

**Health Care Providers Council of Pierce County**  
"Enhancing the Lives of the Seniors We Serve"



***AUGUST 2022***  
***Newsletter***

**Our next meeting is: August 11th at Mountain View Funeral Home**  
Dues are \$75 per year, per individual

***President's Message***

Aloha HCPC Ohana!

Thank you, members, for participating in last month's Christmas in July meeting!! With all your help, we were able to raise \$921 in RAFFLES!!! AMAZING job, thank you all for making this event a SUCCESS!! We appreciate ALL of you!!

One thing I need to make clear is that HCPC Meetings are OPEN to ALL members. I had one member say that they could not make the July meeting because they did not have a raffle basket to raffle, she was so sweet and thoughtful. PLEASE, PLEASE, PLEASE people. we welcome ALL our members to ANY meeting and will NEVER turn you away because your company does not allow you to participate in providing a giveaway basket.

I hope to see you all at our next meeting, this Thursday, August 11th! We will have a speaker this month, Ms. Karen Gilbert from West Pierce Fire & Rescue. She will be sharing about what they are doing to serve our communities.

We will also be hearing from our August Meeting Sponsor, Jenny Austin-Krzemien from Concierge Care Advisors about the most recent happenings in the placement world and what makes them unique. While our Breakfast Sponsor, Deer Ridge Memory Care Community, will be serving something delicious, I'm sure!

And for those who attended the Narrows Glen Business After Hours, wasn't that a WONDERFUL event?? It was a beautiful location, with great food and entertainment, and most importantly GREAT company.... thank you, Rebecca, and all who made it out!! And don't forget to put this month's Business After Hours, on your calendars, with our dear friends at Visiting Angel's - Kelly and her team always BRING it! I'm certain it will be FABULOUS!!!

Keep up the GREAT work YOU ALL do - Thank you for your service!!

Aloha HCPC Ohana,

Trish Cooper  
Your HCPC President

**Meeting Schedule**

**August 11th -**  
Speaker

**September 8th -**  
Networking

**2022 Board Members**

**President:** Trish Cooper, Enable Dental

**Vice President:** Beth Rahman, eXp Realty

**Secretary:** Rebecca Brooks, Narrows Glen

**Treasurer:** Tawnya Krall, Garden Courte

**Members-at-Large:** Lynessa Stone – Advanced Healthcare, Carole Velez – Franke Tobey Jones, Elizabeth Catterson – Visiting Angels, Tabitha White – The Key, Cheryl Teifke – MultiCare, Monica Richardson – Weatherly Inn

**Social Media/IT:** Jenny Krzemien – Concierge Care Advisors. Monica Richardson – Assistance with Facebook posting

**Board meetings are held on the 4th Thursday of the month, at 8:00 am. The next meeting is scheduled for August 25th, 2022, at Narrows Glen. All members are welcome to attend.**

**Monthly Meeting Sponsor**

Jenny Austin-Krzemien  
[Concierge Care Advisors](#)

**After Hours**

Kelly Chambers/Elizabeth Catterson  
[Visiting Angels Tacoma](#)



Join Visiting Angels for Business After Hours

# Pizza & Pints

Wednesday, August 31st • 4-6 PM  
Hanks Bar & Pizza  
524 N K St, Tacoma

*Visiting Angels* 

**HCPC** HEALTH CARE PROVIDERS  
COUNCIL of Pierce County

**HCPC Breakfast Sponsor**

Olivia Koelsch  
[Deer Ridge Memory Care](#)

**Upcoming Events**

***If you are interested in posting an event, please email Rebecca Brooks at: [secretary@healthcareproviderscouncil.org](mailto:secretary@healthcareproviderscouncil.org). All postings must be submitted by the 15th of the month.***

**PROFESSIONAL TRAINING COURSES  
at VISTING ANGELS TACOMA:**

First Aide, CPR, & AED- \$50 & 3 CEUs  
Friday, August 12th, 9 AM-2:30 PM

Diabetes Level 1 - \$100 & 8 CEUs  
Saturday, August 27th, 9 AM- 5 PM

Palliative Care - \$100 & 8 CEUs  
Saturday, September 3rd, 9 AM- 5 PM

All classes are held at Visiting Angels Tacoma-  
1401 S. Union Ave, Tacoma, WA 98405  
Call or email Marian to sign up- 253-537-3700 or  
[Marian@TacomaAngels.com](mailto:Marian@TacomaAngels.com)

**Fall Prevention Awareness Day Event**

On Thursday, September 22, 2022, from 10am To 12pm the Pierce County Fall Prevention Coalition announces that their 2022 Event for Fall Prevention Awareness Day is back live in-person at the Mel Korum Family YMCA, located at 302 43rd Ave SE, Puyallup, WA 98374.

