

ADRC E-Newsletter November, 2020



The ADRC E-Newsletter may also be viewed as a PDF at 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.)

[Meets online.](#)

Nov 5 – “Unite Washington Web Platform” with Gracious Gamiao, MHP

Health Care Providers Council of Pierce County – ONLINE

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

Meets online.

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. – Meetings suspended - TBA

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.

Nov 18 – Chateau Valley Center, 4450 Davis Ave S., Renton.

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 - ONLINE

Third Thursday at 1:00 p.m.

[Meets Online](#) (Meeting ID: 688 732 9812; Passcode: 8yFSWV)

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

Ballot Drop Boxes

Make your vote count. It may be too late to vote by mail. There are [46 ballot drop boxes in Pierce County](#). 95% of voters live within 2 miles of a drop box. All drop boxes close at 8 p.m. on Tuesday, November 3.

Accessible Voting in Pierce County

With sidewalk improvements complete, the Pierce County Election Center (2501 S. 35th Street) completely accessible. Accessible Voting Units (AVU) are available in the Election Center as well as the Pierce County Annex to ensure “no wrong door” and maximum convenience for voters living with disabilities. These devices have a variety of accessibility options including audio, large font, color contrast, touch screen input and tactile input to assist voters in marking a ballot. Shuttles will drop off riders at the Annex South Entrance. Riders will enter the front lobby and be greeted by security and employees. They will be escorted a very short distance (100 feet) to a private area to receive a full range of voter services. They will be able to wait safely in the lobby until their shuttle arrives for pick up. The AVUs are sanitized after every use. Pierce County has an [optional reservation system for AVU use](#) for November 2, or 3, to by-pass the crowds. In addition, Pierce County Elections recently acquired a Language Line Video Relay that provides on-demand translation. ASL is now available by video relay at the voting center. [View the Pierce County Elections website for more information.](#)

Reduced Cost Services Guide

The [Reduced Cost Services Guide](#) (DSHS 22-1841) from Washington State DSHS highlights a variety of products and services available in or near Washington state that are offered at reduced cost for people of all ages meeting certain income levels. The 35-page statewide guide includes everything from utilities and transportation to museums and gyms.

Inslee Extends Eviction Moratorium, Public Utilities Proclamations

Gov. Jay Inslee has extended the eviction moratorium and public utility proclamations as COVID-19 continues to impact the finances of Washingtonians statewide. Both proclamations were extended to December 31. View the [Moratorium on Evictions](#) (20-19.4). View the [Ratepayer Assistance Proclamation](#) (20-23.11).

State Grants for Behavioral Health Care Access

The WA State Department of Commerce awarded 22 projects a total of \$33.8 million in grants to support 395 new beds and outpatient services to assist people with a wide variety of behavioral health needs and offer local community placements for people leaving Eastern and Western State Hospitals. Grants in Pierce County were awarded to:

- Intensive Behavioral Health Facilities: Comprehensive Mental Health, Tacoma – \$1.96 million, 16 beds;
- Specialized Dementia Care Facilities: 6th Avenue Senior Living, LLC, Tacoma – \$612,500, 41 beds;
- Enhanced Services Facilities: Emerald City Enhanced Services, LLC, Lakewood – \$1.96 million, 16 beds.

Flu Season Begins

It's flu season. The Tacoma Pierce County Health Department is watching even more closely this year because flu season during the COVID-19 pandemic is a potentially dire combination. Follow the TPCHD blog for regular flu updates. And make sure you and your family get a flu shot—it's your best protection from the flu! Read more in this [Your Reliable Source blog post](#).

New Limits for LIHEAP

The Energy Assistance Program pays heating bills directly to utility companies and provides applicants with education on energy conservation and budgeting. Call the automated line at 253-798-4328 to schedule an appointment or [visit online](#). Sample family size limits: 1=\$1,595; 2=\$2,155; 4=\$3,275.

Medicinal Cannabis and Chronic Pain

Developed for health professionals, [this online training](#) presents current information and clinical practice guidelines on the use of medicinal cannabis for the treatment of chronic pain. The first module is a basic primer on the mechanism of action of medicinal cannabis, its medical uses, and WA State law. The second module focuses on the best clinical practices associated with the recommendation of medicinal cannabis. Earn up to 2 CME credits. Funded by the Office of the WA State Attorney General.

