

ADRC E-Newsletter February, 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

Feb 6 – "Paying for Care & Services with Reverse Mortgages" with Rebecca Rainsberger

Mar 5 – "Long Term Trust Act" with Jon Rudicil, w4a

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.

Feb 19 – Village Green, 35419 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

Coronavirus Outbreak 2020

The Washington State Department of Health has established a call center and [website](#) to address questions from the public. If you have questions about what is happening in Washington state, how the virus is spread, and what to do if you have symptoms, call 1-800-525-0127 and press #.

Maps Shows Where SHUTTLE Goes . . . and Doesn't

Pierce Transit SHUTTLE does pick-ups to any location within 3/4 of a mile of any local Pierce Transit bus route during the hours the fixed route bus operates in the area. Pierce Transit does not offer SHUTTLE service outside our regular fixed route bus service area. To determine whether a specific address is within the service area, [use the interactive map](#) or [download a PDF map](#) of the SHUTTLE service area. For details, call SHUTTLE Customer Service at 253-581-8000 (Option 1, then Option 2).

Legislative Issue – Financial Fraud and ID Theft Task Forces

HB2193 & SB 6074 continue and expand two Financial Fraud and Identity Theft Task Forces (FFIT) – one in eastern and one in western Washington. The tasks forces bring together law enforcement, prosecutors, and financial institutions to conduct large-scale investigations of financial fraud, identity theft, and financial exploitation. Contacts: [Rep. Christine Kilduff](#) and [Sen. Steve Conway](#).

Tax Time and Free Help

The Volunteer Income Tax Assistance (VITA) program offers free tax filing assistance through staff and trained volunteers. We will assist you with preparing and then file your completed taxes electronically. To be eligible, a taxpayer's income must be under \$56,000. VITA Kick-off event – Super Refund Saturday – is Feb 1, 9 a.m. to 3 p.m. at the Goodwill Milgard Work Opportunity Center; 714 South 27th Street. For appointments call 253-573-6750 or [email](#). For more dates and locations call 2-1-1 or visit www.irs.gov/vita For free self-preparation and incomes up to \$66,000 go to www.myfreetaxes.com.

Retirement Connection Guide Update

Planning for the new edition of the Retirement Connection Guide of Puget Sound is underway. Check and/or update your listing. Advertising options are available. RC is a trusted comprehensive resource designed for Boomers, Seniors, Caregivers & Providers to search more than 150+ topics of information in both a printed guide and online. At Retirementconnection.com, you can find educational articles, community events, networking meetings, business profiles, event postings, and help pages. The printed RC guide is a quick reference for an easy search, listing licensed housing, home care and home health providers, community resources such as local hospitals, senior centers, libraries, and so much more. The Puget Sound Retirement Connection guide edition covers Snohomish, King and Pierce Counties and the newest edition will be available April 2020. Contact [Tabitha White](#) at 253-642-6682 for listing additions, edits and advertising.

Bookshare Pilot at WTBBL

The Washington Talking Book & Braille Library is beginning a one-year pilot program with Bookshare. This service for people with print disabilities offers ebooks in audio, braille, and large text which can be read on your mobile device or computer. Bookshare has over 700,000 titles in education, science and technology, leisure, and career and employment available in many languages. WTBBL will be able to offer 50 one-year Bookshare memberships to 50 current patrons. The memberships will be allocated on

a first-come, first-served basis. If you are interested in participating in the pilot, submit your request for a WTBBL Bookshare membership by email to danielle.miller@sos.wa.gov. For more information about Bookshare, see the [attached flyer](#) or learn more at <https://www.bookshare.org>.

SAIL Instructor Training

Stay Active and Independent for Life (SAIL) classes are conducted by people who have completed SAIL program leader training. New instructors are in high demand. Instructors work with participants to help achieve the best results from the fitness classes. The in-person SAIL instructor training is highly interactive, with an emphasis on learning by doing, rather than learning by listening to a lecture. The training includes practice of the SAIL fitness class, as well as the standardized tests of strength and balance that are used as outcome measures. The next training is Saturday, March 7 in Puyallup at MultiCare Good Samaritan Hospital, 401 15th Ave SE. [Register online](#) or call 253-226-0062.

