

ADRC E-Newsletter April, 2021



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

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

May 6 – “Vision Changes for Seniors” with Dr. Erin Seefeldt, Hope Vision Foundation

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.

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

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 – May 26. Other future dates: July 28; Sept. 22; Nov. 24

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

LAST CHANCE - - - Please Update Your Subscription

This is the last issue of the ADRC E-News using our current distribution list. 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 \(First Thursday each month\)](#)

If you choose not to renew, your subscription will end with this issue. For more information contact [Bob Riler](#) at 253-254-9852.

LOCAL SERVICES

Vaccines for Caregivers

The Department of Health (DOH) has clarified that all caregivers who support someone who is at risk for severe COVID are eligible for the vaccine right now. This includes family members who are not paid. [Click here](#) for instructions on how to answer questions on the Phase Finder questionnaire.

Vaccines for People with Disabilities

People with disabilities who are at risk of severe COVID illness, including people with Down syndrome and other Intellectual/Developmental Disabilities, are eligible for the vaccine. Learn more: [Vaccine page](#). Translations in Spanish, Somali and Vietnamese.

COVID Vaccine Call Center for Pierce County

Pierce County opened a [COVID-19 vaccine call center](#) to help people needing assistance to sign up for vaccine events hosted by Pierce County. Residents who qualify within the Washington State Phase Finder can contact the call center at 253-798-8900. The call center is open from: 9 a.m. to 4 p.m. The call center will help sign up for Pierce County vaccine events or take their information for future events.

Free Exterior House Painting

Paint Tacoma Beautiful organizes volunteer crews each summer to paint the exteriors of homes of low-income, senior and disabled homeowners. Homes must be within Tacoma city limits. Work sites will have added safety measures to decrease risk of exposure. [Learn more about applying to have your house painted, volunteering, or sponsorships and donations](#). Contact [Mary Herman](#) at 253-999-3417.

New Support Groups for Family Caregivers

This is a test program from Lifespan Respite WA for caregivers to attend monthly. Each session (6-7 p.m.) has a unique topic through June 2021. Caregivers can remain anonymous during the support group sessions. They won't be asked to speak or turn their video camera on. It is totally up to the caregiver if they wish to actively participate. All unpaid family caregivers caring for people of any age are welcome! We will use the [Hey Peers website](#) and you will be asked to [create an account](#). Free.

- April 1 – [Managing Personal Stress](#)
- May 6 – [Constructive Communication](#)
- June 3 – Finding Joyful Moments in Caregiving (Registration coming soon)

Rental Assistance Available

Pierce County Human Services and the City of Tacoma have received funding for rental and utility assistance for tenants impacted by COVID-19 and behind on rent. The purpose of the [Rental Assistance program](#) is to prevent eviction for Pierce County residents (including those living in the City of Tacoma)

impacted by COVID-19 who are behind on rent. Applicants must qualify as low-income at or below 80% Area Median Income (AMI), but priority will be given to those under 50% AMI. Assistance with utilities, garbage and internet is also available for those behind on payments.

Community Summit 2021

DSHS Developmental Disabilities Administration (DDA) announces the 2021 Community Summit Webinar Series Dates & Keynotes. The 9th annual Community Summit will feature weekly webinar sessions beginning on May 6 and running through June 24. Includes: Presentations, social events, and panel discussions on the themes of *Resilience, Equity, and Inclusion*. Webinars are free of charge and open to all who share in the goals of the Community Summit. The Summit website and registration will open in Spring of 2021. Visit the [Summit Facebook page](#) for future announcements.

New Resources from NW Justice

- [Key Medical Standards as of January, 2021](#)
- [Medicare Information for 2021](#)
- [Social Security Information for 2021](#)
- [2021 SSI & State Supplemental Payment \(SSP\) Standards for Washington State](#)
- [Q and A on the Community First Choice Program](#)
- [Q and A on COPEs](#)
- [Q and A on Medicaid for Nursing Homes](#)
- [Q and A on Tailored Supports for Older Adults and Medicaid-alternative Care Programs](#)
- [Medically Needy Spenddown Program](#)

New Emergency Funds on the Way for Rent and Business Assistance

The state's pandemic response efforts are getting a much-needed infusion of funding. [House Bill 1368](#) appropriates \$2.2 billion in federal funding for numerous statewide and community needs, including:

- \$618 million for public health's response to COVID, including testing, investigation and contact tracing, and funding for vaccination efforts
- \$365 million for emergency eviction, rental and utility assistance
- \$26 million for food banks and other food programs
- \$91 million for income assistance

COVID Transportation Resource

[FindARide.org](#), a website operated by Hopelink, has launched a [COVID-19 Transportation Resources Page](#) in partnership with RARET – the Regional Alliance for Resilient and Equitable Transportation. The page serves Snohomish, King, and Pierce counties, and provides transportation resources, avenues for information on testing, tips for seeking a vaccine appointment, COVID positive transportation providers, and more.

