

## ADRC E-Newsletter June, 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 June are being held as scheduled. ⬅**

#### **Aging and LTC Providers Network - ONLINE**

First Thursday of each month, 8 – 9 a.m. (Refreshments compliments of Spring Ridge)  
June 4 – "Professional Perspectives: Coping with COVID" with a panel of 8 providers  
[Join the meeting online](#). Join by phone: 253-215-8782 or 888-788-0099 or 877-853-5247  
Phone Webinar ID: 946 9071 9489

#### **Health Care Providers Council of Pierce County – Check for ONLINE details**

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.  
June 17 – Farrington Court Retirement Community, 516 Kenosia Ave S., Kent  
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 SERVICES**

### **Nutrition Resources for Seniors Expand**

In response to COVID-19, Aging and Disability Resources has expanded our nutrition programs. If you're a [#PierceCo](#) resident over the age of 60 and need help accessing food due to limited mobility, illness or COVID-19 safety concerns, we have a number of resources to help. We can support you with food shopping and delivery, finding the closest community center offering lunches to go, getting meals home-delivered and so much more! Contact the Aging and Disability Resource Center to get signed up! Call 253-798-4600 or [visit online](#).

### **Farmers Market Vouchers**

The Senior Farmer's Market Nutrition Program (SFMNP) provides low-income seniors with Farmer's Market Vouchers to purchase fresh produce at [participating Farmer Markets and Farm Stores](#). Eligible residents can request an application by calling the Aging & Disability Resource Center (ADRC) at (253) 798-4600 or go online at [www.piercecountywa.gov/farmersmarket](http://www.piercecountywa.gov/farmersmarket). Contact your local Farmer's Market about hours of operation and social distancing procedures.

### **Extra SNAP Benefits at Farmers Markets**

At some participating farmers markets and farm stands, customers who use the Supplemental Nutrition Assistance Program (SNAP)/EBT benefits can [stretch their food budget](#) to buy more fruits and vegetables. If you use SNAP/EBT, get started at a participating market's information booth. Markets match \$10 or more per day. Shop for fresh fruits, vegetables, herbs and seeds and plants that produce food. [Find participating markets by county](#).

### **NY Times Features Nourish Pierce County**

The venerable New York Times featured Nourish Pierce County with a special photo essay. With volunteers at home to stay safe, Nourish welcomed over 50 WA State National Guard members. [View Nourish in The New York Times](#).

### **HCPC Cancels 2020 Events**

Due to the ongoing pandemic and uncertain times, Health Care Providers Council of Pierce County has cancelled both the Alzheimer's Conference and Making the Link for 2020.

### **Adult Abuse Awareness Toolkit from ALTSA**

ALTSA has prepared a [special toolkit for promoting Adult Abuse Awareness Month](#). The online toolkit has social media posts, images, articles, posters and more. See the calendar for June 15 below for World Elder Abuse Awareness Day.

### **Time to Paint Tacoma Beautiful**

Know of someone who could use a fresh coat of paint on their house? Paint Tacoma Beautiful is accepting applications for the 2020 paint season. We provide free exterior painting to modest and low-income homeowners residing within Tacoma city limits. To apply call 253-426-1516 to request an application or download and print it at <http://www.PaintBeautiful.org>. Apply to volunteer at the link.

### **Fair Housing Tester Position**

The [Fair Housing Center of Washington](#) is still open via phone and online for any reasonable accommodation or reasonable modification requests, or for help with filing a fair housing complaint.

We are also looking for persons with disabilities and/or their caregivers who would be interested in helping us test sites for design and construction compliance and testing for housing discrimination. [View the Tester application](#). FHC also has [webinars](#) about caregiver rights under laws, as well as other introductions to fair housing laws.

### **Pierce Transit Updates**

- The Bus Shop Customer Service lobby at T-Dome Station reopens with limited hours. [Learn More](#)
- Pierce Transit adds back some bus service. [Learn more](#) and watch [this page](#) for updated schedules.
- Fares reinstated for Pierce Transit bus and SHUTTLE vehicles. [Learn more](#)
- Sound Transit begins [reduced Recovery Fares](#) (\$1 Link; \$2 Sounder)
- Pierce Transit Customer Service phone: 253-581-8000, weekdays from 6:30 a.m. to 6:30 p.m.
- Purchase Pierce Transit tickets and passes through the [Hopthru app](#).
- ORCA Customer Service phone: 888-889-6368, weekdays from 8 a.m. to 5 p.m.
- Ticket Vending Machines back online June 1 – visit [www.orcacard.com](http://www.orcacard.com) for locations.

