



Greetings!

I am feeling a little melancholy today for a variety of reasons today.

Of course, how can we experience this day and not think of the tragedy of 9/11 and the victims who died or whose lives were forever altered by the terrorist attacks on that day 19 years ago?

In the Seattle area and all throughout the West Coast, extremely smoky conditions have made breathing difficult - thousands of people have lost their homes.

COVID-19 and the impact on our neighbors to work, eat and thrive has been and will continue to be significant.

While there are many reasons to feel sad, we have to find a way to push forward and I do find that focusing on positive actions I can take helps me stave off challenging thoughts.

What are we doing at WASHAA? We actually have been really busy with activities to continue to support health advocacy. I hope that you will be able to join us at one of our events, especially at our [National Conference](#) November 5-6. It will be a time to connect with each other, learn and share success - we can all use that positive energy right now, right?

Stay safe and mask up,

Robin

Robin Shapiro

WASHAA Board Chair

# 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

## **TOPIC: Success Strategies for Advocates During COVID-19**

We are fortunate to have Melissa Cardine MSN, RN, WOCN, BCPA, Owner and Director of Bridge RN and WASHAA Partner Member who will be sharing information and leading a discussion on applying specific advocate business strategies for success during COVID-19. Join Professional Advocates and other allied professionals in a virtual networking event designed to support your health advocacy business. Be ready to learn and share what is working in terms of business development and practice. Note: You do not have to be a WASHAA member to attend this event!

[Register Today](#)

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## WASHAA Nov 5-6 Conference Early Registration is Open!



**Join us November 5-6, 2020 for our National Virtual Conference focused on health advocacy!**

When: September 5-6, 2020

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

Cost: \$36-\$65 (Early Bird rates through Oct. 6!)

We are looking forward to hosting advocates, providers, allied health businesses, patients and caregivers as we gather (virtually!) to explore the topic of Whole Person Advocacy: Integrating Mental Health.

Early Bird Registration is now open through October 6, along with some time-sensitive, limited opportunities related to the conference:

- **Snag an Xperience Box**-- A limited number of **Xperience Boxes** will be available for purchase (\$30 plus shipping) to help enhance your participation in the conference. These physical boxes will be filled with fun, educational and useful items to help you engage with the content and networking opportunities offered at the conference. Boxes will be delivered about a week before the conference.
- **Attend a Recorded Session Live** -- A few sessions will be pre-recorded as an on-demand offering during the conference. By buying an Early Bird Ticket, you may be offered the opportunity to attend a session live, as we record it, giving you special access to our speakers. October 16 at 10 am PT will feature Dr. Deanna Minich, MS, PhD, FACN, CNS, IFMCP session on **Food & Mood: Scientific Strategies and Clinical Applications** - a limited number of early registrations can attend for free.
- **Early access to the Whova App** -- We will be hosting our conference through Whova, which is a desktop and phone App. By registering early, you will have early access to look around and engage in the conference, attendees and exhibitors.

We are working hard to make this conference a really special, valuable way to connect, learn and experience advocacy. We look forward to seeing you in November!

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? Our 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 to join us for a whole day of learning, engaging with our community and practicing techniques in an interactive and fun way.

[Register Today](#)

## [Welcome New Sponsors & Partner Members!](#)

### **SOUND - LEADER-LEVEL SPONSOR**

WASHAA is pleased to welcome Sound, as a Leader-Level sponsor for our National Conference November 5-6, 2020.



# **SOUND**

The forefront of healthcare

Founded in 1966, Sound is one of King County's most comprehensive providers of quality mental health and addiction treatment services, supporting 26,000 of our region's most vulnerable populations through 17

locations and expanded telehealth services. A central tenet of our work is Reaching Recovery, an evidence-based clinical care model that promotes high levels of client engagement, improves health care outcomes and enables providers to better measure a client's recovery. Our award-winning and innovative programs help our clients reach lives of recovery, reconnect with their families and re-engage with their communities. As a healthcare organization, we work with primary care and other partners to support the holistic well-being of our clients.

For more information: [www.sound.health](http://www.sound.health)

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### ASSUMPTION UNIVERSITY - AMPLIFIER SPONSOR



# Assumption University

## **Join a New Generation of Professionals who Help People Navigate the Healthcare System**

Assumption University's fully online Health Advocacy program imparts the knowledge, skills, competencies and habits of mind necessary for aspiring and established healthcare professionals to pursue careers in case management and health advocacy. Our program integrates key elements of ethics, policy, economics, technologies, disease/disabilities and relational dynamics with an emphasis on individual-level case management.

Graduates from the Health Advocacy program will operate from strengths-based, culturally sensitive frameworks that value, respect and empower clients/patients and enhances healthcare organizations and systems.

