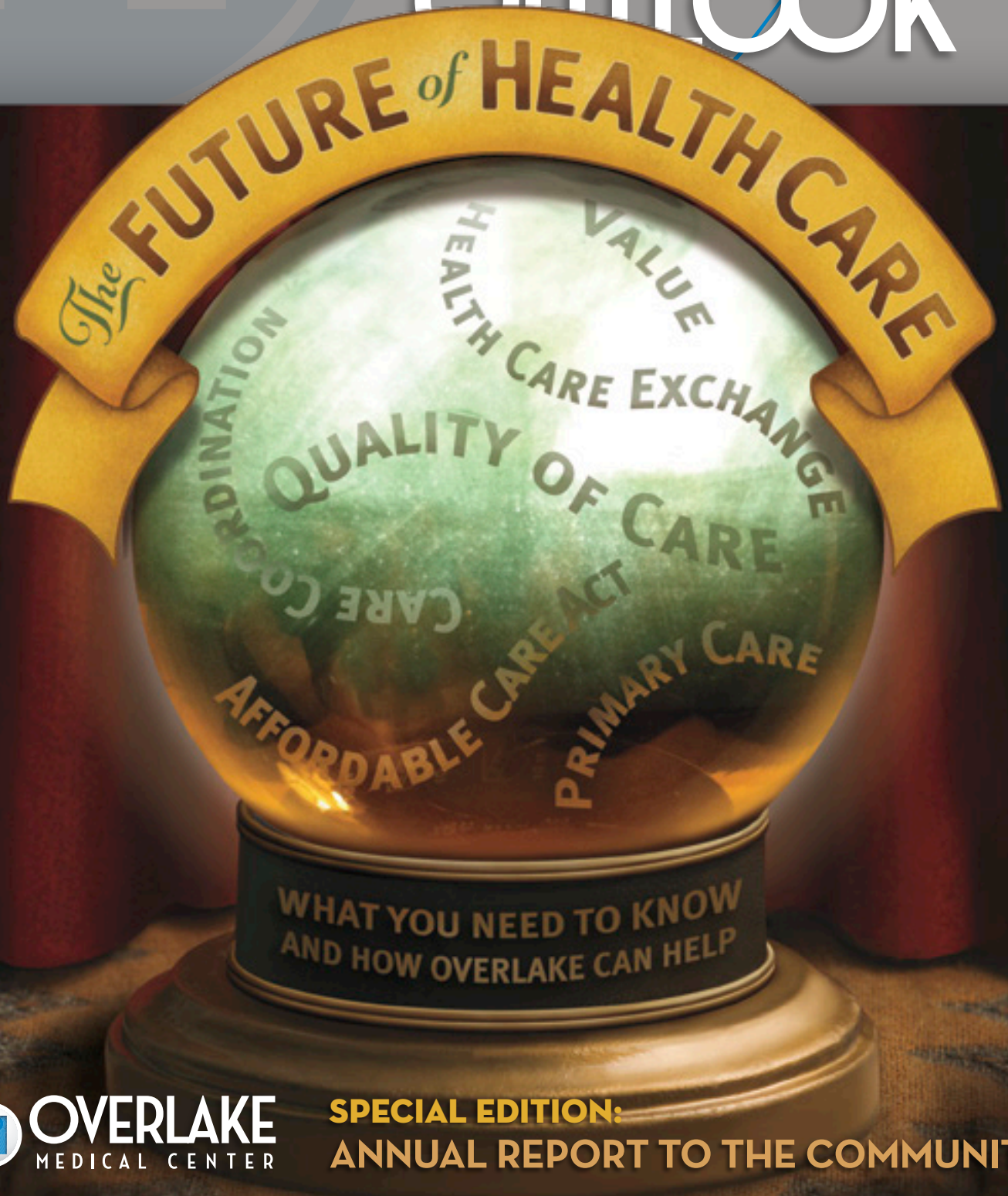


OVERLAKE

WINTER 2014

Healthy OUTLOOK





From the President & CEO

As of January 1, 2014, the Affordable Care Act requires everyone to have health insurance. With this change, each of us has new responsibilities and opportunities for health care—whether newly insured or continuing with an existing insurance plan.

We gathered a special panel of doctors and administrators to help explain what you can expect at Overlake—from the importance of accessing primary care and finding value in the system, to the shifting role of health care focusing on keeping us well rather than only treating illness. Even in the midst of these changes, it is important to know Overlake will continue to be your partner, providing accessible and affordable care.

In this Eastside community, we take care of one another. It is through the generosity of our community—those who make small and large donations—that Overlake sustains itself as a high-quality tertiary health system, operating without tax support. In this special edition, we also share our annual report—a closer look into how community support is helping Overlake continue to grow.

We welcome your comments and thank you for your ongoing support.

SAVE THE DATE 03.29.14

WHEN THE STARS ALIGN

Bandage Ball 2014

Hyatt Regency Bellevue

Funds raised will help create a new state-of-the-art Cancer Center at Overlake.

For more information visit www.bandageball.org or call 425-688-5526.

OVERLAKE MEDICAL CENTER
BANDAGE BALL

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HEALTHY OUTLOOK · WINTER 2014

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Overlake Hospital Medical Center is a nonprofit, independently operated regional medical center offering, in association with medical staff, a wide range of health technologies and specialty services. Earnings are devoted exclusively to the continuation and improvement of patient services and facilities, as well as educational, outreach and research activities. The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about health issues, contact your personal physician.

Periodically, we send communications to friends and neighbors in our community that describe the health care services and products we offer. If you would prefer not to receive communications like this from our organization, please call 425-467-3548 or e-mail healthyoutlook@overlakehospital.org.

Healthy Outlook © 2014. Published by the Overlake Marketing Department.

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For an e-copy, visit overlakehospital.org/healthyoutlook.



PRACTICAL NEW YEAR'S RESOLUTIONS

Every new year, about one in three people make a resolution to better themselves in some way and most of us don't follow through. Here are some practical tips for sticking with health resolutions:

- ▶ **Reduce your risk for cancer significantly by making healthier food choices.** Eat five to nine servings of fruits and vegetables per day and a low-fat diet. **Practical tip:** Eat a piece of fruit every time you eat something else.
- ▶ **Stay heart healthy by knowing your cholesterol numbers.** Have them checked at least once a year. **Practical tip:** Make an appointment for a checkup. Call our primary care clinics at 425-635-6600.
- ▶ **Keep joints healthy and disease at bay by exercising.** Exercise decreases pain, increases flexibility and improves blood flow. **Practical tip:** Take the stairs or park farther from your destination.
- ▶ **Get enough sleep.** **Practical tip:** Go to bed 15 to 30 minutes earlier every night this week.
- ▶ **Quit unhealthy habits.** **Practical tip:** Drink less soda and alcohol.

New for You! Classes for New Mothers

eClass: Understanding Birth

Can't come to childbirth class? We'll bring the class to you. Maybe you work late or on weekends, or find yourself on bed rest for health reasons; our online childbirth education program is the perfect alternative to an in-person class.

Pumping While Returning to Work

Learn strategies for women who are returning to work: how to maintain a full milk supply, best pumps for your situation and how to bottle-feed a breastfed baby.

