

## ADRC E-Newsletter March, 2020



The ADRC E-Newsletter may also be viewed as a PDF at [www.PierceADRC.org](http://www.PierceADRC.org) "News & Events."

 [Like us on Facebook](#)

### **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

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

April 2 – "Death Doulas" with Crystal Cannon Flores

#### **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.

Mar 18 – Merrill Gardens at Auburn, 18 1<sup>st</sup> Street SE, Auburn

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 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 6<sup>th</sup> 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**

### **Voting in Assisted Living Facilities**

Seniors and people living with disabilities often reside in assisted living communities, independent living communities and home care. These voters still have the right to cast a ballot and voting is vitally important to them. Pierce County Elections offers a publication of election guidance to facility employees and family members who provide for disabled voters. Copies of the booklet are available by calling 253-798-8683 or [elections@piercecounitywa.gov](mailto:elections@piercecounitywa.gov).

### **2020 Census is Coming**

Invitations to self-respond to the 2020 Census will be mailed soon, and for the first time in history, you can answer online. The online portal opens on 3/12 and you should be able to answer the 12 questions in less time than it takes to finish your morning coffee. Whatever the method - online, by phone or mail - be sure to complete Census by April 1. Census data impacts funding for our schools, roads, infrastructure, and other necessities, including aging and disability programs here in Pierce County. It's critical that every member of every household is counted. No one - not law enforcement, ICE, or any branch of government - can access your specific answers until 2096. More at [2020census.gov](https://2020census.gov).

### **Upcoming Pierce County Behavioral Health Vote**

Pierce County is the only urban county in Washington State that does not currently invest in behavioral health resources with a 1/10th of 1% Behavioral Health Tax. The County Council will hold final consideration on the [ordinance \(No. 2020-24\)](#) at its March 10 council meeting. The meeting will be held in the Council Chambers, Room 1045, 930 Tacoma Ave., S. at 3 p.m. [Comments accepted in writing](#). Info Sheet: ["How will Pierce County use the one-tenth of 1% Sales Tax?"](#) | Pierce County Council: [1/10th Behavioral Health Webpage](#).

### **Beware of Potential Census Scams**

April 1, 2020 is Census Day - the start of the U.S. Census. With it comes potential scams. As a reminder, be sure to keep your personal health and Medicare information safe. Census takers might ask you about things like your home life or relatives, but they will never ask you for your Social Security number, Medicare number or health insurance information. For more information about the Census, go to [2020census.gov](https://2020census.gov) or call 1-800-923-8282.

### **Tacoma 2020 Pride Festival Vendor Opportunities**

Over 15,000 people attended 2019 Tacoma Pride and 5,000 more attended other Tacoma Pride Festival events. Participating in Tacoma Pride is great way to highlight your commitment to celebrating and centering the LGBTQ community. The Tacoma Pride 2020 vendor application is open. Showcase your business and spend the day. You can find the application, along with other event information, at [www.tacomapride.org](http://www.tacomapride.org). Early bird pricing available. Contact [Rebecca Rossi](#) with questions or to explore sponsorship options.

### **Where To Turn Advertising Options**

Senior Media Services is inviting community organizations and advertisers to be part of the new 2020-21 edition of Where to Turn-Pierce County. Now in its 28<sup>th</sup> year, the Pierce County edition is a free guide distributed to 70,000 people. Separate editions of Where to Turn are also available in Kitsap County and King County. Now is the time to get involved with any or all three. For new listings or to

update old listings, and to request bulk copies of Where to Turn contact Senior Media Services program director [Pat Jenkins](#) at 253-722-5687 or [Sherrie Kenyon](#) at 253-691-7000.

### **Pierce County Human Services – Aging & Disability Resources Jobs**

ADR has open continuous recruitment for case manager positions. Applications are accepted all year. This is a competitive selection process. Application can be made online. Visit the [Pierce County employment website](#) for details.

### **SHIBA Offers Medicare Basics**

Pierce County SHIBA offers [“All Things Medicare” education classes](#) that give a good general overview of Medicare. Great for folks turning 65 or folks over 65 wanting more info. Classes are free and offered at Pierce County libraries. Held at the Graham Library (3/14) and Fife Library (3/21) 1:30 to 4:00 p.m. [SHIBA in-person, one-on-one advising](#) is also available. Questions? Call 253-596-0918.

