

ADRC E-Newsletter January 2019



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

Jan 3 – No Meeting

Feb 7 – LGBTQ Issues Accessing Long Term Care

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 [Melissa Martin](#), HCPC President, at 253-752-6870

Jan 10 – 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

South End (King County) Coalition

Third Wednesday of each month at 8:15 – 9:15 a.m.
Jan 16 – TBA
Schedule of meeting locations and times at www.secoalition.com

NW Networking

Meets Tuesdays at 8:30 a.m. in Puyallup
Meets Wednesdays at 8:30 a.m. in Auburn/Kent
Meets Wednesdays 11:45 a.m. in Tacoma
Contact Steph Hilfer, CayCare, 253-235-3562 or visit [Facebook page](#)

LOCAL WA 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. Free; reservation required by calling 253-798-4423. Participants need to commit to attend all six classes.

Held 1:00 to 2:30 p.m. every Thursday, Jan 10 – Feb 14, 2019 at the Lakewood Senior Activity Center, 9112 Lakewood Dr., SW. A presentation of Pierce County Aging & Disability Resources. For additional information call (253) 798-4600 or (800) 562-0332.

Whole-Person Care Expands to Pierce County

Washington Apple Health (Medicaid) clients in Pierce County will transition to a whole-person approach to care delivery. Services will be coordinated through a single health plan so that people receive the help they need for body and mind, including mental health and substance use treatment. An integrated care model helps individuals—especially those with multiple complex conditions—receive the full spectrum of care and services they need. By combining both sets of benefits under the same managed care plan, the managed care plan will be responsible and accountable for addressing both the medical and behavioral health needs of individuals, leading to more integrated care and better outcomes. Learn more about [Apple Health \(Medicaid\) managed care](#). You can also [view the integrated managed care plans available](#) in each region statewide.

Introducing Dispatch Health

MultiCare, in partnership with DispatchHealth has formed special medical teams equipped with all the tools necessary to provide house call medical care in the comfort of your home, office or other location. The teams are comprised of an emergency-medicine-trained physician assistant or nurse practitioner, with in-person support from a medical technician, as well as an emergency department doctor available to provide remote support at all times. Learn more about [how DispatchHealth house calls work](#). Service is available on-demand care 7 days a week, from 8 a.m. to 10 p.m., including holidays, for patients living in Tacoma or Pierce County. You can request care online by [visiting the Dispatch Health website](#) or call 253-271-9720. Dispatch health accepts all major health insurance in Washington state.

KWA Raises its Minimum Wage to \$15/Hour

Come January, Tacoma-based Korean Women's Association will raise its minimum wage to \$15 an hour. The move was unanimously approved by KWA's board. Part of that will mean a trade-off, potentially impacting the number of individuals KWA is able to serve in the future. The association helps provide services ranging from in-home care and senior wellness to domestic violence assistance and affordable housing. [Read more in the News Tribune](#).

Safety Day Cleanout Interventions for Severe Hoarding Situations

Go in-depth for your continued professional development on navigating severe hoarding cases with a mental health and public safety focus. Participants will gain an understanding of a comprehensive framework and application of a coordinated "Safety Day" process for severe levels of hoarding intervention. Six 90-minute live webinars over a 6-week period. Participants will also be part of a proprietary Facebook group during and after the 6-week series and exclusive access to webinar recordings for future reference. Sponsored by The Clutter Movement, The Hoarding Project and Clutter Cutters. [Registration is now open](#) for this exciting webinar learning opportunity. Held Fridays from January 11th through February 15th, 2019 from 10:00 a.m. to 11:30a.m. E-mail [Marnie Matthews](#) for more information.

Pierce County Fall Prevention Coalition

A representative coalition of diverse professionals with backgrounds in Health and Fitness and providers within Pierce county community meets regularly to address the growing incidence of falls among older

adults. The mission of the Pierce County Falls Prevention Coalition (PCFPC) is to reduce fall's at home, at work and in the Community of Pierce County. The members work through Public Education, Advocacy, Networking and Resource Education. New members are welcome. The group meets on the fourth Wednesday of each month For more information contact [Dena Santos](#) at 253-552-5794.