After Baby Comes— A Support Group

This drop-in group is a perfect opportunity for new moms to come with their baby and talk about feeding, sleeping, the changing bodies of mom and baby, and navigating the complexities of motherhood.

.....
For additional information on these classes and more, please go to our website at overlakehospital.org/classes or call 425-688-5259.

PICTURE PERFECT

With state-of-the-art imaging facilities, Overlake Medical Center delivers first-rate patient care with maximum safety



Advanced medical imaging has revolutionized patient care. Radiologists can now diagnose most diseases with pinpoint accuracy, allowing for targeted treatment plans and reduced exposure to radiation. We asked Harold Prow, MD, a neuroradiologist with Overlake, to explain some of the finer points of medical imaging.

What distinguishes Overlake's imaging facilities?

Dr. Prow: Overlake offers state-of-the-art equipment at all of its sites. Also, Overlake Imaging Associates is a group of subspecialty-trained radiology physicians with a wide range of expertise, so patients can be assured they're getting the best and safest test available read by a radiologist who has expertise in that test.

Overlake is accredited by the American College of Radiology, and our scanners meet the ACR requirements for radiation dose and image quality. Overlake also practices *As Low as Reasonably Achievable* [ALARA] to minimize a patient's radiation exposure. When possible, we attempt to use exams that do not require radiation exposure. An example would be performing an ultrasound rather than a CT. We also do small things that patients might not be aware of that make things safer such as using breast shields and tailoring the exam to the specific area of concern. While these things might sound small, they add up and allow for a better and safer patient experience.

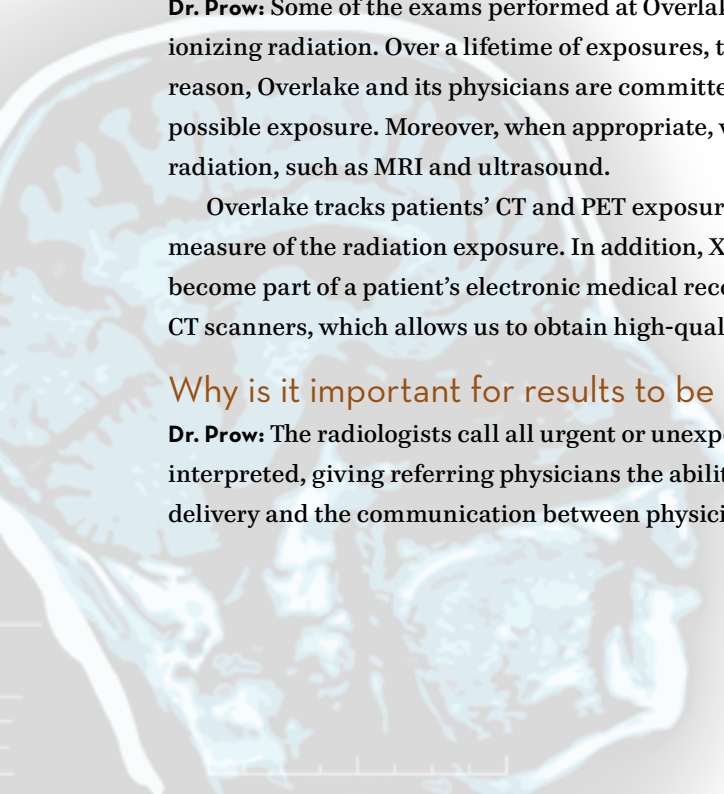
How does Overlake keep track of radiation, and why is that important?

Dr. Prow: Some of the exams performed at Overlake's imaging facilities require a small amount of ionizing radiation. Over a lifetime of exposures, there is a slightly increased risk of cancer. For this reason, Overlake and its physicians are committed to obtaining diagnostic images with the lowest possible exposure. Moreover, when appropriate, we offer alternative tests that do not use ionizing radiation, such as MRI and ultrasound.

Overlake tracks patients' CT and PET exposure by measuring dose length product, which is a measure of the radiation exposure. In addition, X-ray procedure time is tracked. These measurements become part of a patient's electronic medical record. We also offer post-processing software on some CT scanners, which allows us to obtain high-quality images with far less radiation exposure.

Why is it important for results to be relayed back to a physician quickly?

Dr. Prow: The radiologists call all urgent or unexpected results immediately after the exam is interpreted, giving referring physicians the ability to address problems the same day. The rapid report delivery and the communication between physicians provide patients with great peace of mind.





CURB CRAVINGS AND BOOST YOUR IMMUNITY

With a lack of sunlight during the winter months, healthy eating can be difficult. A drop in sun exposure leads to a drop in serotonin (our “feel good” hormones), causing depression and food cravings. To avoid a dreadful diet this season, prevent weight gain and enhance your immunity and mood:

Prep your meals in advance. Make a list of healthy meals and snacks to get you through the week, and grocery shop ahead of time.

Make sensible carb choices. Select nutritious whole grains, sweet potatoes, pumpkins and squashes.

Don't forget to drink up. Keep healthy by drinking water and replacing your coffee with green tea.

Stay full, longer. Include some type of protein with each meal or snack. Eat seasonal, colorful fruits and veggies.

Care for your cold. Prevent cold or flu by including 1,000 mg of vitamin C supplements in your diet. In addition, yogurt provides probiotics that restore levels of healthy bacteria, protecting our bodies from infection.

NUTRITION SERVICES

You can learn how to help yourself lead a healthier life through the food choices you make. For more information, call Nutrition Services at 425-688-5484 or visit overlakehospital.org/outpatientnutrition.

French Onion Sourdough Soup

Makes 2 servings

Ingredients:	1 teaspoon fresh thyme
2 yellow onions	$\frac{1}{2}$ teaspoon cracked black pepper
$\frac{1}{4}$ teaspoon salt	2 slices whole-wheat sourdough bread
$\frac{1}{4}$ cup red wine, divided	
$2\frac{1}{4}$ cups water, divided	

Directions:

Slice the onions into pieces roughly 2 inches long. Put a wok or pot on medium-high heat. Add the sliced onions and salt and sauté until the onions are heavily browned. Add in 2 tablespoons of the red wine and stir quickly. Once it completely evaporates, allow the onions to cook for another minute and then add in the remaining 2 tablespoons of red wine. Allow it to evaporate, allow the onions to sauté again, and repeat this twice more, using 2 tablespoons of water each time.

Add the remaining 2 cups of water to the pan, along with the thyme, pepper and bread; allow the soup to simmer for about 2 minutes. You should find that the bread starts to roughly dissolve and thicken the soup. Once that happens, it's ready to serve.

Making It Simple: Go through the browning process with the onion just two times (you'll only be using the red wine to do this) and then add all the ingredients to the pan, simmering everything for about 5 minutes.

Tip: The best way to slice an onion is to first slice it in half. Lay each section flat, and then slice it in half across its longest dimension. You now have four wide onion sections. Slice each of those into lots of thin onion pieces.

Nutritional Information: calories: 149; fat: 1 g; calories from fat: 7%; cholesterol: 0 mg; protein: 4 g; carbohydrates: 28 g; sugar: 8 g; fiber: 3 g; sodium: 453 mg

Recipe from Jason Wyrick in *21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health* by Neal Barnard, MD.



