

ADRC E-Newsletter August 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

Aug 1 – "Long Term Care Planning Resources" with Jessica Burkard, Comagine Health

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

Aug 15 - TBA

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

South End (King County) Coalition

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

Aug 21 – Mission Health at Renton, 17420 106th Pl, SE, Renton

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

SASH Coffee Time Networking

Meets First Wednesday 9:00 – 10:30 a.m.

Willow Gardens, 4502 6th St., SE, Puyallup

Meets Fourth Wednesday 9:00 – 10:30 a.m. (No Nov or Dec meeting)

Franke Tobey Jones Parlor, 5340 Bristol St., Tacoma (Watch for A-frames and balloons)

Contact [Sherry Corney](#) at 206-351-0956

LOCAL WA SERVICES

Aging Out Loud Conference

Spread the word! Registration for [Aging Out Loud](#) opens August 1st! This free conference will provide information and resources about LGBT-affirming affordable housing, long-term care, health and mental health care, and information about LGBT-specific estate planning to older LGBTQIA+ adults, their friends, chosen family, and allies in Pierce County. Join us on September 24th at the McGavick Conference Center at Clover Park Technical College in Lakewood. Reserve your spot by visiting <https://bpt.me/4309747>. Exhibitor opportunities are also available. Contact Pat McIntyre at Tacoma Older LGBT (Patricia@TacomaolderLGBT.org) for more information.

Heat Advisory

In Pierce County August can be hot. During the hottest months of the year, it's especially important to remember that dehydration is one of the ten most frequent diagnoses leading to hospitalization. Make sure to encourage older adults to pack nutritious food and drinking plenty of water, especially before they go on a trip. That preparation pays dividends in the forms of more energy, higher endurance, and protection against common diseases. To escape the heat consider visiting a community center, library, shopping mall or theater. [Read more](#). Visit [Ready.gov for more information](#) about saying safe in extreme heat.

No-cost Home Repairs

[Rebuilding Together South Sound](#) is seeking applications this summer for no-cost home repairs! This fall we'll be building ramps and completing repair for veterans. If you or someone you know needs assistance with home repairs, please contact RTSS. To be eligible for repairs a household must be owner-occupied, be up-to-date on property taxes and any mortgage payments, be at or below 50% Area Median Income by household size (maximum gross income for 1-person household \$2,179/month or \$26,148/year), and have someone in the home be a senior, person with a disability, or child under the age of 18. Programs are open to people who live anywhere in Pierce County as well as Federal Way and Auburn. Call RTSS for more details and to request an application 253-238-0977.

The Silver Stars

The Silver Stars (aka Ikuko Ponter and Steve Behr) are a multi-dimensional team which can provide education, entertainment, enrichment and enthusiasm to many diverse communities. Tap dancing, Swing, Tango, Waltz, Latin, Flamenco and of course the Hula are all components of their special presentations which are complimented with music from the Big Bands of the 40's and enhanced with beautiful original costumes. Personal "aging" skits help stimulate participants to strive for daily engagements and improve "Mind/Body" connections. For additional information, [contact the Silver Stars](#) or (253) 686-9797.

Making the Link – Vendor Registration Open

The annual Making the Link resource and information expo will be held on Wednesday, October 16 at the MetroParks STAR Center. Vendor registration is now open on the [HCPC website](#). Early registration \$200 full table; \$150 half table before August 1. Starting August 1 registration is \$225 full table; \$175 half table. All payment due at the time of registration. Exhibitors who wish to participate with CEUs are encouraged to apply now! You will have the opportunity to have a CEU poster on your table to attract a large number of event attendees. Only select openings available. For more information about the CEU posters contact [Tabitha White](#).

New Report Released on Hunger Among Seniors

Nationwide, more than 5 million seniors face hunger and food insecurity. A new report from Feeding America details the state of senior hunger in the U.S. While the Seattle-Tacoma-Bellevue metro area fares better than many parts of the country, there are still thousands of food insecure and hungry seniors in our region. Seniors make up a large proportion of clients at [Nourish food banks](#). Roughly 1 in 6 people who receive food from Nourish are 55 or over. Read [Feeding America's study on senior hunger](#).

Browns Point Film Festival

The Film Festival Browns Point is proud to announce the official films for the inaugural weekend of fun and festivities surrounding movies that reflect Social & Environmental Justice in action. These films show humanity at its best, in the worst of times. Films show at 5, 7, and 9 p.m. both Friday and Saturday, August 2 and 3. (9 p.m. film is outdoors) There's also a special animation event with a pancake breakfast on Saturday at 10 a.m. The films are free. Free. [Learn more online](#). Held at St. Matthew Episcopal Church, 6800 East Side Dr., in Tacoma.

