

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

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

First Thursday of each month, 8 – 9 a.m. (All 2020 meetings held online.)

July 2 – **No meeting in July**

Aug 6 "CareAvailability" web portal with Amy Schmidt, Retirement Connection

[Join the meeting online.](#)

Sept 3 – "The Hummingbird Project" with Sue Martelino

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

Second Thursday of each month, 7:30 – 9 a.m.

Held online or at Mtn. View Funeral Home, 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.

July 15 – The Lakeshore, 11448 Rainier Ave., S., Seattle

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**

### **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.

### **CareAvailability Now Online**

The Retirement Connection team has launched [CareAvailability](#), a user-friendly database for providers to report availabilities and social workers and families find resources. The free site includes a robust database of information representing Active Retirement Living, Adult Family Homes, Assisted Living, Home Care, Home Health, Hospice, Independent Living, Long Term Acute Care, Memory Care, and Skilled Nursing. Every provider is listed free of charge and can report their real time availability at no cost. Users private information is never shared and families can contact the providers directly.

### **Alzheimer's Research Moves to Seattle**

After decades of failed drugs and frustration trying to treat Alzheimer's, some major research institutions are going back to the drawing board to try to understand the process that leads to the disease. The National Institutes of Health announced a \$40 million grant to three Seattle-based research groups to study cells taken from the brains of Alzheimer's patients who died. ([Listen here](#) or [read the story](#))

### **Seattle Company Takes on Alzheimer's and Parkinson's**

Athira Pharma, a Seattle biotech startup, is inching closer to FDA approval for its [drug therapy that can restore brain function](#) and help people suffering from brain diseases such as Alzheimer's and Parkinson's. The drug could halt or reverse the nerve damage that causes Alzheimer's disease and other illnesses including Parkinson's and ALS, or Lou Gehrig's Disease. It uses regenerative technology that rebuilds connections between neurons. Development is in the early stages.

### **Alzheimer's Community Education Webinars**

No one should face dementia alone. The Alzheimer's Association has a full slate of free community education programs online. Register today and learn from the comfort and safety of your own home. Topics include warning signs, caregiving, legal and financial planning, behaviors, activities, stages and more. Each webinar is held live with time for Q&A. Please note that all webinars are listed in Pacific Daylight Time (PDT). [To download the July education webinars in PDF format, click here.](#)

### **Dementia Legal Planning Toolkit**

Families concerned about Alzheimer's disease or another type of dementia may be overwhelmed with concerns about finances and health care in the future. The [Dementia Legal Planning Toolkit](#) can help people make important financial and health care decisions and provide a place to write them down. This will help family members, friends and care partners honor the wishes of a person with dementia when they can no longer express them. The Toolkit includes helpful forms and checklists for planning ahead. Produced by the [Washington State Dementia Action Collaborative](#).

### **HSDC Tacoma Office Reopens**

HSDC Tacoma office is open by appointment only Monday-Thursday with limited hours. On Fridays we are open for emails and phone calls via teleworking. We will now be screening each client for COVID-19. Our new office policies allow for social distancing, PPE including masks, and handwashing. Clients are allowed to remove their mask for communication purposes. Call 253-292-2209 or email at [Tacoma@hcdc.org](mailto:Tacoma@hcdc.org) to schedule an appointment.

### **Masks and Communication with Deaf & Hard of Hearing**

Governor Inslee's [recent announcement](#) requires most people in Washington State to wear a mask or face covering. Deaf and hard of hearing people, people with certain health conditions or disabilities, and children under the age of 2 are exempt. If possible, Deaf and Hard of Hearing people should still wear masks whenever possible and can remove them for communication purposes. HSDC encourages service providers to invest in [clear masks or face shields](#) to allow communication while reducing risk.

### **Pierce County Veterans Assistance Program**

The Pierce County expanded Veterans assistance application is now live. If you have anyone interested, please direct them to [fill out an application online](#). In addition, [Veterans Assistance Programs](#) has temporarily expanded services to help those affected by the COVID-19 outbreak. If Veterans and their families are at risk of eviction or late on bills, they can call 253-798-7449.

