



**HEALTHY
PEOPLE**



**HEALTHY
DEMOCRACY**

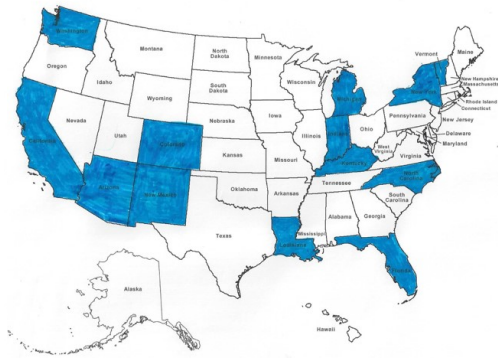
November 17, 2022

LWV Health Care Reform for the US Caucus Newsletter

State / Local Actions Strengthen M4A Efforts from the Bottom Up

Strategies for Your State and Local League:

1. Start a **Health Care Committee** in your local League, designate a chair and schedule a meeting.
2. **Reach out** to other local Leagues with established health care committees for advice, support. Network and work together on common projects.
3. **Identify key players** in your local health, mental health and social care delivery system, including elected officials, administrators, people in the workforce, retirees and activists.
4. **Organize a public meeting** to ask people to identify problems with the local health care, social services, behavioral health, mental health, substance abuse and homelessness, care deserts with few health and social services and where life expectancy is lower and other needs are unmet.
5. Start or join a **state LWV Statewide Health Care Committee** that meets monthly.
6. At your next local LWV Board Meeting, take two minutes during Announcements to focus on health as an equity, climate change and homelessness issue, worthy of local interest, study and action, and invite people to come to the next meeting of your local LWV Health Care Committee.
7. Planning for January, organize your local League Health Care Committee towards your **local LWV Strategic Plan-**



States with State Health Care Committees
Please help fill out this map.

ning Session by developing draft language for a state LWV Convention Motion making Health Care one of the state League's top three.

8. **Recruit people** to come to your local LWV Strategic Planning Session, hoping to support something like your motion.

9. If your motion is approved at the local LWV Strategic Planning Session, then re-group, strategize and **take the motion to your local League Board.**

10. If your motion is approved by your local League Board, have your Board leadership **submit the motion to the state League** to enter the process at the Convention.

11. Network with other local Leagues in your state to **consolidate** the Local LWV motions into one motion.

12. Create a symbiotic **grassroots communication network** at the local

League level to communicate, take decisions, act, and evaluate to plan the next actions.

13. Plan a strategy to **bring the motion to the State Convention.**

14. Develop a plan to work with the state LWV Board and state LWV staff to advocate for universal care through a concerted effort by local LWV Health Care Committees to **mobilize community grassroots support with local elected officials to lobby state and federal legislators.**

NEXT MEETING

Sunday, Dec. 4

8:00 p.m. ET

5:00 p.m. PT

Register at

[https://tinyurl.com/](https://tinyurl.com/HCR4US-Dec4)

[HCR4US-Dec4](https://tinyurl.com/HCR4US-Dec4)

Tentative Agenda:

Intros for New Attendees
Announcements
State HC Committees
Legislative Actions
Newsletter Ideas
Break-out Sessions

What Would a State Health Care Committee Do?

One source of LWV power is the local League. We encourage every LL to have a Health Care (HC) committee, even if it's small. Once there are a few HC committees, they can amplify their voices by forging links between committees across the state, as recommended in the article above. Just by its very existence, a state HC committee is more likely to get a seat at the table when State Boards are setting priorities.

The varied sizes of our states and their political climates mean that no single agenda will fit all states. State committees can choose among possible activities--such as

- Provide a point of contact and source of input for the state president and board when health care issues come to their attention.
- Provide support to League members who are "HC voters" in Leagues where HC has

little traction.

- Respond to requests to co-sponsor events.
- Publicize events for each other and everyone's allies
- Write articles for League publications
- Monitor opinion pages around the state about Op-eds and Letters to the Editor that need informed responses—and write them.
- Coordinate with the state Legislative Action Committee about relevant bills
- Plan events at the state convention.
- Participate in HCR4US!

