

ADRC E-Newsletter March 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
March 7 – “Suicide” with Chia-Wen Moon, LMHC in Behavioral Medicine

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
March 14 – “Dispatch Health” with Edie Wood

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
Mar 21 – “INTERACT: Tools for Post-Acute Facilities”
Apr 18 – All Partners meeting
Contact [Melissa McPherson](#) at 253-302-9500

South End (King County) Coalition

Third Wednesday of each month at 8:15 – 9:15 a.m.
Mar 20 – The Lakeshore, 11448 Rainier Ave. S., Seattle
Schedule of meeting locations and times at www.secoalition.com

NW Networking

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

LOCAL WA SERVICES

Help Shape the Future of Pierce County

“[Aging into the Future: Pierce County 2020-2030](#)” is a community conversation about what we will look for in the coming decade and how we can plan now to make the best use of emerging services, demographics, technologies and resources for older adults and people with disabilities. The conference is intended for seniors, individuals with disabilities, caregivers, families, service

providers, business owners, and others. “[Aging into the Future](#)” is a [PechaKucha](#) event. For information, free tickets, and reasonable accommodation requests call 253-798-4600 or visit www.piercecountywa.gov/future. Please bring a donation of non-perishable food for Nourish Pierce County food banks. See March 23 on the calendar below.

Giving Care, Taking Care

The 26th Annual [Giving Care, Taking Care Caregiver Conference](#) will be held on June 3, 2019. This popular, filled-to-capacity conference is intended for family and the community caregivers that help them. It offers a unique opportunity to obtain practical, up-to-date information and resources that will help them care for their loved ones. Dynamic speakers from a variety of backgrounds will share their expertise and knowledge in concurrent sessions throughout the day. A Resource Exhibition offers 40+ informational displays of caregiving products, services, and literature. Sign up to [receive a brochure](#). Registration is now open or call 360-725-2545.

Optimum Life 2019 Continuing Education Series

Brookdale Allenmore is offering a continuing education series for healthcare professionals. This recorded webcast series will feature a different senior-related topic each month and will provide a 1.0 CE credit (one hour) per session for nurses, social workers, case managers and nursing home administrators. Participants can also have their questions answered with content experts. March 18 – Older Adult Nutrition: Practical Strategies. April 8 – Supporting Your client’s Emotional Well-Being. (Series continues monthly through 2019.) All sessions held at 4:30 p.m. at Brookdale Allenmore, 2010 S. Union Ave, Tacoma. Contact Jenny Austin or Melissa Martin at 253-759-7770 or 253-752-6870.

Sound Outreach Joins National Network of Community Champions

[Prosperity Now](#) has welcomed [Sound Outreach](#) as one of its 93 Community Champions in 45 states and Washington, DC. Community Champions are state, local and Native groups that are leaders and conveners in their community. They are committed to mobilizing and advancing policy around consumer protections, the safety net, tax equity and affordable homeownership. Prosperity Now works with Community Champions to advance federal and state policy; and develop the knowledge, skills and capacity of these Champions to become stronger and more effective leaders.

Legislature Faces Stiff Funding Challenges

The [November revenue forecast](#) showed an anticipated \$4.2 billion in revenue growth, which is good news. However, that revenue growth falls significantly short of current obligations, not to mention any desire for new state-funded programs. The anticipated new funding projected to be needed for K-12 basic education funding requirements alone is \$4.2 billion, which nullifies that revenue growth right off. Then there is an additional \$1.1 billion in caseload increases that have been projected for existing programs. In other words, before we look at adding anything new on, if the November forecast holds, the legislature is already starting \$1.1 billion in the hole when they go to write the 2019-21 operating budget. While revenues are projected to grow by 9% a biennium, the costs of continuing current programs are 14%. So, current revenue is not sufficient to fund the existing budget with adjusted caseloads. (Provided by Julie Peterson at Health Policy News)

Pierce County Libraries Selects “The Great Alone”

[Pierce County READS](#) brings together Pierce County residents to engage, read and talk about great books. This winter’s selection, “The Great Alone,” explores the untamed and unpredictable world of

1974 Alaska. The Library System is declaring 2019 A Year of Reading, to help people offset the pressures of daily life and help them relax. A Year of Reading will include author visits, personal reading shoppers in libraries and online through the [My Next Read](#) service, [e-newsletters](#) with reading recommendations, and other ways to engage and connect people with reading.

