

## ADRC E-Newsletter August, 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.)  
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.  
Aug 19 – Wesley Lee Hill, 32049 109th Pl SE, Auburn  
Schedule of meeting locations and times at [www.secoalition.com](http://www.secoalition.com)

#### **NW Networking**

Meets Wednesdays at 11:45 a.m. in Puyallup  
Contact Lisa Doyle, CayCare, 253-237-1739 or visit [Facebook page](#)

#### **West Side Senior Providers Networking Group**

Meets Third Thursday at 1:00 p.m.  
University Place Library, 3609 Market Pl., W., UP  
Contact [Debbie Ruvo](#) at 253-370-1947

#### **SASH Coffee Time Networking**

Meets First Wednesday 9:00 – 10:30 a.m.  
Willow Gardens, 4502 6<sup>th</sup> St., SE, Puyallup  
Meets Fourth Wednesday 9:00 – 10:30 a.m.  
Franke Tobey Jones Parlor, 5340 Bristol St., Tacoma (Watch for A-frames and balloons)  
Contact [Sherry Corney](#) at 206-351-0956

## **LOCAL SERVICES**

### **2020 Pierce County Alzheimer's Conference**

The 2020 Pierce County Alzheimer's Conference will be an online event because of COVID-19. The conference will provide useful information and practical skills for individuals and families dealing with Alzheimer's and other dementias. One-hour sessions start at 1:00 p.m. on the four Thursdays of September. This event is free but [advance registration is required online](#) or by calling (253) 798-4600. Event link and phone numbers will be provided at registration. View event flyer.

### **Register to Vote**

Elections are coming up in November. Registering to vote is quick and easy. [You can get started here.](#)

### **2020 Census**

Health clinics. Fire departments. Schools. Even roads and highways. The census can shape many different aspects of our community. It's important that everyone respond. [You can complete the Census online.](#) Almost 68% of Washingtonians have responded already.

### **PC2 Resource Guide Available**

The Pierce County Coalition for Developmental Disabilities (PC2) is pleased to announce the publication of the 11th Edition of the Pierce County Resource Guide of Services and Supports for Individuals Who Experience Intellectual and Developmental Disabilities. The Guide represents a complete and accurate listing of the resources available in Pierce County for individuals who experience I/DD and their families. If you would like to arrange to pick up a copy from our office, please call 253-564-0707 or [email](#) and we will coordinate a contact-less hand-off.

### **Guide to Face Coverings for People with Disabilities**

Informing Families collaborated with Self Advocates in Leadership, Allies in Advocacy and The Arc Washington State to put together a guide on what the face covering order means, what to do if you or someone you support is not able to wear a mask, how to respond to conflicts in public, and where to go for help. [Read the full article, including a downloadable four-page version with illustrations.](#)

### **Where To Turn Guide Coming**

The 2020-2021 edition Where To Turn Guide will be available mid-August. To receive a case or more contact Senior Media Services by [e-mail](#) or at 253-722-5687. Smaller quantities can be obtained by contacting the Aging and Disability Resource Center by [e-mail](#) or at 253-798-4600. There is no cost for the new guides.

### **People Helping People on the Key Peninsula**

The Mustard Seed Project is all about people helping people. Volunteers have put in even more hours than before the quarantine and social distancing began, because people have stepped up to help deliver meals, make friendly calls to check in on those we serve; and now to help with yard clean-up projects. [View the video that highlights some of these efforts](#) on the Key Peninsula.

### **Footcare Services Available in Tacoma**

Foot and toenail disorders affect over eighty percent of the population and are very common for seniors. Keeping our feet healthy increases comfort and functionality and can prevent limb-threatening complications. Senior Footcare nurses trim toe nails and provide non-invasive treatment of corns and

callouses. We also offer practical tips for self-care. Referrals can be made to podiatrists or physicians in the area for a thorough evaluation and follow-up treatment. Senior Footcare has opened their own private office at The Tacoma Mall Office Building, 4301 South Pine, Suite #27, Tacoma. Call 23-848-9625 or visit [www.srfootcare.com](http://www.srfootcare.com).

