

ADRC E-Newsletter September, 2020



The ADRC E-Newsletter may also be viewed as a PDF at www.PierceADRC.org "News & Events."

 [Like us on Facebook](#)

NETWORKING OPPORTUNITIES

Aging and LTC Providers Network - ONLINE

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

Sept 3 – "The Hummingbird Project" with Sue Martelino

Join the meeting online: <https://piercecountywa.zoom.us/j/94876832066>

Join the meeting by phone: 253-215-8782 or 888-788-0099 or 877-853-5247

Phone Webinar ID: 946 9071 9489

Oct 1 – "Emergency Preparedness" with Ivan Tudela & "Voting" with Julie Anderson

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

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 online First Wednesday 9:00 – 10:30 a.m.

Online; Use [the Zoom meeting link](#) or contact [Sherry Corney](#) at 206-351-0956

By phone: 253-215-8782; Meeting ID: 868 7085 2941; Passcode: coffee

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 requested online](#) or by calling (253) 798-4600. Event link and phone numbers will be provided at registration. [View event flyer](#).

COVID-19 Resources in Pierce County

Pierce County Human Services has a robust compendium of resources specifically meant to help residents in the county. Topics include rental and mortgage assistance, senior nutrition and farmers market vouchers, child care vouchers, veterans help, homeless resources and more. [Bookmark our COVID-19 Resource page](#). View the [Pierce County CARES insert](#).

Warding Off a 'Twindemic'

American public health officials are growing increasingly concerned about the possibility of [a resurgence of Covid-19 paired with a severe flu season](#). If large numbers of people do not take the flu shot this year it would increase the risk of a widespread outbreak and possibly overwhelm hospitals as they battle the coronavirus. Doctors believe that the flu can leave people vulnerable to a harsher case of Covid-19. Contract both at the same time could be disastrous. [Visit the TPCHD flu website](#).

Contact Tracing in Pierce County

The Tacoma-Pierce County Health Department's investigations team is responding to the recent [rising number of COVID-19 cases in Pierce County](#). Case and contact investigation—contact tracing—is one of the most effective tools public health has to identify COVID-19 activity in our communities and stop the disease from spreading. TPCHD leans heavily on [contact tracing to help keep Pierce County residents healthy and safe](#). They start by calling people who have a positive COVID-19 test and talk to them about their disease, discuss the importance of isolation to stop the disease from spreading, and determine when they were contagious and most likely to spread COVID-19. We ask who they were in close contact with during this time.

AARP 2020 Challenge Grant for Puyallup

The AARP Community Challenge has awarded the [Puyallup Main Street Association](#) in partnership with the [Puyallup Area Aging in Community Committee](#) grant funds to create an "Elder-Friendly Business" program that designates area businesses as age-friendly based on criteria including customer service, access and discounts. The grant is one of [184 quick-action projects](#) AARP is funding.

Free Weekly Produce Bags for Seniors

The Mustard Seed Project is teaming up with Pacific Coast Harvest, through funding from Pierce County Aging and Disability Resources, to provide free local produce bags of fresh fruits and vegetables to local seniors each week. Recipients of these weekly produce bags must be 60+ and live on the Key Peninsula. Please call 253-884-9814 or email programs@themustardseedproject.org to learn more and to sign up for curbside pick-ups at our Key Center office.

Safe Start for Long Term Care

Governor Inslee's Safe Start for Long-Term Care plan establishes criteria for long-term care facilities to safely conduct visitation. [A summary is available here.](#)

- [Safe Start for Long-Term Care, Full Plan](#) (Adult Family Homes, Assisted Living Facilities, Enhanced Services Facilities)
- [Safe Start for Long-Term Care, Full Plan](#) (Nursing Homes, Intermediate Care Facilities for Individuals with Intellectual Disabilities)
- [Safe Start for Long-Term Care, Full Plan](#) (Certified Community Residential Services and Support)
- [Safe Start for Long-Term Care, LTC Phase Summary](#)
- [Safe Start for Long-Term Care, Visit Summary](#)

The plan also prescribes policy related to trips outside the facility, communal dining and group activities, testing and screening, source control and PPE, and staffing. FAQs, documents, and general information is available [online](#).

