

KEEPING
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INFORMED,
INVOLVED,
IN CHARGE.

Connections

VOL. 27 NO. 2

MAR/APR 2011



"The fair provided a wealth of great information, and I loved the upbeat mood all day!"



2011 Active Senior Fair

The *Active Senior Fair* is right around the corner, so don't forget to mark your calendars. Enjoy this **fun, free** day-long event featuring lively entertainment, educational lectures, exhibitors, health screenings and door prizes, all geared toward the active senior. The event is sponsored by Overlake in conjunction with media sponsors KIXI Radio and *The Seattle Times*.

The *Active Senior Fair* will be held **Saturday, March 12, from 10 a.m. to 3 p.m.** at the Westminster Chapel of Bellevue, located at 13646 NE 24th Street in Bellevue. There is plenty of accessible free parking. A \$5 suggested donation at the door goes to support Senior Care's community education programs and events.



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March Connections Luncheon

Managing Your Medications

Sponsored by Overlake Terrace

Untangle and understand the web of prescription medications. Thanh Nguyen, Pharm D, pharmacist at Walgreens in the Overlake Medical Tower, will discuss how to use medications safely and how to save money.

Wednesday, March 23 • noon to 2 p.m.

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

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

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Overlake Hospital Medical Center
1035 116th Avenue NE
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www.overlakehospital.org/seniorcare

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If you would like to be removed from this newsletter
mailing, have an address change, would like to receive
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to become a member, please contact Senior Care at
425-688-5800 or e-mail seniorcare@overlakehospital.org.

OVERLAKE
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Medical
Center
Medical excellence every day™

Charlene Raunio, Newsletter Editor
425-688-5806

CONNECTIONS

continued from page 1

Highlights include:

Entertainment

- 10:15 a.m. Fashion Show by **Coldwater Creek of Bellevue**, emceed by **Dan Murphy** of KIXI AM 880 morning radio.
- 11:30 a.m. Action-packed comedy juggling performance by **Alex Zerbe**, a two-time world record holder and who was voted "Seattle's Funniest Prop Comic."
- 12:45 p.m. **Marianne Binetti**, Pacific Northwest horticultural expert, will present, "Artist in the Garden. Inspirations from Monet and Renoir, Adding an Artistic Touch to Outdoor Spaces." Plants will be given away as door prizes for audience members.
- 2 p.m. *Anything Goes*, by **Wrinkles of Washington**: a song and dance musical review.

Health Screenings

Free health screenings throughout the day.
No reservations or registration required.
Screenings include but are not limited to:

- Balance Checks.
- Blood Pressure Checks.
- Bone Density Screenings.
- Cholesterol Screenings,
No fasting required.
- Foot Screenings.
- Glucose Screenings,
No fasting required.
- Posture Checks.
- Stroke Risk Assessments.
- Vision Checks.

**Don't miss out on this
FREE event. Come spend the day
enjoying all the fair
has to offer!**

Lectures

- 10:15 a.m. *What Every Man (and Woman) Should Know about Prostate Cancer* by **Thomas Takayama, MD**, Bellevue Urology Associates and **William Reece, MD**, Overlake Radiation Oncology.
- 11:15 a.m. *The Painful Hip* by **James Clark, MD**, Bellevue Bone & Joint Physicians.
- 12:15 p.m. *I Can See Clearly Now! Advances in New Technology and Therapy for Lifelong Vision* by **Michael Gilbert, MD**, Northwest Vision Institute.
- 1:15 p.m. *Nutrition Urban Myths, Misinformation and the Realities of Eating* by Overlake nutritionist **Peggy Swistak, R.D.**



Vendors

More than 60 exhibitors showcasing the latest information about products and services geared toward the active senior. Receive free samples, discount coupons and participate in vendor door prize drawings.

Demonstrations

Watch and participate in free demonstrations.

