

ADRC E-Newsletter

April 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

April 4 – "911 Calls to Tacoma Fire EMS" with TFD Assistant Chief Mike Newhouse

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

April 11 – 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

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.

Apr 17 – Village Concepts El Dorado West, 1010 SW 134th St, Burien

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](#)

West Side Senior Providers Networking Group

Meets Third Thursday at 1:00 p.m.

University Place Library, 3609 Market Pl., W., UP

Contact [Debbie Ruvo](#) at 253-370-1947

LOCAL WA SERVICES

Senior Farmers Market Vouchers

The [Senior Farmers Market Nutrition Program](#) provides low-income seniors with \$40 of vouchers to purchase produce from participating farmers markets and roadside stands. Registration begins Monday, May 6, 2019 and continues until all vouchers are gone. Eligible applicants must live in Pierce County, be 60 years old or older (55+ for Native American or Native Alaskan), able to pick up the vouchers in person and show government-issued photo I.D. and have income below 185% poverty level. (Total household income – 1 person = \$1,926; 2 people = \$2,602) Pre-registration is mandatory by calling the Pierce County ADRC at 253-798-4600 starting Monday, May 6. [View program flyer.](#)

Visually Speaking – Learn ASL

ASL 1.2 is a continuation from the beginning class. If you've fallen out of practice, this class is a great way to get your hands back up and moving. If you took a class with us before and want more, welcome back. If you haven't taken a class with us, but you're looking for a silent, immersive experience, we are excited to meet you! Spend 6 weeks working on improving the skills you already have and building them into storytelling and conversation skills. We will play games and activities to reinforce basic ASL vocabulary and grammar appropriate for use in multiple settings. \$99. Held 7 – 8 p.m. Wednesdays, May 1 – June 5 at HSDC, 621 Tacoma Ave., S. Contact [Kellie Gillespie](#).

Outstanding Caregiver Nominations

Many caregivers go the extra mile . . . often without recognition. The Health Care Providers Council wants to pay tribute to the caregivers in our community who provide compassionate care and give so much of themselves. [More information and nomination form available on the HCPC website.](#) For more information contact [Lynessa Stone](#). The recognition awards dinner is June 11 at 7 p.m. at The Weatherly Inn in Tacoma.

Text 9-1-1

If you cannot safely place a voice call to 911, you can now text for emergency police, fire or medical aid in Pierce County. South Sound 911's launch of text-to-911 service provides the community – including the deaf, hard of hearing, or speech disabled – a potentially life-saving option to reach 911. It is also available for those in a situation where calling 911 might endanger a life or escalate the situation. Text-to-911 is not a service of convenience – it is for emergencies only. While voice calls to 911 are still the most effective way to get emergency help, text-to-911 is available when you cannot safely make a voice call. Simply stated, call if you can, text if you can't. [Visit South Sound 911 for more info.](#)

Rebuilding Day 2019

Rebuilding Day South Sound is coming on April 27. Organized by Rebuilding Together south Sound, volunteers from sponsor teams will be hearing from their project leaders to sign up online. If you are interested in volunteering on April 27th and not on a Sponsor Team, email volunteer@rebuildingtogether.org for more information.

Supportive Senior Housing on the Key Peninsula

The Mustard Seed Project has reached an agreement on terms for a construction loan. This means that TMSP is actively moving ahead toward breaking ground on the Supportive Senior Housing project by November 1, 2019. The project will have two modules—20 beds for those who need supportive care and 10 beds for memory care. Homes will use the [Green House Project](#) model—an innovative model of care that seeks to de-institutionalize senior care while creating a home environment in which residents are respected and empowered and staff is engaged and fulfilled.

Sound Outreach Featured on KING-5

Sound Outreach Executive Director Jeff Klein and Harborstone Credit Union's Vice President of Community Development, Mark Minickiello, appeared on King 5's New Day Northwest to talk all things financial empowerment. Watch the [interview here](#). In just a few minutes, learn how we are working together not just to help individuals but to create the partnerships and collaborations that form a movement toward a financially strong Pierce County.

