Greetings!

In honor of National Caregivers Month and with the holidays approaching, now is the perfect time to think about how to appreciate what and who we have in our life. At our Annual Meeting last month, we learned that techniques such as expressive writing, movement, breathing and mindfulness can help diminish pain. Did you try any of the integrative strategies we learned about?

I know that I will be heading into the holiday season making a list of what I am most grateful for, and at the top of my list is a really supportive community! Sending you appreciation for your ongoing support of our health advocacy community.

Don't forget to renew or extend your membership and let us know what your favorite holiday traditions are for family and friends. Wishing you and yours a wonderful Thanksgiving!
Here's to your good health,

Robin

Robin Shapiro
WASHAA Board Chair

WASHAA 7th Annual Meeting -- A SUCCESS!

Thanks to everyone who made our Annual Meeting a success! We have received very positive feedback!

As a Certified Professional Guardian (CPG) who has been appointed by the Court many times over the last ten years to advocate for vulnerable adults, I have attended many seminars and conferences to enhance my professional development.

The 2019 WASHAA annual conference was one of the best learning experiences I have encountered in these last ten years. Thank you for a thoughtful topic and a most relevant speaker line-up. I learned a lot and returned to my office belief...
once again, that my work can make a difference.

-- Melanie J. Reynolds, MPA/CPG

We are working on editing our presentations from the meeting that will be offered for BCPA CEUs and available to the public for free soon!

We are grateful to our Sponsors and Partners, whose generous support helps us host our annual meeting. Please join us in thanking:

**SILVER SPONSORS**

![Acadia Healthcare](#)

![Endografix](#)

![Era Living](#)

**BRONZE SPONSOR**

![Northwestern Mutual](#)

**PRINCE FINANCIAL SERVICES**

**PARTNER MEMBERS**

![A Sacred Passing](#)

![PinnacleCare](#)

![WE TRUST Company](#)

![With a Little Help, Inc](#)
WASHAA Launches New Podcast Series

Have you listened to our New WASHAA Podcast? WASHAA has created the first two episodes of a new podcast series, *Health Advocate You*, with host Jason Oliver. The episodes are focused on stories and interviews with healthcare insiders that teach us how the healthcare system works and what we can do to get the best care possible. Take a listen and let us know what you think! We are also looking for additional guests.


Don't Miss Nov. 19th Webinar on Financial Toxicity with Hutson
How can patients help prevent the "Financial Toxicity" of innovative medicine and serious illness? Financial Toxicity is the financial side effects of navigating illness. This webinar will be led by Dana Hutson, CEO of Cancer Champions, LLC and Board Certified Patient Advocate. Dana will share her passion for helping patients feel prepared, and confident in navigating an increasingly complex healthcare system. Dana will provide practical tips and resources to mitigate the effects of higher out of pocket healthcare costs.

Highlights of the presentation include:

- Understanding what is driving costs
- Identifying the risk factors
- Practical tips and resources to reduce the financial stress induced by higher out of pocket medical costs

BPCA CEU is approved for (1 CEU).

Registration is at: [https://www.eventbrite.com/e/washaa-webinar-on-financial-toxicity-tickets-76504148969](https://www.eventbrite.com/e/washaa-webinar-on-financial-toxicity-tickets-76504148969)

---

**Join Us for Our Networking Meeting -- December 4th -- Credibility & Credentials**

Join experienced advocates working in the Northwest who are interested in sharing success and challenges 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? Ever considering a job in health or patient advocacy and want to learn more about what the field is all about? Bring your questions, challenges and success.

The topic for this networking meeting: Credibility and Credentials: What do you need to be an effective health advocate? This discussion will be hosted by WASHAA Vice Chair Beth Droppert, RN, BSN.

Sign Up: [https://www.eventbrite.com/e/december-health-advocacy-professional-networking-meeting-tickets-53657230220](https://www.eventbrite.com/e/december-health-advocacy-professional-networking-meeting-tickets-53657230220)

---

**Special Membership Rate Applies Until November 15th!**
Help grow the health advocate community by becoming a member today!

<table>
<thead>
<tr>
<th>Supporter Member</th>
<th>Professional Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normally $50</td>
<td>Normally $65</td>
</tr>
<tr>
<td>Now $25**</td>
<td>Now $40**</td>
</tr>
<tr>
<td>• Free eNewsletter</td>
<td>• Online Listing</td>
</tr>
<tr>
<td>• Discounts for Events</td>
<td>• Free eNewsletter</td>
</tr>
<tr>
<td></td>
<td>• Discounts for Events</td>
</tr>
<tr>
<td></td>
<td>• Case Review Events</td>
</tr>
</tbody>
</table>

**Discount automatically applies to purchases during checkout through November 15th, 2019.

Joining is Easy!
Sign up online at: [http://www.washaa.org/membership.html](http://www.washaa.org/membership.html)

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 before November 15th!

Train the Trainer/ABCs of an Effective Doctor Visit Now Available!

If you are interested in becoming a presenter of the ABCs of an Effective Doctor Visit, go to the WASHAA website for more: [http://www.washaa.org/professional_development.html](http://www.washaa.org/professional_development.html)

WASHAA Calendar

Mark Your Calendar - Join WASHAA! Public Presentations, Trainings, Networking Events, and More!

Nov 19 - Save the Date for WASHAA Webinar on Financial Toxicity ([Sign Up](http://www.washaa.org/financial_toxicity_webinar.html))
Dec 3 - Networking Meeting ([Sign Up](http://www.washaa.org/networking_meeting.html))

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

- Advance Care Planning (In partnership with Honoring Choices)
- Taming Your Medicine Cabinet (New in 2019!)
- The ABCS of an Effective 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](http://www.washaa.org/request-a-presentation.html)

Have a topic you wish we offered? Let us know - let's talk!

---

**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: [Facebook](#)  [Twitter](#)  [LinkedIn](#)  [Instagram](#)