

CLASSES

Unless otherwise noted classes cost \$5.

Surviving the Symptoms of Alzheimer’s Disease

The local Alzheimer’s Association and Overlake are offering this class to provide families and caregivers practical hands-on tools for dealing with dementia, deciphering difficult symptoms, communicating and planning for the future. Not appropriate for the memory-impaired person. Registration is required by calling 425-688-5800.

**When:** May 27, 6 - 9 pm

**Where:** Bellevue Community College, North Campus, 10700 Northup Way, Bellevue (corner of 108th Ave NE. and Northup Way)

Income for Life

Learn some creative solutions for your long- term income needs so your money lasts as long as you do. A financial advisor will discuss how to plan for a comfortable future. Registration is required by calling 425-688-5800.

**When:** June 3, 10:30 - 11:30 am

**Where:** Same as above.

Long-Term Care: Choices in a Changing World

A financial advisor discusses the issues, risks and options for long-term care today and how planning can help provide security for you tomorrow. Registration is required by calling 425-688-5800.

**When:** June 10, 10:30 - 11:30 am

**Where:** Same as above.

Low Cholesterol Diet Tips

Learn how to eat well while cutting fats and cholesterol from your diet. An Overlake dietitian will discuss how to prepare low cholesterol meals that still taste good. Cost is \$6 to Bellevue residents and \$7 to non-residents. Advance registration is required by calling 425-452-7681 and mentioning class #29069.

**When:** June 23, 1-2:30 pm

**Where:** North Bellevue Community Senior Center, 4063 148th Ave. NE, Bellevue.

calendar  
SPRING 2008

Do We Really Need Vitamin Supplements?

Every year, we are bombarded by reports relating to vitamins, minerals, and other nutrients. An Overlake wellness dietitian will provide an overview including the benefits and dangers of various supplements. The cost is \$5 for non YMCA members. No registration required. For more information, call 425-746-9900.

**When:** May 14, 11:30 am - 12:30 pm.

**Where:** Bellevue YMCA, 14230 Bel-Red Rd., Bellevue.

Reducing the Risks of Strokes

An Overlake Stroke Coordinator will discuss the inherited risk factors associated with strokes and how to identify the symptoms. Learn about prevention, detection and current treatments to help reduce your risks. Class is free and advance registration is required by calling 425-556-2314.

**When:** May 21, 10:30 am - noon

**Where:** Redmond Senior Center, 8703 160th Ave. NE, Redmond.

How to Prevent Identity Theft

No, you are not paranoid! There are people and companies that are working hard to separate seniors from their assets. A fraud specialist will discuss the problem and give practical tips on how to protect you and your assets. Class is free and advance registration is required by calling 425-556-2314.

**When:** June 18, 10:30 am - noon

**Where:** Same as above.

Are Your Bones Weak?

Osteoporosis, which affects 44 million people in America, results in a loss of bone mass and bone strength, leading to fractures. An Overlake specialist will review the risk factors and offer information on dealing with the disease. Classes cost \$5 and advance registration is required by calling 425-688-5800.

**When:** May 20, 9:30 – 10:30 am

**Where:** Issaquah Meadow Creek, 22510 SE. 64th Place, Suite #120, Issaquah.

SUPPORT GROUPS

**Alzheimer’s Family Support Group**, meets the 3rd Monday each month, 3-4:30 pm, EADS - Bellevue Center. Call 425-688-5800.

**Stroke Support Group**, for stroke survivors and caregivers meets the 1st, 2nd and 3rd Mondays each month, 1-2:30 pm, St. Andrews Lutheran Church. Call 425-641-4415.

**Parkinson’s Group**, 4th Tuesday each month, 2:30 pm, North Bellevue Community Senior Center. Call 206-230-0166.

**Bereavement Support Group**, 2nd and 4th Mondays each month, 7-8:30 pm, Overlake Cancer Resource Center. Call 425-688-5986.

**Caregivers Support Group**, 3rd Thursdays, 1 - 2pm, Sno-Valley Senior Center. Call 425-333-4152.

**Parkinson’s Caregivers Group**, 2nd Thursdays 1:30pm, Community Center at Mercer View. Call 206-230-0166.

**Alzheimer’s Caregivers Group**, 1st and 3rd Thursdays each month, 3-4:30 pm, Community Center at Mercer View. Call 206-230-0166.

**Caregivers of Older Adults Support Group**, 2nd and 4th Thursdays, 3-4:30 pm, Overlake Senior Health Center. Call 425-688-5807.

**Caregivers Support Group**, 2nd and 4th Mondays, 10-11:30 am, Northshore Senior Center. Call 425-486-4564.

**Low Vision Support Group**, 4th Thursday, 1:30 pm, Community Center at Mercer View. Call 206-230-0166.

**Parkinson’s Support Group**, 2nd Tuesdays, 9:30-11:30am, Northshore Senior Center. Call 425-486-4564.

**Family Caregiver Support Group**, 2nd Tuesdays, 3:30-4:30 pm, Mercer Island Senior Health Center. Call 425-688-5637.

Care SHARING

Resources for Family Caregivers of Older Adults



Reading and other forms of relaxation can help caregivers re-energize.

