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Connections

VOL. 26 NO. 2

MAR/APR 2010

2010 Active Senior Fair



"We really enjoyed meeting the wide variety of vendors with all their great resources. We also had a chance to take in the wonderful entertainment and we got a lot of valuable information in the health lectures! A day well spent - enjoyed it all!"

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, screenings and door prizes, all geared to the active senior. The event is sponsored by Overlake Hospital Medical Center with radio media sponsor KIXI Radio and print media sponsor *The Seattle Times*.

The Active Senior Fair will be held **Saturday, March 13, 10 a.m. to 3 p.m.** at the Westminster Chapel of Bellevue (13646 NE 24th Street, Bellevue) with ample and easy free parking. A \$5 suggested donation at the door supports Senior Care's community education programs and events.

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March Connections Luncheon

Eating Right for the Right Reasons

Sponsored by Era Living: Gardens at Town Square & University House Issaquah

A healthy diet can have an overall effect on your general health and well being. We all know we should eat healthy, but do you know how to do it? Review guidelines for senior nutrition with Overlake registered dietitian Carita Osterback, RD, CD, and practical ways to eat healthy and feel more energetic.

Wednesday, March 24 • 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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425-688-5000

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 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.

**OVERLAKE
Hospital
Medical
Center**
Medical excellence every day™

Charlene Raunio, Newsletter Editor
425-688-5806

CONNECTIONS

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Senior Fair highlights include:

Entertainment

10:15 a.m. Eye-catching fashions presented in a style show highlighting the 2010 Spring Collection from **Coldwater Creek of Bellevue**. The show will be emceed by KIXI Radio Program Director, Dan Murphy.

Noon Marianne Binetti, *Great Gardening* host and *Seattle Times* columnist will present **"Top Ten Tips for Saving Time, Money and Water."** How to get more from your patio, pots and landscape, including three of the most common gardening mistakes.

2 p.m. **Wrinkles of Washington.** A musical extravaganza featuring the song and dance variety troupe that will delight all.

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
- Body Fat Analysis
- Bone Density Screenings
- Cholesterol Screening
No fasting required
- Foot Screening
- Glucose Screening
No fasting required
- Posture Checks
- Vision Checks
- Stroke Assessments



Lectures

10:15 a.m. **Don't Let Joint Pain Keep You Down – Enjoy Life** by James Bruckner, MD, Proliance Orthopaedic & Sports Medicine

11:15 a.m. **I Can See Clearly Now!** by Michael Gilbert, MD, N.W. Vision Institute

12:15 p.m. **Healthy Aging: What is It?** by Hank Williams, MD, Overlake Bellevue Senior Health Center

1:15 p.m. **Keep Your Heart Healthy** by Ronnier Aviles, MD, Overlake Internal Medicine Associates

2:15 p.m. **Incontinence: It Can be Treated** by Robert Weissman, MD, Bellevue Urology Associates

Vendors

Over 55 exhibitors will showcase the latest information about products and services geared to the active senior. Receive free samples, discount coupons and participate in vendor door prize drawings.



Demonstrations

Watch and participate in free demonstrations.

An inexpensive soup and sandwich lunch buffet will be available on-site to fair attendees from 11 a.m. to 2 p.m., provided by Catering By John. Lunch costs range from \$3 to \$7.50.

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

THANK YOU.

We would like to thank and recognize the following donors who contributed to the Overlake Senior Care and Senior Health Centers from January 1 to December 31, 2009. The support received from our donors makes the special services we all provide possible!

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Senior Care Community Classes

Unless otherwise indicated, these classes are held at Bellevue 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: Mondays & Wednesdays,
March 8 to 31

Time: 1 to 3 p.m.
or

Date: Tuesdays & Thursdays,
April 6 to 29

Time: 10 a.m. to noon

Cost: \$15 for eight-session class

Includes workbook and free water bottle.
Scholarships available on an individual basis.

Exercise to Improve and Maintain Your 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. Classes lead by exercise physiologist Mia Barbera.

Date: Tuesdays, March 9, 16 and 23;
Thursdays, April 1, 8 and 15;
or Tuesdays April 20, 27 and May 4

Time: 1 to 2:15 p.m.

