



Greetings!

It is the end of the Summer and for many of us that means we are launching a child to their first year in school. For me and my husband, we are launching our youngest child next month. We are busy creating checklists and things to get done. We know that this is a big step toward him managing his life independently, including his healthcare.

I might be more knowledgeable than most that I will not have access to my child's healthcare information unless he specifically designates that permission in writing. For many parents this is a shock, especially in the event of a medical emergency. Many schools have a particular form to fill out. As a parent, you can also be prepared by using the [WASHAA HIPAA Wallet Card](#), now available for free when you join as a free WASHAA [Community Member](#).

To learn the origins of this Privacy Authorization card, check out Beth Droppert's [blog](#).

This HIPAA Wallet Card can be used with adults of any age. Thinking through who you want to have access to your medical information is always important. WASHAA will continue to identify tools and support to help you figure this out!

Here's to your good health,

Robin

Robin Shapiro
WASHAA Board Chair

Upcoming Events

[Oct 17 - WASHAA 7th Annual Meeting on Understanding Pain & Healing Now Open for Early Registration](#)





Why is pain such a crucial, but elusive topic? While everyone feels pain differently according to their genetics, makeup and other factors, pain is often misunderstood. If pain is individualized, how do physicians treat it effectively and consistently? How can we conquer pain and focus on healing? The WASHAA 7th Annual Meeting will focus on defining the many aspects of pain and how to heal. Join us for a day of learning, engaging the WASHAA community and practicing techniques in an interactive and fun way. Registration with Early Bird is now open: <https://www.eventbrite.com/e/washaa-7th-annual-meeting-understanding-pain-healing-tickets-55927520720>

Safe & Sound in the Hospital September 8 at the Baby Boomer Conference



BABY BOOMER BOOTCAMP 3

SUNDAY, SEPTEMBER 8, 1:00-5:00 PM

Hosted at Issaquah Senior Center

75 NE Creek Way, Issaquah, WA 98027

Are you thinking about retiring soon? Have you recently left the workforce? Join us for the 3rd of 4 complimentary Baby Boomer Bootcamps hosted by the Issaquah Senior Center this year, in partnership with King County Library System and Era Living! You will learn about various topics from experts who will share their knowledge and wisdom, and offer best practices and guidelines to help you make the most of your next chapter.

OPENING KEYNOTE **by Dr. Jeannette Franks, Gerontologist and Author**
7 Actions You Can Take to Avoid a Nursing Home

CLOSING KEYNOTE **by Kelli Young, Senior Financial Planner, Miller Advisors**
8000 Days of Retirement

Refreshments will be served courtesy of University House Issaquah.
Please RSVP at (425) 392-2381 by September 6. Space is limited.



Join Robin Shapiro at the [Baby Boomer Bootcamp 3](#) hosted by the Issaquah Senior Center in partnership with King County Library System and ERA Living. You will learn about various topics from experts who will share their knowledge and wisdom and offer best practices to help you make the most of your next chapter. The event will be held from 1:00 - 5:00 pm and is free but space is limited so RSVP at 425.392.2381. Refreshments will be served courtesy of University House Issaquah. ([More Info Here](#))

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



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 more 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.

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



Join us for our first presentation of ***Taming the Medicine Cabinet: Strategies To Help You Stay Sa
Organized***

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 ke
track of your medications, especially when experiencing a temporary hospitalization can be challenging
more than a million people harmed each year from medication errors, it would be helpful to understand
medication management strategies are under our control. This session explores some of the common c
medication errors and challenges that most people face. We will also identify practical tips, including ho
back medicines that are expired or no longer needed. Be ready for an interactive, hands-on session, wi
know tips for anyone can use.

Next Professional Networking Meeting Sept 25: How to R Healthy When You Work With the Ill

How do you keep your energy up and your spirits positive when you are working with people who are s
facing a challenging diagnosis or struggling? Our next WASHAA Quarterly Networking Meeting will have
activity to help ensure YOU are at the Center of Your Compassion. In addition to catching up on each p
practice and success, we will be working through some scenarios that we face, using Trauma Stewardsh
Everyday Guide to Caring for Self While Caring for Others by L van Dernoot Lipsky as a guide. Register
meeting at: <http://www.washaa.org/professional-newtorking-meeting-september252019.html>

