

## ADRC E-Newsletter October, 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**

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

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

Oct 1 – “Voting” with Pierce County Auditor Julie Anderson and  
“Flu Shots During COVID” with Kate Cranfield, TPCHD

#### **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.

Oct 21 – Mirror Lake Village Senior Living Community, 840 SW 312<sup>th</sup> St., Federal Way

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 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 Election Dates**

Oct 16 – Ballots are mailed and [Accessible Voting Units](#) are available at voting centers.

Oct 26 – [Online and mail registrations](#) must be received 8 days before Election Day

Nov 3 – [Deadline](#) for Washington state voter registration or updates (in person only)

Nov 3 – [General Election](#)

### **Essential Express Serves Pierce County**

[Free transportation](#) for Pierce County residents unable to access transportation due to COVID-19. Rides are offered from 7 a.m. to 7 p.m. and must be to essential destinations, e.g., medical, grocery, employment. Masks required. [Schedule rides at least 2-days in advance online](#) or call 2-1-1. Essential Express transportation program is funded with CARES Act dollars.

### **Coalition Weighs in on State Budget Cuts**

The Department of Health and Human Services released a new budget cut scenario that drastically reduces critical long-term care services that provide assistance with daily activities like eating, bathing, and taking medications. [The Long-Term Care Coalition](#), a broad and diverse coalition of long-term care advocates, has been monitoring projected budget cuts and working together with a unified voice to object to this rollback in essential support. In addition to the immediate health crisis, we are still in the midst of a rapidly growing aging population.

### **Free Drive-Thru Flu Vaccine**

Protect the whole family. Everyone 6 months or older can get vaccinated without leaving the car. Wear masks and short sleeves. Children under 3 wear shorts. Flu vaccine is free for children 18 and younger and uninsured adults. Insured adults—bring your insurance card, and we will bill your insurance. Sponsored by TPCHD and MultiCare. [View event times or locations](#). Check [tpchd.org/flu](http://tpchd.org/flu) for updates.

### **Free Home Delivered Meals**

The ADRC is able to provide home delivered meals at no charge to single individuals or married couples over 60 or younger individuals living with a disability. The meals are nutritionally balanced and can be tailored to fit heart-healthy, carb-friendly, or vegetarian diets. To receive meals call the ADRC at 253-798-4600. Our ADRC intake team will ask some basic demographic questions to ensure proper delivery. The intake team will also ask questions to complete a brief nutritional questionnaire to verify dietary needs and any food allergies. There are no financial or functional eligibility requirements.

### **Notes About the Flu**

- [High dose](#) and [adjuvanted](#) flu vaccines are designed for people 65 years and older. Primary care clinics may not have them yet because of how vaccine manufacturers prioritize shipping. They often send the first shipments to those with the largest orders. This is why large chain pharmacies usually get them first. The TPCHD suggests calling a large pharmacy in your area to see if they have the vaccine you're looking for.
- This year's flu season may be complicated by COVID-19 – a “twindemic.” Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. There is currently no vaccine for COVID-19, but you can safely get a flu shot. The best way to prevent seasonal flu is to [get vaccinated every year](#). Everyone six months of age and older should get a flu vaccine every season, especially people at [high risk](#). Now is the time to get a flu shot.

### **Wildfire Disaster Recovery**

The Pierce County Emergency Operations Center was activated in response to the 2020 Wildfires in our region. The Disaster Recovery Team is interested in input from the community regarding unmet needs and physical damages to residential structures from the wildfires. [Submit reports online](#). For details contact [Ivan Tudela](#) at 253-798-2203.

### **Long Term Care Services Scorecard**

The new [Long-Term Services and Supports State Scorecard](#) from the AARP Foundation reveals stark differences across states in access to services that allow older adults and people with disabilities to live at home, including caregiver supports, affordable housing, and adult day programs. Find out how Washington state compares.

