

KEEPING

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Connections



## The Silver Lining of Downsizing

During my senior year of high school I went to Alaska twice. The first time was to say goodbye to my great-grandmother before she died. The second was to help my great-grandfather begin to go through their lifetime of belongings in order to move to a smaller, more manageable home. These were my first visits to Alaska, and the first time I saw the house that my great-grandfather built for his family. The home had originally been a one-room summer cottage but was transformed into a three-story house. The idea of moving from a home so special to him was terrifying to my great-grandfather.

Throughout the process, he seemed distant and would throw his hands into the air

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## September Connections Luncheon

CELEBRATING NATIONAL HEALTHY AGING MONTH

### "Staying Healthy as You Age"

Sponsored by Emeritus at Bellevue

Everyone is affected by the aging process and no matter how hard you may try, you can't escape it! But you can stay healthy at any age. Hank Williams, MD, medical director of Overlake Medical Clinics' Bellevue Senior Health Center, will discuss how aging affects the entire body and how a healthy lifestyle can help you age gracefully and well.

**Wednesday, September 28**

**Noon – 2 p.m.**

**Overlake Park Presbyterian Church, Fellowship Hall**

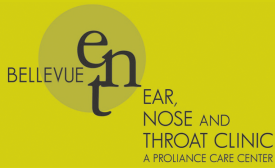
**1836 – 156th Avenue NE, Bellevue, WA**

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

Support for this issue has  
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Overlake Hospital Medical Center  
1035 116th Avenue NE  
Bellevue, WA 98004  
425-688-5000  
[www.overlakehospital.org/seniorcare](http://www.overlakehospital.org/seniorcare)

Overlake Hospital Medical Center is a nonprofit, non-tax-supported hospital providing advanced medicine to the Puget Sound region. The Connections Newsletter is published six times per year by Overlake's Senior Care/Connections Department. It is distributed free of charge to Connections members.

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](mailto:seniorcare@overlakehospital.org).



Charlene Raunio, Newsletter Editor  
425-688-5806

## CONNECTIONS

*continued from page 1*

in frustration whenever we would ask if he wanted to keep something. After losing his best friend, he didn't want to let go of any of the possessions they shared. He then went to the other extreme and claimed he wanted to get rid of everything except for a few pictures. This is when my mother stepped in to gather old photographs and selected knick-knacks that she remembered from her childhood and knew were cherished. A short time later, he moved into an assisted living facility a mile from our house, comfortably downsized. Some of the objects that held memories of his married life were added to a few new items that all fit together in his new home.

We went through this emotional experience again this year with the next generation when my grandfather passed away. My grandparents lived in the same house since my father was a baby and had the same lifetime collection of belongings, attachments and memories that my great-grandfather had. My grandmother has had a hard time getting rid of much of anything because the task seems too daunting. But she's making progress. She recently came to visit and brought me what is now one

of my most treasured mementos. She had taken some of my grandfather's shirts and had teddy bears made for each of her grandchildren. I was so touched by this gift and just as impressed by its cleverness. With one creative idea, she gave us something special to remember our grandfather by and found a way to begin moving his belongings out of their home. My grandmother, unlike my great-grandfather, is taking her downsizing very slowly and one day at a time.

It's important to remember that everyone reacts to loss in a very different fashion and to respect each person's approach. Downsizing can be an incredibly difficult time but also can be very liberating. It's important to make a plan, take it at your own pace and do what is comfortable.

If you're feeling overwhelmed, break tasks into smaller steps. For example, go through one room or one drawer per day. Label four boxes or bins: Save, Donate, Recycle and Garbage. Then sort items accordingly. If you have difficulty getting started, there are companies to assist with the process. Don't be afraid to use their services.

*By Emily Michelsen  
Overlake Marketing Intern*

## Downsizing Resources

### Moving Forward

Katie Munoz  
425-702-8761  
[www.moving-forward-inc.com](http://www.moving-forward-inc.com)

### Ladybug Moving and Estate Sale Services

206-235-6707  
[www.ladybugmoving.com](http://www.ladybugmoving.com)

### Segue Move Management Services

206-729-6686  
[www.seguemovemanagement.com](http://www.seguemovemanagement.com)

### National Association of Senior Move Managers

877-606-2766  
[www.nasmm.org](http://www.nasmm.org)  
(maintains a database of local moving resources)

### My New Friend

425-822-1072





## “How do I make sure my resources are given to the people and causes I care about most?”

Creating a will is an important way to extend your love, generosity and gratitude to family, friends and the charitable causes you are concerned about. Only you know the special circumstances of your family members and heirs. That’s why it’s important to discuss these factors with your attorney.