Cost: \$25

Therapeutic Yoga to Maintain Balance

The Yoga Barn offers this breath oriented practice that will help to increase your circulation, release tense muscles, strengthen core muscles and help to keep each muscle and joint flexible and strong.

Date: Tuesdays and Thursdays,
March 16 to April 1;
April 6 to 22; or
April 27 to May 13

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

Cost: \$69

Living Wills— Does Your Family Know Your Wishes?

Does your family know your wishes? It is important to plan ahead to make sure everyone understands what your wishes are. The class 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: Thursday, March 18

Time: 10 a.m. to Noon

Cost: \$5

Exercise to Improve Your Balance Refresher

A refresher class for those who participated in the Exercise to Improve and Maintain Balance series. Attend this one-time class to refresh and stay on track.

Date: Thursday, March 25

Time: 1 to 2:30 p.m.

Cost: \$15

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: Wednesday, April 7

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

Cost: \$5

Communicating with Persons with Dementia

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 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. Learn how to enter the world of the person with dementia and gain communication skills. Not appropriate for the memory-impaired person.

Date: Tuesday, April 27

Time: 2:30 to 4 p.m.

Cost: \$5

Bellevue Senior 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: \$6 for Bellevue residents

\$7 for non-residents

Vitamin Supplements – Should We Be Taking Them?

Vitamin and mineral supplements shouldn't be used as a substitute for a well-balanced, nutritious diet but how do you know when you need to take supplements? And which ones should you take? It can all be confusing and overwhelming. An Overlake wellness dietitian will help sift through the information as well as outline the benefits and precautions relating to vitamin and mineral supplements.

Date: March 22

Class Number: 45569

Counting Sheep

Insomnia can be caused by worry, medications, or a number of physical disorders. Learn why sleep needs change over the years, what contributes to common sleep problems, and the latest advancements in diagnosis and treatment of sleep disorders.

Date: April 26

Class Number: 45566

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

Did You Hear That?

It's annoying and frustrating to continually ask, "What did you say?" An Audiologist will discuss the causes of hearing loss, offer viable options and provide resource that can improve the quality of life.

Date: March 10

Exercise Your Brain

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. Various tips and daily exercises will be reviewed to give your brain a daily aerobic workout.

Date: April 14

Redmond Senior Center

Call 425-556-2314

8703 160th Ave. NE, Redmond

Wednesdays, 10 to 11:30 a.m.

Advanced registration is required.

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. A variety of tips will be offered as well as how to give your brain a daily aerobic workout to help keep it healthy.

Date: March 17

Living Productively with Arthritis

There are over 100 different types of arthritis, each with its own symptoms and impact on the body. But joint problems that cause pain, swelling and stiffness are characteristics of arthritis. An Overlake physician will discuss treatments and management of the condition.

Date: April 21

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.

Additional Classes

Orthopedic Health Talk: Minimizing Body Pain

Pain in the Neck! Dealing With Neck and Shoulder Pain

Presented by Jeremy Idjadi, MD and Todd Jackman, MD.

Date: Tuesday, March 9

Time: 6:30 to 8 p.m.

Cost: FREE

Location: Overlake Medical Center Issaquah,
5708 E. Lake Sammamish Parkway, Issaquah

Advanced registration required. Call 425-688-5259.



Don't miss this fun-filled event!

2010 Active Senior Fair

Saturday, March 13

10 a.m. to 3 p.m.

Westminster Chapel of Bellevue
13646 NE 24th Street, Bellevue

- Ample, free parking
- No entrance fee
- No registration required

Call 425-688-5800 or go to
www.overlakehospital.org/activeseniorfair
for more information.

SPAGHETTI DINNER, AUCTION & FAMILY FUN!

Bring your children, grandchildren, friends and neighbors to the Sonja Potter Senior Care Auxiliary's **Spaghetti Dinner and Auction** on **March 5**. The family event will be held at the Westminster Chapel in Bellevue (13646 NE 24th St, Bellevue) from **5:30 to 8 p.m.**

The **Mariner Moose** will join us. It should be fun watching him eat spaghetti! There will also be an exhibition by a local dance troupe to keep you entertained while you bid on a selection of wonderful silent auction items.

