



PFLAG Southwest Washington Chapter

April 2020 Newsletter

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Older?

LGBT?

Need someone to talk to?

The SAGE Hotline is open 24/7 in English & Spanish:

877-360-LGBT

sage Advocacy & Support for LGBTQ+ Elders
We refuse to be invisible

--- SIX FEET OF SPACE ---

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PFLAG

WE STILL LOVE YOU. BUT WE LOVE YOU FROM SIX FEET AWAY NOW. (PFLAG AIR HUG, Y'ALL!)

GET SUPPORT AT PFLAG.ORG

#PFLAGAIRHUG

PFLAG CONNECTS

meeting where you are.

*Our work continues. PFLAG Southwest Washington is here to support you,
so you can support your LGBTQ+ loved ones.*

Please Sign-up for Our Virtual Chapter Support Meetings

- Beginning in April, chapter support and education meetings will be held via **Zoom**. An email invitation will be sent each month inviting you to sign-up. Please sign-up for each meeting using the attached form.
- PFLAG Connects is a new virtual meeting space for the PFLAG Chapter Network. You can join by video, audio, or chat - whatever you're comfortable with.
- PFLAG offers peer support that is available at no cost and is open to all who wish to participate. All of our groups are led and facilitated by PFLAG Southwest Washington volunteers.
- Safety is of our utmost priority for all of our virtual support group meetings. We will discuss privacy, confidentiality, and group agreements at the start of the meeting.
- Please fill out the form questions to the best of your ability. This information is gathered for intake purposes only and will not be shared with anyone.
- Once you submit this form, we will send you an email with instructions on how to join the group.

The Vancouver meeting is April 14, 7pm to no later than 8:30pm

This month we will only hold our caring and support session.

The Battle Ground Meeting is April 16, 7pm to no later than 8:30pm

**Rep. Stonier of the 49th Legislative District will to speak via Zoom at the
Battle Ground meeting**

Sign-up for virtual support meetings at our website

www.pflagswwa.org

Virtual Meeting

Preparing for Virtual Meetings

- **Be patient and kind. This kind of virtual meeting space is new for many.**
- **If you're able, log in a few minutes before the meeting starts to get comfortable with the technology.**
- **Determine in advance how to mute your phone line or microphone.**
- **Participate in the way that makes you feel most comfortable whether that is on video, by phone, or in live-chat.**
- **Come prepared to discuss any materials or prompts that are provided the meeting organizers in advance. For example, "What brings you to PFLAG today?"**
- **Show respect for other participants by following the ground rules/group agreements set by the facilitator.**
- **Take threats of self-harm and/or violence seriously and report any private messages that express thoughts of self-harm or suicidal ideation to group facilitators.**





FIVE WAYS TO STAY CONNECTED, PFLAG-STYLE*

As we all take steps to stay healthy and help others, checking in needs to take different forms. Here are a few suggestions from PFLAG on how to stay connected when being in the same place isn't an option:

1. **PICK UP THE PHONE.**
Talking is still important! Don't let it go to voicemail today.
2. **SEND A TEXT MESSAGE.**
Just a couple of lines letting someone know you're thinking about them can change their day.
3. **USE SOCIAL MEDIA.**
Say hello, or maybe share an image or link to something you know would make someone else smile.
4. **VIDEO CHAT.**
Get ready for your close-up! Sometimes just being able to see someone's face makes them feel closer.
5. **WRITE AN EMAIL.**
While the art of letter-writing may be gone, now's your chance to send an email that doesn't involve deadlines or deliverables, just a note that you care.



While we do what we can to keep everyone healthy, PFLAG—and the hundreds of thousands of PFLAGers—is still here, saving lives, one family at a time. For more information, visit pflag.org.

*FOR WHEN YOU CAN'T REALLY GIVE ONE OF THOSE FAMOUS PFLAG HUGS, BUT YOU REALLY WANT TO CHECK IN.



Health for Every Veteran Research Study

Are you a person with a LGBT or related identity who has ever served in the US Armed Forces?

We invite you to participate in a study focusing on your health behaviors and life experiences as a Veteran with a LGBT or related identity.

The goal of the Health for Every Veteran Study is to better understand the experiences of Veterans from all backgrounds and promote their health and well-being, including those with LGBT or related identities. We are especially interested in hearing the diverse voices within our communities.

The study is being conducted by researchers at the VA Puget Sound Health Care System. It consists of completing a confidential, web-based questionnaire every 9 months for approximately 2 years (for a total of 4 questionnaires). All research activities are completed online, with no in-person visits required. For more information, please go to <https://healthforeveryvet-lgbt.questionpro.com>.

My name is Kathryn Lent and I am doing research with the University of Washington in the Department of Rehabilitation Medicine. We are looking to recruit a diverse group of adults in the LGBTQ+ community in Washington State willing to participate in an interview about experiences and recommendations related to physical therapy. As an organization known to support this community, we are hoping that PFLAG Vancouver/SW Washington can help in our recruitment by posting the attached flyer in a way that is consistent with how you typically post public announcements (i.e. online, sharing via email, etc.).

Physical Therapy LGBTQ+ Research Study

Though many research activities have stopped or slowed in the midst of COVID-19, this study is continuing with the use of phone interviews.

In the interest of disclosure, I am reaching out to your organization as a member of the LGTBQ+ community - I am a cisgendered queer Black woman.

Thank you for your consideration of this request. Please feel free to let me know if you have any questions.

Kind regards,
Kathryn Lent, PT, DPT, PhC

UW Medicine
DEPARTMENT OF
REHABILITATION MEDICINE

**Have you ever had or sought physical therapy?
Do you identify as LGBTQ+?**

Researchers at the University of Washington want to talk with you about your experiences.

Who? People who are 18 years or older, live in Washington State, identify as any gender or sexual minority, and have either had physical therapy or tried to access physical therapy services

What? An interview with a researcher lasting no longer than 90 minutes - This may be a phone interview, if preferred.

Why? We want to understand your experiences so we can help improve the practice of physical therapy.

For additional information, contact:
LGBTQrehab@uw.edu
(206) 616-0383



How Effective Strategic Planning Leads to Innovative Community Programming

Please join us for PFLAG Academy Online, the e-learning program that brings free, monthly, PFLAG members-only learning opportunities with core educational programs right to your computer screen. Benefit from PFLAG National's great learning options, informed staff, and input from other participants without leaving home. All you'll need is a computer (or mobile device) and the drive to move equality forward!

Meeting Description:

In this interactive workshop, participants will learn from one chapter's experience with an in-depth strategic planning process and the resulting innovative community programming. Workshop leaders will share:

- The fundamental steps to developing a strategic plan for your chapter, including:
 - Data gathering
 - Articulating a long-term vision
 - Developing strategic priorities
 - Building project plans in support of those priorities
- A sample and adaptable strategic plan
- Replicable educational programming best practices that stemmed from the strategic planning experience.

We will also reserve plenty of time for Q&A so bring your questions!

Register for Event: www.pflag.org/onlineacademy

Date: Wed, April 22, 2020

Time: 5:30 PM PST

Duration: 1 hour