

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



May, 2022
Newsletter

Our next meeting is: May 12th at Mountain View Funeral Home
Dues are \$75 per year, per individual

President's Message

Aloha HCPC Ohana!

I hope all you wonderful mothers were celebrated with love and joy!! My apologies for my delayed message. I have been out of town at a national sales conference and now of course, playing catch up! But before I left, I was able to attend the Business After Hours, that Retirement Connection hosted. WOW....what a wonderful gathering!!! The perfect location and it was so great to see so many of you attend! Thank you all that were able to be there and hope to see more of you, at the next Business After Hours. I believe May 2022 is open, if any member would like to take advantage of this opportunity.

Our Meeting Sponsor for May, is Visiting Angels. Elizabeth and her team will be there to share all about what's happening on their forefront. And a BIG THANK YOU to the Weatherly Inn, our May Breakfast Sponsor, will be providing wonderful morning refreshments for our meeting!! Also, at our May Meeting, we will be updated on what is happening on the legal front, specifically regarding the new guardianship laws. From my understanding, EVERYTHING has changed, so you will not want to miss this one!

And WELCOME to our new members!!! We have had several folks recently become HCPC members. It's fantastic to see that HCPC resonates to those that visit our meeting and choose to become a member, THANK YOU and invite your colleagues!! The board is dedicated and committed to making this organization better and better. As we continue through 2022, please know that you will be seeing some changes to the way we do things. We

want to add as much value as we can, for all of you, our members. We welcome any suggestions, ideas, thoughts, concerns, whatever is on your mind, please do not hesitate to reach out to one of us or all of us! We are in this together!!

Mahalo and Aloha HCPC Family - see you soon!

Trish Cooper

President

Health Care Providers Council of Pierce County

Meeting Schedule

May 12th -
New guardianship
laws

June 9th -
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

Elizabeth Catterson &
Visiting Angels

After Hours

None

HCPC Breakfast Sponsor

Monica Richardson &

Weatherly Inn

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.

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.

Cinco de Mayo Homecare Aide Training Center Open House
Thursday, May 5th from 3-5 PM

Visiting Angels- 1401 S. Union Ave, Tacoma, WA 98405
Visiting Angels offers many continuing education classes to the community as well as the Homecare Aide training class required for caregivers in Washington State. Come see our newly remodeled training center, enjoy a margarita and explore the classes we offer.

Classes:

Parkinson's Disease - \$25 & 2 CEUs Friday, May 20th, 2-4 PM
Diabetes Level 1- \$100 & 8 CEUs Saturday, May 14th, 9 AM-5 PM
Palliative Care- \$100 & 8 CEUs Saturday, May 21st, 9 AM-5 PM

Puyallup Aging Expo 2022 Registration Still Available!
Pierce County Human Services and the Puyallup Area Aging In Community Committee are pleased to announce that the Puyallup Aging Expo – “Aging With Enthusiasm” 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 from home virtually via ZOOM or attend in-person at the Pierce College Center Building, 1601 39th Ave SE, Puyallup WA 98374. In-person attendees will need to be free of COVID-19 symptoms, be ready to show proof of COVID-19 vaccination at the door and be ready to wear a facemask during the program. A free lunch will be provided to those attending in person, but you must register to attend!

Do not 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. Northwest celebrity gardener Ciscoe Morris will provide the afternoon keynote, speaking on “Tips To Keep Gardening As We Age”. 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 is available at the Pierce County ADRC website www.pierceadrc.org. Note that in-person attendance is limited to 100 attendees, but you can still register to attend virtually if the in-person attendance is already full. Attendance is free and open to all, and a free lunch will be provided to those attending inperson, but you must register to attend!

“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.

Tip-offs To Rip-offs: How To Spot A Con Before They Spot You
The numbers are in, and they’re headed in the wrong direction. According to new statistics from the Federal Trade Commission, Washington consumers lost more than \$135 million to fraud in 2021, nearly double the amount lost in 2020

It seems the scammers are gaining the upper hand in the fight for our hard-earned dollars. Con-artists are becoming ever more sophisticated in their tactics, and new scams are emerging at an increasing pace. Even the most informed consumer can find themselves struggling to keep up.

To help consumers fight back, AARP is joining forces with the Washington State Attorney General’s Office, Pierce County Human Services, BECU and Nomorobo to hold a free “Tip-Offs To Rip-Offs” online event aimed at helping Tacoma area consumers stay a step ahead of the scammers.