WA State Equity & Diversity Project Survey

Do you identify as a lesbian, gay, bisexual, trans, queer (LGBTQ), non-binary, or sexual or gender diverse adult aged 18 years or older living in Washington State? The Equity and Diversity Project is the first state-wide project to assess the health, economic, and social needs and resources of LGBTQ adults 18 years of age and older across Washington State. The survey generally takes 30 minutes to complete. Your responses are completely voluntary and absolutely anonymous and you can choose to not answer any questions. Participants are eligible for a drawing awarding \$200.00 Gift Certificates by completing the Participation Form. If you have any questions or would like more information about this project call 1-206-221-9001 or uwLGBTX@uw.edu or [visit our website](#) here. If you have questions about your rights as a research subject, you can call the Human Subjects Division at (206) 543-0098 or call collect at (206) 221-5940. [Visit the survey online](#).

SAGECare

[SAGECare](#) provides LGBT competency training and consulting on LGBT aging issues to service providers. SAGECare offers the added benefit that qualifying agencies may receive a national credential to highlight the percentage of staff trained. In Pierce County Disciples Terrace and Tahoma Vista Village are both credentialed. In addition, [Matheny and Associates](#) (Health Care Advocates) in University Place is also certified.

Aging With Pride: IDEA

Are you or someone you know experiencing memory loss or difficulty remembering? This is a free six-week program to reduce stress and increase physical activity for the LGBTQ community, whether you are the person experiencing memory loss or a care partner. The pair will be compensated \$125 for their time. Contact 1-888-655-6646 or ageIDEA@us.edu or www.ageIDEA.org.

Three Big Earthquake Threats in PNW

The Pacific Northwest could be affected by earthquakes from three major nearby faults. The western half of Washington state is considered earthquake country, with the potential for very large quakes. Scientists have their top three. [Watch the KING-5 News story](#).

AM Launches New Community Resource Database

Associated Ministries has launched its new online community resource database. Community partners, direct service agencies and faith communities are encouraged to share their services on this site. To add your information to the database, click [here](#) and complete the form. The database will be accessible to all at this link: <https://associatedministries.org/supportive-services/resource-list/>.

Habitat Needs Flatbed Truck

Tacoma/Pierce County Habitat for Humanity is looking for a flatbed truck. If you have a connection to a company or individual that would be willing to donate (or make a really good deal) on a reliable flatbed, we'd be grateful for your help. Habitat's truck met its untimely end and the organization has been borrowing a truck from another Habitat affiliate but as the summer gets busier, we are running into scheduling issues and really need a truck of our own. [E-mail if you have a lead?](#)

Heather Moss Confirmed as New Human Services Director

Heather Moss has been confirmed by as the County's Director of Human Services. Moss joins the County from the Washington State Department of Children, Youth and Families, where she served as deputy secretary. Previously, Moss was the director of the Washington State Department of Early Learning. In her new role, Moss is responsible for managing the County's array of services for the most vulnerable members of the community, including older adults, disabled individuals, people experiencing homelessness, children and veterans. The Human Services department administers funds for programs that include Early Childhood Education and Assistance (ECEAP), transportation, housing, energy assistance, youth violence prevention services, and many more. Aging & Disability Resources is a program within Human Services.

Washington's Mental Health Referral Service for Children and Teens

This [new service connects families with mental health providers](#) in the local area who have openings, can meet a child's specific needs and accepts insurance. Referrals can be made for any child 17 years and younger. This is a free service for families funded by the State of Washington and operated by Seattle Children's Hospital. Call 833-303-5437 Monday through Friday, 8 a.m. to 5 p.m.

New Libraries Proposed for Sumner & Lakewood

The Pierce County Library System wants to learn the public's interest in [new libraries](#) in new locations in Sumner and Lakewood, which would replace the current libraries. The Library System would like to know the public's thoughts about new libraries during week-long open houses:

- Sumner Library, 1116 Fryar Avenue, Sunday, July 28-Saturday, Aug. 3
- Lakewood Library, 6300 Wildaire Road S.W., Monday, Aug. 12-Saturday, Aug. 17
- Tillicum Library, 14916 Washington Ave. S.W., Monday, Aug. 12-Saturday, Aug. 17

[More information and online survey](#) at: imagine.pcls.us.