Tax Assistance Sites Open

VITA (Volunteer Income Tax Assistance) helps households with incomes up to \$54,000 save money through free tax preparation during tax season (late January through April 15th each year). IRS-certified volunteers prepare your taxes accurately and ensure that you receive all deductions and credits you qualify for. Taxpayers also have opportunities to learn about other financial services and community resources. [Click here for more information and list of sites](#). Call 2-1-1 for more details.

Care-A-Van Provides Free Vehicles

The Pierce Transit Care-A-Van program grants for vans and shuttles to qualifying nonprofits that provide rides and services for people in need. The vehicles can be used for a variety of purposes such as transporting individuals with special needs to jobs, providing transportation to meal sites, or taking low-income seniors to medical appointments or shopping. Applications are accepted on an on-going basis. [Visit the website](#) or contact Penny Grellier at 253-589-6886.

Family Resource Home Care Recognized

[Family Resource Home Care](#) in Tacoma has been recognized as Best of Home Care – both Provider of Choice and Employer of Choice. This is the second year in a row that Family Resource has been recognized.

Sound Options Earns Prestigious ‘Leader in Excellence’ Award

Tacoma’s Sound Options was named a ‘Leader in Excellence’ by Home Care Pulse, the industry’s leading satisfaction research and quality management firm. The company won three 2019 Best of Home Care awards: ‘Provider of Choice’, ‘Employer of Choice’ and the only provider in Washington state to win the ‘Leader in Excellence’.

SCAM OF THE MONTH

‘Young Blood’ Plasma Infusions for Dementia, PTSD and Other Conditions

Federal health regulators warned consumers against [controversial “young blood” treatments](#) — plasma infusions from young donors marketed for conditions such as Parkinson’s, Alzheimer’s, multiple sclerosis and post-traumatic stress disorder. There is no proven clinical benefit of infusion of plasma from young donors to cure, mitigate, treat, or prevent these conditions, and there are risks associated with the use of any plasma product. (Source: CNN)

LOCAL HAPPENINGS (ADRC events highlighted in color)

Mar 5 – Free ASL Tax Preparation

The Hearings, Speech & Deaf Center in Tacoma and AARP Tax-Aide is offering free ASL Tax Preparation and Electronic filing for deaf, deaf-blind and hard of hearing. Held March 5 from 8:30 a.m. to 5:00 p.m. at HSDC, 621 Tacoma Avenue South, Suite 505 in Tacoma. Schedule appointments with [Tash Hansen-Day](#) at 253-292-2211.

Mar 8 – Discovery 2019 – Alzheimer’s Regional Conference

This conference is designed for healthcare professionals and we invite family caregivers to join us. Dr. Allen Power will give the keynote. Fourteen 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 – Films on Caregiving: August: Osage County

The death and funeral of their father brings three sisters to the home of their mother, Violet (Meryl Streep), an acid-tongued, pill-popping cancer patient. Daughters Barbara (Julia Roberts), Karen (Juliette Lewis) and Ivy (Julianne Nicholson) – along with their significant others and various other kin – take the full brunt of their dysfunctional matriarch's venom, for Violet tells every one of them exactly what she thinks of them. Caregiving sometimes brings out the worst in some people. Film is rated R for language including sexual references, and for drug use. Held at the Grand Cinema, 606 S. Fawcett in Tacoma. Doors open at 10:30 a.m.; Film starts at 10:45 a.m. [Free tickets available now online](#) or call the ADRC at 253-798-4600.

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 and 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, 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 13 – Five Senior Living Community Tour

Five Tacoma senior living communities will open their doors for a wonderful educational opportunity to tour several retirement communities in one day. The participating communities include: Franke Tobey Jones, Merrill Gardens, Narrows Glen, Tacoma Lutheran Retirement Community and The Weatherly Inn. The tour will be hosted from 9:45 a.m. to 3:00 p.m. People have the option of driving their own vehicle from place to place or RSVP to reserve a seat on one of the community vans by March 11th by calling 253-756-7562.

