



# HCPC HEALTH CARE PROVIDERS COUNCIL of Pierce County

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

Cogir at the Narrows  
8021 6th Ave, Tacoma

## May Sponsors

Meeting Sponsor  
Carole Velez

Franke Tobey Jones

Breakfast Sponsor  
Austin Kilpatrick  
Active Wound Healing

Beverage Sponsor  
Elizabeth Catterson,  
Eric Mills, & Imani Davis  
Envision Hospice



## PRESIDENT'S LETTER

Aloha HCPC Ohana 🍍

**Thank you everyone who attended last month's meeting! Great job on the parking, people!! 🥰 The Cogir shuttle will be available again, if needed. THANK YOU COGIR!!!**

**I hope we will be seeing all of you this week at our May meeting!**

**We do have another speaker joining us this month and I am really looking forward to this one!! Sharon Lemoine, ARNP will be educating us on hormone therapy. A very serious topic for all of us as we try to age gracefully!! Hey, maybe I can get rid of my fan?? ☺️**

**And you know we will be learning from our wonderful sponsors too - THANK YOU SPONSORS; Breakfast - Active Wound Healing, Beverage - Envision Hospice, and Meeting - Franke Tobey Jones, plus look for details for our May Business After Hours, with Retirement Connection!**

**Oh yes, and the FUN NEVER STOPS....I know I will be seeing many of you Thursday night for our All-Star Caregiver Awards!! It's going to be a FABULOUS night!! We have RECORD BREAKING attendance of 265 people, along with RECORD BREAKING CAREGIVER NOMINATIONS of 210!!!**

**Really, really, AWESOME job committee members!!! 🙌🥰**

**See you all soon...real soon...a hui hou 🌈**

**P.S. This month's code word for a prize is tulip, find Elizabeth Catterson at the meeting for your prize.**

*Trish*

# HCPC Board Members

President:

Trish Cooper  
Enable Dental

Vice President:

Beth Rahman  
Rahman Home Sales

Secretary:

Elizabeth Catterson  
Envision Hospice

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  
Puget Sound Estate Law

Michelle Wyse  
Wyse Senior Solutions

Michelle Apodaca  
AccentCare 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!

- Robina Gaines, White River Assisted Living and Memory Care
- Michael Weilenmann, White River Assisted Living and Memory Care
- Ann Owen-Guerrero, The Hampton Memory Care
- Richard Sampson, Sampson Insurance
- Becky Racine, Racine Health & Wellness
- Karen Herwig, Just For Them Gift Baskets
- Greg Herwig, Just For Them Gift Baskets
- Patryce Briant, Tahoma Health and Wellness
- Elizabeth James, Home Instead

## 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. Join at [www.healthcareproviderscouncil.org](http://www.healthcareproviderscouncil.org)!

## Food Drive

HCPC will be collecting donations of canned and non-perishable food for the food pantry at Our Church at all meetings in 2025. You can bring your donation to any meeting.

## Board Member Spotlight

Michelle Wyse is a returning HCPC Board Member, she's served two consecutive terms on the board, and previously served on the board in the past. Michelle owns her own business helping seniors find new places to call home. She started in the industry in 2002 as an Activities Director at an Assisted Living Community. She loves getting to help seniors and their families every day.

The people are hands down Michelle's favorite part of HCPC. "Industry people that became my treasured friends that turned in to family over the years," she said. Her advice to new members is to get involved, join a committee, and build relationships.

You can often find Michelle on the road back and forth between Tacoma and Portland to see her two granddaughters. She also enjoys crafting, reading, and trying new restaurants- especially if they serve exciting cocktails. You can contact Michelle at [mwyse@wyse seniorsolutions.com](mailto:mwyse@wyse seniorsolutions.com) or 253-229-9094.





## Upcoming HCPC Events:

Mark your calendars for these great events!

**Retirement Connection Tacoma Happy Hour**  
Thursday, May 22nd  
4 PM at the Tacoma Yacht Club

## New Member?

If you are a new member and you have questions about your membership, the membership directory on the website, meetings, events, committees, or anything HCPC, please ask any Board member or email  
[admin@healthcareproviderscouncil.org](mailto:admin@healthcareproviderscouncil.org).

## COGIR PARKING INFORMATION



Cogir at the Narrows is so expansive that it has two different addresses! The primary entrance is located at 8201 6th Ave, while the secondary entrance can be found at 802 N Laurel Lane. Feel free to park in either parking lot! In the back lot, you may use any available space. Please note that parking along the street is not allowed. Please advise your guests accordingly. We highly encourage carpooling to HCPC. Thank you!

