

## ADRC E-Newsletter June 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. (Refreshments compliments of Spring Ridge)

Mid-County Community Center, 10205 44<sup>th</sup> Ave E, Tacoma.

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

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

**July 5 – No Meeting**

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

Second Thursday of each month, 7:30 – 9 a.m. (Breakfast \$10 in advance; coffee \$2)

Purchase breakfast [online](#) by noon the Monday prior to the meeting. No purchases at the door.

Mountain View Funeral Home, Celebration of Life Chapel, 4100 Steilacoom Blvd SW, Lakewood.

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

June 14 – "New Leaf Hyperbaric"

#### **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)**

Third Thursday of each month from 7:30 to 9:00 a.m.

Brookdale Allenmore Independent Living, 2010 Union Ave., S., Tacoma

Contact [Melissa McPherson](#) at 253-302-9500

#### **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.

June 20 - Farrington Court, 516 Kenosia Ave S, Kent.

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 15th St, SE, Puyallup (lunch purchase encouraged)

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

### **Notice to ADRC E-News Recipients**

Human Services administration will be using the ADRC E-news listserv to conduct a survey to improve the technology and communication tools of the department. If you wish to be removed from this list send an e-mail to [Bob Riler](mailto:Bob.Riler).

### **LOCAL SERVICES**

#### **Farmers Markets Opening**

With farmers markets around Pierce County already kicking off the season, Travel Tacoma + Pierce County has compiled a [comprehensive list of farmers markets](#) around the county. Get ready to graze the markets on your visit, pick up some fresh produce, find beautiful bouquet or piece of local artwork.

#### **Pierce County E-mail Addresses Change**

Are you trying to send an e-mail to staff at Aging and Disability Resources – or anyone else in the county? We've changed our e-mail addresses. All addresses follow the same format – [bob.riler@piercecountywa.gov](mailto:bob.riler@piercecountywa.gov). (The former e-mail addresses will continue to work in the short term.)

#### **Aging & Disability Resources Asking for Input**

Pierce County Aging & Disability Resources (ADR), in collaboration with numerous local organizations including Tacoma Older LBGT, KWA, Rainbow Center, Generations Aging with Pride, PSOLOC, PCAF and Franke Tobey Jones, held a Town Hall meeting to gather community input about how to meet the needs of older LGBT adults living here in Pierce County. Our Town Hall last March taught us a great deal, but as we look toward rolling out services that can help to fill some of the unmet needs of older LGBT adults, [we also have a few more questions](#).

#### **Volunteer Opportunities for Annual Paint Tacoma-Pierce Beautiful**

Paint Tacoma-Pierce Beautiful (PTPB) organizes volunteer crews each summer to paint the exteriors of homes of low-income, elderly and disabled homeowners in Tacoma and other communities throughout Pierce County. In 2018, plans are to paint 27 homes. [Visit the PTPB website for more information](#).

#### **Medicare Training Program in Seattle**

The 2018 CMS National Training Program (NTP) Workshops provide 2½ days of tailored training to meet a variety of learning needs. Whether you're building a foundation of basic Medicare knowledge, or you want to expand your expertise, there's something for everyone. Attend the entire 2½-day workshop or choose to attend only the days that meet your varied interests and needs. Day 1 provides the basics, Day 2 has cross-cutting information including legislative and program updates, and Day 3 provides a deeper dive into more advanced topics. It will be helpful if you bring a laptop or tablet to participate in the casework activities. [Register for the Seattle workshop on August 14-16](#).

#### **Nominations for AARP Andrus Award**

Show your appreciation of an extraordinary volunteer (50 years old or older) by nominating for the 2018 AARP Washington Andrus Award for Community Services. The award recognizes individual who are sharing their experience, talent and skills to enrich the lives of others. Deadline is August 10. AARP donates \$2,000 to the charity/non-profit of the winner's choice. [Information and nominations online](#).

#### **Learn the Ins and Outs of Medicaid**

Pierce County ADRC hosts four informational presentations about Medicaid. Each presentation will review the many different Medicaid programs available in Washington state as well as eligibility criteria, services, benefits, limitations, estate recovery and more.

- June 4
  - 12:10 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35<sup>th</sup> St., Tacoma
  - 6:30 p.m. at the Sumner Branch Library, 1116 Fryar Avenue, Sumner
- June 5
  - 6:30 p.m. at the Parkland/Spanaway Branch Library, 13718 Pacific Ave., S. Spanaway
- June 6
  - 6:30 p.m. at the Lakewood Branch Library, 6300 Wildaire Rd SW, Lakewood

All sessions free; no RSVP required. For details [visit online](#) or call 253-798-4600.