Vendor Opportunity – Aging Expo in Puyallup

Aging Expo highlights positive aging and how we are never too old, or too young, to learn about the new realities of aging and how we can make the most of our gift of longevity. 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. Participate in this unique opportunity? Exhibitors: Non-profit: \$100 or Early Bird \$75 For Profit or \$150 Early Bird \$100. Be an event Co-sponsor: \$1,500 plus, Title Sponsor: \$1,000, Contributing Sponsor: \$250, \$500, \$750. E-mail [Linda Henry](#) or call 253-864-7309.

Reporting Abuse, Neglect or Exploitation

[Informing Families](#), a resource provided by the Washington State Developmental Disabilities Council in collaboration with the Developmental Disabilities Administration and other partners, created a new [video](#) providing information about how to report concerns of abuse, neglect and exploitation of a child, senior or adult with disabilities in Washington. Get more information about signs of abuse and neglect in DDA's [Reporting Abuse and Neglect](#) and [Sexual Assault Prevention](#) Care Provider bulletins.

Cascade Park Receives Boost for Dementia Care

The Department of Commerce has awarded \$500,000 to Cascade Park Gardens for 33 beds to offer specialized dementia care. The [new funding is for capital improvements](#) associated with the specialized memory care program that is serving seniors with diagnosis associated with both memory loss and behavioral health conditions.

Mindfulness and Meditation Retreat February 8-9

Harmony Hill faculty Chris Adams & Denise Carrico facilitate the 4th annual [Mindfulness for Presence & Wellbeing Retreat](#). Enjoy a quiet, winter overnight retreat to refresh your intentions for the new year, to reset your course and to deepen your sense of intimacy & heartfulness with yourself & with all beings. Practices will include seated & walking meditation, yoga, silence & contemplation, poetry, writing & art. All are welcome, beginners & experienced alike. [Registration information online.](#)

SCAMS OF THE MONTH

Social Security Launches New Campaign to Fight Scammers

The Social Security Administration [launched a new campaign](#) warning people about an ongoing nationwide telephone impersonation scheme. SSA continues to receive reports about fraudulent phone calls from people falsely claiming to be Social Security employees. The scammers mislead victims into making cash or gift card payments for help with purported identity theft, or to avoid arrest for bogus Social Security number problems. People should also be on the lookout for a new version of the scam. Fraudsters are now emailing fake documents in attempts to get people to comply with their demands. Victims have received emails with attached letters and reports that appear to be from Social Security. The letters may use official letterhead and government jargon to convince victims they are legitimate. Watch for misspellings and grammar mistakes. Remember, when in doubt call Social Security at 1-800-772-1213. (Source: SSA)

Free Cruise? Robocall with an Upsell.

The recorded message made it sound easy — take a phone survey and get two free tickets to go on a cruise. But, you guessed it, it wasn't that simple. The call was an illegal robocall. And those free tickets came with a big catch. The [FTC announced charges](#) against the operators of a “free cruise” telemarketing scheme that made millions of illegal robocalls and dialed numbers on the National Do Not Call Registry. The callers also faked caller ID information so it looked like the call was coming from a local number. (Source: FTC)

Get Your Credit Report

You know [why credit matters](#). It's time to get your credit in order. Sometimes the hardest part is getting started. The first step is to pull your credit report. Request a free copy at [annualcreditreport.com](#) or by calling 1-877-322-8228. Other sites may charge money or may be set up to steal your personal information. Learn what to expect when you go to [annualcreditreport.com](#). Once you've done that, [learn how to read your credit report](#). And if things have gone bad already, learn about [fixing mistakes on your credit report](#). (Source FTC)

Have You Ordered Your NCPW Materials Yet?

March is right around the corner, and you know what that means....it's almost time for National Consumer Protection Week (NCPW)! NCPW is March 1-7, 2020. [Read more](#). (Source: FTC)

LOCAL HAPPENINGS (ADRC events highlighted)

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. [View event flyer](#).

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. Free. 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).

Feb 5 – Alzheimer’s Care Academy

Leading Age Washington and the Alzheimer’s Association hosts this 6-hour workshop. This course is designed to increase access to dementia-capable care for long term care and community-based providers. Topics include Alzheimer’s Disease and Other Dementias; Positive Communication; Successful Strategies for Dementia Related Behaviors; Helping with Hygiene and Personal Care; and Sexuality, Intimacy and Dementia. Held at Wesley Des Moines, 815 S 216th St. [Register online](#). Contact [Cassi Merritt](#) at 253-964-8870.

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!