### **Metro Parks Tacoma Adapts to COVID-19 this Summer**

Over the past month agency staff have evaluated every summer program and service to determine which ones the District would be able to afford to operate under current state directives and without further compounding already significant revenue losses since closures began in March. [Read what's happening](#).

### **Free COVID-19 Testing in Tacoma**

Sea Mar Community Health Centers is offering free COVID-19 testing in Tacoma. Call 253-396-1637 to schedule an appointment. Drive-thru and walk-up testing are available at Sea Mar Tacoma Medical Center, 1112 S. Cushman Ave., Tacoma. Testing hours: Tuesdays and Thursdays, 8 a.m.-12 p.m. SeaMar is also providing free food baskets, hand sanitizers and more.

### **Dementia Caregiver Featured**

David and Ania Leek from Federal Way were featured on the [front page of The Seattle Times](#) recently. David is living with dementia, and his wife Ania spoke about the challenges that she, and countless other dementia caregivers, are facing during the COVID-19 pandemic.

### **Online ESL Class Scheduled**

Pierce College is offering an online ESL class this summer through August 20. Instructor Tiffany Woods-Long works with students from many different nationalities, backgrounds, and skill levels. Anyone looking for somewhere to learn English and maybe even some computer skills is invited. Cost is \$25 which can be waived if needed. [Contact Tiffany](#) at 425-210-4407.

### **Grant Opportunity for West Region EMS Counties**

Requests for Proposal for 2020-21 West Region EMS Prevention Grants are now being accepted. Grants of up to \$3,000 will be awarded for programs that focus on the leading causes of injury and death: Suicide, Poisoning, Falls, Motor Vehicle Crashes, Violence, Fire, Drowning, Safe Sleep for

Babies. The Grant Request for Proposal form is [available online](#). Requests for Proposal are due by 5:00 pm, Monday, July 20, 2020. Contact [lori@wrems.com](mailto:lori@wrems.com) for more information.

### **Information Education Conversations from DDA**

Join the DDA conversations about Developmental Disability services in Pierce County. Online Zoom events held the second Thursday of each month. July 9 – “I got a DDA Waiver; Now What?” Aug 13 – “DDA Facts, Myths, Language and Communication.” Sept 10 – “I’m Finishing School – Now What?” [Sign up today](#). Hosted by PAVE and PC2. [Click on the registration link](#).

### **Health Care Workers (and Employers) Wanted**

Health care facilities are facing staffing shortages. Employees with practical skills and experience are needed. The Department of Social and Health Services (DSHS) Aging and Long Term Support Administration (ALSTA) are launching a pilot program in collaboration with a national nonprofit, ADVancing States to [provide a free website](#) for job seekers to connect with healthcare providers across the state who are trying to fill open positions. [Employers can register on the same website](#).

### **ALSTA Faces Major Cuts**

In response to the COVID-19 pandemic, Governor Inslee has required all state agencies to prepare for a 15% budget reduction for the state fiscal year which begins July 1. Aging and Long-Term Support Administration (ALSTA) is preparing options to implement the reductions. Reductions focus on client eligibility, programs, subsidies, provider rates and overall staffing. [State agency reduction proposals are available online](#).

### **Fresh Express Mobile Market**

The [Fresh Express Mobile Market](#) is Tacoma Farmers Market’s newest market. The Fresh Express is designed to serve low-income community members, older adults, and immune-compromised populations by bringing fresh, healthy foods to conveniently-located community gathering places as well as by providing home delivery to those who need it most during the COVID-19 crisis. The Mobile Market accepts SNAP EBT benefits and matches them dollar for dollar with SNAP Market Match, helping put more fresh, healthy food into the hands of all Tacoma residents. Fresh Express is launching with a \$16 produce bag – SNAP EBT recipients get \$16 worth of locally-grown food for \$8. Sign up for home delivery during the COVID-19 crisis. Call 253-272-7077 for details.

