

KEEPING
SENIORS
INFORMED,
INVOLVED,
IN CHARGE.

Connections

Don't Miss Out!



2008 Active Senior Fair

"Best senior fair! I was very impressed with everything! Great presentations and activities make it interesting for all."

March Connections Luncheon

"Is My Shoulder Just Worn Out?"
Sponsored by Home Instead
and Overlake Hospital Foundation

Pain in the shoulder can be bad enough to limit you and keep you from doing the simplest of tasks. What people refer to as the shoulder is actually a combination of several joints, combined with tendons and muscles. Join Jeremy Idjadi, MD, Proliance Orthopedic and Sports Medicine who will discuss the common causes of shoulder pain and treatment options available.

Wednesday, March 26
Noon – 2 p.m.

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

*For Connections members only.
Reservations required; see RSVP card on the
back cover of this newsletter. Free parking.*

Enjoy this fun, free day-long event focused on the active senior featuring lively entertainment, education lectures, vendors, screenings and door prizes. The event is sponsored by Overlake Hospital Medical Center; Dr. DiRe, DDS; Gentiva Home Health; Aegis Living; radio media sponsor: KIXI radio; and exclusive print media sponsor *Seattle Times*.

The Active Senior Fair will be held **Saturday, March 1, 10 a.m. to 3 p.m.** at the Westminster Chapel of Bellevue (13646 NE 24th 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 will be available on-site to fair attendees from 11 a.m. to 2 p.m.

Support for this issue was generously 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.



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

CONNECTIONS



Don't miss the **2008 Active Senior Fair**
Saturday, March 1, 10am to 3pm.
Westminster Chapel of Bellevue
13646 NE 24th Street, Bellevue

Ample, Free Parking and No Entrance Fee
No Registration Required
For more information, call Senior Care at 425-688-5800.







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Highlights include:

- Marianne Binetti, (10 a.m.) *Great Gardening* host and *Seattle Post Intelligencer* columnist will present *Remake Your Landscape for Less Work, Less Water*. Audience members can win an "instant yard/patio make-over." Bring a photo of your yard and if you're a winner, Marianne will perform an instant makeover from your yard/patio photo.
- Eye-catching fashions presented in a style show highlighting the 2008 Spring Collection from Coldwater Creek of Bellevue (11:15 a.m.). The show will be emceed by KIXI radio program director, Dan Murphy.
- "Old Time Radio Show" presented by Radio Enthusiasts of Puget Sound (12:15 p.m.). Take a step back to the golden age of radio. Enjoy some of your favorite radio comedies or listen to a good mystery.
- *Wrinkles of Washington* (1:30 p.m.) A fabulous musical extravaganza featuring a dancing and singing variety troop that will delight all.
- Health and education lecture presentations provided throughout the fair. Topics include: *How To Protect You & Your Money from Identity Theft* by AARP Fraud Fighters; *Live Long, Enjoy Every Bite* by DiRe Dentistry; *Improving Your Memory as You Age* by Regina Bennett, MSW Bellevue Senior Health Center; and other topics hourly.
- 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!
- A fair luncheon buffet will be available for purchase on-site from 11 a.m. to 2 p.m. provided by *Catering by John*.

Make sure you don't miss out on this year's fair!

A Special Thanks

We would like to thank and recognize the following donors who contributed to Senior Care from July 1 to November 30, 2007. The support received from our donors makes the special services we provide possible.

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Thank You!

Overlake 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).

Introduction to Therapeutic Senior Yoga

Come and rejuvenate your body with gentle yoga. This five-week series is adapted to mature students who are new or relatively new to Therapeutic Senior Yoga. The classes build gradually with a lot of individual attention to help stretch and strengthen your body while learning basic poses, breathing and relaxation techniques. This is an excellent way to keep both the mind and body, healthy and strong.

Date: Tuesdays,
March 18 to April 15
or April 22 to May 20

Time: 1 to 2:15 p.m. or
2:30 to 3:45 p.m.

