

ADRC E-Newsletter January, 2020



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

Jan 2 - No January Meeting

Health Care Providers Council of Pierce County

Second Thursday of each month, 7:30 – 9 a.m.
Mtn. View Funeral Home, Celebration of Life Chapel, 4100 Steilacoom Blvd SW, Lakewood.
Contact [Melissa Martin](#), HCPC President, at 253-752-6870

East County Providers Network

Third Tuesday of each month, 8 a.m.
Location varies monthly
Contact [Laura Piacitelli](#), Stafford Suites, 253-862-1818

Pierce County Care Transitions Collaborative (PCCTC)

Third Thursday of each month from 7:30 to 9:00 a.m.
Brookdale Allenmore Independent Living, 2010 Union Ave., S., Tacoma
Contact [Melissa McPherson](#) at 253-302-9500

South End (King County) Coalition

Third Wednesday of each month at 8:15 – 9:15 a.m.
Jan 15 – Foundation House, 32290 1st Ave., S., Federal Way
Schedule of meeting locations and times at www.secoalition.com

NW Networking

Meets Wednesdays at 11:45 a.m. in Puyallup
Contact Lisa Doyle, CayCare, 253-237-1739 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.
Franke Tobey Jones Parlor, 5340 Bristol St., Tacoma (Watch for A-frames and balloons)
Contact [Sherry Corney](#) at 206-351-0956

LOCAL WA SERVICES

Rental Subsidies Made Available for Seniors and Disabled in Tacoma

Tacoma Housing Authority and Cascade Park Communities announced a partnership to help make available 145 affordable assisted-living units. Cascade Park Communities owns and manages two properties that will have units subsidized by THA. Cascade Park Vista will offer 75 subsidized units, with 70 reserved for households at or below 30 percent average median income and 5 units for households at or below 40 percent area median income. Cascade Park Gardens will offer 70 subsidized units reserved for households in need of dementia care and/or behavioral health services who qualify for Medicaid, with 31 reserved for households at 30 percent area median income, 23 units for 40 percent AMI and 16 units for 50 percent AMI. [Read more.](#)

Pierce Transit Snow Routes

As winter settles in and the snow falls, Pierce Transit will alter some routes most likely to be affected. Calling Pierce Transit (253-581-8000) is an option but lines will be busy. Every attempt will be made to continue wheelchair-accessible service. However, occasionally sand and salt interfere with the lift mechanism. Snowy weather may cause delays. [See the snow routes and download the show brochure.](#)

Important tips for riding the bus in snow and ice:

- Wait for the bus at the top of bottom of the hill closest to the stop.
- Signal the bus so that the operator has plenty of time to stop.
- Wait until the bus stops and the door opens before approaching the bus.
- Use handrails when getting on and off the bus.
- Wear highly visible and warm clothing.

Sound Transit Winter Travel

Sound Transit has a [web page devoted to winter travel](#). The site includes information about bus service, snow reroutes, light rail and Sounder Trains. You can also sign up for [e-mail and text alerts through a free subscription](#).

Access Line to Coordinated Entry has Changed

The contact number for Coordinated Entry System has changed. Those experiencing homelessness will no longer call Associated Ministries' intake phone line to access services (previously known as Access Point for Housing). Rather, households experiencing homelessness are now asked to dial 2-1-1 from any phone; this will connect them with representatives at United Way, through which they can schedule an appointment with a Housing/Diversion Specialist. There are also walk-up sites available at which clients can receive same-day services; [these sites are listed online](#).

New Traumatic Brain Injury, Level 1 Capable Caregiving for Brain Injury class

DSHS is offering a special TBI class. Participation is welcome from assisted living facility administrators, ESF administrators, AFH providers, resident managers and long-term-care workers who have a diverse range of knowledge and experience with traumatic brain injury. The course is 8-hours in length, including testing time. Eight hours of continuing education credits and certificate is provided to those who successfully pass the exam. This limited free class offering has limited space available.

Advance register is required. Held 9 a.m. to 5 p.m.

