

## ADRC E-Newsletter September 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  
Sept 6 – "SAIL Program" with Sandy Gatlin  
Oct 4 – "Home Care vs. Home Health" with Lynessa Stone

#### **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  
Sept 13 - 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.  
Sept 19 – Wesley Homes Des Moines, 816 S 216<sup>th</sup> St., Des Moines  
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**

### **Pierce County ADR Draft Area Plan Budget**

Pierce County Aging and Disability Resources (ADR) invites the community to [attend a public meeting](#) to comment on the Draft 2019 Area Plan budget, which allocates funding for a wide range of community based services. The draft Area Plan budget will be available [online](#) or in print upon request on Sept 4. To request a copy or for additional information, please contact [Mickie Brown](#). Written comments may be submitted by Sept 17, 2018 to: [Connie Kline](#), Social Services Supervisor - Aging & Disability Resources, Pierce County Human Services, 1305 Tacoma Ave. S., Suite 104, Tacoma, WA 98402. For more information call 253-798-7376.

### **2018 Alzheimer's Caregiver Conference**

The 2018 Pierce County Alzheimer's Caregiver Conference is provided for caregivers, family members and friends of individuals who experience Alzheimer's or another dementia. The event provides practical information, tools and support to aid in their care of a loved one. The conference is free and open to the public. Dr. Mimi Pattison, MD, will be the keynote speaker and discuss "Recognizing Your Strengths while Making Hard Decisions." Attendees will also have the opportunity to choose from a variety of breakout sessions on managing challenging behaviors, physical movement and balance, interactive activities and legal issues. A special interactive forum will end the day as individuals with Alzheimer's and their caregivers will share their experiences and engage in a give-and-take discussion with the audience. Held Saturday, September 29 at Rainier View Christian Church, 12305 Spanaway Loop Road S., in Tacoma. Doors open at 8am, program begins at 9 a.m. to 1 p.m. While the event is free reservations are requested online at <https://hpcalzconferencetacoma.eventbrite.com> or by calling 253-798-8787.

### **Housing Search NW Website to Shut Down**

The Washington State Department of Commerce will no longer fund [housingsearchnw.org](http://housingsearchnw.org), a resource for people looking for low-cost housing. The website was launched in 2012 to help cities meet CHG requirements to provide an "interested landlord list" for people seeking housing assistance. The organization that maintains the site, Socialserve, will still be active but they will no longer updated listings for Washington state. An alternative nonprofit website that also lists low-cost apartments is <http://www.aptfinder.org>.

### **SHIBA Warns of Medicare Scams**

With Medicare Open Enrollment just around the corner (Oct. 15 – Dec. 7) and new Medicare cards in the mail, be on the lookout for scam artists trying to get your personal information. Medicare will never call you uninvited and ask for your personal information, or to get your new Medicare Number and card. If a scammer contacts you and asks for information or money, or threatens to cancel your health benefits, do not share any information. Hang up and call the [Statewide Health Insurance Benefits Advisors \(SHIBA\) program](#) at 1-800-562-6900. In addition to providing free, unbiased help with your Medicare options, SHIBA is Washington state's [Senior Medicare Patrol](#) project. We help clients prevent, detect and report Medicare and Medicaid fraud and abuse.

### **Faith Leaders Call on City of Tacoma to Adopt Housing Affordability Policies**

Tacoma faith leaders prepared and delivered to the Tacoma City Council a report supporting specific Council action in response to Tacoma's housing affordability and homelessness crisis. The report –

*Housing Hope* – highlights four specific priorities for adoption as part of Tacoma’s Affordable Housing Action Strategy. [Download a copy of the report here.](#)

### **Powerful Tools for Caregivers - Class Leader Training Opportunity**

Sound Generations in Seattle will be hosting a Powerful Tools for Caregivers Class Leader training. The program provides caregivers with tools and strategies to better handle the unique challenges that they face. As a Class Leader, you will be a part of a national program and have the ability to offer and lead the Powerful Tools for Caregivers program in your own community. Intended for professionals or volunteers from healthcare, social services and community based organizations. Held October 29-30 at Sound Generations, 2208 2<sup>nd</sup> Avenue in Seattle. Cost: \$50 (includes certification, workbook, and DVDs). To obtain a Class Leader Application contact [Camile Gabriel](#) or call 206-268-6715. Limited space. For more information on the program, go to [powerfultoolsforcaregivers.org](http://powerfultoolsforcaregivers.org).

