

ADRC E-Newsletter November, 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

Nov 7 – "Medicare Update and Open Enrollment" with Connie Duty

Dec 5 – "Census 2020" with Pierce County Auditor Julie Anderson

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

Nov 21 – Community Showcase

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

South End (King County) Coalition

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

Nov 13 – Chateau at Valley, 4450 Davis Ave. S., 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

Safe at Home at Rebuilding Together South Sound

Starting this fall, Rebuilding Together South Sound's Year Round Services program will go by Safe at Home. This program provides critical home repairs too urgent to wait for Rebuilding Day in April and serves our neighbors. RTSS will host Safe at Home [Re]Builds 9 times a year that will focus on decks, stairs, ramps, grab bars, minor plumbing, electrical as well as projects that can be completed at any time by a skilled tradesperson. The next Safe at Home [Re]Build is RampUp! on Veteran's Day, Nov 16.

Whistleblower Alleges Medicare Fraud at Iconic Seattle-Based Health Plan

Group Health Cooperative in Seattle, one of the nation's oldest and most respected nonprofit health insurance plans, is [accused of bilking Medicare out of millions of dollars](#) in a federal whistleblower case. Teresa Ross, a former medical billing manager at the insurer, alleges that it sought to reverse financial losses in 2010 by claiming some patients were sicker than they were, or by billing for medical conditions that patients didn't actually have. As a result, the insurer retroactively collected an estimated \$8 million from Medicare for 2010 services, according to the suit. (Source: KHN)

Hospital Charity Care

Nonprofit hospitals admit they sent \$2.7 billion in bills over the course of a year to patients who probably qualified for free or discounted care. Nearly half of nonprofit hospital organizations (45%) routinely send medical bills to patients whose incomes are low enough to qualify for charity care. Tacoma's St. Joseph Hospital was among them. [Read more](#). (Source: KHN)

Washington State Law on Behavioral Care Balances Parental Rights, Teens' Autonomy

Many states have rules that keep parents from knowing about or consenting to certain types of care for their children, including mental health and drug and alcohol treatment. Washington state, however, has revised its policies. [Kaiser Health News examines the issue](#).

Three Awards for Family First

[Gig Harbor Living Local's 2019 Finest Awards](#) recognized Family First Adult Family Homes in three categories: Finest Employer, Finest Retirement Services and Finest Person of the Year (Chris Thompson). Family First has been operating in Gig Harbor for the past twenty years. This is the third year the publication has recognized local businesses, organizations and individuals.

DDA Eligibility Flowchart

There are many steps to receiving services from the Developmental Disabilities Administration (DDA). Learn all the ins and outs of the DDA eligibility process at a glance in our updated flow chart. [Ready, Set, Know: DDA Eligibility Flowchart](#).

Do No Harm Report Released

The Washington Health Alliance has released its third "[First, Do No Harm](#)" report. The Milliman MedInsight Health Waste CalculatorTM was used to measure common treatments, tests, and procedures identified by the national Choosing Wisely program, the U.S. Preventive Services Task Force and other sources, and known by the medical community to be overused. The report details how 44 medical groups across the state performed. Among the findings – waste in the Washington state health care system for these measures appears to be on a downward trend.

Dementia Friendly Community Gets New Program Director

Maria Holt has joined Lutheran Community Services as the new Program Director for the Dementia Friendly Pierce County grant project. Maria brings 20 years of experience working with seniors in the home care field. Her experience includes leading and managing staff and programs including working with those with dementia and their caregivers. The Alzheimer's Disease Program Initiative is a new federal grant project from the Department of Health and Human Services, Administration for Community Living (ACL). LCSNW will be offering social engagement activities such as Opening Minds through Art, Memory Ensemble, and Dementia Friends training. This expands on the current programs of Early Stage Memory Loss Zoo Walk, Memory Cafes, and Music Mends Minds in Pierce County. Reach Maria at mholt@lcsnw.org or 253-722-5434.

PT CapTel Installer

If you are interested in making a little extra money, have a flexible schedule, a vehicle, somewhat familiar and comfortable with technology (internet and telephones) and enjoy improving a senior's quality of life this might be a great opportunity. You would be installing CapTel Captioning Telephones in homes of customers. Please contact Jeretta Scott at 206-910-9594 (text/call) or email jeretta.scott@oeius.org to get more details. Heart and passion for seniors is the most important quality.

Call for Annual Award Nominations

NAMI (National Alliance on Mental Illness) Washington is accepting nominations for several awards. Categories include Criminal Justice, Educator, Faith Community, Consumer Advocate, Leadership, Legislator, Media, Partner, Public Service and Volunteer. Nominations accepted until Nov 6. [Download the fillable nomination form](#) – descriptions of each award on the last page.

