

ADRC E-Newsletter May 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

May 2 – "If not EMS, What's the Alternative?" with Tony Kuzma, American Medical Response

Health Care Providers Council of Pierce County

Second Thursday of each month, 7:30 – 9 a.m.

Mtn. View Funeral Home, Celebration of Life Chapel, 4100 Steilacoom Blvd SW, Lakewood.

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

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

May 16 – Goals of Care and End of Life Conversations

Contact [Melissa McPherson](#) at 253-302-9500

South End (King County) Coalition

Third Wednesday of each month at 8:15 – 9:15 a.m.

May 15 – Merrill Gardens at Renton Centre, 104 Burnett Ave S., Renton

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

Making the Link – Vendors Plan Ahead

The annual Making the Link resource and information expo will be held on Wednesday, October 16 at the MetroParks STAR Center. Vendor registration will open July 1 on the [HCPC website](#). Early

registration \$200 full table; \$150 half table before August 1. After August 1 registration is \$225 full table; \$175 half table. Payment must be received no later than September 16.

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. Actual distribution will begin in June. 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.](#)

Farmers Markets 2019

[Puget Sound Fresh](#) (a program of the Tilth alliance) provides consumers with resources and tools to help them identify and make informed choices on how to find and purchase seasonal and locally grown, raised or harvested foods. The Puget Sound region supports a diversity of fresh fruits and vegetables, meats, poultry, fish and shellfish, eggs, herbs, flowers and a wide variety of value added-farm products such as preserves, ciders and wine, cheese and many others. [Find a farmers market](#) for any county in Washington state.

Outstanding Caregiver Nominations

The Health Care Providers Council of Pierce County annually pays tribute to the caregivers in our community who provide compassionate care and give so much of themselves. Please take time to nominate and honor a special caregiver (CNAs, NARs, HCAs, and Caregivers) today. [Download the form here.](#) One nomination per form. Please fill out the form completely and legibly and mail it to: Health Care Providers Council; Attn: Caregiver Recognition Committee; PO Box 64735; University Place, WA 98466 or email to Lynessa Stone at lstone@advanced-healthcare.com. Nomination forms must be postmarked by Monday, May 6. The recognition awards dinner will be held June 11 at 7 p.m. at The Weatherly Inn. Tickets for dinner available on line at www.healthcareproviderscouncil.org.

GiveBIG Returns on May 8

When we all give together, we GiveBIG. This is the legacy we are continuing with GiveBIG 2019. Join the region's nonprofit organizations on Wednesday, May 8, 2019 for a 24-hour display of community and generosity. Donate to your favorite cause or discover a new one. There is no limit to the amount of good you can do. [Learn more at the GiveBIG website.](#)

Rainbow Center Survey

Tacoma's Rainbow Center invites every one to participate in the 13th Annual LGBTQ Community Survey. This is an opportunity to provide important feedback to our LGBTQ community media and organizations. It also serves as a source of data to companies interested in serving our community, sponsoring our charities, and supporting their LGBTQ employees. Last year's survey yielded 45,000 respondents from 150 countries! [Click here to start the survey](#) Everyone who completes the survey by May 15th, 2019 may enter into an optional drawing to win one of twenty US \$50 cash prizes or winners may choose to designate a charity to receive the \$50.

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.

WA State Scam Targets HCA Medigap Plan F members

A new phone scam has popped up in Washington state targeting people enrolled in the Washington State Health Care Authority's Medigap Plan F offered through Premera Blue Cross. The caller says they represent Premera and that the beneficiary must change their Medigap plan. They then offer to transfer the beneficiary to a plan to sign up. If enrollees receive a call from 1-760-313-1263 or any other phone number, do not give out any information! Premera is not calling clients and they do not need to change plans. Enrollees can write down as much information as possible without providing any information to the caller, then hang up and report it to SHIBA at 1-800-562-6900. If enrollees want to confirm their enrollment with Premera, call the plan directly.

Pierce County Library’s 2018 Annual Report to the Community

The PCLS has released its [2018 Annual Report to the Community](#). The report outlines the wide variety of activities and events that the library system, the branches and staff have been involved in during 2018. There is a brief financial overview as well. The year marked the second time in the history of the Pierce County Library System that voters were asked to restore the Library’s funding with a levy lid lift. In November, 106,844 voters approved the levy lid lift with a 50.21 percent approval rate.

