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CONTACT US
HOW CAN WE HELP TODAY?



Call our new central number at 360.209.8338 or stop by one of our offices.

Aberdeen

2700 Simpson Ave., Suite 201

Forks

481 5th Ave

Long Beach

1715-A Pacific Ave N

Port Townsend

2500 W Sims Way, Suite 203

Raymond

430 3rd St

Sequim

609 W Washington, Suite 16



Aging & Adult Services
OF COASTAL WASHINGTON

Your connection to care, support, and independence.

Trending Healthy

September 2026

SEPTEMBER IS HEALTHY AGING MONTH

This Healthy Aging Month, we wanted to take a minute to talk about what we do at Aging & Adult Services of Coastal Washington, because so much of it centers around promoting health—not just for adults over 60, but for everyone in our rural communities. All of us are “aging,” whether or not we’ve reached a particular milestone, and all of us want to age with as much health, independence, and choice as possible.

Rural areas like ours face unique challenges, such as more severe provider shortages and longer EMS response times, that make it harder for people to stay healthy. There are also factors like deteriorating or unsafe housing, difficulty accessing or affording healthy food, and lack of transportation options—non-medical variables, known as social determinants of health or health-related social needs, that impact health.

AASCW has just completed our new four-year Area Plan that lays out our priorities, based on the services people most need and use in our region, available funding, and coming trends. The Area Plan will be submitted to the state for approval in October. Look for it on our website, coastaladultservices.org, to read about the many services we already provide and what’s in development.

We’re here to help! Give us a call at 360.209.8338 to get started.



UPCOMING EVENTS



Free MoCA screenings

The Montreal Cognitive Assessment (MoCA) is a widely used, brief screening tool designed to detect mild cognitive impairment and early signs of dementia. No appointment necessary.

9/29 Port Townsend Community Center, 620 Tyler St., 10 am – 1:30 pm

9/30 Port Angeles Senior Center, 328 E 7th, 9 am – noon

9/30 Aberdeen AASCW office, 2700 Simpson Ave, Suite 201, 10 am – 2 pm

MORE ABOUT OUR 2027-2030 AREA PLAN

These are some of the top concerns in our region and how we're addressing them.

Nutrition

One focus in our new Area Plan is nutrition. Our community survey indicated that food security is the number one concern in our region, with more and more people finding it difficult to stretch their income to cover the most basic necessity. Cuts to SNAP are going into effect; food prices are rising; and those on fixed incomes are especially vulnerable. The data back it up. From 2024 to 2025, food banks in our region reported an increase of approximately 10% in the number of people served. Our own service data show a significant increase in the number of meals served at congregate sites.

What we're doing: Besides funding *senior lunches and home delivered meals* across our region, as well as the *Senior Farmer's Market Nutrition Program*, AASCW contracts with the Sequim Food Bank and Port Angeles Food Bank to provide *mobile markets* at over 20 locations in Clallam County. Together, they serve over 2,000 guests each month.



Access to Healthcare

The second most-frequent concern in our community survey was access to healthcare. Our region is federally designated as a provider shortage area for primary care, mental health services, and dental care. In addition, those who need specialty care often have to travel long distances to other counties.

Not having regular preventive care increases the likelihood that someone will experience an emergency and need EMS, ER visits, hospitalization, and/or placement in a rehab or long-term care facility.

What we're doing: AASCW currently funds *senior transportation* with Older Americans Act funding. Contracted agencies recruit volunteer drivers who can help people get to medical appointments. We are also gearing up for a major new program, our *mobile health vans*, funded through 2030 with federal Rural Health Transformation dollars. Providers will hold regular mobile events in all four counties to offer screening (which may include blood pressure, blood glucose, vision, hearing, mental health, dental, etc.), referrals, health education, some telehealth access, and resource connection. The goal is to provide underserved areas with access to information and resources that allow people to better understand and manage their health. We're also in our fourth year of the *ElliQ pilot project*, which provides free companion robots to individuals and includes several features that support health and wellness, such as medication and hydration reminders, exercise videos, and relaxation exercises.

Family Caregiver Support

According to AARP, Washington state has about 1.2 million unpaid caregivers. Without them, many people would go without care or would be forced to move out of their homes and communities. But caregiving often comes at a substantial cost to those providing care—economically, socially, mentally, and physically. Caregivers need care and support themselves to maintain their own health and to be able to keep providing support to their loved ones.