### **Pathways to Respite**

Are you in need of a break, but the idea of taking some time to yourself feels like just another thing to do? [Pathways to Respite](#) offers ideas and resources for restoring your energy in whatever way works for you right now. This free publication includes descriptions of paid services, free and low cost resources, checklist for new providers, tips for bringing a new caregiver into your home, identifying barriers and brainstorming solutions. [Pathways to Respite](#) is for those who support a child or adult with disabilities, traumatic brain injury, and older adults living at home. Developed by Informing Families, the WA State DDA, AL TSA, and PAVE, which administers Lifespan Respite WA.

### **Utility Disconnections/Late Fees Temporarily Suspended**

While energy, telephone, and water utilities are currently banned from disconnecting service or charging late fees through Oct. 15, customers are still responsible for their unpaid balances. Once the temporary pause is lifted, you will have to pay any amount that you owe or you could face disconnection or additional charges. If you will not be able to pay, contact your utility or call the 1-888-333-WUTC (9882) or visit our [COVID-19 utility help page](#).

### **L'Arche Activities Online**

L'Arche supports people with and without disabilities through fun, inclusive activities. We have multiple one-hour activities each week that help us stay active and most importantly stay connected to others – games, crafting, yoga, dance, karaoke, cooking and more. [Visit online](#) or contact [welcomecenter@larchetahomahope.org](mailto:welcomecenter@larchetahomahope.org).

### **AARP Speaker's Series – Misinformation: Sorting Fact from Fiction**

To help Washingtonians better sort fact from fiction, AARP, the Center for an Informed Public at the University of Washington and BECU are offering a series of free online events on how to spot misinformation and scams, where to go for the facts behind the claims, and what you can do to better navigate today's information overload. You must [pre-register for each presentation](#).

- Saturday, Oct 3 from 11 am to 12:30 pm; "Inside the Mind of The Original Internet Godfather." A former Dark Web mastermind details how scammers convince you to hand over your money.
- Wednesday, Oct 14 from 6 to 7 pm; "The Future of Lying: The new rules of deception and trust."
- Saturday, Oct 24 from 11 am to Noon; "The Truth is Out There: Fact checking tips & resources."

### **DDA Restarts Client In-Home Visits**

Client in-home visits for reviews and assessments had been suspended for several months during the governor's Proclamation 20-62. The proclamation suspended the legal requirement to meet in-person,

in-home. The proclamation expired on August 7, 2020 and was not extended. Client in-home visits are restarting. [Learn what to expect.](#)

### **New Alzheimer's Coaching Program for Nursing Homes**

The [Care Community Coaching program](#) is a strengths-based consultative coaching program for nursing homes in Washington State in order to promote the adoption and implementation of the Alzheimer's Association's evidence-based Dementia Care Practice Recommendations. AlzWA will be hosting monthly 30-minute webinars about the Dementia Care Practice Recommendations.

### **Special Education Legal Clinic**

Northwest Justice Project is introducing a free special education legal clinic to provide advice about your child's rights to an education. Attorneys will meet by phone to discuss individual IEPs or 504 plans including qualifying for services, access to needed services, discipline issues, failure to provide interpreters or translators and discrimination. Held Tuesdays (noon to 1:30 p.m.) and Thursdays (7 to 8:30 p.m.) Schedule an appointment at 206-707-7292 or use [NJP's online intake form.](#)

### **FREE 253 Program for Renters and Landlords**

FREE 253 is a collaborative approach to assisting renters and landlords as the end of the moratorium on evictions approaches. Through this effort, both renters and landlords can contact Tacomaprobono to facilitate creating a payment plan, using mediation if needed, and addressing any other concerns related to their housing and safety. This program is FREE and serves residents of Pierce County. Contact Tacomaprobono directly at [hjp@tacomaprobono.org](mailto:hjp@tacomaprobono.org) or 1-888-822-5134. [More information online.](#)

### **Virtual Educational Events by CayCare**

CayCare offers to ongoing workshops online since in-person gatherings are not possible. The [Pre-Planner's Workshop](#) is a specially designed workshop for people planning ahead their own or a loved one's long term care needs. The [Compassion Fatigue Workshop](#) explores the effects of giving care that can lead to exhaustion and burn-out. Visit online for upcoming course schedules.

