

KEEPING
SENIORS
INFORMED,
INVOLVED,
IN CHARGE.

Connections



The new PACCAR Education Center on the Overlake campus will be buzzing with activity on January 24 for "Eastside Vitality," Overlake's first annual Community Health Fair.

Eastside Vitality will Offer Free Screenings and More!

Celebrate your good health or make a commitment to improving it at Eastside Vitality, Overlake's first annual Community Health Fair, set for Saturday, January 24 from 11 a.m. to 3 p.m. at Overlake's PACCAR Education Center. The event is FREE and so is parking in the North Garage. Bring yourself or bring the family, there will be health and wellness activities and information for all!

You'll have access to a wide range of free health screenings, available from Overlake's healthcare professionals who will be on hand to provide:

- Blood pressure checks
- Melanoma spot checks for skin cancer
- Osteoporosis screenings
(must be 40 years or older)
- Stroke risk assessments
- Joint injury checks
- Fall prevention screening
- Carotid artery screening
- Height/weight checks for kids

After your screenings, you'll have a chance to talk with an expert to review the information and determine any follow up steps you should take to maintain your health.

You'll have the chance to see educational demonstrations on life-saving skills and devices including CPR and automated external defibrillators (AEDs). Free lectures will help you learn to separate the myths from the facts.

You'll also find health information booths packed with experts and information from Overlake's Centers of Excellence, including Cancer Care, Surgical

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January Luncheon

"Is Joint Pain Keeping You from Enjoying Your Life?"

Sponsored by Aegis Living: Redmond, Bothell, Kirkland & Overlake Hospital Foundation

Arthritis (joint inflammation) is a common cause of joint deterioration, but injuries such as a fall or an accident can also lead to limited mobility and decrease a person's activity level. James Bruckner, MD, Overlake Joint Replacement Center, will discuss how these conditions impact your joints, provide a comprehensive view of treatment options and answer your questions.

Wednesday, January 28

Noon to 2 p.m.

Overlake Park Presbyterian Church, Fellowship Hall

1836 – 156th Avenue NE, Bellevue, WA

Reservations Required; See RVSP card on the back cover of this newsletter.

Support for this issue was generously provided by:

Bellevue Ear, Nose and Throat Clinic
Sound Hearing
Hearing Aid Specialist

Fedelta Home Care
Personal Care Services

Sonja Potter
Auxiliary

**2008
National Mature
Media AwardsSM**

Winner

**2003
National Mature
Media AwardsSM**

Winner

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, non tax-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 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

CONNECTIONS



2008 Connections Member of the Year

In the 11 years since she retired, Marge Qualls has been as busy as she was when she worked full time. Marge serves as a tireless Senior Care volunteer and advisory committee member, and is our 2008 Connections Member of the Year. Although this award recognizes her recent contributions to our community, Marge's drive to be involved and make things happen started long ago.

As her husband John says, "Marge likes to help and she likes to volunteer. She was just raised that way. Her mother had her doing things 24/7." Marge grew up in Carnation and graduated from Tolt High School. She then earned a degree in home economics education at Washington State University and began a career in teaching.

In 1965, Marge left teaching to launch a new career at Puget Sound Power and Light Company where her hard work and know-how led her to be the first woman to hold the position of local manager. By the time Marge retired in 1997, she was Director of Community Relations.

Marge and John lived in Renton and Oak Harbor before moving back to Bellevue. They raised four children, and now have grandchildren and great-grandchildren, all of whom still live in Washington state.

Among the many accomplishments of her career at the utility was that she spearheaded Puget Power's Gatekeeper Program. Established in 1983 and later replicated across the country, the Gatekeeper Program was a way to bring resources to elders in need in the community. Through Gatekeepers, Puget Power employees learned to contact authorities after identifying signs that seniors might be in need of help, papers piling up on the porch or confused behavior, for example. Puget Power received the national Edison Electric Award in the early 90s with much credit to the Aging and

Special Needs Programs established by the company's Corporate Relations Department.

Marge's crusading spirit has led her to continue to seek ways to improve seniors' lives. Deeply committed to the community in which she grew up, Marge supported her mother, the late Ethel Gould, in the development of the Sno-Valley Senior Center in Carnation and she serves on its board. At Overlake, Marge serves on the Senior Care advisory committee where she generously offers the expertise, ideas and connections that are the natural byproducts of her professional life. Marge also serves on the boards of the Tolt/Carnation Historical Society and East Lake Washington Home Economists, and she volunteers for the Daughters of the American Revolution (Cascade Chapter), Eastside Adult Day Services, and the Friends of the Electrical Women's Round Table.