WA Democrat Introduces 'Medicare For All' Bill

Rep. Pramila Jayapal (D- Wash.) told reporters that the goal of the [Medicare for All Act of 2019](#), which has more than 100 co-sponsors, is to completely overhaul the U.S. healthcare system and convert it to a government-run entity. The legislation provides an outline of the thinking of some congressional Democrats on "Medicare for All," an issue that has been highly debated among Democrats running for president in 2020. (Source: Modern Healthcare)

Giving Care, Taking Care

The 26th Annual [Giving Care, Taking Care Caregiver Conference](#) will be held on June 3, 2019. This popular 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.

Spring Legal Series

The Pierce county Coalition for Developmental Disabilities (PC2) hosts attorney Timothy Williams in a series of three special presentations. Apr 24 – "Estate Planning for Families of Individuals with Developmental Disabilities. May 1 – "Guardianships for Individuals with Developmental Disabilities. May 8 – "Special Needs Trusts & ABLE Accounts for Families of Individuals with Developmental Disabilities. All sessions held at 5:30 p.m. at PC2, 3716 Pacific Ave., #A in Tacoma. Advance registration requested at 253-564-0707.

Summer Camp Pierce

Camp Pierce is for campers ages 20-30. Campers learn about and use public transportation, enhance socialization with peers and community members, increase independence skills and build their resumes. Campers also volunteer in the community, visit parks and take fun weekly field trips. Sponsored by Pierce County Parks and Recreation. Held at the Lakewood Community Center, 9112 Lakewood Dr. [Info available online](#) or call 253-798-2997.

Camp Lots of Fun

A day camp experience for children and young adults ages 6-21 with disabilities. Four fun weeks; 8 a.m. to 3 pm Monday through Friday. Registration night is Tuesday, May 7 5:30-6:30 at the Lakewood Community Center. [Info available online](#) or call 253-798-4199.

Retirement Connection Guide Now Available

The newest edition of the Retirement Connection Guide of Puget Sound serving Pierce, King and Snohomish counties will hit the streets April 1st and can be found at hundreds of locations including: every physicians offices, senior centers, hospitals, libraries, meals on wheels sites, area agencies on aging, and at sponsors' communities. To request 1-100 copies call [253-642-6682](tel:253-642-6682) or e-mail Tabitha@RetirementConnection.com.

States Eye 'Medicaid Buy-In' – Including Washington

As “Medicare for all” has become a rallying cry for progressive Democrats, several states – including Washington – are looking at offering consumers a different government-sponsored plan to provide a more affordable health option. The proposals, often referred to as “[Medicaid buy-in](#)” plans, would typically offer benefits similar to what is available in Medicaid, the state-federal health plan for low-income people.

Goodwill's Financial Literacy Program “Keys to Change”

Financial Literacy course designed to provide participants the skills they need to make sound financial decisions. Learn is how to create monthly budgeting and savings plans, how to pull and then improve your credit score, set up checking and savings accounts and much more. Those who have TPU as their utility provider and are income qualified can get an \$80 utility credit. Course offered the first week of every month with an option of morning or evening classes. Contact [Heather Little](#) at 253-573-6709.

Caregiving Training Center at Tacoma Visiting Angels

HCA training, includes in-classroom: Dementia & Mental Health Level 1, hands-on Skills + 50 hours on-line. Attend HCA series, or individual classes. Held at Tacoma Visiting Angels: 1401 S Union, Tacoma on Fridays - May 3, 10, 17, 21, 28. Contact [Marian](#) at 253-537-3700 or for more information.

Adult CPR/1st Aid & AED

Held Saturday, April 27 from 9 a.m. to 1 p.m. at Tacoma visiting Angels, 1401 S Union Ave, Tacoma. Fee: \$45. Contact [Marian](#) at 253-537-3700 to register.

Molina Partners with Amazon to Offer Medicaid Members “Prime on Us”

[Molina Healthcare](#) of Washington [announced](#) that it will partner with [Amazon](#) to address access to healthy food and health products for Molina Medicaid members. The partnership will provide Washington Molina adult members 90 days of complimentary “[Prime on Us](#)” services followed by the option to continue monthly membership at a discount should they choose. Phase two of the strategy will transition Molina health incentive rewards to Amazon gift cards to help defray members' costs for healthy items.