### **Kilmer, Heck Sponsor Social Security 2100 Act**

The Act ([H.R. 860](#)), co-sponsored by Reps. Derek Kilmer, Denny Heck and others, would extend the solvency of the Social Security system past the year 2100. It would improve the cost-of-living-adjustment formula to protect seniors against inflation, expand upon tax benefits for Social Security recipients and expand accessibility to fair Social Security compensation for low-income retirees. The bill also includes incomes above \$400,000 when calculating Social Security benefits and taxes.

### **Poetry in Observance of ADA**

The Washington Talking Book & Braille Library is celebrating the 30th Anniversary of the passing of the ADA with an all-patron, all-virtual Poetry Exhibition on Saturday, July 18. Poets of all ages are invited to submit their original work to be shared in an online exhibition. Award-winners will be featured on WTBBL's social media pages and website. To enter, complete and submit the [application](#)

[form](#) with your poetry entry to [Danielle.Miller@sos.wa.gov](mailto:Danielle.Miller@sos.wa.gov) or by mail to the library by Monday, July 6. See the application for additional instructions.

### **WTBBL Resumes Sending Materials**

[Washington Talking Book & Braille Library](#) (WTBBL) is now fulfilling audio- and braille-book orders. WTBBL, a program of the Washington State Library under Secretary of State Kim Wyman, has been closed during the pandemic. Of WTBBL's nearly 8,000 patrons, more than 98% use audiobook distribution services.

### **Northwest Access Fund Offers Resilience Loans**

For those impacted by the COVID-19 outbreak, [Resilience Loans from the Northwest Access Fund](#) can be used to cover basic necessities such as rent, utilities, childcare, food security, and/or caregiving, and there will be no repayments due for the first three months. Loans up to \$3,000; terms up to 3 years; 0% with no fees. Some income limits apply. Applications considered on a case-by-case basis. The loan is available to people with a disability of any type and people who live in a household with a person with a disability. Call for more details at 206-328-5116 or 877-428-5116.

### **Healthcare Provider Resources on the DOH Website**

The Washington State Department of Health website has a page called [Healthcare Provider Resources & Recommendations](#) which includes [Home Health and Hospice Care Guidance](#) and the [Home Health/Home Care Guidance Infographic](#). These resources are also available in other languages.

### **Supported Decision Making Explained**

What is Supported Decision Making and how is it different from guardianship? Ivanova Smith interviews David Lord from Disability Rights Washington to find out how Supported Decision Making works. [Watch the video](#).

### **Vote for New Library Card Design**

Vote for the next Pierce County Library System's library cards, at [cardcontest.pcls.us](http://cardcontest.pcls.us) through July 18. There are two age categories: ages 5-11 and 12-18. Winners will be announced later this summer.

### **Nominate Employer for Disability Opportunities**

The Governor's Committee on Disability Issues and Employment (GCDE) is accepting nominations for the Governor's Employer Awards Program. During these challenging times, many employers have championed to maintain meaningful and integrated employment opportunities for workers with disabilities. Deadline is August 31. Nomination packet available online. For applications in alternate formats contact Emily Heike via phone: 360.890.3776 or email: [GCDEawards@esd.wa.gov](mailto:GCDEawards@esd.wa.gov).

### **Nourish Food Banks Needs Volunteers**

Many Nourish food bank locations are in need of volunteers to box and distribute groceries to clients at many locations: Lakes Area (Lakewood), Edgewood, Northwest Tacoma, Nourish Warehouse. For more information or questions on registering for a volunteer shift, e-mail [Volunteer@nourishpc.org](mailto:Volunteer@nourishpc.org). All volunteers must be 17 years or older and able to bend, lift and carry at least 25 lbs.

### **Washington Listens Offers Support**

Washington Listens is a program that provides non-clinical support to people experiencing elevated stress due to COVID-19. Part of the program is a call-in line where people can speak to a support specialist and receive information and connection to community resources in their area. The program is anonymous and no identifying information is maintained. To reach Washington Listens call 1-833-681-0211. Read the Washington Listens [fact sheet](#). A service of the Health Care Authority of WA.