Don't Let the Flu Get You

The flu is more than a bad cold. For several days, people can suffer with fever, cough, sore throat and body aches. Each year, influenza causes thousands of deaths and hospitalizations. People with long-term health conditions are especially at risk. The best way to prevent flu is to get a flu vaccine. Learn more at the [Tacoma Pierce County Health Department](#).

Furniture Needed at Habitat

The Tacoma/Pierce County Habitat Stores are low on furniture stock. If you have gently used furniture you'd like to rehome, please consider a donation. [Review the donation criteria](#). Drop off at any of our [three locations](#) (Tacoma, Lakewood, Puyallup) or [schedule a Pierce County pick-up \(free!\) online](#). All donations to and purchases from the Habitat Stores help build homes and strengthen communities.

SCAMS OF THE MONTH

Self-defense Against Scams

To everyone who hangs up on unwanted calls, learns about the latest scams, and checks with friends about suspicious offers: good news! People who did all those things were less likely to lose money to a scam than people who didn't, according to [Exposed to Scams: What Separates Victims from Non-Victims?](#), a report from the FINRA Investor Education Foundation, the BBB Institute for Marketplace Trust, and the Stanford Center on Longevity. (Source: FTC)

SIM Swap Scams: How to Protect Yourself

If your cell phone is your go-to device for checking your email, paying your bills, or posting to social media, you're not alone. So imagine that your cell phone suddenly stops working: no data, no text messages, no phone calls. Then picture getting an unexpected notification from your cellular provider that your SIM card has been activated on a new device. These could be signs that a scammer has pulled a SIM card swap to hijack your cell phone number. [Find out how scammers pull off a SIM card swap](#) like this and what you can do to protect yourself from a SIM card swap attack. (Source: FTC)

Scams and Older Consumers: Looking at the Data

The FTC just sent a report to Congress called *Protecting Older Consumers 2018-2019*. The report suggests steps to take to help protect older consumers from fraud. But the evidence also shows a thing or two everyone else can learn from them. Check out the sometimes [surprising findings](#) in this year's report. (Source: FTC)

LOCAL HAPPENINGS (ADRC events highlighted)

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. Held at 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 7 – Family Dynamics

An informative luncheon before the holiday season. Take cup of family love and caring, a tablespoon of stress, a basket of concerns with fears surrounding aging and current or future care needs. Mix in different personalities and options. What do you get? Family dynamics. Presented by Michelle Graham, co-owner of Graham & Graham Eldercare Consultants. Held 11:30 a.m. at Wesley Bradley Park, 707 39th Avenue, SE, Puyallup. Free. RSVP at (253) 435-8100 or [RSVP online](#).

Nov 8 – Alzheimer's Association Town Hall

Learn more about federal and state legislation and public policy related to Alzheimer's and other dementia. Raise your voice to raise awareness. Held 10:30 a.m. to noon at First United Methodist Church, 621 Tacoma Ave. S., Tacoma. More [information at online](#) or call 206-363-5500.

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](#) 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.](#)

Nov 14 – The Facts of Long-Term Care

Deer Ridge Memory Care hosts this presentation by Bruce Bamford, Information and Education Chairman of the Senior Action Network. Topics include long-term care, Medicare, Medicaid, retirement and estate planning. RSVP at 253-625-3104. Held at the Puyallup Activity Center, 210 W. Pioneer Avenue, Room 3, Puyallup

Nov 15 – Identifying & Responding to Elder Abuse and Vulnerable Adult Financial Exploitation
WA State’s 16th annual conference on the Abuse of Elders and Adults with Disabilities. Keynote by Bonnie Brandl. Breakout sessions on scams, financial exploitation, fraud and consumer protection, interviewing people with cognitive impairment, APS and more. \$100. Held at the Criminal Justice Training Center, 19010 1st Ave S. in Burien.

Nov 15-16 – Leadership Institute

The Sound Alliance, in Pierce and King Counties, is made up of faith, labor, and community organizations dedicated to building a base of every day citizen leaders to effectively stand for change they want to see in their communities. This [9-hour training over two days](#) covers topics such as Why Organize, Fundamental Organizing Skills, Strengthening Institutions, Problem vs. Issues and more. Sound Alliance member organizations are free. Non members are \$50. Lunch will be provided on Saturday; \$10 donation requested to offset costs. Held at the Eastside Family Support Center, 3569 E. Roosevelt Ave. in Tacoma. [Register online.](#)

Nov 23 – Creative Psychosis Workshop

Open to people with lived experience, family members, and clinicians. A one-day practice workshop that will explore how we can use Voice Dialogue, Body Dialogue and Voice Sculpting ways of working that can enable clients to explore the most difficult parts of their distress in a safe and secure environment. Limited number of scholarships available for both trainings. To purchase tickets for Tacoma, or for more information in general, email sarah@mindfreedom.org. Held 9 a.m. to 5 p.m. at Lundstrom Plaza, 10209 Bridgeport Way, Lakewood.