**HEALTH
CARE**



**NEW
ERA**

WHAT YOU NEED TO KNOW

AND HOW OVERLAKE
CAN HELP





ince its beginnings, Overlake Medical Center has been on a mission to ensure the health and wellness of the Eastside community, and that legacy continues today as health care delivery changes.

The fact that more Americans will have access to insurance coverage through the health care exchanges is only one piece of the puzzle. We're entering a new era of health care delivery where patients are more informed and encouraged to manage their health, in partnership with health care providers, and where delivering high-value (high quality and low cost) health care is essential.

Still, many of us wonder: How is health care delivery going to be different? What is Overlake doing to help patients through the transition? What new Web tools should you know about? Overlake gathered a roundtable of executives to get some answers. Here's what they said.



How does Overlake's mission align with the principles behind the Affordable Care Act (ACA)?

BRYAN: Overlake was started by the citizens of Bellevue more than 50 years ago to provide health care on the Eastside, where there wasn't a hospital. Since then, we have made it our mission to provide convenient access to comprehensive, high-quality and high-value care. We embraced the idea behind the design of affordable care long ago—to provide greater access to care. And we've provided assistance to Eastsiders in a variety of ways since then, including charity care, free classes and social services. Fortunately, the ACA will allow greater access to insurance and to health care for Eastsiders.

Anyone who is uninsured or looking for better coverage—including people with pre-existing conditions—can now choose from government-subsidized health plans, called health care exchanges.



How is Overlake helping people get signed up?

BROWN: We're sending letters to all of our self-pay and charity care patients explaining what the Washington State Healthcare Exchange is, how to access it and sign up—whether online or via phone. We've added information to our website, with links directly to the State Exchange website. We're also looking at adding this information to patients' paper bills they receive in the mail. And we have computers in the emergency department so people can sign up right there. The

Exchange website, wahealthplanfinder.org, provides much more information.



When people sign up through the Washington State Exchange, how should they decide which insurance plan is best for them?

MCLAUGHLIN: The first thing is making certain the plan you're signing up for includes the doctors and providers you're used to seeing. Many of the new plans contain narrow network provisions that limit the physicians and hospitals participants can see.

CLARFELD: You want to look at all the costs, including upfront costs, the monthly premium, as well as ongoing costs for deductibles and co-pays. It is important to understand the total amount you have to pay.

MCLAUGHLIN: There are seven different insurance companies licensed to participate in the Washington State Health Exchange in King County, and each of them has multiple plan offerings, depending on various factors, such as age; so there is a diversity of

OUR PANEL OF EXPERTS

KIPEPEO BROWN

*Director of Marketing,
Communications and Community Outreach*

RICHARD BRYAN

*Vice President, System Change Management,
Chief Compliance Officer*

RICHARD CLARFELD, MD

*Medical Director of Overlake Medical Clinics,
Chief of Staff Elect*

JULIE CLAYTON

*Vice President of Patient Care Services
and Chief Nursing Officer*

GARY MCLAUGHLIN

*Executive Vice President of Finance
and Chief Financial Officer*

CAITLIN HILLARY-MOULDING

*Vice President of Strategy,
Marketing and Network Development*

JOHN NELSON, MD

Medical Director of the Hospitalist Program

plans that a person needs to navigate. Overlake participates with five of those insurers currently and is in discussion with the remaining two.

Most insurers, particularly those on the Exchange, have “out-of-pocket cost estimators.” People can evaluate care costs within a particular health system—clinics and hospitals—and ask, “If I need breast surgery, where do I go? What’s my total cost going to be, based upon my particular insurance plan?” They can also choose what is right for them based on their unique situations—criteria such as who in the family needs coverage, the health of those individuals and the household budget.

At Overlake, we are goal-driven to deliver the highest-quality care and have a very low cost for that care, which means lower out-of-pocket costs for our patients and a better overall value, given our high quality. That’s why our services are covered by a majority of the Exchange plans.

Q *How can you assure patients Overlake provides high-quality care and value?*

BRYAN: There are several ways. We are monitored by federal, state and private agencies on myriad performance measures, including safety, delivery of care, cost, quality, etc. Most of those measures are publicly reported and accessible through websites like Healthgrades, Leapfrog and the Joint Commission. We monitor ourselves continuously to ensure we are achieving top-level performance. As a result, we know at any given time where we stand and can prove we provide high quality of care at a lower cost.

CLARFELD: We continuously monitor ourselves. Each service line in the hospital has to present to our very active hospital quality committee. Just today, both cardiology and cardiac surgery presented their in-house outcomes and compared them against national benchmarks. They acknowledge where processes can improve, and we recognize them for exceeding goals. In addition, Overlake has a very involved peer review committee.

MCLAUGHLIN: We also routinely review our costs to the patient and costs to the employer relative to other options in the market. We compare very favorably on virtually all

measures. These cost savings also come with comparable or better quality outcomes and better patient experience scores—adding up to much higher value for patients and employers.

CLAYTON: Our commitment to top-quality care means we measure ourselves against external benchmarks with the goal of being a top performer.

We use national, state and publicly reported benchmarks to compare and evaluate our care.

Overlake consistently beats these benchmarks, and we achieve national recognition from several organizations for our patient safety and quality outcomes.

Q *Will the ACA affect people who have been getting coverage through their employers?*

MCLAUGHLIN: Employers look at comparisons within their industry to

determine insurance coverage levels. With the ACA, a new set of data points will be available, and employers may be more discerning about the high-cost, high-benefit plans currently offered. As many have already done, more employers will move in the direction of insurance plans with higher deductibles, higher co-pays, health care savings accounts and more costs passed along to the employee.

CLAYTON: Even though the ACA isn’t fully implemented, we’re already seeing differences. For example, we know our emergency room visits have declined significantly. We know consumers are making choices to keep their out-of-pocket costs down. People are using urgent care clinics for things like a sprained ankle where their out-of-pocket cost is lower, versus coming to an emergency room for those same conditions. So as consumers bear more of the costs, we expect more people to use primary care and urgent care clinics to stay healthy and out of the hospital. This is exactly what we want for our community, why we’ve added clinics across the Eastside and what the ACA is designed to do.

BRYAN: Employers, depending on the size of the company, may discontinue their commercial benefit plan and allow their employees to purchase insurance through the Exchange, or there may be a partner, spouse or child on an Exchange plan.

HELPFUL RESOURCES

WASHINGTON HEALTH PLAN FINDER
WAHEALTHPLANFINDER.ORG

**COMPARE HEALTH PLANS AVAILABLE
IN THE STATE OF WASHINGTON,
AND APPLY FOR COVERAGE.**

EXCHANGE INSURERS COVERING OVERLAKE
PREMERA BLUE CROSS
LIFEWISE
GROUP HEALTH
BRIDGESPAN
COMMUNITY HEALTH PLAN OF WA



Q *You mentioned patients being cost-conscious. One goal is to help patients become smart health care consumers. How will Overlake and Overlake doctors help them do that?*

BRYAN: That is the opportunity and the challenge. ACA is changing everybody's behaviors and expectations. As individuals, we have a stake in our own health and need to take ownership of that. Overlake's additional access through seven primary care clinics and two urgent care clinics encourages all of us to focus on staying well: finding and treating conditions before we need high-cost care.

CLARFELD: Our primary care doctors will spend more time in the clinic talking to people about health and wellness than we have in the past.