If you die without a will, your estate will be divided according to laws in the state where you live. The resulting transfer of assets may be very different from what you had wished. While certain family members will likely receive part of your estate, close friends or charities that you may have wanted to remember will not be included.

A will allows you to:

- Name the executor of your estate.
- Award your property to those you choose.
- Set up trusts to reduce taxes and provide financial management.
- Name a guardian for minor children.
- Ensure a lifetime of care for a child with a disability.
- Distribute what you choose to children of a prior marriage.
- Set guidelines for distributions if you and your spouse die at the same time.

You should also speak with an attorney about advanced directives such as a living will and healthcare power of attorney, and/or durable power of attorney, in case you become incapacitated in the future. An attorney may suggest other legal documents, but be prepared to talk about these items so you will be in a position to have a document drafted that clearly states your wishes.

Be aware that one of the articles in your will is “revocation of prior wills and codicils.” Relationships and situations change, and this article ensures that you are free to alter your will with a codicil (a legal instrument made to modify an earlier will<sup>1</sup>) or to change your will entirely at any time.

If you revise your will, it is a good idea to keep your old will but to write that it has been revoked and replaced by a new will, and reference the date of the new will. This may be useful in situations when someone wants to challenge a newer will.

<sup>1</sup>*Merriam-Webster Dictionary*

Some individuals plan on leaving gifts to their favorite charities, such as Overlake Hospital Foundation, yet never get around to properly establishing such gifts in their wills. If you don’t make your wishes known in a will, your estate will not realize the benefits of the unlimited charitable estate tax deduction, and the causes you wished to support will not receive your donation.

For more information about establishing a will or the contents of a will, contact an estate planning or elderlaw attorney. If you would like information or a referral to local estate planning or elderlaw attorneys, please contact Senior Care at 425-688-5800.

## 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 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 help you 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:** Tuesdays and Thursdays, September 6 to 29;  
or  
Mondays and Wednesdays, October 3 to 26.  
**Time:** 10 a.m. to noon  
**Cost:** FREE

*Complimentary lunch provided after first session*

**Location:** The Gardens at Town Square, 933 111th Avenue NE, Bellevue

**NEW LOCATION**

### (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, September 6 to 27;  
or October 4 to 25  
**Time:** 11 a.m. to 12:15 p.m. or  
12:30 to 1:45 p.m.  
or  
**Date:** Thursdays, September 1 to 22;  
or September 29 to October 20  
**Time:** 11 a.m. to 12:15 p.m.  
**Cost:** \$44 for four-week session

### Dementia: Dealing with Challenging Behaviors

This workshop will provide a brief overview of dementia and hands-on tools for working with individuals with challenging behaviors. Participants will learn to enter the world of the person with dementia to better understand the meaning of behaviors and uncover their triggers, as well as to intervene to decrease distress and prevent/defuse inappropriate behaviors. *Not appropriate for the memory-impaired person.*

**Date:** Tuesday; September 13  
**Time:** 2 to 3:30 p.m.  
**Cost:** FREE

### Living Wills: Does Your Family Know Your Wishes?

It is important to plan ahead to make sure everyone understands what your wishes are. This class will cover how to develop your own advance directive for healthcare using a workbook covering living wills, durable power of attorney and value statements.

**Date:** Monday, September 19  
**Time:** 10 a.m. to noon  
**Cost:** FREE

### 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:** Thursday, September 22  
**Time:** 1 to 3 p.m. or 7 to 9 p.m.  
**Cost:** FREE

### 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 an 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:** Thursdays, October 6 to 27  
**Time:** 2 to 3 p.m.  
**Cost:** \$36.75 for four-week session

### Dementia Care: Planning for the Needs of Your Loved One and Yourself

Should you involve the person with dementia in planning for the future? How can you talk about difficult topics with a family member who has dementia? What are advance directives (such as durable power of attorney and living will) and why is it important to complete them early on in the disease? This class will answer these questions and will provide an overview of how care needs change over time. We will also discuss the importance of self-care and meeting the needs of the family caregiver.