Dec 4 – Fir Lane Memorial Park Open House

A community event for family, friends and colleagues. Collecting new socks, hats, scarves and gloves for seniors. Complimentary refreshments. Fir Lane will be giving away 40 free tickets to Spanaway Park’s Fantasy Lights. Held 3-6 p.m. at 924 E. 176th Street in Spanaway. Questions call 253-531-6600.

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 trying to think ahead. What should I give my folks for Christmas this year? They really don’t have any needs and their wants are pretty minimal.

Answer: First of all, it’s the thoughts that counts. They will be grateful for any expression of love and support. But since you ask, we are big on emergency preparedness. Here are our six ideas:

- A disaster kit: gather supplies such as food, water, clothing, medications, batteries, and chargers. Maybe include a special treat or two.

- Make a list of emergency contacts and phone numbers. Make sure they are included in your folks' cell phones. Give them a spare phone charger too. Maybe even a solar powered one.
 - Make sure that you and/or a trusted neighbor has a house key and a list of emergency phone numbers.
 - Make a map with the nearest community buildings, churches, recreation facilities. These might be shelters in an emergency.
 - Plan for alternative transportation options if driving is too dangerous. This might include Uber, Lyft and GoGoGrandparent (reachable via phone at (855) 464 - 6872 or (855) GOGO-USA) services. You might even want to buy a gift card for this service.
 - Give them a really good pair of walking shoes. Walking – even a little bit – may be a necessity.
 - Make a system to inform neighbors, friends and family if they are going to be away for a time.
- This may seem pretty mundane but it sure gives peace of mind. In an emergency it will pay dividends.

NATIONALLY

Drug Claims to Slow Alzheimer's Dementia

A US drug company says it has created the first therapy that could slow Alzheimer's disease, and it is now ready to bring it to market. Currently, there are no drugs that can do this – existing ones only help with symptoms. Biogen says it will soon seek regulatory approval in the US for the “groundbreaking” drug, called aducanumab. It plans to file the paperwork in early 2020 and has its sights on Europe too. [Read more.](#) (Source: BBC)

Keeping Your Blood Sugar in Check Could Lower Your Alzheimer's Risk

Brain scientists are offering a new reason to control blood sugar levels: It might [help lower your risk of developing Alzheimer's disease](#). The risk for dementia is elevated about twofold in people who have diabetes or metabolic syndrome (a group of risk factors that often precedes diabetes). (Source: NPR)

How-to Videos for Family Caregivers Performing Complex Medical Tasks

Today 20 million family caregivers perform complex medical and nursing tasks, often with little to no instruction. AARP collaborated with the Home Alone Alliance to develop a series of [“how to” videos and accompanying resource guides](#). Topics include diets, incontinence, medications, mobility, wound care and more. The materials are free. (Source: AARP)

New Round of Medicare Readmission Penalties

Medicare cut payments to 2,583 hospitals Tuesday, continuing the Affordable Care Act's eight-year campaign to financially pressure hospitals into reducing the number of patients who return for a second stay within a month. Of the 3,129 general hospitals evaluated in the Hospital Readmission Reduction Program, 83% received a penalty, which will be deducted from each payment for a Medicare patient stay over the fiscal year that begins today. [Hospital look up tool.](#) (Source: KHN)

Social Security Benefits Increase in 2020

The Social Security Administration has announced the annual cost-of-living adjustment (COLA) for Social Security and Supplemental Security Income (SSI) benefits. As a result, nearly 69 million Americans will see a 1.6 percent increase in their benefits in 2020. For the average retired worker that means \$24 per month. (Source: SSA)

New Report on Dementia and Brain Health Now Available

A new report from the National Association of Area Agencies on Aging (n4a) illustrates how Area Agencies on Aging (AAAs) are responding to the needs of increasing numbers of individuals living with dementia and their caregivers, and how they are addressing the issue of brain health in their communities. The new publication, [*Dementia and Brain Health: The Role of Area Agencies on Aging*](#), examines the impact of dementia on AAA clients, as well as the innovative programs and partnerships AAAs have developed to support the growing number of individuals living with dementia and their caregivers. (Source: N4A)

Brain Health and Quality of Life in Aging

U.S. Dept of Veterans Affairs, Veterans Health Administration, Geriatric Research, Education and Clinical Centers has produced a healthy brain booklet, "[Brain Health and Quality of Life in Aging](#)." The nationwide education committee writing the guide included Julie Moorer of the Puget Sound VA Health Care System. Hard copies can be ordered by contacting [Julie Moorer](#) directly. (Source: VA)

