

HEALTHADVOCATE^X[™]



Greetings!

This week I have taken time off with a staycation - a rare thing for me - as a substitute for a cancelled trip to see family for Thanksgiving. Everyone in the world has had an altered life experience as we have navigated the pandemic, which is forcing us to think and do our lives in different ways.

It has made me consider how important this time is to reflect, evaluate, donate, plan, honor others and think about what matters most.

While this is different for every person...I am hopeful that the end of our year will bring better news and healing. As someone who thinks a lot about the future, next steps and planning, this week I am focusing on the here and now.

I am very grateful for so many people in our community. I hope that this week can bring you a little time for finding your own way.

We are taking a little break at WASHAA/HealthAdvocate^X this week (please forgive us if we are slow in responding your calls or emails), but we will be back at it on Monday and look forward to some end of year events - please join us!

Hope you are staying safe, focusing on the positive and masking up!

Robin

Robin Shapiro

WASHAA/HealthAdvocateX Board Chair

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CONGRATULATIONS - ANNUAL CONFERENCE EXHIBITOR BINGO WINNERS!

Thanks to all participants of the Annual Conference Exhibitor Bingo Game. The BINGO winners have been drawn by Board Member Bonnie Bizzell and you can find a 10 minute video of an almost-live version [here](#) (or play the video below).

The winners are:

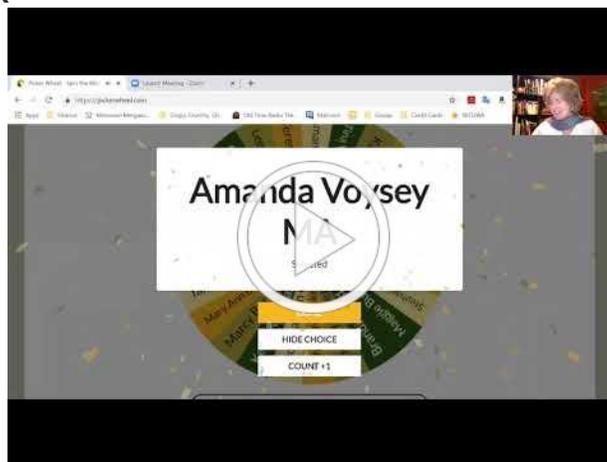
Pay It Forward
Anne Jacobsen, WA

Top of the Morning
1. Ashton Nesmith-Kochera, WV
2. Serena Hendricks, WA
3. Amanda Voysey, MA

Tea and Sympathy
Maggie Pheasant, WA

Self Care & Recovery
Althea Halchuck, AZ

Positive Intentions
Angie Galatas, TX



**HealthAdvocateX / WASHAA Annual
Meeting BINGO Winners**

[Join Us As WASHAA / HealthAdvocateX](#)
[Our Membership Rates Go Up After Dec 30, 2020](#)



WE ARE BECOMING HEALTHADVOCATE^X (SOON)

Please join our community of more than 1,500 people by becoming a member. Select a membership level that fits your background and interest by visiting our new temporary website at www.HealthAdvocateX.org.

Make Time for Our Next Networking Event December 3rd at 7 pm ET / 4pm PT



Let's keep the momentum coming from the Conference! Join experienced advocates from across the country as we have a follow up discussion from the National Conference and break into small groups for networking.

Register Today

December 14th - Community Conversation will Focus on COVID-19 Updates



Our last Community Conversation of 2020 will be an 'open forum,' where we will discuss the most recent trends, updates and news. This is an opportunity to ask ANY QUESTION you have.

Speaker:

* Dale Reisner, MD, Medical Director (OB/GYN Quality & Safety) at Swedish Health Services

When: Dec 14, 2020 11:00 PM Pacific Time / 2:00 pm Eastern Time
(US and Canada)

Register in advance for this meeting [here](#), or click the link below.

After registering, you will receive a confirmation email containing information about joining the meeting.

[Register Today](#)

Partner Member News

**Partner Member Eldergrow Is Offering A FREE Workshop
Dec 1 & a Chance to Purchase Plants and Activities for**

the Holidays (order by Dec 6th)



If you heard Eldergrow CEO Orla Concannon's presentation at our annual conference, you probably learned about how plants and nature can have a positive effect on mental health.

The holidays will be tough this year. Eldergrow and Culinary Coach are teaming up to show you engaging and safe holiday activities that will lift your residents' spirits. And your spirit, too! **Register for this DEC 1, Virtual Event at 11 am PT.**

[Register](#)

We'll demonstrate tangible ways you can harness all five senses (plus a bonus one!) along with some practical neuroscience tips on awakening pathways in mind, body and spirit. Share them with your team and residents.

Did somebody say presents?! It wouldn't be the holidays without gifts! During the play-shop, we'll be giving away valuable gifts from Eldergrow and The Culinary Coach, plus every attendee will receive activity lessons and a holiday recipe book. Space is limited. RSVP today.

Eldergrow is offering a specific holiday windowsill garden (with activities) for a limited time (must order by Dec 6). <https://www.eldergrow.org/the-windowsill-garden/>

END BRAIN CANCER Will Host Dec 4 Virtual Event - 'It's Time'



REGISTRATION IS REQUIRED FOR THIS ONLINE EVENT

IT'S TIME

REGISTER TODAY!

SPEAKERS & TOPICS

- ▶ Brain tumor Neuro-Surgeon - PATIENT SAFETY during COVID
- ▶ Brain Tumor Neuro-Oncologists/Principal Investigators - PATIENT SAFETY during COVID
- ▶ Patient Stories - Their Adjustments Made and How They Are Coping
- ▶ Understanding Clinical Trials and How to Access
- ▶ Virtual Brain Tumor Boards: What They Are, Purpose & How to Access via EBCT

Learn about New Treatments for Brain Cancer!

LIVE ON ZOOM!



The event will be hosted virtually via the ZOOM online platform. Those who register will receive additional event details including how to join via the confirmation email.

HEARING PATIENT VOICE

- ▶ Fears Related to Meeting with their Doctor in Person for Consults, Treatments and Procedures
- ▶ Scheduling Their Routine MRI's/Diagnostics As it Relates to the Fears of COVID-19.
- ▶ Participation in Clinical Trials.

Donate

Learn What & How Brain Cancer Specialists Have Taken Measures to Create a Safe Environment During COVID for Patients to Begin to Meet with Them Again In person and Why It is Now Safe to Seek Treatment and Advanced Treatments & Clinical Trials

Date and Time: Friday, December 4th from 12PM - 2PM PST / 3PM - 5PM EST
To Register: <https://endbraincancer.org/its-time/>

LEARN MORE

WASHAA Calendar

Mark Your Calendar - Join WASHAA!
Public Presentations, Trainings,

Networking Events, and More!

December 3: Professional Networking Meeting ([Register Here](#))

December 14: Community Conversation on COVID-19 Updates ([Register here](#))

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
- 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 / HealthAdvocateX

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

See what's happening on our social sites:    