### **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.

### **Free Visits with Pierce County Library Card**

With a [Pierce County Library card](#), people may now check out free passes to visit the [Foss Waterway Seaport Museum](#) and the [Harbor History Museum](#). The Pierce County Library System offers these two new passes in addition to free passes to three other Pierce County museums (Museum of Glass, Tacoma Art Museum and Washington State History Museum). People may check out [museum passes](#), on a first come first served basis, for one week at any [Pierce County Library](#).

### **Preservin' for the Hungry**

The Point. Defiance~Ruston Senior Center is offering a new program at the Senior Center. Preservin' for the Hungry is a canning program in which the participants not only get to take home their delicious goods, but they also have the opportunity to distribute their products to low income folks. What will we be canning? The answer will vary, depending on the season – applesauce, jams, pickles and more. There will be two shifts – 1 p.m. and 3 p.m. on June 1, 2018. You'll be helping yourself, as well as those in need.

### **Disability and Inclusivity: In Honor of the Special Olympics USA Games**

Pierce County Library hosts "Conversations" in honor of the Special Olympics. Events are free and open to all.

- The Good Game: On the Moral Value of Sports
  - July 10, South Hill Branch, 7 p.m.
  - July 16, Bonney Lake Branch, 7 p.m.
- Disability Justice 101
  - July 17, Lakewood Branch, 7 p.m.
- Rooted in Rights
  - July 30, University Place Branch, 7 p.m.

July 31, South Hill Branch, 7 p.m.

- Unified and Never Alone

Aug 4, Parkland/Spanaway Branch, 1 p.m.

### **Opportunity to Connect and Give Back**

Senior Companions help socially isolated seniors and people with disabilities remain in their homes while maintaining the highest level of independent living. The program provides an avenue for low-income seniors to give back to their communities by offering a small stipend and mileage reimbursement to volunteers that otherwise would not be able to afford to volunteer. Volunteers must be 55 years or older, low income, and commit to a minimum of 15 hours per week for a year or more. In addition, volunteers need to have auto insurance and a three-year clear driving record. Companions go through an application process, a background check and a special training program before being matched with seniors or individuals with disabilities. For more information, or to apply to be a Senior Companion Volunteer or elder in need of a companion, [email](#) or call 253-722-5686.

### **Scholarships Available**

Are you a Survivor of Brain Injury and enrolled in Undergraduate school this fall? Are you a post-secondary student committed to advances in Brain Injury knowledge, rehabilitation, and recovery? Each year, BIAWA awards three academic scholarships to survivors and one professional in the field. Deadline is June 30. [Learn more on the BIAWA website.](#)

### **Community Champion Award**

Molina Healthcare of Washington is accepting nominations for their 2018 Community Champion Award. Candidates should be someone who gives freely, beyond the scope of their daily job, to make a difference in the lives of the most needy and most overlooked members in our community. The program was created to honor the unsung heroes that work selflessly and inspire others through their extraordinary service. [Nomination form online.](#) Deadline is August 1.

### **3<sup>rd</sup> Act Hosts Event Calendar**

[3<sup>rd</sup> Act Magazine](#) now provides an event calendar. Organizers of events can [post activities on the magazine's website](#). The site has about 2,000 unique visitors each month. 3rd Act Magazine endeavors to inform, inspire, and entertain older adults. Stories challenge worn-out perceptions of aging and offer a dynamic new vision that aging is good so celebrate and embrace this stage of life, and age together with confidence. The magazine is published quarterly. Contact [Victoria Marshall](#) at 360-796-4837.

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

Franke Tobey Jones continues a series on caring for a loved one with 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.

### **SCAM OF THE MONTH**

## **New Medicare Card Tips to Avoid Being Scammed**

- 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)

### **June 1 – Memory Café**

The Puyallup Library hosts a special Memory Café event for individuals with Alzheimer’s or another dementia and their care partners. Café features and opportunity socializing, music and fun. Beverages and snacks will be provided. No registration required. Held 1 to 2 p.m. at 324 S. Meridian in Puyallup. More info by calling 253-841-5454.

### **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 – The Many Mysteries of Medicaid: Services, Eligibility, Alternatives**

Medicaid (called Apple Health in Washington state) provides a wide variety of health care to nearly 2 million people of all ages including seniors who rely on it for long term care – both at home and in facilities. Learn what Medicaid can do, who can benefit, the limitations and drawbacks and the consequences of drawing on its benefits. Held twice this day:

- 12:10 p.m. at the Pierce County Annex Main Meeting Room, 2401 S. 35<sup>th</sup> St., Tacoma.
- 6:30 p.m. at the Sumner Branch Library, 1116 Fryar Avenue, Sumner.

