

## ADRC E-Newsletter March, 2021



The ADRC E-Newsletter may also be viewed as a PDF at [www.PierceADRC.org](http://www.PierceADRC.org) “News & Events.”

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### **NETWORKING OPPORTUNITIES**

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

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

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

Mar 4 – “Dementia Legal Planning Toolkit” with Meredith Grigg, NW Justice Project

Apr 1 – “Using Technology in Caregiving” with Gary Rotman, SimpliTec

#### **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.

Mar 18 – “Working with ALF/AFH/HH to Prevent Readmissions in a COVID Environment”

Apr 15 – “Hospital COVID Updates (TBD): Visitation, Discharge and Testing Policies”

Held online. Be added to the e-mail list by [completing the PCCTC survey](#).

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](http://www.secoalition.com)

#### **NW Networking**

Meets Wednesdays at 11:45 a.m. in Puyallup

Contact Lisa Doyle, CayCare, 253-237-1739 or visit [Facebook page](#)

#### **West Side Senior Providers Networking Group - ONLINE**

Third Thursday at 1:00 p.m.

[Meets Online via Zoom](#). (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 – Mar 24. Other future dates: May 26; July 28; Sept. 22; Nov. 24

Contact Tracy at [tkahlo@wapave.org](mailto: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.

### **TPCHD Outreach**

The COVID-19 Vaccine Education Outreach team at TPCHD connects homeless/housing service providers with information on the COVID-19 vaccine. Currently available at virtual presentations around the vaccine, flyers (virtual or physical) to be distributed in multiple languages and other resources/updates around the COVID-19 vaccine. If any of these options would help, please contact [Michael Potoniec](#) or [Reanna Bettencourt](#).

### **COVID-19 Resources for the Deaf, Hard of Hearing, and Blind!**

- Seattle and King County created a COVID-19 video series that is accessible to community members who are Deaf and Hard of Hearing including ASL interpretation, captions, and transcripts. [To access these resources, click here.](#)
- The Washington School for the Blind has been working to develop COVID-19 resources and information for blind and low-vision folks to receive timely, accurate, and accessible information about the COVID-19 pandemic. [Blind Covid – Empowering blind and low vision individuals during the COVID-19 pandemic \(wpenline.com\)](#)
- Blind COVID Access Line: 360-947-3330 or email: [blindcovid@wssb.wa.gov](mailto:blindcovid@wssb.wa.gov).

### **COVID Communication Cards**

Communication cards help individuals let care providers and health care workers know how they feel, what they need, and what questions are on their mind about COVID, testing, and the vaccine. Three cards have been created by the Washington State Department of Health. [COVID](#) | [Testing](#) | [Vaccine](#)

### **COVID-19 Hurts Some in Pierce County More Than Others**

Tacoma-Pierce County Health Department completed an [assessment to inform COVID-19 response and recovery efforts](#). The assessment found that adverse social, economic, and environmental conditions make individuals and communities more susceptible to negative effects of the COVID-19 pandemic. Structural racism is a key driver of the disproportionate effects of COVID-19 among Black, Indigenous, and People of Color (BIPOC).

### **Help Finding a Vaccine**

- Tacoma-Pierce County Health Department Hotline: 253-649-1412, press 1, then press 3  
Answers to COVID-19 questions and assistance to register people for vaccine events  
8am-4:30pm M-F excluding holidays
- Washington State COVID-19 Assistance Hotline: 1-800-525-0127 & 1-888-856-5816  
6am-10pm Monday  
6am-6pm Tuesday through Sunday (and observed holidays)

Additionally, hotline specialists may be able to make COVID-19 vaccination appointments for eligible Washingtonians who do not have internet access, or need help using [Phase Finder](#) and [online appointment scheduling tools](#).

- [CovidWA.com](#) – a volunteer run appointment booking website.
- Facebook Group: <https://www.facebook.com/groups/findacovidshotwa>  
Facebook group run by volunteers, many helping to translate vaccine appointment information to at least 10 different languages
- Email group: [vaccinebookers@gmail.com](mailto:vaccinebookers@gmail.com)  
A group of retired educators want to help people without the technical know-how or resources to adequately compete for vaccine appointments.

### **Compassionate Care Visits at LTC Facilities**

During LTC Phases 1 and 2 of the Safe Start for Long-Term Care plan, a resident of long-term care may be visited indoors for compassionate care reasons, including end-of-life and psychosocial need situations. [DSHS has prepared this one-page guidance](#).

