

**Health Care Providers Council of Pierce County**  
"Enhancing the Lives of the Seniors We Serve"



***SEPTEMBER 2022***  
***Newsletter***

**Our next meeting is September 8th at Mountain View Funeral Home**  
**Dues are \$75 per year, per individual**

***President's Message***

Aloha HCPC Ohana!

Hope you all had a wonderful Labor Day weekend and celebrated it exactly how you wanted!! Time is just flying by, isn't it??!!

We celebrated our All-Star Caregivers last month. THANK YOU All-Star committee members for a fantastic job. And THANK YOU Weatherly Inn for a lovely event. It was wonderful to see so many HCPC members supporting the cause. The best part, I think, was the winners' stories that were submitted.

Truly heartfelt and amazing! Caregiving is a calling, and we should feel blessed that we have such great people helping our seniors and families.

And who went to Business After Hours? I was so sad to have missed this one, but I am sure it was OUTSTANDING!! THANK YOU, Visiting Angels!!

I am looking forward to seeing everyone tomorrow at our September meeting, which will be a Networking Meeting- bring your business cards! Visiting Angels just keeps coming with awesomeness and will be our Breakfast Sponsor, thank you Elizabeth and Kelly. We will also be hearing about what is happening at Franke Tobey Jones, as our Meeting Sponsor. And later this month, we have three members tag teaming the Business After Hours! Beth, from Rahman Home Sales, Tina, from Monarch Transitions and Rebecca, from Longbridge Financial, can't wait for this one!!

Mahalo and see you soon!  
Trish Cooper  
HCPC President

**Meeting Schedule**

**September 8th -**  
NETWORKING

**October 13th -**  
TBA

**2022 Board Members**

**President:** Trish Cooper, Enable Dental

**Vice President:** Beth Rahman, eXp Realty

**Secretary:** Rebecca Brooks, Narrows Glen

**Treasurer:** Tawnya Krall, Garden Courte

**Members-at-Large:** Lynessa Stone – Advanced Healthcare, Carole Velez – Franke Tobey Jones, Elizabeth Catterson – Visiting Angels, Tabitha White – The Key, Cheryl Teifke – MultiCare, Monica Richardson – Weatherly Inn

**Social Media/IT:** Jenny Krzemien – Concierge Care Advisors. Monica Richardson – Assistance with Facebook posting

**Board meetings are held on the 4th Thursday of the month, at 8:00 am. The next meeting is scheduled for September 22<sup>nd</sup>, location TBA. All members are welcome to attend.**

**Monthly Meeting Sponsor**

Carol Velez

[Franke Tobey Jones](#)

**After Hours**

Beth Rahman with [EXP Realty](#)/Tina Baril with [Monarch Transitions](#)/Rebecca Rainsberger with [Longbridge Financial](#)

Wednesday, September 21<sup>st</sup> from 4-6pm

McDuff's Café

1400 N. Highlands Pkwy

Tacoma, WA

**HCPC Breakfast Sponsor**

Elizabeth Catterson

[Visiting Angels](#)

## **Upcoming Events**

*If you are interested in posting an event, please email Rebecca Brooks at: [secretary@healthcareproviderscouncil.org](mailto:secretary@healthcareproviderscouncil.org). All postings must be submitted by the 15th of the month.*

### **PROFESSIONAL TRAINING COURSES at [VISTING ANGELS TACOMA](#):**

Classes:

End of Life Care - \$100 & 8 CEUs  
Saturday, September 3rd, 9 AM- 5 PM

Congestive Heart Failure- \$25 & 2 CEUs  
Friday, September 23<sup>rd</sup>, 2-4 PM

All classes are held at Visiting Angels Tacoma-  
1401 S. Union Ave, Tacoma, WA 98405  
Call or email Marian to sign up- 253-537-3700 or  
[Marian@TacomaAngels.com](mailto:Marian@TacomaAngels.com)

### **Fall Prevention Awareness Day Event**

On Thursday, September 22, 2022, from 10am To 12pm the Pierce County Fall Prevention Coalition announces that their 2022 Event for Fall Prevention Awareness Day is back live in-person at the Mel Korum Family YMCA, located at 302 43rd Ave SE, Puyallup, WA 98374.