WSU to Debut Senior-Living Major

Beginning this fall, Washington State University's School of Hospitality Business Management will offer senior-living management as its third major, to go along with the hospitality business management and wine and beverage business management majors. The new major is designed for business students seeking managerial positions in the senior-living industry. Senior-living management previously was a certificate program at the college. [Read more about the program.](#)

Early Stage Memory Loss Enrichment Program Online

"The Gathering Place" is a weekly virtual enrichment program for people with mild cognitive impairment or early stage memory loss. The program focuses on cognitive stimulation, cultural enrichment, physical movement, social engagement and anti-stigma activism. \$20. Held online Tuesdays 1-3 p.m. starting Sept 15. Contact [Carin Mack](#) at 206-230-0166.

Dementia Friends

Learn how to help others by becoming a Dementia Friend on a free, one-hour, online session. Advance registration required at dementiaservices@icsnw.org. September dates are 3rd @ 10am, 9th @ noon, 14th @ 7 pm, 22nd @ 4pm. [Create a Dementia Friendly Pierce County.](#)

WTBBL's Patron Book Club

The Washington Talking Book & Braille Library is launching a statewide, quarterly patron book club focusing on a Northwest author or with Northwest interest. The titles we read will be available in audio and braille, both on BARD. Let us know if you would like to participate so we can contact you with any updates or schedule changes by calling (800) 542- 0866 or emailing wtbbl@sos.wa.gov.

Virtual Early Stage Memory Loss Enrichment Program

The Gathering Place is an early stage memory loss program for people living with Alzheimer's, Mild Cognitive Impairment or other kinds of diagnosed memory disorders that impact their daily living. It provides cognitive stimulation, exercise, cultural enrichment and discussion. The program runs on a quarter system, but new members can be added throughout the year. No drop-in availability. Pre-screening is required. Call Carin Mack, MSW at 206-230-0166 with questions or to make an appointment. \$20. Starts Sept 15; held online Tuesdays 1-3 p.m. [Watch a documentary film by participants of The Gathering Place, *Memory Loss: In Our Own Words*.](#) (16 min)

New 2020 Where to Turn Guides Available

Where to Turn (the little Yellow book) has been available in Pierce County for 28 years and King County for five years. New this year – Kitsap County edition. All three 2020-2021 editions are now available. [Download Where to Turn \(Pierce, King and Kitsap Counties\)](#) 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. Guides are free.

Quality of Health Care in Washington State

The Washington Health Alliance's new Quality Composite Score [report](#) combines up to 29 measures from the Alliance's Community Checkup [report](#) on the quality of care across Washington state. The quality composite score summarizes results across four different areas of care that are indicators of primary care performance: Prevention and Screening, Care for Chronic Diseases, Coordinated and Cost-Effective Care, and Appropriate and Cost-Effective Care.

COVID-19 Behavioral Health Toolbox for Families

The COVID-19 Behavioral Health Group developed the [COVID-19 Behavioral Health Toolbox for Families](#). The toolbox gives tips on how to understand emotional responses to the COVID-19 pandemic. Learn to recognize the signs of pandemic stress and know what actions to take. Help improve behavioral health outcomes in our communities. Visit [the Behavioral Health resource page](#).

Rental Assistance for Lakewood Residents

[Applications for the Lakewood COVID-19 Rent Assistance program](#) now accepted. Sponsored by the City of Lakewood, LASA and the Greater Tacoma Community Foundation. One-time rent assistance for up to \$1,500 paid directly to the landlord. Must live in the city of Lakewood as a renter, with your name on the lease or rental agreement; household income has been impacted by COVID-19 on March 12th or later; total combined household income is currently \$60,000/year (\$1,200/week or \$5,000/month) or less. For more info call LASA's Homeless Prevention line (253) 582-5320.

Habitat Homes for Gig Harbor

Three homes in Gig Harbor are on the project list for 2021. Habitat is looking for qualifying individuals and families interested in owning a Habitat home across the Narrows. If you can help spread the word within the Gig Harbor community, [please contact us for more details](#).

Outreach Academy for Homeless Workers

The Washington State Health Care Authority (HCA) is sponsoring a four-day, virtual- format Outreach Academy for homeless outreach workers, Sept 22-23 and 29-30. The Outreach Academy is for direct service providers who conduct outreach to individuals who are experiencing homelessness and also living with a mental health condition, substance use disorder (SUD), or co-occurring disorder.

