

KEEPING

SENIORS

INFORMED,

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Connections



Fear of Falls

Giggles and screams for Grandma Edith echo through the halls of the church originating from the small nursery at the end of the building. Edith has been an active member of her church, caring for the youngest of the congregation each Sunday. The little flock run into her arms for hugs whenever they see Grandma Edith. She has resided in the Bellevue area for over 35 years and on days she isn't helping at church she can be found at the local food bank and volunteering at Overlake Hospital Medical Center. She also makes a point of walking each day, rain or shine, the half mile loop around her housing development. She has always maintained an active lifestyle until this past winter.

After one of our numerous storms Edith left her house for her daily walk. Tired of dodging debris scattered around the walkway she decided to head back to her house. As she entered her driveway she slipped on one of the fallen branches, falling on her side. She lay in the driveway until a neighbor heard her cries for help. She spent the next few days at Overlake recovering from hip surgery followed by numerous weeks of rehab trying to regain her strength and mobility. She was anxious and excited to return home but found she needed a number of adaptations added to her home to move around comfortably. Grab bars were installed in her bathroom, handrails were built on the front steps, throw rugs taken up and additional lighting placed near the walkway.

Edith's church called to see if she was ready to return to her nursery job but she made excuses. Thoughts of the energetic toddlers bumping into her and possibly causing her to miss step frightened her. She thought about returning to her daily walks but the thought of her fall crept into her thoughts and she reluctantly remained inside. Edith was becoming more and more isolated making this once active woman very depressed. She was fearful of falling again and was

separating herself from all the things that previously gave her joy. Her lack of involvement was also causing her to become weaker and less sure on her feet.

Falls are the leading cause of injuries to adults over 65 in America with the majority of the injuries sustained in or around their homes. Hip fractures are the most serious injury experienced with 50 percent of the people never returning to their previous level of mobility. Often the fear of falling leads seniors to limit their

September Luncheon

"Protect Yourself from Identity Theft, Fraud, and Senior Scams"

Sponsored by DiRe Dentistry and Overlake Hospital Foundation

Seniors tend to be the largest targeted population for scams and frauds.

A section of the population that was raised to be polite and trusting, often find themselves targets of con-men.

Detective Will Maric, King County Sheriff's Office, Fraud Division will identify various scams and provide practical tips on how to protect yourself.

Wednesday, September 26

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:

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and Throat Clinic**
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Connections Newsletter is published six times per year by Senior Care/Connections at Overlake Hospital Medical Center, 1035 116th Avenue NE, Bellevue, WA 98004. It is distributed free of charge to Connections members. Overlake Hospital Medical Center is a nonprofit, nontax-supported hospital providing advanced medicine to the Puget Sound region.

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.



Charlene Raunio, Newsletter Editor
Debbie Anderson, Connections Director

CONNECTIONS

Fear of Falls *continued from page 1*

participation in activities and often causes isolation and depression as in Edith's case. There can be a variety of circumstances that cause falls but it is not necessarily a result of just growing old; many of the mishaps are preventable.

Senior Care is working on addressing the issue and is in process of developing a Falls Prevention class called *A Matter of Balance*. The class is projected to be running by the start of the New Year. The class will focus on addressing fears, providing prevention measures, teaching daily exercises to be used for balance and core strengthening as well as techniques for rising successfully in the event of a fall.

Call Senior Care 425-688-5800 for information about the class or request resources that can help reduce the risk of falls. Take time today to prevent a fall tomorrow.

Pancake Breakfast Fun



Sonja Potter Auxiliary Pancake Breakfast and Silent Auction. Chef Hank Williams, M.D. makes the rounds at the Breakfast. The event raised over \$9,800 for Senior Care.

Exciting Volunteer Opportunity

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

By attending a two-day training session offered by an Overlake Master Trainer, you will be provided the information and materials to teach the class to seniors. The training will be in November, with classes starting in January.

What are the requirements to become *A Matter of Balance* coach?

- Good communication and interpersonal skills
- Enthusiasm
- Dependability
- Willingness to lead a small group
- Interest in working with older adults
- Life experiences valued, with education or health care experience a plus
- Ability to perform range of motion and low-level endurance exercises
- Ability to carry up to 20 lbs

How do you become a coach?

