

Back by Popular Demand! Don't Miss the 2007 Active Senior Fair

There are endless possibilities to learn about various activities and services available to seniors, as well as a fun outing with friends at the year's Active Senior Fair. Enjoy this *fun, free* day-long event featuring lively entertainment, education lectures, vendors, screenings and door prizes. The event is sponsored by Overlake Hospital Medical Center; Dr. DiRe, DDS; BCC – Telos Program; Fedelta Home Care; Gardens of Town Square; University House of Issaquah; Radio Media Sponsor: KIXI Radio; and Exclusive Print Media: *Seattle Times*.

The Active Senior Fair will be held at the Lake Sammamish Foursquare Church of Bellevue (14434 NE 8th Street, Bellevue) with ample and easy, free parking. A \$5 suggested donation at the door goes to support Senior Care's community education programs and events. A soup and sandwich lunch buffet provided by Amato Catering will be available on-site for \$7 from 11 a.m. to 2 p.m.

Highlights include:

- Marianne Binetti, (10 a.m.) *Great Gardening* host and *Seattle Post Intelligencer* columnist will present "*Kitchen Cupboard Remedies for Pest Control*." Audience



members can win an "Instant Yard Make-Over." Bring a photo of your yard and if you're a winner, Marianne will perform an instant makeover from your yard photo.

- Eye-catching fashions presented in a style show by Coldwater Creek of Bellevue (11:15 a.m.). The show will be emceed by Dan Murphy of KIXI radio.
- "*Sinatra to Pop*" by Tony LaStella and the lovely Goombette's (1 to 2:15 p.m.). A fabulous musical performance that will take you back.
- Health and Education Lecture Presentations provided throughout the fair. Topics include: "*Keeping Your Memory Sharp*" by Regina Bennett, SW, Senior

Care Social Worker (10 a.m.); "*Identity Theft*" by AARP Washington Fraud Fighter Center (11 a.m.); "*What Is Normal Aging?*" by Hank Williams, MD, Bellevue Senior Health Center Medical Director (noon); and more.

- Exhibitors showcasing the latest information about products and services. Receive free samples, discount coupons and participate in door prize drawings, free Blood Pressure Checks, a variety of screenings and much, much more!

March Connections Luncheon

"Oh, My Aching Back!"

Sponsored by Bellevue Healthcare, LLC
and Overlake Hospital Foundation

A painful back can interfere with your normal activities and is a common complaint among adults. Between 200,000 and 300,000 Americans have back surgery each year. Dr. Jacob Young and Dr. Christopher Smythies, of Overlake Neurological Associates, will discuss the causes of back pain, offer ways to prevent pain and injury and discuss the various treatment options now available.

Wednesday, March 28, 2007
Noon – 2 p.m.

Overlake Park Presbyterian Church, Fellowship Hall
1836 – 156th Avenue NE, Bellevue, WA

Free parking. For Connections members only.

Reservations required; see RSVP card on the back cover of this newsletter.

Support for this issue has
generously been provided by:

**Bellevue Ear, Nose
and Throat Clinic**
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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 describes 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.



Debbie Anderson, Connections Director
Charlene Raunio, Newsletter Editor
425-688-5806
charlene.raunio@overlakehospital.org

CONNECTIONS

Dow Jones Hits 12,000, Is This Good? A Tax Planning Tip for 2007

The Dow Jones Industrial average hit 12,000 for the first time in October of 2006. The chief market strategist for A.G. Edwards, Al Goldman, said, "There is nothing magical about the number 12,000. Besting it does not mean the economy is great and corporate earnings are ready to soar." However, what this does mean is that with the continual recovery of the markets over the last several years, there are a lot of people who are sitting on appreciated stock. If you are someone who owns appreciated stock and has considered making a gift to Overlake Hospital Medical Center to support the Senior Care program or other areas of the hospital, now may be a good time to make that gift. Donors who give the hospital appreciated stock avoid 100% of the capital gain and they can take a deduction for the full fair market value

of that gift. You can also make the most of stock market losses by selling shares that have gone down in value and giving them to Overlake. You'll get one deduction for the capital loss and another for the gift.