Youth Leadership Forum

High school students with disabilities can apply for the 18th annual Youth Leadership Forum in July to learn leadership, citizenship and personal skills. The Governor's Committee on Disability Issues and Employment is accepting applications through June 1. The Youth Leadership Forum (YLF) is designed for students with disabilities who want to be or are leaders in their schools and communities. To apply go to the [GCDE website](#) and select *Student application* under *Youth Leadership Forum*, or contact [Elaine Stefanowicz](#) by email or phone at 360-902-9362.

SCAMS OF THE MONTH

Phishing: Don't Take the Bait

Phishing is when someone uses fake emails or texts – even phone calls – to get you to share valuable personal information, like account numbers, Social Security numbers, or your login IDs and passwords. Scammers use this information to steal your money, your identity, or both. The FTC's new infographic, developed with the American Bankers Association Foundation, offers tips to help you recognize the bait, avoid the hook, and report phishing scams. [Read more.](#) (Source: FTC)

Keep Tech Support Strangers Out of Your Computer

If you need tech help with your computer, where do you go? Most of us probably search online. But your online search can lead you straight to scammers who scare you into thinking your computer is in dire need of repair...and then sell you costly security software that you don't need. [Read more.](#) (Source: FTC)

LOCAL HAPPENINGS (ADRC events highlighted in color)

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 8 – Optimum Life 2019 Continuing Education Series

“Supporting Your client's Emotional Well-Being.” This recorded webcast series will feature a different senior-related topic each month and provides 1.0 CE credit (one hour) per session for nurses, social workers, case managers and nursing home administrators. (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.

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 11 – ASL Tacoma Renter's Rights Workshop

Are you a renter in Tacoma? You have new rights. If you've ever been threatened with eviction, wondered whether your landlord was allowed to do that, or felt worried about losing your housing, this workshop is for you. Held 1 to 3 p.m. at TACID, 6315 S. 19th Street in Tacoma. RSVP at Tacoma@hsrc.org or VP at 253-292-2211. ASL interpreter provided.

Apr 12-14 – Survive to Thrive – Wellness Retreat

Join other cancer survivors and our Harmony Hill facilitators for 3 days of support, education, advocacy and healing. This workshop welcomes all cancer survivors. Cancer survivorship is a time of complex emotions, physical changes, and psychological transition. Whether you have completed treatment, continue on maintenance therapy or surveillance, or are living with a chronic diagnosis, survivorship is a unique phase of care with unique issues. Workshop provides an opportunity to come together with other survivors in a supportive environment to explore the impact cancer has had on your life, and how you'd like to move forward. Held at Harmony Hill, Union, WA. [Info and registration online](#).

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 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 16 - 3 Strategies to Up-Level your Personal Brand

Attendees will learn three key strategies to build an authentic and congruent image by understanding fundamentals of dressing your shape, wearing ideal colors and how to identify wardrobe preferences to build a signature brand. Hosted by CayCare. Held 8 0 9:30a.m. at the Puyallup Activity Center, 210 West Pioneer Ave. Free. [Register online](#).

Apr 16 – ADA & Employment

This seminar will help attendees learn more about ADA options and employer requirements. Speakers from the Center for Independence will lead a Disability Rights Panel speaking and answering questions on advocacy and accommodations for school and work environments. Sponsored by the WA State Department of Services for the Blind. Held 1-3 p.m. at the Tacoma WorkSource Pierce office, 2121 S. State Street, 3rd Floor. For more info call 253-597-4417 or [online](#).

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

A community event 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 25 – ASL Medicare Workshop

Do you get SSDI? Are you turning 65 soon? Join HSDC and SHIBA for an overview of the Medicare insurance system as a whole, the enrollment timelines, cover ang benefit options, financial resources, fraud tips and more. Free Held 10 – 11 a.m. at HSDC, 621 Tacoma Ave., Suite 505. Please RSVP at Tacoma@hsrc.org or VP at 253-292-2211. ASL interpreter provided.

