

ADRC E-Newsletter December, 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.

[Meets online.](#)

Dec 3 – "Caregiving in the US" with Bob Riler, ADRC

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.

Dec 16 – Merrill Gardens at Ruston Centre, 104 Burnett 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

WA Legislature Goes Remote During COVID-19

For the 2021 session, all legislative committee meetings will be held remotely, with people being able to sign up and deliver comments via Zoom from anywhere. House Speaker Laurie Jinkins (D-Tacoma) expects more people will want to testify on bills at the Legislature now, since doing so won't require

driving over a snowy mountain pass or traveling hours by bus or car. To accommodate the increased interest, the House will create additional ways to accept public testimony by email or in writing.

COVID Vaccination Plan for WA State

Overall, Washington State is well positioned to receive, handle, distribute, and administer COVID-19 vaccine to its residents once a safe and effective vaccine is available. The Washington State Department of Health has started its planning by coordinating with tribal nations, state agencies, local government, community leaders, health care providers, neighboring states, and other partners. [View the Interim COVID-19 Vaccination Plan.](#)

2020 Medicaid Transformation Project Public Forum

Health Care Authority (HCA) will host a virtual public forum on the Medicaid Transformation Project (MTP) to provide an update on all MTP initiatives, share our COVID-19 response efforts, and talk about next steps for MTP. [Register for the Public Forum](#) which will be held on Friday, December 11 from noon–1 p.m. Pacific Standard Time. Intended audience is Apple Health (Medicaid)-covered clients, those involved in COVID-19 response in Washington State, health and social services educators and advocates, those working in a health care facility, including mental health services, substance use disorder treatment, and psychiatric care, MTP partners and anyone interested in MTP. [Learn more about MTP and its initiatives by visiting the website.](#)

Pierce Transit Passes for Social Service Agencies

Pierce Transit offers discounted bus passes and One Ride tickets to human service agencies. A recent grant has allowed Pierce Transit to offer free passes to certified 501(c)3 agencies for distribution to their clients, while supplies last. These all-day passes provide rides on all local Pierce Transit bus routes. For more information and to register for the program, please visit <https://www.piercetransit.org/hsapasses/>

Recruiting – Aging and Disability Advisory Board

The Pierce County Human Services Aging and Disability Resources (ADR) Advisory Board seeks members interested in improving community-based services for older adults and adults with disabilities. The ADR Advisory Board assists Pierce County Aging and Disability Resources with program planning, funds allocation, evaluation of contracted services, identification of unmet community needs, and community education. Members also serve as liaisons between the ADR program and the public, which includes informing legislators on key issues impacting older adults and adults with disabilities. For more information contact Daniel Gross at (253) 798-2739 or daniel.gross@piercecountywa.gov or see the ADR website at www.piercecountywa.org/adr.

Pierce County Council Helps Food Banks

In response to the latest restrictions put in place by Gov. Jay Inslee to help reduce the spread of COVID-19, the Pierce County Council unanimously adopted legislation to put cash directly into the hands of Pierce County restaurants and food banks that need it most. The Council created a new program to provide up to \$100,000 to specific Pierce County food banks to help cover COVID-related expenses. Twelve food banks are identified to receive up to \$100,000 in reimbursement for COVID-related expenses. This allows these small- and medium-size nonprofits to cover expenses related to adjusting operations in response to COVID-19 restrictions and frees up existing funding sources for what matters most: Providing food and resources to Pierce County families. [View the list of 12 food banks.](#) Food bank providers not identified as one of the 12 can still apply to receive a reimbursement of up to \$20,000

for COVID-19 attributable expenses. The County's Finance Department is responsible for implementing the program and will reach out directly to eligible food banks for distribution of the funds.

Fantasy Lights Now Open

This family-friendly annual event offers visitors the perfect way to experience the magic of the holiday season from the safety of their cars. This year's Fantasy Lights at Spanaway Park will be held each evening, 5:30p.m.-9:00 p.m. The experience features more than 300 displays, LED technology, and digital animations. Visitors enjoy the vibrant displays from the comfort and safety of their own cars. Guests tune their radios to AM 1700 to hear a variety of holiday music. The cost per vehicle paid at entry is \$15 during Dec. 6-10, and Dec. 13-17 or \$20 during Dec. 4-5, Dec. 11-12, and Dec. 18-27. A discounted price of \$3 off is only available on the [event website](#). Spanaway Park is located at 14905 Bresemann Blvd. S. in Tacoma. [Learn more and purchase tickets online.](#)

Using Art for Alzheimer's

Opening Minds Through Art, an innovative way for people with early memory loss to let their creative light shine, is open for registration for the next session. The six-week winter session will run January 7 through February 11, 2021. If you are interested in learning more about this program, or have someone who may benefit, please have them contact us at dementiaservices@lcsnw.org.