- Attend eight hours of coach training taught by the Master Trainer(s) and earn *A Matter of Balance* Coach Certification
- Attend 2.5 hours of coach training update annually
- Agree to coach two *A Matter of Balance* classes within one year of certification

If you are interested in this exciting volunteer opportunity, please call Debbie Anderson, Senior Care 425-688-5801.



Strategies and Resources for Staying in Your Own Home As You Age

**Saturday,
November 3
9:30 a.m. to 3 p.m.**

Bellevue City Hall
450 110th Ave NE., Bellevue
\$5 suggested donation
at the door

Presenting Sponsors

Overlake Hospital Medical Center,
Bellevue Parks & Community Services,
Visiting Nurse Services of the NW,
Providence Home Services,
Bellevue HealthCare

Contributing Sponsors:

Elder and Adult Day Services,
Bellevue Network on Aging

This free one-day event will provide seniors and their families with resources, ideas and inspiration for living at home.

A resource fair featuring over 50 services and presentations will focus on remaining independent in the home environment.

No registration required.

For questions, call Senior Care
425-688-5800.



Join us for a Grand Celebration!

You're invited to join us on **Sunday, September 23**, your one and only chance, as we celebrate the *opening of Overlake's South Tower*, home to the Eastside's newest and most modern Emergency Room and Trauma Center, operating rooms, critical care services and patient rooms.

Get a behind the scenes tour

Take a guided tour and see how advanced equipment, digital imaging and healing design features make Overlake the center for excellent care. Our guides will show off our new trauma center and you'll even get to peek inside our new operating rooms, and catch a glimpse of the high tech equipment at Overlake.

Bring your friends, bring your grand kids

While you're here, enjoy our free grand opening health fair. Visit Overlake booths and pick up information and helpful advice from other community resources. Park free and make it a day of fun-filled education!

Highlights of the day include:

- **Life-like trauma scenes.** EMS providers and Overlake Trauma staff will team up to demonstrate what happens when a traumatic injury or accident victim is brought to the hospital. Get up close to the action and see how teamwork and skill play a part in saving lives every day at Overlake.
- **Excellence makes a difference.** Overlake is a top-rated center for heart surgery and is also a stroke certified hospital. See how the medical experts use state-of-the-art imaging and other tests to quickly diagnose and treat patients.
- **Advanced Surgery.** Thinking about a partial knee replacement? Know a friend or loved one who has had hip replacement surgery? Orthopedic surgeons will show you the latest advances in orthopedic surgery, including hip and partial knee replacement surgery.
- **A healing environment.** Step inside one of Overlake's new patient rooms, designed to keep families close together and bring the latest healing advances to patients and staff alike.

To learn more about Overlake's grand opening event, visit
www.overlakehospital.org.

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.



Beat the Flu Bug

Flu shots and pneumococcal vaccines for seniors, from Visiting Nurse Service of the Northwest. No appointment required. \$30 for flu shot; \$40 for pneumovax in cash or VNS will bill Medicare Part B, if eligible or Secure Horizons (must have card present at time of shot).

Saturday, October 13; 9 a.m. to noon
Mercer Island Senior Health Center,
7707 SE. 27th St., Mercer Island

Tuesday, October 23; 9 a.m. to noon
Bellevue Community College, North
Campus, Room 106 & 108

No registration required.

For information or questions,
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, September 10 to
October 8, or October 15 to
November 12

Time: 1:15 to 2:30 p.m. ~ or ~

Date: Tuesdays, September 11 to
October 9 or October 16 to
November 13

Time: 1 to 2:15 p.m.

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

Cost: \$50

Call Yoga Barn to register at 425-427-0038

Beginner's Yoga for Seniors

For new students to the Therapeutic Senior
Yoga classes.

Date: Mondays, September 10 to
October 8, or October 15 to
November 12

Time: 3 to 4:15 p.m.

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

Cost: \$50

Call Yoga Barn to register at 425-427-0038

Protecting Your Assets

Learn what the different wealth transfer
strategies are so you can protect your assets
for future wealth transfers. Presented by Pam
Hottinger, Financial Advisor, Waddell & Reed.

Date: Thursday September 27

Time: 10:30 to 11:30 a.m.