Apr 25 – Retirement Connections Release Party

Celebrate the release of the new Puget Sound Retirement Connections guide for Pierce, King and Snohomish Counties. Hosted by Retirement Connections. Held at C.I. Shenanigans, 3017 Ruston Way in Tacoma, 3:30 to 6:00 p.m. RSVP [online](#), Tabitha@RetirementConnection.com or 253-642-6682.

Apr 26 – Hoarding Disorder Assessment, Treatment & Intervention

As Hoarding Disorder continues to be a growing problem and public health concern, professionals are challenged in finding effective approaches to address the issue. This presentation will provide a brief background of hoarding, assessment tips, effective treatment approaches and information about in-home interventions/cleanouts. Presented by Leslie Shapiro. Held 9 a.m. to 4 p.m. at DDA Tacoma Office, 1305 Tacoma Ave S., Suite 300. Contact [Melody Erickson](#), Developmental Disabilities Administration at 253-404-5560.

Apr 29 – Sumner Senior Resource Fair

The Sumner Senior Center’s Resource Fair helps folks get connected with valuable information and resources available to individuals 55+. This is an open-house style event. Stop in and chat with local experts in senior services – Celebrate Seniority, Humana, Clear Captions, and Dispatch Health are just a few experts who will be onsite to share information with you. Free. Held 10 a.m. to 2 p.m. at the Sumner Senior Center, 15506 62nd St. Ct. E. Refreshments provided. Phone: (253) 863-2910.

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. [Event website](#). 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 now open.](#)

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

Those of all ages will find encouragement and information to promote a long and active life at Aging EXPO 2019 from 8 a.m. to 4 p.m. at Pierce College Puyallup in celebration of May as Older Americans Month. The event is *free* to the public and CEUs will be available to professionals. Register at www.aginginpuyallup.org. Eric Larson, MD a leading expert in the science of healthy aging, opens the conference with practical advice on growing old with resilience and foresight. Jennifer Kulik, PhD will lead an interactive presentation in the afternoon keynote on how play contributes to understanding, memory and cognition and its importance in all stages of life. Breakout sessions will focus on a wide-variety of topics ranging from lifelong learning and how to prepare and repair your brain. Lunch is available for purchase and participants are invited to meet exhibitors of organizations and services especially helpful to our aging society. Presented by the Puyallup Area Aging in Community Committee in partnership with AARP Washington, LeadingAge Washington, The News Tribune, 3rd Act Magazine, Wesley Bradley Park, MultiCare, Village Cooperative and Aetna Medicare Solutions.

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 10 – Lung Force Expo

This special one-day educational event brings together patients, providers, caregivers, and advocates with leading lung health experts to learn about cutting edge treatments, medications, resources and research to fight lung cancer and other lung diseases. Advance registration online. [Patients/Caregivers Program](#) 9:00 a.m. to 2:30 p.m. [Healthcare Professionals Program](#) 8:00 a.m. to 4:00 p.m. Held at the Tukwila Community Center, 12424 42nd Ave S.

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.

May 11 – Early Stage Memory Loss Forum

Specifically designed for and limited to individuals who have mild memory loss due to Mild Cognitive Impairment (MCI), Alzheimer’s disease and other related dementias and their invited care partner/s. Expect a casual day of education, inspiration, encouragement, and resource sharing for those living with mild memory loss. Presenters will cover a broad range of topics to help attendees navigate the next chapter with help and hope. The forum registration is limited to those who have mild memory loss and their care partner/s. [Pre-registration is required](#). Held 9:30 a.m. to 3:30 p.m. at University Place Presbyterian Church, University Place. Contact the Early Stage Memory Loss Forum line at 206-363-5500 ext. 8169, 800-848-7097 ext. 8169 or email ESMLForum@alzwa.org with any questions.

May 21 – Optimum Life 2019 Continuing Education Series

“Engaging People with Dementia in non-Memory Care Settings.” This recorded webcast series features a different senior-related topic each month. Provides 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. (Series continues monthly through 2019.) 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.