**An inexpensive lunch buffet
offered by Catering By John will be
available onsite from 11 a.m. to 2 p.m.
Lunch costs range from
\$4 to \$7.50.**

Marilyn Adams
 Mukund and Malti Agashe
 George and Frieda Ahrens
 Miyako Akutagawa
 Donald and Helen Allan
 Ruth Allen
 Clarence and Dorothy Alm
 Norman and Gladys Anderson
 Betty Anderson
 Ann Andrews
 Tom and Jeri Arntz
 Alice Bacon
 Bert and Dolores Barker
 Bellevue Ear, Nose & Throat
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Thank You

We would like to thank and recognize the following donors who contributed to Overlake Senior Care and Senior Health Centers from January 1 to December 31, 2010. Your support enables us to provide a wide range of services for seniors.

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 Barbara Jacobsen

Senior Care Community Classes

Unless otherwise indicated, these classes are held at City University, 150 – 120th Avenue NE, Building F, Bellevue.

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

A Matter of Balance

Have you cut down on a favorite activity 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 who develop a fear of falling begin to limit their activities, which can result in physical weakness, making the risk of falling greater. This leads to isolation and depression. A *Matter of Balance* can help improve your quality of life and remain independent. The class is designed to reduce the fear of falling and increase activity levels. 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: Mondays & Wednesdays,
March 7 to 30

or

Tuesdays & Thursdays,
April 5 to May 3
(no class April 12)

Time: 10 a.m. to noon

Cost: \$15

Scholarships available on an individual basis.

Exercise to Improve and Maintain Balance

Learn to strengthen key muscle groups and improve use of the core muscles that keep your body in balance. Build a balanced, elegant posture, gain confidence in your stability and move with grace and agility. Practice simple movements to improve overall coordination for daily activities to walk steadier and help prevent falls.

Date: Mondays, March 14 to April 4
or

Tuesdays, April 19 to May 10

Time: 2 to 3 p.m.

Cost: \$36.75 for four-week session

Yoga to Maintain Balance

This breath-oriented practice will help to increase your circulation, release tense muscles and strengthen core muscles. *Yoga is done in a seated position on a chair with exercises adapted to each individual's abilities.*

Date: Tuesdays, March 1 to 22 or
April 5 to May 3

Time: 11 a.m. to 12:15 p.m. or
12:30 to 1:45 p.m.

or

Date: Thursdays, March 3 to 24 or
March 31 to April 21

Time: 11 a.m. to 12:15 p.m.

Cost: \$44 for four-week session

A Better Understanding of Long-Term Care Insurance Policies

Whether you already have a long-term care insurance policy or might consider one in the future, learn about the caveats, as well as the benefits that could be very important to you. Learn how to understand and compare policies, plans and providers, not just the premiums. *This is an informational seminar, not a sales presentation.*

Date: Tuesday, March 22

Time: 10 a.m. to noon
or 7 to 9 p.m.

Cost: \$5

Seniors Making Art - Collage

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 is necessary. Just plan to come and have fun! Sponsored by Betty and Kemper Freeman, Craig Shrontz and Lynn Ristig. Call and leave a message. You will be called if you are in the class. *New students have first priority. Class limited to 15 participants.*

Date: Thursdays, April 7 to May 19

Time: 1 to 3 p.m.

Cost: FREE

Dementia: Understanding the Basics and Reducing Your Risk

This class will provide an overview of dementia. A brief review of the basic information relating to dementia, normal and abnormal memory changes with aging, risk factors, what to do if you suspect a loved one has a memory problem and what can you do to reduce your risk factors. *Not appropriate for the memory-impaired person.*

Date: Wednesday, April 27

Time: 2 to 3:30 p.m.

Cost: \$5

North Bellevue Community Center

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

4063 148th Ave. NE, Bellevue
Mondays, 1 to 2:30 p.m.
Advanced registration required.
Cost: \$7 for Bellevue residents
\$8 for non-residents

Avoiding the Fall – Reducing the Risk

Over 30,000 Americans over the age of 65 are seriously injured in a fall each week. In addition, more than 20 to 30 percent of those who fall develop a fear of falling or experience a debilitating injury they will deal with the rest of their lives. The fear can cause people to limit their activity level, which in turn reduces their mobility and leads to an even increased risk of falls. A therapist will discuss what can be done to avoid falls and review simple exercises.