Fall 2019 Legal Series

The Pierce County Coalition for Developmental Disabilities (PC2) hosts attorney Timothy Williams in a series of special presentations. Oct 16 – "Estate Planning for Families of Individuals with Disabilities." Oct 23 – "Guardianships for Individuals with Developmental Disabilities." Oct 30 – "Special Needs Trusts & ABLE Accounts for Families of Individuals with Developmental Disabilities." All sessions are free and held at 5:30 p.m. at PC2, 3716 Pacific Ave., #A in Tacoma. Advance registration requested at 253-564-0707.

SCAMS OF THE MONTH

Worshippers Targeted by Gift Card Scam

The FTC is seeing a new spin on gift card scams. This time, scammers are pretending to be a pastor, rabbi, priest, imam, or bishop. They're asking worshippers for gift card contributions for a worthy cause. Appeals are often made by e-mail but people are also getting texts and phone calls, too. [Read more](#). (Source: FTC)

Who's Pretending to be the Government Now?

You've gotten the calls: from Social Security. Or the IRS. Or Medicare. Or any number of other agencies. Except: as soon as the caller threatens you or demands that you pay them with a gift card or by wiring money, you know. It's a scam. Even if caller ID tells you otherwise – that's not the government calling. [Read more](#). (Source: FTC)

Mystery Shop 'Til You Drop? Not So Fast

Who wouldn't love getting paid to shop and dine at cool places and then review them? Whether you're a student looking for a summer job or someone wanting to start a side or full-time business, mystery shopping sounds like an exciting option. But while some mystery shopping opportunities are legitimate, many are scams that rob you, not pay you. [Read more](#). (Source: FTC)

LOCAL HAPPENINGS (ADRC events highlighted in color)

Aug 6 – National Night Out

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie. Held at many locations in Pierce County and throughout the country. [Get details](#).

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](#).

Aug 9 – WA State Fatherhood Summit

Fathers, Agency Providers, and community members join the Washington State Interagency Fatherhood Council at The Fatherhood Summit. The Summit will focus on the theme of "Fatherhood Voices Inform Health Transformation Opportunities." The keynote address, "A Focus on Fathers in Primary Care Pediatrics," will be presented by Craig Garfield, MD. Dr. Garfield is a professor at Northwestern University in the Feinberg School of Medicine, Departments of Pediatrics and Medical Social Sciences. We want to elevate fathers' voices as we seek action points to move social change forward. Breakfast

and lunch included. Held 8 a.m. to 3 p.m. at the King County Airport in Seattle. More info and RSVP at www.wafoi.org.

Aug 10 – Images of Aging: The Age of Adaline

The 2015 film is a mix of drama, science fiction and fantasy as it explores the meaning of life without aging and the choices that need to be made to continue ageless living. The movie focuses on a woman who miraculously remains 29 years old for almost eight decades. She lives a lonely existence, cut off from family and friends and never allowing herself to get close to anyone who might reveal her secret. But a chance encounter with charismatic figure reignites her passion for life, for relationship and romance. Life changes immediately. Held at the Grand Cinema, 606 Fawcett Ave in Tacoma. Doors open at 10:30 a.m.; film shows at 10:45 a.m. Advance tickets required and available online July 14 or call the Pierce County ADRC at 253-7980-4600.

Aug 25 – Bradley Park Grand Opening!

Celebrate the opening of the new Bradley Park Puyallup campus and tour a variety of apartments open for viewing. Held 2 – 4 p.m. at 707 39th Avenue, SE. [Click to RSVP](#).

Sept 13 – Franke Tobey Jones Wellness Walk and Fair

Join staff and residents at Franke Tobey Jones for their annual Wellness Walk and Fair from 10 a.m. to noon. Walkers enjoy stretching exercises and routes around the campus. Community exhibitors will be set up around the fountain and garden. The campus is located at 5240 N. Bristol St. in Tacoma. Free and open to all. Call 253-752-6621 for details.

Sept 14 – Images of Aging: I'll See You in my Dreams

In this vibrant, funny, and heartfelt film, a widow and former songstress discovers that life can begin anew at any age. With the support of three loyal girlfriends, Carol decides to embrace the world, embarking on an unlikely friendship with her pool maintenance man, pursuing a new love interest, and reconnecting with her daughter. Rated PG-13 for sexual material, drug use and brief strong language. Held at the Grand Cinema, 606 Fawcett Ave in Tacoma. Doors open at 10:30 a.m.; film shows at 10:45 a.m. Advance tickets required and available online at Brown Paper Tickets after August 11 or call the Pierce County ADRC at 253-7980-4600.

