

## ADRC E-Newsletter December, 2019



The ADRC E-Newsletter may also be viewed as a PDF at [www.PierceADRC.org](http://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 44<sup>th</sup> Ave E, Tacoma.

Contact [Bob Riler](#), ADR, 253-798-7384

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

Jan 2 - No January Meeting

#### **Health Care Providers Council of Pierce County**

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

Dec 12 – Annual Holiday Fest

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

No December meeting – Resumes January 16

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

#### **South End (King County) Coalition**

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

Dec 18 – GenCare The Lodge, 1600 Eagle Ridge Dr., S. Renton

Schedule of meeting locations and times at [www.secoalition.com](http://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

No December meeting – Resumes January 16

Contact [Debbie Ruvo](#) at 253-370-1947

#### **SASH Coffee Time Networking**

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

Willow Gardens, 4502 6<sup>th</sup> St., SE, Puyallup

Meets Fourth Wednesday 9:00 – 10:30 a.m. (No December 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**

### **Fact Sheet Explains DD Adult Residential Options**

There are many different supports available for adults with developmental disabilities who want to live outside the family home. To help simplify what can be a confusing landscape for those just starting to consider options, Informing Families has developed a [new one-page bulletin](#) that lays out the most common services, as well as a few of the less common ones. Includes links for more specific program information and where to request services.

### **Calling All Individual Providers**

If you are a contracted Individual Provider (IP), DSHS wants to hear from you. DSHS is working to implement Consumer Directed Employers (CDEs) for Individual Providers (IPs) of in-home personal care and respite in Washington state. The CDEs are private companies who will handle the payroll, tracking training and background checks, and other employer responsibilities currently managed by DSHS. This change will happen in 2021. Clients will continue to select, schedule, supervise, and dismiss their IPs. The CDE Project team is undertaking multiple activities to measure how ready IPs are for the switch to the CDEs. This survey is one way DSHS is using to gather information. If you are paid to care for people who receive services from DSHS Aging and Long Term Support Administration or DSHS Developmental Disabilities Administration, please take a few minutes to share your thoughts with DSHS in [this survey](#). The survey will be available Nov 15 to Dec 6.

### **Tacoma Captioning Ordinance Slated for Vote**

The City of Tacoma is slated to vote on an ordinance requiring all businesses with public televisions (bars, restaurants, waiting areas, etc.) to display closed captioning during business hours. This law is modeled after other ordinances that have successfully passed in Portland, Seattle, and many other localities around the country. The ordinance has proven to be beneficial not only to deaf and hard of hearing patrons, but also anyone else in noisy environments as they can receive televised emergency alerts and breaking news like others while away from home. Council meetings on Dec 10 and 17 will feature the first and second readings of a Universal Closed Captioning Ordinance in the City of Tacoma. Members of the Deaf and Hard of Hearing Community and friends can offer testimony at these council meetings. Held at 5 p.m. at the Tacoma Municipal Building (First Floor), 747 Market St., Tacoma.

### **Central Pierce Rolls Out New Cares Program**

In 2014, 10 people called 911 for Central Pierce Fire & Rescue 192 times. By 2017, the number of persistent callers jumped to 95, and they were responsible for 884 calls. A [new program at Central Pierce](#), CARES, or Community Assistance for Referral and Education Services, aims to curb the number of repeat 911 callers by addressing underlying problems and navigating patients to resources.

### **New APS Number Streamlines Reporting**

The Department of Social and Health Services' Adult Protective Services has a new centralized intake phone number to receive all reports of suspected abuse, neglect, self-neglect, abandonment and financial exploitation of vulnerable adults. The new phone number is 877-734-6277 and will direct all callers to staff located in Lacey. [Learn more.](#)

### **Census Jobs Available**

The 2020 Census is coming up and there are numerous temporary job opportunities available including census takers, recruiting assistants, office staff and supervisory staff. Older adults and individuals with disabilities are encouraged to apply. Most jobs are near to a person's home. Pay is \$16.50 - \$20.00. [Learn more online](#) or call 1-855-562-2020.

### **Giving Tuesday**

GivingTuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world on December 3, 2019 and every day. It was created in 2012 as a simple idea: a day that encourages people to do good. One of the best ways to get involved is in your own community. [Giving Tuesday has a directory](#) to help you find organizations, events, and ways to give back in your own community.

