



Pierce County ADRC (Aging and Disability Resource Center)
3602 Pacific Ave, Suite 200
Tacoma, WA 98418
(P) 253-798-4600 (F) 253-798-2820

Medicare Savings Programs

Apply online at <https://www.washingtonconnection.org> or call the Pierce County ADRC at 253-798-4600 for assistance

QMB (Qualified Medicare Beneficiary) pays Part B premium/deductible/copays:

Income under \$1215.00 per month for single person, \$1643.00 per month for married couple
No resource limit

SLMB (Specified Low-Income Medicare Beneficiary) pays Part B premium:

Income under \$1458.00 per month for single person, \$1972.00 per month for married couple
No resource limit

QI-1 (Qualifying Individual) pays Part B premium:

Income under \$1640.00 per month for single person, \$2219.00 per month for married couple
No resource limit

Medicare Part D LIS (Low-Income Subsidy) also known as "Extra Help"

Apply online at <https://secure.ssa.gov/i1020/start> or call Social Security at 1-800-772-1213 or call the Pierce County ADRC at 253-798-4600 for assistance

LIS can substantially reduce Part C and Part D premiums/deductibles/copays.

Income for a single person must be under \$1843.00 per month
Income for a married couple must be under \$2485.00 per month
Single person resources must be under \$16620.00 and married couple resources must be under \$33240.00

How to Eat an Affordable Plant-Based Diet for Cancer Prevention

Studies from around the world in every culture teach us that a plant-based diet protects against cancer and cancer recurrence. Many people believe it's too expensive to follow a plant-based diet today given the high cost of food. Join us and learn how the world's poorest people have historically eaten the healthiest diets for disease prevention. We will be sharing and demonstrating some strategies and actions to help you eat a healthy diet on a tight food budget, reducing your risk of cancer—for yourself and the people you love.



Tricia Sinek

TACOMA

When:

Thursday, September 28
10:30 a.m.

Where:

MidCounty Senior Center
10205 44th Ave. East,
Tacoma, WA 98446

Hosted by:

St. Joseph Medical Center and Pierce
County Aging & Disability Resources

GIG HARBOR

When:

Thursday, September 28
1 p.m.

Where:

Gig Harbor Senior Center
6509 38th Ave. NW,
Gig Harbor, WA 98335

Hosted by:

St. Anthony Hospital and Pierce County
Aging & Disability Resources

LAKEWOOD

When:

Friday, September 29
10:30 a.m.

Where:

Lakewood Senior Activity Center
Lakewood City Hall, 6000 Main Street SW,
Lakewood, WA 98499

Hosted by:

St. Clare Hospital and Pierce County
Aging & Disability Resources

PUYALLUP

When:

Friday, September 29
12:30 p.m.

Where:

Puyallup Senior Center
210 West Pioneer Ave.,
Puyallup, WA 98371

Hosted by:

