

ADRC E-Newsletter January, 2021



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

 [Like us on Facebook](#)

NETWORKING OPPORTUNITIES

Aging and LTC Providers Network - ONLINE

First Thursday of each month, 8 – 9 a.m.

[Meets online](#). By phone at 253-215-8782 or 888-788-0099; Meeting ID: 995 2118 8402

Jan 7 – "Covid-19 Vaccine: Our Best Shot to End the Pandemic" with Jax Hermer, TPCPD

Feb 4 – "Death Doula" with Crystal Flores, The Grateful Death

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 8:30 a.m.

Held online.

Contact [Jessica Burkard](#) at 206-779-2656 for link.

South End (King County) Coalition

Third Wednesday of each month at 8:15 – 9:15 a.m.

Held online. Contact [Lilia Anderson](#) for details or visit 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

Lifespan Respite Coalition (statewide)

Fourth Wednesday of every other month, 1:30 – 2:30 p.m.

Next online meeting – [Jan. 27](#). Upcoming dates: Mar. 24; May 26; July 28; Sept. 22; Nov. 24

Contact Tracy at tkahlo@wapave.org at (206) 799-9454 to obtain event information/link.

LOCAL SERVICES

ADR Mailing Lists Updates

Every few years we update our e-mail subscriber lists. If you'd like to continue receiving our communications, click the links below to renew your monthly subscriptions:

- [ADRC E-Newsletter \(Last work day of each month\)](#)
- [Aging and LTC providers network meetings \(First Thursday each month\)](#)

Subscriber lists will be updated April 2021. If you choose not to renew, your subscription will end March 2021. For more information contact [Bob Riler](#) at 253-254-9852.

Program Standards Set for 2021

The [Medical Income and Resource Standards Chart](#) (pdf) summarizes the eligibility criteria for a wide variety of state and federal services. The chart is provided by the Washington State Health Care Authority. Visit the [HCA website for more information](#).

Washington COVID-19 Exposure Notifications – WA Notify

Washington Exposure Notifications (also known as WA Notify) is a new tool that works through smartphones, without sharing any personal information, to alert users if they may have been exposed to COVID-19. It is completely private and doesn't know or track who you are or where you go. [Get more information and to download the app](#).

Caregiver Conference Planning Committee Members Needed

Pierce County Aging & Disability Resources, in collaboration with the Health Care Providers Council, is planning a Pierce County Caregiver Conference for Spring, 2021. This will be an online event – for 2021. Planning committee members are needed. To volunteer for this short-duration committee please contact [Bob Riler](#) at 253-254-9852.

Pierce County Council Passes Behavioral Health Sales Tax Increase

The Pierce County Council made a commitment to increase behavioral health services in the county by approving a 1/10th of 1 percent sales tax increase and set in motion creation of a pilot program aimed at reinvesting more Medicaid dollars into Pierce County. Along with the sales tax increase, the council authorized creation of an Accountable Care Organization (ACO) pilot program, and establishment of a Behavioral Health Advisory Board to create a behavioral health implementation plan. ACO will oversee distribution of federal Medicaid dollars in Pierce County. The 1/10th of 1 percent sales tax increase will fill the gaps not covered by the program or Medicaid. The tax increase is estimated to generate \$12 million annually for behavioral health services. The state Health Care Authority must approve the pilot and forward its recommendation to the Centers for Medicare and Medicaid Services. Collection of the 1/10th of 1 percent sales tax increase is contingent on state approval.

Who Decides Distribution of COVID-19 Vaccine?

A lot of people are working hard to get the COVID-19 vaccine to the people most threatened by the disease. As more sources of the vaccine become available, more people will become eligible to get it. But how are doses of the vaccine getting into arms? [Read more from the TPCHD](#).

