



Greetings!

This week I am celebrating a birthday. My mom, who is an artist, sent me a cool collage of many generations of birthdays in our family. You can see it here -



I received a postcard from a friend - wishing me happy birthday. It made me think about how universal birthdays and birthday celebrations are - and how birthdays and bringing up birthday memories are a great way to connect with people - in your life and in your business, after all we ALL have a birthday.

As you may know, WASHAA, will be turning into a new national organization this Fall and we will be experiencing a birthday of sorts...new name and expanded offerings. Our new name will be:

**HealthAdvocateX**

The X represents the fact that everyone has their own health experience - no two are exactly alike. [Kind of like birthdays!] By having a Health Advocate out front, we believe that a person can have the best care possible. We are building our HealthAdvocateX logo and new website. We hope that these will be ready to launch at our [Conference Nov 5-6, 2020](#). We want you to be part of it! Where else do you have to go? Block out your calendar and watch for details soon. Come celebrate

this field with your colleagues and people committed to making sure that health advocacy is part of all health and health care decisions.

And there are still a few spots left to sponsor too - but they are going fast. Learn more about Sponsorship Opportunities here:

<http://www.washaa.org/become-a-sponsor-2020.html>

Thank you to [Greater National Advocates](#) for becoming the PRESENTING SPONSOR for our **HealthAdvocateX Conference**. If you are an advocate and have not yet signed up for a free listing, please do so here: <https://www.gnanow.org/advocates>

In the meantime, here's to your good health!

Robin

Robin Shapiro  
WASHAA Board Chair

PS - **Want to make my birthday extra special this year?** Consider making a donation to WASHAA through my [Facebook Fundraiser](#) or [website](#).

## Monday, August 17th - COVID-19 & Building Immune Defense

When: August 17, 2020 | 11:00am - 12:00pm (PST)

Where: Online via Zoom ([Register Here](#))

Cost: FREE!

Join WASHAA for a [Community Conversation](#) about **COVID-19 & Building Immune Defense** with Dr. Deanna Minich. We are still learning about COVID-19 and while a strong immune system will not prevent you from getting COVID-19, learn how building a strong immune system can help you fight bugs and viruses. In this Community Conversation, we will hear an update on COVID-19 and discuss specific strategies for boosting your immune system.

Speakers:

- [Dale Reisner](#), MD, Medical Director (OBGYN/Quality & Safety) at Swedish Health Services
- [Deanna Minich](#), PhD, internationally-recognized teacher, author, scientist, speaker, with more than 20 years of diverse, well-rounded experience in the fields of nutrition and functional medicine, including clinical practice, research, product formulation, writing, and education

Register Today

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## Thursday, September 17th - Professional Networking Meeting



When: September 17, 2020 | 4:00pm - 6:30pm (PST)

Where: Online via Zoom ([Register Here](#))

Cost: \$15 for WASHAA Members | \$20 for Non-Members

Join Professional Advocates and other allied professionals in a virtual networking event designed to support your health advocacy business. It has been a while since we last gathered and a lot has changed. In this virtual meeting, we will listen to how COVID-19 has changed life and what is working in terms of business development and practice. We will also be discussing how WASHAA can support you during this time.

Register Today

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## Partner Member News

# final roadmap®

*the toolkit for peace of mind at end of life*

Final Roadmap is a secure, comprehensive online guide and toolkit for all end of life issues. It encourages people to **consider, document and communicate** instructions and wishes. Final Roadmap works as a web-based toolkit, is secure, discreet and amazingly user friendly. It is straightforward as well as comprehensive. The concept is to allow end of life to be approached privately, simply and with total security. A person buys Final Roadmap once and keeps it forever, changing it as much and often as he or she desires and communicating instructions securely with family, loved ones, advisors and providers.

Check out their website at: [www.finalroadmap.com](http://www.finalroadmap.com)

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## Welcome New Partner Member!