Mar 18 – Art & Movement Symposium

The Northwest Parkinson’s Foundation [Art & Movement Symposium](#) is a light-hearted and fun symposium for all people impacted by Parkinson's in the regional community. While traditional educational programming is important, NW Parkinson's 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. [Tickets \\$10/\\$15](#) or call 206-748-9481. Held 9 a.m. to noon at the new MetroParks Eastside Community Center, 1721 E 56th St., Tacoma. Light refreshments available. Contact [Jordan Whitley](#) or 206-946-6520.

Mar 22-24 – West Region EMS Conference

The 34th annual 2019 West Region EMS Conference will be held at the Ocean Shores Convention Center, Ocean Shores. The [Prevention Workshop](#) will be held Friday, March 22. A [Cadaver Skills Lab](#) will be offered Sunday, March 24. [Registration is available online](#) or contact the WREMS office at 360-705-9019. [View the event brochure](#).

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 many more of our residents will be 60-plus. 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, Building 23, Clover Park Technical College, 4500 Steilacoom Blvd SW in Lakewood. Free; Refreshments provided. For information, free tickets, and reasonable accommodation requests call 253-798-4600 or visit www.piercecountywa.gov/future. Please bring a donation of non-perishable food for Nourish Pierce County food banks.

Mar 23 – Pierce County Summer Camp Preview Fair

Take an early look at all the fun camps and activities offered by Pierce County Parks & Recreation this summer. Meet instructors and vendors, enjoy giveaways, experience interactive booths and dynamic demonstrations for campers. Camp registration will be open during the fair. Held 9am to 1pm at the Sprinker Recreation Center, 14824 C Street S. in Tacoma. Contact [Jen Spane](#) at 253-798-4753.

Mar 23 – Women of Color Screening Event

An event of women empowering women to get their mammograms! Screening mammograms available for women ages 40 and over who may be uninsured or medically underserved. (Insurance will be billed; No out of pocket expense to patient.) To schedule your appointment, please call the event coordinator at 253-301-6615. Held 12:30-4:00 p.m. at the Carol Milgard Breast Center, 4525 S. 19th Street in Tacoma.

Mar 25-27 – Nursing Practice in Community-Based Care

[This three-day course](#) is designed for RNs, LPNs, Care Coordinators and Leadership providing care in Washington Community-based Care facilities (ALFs, ARCs, EARCs and Memory Care). Includes discussion of the philosophical view and important role a nurse plays and an in-depth review and interpretation of Washington regulations and standards of practice as well as strategies for establishing an effective nursing and health care monitoring program. Held at the Sullivan Center in Tukwila.

Mar 26 – Tools 4 Success

[Tools 4 Success](#) is a one-day conference for youth, young adults, and community members who experience a disability to dream, imagine, and shape their future! Free to job-seekers with disabilities and care providers. Minimal cost of \$20 for parents, professionals, and community members. Event includes 11 interactive workshops, a resource fair with over 40 vendors, keynote speaker shares their hope, inspiration and an experience as a person with a disability. [More info online](#). Held at Tacoma Community College (TCC) – Building 15, 6501 S 19th St. in Tacoma.

Mar 30 – InterGenFest

A community service event designed to engage seniors and youth. Intergenerational efforts are about building bridges, not barricades. It is about what is possible when we view people of different generations, as pure potential ready to engage, not left behind to wait. Sessions include smart phone tips for seniors, interviewing skills for youth, talking saves lives, and water color is not magic. [Sign up to participate](#). [Sign up to volunteer](#). For more info or to donate contact intergenfest@gmail.com. Sponsored by the Rotary Club of Gig Harbor North. Held 10 a.m. to 2:30 p.m. at the Boys and Girls Club, 8502 Skansie Avenue in Gig Harbor.

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 – Films on Caregiving: What They Had

After her ailing mother wanders off during a blizzard, Bridget returns to her childhood home in Chicago, accompanied by her rebellious daughter. Forced to referee between her father's stubborn insistence that his wife remains at home and her equally determined brother's efforts to place her in a memory care facility, Bridget struggles to make sense of a lifetime of family conflict. With her mother's decline becoming increasingly obvious, long-simmering resentments bubble to the surface. Rated R (for language including a brief sexual reference). Held at the Grand Cinema, 606 S. Fawcett in Tacoma. Doors open at 10:30 a.m.; Film starts at 10:45 a.m. [Free tickets available](#) online starting March 10 or call the ADRC at 253-798-4600.

