



Greetings!

Happy New Year from WASHAA!!

We hope you had a wonderful holiday season! We have a few upcoming events in January and February. The first event is on January 11th in Seattle for an **Advocate Networking Event**, and the second event is on February 15th for a webinar focusing on **Dementia and Alzheimer's disease**. We look forward to seeing you in person on January 11th and online on February 15th!

Happy 2017,

Robin Shapiro

Chair, WASHAA Board

[Winter Advocate Networking Event Jan 11th at Skyline](#)

When: Wed, January 11, 2017 @ 5:00 PM - 7:00 PM in Seattle

Join experienced advocates working in the Northwest who are interested in sharing success and challenges in working in the field for networking, light hors d'oeuvres and beverages. Ever thought it might be nice to partner with another advocate to cover client load or be a back up to cover for you when you travel? Are you considering a job in health or patient advocacy and want to learn more about what the field is all about? WASHAA will host a networking event for experienced advocates and people considering the field. Hosted by Beth Droppert, RN, BSN and co-founder of Allied Health Advocates and WASHAA, she will facilitate discussion as we share stories of success and challenge. You do not need to be a WASHAA member to attend!

You must register in advance for the event by clicking the following link: **[Register for the event!](#)**

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.

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

Daniel Dawes - The History and Future of the Affordable Care Act

Sunday, January 8 | 4 p.m.

\$12 | \$8 SJCC members, seniors, students, youth
PURCHASE TICKETS

This year marks a critical juncture for our country. Join us to hear from a leader in the national health equity movement who will discuss the opportunities for ObamaCare post-election. To shed light on the creation and implementation of the most sweeping equalizer in the history of American health care, Healthcare Attorney Daniel Dawes wrote "150 Years of ObamaCare" to share his insider's backstory as a key player in a large coalition of organizations that helped shape the Affordable Care Act (or ObamaCare). Daniel Dawes is a nationally recognized health care lawyer and administrator and is the executive director of government affairs and health policy at Morehouse School of Medicine. Stick around after the event for book sales and signing. Coffee and tea served.



Co-sponsored by [Northwest Health Law Advocates](#), [State of Reform](#), and [Island Books](#).

Newsletter to be Sent Monthly in 2017

In 2017, we plan to send our e-newsletter monthly. Deadline to submit content is the third Monday of every month. The e-newsletter will be sent on the fourth Monday of the month. If you have ideas for the e-newsletter, please contact us at info@washaa.org.

Washington State Health Advocacy Association

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