### **Sign Up for PC Alert**

[Pierce County ALERT](#) is a free service that allows you to sign up and receive notifications about emergencies that may affect the locations you care about. This service allows fire, police and other agencies dealing with emergency response to send out accurate, geographically-targeted and up-to-date information that they feel residents should be informed on. Receive alerts on up to 10 different devices such as your cell phone, home phone, email, text messages and more. Choose up to five locations you want to be notified about such as your residence, workplace, children’s school and more. [Sign up online](#) or call (253) 798-6595.

### **New Kinship Support Group on the Key Peninsula**

Relatives Raising Children keeps families intact by providing resources and advocacy to kinship and relative caregivers who are raising children not theirs by birth. A new support group is now meeting the 4th Monday of the month at 6 p.m. at Evergreen Elementary, 1820 Key Peninsula Hwy S. in Lakebay. The group meets potluck style and childcare available. Call Lori Mertens at 253-884-5433 for more information. There is also a Kinship Support Group in East Pierce County that is starting up again in September. Call Viviana at 253-862-5260 for more information.

### **Help Sought for Foot Care Program**

Catholic Community Services’ senior foot care program provides an important health promotion service for community-dwelling older adults living throughout Pierce County. If you are a CNA, or know someone who is, and are interested in helping to deliver this program to County residents, please [visit the CCS website](#).

## **SCAMS OF THE MONTH**

### **How to Avoid a Bitcoin Blackmail Scam**

“I know about the secret you are keeping from your wife and everyone else. You can ignore this letter, or pay me a \$8600 confidentiality fee in Bitcoin.” It’s enough to send shivers down anyone’s spine, but these chilling words are part of a new scam targeting men. [Read more.](#) (Source: FTC)

### **Scammers Impersonate Celebrities on Social Media**

Did your favorite celebrity reach out to you on social media? Before you get too excited, are you sure it’s that person? Really sure? Scammers are now posing as celebrities on social media. They’re asking

fans to send money for all kinds of supposed reasons – like claiming a prize, donating to a charity, or giving help of some kind. Some celebs do raise money for legitimate causes. But you want to be sure the cause—and the person asking you to support it—are real. [Read more.](#) (Source: FTC)

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

### **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 7 – Puyallup Memory Café**

Puyallup Public Library hosts its monthly Memory Café on at 1 p.m. with an afternoon of music, fun and refreshments! Memory Café is for those living with Alzheimer's/Dementia and their care partners. For more information, please contact: [Katy Levesque](#) at 253-845-6623.

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

Two sisters help their crude but endearing father deal with age-related health and mental problems. The sisters have dramatically different lives. 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 on the ADRC website](#) or call the ADRC at 253-798-4600. Doors open 10:30 a.m. Film shows at 10:45 a.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 14 – FTJ Wellness Walk**

Participate in the annual Franke Tobey Jones Wellness Walk open to the community. Enjoy some pre-walk stretches and then walk through the campus before stopping to visit community exhibitors and enjoying a light lunch. A bus will be available from the Pt. Defiance~Ruston Senior Center, 4716 N. Baltimore. Pickup is at 9:30 a.m. and the return is at 11:30 a.m. Parking is extremely limited at FTJ. Contact the Center for bus reservations at 253-756-0601.