Apr 13 – HOPE Conference - Olympia

Join the Northwest Parkinson's Foundation for an educational symposium for people with Parkinson's, care-partners, family, and friends. The [2019 HOPE Conference](#) will offer a resource fair and breakout sessions that may feature topics such as: nutrition, depression & anxiety, mindfulness, medication management, movement, and more. Exhibitors will include a variety of organizations and companies sharing information and resources for people with Parkinson's disease and their care-partners. Held from 9 a.m. to noon at The Olympia Center, 222 Columbia St., NW, Olympia. \$20-\$25 Registration. Conference fee includes admittance to all speaker presentations, break-out sessions, vendor exhibits, coffee service, and light refreshments. Scholarships are available for those in our community needing financial assistance. Call Jordan Whitley for more information at 877-980-7500.

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 20 – Veterans Resource Fair

This is a community event that is being put on by Veterans for Veterans and their families. The Veteran Resource Fair is a community partnership between various veteran owned agencies, nonprofits, federal, state, and local county agencies whose aim is to provide an annual and reliable place and event where Pierce County Veterans and their families can obtain direct connections and information on many different types of veteran specific programs and resources. [More info online](#). Held 9 a.m. – 3 p.m. at the Tacoma Dome.

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.

Apr 29 – Saying It Out Loud Conference

Conference focuses on information sharing and networking to improve behavioral health services and decrease disparities faced by lesbian, gay, bisexual, transgender, and questioning individuals. Program includes elder track workshop topics. Event strives to provide space to educate to better serve and support LGBTQ+ individuals and families. All are welcome. Held 8 to 4:30 at the Greater Tacoma Convention Center 1500 Commerce St., Tacoma. [Registration opens online](#) soon.

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 4 – Hunger Walk and Run

Held at Fort Steilacoom Park. View event info on [Emergency Food Network website](#).

May 7-8 – Blooming with the Boomers

The Annual Washington Home Care Association’s statewide conference to support home care agencies and advance the field of private pay home care in the state of Washington. Because the boomers are

blooming, we are a fast-growing association. The association is a local and national voice for private pay home care. Exhibitor opportunities available. Contact [Shawn D'Amelio](#) at 206-352-7399.

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.

May 11 – Films on Caregiving: You’re Not You

The powerful story of a life-changing bond that evolves between a woman with ALS and a self-absorbed college student who becomes her unlikely caregiver. A very rocky relationship grows into an unexpectedly deep friendship. Film is rated R for some sexual content, language and brief drug use. Held at the Grand Cinema, 606 S. Fawcett in Tacoma. Doors open at 10:30 a.m.; Film starts at 10:45 a.m. Free tickets available online starting April 13 or call the ADRC at 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. Keynote speaker: Wendy Lustbader. 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.

June 11-13 – Community Summit 2019: Enriching Lives

Community Summit 2019 brings together self-advocates, families, educators, community leaders, nonprofit agencies, and government organizers to discuss building inclusive communities where all individuals are valued for their unique contributions. Held at the Wenatchee Convention Center. [Registration opens in March](#).

Q&A of the Month

Question: What is hospital charity care?

Answer: Each state is a little different. Under Washington law, each hospital must develop a charity care policy. Some hospitals have a different name for their Charity Care programs, such as Bridge Assistance or Financial Assistance. The law requires hospitals to provide free inpatient and outpatient care to very low-income patients for “medically necessary” treatment, including inpatient hospital stays and emergency room visits. It also requires that hospitals provide discounts to other low-income patients for these services. One area hospital was sued for sending patients to collections and not screening them to see if they qualified for charity care. How much Charity Care you may get depends on your income and household size. If your household income is low enough (below 100% of the Federal Poverty Level), the hospital must cover (write off) your eligible hospital bill. If your household income is more than 100% of the Federal Poverty Level, you may get some of your hospital bill reduced. But the hospital has a right to get information about your assets. The amount of Charity Care provided to patients with household income above 100% of the Federal Poverty Level varies. You

might have to push the issue a bit. Unless you ask they may not offer their information. Each hospital has its own Charity Care policy. And remember, some hospital outpatient providers are not included in charity care. To learn more about [Charity Care](#) visit [Washington Law Help](#).