- Jan 7 in Seattle, 1737 Airport Way S. – [Register online](#)
- Jan 30 in Tacoma, 1949 State Street – [Register online](#)
- Feb 5 in Tumwater, 7273 Linderson Way SW – [Register online](#)

Informative Retirement Series

Patriots Landing is launching the “Informative Retirement Series” for 2020. Held one Saturday a month, from 10:30 to 11:30 a.m. RSVP required by 1/20/20 at Patriots Landing; 253-964-4900.

- January 25 – VA Aide and Attendance Benefits with Aaron Steele
- February 22 – Safety Line - Fall Prevention with Harold Carr
- March 28 – 1st Choice Advisory with Gay McDonald

2020 US Census Coming to Pierce County

Every 10 years, the federal government conducts a population count of everyone in the United States. Data from the census provide the basis for distributing more than \$675 billion in federal funds annually to communities across the country to support vital programs—impacting housing, education, transportation, employment, health care, and public policy. They also are used to redraw the boundaries of congressional and state legislative districts and accurately determine the number of congressional seats each state has in the U.S. House of Representatives. [Access resources in 13 different languages on the Pierce County Auditor website.](#) Info includes fake rumors, frauds, scams and a variety of helpful toolkits for non-profits, faith communities, health care providers and community groups.

Memory Care Workshops

Deer Ridge Memory Care hosts a [series of public monthly workshops](#). The series begins Thursday, January 23 with “Living a Life with Dementia” with speaker Julie Clobes. Sessions are held on various dates from 6 to 8 p.m. at the Puyallup Activity Center, 210 W. Pioneer Ave in Puyallup. A complimentary dinner is provided. [Advance registration](#) is requested. [Download the series flyer.](#)

Make a Gift in 2020 – Several Gifts

Cascade Regional Blood Services is always in need of blood donations throughout the year. Appointments can be made at numerous [mobile sites](#) as well as at the two donor centers - 220 South I Street in Tacoma or 615 East Pioneer Ave, Ste 114, in Puyallup. Call 1-877-24-BLOOD for details.

DDA Answers Questions on No Paid Services

What does it mean to be on DDA's No Paid Services Caseload? Are there benefits to becoming DDA eligible if you aren't receiving paid services? What's the process to move from NPS to paid services? Get answers to these questions and more at: [DDA Q&A on No Paid Services.](#)

NAMI Mental Health Fact Sheets

NAMI (National Alliance on Mental Illness) has produced a helpful [fact sheet about mental health](#) in Washington contrasted with mental health nationally.

NAMI Washington State Training 2020 Calendar

Check out the [2020 NAMI WA Training Calendar](#). Electronic Applications are coming soon. If you are interested in the January “Ending the Silence” training please complete the paper application. Also, there are 19 local NAMI Affiliates throughout Washington State. Each NAMI Affiliate offers NAMI Signature Programs and Services that best meets the needs of their local communities. [See what the Pierce County Affiliate offers.](#)

Ageing Smart Educational Workshops

This may be just what you need when trying to make smart decisions for retirement. Children who are caring for their parents or people who are on their own retirement path will learn from local professionals on various topics throughout the year. Aging Smart workshops focus on changes or choices that could make a difference for you or those you care for. No sales pitches or comparisons in these workshops. Aging Smart is a local non-profit organization. More info at www.agingsmarteducationalworkshops.org. Held the first Tuesday of each month at 5:15 p.m. to 6:30 p.m. at Gig Harbor's Round Table Pizza event room, 5500 Olympic Drive (next to McDonalds).

AARP Hosts Four 2020 Lobby Days

AARP will be taking a slightly different approach to the AARP Lobby Day with four days in Olympia to meet legislators and advocate on behalf of AARP priority issues. The legislative session begins January 13 and ends on or around March 13. Mark your calendar and click the date to register for one or more of the days: [January 21](#), [February 4](#), [February 18](#) and [March 3](#).

