

PALS Doulas Fall Newsletter

PALS Doulas on behalf of PALS Doulas

Sat 9/22/2018 8:18 PM

To: Mariah Falin <mariah@harmonioushands.net>;

PALS News, Meetings, Upcoming ADT's

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FALL NEWSLETTER

Happy Fall, From PALS!



Letter From the President

As with the seasons, there is a constant, dependable shift that we can anticipate in Western Washington. We have relished in the warmth and vibrancy of summer and begin to prepare for the beautiful fall colors and fresh, crisp air. Another shift is approaching within PALS Doulas, as our leadership transition is underway.

I have spent the past 5 years volunteering on the PALS Doulas' Board of Directors in various positions and most recently as your President. Being trusted and supported by each of you has been one of my greatest honors throughout my doula career. Thank you for encouraging me, challenging me, and stepping up and into this organization with me. Without a doubt, I could not have led PALS without each and every one of you.

It is with great excitement that I welcome [Mariah Falin](#) as our



PALS Monthly Meeting

October 24th - Social Gathering
7-9pm
Stellar Pizza
5513 Airport Way Blvd S
Seattle, WA 98108

Upcoming Event 1

Certification Q&A, craft, crochet and knit circle

September 17th
10am-11:30am
Issaquah Coffee Company.

Upcoming Event 2

Improving Birth Photography- a guide for doulas ADT

incoming President, beginning formally in October. She has been an At-Large Board member for the past 4 years, a mentor, the Advanced Doula Training Lead, and website Goddess. Welcome and nurture her as you did with me. Come to the Board Meetings, Monthly Meetings and reach out to her for coffee/tea and continue to challenge, encourage and uplift her. Your love and feedback is what kept me going, and I know it is what will keep her going too.

I also encourage you to challenge yourself and volunteer with us. We can always use more perspectives and voices on the PALS Board, and there are many options for volunteering and using our various strengths. If you're certified, speak to new doulas as a Welcome Doula. If you want to see some specific trainings, volunteer as a coordinator for Advanced Doula Trainings. If you have experience or a knack with hospital staff, consider being a Hospital Ambassador. PALS' Doulas wants and needs your influence; this is your organization.

It has been my honor to serve PALS as President, and I look forward to seeing where Mariah and the rest of the Board steer the future of birth work in Washington. So with deep gratitude and love, I want to say thank you for these past 5 years. I have loved supporting you all. Goodbye for now, and I hope to see you at future PALS meetings and throughout our community.

Sincerely, Tiffany Guenther

Doula News - Update

The Doula Reimbursement for Medical Bill, now titled 'Doulas for All Washington', is progressing and has now gained the attention of the Governors Advisory Committee on Health Disparities! They are wanting to see this on their Governor's Budget Proposal for the new year. The Health Care Authority is in full support of this Bill and is working with a team and submitted the first step, a Concept Paper, towards the Decision Packages in the Governors Budget Strategy. This Bill will fund doula services to all eligible birthing families that are supported by Apple Health.

Since writing this update, yesterday September 19th, the Office of Financial Management has approved the Concept Paper! The next step is for the Decision Package to be approved, then the Legislation Budget Strategy and stakeholders will fine tune details. We have a long road ahead

Sept 27th
Times
Location

Upcoming Event 3

New and expectant parent resource fair - hosted by PEPS

Sept 29th
10am-noon
Burien

Upcoming Event 4



Northwest Doula Conference 'What Do You Bring to Your Work? A Chance for Self Examination'

October 5th
Registration closes on September 24th, so sign up now!

[View details](#)

PALS Board Meetings

Board of Directors Meeting
October 8th
11am-1pm
Bellevue Library

PALS Board Members Planning Retreat
November 9-10th

Board of Directors Meeting
November 12th

with a great team of many players and stakeholders in support of this movement. PALS Doulas is proud to be one of the lead supporters of this Bill! This is one of the ways your membership fees elevate our community, thank you!

11am-1pm
Bellevue Library



Improving Birth Photography - a guide for doulas with Whitney Hardie



Photographs of the birth and early moments of bonding can be a great support tool for families as they process their birth experience. While professional photography is optimal, often it is doulas who provide these images for their clients.

In this workshop we'll discuss the nuts and bolts of improving your birth photography. With an emphasis on storytelling, framing and exposure, you'll get a chance to practice your skills and ask the instructor any questions you have about photographing in the birth space.

Bring the best camera you have (even if that's a phone) and come learn something new! This workshop will be informative, fun, and your clients will thank you for yet another tool in your belt.

Proceeds from this workshop will benefit Open Arms and the PALS Race Equity Committee.

\$12 for PALS Members, \$15 for non-members

Taught by Whitney Hardie. Whitney has a BFA in photography and has been photographing birth for six years. For examples of her work, see www.hardiephotography.com



Volunteer Spotlight

Jamie Hunter

Jamie has been our ADT lead for nearly a year and has already busted out 6 amazing advanced doula trainings, and has nearly all next year planned out. She is friendly, attentive and we are incredibly pleased to welcome her as our upcoming Vice President. Thank you, Jamie, for your steadfast involvement and big dreams for PALS!



PALS Attire, Decor, & More!

Have you checked out all the great PALS items for sale? The sweatshirt is incredibly soft and who doesn't love the *Unless I'm at a Birth truth?! Profits from the sales go to transferring all of PALS' archives into an electronic library. (We currently have 11 boxes of files dating the past 30 years)

[Shop Here](#)

Thanks!!



How To Create Compassionate Birth Affirmations

By Nikki Shaheed

This is a great article from Birthing From Within showcasing how to create helpful affirmations specifically designed for you, how they are helpful, and what to avoid.

[Read Article Here](#)



Congratulations to our Newly Certified and Re-certified Doulas!

Newly Certified

Jordan Alam

Rokea Jones

Anna Linares

Ellen Hsu

Re-certified

Melinda Ferguson

Matilda Linden

Kim James

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Created By: Ebie Nickerson LMT, CD (PALS)

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