Q *As new people come into the system, what is Overlake doing to help them understand how to get care?*

BRYAN: We're helping educate those within our communities who, for whatever reasons, have never accessed health care. That may mean having patient navigators help patients understand the role of primary care in shepherding their health and wellness. We already have a series of community outreach programs and free classes to encourage people to appropriately navigate and use their health care options.

MCLAUGHLIN: We currently have a fairly sizable population of people who qualify for Medicaid but don't access it. So we also have a program to assist people with signing up at the Medicaid office for coverage.

Q *What generally stops people from getting the care they need?*

CLAYTON: As hospitals, we offer episodic care. We often say to people, "Here are your prescribed discharge medications." That patient doesn't tell us they have to choose between buying these expensive medications and eating this month. So they don't pick up their prescriptions, and we don't know they aren't taking the medicine they need to stay healthy. Or, if child care, work schedules or transportation are difficult, the likelihood of that person going to a follow-up appointment is questionable.

As we care for patients with chronic conditions and embrace them holistically, offering ways for them to manage those conditions realistically, conveniently and affordably will help ensure we are providing appropriate care in the correct setting—before they end up in our emergency department or require hospitalization.

Our new electronic health record will help tremendously

to coordinate, streamline and follow up on patients' care across multiple settings.

Q *Now that more people will have health coverage, existing patients may be concerned that doctor appointments will be more difficult to schedule. What would you say to those existing patients?*

HILLARY-MOULDING: We have same-day access in all our primary care clinics for immediate needs. And we have three days to the next available regularly scheduled appointment with a primary care provider for issues such as annual exams. We really try to manage schedules to allow efficient access for patients.

In addition to our existing seven primary care clinics throughout the Eastside, we plan to add two more in the next two to three years. One of our existing clinics focuses on the geriatric patient population. We're one of the first in our region to offer a geriatric-focused primary care clinic with pharmacy, social work and other support services to help patients on an outpatient basis, managing their medications and their psychosocial needs, to help prevent an acute episode requiring hospitalization.

We also have two urgent care centers with immediate, walk-in access and comprehensive imaging services onsite. If necessary, we can easily transfer patients to our emergency department and make referrals to specialists—without the long commute to Seattle.



Q *To prepare for the ACA, Overlake has invested in a software system (Epic) that gives health care providers real-time patient information. What are the benefits of Epic?*

CLARFELD: It's a total paradigm shift for us. We've had all these outpatient services that were independent, and all on paper, where patients would have charts in many different offices but not shared with each other. Now, all those clinics and the hospital are on the same electronic medical record. Now everyone is looking at the same information. Immediately after the electronic medical record system went live, our team could see the positive impact to patient care.

MCLAUGHLIN: The silos are breaking down between hospitals, physicians, pharmacies, extended care and other providers. This allows for smoother handoffs and improves patient care. Programs like our new Epic electronic health record system are helping to manage a patient throughout the continuum, as opposed to just within our four walls.

CLARFELD: People's follow-up appointments will be easier to track with the electronic records, as opposed to paper charts.

For the first time, Epic gives us the ability to capture and analyze data, and then establish algorithms for care as the underpinnings of providing wellness. For a diabetic patient, the care provider can graph his or her progress on certain clinical indicators like hemoglobin A1c or lipids or blood pressure. Now the provider can get a printout of the results in a linear way never possible in a paper chart, and patients have access to it too. Ultimately, this helps us manage patients' chronic conditions, develop an effective treatment plan and keep them out of high-cost, acute care situations.

Q *Overlake has also introduced ONE Chart, a Web portal that allows patients to schedule appointments, check their medical history and lab results, renew prescriptions, and ask questions. How are people responding to ONE Chart?*

CLAYTON: Our younger generation was quite frustrated they had to call anybody—"Why can't I just do it all on my smartphone?" Now, they are happy they can log in to ONE Chart and see a note from their doctor: "Your lab tests were all normal. See you next year." Our primary and specialty care clinics' staff and physicians are encouraging use of ONE Chart—explaining to patients the benefits and ease of being able to access information on their own time, outside of business hours,

and to communicate with their doctor or care provider without multiple phone calls and voice mails.

Q *Will the Affordable Care Act have any financial impact on Overlake?*

MCLAUGHLIN: Overlake, as well as all hospitals,

agreed through our professional associations to reductions in future Medicare increases in order to pay for the Affordable Care Act. That impacts all hospitals equally. On the positive side, we will have patients who currently do not qualify for any kind of coverage and do not have the ability to pay who will now be covered by Medicaid and the ACA.

Q *The legislation is still being refined. How will Overlake provide care in the meantime?*

BRYAN: What people in our community should know is that we're here to provide exceptional health care for them, be it in our primary care clinics, in our hospital or after hospitalization—with the same high-quality, high-value care we've always been known for. That will not change because of the complexities of the ACA.

CLARFELD: A lot of the new policy is complicated, and the government has been criticized for not having it worked out ahead of time. But it's reasonable to expect a certain number of hiccups—things they didn't anticipate. So we'll have to be flexible, and as we said before, we're continuing on our path to provide more and more access for our community.

NELSON: And we're on the side of the patient. We're really in this together.

FIND A DOCTOR

It's important to establish a relationship now with a primary care doctor who can manage your health right alongside you before you need expensive care.

Overlake has many to choose from. Click or call:

overlakehospital.org/clinics

425-635-6600

OVERLAKE'S SENIOR HEALTH CLINIC

An innovative team approach to primary health care for seniors, featuring coordinated, comprehensive care

In today's world, doctor visits can seem rushed and impersonal. You can do several things to make the most of your visit. Most important, pick a primary care doctor you trust and with whom you can talk. At Overlake Medical Center's Senior Health Clinic in Bellevue, our physicians take an innovative approach to primary health care for seniors.

Overlake's Senior Health Clinic is one of the very few clinics in the Puget Sound area focused exclusively on taking care of senior patients. It has a multidisciplinary team composed of physicians, clinical pharmacists, geriatric nurses and geriatric psychiatrists. The primary focus is on patients with geriatric syndromes such as falls, memory problems, urinary incontinence, osteoporosis and complex medical and social issues. The clinic team focuses on providing comprehensive care for its geriatric patients and promotes a coordinated team effort to improve quality of life, wellness and illness prevention for seniors on the Eastside.

Overlake's geriatricians have a solid understanding of the interactions between the seniors' overall function and health concerns. Our physicians understand the special needs of seniors and are trained to use a variety of tests to ensure quality and proactive health care.

Each patient receives an overall assessment of his or her physical, social and nutritional needs. All new patients are scheduled for a 30-minute medication reconciliation appointment with a licensed pharmacist,



Dr. Fernando



Dr. Raskind



Dr. Rattanasamphan



Dr. Duggal



Now Accepting

- New patients
- Medicare Part B insurance
- Most Medicare supplemental insurance plans
- Most Medicare Advantage insurance plans (Aetna, United Healthcare, Humana, Molina, Soundpath, CHPW, Regence)

Senior Health Clinic

1750 112th Ave. NE, Suite A101
Bellevue, WA 98004 • 425-688-5234

followed by a 60-minute visit with the physician. The physicians then work with the patient's family to provide quality care for each senior. "We take into account the physiological changes that occur in the body with aging and how they interplay with the current state and medication regimen of the patient," explains Priyanka Duggal, MD, medical director at the Senior Health Clinic. "We constantly review medication dosing, monitor for drug interactions and closely assess the medication regimen to make sure it is appropriate for our senior population."