### **COVID-19 and Evictions**

[Coronavirus \(COVID-19\): There are only a few reasons your landlord can evict you right now](#) (English, Spanish, Russian)

Infographic: There are only a few reasons your landlord can evict you right now ([Amharic](#), [Arabic](#), [Chinese Simplified](#), [Chinese Traditional](#), [English](#), [Hindi](#), [Khmer](#), [Korean](#), [Marshallese](#), [Punjabi](#), [Russian](#), [Samoan](#), [Somali](#), [Spanish](#), [Tagalog](#), [Ukrainian](#), [Vietnamese](#))

### **Washington Healthplanfinder Opens**

[Washington Healthplanfinder](#) is offering a special enrollment period for those who are currently uninsured, seeking coverage, or directly enrolled in health insurance, such as short-term limited duration plans or COBRA as well as those with non-insurance coverage through health sharing ministries.

### **Potentially Preventable Hospitalization (PPH) Learning Collaborative**

Through the Potentially Preventable Hospitalization (PPH) initiative, Tacoma Pierce County Health Department (TPCHD) is hosting PPH Learning Collaborative Sessions. There will be four learning sessions on the 3rd Thursday of each month from 2:00-3:30pm during March to June 2021. Each time you participate in the Zoom session and complete the pre and post quiz, you will receive a \$20 online gift card. [Register online and answering survey questions](#).

### **Federal Retail Pharmacy Program**

More vaccine will be coming to Washington through the Federal Retail Pharmacy Program. Due to the increase, three more pharmacies will be added to the program: Walmart, Rite Aid, and Kroger (Fred Meyer and QFC) in addition to Safeway/Albertsons, Costco, and Health Mart Independent Pharmacies.

### **Income Tax Assistance**

Help lift hard-working families out of poverty! From late January through April 15th, VITA (Volunteer Income Tax Assistance) helps low and moderate-income households through free tax preparation. Each year, more than 6,000 households in Pierce County are helped by free tax sites. This service brings millions of dollars back into our community through tax credits and refunds, and helps hard-working families pay bills and save for the future. The VITA programs are made possible by grants from the

IRS, WA State Dept. of Commerce and United Way of Pierce County. [Download flyer here.](#) For more information about appointment-only in-person assistance as well as online help. Volunteers are needed as well. Contact [Amy Allison](#) or call (253) 426-1516.

### **The Wage Gap in Pierce County**

WorkForce Central has released its [Wage Discrepancy Report](#), an analysis of the wage gap in Pierce County. It demonstrates how wage disparities by gender and race show up in our local economy and highlights steps employers can take to shift policies and practices that perpetuate these gaps.

### **DSHS Puyallup CSO Office Closes**

The DSHS [Puyallup Valley Community Services Office](#) will close permanently on March 31. During COVID, in-person services have not been provided at this location. Washingtonians in the Puyallup area will continue to access services like food, cash and medical benefits and other supports online and over the phone as they have since the onset of COVID-19. Puyallup area community members who have questions or concerns about the closure can send them to [Hilliary Bryan](#) at 253-381-0193.

### **Financial Coaching and Benefits Planning for Seniors and People with Disabilities**

Northwest Access Fund has a team of Financial Coaches and Certified Benefits Planners on staff who offer free one-on-one financial coaching to seniors and people with disabilities in Washington. We can partner with you to address your financial barriers and work towards your financial goals, covering topics including budgeting, saving, credit, debt, benefits planning, identity protection, and assistive technology. All appointments are conducted remotely, by phone or video conference. To set up an appointment, please contact our team at [booking@nwaccessfund.org](mailto:booking@nwaccessfund.org) or 206-328-5116.

### **CMS Survey Not a Scam**

The Centers for Medicare & Medicaid Services (CMS) is conducting a Medicare Current Beneficiary Survey (MCBS) with NORC at the University of Chicago, a respected social science research organization. Beneficiaries will be contacted by mail to complete the survey. This is not a scam. A professional interviewer will contact selected beneficiaries to complete the survey. You will not be asked to provide any confidential information like your Medicare number. If you're chosen to participate, to help you confirm the validity of the study and interviewer, you can:

- Confirm the letters are legitimate by [comparing and matching them with sample letters](#).
- [Visit the NORC website](#) and enter the interviewer ID number and last name.