2018 Community Checkup and Health Waste Reports Released

The [2018 Community Checkup Report](#), "Improving Health Care in Washington State," is now available [online](#). The report, which is based on data from the Washington Health Alliance's All-Payer Claims Database (APCD) along with other data sources, compares Washington state's performance to national benchmarks on measures of access, prevention, underuse of effective care for chronic illness, and potentially avoidable care. Detailed results can be found on the Alliance's Community Checkup Website at www.WACommunityCheckup.org.

NAMI Lobby Day

Join NAMI Washington members from across the state for our annual lobby day in Olympia. NAMI members and supporters are the most effective people to educate legislators about mental illness and the need to change our current "mental illness" system to a "mental health" system. NAMI lobby day will include a morning breakfast, an issues update and an advocacy skills training. Afterwards, participants visit legislative appointments at the Capitol Campus. Bring a sack lunch or lunch options are available for purchase on the Capitol campus. Free. Held 8:30a.m. to 4:00 p.m. at Temple Beth Hatfiloh, 201 8th Ave., SE, Olympia. [Info and registration online](#).

Alzheimer's Advocacy Day

Create a better future for those facing Alzheimer's in Washington state. Join the Alzheimer's Association in Olympia from 10 a.m. to 3 p.m. on Feb. 19, 2019 for Advocacy Day, the largest annual Alzheimer's advocacy event in Washington state. Held at the WA State Capitol, 416 Sid Snyder Ave, SW in Olympia. [Register online](#). Free. Registrants receive issue training and lunch before their teams visit Senators and Representatives in the afternoon. By joining Advocacy Day, you show state legislators the face of Alzheimer's and dementia and inspire them to act.

Pierce Transit Limited Access Connections

Have you tried [Limited Access Connections](#) yet? This program provides Free lyft trips to and from transit centers and bus stops around the Pierce Transit service area in certain zones. Puyallup commuters: Leave your car at home and use lyft to get you to the Sounder Station. NE Tacoma residents can ride lyft to and from Tacoma Dome Station off-peak and on weekends. Pierce College students at the Puyallup campus get late night rides home with lyft. Steilacoom campus students can use Route 212 plus lyft to get to and from Oakbrook neighborhoods. Parkland, Spanaway, Midland and University Place are also service zones. To find out if you are in a zone, and for more information, visit PierceTransit.org/limited-access-connections.

Yoga Classes for Older LGBT Adults

Tacoma Older LGBT's collaborative partner, Pierce County Aging and Disability Resources, is sponsoring a free weekly Yoga class for LGBT age 60+ beginning January 3, 2019 in Tacoma. It will be held every Thursday. The only thing participants need to do is pre-register. Pre-registering will allow the class not to be delayed, however, forms will be available to complete on that day. If you haven't

pre-register come a few minutes early. To pre-register please contact [Nellis Kim](#) at 253-798-3807. [See flyer for details.](#)

Volunteer as a Tax Preparer

Volunteers are needed to prepare taxes and be greeters at local sites. When you sign up to be a tax preparer, you will receive training to provide free tax help for low-to-moderate income families who need assistance preparing their tax returns. If you sign up as a greeter, you will complete a very short training to welcome people to tax sites and check for documents. [Learn more about the VITA](#) – Volunteer Income Tax Assistance – program with Associated Ministries. Call 253-426-1516.

Health Home Program Saves Medicare Dollars

An innovative program meant to support Apple Health (Medicaid) clients with chronic illness has saved Medicare more than \$107 million over three years, according to new analysis from the Centers for Medicare & Medicaid Services (CMS). In 2013, Washington piloted the Health Home program, which provides community-based care coordination as part of the Apple Health program. Pierce County Aging and Disability Resources serves approximately 120 Apple Health beneficiaries through the Health Home program. Health Homes began as part of the federal Affordable Care Act. About 19,600 dual eligible individuals statewide are currently enrolled in the Washington Health Home program. [View more on the Health Care Authority website.](#)

New Caregiver Alert: Preventing and Reporting Abuse and Neglect

Physical, sexual and mental abuse; as well as neglect, abandonment, and financial exploitation affect persons with intellectual and developmental disabilities daily. You have the power to help prevent abuse, abandonment, neglect and financial exploitation of vulnerable adults and the abuse and neglect of children. Learn how to recognize red flags, who is mandated to report and how, and ways to help prevent abuse in the newest caregiver alert, [Abuse and Neglect.](#)

