

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

Mid-County Community Center, 10205 44th Ave E, Tacoma.

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

July 5 – No Meeting

Aug 2 – "Senior-To-Senior" with Marc Avni

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.

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

Contact [Trish Cooper](#), HCPC President, at 253-569-1674

July 12 – 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)

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.

July 18 – Arbor Village, 24121 – 116th Ave SE, Kent

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

Powerful Tools for Caregivers

“Powerful Tools for Caregivers” is a 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. Participants receive a copy of *The Caregiver Helpbook*, developed specifically for the class. The course is free but participants should commit to attend all six sessions. Held July 12 to Aug 16, 1:00 – 2:30 p.m. at the Puyallup Library, 324 S. Meridian. Reservation required. Call 253-798-4423.

Free Caregiver Film Series at Tacoma’s Grand Cinema

Pierce County Aging & Disability Resources is hosting a series of films focusing on the issues caregivers face, whether dealing with relatives, family members or themselves. The free film series at Tacoma's Grand Cinema, 606 S. Fawcett Ave., starts July 7 and runs through June 2019, with one new film featured monthly. [Free tickets and information available on the ADRC website.](#)

Western State Fails Inspection – Loses Funding

The federal government has pulled \$53 million a year and certification from Western State Hospital after the state-run psychiatric facility in Lakewood failed a recent inspection. The withdrawal of funding comes two years after the state promised federal regulators it would make enough safety and quality of care improvements to meet their standards. [Read more.](#)

19% Rate Increase for Washington's Individual Health Insurance Market

Eleven health insurers filed 74 health plans for Washington state’s 2019 individual and family health insurance market, with an average proposed rate increase of 19.08 percent. There are [no bare counties](#), although 14 counties will have only one insurer selling through Washington’s Exchange, [Washington Healthplanfinder](#). [Read more from the OIC.](#)

Vendor Opportunity for Pierce County Fall Prevention Day

Vendors can apply for vendor space at the 2018 Fall Prevention Day September 24. Coalition members - \$50; Other providers - \$100. Bring your own table. Held 10 a.m. to 1 p.m. at the Lakewood YMCA. Contact bob.riler@piercecountywa.gov for vendor applications beginning July 9. This will be a free community event open to all.

Initiative Shines Light on Risks of Prescription Opioid Addiction and Overdose

The Washington State Department of Health is launching a statewide campaign this summer to warn about the dangers of [opioid prescriptions](#). Since 2000, over 10,000 people in Washington have died from an opioid overdose and there have been more than 17,697 opioid overdose hospitalizations. With funding from the Centers for Disease Control and Prevention, the campaign will focus on the hardest hit and most rural counties. Find more information on Washington’s [Opioid Response Plan](#), [overdose prevention](#), or [treatment resources](#) or the [upcoming campaign](#).

Mediation Training in Tacoma

Would you like to serve as a mediator in your family, workplace, or community? Interested in learning the skills and strategies mediators use to enhance your ability to manage difficult conversations. The Center for Dialog & Resolution (CDR) offers their signature Mediation course that will teach the processes of mediation, communication skills and peaceful conflict resolution. Held July 11-13, 19, 20 from 8:30 a.m. to 5:30 p.m. each day. [Registration and information online.](#) Also offered Sept 28-30, October 12 and 13.

Free Dance Classes for People with Memory Loss and Caregivers

Arthur Murray Dance Schools are offering dance classes across the Puget Sound for those living with memory loss and their care partners. Join to learn a variety of dance styles, connect with others in your community, and spend time with your loved one in a fun and welcoming environment! Held Thursdays from 11:15 a.m. to noon at 5849 Tacoma Mall Blvd, Tacoma. Contact [Shannon O'Brian](#) at 253 474-2955. Also in Federal Way on Tuesdays from 2:00 to 2:45 p.m. at 32724 Pacific Hwy S. Contact Jacqueline at 253-941-1841.

