

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



***July 2022***  
***Newsletter***

**Our next meeting is July 14th at Mountain View Funeral Home**  
Dues are \$75 per year, per individual

***President's Message***

Aloha HCPC Ohana!

Well folks looks like summer has finally arrived! I hope you are all taking advantage of this weather and making wonderful memories with your families and friends!!

Looking forward to celebrating Christmas in July with all of you, at our upcoming meeting Thursday, July 14th. Come in your favorite aloha shirt, muumuu, board shorts, or grass skirt! And don't forget to bring a giveaway basket that will be raffled. This event has always been a great fundraiser and a lot of fun for networking with other members. The proceeds will be included in our year end donations to all the senior centers in Pierce County, as well as, several charities that are selected by you, our members.

We will also be hearing from our July Meeting Sponsor Advanced Health Care, with Lynessa Stone, sharing all about their offerings and what we can expect from Advanced Health Care! While our friends, at Merrill Gardens Wright Park, provide a wonderful breakfast for us, as our Breakfast Sponsor! I'm looking forward to breakfast and learning more about this fabulous new community and their offerings, from our long-time returning member Peter Adams, so happy to have you back, my friend!

And please add July 28th to your calendars if you haven't already! We are bringing you a real treat with Business After Hours, at the lovely, Narrows Glen, located at 8201 6th Ave, in Tacoma, from 4pm to 6pm. They are

inviting us for an afternoon Jazz Soiree, featuring The Wednesday Club, a local jazz quartet. Network with other HCPC members, while enjoying music, laughter, friendship and delicious hors d'oeuvres.... a real special afternoon it will be! Come HCPC Ohana and meet your members! I see you there!! 😊🌸

Thank you, Members, and see you all soon!

Trish Cooper  
Your HCPC President

**Meeting Schedule**

**July 14th -  
CHRISTMAS  
IN JULY**

**August 11th -  
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 - Home Care Assistance, Cheryl Teifke – Mountain View Funeral Home, 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 at Narrows Glen, scheduled for July 28th, 2022. All members are welcome to attend.**

**Monthly Meeting Sponsor**

Lynessa Stone with Advanced Healthcare

**After Hours**

Narrows Glen, Thursday July 28th

**HCPC Breakfast Sponsor**

Peter Adams with Merrill Gardens Wright Park

## **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.***

The Tacoma office of [Visiting Angels](#) continues to provide education classes for interested professionals and lifelong learners.

The July offerings are as follows:

\*Professional Boundaries on Friday, July 15 from 2pm-4pm for \$25

\*End of Life Care on Saturday, July 23 from 9am-12pm for \$30

Call Visiting Angels Tacoma at 253-537-3700 for more information and to register for one or both classes.

Tacoma Hilltop Street Fair Happening Soon! There have been lots of questions asked about the Hilltop Street Fair. Mark your calendars for this community celebration for Tacoma's 7th Annual 2022 Hilltop Street Fair on Saturday, August 27th from 11:00am-7:00pm. For more information, connect with the Hilltop Business Association.

Pierce County Caregiver Conference Set for August 13 The Pierce County Caregiver Conference is now set for Saturday, August 13 from 9am to 12:30pm on ZOOM. The speaker lineup is still being established so more information will be available soon. Registration will be available starting July 5 at this link: <https://www.piercecountywa.gov/7759/Caregiving-Conference-2022> .

Memory Café Now Being Offered

Memory Café presented by LCSNW and Deer Ridge Memory Care.

Third Wednesday of each

month at 10:30 a.m. at varied locations. Call or email for current info to

253-722-5682 or

[rmarken@lcsnw.org](mailto:rmarken@lcsnw.org)

Alzheimer's Association Offers Free Educational Webinars  
Sign up for free online educational webinars sponsored by the Alzheimer's Association.

TO LEARN MORE OR TO REGISTER, PLEASE CALL 800-272-3900 OR VISIT US ONLINE AT: Washington State Chapter; Serving Washington and Northern Idaho ([alz.org](http://alz.org))

### 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 or email the Coalition at [PCFPCoalition@gmail.com](mailto:PCFPCoalition@gmail.com). For more information, visit the Coalition online at [www.fallsfreepiercecounty.org](http://www.fallsfreepiercecounty.org) or at <https://www.facebook.com/PierceCounty-Fall-Prevention-Coalition-1500466833582122/>

### Classes Available to Learn How to Become An Instructor for SAIL

Become a SAIL Instructor! Stay Active and Independent for Life, an evidence-based program that focuses on Fall Prevention for balance, strength, and flexibility! This training is one of the most important things you can do for your community, the older adult population and, of course, yourself! Falls are a growing health problem and there are many myths about falling. The most important myth to dispel is that falls cannot be avoided! We can all avoid falling by teaching or taking a SAIL class!