These Extra Vaccine Safety Steps Help Keep Us Safe

Vaccines are some of the safest drugs on the market. Vaccines are held to a higher safety standard because healthcare providers give them to healthy people. Vaccines prevent disease spread. Most

medications treat a disease once you have it. So, what systems are in place to monitor vaccine safety? Learn what's standard and what's new for the COVID-19 vaccine. [See what the TPCHD says.](#)

TNT Editorial Highlights TACID Dilemma

The Tacoma Area Coalition of Individuals with Disabilities (TACID) is one of the city's unsung treasures. But since the pandemic hit, approximately 2,500 people, many with chronic physical and cognitive disabilities and behavioral health issues, have gone without services they count on, such as weekly social interaction, exercise and peer support. Even when businesses began to reopen, TACID did not. Many participants who rely on the day center – known to the regulars as “Room Two” – fall under the category of “at-risk adults,” so the facility stayed closed as a public health precaution. As a result, TACID is being deprived of a big chunk of funding. [Read the News Tribune Editorial.](#)

Key Medicaid Standards

The [October, 2020 Key Medicaid Standards](#) table shows Medicaid eligibility and other standards in effect as of 10/1/2020. You can also find all [Medicaid \(Washington Apple Health\) standards online.](#)

Legacy of Vaccines to Fight Public Health Emergencies

The effect of vaccines is invisible. When they work, we don't see disease outbreaks. After we get a vaccine, our immune systems are primed and ready to fight off many diseases, like mumps and flu. The COVID-19 is a new virus our bodies haven't learned to fight yet. But that's about to change. Read more in [this TPCHD “Your Reliable Source” blog.](#)

Child Care Aware Family Resource Center

The Child Care Aware of Washington Family Center is a statewide call center assisting families in finding licensed childcare providers, navigating childcare financial assistance options, finding alternative forms of care, and connecting families to COVID related resources in their community. The Center also helps families navigate the state subsidy system, including connecting families experiencing homelessness with the DCYF Working Connections Homeless Grace Period. Assistance is provided to families over the phone in multiple languages. Call 1-800-446-1114 for assistance. Monday-Friday 8:30am – 4:30pm or e-mail: familycenter@childcare.org

Club Pierce Continues into 2021

Until we can meet in person, join Club Pierce for next best thing—virtual Club PIERCE! Let's have some fun together virtually each Wednesday. Virtual Club Pierce is designed around the same principles as Club Pierce: volunteerism, life skills, socialization, and fun. Participants will take part in games, crafts, virtual field trips, and more. For young adults ages 20 and older with special needs. \$25 per participant / date. Held online. [Visit for more information.](#)

Governor's Budget Released

Governor Inslee has released his proposed 2021-23 biennial budget. The COVID-19 pandemic has had a dramatic impact on the way in which ALTSA supports clients in need of long-term services and supports. It has also significantly impacted state revenues. This has forced budget prioritization resulting in difficult choices in both investments and reduction options. The budget may change over time. The 105-day legislative session begins on January 11, 2021. During session, the House and Senate will each release a budget and from there a final conference operating budget will ultimately be

passed by the Legislature. For additional detail on AL TSA’s portion of the budget, see [the Governor's proposed AL TSA 2021-23 budget](#).

Washington State Legislative Information Center - Classes and Tutorial Resources

The Washington State Legislative Information Center offers free classes to the public and state agencies on understanding the legislative process and navigating the Washington State Legislature website. The site includes many resources, including classes, tutorials and educational materials. If you or someone you know is interested in learning more about this important process, please visit the [Washington State Legislative Information Center Classes and Tutorials page](#) and/or the additional [Educational Materials](#) page for more information.

Nominate an Unsung Hero (Parent Award)

The Department of Children, Youth & Families (DCYF) will celebrate Parent Recognition Month in February 2021 by honoring extraordinary parents, caregivers, guardians and community members across Washington State through the annual [Unsung Heroes](#) campaign. Submit your nomination today! The nomination form is available in both [English](#) and [Spanish](#).