Summer Camp for Children who Experience Cancer

Camp Sparkle is a free summer day camp offered to children ages 6-12 who have been impacted by cancer. Camp Sparkle is offered in Tacoma (July 22-26 and Aug 5-9) at the STAR Center. The children that attend camp are impacted by cancer in a variety of ways including; having a loved one with cancer, having lost a loved one to cancer or having cancer themselves. [Registration opens January 28 for 2019 sessions.](#) Sessions always fill quickly. Additional sessions in Seattle, Bellevue and Everett. [View the informative brochure.](#)

SCAMS OF THE MONTH

Putting Cash in the Mail

The FTC regularly warns about scammers asking you to pay with gift cards or by wiring money. Scammers love getting you to pay that way because they can get your money fast and disappear. It's almost as good as getting you to send cold, hard cash. Which must have occurred to them, too, because some scammers are now going low-tech and asking people to send cash in the mail. Sometimes they even tell people to divide the cash between pages of a magazine when mailing. How creative! [Read more.](#) (Source: FTC)

This is What a Social Security Scam Sounds Like

Earlier this month, we told you about a growing scam: people pretend to be from the Social Security Administration (SSA) and try to get your Social Security number or your money. That scam is now growing exponentially. In 2017, the FTC heard from 3,200 people about SSA imposter scams, and those people reported losing nearly \$210,000. In 2018 more than 35,000 people have reported the scam, and they tell us they've lost \$10 million. [Here's what one of those scam calls sound like](#). (Source: FTC)

LOCAL HAPPENINGS (ADRC events highlighted in color)

Jan 9 – Fair Housing Basics Webinar

This is a general webinar and will provide an overview of the Fair Housing Act and state/local fair housing laws; federal, state, and local protected classes; housing activities subject to fair housing laws and common fair housing law violations. Free. Held 1 to 11 a.m. [Register online](#). Sponsored by the Fair Housing Center of Washington.

Jan 9 – Repairing the Failing Brain

Stem cell science and the potential for new treatments for Alzheimer's, Parkinson's and other neurodegenerative diseases. Held 3:30 to 5:00 p.m. at the Orin Smith Auditorium, US Medicine South Lake Union, 850 Republican Street, Seattle. Contact [Leena Derifield](#) for details.

Jan 10 to Feb 15 – Powerful Tools for Caregivers

"Powerful Tools for Caregivers" begins 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. Free but reservation required by calling 253-798-4423. Participants need to commit to attend all six classes. Held 1:00 to 2:30 p.m. every Thursday through Feb 14 at the Lakewood Senior Activity Center, 9112 Lakewood Dr., SW. For details call (253) 798-4600 or (800) 562-0332.

Jan 11 – Eastside Community Resource Fair

A special event to provide the Eastside Community of Pierce County with resource information. Meet with community service providers and resources. Find career opportunities. A special event sponsored by KWA. Free child IDs provided by SafeStreets. Held 4 to 7 p.m. at the Portland Avenue Community Center, 3513 E. Portland Avenue in Tacoma. [View Facebook flyer](#) or call 253-535-4202.

Jan 25 – Project Homeless Connect

Associated Ministries hosts its next Homeless Connect event at The Oasis of Hope Center, 1937 S. G St., Tacoma, from 10 a.m. to 2 p.m. This event brings together medical, dental, mental health services and more, as well as offering haircuts, lunch, and respect to people who have been living in their cars, on the street, and places not meant for human habitation. Contact [Wendy Morris](#) at 253-426-1501.

Feb 4 – AARP Lobby day

AARP volunteers and advocates have an opportunity to meet legislators and share information on AARP priority issues. The three primary pieces of legislation for which we will be advocating are 1.) Long-term Care Trust Act, 2.) Retirement Marketplace & Auto IRA, and 3.) Senior Property Tax Exemption. See attached document for more information on each. Held 10 a.m. to 3 p.m. at the Olympia Capitol Campus - Columbia Room (1st Floor Main Legislative Building), 416 Sid Snyder Ave., SW. Registration is required by [clicking here](#).