Location: The Yoga Barn,
660 Gilman Blvd, # C-6,
Issaquah

~OR~

Date: Thursdays,
March 20 to April 17
or April 24 to May 22

Time: 10:45 to noon

Location: The Yoga Barn,
Fall City

Cost: \$50

Registration required. Call The Yoga Barn at 425-427-0038 for class availability, evaluation and registration.

Therapeutic Senior Yoga

This five-week series is for previous students to the Therapeutic Senior Yoga classes. The breath oriented practice will help to increase circulation, release tense muscles, tone and renew energy.

Date: Mondays,
March 17 to April 14
or April 21 to May 19

Time: 1:15 to 2:30 p.m. or
3 to 4:15 p.m.

Location: The Yoga Barn,
660 Gilman Blvd, # C-6,
Issaquah

Cost: \$50

Registration required. Call The Yoga Barn at 425-427-0038 for class availability, evaluation and registration.

Managing Care at Home

A question-and-answer session with an Overlake Senior Care social worker to familiarize yourself with resources available to manage care in the home.

Date: Call to schedule

Location: Overlake Hospital
Senior Care
1120 - 112th Ave NE,
Bellevue, Suite 100

Cost: Free

Registration required, please call
425-688-5800.

A Matter of Balance

Have you cut down on a favorite activity, such as walking because you might fall? Or turned down a chance to go out with friends or family because you were concerned about falling? The fear of falling can be just as dangerous as falling itself. Often people that develop a fear of falling begin to limit activities, which can result in physical weakness, making the risk of falling greater. This leads to greater isolation and depression. The class is designed to reduce the fear of falling and increase activity levels. A Matter of Balance can help improve their quality of life and remain independent. Participants learn to set realistic goals to increase activity, make changes to reduce fall risks, and learn simple exercises to increase strength and balance.

Date: Monday & Wednesday,
March 24 to April 16
or April 21 to May 14

~OR~

Date: Tuesday & Thursday,
March 25 to April 17

Time: 10 a.m. to Noon

Cost: \$15 for four week class.

Includes workbook and free water bottle. Scholarships available, call for information. Registration Required. Call Senior Care at 425-688-5800.

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 13

Time: 10 a.m. to noon

Registration required. Call Senior Care at 425-688-5800.



Walk for Life

Join this free 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

No registration required, for information
call 425-688-5800.

Support Groups

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. Come meet and talk with others who are dealing with similar issues. Two support groups are offered to help meet the needs of caregivers.

Family Caregiver Support Group – Bellevue

Date: Thursdays, March 13, 27,
April 10, 27

Time: 3 to 4:30 p.m.

Location: Bellevue Senior Health
Center, 1750 – 112th Ave. NE,
Suite A-101, Bellevue

Cost: Free

For questions, call Regina Bennett, MSW,
425-688-5807.

Caregiver Support Group – Mercer Island

Date: Tuesdays, March 4 or April 1

Time: 3:30 to 5 p.m.

Location: Mercer Island Senior Center
7707 SE. 27th Street,
Suite 110, Mercer Island

Cost: Free

For questions, call Karin Miller, MSW,
425-688-5637.

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.

My Aching Joints

There are over 100 different types of arthritis, each with its own symptoms and impact on the body. An Overlake physician will discuss diagnosis, treatment and management of the disease.

Date: March 24

Class # 25524

Seeing Better While Looking Younger

The tissues surrounding the eye, the muscles that allow the eye to move and the tear ducts can often be affected by injuries, infections, inflammation or problems related to aging.

Oculoplastic surgery can help improve your vision by correcting issues relating to the areas around the eye. An Overlake physician will discuss the treatments available.

Date: April 28

Class # 29068

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.

Identity Theft

No, you are not paranoid! There are people and companies that are working hard to separate seniors from their assets. An AARP fraud specialist will discuss the problem and give practical tips how to protect you and your assets.