St. Francis Hospital and
Pierce County Aging & Disability
Resources

To learn more, contact Jamie Dobosz at jamie.dobosz@vmfh.org or (253) 530-2936

Fall Prevention Awareness Day 2023



**Falls
Free®**

Pierce County Fall Prevention Coalition

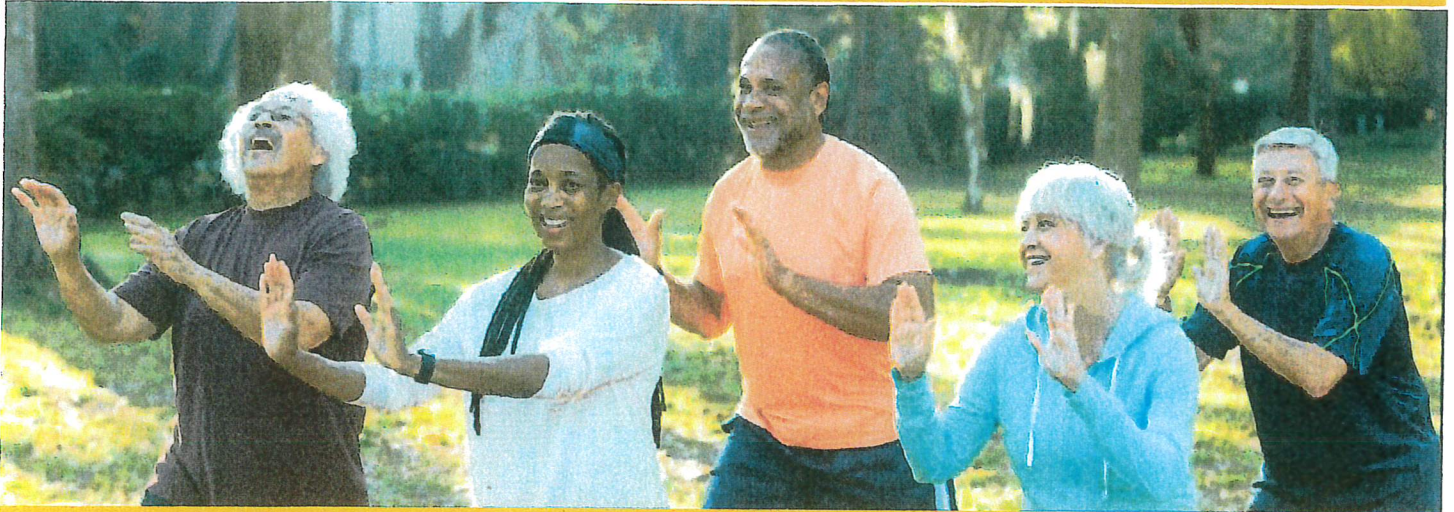
Friday, September 22, 2023

11:00 a.m. - 1:00 p.m.

Gordon Family YMCA

16101 64th St E, Sumner, WA 98390

YOU have the power to prevent



a fall!

Are falls a natural part of aging? No!
Unexpected falls can result in a serious and costly injury.
The good news is that most falls can be prevented!
You have the power to reduce your risk of falling.

FREE event open to everyone – snacks provided
FALL PREVENTION TIPS • EXERCISE DEMOS • GIVEAWAYS • FUN
Fall prevention presentations & community resources
No RSVP needed (open to public-YMCA membership not required!)

CONTACT

Pierce County Aging & Disability Resources

Phone: 253-798-4600

Email: PCFPCoalition@gmail.com

For more information, visit us online: www.fallsfreepiercecouny.org
<https://www.facebook.com/Pierce-County-Fall-Prevention-Coalition-1500466833582122/>

A LONG-TERM CARE FUND FOR EVERYONE

7 in 10 of Us Will Need Long-Term Care. Are You Prepared?

Most of us will need long-term care but don't have a way to pay for it. WA Cares Fund is a first-in-the-nation program that ensures working Washingtonians can access affordable long-term care coverage.

WA Cares covers services and supports to help you stay at home, like training and paying a family caregiver, professional in-home care, home safety modifications, home-delivered meals, transportation and more. WA Cares benefits can also be used to pay for care in a residential setting like a nursing home.

Workers will begin contributing to the WA Cares Fund on **July 1, 2023**.

How the fund works

Contributions

WA Cares Fund is a benefit you earn, like Social Security, to ensure all Washingtonians can access affordable long-term care.

WA Cares Fund benefits are funded entirely by worker premiums. By contributing a small amount from each paycheck during your working years, you can pay for long-term care when you need it.

Washington workers will contribute 0.58% of each paycheck to WA Cares, or about \$24/month for the typical worker.

Eligibility

To be eligible to receive the benefit, you must meet contribution requirements and need help with activities of daily living.

You earn lifetime access to benefits by contributing at least 10 years (without a break of 5+ years). You can also access benefits if you contributed 3 of the past 6 years at the time you apply. People born before 1968 earn lifetime access to 10% of the full benefit amount for each year they contribute.