2021 Q&A Legal Series

Pierce County Coalition for Individuals with Disabilities hosts a new series with Tacoma attorney Timothy Williams. Topics include Estate Planning, Guardianships, Special Needs Trusts and ABLE Accounts. Presentations will be online. [Visit PC2's Facebook page](#), click on videos and then select the presentation you are interested in. For more information call 253-564-0707 or [e-mail PC2](#).

Disaster Cash Assistance

The Disaster Cash Assistance Program offers benefits for one month in a 12-month period, to low-income families and people without children who meet the income and resource limits of the program and who are not eligible for other cash assistance programs. Benefits are excluded from public charge and a social security number is not required. [Apply online](#) or call 877-501-2233 from 8 a.m. to 3 p.m., Monday through Friday.

NAMI First Quarter Trainings and Programs

NAMI (National Alliance on Mental Illness) Washington has released their first quarter training events. All listed trainings are currently being conducted virtually through Zoom as part of NAMI's efforts to remain accessible and safe during the COVID-19 pandemic:

- NAMI Homefront Online - 6 Week Class led by NAMI National - *not a state training*
 - Jan 11 to Feb 15 – Mondays, 6:30 – 8:30 pm EST
 - Jan 12 to Feb 16 – Tuesdays, 6:30 – 8:30 pm MT[Click here for NAMI Homefront application.](#)
- [NAMI Ending the Silence State Training](#)
 - March 6, 2021 | apply by Jan 17 2021
- [NAMI Family Support Group State Training](#)
 - Feb 26-28, 2021 | apply by Jan 10 2021
- [NAMI Peer to Peer State Training](#)
 - March 20-21, 2021 | apply by Feb 1 2021

[Click here for training applications.](#) Not sure which training is right for you? [Click here to read about NAMI's programming.](#) Don't see what you're looking for? See the right training but can't make that date? [Click here to view a complete calendar of trainings.](#)

Specialized Habilitation Explained

The Developmental Disabilities Administration (DDA) is offering a new waiver service called Specialized Habilitation. Specialized Habilitation can help you create healthy relationships, adapt to challenges, and improve your overall quality of life. [Learn who it's for and what it looks like in the latest Informing Families bulletin.](#)

Grant Expands Rental Housing for Extremely Low-income People with Disabilities

Washington State Department of Commerce has been awarded one of only [seven grants from the U.S. Department of Housing and Urban Development](#) (HUD) to develop new rental housing for extremely low-income people with disabilities. The \$6 million grant recognizes the state's leadership in creating permanent supportive housing models that promote long-term housing security and facilitate community integration of persons with disabilities. The funding will roughly double capacity, supporting approximately 260 rental units statewide for people in need ages 18-64.

Caregiver Conference Planning Committee Members Needed

Pierce County Aging & Disability Resources, in collaboration with the Health Care Providers Council, is planning a Pierce County Caregiver Conference for Spring, 2021. This will be an online event – for 2021. Planning committee members are needed. To volunteer for this short-duration committee please contact [Bob Riler](#) at 253-254-9852.

Virtual Grief & Loss Series

Harmony Hill is offering a [four-week Virtual Grief & Loss Series](#) for anyone who has lost a loved one. Faculty will share meaningful coping resources to facilitate wholehearted healing. Participants are strongly encouraged to participate from the start on day one and plan on attending all sessions. Held online via Zoom four Wednesdays, January 6, 13, 20, and 27, 2021 from 10:00 to 11:30 a.m. Register online. Fees: Tier 1-\$54, Tier 2-\$81, Tier 3-\$108 based on ability to pay.