Graham Community Van Provides Free Rides

The Graham Community Van drives to the Orting Valley Farmer's Market on Fridays from the Shadow Pines Mobile Estates, 8817 225th St. Ct. E., at 3 pm and 3:15 pm from the Safeway parking lot, 224th and Meridian. On Saturdays, the Graham van drives to the Harvest House Food Pantry from Shadow Pines at 9 a.m., and Safeway parking lot at 9:15 pm. Return times depend on the time needed by those participating and traffic. Service provided July 5, 6 through July 27, 28. For more information contact Carol Wright, 253-279-3071 or carol.victoria.wright@gmail.com.

Livability Community Scores

The AARP Livability Index scores neighborhoods and communities across the U.S. for the services and amenities that impact your life the most. Virtually all communities in Pierce County are included. [Search for your town](#) or learn more about how we define "livability."

Seniors Stay Cool This Summer

The hot summer is already upon us. It's important to stay cool and hydrated. Places to go include senior centers, libraries, shopping malls and theaters. It's just as important to stay hydrated. Signs of severe dehydration include little or no urination; dark or amber-colored urine; dry skin that stays folded when pinched; irritability, dizziness, or confusion; low blood pressure; rapid breathing and heartbeat; weak pulse; cold hands and feet. Drinking plenty of fluids and eating foods with high water content is a great way to keep our bodies properly hydrated in warmer weather. Most adults need about 64 ounces of fluid every day, but that amount increases with heat and humidity and can change based on various medications and health conditions.

Summer Family Caregiver Newsletter

The Summer, 2018 newsletter for the Pierce County Family Caregiver Support Program is now [available online](#). It includes caregiving tips and information about past and future events and services.

Associated Ministries Releases New Community Resource Guide

Associated Ministries, an ecumenical, interfaith organization, has released their [2018 Community Resource Guide](#). The free on-line resource provides easily accessible information to locate food banks, emergency housing, counseling, medical facilities, free furniture & clothing and job training. Available only via download from the Associated Ministries website.

Swenson Healthcare Comes to Pierce County

[Swenson Healthcare](#) is a provider practice group dedicated to serving post-acute care patients in the Puget Sound area. With over twenty years' experience as a physician executive, triple-board certified founder Darren Swenson MD is committed to community-based quality long term care. Swenson

Healthcare's mission is to ensure that the patient receives excellent quality care, both today and in the future, whether the patient transitions to home or to another facility. For enquiries from post-acute care facilities and health plans in the Puget Sound area, or clinicians please call 253-203-3131 or email info@swensonhealthcare.com.

Pierce County Law Library Kiosk Opens at Gig Harbor Pierce County Library

Gig Harbor and Key Peninsula residents can conduct authoritative legal research without traveling across the Narrows Bridge thanks to a partnership between the Pierce County Library System and Pierce County Law Library. A new law library kiosk is located inside Gig Harbor Pierce County Library, 4424 Point Fosdick Dr. N.W. A library card is not required to access the collection, which includes free access to electronic and printed resources including Access to Westlaw, the world's preferred online legal research service, reference collections, self-help guides designed for Washington state and legal forms for the state. Residents may also book appointments for research assistance with a law librarian. For more information about the Law Library at Gig Harbor Library, [e-mail](#) or call 253-548-3305. For legal research assistance or to book an appointment with a law librarian, call 253-798-2691.

UW Undergrads Create Gloves that Translate ASL

Thomas Pryor and Navid Azodi of the University of Washington are the \$10,000 Lemelson-MIT "Use it!" Undergraduate Winners for their invention SignAloud, gloves that transliterate sign language into text and speech. [Watch on YouTube](#) how the gloves work. Learn more about them and why they developed this invention on the [Lemelson-MIT website](#).

Support Group for Cancer Patients and Caregivers

Virginia Mason and Cancer Pathways offer a support group for cancer patients and caregivers. This is a drop-in, professionally-facilitated group. No matter where you are being treated - or have been treated - for cancer, you are welcome to join this group. Meets at Virginia Mason Medical Center, 33501 1st Way South, Federal Way upstairs in the 2nd floor auditorium. Free Parking in clinic parking lot. Held the 1st & 3rd Wednesdays 11:00 a.m. to 12:30 p.m. Contact [Sally Benson](#) or call (206- 709-1400).