- Rainier View Christian Church, 7420 224th Street E. in Graham.
- Tom Taylor Family YMCA, 10550 Harbor Hill Dr., Gig Harbor

[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. [View event flyer](#).

Feb 11 – Know Your Rights

Regardless of your immigration status, you have rights under the Constitution. Learn more about your rights as an immigrant. We will also discuss what to do if you are approached by ICE and what you and your family can do to prepare. Presentation by NW Immigrant Rights Project with ASL Interpretation. All are welcome. Held at 10 a.m. at Hearing, Speech & Deaf Center, 505 Tacoma Avenue.

Feb 17 – NAMI Lobby Day

Join folks from [NAMI Washington](#) for the annual [Lobby Day in Olympia](#). Held at Temple Beth Hatifloh, 201 8th Ave SE, from 8:30 a.m. to 5:30 p.m. with a reception to follow at the Governor’s mansion. [Registration is now open](#). Free. For more information contact [Brad Forbes](#), NAMI Washington’s Director of Public Policy and Advocacy.

Feb 18 – Optimum Life – “Engagement: Combatting Isolation and Loneliness in Senior Living”

This recorded webcast features experts in engagement and innovation. Held every third Tuesday from 4:30 to 5:30 p.m. at Brookdale Allenmore IL, 2010 S. Union Ave in Tacoma. Complimentary wine and snacks. One CE credit (one hour) per session provided for nurses, social workers, case managers and nursing home administrators. RSVP to [Melissa Martin](#) at 253-752-6870.

Feb 18 – Voting Workshop

Come learn about voting so you can be ready for the Presidential Preference Primary on March 10. Get educated, registered and prepared for this upcoming election season. Presentation by Pierce County Elections with ASL provided. Held at the Hearing, Speech & Deaf Center, 621 Tacoma Ave S., Ste 505, Tacoma. For other accommodations please [contact HSDC](#) or 253-292-2209 by February 3rd.

Feb 18 – Alzheimer’s Advocacy Day

Join the Alzheimer’s Association at the Washington State Capitol in Olympia to encourage 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 online](#). 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 for the 1st attendee - \$99 for additional. staff from the same community. Others \$169 for the 1st attendee - \$119 for additional. staff from the same community. Complimentary parking, 6 CEs, 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. Panelists include Tacoma Councilmember Lillian Hunter; Carol Kachadoorian, Toole Design; and Gerrit Nyland, Catholic Community Services. [Friday Forums](#) take place noon to 1 p.m. at the Pantages Lobby, 901 Broadway.

Feb 24 – Five Wishes

When it comes to health care, preparing for the unexpected is more than important regardless of age - it’s essential. “Five Wishes” is more than just a document. Five Wishes is a complete approach to discussing and documenting individual care and comfort choices. It’s about connecting families, communicating with healthcare providers, and showing what it means to care for one another. Free; No RSVP required. [View event flyer](#). Participants will receive the Five Wishes planning book as well as supplemental materials.

- Noon at Pierce County Annex Main Meeting Room, 2401 S. 35th Street, Tacoma.
- 6:30 p.m. at the Graham Library, 9202 – 224th Street E. Graham.

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. [View event flyer](#).

Feb 26 – Five Wishes

(See Feb 24 for event description.) Held 6:30 p.m. at Fir Lane Memorial Park, 924 E. 176th Street, Spanaway. Free; No RSVP required. [View event flyer.](#)

Feb 28 – Puyallup Memory Café

The Puyallup Library (324 S. Meridian) hosts an afternoon of socializing, music and fun. The relaxed atmosphere is perfect for those living with Alzheimer's and/or Dementia and their care partners. Beverages and snacks provided. Free. Held 1:00 to 3:30 p.m.

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. [View event flyer.](#)

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 who government benefits can be integrated as part of that plan. Free. 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.

March 7 – Pierce County Disability Resource Fair

If you live in Pierce County and support someone with a Developmental Disability, this resource fair is for you. Designed for individuals with disabilities of all ages and their families to have a one stop place to find resources from across the county all in one place. Educational workshop opportunities offered throughout the day. Held 10 a.m. to 2 p.m. at Franklin Pierce High School, 11002 18th Ave. E, Tacoma. More info at www.WApave.org.

Mar 10 - Presidential Primary Day

Deposit your ballot in an official drop box by 8 p.m. on Election Day.

