



Greetings!

A key theme for July of course is Independence! What will it take to keep you and/or a loved one independent? No matter what your age, planning is key and health advocacy should be part of this process. This summer is a great time to think about what is important to you:

- Who do you want to help you when you have a tough decision to make?
- Do you have the right health care provider team?
- Are there important life events you don't want to miss in the future?

Talking with your family, friends and medical providers in advance of a crisis can help you stay in control and might provide you more choices.

If you haven't done so already, join us for one of our free presentations or workshops in the Fall. They are geared toward planning so you can stay independent.

Here's to your good health,

Robin

Robin Shapiro  
WASHAA Board Chair

## Upcoming Events

**Patient Know More! Free Presentation September 11 Hosted  
By Eastside Neighbors Network - Bellevue**



Eastside  
Neighbors  
Network

[www. MyENN.org](http://www.MyENN.org)

10:30 - Noon, Wednesday, September 11, 2019

Lake Hills Library

15590 Lake Hills Boulevard

Bellevue WA 98007

This presentation is free but registration required to ensure there are enough materials for participants. To register, call 425.270.8408 or go to: <https://tinyurl.com/ENN-Health>

Learn more about how to improve your health care experience with skills and insights into becoming 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.

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## **Taming the Medicine Cabinet - September 12 at 1 pm** **Hosted by Phinney Neighborhood Village**

1:00 - 2:30 pm, Thursday, September 12, 2019

Greenwood Senior Center/Baker Room

525 N 85th

Seattle WA 98103

This is open to the public by RSVPing to PNV receptionist at 206.297.0875

The majority of Americans take at least one medication and 20% take five or more medications. But keeping track of your medications, especially when experiencing a temporary hospitalization can be challenging and with more than a million people harmed each year from medication errors, it would be helpful to understand what medication management strategies are under our control. This session explores some of the common causes of medication errors and challenges that most people face. We will also identify practical tips, including how to take back medicines that are expired or no longer needed. Be ready for an interactive, hands-on session, with must-know tips for anyone can use.

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## **IOCPA National Conference October 3-5 in Chicago**

**Join WASHAA Vice Chair Beth Droppert, RN BSN who will be participating in a panel discussion at the first International Conference on Patient Advocacy. (IOCPA)** A coalition of healthcare advocacy organizations is offering IOCPA as a three-day event in Northfield, a suburb of Chicago, October 3<sup>rd</sup> to October 5<sup>th</sup> at the North Shore Senior Center. This event acknowledges the growth of healthcare/patient advocacy into a profession that includes healthcare practitioners, insurance experts, experts from law, allied health professionals and many other backgrounds.

The scope of the conference agenda reflects the diverse interests and needs of the healthcare/patient advocate with Friday offering panel and individual speakers and Saturday CE breakout sessions. Conference agenda and registration: <https://icopaconference.com/>





WASHAA Member Karen Vogel released her first book in June, now available at AMAZON: [Sid's Story: Father-Daughter Journey](#)

**To learn more about Karen, go to <http://www.washaa.org/washaa-health-advocates-directory.html#!biz/id/592794b19865a10013e00a0a/About>**

***Sid's Story: A Father-Daughter Journey*** is a poignant, funny and insightful diary about the challenges of aging from two generational perspectives. Sid Vogel, age 95, typed an autobiography started 22 years earlier, sharing his Brooklyn childhood, WWII military experience, telecommunications career and his family memories. Karen Vogel, his daughter, chose to blog the challenges of being a parental caregiver in Sid's last decade. As a professional patient advocate, Karen offers tips and resources for others going through this common, yet often tumultuous transition. Sid and Karen intertwine their stories to make you smile, tear up, and ultimately celebrate the messiness of aging in America.

## WASHAA Calendar

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

- July 20 - First Train the Trainer/ABCs of an Effective Doctor Visit (see story above for info)
- Sept 11 - Patient Know More (Free! Lake Hills Library in Bellevue)
- Sept 12 - Taming the Medicine Cabinet (FREE! Greenwood Senior Center)
- Sept 25 - Networking Meeting ([Sign Up](#))
- Oct 4 - Save the date for National Advocate conference in Chicago
- Oct 17 - WASHAA Annual Meeting [Topic: Understanding Pain & Healing]
- Dec 3 - Networking Meeting ([Sign Up](#))

## WASHAA Programs & Presentations

**Although WASHAA speakers can give presentation on many topics, here are a few of our 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>**

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

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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).*

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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:    