Are falls a natural part of aging? No! Unexpected falls can result in a serious and costly injury. The good news is that most falls can be prevented! We have the power to reduce our risk of falling.

This FREE event is open to everyone – snacks provided. This event will include FALL PREVENTION TIPS • EXERCISE DEMOS • GIVEAWAYS • FUN. Fall prevention presentations & community resources. No RSVP needed (open to public-YMCA membership not required!).

For more information contact Pierce County Aging & Disability Resources at 253-798-4600. For vendor opportunities please email the Coalition at [PCFPCoalition@gmail.com](mailto:PCFPCoalition@gmail.com). You can also visit the Coalition online at [www.fallsfreepiercecounty.org](http://www.fallsfreepiercecounty.org) or at <https://www.facebook.com/Pierce-County-FallPrevention-Coalition-1500466833582122/>.

**Dementia Care Support Groups and Memory Café Now Being Offered**

Dementia Care Support Groups sponsored by Deer Ridge Memory Care on the second and third Wednesday of each month at 5:30pm. Memory Café presented by LCSNW and Deer Ridge Memory Care on the third Wednesday of each month at 10:30 a.m. Locations for these events may vary, so call or email for current info to 253-722-5682 or [rmarken@lcsnw.org](mailto:rmarken@lcsnw.org)

**Become A SAIL (Seniors Active and Independent For Life) Instructor** All potential SAIL Instructors must complete their initial training through an onsite, live class format, or by taking the online class. Both the onsite class and the online class will provide you with the training you will need to initiate, establish, and market a SAIL Program in your community.

In addition, you'll learn how to keep the interest of your older adults to ensure that your program continues to be successful over time.

For questions and more information contact Sandy Gatlin, Master Trainer, and West Regional SAIL Coordinator at SAILmaster Workshops, LLC at [sailwithmesg@gmail.com](mailto:sailwithmesg@gmail.com) or 253- 226-0062 or <http://www.SAILfitness.org>

*Upcoming Online Training Sessions:*

September 15 & 16, 2022 - 8:30am -12:30 PST

Registration: <https://www.eventbrite.com/e/392456938267>

October 13 & 14, 2022, 8:30am - 12:30 PST

Registration: <https://www.eventbrite.com/e/392474340317>

**Lutheran Community Services (LCS) Offers  
Activities for Those Living with Dementia**

FREE art and music activities for people living with dementia or other cognitive challenges! LCS Northwest Dementia Services has new sessions of our Opening Minds through Art (OMA) and Music and Memories activities starting the end of April! Both in-person and virtual options available! These FREE sessions are available to any older adults in Pierce County or South King County who are living with dementia or a cognitive challenge.

Please register for OMA online at <https://forms.gle/EmGuvhAwXG7W22Pg9>

Music and Memories at  
<https://forms.gle/BYtmYQHzuZrVS5uH7>

LCS also has multiple dates and times available for their FREE Behavioral Interventions training and Dementia Friends sessions. Contact them at [dementiaservices@lcsnw.org](mailto:dementiaservices@lcsnw.org) or 253-272-8433 for more information.

Lutheran Community Services (LCS) Also Offers Support for Dementia Caregivers Behavioral Interventions: When Caring for Someone with Dementia. This is a FREE 60-minute training that can be done virtually or in person. It is a deeper dive than Dementia Friends - focusing on the causes and symptoms of dementia behaviors and tips and tricks to help the person with the disease and their care team have a calmer day and better quality of life. If you are interested in an in-person session for a group, or need more information on the training, please reach out to Wendy Morris ([wmorris@lcsnw.org](mailto:wmorris@lcsnw.org)) to find out more about their schedule.

**Announcements/Ideas**

***If you are interested in posting an announcement, please email Rebecca Brooks at: [secretary@healthcareproviderscouncil.org](mailto:secretary@healthcareproviderscouncil.org). All postings must be submitted by the 15<sup>th</sup> of the month.***

### **Pierce County Caregiver Conference Set for August 13**

Pierce County Aging and Disability Resources, in collaboration with the Health Care Providers Council, will present the 2022 Pierce County Caregiver Conference as a half-day virtual ZOOM event on Saturday, August 13th. This free conference is open to both paid and unpaid family caregivers.