Virtual Cancer Workshop

Harmony Hill offers a [two-day online Cancer Workshop](#). The event helps participants Connect with others experiencing a cancer journey, develop skills to enhance your ability to live more presently and authentically in your life and give you practical tools to support your journey through movement, mediation, and mindfulness. Two 2-hour sessions held each day led by expert faculty; one in the morning, (10 a.m. – Noon) and one in the afternoon, (2 p.m. – 4 p.m.). Held Saturday, Jan 16 & Sunday, Jan 17, 2021. \$25 administrative fee to register, however, if you have financial barriers, please use the coupon code “NOFEE” to by-pass the payment portion of the registration. The coupon code is case sensitive. [Register online.](#)

Virtual Renewal Retreat for Nurses

The [Nurse Renewal Retreat](#) offers you the opportunity to step out of the ordinary time into a safe and non-judgmental space where we can explore our own healing. As we meet with other nurses in circle, we are called to speak with intention and listen with attention as we explore our own calling and the strengths and barriers to bring us to joy. Created by and for caring nurses. Learn self-care strategies for

resilience; generous listening skills to improve communication with patients and coworkers; tips to integrate mindfulness into your busy life. Integrated activities include circle sharing, journaling, yoga, and meditation to increase your mind-body-spirit connection. Space is limited to 20 people. Offered via Zoom with Kathlene Tellgren, RN, Linda Covert, RN, and Denise Carrico, Integral Yoga Instructor. \$375 with 7.5 CNEs on completion. Held Wednesday, Feb 10 & Thursday, Feb 11 from 10 a.m. to 12 noon and 2 to 4:15 p.m. each day. [Register online](#).

Asia Pacific Cultural Center New Year Celebration

Join the Asia Pacific Cultural Center in a celebration of the New Year featuring the beautiful Marshall Islands. Register to win free cultural door prizes. Winners to be announced during the New Year Celebration Facebook Live Events. Join at www.facebook.com/AsiaPacificCulturalCenter. Tune in each day at 11 a.m. to hear the winner of the door prizes. Daily activities and door prizes on APCC's FB Live Monday to Saturday at 11 a.m., February 8-13, 2021.

Hope Vision Hits the Links

Play Golf for Vision! All proceeds go to empower people with vision loss in the South Sound. Hope Vision Foundation is hosting our first Annual Golf for Vision Tournament Feb 14-28 2021. To maintain safety and COVID precautions we will use a virtual format, with a virtual leaderboard that allows you to play any course between 14-28 February. Sponsorship (from \$100 to \$5,000) is a great way to create visibility for your business. Benefits include your logo and live links on our website and the golf status tournament app. and more. Opportunity to provide cards/swag for the player swag bags. Register as a player or sponsor here. [Player Sponsor](#). For more info contact [Erin Seefeldt](#).

Pierce County Offers Litter Credits

A Litter Credit waives landfill disposal fees up to \$125 for victims of illegal dumping (residential property), community cleanup programs (neighborhoods, parks, beaches, etc.) and/or resolution of an active solid waste violation. Applicants must meet the certain criteria to be eligible for a Litter Credit: the affected property is in unincorporated Pierce County, you will clean up the property yourself or provide the labor for the cleanup, you will coordinate transportation of debris to the nearest disposal facility, the affected property cannot be delinquent in County property taxes; or have a Non-compliance filed against it; or be in any litigation with the County. [Checkout the website to learn more](#).

Update Senior Program Bulletins

Northwest Justice Project has updated three important senior bulletins reflecting changes to federal standards relating to Medicaid and Medicare, and other changes in state and federal laws, including Washington State regulations. [Q and A on COPES](#) | [Q and A on Medicaid for Nursing Homes](#) | [Q and A on Tailored Supports for Older Adults \(TOSA\) and Medicaid Alternative Care \(MAC\) Programs](#).

Standards of Care: Master the Core Elements of LTC

LeadingAge Washington offers this [12-month webinar](#) series focusing on nursing facility systems of care and managing common conditions treated in the LTC setting. Each session addresses standards of care, staff training/competency focus areas, critical nursing assessment/documentation principles, care planning guidance, recommended QA activities, and practical daily operations guidance with extensive use of case examples. Recordings of live sessions are included with the webinar purchase. [Registration now open](#). [View details online](#) or contact [Cassei Merritt](#) or 253-964-8870.

