

## ADRC E-Newsletter August 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

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

Sept 6 – "SAIL Program" with Sandy Gatlin

#### **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. 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

Aug 9 – "Financial Planning" with Jason Light from Edward Jones

#### **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.

Aug 15 – Village Green Retirement Campus, 35419 1st Ave S, Federal Way

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](#)

### **LOCAL SERVICES**

**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. continues with one new film featured monthly. Complimentary popcorn too! August 4 – Theory of Everything. Sept 8 – Happy Tears. [Free tickets and information available on the ADRC website.](#)

### **Reminder: Seniors Stay Cool This Summer**

The hot summer is definitely here. 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.

### **New Where to Turn Guides Available**

The new 2018-19 edition of Where to Turn-Pierce County will be available from Senior Media Services starting in August. If you aren't already on the list to receive bulk copies by delivery (minimum of 25 copies), call 253-722-5687 or e-mail [pjenkins@lcsnw.org](mailto:pjenkins@lcsnw.org). Individual copies through the mail can be requested the same way. Copies can also be obtained by contact the [ADRC](#) at 253-798-4600.

### **Painters Needed**

For 34 years Paint Tacoma-Pierce Beautiful has, through the generosity of volunteers, painted the homes of over 2,200 low-income homeowners. This year we need more help! Individuals and crews are needed to help for a day or two with painting, scragging, pressure washing or all of it for a deserving neighbor. Painting continues through September. Learn more and sign up at [www.paintbeautiful.org](http://www.paintbeautiful.org).

### **Financial Counseling for Seniors**

[Sound Outreach](#) in Tacoma now has a Silver Financial Counselor on staff to help all Tacoma older adults (60+) manage their income and finances. The Financial Empowerment for Seniors program provides no-cost, high-quality financial coaching and resource navigation concerning budget & debt reduction, credit reviews, collections, fraud prevention & repair and housing displacement. Contact [Kim Summers](#) at 253-278-4078.

### **HCA Announces Managed Care Plans Offering Integrated Care Starting in 2019 and 2020**

Washington is moving toward integrating physical and behavioral health statewide for Apple Health (Medicaid). HCA has announced final decisions about which managed care plans will offer coverage in different regions of the state beginning in 2019 and 2020. Under integrated managed care, services are coordinated through a single health plan so that people receive the help they need for body and mind, including mental health and substance use disorder treatment. [Read more on HCA Connect.](#)

### **New Legal Resource for Washington Seniors**

“[Handbook for Washington Seniors: Legal Rights and Resources](#)” (produced by Legal Voice) is a comprehensive quick-reference guide on the full range of legal issues facing Washington seniors. Legal Voice is a progressive feminist organization using the power of the law to make change in the

Northwest. LV specifically advocates for our region's most marginalized communities: women of color, lesbians, transgender and gender-nonconforming people, immigrants, people with disabilities, low-income women, and others affected by gender oppression and injustice.

### **Tax-Advantage Savings Plan for People with Disabilities**

ABLE is a tax-advantage savings plan that will allow people with disabilities and their families to save for disability-related expenses without losing crucial benefits, such as Medicaid and Supplemental Security Income (SSI). Sign up for a Washington State ABLE account [online](#) or by filling out an [Enrollment Form](#). If you have questions about the Washington State ABLE Savings Plan, call 1-844-600-2253 9am-5pm PT or 1-844-888-2253 (TTY), 6am-5pm PT, Monday-Friday. Stay up to date through [Facebook](#) or [Twitter](#). Learn about the [10 Things You Should Know About ABLE Accounts](#).

### **PC2 Named as Community Engagement / Community Guide**

The Pierce County Coalition for Developmental Disabilities (PC2) is now a Pierce County Community Engagement / Community Guide service provider with DDA. These services are designed to develop creative, flexible, and supportive community connections and relationships, and increase access to community supports. Contact your Case Resource Manager to see if you qualify for these services – then you can request PC2 as your provider! [Connect with PC2](#) at 253-564-0707 for more information.

### **ORCA Cards Now Free for Seniors, Disabled and Low-income Commuters**

Any Puget Sound area seniors (ages 65 and older) or disabled residents who qualify for an ORCA Regional Reduced Fare Permit (RRFP) can now get their first card at no charge. The RRFP program, and ORCA LIFT card for income-eligible riders, provide a savings of 45 percent or more on transit fares. RRFPs provide riders with reduced fares on services operated by ORCA agencies, including Pierce Transit, Sound Transit, King County Metro, Washington State Ferries and others. For more information on getting an RRFP card, visit the agencies' websites or [www.orcacard.com](http://www.orcacard.com).

