

Overlake Launches Care Transitions Intervention to Improve Patient Care Quality and Reduce Hospital Readmissions



Overlake Hospital Medical Center is one of the first hospitals in the Puget Sound area to implement a Care Transitions Intervention program to facilitate patients' smooth transition from hospital to home and to eliminate unnecessary hospital readmissions. Initially, Overlake is focusing on heart failure patients age 65 and older – those most at risk for readmission – and will expand

the program over time to include all Overlake hospital inpatients. The program is managed by Overlake's Senior Care staff.

"Care Transitions is a nationally recognized, evidence-based program designed to help discharged hospital patients successfully care for themselves at home so they can recover fully and stay healthy," said Joan Luster, manager of Overlake's Senior Care program.

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May Connections Luncheon

Estate Planning is No Longer Just Developing a Will or a Tax Plan for the Wealthy

Sponsored by Family Best Care, LLC

Eastside estate planning experts Cynthia Petrie CPA, shareholder, Hellam Varon, certified public accountants and Laura Zeman, estate planning attorney, will explain how estate planning decisions and issues could impact you and your family. Also learn about what the new federal estate tax law really means.

**Wednesday, May 25
Noon – 2 p.m.**

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

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

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

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Charlene Raunio, Newsletter Editor
425-688-5806

“This program enables an Overlake nurse to spend critical one-on-one time in the patient’s home to coach them through caring for their health condition after they leave the hospital.”

At Overlake, the program consists of a 30-day program conducted by Lynn Shapley, RN, that begins with an initial contact when patients are still in the hospital. Follow-up visits include one in-home visit within three days after discharge, and three follow-up phone calls to check on patients’ progress, help them manage their medications, prepare for doctor visits and answer questions.

The intervention is designed to coach patients to ensure they follow four key aspects of heart failure self-care:

- Manage medications to ensure they are taken as directed and don’t have any potentially harmful medication interactions.
- Maintain a personal health record to note recovery progress, changes in health, questions to ask their doctor.
- Schedule a follow-up visit with their primary care physician/specialist.
- Identify possible red flags and immediate actions to take to address a worsening condition.



*I have been widowed for
several years. I live alone
and find that I have too
much time on my hands.
I am lonely. What can I
do to get out of this rut?*

There are a wide variety of activities in which you can engage. Many are listed in this newsletter. But for some people, the issue is not WHAT to do but how to get yourself to do those activities. Let’s look at the issue of how to live alone without being lonely.

Living alone becomes more likely as one ages. There are many reasons for this. Census data indicate that after the age of 65, women are three times more likely than men to be widowed and thus live alone. As one ages, friends and family may die and move away leaving an individual without their familiar social circle. The death of a spouse can result in dwindling contacts with other couples as well as some family members such as in-laws. In addition, retirement reduces contact with former co-workers. A decrease in health status can limit mobility and make it more difficult to get out and see others.

But living alone does not necessarily mean that you are lonely and isolated.

Loneliness connotes being alone and unhappy in that circumstance. It can be stigmatized as negative and somehow the fault of the person. In truth, a person living alone does not mean they are lonely.

People can live alone and enjoy solitude.

“Care Transitions is a nationally recognized, evidence-based program designed to help discharged hospital patients successfully care for themselves at home so they can recover fully and stay healthy.” – Joan Luster, Overlake Senior Care Manager

The adult daughter of one recent patient appreciated the care and support Overlake provided to her mother after her hospital stay. She compared the nurse’s home visit and follow-up phone calls with “a Nordstrom-like concierge service” and said the month of follow-up care brought her great peace of mind that helped them both get through the period of recovery.

Based on empowerment theory and goal setting, the program focuses on

helping patients set their own goals for success so they are fully engaged in the process and can track their progress using measures important to them. Instead of taking care of all the patient’s needs for them, the RN teaches patients to ask questions, problem-solve and find out the answers on their own. This approach has proven to help patients better care for themselves once the intervention is complete.



*Joan Luster, MSW, LICSW
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Solitude implies a restful, peaceful and desirable state of being alone. How do we achieve solitude rather than loneliness?

There are pros and cons about living alone. You can create your own routine and do what you want when you want. There are fewer compromises in terms of lifestyle and you have more privacy. On the other hand, time can pass slowly, one can become isolated, feel depressed and disconnected or out of pace with the world.

What strategies can you use to successfully live alone?

First, it is important to accept the concept of being alone. Find the strength and enjoyment in being with YOU.

Then, force yourself to increase social interaction and activity. It is important to maintain strong relationships with friends and families regardless of whether or not you live alone. Research shows that people who are strongly connected to other people enjoy better health and that social isolation can be as powerful a determinant of poor health as cigarette smoking. Initiate with others. But try not to count too much on one or two people. Expand your friendships. Develop a

specific plan of how to meet others. Think of new ways to stay connected and make an effort to call or e-mail your friends and family to keep in touch.

