

ADRC E-Newsletter June 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
June 6 – Long Term Care and LGBTQ Residents
July 4 – No meeting

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
June 20 – Advanced Care Planning Case Study & Role Play
Contact [Melissa McPherson](#) at 253-302-9500

South End (King County) Coalition

Third Wednesday of each month at 8:15 – 9:15 a.m.
June 19 - Farrington Court, 516 Kenosia Ave S., Kent
Schedule of meeting locations and times at www.secoalition.com

NW Networking

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

Powerful Tools for Caregivers

"Powerful Tools for Caregivers" is a 6-week evidence-based program that provides unpaid family caregivers with the skills and confidence needed to better care for themselves while caring for others.

Learn how to reduce stress, communicate effectively, deal with emotions, make tough decisions and more. Participants receive a copy of The Caregiver Helpbook, developed specifically for the class. Held every Thursday, June 6 – July 18 at the South Hill Branch Library, 15420 Meridian E., Puyallup. Free; reservation required. Call 253-798-4423 to reserve your place.

Legislative Accomplishments

- Long Term Care Trust Act provides a benefit to help individuals pay for care. Based on a modest payroll premium of just over one half of one percent (.58%), vested and eligible workers would receive a lifetime benefit of \$36,500, indexed to inflation.
- Behavioral Health Reform relying less on the large state hospitals in favor of community placements, e.g. Enhanced Service Facilities, Adult Family Homes, Assisted Living Facilities, Skilled Nursing Facilities, supportive housing, and more.
- Supported Living (SL) Investigators will be added to address provider practice complaints related to abuse, neglect and financial exploitation and abandonment of people with developmental disabilities residing in their own homes.
- Vendor rate increases for nursing homes (from \$2.32/day to 3.67/day); Assisted Living Medicaid rate; Nursing services rate increased 10% for in-home Medicaid nursing services and adult family home private duty nursing; Adult Day Health and Adult Day Care rate increase.

Find more about the budget on the Legislative Evaluation & Accountability Program [website](#).

Pierce County Uses Case Management, EMS Outreach to Reduce Overutilization

Learn how community stakeholders came together to reduce overuse of EMS and hospital emergency departments—by providing better access to a range of health care and social services to some of its most vulnerable patient populations. [Video produced by Qualis Health](#).

Where to Turn 2019-20

Senior Media Services is still accepting paid advertising and free listings for non-profit organizations for the new 2019-20 edition of Where to Turn-Pierce County. The deadline for both is July 1. The “little yellow book” is a free resource for services in Pierce County, thanks to the support of advertising partners. Single and bulk copies will be available starting in August. If you aren’t already on the list to receive some, order yours by contacting Senior Media Services at 253-722-5687 or pjenkins@lcsnw.org. Information about advertising and listings is available the same way.

Making the Link – Vendors

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. August 1 registration is \$225 full table; \$175 half table. All payment due at the time of registration.

Summer [Re]build Volunteer Opportunities

The work is never done for Rebuilding Together South Sound. Volunteers are needed in June, July and August in numerous Pierce County locations. Skilled craftspeople are particularly needed. Contact [Chuck Christian](#) or call 253-238-0977.

Public Option for Washington State’s Health-Insurance Exchange

Gov. Jay Inslee signed into law [a bill that creates a public option for Washington’s health benefit](#)

[exchange](#), a move intended to lower costs and boost insurance coverage across the state. Sponsored by Democratic lawmakers and requested by Inslee, Senate Bill 5526 creates “Cascade Care,” a program to offer standardized plans for individual health coverage, to be offered by private insurers on the benefit exchange. The plans won’t be available until January 2021. (Source: Seattle Times)

Social Security Scam Hits Pierce County

People are receiving a call from someone claiming to be from Social Security (or another agency). Calls can even display 1-800-772-1213, Social Security’s national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not have all of your personal information, such as your SSN, on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, terminate your benefits or deactivate or deleted your account. The caller then asks you to call a phone number to resolve the issue. These calls are not from Social Security. Avoid engaging with the caller or calling the number provided. Social Security employees occasionally contact people by telephone for customer-service purposes but will never threaten you or promise a Social Security benefit approval or increase in exchange for information. In all those cases, the call is fraudulent. Just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/report. You can also share our new “[SSA Phone Scam Alert](#)” video.