NATIONALLY

6 Ways to Get Vision Coverage after Retirement

Having access to quality vision care is critical as a person gets older. Vision impairment can increase the risk of falls and driving incidents and negatively impact quality of life. Medicare plans cover a wide variety of services, but when it comes to caring for their sight, beneficiaries' options are extremely limited. NCOA has written about what's available. [Read more](#). (Source: NCOA)

AARP Community Challenge 2019

The AARP Community Challenge grant program is intended to help communities make immediate improvements and jump-start long-term progress in support of residents of all ages. In 2019, the grant program will provide funds for community-based “quick-action” projects related to housing, transportation, smart cities and public spaces. The goal is to spark change and build momentum to improve livability for people of all ages. See [About the AARP Community Challenge](#) for eligibility requirements, informative downloads and other details. (Source: AARP)

Available Now: Older Americans Month 2019 Materials

Have you visited the Older Americans Month website this year? The new URL is acl.gov/oam and materials are available now – logos, posters, postcards. Use them as we prepare to #Connect, #Create, #Contribute for #OAM19 this May, and keep an eye out for more material coming soon!

Treatment of blood pressure may reduce dementia risk

The Alzheimer's Association has awarded more than \$800,000 to support the SPRINT MIND 2.0 Study, which will further investigate the impact of [intensive blood pressure management on reducing risk of cognitive decline and dementia](#). SPRINT MIND is the first randomized clinical trial to demonstrate that intensive treatment to reduce blood pressure can significantly reduce the occurrence of mild cognitive impairment (MCI). [Read more](#). (Source: Alz Assoc)

HHS Updates Physical Activity Guidelines

New guidelines from the U.S. Department of Health and Human Services encourage adults to engage in 150 minutes of moderate-to-vigorous physical activity each week with muscle-strengthening exercises at least two days during the week in order to stay healthy. The second edition of [Physical Activity Guidelines for Americans](#) highlights the long-term benefits of physical activity, including improved brain health, reduced risk of chronic conditions, reduced risk for fall-related injuries in older adults, and reduced risk of excessive weight gain. (Source: HHS)

FDA Warns Supplement Makers to Stop Touting Cures for Diseases Like Alzheimer's

The Food and Drug Administration [warned 12 sellers of dietary supplements](#) to stop claiming their products can cure Alzheimer's disease. At the same time, Dr. Scott Gottlieb, the agency's commissioner, suggested Congress strengthen the FDA's authority over the \$40 billion industry, which sells as many as 80,000 kinds of powders and pills with little federal scrutiny. (Source: NY Times)

New Partnership Opportunity for Providers

The National Association of Area Agencies on Aging (n4a) has a new Associate Membership category for nonprofit providers. n4a created this new membership category to strengthen connections and increase information sharing with the providers our members work with every day. Learn more about the new membership category in our [Associate Membership flyer](#). (Source: N4A)

Part D and LIS Updated Eligibility

The U.S. Department of Health and Human Services released the 2019 federal poverty guidelines used for determining financial eligibility for certain federal benefits programs. The National Council on Aging has updated a chart showing the eligibility criteria and cost-sharing for the Medicare Part D Low Income Subsidy (LIS/Extra Help) this year. [See the FPL guidelines](#) | [Download the NCOA chart](#) (Source: NCOA)

The HIV/AIDS Epidemic in the United States: The Basics

In the State of the Union address, Donald Trump described a new U.S. initiative to end the HIV/AIDS epidemic within 10 years. This [fact sheet](#) provides an overview of the history of HIV/AIDS in the United States, including its impact on minority populations. A [related fact sheet](#) on the Ryan White HIV/AIDS Program has also been updated. (Source: KFF)

Home Health Compare

Home Health Consumer Assessment of Healthcare Providers & Systems star ratings help consumers you quickly and easily assess the patient experience of care by home health companies nationally. Consumers can use these ratings to more easily [compare home health agencies](#) using a 5-star scale, with more stars indicating better quality care. [Learn more about the HHCAHPS Survey](#). (Source: CMS)