### **Mortgage Relief for Pierce County Homeowners**

Tacoma Habitat has partnered with Pierce County to provide mortgage relief to homeowners impacted by the COVID-19 crisis. Through this program, we will serve 300 homeowners over the next five months, keeping foreclosure at bay. For details on eligibility requirements and/or to apply for aid, [click here](#). Please note that application intake is done via the Pierce County portal *only*.

### **Coalition Forms to Oppose Potential Long-Term Care Budget Cuts**

A group of Long-Term Care advocates in Washington State have formed a [coalition in response to potential budget cuts to services](#) utilized by senior citizens and people with disabilities. The coalition — which includes AARP, SEIU 775, Washington Health Care Association, Casa Latina, and several other organizations — formed after a budget reduction exercise conducted by the Office of Financial Management (OFM) indicated that as much as \$220 million in cuts to aging and long-term care services could occur to help balance the state budget.

### **Kreidler Extends Emergency Order on Telehealth Coverage**

Insurance Commissioner Mike Kreidler extended his emergency order directing all state-regulated health insurers to make additional coverage changes to aid consumers during the coronavirus pandemic. His order is in effect until Aug. 16. [Read the full news release](#).

### **Planning to Open Senior and Community Centers**

Pierce County Aging and Disability Resources and our colleagues at the Tacoma-Pierce County Health Department are partnering to provide senior center providers with information to help plan for reopening and to ask questions that you may have via a Zoom meeting in August. Having the information now to develop plans that protect the safety of you, your staff, and your participants will help to facilitate a safe environment for all. If you were not contacted earlier to participate in the virtual meeting, [please e-mail Nellis Kim](#) to receive an invitation once the date has been set. We will also record the webinar and share the link for anyone to view. To help begin thinking and planning, here are examples of guidance from other jurisdictions across the country and locally:

[Massachusetts Council on Aging](#)

[Pennsylvania Senior Community Centers](#)

[Oakland County, Michigan](#)

[Centers for Disease Control and Prevention](#)

[Phase 2 and Phase 3 Restaurant and Tavern COVID-19 Requirements](#) (Governor's office)

[COVID-19 Guidelines for Restaurants](#) (from WA DOH)

[Safe Start Washington Plan](#) (Governor's office)

[Safe Start Pierce County](#) (Pierce County)

[Tacoma Pierce County Health Department](#) (COVID-19 Information)

[Tacoma Pierce County Health Department](#) (Information for Food Establishments)

[Tacoma Pierce County Health Department](#) (Information for Reopening)

### **Food Assistance Available**

Are you a Pierce County resident with a higher risk to Covid-19? Are you concerned about getting enough groceries and limiting your risk of exposure to Covid-19 during this pandemic? Call ADRC at 253-798-4600 to ask about:

1. Eligibility for home delivered meals.
2. How to use food assistance on your EBT card to purchase groceries online for home delivery or in-store pick-up.
3. Connecting with local senior centers for meals to-go and possible pick up of groceries.

### **DDA's Emergency Rules Related to COVID-19**

The Developmental Disabilities Administration (DDA) has made temporary changes to its Home and Community Based Services waivers in order to meet immediate health and safety needs during this pandemic, including changes to service limitations and restrictions; remote services and alternative locations; provider qualifications; and assessments and service planning. These changes are called “emergency rules.” They are meant to make it easier for people to get the help they need while reducing the risk of infection and illness. These rules end once the WA emergency declaration ends. [Click here](#) for the highlights and link to details of all the rule changes during this emergency.

### **Washington State 2020 Covid-19 Giving Guide**

The Puget Sound Business Journal partnered with The Seattle Foundation and All In Seattle to help the business community partner with [nonprofits needing support](#). The issue also included editorial coverage about how area nonprofits are responding to the crisis.

### **Pierce County Library Starts Curbside Pick-up Service**

Library patrons can now pick up books, movies, magazines and other items at the Pierce County Library System’s newly launched curbside service. People can use this fast, easy service, by reserving their items and scheduling a pick-up time. Get Library Curbside at Gig Harbor, Lakewood, Sumner, Summit, Fife, Parkland/Spanaway, South Hill, and University Place Pierce County Libraries seven days a week. Place a hold using the [online catalog](#). Once notified hold requests are ready, reserve a time to pick up items at Library Curbside, via [curbside.pcls.us](#), [mobile app](#), or calling the local branch. Staff will put the items in the trunk, near the rear of the vehicle, or at a designated space for walk up / bike up service.