### **Stop the Bleed**

Who can respond and control bleeding? Trauma professionals, first responders and civilian bystanders as immediate responders. Pierce County Emergency Management is offering Saturday community trainings at the Emergency Operations Center, 2501 S. 35<sup>th</sup> Street in Tacoma. [Advance registration is required](#). Dates: March 14, May 16, August 15 and November 14 from 8 to 10 a.m. ADA accommodations via registration website or at 253-798-6862.

### **Prescription Drug Discount Card**

Pierce County has partnered with the National Association of Counties prescription drug discount card program to help residents save money on their meds. The free cards can be used if insurance does not cover a prescription or if a person has no insurance at all. The cards may also save on pet medications. Cards may be obtained by [downloading online](#), at ADRC events or by calling 253-798-4600.

### **Work, Earn, and Save More Money with HWD**

Starting in 2020, income and upper age limits under the Healthcare for Workers with Disabilities (HWD) program have been removed. Thanks to this change, people with disabilities no longer have to choose between work and health care. Find out what this means at [Ready, Set, Know: Healthcare for Workers with Disabilities](#).

### **Nourish Begins Operations in Salishan**

Nourish Mobile Food Bank now serves Tacoma Housing Authority’s (THA) Salishan property. The Salishan site, located near the Salishan Family Investment Center at 1724 E. 44th St, Tacoma, operates Fridays, 1pm – 3pm. At all Nourish food distribution sites, clients select food for every member of their household. Download a printable list of [Nourish Food Bank Locations](#). Download a printable [Weekly Schedule for Nourish Mobile Food Bank locations](#).

### **Updated Pierce Transit Long Range Plan Ready for Feedback**

Pierce Transit is updating the agency’s [Long Range Plan](#) for enhancing or expanding local bus service in Pierce County over the next two decades. After receiving input from Pierce County residents, [Updates](#) for the public to review are available. [Tell PT what you think online](#).

### **Assisted Living on the Key Peninsula**

Assisted living at The Mustard Seed Project is moving ahead. Individual, Washington State, Pierce County and charitable foundations have committed an amazing \$3.2 million to bring senior housing to the Key Peninsula. The work to secure the remaining \$1.2 million goes on and is promising. TMSF is also celebrating the fact that the site development and building permits are nearly ready to be issued.

### **Public Option Plans in WA and CO**

Kaiser Family Foundation hosted a conversation with Washington State Gov. Jay Inslee and Colorado Gov. Jared Polis about their states' efforts to establish a public health insurance option and make other changes to address health costs and access. The [discussion is available now](#).

### **Free Audio Books from the Washington Talking Book & Braille Library**

Do you struggle with reading the newspaper because the print is too small? Are you missing your favorite books or authors because you can't focus for long periods of time? Is it hard to hold a book or turn pages because of hand tremors or arthritis? [The Washington Talking Book & Braille Library](#) (WTBBL) is for anyone unable to read standard print, offering free audio books by mail, download, or mobile app. The collection includes more than 90,000 titles, and readers' advisors are available by phone weekdays from 8:30 a.m. to 5 p.m. Visit [wtbbl.org](http://wtbbl.org) or call 800-542-0866.

### **Free Tax Filing Assistance**

Get Your Taxes Prepared Free! The Volunteer Income Tax Assistance (VITA) program offers free tax filing assistance through staff and trained volunteers. VITA assists you with preparing and filing your completed taxes electronically. To be eligible, a taxpayer's income must be under \$56,000. For dates and locations call 2-1-1 or visit [www.irs.gov/vita](http://www.irs.gov/vita). For free self-preparation and incomes up to \$66,000 go to [www.myfreetaxes.com](http://www.myfreetaxes.com).

### **SAIL Instructor Training**

The next training for SAIL (Stay Active and Independent for Life) instructors is Saturday, March 7 in Puyallup at MultiCare Good Samaritan Hospital. [Register online](#) or call 253-226-0062.