NAMI Washington Receives National Award

The Outstanding NAMI State Organization Award recognizes exceptional efforts by a NAMI State Organization to carry out the NAMI mission as defined by the NAMI Standards of Excellence. “NAMI Washington has demonstrated exception leadership. NAMI Washington's efforts led to the endorsement for 19 Affiliates of the State of Washington. As a leader, NAMI Washington takes opportunities to pilot new programs like NAMI Family & Friends and was selected to participate in the NAMI Alignment Project. They maintain a strong statewide advocacy presence. NAMI Washington's strong community presence is demonstrated by the number of NAMI Signature Program offerings. NAMI Washington is proactively reaching out to diverse communities by creating the Diversity, Equity and Inclusion Committee, which will spearhead the state's efforts.” Award presentation will take place during the 2019 NAMI National Convention in Seattle on June 22 at 10:30 a.m.

Pierce County Point-in-Time Count Results Released

The [2019 Pierce County PIT \(Point-in-Time\) Count](#) was conducted on January 25. A total of 1,486 people experiencing homelessness were identified during the count, a decrease of 9% compared with the 2018 PIT count. Over 300 Volunteers found 629 persons sleeping unsheltered outdoors, in cars, or in abandoned buildings—a decrease of 16% from 2018—and 857 people were sheltered in emergency shelters or transitional housing units. To learn more about homelessness and Pierce County’s response, visit the [Homeless Programs online dashboard](#).

Housing Survey

The Arc has partnered with The Council on Quality and Leadership to conduct research to find out where people with intellectual and developmental disabilities (I/DD) and their families live and why they decided to live there. This research includes an [online survey](#), which takes approximately 10-15 minutes to complete. Participants should be a person with I/DD or a family member of a person with I/DD 18 years and older. Participants will be compensated with a \$15 gift card. [Learn more](#). Contact [Carli Friedman](#) or by phone at 407-733-6676.

Transit Borders Explained

Pierce Transit doesn't cover all of Pierce County. It doesn't have to be that way. [This video](#) explains how the boundaries are set and how they can be changed. The 4-minute video is produced by Pierce Transit. A great tool to help transit advocates.

Online SAIL Program Leader Training

Attendees who complete this class receive a certificate for 20 hours of continuing education. A new online class starts each quarter: January, March, June and September. Click [here](#) to learn more. Training is provided by Pierce College.

Nourish Launches Mobile Food Banks at Local Colleges

In partnership with local community and technical colleges, Nourish has launched five new mobile food bank sites. The Nourish Mobile Food Bank has started service at Bates Technical College, Clover Park Technical College, Pierce College Puyallup, Pierce College Fort Steilacoom and Tacoma Community College. Learn more about [new mobile food bank sites](#) and how you can help.

Caregiving Community Survey

The Diverse Elders Coalition has launched a [new online survey](#) for family caregivers in communities of color, American Indian and Alaska Native communities, and lesbian, gay, bisexual, and transgender (LGBT) communities. The Caregiving Community Survey is an opportunity for anyone providing care for an aging spouse, partner, parent, grandparent, other relative, neighbor, or friend to anonymously share their experiences and help the Diverse Elders Coalition develop tools and resources to better meet the needs of our communities. Participants will be entered into a drawing to win a \$25 Target gift card at the conclusion of the survey collection period. The survey is available in English, Spanish, Vietnamese, Chinese, Khmer, Korean, Hmong, and Lao. Survey collection will end on May 10.

Spring Legal Series

The Pierce County Coalition for Developmental Disabilities (PC2) hosts attorney Timothy Williams in a series of special presentations. 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.

Caregiver Training in Tacoma

HCA training, includes in-classroom: Dementia & Mental Health Level 1, hands-on Skills plus 50 hours on-line. Attend HCA series held Fridays, May 3, 10, 17, 21 and 28 at Tacoma Visiting Angels: 1401 S Union, Tacoma. Contact Instructor: Marian at 253.537.3700 or marian@tacomaangels.com.

SCAMS OF THE MONTH

Scammers and Your Notre Dame Donations

Following the recent devastating fire that destroyed much of the famous and historically important Cathedral of Notre Dame in Paris, fundraising efforts have begun. Many generous people may decide to donate money toward rebuilding efforts – and scammers know that. They're ready to take donations, too, so here are some things to consider before you give to an organization or a crowdfunding project: [Read more](#). (Source: FTC)

Be Aware of the Latest Travel Scams

Summer is a great time to take off with friends and family, but don't let scammers ruin your vacation. Common travel scams can include free "luxury" vacations, phony rental listings, and other schemes. [Always be careful when booking and take steps](#) to protect your personal information. Remember: if a deal sounds too good to be true, it usually is! (Source: FTC)

SHIBA Warns of Medicare and Genetic Testing Scam

A new potential scam to be aware of is that genetic testing company reps, or possibly insurance agents working on behalf of these companies, may ask Medicare clients to participate in a beneficiary event. Medicare beneficiaries report they've been billed for genetic testing or cancer screenings performed at community events and senior centers. SHIBA recommends Medicare beneficiaries decline these requests due to the potential for fraud. (Source: SHIBA)

LOCAL HAPPENINGS (ADRC events highlighted in color)

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 6 – Keys to Caring @ Home

Many 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. Free; no RSVP required. Held 6:30 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Ave., S. [View event flyer](#). For details call 253-798-4600.