Sept 24 – Aging Out Loud Conference

Registration for [Aging Out Loud](#) opens August 1st! This free conference will provide information and resources about LGBT-affirming affordable housing, long-term care, health and mental health care, and information about LGBT-specific estate planning to older LGBTQIA+ adults, their friends, chosen family, and allies in Pierce County. Join us on September 24th at the McGavick Conference Center at Clover Park Technical College in Lakewood. Reserve your spot by visiting <https://bpt.me/4309747>. Exhibitor opportunities are also available. Contact Pat McIntyre at Tacoma Older LGBT (Patricia@TacomaolderLGBT.com) for more information.

Sept 24 – Fall Prevention Day Pierce County

The Pierce County Fall Prevention Coalition hosts this special event with the focus on fall prevention and home safety. Enjoy fall prevention presentations and community resources. [More information available online](#). Free. No RSVP needed. Open to the public; YMCA membership not required. Held 10 a.m. to 1 p.m. at the Morgan Family YMCA, 1002 S. Pearl Street in Tacoma.

Sept 28 – Pierce County Alzheimer’s Caregiver Conference

The conference theme is “Food for Thought” and will include a program of nutritional health, brain health, and natural or holistic methods related to Alzheimer’s. Local exhibitors will include memory care facilities, legal providers, care management companies, medical sources and information providers. Free. Doors open at 8 a.m.; program begins at 9 a.m. sharp; concludes at 1 p.m. Refreshments provided. Held at [Bellarmine Prep](#), 2300 S. Washington St in Tacoma. [Directions to Bellarmine](#). Register online or call 253-798-8787. For more details call the Pierce County Aging and Disability Resource Center at 253-798-4600.

Oct 4-5 – Moving Mental Health Forward for 40 Years: What Will the Next 40 Years Bring?

The NAMI Washington State Conference will bring together people living with mental illness, family members, legal, medical and research professionals and providers, over two days to explore and celebrate the last 40 years of work in the mental health field, and to consider where we have yet to go. The conference begins on Friday at 1:00 p.m. and ends on Saturday at 4:00 p.m. Held at the Yakima Convention Center, 10 N. 8th St. Register by Sept 7 and get the Early Bird Registration Rate! Register online for the [NAMI 2019 State Conference Registration](#).

Oct 12 – Five Flights Up

A long-time married couple who've spent their lives together in the same New York apartment become overwhelmed by personal and real estate-related issues when they plan to move away. A story about aging in place. Rated PG-13 for language and some nude images. Held at the Grand Cinema, 606 Fawcett Ave in Tacoma. Doors open at 10:30 a.m.; film shows at 10:45 a.m. Advance tickets required and available at Brown Paper Tickets after Sept 14 or call the Pierce County ADRC at 253-7980-4600.

Oct 17 – Making the Link

Annual information, resources, services and supports expo for health care and social service professionals and others serving the needs of older adults and individuals with disabilities. All are welcome. Admission is free for Making the Link. Complimentary lunch provided by [Retirement Connection](#) to all attendees who RSVP in advance on [Eventbrite](#). Drop-in event held 11 a.m. to 4 p.m. at the MetroParks Star Center in Tacoma.

Oct 21 – Social Security Retirement 2020

If you are soon to celebrate your 62 birthday . . . if you are planning on claiming your Social Security benefits soon . . . if you are debating about delaying your benefits . . . if you want to see your benefits cut by 25% . . . if you want to make your Social Security benefits increase by 32% . . . you want to know more about Social Security . . . if you are receiving your Social Security benefits but have questions . . . if you want to understand the ins and outs of Medicare . . . if you have questions about the future of SSA and Medicare . . . then join us for Social Security Retirement 2020. Held 4:00-5:30 p.m. Location: Brookdale Allenmore Independent Living, 2010 S. Union Ave in Tacoma. Sponsored by Pierce County Aging and Disability Resources and the Social Security Administration. For more information call the Aging & Disability Resource Center at 253-798-4600.

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: I'm considering a move out of the country for my retirement years. How does Medicare coverage extend to foreign countries.