Former Senior Care Director Debbie Anderson can recite a long list of contributions Marge has made to Overlake Senior Care. In addition to serving on its advisory committee she has offered practical suggestions, identified contacts and resources, worked on the Active Senior Fair and recruited sponsors for events.

While congratulating this new Connections Member of the Year, our community can look forward to more of Marge's energy and dedication. As John says, "It's impossible to tell her to stop. She loves helping people and she loves to stay connected."

A N D E L C A R E
Caring for the ones you love[®]

We'd like to apologize to our November Connections Luncheon Sponsor for a misprinting of their name in the November/December Connections edition.

Our luncheon sponsor was Andelcare, a provider of companionship, homemaking and personal care services.

Q:

I recently heard the term SAD and learned it meant Seasonal Affective Disorder. What exactly is it and what causes it?

A:

Seasonal Affective Disorder (SAD), also known as “winter blues,” is a mood disorder in which people who have normal health throughout most of the year experience depressive symptoms in the winter, repeatedly, year after year. It affects an estimated half million people every winter between September and April (December, January and February in particular). It occurs throughout the northern and southern hemispheres but is extremely rare in those living within 30 degrees of the Equator where daylight hours are long, constant and extremely bright.

SAD is caused by a biochemical imbalance in the hypothalamus, which is a part of the brain located just above the brainstem, that links the nervous system to the endocrine system through the pituitary gland. The biochemical imbalance is due to the shortening of daylight hours and the decrease of sunlight in winter.

For many people, SAD is a seriously disabling illness preventing them from functioning normally without continuous medical treatment. For others, it is a mild but still debilitating condition that causes discomfort but not severe suffering. The mild condition is called subsyndromal SAD, or “winter blues.” A person typically sees the onset of SAD symptoms between age 18 and 30 years of age.

The symptoms of SAD usually recur each winter. A diagnosis can be made after three or more consecutive winters of symptoms, which includes a number of the following:

- **Sleep problems** - Having a desire to oversleep and difficulty staying awake, but in some cases, disturbed sleep and early morning waking.
- **Lethargy** - Feeling fatigue and having the inability to carry out your normal routine.
- **Overeating** - Craving carbohydrates and sweet foods, usually resulting in weight gain.
- **Depression** - Feelings of misery, loss of self-esteem and guilt, sometimes hopelessness and despair, sometimes apathy and loss of feelings.
- **Social problems** - Irritability and a desire to avoid social contact.



- **Anxiety** - Tension and inability to tolerate stress.
- **Loss of libido** - Decreased interest in sex and physical contact.
- **Mood Changes** - In some sufferers, extreme moods and short periods of overactivity in the spring and autumn. Most sufferers also show signs of a weakened immune system during the winter, and are more vulnerable to infections and other illnesses. SAD symptoms disappear in spring, either suddenly, or gradually, depending on the intensity of sunlight.

How is SAD treated? Most often by using light therapy, antidepressants and counseling.

Light therapy has shown to be effective in up to 85 percent of diagnosed cases. Exposure to a lightbox with a 10,000 lux light brightness (which is 10 times the strength and intensity of ordinary domestic lighting) for 30 minutes to one hour per day. Effects of light treatment are usually seen within three or four days and the effect continues if it is used every day.

Certain antidepressant drugs, such as those that are non-sedating can be effective in alleviating the depressive symptoms of SAD when combined with light therapy.

Psychotherapy or counseling tend to accentuate the effectiveness of medical treatment and therefore should be included in the treatment approach of this disorder. If you have questions or think you may have the “winter blues” or SAD, discuss your symptoms with your physician who can refer you to the appropriate specialist.



Submitted by:
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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.



Senior Care Community Classes

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.

A Matter of Balance

Have you cut down on a favorite activity 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 who develop a fear of falling begin to limit their activities, which can result in physical weakness, making the risk of falling greater, leading to greater 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: Tuesdays and Thursdays, January 6 to 29; or Fridays and Wednesdays, February 6 to March 4

Time: 10 a.m. to noon

Cost: \$15 for eight session class

Includes workbook and free water bottle. Scholarships available; call for information.

Seniors Making Art – Drawing from Within

Draw as if your way of seeing matters. Instruction covers loose and tight or spontaneous and controlled drawing methods. We will use charcoal, ink and brush, oil pastels, and graphite pencils on large paper. This class will have a bit of "homework," meaning you will get to practice the method of drawing presented in each week's session. You will decide which method you prefer and develop your style in that method. The only thing you must bring is a sense of humor and a willingness to be astonished at your work.