Support for People Experiencing Elevated Stress Due to COVID-19

Call 1-833-681-0211 to be connected to a live support specialist at WA Listens. Specialists listen and connect you to community resources in your area. The program is anonymous and no identifying information is maintained. For more resources and to find out more, go to www.walistsens.org.

Contact Tracing in Pierce County

Once the Tacoma Pierce County Health Department (TPCHD) receives a positive lab result, they call the individual. A performance metric is based on completion of the investigation within 24 hours. Over the next three days, case and contact investigators continue to make calls and send texts to cases who do not respond. If still no response, the TPCHD sends a letter. After completing the case investigation, the Health Department attempts to reach the case's close contacts within 48 hours. They follow the same contacting procedure for close contacts. Over 99% of cases receive a first contact within 24 hours with over 82% actually interviewed in that time.

Alzheimer's Town Halls

Congress and state legislatures have taken many steps toward ending Alzheimer's disease, but there is plenty more work that needs to be done. You can support the promise of care and support for people with Alzheimer's and other dementias by attending a public policy Town Hall. Pierce County is included in four different congressional districts.

6th Congressional District (Kilmer) – Tuesday, November 17; 3:30 - 4:30 p.m. | [Register online](#).

8th Congressional District (Schrier) – Thursday, November 19; 1 - 2 p.m. | [Register online](#).

9th Congressional District (Smith) – Friday, November 20; 11 a.m. - 12 p.m. | [Register online](#).

10th Congressional District (Heck) – Friday, November 20; 1 - 2 p.m. | [Register online](#).

Help Families Plan for the Future

Mapping a secure and independent future for loved ones with disabilities is both necessary and possible. For many families of people with intellectual and developmental disabilities (IDD), this need is even more pressing. Join the ARC of Washington in November for a [three-part online training series](#) on future planning. This training series is designed for professionals who support families to future plan and is not open to family members at this time. Cost is \$200. [Register online](#).

NAMI Offers Family Support Groups

NAMI Pierce County is adding a third Family Support Group for families, friends and caregivers of individuals with mental illness. Participants can speak openly about their challenges and support one another through learned wisdom and experience. Groups are led by trained facilitators with lived

experience as a family member. Register for one of the new monthly times: [Second Wednesday](#) at 6 p.m.; [Fourth Wednesday](#) at 6:00 p.m.; [Fourth Saturday](#) at 11:00 a.m.

Meet Me in the Park Partnership Increases Programming

Meet Me in the Park is a unique program that provides vital small group social and recreational connections for community members of all abilities who have experienced heightened isolation as a result of the pandemic. Fall activities include a bowling league, in-person or virtual art classes, virtual parties, and an online pet parade. The updated sports program will offer basketball, track and field, and yoga. Pre-registration is required. Sessions are limited to ten registered participants. Any person, with or without a disability, may register. Friends, siblings, family, and others are welcome to register and participate as well. For more info or to pre-register online visit [Meet Me in the Park website](#).

Help NAMI Honor Mental Health Champions

Many people throughout the State of Washington labor long hours, in a variety of ways, with little recognition to help individuals with mental health challenges. Please be detailed in why you think your nominee should be honored with a state-wide award! The NAMI Washington Award Ceremony will be held virtually in December 2020. [NAMI Washington Award 2020 Nomination form](#).

Introducing NWLGBT Senior Care Providers

A perceived lack of resources and understanding among Senior Care Providers can be very frustrating for LGBT seniors, in many cases forcing them to conceal who they are, often leading to a decrease in their quality of life. This Network is an informal coalition of Senior Care Providers working together to provide advocacy and quality of care for the LGBT seniors of Washington State, based on collaboration between community organizations and businesses. [Learn more online](#).

Introducing the APDA Virtual Event Calendar

Looking for something to do at home? Now you can easily [view nationwide APDA events and programs](#) in an easy to view format. You can filter by month and type of activity, with easy links to register. This is just one more tool to help people with Parkinson's stay connected and educated.

Pierce Transit's New App

Pierce Transit has selected [Transit](#) as its official mobile app for trip planning and crowd-sourced bus occupancy levels. PT riders see nearby options and departure times in big text and bright colors and users can easily navigate Pierce County and the entire Puget Sound region, aided by accurate real-time bus ETAs, trip planning, step-by-step navigation and crowdsourced real-time information with *Transit's* GO feature.

