



Greetings!

The beginning of the year is a perfect time to make a commitment to set goals for your health. What are your personal goals? Is 2018 the year that you finally create your own health file or create and store your personal health record? It can seem daunting if you have been putting off seeing doctors for check ups and health maintenance. Sometimes it is easier if you have a friend or loved one to discuss your interest and goals. What about asking a friend to be a 'health pal,' someone who is available to talk about health goals, fears, and actions you want to take for yourself? Wondering where to start? WASHAA is partnering with community organizations for free or low-cost trainings. A new presentation, 'The ABCs of a Successful Doctor Visit,' will be hosted at Phinney Neighborhood Village. This free presentation on February 27 will be at Greenwood Senior Center. I hope to see you there!

Here is to your good health,

Robin Shapiro and all the folks at WASHAA

Meet New WASHAA Board Member: John Fox



John has joined the WASHAA Board and is based out of Spokane, WA. John has been in the insurance industry since 1994. He specializes in helping people understand their options regarding Medicare coverage. He owns We Speak Medicare Spokane based in Spokane Washington but serves clients throughout Washington and North Idaho. John is an active member of Senior Action Network of Eastern Washington where volunteers give their time and resources to enhance healthy,

independent and secure lives for senior citizens. John often travels to more rural areas of our state. We are so excited to have him contributing to our Board!

Check out his professional advocate profile here: [John Fox](#).

Greater National Advocates -- Join the Advocate Directory

For professional health advocates, a national advocate directory is being developed to help patients more easily find who is available throughout the country. There is no cost, but advocates need to be insured for their practice in order to join. Please sign up at: <http://gna-landing-page.webflow.io/advocate-profile>

Professional Networking Meetings -- First One Feb 28 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 light appetizers and wine as we spend time discussing issues relevant to health advocacy professionals. Future networking meetings are scheduled for: June 20, September 12 and December 6 from 4:00 - 6:00 pm at Skyline in Seattle. The February 28 meeting will be 4:00 - 6:00 pm at Skyline, in Seattle. [Register today!](#)

The First Seating of the PACB Advocate Credential is in March!

Last week, the Patient Advocate Certification Board launched registration for its inaugural certification exam. Should you sit for the exam and pass it, you will be certified as a BCPA, Board Certified Patient Advocate. Eligibility requirements, cost, locations, and more information about the exam can be found at the Board's website: www.PACBoard.org

Mark Your Calendar and Join WASHAA! Public Presentations, Trainings & Networking Events in 2018!

February 13 - Patient Know More (Skyline)
February 23 - Volunteer Health Advocate Training (Skyline)
February 27 - The ABCs of a Successful Doctor Visit (PNV) - Free!
February 28 - Networking Event (Skyline)
April 26 - Safe & Sound in the Hospital (PNV) - Free
April 30 - Patient Know More (Aljaya/Mercer Island) - Free!
June 20 - Networking Event (Skyline)
September 12 - Networking Event (Skyline)
September 27 - Safe & Sound in the Hospital (PNV) - Free!

October 5 - WASHAA Annual Meeting

December 6 - Networking Event

[Other Events You May Be Interested In](#)

Feb 28 (in Spokane) -- Rare Disease Day - More Info: [Click Here](#)

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

Washington State Health Advocacy Association

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