Date: Thursdays, January 15 to February 26

Time: 10 a.m. to noon

Cost: FREE

Limited space available, first 15 only.

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: Wednesday, January 28

Time: 6 to 9 p.m.

Cost: \$5

Understand Diabetes

Most symptoms of diabetes are vague and may seem minor. But controlling diabetes is essential for preventing further and more serious complications. Overlake diabetes educator Penny Doyle will review symptoms and risk factors, and will discuss techniques and ways to control and maintain diabetes in your everyday life. Garrett Knappe, Overlake physical therapist, will discuss how exercise impacts the body and allows for better maintenance of the disease.

Date: Thursday, February 19

Time: 3 to 4:30 p.m.

Cost: \$5

Bridge Tournament

The Roger Stark Cardiac/Stroke Auxiliary is very pleased to announce they will continue the 45+ year tradition of the **Overlake Bridge Tournament**. The Auxiliary is looking for bridge players who would be interested in belonging to a division of 12 members. Anyone can play in this fun, year-long tournament. Please call Ozzie Traff at 425-822-2870 for more information.

North Bellevue Community Center

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

4063 148th Ave. NE, Bellevue.
Mondays, 1 to 2:30 p.m.

Advanced registration required.

Cost: \$6 for Bellevue residents
\$7 for non-residents

Healthy Feet As You Age

Many people accept foot pain as a fact of life, but many foot problems can either be prevented or helped through proper care. A podiatrist will discuss problems that can be encountered and discuss treatment options available.

Date: January 26

Class #: 37334

Living Wills – Does Your Family Actually Know Your Wishes?

Does your family know your wishes? It is important to plan ahead to make sure everyone understands what your wishes are. John Shaw, PhD, will cover how to develop your own advance directive for healthcare through a workbook for living wills, durable power of attorney and value statements.

Date: February 23

Time: 11:30 a.m. to 12:30 p.m. *(please note nonconforming time)*

Class #: 37335

Bellevue YMCA

Call 425-746-9900

14230 Bel-Red Rd., Bellevue.

Wednesdays, 11:30 a.m. to 12:30 p.m.

No registration required.

Cost: \$5 for non-YMCA members

Power of Prevention: Taking a Stand Against Brain Attack

Overlake stroke coordinator, Carole Hardy, RN, will discuss the risk factors, detection and treatment of strokes and offer ideas of how to reduce your risk of a stroke. Simone Vilandre of Life Line Screening will discuss the upcoming individual screening event.

Date: January 14

Pain from Varicose Veins – Can It Be Treated?

Fifteen percent of American men and 25 percent of women suffer from varicose veins, those gnarled, enlarged veins typically found in the legs or feet. For some it is just embarrassing and unsightly, but for others veins provide discomfort and aching in the legs. It can also put the person in an increase risk for circulatory system disorders. An Overlake physician, George Lee, MD will review the symptom and discuss treatment options.

Date: February 11

Redmond Senior Center

Call 425-556-2314

8703 160th Ave. NE, Redmond.

Wednesdays, 10:15 a.m. to noon

Advanced registration required.

Cost: FREE

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: January 21

Incontinence: It Can Be Treated

Incontinence does not have to be accepted as a part of growing older. It's estimated that over 13 million Americans suffer from urinary incontinence, but with new advancements it can be treated. Overlake urologist, Elizabeth Miller, MD, will discuss the different types of incontinence and the latest treatment options available.

Date: February 18

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, January 15, 29, February 12 or 26

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.

Family Caregiver Support Group – Mercer Island

Date: Tuesdays,
January 13 or February 10

Time: 3 to 4:30 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.

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Services, Heart and Vascular Services, Nutrition and Rehabilitation Services, Orthopedics, Senior Care and more.

If you'd like to get a bite to eat, Stanza's Café inside the hospital will be open with a limited lunch menu.

This free event will take place at the newly remodeled PACCAR Education

Center on the Overlake campus. Bellevue-based PACCAR recently donated \$1 million to Overlake to refurbish and update the center. Reopened in fall 2008, the PACCAR Education Center is a state-of-the-art facility incorporating the latest technologies and methods for learning. It's a terrific learning environment for Overlake staff, physicians, and members

of the community in the heart of our campus.

Health screenings and preventive care are an important part of good health and vitality, so don't miss this once-a-year special event. To get a complete list of lecture topics and health information booths, visit www.overlakehospital.org/EastsideVitality.



Eastside Vitality

OVERLAKE HOSPITAL MEDICAL CENTER'S COMMUNITY HEALTH FAIR

Saturday, January 24 | 11 a.m. to 3 p.m.