### **Library Museum Pass Expands**

With a [Pierce County Library card](#), people may check out free passes to visit Lakewold Gardens in Lakewood. The Gardens include garden rooms and a resting place designed by Thomas Church. Pass holders receive free admission for up to two adults and three students ages 13-18. Ages 12 and under are admitted free. Free admission is provided to other local museums with passes: Foss Waterway Seaport Museum, Harbor History Museum, Museum of Glass, Tacoma Art Museum, and Washington State History Museum. Passes are available on a first come first served basis, for one week at any [Pierce County Library](#).

### **New Online Tool Helps Compare Prices for Medical Procedures**

If you or a loved one needed knee replacement surgery, would you want to know which surgeon in your community has the highest rating for quality of care? Would you like to know how much a knee replacement costs, on average, at all of the medical offices close to your home? Those are the types of information easily accessed through Washington state's new [HealthCareCompare website](#), a new online tool. Read the rest of the story on the governor's [Medium page](#).

### **Adult Abuse Continues to Spike Throughout Washington State**

The Department of Social and Health Services (DSHS) continues to see a sharp increase in adult abuse reports across the state. Financial exploitation is the most common type of adult abuse, and the form

that has seen the sharpest rise in recent years. In 2017, DSHS' [Adult Protective Services](#) conducted 10,713 investigations related to financial exploitation, nearly double the number of investigations conducted in 2012. It now accounts for more than 25% of all investigations. [Read more online.](#) KIRO-TV also reported on the issue. Statistics show that, among all the ways the elderly are abused, financial exploitation is the most common. [Read / view the KIRO-TV News story.](#)

### **Smart Phone Emergency SOS Feature Availability**

The emergency SOS feature is available on iPhones and can be set up by the user on any newer model smartphone or personal device. The design of the emergency SOS feature allows for a quick and discreet call to 911 and provides emergency services with the user's location (location feature activates only upon SOS initiation). Once set up, the emergency SOS feature activates through a series of button presses, which vary based on device model. The default setting will bring up a slider bar to dial 911 but there is also an option to enable "auto call" to 911. The feature also allows for other contacts, such as supervisors or family members, to receive automatic message notifications with the activation of the emergency SOS feature. Available on [iPhone](#) | [Galaxy](#) and other [Andorid](#) phones.

### **Mental Health First Aid Trainings**

MHFA is an 8-hour training that introduces participants to risk factors and warning signs of mental health problems and disorders like anxiety, depression, substance use disorders, bipolar disorder, and schizophrenia. Participants learn a five-step action plan to provide immediate help to someone developing a mental illness or in mental crisis, and connect them to appropriate care and support. E-mail [Monet Craton](#) (253-539-6786) for more information, or to register send your: 1) Name, 2) Organization, 3) Email address, 4) Phone #, and 5) Date & type of training you want to attend.

- Adult MHFA: Tuesday, August 7 / Comprehensive Life Resources, Tacoma (*3 seats left*)
- Youth MHFA: Saturday, October 6 / Pierce County Library Administrative Center, east Tacoma
- MHFA for Veterans & Military Members: Saturday, October 27 / CWA Comprehensive Behavioral Health, Tacoma
- Adult MHFA: Tuesday, November 13 / Comprehensive Life Resources, Tacoma
- Adult MHFA: Saturday, November 17 / Pierce County Library Administrative Center, east Tacoma
- Youth MHFA: Monday, December 3 / Pierce County Library Administrative Center, east Tacoma

### **Top 5 Things You Didn't Know about State Veterans Homes**

They've been around since the 1890's but there may be a few things you don't know about them. Read more at the [WA State Department of Veterans Affairs](#).

### **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. The 5-day training will be held Sept 28-30, October 12 and 13 from 8:30 a.m. to 5:30 p.m. each day. [Registration and information online.](#) Call 253-572-3657 for more info.

### **Pierce County Event Vendor Opportunities**

Sept 24 - Fall Prevention Day. Contact [Bob Riler](#) (253-798-7384) for registration form.