Free Dementia Education Offered in December

Join the Alzheimer's Association for one of the free dementia education webinars offered in December and learn from the comfort of your own home. Webinars cover a variety of dementia-related topics like legal and financial planning for Alzheimer's or understanding Alzheimer's and dementia. Each webinar held live with time for Q&A. [Learn more and register.](#)

New Website for Dementia Friendly Pierce County

The Dementia Services program at Lutheran Community Services Northwest has a new webpage – www.dementiafriendlypc.org. The site has information about the three services currently offered: Dementia Friends; Opening Minds through Art (OMA); and Memory Ensemble.

What's New at Washington LawHelp

- [The Nursing Home Wants to Discharge Me](#)
- [Key Medicaid Standards as of October 2020](#)
- [Questions and Answers on Medicaid for Nursing Home Residents](#) (English, Spanish)
- [Questions and Answers on the COPES Program](#) (English, Spanish)
- [Questions and Answers on the Tailored Supports for Older Adults \(TSOA\) and Medicaid Alternative Care \(MAC\) Programs](#) (English, Spanish)

Pierce County Mobile Resource Center

Now more than ever, residents impacted by the pandemic are in need of vital services. Due to the impacts of COVID, we are unable to conduct our typical outreach for Human Services programs. The [Mobile Resource Center](#) (MRC) allows us to bring resources directly to residents across Pierce County. The MRC will provide on-site support to residents across Pierce County by connecting them with housing programs (mortgage and rental assistance), transportation solutions, nutrition services and more.

Update from The Mustard Seed Project

The Mustard Seed Project's assisted living project is moving closer to reality. These homes, designed with the help of [The Green House Project](#), will be small scale and offer a safe, home-like environment. TMSP is now well into the process with USDA's State office to secure a low-interest loan to finance construction for the project. After construction in 2021 and with opening in 2022, KP seniors who find themselves needing supportive care will be able to find it here, in their community, rather than having to leave the Key Peninsula.

Electronic Visit Verification for IPs is Almost Here: Are You Exempt?

Individual Providers (IPs) are required to clock in and clock out for each shift using a mobile app for Electronic Visit Verification (EVV). EVV is required for all IPs except those who live full time with the person they support. The exemption is not automatic. Eligible IPs must login to IPhone and change your status to "Live in Provider." [Click here](#) to learn more about the EVV Live-In Exemption.

Cooperative Housing Opportunity

Community Housing Solutions (CHS) is a 501(c)3 organization established 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 openings. Interested? Call Bill at 253-583-4176 for more information, or apply at <http://sharedhousingservices.org/>

NAMI WA Trainings 2021

NAMI Washington Training Classes are offered at no cost to participants. All applications, due dates, and further program descriptions can be found on the [NAMI Washington webpage](#). Currently all trainings are being held virtually due to COVID-19.

Cancer Survivorship Conference Videos Available

Did you miss the 2020 Cancer Survivorship Conference last summer? It's not too late. Recordings of the keynote presentation and workshops are all now available online. [View the entire event online](#).

Fresenius Kidney Disease and Dialysis Education Classes

Free, expert-led KidneyCare:365 class can help you learn more about kidney disease, so you can feel more in charge of your health and thrive. For your convenience, classes are available in several formats – online, by video conference or phone call, or in person. [Information available online](#). You can also reach local Fresenius Kidney Care Advocate Marissa Claiborne at 253-254-9480.

Suicide Prevention Training Encourages Upstream Approaches

NW Center for Public Health Practice has produced the [Suicide Prevention Training Series](#). Through videos and comics, learners follow the story of a small, rural public health department struggling with how to address a recent increase in suicides in their community. The series humanizes the struggles of losing a community member to suicide and provides context to the interrelated challenges of developing prevention efforts. Visit the [Suicide Prevention Training Series](#) to learn more about the no-cost, self-paced series. [Watch a preview](#) of the material.