### **Accessibility Improvements Coming to Section of Gem Heights Drive East**

A project to improve accessibility and sidewalk connectivity along Gem Heights Drive East between 176th Street East and 168th Street East will begin June 29. Crews will remove and reconstruct 28 existing curb ramps so they comply with current Americans with Disabilities Act (ADA) standards. They will also add seven new curb ramps and 60 feet of sidewalk where none exist. Three existing pedestrian poles with pedestrian push buttons will be replaced and five new poles will be added at the Gem Heights Drive East and 168th Street East intersection. This project is part of the ADA Improvement Program, which identifies projects to implement the ADA Transition Plan. More information is available at [www.piercecountywa.gov/adatransition](http://www.piercecountywa.gov/adatransition).

### **Mass Transit Resumes Full Fares**

Pierce Transit has reinstated regular fares for busses and SHUTTLE paratransit vehicles. Sound Transit is resuming fares on ST Express bus routes that have returned to front-door boarding with the installation of health barriers and other protections for operator safety. Fares have also resumed on Link light rail and Sounder trains. Sound Transit will also implement a [flat adult fare](#) of \$3.25 on all ST Express bus routes eliminating the previous two-zone fare system.

## **SCAMS OF THE MONTH**

### **COVID-19 Government Imposter Scams**

Most of us are paying close attention to guidance from federal, state, and local governments during the pandemic emergency. Unfortunately, scammers are also paying attention. Some are even pretending to be affiliated with the government – just to scam you out of money. [Read more](#). (Source: FTC)

### **Scam Coronavirus Treatments**

The [FTC continues to seek out and warn sellers](#) who peddle so-called Coronavirus treatments with no proof they work. If you see an ad that says a product can prevent, treat, or cure COVID-19, stop. Think to yourself: if there's actually been a medical breakthrough, am I really going to hear about it for the first time from an ad or sales pitch? The answer is clearly "no." In all, the Commission has sent warning [letters to 250 companies and individuals](#). Train yourself to ignore those types of false ads. They make bogus claims and you will be loser – guaranteed. (Source: FTC)

### **Help COVID-19 Contact Tracers, Not Scammers**

Contact tracers, the folks who work for state health departments to try to track anyone who may have been exposed to COVID-19, are an important part of our road to recovery. But some scammers are pretending to be contact tracers so they can profit off of the current confusion. They're trying to steal your identity, your money – or both. There are ways to tell the difference between a real contact tracer and a scammer. [Read more](#). (Source: FTC)

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

*Scheduled events may be cancelled or postponed. Call first to confirm.*

### **July 1 – Caring for People with Dementia in Long-Term Care Facilities During COVID-19**

Window visits, Skype meetings and phone calls: having a loved one in a long-term care facility has changed drastically in the wake of COVID-19. Barb Lewis, LPN, shares how to navigate a loved one's care remotely and what to expect from LTC facilities. Held online 10:30 - 11:30 a.m. [Register](#).

### **July 8 – COVID-19 Guidance and Tips for Dementia Caregivers**

How do I explain COVID-19 to my loved one with dementia? How do I keep them safe, healthy, and at home during the pandemic? Presented by Anita Chopra, MD online from 10:30 to 11:30 a.m. [Register](#).

### **July 9 – Medicare and COVID-19**

A workshop for providers and professionals. Dramatic changes to Medicare have been made in rapid succession over the last few months. This online workshop will provide an overview of those changes in the aging and long term supports system. Join this live, informative workshop online or by telephone. Presenter will be Matt Santelli, Pierce County Aging & Disability Resource Center. Join online at: <https://piercecountywa.zoom.us/j/95782035606>. Join at 3:00 p.m. by phone at 253-215-8782 or 888-788-0099. Webinar ID: 957 8203 5606.

