

## ADRC E-Newsletter April, 2020



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

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### **NETWORKING OPPORTUNITIES**

**➔ Check in advance whether networking meetings for April are being held. ⬅**

#### **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

April 2 – “Death Doulas” with Crystal Cannon Flores – **CANCELLED**

May 7 – “Center for Resolution” with Maralise Hood Quan - **TBD**

#### **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.

April 15 – Merrill Gardens at Burien, 15020 SW 134<sup>th</sup> St., Burien

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**

### **AARP – Pierce County Conversation on COVID-19**

Join AARP Washington's live tele-town hall with State Director Doug Shadel and Tacoma-Pierce County's Director of Health, Dr. Anthony Chen to learn more about the Covid-19 response in Pierce County on Monday, April 13 at 10 a.m. During the call, we will provide information and resources to help older residents and their families take care of each other during this outbreak. To participate and ask questions of the experts, call toll-free 855-962-0970. [Also live streamed on AARP Facebook.](#)

### **Pierce County Human Services Operations Continue**

Pierce County [Human Services](#) offices are now closed until at least April 8. All services continue in full operation with staff working from home. For assistance, contact the numbers below:

- Human Services Main Number – 253-798-4500
- ADR Case Management - 253-798-4500
- Aging and Disability Resource Center – 253-798-4600
- Community Action Programs – 253-798-4400
- Veterans Assistance Programs – 253-798-7449

### **What Can You Do During COVID-19? A lot!**

Many people are anxious to help others – especially older adults and people living with disabilities – in any way they can during the COVID-19 health emergency. Many places are closed and we need to keep our distance, but our social, physical, medical and other needs continue. Here's what you can do to help:

- 1) Check on your neighbors to make sure they are safe and have food and medicine.
- 2) Donate funds directly to local organizations, non-profits and faith communities.
- 3) Donate to your local food bank. Donations from groceries and restaurants have vanished. Donations of cash are preferred so they can purchase the most needed food items at substantially reduced costs. If you choose to donate food, call before donating.
- 4) Support your local restaurants and businesses. Order take-out, buy gift cards and memberships.

### **Survey of Mental Health COVID Resources**

How are our mental health facility partners handling this and referrals from the ED? Obviously the EDs are soon going to be exploding at the seams if we follow the trend. We've heard varying things about wanting COVID screens on all patients, not taking anyone from a hospital with COVID, no symptomatic patients, etc. [Let us know what you are doing as a sort of inventory of practices.](#) The survey is being conducted by Dr. Nathan Schlicher, MD, JD, MBA, FACEP; Chair Multi-Specialty Peer Review Committee, CHI Franciscan. As a practical primer, a few thoughts. We cannot screen all patients for COVID. There are not resources for this in the state or nation and the turnaround is still days. We can screen symptomatic people who meet DOH criteria, but again holding them in a time of crisis is going to be problematic. All facilities in the state are soon to have COVID cases (if not already) so blocking as such will be impractical.

### **Pierce County Connected: COVID-19 Response Fund**

The Greater Tacoma Community Fund launched this emergency response fund with a \$750,000 seed contribution to support urgent needs during the COVID-19 pandemic. You can strengthen your community during this time by giving to the organizations and causes that matter to you. [Donate to the Pierce County Connected fund](#) or make a donation directly to your preferred charitable organizations.

## **ALTSA COVID-19 Resources for Providers and Long-Term Care Professionals**

The Aging and Long Term Supports Administration has created a [centralized web resource with specific information for professionals and providers](#), guidance documents and helpful resources. You may also [e-mail your questions or concerns](#) if you are an ALTSA client, long-term care provider or representative of a long-term care facility.

## **WA State COVID-19 Response**

Washington State's official COVID-19 website is maintained by the state [Joint Information Center](#).

- [Daily statistics](#) are provided by the Department of Health (DOH) or [view statewide statistics on a map](#). They also offer [resources in multiple languages](#).
- DOH operates a hotline, with multiple language assistance, from 6 a.m. to 10 p.m. daily at 1-800-525-0127. The call center cannot access COVID-19 testing results.
- The Department of Health has launched a [Spanish language blog](#).

