

OVERLAKE

SUMMER 2014

*Healthy*  
OUTLOOK

FALL INTO  
**HEALTHY  
LIVING**

**PLUS**  
**NEW RESOURCES FOR MEDICARE PATIENTS**  
**NEW CEO: SHAPING OVERLAKE'S FUTURE**



**SIGN UP TODAY!**

# one Chart

your secure online health connection



## THROUGH ONE CHART, USERS CAN:

- View personal health record
- Schedule medical appointments  
*(Specific to Overlake Medical Clinics)*
- Request medical appointments
- View lab results
- View medical history
- Request prescription renewals  
*(Specific to Overlake Medical Clinics)*
- View health maintenance notifications  
*(Specific to Overlake Medical Clinics)*
- Message your doctor's office

All you need is Internet access and a personal email address.



CONGRATS  
OVERLAKE  
TEAM!



FOR RECEIVING  
AMERICAN HEART/STROKE  
ASSOCIATION  
GET WITH THE GUIDELINES  
STROKE GOLD  
QUALITY ACHIEVEMENT  
AWARD

## HEALTHY OUTLOOK · SUMMER 2014

### BOARD OF TRUSTEES

John B. Hayhurst  
BOARD CHAIR

Cecily Hall  
IMMEDIATE PAST CHAIR

Jim Doud  
SECRETARY

Patricia Bedient  
TREASURER

Tom Miller, MD  
CHIEF OF STAFF

Richard Clarfeld, MD  
CHIEF OF STAFF ELECT

J. Michael Marsh  
PRESIDENT & CEO

Robert Campbell  
ASSISTANT SECRETARY

Jorge Cerda  
Janine Florence  
Kemper Freeman, Jr.  
David Hovind

Linda Mahaffey  
Doug Martin  
Lani Mobius  
Nolan Newman  
Russell Stockdale  
Thomas Stoll, MD  
Tim Wan

## OVERLAKE MEDICAL CENTER

1035 116th Ave. NE | Bellevue, WA 98004

425-688-5000 [overlakehospital.org](http://overlakehospital.org)

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 email [healthyoutlook@overlakehospital.org](mailto:healthyoutlook@overlakehospital.org).

Healthy Outlook © 2014. Published by the Overlake Marketing Department.  
Director of Marketing and Public Relations: Kipepeo Brown.

Executive Editor: Kelly Blake.  
Art Direction by Garland Cary.

CEO photo by Joshua Trujillo.  
Cover photo by Mary Grace Long.

For an e-copy, visit [www.overlakehospital.org/healthyoutlook](http://www.overlakehospital.org/healthyoutlook).



PHOTO BY GARLAND GARY

## Sports Physicals

Seven days a week between 7 a.m. and 11 p.m. at Overlake Medical Clinics Urgent Care

**First practice is scheduled and you still haven't had your physical exam? Overlake can help.**

Overlake Medical Clinics offers sports physicals seven days a week, walk-ins only.

- Students under 18 must be accompanied by parent or guardian.
- \$40; cash or credit cards accepted (insurance will not be billed).

**REDMOND:** 17209 Redmond Way, 425-635-6400

**ISSAQUAH:** 5807 E Lake Sammamish Pkwy SE, 425-688-5777  
[www.overlakehospital.org/urgentcare](http://www.overlakehospital.org/urgentcare)

*\*For wellness and regular checkups, please contact one of our primary care clinics.*



## NURSE PRACTITIONERS AT YOUR SIDE



Article by Patricia Mathis, ARNP, Overlake Medical Clinics Issaquah

Nurse practitioners provide a full range of primary, acute and specialty health care services, including:

- Ordering, performing and interpreting diagnostic tests such as lab work and X-rays.
- Diagnosing and treating acute and chronic conditions such as diabetes, high blood pressure, infections and injuries.
- Prescribing medications and other treatments.
- Managing patients' overall care.
- Counseling.
- Educating patients on disease prevention and positive health and lifestyle choices.