Family support is crucial for providing comprehensive medical and social care to seniors. "We work closely with families by discussing goals of care and assessing home safety and medication management," says Dr. Duggal. "We consider family members part of our team, helping our patients achieve better quality of care."



Classes and Programs

Classes are offered at multiple locations. Check your confirmation letter for more details. Preregistration required.



TWO EASY OPTIONS FOR REGISTRATION:

1. Go to overlakehospital.org/classes.
2. Call 425-688-5259, Monday-Friday, 8 a.m.-4:30 p.m.

Many of our programs and classes are supported by our Overlake Medical Center Auxiliaries.

Become a fan of Overlake and follow us online.



PLANNING FOR PREGNANCY

Register Early—Classes Fill Quickly

FREE Weekly E-mail

A great resource to guide expectant parents through pregnancy and the first year of their baby's life, with customized information and resources from Overlake's parent education staff. Visit overlakehospital.org/childbirthcenter to sign up.

Childbirth Center Tours

Sign up at overlakehospital.org/classes.

Before Baby Comes

Register early for best selection. Preparation for labor, birth and life with your newborn. Visit overlakehospital.org/classes for class descriptions, dates and times.

Classes on Childbirth and Newborn Care

- Preparation for Childbirth and Newborn Care.
- Understanding Birth: eClass. Can't join the childbirth class? We'll bring the class to you.
- Breastfeeding: essential information.
- Prenatal Yoga: for expectant and postpartum moms.
- Car Safe Kids: how to choose and install an infant car seat.
- Conscious Fathering: for expectant dads. Celebrate the special relationship between father and child.

After Baby Comes

NEW CLASSES!

- **Pumping While Returning to Work**
Learn strategies for women who are returning to work. How to maintain a full milk supply, best pumps for your situation and how to bottle-feed a breastfed baby.
- **After Baby Comes Support Group**
This drop-in group is a perfect opportunity for new moms to come with their baby and talk about feeding, sleeping, the changing bodies of mom and baby, and navigating the complexities of motherhood.

PARENTING

For Girls Only: A Heart-to-Heart Talk on Growing Up and

For Boys Only: The Joys and Challenges of Growing Up

Bellevue classes are sponsored by Seattle Children's and Overlake. Each of these programs is offered as a two-part class from **6:30-8:30 p.m.** and is recommended for girls or boys ages 10 to 12 years and a parent or guardian. Every family will receive the book *Will Puberty Last My Whole Life?* Registration and information are available at seattlechildrens.org/classes. Register early for best selection. Scholarships available. \$70 per child/parent; \$20 per additional person.

SAFETY

Better Babysitters

Sponsored by Seattle Children's and Overlake. Youth ages 11 to 14 will learn responsible babysitting by studying basic child development, infant care, safety, how to handle emergencies, age-appropriate toys, business tips and what parents expect. Classes are held regularly on Saturdays and Sundays from **9 a.m.-2 p.m.** at Overlake in Bellevue and Seattle Children's. A class schedule and registration are available at seattlechildrens.org/classes-community. \$40 per person.

First Aid and CPR Certification Class

Includes infant/child/adult CPR, automated external defibrillators (AEDs) and basic first aid training with an emphasis on childhood-related injuries. Receive a two-year American Heart Association completion card and workbook. These classes are recommended for everybody including day care workers and others needing certification for their workplace. First aid and CPR/AED portions may be taken separately for \$40 per class. **Sat., Feb. 22, 9 a.m.-4 p.m. or Tue., Apr. 8 and Thu., Apr. 10, 6:30-9:30 p.m.** \$70.

Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. **Tue., Jan. 14 or Wed., Apr. 2, 6:30-9:30 p.m.; Sat., Feb. 8, Mar. 15 or Apr. 19, 9 a.m.-noon.** \$35 per person; \$60 per couple.

For more information about our classes, or to register,

CPR for Health Care Providers

Wed., Feb. 12, 6-9:30 p.m. \$60

Spanish-Speaking CPR and First Aid Classes

Call 425-688-5248 (bilingual) for more information.

HEALTHY LIFESTYLES

Women's Pelvic Health—An overview of common disorders and what you can do

Nearly a quarter of all women have a pelvic health disorder, which can affect quality of life and overall medical and emotional health. Attend this informative presentation to hear a panel of pelvic health experts discuss a variety of common disorders, what diagnoses and treatment options are available and how you can improve your pelvic floor health. Topics include urinary and bowel incontinence, pelvic organ pressure, constipation, menopause and hormone therapy. Our presenters include urogynecologist Kathryn Arendt, MD, board certified in female pelvic medicine and reconstructive surgery (FPMRS); Mitra Ehsan, MD, colorectal surgeon, board certified in general and colorectal surgery; Elizabeth Miller, MD, urogynecologist, board certified in FPMRS; Jeannette Proctor, MSN, ARNP, urogynecology nurse practitioner; Kathy Golic, physical therapist; and Sagira Vora, physical therapist, MPT, WCS, board certified in women's health. **Tue., Feb. 25, 6:30-8:30 p.m.** Overlake's PACCAR Education Center. Preregistration required. FREE.

Be Heart Smart: What Women Should Know About Their Cardiac and Vascular Health

Learn how to improve your odds against heart attack. Discussion will include risk factors and symptoms for coronary artery disease and a review of innovative diagnostic tools and treatment options. Presenters include Overlake interventional cardiologist Gretchen Crittenden, MD, and Overlake cardiothoracic surgeon David Nelson, MD. Refreshments, including "heart-healthy" red wine and dark chocolate, will be served.

Heart Health Screening

Reserve your time in advance to attend the following screenings (space is limited):

- ♦ Blood pressure check by The Hope Heart Institute.
- ♦ Nonfasting cholesterol screening.
- ♦ Carotid artery screening by Lake Washington Vascular.

Wed., Feb. 12, Pre-reserved heart health screenings from 5:30-7 p.m.; presentation from 7-8 p.m. Reservation required. Men welcome. FREE.

Motion Is Life

Is pain keeping you from enjoying life? If so, attend this informative seminar, taught by an Overlake orthopedic surgeon, to learn more about joint pain relief as well as knee and hip replacement. Our presenters include surgeons James Bruckner, Jonah Hulst and Steven Ratcliffe. Time allowed for questions. Seminar options: **Wed., Jan. 22, 6:30-8 p.m. or Thu., Feb. 6, noon to 1 p.m.** at Overlake Medical Center. **Thu., Feb. 27, 6:30-8 p.m.** at Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue.

Hypnosis for Weight Loss

Give your subconscious mind a map that tells it where you want to go. In this three-part series, Robert W. Felix, certified hypnotherapist, will help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. **Thu., Jan. 23, 30 and Feb. 6 or Mar. 6, 13 and 20, 7-9 p.m.** \$89. Reduced rates are available for those who have previously taken this class. Check our website for details.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Visit overlakehospital.org/wlscinic or call 425-688-5214 for more information. Preregistration is required.

DIABETES EDUCATION SERVICES

Overlake's Diabetes Education Services offers one-on-one education as well as a three-part series of classes to help you learn practical skills to manage your diabetes. To schedule an appointment or register, call 425-688-5700 and press 5 when prompted.