TBI Explained

“[What is TBI](#)” (3:30) examines the basics of Traumatic Behavior including the many differences that people may experience. Viewers also learn what people with TBI, their families and friends can do in practical ways. Video produced by the Washington State TBI Strategic Partnership Advisory Council.

COVID Relief Grant Now Open for Nonprofits

The Washington State Department of Commerce is partnering with Philanthropy Northwest to provide \$2 million of relief funding from the federal Coronavirus Aid, Relief and Economic Security (CARES) Act with a focus on community-based nonprofits and Tribal organizations most impacted by COVID-

19. Grant applications from eligible 501c3 organizations are due by Nov. 6, 2020. [Find all information and application materials online.](#)

AG report: Washingtonians Affected by Data Breaches Nearly Doubled in 2020

Attorney General Bob Ferguson's [fifth annual Data Breach Report](#) showed that the number of Washingtonians affected by breaches nearly doubled in the last year and ransomware attacks tripled. The total number of Washingtonians affected by a data breach increased significantly, from 351,000 in 2019 to 651,000 in 2020. Overall, there were fewer breaches reported to the Attorney General's Office in 2020, decreasing from 60 reported breaches last year to 51 this year.

VA Launches New Electronic Health Record System

VA rolled out its new electronic health record system Oct. 24 at select medical facilities in the Pacific Northwest. This technology will help create a better health care and patient experience for Veterans. The EHR will be implemented at facilities across the country over a 10-year period. Veterans who receive care at facilities with the new EHR will also have access to a [new patient portal](#).

SCAMS OF THE MONTH

Deceptive WA State Health Plan Finder Website

Attorney General Bob Ferguson and his staff [secured a court order](#) against Health Insurance Team, Seattle-based insurance brokers, for imitating the state's official *Washington Healthplanfinder* website in a deceptive manner. [Wahealthplanfinder.org](#), the state's official website, is used by one in four Washingtonians to obtain health coverage. (Source: WA State AG)

Overpaid Your Utility Bill?

You get a robocall saying you paid too much on a utility bill. To make up for this mistake, they say, you'll get a cash refund and a discount on your future bills. All you have to do is press a number to get your money and discount. You say to yourself: "What luck!" You might think this strange surprise will help you save some much-needed money. Sorry but...not so fast. This is probably [just another utility scam](#) – or, at best, a marketing trick – to get your money. (Source: FTC)

Reporting Fraud Made Easier at FTC

When you [tell the FTC](#) about frauds, scams, and other kinds of bad business practices, you're helping the FTC and law enforcement partners spot and stop scams. To make it easier, the FTC just launched [ReportFraud.ftc.gov](#) – a new version of the FTC's consumer reporting website. By following a few short steps, your report is instantly available to more than 3,000 federal, state, and local law enforcers across the country. You'll get advice from ReportFraud.ftc.gov on what you can do next to recover and protect yourself against fraud. [Watch this "How To" video.](#) (Source: FTC)

LOCAL HAPPENINGS (ADRC events highlighted)

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 10 – Optimum Life: Dementia: The Lived Experience

Explore the experience of living with dementia firsthand and from the “true experts” in dementia care – someone diagnosed with the disease and his care partners. Held 4-5 p.m. online by reservation only. Call [Jenny Austin](#) at 253-759-7770 for Zoom info. Sponsored by Brookdale Allenmore AL.

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

Learn about advances in Alzheimer's research, new clinical trials aimed at halting the progression, addressing health disparities and recent discoveries related to reducing risk through healthy lifestyle behaviors. Held 4-5 p.m. online by reservation only. Call [Jenny Austin](#) at 253-759-7770 for Zoom info. Sponsored by Brookdale Allenmore AL.

Nov 17 – PC2 Disability Legislative Forum

The Pierce County Legislative Forum offers individuals with I/DD (intellectual and developmental disabilities) and their families and opportunity to share information and advocate for their needs by speaking directly with Pierce County Legislators. Held 6:30- 8:30 p.m. Information about the forum and registration is available on the [event website](#).

Nov 17-18 – Planning Today for a Safer Tomorrow: Disabilities in Emergency Preparedness

The WA State Inclusive Emergency Management Conference is a virtual event. No cost to participate. Nov 17 @ 8:30 a.m. to 4:30 p.m.; Nov 18 @ 8:30 a.m. to 12 noon. [Register online](#).

