



Greetings!

Sitting in a San Antonio hospital two separate times over the last month made me think about the field of Health and Patient Advocacy. I spoke with an advocate from our WASHAA community who was there and she asked if I was 'freaked out or terrified,' to be at the hospital accompanying my family member who had multiple procedures. While I am not a fan of hospitals or being sick, I told the advocate, I was weirdly calm. I think this was because of two reasons: 1) I was educated about statistics, dangers and what hospital staff are up against every day (after giving the Safe & Sound Hospital Talk for many years in partnership with Campaign Zero ([www.campaignzero.org](http://www.campaignzero.org)) and 2) I felt confident that I knew what to do! I can say that this experience 100% helped my family get through the hospital stay and follow up. Health Advocacy is all about helping ordinary people understand what is going on and how to find resources to be successful in navigating health care - this is what WASHAA is all about!

As we start planning our 2019, please contact us about where we can speak to help spread the word. We also hope to be launching several training and workshop initiatives - both new presentations for the community and training advocates to give presentations next year. Stay tuned!

Here's to your good health,

Robin

Robin Shapiro  
WASHAA Board Chair

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## **Annual Meeting A Success!**





A big thank you to our WASHAA Community for an amazing 2018 Annual Meeting on Living & Dying with Health Advocacy at End of Life. It was a very inspiring, fast-paced day! We couldn't have done it without our WASHAA Board, Volunteers and Sponsors.

"I gained value from every minute I spent at the Annual Meeting," - Comment from Annual Meeting Attendee

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## **Thank You To Our Annual Meeting Committee!**

**Linda Dahl  
Beth Droppert  
Erica Loya  
Debra O'Conner  
Mary Pope  
Robin Shapiro**

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## **Thank You to Our Sponsors & Partners!**

### **Silver Sponsors:**



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**Special Membership Rate Applies until November 15**



**Help grow the health advocate community by becoming a member today!**

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Normally \$50   <b>Now \$25**</b>	Normally \$65   <b>Now \$40**</b>
<ul style="list-style-type: none"><li>• Free eNewsletter</li></ul>	<ul style="list-style-type: none"><li>• Online Listing</li></ul>

- Discounts for Events

- Free eNewsletter
- Discounts for Events
- Access to Special Peer Events

\*\*Discount automatically applies to purchases during checkout through November 15, 2018.

### **Joining is Easy!**

Sign up online at: [www.washaa.org/membership](http://www.washaa.org/membership)

**Already a Member?** This time-limited offer also applies to you!

Enjoy another 12 months at the discounted price by logging into your WASHAA Account and renewing by November 15th!

## Upcoming Events

### **Join Our Next Networking Meeting** **- December 6th at 4pm**



### **Topic: Money & Advocacy!**

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? Join advocates and other professionals who support advocates and patients for a peer-to-peer sharing event. Bring your questions, challenges and successes.

Register today:

<https://www.eventbrite.com/e/december-health-advocacy-professional-networking-meeting-tickets-52037071281>

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### **Other Events You May Enjoy!**





## **Nov 10 African American Caregivers Forum**

Please join WASHAA Member Dr. Jim deMaine and other speakers for the Legacy of Love African American Caregiver Forum November 10, 2018 \* 9 a.m. - 3 p.m at the Doubletree Hotel Southcenter. This unique, culturally-focused event draws family caregivers from throughout the Pacific Northwest.

Register today at <https://bit.ly/2PNk8od> or call 206-706-7084.

There are also 5 FREE CEUs available!

See their poster here:

[https://www.dropbox.com/s/i8m0zy40f2faehu/AfrAmerCaregiversForum\\_flyer09062018%5B1%5Fdl=0](https://www.dropbox.com/s/i8m0zy40f2faehu/AfrAmerCaregiversForum_flyer09062018%5B1%5Fdl=0)

## **Donation Opportunity**

**Only through Nov 2 - Support WASHAA with AmazonSmile**



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You Shop. Amazon Gives.



*AmazonSmile has donated over \$100 million to charities thanks to customers shopping at smile.amazon.com. To celebrate, AmazonSmile is donating 5% (ten times the usual amount) to Washington State Health Advocacy Association when you shop at [smile.amazon.com/ch/45-5441201](https://smile.amazon.com/ch/45-5441201) through Nov 2.*

*#AmazonSmile #StartWithaSmile*

**Public Presentations, Trainings & Networking Events!**

December 6 - Networking Event (Skyline)

2019 - Save the Date for WASHAA Annual Conference - October 4, 2019!

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**WASHAA Programs & Presentations**

Although WASHAA speakers can give presentation on many topics, here are a few of our popular presentations:

- The ABCS of a Successful Doctor Visit
- Patient Know More...Patient No More!
- The Emerging Field of Health Advocacy
- Safe & Sound in the Hospital: A Short Course in Patient Safety
- Volunteer Health Advocate Training: Understanding the Role & Skills to Be Effective

**To schedule a speaker for your community, please submit your request here: <http://www.washaa.org/request-a-presentation.html>**

Interested in licensing our content so you can use the effective presentations and workshops already developed for health advocates? Contact us at [info@washaa.org](mailto:info@washaa.org) to learn how.

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*Do you have something you would like to share with the WASHAA community?  
Please submit ideas to [info@washaa.org](mailto:info@washaa.org).*

Washington State Health Advocacy Association

E-mail us | Call us: 206.377.3000 | [Visit Our Website](#)

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See what's happening on our social sites:    