

ADRC E-Newsletter September 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

Sept 5 – "Alzheimer's: Preparing for the Journey" with Jessica Girard, Pierce County ADRC

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

Sept 19 – Hospice Care Programs and Services

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

South End (King County) Coalition

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

Sept 18 – Foundation House Federal Way, 32290 1st Ave., S.

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 & Disability Resources Draft Plan

Every four years Pierce County Aging and Disability Resources creates a plan to help prioritize and guide the work of the department. The draft “Area Plan” will be posted for review and comment Sept 3 at www.PierceCountyWA.gov/ADR. The formal public hearing on the plan is scheduled for Sept 17 at 10 a.m. at the Pierce County Sound View Building, 3602 Pacific Ave in Tacoma. The public is invited. For additional information or to request special accommodations, please contact [Mickie Brown](#) at (253) 798-7376 by Sept 10, 2019.

Aging Out Loud Conference

Spread the word! Registration for [Aging Out Loud](#) is now open! 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.

Aging into the Future – Final Report

Aging into the Future: Pierce County 2020-2030 was held in March, 2019. There was a great turnout with 200+ participants! Thank you for everyone who attended the event and to our exhibitors who provided valuable information and resources to attendees. A final report has been released and will be sent to community leaders throughout the county. [View the final report](#). You can also [leave us feedback](#), view the polling results and watch the eight presentations.

Pierce County Pre-Winter Weather Seminar

Pierce County Emergency Management is hosting its annual Pre-Winter Weather Seminar on October 29 from 9:00 a.m. to 11:30 a.m. at the Pierce County Emergency Operations center in Tacoma. This seminar provides an opportunity for all stakeholders to join together and receive important and relevant information related to the upcoming fall and winter season. Participants will receive the latest and greatest from the National Weather Service, Pierce County Planning & Public Work’s, Surface Water Management and more. Registration required. [Info online](#). Contact [Natalie Stice](#) or (253) 405-5368.

Skills Development Series at Tacoma Rainbow Center

Rainbow Academy is a [Rainbow Center](#) initiative, offering workshops and seminars to develop professional, personal, and interpersonal skills for LGBTQ+ community members. The current program is held Tuesdays from 2 to 3 p.m. at the Rainbow Center, 2215 Pacific Ave in Tacoma through to October 1. Each session is one hour long. This program is free and open to anyone in the LGBTQ+ community. The Center is wheelchair accessible and offers ADA-compliant, single stall restrooms. [More information available online](#) or call (253) 383-2318.

Changes at Rainbow Center

Manny Santiago, Executive Director at the Rainbow Center in Tacoma has accepted Governor Jay Inslee’s appointment as Executive Director of the recently established Washington LGBTQ Commission. The Rainbow Center board of directors has begun a transition planning process which will

culminate in a search to identify a new Executive Director. For more information on the transition, please contact board president Sergio Cueva-Flores at president@rainbowcntr.org.

CPR Sunday . . . and Saturday

CPR Sunday is expanding to two days and now includes Saturday! The annual community event is offered free-of-charge to anyone interested in learning the basic life-saving skills of cardiopulmonary resuscitation (CPR). Students are taught the fundamentals of CPR and then given the opportunity to practice with CPR mannequins and Automatic External Defibrillators (AED). Upon successful completion of the course, students receive a Tacoma Fire Department CPR certification card. This year's event will be held on Saturday, October 12th, 2019 at Eastside Community Center and Sunday, October 13th at Foss High School in Tacoma. If you wish to register yourself, friends, family or coworkers, please head over to our event registration page: <https://cprsunday.net/event-registration>.