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 3 – Conversations: When Families Get Together

[Event Calendar](#). Many families will be gathering (in-person or online) during the holidays. It's often when adult children start noticing something may be wrong with their aging relatives. Those family conversations can be extremely important. Learn what to watch for, what to talk about and how to address critical issues. Understand how to sensitively bring up concerns, how to address them, what resources are available and how to make the most of your time together. No RSVP required. Held 10-11 a.m. [Join online](#) or by phone at 253-215-8782 or 888-788-0099; Webinar ID: 958 6915 7440. [View event flyer](#).

Dec 5 – Conversations: When Families Get Together

[Event Calendar](#). (See Dec 3 for event details.) No RSVP required. Held 10-11 a.m. [Join online](#) or by phone at 253-215-8782 or 888-788-0099; Webinar ID: 947 9696 9007. [View event flyer](#).

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 [Melissa Martin](#) 253-752-6870.

ADRC Q&A

Question: Are there any ways to save on my Medicare expenses?

Answer: Yes. There are several programs designed to help lower-income individuals. [Medicare Savings Programs](#) can provide assistance with paying your Medicare Part B and D Premiums. You could qualify to get some or all of your Medicare Part B premiums covered. If your income is not low enough to qualify for one of these Medicare Savings programs, you may still be able to qualify for the chance to [reduce Medicare Part D premiums via the low-income subsidy program](#). This program helps to pay for your Part D premiums, deductibles, coverage, copays and coinsurance. When you are

awarded the low-income subsidy, you will find that your copays on your medications are greatly reduced. Depending on your subsidy qualification level, you may also pay little to no premiums for your chosen Part D plan. Your best help is to contact [SHIBA – Statewide Health Insurance Benefits Advisors](#). The local SHIBA office is at Sound Outreach at 253-212-3519 or KWA at 253-536-3020. Don't wait. Leading up to December 7 SHIBA will be swamped.

NATIONAL NEWS

9-8-8

Legislation is now complete making 9-8-8 the national number for mental health emergencies. The Federal Communications Commission aims to have it up and running by July, 2022. The existing [National Suicide Prevention Lifeline](#) is a 10-digit number — 1-800-273-TALK — and it has seen a rise in call volume in recent years. But the number isn't easy to remember or dial in a crisis. (Source: FCC)

My COVID Risk

The Warren Alpert Medical School Brown University has released [MyCOVIDRisk App](#). The free app is a COVID-19 risk score calculator aimed at helping individuals understand their risk of COVID-19 infection based on the activities and choices they make. Individuals can assess their risk based on location, activity, duration, and more. (Source: Alpert Medical School)

Scientists Warn Americans Are Expecting Too Much from a Vaccine

The White House and many Americans have pinned their hopes for defeating the COVID-19 pandemic on a vaccine being developed at “warp speed.” But some scientific experts warn they're all expecting too much, too soon. ([KHN](#), [NBC News](#))

Elderly People Are Dying from Isolation

The effort to shield elderly, frail and disabled residents from the coronavirus has created another wrenching health crisis: The confinement meant to protect the most vulnerable is also threatening their lives. [Read more](#). (Source: NBC News)

Travel Safety this Holiday Season

The holiday season is historically the busiest travel period in the United States. Between Thanksgiving and Christmas, [millions of Americans](#) routinely board planes, hop on trains or hit the road to see family. But what will the season look like in a pandemic year? Tell us your plans, and “[By The Way](#)” will give you tips and expert advice to keep you as safe as possible. (Source: WA Post)

Celebrating Holidays Safely

The CDC is [offering information to consider](#), along with state and local guidance, as you plan for Día de los Muertos, Thanksgiving, Hanukkah, Kwanzaa, Christmas, and New Year's. (Source: CDC)

Flu Resources from CMS

The Centers for Medicare and Medicaid Services (CMS) have launched a [campaign](#) to increase awareness about flu vaccinations for low-income Medicare recipients. [Educational resources](#) for consumers, providers, and advocates, include customizable postcards, brochures, posters, and toolkits. These resources are available at no cost electronically for download and are translated into [multiple languages](#) like [Arabic](#), [Armenian](#), [Cambodian](#), [Chinese \(simplified\)](#), [Creole-Cape Verdean](#), [Creole-](#)