Feb 5 – SAGE Table

Pierce County Aging & Disability Resources, KWA and Tacoma Older LGBT will hold the second SAGE Table Tacoma. Building upon the success of our earlier event, SAGE Table Tacoma will bring together a mix of generations from the LGBT and ally communities to create connections over meaningful conversation. The theme for our winter Table will be “activism” – what does it mean to be an activist? What role has activism played in your life? What has led you to choose (or to avoid) direct engagement in activism? SAGE Table fosters social connectedness, the development of meaningful relationships, and identification with a strong, supportive network within the LGBT community. Food and non-alcoholic beverages will be provided. Held at the Portland Avenue Community Center, 3513 E Portland Ave, Tacoma, between 4 and 7 p.m. Please RSVP to Nellis.Kim@Piercecountywa.gov or info@TacomaolderLGBT.org. For more information contact Nellis at 253-798-3807.

Feb 11 – Keys to Caring @ Home

About 80% of us will need some form of long term care in our lifetimes. And about 80% of that care will be provided at home by family. The best care can produce the best outcomes. Whether adult children are caring for their parents or older adults are caring for their children and grandchildren, it's important to choose the right care that maximizes quality of life and minimizes wasted expenses. Learn what services are available, how to ask for the kind of care you need, the costs involved, options for paying for care and the pitfalls that can easily be avoided with a little advance knowledge.

- Held at 12:10 p.m. at the Pierce County Annex, 2401 S. 35th Street in Tacoma.
 - Held at 6:30 p.m. at the Gig Harbor Library, 4424 Point Fosdick Dr., SW, Gig Harbor.
- Free; no RSVP required. For more information contact the ADRC at 253-798-4600. [View event flyer.](#)

Feb 12 – Keys to Caring @ Home

(See Feb 11 for event details.)

Held at 6:30 p.m. at the University Place Library, 3609 Market Place W., University Place
Free; no RSVP required. For more information contact the ADRC at 253-798-4600. [View event flyer.](#)

Feb 13 – Keys to Caring @ Home

(See Feb 11 for event details.)

Held at 6:30 p.m. at the Parkland/Spanaway Library, 13718 Pacific Ave., Tacoma
Free; no RSVP required. For more information contact the ADRC at 253-798-4600. [View event flyer.](#)

Feb 18 – NAMI Lobby Day

Join NAMI Washington members from across the state for our annual lobby day in Olympia. Includes a morning breakfast, an issues update, advocacy skills training and visits with legislators. Free. Held 8:30a.m. to 4:00 p.m. at Temple Beth Hatfiloh, 201 8th Ave., SE, Olympia. [Info and registration online.](#)

Feb 19 - Art & Movement Symposium

The Art & Movement Symposium is a light-hearted and fun symposium for all people impacted by Parkinson's in the regional community. Sponsored by the Northwest Parkinson's Foundation. While traditional educational programming is important, NWPF strives to offer equally valuable access to alternative therapies and experiences that improve quality of life. The Symposium focuses on not defining participants by a diagnosis. Experts lead workshops that challenge and support attendees emotionally, cognitively, and sometimes physically, while exploring outlets they can incorporate into

their life beyond the symposium. Held in Puyallup. For details, time and location contact [Jordan Whitley](#) at 206-946-6520.

Feb 19 – Alzheimer’s Advocacy Day

Join the Alzheimer’s Association in Olympia from 10 a.m. to 3 p.m. on Feb. 19, 2019 for Advocacy Day, the largest annual Alzheimer's advocacy event in Washington state. Held at the WA State Capitol, 416 Sid Snyder Ave, SW in Olympia. [Register online](#). Free.

Feb 20 – Senior Lobby Day

Sponsored by the Washington State Senior Lobby, this event provides education about senior issues before the legislature and helps individuals work with their legislators to help shape senior-friendly legislation. Held at the United Churches of Olympia, 110 11th Ave., SE, Olympia. Call 360-754-0207 or info@waseniorlobby.org.

Mar 8 – Discovery 2019 – Alzheimer’s Regional Conference

Join the Alzheimer’s Association for the Annual Alzheimer's Regional Conference. This conference is designed for healthcare professionals and we invite family caregivers to join us. Dr. Allen Power will be the keynote speaker this year along with 14 different workshops during the day. Speakers are experts in their field and offer evidence-informed dementia education workshops. Held 8:30 a.m. to 4:00 p.m. at the Washington State Convention Center, 705 Pike Street, Seattle. [View Event Summary](#) | [View Event Agenda](#). [Register online](#) before March 1, 2019.

