

KEEPING  
SENIORS  
INFORMED,  
INVOLVED,  
IN CHARGE.

*Connections*

## 19th Annual Eastside Senior Residence Open House

Saturday, May 12

Senior Care/Connections at Overlake Hospital Medical Center and the City of Bellevue will present the 19th annual Eastside Senior Residence Open House on Saturday, May 12.

Each year, this popular and practical event gives hundreds of families helpful information about the many housing choices available for seniors on the Eastside, one of the fastest growing senior housing markets in the country.

This free, day-long event will begin at the **North Bellevue Community Senior Center from 9:30 a.m. to noon.** Educational sessions will be held in breakout rooms to review the range of housing choices available, including living in your own home, subsidized housing, retirement and assisted living,

adult family homes and skilled nursing facilities. Subsequently, over 48 vendors will participate in the Resource Fair in the main room. A full range of housing options will be showcased from senior apartments, retirement communities, assisted living, continuing care communities, nursing homes and adult family homes.

Beginning at 1 p.m. the participating facilities will hold open houses. The facilities will provide tours, give you time to interact with staff and get the information needed to make informed decisions about housing options available.

Complete information about the Eastside Senior Residence Open House and participating facilities will be published in a supplement in the King County Publications (*Bellevue Reporter, Bothell/Kenmore Reporter, Mercer Island Reporter, Redmond Reporter*) prior to the event. No registration is necessary. Call Senior Care at 425-688-5800 with questions.



### *May Connections Luncheon* "Taming the Pain" Sponsored by Fedelta Home Care and Overlake Hospital Foundation

Nine out of ten Americans have pain at least once a month and 15 percent deal with severe pain regularly. While complete and total relief from chronic pain may not be possible, many techniques are a helpful in addition to regular medical care. Stuart DuPen, MD, Overlake Pain Medicine Clinic, will provide a better understanding of pain and how to track the symptoms.

**Wednesday, May 23  
Noon – 2 p.m.**

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

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

Support for this issue has  
generously been provided by:

**Bellevue Ear, Nose  
and Throat Clinic**  
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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.



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## CONNECTIONS

### 19th Annual Eastside Senior Residence Open House



**Join us at North Bellevue  
Community Senior Center**  
**4063 – 148th Avenue NE,  
Bellevue**

9:30 a.m. to noon  
Educational Sessions

9:30 a.m. to noon  
Resource Fair – More than 48  
vendors represented

1 to 4 p.m.  
Open Houses at participating  
Senior Residences

*Open to the public. FREE and no registration required.  
For questions, call Overlake Senior Care at 425-688-5800.*

Spring into Action!

Get the Spring Back in Your Step!

Join us for the **Walk  
for Life**

**ANNUAL CELEBRATION BREAKFAST**

**Friday, May 18**

**7:30 to 8:15 a.m.**

Old Art Museum  
Top Floor of the Bellevue Square Mall

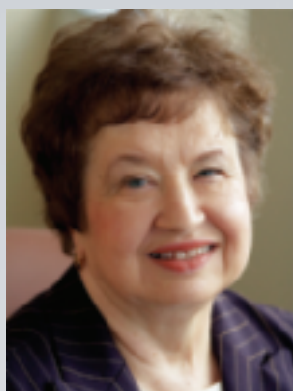
Breakfast: 7:30 to 8:15 a.m.  
Program: "Heart Health"

*presented by Ronnier Aviles, MD,  
Overlake Internal Medicine*

Awards Presentation, Recognitions, and Door Prizes

\$5.00 per person, reservations required.  
Call Senior Care at 425-688-5800

by Monday, May 14<sup>th</sup> to register.



By Martha Agostinelli  
Project Enhance  
425-688-5809  
martha.agostinelli@  
overlakehospital.org

## Q. I keep hearing about antioxidants. What are they and what do they do?

**A.** Antioxidants are a group of vitamins that include vitamin C, vitamin E, selenium and carotenoids that help prevent oxygen damage (oxidation) to cells. Oxidation may be partly responsible for the effects of aging and certain diseases.