### **Finding Connections and Comfort at the Local Café**

For Alzheimer's patients and their caregivers, social and emotional isolation is a threat. But hundreds of "[Memory Cafes](#)" around the country offer them a chance to be with others who understand, and to receive social and cognitive stimulation in the process. There are several local Memory Cafés:

- Puyallup – Puyallup Library, 324 S. Meridian, 4<sup>th</sup> Friday @ 1:00 p.m.; 253-841-5454
- Puyallup – Mrs. Turner's Restaurant, 701 E. Main St., 3<sup>rd</sup> Wednesday @ 2:30 p.m.; 253-722-5683
- Tacoma – Elmer's Restaurant, 7427 S. Hosmer St., 4<sup>th</sup> Wednesday @ 3 p.m.; 253-722-5683

### **Pierce County Council Approves ADA Plan**

A plan to bring existing pedestrian facilities – including sidewalks, curb ramps, pedestrian push buttons and driveway entrances – into compliance with the Americans with Disabilities Act (ADA) [was approved by the Pierce County Council](#). *Americans with Disabilities Act Transition Plan for Public Rights-of-Way* applies to county-owned facilities within the public road right-of-way in unincorporated Pierce County. The plan includes elements such as how facilities will be evaluated for compliance, how facilities will be prioritized for improvement, how much it will cost to improve each type of facility, funding sources, and a timeline for improvements. It also includes design standards and procedure

improvements to achieve compliance for new infrastructure. An online open house that provides a high-level overview of the plan is available at [www.piercecountywa.gov/ADATransition](http://www.piercecountywa.gov/ADATransition).

### **Suits for Service Members**

Harbor Place at Cottesmore is collecting clothing for Suits for Service Members. They provide two complimentary suits for service members who are within six months from transition from the military to civilian employment. Call 253-853-3354 for details.

### **SCAMS OF THE MONTH**

#### **Coronavirus: Scammers Follow the Headlines**

Scammers are taking advantage of fears surrounding the Coronavirus. They're setting up websites to sell bogus products, and using fake emails, texts, and social media posts as a ruse to take your money and get your personal information. [Here are some tips](#) to keep the scammers at bay. (Source: FTC)

#### **FTC: The Bottom-Line on Fake Check Scams**

If someone you don't know sends you a check and asks for money back, that's a scam. No doubt about it. Over the last several years, the number of fake check scams reported to the FTC has steadily increased, and so have the dollars lost. [Read more](#). (Source: FTC)

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

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

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 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 how 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 112<sup>th</sup> 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 18<sup>th</sup> Ave. E, Tacoma. More info at [www.WApave.org](http://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 March 3 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](#) or by calling the ADRC at 253-798-4600.

### **Mar 14 – Norpoint Fitness & Wellness Conference**

Free seminars for seniors, exercise classes and much more presented by the Center at Norpoint and CHI Franciscan. Held 9 a.m. to 1 p.m. at 4818 Nassau Ave., NE Tacoma..

### **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 March 3 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. Keynote speaker, eleven interactive workshops and a resource fair with over 40 vendors. Free to job-seekers with disabilities and care providers. \$20 for parents, professionals and community members. Held at 8 a.m. to 1 p.m. at Tacoma Community College, 6501 S. 19<sup>th</sup> 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.

### **Mar 27 – Puyallup Memory Café**

An afternoon of socializing, music and fun from 1 to 2:30 p.m. at the Puyallup Library, 324 S. Meridian in Puyallup. Theme is “fashion.” The relaxed atmosphere is perfect for those living with Alzheimer's and/or Dementia and their care partners. Beverages and snacks provided.

### **Mar 31 – Dementia 101: What is Lewy Body Dementia**

Learn the basics of this common form of dementia in this free seminar. Held 3 to 4 p.m. at Pioneer Place Memory Haven, 11519 24<sup>th</sup> Ave E. in Tacoma. RSVP to [Dawn](#) at 253-539-3410, ext 210.

### **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. 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 13 – How to Screw Up Your Retirement**

Judging by the TV ads, all you need to have for a successful retirement – and that wonderful rocking chair – is a big bank account. Sure, money helps but retirement is so much more. Big picture retirement can easily go bad even if you have buckets of cash unless you know what to watch for. A good retirement – and a long, healthy retirement – demands lots of serious “work.” Whether you are planning on retirement in your future or have already made the leap, learn about ways people fail in retirement – and it isn't all about money.