[Registration is online](#). Contact [Lisa Bennett-Perry](#) with questions.

Cooperative Housing for Individuals with Mental Illness and/or Disabilities

Community Housing Solutions (CHS) is a 501 (c) 3 organization established in 2017 by parents and caregivers of individuals with mental illness and/or disabilities who do not qualify for government provided housing and do not need services provided by a group home. The concept is simple. Independent, cooperative living provides a less expensive, more secure and more social living situation for participants. CHS currently has rooms available in a beautiful 3,330 square foot house in Central

Tacoma that has convenient bus connections and shopping nearby. Rent and all utilities will add up to approximately \$435 a month. The house is a privately-owned rental. Interested? Call Bill at 253-583-4176 for more info or apply at www.sharedhousingservices.org.

NAMI Washington Train-the-Trainer Program

NAMI Washington is currently training via ZOOM due to COVID-19. The following classes and training are scheduled to go in as planned:

- Family Support Group: September 18-20
- Family to Family: September 26-27
- Ending the Silence: October 3
- In Our Own Voice: November 7
- Homefront: November 14-15

[Click here for registration and application information](#). Check out the [2020 NAMI WA Training Calendar](#) for additional upcoming trainings.

Local Research Study Designed for LGBTQ Community

Aging with Pride: IDEA is the first federally-funded research study of it's kind. IDEA stands for Innovations in Dementia Empowerment and Action. The study tests a tailored approach to improving physical function and independence for LGBTQ older adults facing memory loss. [Learn more about this important research](#).

Goodwill Launches Digital Work Opportunity Center (DWOC)

Connect to Goodwill virtually through the Digital Work Opportunity Center (DWOC). Take classes to learn a new trade or update your skills, meet with a job coach for career planning and placement or get assistance with financial planning. Learn more [here](#) or simply text "DWOC Connect" to 56512.

Lakewood Habitat for Humanity Store

The Lakewood Habitat Store is now closed. It is moving to a new location more than twice the size - with more parking and a larger, more accessible donation area. The new Lakewood location will open early in 2021. The [Tacoma and Puyallup stores](#) remain open to serve you.

Runner Hits Ruston, Old Town, Dock Street

Pierce Transit's "Runner" helps connect the public to destinations along Ruston Way, in Old Town and along Dock Street. This on-demand service runs 7 days a week from 7am to 10pm. There are no routes and no bus stops for this service, and you don't have to schedule ahead; simply use the smartphone app or call 253-270-1340 to request a ride. Pay by ORCA card, PiercePay app or All Day Pass (adults \$2, \$1 with RRFP card). Runner minivans are wheelchair accessible and bicycle friendly. More info at www.piercetransit.org/runner.

SCAMS OF THE MONTH

Five Tips It's a Social Security Scam

There are a few ways you can identify a scam call. If you do business with the Social Security Administration, remember that we will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.

- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- Demand secrecy from you in handling a Social Security-related problem.
- Send official letters or reports containing personally identifiable information via email.

(Source: SSA)

A Real or Fake Savings Club

Imitation is the greatest form of flattery. It's also the greatest form of "scammy." That's why scammers are imitating a type of informal savings club known as a "sou sou" or "susu" to trick people into joining what amounts to an illegal pyramid scheme. [Read more.](#) (Source: FTC)

"You've Won!"

... now pay us. During these difficult economic times, it is easy to imagine our financial problems disappearing by winning a big prize. Who wouldn't like to win a million dollars, a new car, or a vacation home? But if you get a call from someone saying, "You've won," don't believe it. [Read more.](#) (Source: FTC)

LOCAL HAPPENINGS (ADRC events highlighted)

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

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 3-4 – COVID-19, Mental Health and the Need for Equity

The last few months have changed everything - and the world is looking at "a new normal." The Mental Health America Annual Conference – now virtual – will discuss it all. From increases in depression and anxiety rates, to adjusting workplaces and workplace mental health, to addressing disproportionate inequities due to systemic barriers and historical adversity - MHA is talking about it. Free event. [More information and registration online.](#)

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 8 – Debunking the Myths of Supported Decision Making and Guardianship

People with I/DD are at an increased risk of being placed under guardianship, and guardianship is frequently still the only option presented and utilized by families and supporters of people with I/DD. Guardianship can be an obstacle to the developing self-determination skills, and result in diminished

quality-of-life outcomes. [This ARC webinar](#) will describe guardianship and less restrictive decision-making alternatives, as well as help debunk some of the myths that persist about guardianship and supported decision-making. [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 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

This conference will provide education, networking and support to agencies and anyone interested in learning more about how housing and employment are crucial social determinants of health. A two-day virtual event, robust with resources, workshops, and presenters. Registration fee: \$125. [Scholarships available](#). [Register online](#).