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 7-8 – Emergency Planning Institute

Pierce County Emergency Management and Tacoma-Pierce County Health Department, in collaboration with the Northwest Healthcare Response Network, host the 2019 Emergency Planning Institute (EPI). Training focuses on business continuity planning for healthcare settings. Participants will identify risks and hazards that affect the continuity of business operations, build plans based on an all-hazard approach, learn how to structure a robust communication plan, receive a training and exercise planning overview, and engage in an emergency preparedness tabletop exercise. Registration is required at: <http://piercecountrysurveyshare.com/t/2019EPI>.

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 – Spark Pierce County

A leadership training for adults with intellectual and developmental disabilities in Pierce County. Join us for our Intro to Self-Advocacy training to learn about new and exciting local opportunities. Held 3:30-5:00 p.m. at the Summit Pierce County Library, 5107 112th St. E., Tacoma. Contact [Caleb Campbell](#) at (253-565-2266, ext 117).

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. Complimentary popcorn provided by Advanced Health Care. 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. [View event flyer](#).

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. 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 13 – Keys to Caring @ Home

(See May 6 for details.) Held twice this day.

- Held 12:10 p.m. at the Pierce County Annex, 2401 S. 35th Street in Tacoma.
- Held 6:30 p.m. at the Gig Harbor Library, 4424 Pt. Fosdick Dr., SW in Gig Harbor.

[View event flyer](#). Free; no RSVP required. For details call 253-798-4600.

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 4 – Housing Options for Adults with IDD in Washington State

Partners4Housing’s founder, Pam Blanton, has more than 25 years of experience working in housing for adults with IDD in King County. In late 2018 [Partners4Housing](#) launched an exclusive online roommate matching program for adults with disabilities. This “match.com” like site is now available to families in Pierce County. This informational session is held at PC2, 3716 Pacific Ave, #A in Tacoma. Registration required at 253-564-0707.

June 7 – SERTOMA Annual Deaf Picnic

Picnic includes hotdogs, clowns, fire engines, snow cones and more. Held 11 a.m. to 1 p.m. at Birney Elementary School, 1202 S. 76th Street in Tacoma. Contact [Linda Dobner](#) at 253-863-1857 or text to 253-442-9810.

June 8 – Intelligent Lives

Intelligent Lives stars three pioneering young American adults with intellectual disabilities – Micah, Naieer, and Naomie – who challenge perceptions of intelligence as they navigate high school, college, and the workforce. Academy Award-winning actor and narrator Chris Cooper contextualizes the lives of these central characters through the emotional personal story of his son Jesse, as the film unpacks the shameful and ongoing track record of intelligence testing in the U.S. The film challenges what it means to be intelligent, and points to a future in which people of all abilities can fully participate in higher education, meaningful employment, and intimate relationships. Held at the Grand Cinema, 606 S. Fawcett Ave., Tacoma. Doors Open 10:30 a.m.; film begins at 10:45 a.m. [Tickets available online](#) starting May 12 or call theADRC at 253-798-4600.

June 10-12 – LeadingAge Washington Conference & Expo

From Leadership and Strategy to Marketing and everything in between! Annually, this conference has provided the best, and constantly improving, resources for sharing new approaches and reliable education. Session topics include: How to Manage an Effective Board; The 7 Challenges Assisted Living MUST Get Right; How Residents and Prospects Receive Your Advertising; The Real Cost of Turnover and more. [View the conference packet.](#)

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.](#)

July 13 – Tacoma Pride

Save the date. Held on Pacific Avenue in Tacoma

July 14 – Youth Transition Summer Workshop

A workshop for your people age 16-21 with disabilities who are planning to go to college, get a job and live independently in the community in the future. Room and board provided and transportation will be coordinated. Youth with 504 plans encouraged to apply. Interested individuals must call to request an application before June 8 at 253-582-1253, ext 103 or korinah@cfisouth.org. Held at the Univ. of Puget Sound, 1500 N. Warner Street in Tacoma.