# Beverly's Daughter

Beverly's Daughter is a company founded by Laura Berry on the principles of empathy, trust, and openness. Laura chose the company name in honor of her mother, Beverly. She recognized that she was looking for information in the final stages of her mother's life, not on how to be a better caregiver, but how best to be a caring daughter to her aging mother. Laura and her family strove to care for her mother as she journeyed through the struggles of physical and mental changes and found that there were many needs unmet. Our offerings come from the realization that information, quality products, and trusted professionals

are still difficult to find in our world, and we would like to make it easier to take care of your loved ones without research and worry about what is best for them.

Check out their website at: [www.BeverlysDaughter.com](http://www.BeverlysDaughter.com)

## Other Meetings & Events You Might Enjoy

### Smart Business Webinar Series through MyCare Alliance - FREE for WASHAA Members



#### **HR-101: What Every Business Owner Needs to Know**

When: August 18, 2020 2:00 PM Eastern Time

Where: Online via Zoom ([Register Here](#))

Presented by Jennifer Wheatley of HR Affiliates

Join us as we share with you how good HR policies and practices can help the success of your company. The time you invest in it now will pay dividends for years to come.

HR basics that every business owner should consider when planning for the future. Topics to cover will include:

- Hiring the best and keeping them
- Keeping employees safe
- Knowing the laws
- Keeping good records
- Compensating appropriately

- Communicating expectations
- Providing feedback
- Resolving conflict and being fair
- Handling terminations effectively

Register Today

## Brain Tumor TOGETHER & ACTION Day



ALL Brain Cancer  
Patients & Caregivers  
Welcome!

This event is for both  
women & men.

The event is offered at NO COST  
due to the generous support of our  
sponsors & service providers.

**Join us as we seek to uplift, educate and inspire brain cancer patients and their caregivers. All brain cancer patients welcome!**

This year's virtual event will feature breakout sessions where patients and caregivers will be able to provide their perspective on topics such as:

- Meaningful treatment options
- Clinical trial design....the "patient voice" on what's needed
- Quality of Life....what really matters to patients in survivorship

## **FREE Mental Health Webinar from Banister Advisors**

**ALL ARE WELCOME • CONFIDENTIAL ZOOM WEBINAR**

### **Navigating Therapy for Mental Health and Wellbeing**

Taught by **Gregory Whiting**, MSW, LICSW and **Sara Blackmur** MSW, LICSW

This one-hour live course with anonymous Q&A explores the ins and outs of mental health therapy, addressing questions such as: *What is mental health therapy? Why do people seek it out? What do certain professional degrees and/or specialties mean? and What exactly happens in a session?*

Banister's own mental health experts will provide an overview of different styles of therapy and the benefits for both general wellness and during times of crisis, transition, or acute distress. Content will also cover how to find a therapist and important considerations for members of marginalized communities, including for individuals who identify as BIPOC and/or LGBTQ+.

**TWO OPTIONS TO CHOOSE FROM**

Tuesday Afternoon <b>August 18</b> 3:00 – 4:00 PM US Pacific Time	Thursday Evening <b>August 27</b> 6:00 – 7:00 PM US Pacific Time
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**REGISTER AT**  
[banisteradvisors.com/edu](https://banisteradvisors.com/edu)  
**FREE TO JOIN**

PRESENTED BY  
  
**BANISTER ADVISORS**  
[banisteradvisors.com](https://banisteradvisors.com)



### **Navigating Therapy for Mental Health and Wellbeing | A Guide for New and Returning Therapy Clients**

*Trainers, Gregory Whiting, MSW, LICSW and Sara Blackmur, MSW, LICSW*

This 1-hour live course with anonymous Q&A explores the ins and outs of mental health therapy, covering:

- What is mental health therapy?
- Why do people seek it out?
- What do certain professional degrees and/or specialties mean?
- What exactly happens in a session?