What we're doing: AASCW has several programs to help caregivers, including the ***Family Caregiver Support Program, Kinship Caregiver Support Program and Relatives as Parents, Kinship Navigator, and MAC/TSOA***. We also lead several ***caregiver support groups***. Our newest program, ***HRSN (Health Related Social Needs)***, will include caregiver respite for those on Apple Health with qualifying medical and social needs. The ***WA Cares Fund*** also allows beneficiaries to hire family members, reducing the economic burden, or outside caregivers so family caregivers can continue to work or have respite. Our ***Building Dementia Capable Communities*** provided start-up funding for a social model respite program in Ocean Shores to give those with dementia some structured activities and social time while providing respite for caregivers. Other dementia services include a free workshop for family caregivers, an arts program in Port Townsend, and support groups.



AASCW is committed to finding new and better ways to support the people in our region to live healthy, independent lives in their own communities. Whether that means expanding programs, creating new ones, investing in cutting-edge technology, or finding ways to feed more people, we are working towards a better quality of life for our neighbors.



New Drugs Give Hope for Alzheimer's Treatment

“Alzheimer’s is no longer an untreatable disease. It is now a disease with treatments that successfully interfere in the disease process,” he said. “Progress is also evident in clinical trial design, integration of biomarkers into trials, and emergence of promising candidate therapies. Biomarkers are increasingly used for trial eligibility as well as being integrated as trial outcomes.”

--Jeffrey L. Cummings, M.D., ScD,
Department of Brain Health, University of Nevada, Las Vegas

Read more:

<https://www.alz.org/news/2026/alzheimers-disease-drug-development-pipeline-is-growing>

COMING SOON! **MOBILE HEALTH SERVICES LAUNCHING IN MULTIPLE COUNTIES**



Getting to a primary care provider can be difficult for a lot of people—sometimes the nearest provider is 30 minutes or more away; sometimes there is no reasonable way to get there; and sometimes appointments are booked weeks or months out.

But staying healthy means getting routine tests and health screenings, especially as we get older. Taking an active role in managing your health means fewer emergency visits, hospitalizations, in-patient rehab, and even long-term placement in assisted living and skilled nursing facilities.

AASCW has been awarded \$1.76 million in federal Rural Health Transformation funding to launch mobile health clinics across our rural region to help provide more access to screening, health education, and referrals to both medical providers and social service providers.



**Bringing preventive care,
education, and telehealth
to our coastal
communities**

Mobile health providers will focus on underserved areas in Clallam, Jefferson, Grays Harbor, and Pacific Counties. All four counties are designated as Health Professional Shortage Areas for primary care, behavioral health, and dental care. The more remote areas within each county frequently have more pronounced shortages of providers.

Mobile health will include multiple screenings (blood pressure, blood glucose, vision, hearing, mental health, and/or dental), health education (topics such as nutrition, fall prevention, and chronic disease self-management), some telehealth access, referrals for follow-up care, and connections to social service providers when appropriate.

As of this writing, we are beginning the contracting process. Keep an eye on our website, CoastalAdultServices.org, for more information and a schedule of mobile clinic sites.

NEWS: HUGE STUDY CONFIRMS PURPOSE AND MEANING ADD YEARS TO LIFE

Okinawans call it *ikigai* or “reason for being.” Costa Ricans call it “*plan de vida*.” Most commonly, though, it’s simply referred to as your life’s purpose. In the blue zones regions of the world, purpose has always played a major role in well-being and the resulting extreme longevity. It’s also believed that the strong sense of purpose possessed by older Okinawans may act as a buffer against stress and help reduce overall inflammation, in turn lowering chances of suffering from Alzheimer’s disease, arthritis, and stroke. There continues to be a growing body of research to support the impact of purpose on mental and physical health and how it can lead to longer life expectancy.

Dr. Robert Butler, the first director of the National Institute on Aging, estimated that an ability to define your life meaning adds to your life expectancy. Dr. Butler and collaborators led an [NIH-funded study](#) in 2014 that looked at the correlation between having a sense of purpose and longevity. His study found that individuals who expressed a clear goal in life—



something to get up for in the morning, something that made a difference—lived longer and were sharper than those who did not.

Excerpted from a longer article.

Read the rest of this article and more from Blue Zones here:

<https://www.bluezones.com/2019/05/news-huge-study-confirms-purpose-and-meaning-add-years-to-life/>

READY FOR SOME PUMPKIN GOODNESS?

No, we aren’t jumping on the pumpkin spice bandwagon, but ‘tis the season for fall flavors, so why not explore some healthy recipes that use pumpkin?