Sept 29 – Alzheimer's Caregiver Conference. [Visit HCPC website.](#) Registration ends August 10.

Oct 17 – Making the Link. [Visit HCPC website](#). Register Aug 13 through Oct 8.

### **Volunteer Opportunity at Washington Talking Book and Braille Library**

If you are a tactile braille reader in the Seattle area who can come to the Washington Talking Book & Braille Library (WTBBL) for a weekly two-hour shift, and want to help WTBBL with making new books available to our patrons, let us know! [Contact David](#) at (206) 615-0417 or (800) 542-0866.

### **Become a Master Gardener Volunteer**

Master Gardeners are volunteers pass on the information they learned during their training, as volunteers who advise and educate the public on gardening and horticulture. Attend an upcoming information session Sept 13, Oct 9 or Oct 18. [More information online](#).

## **SCAMS OF THE MONTH**

### **Avoiding Tech Support Scams**

You're working on your computer when, suddenly, a message pops up on the screen: "Virus detected! Call now for a free security scan and to repair your device." That's a tech support scam. Don't call, text, or email. Legit tech support companies don't operate that way. [Watch the video and learn more](#) from the Federal Trade Commission.

### **Staying Away from Caregiving Job Scams**

Websites can help you find work, but scammers also use these sites to find people to rip off. Do you look for work on caregiver job sites? Sometimes scammers will offer a job but say you need to buy supplies or other equipment. They pressure you to act quickly, before you have time to think. They send you a check and tell you to deposit it and transfer money to their vendor to buy the supplies. Don't do it — scammers post fake job listings for caregivers, then make up elaborate stories to get your money. The positions seem real, but they're not — it's a scam. [Read more](#) from the FTC.

## **LOCAL HAPPENINGS** (ADRC events highlighted in color)

### **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. The film deals with Hawking's relationship with his wife, Jane, his diagnosis of amyotrophic lateral sclerosis (ALS / Lou Gehrig's disease), and his success in physics. The film examines the stress on caregiving couples and in-home caregivers. Tickets available [on the ADRC website](#) or call 253-798-4600. Held 10:30 a.m. – 1:00 p.m. at the Grand Cinema, 606 Fawcett in Tacoma. Complimentary popcorn.

### **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 10 – Parkinson’s Victory Summit**

See Dec 8 for event description. This is a free live streamed event for anyone with access to a computer and internet so care partners and care providers can participate in this valuable day of information on living well with Parkinson’s. [Information and registration online](#).

*Note:* Attend the Seattle Victory Summit on Saturday, December 8 at the Hilton Seattle Airport Hotel and Conference Center. Info and registration soon.

### **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, Ashford. Learn about the services of the fire department as well as a variety of community providers. Open house is held from 11 a.m. to 2 p.m.

### **Sept 6 – Talk Saves Lives**

Talk Saves Lives is a new presentation developed by the [American Foundation for Suicide Prevention \(AFSP\)](#) to introduce people to suicide prevention; designed for community members of all ages and backgrounds who want to learn about suicide and how to help. The presentation is available at no cost to any individual, organization, group, or community in WA. This free event is also ideal for people who are concerned about suicide, but not looking for a longer training. Held 1 – 3 p.m. at the Tacoma-Pierce County Health Department. [Registration online](#).

### **Sept 8 – Films on Caregiving: Happy Tears**

Two sisters help their crude but endearing father deal with age-related health and mental problems. One sister is wealthy by marriage and psychologically fragile. The other has her hands full with domestic responsibilities and 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 6 on the ADRC website](#) or call the ADRC at 253-798-4600. Held 10:30 a.m. – 1:00 p.m. at the Grand Cinema, 606 Fawcett in Tacoma.

#### **Sept 10 – Falls: The Avoidable Epidemic**

Too often seniors (and their families) dismiss a fall as a simple trip, a little accident, or just a normal part of life. However, falls are not just little accidents and falling is not an inevitable result of aging. Falls are preventable. Learn about the consequences of falling and what you, a spouse or a loved one can do to avoid falls and those nasty consequences. Sponsored by the Pierce County Falls Prevention Coalition and the ADRC. Free. Held at 12:10 p.m. at the Pierce County Annex Main Meeting Rm., 2401 S. 35th St., Tacoma. [View event flyer](#). Call 253-798-4600 for details.