Free; no RSVP required. For details [visit online](#) or call 253-798-4600.

### **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; no on-site registration. Call 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 5 – The Many Mysteries of Medicaid: Services, Eligibility, Alternatives**

(See June 4 for event details.) Held 6:30 p.m. at the Parkland/Spanaway Branch Library, 13718 Pacific Ave., S. Spanaway. Free; no RSVP required. For details [visit online](#) or call 253-798-4600.

### **June 6 – The Many Mysteries of Medicaid: Services, Eligibility, Alternatives**

(See June 4 for event details.) Held 6:30 p.m. at the Lakewood Branch Library, 6300 Wildaire Rd SW, Lakewood. Free; no RSVP required. For details [visit online](#) or 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 12- Pierce County Behavioral Health Integration Program**

Learn about changes planned in your area! Review Recovery Principles. Find out how integration will affect you. Ask the questions that are on your mind and get your concerns addressed. Meet and talk with representatives from your Accountable Community of Health, the Health Care Authority and the New Managed Care Organization that provide services. [To register for the forum click here](#). Held 11:00 a.m. to 4:00 p.m. at TACID, 6315 South 19th Street in Tacoma. For further information, contact [Jennifer Bliss](#) at 360-725-3709.

### **June 13 – All-Star Caregiver Recognition Dinner**

The 7th annual event is dedicated to recognizing the outstanding caregivers we have in our community. Health Care Providers Council of Pierce County wants to give special recognition to these truly wonderful people. Held 7 to 10 pm. at The Weatherly Inn, 6016 N. Highlands Parkway in Tacoma. [Purchase tickets at the HCPC website](#).

### **June 14 – June CommuniTEA**

Are you interested in donating your time and talents to support mental health in Pierce County? If you answered yes, the CommuniTEA is for you! The first step in fighting the stigma against mental health is to get involved. The CommuniTEA is a great way to learn more about NAMI Pierce County, meet the President & Vice President and share your ideas. There are so many ways that you can get involved: outreach, NAMI events, signature programs, board of directors, fundraising and more. This is a free event held monthly and open to anyone in Pierce County who is interested in serving. [Please click here](#)

[to RSVP](#). Held 6:00 p.m. to 7:30 p.m. at NAMI Pierce County, 4534 South Pine St., Tacoma. Questions? Please contact [bre.johnson@namipierce.org](mailto:bre.johnson@namipierce.org).

### **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 16 – SafeTalk**

A 4-hour suicide alertness training that equips participants to recognize persons at risk of suicide, respond effectively, and connect them to help. Training is appropriate for anyone age 15 years and over who wants to learn to help prevent suicide, and it meets WA State suicide prevention training requirements for school professionals. Held at the Tillicum Community Center, 12:30 – 4:30 p.m. Registration: Please email [monetcraton@chifranciscan.org](mailto:monetcraton@chifranciscan.org) 1) name, 2) organization, 3) email address, 4) phone #, and 5) date & type of training. Full training info will be provided.

### **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 \(PDF\)](#)

### **July 9-13 – Friendship Summer Camp**

An experience for young adults with disabilities. Activities include gardening, ice cream making, painting, field games and more. Held 9 a.m. to 1 p.m. at Sehmel Field #1 in Gig Harbor. [Contact for more information](#).

### **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.

### **Aug 11 – Pierce Fire Open House – Ashford**

Pierce Fire District 23 hosts its annual Open House at the station at 29815 SR 706 in Ashford. Learn about the services of the fire department as well as a variety of community provides. The open house is held from 11 a.m. to 2 p. m. Come on down and meet your neighbors.

### **Sept 16 – Walk to End Alzheimer’s**

Save the date. Held at the University of Puget Sound. [Join a team or make a donation online](#). Contact [Stephanie Budrus](#) at (206) 529-3861.

### **Sept 19 – Fall Prevention Day**

Save the date. Held 10 a.m. to 1 p.m. at the Lakewood YMCA.

### **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:** My doctor wants me to take Repatha for my high cholesterol, but my Medicare drug plan copayment for it is \$618 a month. Why can't I use a \$5 drug copay coupon from the manufacturer? If I had commercial insurance, I could. I'm on a fixed income. How is this fair?