For more information on making gifts of stock or other giving options, at no obligation, please contact Andy Whipple, Planned Giving Director at the Overlake Hospital Foundation at 425-688-5533 or andy.whipple@overlakehospital.org.

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

Estate Planning Seminar April 25th

On April 25, 2007 from 6 p.m. to 9 p.m., the Overlake Hospital Foundation is hosting a free estate planning seminar. This popular event will again be presented by Kimbrough Street who is an attorney from the law firm of Davis Wright Tremaine. She has been a member of the firm's Trusts and Estates Practice Group since 1974. To assist you with the important work of estate planning and preparing or updating your will or living trust, she will discuss state and federal estate tax, thoughtful selection of executors and trustees, the new IRA rollover legislation, charitable legacies, health care directives (living wills), durable powers of attorney and more. Questions from the audience are encouraged and appreciated. Space is limited and the seminar always fills up fast. To reserve your spot, please contact Terrence Woodson at 425-688-5520.

Don't Miss This Year's
**19th Annual Eastside Senior
Residence Housing Fair and Open House**
Sponsored by the City of Bellevue and Overlake Senior Care



Saturday, May 12
9:30 to Noon

North Bellevue Community Senior Center
4063 – 148th Avenue NE, Bellevue

The event will include lectures on a wide range of Senior Housing options along with a Resource Fair with more than 55 Senior Housing facilities represented. Open Houses at the Senior Residences will follow in the afternoon.
For more information call 425-688-5800.



By Mia Barbera, M.S., B.S.W.
Exercise Physiologist
Overlake Senior Fitness
Coordinator
425-688-5811
mia.barbera@
overlakehospital.org

Is “Use It Or Lose It” a cliché, or is it a basic truth to guide our passage through each era of our lives?

Q. Seems like I’ve lost my agility. How can I safely regain it?

A. Our bodies are meant to move. To stop means to eventually become frail and able to do less; we become dis-abled. The list of the benefits of activity is long and it is increasing as research validates the extreme importance of continuing to move daily and in a variety of ways.

One of our tendencies as we age is to engage in simpler activities. We leave behind the activities that require agility: skiing, tennis, dancing, hiking. What is the cost? What happens when our reflexes cease to be challenged? What are our options to maintain our agility?

Our reflexes need to be used if they are to function. They need practice. Without this continual use, we progressively lose our balance and agility.

When past activities lose their appeal, elicit pain or seem risky, we can explore new activities that elicit similar reflexes and feel comfortable and safe. We can walk on uneven surfaces, gravel or dirt; dance; take exercise classes that offer variety and speed of movement or vary the speed of exercise equipment while keeping the workload constant. This can help maintain our ability to move and react quickly. We can also dance, when the music moves us (like we used to).

Exercise, in the presence of age-related changes, sometimes requires specific attention. Certain types of strength training are helpful for arthritis; impact forces are helpful for osteoporosis prevention; specific flexibility training is helpful for prevention of certain joint problems and for maintaining a strong gait.

Balance and agility can be gained in safe and effective ways. Variety in activity carries similar benefits to placing a variety of colors on your plate. Eat different vegetables and

fruits and gain the range of nutrients that support your vital functions. Varying your activity stimulates and strengthens your ability to function overall, and perform different tasks and activities.

As we age from one decade to the next, our needs for activity change. How can we choose movement that encourages improvement and discourages injury and joint stress? First, pay attention to your body. If an activity causes pain, choose an alternate activity. Second, choose proper guidance. Over time, we accumulate scar tissue and lose articular cartilage on the joints (arthritis). For some of us, bones weaken and we develop osteoporosis. Others may develop cardiac insufficiency. Some of us gallop into our 70s and 80s and have no pain and minimal obstacles. For the rest of us, trained fitness professionals can offer the needed guidance, altering exercise to adapt. They can ask you the right questions and listen carefully to your needs. “What helps? What hurts?” They are trained to listen and to adapt to your needs and to offer creative exercise options for each individual.