Date: March 28
Class #: 54821

Improving Your Memory As You Age

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 use it and to stay healthy. Tips and daily exercises will be reviewed to give your brain a daily aerobic workout.

Date: April 25
Class #: 54822

Bellevue YMCA

Call 425-746-9900

14230 Bel-Red Rd., Bellevue
Wednesdays, 11:30 a.m. to 12:30 p.m.
Advanced registration required.
Cost: FREE

Keeping Your Mind Fit

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. Learn a variety of tips as well as how to give your brain a daily aerobic workout to help keep it healthy.

Date: March 9

Incontinence: It Doesn't Have to Be A Part of Life

It's estimated that over 13 million Americans suffer from urinary incontinence, a condition experienced twice as often by women. Incontinence does not have to be accepted as a part of growing older. An Overlake urologist will discuss the types of incontinence and the latest successful treatment options available.

Date: April 13

Redmond Senior Center

Call 425-556-2314

8703 160th Ave. NE, Redmond
Wednesdays, 10 to 11:30 a.m.
Advanced registration is required.
FREE.

I Can See Clearly Now

Around the age of 50, most people become aware of changes in their vision. Older eyes are at greater risk for problems from minor irritations to cataracts to macular degeneration to glaucoma. An Overlake ophthalmologist will explain normal changes in vision and signs of problems.

Date: March 16

Oh My Aching Feet

Over a lifetime, your feet support weight equal to several million tons so it's not unusual for people to experience foot pain. An Overlake podiatrist will review tips for preventing and treating common foot problems.

Date: April 20

Walk for Life

Join this free ongoing walking program to exercise safely and effectively. Meet friends and benefit from expert staff who are onsite 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.

Additional Hospital Community Classes

**PACCAR Education Center
Overlake Hospital Campus
1035 116th Ave. NE, Bellevue
Advance registration required.
Call 425-688-5259 or online at
www.overlakehospital.org.
Cost: FREE**

Establishing Optimal Body Mechanics and Ergonomic Practices

In this interactive class, Shawn Lambert, Overlake physical therapist, will show you how to prevent neck and back strain while performing everyday activities by developing positive strategies for posture, positioning and body mechanics. Participants will be encouraged to practice these strategies in class.

**Date: Wednesday, March 2
Time: 6:30 to 8 p.m.**

Motion Is Life

Is pain keeping you from enjoying life? If so, learn more about joint pain relief as well as knee and hip replacement in this informative seminar presented by the Joint Replacement Center at Overlake. Time allowed for questions.

**Date: Tuesday, March 22
Time: 6:30 to 8 p.m.**

Caregiver 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 of caregiving. Come meet and talk with others who are dealing with similar issues.

All meetings are open and **FREE** to anyone caring for an older adult.

Bellevue Family Caregiver Support Group

**Date: Second and fourth Thursdays of each month
(March 10, 24, April 14 or 21)
Time: 3 to 4:30 p.m.
Location: Bellevue Senior Health Center
1750 – 112th Ave. NE, Suite A-101
Bellevue**

Call Regina Bennett, MSW, 425-688-5807 for more information.

Mercer Island Family Caregiver Support Group

**Date: Second Tuesday of each month (March 8 and April 12)
Time: 3 to 4:30 p.m.
or
Date: Fourth Thursday of each month (March 24 and April 28)
Time: 10 to 11:30 a.m.
Location: Mercer Island Senior Health Center
7707 SE 27th Street, Suite 110
Mercer Island**

Call Karin Miller, MSW, 425-688-5637 for more information.

Ready To Help!

