



Greetings!

How are you? In this time, it seems that nothing is the same and yet, we are pressing on with important work, our families, friends and community. On behalf of the WASHAA Board, I would like to THANK YOU for your ongoing support for WASHAA, for patients, advocates and the incredible health care workers.

In this paradox, although we cannot meet in person, we are doing more to see each other with weekly Zoom [Community Conversations](#) on topics relevant to COVID19 and activities to keep us connected.

WASHAA is getting great feedback on the topics and presenters. If you haven't been able to make it at 11 am PT on Mondays, all Conversations are recorded and available for free at <http://www.washaa.org/community-calls-covid-19.html>

Our next Community Conversation is how to establish a **Personal Safety Net** with Denise Malm LSWAIC, GMHS, Wallingford Senior Center. We are hearing more about the impacts of social isolation and loneliness during COVID-19. Denise will talk about creative ways to identify a personal safety net for older adults who do not have family and/or adult children.

Finally, THANK YOU to all the donors who supported WASHAA through GIVEBIG campaign. We were able to raise over \$3,000, which will be very helpful in funding our activities for this year.

Here's wishing you continued good health and safety. We hope to 'see' you at one of our events soon!

Robin

Robin Shapiro
WASHAA Board Chair

Wednesday, May 20 -- Join Us for Our (Virtual) Networking Meeting



Join experienced advocates working in the Northwest who are interested in sharing success and challenges in working in the field for networking, especially in the time of COVID-19. Join advocates and other professionals who support advocates and patients for a peer-to-peer sharing event. Bring questions, challenges and success. This discussion will be hosted by WASHAA Board Chair Robin Shapiro via Zoom.

Sign Up: <https://www.eventbrite.com/e/may-health-advocacy-professional-networking-meeting-tickets-84943689863>

WASHAA Annual Meeting on Understanding Pain & Healing - Recordings / CEUs Now Available



If you missed our WASHAA Annual Meeting on Pain & Healing, you can now access the individual presentations and earn BPCA CEUs. The presentations require that you register online, pay a minimal fee and take

a quiz in order to receive BPCA CEU credit.

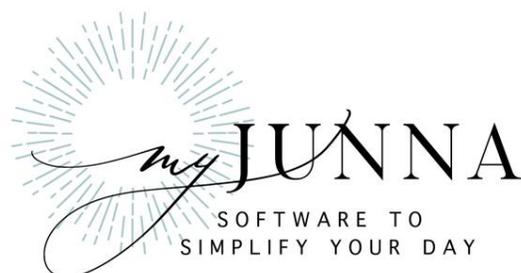
You can access the sessions here: <http://www.washaa.org/ceus-understanding-pain-and-healing.html>

Welcome New WASHAA Partner Members



We support families ore community and each other by providing home care services that increase the quality of life for our clients. We are recognized leaders in home care and are guided by our core values: respect, kindness, commitment and integrity ADL's to adults and those in need of hands-on physical help. We provide care within the privacy of one's own home, maintaining all the comforts and familiarity of a lifetime of memories. ARNP on staff as COO, RN Client Care Manager, MSW Client Care Manager serving the Puget Sound area.

<http://www.washaa.org/washaa-health-advocates-directory-325426.html#!biz/id/5eb2f3884c746554c80f91d5>



My Junna is a client management software built specifically for care managers and patient advocates in mind. My Junna has everything you

need to run your advocacy business: case notes, invoicing, time tracking, calendar, file storage and more! Be more efficient so you can spend more time on your business and less wasted time! Visit www.myjunna.com to learn more and schedule a demo. Cost effective even for the single owner business, but sophisticated enough for large teams!

<http://www.washaa.org/washaa-health-advocates-directory-325426.html#!biz/id/5ebda2a681f48d02b6191877>

WASHAA Partner Members News



CHCS is Now Everhome Healthcare

As of January 2020, Comprehensive Home and Companion Services is now EverHome Healthcare. They chose the name EverHome, because they believe that the new name better reflects who they are and the mission they profess - to support people in living as independently as possible, for as long as they can, in the place that they call home. EverHome wants to be at the forefront of a movement; a movement that insist that excellent healthcare can and should exist in the home. The name change will not affect the structure of the company, their services, or how they currently do business. They are still the same great people with the same commitment to excellence.



Eldergrow Offers Garden & Activity Kits

Eldergrow is planting new roots with the Farm-to-Fork Herb Garden & Activity Kits! Our herb garden kits include everything that you need to

see your outdoor garden space not only grow, but flourish. Our turnkey kits include fresh, organic herb plants delivered right to your door. In addition to the fresh herbs, customers receive a complete garden supply and tool kit and exclusive access to our expertly-curated web portal filled with garden care tips, tasty recipes, and fun garden activities. A one-stop connection to nature and good health- just add gardeners!

<https://www.eldergrow.org/farm-to-fork/>

Other Meetings & Events You Might Enjoy



COVID-19 Advocacy: Responding to the Hot Spots On-Demand | 1 CE

From Seattle, WA where everything started, to the current national hotspot of New York / New Jersey, to Boston, Chicago, Los Angeles and Houston, Texas.

1. What is happening in patient advocacy practices across the United States during the time of the coronavirus?
2. How are seasoned advocates responding to the needs in their communities?
3. How do they adapt and serve their clients best?

[Register Now](#)

Mental Health Online Seminar Presented by Banister Advisors

In the Lifeboat Together | Providing Therapy During COVID-19
Trainers, Dr. Robin Ballard, Ph.D. Psych. and Josh Cutler, MSW, LICSW

How do we support clients AND self during COVID-19?

This two-part workshop addresses the challenges of providing therapy during a pandemic when clients and providers are experiencing shared vulnerability. It explores the impact of distress on the human brain, including common executive functioning deficits. Participants can reflect on their own experience and explore the complications of guiding clients through a shared trauma. The workshop explores the grief process and teaches coping strategies including ACT for clients and providers to practice self-care during this unprecedented time.

COST= \$95 per person

(3 CE units. Scholarships and bulk discounts available - please inquire at info@banisteradvisors.com)

[Register Now](#)

2020 Save the Date!

**November 6: WASHAA Annual Meeting (Topic - Whole Person
Advocacy: Connecting Mental & Physical Health)**

WASHAA Calendar

Mark Your Calendar - Join WASHAA!

Public Presentations, Trainings, Networking Events, and More!

May 20: Professional Networking Meeting ([Register Here](#))

May 25: Community Call - Personal Safety Nets ([Register Here](#))

June 24: Case Review (Members Only)

September 17: Professional Networking Meeting

October 7: Case Review (Members Only)

November 6: WASHAA Annual Meeting (Topic - Whole Person Advocacy:
Connecting Mental & Physical Health)

December 6: Professional Networking Meeting

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

See what's happening on our social sites:    