DD Waiver Services

The Developmental Disabilities Administration at DSHS has five Home and Community-Based Service Medicaid Waiver programs. Each waiver offers specific services to meet an individual's health and safety needs in the community. Services in four categories with age limits include: 1) Community services – promote client participation and integration in the community; 2) Professional services – support services provided by contracted professionals; 3) Caregiving services – supports for participants

and their caregivers; 4) Goods and services – equipment, supplies and specialized services for participants. Call 800-735-6740 or email R3ServiceRequestA@dshs.wa.gov.

Governor’s Disability Employer Award Nominations Open

Presented to outstanding employers who have demonstrated efforts to recruit, hire and advance employees with disabilities, and to recognize Best Practices in the workplace. An individual, business, agency or organization may submit nominations for themselves or others. Submission guidelines and electronic nomination forms [can be found online](#). For more information or to request a nomination form in alternate formats contact staff at 360-890-3778.

Families with Disability Concerns Take Extra Care when Planning for Emergencies

COVID-19 has [highlighted a need for emergency planning](#), and Washington State families might consider additional contingencies to plan for: winter snowstorms, flooding, wildfires, volcanoes, earthquakes.... The planning can alleviate stress and create a sense of confidence that a plan is in place for everyone’s safety if something unexpected does occur.

Pierce Transit Removing Bus Stops

Pierce Transit has kicked off a “Bus Stop Balancing” project, looking at each of the 2,100 bus stops through many lenses – safety, accessibility, equity, proximity to other stops, ridership and nearby destinations – and identifying some stops for potential removal. PT has posted signs at each bus stop identified for potential removal and ask customers and the community for feedback by calling Pierce Transit’s Customer Service office (253-581-8000 (Option 1) or 800-562-8109) or visiting PierceTransit.org/busstops. The feedback period runs through April 11.

Pierce Transit Issues Spring Revisions

Pierce Transit has updated its bus schedules with [new services and times](#). PT is adjusting routes on weekdays and adding trips on Sundays to return to 95% of pre-COVID service levels. Masks are now a federal mandate while onboard Pierce Transit vehicles. [See what's new with your route](#).

Equity and Access Are the Sound of Recovery

Sound Options explores issues of equity and access with local Puget Sound area speakers. Held Noon to 12:15 p.m. Presentations are 15 minutes allowing for discussions. Presented with live chat. Community engagement encouraged. Fee: Free or \$25. [Information and registration online](#).

- April 14 - The Sound of Full Employment; Katie Condit, CEO, WorkForce Central, talks about closing the gap between skills and demand in the trades.
- April 21 - The Sound of Equitable Lending; Sandhya Nakhasi, Co-Founder and CIO, Community Credit Lab talks about shifting power within the financial system.
- April 28 - The Sound of Equity; Jacques Colon, Strategic Manager, City of Tacoma talks about financial equity in health and housing.

DOH Releases Environmental Health Mapping Tool

A new mapping tool provides localized data on the environmental, health and climate risks communities face, supporting decisions that advance environmental justice in the state’s shift away from fossil fuels. Communities are "highly impacted" if they rank a nine or ten on *the [Environmental Health Disparities](#) map. The map captures exposure to pollution, fossil fuels, and other environmental hazards as well as

social vulnerability factors such as income and race. The map also has new climate projections which show distribution of risks from climate change, which will help guide utilities' efforts.

Kinship Caregivers Can Access Resources and Supports

Caregivers of all ages who are raising children who are not theirs by birth can contact the HopeSparks' Relatives Raising Children (RRC) program for resources and information. RRC's Kinship Navigator program provides answers to questions about community-based resources, legal options, and accessing financial support to help in your role as a kinship caregiver. Support groups, counseling services, and emergency assistance funds may be available to eligible caregivers. Through the end of April, kinship caregivers can also sign up to participate in free, enhanced case management services to help meet your needs and goals. Contact [Tamie Nielsen](#) at for more information.