Benefits

Starting in July 2026, each person who is eligible to receive the benefit can access care costing up to \$36,500 (adjusted annually for inflation) over their lifetime.

WA Cares Fund was designed to help people age in place in their own home. A few hours of help each day with basic tasks like bathing, meal preparation and transportation can keep you living independently.

The benefit includes many options to provide support and flexibility for family caregivers. Families can use the benefit to train and pay a family caregiver or hire someone to help with care so the family caregiver can take a break. With WA Cares, you choose the services that meet your needs.



Learn more at wacaresfund.wa.gov

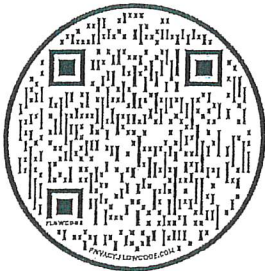
VETERANS SERVICE OFFICERS

"SERVING THOSE WHO SERVED"



★ ★ ★ *Available at the* ★ ★ ★

VETERANS RESOURCE CENTER



CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

Chal Queen

253-798-7856

Chal.Queen@dva.wa.gov

Joseph Jimenez

253-798-7847

JosephJ@dva.wa.gov

3602 Pacific Avenue Suite 200 Tacoma, WA 98418



Pierce County

Human Services

WASHINGTON STATE
DEPARTMENT OF

**VETERANS
AFFAIRS**



2023



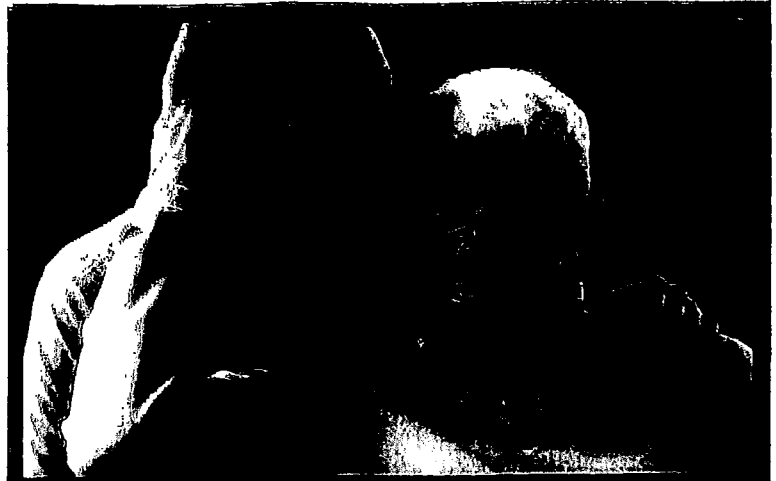
Pierce County
Human Services

HCPHC HEALTH CARE PROVIDERS
COUNCIL of Pierce County

ALZHEIMER'S CONFERENCE

SAT, OCTOBER 7, 2023

RAINIER VIEW CHRISTIAN CHURCH
12305 SPANAWAY LOOP ROAD S.
TACOMA, WA 98444



Transitions in the World of Alzheimer's

FREE EVENT - Register Today, Call 253-798-4600 - www.piercecountywa.gov/alzheimersconference

Doors Open at 8 am

3 Continuing Education Credits (CEUs) for eligible caregivers

- **Elder Law and Financial** - Legal and financial experts sharing information about protecting your assets, your legal rights and getting your loved one the care they deserve without burning out. And learn about the unlimited options to cover the cost of healthcare with tax-free funds, a bridge to maximize Social Security benefits and more!
- **Caregiver Mental Health, Accessing Community Resources & Support, and Finding DME Equipment** - Educated healthcare professionals sharing the importance of caregivers mental health, how to access helpful community resources and support, and how to find durable medical equipment for your loved one!
- **Safety at Home, Challenging Behaviors, Hope, Help, & Your Legacy** - These professionals share their expertise during our breakout sessions, be sure to select the breakout of your choice!
- **Carolyn Birrell** - Author of *Walking with Fay*, shares her personal story of bravery, honesty, and an uncharted journey into dementia!