If you need help, contact the NORC Respondent Care Center at 1-866-856-6672 or email them at [surveyhelp@norc.org](mailto:surveyhelp@norc.org).

### **NW Artists Gallery Celebrates National Parkinson's Awareness Month**

NW Parkinson's is raising awareness by showcasing the work of artists impacted by Parkinson's in the Northwest. The April Artist Gallery will live online and be shared across the NW Parkinson's community, culminating on April 30 with a live Exhibition Zoom event. If you are interested in being featured in the Artist Gallery, please contact [BetteJane@NWPF.org](mailto:BetteJane@NWPF.org).

### **Wellness Wednesdays**

The Alzheimer's Association and UW Memory and Brain Wellness Center are pleased to offer Wellness Wednesdays, a free weekly webinar series for people with memory loss and their families. Join online and enjoy dynamic speakers exploring topics and resources to help you thrive on your memory loss

journey. Register in advance. [March 3 – Memory Strategies](#) | [Mar 10 – Friendship & Companionship](#) | [Mar 17 – Understanding Alzheimer’s](#) | [Mar 24 – Dementia Conversations](#). All sessions 1:00 - 1:45 p.m. Learn more at [alzwa.org/wellness](http://alzwa.org/wellness) or call 1-800-272-3900.

### **Spring Reading Challenge**

Join Pierce County Library System’s “Spring into Reading” challenge now through April 30. The program encourages readers of all ages to try books about nature, rainy day reads and titles inspired by the new year. Readers who complete the challenge by finishing three books will be entered to win a \$100 gift card, thanks to the Pierce County Library Foundation. Sign up and learn more at [enjoybooks.pcls.us](http://enjoybooks.pcls.us) or pick up a paper log using Pierce County Library’s curbside service.

### **Lower Sounder Fares Take Effect March 1**

ORCA LIFT, Youth and Regional Reduced Fare permit holders will be able to ride Sounder at a new, reduced fare starting March 1. The [new fares](#) will make Sounder more accessible and simplify Sound Transit’s fares system-wide by bringing Sounder fares in line with Link light rail and ST Express bus fares for these customer groups. Senior/Disabled with RRF is now \$1.

### **Advanced Health Care Receives Recognition**

Home Care Pulse, a national satisfaction research company, awarded the 2020 Best of Home Care to [Advanced Health Care](#). Advanced Health Care is now ranked among a select few home care providers across the country who have proven their ability to provide outstanding care. This is the 3<sup>rd</sup> year that this honor has been earned by Advanced Health Care. Best of Home Care – Provider of Choice award-winning providers have contracted with Home Care Pulse to gather feedback from their clients by conducting live phone interviews with their clients each month.

### **COVID-19 Safety Tips for Older Adults**

Public Health-Seattle & King County has released a very [informative, free online pamphlet featuring helpful tips for COVID-19 safety with older adults](#). The colorfully-illustrated infographic includes tips and reminders for a number of different living and working situations. [The Tacoma Pierce County Health Department has their own short infographic](#).

### **Rebuilding Day 2021**

Rebuilding Day 2021 is now scheduled for Saturday, July 24! We are hopeful there will be fewer restrictions on gathering sizes for volunteers in the summer, and with COVID restrictions, our project selection process has been taking a bit longer. If you are one of our House Captains or Volunteer Coordinators, and have not let us know if your team can join us this year, please contact [Anna Prestbo](#).

### **Parkinson's Good Start**

This free, four-week educational program is specifically designed for those diagnosed with Parkinson’s Disease in the last 3 years. Learn from a team of experts and receive up to date information on diagnosis and treatment. Participants are encouraged to attend all sessions. Held Tuesdays 10:00am - 11:15 a.m. beginning March 9th, 2021. [Register online](#).