### **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. [View event schedule](#). Held at the Yakima Convention Center. [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. [View event flyer](#). Approved for 3 CEUs for DSHS long term care workers. [Conference registration requested 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 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 time when they are both hit with life-altering news. A story of giving care, avoiding crises and finally coming to grips with them. [Free tickets available starting September 9 at the ADRC website](#) or call the ADRC at 253-798-4600. Doors open 10:30 a.m. Film shows at 10:45 a.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**

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; no RSVP required. Held 6:30 – 8:00 p.m. at the Rotunda (Bldg 3) at Clover Park Technical College, 4400 Steilacoom Blvd., Lakewood. (Best to enter off Lakeview Avenue.) Sponsored by Pierce County Department of Emergency Management and the ADRC. Additional event information coming.

### **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. All are welcome. Admission is free for Making the Link but the [first 50 people who register online](#) will receive a \$5 Starbucks Gift Card. [View event flyer](#). Complimentary lunch provided to all attendees courtesy of Merrill Gardens Tacoma. Drop-in event held 11 a.m. to 4 p.m. at the MetroParks Star Center in Tacoma.

### **Oct 17 – Compassion Fatigue; the Consequences of Caring**

Caregivers take care of others, but what about yourself? Apathy, isolation, bottled up emotions and substance abuse head a long list of symptoms associated with “compassion fatigue.” Learn to recognize and manage its symptoms. Join Lisa Doyle for this [one-hour workshop](#) to break down the signs and how to combat compassion fatigue. Free or one CEU is available for \$14.99. Held Wednesday, October 17 at the MetroParks STAR Center; 3873 S. 66th St. in Tacoma. Times (click to register): [9:00-10:00am](#) | [10:15-11:15am](#) | [11:30 – 12:30pm](#) | [1:00-2:00pm](#) | [2:15-3:15pm](#) | [3:30-4:30pm](#). Questions? Contact [Steph Hilfer](#) at 253-236-3562.

### **Oct 26 – Senior Wellness Fair**

Join friends and neighbors and learn about the great benefits of living a healthy lifestyle. Information about senior resources that can benefit everyone. Free lunch featuring healthy homemade soup. Sponsored by [King's Manor](#) and [Spring Ridge](#). Held 10 a.m. to 1 p.m. at [Mid-County Community Center](#), 10205 44<sup>th</sup> Ave E. in Tacoma. Call 253-531-8412 for details. Free event; no RSVP required.

### **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 10 – 2018 African American Caregivers Forum**

This forum is an opportunity to support caregivers whose loved ones are experiencing Alzheimer’s or a related dementia. This year the forum will feature presentations, exhibits, entertainment, lunch, and prize drawings for caregivers. Held from 9 a.m. to 3 p.m., at the Southcenter Doubletree Hotel, 16500 Southcenter Parkway, Tukwila. [Register online](#) or call 206-706-7084. For accessibility information or disability accommodations, e-mail [Karen.Winston@seattle.gov](mailto:Karen.Winston@seattle.gov).

### **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 soon.

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

**Question:** Time after time I hear that Social Security is going broke, that it won’t be there for my retirement years and certainly not for my children/grandchildren. Is that true?

**Answer:** Short answer – not true. Recently, the Social Security Board of Trustees released its annual report on the current and projected financial status of the Old-Age and Survivors Insurance (OASI) and Disability Insurance (DI) Trust Funds. The combined funds are projected to become depleted in 2034,

the same as last year. After that time, the income from taxes will be sufficient to pay around 78%. If absolutely nothing is done the most likely consequence is that every social Security recipient will see a 22% cut in their earned benefit. A beneficiary who receives \$1000/month will suddenly see a drop in their benefit to \$780/month. That is projected to continue for the next 75 years. The hope is that Congress will take up the issue soon. There are a number of fixes that have been discussed. Ultimately, the fix is up to Congress and that's who you need to talk to. You can [view the full 2018 Trustees Report](#).

