



Information
Insight

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Q: After a recent fender bender that left me unharmed but nervous about future driving, I’ve decided to sell my car and let my friends and family provide my transportation. However, they are not always available and I wonder what my options are for getting to doctor’s appointments, grocery shopping and other outings.

A: It is difficult and often inconvenient to stop driving, but the decision to let others drive for us when we feel we may be unsafe is a very sound decision. There are transportation options available and it is good to plan ahead, especially since you wouldn’t be able to merely step out to your driveway and hop in the car. For seniors in King County there are some options available:

- Volunteer Transportation for Seniors is a program available to lower income people over 60 years of age. Volunteers can provide transportation to and from medical appointments. **You must schedule the service by Wednesday of the week prior to the appointment.** To make an appointment call 206-448-5740.
- Senior Services of King County has Senior Shuttle Services for areas including Normandy Park, Mt. Si, Sno Valley, Shoreline and Burien. Some vans provide wheelchair lifts. Paid drivers provide rides to medical appointments, shopping, hair appointments, banks and senior centers. Services are on a first-come first-served basis. The ride scheduling number is 206-727-6262. Riders in Snoqualmie Valley should call 425-333-5554.
- The King County Metro Bus provides extensive services. For those who may be intimidated at the thought of navigating the bus lines, Metro provides an excellent Bus Travel Training Program – a free service to seniors and persons with disabilities. Instructors experienced with the Metro transit system provide the training. They help plan a trip, show how to get to and from the bus stop, show how to use a wheelchair lift, pay the fare and exit at the right stop. For more information about the transit service and/or the training program, call 206-749-4242.
- Advocate Transportation provides services to both medical and non-medical appointments. A one-way fare is \$40 plus \$3.35 per mile. Call 1-800-464-9190.
- Some non-medical, companion care agencies can also provide transportation to doctor’s appointments, grocery shopping or other appointments. Call Senior Care, 425-688-5800, for a list of these agencies.
- For medical appointments there is also Cabulance Services which are equipped for wheelchairs. Contact Senior Care, 425-688-5800, to get a list of Cabulance Services in your area.

It is good when we can recognize ourselves that it is time for us to hang up our car keys. At Senior Care we try to encourage people not to wait until they have an accident before they make that big decision. If you are wondering if you should give up driving or are wondering if your reflexes are still sharp enough to be on the road, think about taking the driving simulator test available at Overlake’s Outpatient Rehab clinic. The test takes about an hour and a half and, at the conclusion of the test, recommendations as to whether or not you should be driving will be outlined. Call 425-688-5900 for more information.

If you have any further questions or would like more information about any of the services, please call the Senior Care at 425-688-5800.

Overlake Senior Care and King County Publications
Host Honoree Reception

Fourteen seniors were recently honored on Thursday, May 10th at the 19th Annual Honoree Reception. The Honorees were acknowledged for the outstanding contributions they have made at their residences.



Clodagh Ash, Overlake Foundation Board Member congratulates Cecile Greene, from Spring Estates Senior Living on her recent 101 birthday celebration as she awards her certificate of accomplishment.



Luella May, University House of Issaquah's honoree, accepts her certificate of accomplishment from Clodagh Ash.

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Connections



When you have questions, Senior Care
is there for you!

For seniors, finding the services you need may mean a frustrating hunt through the phone book or discovering that the most helpful information is listed on computer Web sites these days. For Connections members, however, the Senior Care program at Overlake Hospital Medical Center offers the services of a Resource Coordinator. Senior Care staff has done much of the research and leg work for you and has assembled information on many helpful and needed services for seniors on the Eastside. Senior Care offers a myriad of services including free legal advice, transportation services and meal services. There is information on counseling services, support groups in the area, and senior centers. The staff has information on home health agencies, personal care services and housing options. The majority of this information is presented in our 48-page Resource Guide for Older Adults and Their Families. And unlike the phone book, the guide has large, easy to read print and a table of contents.

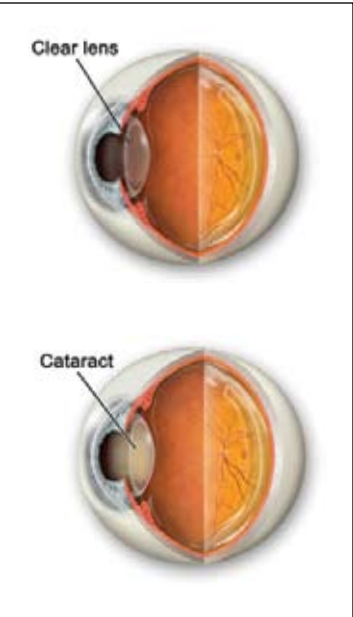
Even with these printed materials, sometimes you may be unsure of what services might be most appropriate and helpful for you. You might have questions: “Do I need a grab bar in my shower? Where do I buy one? Who will install it? How do I get one of the medical alert buttons like I see on TV? How much does Assisted Living cost? How do I sign up for Meals on Wheels?” The Senior Care Resource Coordinator will sit down with you, either in the office or at your home to discuss any services that might be appropriate for your needs. The staff does not promote any certain product or service; they present options and offer information. The service is personalized and free of cost to Connections members.