Tacoma Pride

Pride will be held July 10 with a virtual Pride Parade on the official website of Tacoma Pride Festival, tacomapride.org. Visit a business participating in Points of Pride that day in a safe manner while supporting local businesses that support Rainbow Center offering specials throughout the day. To sign up for being a Point of Pride, email marshall@rainbowcntr.org.

Crisis Recovery Center at Parkland-Spanaway

Law enforcement, EMTs, and families needed a place in the Parkland/Spanaway area to bring those suffering from mental health crises to receive immediate and appropriate care. First responders, health care providers, and the community identified this facility as a top priority for our region. A [Crisis Recovery Center](#) serves only 16 people at any one time, has a 1:2 staff-to-patient ratio, is locked and secure, and all patients are transported to and from the center by law enforcement, ambulance, family or contracted transport. The CRC will be operated by RI International.

Puyallup Aging Expo

The continuing pandemic makes holding the 2021 Aging Expo impossible. The Puyallup Aging in Community Board has decided to postpone the Expo to 2022. Plans for 2022 are pending.

Alzheimer's Lunch and Learn Sessions

The Alzheimer's Association is now offering convenient [30 and 60-minute lunch and learn sessions](#) free to local businesses. Session topics include Understanding Alzheimer's and Dementia, the 10 Warning Signs of Alzheimer's and many more.

Community Checkup Aims to Reshape Health Care

The Washington Health Alliance has issued its 15th [Community Checkup](#) to help make changes to improve the quality and appropriateness of health care delivered to all Washingtonians. With results for more than 2,300 distinct entities, the Alliance analyzes claims data for clinics, medical groups, hospitals, counties, and Accountable Communities of Health for about 4 million people from January 1, 2019 to December 31, 2019 (download the pdf [here](#)).

New Videos from WA State ABLE

Washington State ABLE is launching a new video series on Facebook and YouTube. Videos topics include: ABLE to Work, Authorized Legal Representatives, Eligible Expenses and more. Follow [ABLE WA on Facebook](#) and subscribe to the [Washington State ABLE YouTube Channel](#).

Visiting Angels Holds Classes

Tacoma's Visiting Angels is holding in-person classes.

- CPR, AED, & First Aid Class, \$40 & 3 CEUs. April 8, 1-5 p.m. and April 10, 9 a.m.-1 p.m.
- CVA/Stroke, \$25 & 2 CEUs. Held April 29th, 2-4 p.m.

Classes are at 1401 S. Union Ave, Tacoma. Register by calling or emailing [Marian](#) at 253-537-3700.

SCAMS OF THE MONTH

Scams Follow New COVID-19 Rescue Plan

The new American Rescue Plan aims to help many people's financial well-being. Payments will soon be coming by direct deposit, checks, or a debit card to people eligible for the payment. Learn more about who's eligible, and the timing, at [IRS.gov/coronavirus](https://www.irs.gov/coronavirus). [Here's what will NOT happen](#), so you can spot and avoid the scammers who are right now crawling out from under their rocks. (Source: FTC)

Spotting Scammy E-mails

Let's say you get an email about a charge to your credit card for something you aren't expecting or don't want. Your first instinct may be to immediately call the company or respond to the email and to stop the payment. Scammers know that and are taking advantage of it in a new phishing scheme. [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.)

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. [View the event agenda](#) to learn more about sessions and speakers. 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 – Pierce County Coronavirus Tele-Town Hall

Join AARP for an important conversation about the latest COVID-19 vaccine distribution information and how to stay resilient during these uncertain times. Guests are Dr. Anthony Chen, Director of Health with the Tacoma Pierce County Health Department and Jeananne "Bunny" Smith, Executive Director at

the Mid-County Community Center. This live Q&A event will give you the opportunity to ask questions about the vaccine process and learn more about how to care for yourself and others as we emerge from the pandemic. To ask your question, pre-register your phone number by visiting <https://vekeo.com/aarpwashington/#event-34355> or call 1-855-962-1240 at the beginning of the event.

Apr 8 – Habitat Homeowner Info Session

Attendance at a Homeowner Information Session is the first step to becoming a Habitat homeowner. Our 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. [Check your eligibility](#). To register please [email us](#) or call 253-627-5626 x120.

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 13 – Aging with Choice

A free virtual workshop created to help you plan for aging and housing. Featured speaker is Juli Anne Gibson discussing the senior living housing marketplace. Sponsored by Reverie at Silver Creek. Advance [registration required online](#) or by phone at 866-806-0181.