### **Updated Property Tax Exemption/Deferral Information from PC Assessor Office**

For tax year 2020 (based on household income for the year of 2019), there are increased household income limits now established for Pierce County homeowners who are seeking to qualify for the property tax exemption and/or deferral programs. There are three income categories Category A which has increased to annual household income of \$31,644.00 or less; Category B which has increased to annual household income of \$38,676.00 or less; and Category C which has increased to annual household income of \$45,708.00 or less. The Property Tax Deferral program eligibility has increased to annual household income of \$52,741.00 or less. For more information or to request an application contact the Senior Citizen or Disabled Person Property Tax Exemption Department at 253-798-2169.

### **Key Medicaid Standards**

The Northwest Justice Project has produced an updated chart showing [Medicaid eligibility and other standards](#) in effect as of October 1, 2019.

### **Free Veterans Legal Aid Clinics**

The Washington State Attorney General's Office has launched a centralized calendar of upcoming free legal aid clinics across the state. These events, which are coordinated with community partners, provide qualifying military personnel and veterans with free assistance for a range of civil legal issues. The schedule is available online at [www.atg.wa.gov/veteran-and-military-resources](http://www.atg.wa.gov/veteran-and-military-resources). The Office of Military and Veteran Legal Assistance created the coordinated calendar of events and opportunities so military service members and veterans have easy access to information about how to find legal help and resources.

### **SHIBA Celebrates 40 Years of Free, Unbiased Help During Medicare**

This year marks the 40th anniversary of the Statewide Health Insurance Benefits Advisors (SHIBA) in Washington state. Also known as SHIBA, it's a network of more than 400 volunteers and 20 nonprofit sponsors who help Washington's 1.3 million Medicare beneficiaries with their health care choices. [Read more about SHIBA's history and see the segment that aired about SHIBA on KOMO News.](#)

### **Millennial Provider's Network**

[Millennial Provider's Network](#) (MPN) is an open meeting created for young professionals serving seniors in Puget Sound. These Happy Hour meetings are coordinated monthly with a no host bar, and there is no cost to attend. They are held on the 3rd Thursday of each month from 4:00-6:00 pm. Meetings rotate locations around Pierce County. Please join for libations and conversations. Feel free

to invite friends and colleagues who may be interested. For more info and to RSVP for an upcoming happy hour meeting please email: [Tabitha White](#) or [Emilee Brown](#). Next event is held Dec 19 at La Cà Bar, 606 S. Junett Street in Tacoma.

## **SCAMS OF THE MONTH**

### **2020 Census: Fact v Fiction**

The Federal Trade Commission is partnering with the U.S. Census Bureau to help people guard against potential census scams. Knowing how the 2020 Census process works, what information you will — and won't — be asked for, and some red flags will help you spot and report scams. [Read more](#).

(Source: FTC)

### **AG Ferguson warns consumers of scam health insurance websites**

The Washington Health Benefit Exchange has received dozens of complaints from Washingtonians coming across websites posing as the [official health insurance marketplace](#). Some websites are tricking Washingtonians to get their personal information. Others provide services but charge for things that should be free. Washington residents can find, compare and enroll in new health plans through the state's official health insurance marketplace at [wahealthplanfinder.org](#). On the website, Washingtonians can find out whether they qualify for free or low-cost coverage. However, some scammers have created websites posing as the official marketplace to steal Washingtonian's private information. Providing the information needed to sign up for insurance on the marketplace, such as social security numbers or birth dates, to a fake website would expose Washington residents to fraud and identity theft. (Source: AG)

### **Protect Yourself from Debt Collection Scammers**

Dealing with debt collection issues can be challenging – especially when you're not sure if the person you're being contacted by is a legitimate debt collector or someone trying to scam you. Confusion is part of their tactic. [This video](#) shares useful tips on spotting debt collection scams and protecting yourself from scammers. (Source: CFPB)

## **LOCAL HAPPENINGS (ADRC events highlighted)**

### **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 Fantasy Lights at Spanaway Park. Held 3-6 p.m. at 924 E. 176<sup>th</sup> St. in Spanaway. Questions call 253-531-6600.

### **Dec 5 – Trauma Informed Care/Behavioral Health**

Leading Age Washington offers a class to help participants understand the regulations required for mental health conditions in long term care (LTC) and provide an understanding of what the disorders are and the symptoms that are exhibited. These conditions are not all managed with the same techniques and competencies will be needed to ensure the staff can address these resident's needs. Discussions will focus on non-pharmacological care that will assist in person centered care for these residents. The nursing home population has become more complex and residents are entering the facilities with various forms of Schizophrenia and Bipolar disorders. Held 8:30 a.m. to 4:30 p.m. at the Sullivan Center in

Tukwila LeadingAge participants: \$129 / Others: \$179. Includes education credits, lunch, breaks and materials. [Register online](#).

