



HCPC HEALTH CARE PROVIDERS COUNCIL of Pierce County

Thursday, January 9th
Breakfast 8:30am
Meeting 9am-10am

Cogir at the Narrows
8021 6th Ave, Tacoma

January Sponsors

Meeting Sponsor

Kara Jovag

PNW PACE Partners

Breakfast Sponsor

Deirdre Bulmann

First Choice Advisory

Beverage Sponsor

Michelle Apodaca &

Aimee Wilkins

Continuum Care Hospice

PRESIDENT'S LETTER

Aloha HCPC Ohana 🌺

Hau'oli Makahiki Hou, Happy New Year everyone!! 🌈

Thank you to all who attended the December meeting!!! It was record-breaking for HCPC from the 130+ in attendance, \$2000 checks for each senior center, winter gear donations - 7 or 8 bags per senior center (usually it's only two or three), and the generous online auction items and beautiful raffle baskets!! MAHALO members for your overwhelming generosity because of YOU we were able to reach new heights like raising nearly \$8k during this meeting....now that's RECORD-BREAKING!!!

And now we get to do it all over again for 2025 and with our HCPC Ohana, I see leaps and bounds for 2025!!!

I hope to see you all this week for the January 9th meeting. Our sponsors kicking off the year we have PNW PACE Partners, 1st Choice Advisory, and Continuum Care Hospice. We do have a business after hours at GenCare Point Ruston too, keep an eye out for details.

Please see the newsletter for upcoming events this month. Hope you have January 15th on your calendar for Visions and Vino!! Another AWESOME way to start the new year, with creating a vision board of all YOUR goals and dreams for 2025!! This event is open to the public and is sponsored by our friends at Wyse Senior Solutions, Liz Ann Johnson Elder Law, and Envision Hospice. They are offering ANY HCPC Member the opportunity to donate \$25 to add a piece of marketing collateral etc. to their giveaway bags - the first 25 people attending will receive a giveaway bag. The proceeds of these donations will be going to the Fircrest community. Reach out to these members for details.

Lastly, this month we will also be reviewing and updating HCPC Membership, information and online profiles. Jenny will be our tutor and will share everything YOU need to know about your online HCPC profile and how to make it work for you. Don't want to miss it!

We are off to a FABULOUS start for an INCREDIBLE year!!!

**Are you guys ready??!!
Let's do this!!!**

A hui hou 🍷🌺

Irish

**THANK
you**

HCPC Board Members

President:

Trish Cooper
Enable Dental

Vice President:

Beth Rahman
Rahman Home Sales

Secretary:

Elizabeth Catterson
Envision Healthcare at Home

Treasurer:

Tawnya Krall
Garden Courte Memory Care

Chief Technology Officer:

Jenny Krzemien
Concierge Care Advisors

Members at Large:

Lynessa Stone
Advanced Health Care

Cheryl Teifke
Multicare Home Health
and Hospice

Tina Baril
Monarch Transitions

Liz Ann Johnson
Elder Law

Michelle Wyse
Wyse Senior Solutions

Michelle Apodaca
Continuum Care Hospice

Hannah Medina
Cogir at the Narrows

Ann Southard-Ferrell
Family Resource Home Care

HCPC News & Events

Welcome to our new (& returning) HCPC Members! Thank you for joining!

- David Ndungu, Blessed Streams AFH
- Dalen Pluskett, New Start Staffing
- Thomas Papastavrou, The Village Senior Living Tacoma
- Patty, Tacoma History Comes Alive
- Beth Schubert, Secure Alliance PS
- Cheryl Farnham, Evolve Real Estate | Keller Williams PS
- Nina Lodahl, Tacoma Rainiers

Membership Note

Friendly reminder that guests are allowed one free meeting before joining. HCPC will now be offering a \$25 per meeting guest pass for repeat visitors who have not joined as members. Membership is \$100 for a one year *individual* membership.

2025 Sponsorship Opportunities Open Now!

Sign up to sponsor a meeting, breakfast, beverages, or Business After Hours in 2025! As a reminder-

All Sponsorships Include:

- 5 minutes in the meeting to promote your business
- Table collateral opportunity
- Website & Social Media recognition
- Newsletter recognition

[Click here for more information or to sign up to sponsor.](#)

Mid-County Community Center

The Mid County Community Center is looking to add 3-4 more Members at Large to their Board. Please have them contact Michelle Wyse if interested.

253-229-9094 or mwyse@wyseseniorsolutions.com

NEW! Board Member Spotlight

Meet Secretary Elizabeth Catterson.