Date: March 12

Getting A Good Night's Sleep

Insomnia can be caused by worry, medications, or a number of physical disorders. An Overlake sleep specialist 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 9

Redmond Senior Center

Call 425-556-2314

8703 160th Ave. NE, Redmond.

Wednesdays, 10:30 a.m. to noon.

Advanced registration is required.

FREE.

Three Steps to Maintain Your Brain

Are you living a brain healthy lifestyle? Alzheimer's Association of the Northwest will discuss three areas of your lifestyle you can work to improve your brain health.

Date: March 19

Common Foot and Ankle Problems

Over the course of a lifetime, the feet bear weight equal to several million tons and many experience foot problems that are very painful. An Overlake podiatrist will discuss common foot problems and current treatments available.

Date: April 16

Columbia Athletic Club, Juanita Bay

Call 425-821-0882

11450 98th Ave NE, Kirkland

Thursdays, Noon to 1 p.m.

Advanced registration is required.

Cost: \$5.

My Aching Feet!

The human foot is composed of 28 bones and thousands of nerves, muscles, tendons ligaments, and blood vessels. Over a normal life the average person walks about 115,000 miles. And 66 percent of people surveyed state that their feet hurt on a regular basis. However many foot problems can be prevented with proper care or treatment. An Overlake podiatrist will review tips for preventing and treating common foot problems.

Date: March 20

A Heart Healthy Diet

As we age, we still need plenty of vitamins and minerals, but less fat and calories. An Overlake wellness dietitian will review guidelines for eating well and staying healthy.

Date: April 17

Issaquah Meadow Creek Office Park

Call 425-688-5800

22510 SE 64 Pl, Suite #120, Issaquah

Advance registration is required.

Cost: \$5.

I Can't Hear You!

It's frustrating to continually ask, "What did you say?" An audiologist will discuss the causes of hearing loss, offer viable options, and provide community resources available to improve the quality of life.

Date: Tuesday, April 15

Time: 9:30 to 10:30 a.m.

Volunteer Opportunities Available

A Matter of Balance Coach

Many older adults experience concerns about falling and having to restrict their activities. *A Matter of Balance* is an award-winning program designed to manage falls and increase activity levels.

Attend a two-day training session offered by an Overlake master trainer, a volunteer leader. Information and materials will be provided to teach *A Matter of Balance* class to seniors.

If you are interested in more information about becoming a coach, call Debbie Anderson, Senior Care director at 425-688-5801.

Bellevue Senior Health Center Clerical Support

Provide clerical support to center staff by helping to prepare and collate patient charts and other clerical support upon request. For information about the position, call Greg Beeks, Senior Health Centers clinic manager, at 425-688-5398.

Data Entry

Provide office support to center staff focusing mainly on data entry and research with health studies upon request. For information call Greg Beeks, Senior Health Centers clinic manager, at 425-688-5398.

Are You Ready?

One evening while returning home, Sheila caught her foot on the step as she was walking up to her front door, suddenly landing hard on her knee. She managed to get inside and call a friend who was able to take her to the emergency room. While the medical team was gathering information about her fall the nurse asked about her medical history and current medications. Sheila pulled out a list of eight medications written on a crumpled piece of paper. The nurse started to ask questions about the medications – dosage, frequency, names of her doctors – but the pain in her knee was so intense she



couldn't concentrate and became flustered. She couldn't answer any of the questions at that point.

Anyone could be faced with the same type of situation, but Senior Care has a way to help alleviate this stressful situation. Senior Care is now offering a *Personal Health Record*, a booklet in which you list your medical history, past hospitalizations, allergies, and primary care and specialty physicians. It even reminds you of questions to ask your care providers as they discharge you home and has a space to write down notes to ask your physician during your next visit. Taking the time to gather the information before a situation arises is enlightening and empowering.