The free online event will be held from 10:00am - 11:30 am on Wednesday, May 25. Participants will hear about the latest scams targeting the Tacoma area, including a journey inside an actual fraudulent boiler room to show step by step how scammers manipulate our emotions and steal our money.

Through a unique new partnership with the call-blocking service Nomorobo, participants will also learn how they can gain real-time access to the specific robocall scams flooding phone lines in their area.

With these and other early warning tools, consumers will gain the inside track on recognizing some of

the newest scams before the cons have a chance to make their pitch.
The event is free, but pre-registration is required at
aarp.org/TacomaTipOffs You do not need to be an
AARP member to join in.

This is an interactive event, and participants will have a chance to ask
their own questions of our
consumer fraud experts. Register now at aarp.org/TacomaTipOffs

Memory Café Now Being Offered
Memory Café presented by LCSNW and Deer Ridge Memory Care. Third
Wednesday of each
month at 10:30 a.m. at varied locations. Call or email for current info to
253-722-5682 or
rmarken@lcsnw.org

Alzheimer's Association Offers Free Educational Webinars
Sign up for free online educational webinars sponsored by the Alzheimer's
Association. May topics
include 10 Warning Signs Of Alzheimer's, Understanding Alzheimer's,
Managing Money: A Caregiver's
Guide To Finances, and others. TO LEARN MORE OR TO REGISTER,
PLEASE CALL 800-272-3900 OR VISIT
US ONLINE AT: Washington State Chapter; Serving Washington and
Northern Idaho (alz.org)

Classes Available To Learn How To Become An Instructor for SAIL
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.

8:30am -12:30pm PST Held once a month.

Upcoming: Friday and Saturday, May 20&21, 2022

To register: <https://www.eventbrite.com/e/311109525967>

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 their website www.sailfitness.org

“Languages Of Memory” Performance At Washington State History Museum

The Washington State Historical Society is partnering with writer and public historian Tamiko Nimura and Tacoma Arts Live to present “Languages Of Memory: A South Sound Japanese- American Day Of Remembrance” at the Washington State History Museum. This is a free community program commemorating the 60th anniversary of the wartime eviction of more than 700 Japanese-American people on May 17 and 18, 1942. No registration is needed. Entrance to the History Museum begins at 5:45pm. Additional details [HERE](#).

Housing Expo For Seniors To Offer Service Options
55+ Housing Expo - May 18th 10-2 p.m. at Pioneer Park Pavilion, located at 330 South Meridian, Puyallup WA 98371. Join there with 43 professional vendors who can assist clients with options on health care, senior living Communities, transportation, placement agencies, downsizing, real estate for 55+, movers, cooking for seniors, and many other services. This event is FREE. For more info call 253.370.1947.

Farmer’s Market Vouchers Available Starting May 2nd
The Senior Farmers Market Nutrition Program provides low-income seniors with vouchers to purchase produce from participating farmers’ markets and farm stores. Registration begins May 2nd and will continue until all vouchers are claimed. Due to the public health concerns of COVID-19, vouchers will be mailed this year rather than distributed in person. Vouchers will be mailed within 4-6 weeks of receiving complete applications.

Who is eligible? Eligible applicants must live in Pierce County and be:

- 60 years old or older (55+ for Native American or Native Alaskan)
- Have valid government issued identification
- Low-income (below 185% poverty level). Monthly income less than \$2,096 for 1 person household, \$2,823 for 2-person household, 3+ person household add \$728 for each additional person

Applications are available online May 2nd at:
www.piercecountywa.gov/farmersmarket or call the

Aging & Disability Resource Center (ADRC) during business hours 9:00 a.m. – 4:00 p.m., Monday – Friday at (253)798-4600 or 1-800-562-0332

- Callers should be prepared to provide their name, birthdate, household size, income, phone number and mailing address.
- Staff members can assist to complete an online application OR callers can be mailed an application to complete, sign, and return to Pierce County.

Things to remember about applying for Farmer's Market Vouchers:

1. The quickest way for eligible residents to receive vouchers is to submit an online application.
2. Registration begins on May 2nd – call waiting times on this date can be long. Consider calling later in the week or register online to avoid long hold times.
3. Calls to register or applications received prior to May 2nd will not be accepted.
4. Farmers' market vouchers are provided to eligible applicants on a first come, first serve basis.
5. Incomplete applications will be returned to the address provided on the application, which could result in the delay or denial of vouchers.
6. Pierce County is not responsible for lost or stolen vouchers and is unable to replace vouchers.
7. Applicants will choose between receiving \$40 in vouchers OR \$80 in vouchers on the initial application. Selections on the application are considered final for the 2022 season

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.

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