



HCPC HEALTH CARE PROVIDERS COUNCIL of Pierce County

February Meeting

Thursday, February
9th at 9am

Mountain View Funeral
Home- Celebration of
Life Chapel



Meeting Sponsor:

Lark Church
Fieldstone Memory
Care of Puyallup



Breakfast Sponsor:

Minta Andreve
Rehmke Andreve P.S.
Elder Law



Business After

Hours:

The Village
Senior Living
February 23rd

President's Letter

Aloha HCPC Ohana!

Thank you all that were able to attend our first meeting of 2023! It was wonderful to see so many of you!

This message comes to you from Hawai'i. And as my stay comes to an end, this trip has reminded me how important it is to take time for ourselves. Self-care is real people! I am so thankful to have had this opportunity to share with my ohana. It really has revitalized my mind, heart, and soul!

I am so looking forward to seeing you all at our February meeting! Our Meeting Sponsor, Lark Church, will share about the latest happenings at Fieldstone Memory Care of Puyallup, while our Breakfast Sponsor, Minta Andreve with Rehmke Andreve P.S. Elder Law provides a delightful Panera spread and shares her expertise in the world of elder law. This will be knowledge that you will not want to miss! Our speaker, Tina Etchison will be educating us on seniors and safe driving which is a hot topic for many of us.

Don't miss this month's Business After Hours event at The Village Senior Living where Marty Stewart and the team are planning quite a fun evening of cocktails, appetizers, music and networking on Thursday, February 23rd from 4pm-6pm! See you there!

A hui hou (until we meet again)

Aloha,

Trish

HCPC Board Members

President:

Trish Cooper
Enable Dental

Vice President:

Beth Rahman
Rahman Home Sales

Secretary:

Rebecca Brooks
GenCare Point Ruston

Treasurer:

Tawnya Krall
Garden Courte

Membership/IT:

Jenny Austin-Krzemien
Concierge Care Advisors

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Lynessa Stone
Advanced Health Care

Elizabeth Catterson
Envision Home Health
and Hospice

Carole Velez
Franke Tobey Jones

Cheryl Teifke
Multicare Home Health
and Hospice

Tina Baril
Monarch Transitions

DeAnn Johnson
Right at Home

HCPC Information

We are busy planning the **Living Well South Sound Parkinson's Conference** to be held on May 5th. Stay tuned for event sponsorship opportunities and vendor information.

Making the Link is back and will be on Wednesday, October 18th! Stay tuned for more information!

There is still time to join planning committees for 2023! Your help is valued and appreciated!

Bring a guest to an HCPC meeting, it's free their first time! You get a \$5 Starbucks card! HCPC Annual Memberships are only \$100, spread the word!

Breakfast Sponsors are needed for September, October, November and December! Also, if you're interested in hosting a Business After Hours event, the months of March, October and November are available! If you are interested, email secretary@healthcareproviderscouncil.org.

Having trouble accessing your Member Profile on the HCPC website? Need general assistance? Need to get in touch with a board member? You can email us at admin@healthcareproviderscouncil.org. Please 'Like' our [Facebook page](#) to stay up to date with our events and information.

Upcoming Events around Pierce County:

Caregiver Classes at Visiting Angels Tacoma:

COPD - \$25 & 2 CEUs Friday, February 24th, 2-4 PM

All classes are held at Visiting Angels' Tacoma Office- 1401 S. Union Ave, Tacoma, WA 98405. Call or email Marian to register at 253-537-3700 or Marian@tacomaangels.com.

Puyallup Aging Expo

In 2023 The next Puyallup Aging Expo, "Aging with Enthusiasm 2023," is set for Saturday, May 6, 2023, from 8:30 a.m. to 2:30 p.m. This FREE event will happen at the Pierce College Center Building, located at 1601 39th Ave SE, Puyallup, WA 98374. Our keynote speaker, Ana Pinto Da Silva, will talk on "Exploring the Future of Home." She will share her passions for driving transformational change at the intersection of housing, health care, and technology, across generations and abilities, delivering home and community solutions that help people thrive. Other speakers will provide talks with informative and inspiring insights, plus there will be plenty of time for visiting vendor tables. A FREE light lunch will be provided. Pre-registration for attendees through the ADRC website at www.pierceadrc.org is coming soon so check back here next month for more information.

Fun Dates In February

February is
Black History Month

February 7th:
National Periodic Table Day

February 9th:
National Pizza Day

February 11th:
International Day of Women
and Girls in Science

February 12th:
Superbowl Sunday

February 13th:
Galentine's Day

February 14th:
Valentine's Day

February 15th:
Nat'l Singles Awareness
Day

February 17th:
Random Acts of Kindness
Day

February 20th:
President's Day (Holiday)

February 22nd:
National Margarita Day

February 28th
National Science Day



Upcoming Events, continued

The Alzheimer's Association Offers Free Webinars

Advancing the Science: The Latest in Alzheimer's and Dementia Research
Wed, February 8, 2023, 1:00 - 2:30 p.m.

Understanding Alzheimer's and Dementia

Tues, February 14, 2023, 11:00 AM - 12:30 p.m.

Dementia Conversations: Driving, Doctor Visits, Legal & Financial
Planning

Tues, February 14, 2023, 12:00 - 1:30 p.m.

Living with Alzheimer's: Younger Onset Alzheimer's

Wed, February 15, 2023, 1:00 - 2:30 p.m.

10 Warning Signs of Alzheimer's Disease

Tues, February 21, 2023, 12:00 - 1:30 p.m.

Effective Communication Strategies

Thurs, February 23, 2023, 2:00 - 3:30 p.m.

Understanding & Responding to Dementia-Related Behavior

Tues, February 28, 2023, 3:00 - 4:30 p.m.

To learn more or to register, please call 1-800-272-3900 or visit them
online at: https://www.alz.org/alzwa/helping_you/education

VITA (Volunteer Income Tax Assistance) Now Available The Internal Revenue Service's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals. The VITA program has operated for over 50 years. VITA sites offer free tax help to people who need assistance in preparing their own tax returns, including: • People who generally make \$60,000 or less • Persons with disabilities; and • Limited English-speaking taxpayers In addition to VITA, the TCE program offers free tax help, particularly for those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors. While the IRS manages the VITA and TCE programs, the VITA/TCE sites are operated by IRS partners and staffed by volunteers who want to make a difference in their communities. The IRS-certified volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS. VITA and TCE sites are generally located at community and neighborhood centers, libraries, schools, shopping malls and other convenient locations across the country. To locate the nearest VITA or TCE site near you, use the [VITA Locator Tool](#) or call 800-906-9887.

HAPPY
Valentines
DAY