

CLASSES

Therapeutic Seniors Yoga

These five-week sessions are adapted to mature students and offer breath-oriented practice to help increase circulation, release tense muscles, tone and renew energy. Sessions begin February 11 and are offered Mondays, Tuesdays (for beginners) and Thursdays (for beginners) in two locations, Issaquah and Fall City. Cost is \$50. Call The Yoga Barn at 425-427-0038 for class availability, evaluation and registration.

Living Wills

Help your family understand your end-of-life wishes by using Overlake's workbook to develop your own advance directives for health care. Some of the matters discussed will be living wills, durable power of attorney and values statements. Class is free. Call Senior Care at 425-688-5800 to register.

When: Feb. 13, 10:30 am to noon.

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

Long Term Care Insurance

Find out if you should have long term care insurance, what to look for in a plan and more. Class is free. Call Senior Care at 425-688-5800 to register.

When: March 13, 10 am to noon

Where: Same as above.

G.I. Blues

Digestive problems can be both uncomfortable and worrisome. An Overlake specialist will review common gastrointestinal complications and various diagnosis and treatment options. Class is free. Call 425-556-2314 to register.

When: Feb.20, 10:30 – noon

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

calendar

WINTER 2008

Keep Your Memory Healthy

...Where did I put my car keys? What was that person's name? ...The best way to keep your memory working well is to actively use it and stay healthy. Regina Bennett, MSW, will give tips and exercises to keep concentration and memory skills sharp. Classes cost \$6 for Bellevue residents and \$7 for non-residents. Advance registration required by calling 425-452-7681 and mentioning class # 25523.

When: Feb. 25, 1 to 2:30 pm

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

Identity Theft

Many people and companies are working hard to separate seniors from their assets. A Fraud Specialist will discuss the problem and give practical tips how to protect you and your assets. Class is free for YMCA members, \$5 for non-members. No registration required. For more information, call 425-746-9900.

When: March 12, 11:30 am - 12:30 pm

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

Senior Smiles: Neglecting Dental Care Can Be Risky

Oral health and general health are inseparable, experts agree. A dentist will discuss oral diseases and conditions and their impact on emotional and psychological well-being through speech, laughter and social expression. The cost is \$5 and Advance registration is required at 425-688-5800.

When: Feb. 19, 9:30 to 10:30 am

Where: Issaquah Meadow Creek Office Park, 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, 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.

Caregivers Support Group, 2nd Tuesdays, Mercer Island Senior Health Center. Call 425-688-5637.

Care SHARING
Volume 21, No. 2

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

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DATED MATERIAL: PLEASE POST

Care SHARING

Resources for Family Caregivers of Older Adults



Family members go over the details of a Personal Health Record.

Get it in writing

Personal Health Records play an important part in helping you and your loved ones get the medical attention you need.

In a two week period, Esther Cook had an appointment with her cardiologist, an appointment with her urologist and an appointment with her primary care physician. Each doctor had prescribed a new medication or changed the dosage of a previous medication. Esther took the prescriptions, had them filled, and then scribbled the information on a battered piece of paper that she carried around in her purse. When the nurse at her primary care physician's office was asking her about her current health, Esther

removed the crumpled piece of paper from her purse and told the nurse—"I am on these." The nurse tried her best to read the handwriting on the well-used piece of paper, but it wasn't easy. Even Esther herself wasn't sure why she was on some medications and had a hard time remembering who had prescribed them. "It was like piecing together a puzzle!" her nurse said.

Edward Kelly had traveled out of state to California to his daughter's wed-

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Winter 2008

2002
National Mature
Media Awards
Winner

Caregiver Friendly
Award
CAREGIVER
2005

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

inside

Keep your balance
Activities galore!
Internet resources
Foot care

Winter calendar:

- Yoga classes
- Money concerns
- Identity theft
- Healthy smiles

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

Get it in writing
continued from page 1

ding. During the excitement of the festivities, Edward began to experience chest pains and was taken to the local Emergency Department. When the admitting nurse requested information about his recent health and current medications, his daughter was a poor informant. "I had no idea what medications my dad took," she recalls, "and I had not stopped to scoop up the pill bottles before leaving for the Emergency Room. I could not even remember the name of his doctor back home. I was unable to answer most of the questions being directed at me, especially with the stress of being worried about my father's health at that moment!"

Whether for an emergency or a routine visit to a specialist or primary care physician, having an accurate health history and current medical information can make a big difference in the quality of care a person receives. By making a Personal Health Record (PHR) and keeping it accessible at all times, family members and patients themselves can track vital health information and retrieve that information whenever necessary.

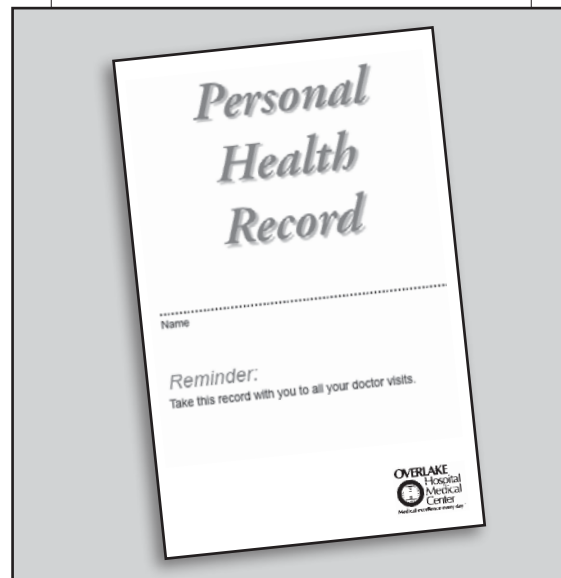
For doctor's visits

Some medications interact with each other and doctors need to have a complete list of medications to prevent these interactions from occurring. With medicine becoming more specialized, people find they no longer have just one doctor who cares for their overall health. They usually have several – perhaps a cardiologist, endocrinologist, oncologist, dentist, ophthalmologist and more. Sometimes we assume that all our doctors are aware of what other doctors have prescribed. While medical professionals do strive to keep each other informed, it is wise to take some ownership of that task and maintain our own current records. As illustrated by Esther's example, a list on a piece of paper is not an effective way to provide a health history in today's