Family Caregiver Support Newsletter Posted

Aging and Disability Resources has posted its [Winter newsletter](#) on the ADRC website. The new edition of the quarterly newsletter highlights communication with physicians, the "Oh My Gosh" educational series and New Year's resolutions for family caregivers.

Job Hunting for Mature Workers

Concerned that age is impacting the job search? Address issues such as over-qualification or career changes. Sponsored by the Pierce County Library System.

- Thursday, Jan. 23, 2-4 p.m., South Hill Pierce County Library, 15420 Meridian E.
- Thursday, Feb. 6, 2-4 p.m., Sumner Pierce County Library, 1116 Fryar Ave.
- Wednesday, March 18, noon-2 p.m., Steilacoom Pierce County Library, 2950 Steilacoom Blvd.

Donations for Point-In-Time Count

Collection of items needed for the upcoming Pierce County Point-In-Time count is underway. Donations are greatly appreciated. Download flyer [here](#).

Introducing Vineyard Park of Puyallup

CarePartners is building a new community in Puyallup. Vineyard Park of Puyallup will have an introductory social on January 9, 2020 at 5:30 p.m. at the Puyallup Senior Center, 210 West Pioneer in Puyallup. Space is limited. To RSVP contact/e-mail [Susan Dale](#) at (253) 381-6946. The new Vineyard Park of Puyallup will be located on S. Meridian in Puyallup.

SCAMS OF THE MONTH

Are You Communicating with a Romance Scammer?

With the rise of online dating, many people looking for love have fallen victim to scammers who trick them into sending money. Known as romance scams, they typically involve people who say they're doctors or in the military to falsely gain your trust. While you can't always verify someone's current employer or track their military record, there are some red flags to look out for. Find out how you can spot a potential romance scammer with these helpful tips from the Federal Trade Commission. [See the red flags of romance scams](#). (Source: USAGov)

Supplements for Joint Pain

If you experience joint pain when you walk or move, promises for a quick and inexpensive cure can be hard to resist. But don't believe the hype. And don't assume the people you see in the ads are real.

[Read more.](#) (Source: FTC)

LOCAL HAPPENINGS (ADRC events highlighted)

Jan 3 – Listening is Reading: Staying Connected with Talking Books

Explore free reading options available from the Washington Talking Book & Braille Library. An easy-to-use digital player with talking books on cartridges will be demonstrated, as well as, a mobile app for users with tablets or smartphones. We will explain the process for getting registered as well as talk about the types of books that are available in the WTBBL collection. Call and register: [Jana Wennstrom](#) or (253) 756-6219. Held at 10:00 a.m. in the Lillian Pratt Parlor at Franke Tobey Jones, 5340 N Bristol Street, Tacoma.

Jan 7 – Aging Smart: Community Living and Dementia Care Options

Learn the difference between Assisted Living, Independent Living, Continuing Care Community Living, Adult Family Homes and Memory Care. Call 253-509-2340 for more info. Held 5:15 p.m. to 6:30 p.m. at Gig Harbor's Round Table Pizza event room, 5500 Olympic Drive (next to McDonalds).

Jan 8 – Shared Housing Forum

Homesharing provides companionship, extra income, lowers household expenses and helps people age safely in place. [This community forum](#) will explore various aspects of shared housing in Pierce County. Hosted by Shared Housing Services and Pierce County Library. Held 2:00 to 4:00 p.m. at the Lakewood Branch Library, 6300 Wildaire Rd., SW in Lakewood. Refreshments served.

Jan 13 – Talking with your Doctor

Going to the doctor isn't what it used to be. The "good old days" are gone now and there's a whole new way of thinking surrounding the doctor-patient relationship. Communication is key in building good relationships with your health care providers and getting the best possible care. Learn to communicate effectively with doctors and other providers. Understand the fresh mindset that healthcare providers have today. Free; no RSVP required. [View event flyer.](#) NOTE: In case of inclement weather call 253-798-8787 for necessary postponement or cancellation.