NAMI Washington's Annual Art Show

This art show features original artwork by people living with mental illness, and family members / caregivers of people living with mental illness. Art in all types of materials accepted - painting, photography, jewelry, sculpture, written word - and more! Participants may enter three (3) pieces of art. An application form, along with a photo and description of the artwork, must be submitted by September 20, 2019. All artwork must be completely original in design and concept. [Art Show Submission Link](#)

NAMI Statement on Mass Shootings

Our hearts are breaking for the families, friends, and communities who recently lost precious lives in Texas, California and Ohio. At the local, state and national level, NAMI served as a trusted resource in the aftermath of these tragedies. NAMI state organizations and affiliates elevated our voice in countless interviews, social media posts, comments and conversations over the last week. Every time we experience a tragedy like this, people with mental illness are drawn into the conversation. But we refuse to let our community become scapegoats for this type of violence. The reality is that in the U.S., it is easier to get a gun than it is to get mental health care. [See the full statement from NAMI.](#)

One Page Primer on DDA Waivers

Nearly all services delivered through the Developmental Disabilities Administration (DDA) are through a federal Home & Community Based Services (HCBS) waiver. They're called waivers because they waive the option to receive services in an institutional setting, choosing instead to receive the same or similar services in their own home and community. DDA has five different waivers, each with its own set of services and funding limits. [Click here](#) to learn who the waivers are for, what they provide, and what to expect when you request enrollment.

County/City Domestic Violence Survey

To help understand current domestic violence service delivery and access in Pierce County, the County and City of Tacoma have launched an exploratory process to improve data collection and information-sharing, more strategically align funding priorities and identify innovative approaches to serving diverse clients throughout Pierce County. Community members, people who have experienced domestic violence, family and friends of victims and domestic violence service providers can take a survey to provide feedback about the current services available in the community. [Please take the survey online.](#) [Click here for more information on the Strategic Alliance.](#)

Where to Turn Guides Available

The ever-popular yellow book, Where to Turn, is now available. The 2019-2020 edition is produced by Lutheran Community Services. Individual copies, small bundles and cases are available at no cost by contacting [Senior Media Services](#) at 253-722-5687. Get your year's supply now.

Upcoming Mental Health First Aid Trainings

Tacoma-Pierce County Health Department offers free community Mental Health First Aid trainings. MHFA is an 8-hour training for adults that teaches warning signs of mental crises and symptoms of specific disorders like anxiety, depression, bipolar disorder, schizophrenia, and substance use disorders. Participants learn a 5-step action plan to offer initial assistance to someone developing a mental health problem, or in mental crisis, and help them connect to needed care and support. Free event.

- Friday, October 18 / 8:30 – 5:00 / [Register online](#).
- Friday, November 15 / 8:30 – 5:00 / [Register online](#).

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 Franklin Pierce District Office, Bldg. C Boardroom, 315 129th St., S. in Tacoma. Advance registration requested at 253-564-0707.

Medicare Savings Program Eligibility Criteria Change

A new Medicare Savings Program (MSP) eligibility criteria change now makes it possible for people on Medicare, who have school-age dependents in the home, to potentially qualify for MSP. Application online at [Washington Connection](#). They can also print, fill out and submit a paper copy of the [application or Long-term Care/Aged, blind, Disabled Coverage](#). Request an application by calling 1-877-501-2233.

Free MMR Vaccine Now Available for Child Care Workers

Safeway and Albertsons stores are offering free measles, mumps, and rubella (MMR) vaccination for uninsured child care workers and volunteers. Washington state law now requires staff and volunteers of licensed child care centers to be [immunized against measles](#). Fifteen Albertsons and Safeway pharmacies across the state will offer MMR vaccine free of charge through June 2020 to uninsured child care staff and volunteers who need it. [Find the list of participating locations on the Department of Health's website](#). Child care staff and volunteers who have insurance also have options to get vaccinated. MMR vaccine for those age 19 and older is covered by most insurance companies and by Medicare and Apple Health (Medicaid). Learn more about the [cost and coverage of adult vaccines](#). Washington also provides recommended vaccines at no cost to everyone under the age of 19.