Cost: \$5

Seniors Making Art – Collage Art

Never done collage? Give it a try! You'll be surprised at the images and designs you can create. Learn how to cut, tear, and paste papers to make beautiful pictures with paper. Using the color and texture of the paper itself, you can easily create everything from a rugged mountain landscape to delicate flowers. Participants will be provided with all materials, tools and a variety of colorful papers to use in the class. Absolutely no artistic experience necessary. Just plan to come and have fun! Sponsored by Craig Shrontz, Lyn Ristig, Seniors Making Art and Overlake Senior Care.

Date: Thursdays, September 13 to
November 1

Time: 10 a.m. to Noon

Cost: Free

Limited to first 15. Advanced
registration required.

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, October 16

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

Senior Smiles – Neglecting Dental Care Can Be Risky

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. Oral health and general health are inseparable, experts agree. Doctor of Dentistry will discuss the aspects of oral health and how dental health can impact overall health.

Date: September 24

Class #: 21377

Vitamin Supplements: What's All the Buzz About?

Every year we are bombarded by reports relating to vitamins, minerals, and other nutrients. The information can be confusing and overwhelming. Should I take supplements? Which one should I take? How many is too much? Overlake's wellness dietitian, will provide an overview of vitamin usage including the benefits and dangers of various supplements.

Date: October 22

Class #: 23457

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

Understanding the Cholesterol Mystery

Do you understand all the jargon about good and bad cholesterol, HDL and LDL? How does it affect the heart and does it really matter? An Overlake physician will explain the significance of the terms, the importance of being tested and discuss ways to manage your cholesterol.

Date: September 12

How to Protect Yourself from the Flu this Winter

Each winter the flu ill's approximately 36,000 to 40,000 Americans, hospitalizing more than 200,000, and costs the U.S. economy over \$10 billion in lost productivity and direct medical expenses. Find out what you can do to protect yourself, even if you get the flu shot this season. A Registered Nurse from the Visiting Nurse Services of the Northwest will give tips on how to stay healthy this winter season.

Date: October 10

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

As the Eye Ages

By the age of 50, most people experience vision changes and are at greater risk for minor irritations, cataracts, glaucoma and macular degeneration. An Overlake physician will review symptoms, diagnosis and treatment of various eye conditions seniors encounter as they age.

Date: September 10

Make the Most of Your Mind and Memory

Where did I put my keys? What was I going to get at the store? These are questions that can be heard on a daily basis from seniors. The best way to keep your memory working well is to actively use it and to stay healthy. Regina Bennett, MSW, Overlake Senior Health Social Worker, will give a variety of tips and how to give your brain a daily aerobic workout.

Date: October 8

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

My Aching Joints – Understanding Arthritis

Arthritis is an inflammation in the joints and can occur at any age but affects people as they begin to age the most. There are over 100 different types of arthritis, each with it's own symptoms and impact of the body. An Overlake physician will discuss the diagnosis, treatment and management of the condition.

Date: September 20

Taking a Stand Against Brain Attack

Strokes are the third leading cause of death in the United States, however there have been significant advances in treatment approaches. Overlake Stroke Coordinator, Carole Hardy, RN, will discuss risk factors, detection and treatment of strokes and offer ideas of how to reduce your risk of a stroke.

Date: October 18

Issaquah Meadow Creek Office Park

Call 425-688-5800

22510 SE 64 Pl, Suite #120, Issaquah

Advance registration required.

Cost: \$5

Heart Healthy Nutrition

As we age, we still need plenty of vitamins and minerals, but less fat and calories. Overlake Wellness dietitian, Peggy Swistak, RD, will review guidelines for eating a low-cholesterol meal that tastes good but is also good for you!

Date: Tuesday, September 18

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

Identity Theft

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

Date: Tuesday, October 16

Time: 10 to 11 a.m.

Fibromyalgia and a New Era of Hope

Submitted by:

Kathy Golic, P.T.

Overlake Outpatient Center Services

1120-112th Ave. NE, Suite 150

Bellevue, WA

425-688-5900

Arthritis and Fibromyalgia Support Group

For people with osteoarthritis,
rheumatoid arthritis, or fibromyalgia.

Date: Meets first Tuesday of the
month (September 4 &
October 2)

Time: 6:45 to 8:30 p.m.

Location: Overlake Outpatient
Rehabilitation Services,
1120 112th Ave NE,
Suite 150, Bellevue, WA

For more information or to get on the
e-mail list, call 425-688-5900.

