



HCPC HEALTH CARE PROVIDERS COUNCIL of Pierce County

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

Cogir at the Narrows
8021 6th Ave, Tacoma

July Sponsors

Breakfast Sponsor

Talia Chipman

Fieldstone Memory Care of
Puyallup

Beverage Sponsor

Angela Garcia

Sunshine Care Services
&

Tami Rego

Apex Elder Consulting

Meeting Sponsor

Michelle Apodaca

Accent Care

New! Coffee Card Sponsor

Ann Southard-Ferrell

Family Resource Home Care

PRESIDENT'S LETTER

Aloha HCPC Ohana 🌸

Welcome Summer!! My favorite time of year. I hope everyone had a wonderful 4th and look forward to seeing you all at our July meeting this week!

THANK YOU, members who are able to donate a giveaway basket for our annual Christmas in July fundraiser!! We have over 50 baskets to give away... This meeting is always so much fun and a great fundraiser for HCPC! We'll also be hearing from our sponsors: Breakfast - Fieldstone Memory Care of Puyallup, Beverage - Sunshine Care Services and Apex Elder Consulting, and Meeting - Accent Care Hospice. Also, please mark your calendars for Thursday, July 17th, to join the Merrill Gardens Wright Park team for Business After Hours.

Have you reserved your CEU poster for Making the Link? Limited space is available, so if you would like to have a CEU poster at your table this year, please register. And remember, Making the Link Vendor and Sponsorship registration will be opening next month, so be on the lookout for the registration email.

I'm sure many of you have seen that we have launched the vendor and sponsorship registration opportunities for our Alzheimer's & Dementia Awareness Conference. If you would like to have a table, register on the HCPC website today.

See you all on Thursday!

A hui hou,

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!

- Cassandra Engrum, Berkshire Hathaway Homeservice
- Mary Kiarie, Agape In Home Care
- Maripaz Ferrer, Seniors Helping Seniors
- Mike England, Vashon Island Rotary
- Lark Church, ABOVE Home Health
- Gary Waddington, Home Instead
- Kyle Davison, Curative Specialty Care
- Joey Hillyer, Homewatch Caregivers of Tacoma
- Laura Sullivan Cassidy, Recompose

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!

Board Member Spotlight

Beth Rahman is your Vice President! She's been on the Board a combined total of nine years. Beth is a Tacoma realtor who specializes in helping seniors sell their homes. She loves being able to remove the stress of selling a house. Beth says, 'I help with whatever my client needs, coordinating all the work, so they can just move into their new place and focus on getting acclimated.'

When asked for advice to give to a new HCPC member, Beth said, 'Show up!' She also suggested that joining committees is an easy way to get to know other members. Beth said she met her besties through HCPC. 'I've never been at any other networking group where the members truly care about helping others and have as much passion as the members of HCPC do,' remarked Beth.

In Beth's free time, she enjoys spending time with her super adorable labradoodle, Bullet, in her backyard while gardening, catching things on fire, or just relaxing on the deck. She also likes hiking with her two adult sons. Fun facts: Beth was a police officer for 15 years, played on her high school volleyball team (state champions!), and ran hurdles on the track team, where she placed 4th and 6th in the State. She is also fond of leaving parties without saying goodbye. **You can contact Beth Rahman at 253-503-9377 or by email at 2bethrahman@gmail.com. Check out her website at www.rahmanhomesales.com.**



Upcoming HCPC Events:

Mark your calendars for these great events!

Pierce County Alzheimer's Dementia Awareness Conference

Saturday, September 27th

Pierce County Walk to End Alzheimer's

Saturday, October 11th

Making the Link

Wednesday, October 15th



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.



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. A shuttle is available for those who park at Titlow Beach. Please advise your guests accordingly. We highly encourage carpooling to HCPC. Thanks!



HCPC HEALTH CARE PROVIDERS COUNCIL of Pierce County

Christmas IN JULY

Don't miss out on our annual Christmas in July Celebration Meeting. Bring a Basket or Item for Raffle!

Thursday, July 10th
Breakfast 8:30 AM
Meeting 9:00 AM

Cogir at the Narrows



July Facts & Celebrations:

June is National Grilling Month
and National Ice Cream
Month



July 11th
Chronic Disease Day

July 14th
National Mac & Cheese Day

July 16th
National Hot Dog Day

July 17th
World Emoji Day

July 20th
National Ice Cream Day

July 23rd
Gorgeous Grandma Day

July 24th
National Cousins Day
International Self-Care Day

July 25th
National Wine & Cheese Day
National Hire a Veteran Day

July 26th
National Disability
Independence Day

July 28th
National Waterpark Day

July 29th
National Lipstick Day

July 30th
International Day of
Friendship



HCPC Information and Upcoming Events in the County...

HCPC After Hours

Thursday, July 17 at 3:30 pm

Join the Merrill Gardens at Wright Park team on the Rooftop Deck for splendid views and tasty treats for *Pierce County Health Care Providers Council* after hours!