Association Launches New Lifestyle Magazine

The Alzheimer's Association has introduced [ALZ, a new lifestyle magazine](#). It includes inspiring stories and tips for living a brain-healthy lifestyle. In the inaugural issue, WNBA star Candace Parker talks about honoring her mentor, the late Coach Pat Summitt, who died from complications of Alzheimer's. [Sign up to receive the quarterly magazine – digital or print](#). (Source: Alz Assoc)

Emergency Planning Toolkit for the Aging and Disability Networks

A new Capacity-Building Toolkit for Including Aging and Disability Networks in Emergency Planning is now available called the [Capacity-Building Toolkit](#). This resource guides aging and disability networks to increase their ability to plan for and respond to public health emergencies and disasters. This toolkit helps programs that support older adults and people with disabilities, through the emergency planning process of preparedness, response, recovery, and mitigation activities. (Source: ACL)

New Emojis Introduced

Smartphone users have a wide range of [new emoji](#) devoted to disabled individuals, including wheelchairs, canes, hearing aids and prosthetic limbs. These emoji were proposed by Apple to better represent individuals with disabilities. “Adding emoji emblematic to users' life experiences helps foster a diverse culture that is inclusive of disability.” Apple developed the emoji in collaboration with the American Council of the Blind and the National Association of the Deaf. (Source: NPR)

The Age Well Study Report:

The findings from Year 1 of the [Age Well Study Report](#) spell good news for Life Plan Community residents. Results are based on responses from residents at Life Plan Communities across the nation, which were compared to a demographically similar sample of older adults in the community at large. (Source: Mather Lifeways Institute on Aging)

CMS Launches Podcast to Reach Stakeholders via Modern Platform

The Centers for Medicare & Medicaid Services (CMS) now offers “[CMS: Beyond the Policy](#),” a new podcast highlighting updates and changes to policies and programs in an easily accessible and conversational format. The podcast was created as a new method to explain the agency’s policies and programs. (Source: CMS)

National Crime Victim’s Rights Week

National Crime Victims’ Rights Week (NCVRW) will be commemorated April 7–13. This year's theme is Honoring Our Past. Creating Hope for the Future. The weeklong initiative promotes victims' rights and honors crime victims and those who advocate on their behalf. [Download the customizable NCVRW Theme Poster](#). (Source: OVC)

Minority Aging

The older population is becoming more racially and ethnically diverse as the overall minority population in the U.S. experiences greater longevity. Racial and ethnic minority populations have increased from 6.9 million in 2006 (19% of the older adult population) to 11.1 million in 2016 (23% of older adults) and are projected to increase to 21.1 million in 2030 (28% of older adults). [View information on minority older adults in the U.S.](#) For additional information, visit the [Profile of Older Americans](#). (Source: ACL)

Guidebook for Mental Health Caregivers

The National Alliance for Caregiving has released [Circle of Care: A Guidebook for Mental Health Caregivers](#). The guidebook emerged from the 2016 national study on mental health caregiving, [On Pins and Needles: Caregivers of Adults with Mental Illness](#). It was the first national survey of mental health caregivers conducted in the US and identified numerous challenges faced by these caregivers. Learn more about this study at [About Mental Health Caregiving](#). Circle of Care is designed to guide unpaid friends, family, and neighbors who care for someone with a mental health condition. The fact sheets are intended to assist these caregivers with finding help for the specific challenges. (Source NAMI)

PLAN AHEAD (Always 2 months ahead) – May 2019

ALS Awareness, Allergy & Asthma Awareness, Better Hearing & Speech, Building Safety, Clean Air, Family Wellness, Food Allergy, Healthy Vision, Mental Health, Foster Care, Guide Dog, High Blood Pressure Education, Pet, Salad, Stroke Awareness, Older Americans, Social Security, and Women’s Heath Care Month; Drinking Water (5-11), Goodwill (5-11), Public Service (5-11), Nurses (6-12), Nursing Home (12-18), Women’s Health (12-18), EMS (19-25) and Brain Injury (20-26) Weeks; Nurses (6), Asthma (7), Animal Disaster Preparedness (8), Peace Officer Memorial (15), LGBT Elder (16), Brain Injury (22), Senior Health & Fitness (29) and World MS (31) 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.