Answer: The simple answer is it doesn't. We know that more than 400,000 U.S. workers have retired in foreign countries and their ranks are rising. Medicare doesn't cover most expenses overseas, so these expats always need to confront the cost of finding alternative insurance. It can be a bit difficult. Expatriate retirees might find private insurance policies and national health plans in other countries. But these may not provide the high-quality, comprehensive care at an affordable price that retirees expect through Medicare. Faced with imperfect choices, some retirees cobble together different types of insurance, a mix that includes Medicare. It could be an added cost of living expense for you. Keep in mind Medicare has penalties. If you no longer pay for your Part B coverage, if and when you return and want to resume your part B coverage there is a 10% per year penalty for not paying your premiums even if you were outside the US. There will be no Part D penalty (1% per month) because you were outside the coverage area and you could not purchase any plan. The lesson is, no matter where you move to, do your research well in advance.

NATIONALLY

Medicare Does Not Give Out DNA Kits

The FTC is getting reports that callers claiming to be from Medicare are asking people for their Medicare numbers, Social Security numbers, and other personal information...in exchange for DNA testing kits. The callers might say the test is a free way to get early diagnoses for diseases like cancer, or just that it's a free test, so why not take it? But the truth is, Medicare does not market DNA testing kits to the general public. [Read more.](#) (Source: FTC)

Caring for Individuals with Alzheimer's Disease or Related Dementias (ARD)

The Administration for Community Living has released a data profile using data from the Caregiver Outcome Evaluation Study of the National Family Caregiver Support Program (NFCSP). This data profile, "[Caring for Individuals with Alzheimer's Disease or Related Dementias \(ARD\)](#)," compares caregivers who have a care recipient with Alzheimer's disease or related dementias (ARD) to caregivers who have a care recipient without ARD. This data profile examines characteristics of caregivers including age, gender, relationship to care recipient, sources of caregiving support, and use of NFCSP services. [Download the new profile.](#) (Source: ACL)

Common Medications Can Masquerade as Dementia in Seniors

A wide variety of medications used to treat allergies, insomnia, leaky bladders, diarrhea, dizziness, motion sickness, asthma, Parkinson's disease, chronic obstructive pulmonary disease and psychiatric disorders can interfere with cognition in older patients. [Read more.](#) (Source: KHN)

Alzheimer's Different for Men and Women

Researchers are now investigating why women's Alzheimer's risk is significantly higher than it is for men. New research gives some biological clues to why women may be more likely than men to develop Alzheimer's disease and how this most common form of dementia varies by sex. [Listen to the NPR story](#) | [Watch the ABC News](#) | [Watch the NBC News](#) (Source: KUOW, NPR)

Walmart Begins ScripTalk Service

Walmart has officially announced the nationwide [rollout of ScripTalk audible prescription labels](#) as a free service for their low vision, blind and print impaired pharmacy customers. All pharmacists and locations are aware of the service. No forms to fill out, no proof of vision loss necessary: just tell the pharmacist you have trouble reading your prescriptions and would like ScripTalk labels added. (Source: Walmart)

CMS Prepares for Extra Help Redetermination

The Centers for Medicare & Medicaid Services (CMS) is preparing for the annual redetermination of Medicare Part D low-income subsidy (LIS) deemed status, also known as "re-deeming." Individuals reported as full-benefit dual eligible individuals, partial dual eligible individuals (QMB-only, SLMB-only, or QI), or SSI recipients for any month between July and December of the current year will have their LIS deemed status extended to December 31 of the next calendar year. [Discover how the process works](#) | [Find model notices](#) (Source: CMS)

2019 Senior Center Month Materials Available

This September, the National Institute of Senior Centers (NISC) is celebrating National Senior Center Month 2019 by highlighting the theme Senior Centers: The Key to Aging Well. This year's theme was chosen to highlight how senior centers share knowledge, programming, and resources that make a difference in the lives of older adults. These elements are the key to unlocking the potential for aging well. [Download the program guide](#) (Source: NCOA)

Joint Commission Launches Educational Campaign on Preventing Falls

The Joint Commission has launched its new [Speak Up™ to Prevent Falls campaign](#) – featuring free, downloadable educational materials in English and Spanish to help educate patients and their health care providers on how to avoid unnecessary falls. The campaign's ready-made, easy-to-read [resources](#) include an infographic poster/flyer for patients and their families; an animated video to incorporate in hospital programming; and a distribution guide with recommendations on how health care organizations can use and distribute the materials to patients and their families, caregivers and advocates. (Source: Joint Commission)

12 Medications That Increase Fall Risk in Older Adults

While fall prevention efforts tend to focus on minimizing environmental hazards and improving mobility, another important contributing factor is often overlooked: [prescription and over-the-counter medications](#). (Source: AgingCare)