New Washington State Quitline Resources Available

The Washington State Quitline helped tens of thousands of Washingtonians quit smoking and other commercial tobacco use. The quitline provides personalized phone counseling and text and web-based support. They also offer specialized services, from vaping cessation for teens to tailored support for adults with serious mental illness. Call 1-800-QUIT-NOW. [Refer a patient](#) | [Take a free training](#) | [Read the provider reference guide](#).

SCAMS OF THE MONTH

Fake Clorox and Lysol Websites Try to Take People to the Cleaners

During the COVID pandemic, cleaning supplies have been in high demand, but often in short supply. Scammers see that as opportunity knocking. Fake websites with real product names and real product images and logos of well-known brands like Clorox and Lysol make people think they're buying products from the companies' official websites. They are not. [Read more](#). (Source: FTC)

Why Report Fraud?

Scams come in many forms: texts, emails, letters, and lots of calls. Scammers plot schemes from tech support scams to fake check scams to try to knock us off balance just long enough to take advantage. They want to get our money and personal information, like account numbers and our Social Security number. How can we fight back? By sharing your story and reporting what happened to the FTC. [Read more](#). (Source: FTC)

LOCAL HAPPENINGS (ADRC events highlighted)

Dec 1 – Giving Tuesday

In an era of global crisis and disconnection, we need new rituals to connect us. GivingTuesday strives to build a world in which the catalytic power of generosity is at the heart of the society we build together, unlocking dignity, opportunity and equity around the globe. Each year, nonprofits, small businesses, corporations, schools, and faith-based organizations all over the world celebrate the global day of giving. [Find helpful tools, resources and ideas](#) to participate in GivingTuesday.

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](#). For more information call the ADRC at 253-798-4600.

Dec 4 – Free Shred Event & Holiday Food Drive

Bring up to 3 grocery bags of paper for free onsite shredding. Load all items in your trunk, pull into our portico, and we'll unload everything for you. We're also collecting food donations for Nourish Food Bank. Held 12 noon to 3 p.m. at Harbor Place at Cottessmore 1016 29th St NW, Gig Harbor. For info call 253-853-3354.

Dec 4 – Free Shred Event

Bring up to 3 grocery bags of paper for free onsite shredding Load all items in your trunk, pull into the portico, and everything will be unloaded for you. Held at Harbor Place at Cottesmore 1016 29th St NW Gig Harbor. Also collecting food donations for the Gig Harbor/ Peninsula FISH Food Bank.

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](#). For more information call the ADRC at 253-798-4600.

Dec 10 – Conversations About Dementia

Join Maggie Christofferson from the WA State Chapter for the Alzheimer’s Association. Held 6-7 p.m. For event details contact [Olivia Koelsch](#) at 253-625-3140. Sponsored by Deer Ridge Memory Care.

Dec 11 – 2020 Medicaid Transformation Project Public Forum

Health Care Authority (HCA) will host a virtual public forum on the Medicaid Transformation Project (MTP) to provide an update on all MTP initiatives, share our COVID-19 response efforts, and talk about next steps for MTP. [Register for the Public Forum](#). Intended audience is Apple Health (Medicaid)-covered clients, those involved in COVID-19 response in Washington State, health and social services educators and advocates, those working in a health care facility, including mental health services, substance use disorder treatment, and psychiatric care, MTP partners and anyone interested in MTP. [Learn more about MTP and its initiatives by visiting the website](#).

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.

Jan 9 – Options for the Future: Living Choices

[Event Calendar](#). Have you ever considered what you would do or how you would get information if you were faced with the care of a loved one? It can happen suddenly to younger adults or gradually with time. Most families have little knowledge of the resources that are available. Often it is difficult to know where to turn. Join us for an informational presentation given by experts in our community on options for aging adults and people with disabilities in Pierce County. Held 10:00 – 11:30 a.m. [Advance registration required](#). For more information call the ADRC at 253-798-4600. [View event flyer](#).

Jan 13 – Options for the Future: Living Choices

[Event Calendar](#). (See Jan 9 for event details.) Held 6:30-8:00 p.m. [Advance Registration required](#). For more information call the ADRC at 253-798-4600. [View event flyer](#).

Jan 14 – Downsizing, Rightsizing, Transitioning

Held 6-7 p.m. For event details contact [Olivia Koelsch](#) at 253-625-3140. Sponsored by Deer Ridge Memory Care.