QUESTIONS? Contact Pierce County Aging & Disability Resource Center • 253-798-4600 or 800-562-0332

www.pierceadrc.org



**EMERGENCY
FOOD
NETWORK**

Food Pantries in Pierce County

Monday

All Saints Community Services (Delivery)	Delivery Only	204 6th Ave SW, Puyallup	(253) 848-2000
Bounty	9:30-11:30am	5634 South Park, Tacoma	(253) 475-7098
Eatonville Food Bank	9am-3 pm	3305 Center St W, Eatonville	(360) 832-6805
Fife/Milton Food Bank *call for appt*	call 10-12, p/u 12:30-2:30	2303 54th Ave E, Fife	(253) 922-0960
Gig Harbor Peninsula FISH	9:30am-3:30pm	4425 Burnham Dr, Gig Harbor	(253) 858-6179
Graham/South Hill Nourish	10am-1:30pm	10425 187th St E, Puyallup	(253) 846-3805
Lakes Area Nourish (United Methodist Church)	2-6pm	6900 Stellacoom Blvd, Lakewood	(253) 581-1116
My Sister's Pantry	3-5 pm First and Third Mon.	621 Tacoma Ave, Tacoma	(253) 627-1186
Nourish Mobile (Bethlehem Lutheran Church)	1-3 pm	101 E 38th St, Tacoma	(253) 383-3164
Nourish Mobile (Glaudrone Middle School)	4:30-6:30 pm	4902 S Alaska St, Tacoma	(253) 383-3164
Nourish Mobile (Cedarcrest Middle School)	4:30-6:30pm	19120 13th Ave Ct E, Spanaway	(253) 383-3164
Orting Food Bank	3-6pm	224 Washington Ave S, Orting	(360) 893-0095
Puyallup Food Bank *call for appt*	9am-2pm	217 W Stewart Ave, Puyallup, WA 98371	(253) 848-5240
Puyallup Salvation Army	9:30am-1pm	4009 9th St SW, Puyallup	(253) 841-1491
Salvation Army Tacoma	10-1pm	1501 6th Ave, Tacoma	(253) 572-8452
Southeast Tacoma Nourish	11am-4pm	1704 E 85th St, Tacoma	(253) 581-4530
The Market - Bonney Lake	10am-1pm	24015 State Route 410, Buckley WA 98321	(253) 303-5909
The Market - Sumner	10am-1pm	15625 E Main St, Sumner	(253) 863-2996
TACS Special Diet	10am-2pm	3108 Portland Ave, Tacoma	(253) 272-8289
Tillicum/American Lake Gardens	By Appointment, Call between 9-11	14916 Washington Ave SW	(253) 584-1280