### **Social Security Availability in Pierce County**

Individuals can speak with an SSA representative by calling the local Social Security office (Tacoma: 888-487-9229; Puyallup: 855-886-9627 or our National Number – 800-772-1213. Get local office phone numbers with the [Social Security Office Locator](#). Although our offices are not providing service for walk-in visitors, we may be able to schedule an appointment for limited, critical issues if we cannot help someone by phone and if they cannot get the information they need or conduct their business online. Take advantage of secure and convenient SSA [online services](#) to apply for [Retirement](#), [Disability](#), and [Medicare](#) benefits; check the status of an application or appeal; request a replacement Social Security card (in most areas); print a benefit verification letter, and much more. Most business with SSA can be done online but we know that many people still rely on phone or in-person help. That’s why we want people to know they can still count on us by phone.

### **Free Resource: Washington Elks Therapy Program**

The Washington Elks Therapy Program for Children provides occupational or physical therapy services to children ages birth to 21 years with developmental delays or physical disabilities under the direction

of a physician and at no cost to the families. Preference is given to infants and young children, those who are medically fragile or who would otherwise go without services because of health status, transportation problems, or lack of other resources, and to children who without therapy will experience deterioration in their status. Due to COVID-19, this service is being offered via telehealth, collaborating with families and providing home activities that best meet the unique situation. [Learn more.](#)

### **Washington State Special Olympics Sign Up**

Special Olympics is offering virtual games this summer. There is no cost to register and participate. You do not have to get a physical and there is no age requirement. [Register at the website.](#) The athlete can choose two sport and the fitness challenges. In each sport there are skills to complete. Written instructions on each skill and a video can be watched to complete the skill. This is a great way for all the people we serve to have a great outlet at no cost to them.

### **Nominate an All Star Caregiver**

Health Care Providers Council is seeking nominations for all frontline caregivers from communities, home care agencies, adult family homes, private families, and other places where caregivers work or volunteer. They deserve this recognition now, more than ever! [Nomination form 2020.](#) [Nomination deadline is August 14<sup>th</sup>.](#) [More details online.](#)

### **SHIBA Face-to-Face Counseling**

A SHIBA volunteer will be available for face-to-face counseling at Celebrate Seniority, on the first three Mondays of August (3, 10, 17) from 9 a.m. to 12 noon. Celebrate Seniority is at 1004 E. Main St., Suite C, in Puyallup. Social distancing and face masks will be required. The use of hand sanitizer is required. They currently have chairs six feet apart that are taped and measured out. For appointments please e-mail [shibadave2@gmail.com](mailto:shibadave2@gmail.com) or call 253-278-2363.

### **Request an Accommodation or Modification**

Renters who need to write a reasonable modification or accommodation request letter are often put off by the thought of it. The [Fair House Center of Washington](#) has a simple [“Request an Accommodation / Modification” online tool](#) for renters that will generate a letter in the form of an e-mail that can be sent to a landlord.

### **Veterans Benefits in WA**

Washington offers free license plates for disabled Veterans, Purple Heart and Gold Star, as well as free camping for Veterans with 30% or greater disability. For more information, visit <https://www.dva.wa.gov/>.

### **Emergency Preparedness Camp**

Pierce County is excited to offer a new virtual children’s camp in partnership with the Department of Emergency Management. Virtual Emergency Preparedness Camp is geared towards kids ages 6-12 and will take place Aug. 11-13 from 9 to 11 a.m. The virtual camp will cover earth sciences and natural events, how to be ready for emergency situations, using 9-1-1, and more. \$30 per participant. Click here [to register or learn more](#) about the program For more information please contact [Jen Spane](#).