### **AlzWA Offers "Covid and Caregiving" Webinar Series**

The local Alzheimer's Chapter is offering a weekly series called "[Covid and Caregiving.](#)" In this series experts present for about 40-45 minutes and then take questions. Experts in October include a sexuality expert, an expert in addiction, a sleep expert and an expert in music therapy. [Register online](#) or call 800-272-3900. Also, [view the October workshops.](#)

### **Brain Injury Support Groups: Virtual Education and Social Support**

Virtual support groups are focused on developing long-term knowledge and generic problem-solving skills to aid those that have sustained a brain injury in overcoming obstacles that may interfere with a fulfilling life. People from all walks of life that have been impacted by a brain injury are welcome. Locations and times are at [www.heypeers.com/meetings](http://www.heypeers.com/meetings). Questions? E-mail [tbihelp@outlook.com](mailto:tbihelp@outlook.com).

### **Parks Departments Open Companionship Program**

"Meet Me in the Park" is going strong and adding new dates regularly. Check out the program website at [Meet Me in the Park](#) for a list of available dates, times, and locations for this great partnership program between Pierce County Parks and Metro Parks Tacoma. Registered participants meet in a small, safe, and COVID-friendly groups (everyone must wear a mask and have their temperature

checked before participating) for an hour to explore the park, play games, craft, and socialize. This program is designed for ages 5 and up and is just \$10/person/session. It's supported by DDA funding, meaning respite money may be used.

### **Parkinson's Disease School Online**

PD School is a resource for patients and their families. Clinic visits are too few and far between and patients have questions that are going unanswered. Take advantage of a special promotion for these 24 classes through NW Parkinson's Foundation. Enter the coupon code NWPF-HOPE for a \$30 discount.

### **Seattle Theater Group & Dance for PD Present Online Classes**

[Digital Education Programs](#) is Seattle Theater Group's online classes website. It offers a series of livestreamed and recorded video sessions as a positive way to engage in the arts in response to COVID-19. Classes are only for the use of the NW Parkinson's community and not for general public use.

### **Tai Ji Quan Instructor Training Available**

Become a community instructor for the evidenced based Fall Prevention program Tai Ji Quan Moving for Better Balance (TJQMBB). The [schedule for the Zoom instructor trainings is available online](#). DOH scholarships are available. In addition, TJQMBB community-based classes are approved for virtual delivery, so once instructors have completed the training they are approved to start teaching community classes virtually.

### **Join a Book Club – See the Northwest**

The WTBBL Book Club will discuss *The Winemaker's Daughter* by Timothy Egan (in audio book as DBC 7080 and in braille as BRC 653). Pulitzer Prize-winning journalist Egan's novel is "a story of wine, love, fire and betrayal set in the inland Northwest." Meeting is December 16 from 2 to 3 p.m. Participate by phone at (800) 920-7487, participant code 39258344#. Request a copy of the book or RSVP at (800) 542-0866 or [wtbbl@sos.wa.gov](mailto:wtbbl@sos.wa.gov).

### **Community Checkup**

The Washington Health Alliance has released its annual Community Checkup [report](#) with results on more than 100 performance measures. This report includes a comparison of Washington state performance to HEDIS national benchmarks and state averages, a look at statewide adolescent well-care visits for the Medicaid-insured and providers, a ranking of medical group performance and a special feature to assist purchasers in using the Community Checkup for health care decision-making.

### **Sign Language Video for Apple Health Clients**

Through partnership with the Office of Deaf and Hard of Hearing, the Health Care Authority produced a video using sign language and closed captioning to explain program changes made over the last year. This video provides an overview of services available to individuals who use sign language, client rights, and how to file a grievance. [To watch the video and for more information visit online](#).