## **NATIONALLY**

### **SSA Expands Compassionate Allowance List**

Social Security announced five new Compassionate Allowance conditions: Fibrolamellar Cancer, Megacystis Microcolon Intestinal Hypoperistalsis Syndrome (MMIHS), Megalencephaly Capillary Malformation Syndrome (MCAP), Superficial Siderosis of the Central Nervous System, and Tetrasomy 18p. Compassionate Allowances is a program to quickly identify medical conditions and serious diseases that meet Social Security's standards for disability benefits. For more information visit [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances). (Source: SSA)

### **Short-Term Health Plans Get Okay**

Short-term health plans (also called “junk health plans”) do not have to comply with the Affordable Care Act's (ACA) consumer protections and coverage requirements – including the mandate to cover essential health benefits like maternity care, prescription drugs, and mental health treatment—as well as from the health law's consumer protections that prevent insurers from charging sick people more than healthy people, excluding coverage of pre-existing conditions, and denying coverage based on medical history. These policies will now last up to 12 months, and consumers will be able to renew them for a maximum of 36 months. [Read more](#). (Source: Medicare Watch)

### **Medicaid Officials Target Home Health Aides' Union Dues**

A [rule](#) proposed by the CMS would prohibit home health aides who are paid directly by Medicaid from having their union dues automatically deducted from their paychecks. The language affects only “individual providers” — those who aren't employed by the private, for-profit agencies that dominate this industry. Individual providers, who are technically state employees, are far more likely to be members of a union than employees of agencies. [Read the story](#). The median annual salary for home health aides in 2017 was \$23,100, with about [67 percent](#) turnover in 2017. The federal Bureau for Labor Statistics [projects that demand](#) for home care will increase by as much as 41 percent from 2016 to 2026, as the percentage of elderly Americans grows. (Source: NPR)

### **Navigating a Mental Health Crisis Resource Guide**

The National Alliance on Mental Illness has released “[Navigating a Mental Health Crisis](#): A NAMI Resource Guide for Those Experiencing a Mental Health Emergency.” The tool helps support people experiencing mental health crises and their loved ones. This potentially life-saving guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis and resources available for those affected. Also included is information about advocating for a person in crisis along with a sample crisis plan. (Source: NAMI)

### **First Dementia Prevalence Data Reported on Lesbian, Gay or Bisexual Seniors**

According to [recent research](#), dementia develops in about one in 13 lesbian, gay or bisexual seniors aged 60 or older in the United States – or 8 percent of this group. The dementia rate among Americans overall aged 65 and older is about 10 percent. Significant rates of depression, high blood pressure, stroke and heart disease among sexual minorities may contribute to their dementia risk. Researchers said a strong need exists for a supportive health care environment and caregiving resources for this population. [Read more](#). (Source: Alzheimer’s Association)

### **Focus on Aging in Place and Home Remodeling**

Individuals and families looking for ideas to age in place and make their home more accessible need look no further than [homemods.org](#). Sponsored by the [University of Southern California Leonard Davis School of Gerontology](#), the website offers training and education opportunities for professionals who wish to respond to the increasing demand for home modification services. It also serves as an information clearinghouse on home modification to equip professionals and consumers with a comprehensive inventory of resources. (Source: USC)

### **No Excuse for Elder Abuse. Know the Signs**

Abuse can happen to any older person – by a family member, a hired caregiver, or a stranger. Abuse can happen at home, at a relative’s home, or in an eldercare facility. [View the NIH infographic](#). Spread the word about the signs of elder abuse and where to go for help. (Source: NIH)

### **Age Discrimination in Job Ads**

Employers often target online ads at younger candidates. When an employer sets out to recruit young people for a certain job, is it discriminating against older job seekers in a way that breaks the law? That question is at the center of several pending lawsuits that could help improve job opportunities for older Americans. [Read more](#). (Source: NPR)