One of the many benefits of being a Connections member is the ability to call the Senior Care office and arrange to have a private, one-to-one meeting with a trained volunteer to get those hard healthcare questions answered. These services are provided free of charge in collaboration with the Senior Rights Assistance and SHIBA programs of Senior Services of King County. All of the volunteers are committed to total confidentiality and do not discuss any information discussed in a counseling session. The volunteers also never tell a client what to do, only explain, guide, advise and provide information. They also do not sell or recommend any specific type of insurance. To arrange a meeting with a volunteer, call Senior Care at 425-688-5800 to make an appointment.

They can assist with the following:

- Choosing a Medicare Plan, Medicare Supplemental Policy or Long-Term Care Insurance.
- Benefits Check-Up and Medicare Prescription Drug (Part D) Benefits
- Burial/Funeral, Substitute Decision-Making, Advance Directives, Estate Planning.

Volunteers Needed

A Matter of Balance classes address the fear of falling, a common issue as we age. Senior Care is in need of additional coaches. You can make a difference! No experience is required, and training is provided. As a volunteer lay instructor, you always teach with another instructor and the class sizes are small.

If you are interested or would like more information about becoming *A Matter of Balance* coach, call Joan Luster, Senior Care Manager at 425-688-5209. Join an enthusiastic and committed group of instructors. *Come make a difference!*

