

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



***April, 2021***  
***Newsletter***

**Our next meeting is: April 8, 2021 – Virtual!!**  
Dues are \$75 per year, per individual

***President's Message***

Welcome to the lovely month of April! Daffodils are blooming, birds are chirping, yes, after a really tough winter, it's Spring!!!

I'm always so proud of this wonderful organization and all that you do all year long to help our seniors live a better life, here in Pierce County. I hope all of you are talking us up and spreading the good news about HCPC.

As many of you already know, there is a HCPC Caregiver's Conference held virtually on May 8th and 15th. The amazing amount of speakers is overwhelming. We have all the sponsors we need, thank you all for participating. Remember, every dime we raise goes to our Senior Centers at the end of the year. This month our meeting will be sponsored by Retirement Connection and our good friend Amy Schmidt. I know Amy will have a tremendous basket to donate to.

This month we are honored to have our own Kelly Chambers to speak to us! Kelly is the State Representative for the 25<sup>th</sup> District, and she will be sharing important legislative updates with us.

Take care and enjoy the positivity of Spring!

Warmly,

Melissa Martin  
President  
Health Care Providers Council of Pierce County

**Meeting Schedule**

**April 8th -**  
Kelly Chambers –  
legislative update

**May 13<sup>th</sup> -**  
Networking

**2021 Board Members**

**President:** Melissa Martin, Narrows Glen

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

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

**Treasurer:** Tawnya Krall, Holiday Retirement

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

**Social Media/IT:** Jenny Krzemien – Concierge  
Care Advisors

**Board meetings are held on the 4th Thursday of the month, 8:00 am via Zoom. The next meeting is April 22, 2021. All members are welcome to attend.**

**Monthly Meeting Sponsor**

Amy Schmidt & Retirement Connection

**After Hours**

Cancelled

**HCPC Breakfast Sponsor**

Cancelled

**Upcoming Events**

Scheduled events may be cancelled or postponed. We recommend you call first to confirm.

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 TacomaPierce 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](mailto:info@tacomaolderlgbt.org) or [Nellis.Kim@piercecountywa.gov](mailto: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 thing 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](mailto: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](mailto:DiscoveryConf@alz.org) | 425-654-1299 | [www.alzwa.org/conferences](http://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.

***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/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.***

From Visiting Angels:

CPR, AED, & First Aid Class, \$40 & 3 CEUs

Thursday, April 8th 1-5 PM

Saturday, April 10th 9 AM-5 PM

CVA/Stroke, \$25 & 2 CEUs

Thursday, April 29th, 2-4 PM

All Classes are located at our office at 1401 S. Union Ave, Tacoma, WA 98405, they can register by calling or emailing Marian at 253-537-3700 or [Marian@TacomaAngels.com](mailto:Marian@TacomaAngels.com)

Less than 6-degrees of separation is often found between you and someone with dementia. Even if you don't have a family member with dementia, you likely know someone who does - whether a neighbor, co-worker or friend, or local cashier at the grocery store. By becoming a Dementia Friend you are able to learn more about dementia, how to interact with folks with dementia, support their families, and know the signs of dementia versus normal aging. Dementia Friends sessions are 1-hour, virtual and free. Learn more and sign up by contacting us at [dementiaservices@lcsnw.org](mailto:dementiaservices@lcsnw.org).

**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.

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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