**Date:** Thursday, October 13  
**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.



## 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.

Advance registration required.

Cost: \$7 for Bellevue residents

\$8 for non-residents

### How to Eat a Low Cholesterol Diet

Do you understand all of the jargon about good cholesterol (HDL) and bad cholesterol (LDL)? Learn how to eat well while cutting fat and cholesterol from your diet. An Overlake dietitian will review guidelines for eating well and staying healthy.

Date: September 26

Class #: 59402

### Vision Changes in the Aging Eye

As you age, most people become aware of changes in their vision. Some changes in vision are normal while others are signs of a more serious condition which requires professional attention. An ophthalmologist will review various eye conditions and the current treatments available.

Date: October 24

Class #: 59407

## 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: FREE

### GI Blues

Common gastrointestinal complications can be uncomfortable and worrisome. We'll review symptoms, diagnosis and treatment of digestive problems encountered as you age.

Date: September 14

### Avoiding the Fall, Reducing the Risk

More than 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 experience a debilitating injury they will deal with the rest of their lives or they 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 greater risk of falls. A physical therapist from Overlake Outpatient Services will discuss what can be done to avoid falling and review some simple exercises.

Date: October 12

## 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

### Importance of Foot Care for Diabetics

Proper foot care is essential for people with diabetes. Loss of nerve function and decreased blood flow can increase the chance of infections. Learn ways to prevent and manage common foot issues before the condition becomes serious.

Date: September 21

### 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: October 19

## Support Groups

Caring for a loved one is a difficult job. It is well documented that family member caregivers cope better with support and information as they navigate the twists, turns and responsibilities. Join us to 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

September 8, 22;

October 13, 27

Time: 3 to 4:30 p.m.

Location: Bellevue Senior Health Center

1750 – 112th Ave. NE,

Suite A-101, Bellevue

Cost: FREE

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

### Mercer Island

#### Family Caregiver Support Group

Date: Second Tuesday of each month

September 13 or October 11

Time: 3 to 4:30 p.m.

Location: Mercer Island Senior Health Center

7707 SE 27th Street,

Suite 110, Mercer Island

Cost: FREE

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

## Positive Self-Talk Improves Your Outlook

Today's focus on wellness implies that we want to do more than survive – we want to thrive! Most of us know many ways to maintain our body's health: avoid smoking, limit salt intake, keep moving. But sometimes we forget that the benefits of these healthy activities can be multiplied, or divided, by the attitude we bring along.

Our thoughts and beliefs can ease our way into better health practices, or put up barriers of resentment, deprivation and discouragement. Becoming aware of our thoughts, or our self-talk, is the first step in tuning up our attitudes. We may be weighed down by a habitual focus on the dreaded downside and the “obligation” of recommended changes. How about looking at the upside? Notice the difference between “I can't have salt anymore.” and “I'm trying lots of new spices!” Compare the effect of “I have to quit smoking” with “I'm breathing better every day!”

Another hazardous thought is expecting immediate or perfect results. Many of us set high goals and then delay the reward or recognition until everything is accomplished. This is like planning to run a marathon without a drop of water until the end! Dividing the goal up into steps provides the opportunity to get partial credit for partial progress, which can be just the kind of encouragement we need to keep going. Cut

back on that nail-biting one finger at a time. Start eating low salt meals one day a week or one meal a day. Instead of promising yourself a new wardrobe in your ultimate desired size, plan on one new outfit when you are halfway there. “I couldn't make it” becomes “Look how far I've come!” Then we don't have to stretch to superhuman dimensions just to get to the next step.

Change isn't always predictable, but when our desired results don't arrive according to our preferred timetable or specifications, discouragement can result. If we've progressed in reasonable steps, we'll have time to adapt our point of view to include several possible variations of success.

Sometimes the positive results of new behaviors aren't as apparent to us as they are to others. “I have to do this all by myself” is a thought that can keep us from the camaraderie of others who are challenging themselves to change, and from the exchange of support that benefits everybody. “I'll check to see what has worked for others” is a thought that can raise our sights to success. Or, to quote The Dalai Lama, “Practice optimism...it feels better!”

