



Greetings!

In this season of gratitude, we here at WASHAA are very thankful for the connected community of so many people and organizations that believe everyone should have access to health advocacy -- the ability to understand, be supported and establish our health care choices. It was wonderful to see so many WASHAA members and supporters at our 5th Annual Meeting a couple of weeks ago!

We are pleased to continue to be an organization that connects the concepts of health advocacy with the people looking for answers and we are grateful to you -- because you are an integral part of what we do: whether you are working in a health advocacy role, you have utilized our network to find help for yourself, a loved one or client, or you just believe that people should be more empowered through knowledge and skill - building -- THANK YOU for your ongoing support!

As we celebrate with family and friends in this upcoming season, we hope that you will continue to send health advocacy resources our way and get involved in helping to lead the way to better understanding health care!

Here is to your good health,

Robin Shapiro

Chair, WASHAA Board

### Our 5th Annual Meeting -- Must-Know Tools/Resources in Health Advocacy



At WASHAA's Fifth Annual Meeting, we learned more about the state of health advocacy and timely topics, including:

Technology in Health Advocacy: <https://goo.gl/xzEmkA>

Choosing Wisely: Over-treatment and Unneeded Tests: <https://goo.gl/c2vKtM>

How to Tame the Medicine Cabinet: <https://goo.gl/YCfyM1>

We also heard inspiring speeches by Karen Curtiss of Campaign Zero ([www.campaignzero.org](http://www.campaignzero.org)) and Kate Smith, a professional hospital clown's story about her own family's health advocacy story (<https://goo.gl/uPUW1W>).

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### **FACEBOOK LIVE! Insurance Event Good Resource for Insurance Open Enrollment and More**

Two WASHAA Professional Members answered your questions about insurance and open enrollment Oct 23rd and you can listen to the recorded broadcast here: <http://www.washaa.org/facebook-live-10-23-2017.html>.

[Karen Vogel](#) is an independent professional advocate who works with clients on a variety of insurance issues. [Molly Lanzinger](#) is a licensed insurance broker who understands the difference and advantages of various insurance plans in Washington state.

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### **Pre-Holiday Networking Meeting Dec 5 from 4-6 pm at Skyline**

Join with WASHAA community at a periodic networking meeting, where you can meet advocates and other professionals interested in supporting health advocacy. We will enjoy some holiday 'cheer' as we spend time discussing issues relevant to health advocacy professionals. The meeting will be 4:00 - 6:00 pm at [Skyline](#). Register today at <https://www.eventbrite.com/o/washaa-8432687483>. You can park nearby or use the valet at Skyline for \$4!

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### **Beth Droppert Participated in the Choosing Wisely Summit on Oct. 27th**

The Choosing Wisely Summit October 27 brought together over 200 medical professionals in a meeting focused on sometimes unneeded medical tests and treatment. Choosing Wisely offers free materials to help engage patients in asking questions to avoid unnecessary treatment. Beth Droppert, RN, BSN remarked, "It was terrific to speak directly to providers, the majority of whom had not even heard that there are patient and health advocates who are currently helping people with initiatives like Choosing Wisely," she said. Droppert gave examples about how the Choosing Wisely tools have helped patients in Washington state.

### WASHAA Members in the News

[Karen Vogel](#) was highlighted in Novacure's brochure for her role in helping brain cancer patient and neighbor:

<https://www.novacure.com/profiles/laura-rowley/>.



### SAVE THE DATES!

- Dec 5, 4-6 pm - Pre-Holiday Networking Event at Skyline:  
<https://www.eventbrite.com/o/washaa-8432687483>

Washington State Health Advocacy Association

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