Advanced registration is required, and participants can sign up using the link below:

- Register online: <https://bit.ly/3xXwkcW>

Join by Phone: 253-215-8782 or 888-788-0099

Webinar ID: 942 9840 2625

The conference will run from 9:00am-12:00pm and feature the following 30-minute workshops:

- Planning for Long Term Care
- Attaining and Maintaining Boundaries
- Connected CARE – Local Resources for Caregiver Support
- Caregiver Stress, Frustration and Guilt

Handouts, workshop materials, caregiving tools and community resources will be available online before and after the conference.

Paid, in-home caregivers may qualify for up to four hours of continuing education (CE) credits from the Washington State Department of Social and Health Services (DSHS).

More information can be found online at [www.PierceCountyWA.gov/Caregiver](http://www.PierceCountyWA.gov/Caregiver). For more information about the presentations or to register by phone, call the Pierce County Aging and Disability Resource Center (ADRC) at 253-798-4600 or 800-562-0332.

### **Pierce County Alzheimer's Disease Awareness Conference Set for October 1, 2022!**

The Annual Pierce County Alzheimer's Disease Conference will happen from 8am to 1pm on Saturday, October 1, 2022, at Rainier View Christian Church, 12305 Spanaway Loop Road South, Tacoma, WA 98444.

The conference theme this year is "Busting the Myths and Misinformation of Dementia". This event will be live in-person and will feature two outstanding speakers, a panel discussion, and plenty of time for resource vendor interaction. There will be no cost to attend this event, but we do want people to register in advance.

Online registration with detailed conference information will open on Wednesday, August 18 at <http://www.pierceadrc.org> or by calling 253-798-4600. We will also feature more information about this conference in the September edition of this newsletter. Why do we promote this conference every year? There are many reasons! Alzheimer's Disease and other dementias afflict millions of people in the United States. Those afflicted often receive care from unpaid family caregivers, who typically are not trained, have little-to-no other support, and must forgo employment opportunities due to the time-consuming nature of the work. The Pierce County Alzheimer's Disease Conference will provide information and guidance about these situations to make them more manageable.

### **NETWORKING OPPORTUNITIES**

#### **SENIOR PROVIDERS NETWORK GROUP - WEST SOUND**

BRINGING TOGETHER A NETWORK OF LIKE MINDED, COMPASSIONATE PROFESSIONALS WHO SERVE 50+, SO WE CAN SHARE OUR KNOWLEDGE AND EXPERIENCES TO GROW OURSELVES AND OUR BUSINESS.

MEETING TIMES VIA ZOOM - THIRD THURSDAY OF EVERY MONTH AT 1 P.M.

IF YOU WOULD LIKE TO BE PART OF OUR NETWORKING GROUP, PLEASE SEND DEBBIE RUVO WITH 55+ REAL ESTATE SERVICES AN EMAIL AT [DRUVO@COMCAST.NET](mailto:DRUVO@COMCAST.NET) OR PHONE AT 253.370.1947.

#### **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

#### **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. 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

#### **WHITE RIVER COMMUNITIES FAMILIES FIRST COALITION**

FOURTH MONDAY OF EVERY MONTH (EXCLUDING JULY AND DECEMBER) AT 3:30 – 5:00  
P.M.

MEETS LIVE IN-PERSON AT THE BUCKLEY FIRE STATION CONFERENCE ROOM  
CALL MARY BETH HOLMES FOR MORE INFORMATION AT 206-200-4229

**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.  
CONTACT TRACY AT [TKAHLO@WAPAVE.ORG](mailto:TKAHLO@WAPAVE.ORG) AT (206) 799-9454 TO OBTAIN EVENT  
INFORMATION/LINK.

**GIG HARBOR/KEY PENINSULA HOUSING AND HOMELESS COALITION**

MEETS ONLINE TWICE PER MONTH ON THURSDAYS, 10AM TO 11AM. PLEASE SEND AN  
EMAIL TO BE ADDED  
TO THE MEETING LIST TO BOB VOLLBRACHT [VOLLBM@COMCAST.NET](mailto:VOLLBM@COMCAST.NET) OR GINA  
CARIBBU AT  
[GINA.CARIBBU@CHS-WA.ORG](mailto:GINA.CARIBBU@CHS-WA.ORG)

**HCPC of Pierce County**  
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