

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



***September, 2021***  
***Newsletter***

**Our next meeting is: September 9th at Mountain View Funeral Home**  
Dues are \$75 per year, per individual

***President's Message***

Hello!

I hope all of you have enjoyed a wonderful summer! Here we go into fall!  
Hard to believe.

There are a lot of changes to our world and some of them may affect our  
next meeting. Stay tuned.

We would like to have a networking meeting on September 9th at 8:00  
AM. It's a great opportunity for all of you to not only toot your own horn  
but also learn something new about our fellow members.

Our meeting is being hosted by Sandy McKenzie from Real Living NW and  
I am certain Sandy will come up with a fabulous basket for you to try and  
win. Our Business After Hours will be hosted by Rebecca Rainsburger  
and AAG. The breakfast will be hosted by Monica Richardson and the  
gang at The Weatherly Inn.

This is the time of the year when you should be thinking about either  
being a board member with HCPC or nominating someone who would  
enjoy being on the board. We will have you send in your nominations to  
Rebecca at [Secretary@Healthcareproviderscouncil.org](mailto:Secretary@Healthcareproviderscouncil.org). If you have any  
questions as to what the positions are and their responsibilities, please  
don't hesitate to call or e-mail.

I look forward to seeing you(hopefully) on the 9th of September.

Warmly,

Melissa Martin  
President  
Health Care Providers Council of Pierce County

**Meeting Schedule**

**September 9th -**  
Networking

**October 14th -**  
TBD

**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, 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 September 23, 2021. All members are welcome to attend.**

**Monthly Meeting Sponsor**

Sandy McKenzie & Real Living NW

**After Hours**

Rebecca Rainsberger – More Information Coming Soon

**HCPC Breakfast Sponsor**

Monica Richardson & Weatherly Inn

**Upcoming Events**

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

Dementia Support Group at Deer Ridge Memory Care in Puyallup  
The group meets the second Wednesday of every month from 5:30pm to  
6:30pm. Call 253-446-7892

for more information and directions to the facility. When caring for someone with dementia, it is also important to make sure that you are caring for yourself, as the disease affects more people than just the one who has it. During the support group, Deer Ridge Memory Care will provide complimentary supervision, a meal, and activities for your loved one.

Fall Prevention Awareness Television Program Premieres on September 22, 2021!

September is Fall Prevention Awareness Month! In recognition of this month of activities and reminders to avoid the dangers of falling, the Pierce County Fall Prevention Coalition and Pierce County Human Services have produced a local television program. This program will air on Pierce County TV as part of the popular "Aging Wisely" series, that has been widely recognized for the quality of its focus on issues important to the senior population of Pierce County. Falls are a major issue of concern to seniors, since falling poses threat to the health, safety, and independence of people aged 60 and older. Each year in the United States, nearly one-third of older adults experience a fall. About one out of ten falls among older adults result in serious injury, such as a hip fracture or head injury that requires hospitalization. In addition to the physical and emotional pain caused by falling, many people need a least a year to recover in a long-term care facility. Some may never return to their homes at all due to the severity of injuries sustained during a fall. The Fall Prevention television program will look at strategies to reduce the risk of falling and avoid getting hurt. One strategy is to maintain physical fitness for older adults, emphasizing movement and exercises that improve core strength, stamina, and balance. Featured in the program will be the exercise activity known as Stay Active and Independent for Life (SAIL), which is frequently offered at local senior centers. Be sure to first consult with your doctor before embarking on a new exercise program and to review with your doctor your current medications to improve your balance and

stability.

The Fall Prevention television program will also feature emergency first responders including local firefighters and home safety experts who will review things that viewers can do to prevent a fall in their homes. In addition, the program will follow a home remodeling contractor as he visits a home and recommends easy fixes to improve safety. Plus, emergency medical experts will review the most common injuries from dangerous falls, and how those injuries impact ability to live independently.

Starting on the date of Wednesday, September 22, the thirty-minute Fall Prevention Awareness television program will begin airing on local channels including Pierce County TV as part of the “Aging Wisely” series. “Aging Wisely” will air on Pierce County TV on Tuesdays at 8am and Wednesdays at 7pm. The program will also be featured on the Pierce County TV You Tube channel. Professional experts will be interviewed during the program to provide a wide variety of information to educate seniors on how to avoid dangerous falls. Locally known news anchor Dennis Bounds serves as the host for the program. Pierce County TV is found on Comcast channel 20, Click channel 22/522, and Rainier Connect channel 20/513. Their website link: Aging Wisely | Pierce County Television, WA - Official Website ([piercecountytv.org](http://piercecountytv.org))

The Pierce County Council will issue a proclamation recognizing Fall Prevention Awareness month and the importance of the television program during their Council Session. The proclamation will be read on Sept 21 at 3pm, and if anyone wants to watch the reading, they can find the ways to participate on the Council meeting page at <https://www.piercecountywa.gov/4516/Council-Meetings>.