Taking a break

*When a caregiver goes for long periods of time without help or outside support, it can adversely affect their own physical and mental health.*

If you ask caregivers what they need most, the answer will likely be “A break.”

It does not matter if you are a new mother caring for an infant, a parent caring for a disabled child, or a spouse caring for an ailing partner; most caregivers miss the simple freedoms of their “pre-caregiver” lives – a shower, time to clean the house, a nap, lunch with friends, or a leisurely afternoon of shopping. When caregiving tasks consume your day, small things that have long been taken for granted become elusive luxuries. As one

caregiver said, “I used to love to go on trips to Europe, now I just want to be able to take a bath for half an hour.”

Caring for a loved one can be an exhausting and emotionally draining vacation. Sometimes a loved one has a slow, lengthy decline, making it difficult for the caregiver to determine exactly when help is needed. For others there is a life changing event, like a hospitalization or a new diagnosis, which signals the need for increased help. The age and health of the caregiver also plays a part. For example,

Spring 2008



*For your free subscription to the Caresharing newsletter call Overlake Hospital Senior Care at 425-688-5800*

inside

Free respite resources  
Your balance  
Housing fair  
Caregiving skills

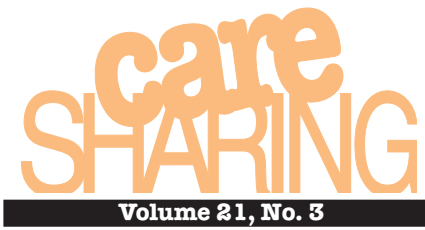
Spring calendar:

- Alzheimer’s
- Long-term income
- Strong bones
- Support groups

**Caresharing** is published by the Eastside Caregivers Coalition – a collaboration of Overlake Hospital Medical Center and other community agencies to provide information, support and education to family caregivers.

**Editor:** Alison Nesmith

Supporters include:  
**Home Instead Senior Care**  
**Philips Lifeline**  
**Fedelta Home Care**  
**Overlake Terrace**  
**Sonja Potter Senior Care Auxiliary**



Senior Care  
Overlake Hospital Medical Center  
1035-116th Avenue N.E.  
Bellevue, Washington 98004  
425-688-5800



Non-Profit Org.  
U.S. Postage  
**PAID**  
Bellevue, WA  
Permit No. 72

DATED MATERIAL: PLEASE POST



**Taking a break**  
continued from page 1

an 80-year-old woman with macular degeneration may find it increasingly difficult to manage the needs of her husband who has dementia. However, no matter what the circumstances, even the most healthy and dedicated caregivers need time to relax, take care of their own needs and get re-energized.

As the number of people providing daily care for a loved one increases, the need for caregiver support services has also increased. Respite care – “short term care for a person with special needs” (Respite and Crisis Care Coalition of Washington State) – has become an important part of those vital services. When caregivers realize they can no longer provide all of the daily care their loved ones require, they may need to look into alternatives such as friends, family, or respite services.

**Selecting respite services**

Respite services range from hiring someone to perform a few specific tasks to arranging for your loved one to have a short term stay at a local facility. Because there are different types and levels of respite care, you should first look at your needs and situation. What sort of assistance are you looking for?

- Meals
- Bathing or personal care
- Shopping or errands
- House cleaning
- Companion service—someone to simply be with your loved one so you can leave the house
- Skilled care
- An outside program where your loved one can participate in activities, have their needs met, and allow you time to care for yourself and tend to other responsibilities.
- Overnight care

Once you have an idea of what you hope to gain from respite care, you can find the appropriate service to fit those needs.

**In-home care**

If you feel you would benefit

the most from having a caregiver come into your home either once a week or several times a week, you have the option of hiring a private caregiver through one of the many companion care or home health agencies. You can hire an in-home agency for a period of hours or days and you can set up a schedule based on your needs.

**Get your copy today!**

The **2008 Eastside Private Pay Home Care List** has been updated and is now available.

This helpful resource guide provides information on fee-based private pay services such as Companion and Homemaker Services, Personal Care Services and Placement Services. The resource guide lists the cost per hour, minimum daily hours required and some specifics about each agency. This is a helpful tool for anyone who is considering hiring private caregiving help at home.

If you would like your free copy, please call Senior Care at (425) 688-5800 or download a copy from our website at [www.overlakehospital.org/seniorcare](http://www.overlakehospital.org/seniorcare).

**Outside your home**

If you need to make a trip or require short term overnight respite care, you will find that many of the local **assisted living facilities, adult family homes and skilled nursing facilities** can provide this service on a **space available basis**. If you know that you have an upcoming need for short term overnight respite, it is a good idea to plan ahead and call several facilities. Find out if they can provide the care that your loved one requires and ask about the cost. It is also a good idea to find out if they have a minimum length of stay for respite care. Some facilities have rooms specifically set aside as “respite rooms.”