### **Dec 8 – Tacoma Older LGBT Reel PRIDE Matinee**

Join us for the first Tacoma Older LGBT Reel PRIDE Matinee showing of “The Adventures of Priscilla, Queen of the Desert.” The screening will be held at the Pierce County AIDS Foundation (PCAF) located at 3009 S. 40<sup>th</sup> Street in Tacoma. Doors open at 1 p.m., no RSVP is required. Please contact [info@tacomolderlgbt.org](mailto:info@tacomolderlgbt.org) for more information.

### **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.

### **Dec 10 - Financial Wellness and Parkinson's**

Parkinson’s is a chronic illness that not only takes a toll on you physically, cognitively and emotionally, but it can also be a significant financial burden. The good news, however, is that people can live a very long time (and live well) with Parkinson’s; so, it’s important to have a plan in place to ensure your financial health. The webinar will explore achieving financial wellness, building a financial team, the must-have documents, making cost projections, organizing your assets, communicating with family and more. [Register for this free webinar](#). If you’re unable to make it at the scheduled time, register anyway and we’ll send you a recording as soon as it’s available.

### **Dec 14 – Images of Aging: The Upside**

Life can be cruel. Life can also be rewarding. Those two realities combine in “The Upside,” a 2017 comedy-drama. Pierce County Aging and Disability Resources continues the Images of Aging film series with “The Upside.” The film is centered two main characters on a wealthy New York City businessman and an unemployed parolee. Both have lost heart as their lives seem to be spiraling downhill with no apparent way out. Film is rated PG. Held at the Grand Cinema, 606 S. Fawcett Avenue in Tacoma. Films begin at 10:45 a.m. Doors open at 10:30 a.m. Tickets for “The Upside” are free but must be obtained in advance online at <https://bpt.me/4416663> or by calling the Pierce County Aging & Disability Resource Center at 253-798-4600.

### **Jan 22 – Disabilities Legislative Reception**

An opportunity for people with disabilities and the organizations that represent them to meet with legislators to discuss critical issues. Held 5:30 to 7:30 in the Columbia Room in the Legislative Building at the State Capitol. Contact [Emily Rogers](#) for details. For reasonable accommodations contact [Emily Heike](#).

### **Feb 4, 2020 – 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 6-7 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Suite 200 in Tacoma. Free; no RSVP required. Call 253-798-4600 for more information.

### **Feb 11, 2020 – Oh My Gosh, Now What? – Part 2**

(See Feb 4 for event description) Part 2 – “How does the disease progress? What should I expect?” Held 6-7 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Suite 200 in Tacoma. Free; no RSVP required. Call 253-798-4600 for more information.

### **Feb 20 – Sexual Expression in Older Adults with Diminished Capacity**

Studies show that older adults continue to enjoy intimate relationships throughout their lives. In fact, sexual intimacy has many benefits for older adults. A recent study revealed that older adults who engage in sexual activity score better on cognitive tests. Even older adults with cognitive disorders who may experience declines in functioning, often maintain a need for intimate connection. [This workshop will discuss concepts of human sexuality and sexual self-determination.](#) Intimacy will be defined, and the benefits and risks of intimacy among older adults living with dementia disorders (and diminished capacity) will be reviewed. Complicating factors, such as limits on privacy, hypersexuality, risk of bodily harm and exploitation will be discussed. Sexuality in long-term care settings will also be reviewed. Held 9 a.m. to 4 p.m. at the DoubleTree Suites by Hilton, Southcenter Mall. LeadingAge WA member: \$149.00 for the 1st attendee - \$99.00 for addl. staff from the same community. Others \$169.00 for the 1st attendee - \$119.00 for addl. staff from the same community. Complimentary parking, 6 CE, lunch and materials.

### **Feb 25, 2020 – Oh My Gosh, Now What? – Part 3**

(See Feb 4 for event description) Part 3 - “How do I start the conversation? How do I cope with the shock?” Held 6-7 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Suite 200 in Tacoma. Free; no RSVP required. Call 253-798-4600 for more information.

### **Mar 3, 2020 – Oh My Gosh, Now What? – Part 4**

(See Feb 4 for event description) Part 4 - “What are the typical behaviors? How do I manage them?” Held 6-7 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Suite 200 in Tacoma. Free; no RSVP required. Call 253-798-4600 for more information.

### **Mar 10, 2020 – Oh My Gosh, Now What? – Part 5**

(See Feb 4 for event description) Part 5 - “How do I pay for care? What are the legal things I should do?” Held 6-7 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Suite 200 in Tacoma. Free; no RSVP required. Call 253-798-4600 for more information.

