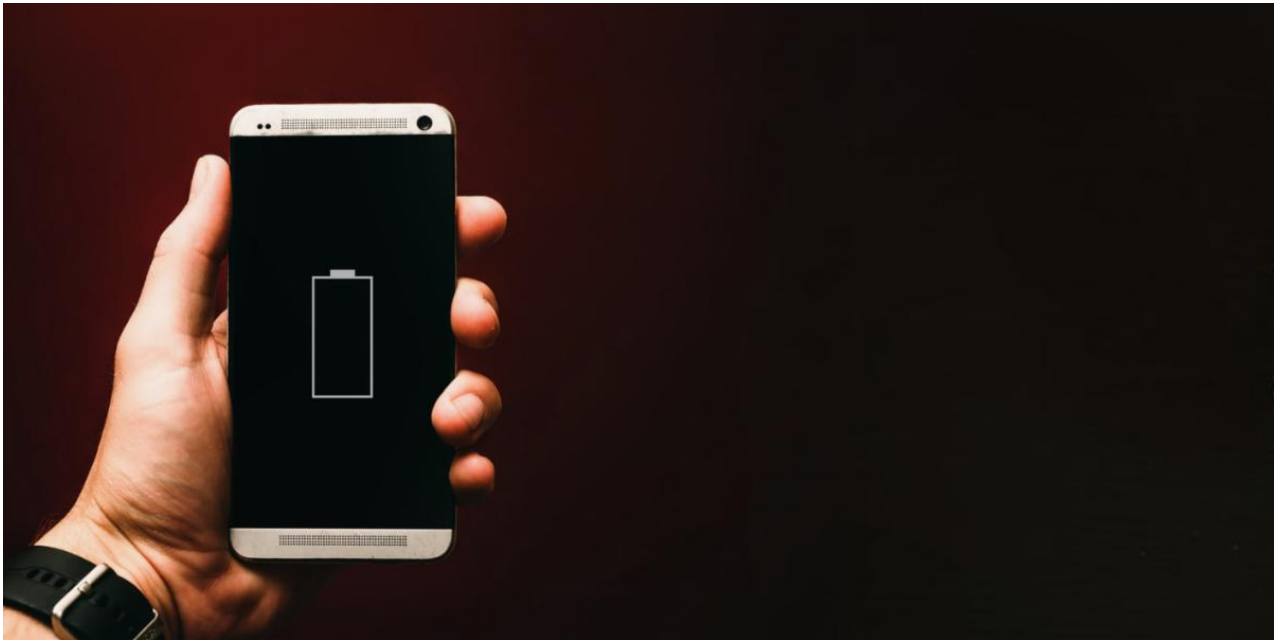




## You're Not Required to Set Yourself on Fire



Do you feel like your battery is constantly on low? How does this affect your ability to help others? **If we don't take care of ourselves, we cannot take care of others.**

We're hoping to share positive news and healing energy through this Newsletter, featuring collective wisdom from our Major Grantees on their ways on **addressing burnout**, insights from our Health Equity Scholars, and notices of upcoming funding opportunities.





## Huddled Together

At our annual All Grantees Meeting in December, we talked about the issue of burnout with [Major Grantees](#). Here are strategies they identified:

- Acknowledge and confront burnout. **Talk about it.**
- **Ask for help.** Encourage open communication with co-workers on feasibility and spreading of workloads. Support each other.
- Explore **improving wages and benefits** for nonprofit workers.

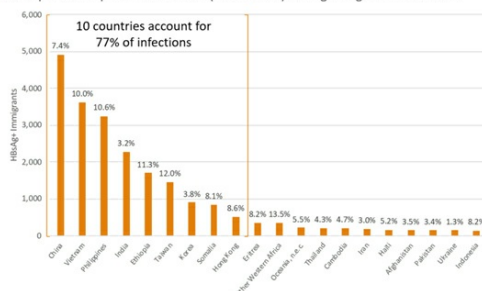
We are fortunate to have some of the greatest local minds and program leaders enthusiastically participate. We plan to learn from and provide more engaging safe spaces for our grantee communities to gather.

## Rising Stars

Our [Health Equity Scholars](#) program offers [University of Washington's School of Public Health](#) graduate students a way to complete their practicum requirements studying local existing health disparities.

In 2019, it is estimated that there were 25,320 (UI: 15,490-44,740) HBsAg+ foreign born individuals alive in King County

• Corresponds to a prevalence of 4.5% (UI: 2.7-8.0%) among foreign born individuals



### Ideas to Address Disparities in Maternal Health

1. Recommendations to reduce disparities<sup>1</sup>:
  - Improve access and continuity of care
  - Consolidate health services in one location
  - Increase social support structure
2. Role of community-based organizations (CBOs)
  - Culturally relevant care
  - All pregnant people accepted regardless of ability to pay



Devin's Slides

Michelle's Slides

Devin Razavi-Shearer's project aimed to estimate the prevalence of **hepatitis B among immigrant and refugee communities** in King County. Data was discussed with PHPDA grantees on eliminating hepatitis B county-wide.

With the report findings and local resources, King County has the opportunity to show the country and the world how the elimination of hepatitis B can be achieved. This model can be a building block to advance additional programs.

Michelle Thomas studied maternal health services and experiences of local Community-Based Organizations (CBOs), many of them funded by the PHPDA. Her project focused on **CBOs addressing maternal mortality disparities** faced by Black and Indigenous communities.

She identified points of intervention for funders and partnership opportunities for CBOs to improve maternal health outcomes and health equity.



## Upcoming Funding Opportunities

Apply for grants to increase access to health resources and reduce health disparities among underserved populations in King County:

### Major Grant Letters of Intent

Submit a Letter of Intent for funding to maintain and/or expand long-term service delivery or advocacy projects.

**\$50,000 - \$200,000**

*Due: January 14, 2022  
(12:00 PM noon)*

[Apply](#)

### Nimble Grant Cycle 2

Apply for short-term projects such as research, pilot programs, and capacity-building.

**Up to \$30,000**

*Due: February 11, 2022  
(12:00 PM noon)*

[Apply](#)



Four decades ago, activists fought to keep the Pacific Tower in community hands and to continue addressing health inequities. This year, we are hosting events on Campus to honor our visionary founders and look forward to the vibrant, innovative future of the PDA.



As a part of our celebration, we are commissioning a mosaic installation in the Tower and **we wish to include you** in this project. Starting this Spring, we'll have many opportunities for community to help us create this commemorative artwork. Look forward to future announcements.



***"You're not required to set yourself on fire to keep other people warm." - Penny Reid***

- Do something good for yourself. Take a break when you need it.
- Do something good for your employees. Show your appreciation with a personalized note.

Because in doing so, we will do better for our communities we serve.

**Like what you're reading?**

[Share](#) our email list.

**How are we doing?**

Contact Gene at [g.yoon@phpda.org](mailto:g.yoon@phpda.org) or (206) 309 - 6202 on how we can work better together.

### **About the Pacific Hospital Preservation & Development Authority (PHPDA)**

PHPDA partners with community organizations to improve access to health care services in Seattle/King County.

In 1981, the City of Seattle chartered PHPDA, placing in its trust the Pacific Hospital and Tower Campus, **a historic Seattle landmark**. PHPDA leases the property. The lease revenues are used to increase access to health resources and to improve health outcomes in King County through the Health Equity Fund grantmaking program.

### **Contact**

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