Is Your Blood Sugar Rising?

Learn to manage your blood sugars and risk for Type 2 diabetes. This one-time, 90-minute class does not require a physician referral. For more information and to register, call 425-688-5636. \$40 (prepaid at registration).

Diabetes Education

A series of three classes that build on each other. Education includes discussion of medications, meal planning and making food choices to fit your lifestyle, how to avoid complications of diabetes, guidelines for monitoring your blood sugar at home and more. Requires a physician's referral. Call 425-688-5700 to register. We recommend contacting your insurance company in advance to confirm coverage.

SENIOR CLASSES

Early Stage Memory Loss

Open to those recently diagnosed with dementia and their loved ones. The program provides support and education on medical causes and treatments, future planning and communication strategies. **Thu., Feb. 27, 1-4 p.m.** Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue, Rm. 16. Preregistration required; call Jenny at Alzheimer's Association at 206-363-5500, ext. 229. FREE parking. FREE.

A Matter of Balance

A Matter of Balance can help seniors improve their quality of life and remain independent. The class is designed to reduce the fear of falling and increase activity levels. **Tue. and Thu., Feb. 4-27, or Mon. and Wed., Mar. 3-26, or Tue. and Thu., Apr. 1-24, 10 a.m.-noon.** The Gardens at Town Square, 933 111th Ave. NE, Bellevue. Preregistration required; call 425-688-5259. Includes workbook and water bottle. Complimentary lunch following first session and FREE parking. FREE.

(Seated) Yoga for Balance

This breath-oriented practice will help increase your circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. Exercises are done from a chair and adapted to each individual's ability. Ridgewood Complex, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Jan. 7-28, or Feb. 4-25, or Mar. 4-25, or Apr. 1-22; or Thu., Jan. 9-30, or Feb. 6-27, or Mar. 6-27, or Apr. 3-24, 12:15-1:30 p.m.** Preregistration required; call 425-688-5259. \$44 for four-week session.

Understanding Dementia

This class will provide a brief review of the basic information relating to dementia. What is normal and abnormal memory changes with aging, risk factors, what to do if you suspect a loved one has a memory problem. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Feb. 6, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Dementia Series: Communicating With Someone With Dementia

This class will provide families and caregivers with some practical hands-on-tools. Good communication can improve quality of life for people with dementia and their families and can help prevent resistance and difficult behaviors. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Feb. 20, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

please visit overlakehospital.org/classes.

Dementia Series: Challenging Behaviors of Dementia

This workshop will provide a brief overview of dementia and hands-on tools for working with individuals with challenging behaviors. Participants will learn to enter the world of the person with dementia to better understand the meaning of behaviors and uncover their triggers, as well as to intervene to decrease the distress and prevent/defuse inappropriate behaviors. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Mar. 6, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Dementia Series: Keeping It Safe

People with dementia are at risk for getting lost and suffering other injuries. This session explores why people with dementia have an increased safety risk. It also helps the learner to assess for and correct safety problems in the home environment, be able to anticipate and avoid unsafe situations, and be able to react appropriately when accidents do happen. This class is not appropriate for the person with memory loss. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Mar. 20, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Dementia Series: Self-Care for the Caregiver

Should you involve the person with dementia in planning for the future? How can you talk about difficult topics with a family member who has dementia? What are advance directives (such as durable power of attorney and living will) and why is it important to complete them early on in the disease? This class will answer these questions and provide an overview of how care needs change over time. We will also discuss the importance of self-care and meeting the needs of the caregiver. This class is not appropriate for the person with memory loss. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Mar. 27, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Walk For Life—Senior Walking Program

Join this ongoing walking program to exercise safely and effectively while improving strength and balance. Walk on a flat, even surface out of inclement weather. One-mile and half-mile routes available. Bellevue Square, enter at Skybridge 4. **Mon., Wed. and Fri., 8-9:30 a.m.** No registration required. For more information, call 425-688-5259. FREE.

BELLEVUE YMCA CLASSES

Understanding Diabetes

Early diagnosis and control of diabetes are essential for preventing serious complications. An Overlake diabetes nurse educator will review risk factors, symptoms and treatments available. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Feb. 12, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

Don't Let Hearing Loss Affect Your Quality of Life

It's annoying and frustrating to have to continually ask, "What did you say?" A hearing specialist will discuss the causes of hearing loss, offer viable options and provide resources that can improve the quality of life. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Mar. 12, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

REDMOND SENIOR CENTER CLASSES

Hypertension: Should I Be Concerned?

Hypertension or high blood pressure affects one out of four Americans and usually has no symptoms, but it can have serious medical consequences. An Overlake physician will discuss the risk factors, detection and treatments along with offering ideas of how to reduce your risk factors. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Jan. 15, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Fighting Back Against Strokes

Strokes are the third leading cause of death in the United States; however, there have been significant advances in treatment approaches. An Overlake physician will discuss how to reduce risk factors, detection and treatment of strokes. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Feb. 19, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

What You Should Know About Your Medications

As your body ages, it becomes more vulnerable to medication-related problems, leading to adverse reactions. An Overlake pharmacist will review common issues and preventions. Redmond Senior Center,

8703 160th Ave. NE, Redmond. **Wed., Mar. 19, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

SUPPORT PROGRAMS

Balance After Baby: Mood Disorder Support Group

This professionally led drop-in support group provides emotional care for new moms and families who may be experiencing a postpartum mood disorder or are struggling with their new role as mothers. **2nd and 4th Tue. of the month, 7-8:30 p.m.**, PACCAR Education Center. No registration required. FREE.

P.S. Support Group

For those experiencing stillbirth, newborn death or miscarriage. Group meets on the **3rd Thu. of the month, 7-9 p.m.** at Overlake's PACCAR Education Center. For more information, call Abbie, the group facilitator, at 206-367-3991, or Cami at 425-277-9494.

La Leche League Groups

Support and information for women who want to breastfeed their babies.

- ♦ Bellevue: **3rd Mon. of the month, 7-9 p.m.** at the Overlake Women's Clinic, 1051 116th Ave. NE, Suite 200, Bellevue. For details, call Kay at 425-226-8117.
- ♦ Issaquah Classroom: **1st Mon. of the month, 10 a.m.-noon** at the Highmark Medical Center, 1740 NW Maple Street, Suite 201. For details, call 425-312-3477 or e-mail LLLIssaquah@gmail.com.
- ♦ Eastside Japanese: **2nd Wed. of the month, 11 a.m.-1 p.m.** at the Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. For details, contact Izumi at 425-869-5136 or izumimitsuoka@hotmail.com.

Look Good ... Feel Better

A FREE program led by American Cancer Society volunteer cosmetologists teaches beauty techniques to women in active cancer treatment to help combat appearance-related side effects using cosmetics, skin care products, wigs, scarves and turbans. For information on the next date, call Kelly Brajcich at 425-467-3809. FREE.

Cancer Support Groups

Overlake partners with Gilda's Club of Seattle to offer four different cancer support groups at Overlake. To register for these FREE programs, call 206-709-1400.

- ♦ Breast Cancer Support Group.
- ♦ Grief and Loss Support Group.
- ♦ Caregiver Support Group.
- ♦ Wellness Support Group: for any cancer diagnosis.

