

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



***March, 2020***  
***Newsletter***

**Our next meeting is: March 12, 2020 at 7:30 a.m.**  
**Mountain View Funeral Home, 4100 Steilacoom Blvd. SW, Lakewood**  
**‘Celebration of Life Center’**  
**Dues are \$75 per year, per individual**

***President’s Message***

Sure and Begorrah, it’s March! Time to walk the gardens in the rain, and notice the Daffodils, Crocus, and flowering Cherry trees that remind us that Spring is soon upon us! Yea, we made it through another winter.

At our March 12th meeting we will be networking with one another. I always learn something about someone that I didn’t know before.

Our meeting will be sponsored by our good friend Sandy McKenzie from Real Living Northwest Realtors. Thank-you, Sandy! Be sure and bring you \$\$ for a fabulous gift basket. Enjoy a FREE breakfast, too, sponsored by Joy Pratt Standford and Shared Housing Services. Thanks so much, Joy! AND, our Business After Hours will be hosted by our good friends, Michelle and Jerry Graham. Stay tuned for the details. It will be fabulous!

This month on Friday, the 13th is “Blame someone else, day” so you have a couple of weeks to plan who you’re going to blame and for what. In the meantime, enjoy each and every day with our wonderful seniors! We’re so lucky to have them in our lives!

Warmly,

Melissa Martin  
President

Health Care Providers Council of Pierce County

**Meeting Schedule**

**March 12<sup>th</sup> -**  
Networking

**April 9<sup>th</sup> -**  
Opioid Crisis in  
Seniors

**2020 Board Members**

**President:** Melissa Martin, Brookdale Allenmore IL

**Vice President:** Tina Baril, Monarch Transitions

**Secretary:** Rebecca Brooks, Family First Adult  
Family Homes

**Treasurer:** Tawnya Krall, Beam for Seniors

**Members-at-Large:** Lynessa Stone – Advanced  
Healthcare, Trish Cooper – Pinnacle Senior  
Placements, Amanda Cassman – Concierge Care  
Advisors, Susan Dale – Care Partners, Carole Velez  
– Franke Tobey Jones, Beth Rahman –EXP Realty

**Social Media/IT:** Jenny Krzemien – Brookdale  
Allenmore AL

**Board meetings are held on the 4th Thursday of the month, 8:00 am at Elmer's Restaurant. The next meeting is March 26th, 2020. All members are welcome to attend.**

**Monthly Meeting Sponsor**

Sandy McKenzie  
Real Living Northwest Realtors

**After Hours**

Jerry & Michelle Graham  
Graham & Graham  
Celebrating 10 years in business!!  
More details to come

**HCPC Breakfast Sponsor**

Joy Pratt Standford  
Shared Housing Services

**Upcoming Events**

Mar 3 – Oh My Gosh, Now What? – Part 4  
There's no diagnosis like an Alzheimer's or Dementia diagnosis. More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and in the early stages after the diagnosis. Take a look at the questions and the

answers in this 6-part series for families and individuals beginning the journey. Part 4 - "What are the typical behaviors? How do I manage them?" Held 6-7 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Suite 200 in Tacoma. Free; no RSVP required. Call 253-798-4600 for more information. View event flyer.

Mar 3 – Aging Smart: Financial Planning and Veteran’s Benefits  
Discussion about financial planning and government programs. We will present solutions to common financial challenges and how government benefits can be integrated as part of that plan. Free. Call 253-509-2340 for more info. Held 5:15 p.m. to 6:30 p.m. at Gig Harbor’s Round Table Pizza event room, 5500 Olympic Drive (next to McDonalds).

#### Mar 4 – Shared Housing Forum

Homesharing provides companionship, extra income, lowers household expenses and helps people age safely in place. This community forum will explore various aspects of shared housing in Pierce County. Hosted by Shared Housing Services and Pierce County Library. Held 2:00 to 4:00 p.m. at the Summit Branch Library, 5107 112th Street E. in Tacoma. Refreshments served.

#### March 7 – Pierce County Disability Resource Fair

If you live in Pierce County and support someone with a Developmental Disability, this resource fair is for you. Designed for individuals with disabilities of all ages and their families to have a one stop place to find resources from across the county all in one place. Educational workshop opportunities offered throughout the day. Held 10 a.m. to 2 p.m. at Franklin Pierce High School, 11002 18th Ave. E, Tacoma. More info at [www.WApave.org](http://www.WApave.org).