You need not guess, or go it alone, when it comes to lifelong physical activity. Use your resources. In addition to fitness professionals, reliable health information can be found in the University health letters and several Web sites. Check the physical activity sites of the following Web sites:

Public Health: www.metrokc.gov/health/exercise/activity.htm

CDC: www.cdc.gov

CDC Prevention Research Centers:
www.cdc.gov/prc

We have more possibilities in health, fitness and joy than we can imagine. Combine play with purpose and enjoy the journey. Commit to yourself and enjoy life, starting today.

Overlake Hospital Connections Fitness

These classes are held at Overlake's Outpatient Center, located at 1120 – 112th Avenue NE, Suite 150, Bellevue.

Advanced registration required:
Call 425-688-5811 or check the website at www.overlakehospital.org.

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.

Family Caregiver Support Group
Bellevue Senior Health Center
1750 – 112th Ave. NE, Suite A-101, Bellevue
Date: Every 2nd and 4th Thursday
Time: 3 to 4:30 p.m.
Cost: Open and Free
For questions, call Regina Bennett, MSW, 425-688-5807

Senior Fitness Class

Supervised senior fitness class using treadmills, bikes and recumbent machines along with weights and stretching. Programs are designed for each individual and supervised by a senior fitness specialist.

Date: Mondays, Tuesdays, and Thursdays
Time: Mornings and afternoons
Cost: \$149 to \$165 for three months.

Dumping Daily Stress through Meditation

Mindfulness meditation is a simple and powerful tool used in medical centers throughout the country to reduce stress and stress-related illnesses.

Date: Tuesday, March 13 or April 3
Time: 12:15 to 1:15 p.m.
Cost: \$8

Better Balance and Posture for Everyone

Balancing better is within your control. Simple exercises can help easily regain balance that has been lost due to inactivity.

Date: Thursday, March 1
Time: 1 to 2 p.m.
Cost: \$40

Strength, Posture, Flexibility— Exercises You Can Do Anywhere

Learn simple exercises you can do with a wall, a chair, weights or bands, to improve posture and strengthen and stretch arms, stomach, torso and legs. Each class offers different exercises.

Date: Arms and Abs:
Tuesday, April 10 and May 15.
Legs and Core:
Tuesday, April 17 and May 22
Time: 1 to 2 p.m.
Cost: \$15 for one session or
\$27 for two sessions.

Personal Fitness Plan - Design and Commit to an Effective, Individual Wellness Plan

Work with a fitness professional to discover activity options that fit your style and needs, and create a plan to accomplish your goals.

Date: Thursday, April 12, 19 and 26
Time: 1 to 2 p.m. or 5:30 to 6:30 p.m.
Cost: \$40

Overlake Hospital Conference Center

Unless otherwise indicated, these classes are held at Bellevue Community College, North Campus, 10700 Northup Way, Bellevue (corner of 108th Avenue NE and Northup Way).

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

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.

Date: Every Monday,
Wednesday and Friday
Time: 8 to 9:30 a.m.
Place: Bellevue Square, enter at
Skybridge 4
Cost: FREE
For information, call 425-688-5800.

Yoga for Seniors

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

Date: Mondays, March 19 to April 16,
or April 23 to May 21
Time: 1:15 to 2:30 p.m.
Date: Tuesdays, March 20 to April 17
or April 24 to May 22
Time: 11:30 a.m. to 12:45 p.m. or
Location: Yoga Barn, 660 Gilman Blvd,
C-6, Issaquah
Cost: \$50

Beginner's Yoga for Seniors

For new students to the Therapeutic Senior Yoga classes.

Date: Mondays, March 19 to April 16,
or April 23 to May 21
Time: 3 to 4:15 p.m.
Location: Yoga Barn, 660 Gilman Blvd,
C-6, Issaquah
Cost: \$50

Long Term Care Insurance

Who needs long-term care insurance? What options should you look for in a good plan? How much coverage is needed? Luke Gjurasic, a specialist on long-term care insurance, will offer answers to these questions and more.