### **NAMI Support Groups Go Virtual**

Connection Recovery Support Groups are peer-led, recovery based support sessions. Participants learn from each other's experiences, share coping strategies, and offer mutual support and understanding.

- Tuesdays @ 6:00-7:30 p.m. [Register in advance](#).
- Fridays @ 2:00-3:30 p.m. [Register in advance](#).

Family Support Groups are for families, friends and caregivers of individuals with mental illness. Groups are led by trained facilitators with lived experience as a family member.

- Wednesday, April 8 @ 6:00-7:30 pm and every 2nd Wed each month. [Register in advance](#).
- Saturday, April 25 @ 11:00 am-12:30 pm and every 4th Sat each month. [Register in advance](#).

For questions or information, call 253-677-6629 or contact us at [info@nampierce.org](mailto:info@nampierce.org).

### **Get the Pandemic Lowdown for Pierce County**

The Tacoma Pierce County Health Department has numerous resources to keep up with coronavirus developments. A toolbox with resources for healthcare providers includes facility management, crisis standards of care, resource management, and more is available by e-mailing [info@tpchd.org](mailto:info@tpchd.org) to request access. Subscribe to the TPCHD blog at [www.tpchd.org/notify](http://www.tpchd.org/notify). Visit the website at [www.tpchd.org/coronavirus](http://www.tpchd.org/coronavirus).

### **Aging with Pride Reaching out to LGBTQ Elders with Memory Loss**

IDEA ([Innovations in Dementia Empowerment and Action](#)) is offering an innovative program using easy video chatting. LGBTQ older adults are often isolated and difficult to connect with. Experiencing cognitive difficulties can increase social isolation. This program is available throughout Washington state. Everything is done virtually. [View the IDEA flyer](#) or view [more flyers, postcards and business cards](#). Visit <https://ageidea.org/share/> to see how you can share information about this program.

Contact Amy Cunningham (206-543-8445) at UW for more information.

### **Tacoma Pride Changes**

Tacoma Pride is going to look different in 2020. Rainbow Center will not hold a street festival to celebrate Tacoma Pride in 2020. Instead we will facilitate a community full of Pride throughout the month of July and, specifically, on Saturday July 11 when the community is encouraged to spend the day visiting Points of Pride. [Register to be a Point of Pride here](#) and donate what you can. If you donate

\$100 or more you'll get a spot in our virtual parade. Join [Stride with Pride, the virtual fun run](#) (or walk or stroll) with a time that works best for you on July 11. Join the Virtual Pride Parade of 15-second video floats submitted by community organizations and businesses. [Spots can be reserved for \\$75](#) without Point of Pride participation. Any Point of Pride that donates \$100 or more, also has the option to submit a 15-second video float. All details provided at [www.tacomapride.org](http://www.tacomapride.org).

### **Summer Workshop for Youth Transitions via Zoom**

The FREE Youth Transition Summer Workshop is for youth with all disabilities who are planning to live independently someday and have career or educational goals. Youth 16-24 years old who have or had a 504 plan or IEP are encouraged to apply. [Application are available online](#) or an alternate version can be requested. This year, the workshop will be held through Zoom for social distancing purposes. The workshop focuses on preparing for college and employment, and developing independent living skills including self-advocacy, financial management, etc. Contact Youth Transition Coordinator [Margaret Tangedahl](#) at 360-393-3890 ext. 202. The deadline to apply is June 23, 2020.

### **Library Services During the Pandemic**

While the Pierce County Library's buildings are closed, the Library System is enthusiastically and actively delivering library services [online](#) and in the community. People can get and start using a [library card](#) immediately and gain access to all online library services. Online services include [e-books](#), [audiobooks](#), and [magazines](#) and [e-sources resources](#) to help with personal and professional goals, Ancestry Library, Tumblebook Library featuring animated, talking picture books, and tools for students while studying at home with real-time, online tutors.

### **Overnight Planned Respite for Adults**

The Developmental Disabilities Administration (DDA) has added a new location in Tacoma for its overnight planned respite program starting in July. This is a community-based service for adult clients of the DDA who live in the family home or with their primary caregiver. It offers a break in caregiving and provides individualized activities and support for the adult client. [Click here](#) to learn more.