### **Mar 17, 2020 – Oh My Gosh, Now What? – Part 6**

(See Feb 4 for event description) Part 6 - “Where can I turn for help? What are the resources I can rely on?” Held 6-7 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Suite 200 in Tacoma. Free; no RSVP required. Call 253-798-4600 for more information.

### **April 24, 2020 – Pierce County Parkinson’s Conference**

The American Parkinson Disease Association and the Pierce County Health Care Providers Council team up for this one-day event focused on health, wellness, movement and research. Keynote speaker is Dr. Rebecca Gilbert, APDA Vice President and Chief Scientific Officer. Held at University Place Presbyterian Church. Sponsored by [Health Care Providers Council of Pierce County](#). More information

will be available on the [APDA Northwest website](#) or e-mail [apdanw@apdaparkinson.org](mailto:apdanw@apdaparkinson.org) or call 206-695-2905.

### **Q&A of the Month**

**Question:** What is “respite?”

**Answer:** Respite is one of the most important things that caregivers should know about. Quite simply, respite is a break, a chance to recuperate, rejuvenate and refresh. Caregivers – including spouses, adult children, siblings and other relatives and friends – give and give and give. It’s easy to become isolated and overworked. These caregivers can often neglect their own needs including exercise, diet and socialization. In order to be the best at what caregivers do over the long term, they need to take care of themselves first. Some people compare it to a power nap. Sometimes in the afternoon you feel drowsy and try to keep on going, typically with modest results. If you take a 15-minute nap you come back strong and alert and accomplish far more than if you just tried to power through that low point. Respite can mean recruiting a relative or friend to let you get away for a few hours or a whole day. There are paid caregiver services too that provide a trained professional caregiver to give you that same break. It gives you the chance to go for a walk, take a drive, shop, see a movie, meet with friends, enjoy a concert, focus on a hobby, visit the library or just enjoy the relief. Respite is a critical tool in the caregiver tool belt. We can help you with respite resources and other helps by calling the Family Caregiver Support Program at 253-798-4600 or 800-562-0332. Be good to yourself.

### **NATIONALLY**

#### **Caregiving – Valuing the Invaluable**

With the complexity of care increasing and other factors putting ever-more pressure on family caregivers, the demands of family caregiving are becoming unsustainable for people to manage alone. As a result, ensuring better recognition of and support for family caregivers has become a health, economic, and social imperative. [This report](#) updates national and individual state estimates of the economic value of family caregiving using the most current data available. [View the infographic](#). View the [value of caregiving in WA state](#). (Source: AARP)

#### **New Initiative to Create Nationwide Care Corps**

The National Association of Area Agencies on Aging (n4a), the Oasis Institute, the Caregiver Action Network and the Altarum Institute have joined forces on an initiative to create the country’s first Community Care Corps. [The new initiative](#) will foster innovative models in which volunteers assist family caregivers, older adults or people with disabilities with non-medical care to help them maintain their independence while living in the community. (Source: n4a)

#### **Free Electronic Credit Monitoring for the Military**

Many members of the military now have access to a free tool to help spot identity theft. The nationwide credit reporting agencies – Equifax, Experian, and TransUnion – have confirmed that they will provide free electronic credit monitoring services to active duty servicemembers and National Guard members. [Read More](#). Source: (FTC)

### **2020 Changes to Medicare**

Several legislative and administrative changes have resulted in significant programmatic changes to Medicare for the coming year. A [new fact sheet provides an overview of the changes](#) to Medicare Part B, Medicare Advantage (MA), and Part D programs that will impact Medicare beneficiaries effective January 1, 2020. Some of these include new coverage for opioid treatment programs and telehealth interventions, changes to step therapy authorization for Part B drugs, and limitations on enrollment in Medigap plans C and F. (Source: NCOA)

### **Medicare Part B Premium Announced for 2020**

The Centers for Medicare & Medicaid Services (CMS) [announced](#) the Medicare Part B premium for 2020. Starting Jan 1, the standard Part B premium will increase from \$135.50 to \$144.60 monthly. This increase comes on the heels of the [recently announced](#) cost-of-living adjustment (COLA) for 2020. Next year individuals will see an increase of 1.6% in their Social Security benefits – an average of about \$24 per month. In addition to the updated premium amounts, CMS announced an increase in the Medicare Part B annual deductible, from \$185 in 2019 to \$198 in 2020. (CMS)

### **Out of Pocket Spending for Medicare Beneficiaries**

The average person with traditional Medicare coverage paid \$5,460 out of their own pocket for health care in 2016, according to a [new KFF analysis](#) and interactive tool. This \$5,460 includes about \$1,000 in out-of-pocket spending for long-term care facility services. For the 95 percent of beneficiaries living in the community, average out-of-pocket spending on health care was \$4,519 in 2016. But some groups of beneficiaries spent substantially more than others. (Source: KFF)