Are falls a natural part of aging? No! Unexpected falls can result in a serious and costly injury. The good news is that most falls can be prevented! We have the power to reduce our risk of falling.

This FREE event is open to everyone – snacks provided. This event will include FALL PREVENTION TIPS • EXERCISE DEMOS • GIVEAWAYS • FUN. Fall prevention presentations & community resources. No RSVP needed (open to public-YMCA membership not required!).

For more information contact Pierce County Aging & Disability Resources at 253-798-4600. For vendor opportunities please email the Coalition at [PCFPCoalition@gmail.com](mailto:PCFPCoalition@gmail.com). You can also visit the Coalition online at [www.fallsfreepiercecounty.org](http://www.fallsfreepiercecounty.org) or at <https://www.facebook.com/Pierce-County-FallPrevention-Coalition-1500466833582122/>.

**Become A SAIL (Seniors Active and Independent for Life) Instructor** All potential SAIL Instructors must complete their initial training through an onsite, live class format, or by taking the online class. Both the onsite class and the online class will provide you with the training you will need to initiate, establish, and market a SAIL Program in your community.

In addition, you'll learn how to keep the interest of your older adults to ensure that your program continues to be successful over time.

For questions and more information contact Sandy Gatlin, Master Trainer, and West Regional SAIL Coordinator at SAILmaster Workshops, LLC at [sailwithmesg@gmail.com](mailto:sailwithmesg@gmail.com) or 253- 226-0062 or <http://www.SAILfitness.org>

*Upcoming Online Training Sessions:*

September 15 & 16, 2022 - 8:30am -12:30 PST

Registration: <https://www.eventbrite.com/e/392456938267>

October 13 & 14, 2022, 8:30am - 12:30 PST

Registration: <https://www.eventbrite.com/e/392474340317>

### **Lutheran Community Services (LCS) Offers Activities for Those Living with Dementia**

FREE art and music activities for people living with dementia or other cognitive challenges! LCS Northwest Dementia Services has new sessions of our Opening Minds through Art (OMA) and Music and Memories activities starting the end of April! Both in-person and virtual options available! These FREE sessions are available to any older adults in Pierce County or South King County who are living with dementia or a cognitive challenge.

Please register for OMA online at <https://forms.gle/EmGuvhAwXG7W22Pg9>

Music and Memories at

<https://forms.gle/BYtmYQHzuZrVS5uH7>

## **Announcements/Ideas**

***If you are interested in posting an announcement, please email Rebecca Brooks at: [secretary@healthcareproviderscouncil.org](mailto:secretary@healthcareproviderscouncil.org). All postings must be submitted by the 15<sup>th</sup> of the month.***

### **Pierce County Alzheimer's Disease Awareness Conference Set for October 1, 2022!**

The Annual Pierce County Alzheimer's Disease Conference will happen from 8am to 1pm on Saturday, October 1, 2022, at Rainier View Christian Church, 12305 Spanaway Loop Road South, Tacoma, WA 98444. There is still vendor space available for current HCPC members. Sign up online at [www.healthcareproviderscouncil.org](http://www.healthcareproviderscouncil.org).

The conference theme this year is “Busting the Myths and Misinformation of Dementia”. This event will be live in-person and will feature two outstanding speakers, a panel discussion, and plenty of time for resource vendor interaction. There will be no cost to attend this event, but we do want people to register in advance.

Online registration with detailed conference information can be found at <http://www.pierceadrc.org> or by calling 253-798-4600. There are many reasons! Alzheimer’s Disease and other dementias afflict millions of people in the United States. Those afflicted often receive care from unpaid family caregivers, who typically are not trained, have little-to-no other support, and must forgo employment opportunities due to the time-consuming nature of the work. The Pierce County Alzheimer’s Disease Conference will provide information and guidance about these situations to make them more manageable.

### **NETWORKING OPPORTUNITIES**

#### **SENIOR PROVIDERS NETWORK GROUP - WEST SOUND**

BRINGING TOGETHER A NETWORK OF LIKE MINDED, COMPASSIONATE PROFESSIONALS WHO SERVE 50+, SO WE CAN SHARE OUR KNOWLEDGE AND EXPERIENCES TO GROW OURSELVES AND OUR BUSINESS.

MEETING TIMES VIA ZOOM - THIRD THURSDAY OF EVERY MONTH AT 1 P.M.