Jan 21 – How to Spoil Your Retirement

[Event Calendar](#). Judging by the television ads, all you need to have for a successful retirement – and that wonderful rocking chair – is a big bank account. Sure, money helps but retirement is so much more.

Big picture retirement can easily go bad even if you have buckets of cash unless you know what to watch for. A good retirement – and a long, healthy retirement – demands lots of serious “work.” Whether you are planning on retirement in your future or have already made the leap, learn about ways people fail in retirement – and it isn’t all about money. Held 6:30-7:30 p.m. [Advance Registration required](#). For more information call the ADRC at 253-798-4600. [View event flyer](#).

Jan 23 – How to Spoil Your Retirement

[Event Calendar](#). (See January 21 for event description.) Held 10:00 – 11:00 a.m. [Advance Registration required](#). For more information call the ADRC at 253-798-4600. [View event flyer](#).

Feb 18 – Preventing & Recovering from Scams

Join Matt Santelli from the Pierce County Aging and Disability Resource Center. Held 6-7 p.m. For event details contact [Olivia Koelsch](#) at 253-625-3140. Sponsored by Deer Ridge Memory Care.

Mar 18 – Dementia-Friendly Pierce County

Join Wendy Morris and Rena Market from Lutheran Community Services. Held 6-7 p.m. For event details contact [Olivia Koelsch](#) at 253-625-3140. Sponsored by Deer Ridge Memory Care.

Apr 15 – How to Prepare for your Next Move

Join Joe Maassen, Owners of Caring Transactions. Held 6-7 p.m. For event details contact [Olivia Koelsch](#) at 253-625-3140. Sponsored by Deer Ridge Memory Care.

ADRC Q&A

Question: I love my grandparents dearly but I’m frustrated about what to give them.

Answer: The holidays are an important time for all of us. What the impact of the pandemic many families are taking precautions to not gather in person. That can make for a very lonely and isolated experience. It may sound trite but don’t underestimate the value of the intangible. Phone calls and Zoom get togethers are nice. But when was the last time you got a hand-written letter or postcard? Doesn’t that make your day? How about offering that once or twice a month or more until this pandemic is “over?” How about a phone call to do nothing less than share a joke or funny story? Maybe send a photo – recent or from many years ago. Do something that will bring back fond memories. Imagine what getting flowers or a small box of cookies or chocolates would do? The holidays are important but you can also do something in the middle of January or February or anytime. Remember, your grandparents are probably just as frustrated that they can’t do much for you either.

NATIONAL NEWS

COVID and People with Disabilities

An analysis of insurance data claims found that people with [intellectual disabilities and developmental disorders who get Covid-19 are three times as likely to die from it](#), compared with others who have the disease. The finding raises complex questions about the guidelines for the distribution of a vaccine, which call for prioritizing people at heightened risk for the disease but have so far not specifically emphasized children and adults with disabilities. (Source: NY Times)

Medicare Will Pay For COVID-19 Antibody Infusion

Medicare beneficiaries can receive [coverage of monoclonal antibodies to treat coronavirus disease](#) (COVID-19) with no cost-sharing during the public health emergency. CMS' coverage of monoclonal antibody infusions applies to bamlanivimab, which received an emergency use authorization from the U.S. Food and Drug Administration. (Source: CMS)

Medicare Premiums

CMS announced the Medicare Part A (inpatient hospital, skilled nursing facility, and some home health care services) deductible that beneficiaries will pay when admitted to the hospital is \$1,484 in 2021, an increase of \$76 from \$1,408 in 2020. The standard monthly premium for Medicare Part B (physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A) will be \$148.50 in 2021, an increase of \$3.90 from \$144.60 in 2020. The annual deductible for Medicare Part B beneficiaries is \$203 in 2021, an increase of \$5 from \$198 in 2020. View "[Medicare costs at a glance](#)." (Source: CMS)

Medicare Fines Half of Hospitals for Readmitting Too Many Patients

The [penalties are the ninth round](#) of a program created as part of the Affordable Care Act's broader effort to improve quality and lower costs. The average reduction in federal payments is 0.69%, with 613 hospitals receiving a penalty of 1% or more. [Look Up Your Hospital: Is It Being Penalized By Medicare?](#) (Source: KHN)

SSA Tax Cap Goes Higher

The [payroll tax](#) that funds Social Security is set at 12.4 percent on eligible wages. Employees pay 6.2 percent and employers pay the other 6.2 percent (with self-employed workers paying the entire 12.4 percent). In 2021 the maximum amount of earnings subject to the payroll tax will climb to \$142,800. Earnings over that amount aren't subject to any Social Security taxes. (Source: AARP)

What is Seasonal Affective Disorder?