Mar 9 – Interfaith Women’s Conference

Associated Ministries sponsors the [2nd Biennial Interfaith Women’s Conference](#), “Seeking Peace: Our Journey”, an event for women of all faiths and goodwill throughout the entire Puget Sound region. Participants experience the power of unity and discover new ways to strengthen communities. We will explore ways we can work together to assist more people in need. This [one-day conference](#) is designed for women who are interested in exploring the potential and power of interfaith collaboration, renewing their personal spiritual life, and engaging with their community to spur positive change. [Register now](#). \$49. Limited scholarships available. To request a scholarship, please contact [Sandy Windley](#) at 253-426-1506. Held 8 a.m. to 5 p.m. at Curtis Junior High School, 3725 Grandview Dr W, University Place.

Mar 23 – Aging into the Future: Pierce County 2020-2030

Aging into the Future: Pierce County 2020-2030 will educate, challenge and inspire the audience to look toward how we can prepare Pierce County (government, businesses, non-profits, faith communities, etc.) to prepare for a future when over 25% of our residents will be older adults. This conference is intended for seniors, individuals with disabilities, caregivers, families, service providers, business owners, and others. The program will include speakers on a variety of important topics. The audience will have generous opportunities to provide feedback, suggestions and additional comments throughout. Come and help us share a vision where all can thrive. Held 9 a.m. to 1 p.m. at the McGavick Conference Center, Clover Park Technical College, 4500 Steilacoom Blvd SW in Lakewood. Free; Refreshments provided. Registration opens in February. For info call 253-798-4600.

Apr 4 – Oh My Gosh, Now What? Part 1 of 6

There’s no diagnosis like an Alzheimer’s or Dementia diagnosis. More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and

in the early stages after the diagnosis. Take a look at the questions and the answers in this 6-part series for families and individuals beginning the journey. Part 1 - What is Dementia? What are the warning signs? Free. Held 12 noon to 1 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Ave S., Parkland. [View event flyer](#). Sponsored by the Pierce County Aging & Disability Resource Center. For more information call 253-798-4600.

Apr 11 – Oh My Gosh, Now What? Part 2 of 6

(See Apr 4 for event description.) Part 2 – “How does the disease progress? What should I expect?” Free. Held 12 noon to 1 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Ave S., Parkland. [View event flyer](#). Sponsored by the Pierce County Aging & Disability Resource Center. For more information call 253-798-4600.

Apr 13 – HOPE Conference - Olympia

Save the Date. Northwest Parkinson’s Foundation hosts a South Sound Hope Conference in 2019. Held in Olympia. More details to come.

Apr 18 – Oh My Gosh, Now What? Part 3 of 6

(See Apr 4 for event description.) Part 3 – How do I start the conversation? How do I cope with the shock?” Free. Held 12 noon to 1 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Ave S., Parkland. [View event flyer](#). Sponsored by the Pierce County Aging & Disability Resource Center. For more information call 253-798-4600.

Apr 25 – Oh My Gosh, Now What? Part 4 of 6

(See Apr 4 for event description.) Part 4 – “What are the typical moods and behaviors? How do I manage them?” Free. Held 12 noon to 1 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Ave S., Parkland. [View event flyer](#). Sponsored by the Pierce County Aging & Disability Resource Center. For more information call 253-798-4600.

May 2 – Oh My Gosh, Now What? Part 5 of 6

(See Apr 4 for event description.) Part 5 – “How do I pay for care? What are the legal things I should do?” Free. Held 12 noon to 1 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Ave S., Parkland. [View event flyer](#). Sponsored by the Pierce County Aging & Disability Resource Center. For more information call 253-798-4600.

May 4 – Aging Expo 2019

Celebrate Older American’s Month honoring the many ways older adults make a difference in our community. We are never too old (or too young) to take part in activities that will enrich our physical, mental and emotional well-being. Held 8 a.m. to 4 p.m. at Pierce College Puyallup Central Building. [Click here for available Exhibitor/Vendor opportunities](#). More event details forthcoming.

May 9 – Oh My Gosh, Now What? Part 6 of 6

(See Apr 4 for event description.) Part 6 – “Where can I turn for help? What are the resources I can rely on?” Free. Held 12 noon to 1 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Ave S., Parkland. [View event flyer](#). Sponsored by the Pierce County Aging & Disability Resource Center. For more information call 253-798-4600.