Create routines with a certain amount of structure. Set both short and long term goals. What do you want to do or what do you need to accomplish? Make lists and cross off what you have accomplished. Don’t let yourself stay in bed too long in the morning or go to bed too early in the evening. Remember what you enjoyed doing throughout your life. Go outdoors everyday. Exercise! Keep up with the world but limit TV watching. Keep lights turned on. Develop some solitary hobbies so that being in the house is enjoyable. Make your home comfortable and surround yourself with living things such as pets, plants and people.

Plan things for times of the day and times of the year that you know may be difficult – take a trip to the warm sunny south in winter; visit tulip fields in spring; go to the ocean in summer; do not spend important anniversaries or birthdays alone.

True independence is knowing when

to ask for help, so don’t hesitate to reach out for assistance when needed.

Look at whether or not your living arrangements really suits you... are you becoming isolated because of your things?

As we age we tend to focus so much on our medical well-being that at times we forget the importance of our social well-being. Think about how you can improve your life. You are NOT too old to make changes that will make you happy. It will certainly be worth your effort!



*by Karin Miller, MSW
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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 or a family member 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 that 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 quality of life and help a person 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 and Wednesdays, May 2 to 25;
or
Wednesdays and Fridays, June 1 to 24

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.

Dates: Thursday, June 2 to 23

Time: 2 to 3 p.m.

Cost: \$36.75 for four-week session

(Seated) Yoga to Maintain Balance

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

Date: Tuesdays, May 10 to 31;
or June 7 to 28

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

or

Date: Thursdays, May 5 to 26;
or June 2 to 23

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

Cost: \$44 for four-week session

Communicating with People with Dementia

Family caregivers of people with dementia have one of the most difficult and challenging journeys, one that often ends in extreme burnout. This class will provide families and caregivers with some practical hands-on-tools. Good communication can improve quality of life for people with dementia and their families and can help prevent resistance and difficult behaviors. *Not appropriate for the memory-impaired person.*

Date: Wednesday; June 22

Time: 2 to 3:30 p.m.

Cost: FREE

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.

Learn and Live Well Cancer Prevention Event – Issaquah

According to the American Cancer Society, two-thirds of cancer deaths can be attributed to poor nutrition, lack of physical activity, obesity and tobacco use. America's Nutrition Leader, Zonya Foco, will teach and inspire you how to *Fight Cancer With Your Fork*. Experts from Overlake and Seattle Cancer Care Alliance will share exciting information related to your health and what you can do to reduce your risk of cancer.

Date: Saturday, June 11

Time: 10 a.m. to 12:30 p.m.

Cost: FREE

Location: Eastridge Church in Issaquah
24205 SE Issaquah Fall City Road, Issaquah

For more information, call 425-688-5816.

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, over 20 to 30 percent of those who fall experiencing a debilitating injury they will deal with the rest of their lives or develop a fear of falling. 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. Physical therapist, Kathy Golic, RPT, will discuss what can be done to avoid falling situations along with reviewing some simple exercises.

Date: May 23
Class#: 54821

Bellevue YMCA

Call 425-746-9900

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

GI Blues

Common gastrointestinal complications can be uncomfortable and worrisome. Symptoms, diagnosis and treatment of digestive problems encountered as you age will be discussed.

Date: May 11

Nutrition Myths and Misunderstanding

Every year we are bombarded by reports relating to our nutritional intake. The information can be confusing and overwhelming at times. Overlake Dietitian Peggy Swistak, RD, will provide an overview of proper nutrition and help dispel some of the food myths and misunderstandings.

Date: June 8

Redmond Senior Center

Call 425-556-2314

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

Understanding Osteoarthritis

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

Date: May 18

Hypertension: Should I Be Concerned?

Hypertension or high blood pressure affects one in four Americans and usually has no symptoms, but it can have serious medical consequences. An Overlake physician will review the risk factors, and discuss prevention as well as treatment options.

Date: June 15

Additional Overlake 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/classes
Cost: FREE

Brain Attack: What You Should Know About Stroke

Come hear Overlake Hospitalist Christopher Andersen, MD, discuss what you can do to decrease your chances of a brain attack and how to recognize symptoms.

Date: Wednesday, May 4
Time: 6:30 to 8 p.m.

Take Control of Your Life (and Your Bladder): Managing Women's Incontinence

Elizabeth A. Miller, MD, urogynecologist, and Sagira Vora, PT, women's health specialist, will discuss the different types of incontinence and how treatments vary according to individual lifestyles and personal preferences. The class will include suggestions for lifestyle changes, pelvic floor strengthening exercises, medications, non-surgical and implanted devices and surgical remedies.