## **COVID-19 Information in ASL**

The Hearing, Speech & Deaf Center has added links on the HSDC website to [numerous resources for COVID-19](#). Included is a link to Gallaudet University videos. All resources are provided in ASL. HSDC changes to hours and services is on their [homepage](#).

## **Adult Family Home Directives from ALTSA**

Aging and Long Term Supports Administration has [informed Adult Family Home Providers](#) of certain changes. Governor Inslee issued [Proclamation 20-18](#), waiving and suspending numerous Adult Family Home requirements. The links and materials will help you find critical information quickly.

## **Tacoma Pierce County Health Department Resources**

The TPCHD has a [special page devoted to COVID-19](#) information and resources. The page includes a [map of COVID-19 cases](#) in Pierce County, [temporary care centers](#) and information for [human service providers](#). You can [subscribe to the Your Reliable Source blog](#) for regular updates in your inbox. Follow the Health Department on [Facebook, Twitter and Instagram](#).

## **Insurance Options Available for Washingtonians Experiencing Change in Income or Employment**

Those who experience a [qualifying event](#) (such as loss of income, loss of health insurance coverage, marriage, birth of a child or a move) are eligible to shop for coverage and/or those who qualify for Medicaid through [Washington Apple Health](#) is available year round on [Washington Healthplanfinder](#).

## **Financial Resources for Washington Residents Impacted by COVID-19**

The Washington State Department of Financial Institutions has developed a [list of financial resources](#) for Washington consumers impacted by the Coronavirus. Topics include unemployment, credit cards, mortgage, rent, loans, utilities, insurance and more.

## **Social Security Offices Closed**

All local Social Security offices are closed to the public for in-person service. Critical services are provided online at [www.socialsecurity.gov](http://www.socialsecurity.gov). Local offices continue to provide services over the phone. Check the online [field office locator](#) about how to directly contact local offices. Scheduled in-office appointments will be held over the phone. Contact Social Security at 1-800-772-1213.

### **Special Hours at Grocery Stores for Seniors & People with Disabilities**

- Safeway and Albertsons: Tuesdays and Thursdays, 6 a.m. to 9 a.m. (Pharmacies open 7am-9am)
- Whole Foods: one hour before the store opens to the public.
- Target: first hour of shopping each Wednesday.
- Metropolitan Market: Monday-Friday, 7 a.m. to 8 a.m.
- Costco: Tuesdays and Thursdays, 8 to 9 a.m.
- Walgreens: Tuesdays, 8 a.m. to 9 a.m. (Also available to caregivers and immediate families.)
- Trader Joe's: Daily, 9 a.m. to 10 a.m.
- Fred Meyer: Monday through Thursday, 7 a.m. to 8 a.m.

### **Pierce County Interfaith Response to COVID-19**

The Tacoma Pierce County Chaplaincy created a tool for all in the faith-based community within Pierce County to come together and find information & guidance, share ideas, and request assistance or offer assistance to those in need. [Communicate needs for assistance and offers of assistance here.](#)

### **COVID-19 Information from DDA**

The Developmental Disabilities Administration has received numerous requests from clients, families, and advocates for people with developmental disabilities to provide helpful and clear information for our clients and families. Visit the [DDA Coronavirus webpage](#) and see our Clients and Families Section. CMS Announces Findings at Kirkland Nursing Home and New Targeted Plan for Health Care Facility Inspections in light of COVID-19

### **CMS Findings on Kirkland Life Care Center**

The Centers for Medicare & Medicaid Services (CMS) announced the preliminary results of a recent inspection of the Life Care Center nursing home in Kirkland, Washington – the epicenter of the 2019 Novel Coronavirus (COVID-19) outbreak in that state. [Press release.](#) [Fact sheet.](#)

### **DOH Suspends Inspections**

The Department of Health has temporarily suspended routine state compliance inspections in all health care facilities, including In-Home Services Agencies so that health care facilities can focus their energy, resources, and staff on the COVID-19 response and caring for patients. It will also allow the department to focus on technical assistance, resolution of on-going enforcement actions, and investigations of complaints that pose the greatest risk to patients.