Tuesday

All Saints Community Services (Delivery)	Delivery Only	204 6th Ave SW, Puyallup	(253) 848-2000
Eloise's Cooking Pot	10:30am-4pm	3543 East McKinley Ave, Tacoma	(253) 426-1994
Fife/Milton Food Bank *call for appt*	call 9-12, p/u 12:30-2:30	2303 54th Ave E, Fife	(253) 922-0960
Key Peninsula Bischoff	2-6 pm	1916 Key Pen Hwy N, Lakebay	(425) 444-2374
Key Peninsula Community Service	10am-3pm	17015 9th St Ct, Lakebay	(253) 884-4440
Life Center Rainier	3:30-5:30pm	17708 28th Ave E, Tacoma	(253) 846-3875
New Jerusalem	11-1pm	1623 South 11th St, Tacoma	(253) 572-6785
Nourish Mobile (Star Center)	1-3 pm	3873 S 66th St, Tacoma	(253) 383-3164
Nourish Mobile (Former Elementary School)	4:30-6:30pm	166th St & Pacific Ave, Spanaway	(253) 383-3164
Nourish Mobile (TCC Lot F)	4:30-6:30pm	Mildred St S & 15th St S	(253) 383-3164
Parkway Community Services	11am-3pm	11222 10th Ave S, Tacoma	(253) 535-1293
Prince of Peace	1230p-2pm	10333 Bridgeport Way SW, Tacoma	(253) 584-2565
Puyallup Food Bank *call for appt*	9am-2pm	217 W Stewart Ave, Puyallup, WA 98371	(253) 848-5240
Puyallup Salvation Army	9:30am-1pm	4009 9th St SW, Puyallup	(253) 841-1491
Samoan Family Services	9-12pm	230 S 94th St, Tacoma	(253) 327-9461
St. Andrew Emmanuel	10am-noon	1401 Valley Ave, Sumner	(253) 863-3655
St. Leo Food Connection	1:30pm - 5:30pm	1323 S Yakima Ave, Tacoma	(253) 383-5048
The Market - Bonney Lake	10am-1pm	24015 State Route 410, Buckley WA 98321	(253) 303-5909
The Market - Sumner	10am-1pm	15625 E Main St, Sumner	(253) 863-2996
TACS Special Diet	10am-2pm	3108 Portland Ave, Tacoma	(253) 272-8289
Tacoma Salvation Army	10am-1pm	1501 6th Ave, Tacoma	(253) 572-8452
Trinity Lutheran Church Food Pantry	11am-3pm	12115 Park Avenue S, Tacoma	(253) 537-0201
University Place Food Bank	1230p-2:30pm	2610 Sunset Dr W, University Place	(253) 460-3134

Wednesday

All Saints Community Services (Delivery)	Delivery Only	204 6th Ave SW, Puyallup	(253) 848-2000
B.A.S.H.	10am-2pm	103 140th St S, Tacoma	(253) 531-9600
Buckley Kiwanis Food Bank	9am-noon	127 N River, Buckley (Buckley Hall)	(253) 266-7309
Hope Point Church Food Bank	4-6pm	6511 South C St, Tacoma	(253) 474-6411
Eloise's Cooking Pot	10:30am-4pm	3543 East McKinley Ave, Tacoma	(253) 426-1994
Gig Harbor Peninsula FISH	9:30am-3:30pm	4425 Burnham Dr, Gig Harbor	(253) 858-6179
Graham/South Hill Nourish	2-6pm	10425 187th St E, Puyallup	(253) 846-3805
Jackson Street Nourish	5-7 pm last Wed Month only	7410 S 12th St, Tacoma	(253) 383-3164
Key Peninsula Bischoff Food Bank	2-8pm	1916 Key Peninsula Hwy N, Lakebay	(425) 444-2374
Key Peninsula Community Services	10am-5:30pm	17015 9th St Ct KPN, Lakebay	(253) 884-4440
Nourish Mobile (Clover Park Tech, Bldg 5)	1-3pm	4500 Stellacoom Blvd SW, Lakewood	(253) 383-3164
Nourish Mobile (Bethel HS)	4:30-6:30pm	22215 38th Ave E, Spanaway	(253) 383-3164
Nourish Mobile (Roy Calvary Baptist Church)	1-3pm	9010 320th St S, Roy 98580	(253) 383-3164
Nourish Mobile (Pierce College Ft Stellacoom)	4:30pm to 6:30pm	9401 Farwest Dr SW Lot D, Lakewood	(253) 383-3164
NW Tacoma Nourish	12-4pm	2710 N Madison, Tacoma	(253) 756-4974
Orting Food Bank	12-3pm	224 Washington Ave S, Orting	(360) 893-0095
Puyallup Food Bank *call for appt*	9am-2pm	217 W Stewart Ave, Puyallup, WA 98371	(253) 848-5240
Puyallup Salvation Army	1pm-4:30pm	4009 9th St SW, Puyallup	(253) 841-1491
SE Tacoma Nourish	11am-6pm	1704 E 85th St, Tacoma	(253) 531-4530
Spanaway Food Bank	12pm-2pm	16001 A St S, Spanaway 98387	(253) 383-1817
The Market - Bonney Lake	10am-1pm	24015 State Route 410, Buckley WA 98321	(253) 303-5909
The Market - Sumner	10am-1pm	15625 E Main St, Sumner	(253) 863-2996