### **July 9 – Blood Drive at Visiting Angels**

Visiting Angels Tacoma hosts a blood drive at their Tacoma office, 1401 S. Union Avenue. The drive is from 1 to 4 p.m. No drop-ins. [Please sign up in advance using this link](#). Take time and sign up to do good during the pandemic.

### **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” from noon to 6 p.m. A Point of Pride is an LGBTQ affirming business or organization committed to celebrating the LGBTQ community in their own unique way. Details at [www.tacomapride.org](http://www.tacomapride.org).

### **July 13 – Medicare and COVID-19**

(See July 9 for event description.) A workshop for providers and professionals. Join online at: <https://piercecountywa.zoom.us/j/99440102152>. Join at 11:00 a.m. by phone at 253-215-8782 or 888-788-0099. Webinar ID: 994 8047 5801.

### **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](#).

### **July 31 – Parkinson’s HOPE Conference**

The 2020 Northwest Parkinson’s HOPE Conference will be online and free this year. The theme is “Traditional Western Medicine & Research.” Potential topics include: Latest in Parkinson's Research and Clinical Trials; Making the Most of a Doctor’s visit; DBS & Focused Ultrasound; Building your Care Team; COVID-19 & Parkinson’s; Non-motor symptoms, and more possibilities. [Register online](#).

### **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 are [posted on the Cancer Survivorship website](#). You can sign up for the event e-mail list at that site as well.

### **Aug 13 – Essential Documents**

Everyone needs to have key legal documents in place. While preparing these documents on your own may be an option, find out whether that option will be right for you, your family and your descendants. Join this live, informative workshop online or by telephone at 7 p.m. Presenter for this event is Attorney Linda Lysne: Estate and Trust Planning, Probate & Trust Administration and Elder Law. Details TBA.

### **Aug 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.

### **Aug 15 – Essential Documents**

(See Aug 13 for event details) Join this live, informative workshop online or by telephone at 10 a.m.

### **Aug 20 – Discover Memory Care Workshop**

Deer Ridge Memory Care features Laura Vaillancourt speaking on “Dementia and Depression.” This will either be a virtual or in person event. Location is to be determined or Events may take place online. Please contact with questions or to RSVP. [View the schedule/topics and register online](#). For questions contact Olivia at 253-625-3104.

### **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 17 – Discover Memory Care Workshop**

Deer Ridge Memory Care Community presents Martin William, RN, speaking on “Navigating the Maze of Dementia.” This will either be a virtual or in person event. Location is to be determined or Events

may take place online. Please contact with questions or to RSVP. [View the schedule/topics and register online](#). For questions contact Olivia at 253-625-3104.

### **Sept 18 – 8<sup>th</sup> 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 22 – Fall Prevention Day**

### **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 – CANCELLED**

### **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 got a call recently from a lady saying she was calling from “the Medicare office.” I never heard of that before so I started asking if she was calling from Medicare. She kept saying “Medicare office.” I just got suspicious and hung up. Did I do the right thing?

**Answer:** Perfect. First of all, Medicare will never call you unless you called them first. Medicare communicates by letters, not phone calls, in-person visits, e-mails, text or other social media. Your instincts kicked in just right. This was probably a scam. It also might have been someone trying to sell you a Medicare Advantage plan or a Medicare Supplement. Either way, because they were so vague, it was most likely not on the up and up. Hanging up is the right thing to do.

### **NATIONAL NEWS**

#### **Ageism and COVID-19**

Even though people 65 and older are at greater risk of hospitalization and death from COVID-19, people of all ages are profoundly affected by the pandemic, whether through infection itself, economic impact, or social distancing measures. Addressing ageism is an additional layer of concern during the pandemic.