### **TPU Emergency Assistance Program**

Tacoma Public Utilities customers struggling to pay their utility bills amid the COVID-19 outbreak can now receive financial support through an Emergency Assistance Program for low-income customers (one-person household maximum monthly household income of \$2,127 or \$3,367 for a four-person monthly income). Contact TPU at 253-502-8600 or online at [MyTPU.org/COVID19](#).

### **Blog for Non-Profits**

The Greater Tacoma Community Foundation has set up a [COVID-19 related blog](#) to stay informed with non-profits in Pierce County on their emerging needs. Nonprofits and community service providers can reach out to GTCF to share service changes, event cancellations, impacts, needs, and stories to [info@gtcf.org](mailto:info@gtcf.org) for them to be shared on the blog.

### **NAMI Pierce County Meets via Zoom**

The NAMI Pierce County Family Support Group now hosts two online meetings. Second Wednesday of each month 6:30 – 8:00 p.m. Fourth Saturday from 11:30 a.m. – 1:00 p.m. Pre-registration required to attend. [Registration information available online.](#)

### **Pierce Transit Increasing Social Distancing Practices**

[Pierce Transit is taking steps](#) to increase social distancing in its operations. Seats may be marked off throughout the bus to encourage social distancing. Fare collection on buses, as well as on SHUTTLE paratransit vehicles, are suspended until further notice. Bus routes may see reduced service. Customers are asked to board buses using the rear doors only. Customers requiring mobility assistance can continue to use the front doors if needed. Pierce Transit's Administrative headquarters lobby and The Bus Shop at Tacoma Dome Station are closed to visitors. Customer Service staff are available by phone weekdays from 6:30 a.m. to 6:30 p.m. at 253-581-8000.

### **VITA Sites Suspended**

The Volunteer Income Tax Assistance site have been suspended due to the COVID-19 pandemic. People can still file themselves free at [www.myfreetaxes.com](http://www.myfreetaxes.com). Most Americans can get a three-month reprieve to pay their income taxes for 2019. The IRS is postponing the April 15 tax deadline to July 15

### **Legislature Adjourns**

The legislature adjourned Thursday, March 12. The spread of COVID-19 (novel coronavirus) was a significant focus of legislative discussions in the last few weeks of session. The [operating budget](#) was passed by both chambers. The final 2020 supplemental budget ([SB 6168](#)) increases net new Near General Fund - State plus Opportunity Pathways (NGF-O) spending by \$961 million, or approximately 1.8 percent over the enacted 2019-21 budget. With this context in mind, the [final operating budget](#) investments were slightly reduced from both the House and Senate budget proposal funding levels.

### **Preventing Excess Rx Costs**

Gov. Jay Inslee signed [House Bill 2464](#). This new law will protect patients from excess costs of prescription medications by requiring pharmacists to charge the lesser of the patient's insurance co-pay or the cash price. About one fourth of all patients pay more than the actual cost of the drug.

### **2020 Census Is Here**

The [2020 Census](#) is here! The census provides critical data that lawmakers, business owners, teachers, and many others use nationally and here in Pierce County to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data. Individuals are required to respond to the census. Most people will respond online but some may use paper forms.

### **All Star Caregivers – Call for Nominations**

Do you know a wonderful committed caregiver? Do you have happy clients who thank you for the care your staff provides? Do you have a resident whose attitude has turned around because a special caregiver took an interest in them? Now, more than ever, is the time to give thanks and recognize these front-line caregivers who can't work from home! All nominees will be invited to attend the All-Star Caregiver dinner, receive a certificate of recognition, and the selected "winning" caregivers will receive

a monetary gift card and special recognition on June 3<sup>rd</sup> (tentatively) at the Weatherly Inn. Deadline for nominations is May 1. [E-mail Lynessa to get the nomination form.](#)

### **WA Apple Health Standards**

The newly revised [Washington Apple Health Income and Resources Standards](#) has been released. It includes program, Medicare Savings institutional, Medicare and other eligibility standards for income and resources.