St. Andrew Emmanuel Food Pantry	3-5pm	1401 Valley Ave, Sumner	(253) 863-3655
St. Leo Food Connection	11:30am-2:30pm	1823 S Yakima, Tacoma	(253) 383-5048
TACS Special Diet	10am-2pm	3108 Portland Ave, Tacoma	(253) 272-8289
The Blessings Food Pantry	12pm-2pm	2104 South M St	(253) 272-3399
Tillicum/American Lake Gardens	By Appointment. Call between 9-11	14916 Washington Ave SW, Tillicum	(253) 584-1280

Thursday

All Saints Community Services (Delivery)	Delivery Only	204 6th Ave SW, Puyallup	(253) 848-2000
B.A.S.H.	10am-2pm	103 140th St S, Tacoma	(253) 531-9600
Bread of Life	1-5pm	8810 Lawndale Ave SW	(253) 582-2515
Eatonville Food Bank	9am-3 pm	3305 Center St W, Eatonville	(960) 832-6805
Edgewood Community Nourish	3:30-6:30pm	3607 122nd Ave E Suite B, Edgewood	(253) 826-4654
Eloise's Cooking Pot	10:30am-4pm	3543 East McKinley Ave, Tacoma	(253) 426-1994
Fife/Milton Food Bank *call for appt*	call 9-12, p/u 12:30-2:30	2303 54th Ave E, Fife	(253) 922-0960
Gateway Church	5-7pm	7310 12th Ave E, Tacoma	(253) 537-6619
Gig Harbor Peninsula FISH	9:30am-6pm	4425 Burnham Dr, Gig Harbor	(253) 858-6179
Key Peninsula Community Services	10am-3pm	17012 9th St Ct, Lakebay	(253) 884-4440
Lakes Area Nourish (United Methodist Church)	1-5pm	6900 Steilacoom Blvd, Lakewood	(253) 581-1116
Network of Tacoma (Last Thursday)	12-1pm	5435 South M St, Tacoma	(253) 474-9334
Nourish Mobile (Tillicum Lighthouse Baptist)	1-4pm	8415 Maple St SW, Tillicum	(253) 383-3164
Nourish Mobile (Multicare)	3-5 pm	644 S. I. St, Tacoma, WA 98405	(253) 383-3164
Parkway Community Services	11am-3pm	11222 10th Ave S, Tacoma	(253) 460-3164
Puyallup Food Bank *call for appt* 9am-2pm	Last Thursday 5:30pm-7pm PU	217 W Stewart Ave, Puyallup, WA 98371	(253) 848-5240
Puyallup Salvation Army	9:30am-1pm	4009 9th St SW, Puyallup	(253) 841-1491
St. Leo Food Connection (Closed 1st Thursday)	1:30pm-5:30pm	1323 S Yakima, Tacoma	(253) 383-5048
Salvation Army Tacoma	10am-1pm	1501 6th Ave, Tacoma	(253) 572-8452
The Market - Bonney Lake	10am-1pm	24015 State Route 410, Buckley WA 98321	(253) 303-5909
The Market - Sumner	10am-1pm and 5pm-7pm	15625 E Main St, Sumner	(253) 863-2996
TACS Special Diet	10am-2pm	3108 Portland Ave, Tacoma	(253) 272-8289
University Place Food Bank	1230p-2:30pm	2610 Sunset Dr W, University Place	(253) 460-3134