SCAMS OF THE MONTH

Bogus Vehicle Alerts

Keep an eye out for a post card in your mail box urging immediate action involving your car, truck or SUV. Bold, large, red font compels you: CALL IMMEDIATELY. TIME SENSITIVE. YOUR IMMEDIATE ATTENTION IS REQUIRED. The message claims the information is important and

gives you five business days to call. Don't call. It's an old pitch with a trail of trouble. The vehicle alert notices have a long history with state and federal investigators. [Read more](#). (Source: KOMO-TV)

Protect Yourself from Scammers and Donate Wisely

It's very common to look for ways to help people and communities affected after a natural disaster or tragic event. Unfortunately, imposters pop up to try and take donations away from those who really need them. You want to make sure your money gets in the hands of the charities you want to help. Make sure to do your research before donating to a charity and help prevent others from becoming a victim of fraud by reporting scams. [Tips for donating wisely](#). (Source: FTC)

LOCAL HAPPENINGS (ADRC events highlighted in color)

Sept 3 - Aging Smart: Medicare Options

Learn more about Medicare to include eligibility, enrollment, advantage plans, supplement plans, and new changes. Katee Corso with Safe Harbor Financial Protection Services and Anthony Albert with The Medicare Exchange are both specialize in Medicare options and strategize with their clients to find the best fit for their individual needs. Visit www.AgingSmartEducationalWorkshops.org. Open to the public and professionals. Held in the theater at Harbor Place, 1016 29th St NW, Gig Harbor. RSVP to Julie Thomson at 253-732-3292.

Sept 6 – Downsizing for the Time of Your Life

A joint workshop between August Dei Lutheran and St. John's Episcopal Churches. Six mini-presentations include spirituality of letting go; the essential 23 documents; downsizing selling options; estate selling; downsizing, rightsizing, resizing and a more. Free. Held 9:30 a.m. to 12:30 p.m. at Agnus Dei Lutheran, 10511 Peacock Hill Ave, NW in Gig Harbor. Call 253-851-6222 for details.

Sept 9 – Oh My Gosh – Now What? Part 1

There's no diagnosis like an Alzheimer's or Dementia diagnosis. More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and in the early stages after the diagnosis. Take a look at the questions and the answers in this 6-part series for families and individuals beginning the journey. Part 1 – What is Dementia? What are the warning signs? Held at 10 a.m. at the Bonney Lake Senior Center, 19304 Bonney Lake Blvd E. Free; No RSVP required. For details call 253-798-4600.

Sept 11 – Understanding Dementia

Jake Gamble from Generations Home Care presents on “Safe and Effective Outings for Middle and Late Stage Dementia.” Held in the Franke Tobey Jones M.J. Wicks Wellness Center from 2:00—3:30pm. Refreshments provided. Tours of our new memory care and assisted living areas provided following the talk. Seating is limited. Please RSVP today to Carole at 253-320-4216.

Sept 11 – Heart Failure Seminar

Do you suffer from heart problems or know someone who does? A medical professional will provide the most current information available, you will have an opportunity to hear someone's story and ask questions of the speakers. A free lunch will be provided. If you plan to attend, please register at HFaware.com or call 1-866-218-5602. Held at 10 a.m. the Pt. Definace~Ruston Senior Center, 4716 N. Baltimore in Tacoma.

Sept 12 – Disability Resource & Service Fair

The Exceptional Families Network is hosting a Direct Mobile Service outreach event from 11:30 a.m. to 1 p.m. at the Key Center Pierce County Library branch, 8905 Key Peninsula Hwy NW in Lake Bay. The event will feature resources on housing, transportation, employment, Medicare, Medicaid, caregiving, legal services, emergency resources and more. [More information online.](#)

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 (<https://bpt.me/4296273>) or call the Pierce County ADRC at 253-798-4600.

Sept 16 – Oh My Gosh – Now What? Part 2

(See Sept 9 for description.) Part 2 – How does the disease progress? What should I expect? Held at 10 a.m. at the Bonney Lake Senior Center, 19304 Bonney Lake Blvd E. Free; No RSVP required. For details call 253-798-4600.