*From the specialty clinics to primary and urgent care, nurse practitioners are there to help you in your time of need. Contact one of our six Eastside primary care clinics by calling 425-635-6600 or visit [www.overlakehospital.org/clinics](http://www.overlakehospital.org/clinics).*

# ROAD TO RELIEF

*Overlake's experts help patients manage chronic disease through a variety of approaches*

**B**eing diagnosed with a chronic condition—like hypertension, high cholesterol, diabetes or asthma—can feel overwhelming. To help you through this process, we asked James Kriseman, DO, and Christy Chan, MD, to share some of the many ways Overlake helps patients get back on the road to good health.



## How can those with chronic conditions find the best care?

**Dr. Kriseman:** The primary care physician is the hub and sets up all of the spokes of the wheel for complete care. He or she educates patients about their disease and, if necessary, gets specialists involved. The doctor can also refer the patient to additional services. There is a nutrition program for people with diabetes, for example, and exercise programs that cater to people with different conditions.



## How does Overlake help people with diabetes?

**Dr. Chan:** In addition to ongoing comprehensive medical care for diabetic patients, we provide diabetic education for our patients and get them involved in exercise programs such as yoga.

## What does Overlake offer people struggling with obesity?

**Dr. Kriseman:** Treatment at Overlake ranges from simple dietary monitoring to pharmaceuticals to bariatric weight-loss surgery, and all are being interwoven to provide the best care for each patient. Overlake offers classes to answer questions about the right type of treatment for each individual, as well as support groups, which are an excellent resource for information and encouragement in challenging times.

## What is being done to help make care convenient for patients?

**Dr. Chan:** One of Overlake's goals is to provide increased access for residents, especially in the Eastside communities, to primary care, whether it be through clinics or urgent cares. We've opened many new clinics in the past few years, offering same-day appointments and weekend hours. Furthermore, we have many specialists who are part of the team. Many providers are also involved with the community, such as providing sports physicals for schools, providing care at community health fairs, and giving talks to local communities or senior centers.





## PICNICS AND GRILLING SEASON

### KEEP YOUR FOOD SAFE

'Tis the season for summer grilling and picnics at the park. Consider the following food for thought as you plan your summer outings to stay safe from foodborne illness.

**CHECK THE FORECAST.** If temperatures are above 90°F, be sure to put perishable foods back on ice within one hour.

**COME CLEAN.** Bring a jug of water with you if your picnic spot doesn't have clean running water. Clean your hands before prepping your food and after handling raw meat.

**KEEP COOL.** Use an insulated cooler with ice, ice packs or partially frozen items to keep food at 40°F (4°C) or cooler.

**PACK SMART.** Keep separate coolers for food and drinks. The drinks cooler will likely be opened over and over as drinks are pulled out. Keep your food as cold as possible until you're ready to cook by keeping that cooler closed. Pack two platters—one for raw meat and one for cooked meat.

**USE A THERMOMETER.** Don't rely on the color of meat to judge when it's cooked enough. Use a food thermometer to check the temperature.

Source: Mayo Clinic

## NUTRITION SERVICES

Learn how to lead a healthier life through the food choices you make. For more information, call Nutrition Services at 425-688-5484 or visit [www.overlakehospital.org/outpatientnutrition](http://www.overlakehospital.org/outpatientnutrition).

## Portobello Burgers

These quick and simple burgers are best served on top a whole-wheat bun and dressed up with your favorite toppings!

Serves 4

### Ingredients:

4 portobello mushroom caps

1 tablespoon reduced-sodium soy sauce

Freshly ground black pepper

4 whole-grain burger buns

Optional toppings: Ketchup, mustard, sliced red onion, lettuce or sprouts

### Directions:

Preheat the oven to 400°F.

Use a spoon to scrape the gills off the mushrooms and discard the gills. Place the mushrooms stem side down on a baking sheet and lightly brush each with some of the soy sauce. Sprinkle with a little black pepper.

Place in the oven and bake for 10 to 15 minutes, until tender. Serve on the buns, topped with any or all of the toppings.