### **SCAMS OF THE MONTH**

## **Don't Share Your COVID-19 Vaccination Card on Social Media**

It's easy to see on social media who among your friends and followers has received a COVID-19 vaccine, with people posting photos to celebrate the seeming light at the end of the yearlong coronavirus pandemic. People who post photos of their COVID-19 vaccination cards though, are [putting themselves at risk of falling victim to scams](#). (Source: BBB)

## **COVID Scams**

It should not come as a surprise that scammers have become active trying to bilk people out of their hard-earned money. Robocalls, text scams, mailings, phone solicitations, e-mails – they're all used by scammers to get your cash, credit card number, banking data or personal information. Don't be fooled. Don't fall for it. Visit the [FTC's Coronavirus Resource page](#) to learn more. (Source: FTC)

## **Scammers Are Scheming as HealthCare.gov Reopens**

The Coronavirus pandemic has had dramatic impacts on the lives of many Americans. As a result, the U.S. Department of Health and Human Services (HHS) has re-opened HealthCare.gov for a "Special Enrollment Period," from now through May 15, 2021. This Special Enrollment Period will give people who need health care coverage the chance to sign up. But it also gives scammers a new chance to call, email, send letters and texts, trying to get your money — and your personal and financial information. [Read more](#). (Source: FTC)

**LOCAL HAPPENINGS** (ADRC events highlighted. For more information about these events call the ADRC at 253-798-4600 or 800-562-0332.)

### **Mar 4 – Slam the Scam Day**

The Inspector General for the Social Security Administration (SSA), Gail S. Ennis, is designating Thursday, March 4, 2021 as the second annual [National "Slam the Scam" Day](#), to raise public awareness of government imposter telephone scams, which continue to spread across the United States. This is part of National Consumer Protection Week, February 28 – Mar 6.

### **Mar 11 – An Ounce of Prevention: A Positive Approach to Scams**

[\(Event Calendar\)](#) Thousands of Pierce County residents are approached by scammers daily and hundreds fall victim every year. The targets are all ages, all incomes, all occupations, all education levels. They come by way of e-mail, telephone, US postal mail, flyers and in-person appeals. Victims lose thousands of dollars, sometimes their whole life savings. Learn about successful tools that we can all use to remain safe from these predatory scams. [View event flyer](#). Free event held at 6:30 p.m. Presented in collaboration with the Washington State Department of Financial Institutions. [Register to join online](#) or join by phone at 253-215-8782 or 888-788-0099 – Webinar ID: 944 4755 9156.

### **Mar 11 – Habitat Homeowner Info Session**

Attendance at a Homeowner Information Session is the first step to [becoming a Habitat homeowner](#). The Habitat for Humanity homebuyer program is designed for households with a maximum gross income of 80% of Area Median Income based on the number of individuals living in the household, and a minimum income of \$35,000. [Eligibility information online](#). To register for this online session [send an e-mail](#) or call 253-627-5626 x120.

### **Mar 13 – An Ounce of Prevention: A Positive Approach to Scams**

([Event Calendar](#)) (See Mar 11 for event description) [View event flyer](#). Free event held at 9:30 a.m. Presented in collaboration with the Washington State Department of Financial Institutions. [Register to join online](#) or join by phone at 253-215-8782 or 888-788-0099 – Webinar ID: 936 6787 6353.

### **Mar 18 – Normal Aging Vs. Dementia**

([Event Calendar](#)) Many people get a little more forgetful as we get older - during our 40s, 50s and early 60s – onwards - needing a bit longer to remember things, getting distracted more easily or struggling to multi-task as well as they once did. Can these episodes be an early sign of dementia? How do you know for sure? This information-only presentation will explore the differences and what to do if questions arise. [View event flyer](#). Free event held at 6:30 p.m. [Register to join online](#) or join by phone at 253-215-8782 or 888-788-0099 – Webinar ID: 972 3158 3215.

### **Mar 20 – Normal Aging Vs. Dementia**

([Event Calendar](#)) (See Mar 18 for event description) [View event flyer](#). Free event held at 9:30 a.m. [Register to join online](#) or by phone at 253-215-8782 or 888-788-0099 – Webinar ID: 967 1614 1733.

### **Mar 27 – LEAP Workshop by NAMI Pierce**

Based on the book “I’m not Sick, I Don’t Need Help” this workshop is a must for those with a loved one who does not believe he is ill. Join NAMI from 9:30 a.m. - 12:30 p.m. and learn how to help your loved one through the LEAP method (Listen-Empathize-Agree-Partner). Limited space. Register soon at <http://www.namipierce.org>.

### **Apr 2 – For People with Parkinson’s By People with Parkinson’s**

Learn from and interact with an inspirational lineup of speakers and small group leaders who have been living with Parkinson’s anywhere from two years to 20+ years. They will share their best tips, most moving stories, and the actions they’ve taken to overcome their biggest challenges and most troublesome symptoms. Sponsored by the Davis Phinney Foundation. [Register online](#).