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 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 be a virtual event. [View the schedule/topics and register online](#). For questions contact Olivia at 253-625-3104.

Sept 18 – 8th Annual VA Mental Health Summit

Virtual location. VA, DoD and Community Providers in Puget Sound share information on topics related to Veterans and transitioning service members. Information contact: Carl.Duman@va.gov. Held online from 8:30 a.m. to 4:30 p.m. [View details and registration](#).

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

Falls are not a normal part of aging. But they do happen for a reason and most can be prevented. The Pierce County Aging and Disability Resource Center hosts an online presentation about the most common causes of falls among older adults. Learn about those hidden hazards around the house and in your neighborhood and how to avoid falls, be safe, be healthy and enjoy home and community. No RSVP needed. Free online event (with telephone option) held twice. [View event flyer.](#)

10 a.m. – Join online: <https://piercecountywa.zoom.us/j/98690465036>

Join by phone: 253 215 8782 or 888 788 0099. Webinar ID: 948 7683 2066

7 p.m. – Join online: <https://piercecountywa.zoom.us/j/97825656633>

Join by phone: 253 215 8782 or 888 788 0099 Webinar ID: 948 7683 2066

For more information call the ADRC at 253-798-4600.

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 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

This year’s Walk is everywhere! Join us for an Online Opening Ceremony at 12 noon, then take to your local neighborhood or trail to raise awareness & funds for Alzheimer's care, support, and research. Visit the [WALK WEBSITE](#) to register for free and stay-up to date on all things Walk. 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

Are you interested in making your community more respectful, understanding and inclusive of people with dementia and their families? This is Washington's first statewide conference on building dementia-friendly communities. A 2-day virtual event, 9 a.m. - 12 p.m. The conference is for anyone who wants to take action to make their community more dementia-friendly, including people with dementia, caregivers, aging and senior services providers and more. [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 8 – Reverse Mortgages: Things Have Changed

Once completely unregulated, today’s program has significant protections for both borrowers (and their survivors) and lenders. Learn how Reverse Mortgages work, the advantages and disadvantages, and how consumers can avoid the most common pitfalls. These are impartial, information-only presentations provided online and by phone. [Join the event online](#) at 7 p.m. or by phone at 253-215-8782 or 888-788-0099. Webinar ID: 943 4045 8572. Free event. No RSVP necessary. For more information call 253-798-4600. [View event flyer](#).

Oct 10 – Reverse Mortgages: Things Have Changed

(See Oct 8 for event details) [Join the event online](#) at 10 a.m. or by phone at 253-215-8782 or 888-788-0099. Webinar ID: 912 1440 6665. Free event. No RSVP necessary. [View event flyer](#). For more information call 253-798-4600.

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 – Medicare 2021

Medicare is constantly changing. One of the most confusing changes is the fundamental option that beneficiaries have – whether to receive health care through “Original Medicare” or to choose the “Medicare Advantage” option. How do you know which is best? Whether you are new to Medicare or are a long-time beneficiary, prepare for the 2021 Annual Open Enrollment period October 15 – December 7. Learn about Medicare changes and your options for the coming year. It pays to know. [Join the event online](#) or by phone 253-215-8782 or 888-788-0099. Webinar ID: 994 4010 2152. Free event. No RSVP necessary. For more information call 253-798-4600. [View event flyer](#).

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 be a virtual event. [View the schedule/topics and register online](#). For questions contact Olivia at 253-625-3104.

Oct 17 – Medicare 2021

(See Oct 15 for details) [Join the event online](#) or by phone 253-215-8782 or 888-788-0099. Webinar ID: 957 8203 5606. Free; no RSVP necessary. For more information call 253-798-4600. [View event flyer](#).