NAMI Washington 2021 Legislative Priorities

NAMI Washington has posted a listing of its 2021 Legislative Priorities. The document also complements the key elements to a comprehensive behavioral health system. The website also has a listing of the key legislative bills they are tracking throughout the session on the [Policy and Advocacy site](#). This site also includes a form for individuals to sign up to advocate with us.

Sound Transit Expands Low-income Fares

The [Sound Transit Board took actions](#) to further reduce costs and increase access to service for people with low incomes. The new, lower fares for low income adults, youths, seniors and people with disabilities apply on Sounder commuter rail, expanding the low-income ORCA LIFT options already available on Link light rail trains and ST Express buses. Starting March 1, low income and youth fares on Sounder will reduce from current levels ranging between \$4.25 and \$2.50 to a flat \$1.50 for all destinations. Current fares ranging between \$2.75 and \$1.50 for seniors and people with disabilities will reduce to a flat \$1 for all destinations.

Facing Eviction? Get Help!

Most evictions for not paying rent are not allowed right now, but your landlord may still be trying to evict you. Washington LawHelp now has a mobile-friendly app with a guided questionnaire to help residential tenants at risk of eviction find the information and legal help they need, county-by-county. Nothing to download, just visit the [Facing Eviction? Get Help!](#) page to use the app. The app is available in [English](#) and [Spanish](#). Eviction information and where to get help by county is also available in 15 other languages.

Department of Commerce Invests in Pierce County Affordable Housing

Statewide, the Department of Commerce Housing Trust Fund grants and loans will create and preserve of housing for low-income households, people experiencing homelessness and others in need. [2020 Housing Trust Fund Awards List](#) | [2020 Community Housing & Cottages Communities Awards List](#).

VA Parkinson's Support Group

The VA Puget Sound Health Care System is offering a virtual Microsoft Teams Meeting for a new support group. Held the second Friday of each month from 11 a.m. to 12:30 p.m. Call Nurse Facilitators for registration and information: 206-277-6977 (Mary) or 206-277-3234 (Tracy).

SCAMS OF THE MONTH

Report: 53% of Seniors Targeted by Social Security Scam

The [Retirement Confidence Index from SimplyWise](#) found that 53% of seniors have been targets of a fake Social Security text, email or phone call in the past three months. The Social Security Administration does not make unsolicited calls, and threats of arrest or promises to increase benefits for a fee are red flags. [Read the full story](#). (Source: CNBC)

Protect Yourself from Dangerous Robocalls

If you answer the phone and hear a recorded message instead of a live person, that's a robocall. Recently, there has been an increase in robocalls making false promises, offering free money, or

threatening to get access to your personal information. Though these dangerous calls can impact many people, [there are steps you can take to protect yourself](#). (Source: USA Gov)

Giving Wisely in the Time of COVID

Thanks to COVID-19, many charitable organizations are faced with greater demand for their services, but less in donations as people have less to give. More than ever, it's important to make sure that your donation will be used wisely and well. [Don't forget these four tips for giving wisely](#). (Source: FTC)

LOCAL HAPPENINGS (ADRC events highlighted)

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 21 – WA State ABLE Savings Accounts

This webinar will explore features of the Washington State ABLE savings plan. It allows people with eligible disabilities to save for their everyday needs, invest in a tax-free account, and prepare for the future without losing their state or federal benefits. Held at 8:30 a.m. [Register online](#).

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 11 – All About Funerals: Making the Most of a Stressful Time

In our culture, thinking about death or funerals is avoided. But the passing of a loved one is a most turbulent and confusing time for those who remain. Caught up in the grief process, families frequently do things that the deceased would not have wished or spent money foolishly. There are many things that can be done to make life so much easier to family survivors. And there are many innovative alternatives to “traditional funerals” and “traditional burials.” This information-only presentation will explore important issues to help individuals and families plan ahead. Advance registration is required. Held 6:30 p.m. Advance Registration to be required. For more information call the ADRC at 253-798-4600. Registration and Zoom link TBA.