Friday

Buckley Kiwanis Food Bank	9am-noon	127 N River, Buckley (Buckley Hall)	(253) 266-7309
Eloise's Cooking Pot	10:30am-4pm	3543 East McKinley Ave, Tacoma	(253) 426-1994
Gig Harbor Peninsula FISH	9:30am-3:30pm	4425 Burnham Dr, Gig Harbor	(253) 858-6179
Graham/South Hill Nourish	10am-1:30pm	10425 187th St E, Puyallup	(253) 846-3805
Key Peninsula Bischoff Food Bank	2pm-6pm	1916 Key Peninsula Hwy N, Lakebay	(425) 444-2374
Key Peninsula Community Services	10am-3pm	17012 9th St Ct, Lakebay	(253) 884-4440
Lakes Area Nourish (United Methodist Church)	1 - 5pm	6900 Steilacoom Blvd, Lakewood	(253) 581-1116
Nourish Mobile (Cost Less)	1 - 4pm	14218 92nd Ave NW, Gig Harbor	(253) 383-3164
Nourish Mobile (Salishan Family Center)	1-4pm	1724 E. 44th St, Tacoma, WA 98404	(253) 383-3164
Orting Food Bank	9am-noon	224 Washington Ave S, Orting	(360) 893-0095
Puyallup Food Bank *call for appt*	9am-2pm	217 W Stewart Ave, Puyallup, WA 98371	(253) 848-5240
St. Andrew Emmanuel Food Pantry	10am-noon	1401 Valley Ave, Sumner	(253) 863-3655
St. Leo Food Connection	11:30am-2:30pm	1323 S Yakima, Tacoma	(253) 383-5048
Salvation Army Tacoma	10am-1pm	1501 6th Ave, Tacoma	(253) 572-8452
Spanaway Food Bank	12pm-2pm	16001 A St S, Spanaway 98387	(253) 383-1817
Southeast Tacoma Nourish	11am-4pm	1704 E 85th St (Lutheran Church)	(253) 531-4530
The Market - Bonney Lake	10am-1pm	24015 State Route 410, Buckley WA 98321	(253) 303-5909
The Market - Sumner	10am-1pm and 5pm-7pm	15625 E Main St, Sumner	(253) 863-2996
Tillicum/American Lake Gardens	By Appointment. Call between 9-11	14916 Washington Ave SW, Tillicum	(253) 584-1280
Trinity Lutheran Church	11am-2pm	12115 Park Avenue S, Tacoma	(253) 537-0201

Saturday

B.A.S.H.	11am-3pm	103 140th St S, Tacoma	(253) 531-9600
Edgewood Community Nourish	11am-2pm	3607 122nd Ave E, Suite B, Edgewood	(253) 826-4654
Eloise's Cooking Pot	10:30am-4pm	3543 E McKinley Ave, Tacoma	(253) 426-1994
Food Connection Springbrook Mobile	10am-noon	12601 Addison St, Lakewood	(253) 383-5048
Harvest House	9:30am-noon	25713 70th Ave E, Graham	(253) 266-7309
Key Peninsula Bischoff Food Bank	2-5pm	1916 Key Peninsula Hwy N, Lakebay	(425) 444-2374
Life Center Rainier	10am-12pm	17708 28th Ave E, Tacoma	(253) 846-3875
My Sister's Pantry	Fourth Sat. 9am-12:30pm	621 Tacoma Ave, Tacoma 98402	(253) 627-1186
New Jerusalem Food Bank	11am-2pm	1623 S 11th St, Tacoma	(253) 572-6785
Northwest Tacoma Nourish	11:30am-3pm	2710 N. Madlson St, Tacoma	(253) 756-4974
Orting Food Bank	10am-1pm	224 Washington Ave S, Orting	(360) 893-0095
St. Leo Food Connection	10am-1:30pm	1323 S Yakima, Tacoma	(253) 383-5048
University Place Food Bank	10:30am-noon	2610 Sunset Dr W, University Place	(253) 460-3134
WLSA Pantry	10-11:30am	1603 Rainier St, Steilacoom	(253) 581-1076

Sunday

Trinity Lutheran Church	12pm-2pm	12115 Park Avenue S, Tacoma	(253)537-0201
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