### **Dementia Friends**

Learn how to help others by becoming a Dementia Friend on a free, one-hour, online session. Learn about dementia and communication techniques. All ages welcome. [Advance registration required](#). October dates are the 3rd @ 10am, 6th @ noon, 15th @ 7 pm, 23rd @ noon and 29th @ 3 pm. Other dates/times can be arranged. Create a Dementia Friendly Pierce County.

### **Opening Minds through Art**

Lutheran Community Services Northwest (LCSNW) has become a certified provider, and the only nation-wide virtual presenter of Opening Minds through Art (OMA). Classes will be offered virtually to people living with dementia starting in November. [Get more information on OMA, and LCSNW Dementia Services](#) or 253-272-8433. You can also learn more at [dementiafriendlypc.org](http://dementiafriendlypc.org).

### **Help Wanted: Fair Housing Tester**

Testing refers to the use of individuals who, without intent to rent or purchase a home, apartment, or other dwelling, pose as prospective renters or purchasers to gather information that may indicate whether a housing provider is complying with fair housing laws. If you are interested in becoming a tester, you must complete a [tester application](#) that includes a Washington State Patrol criminal history form. To view the full description and apply online [click here](#).

### **Pierce Transit Schedule Changes**

Pierce Transit has made changes to its bus service. The update will increase weekday service, while weekend schedules will see a decrease in service. [Keep up-to-date on schedule changes here](#).

### **Person Centered Planning**

This [new 6-minute video](#) explains the seven basic elements of Person Centered Planning. The PCP concept and actions can really help make a difference and provide simple steps forward in all types of actions, plans, needs and accomplishments.

### **Lost to Alzheimer's**

- Tom Seaver, NY Mets pitcher and MLB Hall of Fame (Aug 31, 2020)
- Bill Gates, Sr., lawyer and philanthropist (Sept 14, 2020)
- Gale Sayers, Chicago Bears running back (Sept 23, 2020)

### **SCAMS OF THE MONTH**

#### **Social Security Informing You About Recent Scams**

The most effective way to defeat scammers is to [know how to identify scams](#). You should just hang up on any call you're uncertain of and ignore suspicious emails. Scammers are always finding new ways to steal your money and personal information by exploiting your fears. Scammers pose as federal agents and other law enforcement. They may claim your Social Security number is linked to a crime. They may even threaten to arrest you if you do not cooperate. Just hang up. (Source: SSA)

#### **Are you eligible for debt forgiveness from Online Training Academy?**

Online Training Academy (OTA) peddled a "patented" training program promising to help people earn big money by paying big money to OTA for trainings costing as much as \$50,000. OTA often encouraged people to go into debt to pay for the trainings. OTA was heavily marketed in the Puget Sound area. The FTC has reached a settlement that could mean big bucks in debt forgiveness for some people who owe consumer debts to OTA. [Read more](#). (Source: FTC)

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

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

### **Oct 3 – Inclusive Education Conference**

Are you interested in learning more about inclusive schools? Do you want ideas for designing lessons with a UDL [Universal Design for Learning] lens? Do you want to explore how to create or support classrooms that are engaging, responsive, and welcoming to all? The activities, examples, and illustrations in this session are designed to help participants refine their vision and their skills when it comes to inclusion. Learn what inclusion should look like today and share relevant research, classroom examples, and illustrations of powerful practices. [Information and Registration](#)

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

[Event Calendar](#). 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 #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**

[Event Calendar](#). 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**

[Event Calendar](#). [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**

[Event Calendar](#) 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 13 – A Primer on ABLE Accounts**

The ABLE Act offers the opportunity for individuals living with disabilities to save without affecting means tested benefits. The ABLE Act builds on the Americans with Disabilities Act, recognizing the extra, significant costs that come with living with a disability. [This free training](#) will cover how ABLE accounts empower people to save and invest their funds in a tax-advantaged savings vehicle to cover a wide range of qualified disability expenses, providing for a better future and enhanced quality of life. Held online at 11 a.m. (Source: NCLER)

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

### **Oct 15 – Shake Out**

Have you forgotten? Earthquakes still happen. Participate in [ShakeOut](#) at 10:15 a.m.