### **Dementia Friendly Pierce County**

Help create a dementia friendly Pierce County by becoming a Dementia Friend. By participating in a free one-hour information session you will learn the simple things you can do to support someone living with the disease - what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. You don't need to be a dementia expert to become a Dementia Friend. For more information on becoming a Dementia Friend, call 253-272-8433 or [email](#).

### **Friendly Pierce County**

Are you interested in helping create a Pierce County Friendly movement? One that focuses on being an age and disability friendly community? Contact Wendy Morris, Dementia Services Program Manager at LCS Northwest for more information. [wmorris@lcsnw.org](mailto:wmorris@lcsnw.org) or 253-722-5691.

### **Community Center Feeds School Kids**

Mountain View Community Center is partnering with the Fife School District to [provide food and hope for students](#) in the Fife School District. Each week using their bus routes #FifeFeeds provides meals to 1,400 students while MVCC provides 500 "extended" or weekend packs for students identified as food

insecure. To support our efforts go to [www.mtviewcc.org](http://www.mtviewcc.org) and make a donation for PowerPacks or drop off in-kind contributions at the Center. Contact [Gretchen Johnsrud](#) at for more information.

### **Continuing Education Presentations Online**

Brookdale Allenmore hosts monthly continuing education webinars. All events at 4 p.m. Free.

- June 16: LGBT Older Adults: 2020 and Beyond
- July 21: Fighting Dementia with Food: MIND and Mediterranean Diets
- August 18: Low Vision: Impact to Day-to-Day Activities
- September 15: Suicide and the Elderly: Prevention Can Be Possible
- October 20: Medical Ethics at the End of Life
- November 17: Alzheimer's Disease: Research Trends and Updates
- December 15: Holistic Pain Management and the Role of Cannabis

To receive an invitation to any of the webinars contact [Jenny Austin](#) at 253-759-7770.

### **Food Is Free Tacoma**

The Food is Free Project is a worldwide movement. In Tacoma, we are a food-sharing organization that advocates for front yard gardens and sharing among neighbors. Our Mission is to grow community and food while helping gain independence from a broken agricultural system. [Learn more online.](#)

### **Community Summit Webinar Series**

Although the annual Developmental Disability Community Summit was cancelled this year, a series of online presentations is available. [View the information and registration online.](#)

### **Census Continues**

Over 65% of Washington households have responded to the 2020 Census. Pierce County residents responding is important since federal assistance for ongoing programs and emergency funding is based on census results. Respond today at [www.2020Census.gov](http://www.2020Census.gov).

### **Survey for Metro Parks Tacoma**

Metro Parks Tacoma is [circulating a survey](#) designed to find out how people feel about Metro Parks Tacoma's facilities, classes, and services to help us plan for the future. It will take just a few minutes to complete, and your responses will not be linked back to your identity.

### **Classes for Caregivers**

Visiting Angels offers HCA Classes at our Tacoma and Olympia offices. Students learn the basics of caregiving that will enable them to take the state licensing exam. To enroll in an HCA class click [here](#) to enroll in an upcoming HCA Class. Each long-term care worker is required to obtain 12 Continuing Education Credits annually. Visiting Angels offers free continuing education classes to caregiving staff and for a small fee to the public. [View all the upcoming classes.](#)

### **Mortgage and Housing Assistance**

The Consumer Financial Protection Bureau (CFPB), has launched a new mortgage and housing assistance website to help homeowners and renters during the coronavirus pandemic. Learn about mortgage relief options, protections for renters, avoiding scams and mortgage basics. [Mortgage and Housing Assistance site](#) has the latest information on how to get help with housing during the coronavirus emergency. (Source: CFPB)

### **Zoom Meetings for Peers, Adult, Youth, and Family Members**

The Health Care Authority's (HCA) Division of Behavioral Health and Recovery (DBHR) co-hosts bi-monthly Zoom meetings designed for peers, adult, youth, and family members. Each meeting has a 100-person limit. Held every other Tuesday at 9 a.m. [Register](#).

### **Alzheimer's Caregiver Support Groups**

The Alzheimer's Association Washington State Chapter is now offering caregiver support groups over the phone or online. [Click here](#) to see a list of upcoming telephone caregiver support groups. Or, join a new [chapter-wide telephone support group](#) for caregivers, being held on the fourth Tuesday of each month from 10-11 a.m.