*By Laura Neal-McCollum*

*Overlake's Adult and Adolescent Day Program*



## Additional Overlake Community Classes

Unless otherwise noted, classes are held at the PACCAR Education Center, Overlake Hospital campus, 116th Avenue NE, Bellevue. Advance registration is required. Call 425-688-5259. FREE.

### Diabetes Education

This three-class series includes a discussion of medications, meal planning and food choices to fit your lifestyle, how to avoid complications of diabetes, guidelines for monitoring your blood sugar at home and more. Requires a physician referral.

**Date:** Fridays  
**September 9, 16, and 23**  
**Time:** 10 a.m. to 1 p.m.  
**Location:** Overlake Outpatient Center  
**or**  
**Date:** Wednesdays  
**September 14, 21, and 28**  
**Time:** 1 to 4 p.m.  
**Location:** Overlake Medical Clinics  
Issaquah  
**Cost:** Some insurance plans cover diabetes education. Contact your insurance company.  
**Registration required.**  
**Call 425-688-5700**  
**to reserve your spot.**

### Motion Is Life

Is joint 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. Taught by Overlake orthopedic surgeons. Time allowed for questions.

**Date:** Monday, September 15  
**Location:** PACCAR Education Center  
on the hospital campus  
**or**  
**Date:** Wednesday, October 12  
**Location:** Overlake Medical Clinics  
Issaquah  
**Time:** 6:30 to 8 p.m.

### Prostate Health: What Every Man Should Know About Prostate Cancer

Prostate cancer is the most common cancer among men. Join us and learn the latest in prevention, diagnosis and treatment of prostate cancer from experts at Overlake.

**Date:** Wednesday, September 21  
**Time:** 6:30 to 8 p.m.

### Beyond the Pink: The Latest in the Battle Against Breast Cancer

Join us to learn the latest in breast cancer prevention and early detection from experts at Overlake.

**Date:** Wednesdays in October  
**Time:** 6:30 to 8 pm.  
**Location:** October 5 – Mercer Island  
Community Center;  
October 12 – North Kirkland  
Community Center  
October 19 – Overlake  
Medical Clinics Issaquah

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

Women's incontinence is a common problem and may cause you to leak when you cough, laugh or sneeze or to have sudden urges to use the bathroom. Elizabeth A. Miller, MD, urogynecologist, and Kathy Golic, physical therapist and women's health specialist, will discuss types of incontinence and how treatments vary with individual lifestyle and personal preferences.

**Date:** Monday, October 24  
**Time:** 6:30 to 8 p.m.

## Living Healthy with Diabetes

SAVE THE DATE!

**Saturday, November 5**

**8:30 a.m. to 2 p.m.**

**Overlake's PACCAR Education  
Center**

Enjoy this FREE informational event on *Living Healthy with Diabetes*. Attend seminars, stroll through vendor exhibits showcasing diabetes treatment products and services, and receive free health screenings. Call 425-688-5686 or visit [www.overlakehospital.org/diabetesfair](http://www.overlakehospital.org/diabetesfair) for more information.



Overlake Hospital Auxiliaries  
Sonja Potter Senior Care Auxiliary

**OCTOBER GARAGE SALE**

**OCTOBER 14 - 16**

**DONATIONS\* NEEDED**

Please call 425-213-3147

*Sorry, we can not accept clothing,  
shoes or large furniture.*

The Sonja Potter Auxiliary supports Overlake's Senior Care Program goal of promoting health, independence and informed participation in healthcare decisions for seniors.

\*All donations are tax deductible to the extent allowed by law. Please check with your tax advisor.





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## Flu Season is Upon Us

Stay healthy this flu season and get your flu shot early! Getting a flu shot will help you prevent getting the flu and avoid spreading it to others. With Medicare Part B, you pay nothing for the flu shot when you receive the shot from a health care provider that takes Medicare. Medicare drug plans (Part D) also covers the shingles vaccine. Prior to receiving the shot, contact your plan representative for more coverage information. For more information, visit [www.medicare.gov](http://www.medicare.gov).

## September Luncheon RSVP

To reserve your place at the September 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.

### September Luncheon Reservation Form

☐ *Yes!* I/We would like to make reservations to attend "Staying Healthy as You Age" on Wednesday, September 28.

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, September 21* to:  
**Senior Care/Connections**  
**Overlake Hospital Medical Center**  
**1035 116th Ave. NE**  
**Bellevue, WA 98004**