Date: Thursday, March 8
Time: 10 a.m. to Noon
Cost: \$5

Surviving the Symptoms of Alzheimer's Disease

The local chapter of The Alzheimer's Association along with Overlake Hospital Medical Center is offering an educational class that will provide families and caregivers practical hand-on tools. The class will cover the basics about dementia, deciphering difficult symptoms, discuss communication challenges and provide ideas for planning for the future. Free educational handouts and materials, with information on how to get referrals and resources for other services. The class targets the needs of family members, friends and healthcare providers. Not appropriate for the memory-impaired person.

Date: Tuesday, March 27
Time: 6 to 9 p.m.
Cost: \$5

Bellevue Senior Center

Call 425-452-7681 and mention the class number.

4063 148th Ave. NE, Bellevue.

Mondays, 1 to 2:30 p.m.

Advanced registration is required.

Cost: \$6 for Bellevue residents
\$7 for non-residents.

Putting on a New Face on Life

Do you want to look in the mirror and see a younger you? Overlake plastic and reconstructive surgeon, George Marosan, MD, will review current facial plastic surgery options for rejuvenating the face and looking years younger.

Date: March 26 Class #: 16970

When Counting Sheep Doesn't Work!

Insomnia can be caused by worry, medications, or a number of physical disorders. An Overlake Hospital physician will discuss why sleep needs change over the years, what contributes to the problem and ways to make it easier to get a good night's sleep.

Date: April 23 Class #: 19613

Bellevue YMCA

Call 425-746-9900

14230 Bel-Red Rd., Bellevue.

Wednesdays, 11:30 a.m. to 12:30 p.m.

No registration is required.

Cost: \$5 for non-YMCA members.

Oh, My Aching Back!

Back pain is a very common complaint in adults. Between 200,000 and 300,000 Americans have back surgery each year to relieve or reduce chronic back pain. An Overlake orthopedic surgeon will discuss the causes of back pain, ways to prevent pain and injury, and various treatment options.

Date: March 14

Identity Theft

No, you are not paranoid! There are people and companies that are working hard to separate seniors from their assets. Pam Hottinger from Waddell & Reed will discuss the problem and give some practical tips on how to assess your risk for identity theft, adjust your behaviors to protect yourself and how to clear your name should it happen to you.

Date: April 11

Redmond Senior Center

Call 425-556-2314

8703 160th Ave. NE, Redmond.

Mondays, 10:15 to 11:30 a.m.

Advanced registration is required.

FREE.

I Can't Take Another Step

Many people accept foot pain as a fact of life. The American College of Foot and Ankle Surgeons conducted a survey and found 66% of those surveyed stated their feet hurt on a regular basis. Many foot problems however can be prevented with proper foot care. An Overlake podiatrist will review tips for preventing and treating common foot problems.

Date: March 12

Fighting Back Against Brain Attack

A stroke occurs when blood and oxygen are prevented from reaching part of the brain. It is important to be aware of the warning signs of stroke. Overlake Hospital's stroke coordinator, Carole Hardy, RN, will discuss the risk factors of stroke, detection and treatment so you can help reduce your risks.

Date: April 9

Columbia Athletic Club, Juanita Bay

Call 425-821-0882

11450 98th Ave NE, Kirkland

Thursdays, Noon to 1 p.m.

Advanced registration required.

Cost: \$5.

Living Wills

It is important to have your wishes known to your family. Learn how to develop your own advance directives for health care with John Shaw, PhD. The class includes "Starting Points", Overlake's workbook for creating a living will, durable power of attorney and values statements.

Date: March 15

Keeping Your Memory Sharp As You Age

Where did I put my keys? What was that person's name? Am I becoming forgetful? These are questions that can be heard from seniors daily and many worry it is a sign of something more serious. However the best way to keep your memory working well is to actively use it, on a daily basis. Regina Bennett, MSW, Overlake Senior Health Center social worker will give various tips and exercises for keeping your concentration and memory sharp.