June 3 – Giving Care: Taking Care

Are you caring for an adult with a chronic condition or disability? This all-day event is specifically intended for caregivers of all sorts. Learn about creative caregiving tools, legal planning, dementia basics, grief, loss and other difficult emotions, reducing stress, family dynamics and more. Early registration through May 13, 2019: Family and volunteer givers - \$35; agency-based community caregivers - \$55. [Preregistration required online](#) or call 800-422-3263. [View event flyer](#). Held 8 a.m. to 4:30 p.m. at the Tukwila Community Center, 12424 42nd Ave S., in Tukwila. Sponsored by DSHS, Pierce County ADR and Full Life.

Q&A of the Month

Question: I got a call from Social Security. My caller ID indicated it was from Social Security. I was told that my number had been used for illegal activity and that I needed to follow their instructions and pay a fine to correct the situation. So far I haven't done what they directed but I'm worried. Should I?

Answer: Apparently you are one of many. It's a scam. We checked with SSA. The Office of the Inspector General (OIG) has receives reports from across the country about fraudulent phone calls from people claiming to be from SSA. Recent reports have indicated that unknown callers are using increasingly threatening language in these calls. The callers state, due to improper or illegal activity with a citizen's Social Security number (SSN) or account, a citizen will be arrested or face other legal action if they fail to call a provided phone number to address the issue. A variation has it that your SSA benefits have been frozen and you need to provide immediate payment to unlock your benefits. SSA employees do contact citizens, generally those who have ongoing business with SSA, by telephone for customer-service purposes. Those calls are follow-ups to inquiries made by beneficiaries. They are not "cold calls" from SSA. If the caller gets testy or threatens you, that's an immediate red flag. SSA employees will never threaten you for information; they will not state that you face potential arrest or other legal action if you fail to provide information. In those cases, the call is fraudulent, and you should just hang up. Just to state the obvious, if the caller asks you to confirm your SSA number, it's bogus. They already have your Social Security number!

NATIONALLY

Judge Strikes Down ACA Putting Law in Legal Peril — Again

The future of the Affordable Care Act is threatened — again — this time by a ruling Friday from a federal district court judge in Texas. [Judge Reed C. O'Connor struck down the law](#), siding with a group of 18 Republican state attorneys general and two GOP governors who brought the case. O'Connor said the tax bill passed by Congress last December rendered the entire health law unconstitutional. The case is not expected to have an immediate effect on coverage for people who buy plans on the federal health law marketplaces because the case is likely to go to the Supreme Court — the third time that the justices will decide the fate of the landmark health law. (Source: KHN)

What Happens if the ACA Ends

The Affordable Care Act's changes to the nation's health care system are so widespread that nearly all Americans would be affected in some way if a federal judge's decision ruling the entire law unconstitutional is upheld, according to a [new analysis](#) from KFF. [Read the Kaiser Family Foundation Fact Sheet](#). (Source: KFF)

Short-Term Health Plans Hold Savings for Consumers, Profits for Brokers and Insurers

They're less expensive for consumers but short-term health policies have another side: They're highly profitable for insurers and offer hefty sales commissions. The Trump administration has worked to ease Obama-era restrictions and promote these riskier (for consumers) options. [Read more](#). (Source: KHN)

Prepare to Care

AARP has produced a 2-part Q&A webinar series on [paying for a loved one's care](#). Both webinars are available on-demand, and all resources will be provided as links in a downloadable PDF for easy reference after the event. (Source: AARP)

VA Still Cutting Family Caregivers from Program

The VA Caregiver Support Program was set up to support family members of Iraq and Afghanistan veterans. They're mostly wives and mothers who receive a VA stipend to provide home health care that would otherwise cost the VA millions of dollars. When it started in 2011, vets signed up in huge numbers, quickly overwhelming the VA staff assigned to the program. In recent years many VAs have drastically cut their rolls — often with little explanation to the caregivers. [Read more](#). (Source: NPR)

From Nursing Home to Hospital – Medicare Takes New Steps

[CMS is taking a new step](#) to reduce avoidable hospital readmissions of nursing home patients by lowering a year's worth of payments to nearly 11,000 nursing homes. It gave bonuses to nearly 4,000 others. These financial incentives, determined by each home's readmission rates, significantly expand Medicare's effort to pay medical providers based on the quality of care instead of just the number or condition of their patients. In Washington state, 33% of nursing homes received a bonus while 76% got penalized. [Search for local nursing homes](#). (Source: KHN)