More information will also be available starting September 22 on the Pierce County ADRC website at [www.pierceadrc.org](http://www.pierceadrc.org). The website calendar will feature information about the Fall Prevention Awareness television program for the premiere date of September 22. On the website calendar simply

click on September 22, and more detailed information will be available to you.

The Pierce County Fall Prevention Coalition website also features information about this and other programs and services to avoid dangerous falls. For more information, please visit their website at <https://fallsfreepiercecounty.org>.

Sept 14-15 – Collaborating for a Dementia-Friendly Washington:  
Expanding Possibilities

A conference is for anyone who wants to take action to make their community more dementiafriendly, including people with dementia, caregivers, and people who work or volunteer in a variety of public settings: aging and senior services, arts and culture, chambers of commerce, city government, community centers, cultural associations, faith communities, libraries, neighborhood groups, parks and recreation, service clubs, social or health care services. A 2-day virtual event, 9 a.m. - 12 p.m.

Registration will open on July 30: Collaborating for a Dementia-Friendly Washington: Expanding Possibilities - Sept. 14-15, 2021 - Memory and Brain Wellness Center. Organized by the UW Memory and Brain Wellness Center on behalf of the Washington State Dementia Action Collaborative.

Oh My Gosh – Now What?” Online Series Starts September 22, 2021.

Register Now! Adults typically keep an eye out for changes in behavior or memory loss in their parents. Older adults worry about remembering names, appointments, directions – even what they had for breakfast this morning. Even though such concerns may not mean someone has Alzheimer’s or dementia, it is wise to be aware. The numbers are staggering. Almost 6 million Americans are living with Alzheimer’s today. In 30 years, that number is expected to rise to 14 million. But when a family member is diagnosed, that one person becomes the most important individual in the world for that family.

“About 500,000 more Americans are diagnosed with dementia every year,” said Aaron Van

Valkenburg, manager of Pierce County Aging and Disability Resources.

“Most family caregivers are unprepared to manage the daily challenges that take place in supporting someone suffering with dementia. Learning how to provide proper care for your family member, while maintaining care for yourself, are necessary components to managing such a difficult situation.”

Pierce County Aging and Disability Resources hosts a new virtual series of the popular “Oh My Gosh – Now What?” seminar beginning September 22, 2021. The 6-part series of discussions is designed for individuals with Alzheimer’s disease or another dementia, families, caregivers, and others focusing on the initial journey of memory loss. Attendees will learn the warning signs and symptoms, managing behaviors, the disease progress, legal concerns, financial issues, and local resources.

All sessions will be held online from 12:00 noon to 1:00 p.m. Please register in advance online at <https://bit.ly/3A2Lo8p> or call 253-798-4600. People can attend one or all the discussions. Sessions are free and open to all.

Here is the schedule for the sessions along with a summary of session content:

- Sept 22 -- “What is Dementia? What are the warning signs?”
- Sept 29 -- “How does the disease progress? What should I expect?”
- Oct 6 -- “How do I start the conversation? How do I cope with the shock?”
- Oct 13 -- “What are the typical moods and behaviors? How do I manage them?”
- Oct 20 -- “How do I pay for care? What are the legal things I should do?”
- Oct 27 -- “Where can I turn for help? What are the resources I can rely on?”

Sessions are led by Kris Sawyers-Dowling and Jessica Girard, expert case managers with Aging and Disability Resources, who specialize in providing practical help to individuals and families coping with memory loss.

For more information, call Matt Santelli at 253-348-1065 or email him at [matthew.santelli@piercecountywa.gov](mailto:matthew.santelli@piercecountywa.gov)

Alzheimer’s Walk September 26, 2021 Will Be Live In-Person

The 2021 Walk to End Alzheimer's is back live and in-person on Sunday, September 26. The location and is still to be determined but sponsorships and fund-raising team building has already begun! Registration for individual and team walkers will begin at 11am on the day of the event, followed by a ceremony at 12pm and then the walk at 12:30pm. For more information call the Walk Planning Team at 206-529-3861 or email at [piercecountywalk@alz.org](mailto:piercecountywalk@alz.org).

***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.***

#### 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).

### **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](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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