Date: April 19

Issaquah Meadow Creek Office Park

Call 425-688-5800

22510 SE 64 Pl, Suite #120, Issaquah

Advance registration required.

Cost: \$5.

Oh, My Aching Head

Most people experience pain from headaches or migraines at some time. Join an Overlake physician to learn the causes and current treatment options to help deal with the pain associated with headaches.

Date: Wednesday, March 21 Time: 10:30 to 11:30 a.m.

Shoulder Pain: Why Does It Hurt?

Pain in the shoulder can keep you from doing even the simplest of tasks. An Overlake orthopedic surgeon will discuss the common causes of shoulder pain and various treatment options available.

Date: Tuesday, April 17 Time: 9:30 to 10:30 a.m.

Save The Date

The Sonja Potter Auxiliary of Overlake Hospital presents:

Annual Pancake Breakfast and Silent Auction

Featuring Overlake Hospital Bellevue Senior Health Center physicians as "All-Star Chefs." Dr. Hank Williams, Dr. Richard Kaner, Dr. Daniel Raskind and Dr. Arti Tayade.

Saturday, June 9

Time: 8:30 to 11:30 a.m.

Location: North Bellevue Community Senior Center

For more information call 425-688-5527.



Need help planning? Don't do it alone, assistance is available!

Trained SHIBA and Senior Rights Assistance Volunteers Can Help!

Insurance Counseling

Every Tuesday, a trained volunteer is available to meet to assist with issues relating to Medicare, Medicare Supplements and Long-Term Care Insurance.

Benefits Check-Up and Part D Drug Information

The fourth Thursday of the month, by appointment, a volunteer will meet to help navigate through the National Council on Aging Benefits Check-Up Program database.

Estate Planning

The first and third Monday of the month, by appointment, a volunteer will counsel on Estate Planning (i.e: wills, probate, community property agreements, trusts), End-of-Life Planning (i.e.: Burial/Funeral arrangements), Substitute Decision-Making (i.e: Durable Power of Attorney, Representative Payees, Guardianship, Living Wills).

Call the Senior Care Office today at 425-688-5800 to make an appointment.

Free Respite Guide

The updated *Caresharing: Directory of Respite Services on the Eastside for 2007* is now available. Inside you will find information on in-home respite options both paid and volunteer, and outside the home care options such as short term placement or day programs at adult day centers. Please contact Senior Care at 425-688-5800 for your copy of this year's Respite Guide.

Take Heart: Keeping Your Heart Healthy

The heart is key to our survival, yet we often take it for granted. It is estimated that approximately one million Americans suffer a heart attack yearly and a little under a half million die from complications of a heart attack. Jeff Fowler, MD, Bellevue Cardiology, will outline the risk factors, review the warning signs and discuss current treatment option available.

Date: Tuesday, March 27

Time: 1 to 2:30 p.m.

Location: Bellevue Community College, North Campus, Room 106 & 108

Cost: \$5 at the door

Pre-registration required. Call 425-688-5800 to register.

Don't miss the 2007 Active Senior Fair

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

Lake Sammamish Foursquare Church
14434 NE 8th Street, Bellevue
Ample, Free Parking
No Entrance Fee

No Registration Required

For more information,
call Senior Care at 425-688-5800.



Neglecting Your Dental Care can be Risky Business

Submitted by:
Dr. Mark DiRe, DDS
DiRe Dentistry
425-747-8052
www.bellevuedentistry.com

“The eyes may be the window to the soul, but the mouth mirrors a person’s health and well-being throughout life and into old age. That is because oral diseases and conditions can affect many other aspects of an individual’s general health status, and have an impact on emotional and psychological well-being through speech, laughter and social expression. Several health conditions can, in turn, have an impact on oral health. Therefore, experts agree oral health and general health are inseparable.”

