



HCPC HEALTH CARE PROVIDERS COUNCIL of Pierce County

November Meeting

Thursday, November
10th at **9 AM**

Mountain View Funeral
Home- Celebration of
Life Chapel

Meeting Sponsor:
Sandy McKenzie
South Sound Living

Breakfast Sponsor:
Rebecca Brooks
GenCare Point Ruston

**Business After
Hours:**
Canceled for
November

President's Letter

Aloha HCPC Ohana,

Wow, can you believe the holidays are upon us?! Where did this year go??

Thank you to all who were able to attend last month's meeting! Thank You Meeting Sponsor - Sheila Clark from Harmony Care and Breakfast Sponsor - Carole Velez from Franke Tobey Jones, we appreciate you!! And how nice was it to hear from our members Connie Duty and Lori Hutson? You two ladies were a great tag team updating us on the latest Medicare changes, thank you for taking the time out of your busiest time of year! And if you were able to attend our Business After Hours, you know it was great food, drinks, and great company! Thank you Michelle and Cathy, from Spring Ridge Assisted Living, fabulous job!!

Hope to see all of you at our November meeting. We have A LOT happening at this meeting! This month is a Networking Meeting, but we will also be looking for nominations for our new 2023 HCPC Board, along with getting prepared for our December Christmas meeting, which is ALWAYS so much FUN!!

We will also be hearing from our Meeting Sponsor, Sandy McKenzie, from South Sound Living. Sandy will be sharing with all of us her role and how she serves our seniors, while we enjoy eats from our Breakfast Sponsor, Rebecca Brooks, of GenCare Ruston Way Tacoma - looking forward to that - thank you ladies!!

See you all soon! Mahalo!

Trish

HCPC Board Members

President:

Trish Cooper,
Enable Dental

Vice President:

Beth Rahman,
Rahman Home Sales

Secretary:

Rebecca Brooks,
GenCare Point Ruston

Treasurer: Tawnya Krall,
Garden Courte

Membership/IT:

Jenny Austin-Krzemien,
Concierge Care Advisors

Members at Large:

Elizabeth Catterson, Visiting
Angels

Tabitha White,
The Key

Monica Richardson,
Weatherly Inn

Lynessa Stone,
Advanced Health Care

Cheryl Teifke,
Multicare Home Health and
Hospice

Carole Velez,
Franke Tobey Jones

Upcoming Events

HCPC Annual Holiday Party Information:

Please start collecting cold weather items to donate to the senior centers! Any new items such as gloves, socks, hats, blankets, scarves, etc... you may bring them to the November meeting, or the night before the Holiday party to Mountain View, or to the actual party!

Please bring a raffle basket to the Holiday Party! If you are interested in donating a higher value item as part of our Silent Auction please let Jenny or Cheryl know. Thank you!

How to get in touch with a board member? You can email us at admin@healthcareproviderscouncil.org. Please 'Like' our Facebook page to stay up to date with our events and information.

Other Upcoming Events around Pierce County:

Caregiver Classes at Visiting Angels Tacoma:

CVA/Stroke- 2 CEUs-\$25

Friday, November 18th, 2-4 PM

Palliative Care-8 CEUs-\$100

Saturday, December 10th, 9 AM-5 PM

All classes are held at Visiting Angels' Tacoma Office- 1401 S. Union Ave, Tacoma, WA 98405. Call or email Marian to register at 253-537-3700 or Marian@tacomaangels.com.

Puyallup Aging Expo

Save The Date For **The Puyallup Aging Expo** In 2023 The next Puyallup Aging Expo, "Aging With Enthusiasm 2023", is set for Saturday, May 6, 2023, from 8:30am to 2:30pm. This free event will happen at the Pierce College Center Building, located at 1601 39th Ave SE, Puyallup, WA 98374. Check back to this space each month for more information as the event date approaches. Last year's event featured vendor resource tables, excellent speakers, breakfast goodies and free lunches! Stay tuned for more details coming soon!

Fun Dates In November

November 8th:
Tongue Twister Day

November 10th:
Vanilla Cupcake Day

November 12th:
Happy Hour Day

November 14th:
Pickle Day

November 16th:
Fast Food Day

November 17th:
Take a Hike Day

November 21st:
World Hello Day

November 25th:
Buy Nothing Day

November 26th:
Cake Day

Upcoming Events, continued

Become A SAIL (Seniors Active And Independent For Life).

Instructor

Online training is available to become an Instructor for SAIL, an evidence-based program that focuses on Fall Prevention for balance, strength, and flexibility! This training is one of the most important things you can do for your community, the older adult population and, of course, yourself! Falls are a growing health problem and there are many myths about falling. The most important myth to dispel is that falls cannot be avoided! We can all avoid falling by leading or taking a SAIL class! Upcoming Online SAIL Trainings - These are a two-day, four-hour, Online Zoom session (you must attend both days) led by Master Trainers, Erin Cass and Sandy Gatlin. contact: sailwithmesg@gmail.com The next upcoming training session is: November 17th and 18th, 2022 -8:30am- 12:30 MST

SAGE Table

Join Us For **SAGE Table**, November 12th, 2022 Winter is coming! You can feel it in the air- cooler temperatures, gusty winds, leaves falling from the trees. On November 12th, Pierce County Aging & Disability Resources and Tacoma Older LGBT will co-host a SAGE Table to explore what the winter season means to you. For older LGBT adults, this can be a time of mixed emotions, or it can be a time of great joy spent with chosen family. Come gather to share your experiences, stories, and wisdom for thriving during this time of year. Refreshments will be provided! SAGE Table will be held on Saturday, November 12th, between 1 and 3 p.m. at Pierce County Human Services, 3602 Pacific Ave., Suite 200, Tacoma 98418. Please RSVP by visiting Tacoma Older LGBT - Home, or by contacting Nellis Kim at (253)798-3807 or Nellis.Kim@piercecountywa.gov. Older LGBT adults and allies are welcome!