- Held at 12:10-12:50 p.m., Pierce County Annex Main Meeting Room, 2401 S. 35th St., Tacoma.
- Held 6:30 – 7:30 p.m., Gig Harbor Branch Library, 4424 Pt. Fosdick Dr, SW., Gig Harbor.

Jan 15 – Talking with your Doctor

(See Jan 13 for event description. [View event flyer.](#))

Held 6:30 – 7:30 p.m. at the Parkland Spanaway Branch Library, 13718 Pacific Ave., S. in Tacoma.

Jan 15 – Challenges of Aging: Dementia & Depression in the Elderly

A special [evening with Dr. Doug Wornell, MD.](#) Dr. Wornell shares from over 30 years of experience meeting the needs of those living with memory loss. He is a geriatric psychiatrist specializing in dementia care and has published two books and treated over 20,000 patients during his career. Held 6:00 to 7:30 p.m. at the Weatherly Inn, 6016 N. Highlands Pkwy in Tacoma. Call 253-752-8550.

Jan 21 – GenCare Open House

GenCare Lifestyle hosts their grand open house. Held 10 a.m. to 2 p.m. at GenCare LifeStyle at Point Ruston 4970 Main St. in Tacoma. Please RSVP by Jan 10 at 253-203-6460 or [e-mail Nallely Gonzalez](mailto:Nallely.Gonzalez@gen-care.com).

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](mailto:Emily.Rogers@leg.wa.gov) for details. For reasonable accommodations contact [Emily Heike](mailto:Emily.Heike@leg.wa.gov).

Jan 23 – Living A Life with Dementia

Deer Ridge Memory Care Community host a [series of monthly workshops](#) for the community. Held 6 to 8 p.m. at the Puyallup Activity Center, 210 W. Pioneer Ave in Puyallup. A complimentary dinner is provided. [Advance registration](#) is requested. [Download the series flyer](#).

Jan 24 – Downtown on the Go Friday Forums – “Aging in Place”

Affordable housing is an ongoing issue. There are unique challenges for older adults in securing housing situations that meet their needs. Hear from leaders and service providers in Tacoma and Pierce County on how we sustainably house our aging neighbors and community members. Panelists include Ali Modarres, University of Washington Tacoma; Matt Santelli, Pierce County Aging and Disability Resource Center; Adriane Wilson, Community Organizer. [Friday Forums](#) take place in the Pantages Lobby, 901 Broadway, from noon – 1 p.m.

Jan 26 – Join the Conversation at SAGE Table Tacoma

Pierce County Aging & Disability Resources is hosting the first SAGE Table Tacoma of 2020 with co-sponsors Tacoma Older LGBT and PCAF. Join us from 11 a.m. to 1 p.m. to participate in a guided conversation around the theme of “Resolutions.” Do you make them? Why or why not? Have you made resolutions to yourself? Have you made resolutions to the community as a whole? What are some of the most important resolutions you have made? Lunch and non-alcoholic beverages provided. RSVP required to Nellis.Kim@piercecountywa.gov or Info@tacomaolderlgbt.org. For more info call Nellis at (253) 798-3807. Held at PCAF, 3009 S. 40th St., Tacoma. Follow the signs to the back entrance. Open to all members of the LGBTQIA+ community and allies.

Feb 4 – 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 4 – Aging Smart: Legal Estate Planning

With an Elder Law Attorney, learn about the importance of estate planning, probate, wills, trusts and other legal concerns. Call 253-509-2340 for more info. Held 5:15 p.m. to 6:30 p.m. at Gig Harbor’s Round Table Pizza event room, 5500 Olymptic Drive (next to McDonalds).

Feb 7 – Night to Shine

Night to Shine is an unforgettable prom night experience for people with special needs ages 14 and older. Last year, 537 churches from around the world hosted Night to Shine for 90,000 honored guests with the support of 175,000 volunteers! Hosted by Rainier View Christian Church, 7420 224th Street E. in Graham. [More information and to register to attend or volunteer](#). Registration required for people with special needs 14+.

