



HCPC HEALTH CARE PROVIDERS COUNCIL of Pierce County

December Meeting

Thursday, December
8th at 8:30 AM

Mountain View Funeral
Home- Celebration of
Life Center

Annual Holiday Party!

Breakfast Sponsor:
Mountain View

*Celebrating 35 Years
of HCPC!*



President's Letter

Aloha HCPC Ohana,

I hope everyone made through our first snow for the year and I hope everyone had a wonderful and Happy Thanksgiving with their loved ones!

Thank you to all the members that made the November meeting. It was a great networking meeting and breakfast was FABULOUS!!!

A SPECIAL THANK YOU to CHEF JOEL, at GenCare Point Ruston, for the AMAZING omelets!! Hopefully all of you will be able to attend our December meeting this week because CHEF JOEL is back for an encore performance. Breakfast is sponsored by our lovely team at Mountain View and will be available as early as 8:30, so come early!! You can check out all the donated raffle baskets and perhaps bid on a silent auction item or two? There's also a WINE PULL that you can participate in - a \$20 donation and you can pull a Christmas wrapped bottle of wine - each bottle is valued at a minimum of \$25 - so ALL you wine drinkers be prepared!

And if you're thinking you want to highlight your business in 2023 or become more involved in any of the committees, you can sign up for all of that, at this week's meeting too. The sign up folders will be at the business card table for Meeting, Breakfast, and Business After Hours sponsorships, as well as, the Committee folders. Also, looking for your feedback on SPEAKER TOPICS for the new year. Please add your ideas to that list.

This is going to be a BUSY and FUN meeting!! We have our Senior Centers joining us, along with some very special guests. We will be presenting our Bob Riler Community Service Award to the first recipient - very exciting - and of course we will have a plethora of raffle baskets, silent auction items, and donations to give out!! Lastly, we will announce our 2023 HCPC Board too!

See you all soon! Mahalo!

Trish

2022 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 Event Committees:

Now is the time to sign up for 2023 HCPC Committees! At the meeting tomorrow, you'll find committee envelopes. Please add your name and information to the committee(s) you would like to join in 2023. Committees are a great way to get to know other members and network, while contributing to the greater good. There are many events in 2023 and we need all the help we can get!

Other Upcoming Events around Pierce County:

Caregiver Classes at Visiting Angels Tacoma:

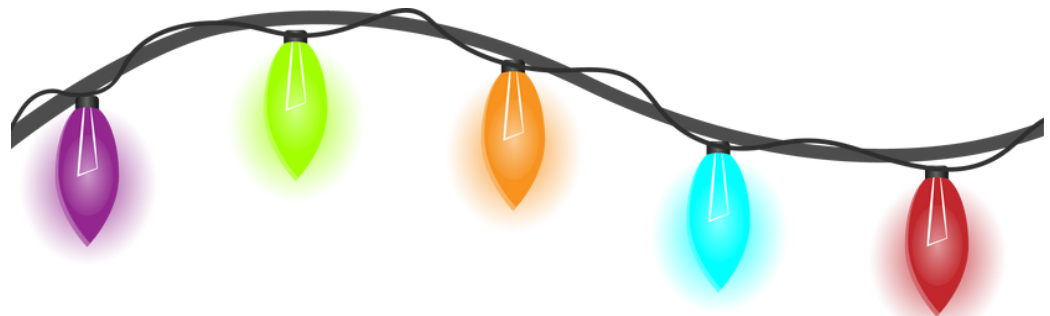
Parkinson's Disease, Dec 16th 2-4 PM \$25 & 2 CEUs

Palliative Care, Dec 10th 9 AM-5 PM \$100 & 8 CEUs

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 December

December 7th:
Letter Writing Day

December 9th:
National Pastry Day

December 13th:
National Cocoa Day

December 15th:
International Tea Day

December 19th:
National Emo Day

December 20th:
Go Caroling Day

December 23rd:
Festivus!

December 27th:
Visit the Zoo Day

December 30th:
BACON DAY!



Upcoming Events, continued

SAIL Instructor Classes Enrolling Now

Let's start the new year with keeping our Older Adults safe and risk free from falls! Become a SAIL (Seniors Active and Independent for Life) Instructor!! After you complete this certification process you will be ready to find a location and start leading SAIL class with confidence and finding great pleasure in helping people in your community! 2 consecutive days, 4 hours each day online!

January 19 & 20, 2023 8:30-12:30pm PST

Registration: <https://www.eventbrite.com/e/474652918657>

For those SAIL Instructors who have not been actively leading classes for quite a while, OR, if it has been more than 5 years since your original SAIL instructor certification, this is a SAIL requirement refresher/recertification training. One day, 4 hours online.

Saturday, January 14th, 2023, 8:30 - 12:30 PST

Registration:

<https://www.eventbrite.com/e/sail-instructor-recertification-tickets-474666017837>

Fall Prevention Presentation At Puyallup Senior Center December 13, 2022

Stay Upright and Healthy at this free event! Join Matt Santelli to learn how to keep from falling at the Puyallup Senior Activity Center on Tuesday, December 13, from 12:30 p.m. to 1:30 p.m. Falls are the primary reason for older adults to end up in Emergency Rooms. Can you reduce your risk for falling? Yes, you can! Matt will explain simple "steps" you can take to avoid falling, including basic fall prevention strategies. Attendees will also watch the widely acclaimed, locally produced Aging Wisely Fall Prevention video that aired on PBS and on Pierce County TV. Matt will also review the File Of Life packet and provide free packets for those who want them. This presentation is free, and no RSVP is required. Contact Matt Santelli for more information at 253-348-1065 or matthew.santelli@piercecountywa.gov

Happy Holidays!