

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



May, 2021
Newsletter

Our next meeting is: May 13, 2021 – Virtual!!
Dues are \$75 per year, per individual

President's Message

Hello and welcome to May! We're lucky to have had such lovely weather in April. I hope it continues throughout May.

This month, our meeting sponsor is Linda Lee and the great team from Merrill Gardens. I know Linda will have a fantastic gift basket for us to bid on.

The Business After Hours will be held at Narrows Glen on May 26th from 4-6:00. It's a Caribbean theme complete with steel drums and fabulous food and drink.

This month we have a fabulous speaker, Kim Barwell who is the manager of care management for the Pierce Region, St. Joseph and St. Claire Hospitals. Kim is a long- time friend of HCPC and we always appreciate her time and expertise. You won't want to miss what she has to say about how COVID has effected hospital stays and much more.

In the meantime, enjoy your garden, your family and the joys of Spring!

Warmly,

Melissa Martin
President
Health Care Providers Council of Pierce County

Meeting Schedule

May 13th -
Kim Barwell – hospital
stays in Covid

June 10th -
Safe Start
presentation

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 May 27, 2021. All members are
welcome to attend.**

Monthly Meeting Sponsor

Linda Lee & Merrill Gardens

After Hours

Melissa Martin & Narrows Glen
May 26, 2021, 4PM-6PM
8201 6th Ave., Tacoma

HCPC Breakfast Sponsor

Cancelled

Upcoming Events

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

May 3, 10, 17 and 25 – Parkinson’s Care Partner Summit
For the month of May, the 2021 Care Partner Summit will take on
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 3 – Lewy Body Dementia Knowledge & Support Summit

The Lewy Body Dementia Knowledge & Support Summit is a free virtual event for individuals living with Lewy body dementia and their families. Learn the basics of LBD, communication strategies, and more. Presented by Mayo Clinic and co-sponsored by the University of Washington Memory and Brain Wellness Center. View informational videos at your convenience. Held 9 a.m. to 12 noon. Please register online for this free event. Contact Jodi Melius, RN or call:507-284-1324.

May 6 – June 20 – DDA Virtual Community Summit

The Developmental Disabilities Administration and Department of Vocational Rehabilitation and other partners will host a weekly online Community Summit Webinar Series & Resource Fair. View presentations, social events, and panel discussions addressing Resilience, Equity, and Inclusion. Webinars are free of charge and open to all who share the Community Summit goals of creating more inclusive communities in the state of Washington. Register online now.

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 and paid caregivers. Paid caregivers may qualify for up to 4 hours of CEs 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 or call the ADRC at 23-798-4600.

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 11 & 13 – Decluttering & Downsizing: Your Important Documents
Feeling overwhelmed by financial papers and essential records in your house? Join AARP for a two-part decluttering webinar. Learn expert tips from Matt Paxton from A&E's Hoarders and PBS's Legacy List with Matt Paxton, as well as Mindy Godding from the National Association of Productivity & Organizing Professionals. Both sessions held at 4:00 p.m. PT. The 2-part event is free. More information and registration online.

May 11-12-13 - Alzheimer's Care Academy

This is a 6-hour course developed by staff members of the Alzheimer's Association. Content has been reviewed and recognized by the Alzheimer's Association for reflecting content of five topic areas within the nationally recognized Alzheimer's Association Dementia Care Practice Recommendations. Full details, agenda and registration online. Provided by LeadingAge WA.

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 or call the ADRC at 253-798-4600.

May 14 – Dementia, Cognition & PD

Join Dr. Nancy Isenberg, Medical Director of the Center for Healthy Aging in a discussion of how dementia and cognitive changes present in Parkinson's disease. Dr. Isenberg has a special interest in healthy aging, evidence-based, comprehensive treatments of dementia, frontotemporal dementia, Alzheimer disease, cognitive, behavioral and memory disorders. Register online.

May 15 – Wellness & Self-Care Workshop

Join NAMI Washington for a Wellness and Self-Care online Workshop. Doris Brevoort, PhD, LMT, hosts a workshop to learn about and practice strategies that can help promote wellness and self-care in your daily life. Come ready to learn more about practices like breathing, laughing, and massaging our bodies and minds that you might just choose to add to your self-care toolbox. Everyone is welcome to join this event of wellness exploration and stress relief! Register in advance.

May 18 – Person Centered Goal Discovery for People Living with Dementia
Supports for people living with dementia and their families are most effective when they are person-centered, and the result of a thoughtful and responsive planning process, which takes into consideration what is important to a person and to their family. A clear and engaging approach to discovering and addressing people’s priorities as dementia progresses is essential when guiding providers to deliver optimal support. This webinar (10-11 a.m.) will address foundational person-centered principles and provide examples of discovery processes in planning for people who are living with dementia in a range of settings, including in the community. Information and registration online. (Source: NADRC)

May 19 – Alzheimer’s Impact Movement Advocacy Forum
Join AIM at 4 p.m. PT for the virtual Alzheimer's Impact Movement (AIM) Advocacy Forum, the nation's premier Alzheimer's disease advocacy event. During the event you’ll hear from members of Congress, AIM leadership, celebrity champions and more. Free. Register 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 24 – Social Security Disability Benefits for Advocates: How to Help People File
A special interactive webinar for advocates. Help clients learn more about the Social Security Administration’s Disability programs and how to help clients access their benefits. Held 12 noon to 1:15 p.m. online at <https://piercecountywa.zoom.us/j/91576183028>. Presented by Kirk Larson SSA Public Affairs Representative for Alaska Idaho Oregon Washington. If you plan to attend, please send Kirk an email to confirm. If you would like to be on our monthly email list, please indicate in the email, “Yes, add me to your SSA email.”

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.

If you are interested in posting an event, please email Rebecca Brooks at: 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. All postings must be submitted by the 15th 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

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 or dementiaservices@lcsnw.org.

NETWORKING OPPORTUNITIES

SENIORS PROVIDERS NETWORK GROUP - WEST SOUND
BRINGING TOGETHER A NETWORK OF LIKE MINDED, COMPASSIONATE
PROFESSIONALS WHO SERVE 50+, WHO 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 "News & Events."

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

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