Small Modular Houses May Offer Alternatives to Older Adults

The University of Southern Indiana is experimenting with small houses designed for the elderly to maintain independence. The school is considering building an inter-generational village. The small, 600-square-foot modular house is called Minka. The name is derived from a simple and functional style of Japanese home. [Read/listen to the story \(3:18\)](#). (Source: NPR)

Congress Passes BOLD Infrastructure for Alzheimer's Act

The passage of the *#BOLDAlzheimersAct* marks the conclusion of an historic year in Alzheimer's and dementia policy victories that also included a record increase in federal research funding and the passage of numerous federal and state bills aimed at improving the lives of those living with the disease and their caregivers. This bipartisan legislation would authorize a major expansion of the Alzheimer's public health infrastructure across the country by enhancing state health department capacity, increasing data collection efforts, and establishing regional hubs to coordinate and continue public health interventions that address dementia. Learn more about the [HBI Road Map](#) and the [BOLD Infrastructure for Alzheimer's Act](#). (Source: Alz Assoc)

A New Way to Compare Out-of-Pocket Medicare Costs

Whether you're covered through Original Medicare or a Medicare Advantage Plan, there are some [costs and expenses](#) you'll need to pay out-of-pocket, even after you pay your monthly premium. Your actual out-of-pocket costs depend on the exact Medicare coverage you have, your health care needs, your prescriptions, and how often you need health care services. [Watch a video](#) about this exciting new way

to [estimate your costs](#). Providing health and drug cost estimates is just one feature that's part of the [eMedicare](#) initiative—a multi-year effort to support a more streamlined and personal experience for you. (Source: CMS)

For the Asking, a Check Is in the Mail to Help Pay for Costly Drugs

It's one of the little-known secrets in health care: When financial incentives like copay coupons and debit cards won't work, pharmaceutical companies sometimes will write a check — what they call direct reimbursement — to make sure a loyal patient will stay on a high-cost, brand-name drug. The practice of sending checks is legal as long as the patients are not enrolled in government-funded insurance such as Medicare and Medicaid. [Read more](#). (Source: KHN)

When Grandparents Provide Child Care

The most recent data show that grandparents in the U.S. care for almost one out of four children under age five on a regular basis. Today's grandparents provide time and money to their children and grandchildren to the tune of \$253 billion each year. To learn more about grandparents' experiences as care providers, birth to three, a national nonprofit focused on healthy child development, hosted a series of focus groups with grandparents who provide child care. [Read more](#) and learn about [HopeSparks' Relatives Raising Children](#) program serving Pierce County residents. (Source: NCOA)

When Needs Arise, These Older Women Have One Another's Backs

Many women aging alone want to hold on to their independence. But, when illness or disability strikes, they often need assistance. A program in New York, Philadelphia and San Francisco offers numerous ways to help. [Read more](#). (Source: KHN)

New Issue Brief: Older Women & Poverty

Nearly two out of three older adults living in poverty are women. A new Justice in Aging issue brief surveys the reasons more women are aging into poverty than men, discusses the support systems that are in place to help older women, and recommends ways we can strengthen and expand those support systems. The brief is accompanied by videos of women telling their own stories. [Read the brief](#) and [watch the accompanying videos here](#). (Source: Justice in Aging)

Cautionary Thoughts on Long Term Care Insurance and More

As you age, it's critical to plan for [long-term care services and supports](#), including home or nursing home care. Many people end up qualifying for Medicaid, which covers these services. Others rely on the volunteer services of family and friends as well as [local resources](#). The [Wall Street Journal](#) reports that people who rely on long-term care insurance policies are at risk; many of them are now facing steep premium increases. (Source: JustCareUSA)

AARP Learn@50+

AARP has produced a [Learn@50+ podcast series](#). Whether it's family caregiving, switching careers, using new technology to make your life easier, or protecting yourself from frauds and scams, the podcast series will help you be ready for what's next. (Source: AARP)

Older Americans Month – May 2019

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The 2019 theme is "*Connect, Create, Contribute*," which encourages older adults