### **Oct 15 – Medicare 2021**

[Event Calendar](#). 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**

[Event Calendar](#). [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 now open](#). Register today to get your free ticket. [Click here](#) for information about the keynote speakers! Look at the [agenda and run of the day](#).

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

[Event Calendar](#). 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 presented by Anna-Gene O’Neal, Brookdale Health Services. To register contact [Jenny Austin](#) at Brookdale Allenmore at 253-759-7770.

### **Oct 22 – Senior Lobby Virtual Fall Conference**

The [Fall Conference](#) will be held online, 9 a.m. to 4:00 p.m. Intended for legislators, policy makers, civic Leaders, state, county and city employees, activists, and providers of services for senior citizens. The focus of the conference will be Long Term Care, Senior Demographics, WA State Budget, Impact of COVID-19, Health Care and Aging Long-Term Support Administration.

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

The 2020 Sea Mar Latino Health Forum is moving to an online/virtual format. This year’s LHF theme is: “The Power of One Becomes the Voice of Many: Reimagining and Transforming Latino Health.” Keynote by Edwin Lindo, “Latino Health Outcomes at the Intersection of Race, Racism and Health Care Delivery.” Breakout sessions on day 2. [View the agenda](#). \$75 regular; \$10 student. [Register online](#).

### **Oct 24 – National Rebuilding Day**

Rebuilding Together South Sound has rescheduled National Rebuilding Day for Saturday October 24<sup>th</sup>. Small teams of construction volunteers will complete critical repairs while we wait for allowable group gathering sizes to increase. While many of our processes have been adjusted, we are still accepting applications for home repairs, especially for City of Tacoma and Lakewood homeowners. Learn more at [www.rebuildingtogether.org/apply-for-services](http://www.rebuildingtogether.org/apply-for-services).

### **Oct 27-29 – LeadingAge Washington’s Annual Conference & EXPO**

[Virtual conference](#) focusing on transforming the continuum of care to better meet consumer needs, demands and expectations; developing and retaining a skilled workforce; best practices in resident care models (including, but not limited to, culture change); quality improvement and accountability; and new technologies for older adult service delivery. [Conference packet](#). [Registration is open](#).

### **Nov 2 – MAC & TSOA: Options for Help at Home**

[Event Calendar](#). A special educational opportunity for professionals. Supporting those living at home is more important than ever. Tailored Services for Older Adults (TSOA) provides an alternative to regular Medicaid services for people who need assistance to maintain independence. Medicaid Alternative Care (MAC) provides services to unpaid caregivers, designed to assist them in providing quality care to family members while also improving their own well-being. Presenter is Kelsie Mojean, Case Manager with the Pierce County ADRC. No RSVP required. Held 12 noon to 1 p.m. [Join online](#). Listen by phone at 253-215-8782 or 888-788-0099; ID: 955 6003 2938. [View event flyer](#).

### **Nov 4 – Social Security Retirement 2021**

[Event Calendar](#). ADRC-sponsored 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. [View event flyer](#).

### **Nov 7 – Alzheimer’s & Driving**

[Event Calendar](#). Driving is a skill that requires clear thinking, attention, anticipation and swift decision-making skills. Alzheimer’s often makes driving dangerous. At the same time, many drivers resist advice to set aside the keys and continue driving. Families often find themselves in a no-win situation as they try to persuade a loved one to stop driving. Learn about the effects of the disease on driving, what families can do, conversation techniques and safety tips. No RSVP required. Held 10-11 a.m. [Join online](#) or by phone at 253-215-8782 or 888-788-0099; Webinar ID: 939 8158 4550. [Event flyer](#).

### **Nov 10 - MAC & TSOA: Options for Help at Home**

[Event Calendar](#). A special educational opportunity for professionals. View event flyer. No RSVP required. Held 2-3 p.m. [Join online](#) or by phone at 253-215-8782 or 888-788-0099; ID: 961 2817 9093. [View event flyer](#).