Per Serving: 125 calories; 2 g fat; 13% calories from fat; 8 g protein; 21 g carbohydrates; 6 g sugar; 4 g fiber; 434 mg sodium

Source: *Power Foods for the Brain* by Neal D. Barnard, MD; recipe by Christine Waltermeyer.



# Savvy strategies to boost your well-being this season



# FALL INTO

# HEALTHY LIVING

AS SUMMER WINDS DOWN AND THE CALENDAR TURNS TO FALL, LIFE PICKS UP SPEED, WITH THE START OF A NEW SCHOOL YEAR AND THE HOLIDAYS LOOMING AHEAD. IT'S IMPORTANT TO BE HEALTHY AND ENERGIZED SO YOU CAN STAY ON TOP OF THE TASKS WHILE FULLY ENJOYING THE SEASON. THE FOLLOWING ARE SOME TIPS FOR KEEPING YOU AND YOUR FAMILY IN TIP-TOP HEALTH.

## Start the School Year Right

**G**ive your kids a healthy start to the school year with nutrient-packed meals. Research published in the *Journal of School Health* found that kids with good eating habits do better in school. In fact, those with the healthiest diets were 41 percent less likely to fail literacy tests. When packing a lunch, make half the meal fruits and veggies, and toss in some protein, like chicken, turkey, beans or tofu. Also, when including bread or pasta, choose whole grains (look for “100 percent whole grain” or “100 percent whole wheat” on the label). Avoid food or drinks

with added sugar, and for snacks, choose healthy options, like fruit with yogurt or apple slices with hazelnut butter.

Meanwhile, make sure that your child is up to date on his or her vaccinations. To see the recommended immunizations, visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

Also, if your child uses a backpack to haul books and supplies, make sure that it's safe. Backpacks that are too heavy or worn incorrectly can injure muscles and joints. A backpack and its contents should never weigh more than 20 percent of your child's weight. Choose a lightweight backpack that has two wide, padded shoulder straps and a padded back.



Flumadine. These medications—which are approved for adults and children one year of age and older—are 70 to 90 percent effective at preventing the flu.

### Keep Young Athletes Safe

---

**F**all sports like football and soccer can help kids stay healthy and fit, but they can also lead to injuries—from sprains and strains, to stress fractures and concussions. In fact, sports injuries send more than 2.6 million children to the emergency room each year.

To reduce your child's chances of injury, make sure that his or her coach is trained in first aid and CPR, and has a plan for responding to

emergencies. Your child should use the proper safety gear every time, such as wrist guards, helmets, or knee and elbow pads. All protective gear should fit properly and be in good condition. Making sure your child is in his or her best condition can also reduce the chances of injury, as can practicing proper technique. Learning how to tackle safely, for example, can help prevent football injuries. Finally, make sure that your child warms up before hitting the field or court—to make the body's tissues more flexible and less prone to injury—and does cool-down exercises afterwards.

### Reap the Harvest

---

**I**t's important to eat your veggies—and fruits—to stay healthy. Getting at least 2 cups of fruit and 2½ cups of vegetables daily can help ward off heart disease and stroke, high blood pressure, some forms of cancer, and even cataracts.

And now, as the weather cools, a variety of flavorful produce is coming into season, including apples,

### Steer Clear of the Flu

---

**A**s autumn arrives, so does flu season, which hits as early as October. But there are actions you can take to sidestep the misery.

The best way to prevent the flu is by getting a flu shot, which is developed fresh each year to protect against the top three or four flu viruses. Everyone six years of age and older should get the vaccine, and new research shows that, for children between two and eight, the nasal spray flu vaccine is especially effective. Visit [www.overlakehospital.org](http://www.overlakehospital.org) to learn about our flu shot offerings.

Adopting a few daily habits can also help minimize your chances of catching the virus from others. First, avoid close contact with people who are sick, if possible. Also, wash your hands regularly with soap and water, or an alcohol-based hand rub, and avoid touching your eyes, nose or mouth. If you do come into contact with someone who has the flu, talk to your doctor about taking an antiviral drug like Tamiflu, Relenza, Symmetrel or

winter squash, sweet potatoes, Asian pears, parsnips, pomegranates, artichokes, Brussels sprouts and rutabagas.

