



# HCPC HEALTH CARE PROVIDERS COUNCIL of Pierce County

## January Meeting

Thursday, January  
12th at 8:30 AM

Mountain View Funeral  
Home- Celebration of  
Life Center

First Meeting of the  
Year!

**Meeting Sponsor:**  
Michelle Apodaca,  
Continuum Care  
Hospice



## President's Letter

Aloha HCPC Ohana,

I hope everyone had a wonderful holiday season and the happiest of New Year's!! As we welcome 2023, know that we are entering the year of the Water Rabbit. The Rabbit symbolizes longevity, peace, and prosperity, in Asian cultures, and 2023 is predicted to be a year of HOPE!!!

And after such an AMAZING December meeting, I believe that is exactly what we can expect at HCPC for 2023, a year of HOPE and PROSPERITY!!! That was probably one of the BEST December meetings that HCPC has ever had, with record breaking raffle sales and donations of over \$3100 - a HUGE THANK YOU to ALL of our FABULOUS members for such a successful fundraising meeting - we could not do this without any of YOU - so MAHALO!!!

I hope to see many of you at our January meeting this week. We will be kicking off the new year with Meeting Sponsor, Continuum Care Hospice, where Michelle Apodaca will be sharing all about their services and programs.

Also, on the agenda we will walk members through our website and how to be sure you are utilizing the member directory and profiles to your advantage, as well as networking! See you all there!!

Aloha and a hui ho!

*Trish*

# 2023 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

Lynessa Stone,  
Advanced Health Care

Cheryl Teifke,  
Multicare Home Health and  
Hospice

Carole Velez,  
Franke Tobey Jones

Tina Baril,  
Monarch Transitions

DeAnn Johnson,  
Right at Home

# Upcoming Events

## Caregiver Classes at Visiting Angels Tacoma:

### Classes:

CPR/First Aid & AED Training - \$50 & 3 CEUs  
Saturday, January 28th, 9 AM-2:30 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

## Puyallup Aging Expo

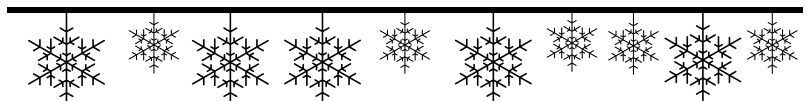
Save The Date For **The Puyallup Aging Expo** In 2023 The next Puyallup Aging Expo, "Aging With Enthusiasm 2023", is set for Saturday, May 6, 2023, from 8:30am to 2:30pm. This free event will happen at the Pierce College Center Building, located at 1601 39th Ave SE, Puyallup, WA 98374. Check back to 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!

## **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>



# Dates In January

January 12th:  
Marzipan Day

January 14th:  
Organize Your Home Day

January 16th:  
Martin Luther King Jr. Day

January 17th:  
Ditch New Year's  
Resolutions Day

January 20th:  
Penguin Awareness Day

January 21st:  
Squirrel Appreciation Day

January 25th:  
Opposite Day

January 27th:  
Chocolate Cake Day

January 28th:  
Fun at Work Day

January 29th:  
Puzzle Day

January 31st  
Backwards Day



# Upcoming Events, continued

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>

## **Lutheran Community Services Northwest Seeks Program Volunteers**

Opening Minds through Art (OMA) and Music and Memories classes give people living with dementia and other cognitive challenges the opportunity to freely express themselves artistically and musically. They need your help! No art or music experience needed, a one hour training (for OMA only) is required, and you can encourage participation by joining along to have fun with art and music. For more information, please contact them at phone 253-272- 8433 or email [dementiaservices@lcsnw.org](mailto:dementiaservices@lcsnw.org).

## **Franke Tobey Jones Senior University Offers Sign Language**

Training Basics of Sign Language on Friday January 6. 2023 through Friday January 27, 2023. Join this "voice off" 6-week class to learn the basics of American Sign Language (ASL) communication. Classes are taught using a combination of PowerPoint presentations, games, demonstrations, and dialogue practice via partners and groups. 10:00 a.m., Bristol View 1st Floor Bowditch Room. You must register to attend. Please register with Jana Wennstrom at 253-576-6219 or via email to [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com)