The event will provide an overview of different styles of therapy and the benefits of therapy for general wellness and support during times of crisis, transition, or acute distress. Content will also cover how to find a therapist and important considerations for members of marginalized communities, including individuals who identify as BIPOC and/or LGBTQ+.

Tickets and more information at: <https://www.banisteradvisors.com/edu>

**TWO DATES TO CHOOSE FROM (all Pacific Time Zone)**

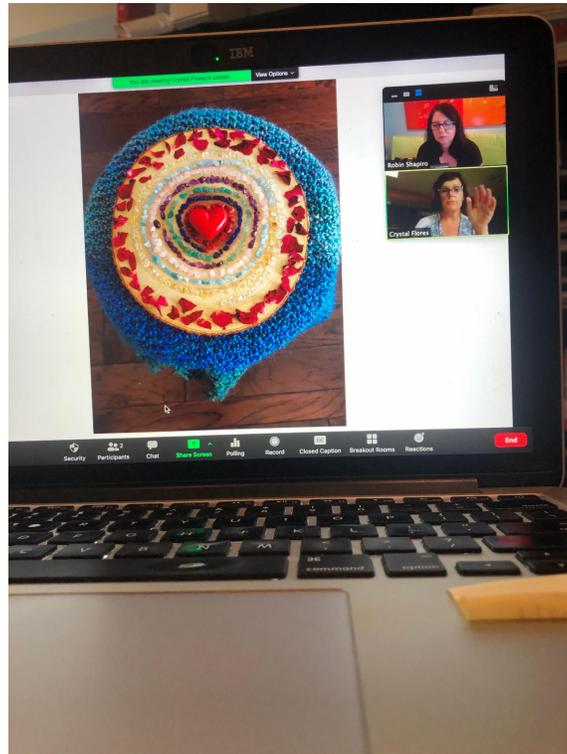
August 18, from 3:00-4:00  
August 27, 6:00-7:00

Facebook event for

8/18: <https://www.facebook.com/events/1764319773721870/>

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## Thanks to Crystal Flores for VSED Case Review



A quick note of gratitude to Crystal Flores, of the Grateful Death for presenting a Voluntary Stopping of Eating and Drinking (VSED) Case Review last month. Crystal is a death doula and has been a member of WASHAA for three years. Sharing her experience in the WASHAA Case Review format lent to deep learning about the role of a death doula and great take-aways for WASHAA professional Members working with clients at end of life.

Case Review is a small group (limited to the first 20 members who sign up) free benefit of [Professional Membership](#).

**Please mark your calendar for our next case review October 7, 2020 at 4 pm PT.**

If you have questions about VSED contact Crystal at:

<http://www.washaa.org/washaa-health-advocates-directory->

## **2020 Save the Date!**



### **WASHAA 8th Annual Conference**

Mental and behavioral health issues plague our society, but it wasn't until recently that research has proven that including mental health management into clinical care can improve health outcomes and save money. What does this mean for patient care? Many states have a goal of integrating mental health into primary care, but is this really happening? The WASHAA 8th Annual Conference will explore innovative health care models and programs that show us how integrative health strategies can heal the whole person. While we will be meeting in a virtual environment, please plan join us for a whole day of learning, engaging with our community and practicing techniques in an interactive and fun way.

Keep an eye on our event page here: <http://www.washaa.org/8th-annual-meeting.html>

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**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>

### WASHAA Calendar

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

- August 17: COVID-19 & Building Immune Defense ([Register Here](#))
- August 18: MyCare Business Webinar ([Register Here](#))
- August 18: Banister Advisors Mental Health Webinar ([Register Here](#))
- August 27: Banister Advisors Mental Health Webinar ([Register Here](#))
- September 17: Professional Networking Meeting ([Register Here](#))
- September 18: EndBrainCancer Brain Tumor TOGETHER & ACTION Day
- October 7: Case Review (Members Only)
- November 6: WASHAA Annual Conference - Whole Person Advocacy: Integrating Mental 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!

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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:    