Farmers Market Fresh Bucks

Families and individuals enrolled in SNAP (Supplemental Nutrition Assistance Program), formerly known as food stamps can stretch their SNAP EBT dollars at participating farmers markets across Washington State. This includes individuals who have received Senior Farmers Market Vouchers. You can get more for your money when using SNAP EBT to shop for fresh fruits and veggies! The largest EBT matching program in Washington state is called “[Fresh Bucks](#).” Common match is \$1 for \$1. Not all programs are offered year round, but operate when funds are available to do so. [Learn which markets in Pierce County offer this program](#).

House Painting Time

Paint Tacoma-Pierce Beautiful is currently looking for homes to paint. The program, sponsored by Associated Ministries, provides free exterior house painting for low to moderate-income homeowners. Do you know of someone in the community who could use this service? Please encourage them to apply today! [Click here to learn more or apply!](#)

Future Homeowners Wanted

Tacoma/Pierce County Habitat for Humanity is recruiting active duty military and/or veteran families or individuals that may qualify for the homeownership program. Grant funding for the new Midland neighborhood has earmarked three homes for active duty and/or veterans. If you know of a family or individual that may be interested, please have them [contact Habitat](#) for more information or call 253-627-5626 x140.

SBIRT & Motivational Interview Training

You don’t have to specialize in substance use, tobacco cessation or depression to help people get the care they need. Join TPCHD for this free training on Screening, Brief Intervention, and Referral to Treatment (SBIRT) and Motivational Interviewing (MI). SBIRT is an evidence-based approach to detecting substance use (alcohol, opioids, nicotine, etc.) and mental health conditions (depression &

anxiety) earlier. Motivational Interviewing is a culturally responsive way of helping patients and clients tap into their internal motivations and strengths to make a healthy change, in a way that is client-centered and non-judgmental. Those in clinical health, community health, social services, home care, educational, or behavioral health fields who serve adults and families are welcome to attend either of these full-day training sessions. Lunch will be served. Please contact project manager [Bonnie Corns](#) or certified instructor [Suzanne Pak](#) with any questions. Register for [June 3](#) or register for [June 17](#).

Senator Patty Murray Tackles Health Care

In a year already marked by a wide variety of congressional health care legislation, Sens. Patty Murray (D-Wash.), the chair and ranking Democrat of the Health, Education, Labor and Pensions Committee, and Lamar Alexander (R-Tenn.) [released the details of a plan](#) they hope can help bring down health costs and eliminate surprise medical bills for patients. It would be a mammoth piece of legislation, targeting nearly every area of the health care industry for reform, including surprise medical bills, prescription drugs, transparency, public health and health information.

States Bring Price Fixing Suit Against Generic Drug Makers

Attorneys general from more than 40 states – including AG Bob Ferguson of Washington State – are alleging the nation's largest [generic drug manufacturers conspired](#) to artificially inflate and manipulate prices for more than 100 different generic drugs, including treatments for diabetes, cancer, arthritis and other medical conditions. The lawsuit also names 15 individual senior executives responsible for sales, marketing and pricing.

LGBTQ Listening Sessions

During the next few months, the Rainbow Center will be hosting a series of LGBTQ Listening Sessions. These sessions are designed to gain a better understanding of how the Center can best serve and support specific LGBTQ communities in the greater Pierce County area. Each listening session is only open to those who identify as a member of the specific community listed. Each session will begin with a catered dinner followed by a healthy discussion around topics that matter to each community.

- Latinx Community- June 19th // 6- 7:30pm
- African American Community- July 24th // 6- 7:30pm
- Indigenous Community- September 10th // 6- 7:30pm

RSVP is required. Please RSVP by [filling out the online form](#).

WA State Active Transportation Plan Survey

The Washington State Active Transportation Plan update needs input by June 30 on a [public opinion survey](#). The goal is to understand how you get where you need to go and your views on different forms of transportation. Your answers will help update the State Active Transportation Plan to prioritize funding and policy changes in years to come that will improve safety and access for all. This material can be made available in an alternate format by emailing the Office of Equal Opportunity at wsdotada@wsdot.wa.gov or by calling 855-362-4ADA(4232). Persons who are deaf or hard of hearing may make a request by calling the Washington State Relay at 711. Encuesta en español: <http://bit.ly/WSDOT-ATP2019-Span>.

