



Greetings!

On this Memorial Day, let us be thoughtful and let us act.

As we take a few moments to recognize and honor the more than 1 million people who died serving our country, this holiday begs us to reflect on what our country stands for and what we all need to do to protect it. Just like health advocacy, we cannot look away. We must act. Becoming knowledgeable is a way to help lend support.

We cannot take our health or our health care system for granted. WASHAA is working to help patients, families, advocates and health providers increase awareness, teach health advocacy skills and connect our citizens to local health advocacy resources. There is a lot to do -- please join us! There are so many ways that your help can make a difference.

Here is to your good health,

Robin Shapiro

Chair, WASHAA Board

Welcome to WE TRUST - New Partner Member



We are excited to announce that WE TRUST has joined as a new WASHAA Partner Member.

Partner Members work with WASHAA on an annual basis to help the organization grow. For more information on how to become a Partner Member, please contact Robin Shapiro at robin.shapiro@washaa.org. Please visit our Partner Member Web Page : <http://www.washaa.org/partners.html>

WE Trust Company provides professional fiduciary services: personal bookkeeping and estate execution services. WE Trust Company takes care of paperwork for individuals who want or need to use their time for other things. They have been in business for over twenty years, and now are a certified trust company in the State

of Washington.

THANK YOU to our WASHAA Supporters through the GIVEBIG campaign on May 10

Thank you to our supporters who gave donations to WASHAA through the Seattle Foundation's #GiveBig campaign earlier this month! Your money is helping us update our technology, utilize our first part-time staff person, expand our public presentations and volunteer health advocate trainings, and expand our reach beyond western Washington State. We are so appreciative of your financial donation!



WASHAA Advocate Networking Meeting Sizzles

We had a gorgeous evening (it was actually hot and sunny) and a great venue to do some networking and listen to WASHAA member Gordon Heinrichs discuss his presentation on health literacy and communicating with your doctor. From feedback we received, many people asked for more structured networking time and everyone said they



would attend another meeting. We hear you and would like to make our next meeting effective for you. Please submit ideas for topics, speakers, questions or ideas to info@washaa.org. We might even be able to schedule some phone meetings for topics in between our in-person meetings.

Your Voice Matters: Please Participate Today in a Healthcare Information Survey by June 6

[UCSF PCORI Study](#)

You are invited to participate in a study about whether knowing healthcare

information is always good. The study question is being evaluated by the University of California, San Francisco.

Example: Suppose you were undergoing a screening CT scan for cancer, to help determine if you had it so you could consider treatment options.

And suppose in that screening CT, the radiologist reading it found calcium in your coronary arteries, a possible indicator of heart disease: would you want to know about that finding?

Currently, there are no standards for radiologists to follow about these "incidental" findings: some report and some do not. The study is looking for feedback from you, the public, about whether you consider this important to know! And if you knew, would it change your behavior?

This [survey](#) takes no more than a minute to complete, but needs to be completed by midnight on June 6, 2017. This opportunity is being managed by the [National Association of Healthcare Advocate Consultants \(NAHAC\)](#). Please visit their website for more details.

SAVE THE DATES!

Wednesday, June 14, 2017 - Community Event - "What's the Fix?"

What's the Fix? @ Cambia Grove, Seattle, WA from 8:30am - 5:30pm

This free, one-day online and in-person conference organized by [HealthSparq](#) is dedicated to those working from the outside in to change health care for the better - for everyone! You'll hear from an amazing range of speakers and see how organizers are working to connect everyone who attends to create lasting change. [Learn More/Register](#). WASHAA also hopes to live stream this event on Facebook, in case you can't make it!

Friday, November 3, 2017 - WASHAA Annual Meeting!



More details will follow in the coming months but please mark your calendar for this date!

WASHAA Presentations You Can Use

Want to know more about Health Advocacy? Do you have a group who could benefit from learning about what health advocacy is and how to do it? WASHAA and WASHAA members are available to give presentations on a variety of topics.

Here are a few:

Patient No More

How Being a Participant in your own Care and Having a Health Advocate Can Save your Life

Join Robin Shapiro, from WASHAA (the Washington State Health Advocacy Association), for a 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. **To schedule this or other presentations, contact: info@washaa.org**

*Safe and Sound in the Hospital***

Medical errors in the hospital are the third leading cause of death in our country.

¹ A successful hospital experience includes knowing what actions patients and their families should take. Learn about some of the opportunities and challenges that hospitals face and what patients and their families can do to help. Bring a notebook and pen to write down specific tips and tools that you can use when you or a loved one is in the hospital. **This content was compiled and is presented with permission by Campaign Zero, a non-profit organization dedicated to zeroing out preventable medical errors. **To schedule a presentation, contact: info@washaa.org**

¹*Journal of Patient Safety, Sept 2013 - Vol 9 - Issue 3 p 122-128*

CareBrigade - Member Florence Harvey

Be Prepared! Don't Go Through a Serious Illness/Surgery Alone! Create a "Just in Case" CareBrigade for Yourself or a Loved One!

Have you, a friend, or family member ever faced a life-threatening illness, like cancer, navigated an at-home recovery after major surgery or a "marvel of science" procedure like hip or knee surgery? Did you or they have a live-in partner to serve as a caregiver? If so, you were among a very fortunate few.

Today many adults are single, living alone; some single parents, many fragile seniors. Few of us live close to our immediate families; many folks don't know their neighbors. Even when family is nearby, how many family members can afford to take time off work, to be a live-in caregiver, especially over a long stretch of time? By the end of the training, you will know: what support Roles even a newly diagnosed Patient needs, whom to invite to play each Role, and will be able to use

the CareBrigade Web site's downloadable forms and FREE online technology tools to support you and others in fulfilling those Roles even over distance. If you are interested in hosting this training, please contact WASHAA member Florence Harvey via her [WASHAA Member Profile](#). Florence recently presented CareBrigade at Phinney Neighborhood Village!

Washington State Health Advocacy Association

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