Sept 17 – Optimum Life: Ethical Issues of Caregiving in Long Term Care Settings

Brookdale Allenmore hosts this ongoing series of webinars. Presenter is Stacey Meyer, Director of Corporate Counsel at Brookdale. Held 4:30 pm. At Brookdale Independent Living, 2010 S. Union Avenue in Tacoma. Please RSVP to Melissa Martin at 253-752-6870.

Sept 18 – Finding Health Information You Can Trust

Want to be more engaged in your health? Join the Washington Talking Book and Braille Library to learn how to utilize the authoritative and freely available resources from the National Library of Medicine. Held at 11 a.m. at the WTBBL, 2021 Ninth Ave. in Seattle.

Sept 19 – Optimum Life: Hospice Care Programs and Services

Held at 4:30 p.m. at Brookdale Allenmore Independent Living, 2010 South Union Ave in Tacoma. Call Jenny Austin or Melissa Martin at 253-759-7770 or 253-752-6870.

Sept 20 – Puyallup Memory Café

Join the folks at the Puyallup Library, 324 S. Meridian for an afternoon of socializing, music and fun at their monthly Memory Café. The relaxed atmosphere is perfect for those living with Alzheimer's and/or Dementia and their care partners. Beverages and snacks provided. Held 1:00 to 2:30 p.m. Free; No RSVP required. Call 253-841-5454.

Sept 21 – Prostate Awareness Men’s Breakfast

Greater Heights COGIC Church hosts a breakfast event to honor National Prostate Awareness Month. Event includes speakers, vendors, Q&A panel, blood pressure screening and more. Free, open to all, no RSVP needed. Held 10 a.m. to noon at 4819 S. 12th St. in Tacoma. Contact Aameeda at 253-753-5413.

Sept 23 – Oh My Gosh – Now What? Part 3

(See Sept 9 for description.) Part 3 – How do I start the conversation? How do I cope with the shock? Held at 10 a.m. at the Bonney Lake Senior Center, 19304 Bonney Lake Blvd E. Free; No RSVP required. For details call 253-798-4600.

Sept 24 – Aging Out Loud Conference

Aging Out Loud is a free conference for members of the LGBTQIA+ community, their friends, chosen family and allies in Pierce County who want to learn about the issues that impact older LGBTQIA+ adults including 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. Held 8:30 a.m. to 4:30 p.m. at the McGavick Conference Center at Clover Park Technical College in Lakewood. Reserve your spot by visiting <https://bpt.me/4309747>. Exhibitor opportunities available. Contact [Pat McIntyre](#) at Tacoma Older LGBT for more information.

Sept 24 – Fall Prevention Day Pierce County

The Pierce County Fall Prevention Coalition hosts the annual [Fall Prevention Awareness Day](#) 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. [Download the vendor application](#).

Sept 24 – Hire 253 is Back

Over 70 employers and community resources will be on hand at Tacoma Goodwill. The goal is for 50% of attending job seekers to obtain employment at this event. Employers come ready to hire. Community resources available to help with additional needs of attendees. Lunch is provided to the first 200 attendees. Held 10 a.m. to 2 p.m. at Goodwill, 714 S. 27th Street, Tacoma.

Sept 25 – PC2 Presents a DVR Program Overview

Confused about your options, or which career path is right for you? DVR counselors will discuss short-term support, home and community services/employment support, school to work, and transition to long-term support options for individuals who experience developmental disabilities. Held at 5:30 p.m. at PC2, 3716 Pacific Ave, #A in Tacoma. For info or to RSVP call 253-564-0707.

Sept 25 – Healthy Living Expo

The Tom Taylor Family YMCA in Gig Harbor hosts a Healthy Living Expo for our active older adult members. This event will focus on Spirit, Mind and Body health for active older adults, and expands upon the Fall Prevention Fair held in past years. Free information, giveaways and/or screenings. Held 10 a.m. to 2 p.m. at 10550 Harbor Hill Drive, Gig Harbor.