A Year of Reding with Imbolo Mbue

The Pierce County Library System continues a Year of Reading with the next installment of [Pierce County READS](#) featuring Imbolo Mbue, author of the New York Times' best-seller and Oprah Book

Club selection “Behold the Dreamers.” Pierce County READS is highlighted by a free author talk and book signing with Mbue Sunday, June 9, at 2 p.m. at Pioneer Park Pavilion at 330 S. Meridian in Puyallup. This Pierce County READS event is presented in partnership with the Puyallup Public Library. Pierce County READS events will also include several book discussions.

Pierce County Law Library at Lakewood Pierce County Library

Lakewood and neighboring residents may now do verified legal research locally thanks to a partnership between the Pierce County Library System and Pierce County Law Library. A law library kiosk located inside Lakewood Pierce County Library, 6300 Wildaire Road S.W., is now open to the public. A Pierce County Library card is not required to access the law library collection. Residents may also book appointments for research assistance with a law librarian. The Lakewood Library is open Monday-Thursday 10 a.m.-9 p.m.; Friday 10 a.m.-6 p.m.; Saturday 10 a.m.-5 p.m.; and Sunday 1-5 p.m. For more information about the Pierce County Law Library at Lakewood Library, call 253-548-3302.

SCAMS OF THE MONTH

Get a One-Ring Call? Don't Call Back

The “one ring” scam is back. That’s when you get a phone call from a number you don’t know, and the call stops after just one ring. The scammer is hoping you’ll call back, because it’s really an international toll number and will appear as a charge on your phone bill — with most of the money going to the scammer. Read the FCC’s advisory for more detail. [Read more.](#) (Source: FTC)

Beware Medicare Genetic Testing Scam

A scam offering free cheek swabs for DNA or genetic testing to Medicare beneficiaries is on the rise. The scammers target senior centers, care facilities, as well as set up in public places like grocery stores and ask beneficiaries to provide their Medicare number and other identifying information before providing them with genetic testing kits. Never provide identifying information, including their Social Security number, Medicare number, or other personal information to unknown parties. To report fraud, contact 1-800-MEDICARE or the Senior Medicare Patrol at 877-808-2468. (Justice in Aging)

LOCAL HAPPENINGS (ADRC events highlighted in color)

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 4th – Aging Smart Educational Workshop – Health Care Panel

[Aging Smart](#) is a group of professionals serving Seniors throughout the greater Gig Harbor Community. We welcome the public and professionals to join us for our free educational workshop with a panel of local health care professionals to discuss Grief Counseling, Caregiving Counseling and Dementia /

Alzheimer Care. Held at 4:30 p.m. at Harbor Place in Theater, 1016 29th St NW, Gig Harbor. RSVP to [Sue Wilhelm](#) at Harbor Place call 253-853-3354.

June 4 – Housing Options for Adults with I/DD in Washington State

Partners4Housing’s founder, Pam Blanton, has more than 25 years of experience working in housing for adults with I/DD 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 6-July 18 – Powerful Tools for Caregivers

“Powerful Tools for Caregivers” is a 6-week evidence-based program that provides unpaid family caregivers with the skills and confidence needed to better care for themselves while caring for others. Learn how to reduce stress, communicate effectively, deal with emotions, make tough decisions and more. Participants receive a copy of The Caregiver Helpbook, developed specifically for the class. Held every Thursday, June 6 – July 18 at the South Hill Branch Library, 15420 Meridian E., Puyallup. Free; reservation required. Call 253-798-4423 to reserve your place.

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

This powerful film 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](#) or call the ADRC 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 17 – Social Security 101

An overview of Social Security benefits including retirement, disability, supplemental security income and more. Held at noon at House of Matthew, 11276 Broadway, Suite 10, Tacoma. Free. Limited Seating. Call 253-301-0508.

June 18 – 2019 Optimum Life Continuing Education Series

“LGBT Elders: Best Practices for Creating Safety and Inclusion” This recorded webcast series features a different topic each month and 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 by content experts. Held at 4:30 p.m. at Brookdale Independent Living, 2010 S. Union Ave in Tacoma. Contact [Jenni Austin](#) or [Melissa Martin](#) for details or call 253-759-7770 or 253-752-6870.

June 25 – Disability Resource & Service Fair

Connecting vulnerable populations throughout Pierce County with services and resources and “how and where to access critical information.” Topics include housing, education, legal services, transportation, employment, caregiver self-care, Medicare, Medicaid, and more. Held 9 a.m. to 3 p.m. at Mt. Tahoma High School, 4634 S. 74th Street in Tacoma. Register online at www.PartnerCafebtgas.org.