#### **Sept 11 – Falls: The Avoidable Epidemic**

(See Sept 10 for event info.) Free; No RSVP required. Held at 10:15 a.m. at Spana-Park Senior Center, 325 - 152nd St. E., Tacoma. [View event flyer](#). Call 253-798-4600 for details.

#### **Sept 13 – Falls: The Avoidable Epidemic**

(See Sept 10 for event info.) Free; No RSVP required. Held 11 a.m. at Point. Defiance~Ruston Senior Center, 4716 N. Baltimore, Tacoma. [View event flyer](#). Call 253-798-4600 for details.

#### **Sept 18 – Falls: The Avoidable Epidemic**

(See Sept 10 for event info.) Free; No RSVP required. Held at 1 p.m. at Mountain View Community Center, 3607 - 122nd Ave E., Edgewood. [View event flyer](#). Call 253-798-4600 for details.

#### **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**

Fall prevention doesn't happen by accident. Falls are caused by all sort of things – most of which are preventable. And falls for older adults can have dramatic consequences. Learn what you can do to prevent falls. Connect with community resources to help you stay safe a home and in the community. Held 10 a.m. to 1 p.m. at the Lakewood Family YMCA. 9715 Lakewood Dr., SW. A free community event open to all. Sponsored by the Pierce County Fall Prevention Coalition. [View event flyer](#).

#### **Sept 25 – PC2 Legal Series**

“Estate Planning for Families of Individuals with Developmental Disabilities” with Attorney Timothy Williams. Held at the PC2 Offices, 3716 Pacific Avenue #A in Tacoma. Free event. Advance registration required at 253-564-0707.

#### **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. Doors open 8 a.m. Event is 9 a.m. to 1 p.m. New location: Rainier View Christian Church, 12305 Spanaway Loop Rd. S. in Tacoma. Approved for 3 CEUs for DSHS long term care workers. [Conference registration is online](#) or by calling 253-798-8787.

### **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 1 – Oh My Gosh – Now What?**

Part 1 – “What is dementia? What are the warning signs?” More and more families are facing the long road of caring for a loved one with Alzheimer’s or another dementia. Take a look at the questions and the answers in this 6-part series for families and individuals beginning the journey. Free; No RSVP required. [View event flyer](#). Held 6-7 p.m. at the Puyallup Library, 324 S. Meridian in Puyallup.

### **Oct 2 – PC2 Legal Series**

“Special Needs Trusts & ABLE Accounts for Families of Individuals with Developmental Disabilities” with Attorney Timothy Williams. Held at the PC2 Offices, 3716 Pacific Avenue #A in Tacoma. Free event. Advance registration required at 253-564-0707.

### **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.

### **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 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).

### **Oct 8 – If I Only Knew Then**

When selecting a care facility, people often judge them by their outside facades and interior decor. While ambience is nice, other considerations are much more important. Learn from other’s mistakes. Making sure of a good fit before the move is essential. Learn what potential residents and families need to do to make sure the first move is the right move. Free; No RSVP required. Held twice this day:

- 12:10 p.m. at the Pierce County Annex Main Meeting Rm., 2401 S. 35th St., Tacoma.
- 6:30 p.m. at the Lakewood Branch Library, 6300 Wildaire Rd. SW, Lakewood.

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

### **Oct 8 – Oh My Gosh – Now What?**

(See Oct 1 for event details.) Part 2 – “How does the disease progress? What should I expect?” Free; No RSVP required. [View event flyer](#). Held 6-7 p.m. at the Puyallup Library, 324 S. Meridian.

### **Oct 9 – If I Only Knew Then**

(See Oct 8 for event details.) Free; No RSVP required. Held at 6:30 p.m. at the Sumner Branch Library, 1116 Fryar Ave. [View event flyer](#). Call 253-798-4600 for details.

### **Oct 9 – PC2 Legal Series**

“Guardianships for Individuals with Developmental Disabilities” with Attorney Timothy Williams. Held at the PC2 Offices, 3716 Pacific Avenue #A in Tacoma. Free event. Advance registration required at 253-564-0707.

### **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 the ADRC website](#) or call the ADRC at 253-798-4600. Held 10:30 a.m. – 1:00 p.m. at the Grand Cinema, 606 Fawcett in Tacoma.