### **Apr 7 – Social Security Disability**

([Event Calendar](#)) An estimated 9.7% of Pierce County residents have some type of disability including mobility, cognition, hearing, vision, communication, mental health, self-care and challenges to independent living. Social Security often serves as a lifeline source of income. Several “Compassionate Allowances” help expedite the processing of disability claims. Family members of disabled workers may also receive money from Social Security. Get the details about this program and how to access important benefits from Social Security Disability. This presentation will be given live online and by phone by Kirk Larson, Public Affairs Specialist, Social Security Administration. [View event flyer](#). Held 4:00-5:30 p.m. Register in advance at <http://bit.ly/39b6CFg> for this free, impartial presentation. Join by phone at 253-215-8782 or 888-788-0099. Webinar ID: 957 3135 8238

### **Apr 8, 15, 22 and 29 – “Dotting the i’s and Crossing the t’s: Providing Legal Peace of Mind”**

([Event Calendar](#)) This series of free presentations will provide in-depth understanding of the most important planning tools that everyone – regardless of age – needs to have. April 8 – Durable Powers of Attorney; April 15 – Health Care Directives and Living Wills; April 22 – Wills and Probate; April 29 – Trusts and Trust Administration. Presented by Bryana Cross Bean, a local attorney with memberships in the National Academy of Elder Law Attorneys, the Washington State Bar Association and Tacoma-

Pierce County Bar Association. [View event flyer](#). Free event held at 6:30 p.m. [Register once for all four sessions online](#) or join by phone at 253-215-8782 or 888-788-0099 – Webinar ID: 972 3158 3215.

### **Apr 21 – Boxed or Unboxed**

How often do we hear “more is better” and “bigger is better?” That’s very much a part of our culture, our way of life. But there comes a time when enough is enough. It could be a sense of there’s too much clutter, a need to put things in their place or make life simpler. Or maybe it’s time to move to a new, smaller living space. But where do you start . . . and how? Learn from a professional move manager the issues involved, the pitfalls and successful techniques that will make any downsizing or moving experience more satisfying. Free event held at 6:30 p.m. Registration coming soon.

### **Apr 23 – Discovery 2021**

The annual Discovery Conference sponsored by the Alzheimer’s Association is an enriching day of evidence-based education, professional growth, resources and networking opportunities. Keynote address by Carl V. Hill, Ph.D., M.P.H., Chief Diversity, Equity & Inclusion Officer with the Alzheimer’s Association. Cost: \$100. Questions? [DiscoveryConf@alz.org](mailto:DiscoveryConf@alz.org) | 425-654-1299 | [www.alzwa.org/conferences](http://www.alzwa.org/conferences).

### **May 8 – Pierce County Caregiver Conference – Caring for the Care Receiver**

Save the date for this free, virtual event. Details to be announced.

### **May 8 – Walk for Parkinson’s**

Walk for Parkinson's is a chance to celebrate, support, and raise awareness of the community-driven work in the NW Parkinson's community. We'll be raising awareness in purple in our neighborhoods. Every dollar raised goes towards our free local programs, services & resources. Sign up today at [WalkForParkinsons.org](http://WalkForParkinsons.org). Contact [Pam Reeve](#) or 206-946-6518.

### **May 11 – Medicaid from the Inside: A Lunch & Learn for Professionals**

Save the date. A special event for community professionals, social workers, discharge planners, and others who help clients access Medicaid (Apple Health) services. Topics will include qualifications, application, alternatives, cost-sharing, long-term care and more. Presented by Matt Santelli, Community Outreach and Education Specialist for Pierce County Aging & Disability Resources. Held online 12 noon – 1 p.m. Advance registration coming soon.

### **May 15 – Pierce County Caregiver Conference – Caring for the Care Giver**

Save the date for this virtual event. Details to be announced.

### **May 20 – Making Sense of Medicaid: A Primer**

Save the date. Medicaid provides health coverage to children, pregnant women, parents, seniors, and individuals with disabilities. The Affordable Care Act of 2010 expanded Medicaid to cover nearly all low-income Americans under age 65. There are also parallel programs that have much broader financial qualifications. This free online workshop will serve as a general introduction to Medicaid for people of all ages and incomes. Ample time for questions will be provided. Presented by Matt Santelli, Community Outreach and Education Specialist for Pierce County Aging & Disability Resources. Held online 6:30 – 7:30 p.m. Advance registration coming soon.