IF YOU WOULD LIKE TO BE PART OF OUR NETWORKING GROUP, PLEASE SEND DEBBIE RUVO WITH 55+ REAL ESTATE SERVICES AN EMAIL AT [DRUVO@COMCAST.NET](mailto:DRUVO@COMCAST.NET) OR PHONE AT 253.370.1947.

#### **AGING AND LTC PROVIDERS NETWORK - ONLINE**

FIRST THURSDAY OF EACH MONTH, 8 – 9 A.M.  
MEETS ONLINE. BY PHONE AT 253-215-8782 OR 888-788-0099.  
MEETING ID: 995 2118 8402

#### **EAST COUNTY PROVIDERS NETWORK**

THIRD TUESDAY OF EACH MONTH, 8 A.M.  
LOCATION VARIES MONTHLY  
CONTACT LAURA PIACITELLI, STAFFORD SUITES, 253-862-1818

#### **PIERCE COUNTY CARE TRANSITIONS COLLABORATIVE (PCCTC)**

THIRD THURSDAY OF EACH MONTH FROM 7:30 TO 8:30 A.M.  
HELD ONLINE. BE ADDED TO THE E-MAIL LIST BY COMPLETING THE PCCTC SURVEY.  
CONTACT JESSICA BURKARD AT 206-779-2656 FOR LINK.

#### **SOUTH END (KING COUNTY) COALITION**

THIRD WEDNESDAY OF EACH MONTH AT 8:15 – 9:15 A.M.  
HELD ONLINE. CONTACT LILIA ANDERSON FOR DETAILS OR VISIT  
[WWW.SECOALITION.COM](http://WWW.SECOALITION.COM)

#### **NW NETWORKING**

MEETS WEDNESDAYS AT 11:45 A.M. IN PUYALLUP  
CONTACT LISA DOYLE, CAYCARE, 253-237-1739 OR VISIT FACEBOOK PAGE

**WHITE RIVER COMMUNITIES FAMILIES FIRST COALITION**  
FOURTH MONDAY OF EVERY MONTH (EXCLUDING JULY AND DECEMBER) AT 3:30 – 5:00  
P.M.  
MEETS LIVE IN-PERSON AT THE BUCKLEY FIRE STATION CONFERENCE ROOM  
CALL MARY BETH HOLMES FOR MORE INFORMATION AT 206-200-4229

**SASH COFFEE TIME NETWORKING**  
MEETS ONLINE FIRST WEDNESDAY 9:00 – 10:30 A.M.  
ONLINE, USE THE ZOOM MEETING LINK OR CONTACT SHERRY CORNEY AT 206-351-0956  
BY PHONE: 253-215-8782; MEETING ID: 868 7085 2941; PASSCODE: COFFEE

**LIFESPAN RESPITE COALITION (STATEWIDE)**  
FOURTH WEDNESDAY OF EVERY OTHER MONTH, 1:30 – 2:30 P.M.  
CONTACT TRACY AT [TKAHLO@WAPAVE.ORG](mailto:TKAHLO@WAPAVE.ORG) AT (206) 799-9454 TO OBTAIN EVENT  
INFORMATION/LINK.

**GIG HARBOR/KEY PENINSULA HOUSING AND HOMELESS COALITION**  
MEETS ONLINE TWICE PER MONTH ON THURSDAYS, 10AM TO 11AM. PLEASE SEND AN  
EMAIL TO BE ADDED  
TO THE MEETING LIST TO BOB VOLLBRACHT [VOLLBM@COMCAST.NET](mailto:VOLLBM@COMCAST.NET) OR GINA  
CARIBBU AT  
[GINA.CARIBBU@CHS-WA.ORG](mailto:GINA.CARIBBU@CHS-WA.ORG)

IF ANY OF THE ABOVE INFORMATION NEEDS TO BE UPDATED, OR IS INCORRECT, PLEASE CONTACT  
[SECRETARY@HEALTHCAREPROVIDERSCOUNCIL.ORG](mailto:SECRETARY@HEALTHCAREPROVIDERSCOUNCIL.ORG). THANK YOU!

**HCPC of Pierce County**  
**PO Box 64735**  
**University Place, WA 98464**  
[www.healthcareproviderscouncil.org](http://www.healthcareproviderscouncil.org)