### **Oct 15 – Oh My Gosh – Now What?**

(See Oct 1 for event details.) Part 3 – “How do I start the conversation? How do I cope with the shock?” Free; No RSVP required. [View event flyer](#). Held 6-7 p.m. at the Puyallup Library, 324 S. Meridian.

### **Oct 16 – Shift Happens**

Save-the-Date. A major earthquake for the Puget Sound area is inevitable. How are you prepared? John KING-TV reporter Glenn Farley and hear what his reporting and experience has taught him about preparedness. Free. Sponsored by Pierce County Department of Emergency Management and the ADRC. Event information coming soon.

### **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](http://www.healthcareproviderscouncil.org).

### **Oct 29 – Oh My Gosh – Now What?**

(See Oct 1 for event details.) Part 4 – “What are the typical behaviors? How do I manage them?” Free; No RSVP required. [View event flyer](#). Held 6-7 p.m. at the Puyallup Library, 324 S. Meridian.

### **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.](#)

### **Nov 5 – Oh My Gosh – Now What?**

(See Oct 1 for event details.) Part 5 – “How do I pay for care? What are the legal things I should do?” Free; No RSVP required. [View event flyer.](#) Held 6-7 p.m. at the Puyallup Library, 324 S. Meridian.

### **Nov 16-18 – Grief & Loss Retreat**

For those who have lost a loved one to cancer, things will never be the same. People carry love and loss. Research now illuminates that people don't grieve in logical stages, one after another. Harmony Hill's Grief and Loss Retreat offers a safe, supportive place to express and explore grief, and find a path forward with new tools and resources. Thanks to generous Harmony Hill donors, this retreat as a part of our Cancer Programs, is offered at no-cost to participants. (\$25 processing fee applies) [Learn more.](#)

### **Nov 19 – Oh My Gosh – Now What?**

(See Oct 1 for event details.) Part 6 – “Where can I turn for help? What are the resources?” Free; No RSVP required. [View event flyer.](#) Held 6-7 p.m. at the Puyallup Library, 324 S. Meridian.

### **Dec 8 – Victory Summit**

The Davis Phinney Foundation, the Northwest Parkinson's Foundation and the American Parkinson Disease Association Northwest Chapter sponsor this [free Parkinson's symposium in SeaTac](#). This will be a moving day of information and inspiration, featuring dynamic presentations from leading movement disorder neurologists and therapists from across the country. It's an upbeat, fast-paced event of community and connection, filled with laughter and conversation. You will leave feeling motivated and armed with tools to help you be more involved in your own treatment and to improve your quality of life. Held 9:30 a.m. to 3:30 p.m. at the Hilton Seattle Airport Hotel & Conference Center. Free with complimentary lunch. Registration opens in September.

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

**Question:** I'm retiring soon, taking my Social Security early. I'll be 62. What are my health insurance options?

**Answer:** Some business will allow you to buy into their health insurance plan after you retire. Explore that first. You won't be eligible for Medicare until you are 65 even though you are now on Social Security. Your best option may be to go to the individual market place. In our state you can do that online at [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org). We are fortunate to have a statewide database to help you compare health and dental plans. Be sure to coordinate this so that you will not have a gap in coverage between the time you leave your paid job and enter into your retirement. We suggest you contact the wonderful folks at SHIBA – Statewide Health Insurance Benefits Advisors. Call 800-562-6900.

### **NATIONALLY**

**Debunking the \$16 SNAP myth**

Nearly 60% of eligible seniors are not enrolled in the Supplemental Nutrition Assistance Program (SNAP). The “senior SNAP gap” is fueled by misunderstandings about the program. This [NCOA fact sheet](#) offers vital information for older adults who worry SNAP isn't for them. (Source: NCOA)

### **Medicare Advantages Changes for 2019**

CMS has expanded Medicare Advantage supplemental benefits. The [newly allowable benefits](#) include adult day care services, home-based palliative care, in-home support services, support for caregivers of enrollees, medically-approved non-opioid pain management, stand-alone memory fitness benefit, home and bathroom safety devices and modifications, transportation, over the counter drug benefits. Not all MA plans will include the new benefits. SHIBA is a great resource at 800-562-6900. (Source: NCOA)

### **New VA Resource Aims to Address Unique Needs of Older Veterans**

The [Older Veteran Behavioral Health Resource Inventory](#) provides an overview of resources for health and social service professionals interested in enhancing their outreach and support for older veterans who have or are at risk for behavioral health conditions. Available through the [VA Community Provider Toolkit](#). (Source: ACL)