For more information about our classes, or to register,

Alzheimer's Family Support Group

Provides support and education to family members of Alzheimer's patients. **3rd Mon. of the month, 3-4:30 p.m.** Registration required; 425-688-5807 (48 hours in advance).

Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **4th Sat. of the month, 10 a.m.-noon.** Also **Thu. evening once a month, 6-8 p.m.** Call 425-688-5214 for more information. FREE.

Family Caregiver Support Group—Bellevue

Overlake Medical Clinics Bellevue Senior Health Center, **2nd and 4th Thu. of each month, 3-4:30 p.m.** No registration required. To learn more, call Regina Bennett, MSW, 425-502-9828. FREE.

EMPLOYER EDUCATION AND OUTREACH

If you're interested in having Overlake involved in your company's upcoming Health Fair or Lunch and Learn program, please contact jayme.kennedy@overlakehospital.org.

AUXILIARY ACTIVITIES

Fashions From the Heart—Fashion Show and Luncheon

Please save the date of **Wed., May 14** as the Roger Stark Cardiac & Stroke Auxiliary hosts its sixth annual fashion show and luncheon at the Harbor Club in Bellevue. For more details or to volunteer, contact Susan Feldman at 425-466-7620 or feldmansusan@msn.com.

Bandage Ball 2014

Overlake Medical Center Foundation & Auxiliaries' most anticipated fundraising gala will be held **Sat., Mar. 29**, at the Hyatt Regency Bellevue. Join the fun and take part in a wine grab, best of live raffle and exciting live auction. Stay late to hit the dance floor! Proceeds will help Overlake create a new state-of-the-art Cancer Center. For more information or to purchase tickets, please contact 425-688-5526 or events@overlakehospital.org, or visit bandageball.org.

Join Us!

The Auxiliaries' fundraising activities help Overlake provide exceptional care by supporting vital hospital services. We are looking for creative and passionate volunteers to work for Overlake by joining this vibrant organization. For more information, contact us at 425-688-5527 or auxiliaries@overlakehospital.org, or visit overlakehospital.org/auxiliaries.

VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital's needs. To learn more, visit overlakehospital.org/volunteer.

LOOKING FOR A DOCTOR?

Please call our Physician Referral Line at 425-688-5211 to find physicians who are affiliated with Overlake Medical Center. Our free referral line is available 24 hours a day to help you find Overlake doctors by specialty and availability.

The Community Education Department at Overlake strives to bring pertinent education classes and lectures to the Eastside community. If you have an idea for a lecture, course or ongoing series that you would like us to offer, please send an email to education@overlakehospital.org. We appreciate your input as we partner with you in the journey to lifelong health.



2014 Active Senior Fair

SAT., MAR. 8, 10 A.M.-3 P.M.

Enjoy this fun, FREE, daylong event that features a fashion show and a variety of entertainers. Sit in on mini-health seminars and workshops, and stroll through vendor exhibits highlighting a wide variety of Eastside businesses and organizations. Take advantage of free health screenings.

The entire day is geared to the active senior.

Call **425-688-6191** or visit overlakehospital.org/activeseniorfair for more information. No registration required. FREE parking. Westminster Chapel of Bellevue, 13646 NE 24th St., Bellevue.

please visit overlakehospital.org/classes.

2013 ANNUAL REPORT TO THE COMMUNITY



Overlake Medical Center and Overlake Medical Center Foundation & Auxiliaries

MOVING FORWARD TOGETHER

Working hand in hand with neighbors and donors, Overlake Medical Center has made improving the health and wellness of our community more than just a mission. It's been the passion of the more than 3,500 physicians, nurses and staff members for over 50 years.

As the health care needs of our community increase and grow more complex, Overlake has strengthened its commitment to providing the most advanced treatment and technology alongside compassionate care, every day.

In exchange, you have made Overlake the hospital of choice on the Eastside. Your generous support has enabled us to expand our network of primary care and specialist clinics, bring new innovative therapies to our community, and continuously research the most advanced ways to deliver health and wellness to patients and the community.

Together, we will continue to advance medicine and patient care for our community. We thank you for your commitment to Overlake and your investment in the improved health of our neighbors.

In 2013, donors to Overlake's Foundation & Auxiliaries contributed **\$3.81 million** to advance hospital initiatives that enhance care.

A LEADER IN CARDIAC CARE



In 2013, Overlake solidified its place as the leader and provider of the most comprehensive array of cardiac services available to Eastside patients. Community donors generously responded to Overlake's quest to build a state-of-the-art heart and vascular center on the Eastside. Since Overlake launched its campaign in 2012, contributions have reached more than \$4 million, including a \$1 million lead gift from David and Shelley Hovind.

The David and Shelley Hovind Heart & Vascular Center opened to patients in July 2013, bringing together Overlake's cardiac and vascular services in one spacious and high-tech location while providing a home to some of the most advanced cardiovascular equipment and technology anywhere.

The Center enhances the ability of doctors and other medical staff to collaborate on the care of patients in real time. The facility also offers improved space for physicians to consult with patients and their families while allowing for future advances in cardiac treatments and technologies.

Donor contributions continue to provide enhancements to the Center. The Vascular Interventional Radiology Suite will open to patients in June 2014.

“As a physician, I chose Overlake for my practice and was pleased when my father decided to travel here from Houston for his cardiac care because our medical staff is second to none. Our experiences at Overlake inspired us to make a significant philanthropic investment to ensure it continues to be one of the best medical centers in the country.”

—Patricia Zundel, MD

Johns Hopkins-trained Overlake cardiac anesthesiologist and donor

2013 HIGHLIGHTS

- **First hospital on the Eastside to perform minimally invasive cardiac surgery**
- **Site of two national cutting-edge cardiac clinical trials**
- **Development of new leading-edge Arrhythmia and Neurointervascular Centers of Excellence**
- **Installation of the region's only biplane imaging system for advanced neurovascular procedures**
- **Launch of a transcatheter aortic valve replacement (TAVR) program, a minimally invasive heart surgery**



Overlake has launched a campaign to raise **\$10 million** from the community by June 30, 2015, to establish a new \$15 million Cancer Center.

Demand for cancer care on the Eastside is expected to **grow by up to 42%** for some types of cancers in the next decade.

WORLD-CLASS CANCER CARE

Overlake has been a nationally recognized leader in cancer care since 1974. We've always focused on providing our patients with the newest cancer treatments and most advanced technologies available.

In 2013, we became one of the first health care providers in the United States to offer 3-D digital mammography. This technology gives physicians a clearer image of a patient's breast tissue during screenings and leads to more accurate diagnoses.

We are also in the midst of an ambitious project to build the most comprehensive and advanced cancer center on the Eastside.

To fully meet the changing health and wellness needs of cancer patients, the Center will increase complementary services such as genetic counseling, naturopathy, acupuncture and massage and will make it easier for patients to access and navigate care. The inclusive, combined location will provide more opportunities for providers to collaborate and coordinate each patient's care.

In addition, the Center will increase our capacity, make it easier for Overlake to adopt emerging technologies and give patients more opportunities to access clinical trials. It will also help Overlake continue to attract and retain the finest physicians and staff.

The project is already underway with a design that will adapt to the future with the most advanced technology available.