Oct 17 – NAMI Washington State Conference

The Conference will be gathering from a safe distance and coming together online. [Registration will open Tuesday, September 8th](#). Check back then for more information! [Click here](#) for information about the keynote speakers! Get a look at the [agenda and run of the day](#).

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.

Oct 26-28 – LeadingAge Washington’s 69th Annual Conference & EXPO

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

Nov 4 – Social Security Retirement 2021

The ADRC sponsors this annual presentation about Social Security retirement benefits. Learn how to maximize your benefits as well as the consequences of claiming benefits early. This presentation is particularly helpful for individuals planning on retiring in the next 5 years. Presented by Social Security Public Affairs Specialist Kirk Larson. Held online at 4:00 p.m. More information coming.

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 be a virtual event. [View the schedule/topics and register online](#). For questions contact Olivia at 253-625-3104.

ADRC Q&A

Question: I am caring for my mom in Iowa. I’m not comfortable with air travel these days so I feel kind of useless being here in Tacoma. What can I do to help?

Answer: First of all, thank you for caring for your mother. It can be a challenging job made even more difficult by distance. With all the COVID-19 news this can be a very stressful time for her. Regular phone calls, keeping up on her condition (including her medications), talking with her friends and neighbors, and learning as much as you can about any chronic conditions will help. Be sure to help her avoid scams, especially these days. People like her are prime targets. Familiarize yourself with [BenefitsCheckUp.org](#). This is a great free tool provided by the National Council on Aging. With a few

simple – and anonymous – questions you will learn about a huge number of national, state, county and community programs, services and resources that may be of assistance. And it gives you all the local phone numbers for you to contact where she lives. You can call our [ADRC here in Pierce County](#) (253-798-4600) and we can offer some help but we focus just on Washington and availability and eligibility for many programs vary from state to state. Thanks for asking.

NATIONAL NEWS

One Last Call for the Census

The Census Bureau is ending all counting efforts for the 2020 census on Sept. 30, one month early! That includes critical [door-knocking efforts and collecting responses online, over the phone and by mail](#). 76.5% of housing units have been accounted for in the 2020 Census. Historically, the hardest-to-reach households and undercounted populations included minorities, undocumented immigrants, rural residents and low-income households. Respond now at www.2020Census.gov. (Source: US Census)

Get Ready for Medicare Open Enrollment

Annual Open Enrollment for Medicare runs from October 15 to December 7 every year. Advocates and people helping seniors can update their knowledge at the [Medicare Learning Network](#). MLN has free online publications, media, recorded webcasts, trainings and more. (Source: CMS)

Financial Threats of COVID-19 Worse for Older Adults Living Alone

Nearly 3 million older adults living alone could be pushed into poverty or face greater health risks from the pandemic. Our new issue brief, published with the LeadingAge LTSS Center @Umass Boston, is one of a 3-part series using historical data to evaluate possible effects of today's economic and public health crisis. [Read the NCOA statement](#) | [Read the full issue brief](#) (Source: NCOA)

Grandparents at Higher COVID-19 Risk as Schools Open

Grandparents living with or caring for grandchildren can face [increased health risks as schools open for the fall during a still active COVID-19 pandemic](#), experts said. People need to stay vigilant about social distancing, hand hygiene, and wearing the mask because we're not out of the woods with this illness by any stretch, and we know that the older people in our community will be impacted far worse than the younger people. (Source: AP)

National Training Program to Strengthen Nursing Home Infection Control Practices

CMS is implementing a national nursing home training program for frontline nursing home staff and nursing home management. The training equips both frontline caregivers and their management with the knowledge they need to stop the spread of coronavirus disease 2019 (COVID-19) in their nursing homes. Trainings are available on the [CMS Quality, Safety & Education Portal](#). (Source: CMS)

Scam Alert: Things A COVID Contact Tracer Wouldn't Say

State officials and federal agencies warn there's a [new phone scam circulating](#): Some callers posing as COVID-19 contact tracers try to pry credit card or bank account information from unsuspecting victims. The grifters apparently are taking advantage of a genuine public health intervention that's crucial to stopping the spread of the novel coronavirus: contact tracing. (Source: NPR)

Family Caregiver Videos Available Online