Upcoming Online SAIL Trainings - These are a two-day Online Zoom session (you must attend both days)

8:30am-12:30 PST led by Master Trainers, Erin Cass and Sandy Gatlin  
Thursday & Friday, July 14&15, 2022

<https://www.eventbrite.com/e/online-sail-instructor-training-tickets-358455980487>

Thursday & Friday, August 11&12, 2022  
<https://www.eventbrite.com/e/online-sail-instructor-training-tickets-372151714797>

For more information: [sailwithmesg@gmail.com](mailto:sailwithmesg@gmail.com) or [sailwithmeec@gmail.com](mailto:sailwithmeec@gmail.com) or visit their website: [www.sailfitness.org](http://www.sailfitness.org)

MOSAIC (Ethnic Fest): Tacoma's Arts and Culture Festival  
July 23 and 24 From 12pm to 7pm

Tacoma's Wright Park will again host this family-friendly, free festival which has grown and hosts Kid's Zones, hands-on cultural activities, and experiences, a performer stage, and numerous specialty arts and crafts, food, and information vendor booths. Since 1986 Ethnic Fest (now known as MOSAIC) has grown to become the largest celebration of culture and community in Tacoma and was voted the best festival of the South Sound. After several years off and after receiving a lot of feedback from the community the event is undergoing a revitalization and re-branding to better fit with the world, we live in. In 2022 Ethnic Fest will officially change its name to MOSAIC: Tacoma's Arts and Culture Festival.

This year MOSAIC takes place Saturday, July 23 - Sunday, July 24 from 12 to 7 pm at its historic home, Wright Park in Tacoma, WA. The event will feature:

- Food, Arts & Crafts, Community Vendors
  - Main Stage
- Community Stage
- Walk of Destiny

Saturday, July 23, 11 am

You're encouraged to wear the traditional clothing of your heritage and join us in the 'Walk of Destiny' a coming together and celebration of the people and communities that make Tacoma the City of Destiny!

This procession around the park begins at the main stage and ends with a welcoming event featuring a dedication by the Puyallup Tribe and speakers from the community.

## **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.***

### Dementia Friendly Pierce County

Did you know that there are tens of thousands of people living and dealing with dementia in Pierce County? Did you know that you can be part of ensuring they are included, valued, and cared for in their community? Dementia Friendly Pierce County is an initiative through Lutheran Community Services Northwest and is leading the way to remove stigmas and creating a culture of compassion that is formed around health, justice and hope.

You can help build that caring, friendly community. How can you engage with us? We offer three ways to get involved:

- 1) Listen and Advocate: We want to speak with your community group or organization about dementia. Education is key to reducing stigma. With our one-hour virtual Dementia Friends information session, we can help you educate people about how to have positive interactions with people living with dementia and their care partners.
- 2) Volunteer: Through our Dementia Friends and Opening Minds through Art activities we can help you find positive ways to engage with people who are living with dementia. As a Dementia Champion you can help directly educate others and with Opening Minds through Art you can help a person living with dementia create inspiring art.
- 3) Recommend: Share information about our services with others. Help us spread the word about the activities we offer and encourage others to learn how they too can create a Dementia Friendly Pierce County, that is inclusive to people of all ages and abilities. Learn more at [www.dementiafriendlypc.org](http://www.dementiafriendlypc.org) or [dementiaservices@lcsnw.org](mailto:dementiaservices@lcsnw.org).

FREE activities starting in October for people living with dementia and other cognitive impairments, Music and Memories (MaM) and Opening Minds through Art (OMA). Both are offered as 6-week sessions, held virtually for one-hour every week. Sign up now for either OMA (held Wednesday or Thursday) or MaM (held Tuesdays), or both! All art and music materials are provided FREE and dropped off at participant's home. Pre-registration is required. Contact us at [dementiaservices@lcsnw.org](mailto:dementiaservices@lcsnw.org) for more information and to sign up today.

## **NETWORKING OPPORTUNITIES**

SENIORS PROVIDERS NETWORK GROUP - WEST SOUND  
BRINGING TOGETHER A NETWORK OF LIKE MINDED, COMPASSIONATE  
PROFESSIONALS WHO SERVE 50+, WO 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 OR PHONE AT 253.370.1947.

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