[Haitian](#), [Farsi](#), [Hindi](#), [Korean](#), [Laotian](#), [Polish](#), [Portuguese](#), [Russian](#), [Somali](#), [Spanish](#), [Tagalog](#), and [Vietnamese](#). The advertisements are also available in large font [English](#) and [Spanish](#). (Source: CMS)

Everything You Need for Medicare Open Enrollment

The National Council on Aging has [compiled updated information](#) to use this fall about Medicare annual open enrollment period (Oct 15 – Dec 7) options. The site, intended for professionals working with/for Medicare beneficiaries, includes a guide to mailings and key events, Part D cost-sharing chart and “donut hole” illustration, client checklist, and more. (Source: NCOA)

Medicare Plan Finder Now Sorts by Total Cost

The [CMS has made more updates to the Medicare Plan Finder](#), including the addition of an interactive map, new filters, default settings that list plans by total cost instead of lowest premium, and links to preferred provider organization plan rules and limits. However, finding PPO plan limits is cumbersome, and information about drug coverage can be saved only with a mymedicare.gov account, which requires a Medicare number, limiting who can do it. (Source: Forbes)

Medicare by the Numbers

The Commonwealth Fund has created an informative [Medicare Data Hub](#). Through easy-to-understand graphs, charts, and text, the Hub provides a comprehensive look at the latest trends in Medicare plan availability, out-of-pocket costs, and benefits. (Source: Commonwealth Fund)

MA Plans Offer Telehealth Benefits Next Year

94% of Medicare Advantage plans will offer [telehealth benefits for Part B covered services](#) next year and 34% will offer supplemental benefits related to the pandemic. Among the supplemental benefits plans will offer next year, vision benefits are the most popular and will be offered by 98% of MA plans, followed by hearing benefits at 94%, fitness at 92%, dental at 91%, meal deliveries at 57% and transportation benefits at 47%. (Source: Fierce Healthcare)

7 Things Medicare Doesn't Cover

Many people focus on what Medicare covers. But it's also important to know clearly [what Medicare doesn't cover](#). You'll need to plan ahead to pay for some common medical expenses. Assuming too much can be costly.

Social Security Benefits Increase in 2021

Approximately 70 million Americans will see a [1.3 percent increase in their Social Security benefits](#) and Supplemental Security Income (SSI) payments in 2021. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). (Source: SSA)

SSA Office Availability Changes

The [Social Security Administration \(SSA\) revised the information available on its COVID-19 webpage](#) about who is eligible for an in-person appointment while its local offices generally remain closed to the public due to the pandemic. They divide their instructions into: 1) Those who need help with their benefits; and 2) Those who need help with a Social Security number (SSN). (Source: SSA)

Older COVID Patients Battle 'Brain Fog,' Weakness and Emotional Turmoil

Seniors tend to have more serious symptoms than younger coronavirus patients, including the aftereffects of hospital-based delirium. Doctors recommend physical therapy, occupational therapy, speech therapy and cognitive rehabilitation. [Read more](#). (Source: KHN)

Next Steps After an Alzheimer's Diagnosis

A diagnosis of Alzheimer's disease can be difficult but getting accurate information and support can help you know what to expect and what to do next. The National Institute on Aging has created a [helpful resource page with a checklist](#) to help you get started. (Source: NIA)

Distrust of the Health Care System Among Black Americans

The Survey on Race and Health, a joint project between KFF and ESPN's The Undeclared, explores the public's views and experiences on the topics of health care, racial discrimination, and the coronavirus pandemic, with a special focus on Black adults, a group that has borne a disproportionate burden of COVID-19 cases and deaths. ([Survey](#), [News Release](#))

Bill to Authorize Caregiver Corps Activities Introduced in Congress

Senator Tom Udall (D-NM) and Representative Debbie Dingell (D-MI) introduced the [Care Corps Demonstration Act](#) to [strengthen the country's caregiving workforce](#) and help to meet the growing demand for caregivers to support with older Americans and people with disabilities. (Source: n4a)

Research Study Seeks Caregiving Families

Scripps Gerontology Center at Miami University is [looking for caregiving families](#) to help test an online communication and care coordination resource designed to help families talk and make decisions about caregiving. (Source: Scripps Gerontology Center)

