

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



March, 2022
Newsletter

Our next meeting is: March 10th at Mountain View Funeral Home
Dues are \$75 per year, per individual

President's Message

Aloha HCPC Members,

Thank you to all that attended last month's virtual meeting and thank you to HopeSparks for presenting! It was wonderful to hear from a charity that we had donated to last year and learn more about their programs, especially their Relatives Raising Children program. We have many seniors, in our county, that are raising their grandkids, so thank goodness for this organization providing resources and support! I also want to acknowledge the HCPC members that donated, as well as, offered their time to volunteer to this organization, your compassion and kindness are very much appreciated, mahalo!!

For March's meeting, we will be meeting in-person and the HCPC board is looking forward to seeing ALL of you!! We will be networking this month, but first we will be hearing the latest COVID UPDATES, from our friends at Pierce County ADRC. Matt Santelli will be sharing handouts and you will all have a chance to ask your COVID questions.

And our meeting sponsor is Michelle Graham, from Graham & Graham! Michelle will be informing us on how things are going in her world, with placement. Please be sure to check the HCPC FB page to see her awesome raffle basket and start strategizing your raffle ticket purchases.

Hope to see you all in March! Aloha ~

Trish Cooper
President

Health Care Providers Council of Pierce County

Meeting Schedule

March 10th -
Matt Santelli &
Networking

April 14th -
TBD

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 March 24, 2022. All members are welcome to attend.

Monthly Meeting Sponsor

Michelle Graham – Graham & Graham

After Hours

TBD

HCPC Breakfast Sponsor

TBD

Upcoming Events

From Rebecca Brooks – HCPC Secretary:

My apologies to any of you who emailed me with items you wanted included in the March newsletter. You may have heard that I made a transition from Family First to the Sales Director position at Narrows Glen, and unfortunately lost access to my previous email. Please forgive the lapse, and please reach out this month with what you would like included in April!

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

From February through May, CayCare will be offering free live and virtual classes open to the public.

The Preplanner's Workshop is set for February 9 at 3:30pm to 4:30pm and May 24 at 3pm to 4pm.

The Compassion Fatigue Class is set for March 14 and May 24 at 4:15pm to 5:15pm.

The Planning Ahead Class is set for March 9 and April 13 at 3:30pm to 4:30pm.

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)

Puyallup Aging Expo 2022 Registration Coming Soon!

Pierce County Human Services and the Puyallup Area Aging In Community Committee are pleased to

announce that the Puyallup Aging Expo will take place Saturday, May 7 from 8am to 3:00pm.

Registration begins at 8am and the speakers program begins at 8:45am Attendees to this free event

can participate virtually via ZOOM or in-person at the Pierce College Center Building, 1601 39th Ave SE,

Puyallup WA 98374. In-person attendees will be required to show proof of COVID-19 vaccination and

wear a facemask during the program Don't miss this opportunity to learn about the new realities of

aging and how to make the most of the gift of longevity. The morning keynote entitled "Step In: 5

Secrets To Improving Your Amazing Brain" will be provided by Linda Terry, brain trainer, certified

geriatric specialist, and founder of the STEP program. There also will be other speakers for all

attendees and time to visit vendors on-site for those attending in-person.

Registration for virtual or in person attendance will be available soon at the Pierce County ADRC website www.pierceadrc.org.

More details to come in the next newsletter!

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

CVA/Stroke- \$25 & 2 CEUs Wednesday, March 23rd 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

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.

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Become a Certified SAIL Instructor! Virtual online training is a two-day session, 4 hours each day. Held once a month.

Upcoming:

Our next Online training is Wednesday and Thursday, March 23 & 24 - 8:30-12:30 PST

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

Erin Cass, SAIL Master Trainer sailwithmeec@gmail.com

Visit our website www.sailfitness.org

Lutheran Community Services Dementia Programs Continuing This Month

Do you know someone whose life has been impacted by dementia or other cognitive challenges? Then Dementia Services at LCS Northwest is here to help you!

In a one-hour Dementia Friends session, available via Zoom or in person, people will learn about dementia, how to support a person with a dementia and their family, effective communication techniques and more. This is a valuable FREE info session that can also help your staff and organizations you are part of learn about creating a dementia friendly community

And LCS Northwest is excited to be bringing FREE sessions of our art making program (Opening Minds through Art) and our music program (Music and Memories) back in person starting in March (virtual sessions available as well)!

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 currently.

Please spread the word to your clients, residents, friends and families on our activities and education sessions. And you don't have to choose just one – you can sign up for all three!

Contact us at dementiaservices@lcsnw.org for more information and flyers to share. We appreciate your support of these amazing programs for people in our community!

Edible Gardens Workshops Celebrate 10th Anniversary

This month marks the 10th anniversary of the Edible Gardens Workshop series organized and taught by

Harvest Pierce County and our Pierce County Environmental Educators!

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Join us at one or all the Saturday morning classes from Feb. 26 through Oct. 22 that take you from prepping your garden for spring planting through saving your seeds in the fall for the next growing season. This learning series is great for beginners who want to get their hands in the soil and learn how to grow food as well as for

savvy gardeners. Check out all the workshops available to celebrate teaching edible gardening with us!

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.

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+, 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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