### **Wanted: Alzheimer's Support Group Facilitator**

The Alzheimer's Association is recruiting a volunteer support group facilitator for the Tacoma area. Candidates would be current or former nurses and health care providers, social workers, clergy, educators, counselors and former family caregivers. Training, ongoing support, resources and continuing education are provided. Contact [April Scott](#) at 206-529-3875.

### **Family Caregiver Newsletter**

The Spring 2020 edition of the Pierce County Family Caregiver Newsletter is [now available online](#). The newsletter features articles of interest to participants in the Family Caregiver Support Program as well as others who do not participate in the program.

### **Home Care Aide (HCA) Classes**

Visiting Angels offers HCA Classes at their Tacoma and Lacey offices. Students learn the basics of caregiving that will enable them to take the state licensing exam. Class requires 5 in-person trainings plus 50 hours of on-line study. [See a list of upcoming classes](#). Enroll in an HCA class by [e-mail](#) or call 253-537-3700. Please verify that classes are being held.

## **SCAMS OF THE MONTH**

### **Beware of Coronavirus Scams**

- Not surprisingly, scammers are wasting no time in taking advantage of the COVID-19 pandemic. Medicare beneficiaries are receiving [robocalls](#) about "special virus kits." The scammer asks the person for their Medicare number so they can send them a "free" test. If you receive this type of call, hang up immediately and do not provide them with any information! Never give out your Medicare number or Social Security number. Be cautious of unsolicited requests for your Medicare or Social Security numbers. Do not consent to any virus tests over the phone or at senior centers, health fairs, or in your home. If you think you need the test, call your doctor. (Source: SHIBA)
- If you receive a call from anyone soliciting donations be very cautious, especially if they ask for donations via gift cards. That's a huge red flag. Check to see if the charity is registered with the Secretary of State at [www.sos.wa.gov/charities](http://www.sos.wa.gov/charities). If the organization is registered, you can review a summary of its tax status and financial records. If the organization is not registered, or you would like further information, contact the Secretary of State's Charities Program at 1-800-332-4483. Check the charity's rating by Better Business Bureau at [www.give.org](http://www.give.org). (Source: AG)
- Yes, Social Security offices are closed. [Social Security benefits have not been cancelled](#). Social Security payments will continue as scheduled. Do not respond to letters, phone calls or e-mails requiring you to do anything to continue your benefits. That's a scam.

### **Reporting Coronavirus Scams**

Attorney General Bob Ferguson cautions about scams preying on COVID-19 fears. Scammers prey on fear. As the COVID-19 outbreak and response continue, it's inevitable that products or services will claim to treat or cure the disease. There is no specific antiviral treatment recommended for COVID-19 at this time. Any claims that a product or service can cure, kill, or destroy COVID-19 are probably false, and should be reported. [Information on filing a complaint is available online.](#) (Source: AG)

### **Have Fun with #FTCScamBingo**

During the Coronavirus outbreak, many people are working from home – and maybe even, for the first time in a long time, answering calls from unfamiliar phone numbers. It might be your colleague's cell phone...or it might be a robocaller or scammer. Here's a fun way to [spot and track some of those scam calls](#) you might be getting. (Source: FTC)

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

*Events may be cancelled or postponed. Call first to confirm.*

#### **Apr 1 – Discovery 2020 – POSTPONED**

Rescheduled to June 25, 2020. Learn more on the [Discovery website!](#)

#### **Apr 7 – Aging Smart: Transitioning/Downsizing – CANCELLED**

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

#### **Apr 13 – How to Spoil Your Retirement - CANCELLED**

#### **Apr 15 – How to Spoil Your Retirement - CANCELLED**

#### **Apr 15-16 – WA State Traumatic Brain Injury Conference - CANCELLED**

#### **Apr 18 – Disaster Preparedness Day - CANCELLED**

#### **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.](#) Please call 253-625-3104 first to confirm.

#### **Apr 24 – Pierce County Parkinson's Conference – POSTPONED**

New date will be set soon – hopefully in June.