Elizabeth has been on the HCPC Board since 2022 and started working in Health Care in 2019. She currently works for Envision Hospice and says her favorite part of her job is getting to help patients and their families in one of the hardest points in their lives. Her advice to new HCPC members would be to join a committee, "joining a committee is a great way to get to know more HCPC members," she said. When she's not



working Elizabeth loves making crafts, spending time with her friends, and all things Taylor Swift. Her favorite part of being an HCPC member is the friendships that she's made. You can get ahold of Elizabeth at Elizabeth.Catterson@envvh.com or 253-886-1871

January Facts & Celebrations:

January is National Soup Month, National Hobby Month, National Blood Donor Month, and National Bath Safety Month

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January 9th
National Law Enforcement Appreciation Month

January 11th
National Vision Board Day

January 12th
National Pharmacists Day

January 15th
National Bagel Day

January 19th
National Popcorn Day

January 20th
Martin Luther King Jr. Day Inauguration Day

January 22nd
National Celebration of Life Day

January 27th
National Holocaust Remembrance Day

January 31st
National Hot Chocolate Day



HCPC Information and Upcoming Events in the County...

Join an HCPC Committee

January is committee sign up time! HCPC puts on a number of events throughout the year that are planned by committees. Joining a committee is a great way to get involved in HCPC and build relationships in HCPC. Please see descriptions of the committees below. If you would like to join a committee but cannot attend the January HCPC Meeting please email President Trish Cooper at: president@healthcareproviderscouncil.org.

Parkinson's Conference- Our annual Parkinson's Conference is a day long conference focusing on families and caregivers of those with Parkinson's Disease. HCPC Partners with the American Parkinson's Disease Association Northwest Chapter to put on this event. Last year we had approx. 200 attendees. The committee will be working to find topics and speakers that are of interest to the audience, as well as finding sponsors and vendors, and promoting this event.

Pierce County Caregiver Conference- This event is in partnership with Pierce County Aging and Disability Resources. The event is aimed at caregivers who are caring for a family member or friend. This will be the event's first year in-person. The committee will work to find a structure for this first time in-person event, find speakers and topics, as well as promote the event.

Alzheimer's Conference- Similar to our Parkinson's Conference, the Alzheimer's Conference is targeted at families and caregivers of people with Alzheimer's Disease or Dementia. This is a very popular and growing community event. The committee chooses speakers and topics, finds vendors and sponsors, and promotes the event.

All-Star Caregiver Awards- The All-Star Caregiver Awards honors outstanding caregivers in our community. 2024 had a record breaking number of nominations. The committee is responsible for getting the word out about the nomination process, collecting nominations, choosing award winners and planning the award reception.

Making the Link- Making the Link is a popular industry event co-hosted by the Pierce County ADRC that invites hospital staff and other healthcare workers to make the link with the resources available to those they serve in the community. The committee plans and carries out the event, invites care managers, advertises and promotes the event, and finds sponsors and vendors.

Bob Riler Community Service Award- This committee is responsible for collecting nominations for the Bob Riler Community Service Award. Bob was a leader in our industry and the community, this award honors his memory and thanks people who work tirelessly to improve the lives of seniors in our community.

Christmas Committee- We all know the Christmas meeting is the most fun meeting of the year! The Christmas Committee plans the party, finds silent auction items, invites our senior centers and other guests to attend and coordinates the all the happenings of the party. They also coordinate the donation of cold weather items to donate to seniors.

Early February Celebrations:

February 2nd
Ground Hogs Day

February 3rd
National Women's
Physicians Day

February 6th
Optimist's Day

February 7th
National Wear Red Day

February 9th
National Pizza Day

Vision Boards & Vino
PALM READING - VISION BOARDS
WINE & SNACKS
Wednesday, January 15th
5 - 8 PM
Fircrest Bottle Shop
618 Regence Blvd, Fircrest
Bring craft supplies for yourself
and to share.
FIRCREST BOTTLE SHOP
Liz Ann Johnson
Elder Law Attorney
WYSE
SENIOR SOLUTIONS
ENVISION
HOSPICES



Want your event in the HCPC Newsletter?

If you have relevant information to share in our newsletter, please submit to

secretary@healthcareproviderscouncil.org.

If space and time allows we will try to share your information.

Senior Living Education Series
A UNIQUE MEMORY CARE COMMUNITY
The COTTAGES at University Place



Thursday, January 23, 2025 at 5:30pm
What is Dementia?

Join us the 4th Thursday of every month for our new Senior Living Education Series. Information on various subjects will be shared. Great for family members of existing resident's or possible future resident's as well as friends and referral sources. Refreshments will be served and there will be opportunity to get your questions answered.

RSVP: Holly Carr
holly@carepartnersliving.com
253-533-0022 (text)