**Adult day programs**

These daytime programs provide an opportunity for your family member to socialize outside the home in a well-supervised setting where he or she can receive care, have meals and participate in a variety of activities. Transportation may be provided. Adult day program costs vary and may be

reimbursed by Medicaid, Medicare or the King County Respite Program. Some programs have a sliding scale fee. You can find information about local adult day programs by contacting **Elder and Adult Day Services 425-867-1799, or Senior Services of King County (206) 448-3110**. At Senior Services you will also find a range of caregiver services including caregiver advocates and an on-line journal where you can read the daily entries of people who are caring for loved ones.

**Free respite resources**

Some local volunteer services offer free in-home respite care for several hours once or twice a week. Volunteers can help with some housework and meal preparation, but mostly they can be companion to your loved one while you get a break.

Senior Care publishes **Caresharing, Directory of Respite Care Services**, a regularly updated guide to respite services available on the Eastside including everything from in-home services and adult day centers, to assisted living residences and nursing homes. In addition to listing these resources the guide also offers useful information on how to plan and arrange services. To get your free copy of this valuable resource, please call Senior Care at (425)-688-5800 or go to our website at [www.overlakehospital.org/seniorcare](http://www.overlakehospital.org/seniorcare) and print a copy. If you are interested specifically in in-home services, you may also want to obtain a copy of the **2008 Eastside Private Pay Home Care List** (see box this page for more information).

Caregiving can be a rewarding and affirming job, but caregivers should be aware of their own physical and emotional limitations. If you are a caregiver, and you know that you have reached the point where you need help, please, ask for it from friends or family or call one of the resources discussed in this article.

*This article was written by Jeanne Morrow of Overlake Hospital’s Senior Care Program.*

**Eastside senior housing fair**

This year’s Eastside Senior Housing Fair will be held **Saturday, April 26th 2008 at the North Bellevue Community Center**. This is a terrific opportunity for family members and caregivers to find out about various living options on the Eastside.



**Improve your balance**

Have you cut down on a favorite activity or turned down a chance to go out with family and friends because you were afraid of falling? Now there is a new class, “A Matter of Balance,” designed to help people regain confidence and get back on their feet. The class reduces fear levels, increases activity and helps promote independence. Participants learn to set realistic goals to increase activity, make changes to reduce fall risks, and learn simple exercises to increase strength and balance.

Classes take place 10 am to noon, two days a week at Bellevue Community College, North Campus, 10700 Northup Way, Bellevue (corner of 108th Avenue NE. and Northup Way). It costs \$15 for each 4-week, 8-class session including a workbook and water bottle. Scholarships are available and registration is required. Call Senior Care at 425-688-5800 for upcoming session dates and more information on this fun, motivating program. □

The day begins with a Housing Resource Fair from 9:00 a.m. until noon. From 10:00 -11:00 a.m an educational panel will discuss different types of living situations and the issues to consider when planning for the future or facing choices about where and when to move. Representatives from Independent Living



Facilities, Assisted Living Facilities, Skilled Nursing Facilities and Continuing Care Communities will be on hand to answer questions about what they offer.

The event is being sponsored by Eldercare Alliance. To learn more, call 425-466-5345. □

**A new face at Senior Care**

This spring Lynn Shapley, RN, is joining the team at Senior Care. Before joining Senior Care, Lynn worked for a private case management company supporting older clients and developing plans of care. We also hear that Lynn is a dynamite bridge player and yoga enthusiast. We are very pleased to be able to benefit from Lynn’s expertise and experience.

Remember, both Lynn and Senior Care social worker Joan Luster, are available to help family caregivers find resources and assistance. You can reach Lynn or Joan at **425-688-5800** □

**Caregiver training**

You are invited to attend **Challenges in Caregiving: Giving Care, Taking Care, Tukwila Community Center, Tukwila, on Monday, June 2nd**. This full-day training conference offers a range of workshops that will give you the opportunity to learn practical caregiver skills and strategies. Pre-registration is required and space is limited. Call 1-800-422-3263 or 360-725-2544 for more information and a registration form.

**Pancakes for everyone!**



Join us **Saturday, June 14th 2008** at the North Bellevue Community Senior Center, 4063 148th Ave NE, Bellevue as the Sonja Potter Senior Care Auxiliary of Overlake Hospital presents its annual “All You Can Eat” Pancake Breakfast and Arts & Crafts and Tag Sale

This popular fundraiser will feature Overlake Hospital Bellevue Senior Health Center physicians as the “All Star Chefs.” Flipping the flapjacks you’ll find: Dr. Hank Williams; Dr. Richard Kaner; Dr. Daniel Raskind; and Dr. Arti Tayade. The morning’s schedule includes:

Breakfast: 8:30-11 a.m.  
Sale: 8:30-11:30 a.m.  
Entertainment

Tickets to this fun-filled morning cost \$6. The event is sponsored by Sunrise of Bellevue, Sunrise of Brighton Gardens, Sunrise of Mercer Island, and Sunrise at Pacific Regent. For more information please call 425-688-5526 or e-mail: [auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org). □