Let's Share Our Work. Send us your

- op-ed letters
- presentations
- memos and resolutions

Email to candylwv@yahoo.com

Upcoming



To register: <https://actionnetwork.org/events/second-intergenerational-justice-summit/>

<fbclid=IwAR0UZ7xNcUbyqYqYV-nPk36q0QC1-eqI22mUla-1mDzDUFHeZDnx8jHGyeY>

The Second Intergenerational Summit will focus on the intersection of Healthcare and Reproductive Rights, Climate Emergency, and Civil Rights: 1957-Present.

Created and curated by younger and older social justice organizers, goals include building connections across age, class, race, gender, identity, and geographical lines and providing training tools to win Transformative Justice for All.

In Case You Missed It

How Private Equity Makes Us Sicker
<https://vimeo.com/761921383>
Rosemary Batt excerpt:
<https://www.youtube.com/watch?v=D3w-uwGK7n4&t=28s>

Flickr page https://www.flickr.com/photos/pnhp_national_albums/72177720303712232/page1
(Can you find pictures of HCR4US attendees J. Esterquest, H. Abrons, B. Keller, or B. Pearson??!)

PNHP
ANNUAL MEETING
November 4-5, 2022

Full Archive:
pnhp.org/boston22

Websites

HCR4US Youtube Channel:

<https://www.youtube.com/c/LWVHealthCareReform>

HCR4US Web-Contact Form: tinyurl.com/Contact-LWV-HCR-4US

HCR4US Google Drive:

<https://tinyurl.com/HCR4US-Minutes-Materials>

HCR4US Toolkit:

<https://lwvhealthcarereform.org>

HCR4US: Dedicated to educating and mobilizing League members to work toward legislation that enacts the goals of our LWVUS health care position

Newsletter Committee: Barbara Pearson, Jon Li, Candy Birch, Kathy Yen, Tom Cherry

Doulas Offer Personal, Emotional Support During Critical Life Experiences

From the Behavioral Health Affinity Group:

As we work toward Medicare 4 All, we must also consider what makes our system increasingly expensive and our outcomes worse. Jody Disney (*LWV Thurston County, WA*), a retired midwife, shares her experience of a different proven model of care.

Medicare 4 All calls for more than just a change in the funding stream: It is a change from a focus on the medicalized and monetized nature of medical events to a focus on the care and caring in health care.

The doula, familiar to many of us as a birth doula, exemplifies the more nurturing role and represents a transition away from healthcare as a consumer transaction and back to a healing art. Our need to be prepared for the life-saving heroic efforts that a minority of births require has "medicalized" almost all births in our country.

The doula helps put the person back into birthing. Unlike doctors, nurses or midwives, doulas make no medical decisions, but rather are charged with supporting the physical and mental well-being of the person giving birth. Doulas support the mother's choices and attend to her comfort and confidence during a normal, but difficult life event.

The doulas' training and experience prepares them with knowledge of what to expect and how to ease the challenge of the journey. Sometimes their role is to organize and support the partner or other family and friends who may be available and willing but lack confidence and knowledge of how to be most helpful.

The root of the word "doula" is from the Greek "to serve," and is akin to the "naya" in Classical Sanskrit, a wise guide who works typically with elders, engaging in the present moment with the individual he or she serves.

Indeed, the role of doulas is increasingly recognized as helping strengthen the individual's inner resources to cope with many kinds of challenges, like postpartum (learning to attune oneself to the infant in the period soon after birth), disability, abortion, dementia, and end-of-life experiences. "Death doulas," for example, can offer resources and suggestions to help comfort a friend or relative with a terminal illness, and often offer respite for the family so they can be fully present.

These supportive guides are a tested model in health care, providing a trusted companion whose sole responsibility at the individual's side is to conduct the patient's wishes, walking us and our families from birth to infirmity and death.

Who needs a doula? We all do--or will.

For more information:

- [California Doula Pilots Lessons Learned Project - National Health Law Program](#)
- [What Is A Doula And Why Are They So Beneficial? - YouTube](#)
- [Death doulas: Normalizing discussions of death and dying | Coloradocommunitymedia.com](#)



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