Parking available in the adjacent parking lot. *We hope you can join us!*

MERRILL GARDENS
WRIGHT PARK
(253) 205-8600 • merrillgardenswrightpark.com
5 South G St, Tacoma, WA 98405

HCPC HEALTH CARE PROVIDERS
COUNCIL of Pierce County

Lic #ALF 2656

Independent Living • Assisted Living • Memory Care

Aging Smart Network Meeting

No fees to attend and no RSVP required!

9 AM to 10 AM on the third Thursday of every month.

The next meeting is scheduled for **Thursday, July 17th at 8:45 am**

Please bring marketing material and business cards.

We meet at BECU in Gig Harbor at 4784 Borgen Blvd

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
for more information.

Early August Celebrations:

August 2nd

National Coloring Book Day

August 3rd

National Sisters Day
National Watermelon Day

August 5th

National Night Out

August 6th

National Root Beer Float Day

August 7th

National Purple Heart Day

August 8th

National Pickleball Day

August 9th

National Book Lovers Day

August 10th

National S'mores Day

SHHH!

It has come to our attention that it's quite distracting to our speakers when our members engage in conversations at their tables and in the hallway during our monthly meetings. Please be courteous and give our speakers your full attention. If you must take a call or have a conversation that cannot wait, please proceed to the Cogir lobby.

Thank you!

HCPC Information and Upcoming Events in the County...

Presented by: **HCPC** HEALTH CARE PROVIDERS COUNCIL of Pierce County 

MAKING THE LINK

VENDOR/SPONSOR OPPORTUNITIES

Connect with industry professionals dedicated to providing resources for seniors, including case managers, discharge planners, and social service providers. New this year, we are celebrating Case Management Week!



WEDNESDAY, OCTOBER 15TH
10 AM - 3 PM
OUR CHURCH
5000 67th Avenue West
University Place, WA 98467

Full Vendor Table	Half Vendor Table	Additional Lunch
1 lunch \$300	1 lunch \$225	\$20

Sponsorship Opportunities Available
Sponsor Perks include a free full table, two lunches, prime table location, social media mentions, signage, and more!

Registration opens August 1st on the HCPC website!

\$600-\$800

OCT 4 THURSTON COUNTY WALK TO END ALZHEIMER'S
Heritage Park @ Capital Lake
10:00 a.m.




OCT 11 PIERCE COUNTY WALK TO END ALZHEIMER'S
Dune Peninsula Park @ Point Ruston
10:00 a.m.




NOW IS OUR MOMENT.



2025 NATIONAL PRESENTING SPONSOR
Edward Jones

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

Help us keep the momentum going in your community at the Alzheimer's Association Walk to End Alzheimer's®, the world's largest fundraiser to fight the disease.
Register today at alz.org/walk.

HCPC History

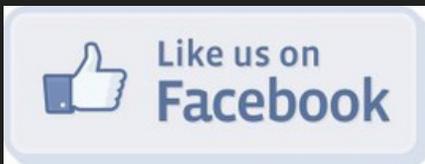
Adapting During the Pandemic

Throughout the pandemic, in-person meetings were not an option. As a result, we transitioned all our monthly HCPC meetings to Zoom. To fundraise for senior centers, we explored online solutions.

- We discovered online fundraising and utilized 'Random Picker' to choose our winners.
- Each month, we maintained a meeting sponsor and organized a giveaway.

Midway through 2020, we introduced an online "Christmas in July" event. We encouraged everyone to prepare a giveaway basket, allowing each participant to present their gift and do a 30-second commercial.

This approach enabled us to continue fundraising until we could reconvene in person. Ultimately, we raised \$750 during the first Christmas in July. In 2024, we raised \$2000! How much will we raise this year?



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.



July 12, 2025

Guest Speaker:

Yolanda Stowbunenko

The Alzheimer's Association

Understanding & Responding to Dementia Related Behavior

1:00 - 2:30 PM

Deer Ridge

DISTINCTIVE
MEMORY CARE

3901 5th St SE / Puyallup, WA

K / Koelsch  ALZHEIMER'S ASSOCIATION

Dementia Support Group

If you are looking for more support and community while caring for someone with Dementia, please join us every month from 1:00 - 2:30 PM for our free support group.

When caring for someone with this disease, it is essential also to make sure you are caring for yourself. Come connect with others and find community at Deer Ridge.

During the support group, we will provide complimentary oversight, snacks, and activities for your loved one with dementia.

COME JOIN US!

RSVP at (253) 446 - 7892

Deer Ridge

Dementia Support Group

Saturday, July 12, 2025 (1-2:30 pm)

Free and Open to All



Guest Speaker Yolanda Stowbunenko

Community Educator - The Alzheimer's Association

Understanding and Responding to Dementia Related Behavior

 ALZHEIMER'S ASSOCIATION