Fruits and vegetables are at peak flavor and nutritional value when freshly picked. Consider heading to your local farmers market or produce store to take advantage of the season's bounty. Buying locally not only helps support the region's farmers, it is also environmentally friendly, as the food is transported much shorter distances than is produce commonly found in grocery stores.

Wellness visits and regular checkups are key to leading a healthy lifestyle. Make your appointment today with one of our primary care providers by calling 425-635-6600 or visiting [www.overlakehospital.org/clinics](http://www.overlakehospital.org/clinics).



## New Pathways in Health Care

AN EXCERPT OF A RECENT INTERVIEW WITH NEW CEO J. MICHAEL (MIKE) MARSH



Visiting patients is part of Marsh's rounds. Here, he enjoys engaging with 97-year-old Mollie Ward.

**AH:** What do you see as Overlake's core strengths? How do those strengths shape your vision for Overlake's future?

**MM:** Overlake is known as a high-value organization: high-quality care for a reasonable cost. We can build on that reputation by continuing to expand, as we've done with our six primary care clinics, our

Redmond and Issaquah urgent care clinics, our specialty clinics and our integrated electronic medical record system. We'll also continue to create partnerships with pre- and post-acute care providers. We'll continue to build our network of physicians and engage them in innovations, the way we have with the state-of-the-art David and

Shelley Hovind Heart & Vascular Center, the introduction of the TAVR (transcatheter aortic valve replacement) procedure in collaboration with Group Health, our use of the new FDA-approved catheter for the treatment of atrial fibrillation, our pioneering minimally invasive cardiac surgery, our bronchial thermoplasty for asthma sufferers, our biplane imaging system and our cochlear implant surgery. At the same time, we will invest in population-based health initiatives.

This leads me to another part of my vision, which is making Overlake a convener of health care on the Eastside.

Our primary service area is the Eastside, serving 700,000 people in one of the fastest-growing regions in the state. We are a community characterized by innovators who are at the leading edge in their fields. We are ethnically diverse and, moreover, a vibrant and engaged community. I want the Overlake system to have that same sense of vibrancy, a sense that we're moving with our community in a way where people can access Overlake for any health need and do so on their own terms. It's a pretty exciting environment to be in.

—ANN HEDREEN

# A PASSION FOR OVERLAKE

*Lorraine Weltzien's community spirit lives on*

A parade of longtime friends and employees streamed through Lorraine B. Weltzien's Overlake hospital room in the days before she passed away on April 14. She was 91.

The longtime Overlake champion spent her last 18 days in the same hospital she spent 61 years supporting and strengthening on behalf of Eastside neighbors.

Weltzien's passion for Overlake was born in 1953, when as a nurse and young mother, she and a handful of other women formed the hospital's first auxiliary—seven years before the first brick was laid. At the time, the Eastside had few doctors and no major medical services. Patients had to go to Seattle to have babies or any medical procedure.

United by the belief that the Eastside community needed its own hospital, she helped lead the grassroots and sometimes door-to-door campaign to establish Overlake Medical Center. She and a neighbor formed the Fabiola Auxiliary in 1953, the first time in the nation a hospital auxiliary was formed before the hospital existed.

Weltzien served as the hospital auxiliary's first president, started the hospital's volunteer program in 1961 and later served eight years on the hospital's board starting in 1984.

"She believed Overlake was an active part of the community," says longtime Overlake employee Mark Forrest, who is director of outpatient psychiatry and the Specialty School. "She knew that contributing to Overlake's success meant success for the entire community. She backed that up with thought and actions on a daily basis."

Her son, Rob Weltzien, described his mother as an "exemplar of community spirit" who wanted as broad a range as possible of the



community to be involved in the hospital. She was deeply interested in the forward movement of the hospital and was proud of its progress from a 56-bed hospital to a 349-bed regional medical center.

