Alzheimer's, CF, Cancer, Scientists are excited about using CRISPR to treat genetic disease. [60 Minutes correspondent Bill Whitaker reports](#) on a gene-editing tool. Feng Zhang, a molecular biologist at the Broad Institute of MIT and Harvard, who has been working on CRISPR for seven years, explains how it works and the promise that it shows. (Source: 60 Minutes)

### **18% Hit Social Security Wage Cap – Pay No Taxes**

Most working people pay Social Security taxes on every dollar earned and many pay more in Social Security taxes than in federal income taxes. But nearly one out of five workers – some 18% – pay no

