

# 4 Ways YOU Can Make an Impact



## 1. Help spread the word!

Invite your staff, friends, family, and anyone who supports Washington's seniors and skilled nursing and assisted living workforce to join us on the Capitol steps at **11:00am on Friday, February 14.**

Here's some sample language you can use on social media, in your emails or facility newsletters, or with your staff.

### **This Valentine's Day, Have a Heart for Washington Seniors and Caregivers!**

I'm heading to the state Capitol to meet with legislators and urge them to support our skilled nursing and assisted living community. It's critical that we secure Medicaid funding and remove workforce barriers so that we can continue to provide care to those in need. Won't you join me at the Have a Heart rally?

When: Friday, February 14 at 11:00am

Where: On the steps of the Capitol building, Olympia

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## 2. Help gather and deliver meaningful messages to legislators.

We're asking facility members to share real stories from real people whose lives are affected by the Legislature's actions. Help your residents and families to create Valentine's Day cards with personal messages, and WHCA will deliver them to legislators at the Have a Heart rally. Contact [ericnegomir@whca.org](mailto:ericnegomir@whca.org) for more details.

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## 3. Help increase visibility at the Have a Heart rally.

Posters and signs with positive messages about Medicaid funding will help make our rally one that legislators remember. Download the graphics in this kit, or let them inspire you to create your own rally signs.

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## 4. Strengthen your advocacy skills.

WHCA's [Advocacy Resources](#) webpage has helpful information, toolkits, tips, and more to help you become a more powerful advocate. Check out these resources, and be sure to read WHCA's *Capitol Update* and *Advocacy Exchange* newsletters to stay current on issues that need your attention and your voice.



Visit [whca.org/advocacy](https://whca.org/advocacy) for more information.



# **HAVE a HEART**

*for Washington Seniors  
& Caregivers*

**SUPPORT OUR**  
**CAREGIVERS!**

**INVEST IN MEDICAID**  
**INVEST IN PEOPLE**

# **INCRFAS MEDIC AID**

**REIMBURSEMENT  
FOR ASSISTED LIVING**

# **INCREASED MEDICAL**

**REIMBURSEMENT  
FOR SKILLED NURSING**

**WA SENIORS DESERVE**

**DIGNITY &  
INTEGRITY**