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. [View the event flyer](#). 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](#), Connelly Student Center, 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.

Sept 30 – Oh My Gosh – Now What? Part 4

(See Sept 9 for description.) Part 4 – What are the typical behaviors? How do I manage them? Held at 10 a.m. at the Bonney Lake Senior Center, 19304 Bonney Lake Blvd E. Free; No RSVP required. For details call 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 brings 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 online for the [NAMI 2019 State Conference Registration](#).

Oct 5 – Eatonville FallFest

An event for all ages and abilities. Resources from around the Eatonville area and the rest of Pierce County. Held 11 a.m. to 3 p.m. at Eatonville Middle School. For more info call Tina Schmidt at 253-677-2479.

Oct 7 – Oh My Gosh – Now What? Part 5

(See Sept 9 for description.) Part 5 – How do I pay for Care? What are the legal things I should do? Held at 10 a.m. at the Bonney Lake Senior Center, 19304 Bonney Lake Blvd E. Free; No RSVP required. For details call 253-798-4600.

Oct 8 – Disability Resource & Service Fair

The Exceptional Families Network is hosting a Direct Mobile Service outreach event from 10 a.m. to 12 noon at Mercy Housing, 1616 S. Yakima Ave in Tacoma. The event will feature resources on housing, transportation, employment, Medicare, Medicaid, caregiving, legal services, emergency resources and more. [More information online](#).

Oct 12 – Images of Aging: 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. 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 253-798-4600.

Oct 14 – Oh My Gosh – Now What? Part 6

(See Sept 9 for description.) Part 6 – Where can I turn for help? What are the resources I can rely on? Held at 10 a.m. at the Bonney Lake Senior Center, 19304 Bonney Lake Blvd E. Free; No RSVP required. For details call 253-798-4600.

Oct 15 – Optimum Life: Disarming Bullying Seniors

Brookdale Allenmore hosts this ongoing series of webinars. Presenter is Kristine Theurer, PhD, Founder and President of Java Group Programs. Held 4:30 pm. At Brookdale Independent Living, 2010 S. Union Avenue in Tacoma. Please RSVP to Melissa Martin at 253-752-6870.

Oct 17 – Making the Link 2019

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 anytime 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% . . . if you want to know more about Social Security . . . if you are coping with a disability . . . 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 info call the ADRC at 253-798-4600.

Oct 24 – Senior Citizens' Foundation Fall Conference

The focus of the conference will cover topics such as: Health Care, Medicare, Long Term Care, Guardianship, Aging, Housing, and the Budget. Event includes thirty-five exhibitors with resource information covering senior issues. The audience includes legislators, policy makers, civic Leaders, state, county and city employees, senior activists and providers of services for senior citizens. Held 8 a.m. to 4 p.m. at the Hotel Murano, 1320 Broadway Plaza in Tacoma. Additional information will be [posted online](#) or call 360-754-0207.

Oct 30 – Resilience in the Latino Community

Held 8 a.m. to 4 p.m. at the Hilton Seattle Airport & Conference Center, 17620 International Blvd, Seatac. Sponsored by SeaMar Community Health Centers. [Registration is now open online](#).

Nov 4 – Too Soon To Forget

Living with Alzheimer's disease changes life for both the person with dementia and their family. But what if someone is diagnosed their early 60s, 50s, or even as young as in their 30s? This video presentation and discussion features nine families sharing their stories to encourage awareness, understanding and acceptance of younger onset dementia – and ways communities can support can make life better for individuals living with dementia. Sponsored by the ADRC and the Pierce County Library.

- 12:30 p.m. – Lakewood Branch Library, 6300 Wildaire Rd., Lakewood

Free. No RSVP required. For more details call the ADRC at 253-798-4600.

Nov 5 – Too Soon To Forget

(See Nov 4 for details.) Held at 6:30 p.m. – Pierce County Soundview Building, 3602 Pacific Ave., Tacoma. Free. No RSVP required. For more details call the ADRC at 253-798-4600.