Here are a few:

Healthy pumpkin muffins: <https://cookieandkate.com/healthy-maple-pumpkin-muffins/> and <https://thecleaneatingcouple.com/30-healthy-pumpkin-recipes/>

Pumpkin oatmeal pancakes: <https://www.ambitiouskitchen.com/healthy-pumpkin-oatmeal-pancakes/>

Easy pumpkin curry: <https://detoxinista.com/quick-pumpkin-curry-vegan-paleo/>



WA CARES FUND BENEFITS ARE NOW AVAILABLE

The WA Cares Fund--the nation's first public long-term care insurance--went live on July 1st. Benefits are now available for those who have met contribution requirements and have a qualifying care need.



How to meet the contribution requirement

There are three pathways to meet the contribution requirement.

PERMANENT PATHWAY Full benefit	Requirement Contribute for at least 10 years	Benefit amount \$36,500 (grows over time with inflation)	Purpose Provides lifetime access for workers who contribute to the fund over the long term
TEMPORARY PATHWAY Full benefit	Requirement At the time you apply for benefits, have contributed for at least 3 of the past 6 years	Benefit amount \$36,500 (grows over time with inflation)	Purpose Provides temporary access for workers who have contributed recently but haven't yet earned lifetime access to benefits
TRANSITION PATHWAY Pro-rated benefit	Requirement Born before January 1, 1968 and have contributed for at least one year	Benefit amount 10% of the full benefit amount for each year you contribute (currently \$3,650 per year)	Purpose Ensures people who are near retirement when WA Cares launches can earn lifetime access to pro-rated benefits

WA CARES FUND BENEFITS ARE NOW AVAILABLE (CONT)

How to meet the care requirement

The second requirement to access your benefit is needing care. This is because WA Cares is a long-term care insurance program, not a savings account. WA Cares evaluates your care need by determining if you need assistance with three or more activities of daily living, such as bathing or managing medications.

- Bathing
- Bed mobility
- Eating
- Medication management
- Mobility
- Transferring
- Toileting



We'll count any activities that you need supervision (like monitoring, cueing or set-up assistance) to complete.

Learn more: wacaresfund.wa.gov/about

If you need assistance to set up your account, apply for benefits, or choose your services, call Aging & Adult Services of Coastal Washington at 360.209.8338.

DID YOU KNOW? NEW MEDICARE PROGRAM OFFERS GLP-1 AT LOWER PRICE

A new federal Medicare program launched in July 2026 allows older adults to access popular weight-loss medications for \$50 a month through the [Centers for Medicare & Medicaid Services](#).

- Affordable Access: The Medicare GLP-1 Bridge program covers weight-loss drugs like Wegovy and Zepbound for eligible seniors.
- High Demand: Over 600,000 seniors signed up in the first two months.

Health Risks: Doctors warn that seniors using these drugs must watch out for rapid weight loss, dehydration, and muscle loss.

This information was generated by AI. Please check with your primary care provider for more information and to see if GLP-1s are right for you.

GET READY FOR MEDICARE OPEN ENROLLMENT



OCTOBER 15TH - DECEMBER 7TH

If you have Original Medicare (Parts A and B) or a Medicare Advantage plan (Part C), your health needs, plan costs, providers, benefits, and drug coverage may change from year to year. Get tips on how to review your current coverage, learn about your options depending on what you currently have, and find out where you can get help comparing plans.

During Open Enrollment you can:

- Switch between Original Medicare to a Medicare Advantage plan (Part C), or vice versa
- Change your Medicare Advantage plan to a different one
- Join or switch a Medicare Part D prescription drug plan
- Do nothing if you don't want to make any changes

If you're thinking about switching Medigap plans or switching from another type of insurance to a Medigap plan, [learn about Medigap rules and when you can switch plans](#). Even if you're happy with the coverage you have, it's still a good idea to assess your needs, review your options, and consider changes to your plan costs before Open Enrollment ends.



Fraud is increasingly common and sophisticated, and it's costing older adults.

FRAUD SCHEMES TO WATCH OUT FOR

According to AARP, "Since 2020, the number of adults age 60 and older who reported a loss of \$10,000 or more from impostor scams alone more than quadrupled in 2024, according to the Federal Trade Commission (FTC). Reported losses of \$100,000 or more jumped from \$55 million to \$445 million during that same period, but because fraud is known to be vastly underreported, the actual numbers are surely far higher. And [AI's growing ubiquity](#) will only worsen the problem in 2026."

A new article examines several common types of fraud that are prevalent, along with tips for preventing fraud.