You can create your own **Personal Health Record** using a folder or three ring notebook, or you can print one off the Overlake web site www.overlakehospital.org/seniorcare/resources. Or you can call the Senior Care office at 425-688-5800 and ask for your free copy of a Personal Health Record to be sent to you.

Save the Date!

Saturday, June 14

Annual
Pancake
Breakfast
and
Silent Auction



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

Location: North Bellevue Community Senior Center

Featuring Overlake Senior Health Center physicians as “All-Star Chefs:” Hank Williams, MD, Richard Kaner, MD, Daniel Raskind, MD, and Arti Tayade, MD.

For more information call 425-688-5527.

Varicose Veins Go Away...

Submitted by:
Leonard Su, MD
Lake Washington Vascular Clinic
1135-116th Avenue NE, #305
Bellevue, WA
425-453-1882

“Diagnosis of varicose veins starts with a clinical exam by your doctor, with a referral to a vascular specialist who can assess not only varicose veins, but can also examine you for other possible causes of your symptoms, including peripheral arterial disease.”

Varicose veins are very common, and can cause aching and swelling in the legs. They often run in families and become more common with aging. Veins are the blood vessels that return blood from tissues of our body to the heart. We have important deep veins in our arms and legs that carry the large majority of blood. We also have superficial veins lying closer to the skin.

In order for blood in our legs to rise up to the heart, veins need one-way valves. These valves are paper thin, yet normally hold against gravity pulling the blood downward. When valves fail, or become incompetent, blood in the legs fall downward, or reflux. If valves fail in superficial veins, blood refluxes and those veins become enlarged, leading to varicose veins.

What are the symptoms of varicose veins? In many cases there may be no symptoms and the vein may only be a cosmetic concern. However, they may become tender or cause aching or swelling in your legs. In some cases, longstanding reflux of pooling blood from incompetent veins can cause skin changes, dermatitis, discoloration and ulcers. Skin changes and ulceration can lead to infections in the skin and surrounding tissue.

Diagnosis of varicose veins starts with a clinical exam by your doctor, with a referral to a vascular specialist who can assess not only varicose veins, but can also examine you for other possible causes of your symptoms, including peripheral arterial disease. Testing for varicose veins usually involves a vascular ultrasound performed in a vascular laboratory. This can assess your veins for evidence of incompetent valves and refluxing blood, as well as assess for blood clots or other abnormalities.

Treatment of varicose veins initially consists of prescription compression hose therapy. Compression hose are important in controlling symptoms or complications of varicose veins. Often patients will need therapy beyond only wearing compression stockings to improve the health of their legs. Surgical stripping once was a main treatment, involving incisions and removing veins under general anesthesia. Today, Endovenous Laser Ablation, requires no incision or general anesthesia, and for the most part has replaced traditional vein stripping. This minimally invasive technique, performed in-office, involves placing a thin tube similar to an IV (called a sheath) into the vein, and advancing it through the length of the vein. Through this sheath a fiber-optic laser filament is introduced inside the vein. The laser is activated, delivering energy that seals the entire vein as the fiber is slowly withdrawn. Studies have shown Endovenous Laser Ablation to be as effective in treating varicose veins as surgical stripping, with less down time and no need for general anesthesia. Patients are able to walk instantly and return to normal activities almost immediately.

If you have leg swelling or visible varicose veins, these new advances may be able to help. A vascular specialist can assess if Endovenous Laser Ablation is an option for your varicose veins, and can also evaluate your veins with regard to your symptoms and cosmetic concerns.



March Luncheon RSVP

To reserve your place at the March luncheon, please fill out this form and send it along with your check made payable to: *Connections, Overlake Hospital Medical Center*. Payment must be received with reservation.

Mail by Wednesday, March 19
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
“*Is My Shoulder Just Worn Out?*” on Wednesday, March 26.

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

Name(s)

Phone Number



Medical excellence every day™

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Bellevue, WA 98004-4686

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