Dementia Series at Franke Tobey Jones

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

Medicare Takes Aim at Boomerang Hospitalizations of Nursing Home Patients

One in 5 Medicare patients who leave the hospital for a nursing home end up back in the hospital. To discourage this, starting in October the Centers for Medicare & Medicaid Services will give bonuses and penalties to facilities based on their rehospitalization rates. Washington state's average rehospitalization rate is 17%. [Read the story from KHN](#). [Search Washington state figure for rehospitalization](#).

SCAMS OF THE MONTH

Watch Out TPU Customers

Tacoma Public Utilities has received numerous calls from customers who were apparently targeted by the same scammer. They are calling from 1-800 numbers, threatening disconnection if payment is not received. They are giving customers a local 253 number to “process payments.” TPU will never call, e-mail or visit homes to demand payment. Feel free to call customer service if you have any questions or concerns: (253) 502-8600. [View the TPU scams webpage.](#)

Sweepstakes, Lottery, Prize Schemes Devastate Older Victims with Evolving Tactics

Sweepstakes, lottery and prize schemes are devastating victims financially and emotionally with ever-evolving methods. These frauds concentrate on seniors, targeting them by direct mail, cold calling, social media, even text messages and smartphone pop-ups. These scams bilked \$117 million out of half a million Americans and Canadians in 2017 alone, with actual victims and losses likely numbering much higher. [Read the report from the Better Business Bureau.](#)

LOCAL HAPPENINGS (ADRC events highlighted in color)

July 1-6 – Special Olympics USA Games

The Special Olympics USA Games is a premier, national sports competition that showcases the power and joy of sports at the highest levels. The USA Games take place every four years. Now, in its fourth running, [Special Olympics USA 2018 Games](#) take place in Seattle. More than 4,000 athletes and coaches from all 50 states and the District of Columbia will descend upon Seattle and the surrounding region. 14 sports will be offered including swimming, flag football and soccer. 10,000 volunteers support the Games. 10,000 family members and friends and 70,000 spectators are expected to attend. Opening ceremony July 1 at 12:30p.m. at Husky Stadium.

July 7 – Films on Caregiving: Gen Silent

The documentary follows the lives of six LGBT seniors living in the Boston area who must choose if they will hide their sexuality in order to survive in the long-term health care system. A gay man searches for a nursing home where he and his partner can be open about their relationship while still receiving quality care. A transgender senior searches for people to care for her because she is estranged from her family. Sheri and Lois share how they spent their lives fighting for LGBT rights. Another couple find care from a welcoming agency where they feel comfortable and safe to speak openly for the first time about his sexuality and their thirty-nine year relationship together. [Free; advance tickets required.](#) Held 10:30 a.m. – 1:00 p.m. at the Grand Cinema, 606 Fawcett in Tacoma. For details contact the ADRC at 253-798-4600.

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.](#)

July 11 -LGBTQ Core Competency Training

The Rainbow Center will be hosting LGBTQ Core Competency, a 2-hour workshop where you will learn about state and federal laws affecting LGBTQ people, statistics and barriers, terminology, pronouns, and how you can be a better ally to the LGBTQ community. If you or your agency offers services to the LGBTQ community, this training is for you! \$75 per person. Held 6 – 8 p.m. at the

[Rainbow Center](#), 2215 Pacific Ave in Tacoma. Contact [Vaana Wolfe](#) at 253-383-2318

July 14 – Tacoma Pride Festival

Tacoma shows its pride with the [annual street fair](#) hosted by the [Rainbow Center](#). This is a free, all ages event at Pacific Avenue and South 9th St. Activities include local vendors, food, a kids zone and entertainment. Held noon to 6 p.m.

July 18 – Multi-Lingual Emergency Communication Workshop

Learn about how Emergency Management will get life safety messages to people with limited to non-English-speaking ability and how it applies to Senate Bill 5046, “providing public notices of public health, safety, and welfare in languages other than English.” Form trusted sources for multi-language message dissemination. Create culturally appropriate material for promoting Emergency Preparedness Intended for those who serve speakers of these languages: Spanish, Korean, Russian, Vietnamese, Cambodian (Khmer), Samoan, Tagalog, Ukrainian, German, Chinese, and American Sign Language. Held 9 a.m. to noon at the Asia Pacific Cultural Center, 4851 S. Tacoma Way, Tacoma. Free but registration is required. Register at: <https://pcmultilingualworkshop.eventbrite.com>. Include requests for ADA accommodations by July 3. For questions on the workshop or for assistance in registering, contact [Serina McWha](#) at 253-798-2203.