**Answer:** Under the federal anti-kickback law, [it's illegal](#) for drug manufacturers to offer people any type of payment that might persuade them to purchase something that federal health care programs like Medicare and Medicaid might pay for. The coupons can lead to unnecessary Medicare spending by inducing beneficiaries to choose drugs that are expensive. The coupons typically offer patients with commercial insurance a break on their copayment for brand-name drugs, often reducing their out-of-pocket costs to what they would pay for inexpensive generic drugs. The coupons help make expensive specialty drugs more affordable for patients. They can also increase demand for the drugmaker's products. If patients choose to use the coupons to buy a higher-cost drug over a generic, the insurer's

cost is likely to be more than what it would otherwise pay. Copay cards often have [annual maximums](#) that leave patients on the hook for the entire copayment after a certain number of months. The coupons may discourage patients from considering appropriate lower-cost alternatives, including generics. (This Q&A comes via [Kaiser Health News](#))

## **NATIONALLY**

### **2017 Profile of Older Americans**

The Profile of Older Americans: 2017, an annual summary of the latest statistics on the older population compiled primarily from U.S. Census data, is now available as a [web-based publication](#) in a user friendly format along with [data tables and charts in Microsoft Excel spreadsheets](#). The Profile is a very useful statistical summary and serves as a resource for all professionals with an interest in the changing demographics of the population age 65 and over, including 15 topical areas (such as population, income and poverty, living arrangements, education, health, and caregiving). (Source: ACL)

### **Important Information for People Using Direct Billing to Pay Medicare Premiums**

[Medicare will include a bill stuffer with the Medicare premium bills from May through September this year.](#) The stuffer will contain information about how the new secure Medicare numbers will affect the process to pay Medicare premiums for those who use [direct-billing](#). It does not affect people who have their Medicare premiums deducted from their Social Security benefits. Medicare cards with new numbers are being mailed to beneficiaries in WA starting this month. (Source: SHIBA)

### **Percentage of Adults Without Health Coverage Creeps Up**

The coverage gains made under the 2010 health care law appear to be slowly eroding, [a study by the Commonwealth Fund](#) shows. The number of uninsured adults between ages 19 and 64 grew by 2.8 percentage points from 2016 to March of this year, the study shows. That represents an additional 4 million uninsured American adults in that time period. (Source: Commonwealth Fund)

### **Report Highlights Weaknesses of Medicare Plan Finder**

The government's online Medicare Plan Finder tool gets failing grades in 7 of 12 scored categories. Look at all the scores and the more than 30 suggestions NCOA has for making the Medicare Plan Finder work better for older adults who need reliable information to make optimal choices about their health care coverage. [Read the report.](#) (Source: NCOA)

### **Save on Medicare Drug Costs**

Sometimes a drug plan's copayment is higher than the cash price, and under a little-known federal rule, pharmacists have to tell Medicare beneficiaries that — but only if they ask. [Read more.](#) (Source: KHN)

### **Health Insurance Trade Off – Who Benefits?**

The Trump administration wants to promote health-care coverage by using a special kind of health insurance known as [short-term policies](#). The administration argues this would “provide more affordable consumer choice for health coverage.” But by promoting short-term policies, [the administration is making a trade-off](#): lower premiums and less coverage for healthy people, and higher premiums for people with preexisting conditions who need more comprehensive coverage. (Source: WA Post)

### **HUD Rent Reforms Target Low-Income Seniors**

The US Department of Housing and Urban Development (HUD) released the “[Making Affordable Housing Work Act](#),” a proposal that would impose rent increases on many individuals and families across HUD affordable housing programs – including millions of low-income seniors. This proposal would make several changes including:

- Moving the rent structure to 30% gross income (from 30% adjusted income) or a \$50 minimum rent, whichever is greater;
- Phasing in rent increases (currently-assisted seniors would not see rent changes until the second triennial recertification);
- Eliminating all deductions, including deductions for medical expenses and for being a senior;
- Redefining “elderly household” to bring 62-65 year olds into even higher rent schemes and the bill’s work requirements. (Source: Justice in Aging)

### **Federal Officials Say No-Go to Lifetime Limits on Medicaid**

The Trump administration’s promise of unprecedented flexibility to states in running their Medicaid programs [hit its limit](#). CMS [rejected a proposal](#) from Kansas to place a three-year lifetime cap on some adult Medicaid enrollees. Since Medicaid began in 1965, no state has restricted how long beneficiaries could remain in the entitlement program. (Source: KHN)

### **AARP Expands Roadmap to Livability**

The six Roadmap collection continues to expand with the first four productions. Each Roadmap has strategies and solutions that make a community great for people of all ages.