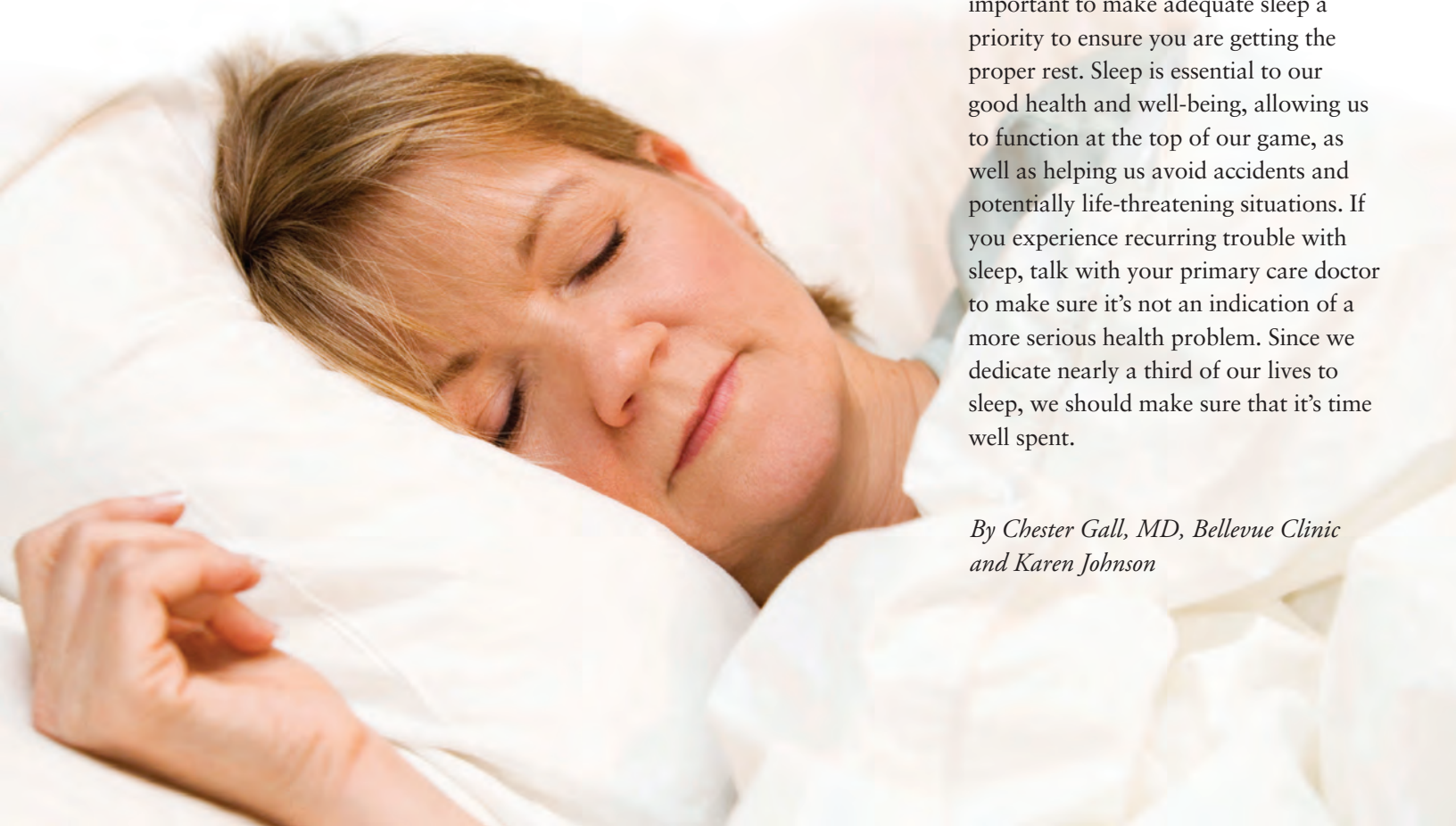
Sleeping Well

Many people experience an occasional sleepless night, but nearly 10 percent of adults report insomnia interrupts their sleep routinely. Insomnia is a symptom rather than a health concern in itself, so when you experience recurring sleep problems, it is important to determine the cause. Insomnia can be an early indicator of cardiovascular issues, as well as respiratory or gastrointestinal concerns, or even depression. After a thorough examination to rule out any serious health problems, you should learn how to develop healthy sleep habits. These habits are often referred to as good sleep hygiene and include the following recommendations:

- **Establish a bedtime routine.** If you maintain a habit of slowing down and preparing for sleep, your body will eventually respond and it will become easier to fall asleep.
- **Practice relaxation techniques.** Try to resolve the issues of the day and set them aside for sleep. This is a habit much easier said than done, but one suggestion people find helpful is to write a to-do list for the following day. Knowing your priority list for the next day may allow you to relax and put yourself—and your concerns of the day—to bed.
- **Don't force sleep.** Sleep when you feel tired and try to sleep only as much as it takes you to feel rested.
- **Avoid stimulating activity before bed.** Refrain from vigorous exercise close to bedtime as well as action-oriented television shows and video games in favor of quiet activities such as reading or listening to soothing music.
- **Don't eat before bed, especially if you have any problems with acid reflux.**
- **Avoid caffeinated drinks after lunch and avoid alcohol at least two to three hours before bed.** Many people underestimate the lasting power of caffeine or believe a “night-cap” will relax them and put them to sleep. While the effects of alcohol might initially make you sleepy, the work your body does to process the alcohol can later disrupt your sleep.
- **Avoid smoking, especially in the evening.**
- **Establish a routine of regular exercise.** A regimen of brisk walking four times per week enables you to expend energy and help you sleep.
- **Adjust your bedroom environment.** Try to reduce excess light, noise, heat or other distractions. Keep your bedroom temperature comfortable, between 55 and 75 degrees.

Though everyone's lives are busier and more scheduled than ever, it's important to make adequate sleep a priority to ensure you are getting the proper rest. Sleep is essential to our good health and well-being, allowing us to function at the top of our game, as well as helping us avoid accidents and potentially life-threatening situations. If you experience recurring trouble with sleep, talk with your primary care doctor to make sure it's not an indication of a more serious health problem. Since we dedicate nearly a third of our lives to sleep, we should make sure that it's time well spent.

*By Chester Gall, MD, Bellevue Clinic
and Karen Johnson*





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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.

To request a map, call 425-688-5800.

March Luncheon Reservation Form

☐ *Yes!* I/We would like to make reservations to attend
“*Managing Your Medications*” on Wednesday, March 23.

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

Name(s)

Phone Number

Mail by *Wednesday, March 16* to:

Senior Care/Connections
Overlake Hospital Medical Center
1035 116th Ave. NE
Bellevue, WA 98004