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- Beto Yarce, Ventures

GSBA Staff

- Louise Chernin, President & CEO
- Jeff Boyer, Sr. Development Officer
- Taylor Briggs, Scholarship Program Manager
- Amy Burdick, Sr. Business Relationship Manager



On May 17, the Sandy Peterson Memorial Scholarship was awarded for the first time to Fialau'i'a Lamositele at the GSBA Scholars Dinner

- Joey Chapman, Membership Development Manager
- Carlos Chavez, Production & Events Manager
- Rachel Chernin, VP of Operations & Director of Finance
- Eli Coffin, Business Training Specialist & Grant Manager
- Matt Landers, Public Policy Manager
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- Nicki McCraw, UW Medicine
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- Martha Davis, Chair, City Lights Sign Company
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- Amy Ecklund, AmyWorks Inc
- Joe Fugere, Tutta Bella Neapolitan Pizzeria
- Susan Fuller, Law Office of Susan K. Fuller, PLLC
- Shelley Gaddie, ProjectCorps
- Elise Lindborg, ZippyDogs
- George Pieper, OutSmart Office Solutions
- John Rubino, GreenRubino
- Greg Serum, Your Man Friday

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- Jay Petterson, Blue Wave Political Partners, LLC
- George Pieper, OutSmart Office Solutions
- Mona Smith, Mona Smith PLLC, Attorney at Law
- Susie Tracy, GSBA Lobbyist
- Eve Gourley
- Barb Wilson, Vulcan Inc.
- Leda Chahim, Sound Transit
- David Blandford, Visit Seattle

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- Rob Macauley, 1st Security Bank Home Lending
- Caroline Millet
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- Tomo Uehara, New York Life
- Ashley White, Lola's LLC
- Lisa Wierzbicki, Aflac
- Paul Wright, Moss Adams LLP

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- Carlos Chavez, GSBA
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- Tristen Pamphlet-Gardner, King County
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- Dana Savage, WA State Attorney General's Office

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- Joe Fugere, Tutta Bella Neapolitan Pizzeria
- Susan Fuller, Law Office of Susan K. Fuller, PLLC
- Matt Landers, GSBA

Scholarship Steering Committee

- Jeff Boyer, GSBA
- Taylor Briggs, GSBA
- Carrie Carson, pointb
- Stephanie Dallas, GSBA Board Chair
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- Ruby Hayden, Lake Washington Institute of Technology

- Aidan Key, Gender Diversity: Education and Support Services
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- Mark Rosén, GSBA
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- Randy Coté, Space Needle + Chihuly Garden and Glass
- Patti Denny, Port of Seattle
- Philip Fryer, Seattle Marriott Waterfront
- Marc Jones, Seattle Center
- Elisa Levinson, Seattle Sports Commission -- Visit Seattle
- Jolene McKenzie, Starline Collection
- Karen Olson, Space Needle + Chihuly Garden and Glass
- Angie Riley, Snohomish County Tourism Bureau
- John Rubino, GreenRubino

Build Your Best Workplace

GSBA now offers free trainings on Seattle's Office of Labor Standards

BY CADE SCHMIDT

As a service to small businesses (fifty employees or less) across Seattle, thanks to a grant from Seattle Office of Labor Standards (OLS), GSBA now offers free OLS trainings. The trainings provide a comprehensive review of five ordinances which most affect the city's small business owners and are led by GSBA Business Training Specialist & Grant Manager, Eli Coffin.

"Through the trainings, I explain what

business owners need to have on file to be in compliance," Eli said. "We provide business information sheets, paid sick and safe time policy examples, and tools for folks to implement these things."

The five ordinances which impact Seattle small business owners the most include the city's regulations on minimum wage, fair chance employment, paid sick and safe time, wage theft, and workplace posters. Eli can travel to anywhere within the city of Seattle to meet employers at their place or business, or business owners can schedule an appointment with Eli at GSBA Headquarters on Capitol Hill. Eli hopes that by providing these training, they can help business owners have a better understanding of labor standards and in turn feel more confident about implementing workplace policies.