June 25 – Narrows Glen Celebration

Narrows Glen is hosting a reception for their 30th anniversary and introduction of their completed renovation! A special reception and viewing of the building remodel will be held from 4:30 to 6:00 p.m. Limited seating. Please RSVP directly to 253-564-4770.

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](#).

June 27 – Parkinson’s Exercise Group & Lunch

Come join us for a specialty program designed for those people diagnosed with Parkinson’s disease. Cottesmore of Life Care’s Physical Therapy team leads group exercise, educational presentation with light lunch provided. Held 11:30 a.m. to 1:30 p.m. at Harbor Place in Rainier Dining Room, 1016 29th St NW, Gig Harbor. RSVP - Cottesmore of Life Care Rehabilitation Services at 253-853-8466.

June 27 – Narrows Glen Grand Reopening

Celebrate the 30th anniversary of Narrows Glen. Held 4:30-6:00 p.m. at 8201 Sixth Avenue, Tacoma.

July 13 – Tacoma Pride

Save the date. Held noon to 6 p.m. 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

It's time to register for this year's conference! Sessions throughout the day will explore an array of topics supporting cancer fighters and survivors and offer inspirational stories about the physical, mental and spiritual aspects of the journey. Thanks to the generous sponsors and exhibitors, this conference is free to all attendees but registration is required. Registration begins at 8:00 a.m. Conference held 9:00 a.m to 3:15 p.m. [Register online](#). Want to do more to help? Consider volunteering at this year's event as we can always use help! To view available volunteer positions, and updated conference information, please [visit our website](#).

Oct 17 – Making the Link

Resource and services expo held 11 a.m. to 4 p.m. at the MetroPark Star Center. Save the date.

Oct 30 – Resilience in the Latino Community

Held at the Hilton Seattle Airport & Conference Center, 17620 International Blvd, Seatac. Sponsored by SeaMar Community Health Centers. [Registration is now open online](#).

Nov 9 – Legacy of Love

2019 African American Caregivers Forum. This unique, culturally-focused event draws family caregivers from throughout the Pacific Northwest. Held 10 a.m. to 3:30 p.m. at the Embassy Suites in Tukwila. [Information and pre-registration online](#) or call 206-706-7084.

Q&A of the Month

Question: What's an annual wellness visit?

Answer: Just to clarify, this annual Medicare benefit isn't a physical. The Annual Wellness visit (AWV) focuses on preventive care and wellness planning. The visit is an opportunity for clinicians to take stock of a Medicare beneficiary's medical history, clarify which other clinicians care for the patient, and review all of the person's medications. It is also a time to discuss health goals and develop a wellness plan that meets each person's objectives (e.g., through a weight loss program, plan for fall prevention, and scheduling mammograms and other screenings). The AWV includes two health screenings. During the first AWV, clinicians will evaluate people for cognitive impairment and will screen beneficiaries for depression. The AWV is also a chance for clinicians to evaluate beneficiaries' functional abilities, risk of falls and other safety issues. The AWV is free for Medicare beneficiaries. Beware: during the visit, clinicians may recommend tests or perform services like a hands-on exam that are not formally included in the AWW visit, potentially causing beneficiaries to incur out-of-pocket costs. For example, you might get a blood test to measure your cholesterol (lipid panel) on the same day. Such blood tests are not part of the AWW.

NATIONALLY

Updated Graphics on Older American Act Programs

The Administration for Community Living produced new graphics that depict interesting data points from these Older American Act programs.

[National Survey of Older Americans Act Participants](#)

Many individuals receiving case management, homemaker, and transportation services need help with three or more Activities of Daily Living (ADLs).

[Older Americans Act \(OAA\) Nutrition Services Program](#)

More than 2.4 million older Americans received home or congregate meals in 2016. Most people receiving these meals would recommend the service to their friends.

[National Family Caregiver Support Program](#)

More than 90% caregivers assist their family members, friends, and neighbors with shopping, doctor's visits, meal preparation, and financial management.

[Older Americans Act Title VI Services - Nutrition](#)

The Title VI program provided congregate meals and home delivered meals to address the nutrition and social needs of Native American elders and caregivers.

[Older Americans Act Title VI Services - Social Connectedness](#)

Title VI fostered social connectedness among Native American elders by providing congregate meals, visitation check-ins, telephone check-ins and transportation rides.