### **A Roadmap for Community Health and Well-Being**

Book 5 in AARP’s six-part *Roadmap to Livability* series is ready to read — and use! The *Health Services and Community Supports Workbook* is a step-by-step resource for livability groups and local leaders seeking to make a community healthier and more helpful for people of all ages. [Download or order the free guide](#). (Source: AARP)

### **Seniors on Medicare Can Be Denied a Medigap Policy Due to Pre-existing Conditions**

Insurance companies can deny private Medigap insurance policies to seniors after their initial enrollment in Medicare because of a pre-existing medical condition, such as diabetes or heart disease, except under limited, qualifying circumstances, [a new analysis finds](#). Medigap policies provide supplemental health insurance to help cover the deductibles and coinsurance for Medicare covered services. One in four people in traditional Medicare had a Medigap policy in 2015. (Source: KFF)

### **Here’s How to Cultivate New Buds as You Age**

As baby boomers age, more and more folks will [reach their 80s, 90s — and beyond](#). They will not only lose friends but face the daunting task of making new friends at an advanced age. Friendship in old age plays a critical role in health and well-being, according to recent [findings](#). Socially isolated individuals face health risks comparable to those of smokers, and their mortality risk is twice that of obese individuals, the study notes. And baby boomers are more disengaged with their neighbors and even their loved ones than any other generation. [Read the story](#). (Source: KHN)

### **Bipartisan Bill to Help Grandparents Raising Grandchildren Signed into Law**

The Supporting Grandparents Raising Grandchildren Act, championed by Senate Aging Committee leaders Chairman Susan Collins (R-ME) and Bob Casey (D-PA), creates a federal task force charged with supporting grandparents raising grandchildren, acting essentially as a “one-stop shop” for information for the grandparents currently raising approximately 2.6 million children. Experts say this number is rising as the opioid epidemic continues to devastate families and communities across the country. [Learn more](#). (Source: N4A)

**20-Minute Sample Workout for Older Adults**

[In this video](#), Go4Life fitness instructor Sandy Magrath leads older adults through a workout featuring a warm up, strength, flexibility and balance exercises, and a cool down. Equipment needed: A stable chair, a towel, and light hand weights or evenly weighted objects. The Go4Life Campaign from the National Institute on Aging focuses on encouraging older adults to make exercise and physical activity a part of their daily life. Visit the [Go4Life website](#) for online resources, motivational tips, and free materials that can be sent to your home. (Source: NIA)

**New Series of Critical Conversations Fact Sheets**

A new series of fact sheets from the Eldercare Locator addresses emerging topics affecting the well-being of older adults. Called *Critical Conversations*, these fact sheets focus on helping older adults prepare for disasters, safely manage their medications and identify, address and prevent elder abuse. [Download the fact sheets](#). (Source: NCOA)

**As Americans Age their Support for Environmentalism Declines**

Younger Americans tend to be [more environmentally conscious](#) than their parents and grandparents. This has lead science educators such as [Bill Nye](#) to argue societal attitudes toward the topic will shift as older generations die off. Disturbing [new research](#) suggests that may be a false hope. It reports [Americans grow less supportive](#) of spending money to protect the natural environment as they age, no matter the year of their birth. (Source: Pacific Standard)

**PLAN AHEAD (Always 2 months ahead) – October 2018**

AIDS Awareness, Pharmacists, Breast Cancer, Blindness, Domestic Violence Awareness, Down Syndrome Awareness, Financial Planning, Health Literacy, LGBT History, Long Term Care Planning, Chiropractic Health, Crime Prevention, Dental Hygiene, Disability Employment, Medicine Abuse Awareness, Tackling Hunger and Vegetarian Month; Health Care Food Service (1-7), Fire Prevention (7-13), Mental Illness Awareness (7-13), Nurses (14-20), Food Bank (14-20), Health Education (15-19), Pharmacy (21-27) and Respiratory Care (21-27) Weeks; Older Persons (1), Personal Safety (7), Emergency Nurses (10), Homeless (10), Mental health (10), Depression Screening (11), Arthritis (12), Food (24), Make-A-Difference (27) and Girl Scout Founders (31) Day.

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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 [bob.riler@piercecountywa.gov](mailto:bob.riler@piercecountywa.gov).