### **New Online Reporting Form for Social Security Imposter Scam Calls**

Social Security has launched a dedicated online form at <https://oig.ssa.gov> to receive reports from the public of Social Security-related scams. These scams – in which fraudulent callers mislead victims into making cash or gift card payments to avoid arrest for purported Social Security number problems – skyrocketed over the past year to become the #1 type of fraud reported to the Federal Trade Commission and the Social Security Administration. Social Security will use the new online form to capture data that will be analyzed for trends and commonalities and identify investigative leads, which could help identify criminal entities or individuals participating in or facilitating the scams. (Source: SSA)

### **When Caring for a Sick Spouse Shakes a Marriage to the Core**

[Marriages are often deeply shaken](#) when one spouse becomes sick or disabled and the other takes on new responsibilities. Compared to adult children who care for their parents, spouses perform more tasks and assume greater physical and financial burdens when they become caregivers. Symptoms of depression as well as strains on relationships are more common. (Source: KHN)

### **A Profile of Older U.S. Veterans**

There are more than 11 million adults aged 60 and older alive today who have served in the military, representing over 15% of the 60+ population. Older veterans have higher incomes than their civilian counterparts but face a more precarious financial safety net and poorer health. A new infographic from NCOA and the Leading Age LTSS Center @Umass Boston provides further insight into this population. [View the infographic.](#) (Source: NCOA)

### **Growing Older at Home Requires Some Work**

For most of American history, people have moved in with relatives or gone to a care facility to live out their final years. Baby boomers don't want either, and those with resources often seek to retrofit their homes for aging in place. Design and construction firms are coming up with safety features that look good as well. Think of it as the age-defying home. But aging in place requires a major financial commitment, one that may be at odds with retirees' plans to downsize their lives and budgets and squirrel away cash in anticipation of rising health care costs. [Read more](#). (Source: KHN)

### **What You Need to Know About Products Containing Cannabis / CBD**

Cannabidiol (CBD) seems to be available almost everywhere and marketed as a variety of products including drugs, food, dietary supplements, cosmetics, and animal health products. Other than one prescription drug product to treat two rare, severe forms of epilepsy, the U.S. Food and Drug Administration (FDA) has not approved any other CBD products, and there is very limited available information about CBD, including about its effects on the body. There are many unanswered questions about the science, safety, and quality of products containing CBD. The agency is working on answering these questions through ongoing efforts including feedback from a recent FDA hearing and information and data gathering through a public docket. [Continue reading](#). (Source: FDA)

### **New Disability Claims Tool Tutorial Videos**

A new self-service tool dramatically simplifies the process of submitting disability claims. The platform helps Veterans provide clear and complete information which speeds up the adjudication time for Veterans to receive a claims decision. [Watch and learn more](#). (Source: VA)

### **Nightclub for the Elderly Fights Loneliness with Tea Party Disco**

The Posh Club started with siblings who wanted to do something for their mother who constantly felt lonely. They organized a tea party and invited some of their mother's friends who were also in their 80s to 90s. Coined as "a glamorous cabaret for older folk", what you will see at the [Posh Club events](#) are not far from the typical parties the young ones go to. Except there's tea instead of strong alcohol, fancy pastries instead of chips, walking sticks and crutches scattered on the dance floor because yes, the oldies are busy dancing. (Source: Positive Outlooks)

### **Older Americans Month 2020**

Every May, the Administration for Community Living (ACL) leads our nation's observance of Older Americans Month. We are pleased to announce the 2020 theme: *Make Your Mark*. The theme encourages and celebrates countless contributions that older adults make to our communities. We invite you to celebrate Older Americans Month and make your mark in May. Leading up to the observance, ACL will release artwork, activity suggestions, and other materials you can use online and at events. Announcements will be sent when new resources are posted to the official website, [acl.gov/oam](http://acl.gov/oam). (Source: ACL)

### **PLAN AHEAD (Always 2 months ahead) – February 2020**

AMD/Low vision Awareness, Heart, Library, Marijuana Awareness, African American History, Pet Dental Health and Health Care Consumer Month; Women's Heart (1-7), Children's Mental Health (3-9), Alzheimer's & Dementia Staff Education (14-21), Random Acts of Kindness (16-22), Learning Disabilities (17-20) and Eating Disorders Awareness (23-29) Weeks; Change Your Password (1), World Cancer (4), Wear Red (7), Autism (9), Shut-in Visitation (11), Caregivers (21), Leap (29) Days.