Suicide and Older Adult Mental Health

The Suicide Prevention Resource Center has released [Promoting Psychological Health and Suicide Prevention among Older Adults during COVID-19](#). It covers how the COVID-19 pandemic impacts the psychological health of older adults and strategies for coping, supporting older adults, and seeking professional help. It also includes warning signs, risk factors and screening tools. (Source: SPRC)

Get Residents Moving More

This [research report](#) sheds light on why the majority of older adults – many of whom understand the importance of physical activity for their ongoing health and independence – do not participate in regular activity. Common barriers to activity can help senior living providers communicate about and provide fitness classes and other offerings that break down those barriers, to get more older adults moving. (Source: Mather Institute)

Congress Takes Up Triple A Study Act

The [Access to Assistive Technology and Devices for Americans Study Act](#) (or Triple A Study Act), H.R. 8581, has been introduced in the House of Representatives, a companion bill to the legislation introduced in the Senate. The Triple A Study Act directs the Government Accountability Office (GAO) to study barriers to care for assistive technologies, including prosthetic devices, and evaluate how those affect patient outcomes by comparing results across Medicare, the VA, and private insurers. It examines specific challenges, including the affordability of devices, how often people are denied coverage, and if patients can return to work. This analysis will help us improve access to care and health outcomes for

our community. (Source: Amputee Coalition)

Increasing Poverty Among Older Adults

Older adults experienced poverty at higher rates than younger age groups in 2019, according to the [Census Bureau's Supplemental Poverty Measure \(SPM\)](#). According to the data, nearly 13 percent of older adults were experiencing poverty last year—before the pandemic caused even more economic instability and exacerbated existing inequities. (Source: US Census)

New Video Series: Operating Specialized Medical Equipment

Caregivers often face a steep learning curve in caring for a relative or friend with complex care needs. AARP has created [six new videos about operating specialized medical equipment](#). This series covers using oxygen equipment; using a nebulizer; using a mechanical lift for transfers; managing home infusion; preventing infection in home peritoneal dialysis and caring for the vascular access site for home dialysis. Each video runs 5 to 10 minutes and are free and available online 24/7. Each video comes with a written resource guide. (Source: AARP)

Alzheimer's & Death Certificates

Death certificates may not adequately report dementia as cause of death. [NIA-supported study](#) suggests the actual number of deaths linked to dementia may be about three times greater than what is reported on U.S. death certificates. (Source: NIH)

US Has Increase in Older Voters

An [analysis from the Pew Research Center](#) found 52% of registered voters in the US are ages 50 and older, compared with 41% in 1996. The increase is seen among Republicans and Democrats. The median age for registered voters in 2019 was 50, compared with 44 in 1996. (Source: PRC)

New ACL Video on Protecting Yourself Against Fraud

ACL's Senior Medicare Patrol (SMP) Program works to empower and assist Medicare beneficiaries, families, and caregivers to prevent, detect, and report healthcare fraud, errors, and abuse. Watch and share this [short SMP Fraud video](#) to learn more and help others: (Source: ACL)

Devices to Help Prevent Falls

A cane or walker may help you feel more stable when you walk. Different types of canes are available. Some have grips made of foam or that fit the shape of your hand. Many canes can be adjusted, but some cannot. A physical therapist can advise you about which cane to choose. Be sure the length fits you well. Your elbow should be slightly bent. A cane that's too short may make you unsteady. A cane that's too long is harder to use. If you use a cane, be sure to learn how to walk with it the right way. A physical therapist can help. [Read more](#). (Source: Today's Caregiver)

PLAN AHEAD (Always 2 months ahead) – January 2021

Bath Safety, Be kind to Food Servers, Cervical Health Awareness, Financial Wellness, Braille Literacy, Glaucoma Awareness, Poverty in America, Soup, Oatmeal and Thyroid Awareness Month; Diet Resolution (1-7), Home Office Safety and Security (3-8), Sugar Awareness (18-23), Tax Identity Theft (24-28) and Mentoring (27-29) Weeks; Ellis Island (1), Braille (4), Law Enforcement Appreciation (9),

Human Trafficking Awareness (11), Korean-American (13), Inauguration (20), Seeing Eye Dog (29),
Appreciate Your Social Security Check (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.