Resource coordination is one of the many services offered by the Overlake Senior Care program. Feel free to call Senior Care at 425-688-5800 if you have any questions.

Current Connections
members receive this
newsletter in the mail.

Cataracts:
You Don't Have
to Put Up with
Blurry Vision

Submitted by:
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Eye Clinic of Bellevue, Ltd., P.S.
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Bellevue, WA 98004
425-454-7912
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If you haven't seen an eye doctor in some time and have noticed any changes in your vision, it is important that you obtain a comprehensive exam to screen for age related eye disease. Among the most common of these is cataracts.

A cataract is a clouding of the normally clear crystalline lens of the eye. This occurs naturally as we age and typically becomes significant enough to decrease vision when you reach your 60's or 70's. The lens is located behind the iris, or the colored part of the eye, and is best examined by an ophthalmologist (Eye M.D.) after your pupils are dilated with drops.

Symptoms caused by cataracts can include a painless blurring of vision, glare or sensitivity to bright lights, decreased night vision, fading or yellowing of colors or a need for brighter light when reading. There are other eye diseases which can cause some of these same symptoms; only your Eye M.D. can determine if your symptoms are due to a cataract.

The most common causes of cataracts are long-term unprotected exposure to ultraviolet light (such as that which comes from the sun), as well as medical conditions such as diabetes, eye trauma or surgery, radiation and the use of steroid medications. There may also be a genetic component, as cataracts have been observed to run in families.

The rate at which a cataract develops varies widely across individuals and can even vary between the two eyes of the same individual. Most progress gradually over a period of years while some may progress rapidly over a period of months. At present, there are no reliable means to predict how rapidly a cataract will develop in any given person.

There are no medicines, vitamins or eye exercises which can treat or reverse the effects of a cataract on your vision. Surgery is the only way that cataracts can be removed. However your cataract no longer has to be "ripe" before it can be removed. In fact, waiting until your cataracts are

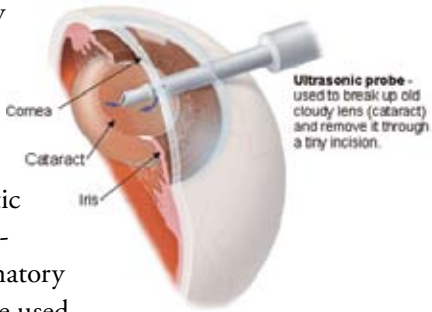
very advanced can make the surgery more difficult for a surgeon and delay your visual recovery following the procedure.

It is important to note that not all cataracts require treatment. Even if you have a cataract and are not bothered by its impact on your vision, you do not need to have it treated. Rather, it can be carefully observed over time by your Eye M.D. On the other hand, if cataracts are interfering with your daily activities (performing your job, reading, watching TV, driving, shopping, cooking, etc.) then you would likely benefit from treatment.

Cataract surgery is the most commonly performed surgical procedure in the United States and is highly successful, with greater than 95 percent of patients achieving an improvement in vision. The surgery is typically performed on an outpatient basis under local or topical anesthesia. The cloudy lens is removed with special ultrasonic equipment (not a laser) through a microscopic incision and is replaced with a man-made clear plastic lens implant. You don't feel the implant in the eye and the body doesn't reject it over time.

Antibiotic and anti-inflammatory drops are used following the surgery to prevent infection and promote healing. Although healing times can vary, the eye is usually stable a month after the procedure at which time the second eye can undergo surgery (if indicated) or glasses can be prescribed.

Cataracts are among the most common problems to affect your eyes as you age. It can be readily diagnosed by your Eye M.D. Through highly advanced, painless outpatient microsurgery, patients typically achieve a remarkable restoration of high quality vision.



The 19th Annual Eastside Senior
Residence Open House

Over 200 Eastside residences attended the Eastside Senior Residence Open House at the North Bellevue Community Senior Center on Saturday, May 12. Overlake Senior Care and the City of Bellevue hosted this year's event.



Give and You Shall Receive

Yes, that's the way it works. And with an Overlake gift annuity, you not only receive the satisfaction of helping to further the mission of Overlake, you receive annuity payments for the rest of your life.