Simple Ways to Prevent Falls in Older Adults

As we age, the risk of falling increases and becomes increasingly perilous. A fall can be a real health setback for a frail, elderly person. And, more older adults are dying from falls today than 20 years ago. A recent [study](#) showed that more than 25,000 U.S. adults age 75 or above died from a fall in 2016, up

from more than 8,600 deaths in 2000, and the rate of fatal falls for this age group roughly doubled. [Read / listen to the story](#). (Source: NPR Weekend Edition)

Your Go-To Guide to Decode Medical Bills

Kaiser Health News gives you a [user-friendly toolkit](#) to help patients understand some of the ins and outs of medical billing, what to do if you receive a surprise medical bill and things to keep in mind before getting medical care. (Source: KHN)

Chartbook Features Current Data about Medicare Beneficiaries

The Medicare Current Beneficiary Survey (MCBS) Chartbook is designed to provide the public with a collection of charts and tables presenting estimates from the MCBS. The chartbook includes data on who gets Medicare, beneficiaries' health status, what services they receive, and more. The newest edition (with 2016 data) includes measures on Limited English Proficiency (LEP) and receipt of the shingles vaccine. [Download the chartbook](#). (Source: NCOA)

Social Security Benefits Lose 33% of Buying Power

Between October of 2018, and January 2019, consumer prices fell according to data from the Bureau of Labor Statistics. On January 1, 2019, Social Security beneficiaries received a cost-of-living adjustment of 2.8%. Theoretically, the combination of higher benefits, and lower prices, should translate into more money for retirees in the short term. But according to [The Senior Citizens League study](#) of the rising costs of older Americans, this is not necessarily the case. (Source; TSCL)

FTC Announces New Public Web Page with Interactive Do Not Call and Robocall Data

As part of its continued efforts to help make the Do Not Call (DNC) data it collects more transparent and easier for consumers to use, the Federal Trade Commission has launched a [new interactive public web page](#) containing a wealth of information about the National DNC Registry and unwanted telemarketing robocalls. The page allows consumers to search the data interactively, for example, by clicking on a specific state or county. The information will be updated quarterly. (Source: FTC)

National Medicare Education Week!

2019 National Medicare Education Week IS September 15-21. The [NMEW Medicare Education Toolkit](#) includes a sample presentation, event handouts, fact sheets and much more! To learn more about National Medicare Education Week and how you can get involved, visit www.n4a.org/NMEW. (Source: N4A)

New Data Profile: Examining Family Caregiver Characteristics

ACL has released a data profile using data from the Caregiver Outcome Evaluation Study of the National Family Caregiver Support Program (NFCSP). This data profile, "Family Caregivers: Examining caregiver characteristics, caregiving support, and other caregiving dynamics that differ between short term and long-term caregivers," compares caregivers who have been providing care for two or fewer years, and caregivers providing care for longer than two years. This data profile examines characteristics of caregivers including age, relationship to care recipient, level of caregiving intensity, and use of NFCSP services. [Download the new profile](#). (Source: ACL)

Check Out the New Mental Health Infographic from Healthy People 2020

Each month, health.gov releases an infographic with the latest data related to a [Healthy People 2020](#) Leading Health Indicator (LHI) topic. These infographics show progress toward Healthy People 2020 LHI targets — and show where there’s still work to be done. This month’s featured LHI topic is Mental Health. [Check out the infographic](#), then head over to the [Healthy People 2020 LHI Infographic Gallery](#) to see infographics for other LHI topic areas. (Source: Health.gov)

PLAN AHEAD (Always 2 months ahead) – September 2019

Breakfast, Responsible Dog Ownership, ADHD, Atrial Fibrillation, Blood Cancer, Cholesterol Education, Classical Music, Ovarian Cancer Awareness, Hunger Action, Coupon, Spinal Cord Injury, Food Safety, Self-Care and World Alzheimer’s Month; Nutrition (1-7), Popcorn (6-8), Housekeepers (8-14), Assisted Living (8-14), Suicide Prevention (8-14), Balance Awareness (15-21), Rehabilitation Awareness (15-21), Pollution Prevention (15-21), Dog (22-28), Register to Vote (22-28), Hearing Aid Awareness (22-28) Weeks; Food Bank (6), Stand Up to Cancer (6), Grandparents (8), Suicide Prevention (10), Report Medicare Fraud (12), Respect for the Aged (16), HIV/AIDS and Aging (18), Sign Language (23), Pharmacists (25) and Museum (28) 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.