Book 1: [Roadmap to Livability](#) (D-20361)

Book 2: [Community Listening Session Workbook](#) (D-20362)

Book 3: [Housing Workbook](#) (D-20363)

Book 4: [Transportation Workbook](#) (D-20362)

Single print copies can be [ordered by e-mail](#) with the subject line: Roadmap to Livability. In the email body, include the booklet title and "D-number," your name, street address and town/city, state, zip code.

Coming Soon: Book 5: Health Services and Community Supports Workbook (June); Book 6: Economic Development Workbook (July). More at [AARP.org/LivabilityRoadmap](#).

### **Financially Challenged Seniors May Have an Increased Risk of Developing Dementia**

Poverty later in life may be associated with an increased risk of dementia, new research suggests.

According to the researchers, many factors could be involved in the study's findings. For example, financial status may be a stand-in for a poorly managed diet and unhealthy lifestyle, both of which are linked to increased risk for dementia. Access to good health care and [making healthy lifestyle decisions](#) may have a significant impact on dementia risk. [Read more](#). (Source: Alz Assoc)

### **The Next Wave of Retirees Will Struggle Even More**

The increasing wage gap between the average worker and top earners will manifest in new ways when people reach retirement. A [new study](#) by the Center for Retirement Research at Boston College found that, 56% and 54% of low- and middle-income families are unlikely to be able to maintain their pre-retirement standard of living once they reach retirement, the highest earners only face a 41% risk. (Source: Boston College)

### **'Right-To-Try' Legislation Sails Through Congress**

A bill helping people with deadly diseases try experimental treatments has been [approved by Congress](#). Some hope the legislation will give patients new hope when all other options are exhausted. Others fear patients will be at risk by exposure to unproven and possibly unsafe treatments. (Source: AP)

### **Drugmakers Cost U.S. Taxpayers Billions by Blocking Generics**

U.S. Food and Drug Administration (FDA) Commissioner Scott Gottlieb released a list of drug corporations that are accused of engaging in “shenanigans” to block generic products from entering the market and charging less. Drug corporations have raised their prices by [double-digit percentages](#) between 2012 and 2016, costing Medicare, Medicaid and consumers billions. (Source: KHN)

### **Scorecard on State Health System Performance**

A new Commonwealth Fund scorecard that measures health system performance in all 50 states and the District of Columbia shows that the combined death rate from suicide, alcohol, opioids, and other drugs increased by 50 percent nationwide between 2005 and 2016. Rates of so-called deaths of despair rose across all states. There is some good news: Americans’ ability to get affordable health care improved, with states that expanded eligibility for Medicaid experiencing the biggest gains from 2013 to 2016. [Find out more about national trends](#). (Source: Commonwealth Fund)

### **Lawful Immigrants Might Shun Health Benefits**

The [Trump administration is proposing a plan](#) whereby a lawful immigrant holding a visa could be passed over for getting permanent residency — a green card — if they use Medicaid, a subsidized Obamacare plan, food stamps, tax credits or a list of other non-cash government benefits. Even the use of such benefits by a child who is a U.S. citizen could jeopardize a parent’s chances of attaining lawful residency, according to the document. (Source: Washington Post)

### **Now More of Us Can Count on More Time Dodging the Dementia Bullet**

You’ve turned 65 and exited middle age. What are the chances you’ll develop cognitive impairment or dementia in the years ahead? [New research about “cognitive life expectancy”](#) — how long older adults live with good versus declining brain health — shows that after age 65 men and women spend more than a dozen years in good cognitive health, on average. And, over the past decade, that time span has been expanding. (Source: KHN)

### **Want to Master Medicare? Here’s How**

The [CMS National Training Program](#) has online materials and lead training opportunities to help people make informed health care decisions. The site also provides resources, PowerPoints, and Job aids that can be used to educate others. Use this site to access many materials and educational opportunities that will help you better understand and educate others about Medicare, Medicaid, the Children’s Health Insurance Program (CHIP), and the Federally-facilitated Health Insurance Marketplace. (Source: CMS)

### **5 Things You Need to Know about Shingles**

Shingles is a very common disease in older adults. Although there is no cure, shingles can be prevented and treated. [Check out this infographic](#) you need to know about shingles. (Source: NIH)

### **Senate Passes Major Overhaul of Veterans Health Care**

The Senate gave final passage to a multibillion-dollar [revamp of the veterans health care system](#), consolidating seven Veterans Affairs Department health programs into one and making it far easier for