(Source: ACL)

Doctors Newly Define Another Type of Dementia

Researchers have newly outlined a type of dementia that could be more common than Alzheimer's among the oldest adults, according to a report published in the journal Brain. The disease, called LATE, may often mirror the symptoms of Alzheimer's disease, though it affects the brain differently and develops more slowly than Alzheimer's. Doctors say the two are frequently found together, and in those cases may lead to a steeper cognitive decline than either by itself. [Read more](#). (Source: CNN)

A Doctor Speaks Out About Ageism in Medicine

Society gives short shrift to older age. This distinct phase of life doesn't get the same attention that's devoted to childhood. And the special characteristics of people in their 60s, 70s, 80s and beyond are poorly understood. Medicine reflects this narrow-mindedness. In medical school, physicians learn that people in the prime of life are "normal" and scant time is spent studying aging. In practice, doctors too often fail to appreciate older adults' unique needs or to tailor treatments appropriately. A [frank conversation](#) with geriatrician and author Dr. Louise Aronson about medicine's biased treatment of older adults and what needs to change. (Source: KHN)

Free National Park Service Lifetime Access Pass for Disabled Veterans

Many Veterans, with a service connected disability rating, are entering Federal parks for free with the [Lifetime National Parks Access Pass](#) from the U.S. Department of the Interior, National Park Service. The Access Pass also admits disabled any passengers in their vehicle, and other discounts such as camping, swimming, board launching, and guided tours. (Source: VA News)

Disabled Parenting Project

Are you a parent with a disability or an attorney who has worked with parents with disabilities and their families? If you have been involved with or worked within the child welfare system (also known as the child protection services), the Lurie Institute for Disability Policy at Brandeis University want to hear about your experiences. They are conducting telephone interviews with parents with disabilities as well as attorneys who work with parents with disabilities (physical, sensory, intellectual, or psychiatric) to learn about their experiences with the child welfare system. Participants will receive a \$15 gift card. For more information or to schedule an interview, please email rpowell@brandeis.edu. (Source: DPP)

Congress Considers “Medicare for All”

The House Committee on Rules held the first ever [hearing](#) on “Medicare for All.” This hearing focused on the Medicare for All Act of 2019 ([H.R. 1384](#)), which was introduced by Rep. Jayapal (D-WA) and has 108 cosponsors. Sen. Sanders (I-VT) and 14 cosponsors have also introduced a similar Medicare for All Act of 2019 ([S. 1129](#)). Both bills intend to improve and expand Medicare as a national health insurance program and would cover many of the benefits which Medicare currently does not, including long-term services and supports, dental, vision, and hearing. Meanwhile, the Congressional Budget Office issued a new report on “[Key Design Components and Considerations for Establishing a Single-Payer Health Care System](#).” (Source: Justice in Aging)

HHS Finalizes Conscience and Religious Freedom Rule

The U.S. Department of Health and Human Services [released a final rule](#) allowing doctors, nurses and other health workers to opt out of procedures such as abortions and sterilizations which violate their personal or religious beliefs. The rule, proposed more than a year ago, reinforces a set of 25 laws passed by Congress that protect “conscience rights” in healthcare, HHS said. Those laws allow health providers and entities to opt out of providing, participating in, paying for or referring for healthcare services that they have personal or religious objections to. (Source: Reuters)

Coming Soon to a TV Near You: Drug Prices

The Centers for Medicare & Medicaid Services (CMS) [put a rule in place](#) that will change the look of television ads for prescription medications. Most drugs that are covered by Medicare or Medicaid must soon include pricing information in their TV ads. The prices ads must include are the so-called “list” prices for the medications. Some consumers do pay the list price. If they are uninsured, for example, they may have no choice but to pay the list price. Or if they have a high deductible, they may be paying the list price until their coverage kicks in. (Source: CMS)

How to Find and Use New Federal Ratings for Rehab Services at Nursing Homes

The federal government is now shining a spotlight on the quality of rehabilitation care at nursing homes – services used by nearly 2 million older adults each year. Medicare’s [Nursing Home Compare website](#) now includes a “star rating” (a composite measure of quality) for rehab services — skilled nursing care and physical, occupational or speech therapy for people recovering from a hospitalization. The site also breaks out 13 measures of the quality of rehab care, offering a more robust view of facilities’ performance. (Source: KHN)

Traveling with Limb Loss

Here are some resources to help people with limb loss better prepare for security screening at our nation’s airport screening checkpoints:

[Travel Information: TSA Security Checkpoint](#) (Fact Sheet)