#### **Apr 25 – How to Spoil Your Retirement – CANCELLED**

## **May 2 – Aging Expo 2020 – RESCHEDULED**

Rescheduled to June 6.

## **May 2 – Annual Veterans Resource Fair**

Free event coordinated by [Nine9line Veteran Services](#) 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 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.

## **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. Please ahead call to confirm: 253-509-2340. 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 19 – Safe Travels for Seniors**

There's nothing more rewarding than exploring our world, seeing new sights and meeting new people. But travel planning these days needs to include lots more than a destination. Safe travels don't just happen. Learn about important planning tips before you go and traps and pitfalls to avoid along the way. Information only, no sales. Held at 6:30 p.m. at the Puyallup Library, 324 S. Meridian in Puyallup. Free; RSVP requested at 253-798-8787. [View event flyer](#). Call 253-798-4600 for more info.

## **May 21 – Senior Lifestyle Fair and Expo**

Rescheduled from March. Hosted by [Bonaventure of Puyallup](#), this free community event provides lots of information and resources for older adults. Learn about nutrition, healthy aging, exercise, living options and the soon-to-open Bonaventure of Puyallup featuring state-of-the-art amenities for retirement, assisted living, and memory care. Held 10 a.m. to 3 p.m. at the Pioneer Park Pavilion in Puyallup. No RSVP required. Call 253-387-8166 for details.

### **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.

### **May 28 – Safe Travels for Seniors**

(See May 19 for event description.) Held at 10:30 a.m. at Tacoma AAA Cruise & Travel, 1801 S. Union Ave in Tacoma. Free. RSVP required by calling 253-765-3034. [View event flyer](#). Call 253-798-4600 for more info.

### **May 19 – Safe Travels for Seniors**

(See May 19 for event description.) Held at 12 noon at the Pierce County Annex, 2401 S. 35<sup>th</sup> St. in Tacoma. Free; RSVP requested at 253-798-8787. [View event flyer](#). Call 253-798-4600 for more info.

### **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. Caregivers deserve a break and some fun. Enjoy a Tacoma Rainiers game with complimentary tickets for a caregiver and care receiver or a caregiver and a friend/companion. Tickets include admission, game program, complimentary lunch and beverages. RSVPs begin May 1 by calling 253-798-8787.

### **June 6 – Aging Expo**

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.

### **June 9-11 2020 Community Summit – CANCELLED**

The Washington State Department of Social and Health Services' Developmental Disabilities Administration has cancelled the Community Summit in Wenatchee, Washington.

### **June 25 – 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](#).

## **ADRC Q&A**

**Question:** I heard that the government is sending checks to everybody in the country. Is that true?

**Answer:** As the Coronavirus takes a growing toll on people's pocketbooks, there are reports that the government will soon be sending money by check or direct deposit to each of us. The details are still being worked out, but there are a few really important things to know, no matter what this looks like. First of all, scammers will be out in force. Be very cautious. The government will not ask you to pay anything up front to get this money. No fees. No charges. No nothing. The government will not call to ask for your Social Security number, bank account, or credit card number. Anyone who does is a scammer. Anyone who tells you they can get you the money now is a scammer. Please be cautious.

## **NATIONAL NEWS**

### **Older Americans Act Signed**

The Supporting Older Americans Act of 2020 ([HR4334](#)) has been signed into law, reauthorizing critical Older Americans Act (OAA) programs through 2024. OAA services include congregate and home-delivered meals, case management, specialized transportation services, employment and volunteer programs, adult day care, senior centers and activities, personal care, homemaker and chore services, legal support, health promotion, and disease prevention. OAA programs also support family caregivers, who are the backbone of our nation's long-term care system. (Source: n4a)

### **Coronavirus Disease 2019 (COVID-19)**

As guidance is updated, the Administration for Community Living will post or link to it on their [new COVID-19 web page](#) and share it through the [ACL Updates](#) email service. The page includes resources in ASL and Spanish. (Source: ACL)