Feb 11 – 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 17 – NAMI Lobby Day

Join folks from [NAMI Washington](#) for the annual [Lobby Day in Olympia](#). Held 8:30 a.m. to 5:30 p.m. with a reception to follow. Registration is opening soon. For more information contact [Brad Forbes](#), NAMI Washington’s Director of Public Policy and Advocacy.

Feb 18 – Alzheimer’s Advocacy Day

Join the Alzheimer’s Association at the Washington State Capitol in Olympia as we press legislators to fund better care and support and other priority recommendations in the Alzheimer’s State Plan. Registrants will receive issue training and lunch before their teams meet with Senators and Representatives in the afternoon to share their stories. Learn more and register at: www.alzwa.org/advocacyday. Questions contact [Peter Newbould](#) at 206-529-3867.

Feb 20 – Sexual Expression in Older Adults with Diminished Capacity

[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 20 – Dementia within the Brain

Deer Ridge Memory Care Community continues their [series of monthly workshops](#) with Leah Baumfalk, Director of Resident Services, RN for Canterbury Inn. Held 6 to 8 p.m. at the Puyallup Activity Center, 210 W. Pioneer Ave in Puyallup. A complimentary dinner is provided. [Advance registration](#) is requested. [Download the series flyer](#).

Feb 21 – Downtown on the Go Friday Forums – “Moving into the Future”

By 2030, there will be more people over the age of 65 than under the age of 18 in Pierce County. As our community ages, fewer people will be able to drive and local services for people with disabilities and other needs will need to improve dramatically. Hear from experts on the existing gaps. Panelists include Councilmember Lillian Hunter, City of Tacoma; Carol Kachadoorian, Toole Design; and Gerrit

Nyland, Catholic Community Services. [Friday Forums](#) take place in the Pantages Lobby, 901 Broadway, from noon – 1 p.m.

Feb 25 – 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 – 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 3 – Aging Smart: Financial Planning and Veteran’s Benefits

Discussion about financial planning and government programs. We will present solutions to common financial challenges and how government benefits can be integrated as part of that plan. Call 253-509-2340 for more info. Held 5:15 p.m. to 6:30 p.m. at Gig Harbor’s Round Table Pizza event room, 5500 Olympic Drive (next to McDonalds).

Mar 4 – Shared Housing Forum

Homesharing provides companionship, extra income, lowers household expenses and helps people age safely in place. This community forum will explore various aspects of shared housing in Pierce County. Hosted by Shared Housing Services and Pierce County Library. Held 2:00 to 4:00 p.m. at the Summit Branch Library, 5107 112th Street E. in Tacoma. Refreshments served.

Mar 10 – 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 14 – Images of Aging: Best Exotic Marigold Hotel

“The Best Exotic Marigold Hotel” follows a group of British retirees who decide to pursue their retirement in less expensive and seemingly exotic India. Enticed by advertisements and bolstered with visions of a life of leisure, they arrive to find the hotel a shell of its former self. Even so, they are forever transformed by their shared experiences, discovering that life and love can begin again when you let go of the past. Rated PG-13. Held at the Grand Cinema in Tacoma, 606 Fawcett Ave. Tickets required in advance on [Brown Paper Tickets](#) (After Feb 15) or by calling the ADRC at 253-798-4600.

Mar 17 – 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.

Mar 18 – Shared Housing Forum

Homesharing provides companionship, extra income, lowers household expenses and helps people age safely in place. This community forum will explore various aspects of shared housing in Pierce County.

Hosted by Shared Housing Services and Pierce County Library. Held 2:30 to 4:30 p.m. at the Gig Harbor Library, 4424 Point Fosdick Dr in Gig Harbor. Refreshments served.

Mar 20 – Downtown on the Go Friday Forums – “Public Spaces for All Ages”

For whom are public spaces designed? Thirty-eight percent of older adults have a disability and forty-two percent of people with disabilities are low income. Hear how parks, plazas, and other public programming honor those needs or miss the mark on serving our aging community. Panelists include Linda Henry, Puyallup: Age Friendly City and Lisa Mathusz, Golden Bamboo. [Friday Forums](#) take place in the Pantages Lobby, 901 Broadway, from noon – 1 p.m.