## **ADRC Q&A**

**Question:** I need transportation but have a hard time with the regular buses. Can I use SHUTTLE?

**Answer:** Pierce Transit SHUTTLE is a shared-ride service for people who, because of their disability, are unable to ride a regular Pierce Transit bus. It provides door- to-door service, or in some instances, transportation to transit centers or bus stops to connect with regular bus service. SHUTTLE might make several stops along the way before it arrives at your destination. To qualify you have to be unable to board, ride or disembark the regular bus, even with the assistance of the lift system. You also have to be unable to travel because of required accommodations. You might also qualify because of a physical or cognitive disability which prevents getting to or from bus boarding locations when travelling. On the downside, you have to live within the service area of Pierce Transit and near a fixed bus route. You will need to submit an application to the Eligibility Department. [You now can do this online](#). Printed forms can also be used to apply. You should get a response within three weeks. If you have more questions you can call Pierce Transit at 253-581-8000.

## **NATIONAL NEWS**

### **Infographic: Aging & COVID-19: Vaccination, Mental and Physical Health, and Isolation**

COVID-19 has changed older adult's daily routines, the care and support they receive, and their ability to stay socially connected with others. Older adults are being challenged to spend more time alone and to forgo any physical contact with family members, friends and colleagues – all while dealing with the fear and anxiety of getting sick and potentially dying. [This infographic explores aging](#) during COVID-19, vaccine hesitancy, the long term effects the pandemic will have on long-term care settings and how we address aging in the United States. (Source: NIHCM)

### **What to Expect After Getting a COVID-19 Vaccine**

The best guide for what to expect after you get the vaccine is [this CDC brochure](#). The agency says if you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen. It's recommended you read the brochure before getting the vaccine and keep it handy after. (Source: CDC)

### **Lack of COVID Data on People with Intellectual Disabilities 'Comes with a Body Count'**

People with intellectual and developmental disabilities are more likely to have medical conditions that make COVID especially dangerous. But a lack of federal tracking means no one knows how many people in disability group housing have fallen ill or died from the virus. [Read more](#). (Source: KHN)

### **COVID and Health Inequities**

The COVID-19 pandemic has underscored the stark racial and ethnic health inequities in the U.S., including among Medicare beneficiaries. Among this group, people of color, including older adults and others on Medicare, account for disproportionate shares of COVID-19 cases, hospitalizations and deaths, according to data presented in a [new KFF report](#) about racial and ethnic disparities in health among people with Medicare. (Source: KFF)

### **What Partners Need to Know Now about Health Insurance Coverage during the Pandemic**

With information coming from many different sources, CMS has compiled resources and materials to help you share important and relevant information on the COVID-19 vaccine with the people that you

serve. You can find these and more resources on the [COVID-19 Partner Resources Page](#) and the [HHS COVID Education Campaign page](#). (Source: CMS)

### **Masks Coming to Health Center, Food Pantries, Meal Sites**

The [Biden administration](#) will deliver more than 25 million cloth masks to communities around the country in an effort to provide protection from the [coronavirus](#) to low-income Americans. Masks will be available starting in March at more than 1,300 community health centers and 60,000 food pantries and soup kitchens. (Source: NBC)

### **Fixing the Medicare Trust Fund Before It Runs Out of Money**

Under the strain of COVID-19, the Medicare Hospital Insurance Trust Fund is closer than ever to insolvency. Absent intervention, the fund — which pays hospitals, doctors, and nursing homes for the Medicare services they provide — will not be able to fully cover the costs of these services in less than three years. Policymakers will likely need a [combination of interventions](#) to ensure Medicare’s financial health long into the future. (Source: Commonwealth Fund)

### **End-of-life As a New Life-course Stage**

“End of life” or “dying” should be considered a new life-course stage as the end-of-life period is now longer historically than ever before. The end-of-life stage differs from “old age” as 25% of all people are under age 65 when they die, and there are particular developmental tasks needed to ensure smooth transitions. [Read the full story](#). (Source: Next Avenue)

### **Family Caregivers: What Would Happen ‘If I Get COVID’**

Tens of thousands of middle-aged sons and daughters caring for older relatives with serious ailments but too young to qualify for a vaccine themselves are similarly terrified of becoming ill and wondering when they can get protected against the coronavirus. [Read more](#). (Source: KHN)