Tickets: **\$8** for 11 and older
 \$5 for 5-10
 FREE for under 5.

To reserve tickets by phone or for more information, call 425-688-5526 or e-mail Auxiliaries@overlakehospital.org.



Hank Williams, MD, Chitra Fernando, MD, Randi Leggett, MD, and Daniel Raskind, MD, from the Overlake Bellevue Senior Health Center will be serving up the pasta delights.

Please reserve _____ places at the Sonja Potter Auxiliary Spaghetti Dinner and Auction.

NAME _____

PHONE _____

ADDRESS _____

CITY/STATE _____

NUMBER OF TICKETS: _____

AMOUNT ENCLOSED: \$ _____

Mail this form along with your check payable to *Overlake Hospital Foundation* to:

Overlake Hospital Foundation
1035 116th Avenue NE
Bellevue, WA 98004

Back in Balance: Vestibular Rehabilitation

Many people experience dizziness but don't know what to do about it.

Dizziness may be a symptom of a more serious health issue and should be discussed with your doctor.

Quite often, however, dizziness in older people is caused by positional vertigo, and there are simple and effective treatments to reduce or eliminate this "off-balance" feeling.

Three sources in the body contribute to balance: vision, muscles and joints, and the inner ear's vestibular system. "Positional vertigo is just one disorder that can affect the vestibular system, but it's also the easiest to treat," says Lisa Rehm, a physical therapist at Overlake's Outpatient Center. She has treated many people who have experienced vertigo for years and whose symptoms resolve after just one treatment.

Positional vertigo causes dizziness when tiny calcium crystals collect in one of the semi-circular canals in the inner ear. These canals are responsible for telling the brain a person's position. The crystals develop when structures in the ear called otoliths have degenerated due

to age or have been damaged by head injury or infection.

The most common symptom of vertigo is dizziness; other symptoms may include lightheadedness, imbalance and nausea. Activities that bring on this feeling typically include a change in head position: rolling over in bed, reaching up to a high shelf, etc. If positional vertigo is suspected, physical therapists use the Dix-Hallpike test to confirm the diagnosis. The patient's head is turned to a 45-degree angle and then the patient is told to lie down quickly and position his head at 30 degrees below horizontal. Therapists look for nystagmus, a reflexive, involuntary eye movement characteristic of positional vertigo.

Overlake recently purchased a video-monitoring tool to aid in diagnosis. The tool includes a set of goggles that magnify the patient's eyes, and a video monitor the therapist watches to see the intensity and direction of the eye movement. The direction of eye movement tells the therapist which semi-circular canal needs to be treated.

A common treatment for positional vertigo is the Epley Maneuver, a series of head positions that enables a therapist to move crystals to another part of the inner ear where they can be reabsorbed

by the body. After just one treatment, many people no longer experience vertigo. To help minimize the chance of recurrence, a follow-up appointment is scheduled to make sure the Dix-Hallpike test is also negative.

"I love treating people with Positional Vertigo," Lisa shares, "It's so rewarding to see how quickly and easily people can be relieved of the frustration caused by dizziness."

The Overlake Outpatient Center also treats dizziness that is not a result of positional vertigo. Many times the dizziness is a result of the different systems of the body that influence balance no longer working well together. Symptoms such as a "foggy" feeling when walking or turning, dizziness or imbalance when walking with distractions, "motion sickness" and difficulty balancing in dimly lit rooms can all be signs that a person might benefit from a vestibular rehabilitation evaluation. Unlike positional vertigo, which is treated with passive positioning, these symptoms can be evaluated and treated with home exercises to help alleviate the symptoms.

For more information on the Vestibular Rehabilitation program, contact the Overlake Outpatient Center at 425-688-5900.



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.

Mail by Wednesday, March 17 to: Senior Care/Connections, Overlake Hospital Medical Center, 1035 116th Ave. NE, Bellevue, WA 98004. To receive a map, call 425-688-5800.

March Luncheon Reservation Form

☐ *Yes!* I/We would like to make reservations to attend
“*Eating Right for the Right Reasons*”
on Wednesday, March 24.

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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