### **Nov 10 – Alzheimer’s & Driving**

[Event Calendar](#). See Nov 7 for details. No RSVP required. Held 7-8 p.m. [Join online](#) or by phone at 253-215-8782 or 888-788-0099; Webinar ID: 936 1505 7524. [View event flyer](#).

### **Nov 12 – Brining Parents Home**

[Event Calendar](#). Many families find themselves making difficult decisions about their aging parents. Adult children consider moving their aging parents back home with them – because of finances, caregiving, emotional health or other reasons. There’s much to consider. Would other options be better? Is your family ready to set effective boundaries? Is a multigenerational setting going to work? Is your home equipped and are you able to provide the level of care required? Have you considered the financial implications? Is this something your parents really want? No RSVP required. Held 7-8 p.m. [Join online](#) or by phone at 253-215-8782 or 888-788-0099; Webinar ID: 944 3436 8523. [Event flyer](#).

### **Nov 14 – Bringing Parents Home**

[Event Calendar](#). See Nov 12 for details. No RSVP required. Held 10-11 a.m. [Join online](#) or by phone at 253-215-8782 or 888-788-0099; Webinar ID: 957 7494 1660. [View event flyer](#).

### **Nov 17 – Optimum Life: Alzheimer’s Disease: Research Trends and Updates**

The Brookdale Continuing Education series continues. Join Keith Fargo, PhD, Alzheimer’s Association Director of Scientific Program & Outreach. To register contact Jenny Austin at 253-759-7770.

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

Save the date. Held 6:30- 8:30 p.m. Updates and program info will be posted on the [event website](#).

### **Nov 17-18 – Partnership for Inclusive Disaster Strategies**

Disabilities Emergency Preparedness Conference. Save the dates.

### **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.

### **Dec 15 – Holistic Pain Management and the Role of Cannabis**

The Brookdale Continuing Education series continues. Presentation by David Gordon, MD, Integrative Medicine and Medical Cannabis Physician. To register contact Jenny Austin at 253-759-7770.

### **ADRC Q&A**

**Question:** What are these “evacuation levels” I keep hearing about?

**Answer:** Winter, Spring, Summer of Fall, there are three distinct evacuation alert levels:

- **LEVEL 1: BE ALERT.** Be aware. Danger exists in your area. Monitor local media for information. People with access or functional needs, such as health or mobility concerns, or those with animals, should begin making arrangements to evacuate.
- **LEVEL 2: BE READY.** There is significant danger to your area. People should voluntarily relocate to a place outside the affected area. If choosing to remain, be prepared to leave at a moment's notice. Monitor local media for more information. **THIS MAY BE THE ONLY EVACUATION NOTICE YOU RECEIVE!**
- **LEVEL 3: LEAVE IMMEDIATELY** Danger to your area is current or imminent. Leave immediately. Listen to local media and emergency personnel for further instructions regarding the evacuation.

Whether you are notified or not, it's always important to be ready. Not all emergencies come with advance warning. Always be prepared. Have a "go bag" at the ready.

## **NATIONAL NEWS**

### **Medicare Open Enrollment**

Fall Open Enrollment runs from Oct 15 through Dec 7. Make changes to your health insurance coverage, including adding, dropping, or changing your Medicare coverage. Even if you are happy with your current coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure your current coverage still meets your needs. (Source: CMS)

### **Why Black Aging Matters, Too**

Older Blacks are perishing quietly, out of sight, victims of the pandemic and a lifetime of racism and its attendant adverse health effects. They are perishing quietly, out of sight, in homes and apartment buildings, senior housing complexes, nursing homes and hospitals, [disproportionately poor, frail](#) and ill, after enduring a lifetime of racism and its attendant [adverse health effects](#). [Read more](#). (Source: KHN)

### **People of Color Fare Worse at Every Stage of the COVID-19 Pandemic**

People of color were more likely to test positive for COVID-19 and to require a higher level of care at the time of diagnosis compared to White patients, according to [a new analysis from Epic Health Research Network and KFF](#). (Source: KFF)