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. [View event flyer.](#)

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 16 – Reverse Mortgages: Things Have Changed

Once completely unregulated, today's Reverse Mortgages have significant protections for both borrowers (and their survivors) and lenders. What once was a high stakes gamble is today a much more secure product. Learn how Reverse Mortgages work, the advantages and disadvantages, and how consumers can avoid the most common pitfalls. An impartial, information-only presentation.

- 12 Noon – Pierce County Annex Main Mtg. Room, 2401 S. 35th St., Tacoma
 - 6:30 p.m. - Puyallup Library S. Meeting Room, 324 S. Meridian, Puyallup
- View event flyer. For more information call 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. [View event flyer](#).

Mar 17 – Optimum Life – “Polypharmacy: Solving the Mystery”

This recorded webcast features clinical services staff from Omnicare. Held every third Tuesday from 4:30 to 5:30 p.m. at Brookdale Allenmore IL, 2010 S. Union Ave in Tacoma. Complimentary wine and snacks. One CE credit (one hour) per session provided for nurses, social workers, case managers and nursing home administrators. RSVP to [Melissa Martin](#) at 253-752-6870.

Mar 18 – Reverse Mortgages: Things Have Changed

(See Mar 16 for details.) Held at 6:30 p.m. at the Parkland/Spanaway Library, 13718 Pacific Ave., S., Tacoma. View event flyer. For more information call the ADRC at 253-798-4600.

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 18 – ** DATE CHANGE ** 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](#). Contact Olivia Koelsch at 253-625-3104.

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 21 – Reverse Mortgages: Things Have Changed

(See Mar 16 for details.) Held at 6:30 p.m. at the South Hill Library, 15420 Meridian E., Puyallup. View event flyer. For more information call the ADRC at 253-798-4600.

Mar 24 – Tools4Success Conference

A [one-day conference](#) designed for youth, young adults and community members who experience a disability to dream, imagine and shape their future. A keynote speaker shares their hope, inspiration and experience as a person with a disability, eleven interactive workshops, a resource fair with over 40 vendors represented. Free to job-seekers with disabilities and care providers. Minimal cost of \$20 for parents, professionals and community members. Held at 8 a.m. to 1 p.m. at Tacoma Community College, 6501 S. 19th Street.

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 1 – Discovery 2020

An event for healthcare professionals working in the aging and dementia fields. The program is built around the theme of transformation. The conference will help enrich and transform your professional practice as well as the lives of individuals and families living with Alzheimer's and other dementias with whom you work. Held 8:30 a.m. to 4 p.m. at the Lynnwood Convention Center. [Registration online](#).

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. Free. 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.

April 21 – Optimum Life – “Help Me Grieve”

This recorded webcast features a health care professional's overview to evidence-based support for the grieving. Held every third Tuesday from 4:30 to 5:30 p.m. at Brookdale Allenmore IL, 2010 S. Union Ave in Tacoma. One CE credit (one hour) per session provided for nurses, social workers, case managers and nursing home administrators. Complimentary wine and snacks. RSVP to [Melissa Martin](#) at 253-752-6870.

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](#). Contact Olivia Koelsch at 253-625-3104.

Apr 24 – Pierce County Parkinson's Conference

This conference is focused on health, wellness, movement and research. The day is designed to educate, inspire and empower those impacted by Parkinson's disease. \$20 before April 1; \$30 after April 1. Includes Lunch and refreshments. Scholarships available on request. Held at University Place Presbyterian Church, 8101 27th Street W., University Place. Sponsored by [Health Care Providers Council of Pierce County](#). More [information and registration available on the APDA Northwest website](#) or e-mail apdanw@apdaparkinson.org or call 206-695-2905.

May 2 – Aging Expo 2020

No matter our age, we can make our mark, sharing our gifts of longevity. And, we are never too old, or too young, to learn about the new realities of aging. Those of all ages will find encouragement and information to promote a long and active life at Aging EXPO 2020, 8 am to 3:30 pm at Pierce College Puyallup in celebration of May as Older Americans Month. The event is *free* to the public and CEUs will be available to professionals. Ciscoe Morris of "Gardening with Ciscoe" fame, will join us as one of our keynote speakers to speak on "Tips for Gardening as We Age." Breakout sessions focus on a wide-variety of topics. Lunch available for purchase. Lots of exhibitors. More info to come. 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. Free. 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 6-8 – Infant and Early Childhood Conference

The 2020 Infant and Early Childhood Conference offers over 100 high quality trainings related to early childhood education with a focus on birth to three and early intervention. [View the 2020 Conference flyer](#). Parent, foster parent and student scholarships available. IECC plans to offer STARS Credit and

Clock Hours for this event. For general conference information please visit www.ieccwa.org.
Registration opens soon.