Mar 20 – Ten Signs of Dementia

Deer Ridge Memory Care Community continues their [series of monthly workshops](#) with Maria Cura-Castro, Alzheimer’s Association Supporter. Held 6 to 8 p.m. at the Puyallup Activity Center, 210 W. Pioneer Ave in Puyallup. A complimentary dinner is provided. [Advance registration](#) is requested. [Download the series flyer.](#)

Mar 25 – Shared Housing Forum

Homesharing provides companionship, extra income, lowers household expenses and helps people age safely in place. This community forum will explore various aspects of shared housing in Pierce County. Hosted by Shared Housing Services and Pierce County Library. Held 2:00 to 4:00 p.m. at the University Place Library, 3609 Market Place W., Suite 100. Refreshments served.

Apr 7 – Aging Smart: Transitioning/Downsizing

Topics include downsizing tips to get started, professional home sale options, eldercare placement to ease your search and reverse mortgage home purchase basic facts. Adult Family Homes and Memory Care. Free; no RSVP required. Call 253-509-2340 for more info. Held 5:15 p.m. to 6:30 p.m. at Gig Harbor’s Round Table Pizza event room, 5500 Olympic Drive (next to McDonalds).

Apr 11 – Images of Aging: Second Best Exotic Marigold Hotel

This film is a sequel to its highly popular predecessor. Now that The Best Exotic Marigold Hotel is full up with its long-term residents, the co-managers have a dream of expansion, and they've found just the place: The Second Best Exotic Marigold Hotel. Rated PG. Held at the Grand Cinema in Tacoma, 606 Fawcett Ave. Tickets required in advance on [Brown Paper Tickets](#) (After March 14) or by calling the ADRC at 253-798-4600.

Apr 15-16 – WA State Traumatic Brain Injury Conference

An opportunity for individuals living with TBI, family caregivers, and professionals from across the state to gather in one spot for mutual learning across disciplines, perspectives, and experiences. [Registration for the 2020 WA State TBI Conference is now open.](#) Sponsored by DSHS and the WA State TBI Strategic Partnership Advisory Council. \$175 includes breakfast and lunch on 4/16 and the TBI resource fair. A limited number of scholarships are available for individuals with TBI and/or unpaid caregivers of individuals with TBI. Held at the Hotel Murano, 1320 Broadway, Tacoma.

Apr 23 – Conversations about Dementia

Deer Ridge Memory Care Community continues their [series of monthly workshops](#) with Maggie Christofferson from the Alzheimer’s Association. Held 6 to 8 p.m. at the Puyallup Activity Center, 210

W. Pioneer Ave in Puyallup. A complimentary dinner is provided. [Advance registration](#) is requested. [Download the series flyer.](#)

Apr 24 – 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 Vide 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 or call 206-695-2905.

May 2 – Aging Expo 2020

Aging EXPO offers an exciting day focused on purposeful aging featuring keynote speakers, breakout sessions and visits with exhibitors representing a broad array of information and services. Held at Pierce College Puyallup from 8 a.m. to 3 p.m. Exhibitor opportunities available. Contact [Linda Henry](#) for vendor details and application forms.

May 2 – Annual Veterans Resource Fair

Free event coordinated by Nine9line Veteran Services. Event provides community services, VA benefits, legal services, medical screenings & dental resources, financial education & assistance, disability claims & benefits, transition services and much more. Held 9 a.m. to 3 p.m. at the Tacoma Dome. More at www.Nine9line.org.

May 5 – Aging Smart: Social Security

When to claim Social Security benefits is one of the most important decisions for retirement. Free; no RSVP required. Call 253-509-2340 for more info. Held 5:15 p.m. to 6:30 p.m. at Gig Harbor’s Round Table Pizza event room, 5500 Olympic Drive (next to McDonalds).