## **SCAMS OF THE MONTH**

### **Fake Emails About Fake Money from a Fake COVID-19 Fund**

Because of COVID-19, unemployment rates are high and many people's cash flows are low. Scammers view these as ripe conditions to strike. They'll stop at nothing — not even a pandemic — to trick you into sharing your personal or financial information. That includes pretending to be a government official from the Federal Trade Commission to gain your trust. [Read more](#). (Source: FTC)

### **Contact Tracing Scams Growing**

Hear about [contact tracing](#)? So have the scammers! Contact tracers are usually hired by a [state's department of public health](#). People who had contact with someone infected with COVID-19 may first get a text message from the health department, telling them they will get a call from a specific number. The tracer who calls will not ask for personal information. At the end of the call, some states ask if the contact would like to enroll in a text message program, which sends daily health and safety reminders until the 14-day quarantine ends. Tracers will not ask you for money or information like your Social Security, bank account, or credit card number. Anyone who does is a scammer. Scammers are also sending [spam text messages](#) that ask you to click a link. A legitimate text message from a health department only wants to let you know they will be calling. The phony message includes that link to click. Don't take the bait. (Spire: TSCL)

### **Free Masks**

Have you gotten robocalls, text messages, or emails offering free face masks? If anyone reaches out to get your Medicare Number or personal information in exchange for something like a mask, you can bet it's a scam. (Source: CMS)

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

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

### **Aug 4 – Election Day**

Ballots must be [postmarked or dropped off by 8 p.m.](#)

### **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. [View flyer](#).

### **Aug 13 – Senior Lifestyle Fair and Expo – CANCELLED**

### **Aug 15 – Essential Documents**

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

**Aug 18 – Optimum Life: Low Vision – Impact to Day-to-Day Activities and Interventions**

CE session designed to identify impairments related to a low vision diagnosis. Discussion centers on how low vision will impact a senior's ability to function independently and safely as well as interventions, strategies and planning around assistive devices, home modification and assistive technology. Presenter is Maria Crescini, PT with Brookdale Home Services. To register contact Jenny Austin at 253-759-7770.

**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.

**Aug 28 – HOPE: Relationships on the Parkinson's Journey**

Presentations may include: Intergenerational Conversations, Sex therapy, Resilience in Caregiving, Support for Adult Children, How to make the most of a Doctor's visit, Preparing your environment for Parkinson's, Home assessment/considerations, Building your Care Team, Developing a Compassionate Relationship with Yourself, Traveling with Parkinson's, How to talk to your Employer, etc. An online event at <https://bit.ly/2VtMbgQ>. Free to register; suggested donation \$15.

**Aug 29 – Managing Dementia Care in the Time of COVID-19 with TEEPA SNOW**

Join the Alzheimer's Family Support Center in Boston for the [third annual free conference with Dementia Specialist Teepa Snow](#). This daylong event will cover topics specific to the navigation of Alzheimer's and dementia-related diseases during the COVID-19 pandemic in six one-hour sessions. Held online 5:30 a.m. – 1:30 p.m.

**Sept 3 – 2020 Pierce County Alzheimer's Conference – Day 1: “Isolation During the Pandemic”**

The [2020 Pierce County Alzheimer's Conference](#) will be an online event because of COVID-19. The conference will provide useful information and practical skills for individuals and families dealing with Alzheimer's and other dementias. The conference will offer one-hour sessions at 1:00 p.m. on the four Thursdays of September. This event is free but [advance registration is requested online](#) or by calling (253) 798-4600. Event link and phone numbers will be provided at registration. Sept 3 presentation will be provided by Marysusan Gibson-Iotte, Certified Dementia Educator. [View event flyer](#).

**Sept 5 – Annual Veterans Resource Fair – CANCELLED**

**Sept 8 & 10 – Alzheimer's Care Academy**

The Alzheimer's Care Academy 6-hour course was developed by the Alzheimer's Association and expert consultants. Content focuses on Alzheimer's disease and dementia, person-centered care, assessment and care planning, activities of daily living, and dementia-related behaviors and communication. Held 9 a.m. to noon both days. Offered through LeadingAge WA. [Register online](#).

