



**Katheryn Howell, Program Director**

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Katheryn believes, “Sometimes, people just need one more person that cares about them to make a difference.” She has successfully directed programs, grant deliverables and led teams for both non and for-profit businesses. Along with physician subject matter experts, Katheryn developed a geriatric curriculum for community health clinics, created career pathways for marginalized workers and launched self-management programs in affordable senior housing throughout Los Angeles County. Dedicated to helping healthcare practitioners improve their client experience, Katheryn completed WSU’s Health Care Lean Six Sigma Green Belt.



**Hannah Sateren, Lead Manager**

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Hannah has seen first-hand, how the Health Home program gives clients a voice and the opportunity to focus on what’s important to them. Her mission - meet people where they are at and show compassion regardless of personal values. She’s spent more than 6 years in roles involving case management and received her bachelor’s degree in Social Work from Eastern Washington University. **Favorite quote:** *“Alone we can do so little; together we can do so much.”* - Helen Keller



**Barbara Lewis, CPC (Certified Peer Counselor) Care Coordinator II**

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Barbara has dedicated 15 years to Social Services and established Full Life Care's Health Home Program in Snohomish County. Her mission - ensure every client feels heard, connected and valued. She has an AAS in Health Sciences, is currently pursuing a BA in Social Work and is a State Certified Care Coordinator Trainer. She also supports the Walk to End Alzheimer's and Snohomish County's Dog 4-H Program. **Favorite quote:** *"No one can develop freely in this world & find a full life without feeling understood by at least one person."* – Paul Tournier MD



**Melissa Cass, Care Coordinator I**

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Melissa brings with her 5+ years of experience empowering underserved communities through education and collaboration. She cultivated her professional acumen working within the fields of home care, adult day health and now Health Home and built her behavioral health knowledge through undergraduate studies in psychology. Her goal - help vulnerable individuals overcome barriers to receiving quality care. Melissa believes in the power of transformation and that in order to cultivate the potential in others we must "be the change we want to see."



**Christen Solberg, Care Coordinator I**

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Christen brings with her 5+ years in health care management along with fifteen years in customer service. She has been involved with local pet charities, fostered dogs, and has also painted people's pets for many years. She has an AA and is currently in school at the University of Washington for a bachelor's in Law, Economic, and Public Policy. Caring for others is the most important thing to Christen. Knowing she was going to make a difference in someone's life was the motivation behind this position as a care coordinator as well as everything she does in her life. She tries to live by the quote "We rise by lifting others" by Robert Ingersoll.



**Tara Avila, Care Coordinator I**

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Tara brings with her 10 years in the healthcare field. Starting as an Activities aide in a skilled nursing setting. Here she found a passion for working with individuals diagnosed with Dementia. Helping people feel seen and supported while moving through mental, physical, and emotional changes has been her primary career goal. These experiences led her to realize she wants to become a nurse – she is currently working toward her Associate Nursing Degree at South Seattle College. In her free time, Tara loves spending time with her son, boyfriend, and 2 dogs.



**Diana Rawls, Care Coordinator I**

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Diana has been volunteering and working within the senior, special needs and memory care communities for over 15 years. She started by singing at retirement communities and became a Memory Care Supervisor and Activities Director. She studied Music Therapy at Colorado State University and loves to inspire connections and memories with clients. Helping people navigate the golden years and live life to the fullest is her passion. In her spare time, she loves making music and art as well as hiking and gardening with her family!