Aug 7 – Pierce County Cancer Survivorship Conference

An annual event to support and celebrate the community of cancer patients and survivors in the South Sound. Held 8 a.m. to 3:30 p.m. at the University of Puget Sound. Presented by multiple community organizations and cancer care advocates. Free to all attendees! Keynote Speakers share their inspirational stories about the physical, mental and spiritual aspects of their journey, with all of those affected by cancer. Breakout sessions throughout the day explore an array of topics supporting cancer fighters and survivors. [Online registration begins Tuesday, May 28.](#)

Q&A of the Month

Question: I'm struggling with whether to leave my job to care for my folks. I know it's going to be a lot of work but what else should I consider.

Answer: Providing care to your parents is work – often times very rewarding work. There are some important considerations. Your health insurance is a big consideration. COBRA might be an option. Talk to your employer sooner rather than later. You can also get insurance coverage on the state's health insurance exchange at www.Wahealthplanfinder.org. When you leave the job force you are also no longer contributing to Social Security. In the long run that may decrease your benefits once you decide to begin receiving them. Consider too your own needs – income, socialization, support, time away and the like. Eventually you will probably want to return to the job market. What will your prospects be after an absence? The Pierce County Family Caregiver Support Program may be a way to help defer your need to leave work, at least for a time. And it may provide needed support if you do decide to provide care full time. Call 253-798-4600.

NATIONALLY

The Looking Housing & Medical Care Crisis

In 10 years, half of middle-income seniors won't be able to afford housing or medical care. [An eye-opening study](#) of demographics and income finds that the costs of assisted-living care will soon be out of reach for people on fixed incomes — and their children. (Source: KHN)

National Older Adult Mental Health Awareness Day 2019

Sponsored by the Administration for Community Living, the National Coalition on Mental Health and Aging, and SAMHSA, this event aims to raise awareness of older adults' mental health needs, promote evidence-based prevention, treatment, and recovery supports, encourage collaboration between mental health and aging networks, and highlight where to seek services when needed. Held May 20, 2019. Tap into key resources: [ACL Resource List](#) | [SAMHSA Resource List](#) (Source: ACL)

Order the Infographic Card on “Reduce Health Risks in Areas with Wildfire Smoke”

The EPA has developed a two-sided infographic card with information on how to reduce exposure to wildfire smoke, how to select the correct respirator mask and how to properly wear the mask to protect your health. [Order free print copies of the infographic](#) to distribute to your community. (Source: EPA)

Countdown to World Elder Abuse Awareness Day 2019

Every year on June 15, [World Elder Abuse Awareness Day](#) (WEAAD) is commemorated in America and around the world to raise awareness about the millions of older adults who experience elder abuse, neglect, and financial exploitation. As many as 1 in 10 older Americans are abused or neglected each year and only 1 in 14 cases of elder abuse ever comes to the attention of authorities. Older Americans are vital, contributing members of our society and their abuse or neglect diminishes all of us. WEAAD reminds us that, as in a just society, all of us have a critical role to play to focus attention on elder justice. Join organizations and communities across the country in using the collection of special *Lifting up Voices* [outreach and campaign tools](#) incorporating the *Lifting up Voices* theme in your community. [Download materials, like flyers, letters to the editor, and other customizable templates.](#) (Source: ACL)

Down Syndrome & Dental Care

When it comes to heading to the dentist, there can be feelings of stress and anxiety. For patients with Down syndrome, these feelings can be much more intense. Dr. Greg Grillo, and Dr. Andrew Jordan, have spent many years working with patients and caregivers on preparing for their dental visits and providing them with tips and care for instilling good oral hygiene habits. View [Dental Care Guidance for Caregivers of Patients with Down Syndrome](#). (Source: Dentably)

Assaults Against Elderly Increase in the US

The rate of nonfatal assaults on American men 60 and older increased 75.4% between 2002 and 2016, a [new government report](#) estimates. For women, the assault rate increased 35.4% between 2007 and 2016. There were 643,191 nonfatal assaults (based on emergency room visits) and 19,059 homicides among adults 60 or older during this time, the researchers found. Being struck or hit was the cause of the bulk of the assaults: nearly 87%. [Read more.](#) (Source: CNN)

Lethal Plans: When Seniors Turn to Suicide in Long-Term Care

In a nation where [suicide continues to climb](#), claiming more than 47,000 lives in 2017, such deaths among older adults – including the [2.2 million](#) who live in long-term care settings – are often overlooked. An [investigation by KHN and PBS NewsHour](#) finds that older Americans are quietly killing themselves in nursing homes, assisted living centers and adult care homes. (Source: KHN)