"I often see a lot of people not having the correct paperwork on file, and it's just because people don't know that they need it," they said. "The city has some very specific needs from business owners. A lot of times people don't know what to do."

As a result of these trainings, Eli hopes

that he can help GSBA members and small business owners throughout the city thrive by building more robust employee environments.

"We can get people whatever they need to be in compliance," they said. "If people need a workplace poster, we'll get you a workplace poster." The trainings are not a critique of where a business is as it relates to OLS compliance, but instead meant to be a helping hand to become more compliant with existing laws and regulations.

As of 2019, minimum wage within Seattle city limits is \$15 an hour, unless the employer provides medical benefits or the employee earns tips. The 2019 Seattle Labor Standards Ordinances poster is required to be displayed in its original 11" by 17" size and visible to employees in every workplace within Seattle.

To find out more about the free Seattle Office of Labor Standards consultations and trainings, or to schedule some time with Eli, call GSBA at 206-363-9188, or email EliC@theGSBA.org.

Empowered Doctors Empower You

How a culture of caring improves the patient journey

BY ANDY VARYU, COMMUNICATIONS MANAGER AT PACMED

In a high-caliber market like Seattle, a lot of attention gets paid to the surface of medicine: who has the best telemedicine, the flashiest advertising, or the most recent facility remodel. But do those things really translate to better care for you and your loved ones?

I sat down with Dr. Manika Jamwal, a physician with Pacific Medical Centers for 10 years, working as a pulmonologist and sleep specialist (two of PacMed's 35 specialties). Dr. Jamwal shared how the soft skills of investing in patient relationships and respecting physician expertise still form an essential core of great health care.

So you've been at PacMed for a decade. What's kept you around?

PacMed doesn't question what a provider believes is in the best interest of the patient. The patient-physician relationship is respected. I feel very free to do what I need to do to provide the best possible care and the resources will be given to me, without question. All that makes being a physician here an all-around enriching and satisfying experience.

We're sitting here in your office—I've heard that PacMed made the strategic

choice to seat primary care providers together with specialists. Are there PCPs using this office, too?

They are. Right outside this door are the offices of family practice providers. We can't help but run into each other and that gives us the off-chance to discuss patients and coordinate care in person. The lines of communication are really open, warm and accessible, which

helps everybody provide better care to the patient.

Can you share an example of how close doctor interactions helped a patient?

We have an elderly woman as a patient, over 90 years old, living independently with no local support. Her daughter was visiting from overseas when they discovered a troubling

symptom. The daughter was only in town for a week, and very concerned she would have to return home with unresolved medical questions hanging over their heads. However, the PacMed team working closely together was able to schedule a next-day appointment, run a test and get a result the next day, and see a cancer specialist that same day. In the span of 72 hours the family had a prognosis and plan of action, and was able to get back to resting, savoring their time together, and planning for the future.

I'm hearing a theme that empowerment can be more than just personal—that the way a medical practice is set up can also help doctors act from that place of caring.

Yes. Because of the kind of relationships we have as a physician community here at PacMed, primary care providers know that when they have a patient who really needs evaluation by a specialist urgently, they can just pick up the phone and the patient will be seen and taken care of. And I feel the same way. We have that trust in each other. We know that we will provide "Simply the Right Care"—that is our motto—but it's also what we do, and that is very satisfying.

Doctors without Barriers

Because your health is too important for anything to stand in the way



At PacMed™, we are a practice filled with providers who remove barriers to address the health care needs of all patients.

Meet all the PacMed doctors who asked to be part of the GSBA Directory at thegsba.org (search PacMed) or 206.621.4060.

Our primary and specialty doctors are here to address your concerns with openness and respect:

Beacon Hill	First Hill	Puyallup
Canyon Park	Lynnwood	Renton
Federal Way	Northgate	Totem Lake

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Our pursuit of excellence begins with a passion for diversity and inclusion.

Liberty Mutual Insurance is proud to sponsor the Greater Seattle Business Association (GSBA). We honor and share your commitment to ensuring equality and support for the LGBTQ community.

LMI.co/Diversity

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