Seasonal affective disorder (SAD) is more than just a feeling of "cabin fever" or being "down" — it's a type of depression that comes and goes with the seasons. You may go through short periods of time where you feel sad or not like your usual self. That yearly feeling may not be a case of the "winter blues" and you don't have to deal with it alone. The symptoms of SAD can get worse and lead to problems if not treated. Learn how to spot the common symptoms of SAD, how it's diagnosed, and the treatment options available. [Take steps to keep your mood and motivation steady throughout the year](#). (Source: USA Gov)

19th Annual Caregiver Contest

Shield Healthcare's annual Caregiver Contest is an opportunity to honor all those who support and care for loved ones managing chronic medical needs. Open to professional caregivers or those caring for a loved one at home. This year we're asking: How Has COVID Changed Caregiving? [Lean more and enter the contest](#). (Source: Shield Healthcare)

BenefitsCheckUp Now in Spanish

Millions of users have accessed reliable benefits information with [BenefitsCheckUp](#) provided by the National Council on Aging. Now the tool is available in Spanish [at BuscaBeneficios.org](#). Users can screen exclusively in Spanish or toggle between the English and translated pages. The translated tool is

among a suite of resources NCOA offers in Spanish related to COVID-19, scams, benefits access, and more. [Find other Spanish resources](#) (Source: NCOA)

Smart Food Choices of Health Aging

Healthy eating is an important part of staying healthy as you age. Choosing healthy foods can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease. [Check out NIA's new infographic](#) for tips about making smart food choices. Learn more on NIA's website about [making smart food choices part of your daily life](#). (Source: NIH)

Veterans and Gold Star Families Granted Lifetime Passes

Entrance fees for the National Park Service and the U.S. Fish and Wildlife Service and standard amenity recreation fees for the Bureau of Land Management and the Bureau of Reclamation sites will be [waived for Veterans and Gold Star Families](#). (Source: VA)

Call it "Movement" for Aging Well

Jim Owens doesn't like the word "exercise" — he prefers the word "movement." And he recently wrote a book about movement for senior citizens that details how it changed his life after he turned 70. He also produced a documentary about movement that is slated to air on PBS in coming weeks. The short film, ["The Art of Aging Well," is now online](#). (Source: SmartBrief)

New Documentary Spotlights Young Caregivers

"Sky Blossom: Diaries of the Next Greatest Generation," [a new documentary](#) produced by news anchor, caregiver and longtime Alzheimer's Association Champion Richard Lui, looks into the lives of children caring for family members. Lui says, "In telling the stories of America's young caregivers, we shine a light on some of the amazing things they are doing." (Source: Alz Association)

Dying "the Buddhist Way" Gains in Hospice Centers in the West

There is no single "way of death" in a faith that is the dominant religion across Southeast Asia and Japan, and rites vary greatly by region, culture, class and tradition. But Buddhism puts an emphasis on encountering death that is answering a call in the West for a more spiritual approach to palliative care, hospice service and chaplaincy programs. In the past decade and more, a [Buddhist end-of-life movement](#) has sprung up in Western Europe, Australia, New Zealand and the United States, testifying to a need for spiritual accompaniment at the end of life that is felt not only by an aging generation of Buddhist converts and immigrants but to those who only know that a secular, clinical approach is not enough. (Source: RNS)

On the Lighter Side: From Germany

In an online video, the German government [praised the country's heroic couch potatoes](#) who, "lazy as raccoons," fight the virus by staying home. (Source: Deutsche Welle)

PLAN AHEAD (Always 2 months ahead) – February 2021

AMD/Low Vision Awareness, Heart; Declutter, Marijuana, Black History, Pet Dental, Wise Health Care Consumer and Relationship Wellness Month; Tinnitus Awareness (1-7), Burn Awareness (7-13), Risk Awareness (7-14), Advancement of Science (8-11), Random Acts of Kindness (8-14), Alzheimer's & Dementia Staff Education (14-21), Learning Disabilities (15-18) and Eating Disorders (21-27) Weeks;

Change Your Password (1), Women’s Physicians (3), Cancer (4), Wear Red (5), Shut-in Visitation (11), Book Giving (14), Caregivers (19) and Rare Disease (28) 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.