ICOPA National Conference October 3-5 in Chicago

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

It is almost SOLD OUT so if you are interested, register today! Conference agenda and
registration: <https://icopaconference.com/>

Free Community Membership - Access Cool Information Can Use

WASHAA is launching a new, Community Membership, which is free and gives you access to certain cont
WASHAA has developed. When you sign up for our e-newsletter or our Community membership, you will
our newsletter, and can view content including:

- Second Opinion Webinar:

<https://www.dropbox.com/s/2in48ydmuw2ujif/2nd%20Opinion%20Webinar%20%284.4.2019%20>

- End of Life Resource Booklet (compiled for 2018 Annual Meeting):

<https://www.dropbox.com/s/yucsxvepyyda693/WASHAABOOKLET%28E-Copy%29Annual%20Mtg%202018.pdf?dl=0>

- HIPAA Wallet Card:

<https://www.dropbox.com/s/hf5zuy7akzum4ns/HIPAA%20Wallet%20Card%20Instructions%20GE.pdf?dl=0>

We hope you will enjoy these resources and encourage your family and friends to [Join Our Community](#)

WASHAA MEMBER NEWS

Congratulations to Four WASHAA Members Who Have Signed UP to Give the ABCs Talk!

Please contact them to schedule the presentation in your community:



Tina Vandenbosch, MD

Tina has experienced first hand the increasing complexity of our healthcare system over the last 20 years as a Family Physician and understands the stress and vulnerability of navigating through a medical crisis. This Fall she is launching an independent 'patient advocacy and navigation practice, Summit Healthcare Advocates.

Contact: vandenbosch31@gmail.com



Oscar Meza

Health Quality Improvement Specialist

Oscar works in the health care insurance industry and has experience in the public and private sector. He is a UW graduate (Go Dawgs!) and has lived in the Seattle area for more than 25 years. In his free time he enjoys spending time with my girlfriend, family, going to baseball and football games, and staying fit.

Contact: oscar.o.meza@gmail.com



Carrie Andrews

Peace of Mind

Serving the Olympic Peninsula - Port Townsend, Port Ludlow, Sequim, Port Angeles & Forks
Peace of Mind offers Patient Advocacy services and Advanced Care Planning assistance for



Maggie Pheasant

Maggie offers care planning and health advocacy services to older families facing aging issues. Her focus is helping clients age with grace, dignity and command respect from health providers.

and Advanced Care Planning assistance for individuals & groups.

Email: mmpheasant@gmail.com

Contact: carrie@olympus.net or 360-301-3379

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 to learn more: http://www.washaa.org/professional_development.html

Meet Sheila Williams, our Operations, Administration, and Technology Intern!



Sheila is WASHAA's Operations, Administration, and Technology Intern. She started working as a WASHAA intern in July 2019. Sheila is currently a senior pursuing a double major in Medical Anthropology and Law with a minor in Global Health at the University of Washington. She also works as a research and regulatory assistant at the Seattle Cancer Care Alliance. During her time with WASHAA, she is helping with information management and administrative tasks. Her tasks also include everything from basic web design to assisting with organizing our Annual Meeting in October. If you ever have trouble accessing your WASHAA Account or experience some other technical issue, please feel free to [email](#) Sheila.

Other Events You May Enjoy

5th Annual Connect & Care Conference, Sept 12/13 at North Seattle College presented by With a Little Help. This conference is focused on A HOLISTIC APPROACH TO CARING WITH COMPASSION and is targeted for healthcare professionals, family members and companions to develop and share ideas to improve the approach and their contribution to comprehensive care for aging adults.

Registration Deadline: September 7, 2019 <http://www.withalittlehelp.com/connect-care-conference>

CEUs available for: Family Caregivers, Professional Caregivers, Social Workers, Care Managers, Nurses, Home Administrators and Guardians.

WASHAA Calendar

Mark Your Calendar - Join WASHAA! Public Presentations

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

- Sept 8 - Baby Boomer Bootcamp/Safe & Sound in the Hospital ([More Info Here](#))
- 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 4/5 - International Conference on Patient Advocacy in Chicago
- Oct 17 - WASHAA Annual Meeting [Topic: Understanding Pain & Healing]
- Dec 3 - Networking Meeting ([Sign Up](#))
- Nov 6 - Case Review (available to WASHAA Professional Members)
- Dec 3 - Networking Meeting ([Sign Up](#))

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>

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:    