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ISSUE 1

DECEMBER 2013



Cross-Town conversation

BRIDGING THE DISTANCE BETWEEN ALL OF THA'S 7 SENIOR & DISABLED PROPERTIES, FROM LUDWIG TO G STREET, 6TH AVE TO WRIGHT

The conversation starts with an idea

Let's start with a story.

Linda Campanoli at E.B. Wilson had an idea: Why don't I volunteer to drive the THA van so that I can transport more people to local food banks? She was used to taking her car full of people a couple times a week, but driving the larger THA van meant even more of her neighbors could have access to much-needed food toward the end of the month.

Linda went through the van driving authorization process, and voila! An idea transpired into action. She now takes a van full of neighbors to the food bank at least twice a month, increasing the food supply in her neighbor's cupboards and doing so

always with a sense of mission and a smile on her face.

Our human capacity for creativity and resourcefulness are truly amazing. The *Cross-Town Conversation* is a quarterly testament to the sparks of idea that alight into action. Got a story to write or want to share your own spark? Please send submissions to Caroline Cabellon, Elderly & Disabled Services Coordinator, at ccabellon@tacomahousing.org, or call (253) 720-6784. Submissions can also be sent to Hope Rehn, President of SAFE. Please contact Hope at (253) 472-1530.

We hope you enjoy Issue 1! Stay tuned for Issue 2 in March, 2014.

PHOTO MOMENT: Lobster Shop Senior Thanksgiving Dinner 2013



Photo by: Hope Rehn, Wright St. Pictured: Theresa Strange & Jerry Forcier from K Street



PROGRAM SPOTLIGHT

You may have heard rumblings of a new food bank delivering food, toiletries and (yes!) pet food to the K Street apartments as part of a pilot program. It's true! Eloise's Cooking Pot Food Bank began their twice-monthly deliveries to K Street in November thanks to Lynda Remeto, a resident with "Community Service" invisibly stamped to her forehead. While this pilot is only operating at K Street right now, stay tuned in the next couple of months for it to be expanded to an apartment complex near you! Eloise is currently expanding their capacity to operate at our other Senior & Disabled buildings. A HUGE thank you from THA to Lynda Remeto for her patience and all of her efforts to coordinate this program.



Let's talk pain facts; resources for managing chronic pain

BY JANNE BUTLER
Featured writer, Ludwig

Think chronic pain isn't a chronic concern in America? Think again. Around 100 million Americans adults live with chronic pain. That's more than cancer, diabetes and heart disease *combined*. And the high prevalence of chronic pain suggests that the condition is not being adequately managed. So let's look at some websites that can help out:

First and foremost on my list is the U.S. Pain Foundation (www.uspainfoundation.org). This is probably the best site to start with if you're new to exploring the world of pain and its treatment. The site is

huge, but extremely easy to navigate, and has topics on every aspect of pain, including complementary therapy options such as alternative approaches.

The links to other resources are superb—there's something for everyone, from veterans to books to self-help involving the mind and body.

If you want to take it further, there are excellent advocacy pages, including information on how to approach your law-makers about legislation affecting chronic pain drugs, how to talk to the media about chronic pain, and advocacy kits you can download.

Membership in the Pain Foundation is free, and they also have a Face Book page

Now, a blurb for an upcoming show airing on The Discovery Channel on December 14th. Please be sure to tune into "Pain Matters," a documentary that explores

what chronic pain is, its individual and societal impact, and the future of pain management, through the stories and struggles of six individuals living with chronic pain and their loved ones, as well as perspective from leading national experts in pain management.

Tune in to The Discovery Channel on December 14th to watch the new documentary, "Pain Matters." Check local listings for times.

Adult Dental Benefits Restored for Medicaid Patients January 1, 2014

The new benefit covers restorative and preventative services, resin partials and complete dentures, root canals, cavities, and routine checkups and cleanings, as well as emergency services.

A Word of Thanks From the THA Services Coordinator

A few weeks ago, I popped my head into the Community Room at our 6th Ave apartments, and stopped as I entered. Speechless. The residents had banded together after their Thanksgiving potluck to decorate for the holidays, and a few had worked long into the night to create a truly *stunning* community space. So much love went into it.

Since then, I have seen the buildings who can do the

same and it floors me every single time I see that level of cooperation to achieve such beauty.

Many of you know I am new to THA this year and still learning the ropes, I am not afraid to admit. One of my missions is to help residents build a sense of community in their homes, so that neighbors can become people to rejoice with in times of celebration and lean on in times

of hardship, rather than be seen as strangers to be avoided.

My goal is foster and support building creativity and new ideas. From what I have seen this holiday season, we are not starting from scratch. I am so grateful to work for THA and to serve all of you. Onward and upward in 2014!

*With much gratitude,
Caroline Cabellon | 720-6784*

**PIERCE COUNTY
AGING &
DISABILITY
RESOURCE CENTER
NEWS & ALERTS**

CARRIER ALERT is now available to Tacoma residents who would like to participate in a free program partnership between the U.S. Postal Service and the Aging & Disability Resource Center (ADRC). If living alone concerns you and you would like your postal carrier to alert the ADRC in the event that an accident or sudden illness prevents you from retrieving your mail, please contact the ADRC at (253) 798-4600 to sign up.

January 25, 2014: Writing Your Will: Tips Everyone Needs to Know. 10-11:30am at the Soundview Building, 3602 Pacific Avenue in Tacoma. Call to RSVP: (253) 798-8787

Visit www.piercecountyadrc.org for more news & events.



Pictured: Holiday Table Decorations at 6th Ave.