Feb 13 – All About Funerals: Making the Most of a Stressful Time

(See Feb 11 for event description) Held 9:30 a.m. Advance Registration required. For more information call the ADRC at 253-798-4600. Registration required and Zoom link TBA.

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 heard that there is a class for seniors that can make for lower car insurance rates. Can you tell me about that?

Answer: AARP offers a Smart Driver course specifically designed for drivers age 50 and older. Drivers may benefit from a discount on their auto insurance premium upon completing the course. The AARP Smart Driver™ online course is recognized as an approved Senior Driver accident prevention course for drivers age 55 and older by the State of Washington, Department of Licensing. Insured drivers age 55 and older may be eligible for an appropriate reduction in automobile insurance premium charges after completing this course. Check with your insurance company or agent for any additional requirements for eligibility. AARP says that 97% of participants changed at least one driving habit as a result of what they learned. The aim of the course is to refresh your driving skills and your knowledge of the rules — and hazards — of the road. And the course might reduce your chances of receiving a traffic violation or getting into an accident. As with most things right now, it’s all done online. There is more information at www.aarpdriversafety.org.

NATIONAL NEWS

Time for Your Flu Shot

It’s not too late to protect yourself from the flu – not by a long shot. Seasonal flu usually peaks now through March so getting vaccinated now can protect you through the rest of the flu season. Getting a

flu vaccine every year can help you prevent the flu and, if you do get sick with the flu, it may help you have only a mild case. Getting your flu vaccine also helps your community stay healthier by preventing the spread of flu and reducing the burden on the health care system during the COVID-19 pandemic. The flu vaccine is safe and free or low cost with Medicare. Read about the [flu and how to prevent it](#) on NIA's website and [find a flu vaccine location near you](#). (Source: NIA)

Understanding Coronavirus Vaccine Priority Groups

Do you know your Coronavirus Vaccine priority group? AARP describes the process and categories for receiving the COVID vaccination. [Learn more](#). (Source: AARP)

How to Talk to Hesitant Americans About COVID-19 Vaccination

Even as coronavirus vaccines become more widely distributed, lots of Americans say they're still not sure they'll get one. Here are a few tips on how to talk to people who may be resistant or afraid to get a coronavirus vaccine. [Listen here](#). (Source: NPR/KUOW)

The Broken Caregiving System

This pandemic has exposed our nation's broken caregiving system. [Read this Opinion piece](#) by Melinda Gates, founder of Pivotal Ventures and the co-chair of the Bill & Melinda Gates Foundation. (Source: Washington Post)

Annual Report on Centers for Independent Living - Program Year 2019

Each year more than 200,000 individuals with disabilities exercise their freedoms and rights, avoid institutionalization, and pursue their goals while living, working, and learning in their communities because of support offered through the Centers for Independent Living (CIL) program. The CIL program provides financial assistance to community-based organizations, in particular local CILs, in every U.S. state and territory. These funds provide, expand, and improve independent living services for people with disabilities in the United States. [Read the Program Year 2019 Annual Report on Centers for Independent Living](#). (Source: ACL)

Pandemic Creates New Problems for Social Security

Low interest rates and early retirees have placed further strain on the Social Security system during the pandemic and the trust fund could run out by the end of the 2020s, according to a report by the Bipartisan Policy Center. The Congressional Budget Office has also issued a dire prediction for the fund, saying beneficiaries may see their payments cut 20% by 2031. [Read more](#). (Source: The Hill)

Women Veterans: VA's Guide to Your Benefits & Services

VA's new Women Veterans Quick Start Guide (QSG) provides clear and concise information on how to apply for benefits and access VA health care. [Learn more](#). (Source: VA)