Read more here: [AARP fraud article](#)

CONCERNED ABOUT MEMORY LOSS, OR CARING FOR SOMEONE WITH MCI OR DEMENTIA?

CHECK OUT OUR UPCOMING TRAININGS AND EVENTS

Although memory loss is not a normal part of aging, it strikes older adults more frequently. Among those age 85 or over, about one in three people has a dementia diagnosis.

AASCW has been building comprehensive services for those with memory loss and their care partners since early 2024. Below are some of our upcoming events.

We are always looking for more community partners who are interested in starting social model programs. If you know of a church, community center, or other group who may want to create a program in your community, please contact Bri Buchanan at brittnie.buchanan@dshs.wa.gov.



For more information on these and other events, please visit our calendar at <https://www.coastaladultservices.org/about/events-calendar/>

DEALING WITH DEMENTIA

A training for family caregivers

October 27th, 12:00-4:00

CrossRoads Church

707 Commercial St.

Raymond

To register: 360.642.5724

MEMORY CAFE

*Social time for those with memory loss
and their care partners*

First Mondays, 11:00-12:00

Highway Twenty Roadhouse

2152 W. Sims Way

Port Townsend

For more information: 360.344.3013

DEMENTIA CAREGIVER SUPPORT GROUPS

Raymond

First Thursdays, 12:00 pm- 1:30 pm

CrossRoads Church

707 Commercial St.

Raymond, WA 98577

Ocean Park

Fourth Fridays, 12:00-1:30

Timberland Library

1308 256th Pl.

For more information: 360.642.5724

New benefits available for eligible Apple Health enrollees



Health Related Social Needs (HRSN)

Health Related Social Needs (HRSN) services are designed to support better health outcomes for Apple Health (Medicaid) enrollees. These services include nutrition support, home modifications, and caregiver respite.

Aging & Adult Services of Coastal Washington will provide HRSN services through **June 30, 2028**.

Nutrition Supports:

- Nutrition Counseling and Education
- Medically Tailored Meals
- Fruit and Vegetable Provisions
- Pantry Stocking for those under 21 and/or for pregnant individuals

Home Modifications:

- Home Accessibility Modification
- Adaptation Devices (air conditioners, heaters, etc.)
- Remediation Services

Program Eligibility

While each HRSN service has a specific eligibility criteria, an individual must meet the following general eligibility criteria:

- Be enrolled in Apple Health (Medicaid)
- Meet clinical risk factor criteria for the service.
- Meet social risk factor criteria for the service.
- Be a medically appropriate service for the individual.



Aging & Adult Services
OF COASTAL WASHINGTON

For more information, please contact us at:

360.209.8338

Coastal.HRSN@dshs.wa.gov

NOVEMBER IS FAMILY CAREGIVERS MONTH

AASCW programs provide support



November is Family Caregiver Month and it's a great chance for us to learn more about family caregivers and what we can do to support them. Family caregiving is something that many people take for granted. We know that one of the most common reasons a person enters care in an institution, like a nursing home or assisted living facility, is caregiver burnout. The family is no longer able to meet the needs of the person they care for on a fundamental level, leading to that loved one being placed in an institution.

The Family Caregiver Support Program is one of those stop gaps created to address this issue. The goal of the program is to meet with caregivers, assess their level of need, and provide support so that they are able to care for their loved one longer, and the person receiving care is able to live independently longer.

One of the easiest ways to help is to spread the word about the programs available to assist caregivers. Currently each county in Washington state has a Family Caregiver Support Program that can help assess the needs of caregivers and support them in their caregiver journey. If you know of a caregiver in Clallam, Grays Harbor, Jefferson, or Pacific County that could use some help, they can call Aging and Adult Services of Coastal Washington to connect with a coordinator and see what services they might be eligible for. They can also contact AASCW if they have any questions or concerns regarding caring for a loved one.

JOIN US! VOLUNTEER OR FIND EMPLOYMENT

Put your skills to work on behalf of older adults, adults with disabilities, family caregivers, and others.

We have **volunteer opportunities** for Advisory Council members (current openings include two Grays Harbor County representatives and regional representatives for Disabilities, Minority, and Tribal populations. We also have opportunities for SHIBA volunteers to help people choose the best Medicare and related health insurance plans to fit their needs.

Learn more at <https://www.coastaladultservices.org/get-involved/volunteer/>

If you're interested in **employment**, check out our current listings at <https://www.coastaladultservices.org/get-involved/employment/>

AASCW is proud to be an age-friendly employer.