### **TBI Tuesdays in March**

Join the Administration for Community Living in observance of Brain Injury Awareness Month. ACL will be hosting virtual [Traumatic Brain Injury \(TBI\) Tuesdays](#) from 1 to 4 p.m. ACL will highlight issues such as Underserved Populations; Criminal Justice and Juvenile Justice; Sustainable Partnerships; Advisory Boards & Survivor Engagement; and Return to Learn/Return to Play. Each Tuesday session panel will include state and federal representatives as well as brain injury survivors and family members. No cost to register. [Register for each Tuesday session online](#).

### **The AFA Teal Room**

The [Alzheimer’s Foundation of America Teal Room](#) offers daily activity programming online free of charge. Music, art, dance/movement and chair yoga are just some of the different therapeutic activities offered at the AFA Teal Room. Watch and participate in a program by clicking the videos link. (Source: AFA)

### **2021 AARP Community Challenge**

The application period is open for the 5th annual AARP Community Challenge “quick-action” grant program. Funding is available for local governments and nonprofits that are eager and ready to work on a community-improving project that can be started and completed before year's end. Due April 14. [Learn how to apply](#). (Source: AARP)

### **Evolve 2021 – A Life Enrichment Virtual Summit**

LeadingAge has created the first-ever life enrichment focused virtual summit designed to reimagine how we engage residents and enhance their lives. It will kick off April 6<sup>th</sup> with an incredible lineup of 20+ speakers including Dr. Bill Thomas, Teepa Snow and Ashton Applewhite discussing the topics that matter most to life enrichment leaders. Twenty short sessions designed to encourage and educate. Participate live online April 6, 7, 8, 13, 14, 15. [Learn more and register](#). (Source: LeadingAge)

### **New Sneaker for People Living with Disabilities and Seniors**

Sportswear giant Nike unveiled the design of their first hands-free sneaker. NPR's Michel Martin spoke to Matthew Walzer, who lives with cerebral palsy and who wrote a letter to Nike back in 2012 that helped inspire cool, supportive sneakers for people living with disabilities. [Listen to their discussion](#). [See the GO FlyEase shoe](#). (Source: NPR)

### **GPS Insole Helps Track Wanderers**

A GPS tracking device embedded in what appears to be a standard orthotic worn in a shoe helps caregivers track the whereabouts of family members with dementia who are prone to wander. The [GPS SmartSole from GTX Corp](#). incorporates firmware, a circuit board, antenna and internet-of-things sensors in a military-grade material. (Source: ASME)

### **Extra Help for Prescriptions for Low-income Seniors**

Seniors often pay thousands of dollars each year for their prescription medications. Fortunately, some seniors can enroll in Part D prescription drug coverage at reduced costs through the Medicare Extra Help program. ([View the NCOA eligibility and benefits chart](#).) Also known as LIS or the Part D low-income subsidy, Extra Help is a federal program that helps seniors with limited income and assets afford Part D coverage and their medications. The upper asset limits in 2021 are \$14,790 for a single person and \$29,520 for a married couple living together. The highest income limits are \$19,140 for an individual or \$25,860 for a married couple living together. [Read more](#). (Source: AgingCare / NCOA)

### **Medicare Cuts Payment to 774 Hospitals Over Patient Complications**

Renowned medical centers are among the quarter of general hospitals that will [lose 1% of Medicare payments](#) for one year because their patients have high rates of bedsores, sepsis and other preventable complications. [Look up local hospitals](#). (Source: KHN)

### **Tony Bennett Reveals He Is Living with Alzheimer's**

The family of legendary singer Tony Bennett, 94, announced that he was diagnosed with Alzheimer's disease in 2016. More than 5 million Americans are living with Alzheimer's. (Source: Alz Assoc)

### **AARP Virtual Community Center**

AARP offers a wide variety of free, interactive online events and classes designed for learning, self-improvement, exercise and fun. [Events are always posted online](#). (Source: AARP)

### **Medicare Pays More for Drugs than Medicaid**

[According to Bloomberg News](#), manufacturers have to offer Medicaid plans their lowest possible price under federal regulations in order to participate in other federal drug programs, which explains why the Medicaid prices are so low. On the other hand, HHS is prohibited from negotiating directly with