### **New Resource: Discharge Planning During the COVID-19 Pandemic**

HHS published [Discharge Planning and Care Coordination during the COVID-19 Pandemic](#), a resource developed in partnership with ACL and the Centers for Medicare & Medicaid Services. This tool is designed to support nurses, social workers, case managers, and others conducting discharge planning for adults with disabilities after COVID-19 treatment. (Source: ACL)

### **People with Disabilities Paid Far Less than Minimum Wage**

For 82 years, American labor law has had a carveout for some workers with disabilities: they can be paid less than minimum wage. A new report by the U.S. Commission on Civil Rights says the exemption has been abused – trapping workers in “exploitative and discriminatory” job programs – and should be phased out. [Read about it](#) or [listen to the story](#). (Source: NPR)

### **New Dental Treatment Helps Fill Cavities and Insurance Gaps for Seniors**

A [new treatment for tooth decay](#) is cheaper, quicker and less painful than getting a filling. Originally touted as a solution for kids, silver diamine fluoride is poised to become a game changer for treating cavities in older adults or those with disabilities that make oral care difficult. (Source: KHN)

### **New Treatment May Help Slow Progression Of ALS, Research Shows**

An [experimental medication may slow the progression of amyotrophic lateral sclerosis](#). The drug is not a cure, but it may help slow the inexorable disability caused by ALS, which rapidly destroys the nerve cells that control the muscles that allow us to move, speak, eat and even breathe. (Source: NPR)

### **Expanded VA Comprehensive Assistance for Family Caregivers**

VA's [Program of Comprehensive Assistance for Family Caregivers](#) is expanding to include: eligible WWII, Korean, and Vietnam Veterans, eligible Veterans with a service-connected disability rating of 70% or higher, and access to financial planning and legal services. Caregivers have access to other supportive resources, such as workshops, a Support Line, and Peer Support Mentoring. (Source: VA)

**Taking Care of You - New Resources for Residents and Family Caregivers**

Two new fact sheets from the National Consumer Voice for Quality Long-Term Care and the National Center on Elder Abuse – “[Taking Care of You: Tips for Residents of Long-Term Care Facilities](#)” and “[Taking Care of You: Tips for Family Caregivers](#)” – provide a reference to emotions you may experience, reminders for practicing self-care, and guidance for seeking assistance. The fact sheets provide self-care tips specifically for residents of long-term care facilities and family caregivers. (Source: The Consumer Voice)

**Transitioning to Online Learning Is Tough for Students with Disabilities**

Two students with special needs [share their excitement and fears](#) for what will be a very different year at school. For students with disabilities, adjusting to constant change is more complicated. (Source: NPR)

**Find the Care You Need — Check Out Care Compare**

CMS launched [Care Compare](#) on Medicare.gov to make it easier to find and understand information about doctors, hospitals, nursing homes, and other health care services. Now you can compare location, quality, and price information for health care providers. Watch the [eMedicare: Improving Compare Tools webinar recording](#), [Medicare Care Compare video](#) or see the latest [press release](#). (Source: CMS)

**Home Fall Prevention Guide**

Most common causes of falls occur where many seniors spend most of their time – in their own home. Six out of every 10 falls happen there, where older adults tend to move around without consciously thinking about their safety. But many falls could be avoided just [by making simple changes in their living areas](#). (Source: Philips Lifeline)

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

AIDS Awareness, Drunk & Drugged Driving Prevention, Impaired Driving Prevention, Safe Gifts and Food Service Safety Month; Clerc-Gallaudet (3-10), Hand washing Awareness (6-12), Older Driver Safety Awareness (7-11), Human Rights (10-17), Gluten-free Baking (13-19) and Kwanzaa (26-1/1) Weeks; Giving Tuesday (1), Special Education (2), Persons with Disabilities (3), UNICEF (11), Universal Health Coverage (12), Migrants (18), Homeless Person’s Remembrance (21), Thank You Note (26), YMCA (29) and World Healing (31)s 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).