complex medical environment. By completing a Personal Health Record and carrying it to all medical appointments; patients, caregivers and/or family members will have a comprehensive summary that they can discuss with the doctor and update as needed.

For traveling

During an emergency, the value of a Personal Health History is particularly dramatic. As in Edward's case, an ER staff can benefit greatly from knowledge of cardiac history. Had Edward had a previous heart



If you would like to receive Overlake Hospital's Personal Health Record form to document your medical history and medications, please call Senior Care at 425-688-5800.

attack? Was he on cardiac medications? How much? Who was his cardiologist and what was that phone number? Edward's case also demonstrates the importance of keeping the Personal Health Record with you—especially when traveling out of range of regular health care providers. The Personal Health Record provides quick information in a small crisis (when you need to refill a prescription, for example) or life-saving information in an emergency.

Creating your own PHR

Many sources in the health care industry (such as Overlake Hospital Medical Center – see box this page) offer forms on which to write a Personal Health Record. All forms list

information such as:

- Personal Information: Name, address, and phone number
- Insurance company and phone number
- Primary Care Physician and phone number
- Specialty physicians
- Caregiver (if applicable)
- Medical history
- Advanced directives
- Past hospitalizations
- A complete list of all medications
- Allergies
- Emergency contact information (a family member or friend)

Some Personal Health Records even have a space to write down notes to ask a physician during the next visit.

When filling out a Personal Health Record for yourself or a family member, it will be helpful to set aside a block of time, assemble all pertinent medical information and medications, and take your time in filling out the form correctly and neatly. Enlist the help of family members if you think it would be helpful. In many cases, completing the record gives family members a wonderful opportunity to talk about health concerns, hopes, plans and end of life issues.

Taking responsibility for maintaining a current record of your health status can also provide a sense of accomplishment and satisfaction to patients, caregivers and family members. As one patient stated, "When I had completed my Personal Health Record, I felt more empowered about monitoring my own care."

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

It's a "matter of balance"

Do you have concerns about falling? Fear of falling can be just as dangerous as falling itself. Being worried about falls, people often begin to limit their activities which can result in physical weakness and make the risk of falling greater.

A class called "A Matter of Balance" can help you and/or your family members reduce the risk of falls, increase activity levels and improve quality of life.

Balance classes are held twice a week for four weeks. During the classes participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce risks at home
- Exercise to increase strength and balance

Classes are designed to benefit:

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns



This winter, A Matter of Balance will be offered on Mondays and Wednesdays as well as Tuesdays and Thursdays at North Bellevue Community College, North Campus, 10700 Northup Way, Bellevue (corner of 108th Avenue NE. and Northup Way). The program cost is \$15 for 8 classes (2 classes a week for 4 weeks) and includes a workbook and water bottle. For exact schedules and more information, call Senior Care at 425-688-5800. □



2008 Active Senior Fair

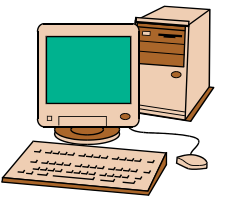
**Saturday, March 1
10 a.m. to 3 p.m.**

Every year hundreds of active seniors enjoy this **FREE** day-long event that features live entertainment

including: Marianne Binetti, of the Great Gardening Show; a Fashion Show; performances by Wrinkles of Washington; and more. On top of enjoying the music and other entertainment you can sit in on several mini-seminars and stroll through vendor exhibits highlighting a wide variety of Eastside businesses and organizations that serve active seniors. You may also want to take advantage of several free health screenings.

The event is geared for active seniors and takes place at **Westminster Chapel of Bellevue, 13646 NE 24th Street, Bellevue.** Don't miss the fun! No registration required. Call 425-688-5800 for more information. □

Caregiver info on-line



If you have access to the Internet – at home, at a friend or family member's, or at the local library – the rewards can be great in the way of information and assistance. Whether you are searching for area nursing homes or practical ideas about caregiving, you will find the Internet leads you to many excellent resources. Some especially helpful websites include:

www.overlakehospital.org/seniorcare

www.strengthforcaring.com (Johnson and Johnson Caregiver Initiative)

www.healthinaging.org (AGS Foundation)
- Online guide for family caregivers

www.medicare.gov
- find out what Medicare covers
- Compare nursing homes in your area
- Compare home health agencies in your area (and much more!)

www.alz.org (Alzheimer's Association)
- help and information for families and caregivers □

Ease your aching feet

Over a normal life the average person walks about 115,000 miles, and 66% of people surveyed state that their feet hurt on a regular basis. Learn how to prevent and treat common foot problems by attending a class on Thursday, March 20th, noon to 1pm, at Juanita Athletic Club (11450 – 98th Avenue NE. Kirkland).

During the class an Overlake podiatrist will review tips for keeping your feet healthy. The class costs \$5 for non-club members, and advanced registration is required at 425-821-0882.