Weltzien never wavered in her enthusiasm and support of Overlake. She was the Auxiliaries board historian and was treasured and respected for her knowledge of Overlake's beginnings.

"Lorraine's participation was such a joy and inspiration to us all," says Phyllis Stark, current Auxiliaries president. "If I had a say, she would be St. Lorraine."

Weltzien inspired countless gifts and believed that no gift is too small when it comes to supporting Overlake Medical Center. Her spirit lives on in the nearly 3,000 gifts Overlake receives every year.

"She was a legendary friend to Overlake," says Barbara Berkau, director of patient experience. "She was truly committed to this hospital, the community, nursing and her family."

Donors can honor Weltzien's memory through a donation to the Overlake Medical Center's Foundation's Trailblazers Fund. *To learn more, visit [www.overlakehospital.org/support](http://www.overlakehospital.org/support).*

## Learn More About Giving and Volunteering



[www.overlakehospital.org/support](http://www.overlakehospital.org/support)  
e: [foundation@overlakehospital.org](mailto:foundation@overlakehospital.org)  
e: [auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org)



Overlake Medical Center  
Foundation & Auxiliaries  
1035 116th Ave. NE  
Bellevue, WA 98004



Foundation: 425-688-5525  
Auxiliaries: 425-688-5527

# JUST IN TIME FOR THE MEDICARE ANNUAL ELECTION PERIOD!

*Overlake Medical Center and Overlake Medical Clinics announce a new resource for patients with Medicare*

Choosing the right Medicare plan can be confusing. Overlake Medical Center and Overlake Medical Clinics offer the resource of our Overlake Medicare Insurance Helpline, serviced by MedicareCompareUSA, our independent Medicare-specialty insurance agency partner.

## Helpline insurance professionals can provide guidance with:

- Understanding eligibility for Medicare Part B.
- Understanding the difference between Medicare Supplement Plans and Medicare Advantage Plans.
- Choosing a Medicare Part D Prescription Drug Plan.
- Enrollment in a Medicare plan that fits your specific needs, preferences and budget with careful attention to Medicare plans accepted by your health care providers at Overlake.

## Important Medicare Dates to Remember:

### OCTOBER:

2015 Medicare Part D Prescription Drug and Medicare Advantage Plan premiums and benefits released.

### OCTOBER 15 THROUGH DECEMBER 7:

Medicare Annual Enrollment Period. Time to enroll in Medicare Part D Prescription Drug Plans and Medicare Advantage Plans for 2015.

### JANUARY 1:

Medicare Part D Prescription Drug Plans and Medicare Advantage Plans become effective for the new plan year.

### JANUARY 1 THROUGH FEBRUARY 14:

Annual Disenrollment Period (ADP). Medicare Advantage Plans may be dropped only to return to Original Medicare. A Part D Prescription Drug Plan may be purchased if a drug plan was originally part of your Medicare Advantage Plan.



## Questions? Call Us Today!

Call the Medicare Insurance Helpline at 888-752-5198 for assistance over the phone or schedule an appointment to talk with our professionals in person.

*MedicareCompareUSA is not affiliated with the federal Medicare program.*



# 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 [www.overlakehospital.org/classes](http://www.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 Email

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 [www.overlakehospital.org/childbirthcenter](http://www.overlakehospital.org/childbirthcenter) to sign up.

### Childbirth Center Tours

Sign up at [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).

### Before Baby Comes

Register early for best selection. Preparation for labor, birth and life with your newborn. To learn more, visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).

### 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

- 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?* Visit [www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes) for more information or to register for a class. Register early for best selection. Scholarships are available. \$70 per child/parent; \$20 per additional person.

## SAFETY

### Better Babysitters

Sponsored by Seattle Children's and Overlake. Youth 11 to 14 years of age 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 **Sat. and Sun., 9 a.m.-2 p.m.** at Overlake in Bellevue and Seattle Children's. Visit [www.seattlechildrens.org/classes-community](http://www.seattlechildrens.org/classes-community) for schedule and registration information. \$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. **Mon., Aug. 18 and Wed., Aug. 20 or Sat., Sep. 13 and Oct. 18, 9 a.m.-4 p.m.** \$70.

### Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. **Wed., Aug. 13, or Mon., Sep. 8, or Wed., Oct. 8, 6:30-9:30 p.m.; Sat., Sep. 20, or Oct. 25, 9 a.m.-noon.** \$35 per person; \$60 per couple.

### CPR for Health Care Providers

**Wed., Sep. 17, 6-9:30 p.m.** \$60.

### Spanish-Speaking CPR and First Aid Classes

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

**For more information about our classes, or to register,**

## HEALTHY LIFESTYLES

### Back Pain—Diagnosing and Treating

Lower back symptoms often limit self-supporting daily activities, work, social and recreational pursuits. Lack of activity can lead to obesity, depression and general physical deterioration. Dr. Abhineet Chowdhary will help you better understand lower back dysfunction and available treatment options including nonoperative therapy and a new minimally invasive procedure. **Wed., Aug. 20 or Thu., Nov. 13, 6:30-7:30 p.m.**, Overlake Medical Center PACCAR Education Center. FREE. Preregistration required.

### 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, MD; Jonah Hulst, MD; and Steven Ratcliffe, MD. Time allowed for questions. Preregistration required. **Wed., Aug. 13 or Sep. 10, 6:30-8 p.m.** at Overlake Medical Center in Bellevue.

### Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Visit [www.overlakehospital.org/wlsclinic](http://www.overlakehospital.org/wlsclinic) or call 425-688-5214 for more information. Preregistration is required.

### 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, a certified hypnotist, will help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. **Thu., Sep. 11, 18 and 25, 7-9 p.m.** \$89. Reduced rates are available for those who have previously taken this class. Check our website for details.

## DIABETES EDUCATION SERVICES

### Diabetes Education Services

Overlake's Diabetes Education Services offers one-on-one education as well as a two-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.

### Diabetes Education

A series of two 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, option 5, to register. We recommend contacting your insurance company in advance to confirm coverage.

## SENIOR CLASSES

### 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 fear of falling and increase activity levels. **Tue. and Thu., Sep. 4-30, or Tue. and Thu., Oct. 7-30; 10 a.m.-noon.** Includes workbook and water bottle. FREE parking. Preregistration required; call 425-688-5259. 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., Aug. 5-26, Sep. 2-30 or Oct. 7-28; or Thu., Sep. 4-25 or Oct. 2-30; 12:15-1:30 p.m.** Preregistration required; call 425-688-5259. \$44 for four-week session, \$11 for one-session.

### Early Stage Memory Loss Program

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. Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Oct. 23, 1-4 p.m.** Preregistration required; call Jenny at Alzheimer's Association at 206-363-5500, ext. 229. FREE.

### Living With Dementia Series— For Caregivers: The Middle Stage

A three-part series. In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for the three classes and hear helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Sep. 25, Oct. 2 and 9, 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, please call 425-688-5259. FREE.

## BELLEVUE YMCA CLASSES

### Oh, My Aching Back

A painful back can interfere with your normal activities and is a common complaint of many adults. An Overlake physician will discuss causes of back pain, ways to prevent pain and injury, as well as various treatment options available. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Sep. 10, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

### Understanding Arthritis

A number of joint problems that cause pain, swelling and stiffness are forms of arthritis. Join an Overlake physician who will discuss diagnosis, treatment and management of the condition. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Oct. 8, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

## REDMOND SENIOR CENTER CLASSES

### Healthy Aging

Is there such a thing as normal aging? Everyone is affected by the aging process, and no matter how hard you may try, you can't escape it. But you can stay healthy at any age. An Overlake physician will discuss how aging affects the entire body and how a healthy lifestyle can help you age gracefully and well. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Sep. 17, 10-11:30 a.m.** Preregistration required; please call 425-556-2314. FREE.