July 18 – Yelm Town Hall Meeting with DSHS Secretary Cheryl Strange

This summer, DSHS Secretary Cheryl Strange is hosting a series of Town Halls across the state to hear what DSHS is doing well, what the agency can do better, and what is important to you. Held at 1 p.m. at the Yelm Community Center, 301 2nd S, SE. Reasonable accommodations for people with disabilities are available upon request. Include a description of the accommodation you will need, including as much detail as you can. Also include a way to contact you if more information is needed. Please allow at least 14 days advance notice. Last-minute requests may not be able to be filled. E-mail Alicia Morales or call (360) 902-7780 if you have an accommodation request. For more information call (360)902-7829. [Town Hall Meeting Announcement \(PDF\)](#)

July 19 – Town Hall Meeting with DSHS Secretary Cheryl Strange - Seattle

(See July 18 for event details.) Held at 1 p.m. at Seattle Central College, 1701 Broadway, Seattle.

Aug 3 – Puyallup Library 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.

Aug 4 – Films on Caregiving: Theory of Everything

A 2014 British biographical romantic drama film set at Cambridge University and details the life of the theoretical physicist Stephen Hawking. Deals with Hawkin’s relationship with his wife, Jane, his diagnosis of amyotrophic lateral sclerosis (ALS, also known as Lou Gehrig's disease), and his success in physics. The film examines the stress on caregiving couples and in-home caregivers. Tickets available starting July 8 at www.BrownPaperTickets.com. Held 10:30 a.m. – 1:00 p.m. at the Grand Cinema, 606 Fawcett in Tacoma. For details contact the ADRC at 253-798-4600.

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

[National Night Out](#) is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Check with your local community / police department to find out about your neighborhood events.

Aug 8 – Cancer Survivorship Conference

This August marks a full decade of our dedication to the cancer fighters and survivors of the South Sound. Attendance is free, but [online registration is required](#). (For phone registration please call 253-207-5145.) Registration for the 10th annual Pierce County Cancer Survivorship conference is open with multiple ways to register for your convenience. Reserve your spot now. Held at 8 a.m. at the University of Puget Sound, Tacoma. [Sponsor/vendor opportunities](#).

Aug 11 – Pierce Fire District #23 Open House – Ashford

Pierce Fire District 23 hosts its annual Open House. Fun activities for the kids, use a fire extinguisher, tour a fire engine and ambulance, spray some water from a fire hose. Multiple resources from around the county: Pierce ADRC, Airlift, free Mobile Medical clinic, PC Library and many others. Free Blood Pressure Checks by EMT's. Blood mobile accepting blood donations. Stop by and wish our retiring chief a farewell! Held at Station 87, 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.

Sept 8 – Films on Caregiving: Happy Tears

Jayne and Laura are sisters helping their crude but endearing father Joe deal with age-related health and mental problems. Wealthy by marriage, Jayne is otherwise psychologically fragile. Conversely, Laura has her hands full with domestic responsibilities but is considerably more grounded. Upon returning to their childhood home to help their father, they face difficult, frequently comic situations. Memories and sentiments surface. The sisters bicker over their father's condition. The struggle to balance familial duties with their own strained lives suggests a more meaningful family connection they may not have had as children. Tickets available starting August 5 at www.BrownPaperTickets.com. Held 10:30 a.m. – 1:00 p.m. at the Grand Cinema, 606 Fawcett in Tacoma. Contact the ADRC at 253-798-4600.

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 24 – Pierce County Fall Prevention Day

Vendor opportunity: Fall Prevention coalition members - \$50; Other providers - \$100. Bring your own table. Held 10 a.m. to 1 p.m. at the Lakewood YMCA. Contact Lstone@advanced-healthcare.com for vendor applications beginning July 9. This will be a free community event open to all.

