

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



***February, 2022***  
***Newsletter***

**Our next meeting is: February 10th via Zoom**  
Dues are \$75 per year, per individual

***President's Message***

Aloha HCPC Members!

Thank you all that were able to attend the January networking meeting, via Zoom! I know I enjoyed it and hope you all did too! It was wonderful to see your smiling faces and we are hoping to be meeting in-person real soon, but for everyone's safety & health concerns, our February meeting will be on Zoom.

Our meeting sponsor will be, Amy, with Retirement Connection. She will update us on everything happening, at Retirement Connection, but I want to know about this company trip to MEXICO, WAY to BOOST company morale! Amy, you are amazing!!

And we also want to thank all of you amazing HCPC members that were able to participate, in the survey, sharing your thoughts and suggestions. We greatly appreciate & welcome your input. Keep it coming and hope to see you all in February!

I am looking forward to riding this wave, with all of you, so have fun, hang loose, live Aloha, and be good to each other!

Aloha...a hui hou kakou (until we meet again)

Trish Cooper

President

Health Care Providers Council of Pierce County

**Meeting Schedule**

**February 10th -**  
Hope Sparks

**March 10th -**  
Networking

**2022 Board Members**

**President:** Trish Cooper, Enable Dental  
**Vice President:** Beth Rahman, eXp Realty  
**Secretary:** Rebecca Brooks, Family First Adult Family Homes  
**Treasurer:** Tawnya Krall, Garden Courte  
**Members-at-Large:** Lynessa Stone – Advanced Healthcare, Carole Velez – Franke Tobey Jones, Tabitha White - Home Care Assistance, Cheryl Teifke – Mountain View Funeral Home, Monica Richardson – Weatherly Inn, Elizabeth Catterson – Visiting Angels  
**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 TBD, scheduled for February 24, 2022. All members are welcome to attend.**

**Monthly Meeting Sponsor**

Amy Schmidt, Retirement Connection

**After Hours**

TBD

**HCPC Breakfast Sponsor**

TBD

**Upcoming Events**

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

LAST DAY TO REGISTER IS THURSDAY 2/3

Wondering how to treat yourself or your loved ones for Valentine's Day?

Join us on Saturday, February 12th @ 7PM via Zoom

Even if you can't make it to the live wine tasting, please consider purchasing a

beautiful wine and charcuterie package to support the HopeSparks Relatives Raising Children Program

Relatives Raising Children keeps families together by providing resources and support to caregivers in Pierce County who are raising children not theirs by birth.

We are partnering with Vin Grotto (formerly Amitie Wine Company) and Jonz Catering for a Valentine's Day celebration with something for the entire family to "In"Joy at home!

Cost: \$90.00 Two person wine and charcuterie package

\$10.00 Kids package: One Papa Murphy's pizza kit and goodie bag

- Wine:
    - o Zaccagnini Pinot Grigio (one bottle 375 ml)
    - o Pedroncelli Cabernet Sauvignon (one bottle 375 ml)
    - o Freixenet Sparkling Rosé (two bottles 187 ml)
  - Two-person charcuterie plate from winner of the Best of the South Sound ~ Jonz Catering
  - Chocolates from Tacoma, family owned since 1925 ~ Johnson Candy Co
  - Zoom link for the event featuring Kris Blondin, owner of Vin Grotto
- Purchase your packages by Thursday, February 3rd. We will email you a link for the event and instructions for picking up your package at the HopeSparks office, 6424 N. 9th Street, Tacoma on Saturday, February 12th from 12 ~ 2pm. For those who cannot pick up their items, we are more than happy to work with you on delivering to your home or meeting you at a more convenient location within 20 miles of HopeSparks.

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

Heart Failure- \$25 & 2 CEUs Friday, Feb. 25th 2-4 PM

CPR First Aid & AED Training- \$40 & 3 CEUs Friday, March 4th 9 AM-1 PM

\*New\* Saturday HCA Class- Saturdays Feb 19th  
-March 19th, 9 AM-5 PM

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](mailto:Marian@TacomaAngels.com)

Tacoma Older LGBT Offers Free Virtual Meditation Series  
Tacoma Older LGBT will be offering a series of five, free, monthly virtual workshops hosted by Hien Hong on "Meditation and Buddhist Philosophy." The monthly event will begin on Thursday, February 10th, and will meet every 2nd Thursday through June. You will be guided through a calm-abiding meditation (shamatha) practice. Each week you will also learn about one of the five precepts of Buddhism. Calm-abiding meditation is a simple concentration practice and is accessible to beginners. You can expect introductions, meditation, precept share, and discussion as part of each session. The series is open to all within the LGBT+ community. To register and receive a link to the virtual event, please send an email to [patricia@tacomaolderlgbt.org](mailto:patricia@tacomaolderlgbt.org)

SAIL - Stay Active and Independent for Life  
An evidence-based strength, balance, and flexibility fitness program for older adults. The SAIL program has proven to help improve the quality of life while focusing on Fall Prevention.  
Become a Certified SAIL Instructor! Virtual online training is a two-day session, 4 hours each day. Held once a month.  
Upcoming:  
Thursday, February 17th, and 18th, 2022  
To register:  
<https://www.eventbrite.com/e/244054743307>  
For more information or to find out about "live" in person classes contact:  
Sandy Gatlin, SAIL Master Trainer [sailwithmesg@gmail.com](mailto:sailwithmesg@gmail.com)  
Erin Cass, SAIL Master Trainer [sailwithmeec@gmail.com](mailto:sailwithmeec@gmail.com)  
Visit our website [www.sailfitness.org](http://www.sailfitness.org)

LCS Dementia Support Classes Starting Again In February  
The next FREE sessions of LCS Northwest's art making program (Opening Minds through Art) and our music program (Music and Memories) will be starting on ZOOM on February 1/2/3  
Art is Wednesdays at 11-12 or 2-3pm or Thursdays at 11-12.  
Music is Tuesdays either 10-11, 1130-12 or 1-2pm.

The classes run for six weeks and all supplies are provided free of charge.  
The classes are for people living with dementia or other cognitive challenges like TBI, stroke, or I/DD and living in Pierce or South King County. Open to those in a private home, independent living or adult family home only.

Please spread the word to your clients, residents, friends and families as we have openings in all classes at this time. People can register for either or both activities! Dementia Friends is also available at your convenience to help you, your staff and organizations you are part of, learn about creating a dementia friendly community. And it is free (Zoom and in person available).

Contact Wendy Morris for flyers to share. We appreciate your support of these amazing programs for people in our community! Wendy [dementiaservices@lcsnw.org](mailto:dementiaservices@lcsnw.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).

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](mailto: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+, 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](mailto: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 call 253-798-7384.

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