Ageism can lead to undervaluing the lives of older people and neglecting the range of long-term services and supports that shape their lives. Ageism can also mean propagating myths about older people that don't hold up to facts. [Read the Gerontological Society of America fact sheet](#). (Source: GSA)

### **Disproportionate Impact of Coronavirus on Older Adults and Communities of Color**

The Centers for Medicare & Medicaid Services (CMS) [released](#) preliminary data on the coronavirus pandemic's impact on people with Medicare. It confirms that older adults are at high risk of infection and serious illness, and that the virus is disproportionately impacting communities of color. The [data snapshot](#) reveals that Black people with Medicare were hospitalized due to COVID-19 at a rate nearly four times higher than their white counterparts. Disparities were also striking among Hispanics/Latinos and Asian Americans. (Source: Medicare Rights Center)

### **SSA Mails Letters to LIS & MSP Potential Eligibles**

The Social Security Administration (SSA) began mailing its annual letters to people with Medicare who may be eligible for, but are not enrolled in, the Part D Low-Income Subsidy (LIS) and/or Medicare Savings Programs (MSPs). [See samples of the letters being sent](#) (Source: NCOA)

### **Scrip Talk Accessible Prescription Labels**

Many people have difficulty seeing printed words. Talking, large print or braille prescription labels allow them to safely and independently manage their prescription medications. En-Vision America customer service representatives can help you and your client find a participating pharmacy to provide talking, large print or Braille prescription labels. Simply fill out the interest form and we will call the client and/or you to begin the process. [Talking Prescription Label Interest Form \(Word Form\)](#) | [Talking Prescription Label Interest Form \(PDF Form\)](#) | Talking Prescription Label Interest Email Template (Source: En-Vision America)

### **Social Security Launches Advance Designations**

[Advance Designation](#) enables individuals to identify up to three people, in priority order, whom you would like to serve as your potential representative payee. Participants in the Advance Designation program include 1) adults applying for benefits who do not have a representative payee; 2) emancipated minors applying for benefits who do not have a representative payee; and 3) emancipated minor beneficiaries or recipients who do not have a representative payee. You may also change your Advance Designation(s), including the priority order, at any time while you are still capable of making your own decisions. (Source: SSA)

### **Caregiving in the U.S. 2020**

A new report from the National Alliance for Caregiving and AARP, [Caregiving in the U.S. 2020](#), highlights the experiences of 48 million caregivers. The report shows that the number of family caregivers in the United States has grown to 53 million, an increase of 9.5 million since 2015. The study also reveals growth in the number of family caregivers caring for more than one family member and that family caregivers are in worse health compared to five years ago. (Source: N4A)

### **On the Lighter Side: Zinnia TV**

Even the most dedicated care partners rely on TV at times to occupy the person living with dementia. But programming created for healthy brains can trigger distress for a person who is no longer able to track a plot, tell fiction from reality, or track rapidly moving images and sounds. [Zinnia's content](#)

[channels](#) feature familiar faces, subjects, and sounds to help people feel engaged and connected. (Source: Zinnia TV)

### **Slam the Scam: Coronavirus Edition**

Scammers are doing what they always do – using headlines as opportunities to steal money or sensitive personal information. Join AARP and representatives from the Federal Trade Commission, Medicare, the Department of Justice, and many more agencies for this special 30-minute webinar. Guests filmed their messages from their homes, to share information on how we can all stay safe from scams during this unsettling time. [Register now and watch](#). (Source: AARP)

### **Dealing with a Deceased Relative's Debt**

Especially during this time of crisis, dealing with the death of a loved one is hard. Dealing with a debt collector calling about their debts can make it even harder. If you're in this situation and a debt collector calls, it's important to know who is responsible for those debts, and what a debt collector can — and cannot — do to collect payment. [Read more](#). (Source: FTC)

### **Resources for Vocational Service Providers**

The Institute for Community Inclusion (ICI), at the University of Massachusetts Boston released a series of [products and resources](#) to support individuals with disabilities, families, and professionals during the COVID-19 pandemic. A major focus of these products is on supporting individuals in employment services and related supports. There are also a variety of resources available from ICI's [ThinkCollege](#) initiative and on the [ICI COVID-19 product and resource page](#). (Source: ICI)