Sept 28-29 – Mental Health at the Intersections

The NAMI Washington State Conference brings together people living with mental illness, family members, legal, medical and research professionals, and providers, to explore Mental Health at the Intersections. Held at the Yakima Convention Center. Register by August 26th for discounted rate. [Information and registration online.](#)

Sept 29 – Pierce County Alzheimer’s Caregiver Conference

The 2018 Pierce County Alzheimer’s Caregiver Conference helps provide useful information and practical skills for individuals providing care or seeking more knowledge about Alzheimer’s and other dementias. Keynote: “Recognizing Your Strengths While Making Hard Decisions” by Dr. Mimi Pattison. Free. New location: Rainier View Christian Church, 12305 Spanaway Loop Rd. S. in Tacoma. Approved for 3 CEUs for DSHS long term care workers. Please RSVP at 253-798-8787. Vendors: Apply July 13-Aug 10 at www.healthcareproviderscouncil.org.

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 – CPR Sunday

Students of all ages are taught the fundamentals of CPR and then given the opportunity to practice with CPR mannequins and Automatic External Defibrillators (AED). Upon successful completion of the course, students receive a Tacoma Fire Department certified CPR card. [Register for classes](#) at 8, 10, noon and 2. Held at Foss High School, 2112 S. Tyler St. in Tacoma. Registration opens soon.

Oct 6 – 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.

Oct 13 – Films on Caregiving: Miss You Already

An honest and powerful story following two best friends, Milly and Jess, as they navigate life's highs and lows. Inseparable since they were young girls, they can't remember a time they didn't share everything -secrets, clothes, even boyfriends -- but nothing prepares them for the day Milly is hit with life-altering news when one of them undergoes treatment to battle breast cancer while her best friend tries to get pregnant. A story of avoiding health care crises and finally coming to grips with them. Tickets available starting September 9 at www.BrownPaperTickets.com. Held 10:30 a.m. – 1:00 p.m. at the Grand Cinema, 606 Fawcett in Tacoma. For details contact the ADRC at 253-798-4600.

Oct 17 – Making the Link

Annual information, resources, services and supports expo for health care and social service professionals and others serving the needs of older adults and individuals with disabilities. Free. All are welcome. Drop-in event held 11 a.m. to 4 p.m. at the MetroParks Star Center in Tacoma. Vendors: Apply August 13 – October 8 at www.healthcareproviderscouncil.org.

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: I'm going to Canada soon. Do I need Canadian currency?

Answer: These days you can get along fairly well just by using a credit card. However, many cards charge a conversion fee for each transaction. But it's always a good idea to have some of your destination's currency to buy products or services. To help make things easier, research the rates using currency conversion tools, find currency guidelines for the places you plan to visit, and more. Use online [currency conversion tools](#) to compare the value of your country's currency with the value of other countries' currencies. Each week, the [Federal Reserve Board lists the currency value](#) of over 20 countries against the value of the U.S. dollar. The rates are not in real time. Check with your local bank to learn how to buy currency for another country. You can use currency exchange booths, exchange vending machines, and ATMs at international airports or train stations. The downside is that these booths may charge a fee (often very expensive) for the exchange service.

NATIONALLY

What it Really Means to Care for Grandma

Because the vast majority of older Americans live at home and a large number of older people have functional limitations or ill health, according to social survey data, more will rely on eldercare. American Community Survey data show that less than 10 percent of older Americans with a disability live in nursing homes. People are living longer than ever before - at home, thanks to modern medicine, technology and healthier lifestyles. [Read more.](#) (Source: US Census)

Health Insurance at Risk for Individuals with Pre-existing Conditions

The Trump Administration [will not defend key provisions](#) of the Affordable Care Act. [Democrats push back.](#) Guaranteed issue requires insurers to offer coverage to everyone regardless of their medical history. Prior to the ACA, insurers often rejected applicants who were ill or had pre-existing conditions or only offered them limited coverage. Under another provision, the community rating provision, insurers were not allowed to set premiums based on a person's health history. (Source: CNN/NYTimes)