### **Rebuilding Together South Sound Rated Tops**

South Sound Magazine has tallied the results of their [Best of the South Sound](#) contest and for the second year in a row. Rebuilding Together South Sound has been voted as the south sound's Best Nonprofit!

### **DFI Assisting Mortgage Borrowers Struggling with Payments**

In the wake of COVID-19, the WA Division of Consumer Services has launched a new Mortgage Assistance Team (MAT) to assist distressed Washington homeowners who are unable to make their mortgage payments due to COVID-19. If you or someone you know could benefit from contacting the MAT, call 1-877-746-4334 or visit [www.homeownership.wa.gov](http://www.homeownership.wa.gov).

### **New Mental Health and Coping Infographics Available**

New infographics have been developed to help residents cope with various COVID-19 challenges. All of the infographics can be found on the [state's coronavirus website](#) under [the Partner Toolkit](#).

### **Region 10 Opioid Summit Moves to 2021**

The [Region 10 Opioid Summit](#) is an opportunity for professionals from Alaska, Idaho, Oregon, Washington, Indian Nations, urban Indian health programs, and recognized American Indian organizations to meet and explore ways to address the opioid crisis. The Region 10 Opioid Summit will now be held next year – August 8-12, 2021 at the Red Lion Hotel, 909 North Hayden Island Drive in Portland. Contact Earl Long at [earl.long@hca.wa.gov](mailto:earl.long@hca.wa.gov).

### **DBHR Call for Providers of Mental Health, Substance Use, and Gambling Support Services**

The Health Care Authority's (HCA) Division of Behavioral Health and Recovery (DBHR) will host a bi-monthly webinar for providers of mental health, substance use, and problem gambling services. The agenda will be developed based on what we know about COVID-19 and its relationship related to prevention, treatment, and recovery support services. Providers will have the opportunity to ask questions and share strategies with one another. [Submit any questions you may have](#). The call is scheduled from noon to 1:30 p.m. and will be held every other Tuesday. [Register online](#).

### **Financial Resources for Washington Residents Impacted by Coronavirus Pandemic**

The WA Department of Financial Institutions has developed a list of helpful financial resources for Washington residents. Topics covered include unemployment assistance; mortgage assistance; paying student loans; paying rent; paying credit cards; cash, food, and medical assistance; utilities assistance; short term and emergency loans and more. View: [Financial Education Resource List](#).

## **Pierce County Fair Goes Virtual in 2020**

Out of an abundance of caution, Pierce County and the Pierce County Fair Association have decided to go virtual with the 2020 Pierce County Fair, normally held at Frontier Park in Graham. Updates and further information will be available via the Pierce County Fair's social media platforms.

## **SCAMS OF THE MONTH**

### **Make Your Coronavirus Donations Count**

The Coronavirus crisis has brought out the best and worst of human nature. The best: charities across the country are stepping up and many people are donating what they can. The worst: opportunistic scammers are using fake appeals or sham charities to swindle donations from good-hearted people. No one wants their Coronavirus donation to go to a scammer. [Read more.](#) (Source: FTC)

### **Econsumer.gov: International Scam Fighter**

New enhancements to [econsumer.gov](#) — and a new interactive international dashboard for Consumer Sentinel reports — give the FTC, other government agencies, and people across the improved globe scam-fighting powers. The site is created by members of the International Consumer Protection and Enforcement Network (ICPEN), to gather and share consumer complaints about international scams. The FTC leads the [econsumer.gov](#) project. [Read more.](#) (Source: FTC)

### **COVID-19 Contact Tracing Text Message Scams**

You've probably been hearing a lot about contact tracing. It's the process of identifying people who have come in contact with someone who has tested positive for COVID-19, instructing them to quarantine and monitoring their symptoms daily. There's no question, contact tracing plays a vital role in helping to stop the spread of COVID-19. But scammers, pretending to be contact tracers and taking advantage of how the process works, are also sending text messages. [Read more.](#) (Source: FTC)

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

*Scheduled events may be cancelled or postponed. We recommend you call first to confirm.*

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

### **June 3 – Share Your Favorite Hero**

Come and share your story on NAMI Pierce County's "Share Nite" at 6:00 pm via Zoom with your NAMI friends. Invite your hero or the person who inspired you to join us as you share your story. Tap in as early as 5:30 pm if you are unfamiliar with Zoom or want to socialize before we begin. [Register in advance for this meeting.](#)