# TACOMA HAPPY HOUR

Join us for a  
**Retirement Connection  
Networking Event!**

**May 22, 4:00-6:00pm**  
Tacoma Yacht Club  
5401 Yacht Club Road  
Tacoma, WA 98407

- 75+ expected in attendance
- Enjoy great wines and hors d'oeuvres
- Invite your colleagues and referral sources

 Retirement Connection • 503-422-6906  
• [amy@retirementconnection.com](mailto:amy@retirementconnection.com)



## May Facts & Celebrations:

May is ALS Awareness Month,  
National Dental Care Month,  
National Stroke Awareness  
Month, National Mental Health  
Awareness Month, National  
Military Appreciation Month,  
Asian American and Pacific  
Islander Heritage Month,  
National Blood Pressure  
Education Month, and Older  
American's Month

• • • • •

### May 6th

National Teacher Appreciation Day  
National Nurses Day

### May 6th-12th Nurses Week

### May 8th

National Have A Coke Day

### May 10th

National Washington Day

### May 11th

Mother's Day

### May 11th-17th

National Hospital Week  
National Police Week

### May 16th Tax Day

### May 17th

Armed Forces Day

### May 18th-24th

National EMS Week

### May 25th

National Wine Day  
National Missing Children's Day

### May 26th

Memorial Day

### May 28th

National Senior Health &  
Fitness Day

## HCPC Information and Upcoming Events in the County...



**Friday, May 30, 2025**

**11am - 3pm**

**Free to Attend**

**Complimentary Lunch**

Join us for day of conversation with local Parkinson' disease experts. Topics include motor and non-motor symptoms, treatments, cognition, mood changes, and brain health. Presenters will offer insights to identify and manage symptoms, share strategies and answer questions to help you understand and navigate life with Parkinson's disease.

### FEATURING



**Dr. Jennie Davis**

Movement Disorder Neurologist  
Maple Valley Movement Neurology



**Natalie Morgan-Romain**

Nurse Practitioner  
Maple Valley Movement Neurology



**Friday, May 30, 2025**

**11:00am - 3:00pm**

**Doors Open 10:00am**

**Green River College**

Cascade Hall

12401 SE 320th Street

Auburn, WA 98092

**Free to Attend**

**Complimentary Lunch**

**REGISTER**

**bit.ly/LW-SKC**



**APDA Northwest | [apdanw@apdaparkinson.org](mailto:apdanw@apdaparkinson.org) | 206-695-2905**

[www.apdaparkinson.org/Northwest](http://www.apdaparkinson.org/Northwest)

### Aging Smart Network Meeting

No fees to attend and no RSVP required!

The doors open at 8:40 and then meeting happens from 9 AM to 10 AM on third Thursday of every month. Next meeting on Thursday, May 15. Please bring marketing material and business cards. These meetings are always held at Gig Harbor's BECU Meeting Room! Located by Costco, Walgreens and Pita Pit.

Aging Smart is a Chamber of Commerce member. Members are a group of local professionals with a common goal: Educating people to make smart decisions as they age. They believe the best results come from proactive planning.

Contact Rebecca Rainsberger at [AgingSmart@longbridge-financial.com](mailto:AgingSmart@longbridge-financial.com) for more information.



## Early June Celebrations:

**June 1st**

National Say Something Nice Day

**June 4th**

National Cheese Day

**June 6th**

National Donut Day

**June 7th**

World Caring Day

**June 8th**

National Best Friends Day



Like us on  
**Facebook**

## Want your event in the HCPC Newsletter?

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

**secretary@healthcare  
providerscouncil.org.**

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

## HCPC Information and Upcoming Events in the County...



# NAVIGATING THE NEXT CHAPTER

**May 13, 2025 (2:00 - 3:00 PM)**  
**Lakewood Library**  
10202 Gravelly Lake Dr SW Lakewood, WA 98499

Are you or a loved one considering downsizing in your senior years? Join us for an empowering & interactive workshop where you'll learn about legal & estate planning, understanding your senior living options, financial considerations, and much more.

**Register Today for this FREE event:**  
Please visit <https://form.jotform.com/222844604705051>, scan the QR code, or call Concierge Care Advisors at (855) 444-7364 to register. **Space is limited!**



Hosted by:



## Save The Date! The Walk To End Alzheimer's In Tacoma

The Walk to End Alzheimer's is sponsored by the Alzheimer's Association. The Walk will happen on Saturday, October 11 at 10 AM at Dune Peninsula Park, located at 5361 Yacht Club Road, Tacoma, WA 98407. Why do they challenge us to walk? To raise money to build a different future for older adults to avoid this disease, to support individuals and families struggling with the disease today, to establish more effective treatments, and to keep the research going to find a cure! Join them for the "world's biggest fundraising event" to finally declare victory over this disease. More information, including how to donate and/or form a walk fundraising team, can be found at this link:  
[https://act.alz.org/site/SPageServer/?pagename=walk\\_homepage](https://act.alz.org/site/SPageServer/?pagename=walk_homepage).