**Sept 10 – 2020 Pierce County Alzheimer's Conference – Day 2: “Dementia Friendly Activities”**

(See Sept 3 for event details.) Presentation by Benjamin Surmi, Director of People and Culture at Koelsch Communities. Event is free but [advance registration is requested online](#) or by calling (253) 798-4600. Event link and phone numbers will be provided at registration. [View event flyer](#).

### **Sept 14 – Oh My Gosh – Now What? Session #1 of 6**

There's no diagnosis like an Alzheimer's or Dementia diagnosis. More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and in the early stages after the diagnosis. Take a look at the questions and the answers in this 6-part series for families and individuals beginning the journey. Session #1: "What is Dementia and What are the Warning Signs?" Webinar held from 12 noon to 1 p.m. [Click here to register for the webinar](#) or join by phone at 253-215-8782 or toll free at 877-853-5247 (Webinar ID: 941 0308 1043) [View event flyer](#).

### **Sept 15-16 – Foundational Community Supports Conference**

Conference for those providing Foundational Community Supports, Supportive Housing, Supported Employment and Peer Services. Held online. [View information and registration](#).

### **Sept 17 – 2020 Pierce County Alzheimer's Conference – Day 3: "Handling Challenging Behaviors"**

(See Sept 3 for event details.) Presentation by Laura Vaillancourt, Licensed Mental Health Counselor and Geriatric Mental Health Specialist. Event is free but [advance registration is requested online](#) or by calling (253) 798-4600. Event link and phone numbers will be provided at registration. [View event flyer](#).

### **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 21 – Oh My Gosh – Now What? Session #2 of 6**

(See Sept 14 for event description) Session #2: "How does the disease progress and what should I expect?" Webinar held from 12 noon to 1 p.m. [Click here to register for the webinar](#) or join by phone at 253-215-8782 or toll free at 877-853-5247 (Webinar ID: 941 0308 1043) [View event flyer](#).

### **Sept 21 – Optimum Life: Suicide and the Elderly**

CE session with Doris Fischer-Sanchez. To register contact Jenny Austin at 253-759-7770.

### **Sept 22 – Fall Prevention Day**

### **Sept 24 – 2020 Pierce County Alzheimer's Conference – Day 4: "Legal & Financial Planning"**

(See Sept 3 for event details.) Presentation by Meredith Grigg, attorney with the Northwest Justice Project and co-author of the "Dementia Legal Planning Toolkit," and Bryana Cross Bean, local attorney

with focus on estate planning, long-term care planning, elder law, and probate. Event is free but [advance registration is requested online](#) or by calling (253) 798-4600. Event link and phone numbers will be provided at registration. [View event flyer](#).

### **Sept 25 – HOPE: Navigating Finances and Legal Issues**

Presentations may include: Elder Law advisement/Estate Management, Navigating Insurance, Long Term Care Planning, Protecting Your ID and How to Fight Against Scammers, Employment Law/ ADA/ Reasonable Accommodations, FMLA/ Short and Long Term Disability Insurance, Vocational Rehabilitation, Financial Planning, Medicaid Planning/ Special Needs Trusts, Planning for SSDI, etc. Free to register at <https://bit.ly/2NI97Vp>; suggested donation \$15

### **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.

### **Sept 28 – Oh My Gosh – Now What? Session #3 of 6**

(See Sept 14 for event description) Session #3: “How do I start the conversation? How do I cope with the shock?” Webinar held from 12 noon to 1 p.m. [Click here to register for the webinar](#) or join by phone at 253-215-8782 or toll free at 877-853-5247 (Webinar ID: 941 0308 1043) View event flyer.

### **Sept 29-30 – Collaborating for a Dementia-Friendly Future: Inspiring Change**

John Washington's first statewide conference on building dementia-friendly communities. Register online. The conference is for anyone who wants to take action to make their community more dementia-friendly. Held 9 a.m. to 12 noon. [Register online](#).

### **Oct 5 – Oh My Gosh – Now What? Session #4 of 6**

(See Sept 14 for event description) Session #4: “What are the typical behaviors and how do I manage them?” Webinar held from 12 noon to 1 p.m. [Click here to register for the webinar](#) or join by phone at 253-215-8782 or toll free at 877-853-5247 (Webinar ID: 941 0308 1043) View event flyer.