### **COVID-19: Essential Checklists**

The National Center on Elder Abuse and the National Consumer Voice for Quality Long-Term Care have created two new checklists, "[Keeping Family Together During COVID-19: A Checklist](#)" and "[Should I Take My Loved One Home During the COVID-19 Crisis?](#)" These checklists were created in an effort to help keep families from falling apart during the pandemic. (Source: NCEA)

### **Supreme Court Examines ACA**

The Trump administration asked the Supreme Court [to overturn the Affordable Care Act](#). If successful, the move would end health-insurance coverage nearly 23 million Americans. (Source: NYTimes)

### **Need to Update and Expand the SSI Program**

Social Security Advisory Board Member [Nancy J. Altman wrote a statement](#), as part of the Supplemental Security Income [Annual Report](#), highlighting the need to update and expand the SSI program. In it she notes Congress's intent to create a program to ensure that people who are older, blind, or have a disability "would no longer have to subsist on below-poverty-level incomes," and why the program no longer comes close to meeting that goal. (Source: Justice in Aging)

### **Medicaid Update: COVID-19 Provider Relief Funds Available**

The U.S. Department of Health and Human Services established a fund to provide relief to Medicaid providers who have lost revenue or seen an increase in expenses due to COVID-19. Eligible providers include behavioral health providers, assisted living facilities and other home- and community-based services providers. Get more [information about eligibility and the application process](#). (Source: HHS)

**Reopening of Healthcare Facilities**

The Centers for Medicare & Medicaid Services (CMS) released a [guide for patients and beneficiaries](#) as they consider their in-person care options. During the height of the pandemic, many healthcare systems and patients postponed non-emergency, in-person care in order to keep patients and providers safe and to ensure capacity to care for COVID-19 patients. CMS provides these recommendations to ensure that non-emergency healthcare resumes safely and that patients are receiving needed in-person treatment that may have been postponed due to the public health emergency. (Source: CMS)

**Elder Orphans: Aging and Alone Care Needs and Preferences**

The aging segment who live without the support of grown children, a spouse or partner has made small gains in awareness from the health care professionals. Other than a handful of friends, in many cases, we have little to no personal support if and when we get sick. [Elder Orphans Hiding in Plain Sight](#) by the geriatrician, Dr. Maria Carney, suggests, the local medical and health care community and organizations need to be aware and offer services before an older adult’s function declines and to facilitate maintenance of quality of life for as long as possible. (Source: Today’s Caregiver)

**NAMI Homefront Online**

NAMI Homefront is a free, 6-session program for family, friends and significant others of military Service Members and Veterans. Class helps families understand what the Service Member/Veteran is experiencing related to trauma, combat stress, civilian life transition, PTSD and other mental health conditions and helps family members understand and support their Service Member/Veteran while maintaining their own well-being. Participants are expected to attend all six sessions. Held Aug 4-Sept 8, 6:30 – 8:30 pm PST. [Click here for more information and registration.](#) (Source: NAMI)

**New Elder Abuse Resource Available**

Elder financial exploitation threatens the financial security of millions of older Americans annually. In response to this crisis, hundreds of communities across the United States have created collaborative networks to protect their older residents. The [Elder Fraud Prevention and Response Networks Development Guide](#) provides step-by-step materials to help communities form networks to increase their capacity to prevent and respond to this crime. (Source: CFPB)

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

ADHD, Cancer Awareness, Cholesterol Education, Service Dog/Guide Dog, Library Card Sign-up, Mold Awareness, Disease Literacy, Food Safety Education, Hispanic Heritage, Osteopathic Medicine, Ovarian Cancer Awareness, Preparedness, Suicide Prevention, Self-Care, Alzheimer’s Month; Suicide Prevention (6-12), Assisted Living (13-19) and Employ Older Workers (20-26) Weeks; Stand Up to Cancer (4), Suicide Prevention (10), Consumer Awareness (11), Report Medicare Fraud (12), Grandparents (13), Respect for the Aged (21), Alzheimer’s (21), ASL (23) and Pharmacist (25) 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).