May 9 – Images of Aging: On Golden Pond

A cranky 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. 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](#). Contact Olivia Koelsch at 253-625-3104.

NATIONAL NEWS

Federal Poverty Guidelines 2020

The [2020 poverty guidelines](#) are in effect as of January 15, 2020. The Federal Register notice for the 2020 Poverty Guidelines was published January 17, 2020. (Source: HHS)

Cuts Loom for Medicare And Other Entitlement Programs

In comments at the World Economic Forum in Davos, Switzerland, President Trump suggested that he would be willing to consider [cuts to social safety-net programs like Medicare, Medicaid and Social Security](#) to reduce the federal deficit if he wins a second term, an apparent shift from his 2016 campaign promise to protect funding for such entitlements. Despite promises to reduce the federal budget deficit, it has ballooned under Mr. Trump’s watch as a result of sweeping tax cuts and additional government spending. (Source: AP)

Check Out the New Elder Index™

The Elder Index™ measures the income that older adults need to meet their basic needs and age in place with dignity. The Elder Index – which is specific to household size, location, housing tenure, and health status – has been updated with 2019 data estimates which suggest that half of older adults living alone, and 23% of older adults living in two-elder households, lack the financial resources required to pay for basic needs. [Use the Index](#) | [Read about the current state of elder economic security](#) (Source: NCOA)

Available Now: Older Americans Month Materials

Have you visited the [Older Americans Month website](#) yet? Download the official [English and Spanish logos](#) in various formats for digital and print use. View [four posters](#), each one available in English and Spanish. These posters may be reproduced freely, electronically and in print. (Source: ACL)

Advocacy Toolkit Updated

Educating lawmakers is even more important during major election years like 2020. Legislators are eager to connect with constituents, and your expertise on aging issues can enlighten policymakers. The

new [NCOA advocacy toolkit](#) has been updated to reflect Congress' 2020 recesses, along with the status of major legislation that could affect older adults. Lean on these talking points when engaging elected officials. (Source: NCOA)

In-Depth Report Analyzes the Sources of Retirement Income

A new report by the National Institute on Retirement Security, "[Examining the Nest Egg: The Sources of Retirement Income for Older Americans](#)," finds that 40.2% of older Americans rely solely on Social Security income in retirement. Only 6.8% of older Americans receive income from Social Security, a defined benefit pension or a defined contribution account such as a 401(k). (Source: NIRS)

Community Care Corps RFP is Out

A [new funding opportunity](#) released this week will provide National Community Care Corps grants to establish, enhance or grow innovative models in which volunteers assist older adults and/or people with disabilities to help them maintain their independence while continuing to live in the community. [View the full RFP](#). (Source: n4a)

Make Airplane Lavatories More Accessible

The U.S. Department of Transportation seeks public comments on a new [proposed rule](#) to improve restroom access for passengers with disabilities on single-aisle aircraft with 125 or more seats. The rule is based on [negotiated rulemaking](#) undertaken by DOT's Advisory Committee on Accessible Air Transportation. The proposed regulation addresses lavatory interiors, on-board wheelchairs, and training of flight attendants. Comments are due by March 2, 2020. (Source: ACL)

Medicare Changes in 2020: A Primer

Numerous changes are occurring within Medicare in 2020 as a result of recent legislation. A new primer produced by the Medicare Rights Center summarizes a number of these, including coverage of opioid treatment, expansion of telehealth and supplemental benefits, and closure of the Part D donut hole. [Download the primer](#). (Source: NCOA)

PLAN AHEAD (Always 2 months ahead) – April 2020

Alcohol Awareness, Autism Acceptance, Cancer Control, Child Abuse Prevention, Fair Housing, Financial Literacy, Medical Cannabis Education & Awareness, Parkinson's, Rebuilding, Social Security and Stress Awareness Month; Medication Safety (1-7), Occupational Health Nursing (13-18), Consumer Awareness (18-23), Bedbug Awareness (19-25), Library (19-25) and Volunteer (19-25) Weeks; Autism (2), Take Your Parents to the Playground (4), Sexual Assault Awareness (7), Parkinson's (11), American Sign Language (15), Rebuilding (25) and Guide Dog (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.