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

A positive future relies on actions that engage each other, invests in building inclusive communities, and innovates from hope and possibility. Community Summit 2019 brings together self-advocates, families, educators, community leaders, non-profit agencies, and government organizers to discuss building inclusive communities where all individuals are valued for their unique contributions. Scholarships available (due April 26). Clock hours and CE credits available. Held at the Wenatchee Convention Center. For details visit the Community Summit [website](#) or look for news and updates on [Facebook](#).

June 27 – High Risk Populations Disaster Planning Summit

This year’s theme: It Takes A Village. Participants will share real-world experiences, lessons learned, and engage in a community-based table-top exercise meant to challenge your readiness to respond to the unthinkable. Hear from the county Health Department’s air quality expert and city Emergency Managers. An update on inclusive emergency planning efforts for individuals with Access and

Functional Needs will also be presented. For any individual, agency, organization, business, or first responder who is interested in disaster planning for the area's populations with access and functional needs. Held 8 a.m. to 4 p.m. at Blix elementary School, 1302 E. 38th Street in Tacoma. Hosted by Pierce County Emergency Management. Free. [Registration required online.](#)

Q&A of the Month

Question: How do I tell the difference between a legitimate debt collector and a scammer?

Answer: There are a number of tell-tail signs. If they withhold information from you it's a scam. If the caller pressures you to pay by money transfer or prepaid card that's a huge red flag. If they threaten you with jail time or say they are a government official don't bite. If they say they will tell your family, friends, and employer, know that a debt collector is generally not allowed to tell other people about your debt without your permission. If you don't recognize the debt that the person claims you owe money for, ask questions. If they ask for personal financial information hang up. If they call before 8 a.m. or after 9 p.m. it's a fake. Maintain your cool. Ask for a callback number. But before you call them back, check to make sure that's the correct phone number for the company you supposedly owe. They can all too easily fake any phone number. Check your credit report for the account in question. You are entitled to a free credit report every 12 months from each of the three major consumer reporting companies. The Fair Debt Collection Practices Act prohibits debt collectors from engaging in a variety of practices, such as misrepresenting the debt, falsely claiming to be a lawyer, or using obscene or profane language when trying to collect a debt. You can always submit a complaint. If you have received a suspicious call or think you've been the victim of a debt collection scam, you can submit a complaint with the Federal Trade Commission (www.ftccomplaintassistant.gov/#crmt&panel1-1) or you can contact the Washington State Attorney General's office (www.atg.wa.gov) or 360-753-6200.

NATIONALLY

Older Adults Lose Billions to Financial Exploitation

A [new report](#) from the [Consumer Financial Protection Bureau](#) (CFPB)—the government agency charged with enforcing federal consumer financial laws—sheds light on the widespread problem of [elder financial abuse](#). [Studies show](#) that financial exploitation is the most common form of elder abuse. Perpetrators can include a [wide variety of people](#) ranging from close family members to offshore scammers, and [estimates](#) of annual losses to older adults have ranged from \$2.9 billion to \$36.5 billion. (Source: MRC)

Nursing Home Fines Drop as Trump Administration Yields to Industry Complaints

The Trump administration's decision to alter the way it punishes nursing homes has resulted in [lower fines against many facilities](#) found to have endangered or injured residents. The average fine dropped to \$28,405 under the current administration, down from \$41,260 in 2016, President Barack Obama's final year in office. (Source: KHN)

Celebrate Male Caregivers

Meet and fall in love with these guys. Because caregiving stereotypes usually consist of female roles, we've decided to introduce you to some amazing men in the following videos. These caring men are shattering the boundaries of what's expected from male partners and sons. Their touching stories

highlight the growing number of men who are caring for loved ones and the need for increased support for male caregivers. [View the four videos](#). (Source: AARP)

Alzheimer's Association 2019 Report

The Alzheimer's Association has released its [2019 Alzheimer's Disease Facts and Figures](#) report. The newest release reveals current trends in Alzheimer's prevalence, mortality and morbidity, the burden on caregivers and the astronomical costs of health care and services. More Americans than ever — an estimated 5.8 million — are living with Alzheimer's, and this number is expected to rise to nearly 14 million by 2050. [Download the Infographic](#) | [View the video](#). (Source: Alz Assoc)