### **Does Everyone Over 60 Need to Take the Same Coronavirus Precautions?**

Kaiser Health News asked several geriatricians for their advice. All cautioned that what they said could be upended by unforeseen developments. Indeed, over the past week, the governors of about a dozen states – including Washington – have told residents to stay inside, in an aggressive effort to stem the spread of the coronavirus. [Here's what geriatricians think is reasonable, and why.](#) (Source: KHN)

### **Are Vital Home Health Workers Now a Safety Threat?**

Hundreds of thousands of health care workers go into homes to provide vital services for seniors and disabled people. But with rising concerns about the coronavirus and the particular danger it poses for older adults, [those workers could be endangering their patients and themselves.](#) (Source: KHN)

### **COVID-19 Nursing Home Visitor Guidance**

CMS released critical new measures designed to keep America's nursing home residents safe from the 2019 Novel Coronavirus (COVID-19). The measures take the form of a [memorandum](#) and is based on the [newest recommendations from the Centers for Disease Control and Prevention \(CDC\)](#). It directs nursing homes to significantly restrict visitors and nonessential personnel, as well as restrict communal activities inside nursing homes. While visitor restrictions may be difficult for residents and families, it is an important temporary measure for their protection. (Source: CMS)

### **3-Day Hospital Stay Waiver**

As a result of the declaration of a national emergency, CMS has waived the 3-day prior hospitalization requirement to qualify for Medicare coverage for a nursing facility stay for those individuals who need to be transferred as a result of the effect of a disaster or emergency. More information on this waiver and other waivers and flexibilities for hospitals, health care facilities, and providers are [outlined in more detail in this fact sheet](#). (Source: CMS)

### **Boosting Your Emergency Supply of Prescriptions**

Federal health officials are recommending people acquire a several-week supply of the prescription drugs they routinely take for chronic conditions. But most insurance companies have rigid schedules for authorizing refills. [There may be ways to get around that problem](#). (Source: NPR)

### **HIPAA in a COVID-19 World**

The Office for Civil Rights (OCR) at the U.S Department of Health and Human Services (HHS) announced that it will [exercise its enforcement discretion and will waive potential penalties](#) for HIPAA violations against health care providers that serve patients through everyday communications technologies during the COVID-19 nationwide public health emergency. (Source: HHS)

### **Medicare Covers Telehealth and Screening**

Medicare has temporarily expanded its coverage of [telehealth services](#) to respond to COVID-19. Beneficiaries can temporarily use telehealth services for common office visits, mental health counseling and preventive health screenings. *Important:* If you think you have been exposed to COVID-19 and develop a fever and symptoms (cough or difficulty breathing), call your healthcare provider immediately. [Medicare covers the lab tests for COVID-19](#) with no out-of-pocket costs. (Source: CMS)

### **2020 Legislative Priorities**

The National Association of Area Agencies on Aging (n4a) has released [n4a 2020 Policy Priorities](#) that outlines the most critical policy considerations facing Area Agencies on Aging and Title VI Native American aging programs—and the Aging Network as a whole. (Source: n4a)

### **Financial Resources for Consumers**

Communities continue to announce the temporary closure of businesses, schools and other public facilities or events. If you are facing financial difficulties as a result of the pandemic, we have resources to protect and manage your finances. [View the resources](#). (Source: CFPB)

### **“A Friendly Voice” Connects Neighbors**

AARP nationally created a [Community Connections](#) webpage as a way for neighbors to connect and help fellow neighbors. As part of this, there is a program called *A Friendly Voice* where folks can sign up for a phone call if they are feeling socially isolated. (Source: AARP)

### **Connecting Generations in Senior Housing**

With funding from the Retirement Research Foundation, a toolkit developed by Generations United and the LeadingAge LTSS Center @UMass Boston is now a [website with downloadable resources](#). Designed specifically to help senior housing organizations plan and implement high-quality intergenerational programs, the materials contained in the toolkit offers tips on deepening or expanding your intergenerational work. (Source: NCOA)



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).