CARE FOR EVERY STAGE OF LIFE

Overlake's strong history of providing comprehensive services for women at all stages of life, through childbearing, midlife and maturity, places the hospital at the leading edge of compassionate care for women.

In 2013, we strengthened our care of newborns through community outreach and education on topics such as breastfeeding, skin-to-skin contact and eliminating elective deliveries prior to 39 weeks, all of which were supported through partnerships with national and regional organizations.

We launched new initiatives to proactively reach out to expectant moms through social media to encourage participation in educational seminars and classes. We now offer a comprehensive childbirth education series online for families who need flexible access on their own schedules or mothers who are on bed rest.

We also expanded our Outpatient Infant Nutrition Clinic as a way to provide better follow-up support for parents and their newborns after leaving the hospital.



“Before I had my first child at Overlake, I registered for the childbirth and newborn care classes. I don’t know what I would have done without the guidance and support I received.”

—Molly Goldsworthy
Overlake patient and donor

ENSURING EXCELLENCE

Keeping ahead of the rapidly changing health care landscape is essential. Overlake established the Ensuring Excellence Fund as a way for donors to help the hospital meet the growing health care needs of the community as well as keep pace with advancing technology and new treatments available to patients.

This Fund provides Overlake the critical support we need to deliver high-quality, compassionate care. It provides the tools our staff needs to do an outstanding job each and every day for patients.

Donors help:

- Provide advanced clinical training and education
- Implement state-of-the-art technology
- Offer patient programs such as palliative care
- Provide health screenings and community education services

FINANCIAL REVIEW

OVERLAKE MEDICAL CENTER

Patient Revenue: **\$412,754,000**
 Other Operating Revenues, Investment Income, Contributions: **\$36,972,000**
 Total Revenue: **\$449,726,000**
 Expenses: **\$417,016,000**
 Net Income: **\$32,710,000**
 Uncompensated Care and Community Services: **\$22,301,000**

OVERLAKE MEDICAL CENTER FOUNDATION

Revenues: **\$4,076,657**
 Expenses: **\$1,168,460**
 Net Income: **\$2,908,197**

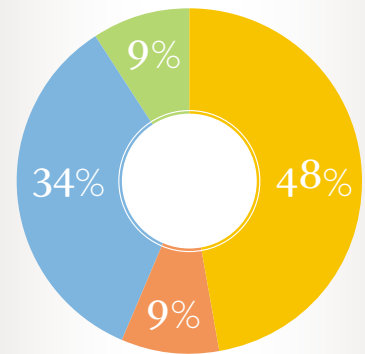
OVERLAKE MEDICAL CENTER AUXILIARIES

Revenues: **\$998,249**
 Expenses: **\$548,740**
 Net Income: **\$449,509**

HOSPITAL STATS

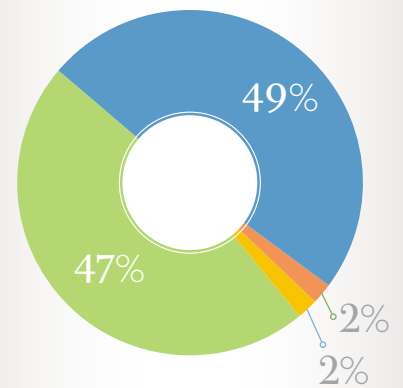
Inpatient admissions: 18,327	Births: 3,656	Community screening events: 545
Outpatient visits: 333,362	NICU babies: 398	Participants at screening events: 11,250
ED visits: 44,098	Physicians: 1,045	Donors: 2,459
Urgent Care visits: 45,269	Employees: 2,536	Followers on Facebook: 10,000
Surgeries: 13,380	Volunteers: 550	
	Hours of education and outreach: 38,000	

Foundation & Auxiliaries Fundraising



SOURCES OF FUNDS

■ Individuals ■ Events
■ Corporate ■ Foundations



USES OF FUNDS

■ Heart & Vascular
■ Women's and Infants' Services
■ Cancer Center
■ Ensuring Excellence

DONORS

Overlake Medical Center Foundation & Auxiliaries would like to extend our heartfelt gratitude to each of our donors. The following individuals, corporations and organizations made contributions of \$500 or more during the 2013 fiscal year, July 1, 2012, to June 30, 2013.

\$500,000- \$999,999

David and Shelley Hovind

\$250,000- \$499,999

The F. Danz Foundation and Sterling Realty Organization

Patty Edwards
Donn R. and Patricia E. Roberts
Pon Satitpunwaycha, MD, FACS

\$100,000- \$249,999

Anonymous
Betty and Kemper Freeman, Jr.
Naveen and Anu Jain Family

\$50,000- \$99,999

The Anderson Foundation
Jane and David R. Davis
Joshua Green Foundation
Paul and Mary Hosoda
Jack D. and Myrna Israel
Matrix Anesthesia, PS
Dr. William Pritchard

\$25,000- \$49,999

Jody Cunningham and Mark Mennella
Employees Community Fund of Boeing Puget Sound
Larry and Patty Hebner
Craig and Linda Hendrickson
KeyBank Foundation
Diane Kirkman
Lisa Silver

\$10,000- \$24,999

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Drs. Roger and Patricia Zundel

\$5,000-\$9,999

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Ozzie Traff
University Mechanical Contractors
Wallace Properties
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Chuck Williams
Wissner-Slivka Foundation

\$1,000-\$4,999

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Steve and Jenny Brooks
Dr. James and Mary Jo Bruckner
William and Karen Buchan
Stephen Burhans
Rob and Cam Campbell
Careage Home Health
Ray and Anne Carr
James and Doris Cassan
CBRE
CCS Printing
CenturyLink
Tim and Dana Chace
Eunice Chaffey
Dr. Jason Kim and Dr. Elaine Chong
Dr. Rick and Mary Clarfeld
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The Claro Group
Julie B. Clayton
Thomas and Deborah Cleveland
Cochran, Inc.
Coffman Engineers
Mark and Catherine Cole
Dr. Tom and Ann Marie Collier
Greg and Kelly Collins
Jeffrey and Marilee Combs
Dennis and Jan Conrad
Jack and Jan Creighton
Dr. William and C.C. Crenshaw
Ronald and Marjorie Danz
Dorothy J. D'Ewart
Dr. Stacey and Dan Donlan
Sergei and Elena Dreizin
Bill and Mistie Durbin

Eastside Pathology, Inc.
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 Peter and Aranca Ehrenwald
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 Dr. Sandra Ewaskow
 Dr. Vicente and Jennifer Farinas
 Kris Fellrath
 Stephanie and Eric Ferguson
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 Drs. James and Otero Flowers
 Foundation Bank
 Fowler Financial Group
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 Kemper Freeman Foundation
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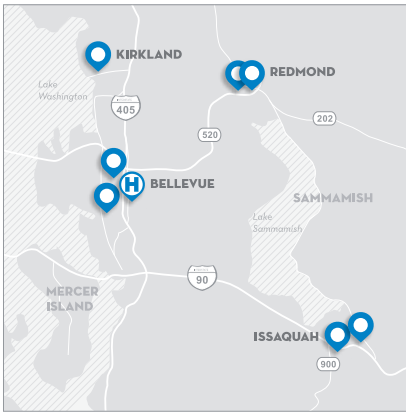
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