### **Learning to Live Well with Dementia**

Two leading experts on caring for people with Alzheimer’s offer ways to make life better for patients and their caregivers rather than be overcome by hopelessness. Laura Gitlin and Nancy Hodgson—[argue forcefully](#) that it’s time for this “cycle of despair” to be broken. (Source: KHN)

### **A Late-Life Surprise: Taking Care of Frail, Aging Parents**

As life spans lengthen, adult children in their 60s and 70s are increasingly caring for frail, older parents — something few people plan for. A [new analysis](#) found that 10 percent of adults ages 60 to 69 whose parents are alive serve as caregivers, as do 12 percent of adults age 70 and older. About 17 percent of adult children care for their parents at some point in their lives, and the likelihood of doing so rises with age. [Read more](#). (Source: KHN)

### **Social Security Benefits Lose 34% of Buying Power**

According to the [2018 Social Security loss of Buying Power Study](#), Social Security Benefits have lost 34% of Buying Power Since 2000. This is the biggest loss of buying power recorded since 2012, and that was the biggest loss that the study has recorded to date. The study found that, since 2000, COLAs increased benefits a total of just 46%, while typical senior expenses have jumped 96.3%. (Source: The Senior Citizens League)

### **Bankruptcy Booms Among Older Americans**

According to a new study, the rate of people 65 and older filing for bankruptcy is three times what it was in 1991 and the same group accounts for a far greater share of all filers. Driving the surge, the study suggests, is a three-decade shift of financial risk from government and employers to individuals, who are bearing an ever-greater responsibility for their own financial well-being as the social safety net shrinks. [Read more.](#) (Source: NYTimes)

### **Hospice Care for Advanced Dementia: When Is It Time?**

Alzheimer’s disease and other dementias progress slowly and unpredictably, which makes it hard for families and even doctors to determine when to bring in hospice. These guidelines can help you decide if a loved one is a candidate for end-of-life care. [Read More.](#) (Source: AgingCare)

### **10 Questions from Boomer.ology**

To raise awareness about the needs of older adults and the ways communities can be age-friendlier for people of all ages, [CARR](#), a San Diego, California-based consumer advocacy organization, applied for and received an [AARP Community Challenge](#) “quick-action” grant to create *boomer.ology*, a conversation-starting board game. You can test your knowledge – and start conversations about age-friendliness, boomers and more – by answering the sample questions. (Source: AARP)

### **Track the Latest Recalls**

Staying in touch with all of the most recent recalls is hard. In the last few months, recalls have appeared on everything from romaine lettuce and fish crackers to utility vehicles and Instapot cookers. Check out [Recalls.gov](#) to find the most recent recalls collected from six different regulatory agencies. Use the site as a one-stop shop to make sure you don't miss any important alerts and keep your home and family safe. [Check out the latest recalls.](#) (Source: USA.gov)

### **Earwax, Of All Things, Poses Unrecognized Risk in Long-Term Care**

Up to two-thirds of residents in nursing homes may have impacted earwax, which can worsen hearing loss, falls and cognitive decline. [Read more.](#) (Source: KHN)

### **PLAN AHEAD (Always 2 months ahead) – November 2018**

Diabetes, Epilepsy, Lung Cancer, Alzheimer’s, Family Caregiving, Home Care & Hospice, Long-term Care Awareness, Family Literacy and Senior Pet Month; Patient Accessibility (1-7), Drowsy Driving Prevention (4-10), Hunger & Homeless Awareness (10-18), Kindness (12-18), Fraud Awareness (18-24), Family (18-24) and Better Conversation (19-25) Weeks; Family Caregiver (10), Tsunami Awareness (5), Election (6), Stress Awareness (7), Cancer Awareness (10), Veteran’s (12), Diabetes (14), Thanksgiving (22), Listening (23) and Computer Security (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 [bob.riler@piercecountywa.gov](mailto:bob.riler@piercecountywa.gov).