Date: Wednesday, May 11
Time: 6:30 to 8 p.m.

Cancer Survivorship Event

The Cancer Center at Overlake would like to invite cancer survivors and their families to join us for a special evening in recognition of National Cancer Survivorship Day. The program includes an educational lecture, survivor panel and resource materials. Refreshments will be provided.

Date: Thursday, June 2
Time: 6:30 to 8:30 p.m.

2011 Active Senior Fair

The 2011 Active Senior Fair, held on Saturday, March 12 at Westminster Chapel in spite of a rather wet Spring day, was another great success. 1,350 to 1,500 seniors attended.



Attendees were treated to a fun-filled day. Engaging health lectures were offered by a variety of Overlake physicians and professionals on a variety of topics. A number of entertainment options were available including a fashion show by Coldwater Creek of Bellevue Square, an action packed comedy juggling performance by Alex Zerbe, a gardening presentation by Marianne Binetti, and a fantastic musical review from Wrinkles of Washington.

More than 60 vendors highlighting businesses and organizations geared to seniors were present and a number of free health screenings were available.

If you missed it, be sure to join us next year!



HealthFocus



Colorful food is healthy food

Want an easy way to eat healthier? Create a colorful plate at every meal. A healthy diet is one that's focused on plant-based foods in a range of colors. These foods should make up 1/2 to 2/3 of your plate at every meal. In addition to essential vitamins and minerals and fiber, fresh fruits and vegetables contain antioxidants and phytochemicals including carotenoids and flavonoids that help protect our cells and prevent disease. The color of fruits and vegetables are related to the phytochemicals present. Try to vary the colors you consume over the course of a

week and you'll get the widest range of nutrients. Banish the bland and wake up your diet with a kaleidoscope of healthful color.

Open markets

Farmer's Markets open in many communities this month and offer a great place to stock up on locally grown fruits and vegetables. Many growers raise their crops organically and can talk to you about their farming practices. They can also often provide practical tips on cooking and preparation. You'll find a tremendous variety of herbs, greens, berries, and other fruits and vegetables. Look to your local farmer's market for farm-grown foods in abundant supply. Good health never tasted so good!

Hold the salt

This year, U.S. Department of Agriculture issued its new dietary guidelines for Americans. One of its main recommendations was to reduce our daily salt intake to one teaspoon, or 2,300 milligrams. This is approximately one half of what most Americans currently consume daily. What's the easiest way to cut back? Reduce or eliminate the amount of processed foods in your diet, especially prepared soups. You can find low-salt varieties if you carefully read package labels. Another great way to reduce salt is to use garlic, onions, herbs and spices to spice up your meals.

For more information and a list of healthy foods you should be eating, go to the USDA site:

www.mypyramid.gov/STEPS/whatshouldyoueat.html.

Overlake's Outpatient Center Offers Speech Therapy for Parkinson's Patients

The Outpatient Center at Overlake Hospital Medical Center now offers a highly specialized and nationally recognized type of speech therapy, the Lee Silverman Voice Treatment (LSVT®-LOUD), for patients with voice and speech disorders as a result of Parkinson's disease.

The LSVT-LOUD program was established more than 20 years ago by Dr. Lorraine Ramig and her colleagues at the University of Colorado, Boulder. It's a time-intensive, but simple program consisting of 16 one-hour sessions scheduled over the course of one month that helps patients improve the volume and clarity of their speech. The treatment techniques and vocal exercises teach patients to increase and strengthen their breath and exaggerate their speech volume so they can talk much louder and more clearly than they used to.

"We are seeing more patients affected by Parkinson's disease," said Rita Darnielle, supervisor of Speech Pathology

at Overlake. "We feel it's important to expand our services and offer patients this well-known, proven treatment that can greatly improve their speech and quality of life."

Parkinson's disease is a progressive neurological condition that often causes a weak, breathy voice and indistinct speech, along with other physical symptoms including tremors and a slow, shuffling gait. Swallowing difficulties (dysphagia) and cognitive impairments can also accompany the disease. According to a Parkinson's Disease Foundation 2007 study, approximately one million Americans suffer from Parkinson's disease, with most reporting symptoms after the age of 50. Overlake's LSVT-certified Speech-Language Pathologist is one of five LSVT therapists in Bellevue.

For more information about the program, contact Overlake Outpatient Center Services at 425-688-5111.



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May Luncheon RSVP

To reserve your place at the May 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.

May Luncheon Reservation Form

☐ *Yes!* I/We would like to make reservations to attend *Estate Planning is No Longer Just Developing a Will or a Tax Plan for the Wealthy* on Wednesday, May 25.

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, May 18* to:

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