Nov 6 – Too Soon To Forget

(See Nov 4 for details.) Held at 5:30 p.m. at the Key Center Branch Library, 8905 Key Peninsula Hwy., NW in Lakebay. Free. No RSVP required. For more details call the ADRC at 253-798-4600.

Nov 8 – Too Soon To Forget

(See Nov 4 for details.) Held at 1 p.m. at the South Hill Branch Library, 15420 Meridian E. in South Hill. Free. No RSVP required. For more details call the ADRC at 253-798-4600.

Nov 9 – Too Soon To Forget

(See Nov 4 for details.) Held at 11 a.m. at the Parkland/Spanaway Branch Library, 13718 Pacific Ave., S. in Tacoma Free. No RSVP required. For more details call the ADRC at 253-798-4600.

Nov 9 – Images of Aging: Driving Miss Daisy

An elderly Jewish widow living in Atlanta can no longer drive. Her son insists she allow him to hire a driver, which in the 1950s meant a black man. She resists any change in her life but, Hoke, the driver is hired by her son. She refuses to allow him to drive her anywhere at first, but Hoke slowly wins her over with his native good graces. The movie is directly taken from a stage play and does show it. It covers over twenty years of the pair's life together as they slowly build a relationship that transcends their differences. Rated PG. 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 October 12 or call the Pierce County ADRC at 253-798-4600.

Nov 9 – Legacy of Love

2019 African American Caregivers Forum. This unique, culturally-focused event draws family caregivers from throughout the Pacific Northwest. Keynote Presentation: “Lessons Learned from Caregiving for My Mother” with Maxine Hayes, Washington State Health Officer (retired). Panel Presentation “Caregivers: Loving from the Front Line,” screening of "Speaking of Dying" a film by Trudy James, MRE and a panel discussion on planning for end-of-life. Free and open to the public. Held 9:30 a.m. to 3:30 p.m. at the Embassy Suites in Tukwila. [Information and pre-registration online](#) or call 206-706-7084.

Nov 12 – Optimum Life: Changes in Intimacy and Sexuality Due to Dementia

Brookdale Allenmore hosts this ongoing series of webinars. Presenter is Daniel Kuhn, LCSW, VP of Education at All Trust Home Care. Held 4:30 pm. At Brookdale Independent Living, 2010 S. Union Avenue in Tacoma. Please RSVP to Melissa Martin at 253-752-6870.

Nov 13 – Too Soon To Forget

(See Nov 4 for details.) Held at 6:30 p.m. at the University Place Branch Library, 3609 Market Place W. in UP. Free. No RSVP required. For more details call the ADRC at 253-798-4600.

Nov 14 – Disability Resource & Service Fair

The Exceptional Families Network is hosting a Direct Mobile Service outreach event from 11:30 a.m. to 1 p.m. at the Buckley Pierce County Library branch, 123 S. River Rd. The event will feature resources on housing, transportation, employment, Medicare, Medicaid, caregiving, legal services, emergency resources and more. [More information online.](#)

Dec 10 – Optimum Life: Understanding and Improving Urinary Incontinence

Brookdale Allenmore hosts this ongoing series of webinars. Presenter is Stefanie Peregrin, OTR/L, Director of Rehab-BHS. Held 4:30 pm. At Brookdale Independent Living, 2010 S. Union Avenue in Tacoma. Please RSVP to Melissa Martin at 253-752-6870.

April 24, 2020 – Pierce County Parkinson’s Conference

Save this date. Held at University Place Presbyterian Church. Sponsored by Health Care Providers Council of Pierce County.

Q&A of the Month

Question: I’m 80 years old. Can I give blood?