[The TSA Presents: Traveling with Limb Loss](#) (Webinar)

[Advocacy & Awareness – Travel Questions/Concerns](#) (webpage)

[Passenger Support – TSA Cares Helpline](#) (webpage) (Source: Amputee Coalition)

HHS Issues Proposal to Gut Health Care Rights Rule

The U.S. Department of Health & Human Services (HHS) Office for Civil Rights issued a [notice of proposed rulemaking](#) to rewrite the regulations implementing the Health Care Rights Law, Section 1557 of the Affordable Care Act. The law prohibits discrimination in healthcare on the basis of race, color, national origin, sex, age, and disability in federal health programs and activities. The proposed rule attempts to limit means for victims of discrimination to seek redress and guts affirmative protections, including for LGBTQ older adults and people with limited English proficiency. To learn more about the Health Care Rights Law, [read the Justice in Aging issue brief](#). (Source: JIA)

Trump Administration Proposes Changing Method for Determining Federal Poverty Levels

The White House Office of Management and Budget (OMB) [issued a notice](#) requesting comments on changing the inflation measure used to update the official poverty measure. Currently, the federal poverty level (FPL) is updated for inflation using the Consumer Price Index for All Urban Consumers (CPI-U). OMB's notice proposes using an alternative measure of inflation that would grow more slowly than the CPI-U, thereby lowering the poverty threshold and making it more difficult for older adults and others to qualify for [Medicaid, Medicare Part D Extra Help, SNAP, and other basic needs programs](#). (Source: Justice in Aging)

The Money and Politics of Prescription Drugs: What You Need to Know

America spends about as much on prescription drugs as all the revenues of the three big car makers combined. Tracking where the money goes is hard. [PolitiFact has some charts](#) to help. (Source: KHN)

CDC's New Clinical Tools Help Prevent Older Adult Falls

CDC produced two new complimentary clinical tools to help healthcare providers reduce older adult falls. The [Coordinated Care Plan to Prevent Older Adult Falls](#) offers primary care providers, practices, and healthcare systems a framework for implementing a Stopping Elderly Accidents, Deaths, and Injuries, or STEADI-based clinical fall prevention program in primary care settings to manage older patients' fall risk. Complementing the Coordinated Care Plan, the [STEADI: Evaluation Guide for Older Adult Clinical Fall Prevention Programs](#) describes key steps to measuring and reporting on the success of implementing a STEADI-based clinical fall prevention program. CDC recommends using both the Coordinated Care Plan and the Evaluation Guide simultaneously to ensure the team is able to collect the data needed to report on the clinical fall prevention program's overall success. (Source: CDC)

AARP Focuses on ADUs

Backyard bungalows, garage apartments and so-called granny flats are small houses or apartments that exist on the same property lot as a single-family residence. Such "accessory dwelling units" can play a major role in serving a national housing need for people of all ages. [Learn more by visiting The ABCs of ADUs](#). You can also [watch the AARP webinar](#). (Source: AARP)

Health Insurance Inflation Hits Highest Point in Five Years

The health insurance inflation rate hit a [five-year peak in April](#). The Consumer Price Index (CPI) for health insurance in April spiked 10.7 percent over the previous 12 months—the largest increase since at

least April 2014. In contrast, the other categories that make up the medical care services index—professional services and hospital and related services—rose 0.4 percent and 1.4 percent, respectively. (Source: Modern Healthcare)

Death by 1,000 Clicks

Are electronic health records doing what they promised to do? While they may seem like a great idea there are some troubling experiences that raise red flags. [Read more.](#) (Source KHN)

Adaptive Clothing

Getting dressed is one of the most common tasks that we all perform on a daily basis. Losing the ability to do so independently can be one of the most frustrating experiences for those suffering from the onset of chronic disease or impact from an injury. More and more retailers are getting into the act. [Read more.](#) (Source: Family Resource Home Care)

The engAGED Community Toolkit

The National Resource Center for Engaging Older Adults has developed a [toolkit](#) to assist the Aging Network as it identifies approaches and develops effective practices to overcome obstacles and increase the social engagement of older adults. Materials in the toolkit explain the impact of social isolation, describe ways to increase social engagement and explain the benefits of social engagement for older adults—and their communities. The best part is that each resource included in the toolkit can be customized with the contact information of local organizations. (Source: N4A)

PLAN AHEAD (Always 2 months ahead) – August 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.