



Greetings!

As we take a pause on this Memorial Day, we are grateful for those who have served our country to fight for our freedoms and ideals. This strikes close to home as our daughter embarks on a career in the military. In thinking about those who serve, I am reminded of health advocates also fighting for citizens of our country. Although they are fighting in a different way, the basic tenants of our focus is similar. Our military protects and defends our country. Advocates work to make sure people have a say in their health care and that people can fully participate in their health care decisions...they also help them state their case when things don't go according to plans.

With your help, we can continue our quest for people to be more engaged in their own health care. Thank you for your support!

Here's to your good health,

Robin

Robin Shapiro

WASHAA Board Chair

[WASHAA in Spokane](#)



WASHAA in Spokane - May 14th & May 15th

Beth Droppert, Robin Shapiro and John Fox hosted two WASHAA meetings in Spokane earlier this month. We had a small but engaged group focused on how to bring the content and ideas of WASHAA to this community. John is considering hosting a periodic (maybe quarterly meeting). If you were unable to make it to either meeting but want to participate in Spokane/WASHAA activities, please let us know you want to be on our Spokane-specific group list by contacting us at info@washaa.org.

[Did You Receive a Letter from Greater Seattle Advocates / Brad Schwartz?](#)

Some people active in the health advocacy community recently received a letter from Brad Schwartz, founder of the Greater National Advocates (www.gnanow.org) based in Chicago. The letter encourages health advocates to join the directory of *Greater Seattle Advocates*. While the Greater Seattle Advocates directory is not part of WASHAA, we support efforts to grow this field. Here is a direct link to the Greater Seattle Advocates directory inquiry page: <http://greaterseattleadvocates.org/#membership>. It is free to join! As a reminder, WASHAA never shares our list of members, advocates and supporters with third parties.

[Thanks for Your Support Through GiveBIG May 9th!](#)

GIVE BIG
for
ALL



give
BIG
SEATTLE
FOUNDATION

Thank you to our WASHAA community who participated in the GiveBIG event earlier this month! Your financial gift helps our organization continue to support health advocacy efforts in our state!

[Join Us June 20th for Professional Networking at Skyline](#)

Join us and the WASHAA community for 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: September 12 and December 6 from 4:00 - 6:00 pm at Skyline in Seattle. The June 20 meeting will be 4:00 - 6:00 pm at Skyline, registration is at: <https://www.eventbrite.com/e/june-health-advocacy-professional-networking-meeting-tickets-46506687755>

Upcoming WASHAA Webinar

[Healing Through Nutrition Webinar - June 28th](#)



WASHAA
Webinar

“Healing
Through
Nutrition”
with
Christina
Tidwell

June 28th
11am-12pm (PST)



When your doctor says you are healed and your labs tests are "normal," but you still feel bad, where do you turn? Have you heard "Food is Medicine"? Sorting through the "hype" online can be annoying and can leave us overwhelmed and confused. This is where Christina Tidwell, RN, MN, CHC, Owner and Founder of [Live Well with Christina](#), steps in. Join Christina for an eye-opening webinar on health and nutrition.

Free for WASHAA members and \$5 for the public.

Registration is here: <https://www.eventbrite.com/e/healing-through-nutrition-tickets-45084108783>

WASHAA Events

Mark Your Calendar and Join WASHAA! Public Presentation, Trainings & Networking Events!

June 20 - Networking Event (Skyline)

June 28 - Healing Through Nutrition Webinar

September 12 - Networking Event (Skyline)

September 27 - Safe & Sound in the Hospital (PNV) - Free!

October 5 - WASHAA Annual Meeting 9am - 3pm

December 6 - Networking Event

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>

*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
E-mail us | Call us: 206.377.3000 | Visit Our Website

See what's happening on our social sites:    