Apr 15 – Plan, Shop, Save Cook! A Virtual Nutrition Education Series

Brought to you through a partnership between Aging & Disability Resources and the WSU Extension SNAP-Ed program, this free, interactive, virtual four-part series will teach you how to plan meals that save time and money, how to select nutrition-rich foods, and how to prepare a week’s worth of meals on a budget. Participants must receive SNAP (food stamp/EBT) benefits or have limited income: \$23,828/year for a single-person household; \$32,227/year for a two-person household; \$40,626/year for a three-person household. Workshops held for four Thursdays starting April 15. Participation limited to the first 15 people. Contact [Nellis Kim](#) at 253-798-3807 for info or to register.

Apr 18 – Virtual SAGE Table

SAGE Table is back! Join us on Zoom from 1 to 3 p.m. for a virtual SAGE Table to talk about “How I Survived 2020!” Sit down with a beverage and a bite to eat and join our guided conversation to explore the many ways that the LGBT community and allies made it through one challenging year. We’ll talk about how we took care of ourselves, how we took care of each other, where we’ve found opportunities to accept and lend a helping hand. For more info or to RSVP, send an e-mail to info@tacomaolderlgbt.org or Nellis.Kim@piercecountywa.gov and we will send you a link.

Apr 20 – Symptom Management: Is it PD, Medication or Aging?

How does aging affect cognition compared to Parkinson’s? In this [Expert Briefing](#), neuropsychiatrist Gregory Pontone, MD, MHS, discusses tips to stay mentally well, how Parkinson’s progression affects

cognition, along with treatments for cognitive impairment and dementia in Parkinson's. He will also highlight how medications can negatively affect cognition in Parkinson's and which ones to avoid.

Apr 21 – Boxed or Unboxed

[\(Event Calendar\)](#) “More is better.” “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. [View event flyer](#). Free event held at 6:30 p.m. [Register in advance online](#).

Apr 21 – Goodwill Virtual Volunteer Fair

Hear how volunteerism can lead to employment & add valuable experience to your resume plus learn about Unique volunteer opportunities from local organizations including Goodwill, Associated Ministries, WA State Office of Insurance Commissioner and more. [Register online](#). Do you represent a volunteer organization with opportunities you want to share? Contact HeatherL@goodwillwa.org

Apr 21 – Parkinson’s Hope Conference

Workshops on DBS, speech, diet, support groups, dance and much more. There will be a virtual Exhibit Hall for you to learn more about the sponsors who supported the HOPE Conference. Free event. Held virtually. [Register online](#). Once you've registered, you'll have access to the Conference videos indefinitely! (but you must register to gain access)

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 | 425-654-1299 | www.alzwa.org/conferences.

Apr 28 – All Things Medicare

This SHIBA program explains what Medicare is, what the different parts of Medicare are, Medicare eligibility and how to enroll as well as coverage options for people 65 and older or under 65, disabled and going on Medicare. It includes information about options for those who are still working and are Medicare eligible and it provides information on how to get assistance for Medicare costs for those who are eligible. Additionally, there is some information about the difference between the Affordable Care Act (Washington's health benefit exchange) and Medicare. Presented by SHIBA. Held at 11:00 a.m. [Register in advance for this meeting](#).

May 3, 10, 17 and 25 – Parkinson’s Care Partner Summit

For the month of May, the 2021 Care Partner Summit will take over Mindfulness Monday and Wellness Wednesday. Mondays will feature 4 sessions with Positive Psychologist Maria Sirois, focused on cultivating resilience as a care partner. Wednesdays will compliment with four special topics. Learn more and register today at Parkinson.org/Summit.

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

([Event Calendar](#)) Pierce County Aging & Disability Resources, in collaboration with the Health Care Providers Council, present the 2021 Pierce County Caregiver Conference as a two-day online event on Saturday, May 8 and 15 from 9:30 to 11:45 a.m. Both Saturdays will feature four consecutive half-hour workshop sessions. May 8 will focus on providing care to the care recipient; May 15 will focus on taking care of the care giver. The Caregiver Conference is open to both unpaid family caregivers as well as paid caregivers. Paid, in-home caregivers may qualify for up to four hours of continuing education hours from DSHS. [View event flyer](#). The event is free but advance registration is required. Information about the event and registration is available at www.PierceCountyWA.gov/Caregiver.