#### Mar 10 - Presidential Primary Day

Deposit your ballot in an official drop box by 8 p.m. on Election Day.

#### Mar 10 – Oh My Gosh, Now What? – Part 5

(See March 3 for event description) Part 5 - "How do I pay for care? What are the legal things I should do?" Held 6-7 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Suite 200 in Tacoma. Free; no RSVP required. Call 253-798-4600 for more information. View event flyer.

#### Mar 14 – Images of Aging: Best Exotic Marigold Hotel

"The Best Exotic Marigold Hotel" follows a group of British retirees who decide to pursue their retirement in less expensive and seemingly exotic India. Enticed by advertisements and bolstered with visions of a life of

leisure, they arrive to find the hotel a shell of its former self. Even so, they are forever transformed by their shared experiences, discovering that life and love can begin again when you let go of the past. Rated PG-13. Held at the Grand Cinema in Tacoma, 606 Fawcett Ave. Tickets required in advance on Brown Paper Tickets or by calling the ADRC at 253-798-4600.

#### Mar 14 – Norpoint Fitness & Wellness Conference

Free seminars for seniors, exercise classes and much more presented by the Center at Norpoint and CHI Franciscan. Held 9 a.m. to 1 p.m. at 4818 Nassau Ave., NE Tacoma..

#### Mar 16 – Reverse Mortgages: Things Have Changed

Once completely unregulated, today's Reverse Mortgages have significant protections for both borrowers (and their survivors) and lenders. What once was a high stakes gamble is today a much more secure product. Learn how Reverse Mortgages work, the advantages and disadvantages, and how consumers can avoid the most common pitfalls. An impartial, information-only presentation.

- 12 Noon – Pierce County Annex Main Mtg. Room, 2401 S. 35th St., Tacoma

- 6:30 p.m. - Puyallup Library S. Meeting Room, 324 S. Meridian, Puyallup

View event flyer. For more information call the ADRC at 253-798-4600.

#### Mar 17 – Oh My Gosh, Now What? – Part 6

(See March 3 for event description) Part 6 - "Where can I turn for help? What are the resources I can rely on?" Held 6-7 p.m. at the Pierce County Sound View Building, 3602 Pacific Ave., Suite 200 in Tacoma. Free; no RSVP required. Call 253-798-4600 for more information. View event flyer.

#### Mar 17 – Optimum Life – "Polypharmacy: Solving the Mystery"

This recorded webcast features clinical services staff from Omnicare. Held every third Tuesday from 4:30 to 5:30 p.m. at Brookdale Allenmore IL, 2010 S. Union Ave in Tacoma. Complimentary wine and snacks. One CE credit (one hour) per session provided for nurses, social workers, case managers and nursing home administrators. RSVP to Melissa Martin at 253-752-6870.

#### Mar 18 – Reverse Mortgages: Things Have Changed

(See Mar 16 for details.) Held at 6:30 p.m. at the Parkland/Spanaway Library, 13718 Pacific Ave., S., Tacoma. View event flyer. For more information call the ADRC at 253-798-4600.

### Mar 18 – Shared Housing Forum

Homesharing provides companionship, extra income, lowers household expenses and helps people age safely in place. This community forum will explore various aspects of shared housing in Pierce County. Hosted by Shared Housing Services and Pierce County Library. Held 2:30 to 4:30 p.m. at the Gig Harbor Library, 4424 Point Fosdick Dr in Gig Harbor. Refreshments served.

### Mar 18 – \*\* DATE CHANGE \*\* Ten Signs of Dementia

Deer Ridge Memory Care Community continues their series of monthly workshops with Maria Cura-Castro, Alzheimer's Association Supporter. Held 6 to 8 p.m. at the Puyallup Activity Center, 210 W. Pioneer Ave in Puyallup. A complimentary dinner is provided. Advance registration is requested. Download the series flyer. Contact Olivia Koelsch at 253-625-3104.