Alzheimer's Screenings Often Left Out of Seniors' Wellness Exams

Fewer than half of primary care doctors routinely test patients 65 and older for problems with memory and thinking. That's according to a survey of doctors and patients by the Alzheimer's Association, which notes that [skipping the tests could lead to patients going undiagnosed until they're severely impaired](#). Medicare has made such evaluations a required part of annual wellness visits. (Source: NPR)

New Hope for Alzheimer's Treatments

An analysis of the genetic makeup of more than 94,000 people in the United States and Europe with clinically diagnosed Alzheimer's led to the [discovery of four new genetic variants](#) that increase risk for the neurodegenerative disease. These genes, along with others previously identified, appear to work in tandem to control bodily functions that affect disease development, [the study](#) found. (Source: CNN)

Trump Budget Proposes Huge Cuts to Medicaid and Medicare

The Trump administration is [proposing a sharp slowdown](#) in Medicaid spending as part of a broad reduction in the government's investment in health care, calling for the public insurance for the poor to morph from an entitlement program to state block grants. The budget released by the White House would cut \$845 billion from Medicare and \$1.5 trillion from Medicaid and \$26 billion from Social Security. (Source: WA Post)

Trump's Budget Request Eliminates Vital Funding

The administration has again proposed significant cuts to senior programs. The FY20 budget request proposes eliminating Falls Prevention and CDSME funding at the Administration for Community Living. It also eliminates the Senior Community Service Employment Program, the Commodity Supplemental Food Program, the Low-Income Home Energy Assistance Program, the Social Services Block Grant, and the Community Services Block Grant. Funding for the Medicare State Health Insurance Assistance Program (SHIBA) would be cut by \$13 million—27%. Additionally, over 10 years, Medicare would be cut by an estimated \$818 billion, Medicaid by over \$1.5 trillion, and SNAP by \$220 billion. [See a comparison of funding levels](#). (Source: NCOA)

Death by a Thousand Clicks

The U.S. government claimed that turning American medical charts into electronic records would make health care better, safer and cheaper. Ten years and \$36 billion later, the system is an unholy mess. [Inside a digital revolution gone wrong](#). (Source: KHN)

DeVos Plans to Eliminate Special Olympics Funding

Education Secretary Betsy DeVos has proposed to [eliminate funding for the Special Olympics](#).

The Special Olympics received \$17.6 million from the Education Department this year, roughly 10 percent of its overall revenue. (Source AP)

Get Ready for Older Americans Month with ACL Resources!

Older Americans Month is right around the corner. The theme for May’s #OAM19 is #Connect, #Create, #Contribute—and now is the best time to prepare to promote your agency’s programs and services this May. Check out the Administration for Community Living’s materials at acl.gov/oam and get ready to strut your stuff because n4a’s *Strut Your Stuff* (#n4astrut) campaign will be back again this year to help your agency promote the programs it uses to keep older adults active and engaged in the community. [Learn more](#). (Source: ACL)

The CARE Act Implementation: Progress and Promise

Within a four-year span, landmark model legislation addressing issues related to family caregiving has become law in 40 states and territories. This new AARP report provides an update on the legislation and its implementation, bringing in perspectives from the field. [Read the report](#). (Source: AARP)

Is Your Hospital Being Penalized by Medicare?

Each year, Medicare punishes hospitals that have high rates of readmissions and high rates of infections and patient injuries. [Check out which hospitals have been penalized](#). (Source: CMS)

Patients Experiment with Prescription Drugs to Fight Aging

Over the past two years, more and more patients flocked to their doctor after learning that two [drugs could possibly stave off aging](#). Some doctors prescribe drugs “off-label” for their possible anti-aging effects. Metformin is typically prescribed for diabetes, and rapamycin prevents organ rejection after a transplant, but doctors can prescribe drugs off-label for other purposes — in this case, for “aging.” In fact, it’s easier for patients to experiment with the drugs — either legally off-label or illegally from a foreign supplier — than it is for researchers to launch clinical trials that would demonstrate they work in humans. (Source: KHN)

PLAN AHEAD (Always 2 months ahead) – June 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 Health 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.

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.