Answer: Sure! If you are in general good health, you can donate blood starting at age 16. You can continue to donate blood for as long as your health permits. There is no upper age limit to blood donation. Be sure to follow the directions after you donate – drink more fluids than usual. Eat heartily at your next meal. Refrain from drinking alcohol or smoking for four hours and refrain from heavy lifting for 24 hours. If you feel light headed, sit down and place your head between your knees or lay down until the feeling passes. If you have bleeding or bruising at the venipuncture site, intermittently apply pressure and/or a cold pack for the next 24 hours. The folks at the blood donation site will be happy to go over the details.

NATIONALLY

Cuts to Food Assistance Program Proposed

The U.S. Department of Agriculture (USDA) has proposed a regulation that would, by the USDA's own estimates, take Supplemental Nutrition Assistance Program (SNAP) access from 660,000 senior households. Comment about this change until Sept 23. [Send a comment.](#) (Source: NCOA)

Introducing ... Boost Your Budget Week

In April 2020, The National Council on Aging will launch a [national campaign](#) to raise awareness of benefits for low-income Medicare beneficiaries. We’ve put together a snapshot of what’s to come and how to get involved. (Source: NCOA)

NCOA Statement on Public Charge Rule

The new “public charge” regulation put forth by the Trump administration will harm vulnerable older immigrants who are in this country legally, their caregivers, the diverse communities where they reside, and non-immigrant seniors, too. Read the [National Council on Aging statement.](#) (Source: NCOA)

Download your Free Guide to Preventive Care

Preventive care is care you receive to prevent illness, detect medical conditions, and keep you healthy.

This free guide provides useful information about the preventive care services covered by Medicare, how much they cost, and how to access them. [Download the free guide](#). (Source: Medicare Interactive)

Gillette Rolls Out New Shaver for Caregivers

There have been over 4,000 razors designed for shaving yourself. None have been specifically designed to shave someone else – until now. Gillette TREO is the first of its kind, a [unique razor for caregivers](#) to confidently shave their loved ones. [Learn more](#). (Source: Gillette)

The Talk Seniors Need to Have with Doctors Before Surgery

It's a common complaint: Surgeons don't help older adults and their families understand the impact of surgery in terms people can understand, even though older patients face a higher risk of complications after surgery. Nor do they routinely engage in "shared decision-making," finding out what's most important to patients and discussing surgery's potential effect on their lives before setting a course for treatment. Surgeons are rethinking the old notions of "informed consent." A push is on to [talk candidly about what a surgery will do](#), its risks and how it will affect their quality of life. (Source: KHN)

Dementia Symptoms May Not Be Dementia

An estimated 1 in 4 older adults take anticholinergic drugs — a wide-ranging class of medications used to treat allergies, insomnia, leaky bladders, diarrhea, dizziness, motion sickness, asthma, Parkinson's disease, chronic obstructive pulmonary disease and various psychiatric disorders. Older adults are highly susceptible to negative responses to these medications, like Benadryl and other antihistamines, Seroquel for mood fluctuations as well as medications for urinary incontinence and gastrointestinal upset. [Learn more](#). (Source: Washington Post)

The Pay Gap is an Aging Issue

More than half of women responding to a survey said they are worried about outliving their savings. Income is tied to lots of aspects of aging, but the way that plays out once you turn 60 is very different for men and women. One major reason: the gender pay gap. [Read more](#). (Source: NCOA)

PLAN AHEAD (Always 2 months ahead) – November 2019

Adopt a Senior Pet, Diabetes; Epilepsy, Eye Donation, Lung Cancer Awareness, Alzheimer's Disease, COPD, Family Caregivers, Gratitude and Long-Term Care Awareness Month; Patient Accessibility (4-8), Hunger & Homeless Awareness (9-17), Nurse Practitioner (10-16), Fraud Awareness (10-16), Family (24-30) and Better Conversations (25-30) Weeks; Family Caregiver (1), Election (5), Veterans (11), Kindness (13), Diabetes (14), Children's Grief (21), Family Volunteer (23), Adoption (23), Survivors of Suicide (23), Thanksgiving (28) and Listening (29) 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.