Number Of Uninsured Children Rises For Second Year

Roughly [4.1 million children were uninsured in 2018](#), up from a low of 3.6 million in 2016, according to the Georgetown University Center for Children and Families, citing US Census Bureau data. Their uninsured rate jumped to 5.2% last year, up from 4.7% in 2016. Another Census study shows a similar increase, with the uninsured rate for kids increasing to 5.5% last year, up from 5.0% two years earlier. The trend comes during a period of economic growth when more Americans are gaining employment. (Source: The Hill)

Drumbeat Builds for a Peace Corps of Caregivers

Imagine a government program that would mobilize volunteers to help older adults across the nation age in place. One is on the way. The Administration for Community Living, part of the Department of Health and Human Services, is taking steps to establish a [National Volunteer Care Corps](#). If it's successful, healthy retirees and young adults would take seniors to doctor appointments, shop for groceries, shovel snowy sidewalks, make a bed or mop the floor, or simply visit a few times a week. [Read the story](#). (Source: KHN)

Congressional Leaders Tackle Pervasive Problem of Isolation and Loneliness

Senator Tina Smith (D-MN) and Representatives David Trone (D-MD) and Tim Walberg (R-MI) introduced the bipartisan [Protecting Older Americans from Social Isolation Act of 2019](#) to support the Aging Network in addressing the epidemic of social isolation and loneliness. (Source: NCOA)

The Pre-Existing Conditions Problem

An [updated KFF analysis](#) estimates that almost 54 million people – or 27% of all adults under 65 —have pre-existing health conditions that would likely have made them uninsurable in the individual markets that existed in most states before the Affordable Care Act. Older working-age Americans (ages 55-64) are the most likely age group to have declinable pre-existing conditions (44%), more than twice the share (18%) among the youngest age group (18-34). Women are more likely than men to have declinable conditions (30% compared to 24%). (Source: KFF)

Medicare Part D Beneficiaries Expect to Pay More

Medicare Part D enrollees with relatively high out-of-pocket expenses can expect see their costs rise in 2020, according to [a new KFF analysis](#). This is mainly due to an increase in how much enrollees will

pay out of pocket for their prescription drugs in the Part D benefit coverage gap phase before they qualify for catastrophic coverage. (Source: KFF)

For Boomers, Age-Proofing A Home Won't Come Cheap

More baby boomers look forward to aging in place — in their homes, rather than in a care facility. But the [costs of retrofitting a house](#) is likely prohibitive for many Americans. (Source: KHN)

Youth in a Pill by 2050?

What if aging wasn't inevitable? Scientists have developed promising clock-turning treatments for mice. Could pills that mimic the benefits of exercise help humans? [In this Future You video](#): the effort to stop the symptoms of growing old. (Source: NPR)

A Well-Aged Mind

Getting older can bring many changes, both physically and mentally. Even when you're healthy, your brain and body start slowing down. [Maintaining your cognitive health](#)—the ability to clearly think, learn, and remember—is important for your overall well-being. (Source: NIH)

Virtual Reality Helps Seniors Breathe New Life into old Memories

VR headsets are showing up in senior living and memory care facilities, giving elderly people [a chance to experience the sights and sounds](#) of distant places, enjoy moments from their past and explore experiences that for reasons of age or poor health are physically inaccessible in real life. VR might even prove useful as a high-tech version of so-called [reminiscence therapy](#). (Source: NBC)

Elder Justice Toolkit

The National Center on Law and Elder Rights (NCLER) has released its new [Elder Justice Toolkit](#). The resource is a central hub for resources and practice-oriented information on addressing elder abuse and maltreatment. Designed for civil legal aid attorneys and advocates, the Elder Justice Toolkit contains webcast recordings, as well as additional tip sheets, checklists, and guides. (Source: NCLER)

AARP's Livable Communities Video Archive

AARP has produced a [variety of videos](#) exploring the "livable communities" concept. Topics include getting around, housing, interview with experts, placemaking and more. Get inspired by experts and advocates who are passionate about creating great places for people of all ages. (Source: AARP)

PLAN AHEAD (Always 2 months ahead) – January 2020

Bath Safety, Cervical health, Financial Wellness, Get Organized, Braille Literacy, Glaucoma Awareness, Self-Defense, Soup, Blood donor and Thyroid Awareness Month; Diet Resolution (1-7), Healthy Weight (20-26), Activity Professionals (20-26) and Tax Identity Theft (28-2/3) weeks; Braille (4), Winter Skin Relief (8), Law Enforcement Appreciation (9), Human Trafficking Awareness (9), Milk (11), Korean American (13), Thesaurus (18), Migrants & Refugees (19), Martin Luther King (21), Day of Service (21), Puzzle (29), Seeing Eye Dog (29) and Art (31) 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.