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. Contact [Pam Reeve](#) or 206-946-6518.

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

([Event Calendar](#)) 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. [View event flyer](#). Advance registration at <http://bit.ly/3blbKt2>.

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

([Event Calendar](#)) (See May 8 for event description) Free conference held 9:30 – 11:45 a.m. [View event flyer](#). Advance registration is required. [Information about this free event and registration is available online](#).

May 20 – Making Sense of Medicaid: A Primer

([Event calendar](#)) 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. [View event flyer](#). Advance registration at: <http://bit.ly/3v6EvBB>.

May 25-26 – Nurse Renewal Retreat (In-Person)

A [special retreat](#) to help nurses renew their passion for what drew them to the healing art of nursing from the start. 10.75 CNEs. This event will be held at Harmony Hill in Union, WA. COVID-19 Protocols will be observed. Flexible cancellation policies. Scholarships for 50% off are available for Rural Hospital/Clinic Nurses. Contact programs@harmonyhill.org for scholarship information.

ADRC Q&A

Question: I just fell for a scam. What should I do?

Answer: There's no shame to falling for a scam. Scammers are professionals and very good at their work. It's a very rare thing for a victim of a scam to ever see their money again. But filing a report is important. There is the off chance some of your money could be returned. And it helps authorities better understand the scope of what's going on to focus their attention. File a report with the Federal Trade Commission at <https://reportfraud.ftc.gov>. The file a report with the Washington State Attorney General's Office at <https://www.atg.wa.gov/file-complaint>. There are also two important things to do if you haven't already. Put yourself on the national Do Not Call list online at www.donotcall.gov or by calling 1-888-382-1222. Secondly, put a freeze on your credit with the three major credit reporting agencies – Equifax, Experian and TransUnion. More information is at www.AnnualCreditReport.com. You can also use that website to get a free copy of your credit report every 12 months.

NATIONAL NEWS

Looming Physician Mental Health Crisis

More than 70 percent of physicians say they are experiencing burnout, which takes a toll on their health and quality of life, not to mention the impact it has on their patients. [This infographic](#) explores physician burnout and moral injury both before and during COVID-19, top causes for burnout, the mental health stigma that still exists in the medical community, the impact for patients and the health care system, and what can be done to address this growing crisis. (Source: NIHCM)

American Rescue Plan Summary

Justice in Aging [created a summary](#) outlining the parts of the American Rescue Plan that improve the lives of older adults by expanding financial relief and basic needs supports, access to affordable health care, and advancing equity. (Source: JIA)

SNAP Food Aid Increases By 15%

The U.S. Department of Agriculture will [increase Supplemental Nutrition Assistance Program \(SNAP\) benefits](#) through September by 15%, providing about \$3.5 billion of assistance to people affected by food insecurity. As part of the \$1.9 trillion COVID-19 relief package, the increase in benefits will provide about \$28 more per person per month. (Source: Axios)

The Conversation Campaign

[THE CONVERSATION: Between Us, About Us](#) is a new campaign to provide Black communities with credible information about the COVID-19 vaccines co-developed by [KFF \(Kaiser Family Foundation\)](#) and the [Black Coalition Against COVID](#). Black doctors, nurses and researchers dispel misinformation and provide accessible facts in 50 FAQ videos that deliver the information Black people are asking for about the COVID-19 vaccines. More videos and voices will be added to this one-of-its-kind *living* video library as new questions arise and information becomes available. (Source: KFF)

Alexa Care Hub

[Care Hub](#) is a free feature in the Alexa app that gives you new ways to remotely check in on parents or loved ones. With an Echo device at your loved one's home and the Alexa app on your phone, you'll know they're up and active. You can also get notified if they ask Alexa for help. It's a simple way to feel close even when you're apart. [See more possibilities](#). (Source: Amazon)

Providers Don't Even Exist

Many members of racial and ethnic minority groups say they face extra barriers when seeking care for a friend or family member with Alzheimer's. Black, Hispanic, Asian and Native American caregivers were far more likely than whites to encounter discrimination, language barriers and providers who lack cultural competence, according to a [new report released by the Alzheimer's Association](#). (Source: NPR)

New Materials for Older Americans Month

May is Older Americans Month. The [Older Americans Month website](#) has a variety of materials now available to help you celebrate. Download the official [logos](#) and [poster](#) in English and Spanish. Also available are social media graphics, templates and other artwork. (Source: ACL)