Example: John and Mary Jones are in their late 70s. They give \$10,000 to Overlake for a two-life gift annuity. Assuming a gift annuity rate of 7.1 percent, they will receive \$710 every year for the rest of their lives. Even after one of them dies, the remaining spouse will continue to receive the payments. On top of this, the Joneses will receive a charitable income tax deduction and a substantial portion of their payments will be tax-free.

Why does Overlake offer gift annuities? Many of our friends want to give more to Overlake but live on fixed incomes and can't afford to donate income-producing assets. With our gift annuity program, they can make a significant gift and still retain lifetime payments. In some cases, they can even increase their annual cash flow.

Example: Wilma Williams is 83 years old and has common stock in a company that pays her a dividend of two percent per year. This means that \$10,000 worth of stock provides Wilma with a quarterly check of only \$50. Wilma can transfer this stock to Overlake for a charitable gift annuity. Assuming a gift annuity rate of 8.8 percent, she could receive \$220 each quarter, or \$880 each year!

Dear Andy:

- ☐ Please send me free literature about gift annuities.
- ☐ Please contact me about a personal visit or other assistance.
- ☐ I have provided for Overlake Hospital Medical Center in my will or other estate planning document.
- ☐ Please send me information about the Overlake Benefactor Society.

**We recommend that you consult with your own advisor for specific advice that is tailored to your situation.*

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

Fill out this form and mail it to: Overlake Hospital Foundation, Attention: Andy Whipple, 1035 116th Avenue NE, Bellevue WA 98004

Managing Care at Home

As a caregiver, do you have questions about safely managing care at home? You are invited to attend a free question and answer session presented by Overlake Senior Care's nurse and social worker. They will familiarize you with the resources available to help better manage care in your home.

Date: Thursdays
Time: 4:30 to 6 p.m.
- Or -
Date: Fridays
Time: 10 to 11:30 a.m.
Location: Senior Care office
Cost: FREE

Call Senior Care at 425-688-5800 to make a reservation and for directions to our office.

Family Caregiver Support Group

Caring for a loved one is a difficult job. It is well documented that if family members want to continue providing care, they cope better with support and information as they navigate the twists, turns, and responsibilities.

Location: Family Caregiver Support Group
Bellevue Senior Health Center
1750 – 112th Ave. NE,
Suite A-101, Bellevue
Date: 2nd and 4th Thursdays
of each month
Time: 3 to 4:30 p.m.
Cost: FREE

Open to all Caregivers. For additional information, call Regina Bennett, MSW, 425-688-5807

Alzheimer's Family Support Group

The group provides support and education to family members of Alzheimer's patients. Regina Bennett, MSW, Overlake Senior Health Center Social Worker leads the discussions. The support group is co-sponsored by Overlake Hospital Medical Center and the Alzheimer's Association.

Location: Elder and Adult Day Services
12831 NE. 21st Place, Bellevue
Date: 3rd Monday of each month
Time: 3 to 4:30 p.m.
Cost: FREE

Registration: Call the Senior Care office at 425-688-5800.

Respite Care provided free of charge (at Elder and Ault Day Services) during the group time. Forty-eight (48) hour advance notice is required. To register for respite care, call Elder and Adult Day Services at 425-867-1799.

Overlake Hospital
Community Classes

Advance registration is required;
call 425-688-5800.

Therapeutic Senior Yoga

Come and rejuvenate your body with gentle yoga adapted especially for seniors lead by a Yoga Barn certified instructor. This breath oriented practice will help to increase your circulation, release tense muscles, tone and renew your energy. An excellent way to keep both mind and body, healthy and strong. Adaptable to all levels.

Date: Five Mondays, July 9 to
August 6, or
August 13 to September 17
Time: 1:15 to 2:30 p.m.
Location: The Yoga Barn, 660 N.W.
Gilman Blvd., C-6, Issaquah
Cost: \$50

Beginner's Therapeutic Senior Yoga

For new students to the Therapeutic Senior Yoga classes.

Date: Mondays, July 9 to
August 6, or
August 13 to September 17
Time: 3 to 4:15 p.m.
Location: The Yoga Barn, 660 N.W.
Gilman Blvd., C-6, Issaquah
Cost: \$50

Walk For Life
Join this ongoing walking program to exercise safely and effectively. Meet friends and benefit from expert staff who are on site for information, advice and monitoring. For information, call 425-688-5800.

Date: Every Monday, Wednesday
and Friday
Time: 8 to 9:30 a.m.
Place: Bellevue Square,
enter at Skybridge 4
Cost: FREE



Charlene Raunio, Newsletter Editor
425-688-5806
Debbie Anderson, Connections Director

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If you would like to be removed from this newsletter mailing, have an address change, or know someone who would like to become a member, please contact Senior Care at 425-688-5800.

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