### **June 6 – Aging Expo – CANCELLED**

Plan on attending Aging Expo 2021 next year on May 1, 2021

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

### **June 13 – Images of Aging: On Golden Pond – CANCELLED**

### **June 15 – World Elder Abuse Awareness Day**

[World Elder Abuse Awareness Day](#) renews our commitment to preserving the rights of older adults – including the basic human right to live with dignity, free from abuse and neglect. Use [the WEAAD toolkit](#) that includes fact sheets, sample articles and proclamations, graphics, sample social media content, and more to help you get involved. (Source: ACL) Join the National Center on Elder Abuse for [a national conversation](#) about issues, trends and resources available to promote awareness, provide support and offer solutions in upholding justice for older Americans. (Source: NCEA)

### **June 18 – Discover Memory Care Workshop**

Deer Ridge Memory Care Community will host Amy Osborn of Koelsch Communities on “Driving and Dementia: What are the Implications.” This will either be a virtual or in person event. Location to be determined or may take place online. Contact with questions or to RSVP at 253-625-3104. [View the schedule/topics and register.](#)

### **June 25 – Discovery 2020 – CANCELLED**

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.](#)

### **June 25 – Housing Webinar: Self-Care for Supportive Housing Staff**

Self-care for Supportive Housing staff is essential. Providing services to vulnerable populations can be stressful for the service provider. One cannot adequately provide services for others if they are not in practicing self-care. This webinar will present self-care strategies that Supportive Housing staff can use immediately to enhance their wellness. Held online 8:30 to 10 a.m. [Register today](#)

### **July 11 – Tacoma Pride Festival – REVISED**

The annual street festival will be replaced with a community full of Pride throughout the month of July and, specifically, on Saturday July 11. Rainbow Center encourages folks to show their Pride by supporting organizations and businesses participating as “Points of Pride.” A Point of Pride can be any LGBTQ affirming business or organization committed to centering and celebrating the LGBTQ community in their own unique way. Registration information and more guidance coming soon. Look for smaller affiliated events. Details at [www.tacomapride.org](http://www.tacomapride.org), as they become available.

### **July 13 – Social Security Disability “Virtual Workshop” – REVISED EVENT**

Learn about this lifeline SSA program including application, benefits and employment. This will be offered as a unique “virtual workshop” from 4:00 to 5:30 p.m. Participate free online at: <https://piercecountywa.zoom.us/j/99480475801>. Join by telephone at: 253-215-8782 or toll free at 888-788-0099 or 877-853-5247; Webinar ID: 994 8047 5801. The event is free and no RSVP is required.

### **July 16– Discover Memory Care Workshop**

Deer Ridge Memory Care Community hosts Diana Blowers of RN, MHA on “Dementia: What’s the Confusion?” This will either be a virtual or in person event. Location to be determined. Contact with questions or to RSVP at 253-625-3104. [View the schedule/topics and register.](#)

### **Aug 5 – Cancer Survivorship Conference – REVISED EVENT**



This year's event will be a "virtual conference" rather than an in-person event as usual. The conference is still free to attend but will be shorter in length. We will have live Q&A sessions, an app for chatting with other participants, and more. In addition to emailing you with updates, details will be [posted on the Cancer Survivorship website](#). You can sign up for the event e-mail list at that site as well.

### **August 13 – Senior Lifestyle Fair and Expo – NEW DATE**

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.

### **Sept 5 – Annual Veterans Resource Fair – NEW DATE**

Free event coordinated by [Nine9line Veteran Services](#) by Veterans for Veterans and their families. A community partnership between various nonprofits, federal, state, and local county agencies. 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.

### **Sept 18 – 8th Annual VA Mental Health Summit**

NineLine Veteran Services along with the U.S & WA State Department of Veteran Affairs and several other organizations are planning this year's cultivation of Mental health outcomes, celebrations, shortcomings and needs. Held at South Seattle College.

### **Sept 19 – Alzheimer's Conference**

Held at Pacific Lutheran University.

### **Sept 22 – Fall Prevention Day**

Held at the Mel Korum YMCA in South Hill.

### **Sept 27 – Walk to End Alzheimer's Pierce County**

Held at the University of Puget Sound – Todd Field. Registration 11 a.m.; Ceremony 12 noon; Walk at 12:30 p.m. [View more information online](#). Contact [Tarah Threde](#) at 206-529-3861.