Medicare Financial Outlook Worsens

Medicare's financial condition has taken a turn for the worse because of predicted higher hospital spending and lower tax revenues that fund the program. In its [annual report to Congress](#), the Medicare board of trustees said the program's hospital insurance trust fund could run out of money by 2026 — three years earlier than projected last year. [Read the analysis by the LA Times.](#) (Source: KHN)

Social Security Trust Fund Remains Stable

The Social Security Board of Trustees released its [annual report on the long-term financial status](#) of the Social Security Trust Funds. The combined asset reserves of the Old-Age and Survivors Insurance and Disability Insurance (OASDI) Trust Funds are projected to become depleted in 2034, the same as projected last year, with 79 percent of benefits payable at that time. (Source: SSA)

New Medicare Cards May Have QR Codes

New Medicare cards may have a square code, also referred to as a QR code (a type of machine-readable code). The QR codes on Medicare cards allow the contractor who prints the cards to ensure the right card goes to the right person with Medicare or Railroad Retirement Board (RRB) benefits. Providers cannot use it for any other purpose. The RRB issued cards may have a QR code on the front of the card while all other Medicare patients may get a new card with a QR code on the back of the cards. These are legitimate (official) Medicare cards. (Source: CMS)

Medicare Part D Changes Proposed

A [new brief](#) summarizes the elements of the Trump Administration's "5-part plan" that would change several features of the Medicare Part D drug benefit. It also examines the potential implications for the millions of people with Part D coverage and for federal Medicare program spending. (Source: KFF)

House Budget Plan Targets Medicare and Medicaid

House Republicans unveiled a [2019 budget proposal](#) that would balance the federal budget in nine years – largely by significantly cutting and fundamentally restructuring Medicare and Medicaid. This approach is not unexpected. Lawmakers were clear that after passing the Republican tax bill that drives up deficits, they would use these higher deficits to justify cuts to programs "entitlement" programs like Medicare. [Read more](#). (Source: MRC)

PBGC Projects that Multiemployer Pension Plans Will Be Insolvent by 2025

The Pension Benefit Guaranty Corporation (PBGC) released its [2017 Projections Report](#) that tracks the solvency of its single- and multiemployer pension insurance programs. The findings are grim for multiemployer pensions, which PBGC projects will become completely insolvent by the end of 2025. (Source: Retired Americans)

Video Shows How Alzheimer's Affects the Brain

Learn how Alzheimer's affects the brain. [Check out this 4-minute video](#) that shows what we've learned about the brain in Alzheimer's, and where research on treating or curing the disease is headed. Learn more about [what happens to the brain](#) during Alzheimer's disease. (Source NIH)

Fire Safety for Older Adults

As you age, your risk of death from fire increases significantly. Practice safe smoking, safe cooking, and safe heating in your home. [View the 1-minute video](#). There are lots of [additional videos](#) online as well. (Source: U.S. Fire Administration)

New Health Care Venture Taps Gawande

Dr. Atul Gawande, the famed surgeon and author of "Being Mortal," has been [chosen to lead](#) a joint health care venture by Amazon, Berkshire Hathaway and JP Morgan Chase & Co. The goal of the project is to bring down health costs and help professionals "make it simpler to do the right thing" in delivering care to patients. [Read more](#). (Source: KHN)

Assistive Technology: Computers, Phones & Environment Control

Shield Health Care's Spinal Cord Injury Lifestyle Specialist takes a look at the different computers, phones and environment control units available for anyone who needs an adaptive desk space. [Read about suggested resources](#). (Source: Shield Health Care)

Senior Center Month Materials Available

Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise. This September, the National Institute of Senior Centers (NISC) is highlighting the theme *Senior Centers: Building Momentum*. Promotional and support materials are now available for you to review, download, and use to make a splash when September arrives. [Get the materials](#). (Source: NCOA)

Where We Live: Communities for All Ages

With more than 200 articles and photographs featuring inspiring programs, people and places throughout the United States, the third edition in AARP's annual series looks at how communities of all sizes are becoming more livable for people of all ages — often helped by the Experienced Class. [Order or download a free copy](#). (Source: AARP)