### **Oct 12 – Oh My Gosh – Now What? Session #5 of 6**

(See Sept 14 for event description) Session #5: “How do I pay for care? What are the legal things I should do?” Webinar held from 12 noon to 1 p.m. [Click here to register for the webinar](#) or join by phone at 253-215-8782 or toll free at 877-853-5247 (Webinar ID: 941 0308 1043) View event flyer.

### **Oct 14 – Making the Link – CANCELLED**

### **Oct 15 – Discover Memory Care Workshop**

Deer Ridge Memory Care Community hosts Lisa Shepard, Owner of Acqui Merge discusses “Let’s Talk About Memory Care.” Held at 6 p.m. This will either be a virtual or in person event; location to be determined or may be online. Please [contact with questions or to RSVP](#) or call 253-625-3104.

### **Oct 17 – NAMI Washington State Conference**

The Conference will be gathering from a safe distance and coming together online.

### **Oct 19 – Oh My Gosh – Now What? Session #6 of 6**

(See Sept 14 for event description) Session #6: “Where can I turn for help? What are the resources I can rely on?” Webinar held from 12 noon to 1 p.m. [Click here to register for the webinar](#) or join by phone at 253-215-8782 or toll free at 877-853-5247 (Webinar ID: 941 0308 1043) View event flyer.

### **Oct 20 – Optimum Life: Medical Ethics at the End of Life**

CE session Anna-Gene O’Neal, Brookdale Health Services. To register contact Jenny Austin at 253-759-7770.

### **Oct 23 and 29 – Fifteenth Annual Latino Health Forum – REVISED**

The 2020 Sea Mar Latino Health Forum is moving to an online/virtual format. The [LHF website](#) will be updated periodically with information regarding registration and specifics on the conference.

### **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](#).

### **Nov 17 – PC2 Disability Legislative Forum**

### **Nov 19 – Discover Memory Care Workshops**

Deer Ridge Memory Care Community hosts Benjamin Surmi, Director of People and Culture Koelsch Communities on “How Do I Keep Mom or Dad Active?” 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](#) or call 253-625-3104.

### **ADRC Q&A**

**Question:** I’m 61 right now. With all the uncertainty in the job market I’m considering claiming my retirement benefits early to increase my income just in case. Can I do that?

**Answer:** Yes, you can begin claiming your Social Security benefit at 62. Is that the best thing to do? Only you can answer that. Talk to a financial planner or retirement specialist. Your full benefit, depending on your birthdate, is around 67 years old. If a worker begins receiving benefits before his/her normal (or full) retirement age, the worker will receive a reduced benefit of as much as 30 percent for the rest of your life. You will pay a price for getting those extra dollars now. And you are limited in the amount of annual income you can have after taking early Social Security benefits. If you wait until age 70 your benefits will increase as much as 32 percent. That’s a difference of about 60% in your benefit between taking it early at 62 and delaying it until 70. In addition, by some estimates, Social Security benefits have not kept pace with inflation, losing about 30% of buying power since 2000. We can only suggest you think it through.

### **NATIONAL NEWS**

## **NCOA Responds to COVID-19 Relief Proposal**

The National Council on Aging is deeply disappointed by the Senate Republicans' most recent attempt to address the grave and ever-growing COVID-19 pandemic affecting our country because it fails to support and protect older Americans. [Read the NCOA statement](#) explaining what's missing from the proposal and how Congress can address the needs of seniors. (Source: NCOA)

## **Medicare Running Out of Money**

Medicare, the health insurance program for older Americans, is running out of money. [Fewer payroll taxes are coming in](#) to fund Medicare spending, the number of people taking it is rising, and Congress used some Medicare money to help fund COVID-19 relief efforts this year. (Source: NPR)

## **Volunteering for a COVID-19 Prevention Clinical Study**

The COVID-19 Prevention Network (CoVPN) was formed by the National Institute of Allergy and Infectious Diseases (NIAID) at the US National Institutes of Health to respond to the global pandemic. Studies enroll adults aged 18 and older, of all races and ethnicities, and of all gender identities. [Click here to visit the CoVPN Volunteer Screening Registry](#). The purpose of this screening registry is to create a list of potential volunteers who want to take part in current or future COVID-19 prevention clinical trials. Volunteers must be 18 years or older to participate. Participation involves completing a short online survey that includes some personal questions. (Source CoVPN)