Check out their website at: [www.assumption.edu/graduate/health-advocacy](http://www.assumption.edu/graduate/health-advocacy)

## Other Meetings & Events You Might Enjoy

### Thriving With Dementia Program - September 16, 2020

#### Thriving During COVID:

12 Ways to Help Older Adults With  
Loneliness and Depression

#### **A live webinar event**

Wed Sept 16th, 11:00am PDT

12 practical takeaways for senior living  
professionals, loved ones & beyond



**Orla Concannon**  
Founder & CEO,  
Eldergrow



**Kristine Theurer PhD**  
Founder & President,  
Java Group Programs



**Brenda Gurung**  
Certified Dementia  
Practitioner



This free webinar, "***Thriving During COVID: 12 Ways to Help Older Adults With Loneliness and Depression***," will address the negative impact of COVID-19 and its social distancing safety guidelines on older adults.

The National Institute on Aging called attention to research which links severe health risks for older people due to loneliness and depression. Some of these health risks include high blood pressure, heart disease, anxiety, depression, cognitive decline, Alzheimer's disease, and even death. In response to this growing dilemma, WASHAA Partner Member

Orla Concannon, CEO & Founder of Eldergrow, Kristine Theurer PhD, Founder & President of Java Group Programs, and Certified Dementia Practitioner, Brenda Gurung, have teamed up to present a timely and needed webinar on how to support elders who are battling loneliness and social isolation during COVID.

[Register Today](#)

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## **Friday, September 18 -** **Brain Tumor TOGETHER & ACTION Day**



**A Day for Brain Cancer Patients & Caregivers presented by the EndBrainCancer Initiative and the Washington State Health Advocacy Association (WASHAA).**

Join us to support and uplift brain cancer patients and their caregivers. All brain cancer patients welcome! A unique opportunity to virtually meet other brain tumor patients as well as provide your unique perspective as a patient or caregiver.

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

- Named Funds with EBCI to Facilitate DIRECT Patient Access to Treatments & Research
- Clinical trial design...the "patient voice" on what's needed
- Quality of Life...what really matters to patients in survivorship

Register Today

## Bridge Health Advocates Offers Program Starting October 4



Are You Ready to Build a Career as a Health Advocate?

The Bridge Health Advocates, PLLC

*Together, let's change the healthcare experience.*

If you've always wanted to be your own boss, to work on your own schedule, and continue to help patients, now is the time to lay that final building block for your advocacy career with the *Keystone Program*.

The next cohort starts October 4th 2020. This comprehensive 4-month program is designed to guide medical professionals through the creation of their own private health advocacy business. Let's build upon your education, experience, and healthcare expertise to create something amazing for you.

*To register or get more information, visit [BridgeHealthAdvocates.com/keystone/](https://bridgehealthadvocates.com/keystone/)*

[www.bridgehealthadvocates.com](http://www.bridgehealthadvocates.com) (480) 878-1242 [info@bridgehealthadvocates.com](mailto:info@bridgehealthadvocates.com)

**The Bridge Health Advocates is offering a 4-month Keystone Program starting on October 4th.**

Learn more at <https://bridgehealthadvocates.com/keystone/>

## Documentaries & Discussions About Aging in the LGBTQ Community

**Empower advocates/navigators to work with Trans/NB folks on their transition journeys and help with the confusing, ever-changing rules, regulations, laws, insurance hoops and gatekeepers.**

### Aging while LGBTQ, "Gen Silent"



THE  
CLOWDER  
GROUP

LIVE

Presenting the  
Award Winning Documentary

**GEN SILENT**

Online Screening  
Fundraiser

SEPTEMBER 17TH,  
@ 4:00 PM PT

THE GENERATION THAT FOUGHT HARDEST TO COME OUT  
IS GOING BACK IN TO SURVIVE



**GEN SILENT**

When: September, 17, 2020 | 4:00 PM (PDT)

Where: Online Event

Cost: FREE!

Join us for a screening of the groundbreaking documentary, *Gen Silent*. This award-winning film follows a handful of LGBTQ people as they navigate their identities in a long-term care system that isn't always accepting.

Following the screening, there will be a discussion and Q&A with the filmmaker and a panel of Shropshire area LGBTQ aging advocates, who will share how they are making it a safer place to age without discrimination.

[Learn More](#)

## WASHAA Calendar

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

September 16: Thriving During COVID: 12 Ways to Help Older Adults With Loneliness and Depression ([Register Here](#))

September 17: Professional Networking Meeting ([Register Here](#))

September 17: Aging While LGBTQ "Gen Silent" Documentary Viewing ([Register Here](#))

September 18: EndBrainCancer Brain Tumor TOGETHER & ACTION Day

([Register Here](#))

October 7: Case Review (Members Only)

November 5-6: WASHAA Annual Conference - Whole Person Advocacy:  
Integrating Mental Health ([Register Here](#))

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:    