Obviously an attractive healthy smile is more than skin deep! We know that neglecting your dental care leads to both financial and health related risk. The more we learn about the mouth/body connection the more we understand that neglecting your oral health can adversely affect your physical health. The leading causes of death in 2004 were still heart disease, cancer and stroke. The medical connection between cardiovascular disease (including heart disease and stroke) and periodontal disease is well accepted. Although the exact causative factor is still unknown, we do understand the need to control the risk factors involved in the onset and advancement of periodontal disease. A recent study by Harvard Medical School investigators states: “We found those with history of periodontal disease had 60 percent increase in risk of getting pancreatic cancer,” said Dr. Charles Fuchs of Dana Farber Institute. Periodontal risk factors can be categorized as Microbial: Systemic including Diabetes, HIV and genetic factors; Behavioral including tobacco use and smoking; and Local Factors including a poor bite and faulty dental restorations, poor home care and lack of professional care. How we control these risks is important to our future health.

The increased incidence of pneumonias associated with increased plaque levels in patients in institutional settings cannot be overlooked; in fact some insurance company studies find fewer medical care needs in patients who maintain their periodontal health. These studies support the notion that individuals in hospital ICUs and nursing home settings have poorer oral hygiene than do those in the greater community, and are therefore at considerably higher risk that their dental plaque is infected by respiratory pathogens. This suggests that oral intervention to reduce or control the amount of dental plaque may be a simple, cost-effective

method of reducing pneumonias and lung infections in high-risk populations. The cost to individuals and insurers to quell such infections is considerable to say nothing about the risk to life itself.

Some of the medications that are taken daily to reduce our health risks actually increase our risk of necessary dental care. The most ominous scenario lately is the use of bisphosphonate medications (like Fosamax) taken orally to help prevent or treat osteoporosis and Paget’s disease of the bone. Or others (like Bonafos) are given intravenously as part of cancer therapy to reduce bone pain and abnormally high calcium levels in the blood, in treating some with breast cancer, prostate cancer and multiple myeloma. In rare instances these medications have led to development of osteonecrosis of the jaw, a rare but serious condition that involves severe loss or destruction of the jawbone.

Not so threatening but still serious in its treatment scenario and financial impact is the tendency of many drugs to cause dry mouth. This condition is not just uncomfortable; it results in high decay rates. Patients, who have for years been dentally stable, are now faced with rampant decay affecting many teeth, which in turn affects existing bridgework and crowns. This often leads to extensive treatment needs including, root canals, replacing crowns and removal of teeth. The financial consequences can be considerable. There are no viable dental health programs available during retirement. Therefore, the financial burden of care rests solely on the patient. This is a risk many are not prepared to take and the result is unwanted loss of teeth.

Now is a good time to visit the dentist. Ongoing regular dental care is an important and necessary part of staying healthy as we age. The risks of not making that annual or semiannual dental visit can be substantial to our health and financial well being.

March Luncheon RSVP

To reserve your place at the March luncheon, please fill out this form and send it with your check to: **Connections**, Overlake Hospital Medical Center. Payment must be received with reservation. **Mail by Wednesday, March 21 to: Senior Care/Connections, Overlake Hospital Medical Center, 1035 116th Ave. NE, Bellevue, WA 98004.** To receive a map, call 425-688-5800.

March Luncheon Reservation Form

☐ *Yes!* I/We would like to make reservations to attend
"Oh, My Aching Back!" on Wednesday, March 28, 2007.

Number of people attending at **\$12 each**: _____. Total enclosed: \$ _____.
(Please make checks payable to Overlake Hospital Medical Center.)

Name(s) _____

Phone Number _____

Project Enhance

Project Enhance is a unique health improvement program that offers one-on-one professional training and support, focusing on individual's needs and health concerns. Martha Agostinelli, RN, our Project Enhance nurse is trained to provide comprehensive health and functional assessments, health education, coping skills and training for self management of chronic conditions.

Project Enhance programs are offered at:

- North Bellevue Community Center
- Overlake Senior Health Center in Bellevue
- Overlake Senior Health Center on Mercer Island
- Overlake Hospital Senior Care office in Bellevue

For more information call 425-688-5209 and ask to speak with Martha. Today is a good day to begin taking control of your own health care!

RETURN SERVICE REQUESTED