## **Planning for the Financial Independence and Security of a Disabled Child**

As an elder law attorney reflects on questions from parents of a disabled child “[How can I provide for my child’s financial needs when I am no longer alive?](#)” People are concerned that, by leaving an inheritance directly to their disabled child, this will usually disqualify the child from most means tested public assistance programs. If the parents make an outright gift to another sibling can they be assured that this child will properly look after the disabled child? (Source: Caregiver.com)

## **Alone and Confused: Visitor Restrictions on Older Patients and Families**

Hospital visitor restrictions during COVID-19 pose a myriad of challenges for patients, family caregivers, providers and hospital leaders. [Read this AARP blog post](#) for health care leaders offers a first-hand account from clinical leaders at three major medical institutions on the effects of visitor restrictions on patients, families and providers. (Source: AARP)

## **Mental Health in Washington**

The Kaiser Family Foundation has produced [state-specific facts sheets on mental health](#) providing an overview of mental health and substance use disorders including the prevalence of common mental health and substance use disorders and coverage and access issues. [View the Washington State fact sheet](#). (Source: KFF)

## **Profile of Older Americans**

The [2019 Profile of Older Americans](#) is a summary of the available statistics related to the older population in the United States. The Profile illustrates the shifting demographics of Americans age 65 and older and includes key topic areas such as income, living arrangements, education, health, and caregiving. (Source: ACL)

## **Mouse Model Shows Parkinson's Breakthrough**

Researchers converted one group of mice's brain cells called astrocytes into functioning dopaminergic cells, which were lost due to Parkinson's. The rewritten cells were implanted into the brain and restored the mice's abilities previously affected by Parkinson's. The global neuroscience community is hopeful that this relatively simple scientific process could one day have the same transformation in human clinical trials. [Read more.](#) (Source: NWPF)

**Nursing Home Residents Not Protected from Antipsychotic Drugs**

[A new congressional report](#) finds that some 300,000 nursing home residents are given antipsychotic drugs each week, even though most of them do not have a medical condition required to justify it. The unnecessary medications are profoundly dangerous for older adults as well as expensive to taxpayers through the Medicare program. [Read more.](#) (Source: NPR)

**Comcast Extends Essentials Offers**

To help provide continued support to students and families, Comcast will continue to [provide 60 days of free Internet service](#) to new, eligible Internet Essentials customers through the end of this year. Comcast will also continue to waive, through the end of the year, the requirement that customers not have a past due balance with Comcast to qualify for the free offer. Comcast is also extending [free access to the 1.5 million public Xfinity WiFi hotspots](#) to anyone who needs them, including non-customers, through the end of 2020. It is also extending an Xfinity Internet offering that [provides \\$150 Visa prepaid card to college students](#) who sign up for service by September 30; more than enough to pay for two months of Internet service. (Source: Comcast)

**Technology Divide Between Senior ‘Haves’ and ‘Have-Nots’ Roils Pandemic Response**

Older adults with the ability to use technology have more access to virtual social interactions and telehealth services, and more opportunities to secure essential supplies online. Those who don’t know how to use it or can’t afford it are at greater risk of social isolation, forgoing medical care and being without food or other necessary items. [Read more.](#) (Source: KHN)

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

AIDS Awareness, ADHD, Breast Cancer Awareness, Blindness Awareness, Caffeine Addiction Recovery, Domestic Violence Awareness, LGBT History, Long Term Care Planning, Dental Hygiene, and Medicine Abuse Awareness Month; Fire Prevention (4-10), Health Care Food Service (4-10), Food Bank (11-17), Food & Drug Interactions Awareness (17-24) and Pharmacy (18-24) Weeks; Intergeneration (4), Sight (8), Mental Health (10), Nurses (14), White Cane Safety (15), Make a Difference (24), Prescription Drug Take-Back (26) and UNICEF (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).