“The Father” Highlights Alzheimer’s

Anthony Hopkins plays a strong and stubborn man in his 80s struggling with dementia. Olivia Colman, is his adult daughter and primary caregiver. At the beginning of "[The Father](#)," Anthony is living in his own apartment with a hired in-home aide. Quickly, it becomes apparent that Anthony's dementia is progressing and that his daughter will have to make some difficult decisions about her father's care. [Read more](#). (Source: Next Avenue)

Introducing New NIA Alzheimer’s Website

The National Institute on Aging offers [Alzheimers.gov](#), a new website designed to educate and support people whose lives are touched by Alzheimer’s disease and related dementias. The website serves as the federal government portal for dementia information and resources. (Source: NIA)

Alzheimer’s and Figures Examines Race, Ethnicity and Alzheimer’s

The new [2021 Alzheimer’s Disease Facts and Figures](#) report provides an in-depth look at the latest national statistics on incidence, prevalence, mortality, costs of care and impact on caregivers, as well as the devastating effect the COVID-19 pandemic is having on the Alzheimer’s community. [Race, Ethnicity and Alzheimer’s](#), focuses on perspectives and experiences of Asian, Black, Hispanic, Native and White Americans regarding Alzheimer’s and dementia care. (Source: Alz Assoc)

Visiting Loved Ones in a Nursing Home – UPDATED Graphic

CMS and the CDC issued updated guidance for nursing homes to safely expand visitation options during the COVID-19 pandemic public health emergency (PHE). CMS has now released a [graphic](#) to help explain the expanded visitation options. [Read the full press release](#) and review the graphic in [English](#) and [Spanish](#). (Source: CMS)

Social Security Benefits to Same-Sex Partners and Spouses

Recent court victories in [class action lawsuits](#) challenging the use of discriminatory state marriage laws to deny Social Security survivors’ benefits to same-sex partners and spouses mean that people who were previously denied benefits or who never applied should now contact Social Security to ask to reopen their denied claim or to apply for benefits. The Social Security Administration is accepting claims for benefits even while the cases are on appeal. (Source: JIA)

Free Will Resource

The Davis Phinney Foundation has partnered with [FreeWill](#) to provide estate planning at no cost. [FreeWill](#) has been used by over 240,000 Americans to write their free wills, removing the expensive legal fees associated with the process. (Source: DPF)

What Policymakers Need to Know About an Aging America

Policymakers in 2021 and beyond must adopt policies that address the unprecedented and long-term shift in our country’s age and racial demographics, while also recognizing the disparities and challenges to healthy aging that COVID-19 has both illuminated and exacerbated. [Read this policy brief](#) from the National Association of Area Agencies on Aging. (Source: n4a)

FTC Initiative to Encourage Lower-Income Communities to Report Fraud

The Federal Trade Commission is launching a new initiative aimed at partnering with community legal aid organizations to expand its outreach to lower-income communities to encourage them to report fraud and provide them with advice to help recover. The Community Advocate Center initiative will provide a new way for organizations that provide free and low-cost legal services to report fraud and other illegal business practices their clients have experienced directly to the FTC on behalf of their clients. For more information about the Community Advocate Center and to sign up to participate, visit ReportFraud.ftc.gov/community. (Source: FTC)

History Lesson: Nursing Homes

We are currently at a pivotal point in the nation's history of caring for the most frail and vulnerable. The horrific toll the pandemic has taken on nursing home residents will determine the future of nursing home care for years, possibly decades, to come. This is not the first — or second — time where massive outrage has led to calls for significant change and reform in nursing homes. The problems that plague today's nursing homes are tied to their [history in the United States](#). (Source: NextAvenue)

PLAN AHEAD (Always 2 months ahead) – June 2021

Alzheimer’s and Brain Awareness, Audiobook, Cancer from the Sun, Dementia Care Professionals, Pride, Men’s Health, Migraine Awareness, Pet Preparedness, Scoliosis, Oral Health and PTSD Awareness Month; Community Health Improvement (6-12), Flag (13-19), Men’s Health (14-20), Nursing Assistants (17-24), Library (24-29) and Prevention of Eye Injuries (27-7/4) Weeks; Cancer Survivors (6), YMCA (6), Alcoholics Anonymous (10), Family Fitness & Health (12), Family History (14), Blood Donor (14), Elder Abuse Awareness (15) and Beginning of Summer (20) 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.

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

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