Senate Blocks Administration's "Rescissions" Package

The Senate rejected billions in spending cuts that had been proposed by the administration to previously appropriated government funding. The [48-50 vote](#) stopped a White House plan to claw back \$15 billion. GOP Senators Richard Burr (NC) and Susan Collins (ME) joined 2 Independents and 46 Democrats in preventing cuts to the Children's Health Insurance Program (CHIP) and other domestic funding. The House had approved the so-called rescissions package earlier this month. (Source: Retired Americans)

Comment Opportunity: Traveling by Air with Service Animals

The U.S. Department of Transportation is seeking public comment on amending its Air Carrier Access Act (ACAA) regulation on transportation of service animals. In the [Advance Notice of Proposed Rulemaking on Traveling By Air with Service Animals](#) the Department seeks comments various issue. Comments can be submitted [via Regulations.gov](#) thru July 9, 2018. (Source: US DOT)

New Online Tool for Social Security Disability

SSA has launched a new online process for filing a [Request for Review of an Administrative Law Judge](#) (ALJ) hearing decision or dismissal (i520). The new online process accepts both medical (disability) and non-medical (non-disability) appeals of an ALJ hearing decision/dismissal. (Source: SSA)

States Aim to Halt Sexual Abuse of People with Intellectual Disabilities

Earlier this year, [NPR reported](#) that people with intellectual disabilities are victims of some of the highest rates of sexual assault. NPR found previously undisclosed government numbers showing that they're assaulted at seven times the rate of people without disabilities. Now states, communities and advocates, citing NPR's reporting, are making reforms aimed at improving those statistics. [Listen / read the story](#). (Source: NPR)

That 'Living Will' You Signed? At The ER, It Could Be Open to Interpretation.

End-of-life documents express your preferences for care but may not be binding medical orders. [Here's how to better prepare for the unexpected](#) — that your last wishes won't be carried out. (Source: KHN)

Seeking Parkinson's Ambassadors

The Davis Phinney Foundation Ambassador Program has been helping people all over the country to live well with Parkinson's by sharing the philosophy and resources of the Foundation with local communities and individuals. Are you a person with Parkinson's who believes that part of living well means offering guidance and help to others on a similar path? Are you a care partner to someone with Parkinson's who believes your experience could serve others in a meaningful way? Ambassadors are advocates for living well and discuss tools and strategies for improving quality of life with support groups, individuals, families and healthcare providers. [Learn more and apply](#) by September 30. (Source: Davis Phinney Foundation)

Planning a Trip Abroad this Summer?

There's a lot to prepare for before embarking on a big trip—from flights to lodging to your daily activities. One thing you may not have thought of is checking that you are up-to-date on any vaccines that are recommended when visiting your destination. The CDC's website can help you with just that—simply enter your destination and learn the vaccine requirements, health alerts, and recommendations for that country. [Find county-specific vaccine and health information](#). (Source: CDC)

PLAN AHEAD (Always 2 months ahead) – September 2018

Fall Prevention, Responsible Dog Ownership, ADHD, Blood Cancer, Cholesterol Education, Hunger Action, Library Card Sign-up, Guide Dog, Mold Awareness, Coupon, Food Safety, Fruit and Veggie, Honey, Ovarian Cancer Awareness, Recovery, Preparedness, Healthy Aging, Whole Grains and Alzheimer's Month; Nutrition (1-7), Assisted Living (9-15), Suicide Prevention (9-15), Clean Hands (16-22), Rehabilitation Awareness (16-22), Balance Awareness (17-23), Pollution Prevention (17-23), Prostate Cancer Awareness (17-23), Deaf Dog (23-29), Register to Vote (23-29), Hearing Aid Awareness (23-29) and Deaf (24-30) weeks; Random Acts of Kindness (1), ADD (7), Food Bank (7), Literacy (8), Physical Therapy (8), Grandparents (9), Suicide Prevention (10), Stand Up to Cancer (14), LGBT Center (15), Respect for the Aged (17), HIV/AIDS and Aging (18), POW/MIA (21), Alzheimer's (21), Fall Prevention (22), Pharmacists (25), Women's Health & fitness (26) and Deaf (30) 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.