- Noon at the Pierce County Annex, 2401 S. 35<sup>th</sup> Street, Tacoma.
  - 6:30 p.m. at the Parkland Spanaway Library, 13718 Pacific Ave S., Tacoma.
- Free; no RSVP required. [View event flyer](#). For details call the ADRC at 253-798-4600.

### **Apr 15 – How to Screw Up Your Retirement**

(See Apr 13 for event description) Held at 6:30 p.m. at the University Place Library, 3609 Market Place W. in UP. Free; no RSVP required. [View event flyer](#). For details call 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 18 – Disaster Preparedness Day**

An informational event on how to prepare for disasters in our community. Topics will include disaster kit preparation, emergency food and water preparedness, power problems and overall disaster preparedness. In addition to information on preparedness, the YMCA will be providing activities and



vendors focused on a healthy lifestyle for kids. Held 10 a.m. to 1 p.m. at the Lakewood YMCA, 9715 Lakewood Drive SW. Free, no RSVP required.

#### **Apr 21 – Optimum Life – “Help Me Grieve”**

Recorded webcast. A health care professional’s overview to evidence-based support for the grieving. Held 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 – Live Well South Sound**

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 27<sup>th</sup> 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](mailto:apdanw@apdaparkinson.org) or call 206-695-2905.

#### **Apr 25 – How to Screw Up Your Retirement**

(See Apr 13 for event description) Held at 10 a.m. at the Pierce County Sound View Building, 3602 Pacific Ave., S., Tacoma. Free; no RSVP required. [View event flyer.](#) For details call the ADRC at 253-798-4600.

#### **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 put on by Veterans for Veterans and their families. A community partnership between various veteran owned agencies, nonprofits, federal, state, and local county agencies whose aim is to provide an annual and reliable place and event where Pierce, King, Kitsap and Thurston County Veterans and their families can obtain direct connections and information on many different types of veteran specific programs and resources. 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](http://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](http://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.

### **May 27 – National Senior Health & Fitness Day**

The nation's largest older adult health and wellness event. More than 1,000 local groups will host health and wellness events for 100,000+ older adults across the country. [Click here](#) for more details about National Senior Health & Fitness Day.

### **June 2 – Family Caregiver Day with the Tacoma Rainiers**

Save the date. It's time to honor all caregivers with a day at Cheney Stadium. Free tickets to caregivers and care recipient or caregiver and a friend. Includes admission, program, free ballpark lunch, soda, and lots of goodies. RSVPs begin May 1. Stay tuned for more information.

### **ADRC Q&A**

Question: What is a patient assistance program?

Answer: These programs are offered by most individual prescription drug companies to help financially needy patients purchase necessary medications and supplies at a reduced price or at no cost. Eligibility requirements are different for each program and are set by the individual drug companies. You need a doctor's prescription and typically you have to prove financial need. Some companies require that you

have insurance which does not cover your prescription while others offer their program only to those who do not have prescription drug coverage. The reality is that the burden is on the individual to contact the respective drug company, investigate their particular eligibility requirements and then apply for assistance. Medicare and Medicaid do not have patient assistance programs. Only the prescription drug companies offer them. You should do your searching on the Internet or talk with your pharmacist.

## **NATIONAL NEWS**

### **Trump's Budget Proposes Deep Cuts to Safety Net Programs**

With a few exceptions, services and benefits for older adults are offered up for [cuts or level funding](#). In the [new Trump Administration budget](#). Falls Prevention, Chronic Disease Self-Management Education, and the Senior Community Service Employment Program are among those to be eliminated. The Administration's recommendations would cut Medicaid by approximately \$900 billion over 10 years, and Medicare by \$500 billion in the same time period. (Source: NCOA)

### **True Cost of Growing Old in America**

The Elder Index reveals what older people spend, just to meet their basic needs and age in place. Jan Mutchler, PhD, one of the creators of the index, [explains here what it is and why it's so important](#), both for those deciding public policy and for individuals planning for retirement. The index provides a realistic look at what older people all over the country actually need to spend to get by without help from family, charities or the government. (Source: Silver Century Foundation)