**In the PACCAR Education Center on the Overlake campus
FREE Admission and FREE Parking**

Featuring:

- **Health screenings** for stroke risk, skin cancer, osteoporosis, and more
- **Mini-seminars** with the latest information on a range of topics, including seasonal affective disorder, breast cancer and heart attack risk factors
- **Booths** staffed with representatives from Overlake's many service areas
- **Activity center** for kids with a focus on fun and fitness

Bring a friend or your entire family.
It's **FREE** and important for a vital part of our community – you.

For a complete list of screenings, lectures and health information booths, visit us at www.overlakehospital.org/EastsideVitality.

SAVE THE DATE!

**Saturday,
March 14
10 a.m. to 3 p.m.**

Westminster Chapel
of Bellevue
13646 NE 24th St.,
Bellevue



2009 Active Senior Fair

Enjoy this fun, **FREE**, day-long event featuring a fashion show and a variety of entertainers. Sit-in on mini-seminars, stroll through vendor exhibits highlighting a wide range of Eastside businesses and organizations, and take advantage of free screenings. The entire day is geared to the active senior.

Call 425-688-5800 for more information.

Don't miss this fun-filled event!

INCONTINENCE

How Physical Therapy Can Help



Submitted by:
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If you sometimes experience urine leakage when you cough, laugh or sneeze, or during physical activity, then you have something in common with millions of men and women. Or perhaps you leak even large amounts of urine when you pull your car into your driveway or hear running water. This may be happening because the muscles that control your sphincters and support your bladder and other pelvic organs aren't functioning properly, or your bladder reflexes may be off cue.

If you are experiencing these or related symptoms, you should first consult with your physician to determine the type and cause of your incontinence. Sometimes it's a cause as straightforward as a urinary tract infection, which can usually be treated quickly and successfully, alleviating leaking. It's always wise to rule out any serious underlying medical conditions.

Two types of urinary incontinence that physical therapy can often improve are stress and urge incontinence. Stress incontinence is characterized by the involuntary loss of urine from the urethra during physical exertion, such as coughing, running or lifting.

Urge incontinence is the involuntary loss of urine associated with an abrupt and strong desire to urinate, often triggered by such things as pulling into the garage, or hearing running water.

Your physician may prescribe physical therapy, or you may want to request it.

Here's what you can expect:

- A thorough evaluation to determine the strength and function of your pelvic floor muscles.
- Comprehensive education about your pelvic floor, the causes of your symptoms and suggestions for management
- Instruction in exercises to help your muscles perform properly.
- Behavioral interventions, such as modifying your caffeine intake, or scheduling when you urinate.

- Regular reassessment and progression with your treatment and home exercise program.

Treating urinary incontinence involves strengthening the pelvic floor muscles which are two-dimensional flat muscles. These muscles are located deep in the pelvis, are sling or bowl shaped, and support the pelvic organs including the bladder, uterus and rectum. Since it is hard for many people to isolate or even locate these muscles, it is often very hard to strengthen them. Physical therapists use a tool called biofeedback training which is very useful in this regard. A physical therapist can issue you a sensor that records even the smallest amount of muscle activity, shown on the device's screen. A physical therapist may also prescribe Kegel exercises, which help you strengthen your muscles by squeezing them.

Oftentimes, a physical therapist will have you perform Kegel exercises with biofeedback to be sure you are performing them correctly. There are other important exercises involving related muscle groups (the rotator cuff of the pelvis) that when strengthened, help achieve continence. Sometimes electrical stimulation is used as an adjunct in strengthening muscles.

For those with urge incontinence, physiological quieting techniques are very useful to restore the bladder reflexes to normal patterns. This involves breathing techniques and can also be done with biofeedback.

The really good news is that the techniques used in physical therapy are painless and frequently very successful. Many patients can become totally "dry" and the results can often be maintained if there is good follow through with the prescribed exercises.

If you or your doctor believe physical therapy can help you, call Overlake Outpatient Rehabilitation Services at 425-688-5900 to speak with one of our physical therapists.

January Luncheon RSVP

To reserve your place at the January 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, January 21 to: Senior Care/Connections**, Overlake Hospital Medical Center, 1035 116th Ave. NE, Bellevue, WA 98004. To receive a map, call 425-688-5800.

January Luncheon Reservation Form

☐ *Yes!* I/We would like to make reservations to attend *"Is Joint Pain Keeping You from Enjoying Your Life?"* on Wednesday, January 28, 2009.

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

Name(s)

Phone Number

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