### **Oct 14 – Making the Link**

Held 11 a.m. to 4 p.m. at the McGavick Center at Clover Park Technical College.

### **Oct 24 – Rebuilding Day & RampUp**

Rebuilding Together South Sound has rescheduled Rebuilding Day and combined it with the annual RampUp! A Fall Rebuilding Day is the responsible approach at this point in an effort to allow additional time for our State to reach Phase 4 and to have the volunteer teams needed to complete our projects. Learn more at [www.RebuildingTogetherSS.org](http://www.RebuildingTogetherSS.org).

### **Oct 26-28 – LeadingAge Washington's 69th Annual Conference & EXPO**

Held in Spokane. [Conference details](#).

## **Oct 28 – Fifteenth Annual Latino Health Fair**

Held at Sea Mar Museum of Chicano/a Latino/a Culture, 9635 Des Moines Memorial Dr. S, Seattle.  
Registration info coming soon.

### **ADRC Q&A**

**Question:** I know we are supposed to stay at home but is it safe to go to the doctor.?

**Answer:** By all means, if you feel a need to visit the doctor don't hesitate. Call your doctors office and discuss with them the symptoms and what precautions you should take in making your visit. Offices have worked hard to maintain a safe environment for their patients. It's important to plan ahead. If your symptoms are related at all to COVID-19 (cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell) they will likely give you important specific instructions. But now is not the time to ignore a potential problem. Visit your doctor if you wish.

### **NATIONAL NEWS**

#### **Economic Impact Payment Prepaid Debit Card**

If you qualify for an Economic Impact Payment, the government might mail you your money on a prepaid VISA debit card issued by MetaBank. Do not throw this card away. You will need it to access your Economic Impact Payment. [How to use an EIP prepaid debit card](#). (Source: CFPB)

#### **COVID-19 – Aging & Immunity**

The Gerontological Society of America has released a [factsheet on aging and immunity](#) that explores why older adults are highly susceptible to diseases like COVID-19. The factsheet explains the clinical trial process as well. (Source: GSA)

#### **For Seniors, COVID-19 Sets Off a Pandemic of Despair**

The guidance to stay sheltered as society slowly reopens wears on older Americans, who have a [growing sense of isolation and depression](#). (Source: KHN)

#### **Nursing Homes and Assisted Living Facilities Taking Stimulus Checks from Medicaid Patients**

Some nursing homes and assisted living facilities are requiring residents who are on Medicaid to sign their stimulus checks over to the facilities. [In a blog post](#), the FTC says that states have received reports of nursing homes and assisted living facilities claiming that stimulus checks count as “resources” under the rules of federal benefit programs that must be used to pay for services. (Source: FTC)

#### **Mental Health Problems Fast Approaching**

Federal agencies and experts warn that a historic wave of mental health problems is approaching: depression, substance abuse, post-traumatic stress disorder and suicide. But of the trillions of dollars Congress passed in emergency funding, only a tiny portion is allocated for mental health. [Read what health experts are predicting and explore data](#). (Source: WA Post)

#### **ACA Coverage Replaces Job-Based Health Coverage**

People who lose their jobs – and their employer-sponsored health insurance will Become Eligible for ACA Coverage through Medicaid or Marketplace Tax Credits. With more than millions of workers

filing unemployment claims, a [KFF analysis](#) estimates millions of people would become uninsured due to loss of job-based health coverage if they don't sign up for other coverage. (Source: KFF)

### **Palliative Care Helped Family Face “The Awful, Awful Truth”**

Elizabeth and Robert Mar would have celebrated 50 years of marriage in August. Instead, they died within a day of each other. Their two very different deaths illustrate [how palliative care is changing](#) to help patients and families cope with the coronavirus pandemic. (Source: KHN)

### **Pandemic Expected to Last Two More Years**

The new coronavirus is likely to keep spreading for at least another 18 months to two years—until 60% to 70% of the population has been infected, a team of longstanding pandemic experts [predicted in a recent report](#). (Source: CNN)

### **‘No Intubation’: Seniors Fearful Of COVID-19 Are Changing Their Living Wills**

For older adults contemplating what might happen to them during this pandemic, ventilators are a fraught symbol, representing a terrifying lack of personal control as well as the fearsome power of technology. For some seniors their greatest fear is being hooked to a machine, helpless, with the end of life looming. For others, there is hope that the machine might pull them back from the brink, giving them another shot at life. [Read more](#). (Source: KHN)