Winter Storm Safety Tips

During extremely cold weather or winter storms, staying warm and safe can be a challenge. A winter storm can last a few hours or several days. They can bring cold temperatures, power failures, loss of communication services, and icy roads. Before the storm strikes, make sure you prepare your home, pets, and vehicles. [Know what to do before, during, and after a winter storm](#). (Source: Ready.gov)

Accessibility Agenda for FCC Transition Team

In consultation with Telecommunications for the Deaf and Hard of Hearing, Inc. (TDI), the National Association of the Deaf (NAD), the American Council of the Blind (ACB), the Hearing Loss Association of America (HLAA), and the Technology Access Program (TAP) at Gallaudet University, the TLPC and our sister Communications and Technology Law Clinic (CTLC) at Georgetown Law developed an [overview of critical technology accessibility priorities](#) for a new administration at the Federal Communications Commission. The overview encourages the transition team and the FCC to: Prioritize accessibility in agency leadership; Relocate the Disability Rights Office to a new Office of Civil Rights; Address videoconferencing accessibility problems in response to the pandemic; Get the Real-Time Text transition back on track; Bolster video programming accessibility; and Improve the accessibility of wireless handsets. (Source: TLPC)

New Report from 100 Million Healthier Lives Initiative

A new report featuring case studies from the [100 Million Healthier Lives Initiative](#) highlights the National Council on Aging's role in leading work on the Adult Well-Being Assessment (AWA). See how this survey tool can help aging services professionals learn about the efficacy of their work. (Source: NCOA)

Who Do You Spend Time With?

Who we spend our time with changes a lot over the course of life. To understand how social connections evolve throughout our lives we can look at survey data on how much time people spend with others, and who that time is spent with. [The chart shows the amount of time](#) that people in the US report spending in the company of others, based on their age. (Source: Our World in Data)

Older Americans Month 2021: Communities of Strength

ACL is pleased to announce that the theme of Older Americans Month (OAM) 2021 is *Communities of Strength*. In May, Older Americans Month will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities. The Administration for Community Living will begin releasing logos, activity ideas, and more at acl.gov/oam. (Source: ACL)

National Crime Victims' Rights Week

Every April, the Office for Victims of Crime leads communities throughout the country in their annual observances of National Crime Victims' Rights Week. The 2021 date is April 18–24. [View the 2021 color palette and customizable Theme Poster](#) to help your organization prepare for National Crime Victims' Rights Week.

PLAN AHEAD (Always 2 months ahead) – March 2021

Red Cross, Brain Injury Awareness, Deaf History, Developmental Disabilities Awareness, Listening Awareness, Caffeine Awareness, Colorectal Cancer Awareness, Essential Tremor Awareness, Kidney, Nutrition, Social Work and Women's History Months; Hearing Awareness (1-7), LGBT Health (1-7), Consume Protection (7-13), Save Your Vision (7-13), Brain Awareness (15-21), Native American Awareness (15-19), Poisons Awareness (21-27), Welllderly (21-28), Medical Cannabis (25-28) and Physicians (25-31) Weeks; Peace Corps (2), Hearing Awareness (3), Dentist (6), Funeral Director (11), K-9 Veterans (13), Well-Elderly (15), Nurses (19) and Quilting (20) Days.

#####

This information is provided as a service of the Pierce County Aging & Disability Resource Center and is intended for sharing throughout the county.

NOTE: ADR Mailing Lists Updates

Every few years we update our e-mail subscriber lists. If you'd like to continue receiving our communications, click the links below to renew your monthly subscriptions:

- [ADRC E-Newsletter \(Last work day of each month\)](#)
- [Aging and LTC providers network meetings \(First Thursday each month\)](#)

Subscriber lists will be updated April 2021. If you choose not to renew, your subscription will end March 2021. For more information contact [Bob Riler](#) at 253-254-9852.