May 9 – Images of Aging: On Golden Pond

A cranky 80-year-old retired professor, makes his annual pilgrimage with his wife to their New England summer cottage. The couple ends up caring for their grandson – not a good match. It looks as though this summer (which may very well be the professor’s last) will be a depressing experience. On several levels relationships are healed and reconciliation emerges. Henry Fonda died not long after filming was completed. Held at the Grand Cinema in Tacoma, 606 Fawcett Ave. Rated PG. Held at the Grand Cinema in Tacoma, 606 Fawcett Ave. Tickets required in advance on [Brown Paper Tickets](#) (After April 11) or by calling the ADRC at 253-798-4600.

May 21 – Effective Communication Strategies

Deer Ridge Memory Care Community continues their [series of monthly workshops](#) with Maggie Christofferson from the Alzheimer’s Association. Held 6 to 8 p.m. at the Puyallup Activity Center, 210 W. Pioneer Ave in Puyallup. A complimentary dinner is provided. [Advance registration](#) is requested. [Download the series flyer.](#)

Q&A of the Month

Question: I hear lots about seniors using Marijuana. Is it okay to try for my medical needs?

Answer: Marijuana use in Washington state is legal. The onus is on you whether you should try it or not. AARP recently ran a helpful article on the topic in their (September) monthly bulletin – <https://www.aarp.org/health/drugs-supplements/info-2019/basics-on-medical-marijuana.html>. The reality is that, because of federal legislation, there is not much scientific research about the effectiveness of marijuana. As a result, most doctors are not well-informed. Most of what is known is simply anecdotal. By all means, talk to your physician but your best bet is probably to consult a pharmacist. CVS, Bartels and Rite-Aid are among the larger pharmacy chains stocking CBD products. Check with them. The bottom line, however, is very much “let the buyer beware.”

NATIONALLY

Medicare General Enrollment Period (GEP)

If you didn't sign up for Part A (if you have to buy it) and/or Part B (for which you must pay premiums) during your Initial Enrollment Period, and you don't qualify for a Special Enrollment Period, you can sign up between January 1–March 31 each year. Your coverage won't start until July 1 of that year, and you may have to pay a higher Part A and/or Part B premium for late enrollment. For more information on the GEP, go to [Medicare.gov/sign-up-change-plans](https://www.medicare.gov/sign-up-change-plans). (Source: CMS)

Medicare Advantage Open Enrollment Period (MA OEP)

If you already have a Medicare Advantage (MA) Plan, the MA OEP is from January – March 31. It gives you a chance to switch back to Original Medicare or change to a different MA Plan depending on which coverage works better for you. For more information on the MA OEP, go to [Medicare.gov/sign-up-change-plans](https://www.medicare.gov/sign-up-change-plans). (Source: CMS)

Social Security Expands Public Hours

As of January 8, 2020, Social Security offices nationwide will be open to the public on Wednesday afternoons. [This change](#) restores Wednesday public service hours that were last in place in late 2012. The agency is also hiring 1,100 front line employees to provide service on the agency's National 800 Number and in its processing centers. (Source: SSA)

As His Wife's Caregiver, A Doctor Discovers What's Missing at Health Care's Core

Harvard psychiatrist Arthur Kleinman shed his “veil of ignorance” during 11 years serving as the primary family caregiver for his wife, who had a rare form of early Alzheimer's disease. In a new book, “The Soul of Care,” he offers suggestions for transforming health care — just as caregiving transformed him. [Read the Kaiser Health News story](#). (Source: KHN)

Opioid-Related Issues Among Older Adults

[new survey reveals an untold story](#) about the nation's opioid epidemic—how the crisis is eroding the quality of life of older adults and the ability of local organizations to serve them. Among respondents, 70% reported an increased effort spent addressing issues related to the opioid epidemic affecting their older adult clients or their caregivers compared to two years ago. Despite this increase, only 28% of respondents said they routinely screen for substance misuse and abuse among the older adults they serve. (Source: NCOA)

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