



## News for HAP Partner Agencies and Friends

### Highlights of HAP Monthly Meeting

March 26, 2010

#### Attendees

Debbie Anderson, NEST & Snoqualmie Valley Hospital, [deba@snoqualmiehospital.org](mailto:deba@snoqualmiehospital.org)  
Michael Craig, Community Services for the Blind & Partially Sighted, [mcraig@csbps.com](mailto:mcraig@csbps.com)  
Robin Knudson, Solid Ground RSVP, [robink@solid-ground.org](mailto:robink@solid-ground.org)  
Karen Lewis, CHEF, [karenl@chef.org](mailto:karenl@chef.org)  
Jean Mathisen, AARP, [jmathisen@aarp.org](mailto:jmathisen@aarp.org)  
Andrea Meewes Sanchez, Senior Services, [andream@seniorservices.org](mailto:andream@seniorservices.org)  
Cheryl Reed Weber, AARP, [creed@aarp.org](mailto:creed@aarp.org)  
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Sheryl Schwartz, UW HPRC, [sheryls@uw.edu](mailto:sheryls@uw.edu)  
Kari Washburn, Group Health, [washburn.k@ghc.org](mailto:washburn.k@ghc.org)  
Karen Winston, King County Aging and Disability Services, [karen.winston@seattle.gov](mailto:karen.winston@seattle.gov)

#### Partner Presentation: AARP

Cheryl Reed Walker and Jean Mathisen highlighted three of AARP's Washington initiatives: Money \$marts, Create the Good, and Fraud Fighters.

**Money \$marts** is an education campaign that encourages people to "Spend Less, Save More, and Stay Sharp" during the current recession. Free public events will be held in Mountlake Terrace, Kennewick, Spokane Valley, and Lacey, where experts will speak on financial planning, how to avoid scams and schemes, and strategies to boost brain health and improve memory. To register for these free events, call 1-

877-926-8300 or go online to [www.aarp.org/wa](http://www.aarp.org/wa).

**Create the Good** is a new web site designed by AARP to engage communities in volunteer projects. Volunteer opportunities are posted online at [www.createthegood.org](http://www.createthegood.org) and can be easily found by entering a keyword and zip code. Do-it-Yourself Toolkits are also available through Create the Good that include tips on how to organize a community service project in a variety of areas.

**Fraud Fighters** provides one-on-one peer counseling to elders who are potential victims of scams, schemes, and fraud. Washington State is home to one in eight AARP fraud fighter programs in the country, the model for which came out of a study conducted by Stanford University. This study showed that when potential victims of fraud were paired with a volunteer providing one-on-one counseling and education on how to avoid scams they were less likely to become victims in the future.

Fraud Fighters works through older adult volunteers who make over 100,000 outbound calls per year to educate potential victims on how to avoid the latest marketplace schemes. They also link people to community resources to help reduce their risk of being victimized. Consumers can also call in to learn how to protect themselves from fraud at 1-800-646-2283. AARP has speakers available to conduct community presentations on how to avoid fraud. Contact Jean Mathisen at 206-517-9353 to discuss setting up a community presentation.

## **HAP's Aging at Home Initiative**

HAP plans to host a one-day event that will bring community members together to learn about and act on Aging at Home projects in their communities. HAP is able to provide seed money for well-designed Aging at Home projects that come from the one-day event. Ideas on how to engage community members were shared and a subcommittee was formed to develop a structured approach for the event.

Sally Brown, HAP's new VISTA, will begin on April 19<sup>th</sup> to work on the Aging at Home Initiative. She will be hosted at Senior Services and will work with all HAP partners to promote Aging at Home.

## **Announcements**

**Community Services for the Blind and Partially Sighted** is hosting a low vision expo entitled "Insight" on Saturday, May 15<sup>th</sup> from 9:00 a.m. - 3:00 p.m. at the Lynnwood Convention Center. Dan Hubbell, of Microsoft, will present on Assistive Technology and an medical doctor will discuss advancements in treatment and research for age-related eye disease. Advanced registration is required and there are three options to do so before May 1<sup>st</sup>. Visit [www.csbps.com](http://www.csbps.com), email [events@csbps.com](mailto:events@csbps.com), or call 206-525-5556.

**Pierce County Aging and Disability Resource Center** will be hosting two free "know it before you need it" events: "Legal Bootcamp: What you need to know to plan ahead," and "Introduction to Medicare."

"Legal Bootcamp" features Rajiv Nagaich, an Elder Law Attorney who will discuss wills, powers of attorney,

advance directives, POLST forms, and uncovered medical and long term care costs. This event will be held on April 6<sup>th</sup> from 6:30 p.m. to 8:30 p.m. at the Soundview Building. Please RSVP at 253-798-8787.

"Introduction to Medicare" will provide basic information and give tips on taking advantage of all that Medicare has to offer. This event will be held on Monday, May 10<sup>th</sup> from 6:30 p.m. to 8:00 p.m. at the Puyallup Activity Center. Please RSVP at 253-798-8787.

**HAP questions or comments? Please contact:**

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