### **Core Benefits Cheat Sheet**

The National Council on Aging (NCOA) has updated the [annual cheat sheet](#) that gives a quick overview of the core benefits for low-income Medicare beneficiaries. Get 2020 income and resource eligibility criteria, as well as information on how programs are administered, for Part D Extra Help, Medicare Savings Programs, the Supplemental Nutrition Assistance Program (SNAP), and more. NCOA has also prepared an [Extra Help 2020 eligibility and cost sharing chart](#). (Source: NCOA)

### **Who's Who in Today's Assisted Living/Nursing Home Workforce**

The assisted living and direct care workforce is evolving. A recent study identifies important demographic shifts that may help guide recruitment efforts. [Read More](#). (Source: Mather Institute)

### **What Millennials, Gen X & Boomers Have in Common But Don't Admit, Discuss, Or Plan For**

A 2018 [Associated Press-NORC reports](#) that one-third of Americans under 40 consider themselves a caregiver. Caregiving is a fact of life that presents several [paradoxes for the younger generation](#). Not everything caregivers do is health related or complex – a phone call to say hello, scheduling an appliance repair, or dropping off groceries is an act of caregiving. (Source: Forbes)

### **How to Check Your Consumer Reports**

Your credit records affect your ability to get an affordable loan, a job, an apartment, or many other essentials of daily life. But, do you know where and how to actually request your credit reports and what you can do once you order them? The Consumer Financial Protection Bureau has [published a list of consumer reporting companies](#). The list also includes other services for employment, tenants, banking, medical and more. (Source: CFPB)

**Lifeline Phone and Broadband Assistance**

Lifeline is a federal program that offers eligible participants a \$9.25 discount on landline telephone and wireless services, in addition to discounts for broadband and broadband-voice bundles. With the new National Verifier portal, customers can be approved before shopping for a company. Learn more and apply [here](#). (Source: WAUTC)

**Authorization for States to Block Grant Medicaid**

The Trump administration unveiled a plan that would dramatically revamp Medicaid by allowing states to seek a fixed payment each year in exchange for gaining unprecedented flexibility over the program. The plan was assailed by Democrats, consumer advocates and health providers as undermining efforts to serve the poor. Read the five big things to know about how the new plan works [here](#). (Source: KHN)

**Why Home Health Care Is Suddenly Harder to Come by for Medicare Patients**

Medicare has [changed how it pays for services](#). In response, agencies across the country are firing therapists, limiting physical, occupational and speech therapy, and terminating services for some longtime, severely ill patients. But coverage rules haven't been altered and people are still entitled to the same types of services. [All that has changed is how Medicare pays agencies](#). (Source: KHN)

**Supreme Court Upholds New Public Charge Rule**

The Supreme Court upheld legislation that expands the use of public benefits as part of the “public charge” determination. The public charge designation affects immigrants wanting to legally enter the United States and those lawfully here who are seeking to remain or adjust their residency status. [NCOA’s FAQs](#) (also in Spanish and Chinese) explain the implications of the rule. (Source: NCOA)

**Service Animals in the Lab: Who Decides?**

Joey Ramp became an advocate for STEM students living with disabilities after being told she couldn't [bring her service dog into her laboratory classes](#). (Source: NPR)

**PLAN AHEAD (Always 2 months ahead) – May 2020**

ASL, APS, Arthritis, Asthma, Better Hearing & Speech, Cystic Fibrosis, Foster Care, Mental Health, Pet Cancer, Osteoporosis, Preservation, Salad, Stroke, Older Americans, Personal History, Social Security Education, Skin Cancer, Women’s Health Care and Family Month; Goodwill Industries (3-9), Family (3-9), Pet (4-10), Sun Safety (4-10), Teacher Appreciation (4-8), Nurses (6-12), Nursing Home (10-17), Women’s Health (10-16), Brain Injury (11-17) and EMS (17-23) Weeks; Workers (1), Bladder Cancer (2), Melanoma (4), Red Cross/Red Crescent (8), Mothers (10), Honor Our LGBT Elders (16), Rescue Dog (20), Brothers (24), Missing Children (25), Senior Health & Fitness (27), MS (27) and Save Your Hearing (31) Days.

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This information is provided as a service of the Pierce County Aging & Disability Resource Center and is intended for sharing throughout the county. To receive or discontinue this e-newsletter, please contact Bob Riler at (253) 798-7384 or [bob.riler@piercecountywa.gov](mailto:bob.riler@piercecountywa.gov).