Nearly everyone knows someone who has been diagnosed with Fibromyalgia. A publication of the American College of Rheumatology (1990) reports that Fibromyalgia Syndrome (FMS) affects 10 million Americans, most of them females.

FMS is a specific musculoskeletal condition diagnosed based on demonstration of widespread pain for at least three months and specific tenderness to gentle palpation symmetrically at tender points located in specific body regions. Other related symptoms include fatigue, stiffness, headaches, and irritable bowel syndrome. There is also a strong association with sleep disturbance and it has been demonstrated that FMS symptoms can be induced with specific disruption of the Stage IV sleep cycle. Gradually it is becoming accepted that in FMS patients there is an abnormality of centrally mediated pain processing.

The good news is that along with a better understanding of the pathogenesis of the disorder, comes new research and promising results with new medications. Patients are encouraged to discuss with their physicians new pharmacological options that are now available based on the latest research, particularly ropinirole and pramipexole.

As a physical therapist, I encourage individuals with FMS to also explore a variety of traditional and nontraditional treatment options as well, as they search for the formula for their success. With the right combination of therapies, many people are able to participate fully in a productive, rewarding life.

First and foremost I believe exercise should be on the top of the list. Studies have shown that exercise can improve the pain threshold of patients with FMS.

Aerobic exercises, muscle strengthening and pool exercises have been found to be beneficial. Alternative forms of exercise/movement including the Lebed Method, Tai Chi, and the Feldenkrais Method are also quite useful. Participants should exercise at their own comfort level and start slowly with low intensity and duration, gradually increasing as their tolerance allows. They should be mindful that like most treatments, benefits are gradual and cumulative. If an individual has problems with a particular approach they should try a different form of exercise or seek the expertise of a licensed physical therapist to guide them in an individualized program or teach them modifications in their program of choice.

Other adjunctive treatment options include massage, acupuncture, reflexology, yoga, cognitive behavior therapy and conscious breathing. Conscious breathing is a wonderful adjunct to any of the other approaches because once learned, it is free and can be adapted to any place, any time. Conscious breathing helps to restore the body to the rest and repair mode as a natural state instead of the stress mode where many become stuck. It helps to moderate or eliminate pain, enhances energy levels and promotes clear thinking.

One other thing for those with FMS to consider is addressing their sleep related issues. Some people with FMS have sleep apnea and once this has been addressed their symptoms may be significantly reduced or eliminated.

In conclusion, Fibromyalgia is a disorder that affects many in a variety of ways. However, newer medications along with exercise and adjunctive therapies can be of great benefit to allow a healthy and normal lifestyle.

A Special Thanks!

We would like to thank and recognize the following donors who contributed to Senior Care from November 10, 2006 to June 25, 2007. The support received from our Donors makes the special services we provide possible!

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Endowing Your Values

When you establish or contribute to a named endowment fund with Overlake Hospital Medical Center, you do more than endow a program or building or even the operational budget; you endow your values. Through your endowment, your commitment to the mission and ideals of Overlake will carry forward for years to come. With every annual distribution, your name will echo through the organization as someone who believes in Overlake and our mission of providing *Medical excellence every day.*™

Endowments are powerful conveyers of values! You may think it takes a large amount of money to create an endowment. You may even think it has to be done all at once with a lump gift. If so, you will be surprised at how reasonable and convenient it is to start one immediately, and to contribute to it over time, including making a final gift through your will. For more information on setting up an endowment or adding to an existing endowment, please contact the Overlake Hospital Foundation at 425-688-5525.

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.

September Luncheon RSVP

To reserve your place at the September luncheon, please fill out this form and send it along with your check to: *Connections, Overlake Hospital Medical Center*. Payment must be received with reservation. *Mail by Wednesday, September 19 to: Senior Care/Connections, Overlake Hospital Medical Center, 1035 116th Ave. NE, Bellevue, WA 98004*. To receive a map, call 425-688-5800.

September Luncheon Reservation Form

☐ **Yes!** I/We would like to make reservations to attend *"Protect Yourself from Identity Theft, Fraud, and Senior Scams"* on Wednesday, September 26.

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

Name(s) (List all people attending)

Phone Number



Debbie Anderson, Director of Senior Care, celebrates her twentieth year with Overlake Hospital Medical Center.



Medical excellence every day™

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