### Protecting Against Falls

Falls are not a part of growing older, but are a common issue for many people. A third of adults experience a fall in the United States each year. A fall can lead to severe and debilitating injuries that limit mobility. An Overlake physician will discuss factors that cause falls as well as prevention and treatments. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Oct. 15, 10-11:30 a.m.** Preregistration required; please 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

please visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).

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—Support for Miscarriage, Stillbirth and Infant Loss**

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 Women's Clinic, 1051 116th Ave. NE, Suite 200, Bellevue. For more information, 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 St., Suite 201. For more information, call 425-312-3477 or email [LLLissaquah@gmail.com](mailto:LLLissaquah@gmail.com).
- Eastside Japanese: **2nd Wed. of the month (excluding Aug.), 11 a.m.-1 p.m.** at the Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. Contact Izumi at 425-869-5136 or [izumimitsuoka@hotmail.com](mailto:izumimitsuoka@hotmail.com) for more information.

#### **Look Good ... Feel Better**

This 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. **Aug. 4, 1-3 p.m.** To register, 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.

#### **Alzheimer's Support Group**

Open to those who have family members or loved ones with dementia. **3rd Mon. of the month, 3-4:30 p.m.** Overlake Medical Center, Bellevue Senior Health Clinic, 1750 112th Ave. NE., Bellevue. For more information, call Regina Bennett, MSW, 425-502-9828.

#### **Stroke Support Group**

For stroke survivors and their loved ones. **2nd Sat. of the month, 1-2:15 p.m.** in the PACCAR Education Center. For more information, call Jennifer Kurtz at 425-688-5904.

#### **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 on Thu. evening once a month, 6-8 p.m.** For more information, call 425-688-5214. FREE.

### **EVENTS**

#### **Bellevue Farmers Market**

Overlake is proud to sponsor the Bellevue Farmers Market. We encourage you to visit the market for wholesome and nutritious food options. The market is located at First Presbyterian Church of Bellevue, 1717 Bellevue Way NE. **Thu., through Oct. 9, 3-7 p.m.** Visit [www.bellevuefarmersmarket.org](http://www.bellevuefarmersmarket.org) for more information.

#### **Outdoor Movies at Marymoor Park**

Overlake is proud to be the presenting sponsor at the Northwest's premier outdoor cinema event. Grab your family, friends, blankets, dogs and lawn chairs, and join us at McNair Field in Marymoor Park for trivia contests, games, prizes and big-screen movies under the stars! **Wed. nights through Aug. 27.** For movies and more information, visit [www.MoviesatMarymoor.com](http://www.MoviesatMarymoor.com).

#### **Overlake Medical Center Labor Day Half Marathon**

Join the nearly 2,000 runners and walkers at one of the fastest half marathons in the state! This family-friendly event features giveaways, live music, bouncy houses, barbecue, a beer garden and more! A portion of all race entry fees will be donated to the Overlake Medical Center Foundation, the official beneficiary of this event. **Sun., Aug. 31, Marymoor Park.** Please visit [www.labordayrun.com](http://www.labordayrun.com) for more information or to register.

#### **Salmon Days**

Overlake is proud to sponsor this Issaquah festival celebrating the miraculous return of the salmon. Activities will include a parade, barbecue, games, live music and an art show. **Sat. and Sun., Oct. 4 and 5, 10 a.m.-6 p.m.** FREE. For more information, visit [www.salmondays.org](http://www.salmondays.org).

#### **Making Strides**

Overlake is proud to sponsor the ACS Making Strides walk. Join us as we walk to raise money and awareness to end breast cancer. **Sat., Oct. 18, 8 a.m.-noon.** For more information or to join an Overlake team, please visit [www.makingstrides.acsevents.org](http://www.makingstrides.acsevents.org).

#### **AHA Puget Sound Heart & Stroke Walk**

Overlake is a proud sponsor of the Puget Sound Heart & Stroke Walk. **Sat., Oct. 11,** at the Seattle Center. Funds raised support lifesaving research and initiatives promoting the prevention and treatment of heart disease. To register for the



**For more information about our classes, or to register,**

walk, visit [www.pugetsoundheartwalk.org](http://www.pugetsoundheartwalk.org).