### **Nursing Home Association Asks for Billions in Federal Coronavirus Relief Funds**

The American Health Care Association, the trade organization for most nursing homes, called the impact on long-term care facilities “devastating.” In a letter sent to FEMA and to HHS Secretary Alex Azar, [they ask for the federal government to designate relief funding from the CARES Act](#) for nursing homes the way it has for hospitals. The money would be used for personal protective equipment, salaries for expanded staff, and hazard pay. (Source: NPR)

### **New Regulations for Nursing Facilities**

CMS [published an interim federal rule](#) and [guidance](#) implementing a new federal regulation requiring nursing facilities to disclose COVID-related information, including infections, among residents and staff. The regulation requires two types of disclosure: disclosure to the federal government and disclosure to residents and their family members. (Source: Justice in Aging) Also, CMS announced [new guidance](#) to ensure the safe reopening of nursing homes. (Source: CMS)

### **Nursing Homes Best Practices Toolkit to Combat COVID-19**

CMS released a new [toolkit](#) developed to aid nursing homes, Governors, states, departments of health, and other agencies who provide oversight and assistance to these facilities, with additional resources to aid in the fight against the COVID-19 pandemic within nursing homes. (Source: CMS)

### **Independent Commission to Address Safety and Quality in Nursing Homes**

The Centers for Medicare & Medicaid Services (CMS) announced a new independent Commission that will conduct a comprehensive assessment of the nursing home response to the 2019 Novel Coronavirus (COVID-19) pandemic. The Commission will provide independent recommendations to CMS to help inform immediate and future responses to COVID-19 in nursing homes. [Press release](#). (Source: CMS)

### **Medicaid Providers at the End of the Line for Federal COVID Funding**

In March, Congress authorized \$100 billion in funding for health care providers, the majority of which so far has gone to hospitals, doctors and other facilities that serve Medicare patients. A large swath of the health system infrastructure that serves the low-income Medicaid population and children is left out. [Many of the health facilities that serve Medicaid patients could close permanently](#). (Source: KHN, NPR)

**Coronavirus (COVID-19) and Your Pets**

You've learned a lot about the coronavirus (COVID-19) and how to keep you and your family safe. But what about the other, furrier members of the family, your pets? The U.S. Food and Drug Administration offers [some questions and answers](#) to help keep you, your family, and your pets safe during the pandemic. (Source: FDA)

**COVID-19 Ruined My Travel Plans. Now What?**

If COVID-19 canceled your travel plans, you are likely disappointed and wondering about refunds, credits, or vouchers for plane tickets, cruise bookings, tours, and more. Even if your scheduled travel is months away, you might be weighing your options. And many travel service providers seem to be working to address concerns about upcoming trips. [Read more](#). (Source: FTC)

**Accessible Emergency Management for Deaf and Hard of Hearing People**

Emergencies and disasters profoundly affect thousands of Americans each year. Americans who are deaf or hard of hearing often experience the most difficulty when it comes to preparing for and recovering from emergencies and disasters. The guidance provided in this [position statement of the National Association of the Deaf](#) (NAD) is intended to provide local leaders with tools and resources to provide access to emergency services for their deaf and hard of hearing residents. (Source; NAD) giving people weekly access to monitor their credit report — for free. [Read more](#). (Source: FTC)

**Falls Prevention Play “Denying Gravity” Now Available Free**

SAGES Theater presents their popular “Denying Gravity” play available to stream for free on line. This play introduces older adults to concepts around falls prevention, and is a thought-provoking resource. [Watch it today and share with others](#). (Source: SAGES)

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

American Indian Heritage, Children's Vision & Learning, Happiness Happens, Immunization Awareness, Minority Donor Awareness, Spinal Muscular Atrophy Awareness, Traffic Awareness and Wellness Month; Farmers' Market (2-8), Fraud Awareness (2-8), Health Center (2-8), Old Fiddlers (3-8), Assistance Dog (9-15), Feeding Pets of the Homeless (9-16), Chef’s Appreciation (16-22) and Be Kind To Humankind (25-31) Weeks; Lung Cancer (1), Family (2), National Night Out (3), CBD (8), Assistance Dog (8), Home Sewing Machine (12), Navajo Code Talkers (14), Homeless Animals (15), Nonprofit (17), Senior Citizens (21), National Park Service (25), Women’s Equality (26), Grief Awareness (30) and Overdose Awareness (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).