



Greetings!

I hope that you and your loved ones had a relaxing start to the new year. WASHAA enjoyed seeing advocates at our professional networking meeting on January 11 and we hope to do more get-togethers in 2017! Send an email to [Jessica](#) to let her know you are interested (and what nights of the week work best). We have an upcoming FREE webinar on February 15th (link to register is below). We look forward to seeing you online!

Best,

Robin Shapiro

Chair, WASHAA Board

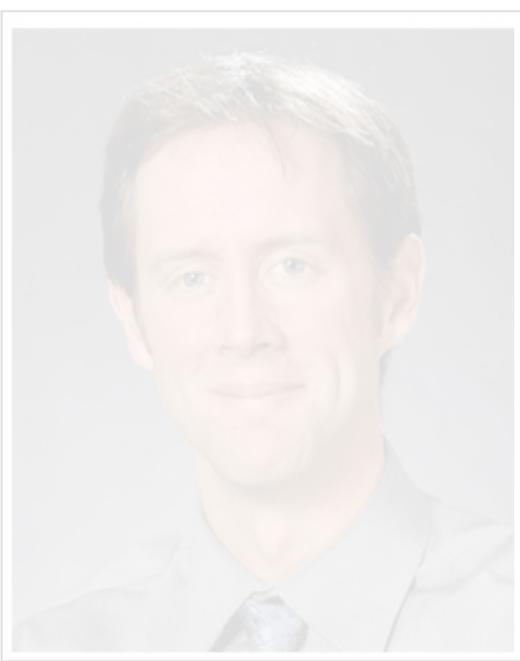
Upcoming Webinars and Events

[Trends in Dementia, Alzheimer's Disease Webinar Feb 15th](#)

SAVE THE DATE - 10:00 am, Feb 15 th, 2017

Medical Update on Alzheimer's Disease: Prevention to Palliation

Where: Online via [GoToWebinar.com](#)



As our population ages, Neuropsychologist Dr. Kris Rhoads will present an update on the changing trends and demographics of Alzheimer's disease (the most common form of dementia) and help us differentiate between normal versus pathological aging. Alzheimer's can be difficult to diagnose within the context of multiple medical conditions such as combined depression and dementia. Early and accurate diagnosing is key. Commonly used procedures and tools for screening and diagnosis as well as best practices for communication and collaboration across

multiple systems, including families and medical professionals will be described. New prevention techniques will be emphasized along with a discussion of early stage treatment, including non-pharmaceutical lifestyle interventions around exercise, diet, cognitive stimulation and enhancing community/social support networks. The innovative Washington State Plan for Alzheimer's disease as well as other helpful resources will be discussed.

[Patient No More: Join PNA for Community Talk About Advocacy](#)

SAVE THE DATE - February 8, 2017 @ 10am!

Where: Greenwood Senior Center 525 N 85th St, Seattle, WA 98103

Join members of the Phinney Neighborhood Association (PNA) for a free talk on Health Advocacy: **Patient No More! How Being A Participant in Your Own Care and Using a Health Advocate Can Save Your Life** from 10:00 - 11:30 am, Wednesday, February 8, 2017 at the Greenwood Senior Center 525 N 85th St, Seattle, WA 98103.

Join Robin Shapiro, from WASHAA (the [Washington State Health Advocacy Association](#)), for a free session to learn more about how to improve your health care experience with skills and insights into becoming more active in your own health. Everyone has the ability to seek better choice and control in health care decision-making. This session will review some of the most important ways people can become full Participants by applying common health advocacy skills. Be ready for an interactive, hands-on session, with must-know tips for anyone who has ever assisted family, friends or themselves in navigating the health care system. This session is free and open to the public. For more information, please call (206) 297-0875.

Advocate Credential

[The Advocate Credential: Your Input Requested By Feb 17](#)

The Patient Advocate Certification Board (PACB) has now made public the **draft of Eligibility Criteria available for your review**. It addresses the requirements advocates will need to fulfill in order to be eligible to take the exam to become a Board Certified Patient Advocate (BCPA).

You are invited to review the entire document, and to provide your comments and suggestions. The members of the PACB take pride in the fact that they painstakingly review every comment and suggestion, and then decide how, and whether, they will affect the ultimate certification representation or process.

This public review of the Eligibility Criteria will be open through February 17, 2017. Comments are accepted through the form found on this website. No comments will be accepted as a comment on this site or through email.

Please Start Here: [BCPA Exam Eligibility Criteria - Public Review](#) .

Health Advocacy Job

[Health Advocacy Job -- Seattle Area](#)

Are you looking to put your health advocacy experience to work with a regular, part-time job in Health Advocacy? ERA Living is looking for health advocates today!

<https://www.indeed.com/cmp/Era-Living/jobs/Case-Management-Assistant-a9d8b7e83d0cb380?q=Case+Management+Assistant>

WASHAA Member in the News

[Karen Vogel in the News](#)

Congratulations WASHAA Professional Member Karen Vogel for her article in *Third Act* about her advocacy work: [Navigating Your Health Care: Chart Your Own Course](#).



WASHAA Webinars

[WASHAA Webinars are now available for viewing without passwords](#)

We hope that you have had a chance to attend one of our past webinars.

Attendees have responded with great enthusiasm and we want you to have the opportunity to see them. The webinars cover a variety of timely topics and all include useful links and resources for further information. We recently removed the passwords and encourage you to check them out at the links listed below.

The Profound Impact of Untreated Hearing Loss with Dr. Alexandra DeGroot

Dr. DeGroot, AuD F-AAA, a local audiologist, describes the impact of adult onset hearing loss, the "invisible disability" which affects almost two-thirds of adults over 60 and can severely impact quality of life. She answers questions about hearing aids etc. and provides many local web links and resources. [Watch Webinar](#)

Speaking of Dying: Living Deeply...Dying Well with Trudy James

Trudy James founded *Heartwork* after retiring as a hospital chaplain and created a 30 minute documentary film designed to empower viewers to learn about, and speak more openly about, their own end of life choices and desires. The webinar includes her highly acclaimed film and a discussion on having these important conversations along with a list of helpful resources. [Watch Webinar](#)

Understanding Medicare Coverage: What you Don't Know can Cost You with Dianne Walkup

Billing Specialist and Owner of *Independent Patient Advocates*, Dianne Walkup RDMS, HHP, CMBCS helps you understand Medicare: how it works, picking supplemental insurance options, and how to get the most benefits without breaking the bank. Her detailed slides are available in a PDF format which include web links and tools to help you make sense of the multitude of options! [Watch Webinar](#)

Misdiagnosis & Patient Advocacy with Io Dolka

Io Dolka MS, Managing Director & Chief Care Advocate of *Grey Zone*, discusses the important topic of misdiagnosis, what factors contribute to diagnostic error, and provides great tools for both advocates and clients to use to amplify their voice and improve diagnosis in health care. [Watch Webinar](#)

Community Corner

[Newsletter to be Sent Monthly in 2017](#)

Do you have something you would like to share with the WASHAA community? Please submit ideas to info@washaa.org.

Deadline to submit content is the third Monday of every month. The e-newsletter will be sent on the fourth Monday of the month.

Washington State Health Advocacy Association

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