### Mar 20 – Downtown on the Go Friday Forums – “Public Spaces for All Ages”

For whom are public spaces designed? Thirty-eight percent of older adults have a disability and forty-two percent of people with disabilities are low income. Hear how parks, plazas, and other public programming honor those needs or miss the mark on serving our aging community. Panelists include Linda Henry, Puyallup: Age Friendly City and Lisa Mathusz, Golden Bamboo. Friday Forums take place in the Pantages Lobby, 901 Broadway, from noon – 1 p.m.

### Mar 21 – Reverse Mortgages: Things Have Changed

(See Mar 16 for details.) Held at 6:30 p.m. at the South Hill Library, 15420 Meridian E., Puyallup. View event flyer. For more information call the ADRC at 253-798-4600.

### Mar 24 – Tools4Success Conference

A one-day conference designed for youth, young adults and community members who experience a disability to dream, imagine and shape their future. Keynote speaker, eleven interactive workshops and a resource fair with over 40 vendors. Free to job-seekers with disabilities and care providers. \$20 for parents, professionals and community members. Held at 8 a.m. to 1 p.m. at Tacoma Community College, 6501 S. 19th Street.

### Mar 25 – Shared Housing Forum

Homesharing provides companionship, extra income, lowers household expenses and helps people age safely in place. This community forum will explore various aspects of shared housing in Pierce County. Hosted by

Shared Housing Services and Pierce County Library. Held 2:00 to 4:00 p.m. at the University Place Library, 3609 Market Place W., Suite 100. Refreshments served.

**Mar 27 – Puyallup Memory Café**

An afternoon of socializing, music and fun from 1 to 2:30 p.m. at the Puyallup Library, 324 S. Meridian in Puyallup. Theme is “fashion.” The relaxed atmosphere is perfect for those living with Alzheimer's and/or Dementia and their care partners. Beverages and snacks provided.

**Mar 31 – Dementia 101: What is Lewy Body Dementia**

Learn the basics of this common form of dementia in this free seminar. Held 3 to 4 p.m. at Pioneer Place Memory Haven, 11519 24th Ave E. in Tacoma. RSVP to Dawn at 253-539-3410, ext 210.

***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.***

**Announcements**

***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.***

**Visiting Angels Class Schedule**

**HCA Classes:**

- Tacoma Office: 1401 South Union, Tacoma • Orientation: Feb 7  
9AM-11AM
- Skills: Mar 6 9AM-5PM
- Tacoma Office: 1401 South Union, Tacoma • Orientation: Mar 13  
9AM-11AM
- Dementia Level 1\*: Mar 20 9AM-5PM
- Mental Health Level 1\*: Mar 27 9AM-5PM
- Skills: April 3 9AM-5PM
- Skills: April 10 9AM-5PM

• + 38 hours on-line training, total of 75 hours

• Cost: \$450 + \$222 for WADOH application & WA state test

**Upcoming Continuing Education Classes:**

- Bedbound, Hospice & Post-Mortem Care • March 25 2 PM-4 PM
- Dementia Level 1 • April 25th 9 AM-5 PM

- **Advanced Skills: Caregiving 101 • April 29th      2 PM-4 PM**
  - **\$25 + 2 CEUs per class**

**Upcoming CPR/ First Aid & AED Classes:**

- **Lacey Office: 4325 Lacey Blvd SE, Lacey**
  - o **April 18th      9 AM-1 PM**
    - **\$25 + 3 CEUs per class**

**Call or Email Marian McGunagle to sign up at: [marian@tacomaangels.com](mailto:marian@tacomaangels.com) or 253-537-3700**

**NETWORKING OPPORTUNITIES**

**SENIORS 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 - THIRD THURSDAY OF EVERY MONTH - 1 P.M.**

**WHERE: UNIVERSITY PLACE PUBLIC LIBRARY - 3609 MARKET PL W  
UNIVERSITY PLACE - BY WHOLE FOODS**

**BRING YOUR BROCHURES AND BUSINESS CARDS TO SHARE.**

**FOR MORE INFORMATION, CONTACT DEBBIE RUVO AT 253.370.1947 OR  
[DRUVO@COMCAST.NET](mailto:DRUVO@COMCAST.NET)**

This newsletter may be viewed as a PDF at [www.PierceADRC.org](http://www.PierceADRC.org) "News & Events."

If you would like to subscribe to the ADRC E-Newsletter please email Bob Riler at [briler@co.pierce.wa.us](mailto:briler@co.pierce.wa.us) or call 253-798-7384.

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