#### Community Partners Luncheon

**Mon., Nov. 17, noon-1:30 p.m.**, at the Hyatt Regency Bellevue. Please join Overlake Medical Center Foundation and more than 500 business and community leaders to celebrate and support the health and wellness of our Eastside community. The event will feature Dr. Lee Hood, president and co-founder of the Institute for Systems Biology. Dr. Hood is pioneering new approaches to P4 medicine—predictive, preventive, personalized and participatory—and most recently, has embarked on creating a P4 pilot project involving 100,000 well individuals that is transforming health care. For more information, visit [www.overlakehospital.org/cpl](http://www.overlakehospital.org/cpl).

#### 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 [jayne.kennedy@overlakehospital.org](mailto:jayne.kennedy@overlakehospital.org).

#### AUXILIARY ACTIVITIES

##### 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](mailto:auxiliaries@overlakehospital.org), or visit [www.overlakehospital.org/auxiliaries](http://www.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, please visit [www.overlakehospital.org/volunteer](http://www.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](mailto:education@overlakehospital.org). We appreciate your input as we partner with you in the journey to lifelong health.

— We think —  
the best way to care  
for our neighbors is to  
be in the neighborhood.

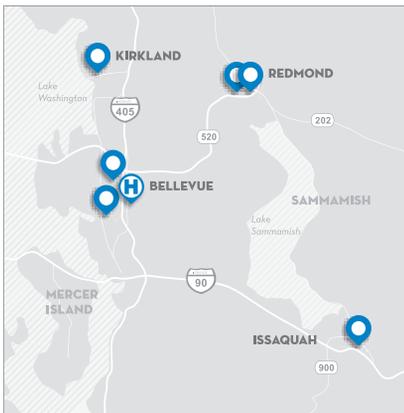
**6 primary care clinics on the Eastside  
offering same-day appointments**

— We think about you —



[OverlakeHospital.org/clinics](http://OverlakeHospital.org/clinics)  
425.635.6600

**please visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).**



1035 116th Ave. NE, Bellevue, WA 98004  
overlakehospital.org

Nonprofit Org.  
U.S. Postage  
PAID  
Seattle, WA  
Permit No. 1007

OVERLAKE IS A NONPROFIT, INDEPENDENTLY OPERATED REGIONAL MEDICAL CENTER.

## NEW MEDICAL STAFF AT OVERLAKE

**Julie Chuan, MD**  
425-688-5072  
Family Practice

**Shamin Gopinath, MD**  
425-688-5460  
Psychiatry

**Aparna Kulkarni, MD**  
206-505-1300  
Gastroenterology

**Stanley Leung, MD**  
509-892-2700  
Pathology, Anatomic and Clinical

**Faryab Lohrasbi, MD**  
425-899-5800  
Urology

**Donald Nicell, MD**  
952-595-1503  
Diagnostic Radiology

**Alexander Serra, MD**  
952-595-1503  
Diagnostic Radiology

**Mitchell Travis, MD**  
952-595-1503  
Diagnostic Radiology

# SAVE *the* DATE!

## SEPTEMBER 2014 IS EASTSIDE VITALITY HEALTH MONTH

Bring your friends and family for FREE health screenings, and much more!

Saturday, **September 6** at OVERLAKE MEDICAL CLINICS **KIRKLAND**

Saturday, **September 13** at OVERLAKE MEDICAL CLINICS  
**ISSAQUAH** (*Overlake Center*)

Saturday, **September 20** at OVERLAKE MEDICAL CLINICS **REDMOND**

Saturday, **September 27** at OVERLAKE MEDICAL CENTER  
**BELLEVUE** (*Hospital campus*)



**MORE INFORMATION:**  
[www.overlakehospital.org/eastsidevitality](http://www.overlakehospital.org/eastsidevitality)