Safe Removal of Unused Opioid Pain Medicines from Homes

The U.S. Food and Drug Administration launched a new education campaign to help Americans understand the important role they play in removing and properly disposing of unused prescription opioids from their homes. The “Remove the Risk” campaign is targeting women ages 35-64, who are most likely to oversee household health care decisions and often serve as the gatekeepers to opioids and other prescription medications in the home. [Visit the Safe Opioid Disposal - Remove the Risk Outreach Toolkit webpage.](#) (Source: FDA)

Low “Scam Awareness” May Increase Alzheimer's Risk

A new study found that older adults who were less aware of certain scam or fraud tactics may have a higher risk of developing mild cognitive impairment (MCI) and Alzheimer's, and are more likely to have

Alzheimer's-related changes in their brain. The results suggest that there may be alterations in judgment that happen before more severe changes in thinking or memory. [Read More](#). (Source: Alz Association)

Medicare Scam Broken Up

Federal authorities have broken up a [\\$1.2 billion Medicare scam](#) that peddled unneeded orthopedic braces to hundreds of thousands of seniors and people with disabilities via foreign call centers. The Justice Department charged 24 people across the U.S., including doctors accused of writing bogus prescriptions for unneeded back, shoulder, wrist and knee braces. Others charged included owners of call centers, telemedicine firms and medical equipment companies. (Source: CBS News)

Medicare Part D Spending on Insulin Increased 840 Percent Between 2007 and 2017

Medicare Part D spending on insulin increased 840 percent between 2007 and 2017, far outpacing growth in the number of beneficiaries using insulin therapy, according to a [new KFF analysis](#). The findings come at a time when the cost of prescription drugs is a major focus for policymakers in Washington, with rising prices for insulin drawing particular scrutiny, including from members of Congress. (Source: KFF)

Family Caregivers Providing Complex Care

[Home Alone Revisited](#) affirms many of the findings of the 2012 study on family caregiving and adds new information about targeted issues. The report focuses on the current prevalence of caregiving issues and the perceptions of caregivers. Infographics available: [Preparing Special Diets](#) | [Pain Management](#) | [Incontinence](#) | [Generational Differences](#). (Source: AARP)

Housing for Grandparenting

Championed and designed by grandparents, [Las Abuelitas Family Housing](#) in Tucson, AZ, is a small, ADA-accessible and affordable housing community that addresses the multigenerational needs of its residents. Of the estimated 60,000 grandparents in Arizona who are raising their grandchildren, 1 out of 5 have a disability. (Source: AARP)

Administration on Aging: AGing Integrated Database (AGID)

The [AGing Integrated Database \(AGID\)](#) is an on-line query system based on Administration for Community Living-related data files and surveys. It includes population characteristics from the Census Bureau for comparison purposes. The four options or paths through AGID provide different levels of focus and aggregation of the data - from individual data elements within Data-at-a-Glance to full database access within Data Files. (Source: ACL)

Historic Population Shift

For the first time in history, [the UN reports](#) there are more elderly people in the world than young children. There are now around 705 million people over-65 on the planet, while those aged 0-4 number about 680 million. Current trends point to a growing disparity between the oldest and the youngest by 2050 – there will be more than two over-65s for each person aged 0-4. (Source: BBC)

VetTix: Free/Discounted Sports and Concert Tickets

The Veteran Tickets Foundation provides free and discounted event tickets (with a nominal delivery fee) to Veterans, active-duty military, their families, and immediate family survivors. VetTix provides these tickets to reduce stress, strengthen family bonds, build life-long memories and encourage local

engagement. Vet Tix secures tickets to [sporting events, concerts, performing arts, educational and family activities](#) across the nation. Join the VetTix discussion on [RallyPoint](#). [Sign up](#). (Source: VA)

PLAN AHEAD (Always 2 months ahead) – July 2019

Bereaved Parents, Cell Phone Courtesy, HIV Awareness, Minority Mental health Awareness, Parks & Recreation, Wheelchair Beautification, Sandwich Generation, Self-Care and Social Wellness Month; Restless Leg Syndrome Awareness (18-25) and Scrabble (20-24) weeks; Medicare Birthday (1), Stay out of the Sun (3), Global Forgiveness (7), Give Something Away (15), Pet Fire Safety (15), Self-Care (24), Americans with Disabilities (26), Parents (28) and Paperback Book (30) Days.

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This information is provided as a service of the Pierce County Aging & Disability Resource Center and is intended for sharing throughout the county. To receive or discontinue this e-newsletter, please contact Bob Riler at (253) 798-7384 or bob.riler@piercecountywa.gov.