

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



April, 2022
Newsletter

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

President's Message

Aloha HCPC Members,

Happy April!! I know, I know....rain...rain...and more rain. But c'mon, you know the old saying, April Showers Bring May Flowers!!! I'm excited for flowers and ALL the great things we will be doing this year at HCPC! If you were able to attend last month's meeting you may remember me saying HCPC is celebrating 24 years....well hold onto to your business cards people, because we are actually CELEBRATING 35 YEARS!!! We found documentation stating our true birthdate of January 30, 1987. DANG!!! Now that is AMAZING!! I am so pumped up to make this an EXCELLENT year, and I hope ALL of YOU will join in the celebrations and festivities throughout the year!!

My vision is that TOGETHER we bring HCPC into the households of the communities we serve. Health Care Providers Council of Pierce County should be recognizable in EVERY household, where individuals and families can go to for help, education, and know they have choices when it comes to senior health care decisions!! We can do this people....but it's going to take ALL of us to get there.

So I hope to see many of you at our upcoming monthly meeting, Thursday, April 14th at 8am, located at the Celebration of Life building, on the campus of Mountain View Funeral Home. Our meeting sponsor will be Paul, from Atlas Home Health - and I know he has some very interesting things in the works that can or has changed health care options, so you will not want to miss this one.

Also, we welcome Rep. Kelly Chambers, representing the 25th District, as well as OUR eyes and years on what is happening on the State Legislative front - I swear I would not be surprised if this gal ran for our Nation's President - GO KELLY!! But yes, she will be updating us on the WA Care Act Tax this month!

And don't forget to MARK YOUR CALENDARS this month for our BUSINESS AFTER HOURS EVENT!!

Our FABULOUS FRIENDS at RETIREMENT CONNECTION are sure to bring us a FUN event!

THURSDAY, APRIL 28TH - at the Tacoma Yacht Club, from 3:30pm - 5:30pm, ahhh yeah baby, I will be there!!

Aloha HCPC Family - see you soon!

Trish Cooper

President

Health Care Providers Council of Pierce County

Meeting Schedule

April 14th -
Kelly Chambers – WA
Care Act

May 12th -
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, 8:00 am via Zoom. The next meeting is TBD, scheduled for April 28, 2022. All members are welcome to attend.

Monthly Meeting Sponsor

PaulMichael Rowland & Atlas Home Health

After Hours

Amy Schmidt & Retirement Connection
At the Tacoma Yacht Club
Thursday, April 28th, 3:30PM-5:30PM
5401 Yacht Club Road, Tacoma, WA 98407

HCPC Breakfast Sponsor

TBD

Upcoming Events

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.

CayCare Offers Free Long-Term Care Planning And Self-Care Classes
Along With Paid Classes

Continuing from April through May, CayCare will be offering free live and virtual classes to the public.

April 13 at 3:30pm: “Steps to Take to Remain at Home” Free virtual class to learn what you can do to remain healthy and safe at home as long as possible.

CayCare also offers classes for \$85.00 each on Diabetic Education and Traumatic Brain Injury

To register for the free classes, go to www.CayCare.com/events or call 253-777-3804

To register for the paid classes, go to www.CayCare.com/classes or call [253-777-3804](tel:253-777-3804)

“Oh My Gosh! - Now What?” Registration Now Open For Sessions Starting In May 2022!

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.

“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. Providing 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 will again host the virtual
series of the popular
“Oh My Gosh – Now What?” seminar beginning Wednesday, May 4, 2022.
The 6-part weekly
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 via ZOOM from 12:00 noon to 1:00 p.m.
People can now register
in advance at <https://bit.ly/3NBYDon> People can attend one or all the
discussions. Sessions are
free and open to all.

Free Firewood Available To Key Peninsula Seniors
Winter chills? Call the Mustard Seed Project office to schedule a firewood
delivery! Free to seniors on
the Key Peninsula while supplies last.
Main Office: 253-884-9814 for the Mustard Seed Project to request a
firewood delivery.

Visiting Angels Offers Caregiver Education Classes
Professional Boundaries for Caregivers- \$25 & 2 CEUs Friday, April 22nd,
2-4 PM
HCA Class- Wednesdays 9 AM-5 PM, April 20th
-May 18th

All classes are held at Visiting Angels Tacoma- 1401 S. Union Ave,
Tacoma, WA 98405

Call or email Marian to sign up- 253-537-3700 or
Marian@TacomaAngels.com

Dementia Services at LCS Northwest is pleased to announce a new FREE educational opportunity for Pierce County.

Along with Dementia Friends, which is focused on building a dementia friendly community, we now offer Behavioral Interventions training. Focused on caregivers, families, and service providers, this program is designed to increase understanding of the behaviors of someone living with dementia, and to provide techniques and tips for those caring for them to help create a calmer day to day routine and increased quality of life for the person with the disease and their care team.

For more information and to sign up for a FREE 60-minute virtual training, please contact us at dementiaservices@lcsnw.org or 253-722-5691.

SASH 1,000th Coffee Time Celebration
June 2nd 3-6PM

Hyatt Regency Lake Washington at Seattle's Southport
RSVP: <https://www.sashservices.com/1000thcoffeetime>

Looking forward to celebrating this big milestone with everyone in our senior care community.

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.

2022 Anniversary Gala

It is with great excitement we invite you to join us in the celebration of **HopeSparks 125th Anniversary!**

The Gala is on Saturday, June 11, 2022 beginning at 5:00 pm at the new Marriott Tacoma Downtown connected to the Greater Tacoma Convention Center.

For your ticket cost of \$125, your ticket includes reception with hors d'oeuvres and 2 drink tickets, silent auction and games, plated dinner with wine, live auction, program, no-host bar and more

This is a 21 and over event
Reserved tables are available
Cocktail attire suggested

Join us as we celebrate 125 years of strengthening families in our community and envision the future together!

Sponsorship Opportunities

For Sponsorship Opportunities, contact Linda Troeh at ltroeh@hopesparks.org or 253.778.5103.

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.

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 participants home. Pre-registration is required. Contact us at 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.

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.

HCPC of Pierce County
PO Box 64735
University Place, WA 98464
www.healthcareproviderscouncil.org