Antioxidants are found naturally in varying amounts in vegetables, fruits, grains, nuts and dairy. High sources include:

**Fruits** such as apricots, blackberries, red currants, apples, blueberries and peaches.

**Vegetables** such as peppers (both chili and red bell), spinach, peas, carrots, squash, broccoli and also in mushrooms.

**Whole grains** including cereals and breads with barley, millet and maize.

**Nuts** such as pecans, pistachios and almonds.

**Dairy** products like cottage cheese and fortified milk.

**Drinks** such as coffee, both caffeinated and decaf, red wines, and green and black teas.

**Chocolate**, both dark and milk chocolate.

Fruits and vegetables are known to be rich sources of antioxidants and are abundantly available to us. However, a recent study by US researchers showed that “Americans get more of their antioxidants from coffee than any other source.” This doesn’t mean coffee has a higher antioxidant content than other food sources, it simply means that we consume more coffee than we do antioxidant rich fruits and vegetables.

Preliminary studies show that antioxidants are helpful in the treatment of cancer by improving the effectiveness of chemotherapy and decreasing the side effects of both chemotherapy and radiotherapy. Laboratory evidence studies indicate antioxidants may slow or possibly prevent cancer development. However, information from some recent studies are inconsistent. Antioxidants may help prevent cardiovascular disease by interfering with plaque build up in the arteries.

Some studies have suggested that antioxidant supplements may be beneficial, but little is known regarding appropriate dosages and combinations. So, for now, it is best to maintain a healthy diet that includes foods known to contain high antioxidant levels.

For more information on antioxidants visit the following web site:  
[www.healthscout.com](http://www.healthscout.com)





## Overlake Hospital Connections Fitness

These classes are held at Overlake's Outpatient Center, located at 1120 – 112th Avenue NE, Suite 150, Bellevue.

*Advanced registration required:  
Call 425-688-5811 or check the Web site  
at [www.overlakehospital.org](http://www.overlakehospital.org).*

### Senior Fitness Class

Supervised senior fitness class using treadmills, bikes and recumbent machines along with weights and stretching. Programs are designed for each individual and supervised by a senior fitness specialist.

**Date:** Mondays, Tuesdays, and Thursdays  
**Time:** Mornings and afternoons  
**Cost:** \$145 to \$165 for three months

### Dumping Daily Stress through Meditation

Mindfulness meditation is a simple and powerful tool used in medical centers throughout the country to reduce stress and stress-related illnesses.

**Date:** Tuesday, May 8 or June 5  
**Time:** 12:15 to 1:15 p.m.  
**Cost:** \$8 per class

### Better Balance and Posture for Everyone

Balancing better is within your control. Simple exercises can help easily regain balance that has been lost due to inactivity.

**Date:** Thursday, May 10, 17 and 24  
**Time:** 1 to 2 p.m.  
**Cost:** \$40

## Overlake Hospital Conference Center

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.*

### Yoga for Seniors

Come and rejuvenate your body with gentle yoga adapted especially for seniors. This breath oriented practice will help to increase your circulation, release tense muscles, tone and renew your energy. An excellent way to keep both body and mind, healthy and strong! Adaptable to all levels.

**Date:** Tuesdays, May 29 to June 26  
**Time:** 1 to 2:15 p.m. (New Time)  
**-or-**  
**Date:** Mondays, June 4 to July 2  
**Time:** 1:15 to 2:30 p.m.  
**Location:** Yoga Barn, 660 Gilman Blvd, # C-6, Issaquah  
**Cost:** \$50

### Beginner's Yoga for Seniors

For new students to the Therapeutic Senior Yoga classes.

**Date:** Mondays, June 4 to July 2  
**Time:** 3 to 4:15 p.m.  
**Location:** Yoga Barn, 660 Gilman Blvd, # C-6, Issaquah  
**Cost:** \$50

### What Is Normal Aging?

Is there such a thing as normal aging? We are all involved in the aging process and no matter how hard a person tries, they can't escape the process. Dr. Hank Williams, Bellevue Senior Health Center Medical Director will review how the process of aging affects the entire body and how the physical aging process can be influenced.

**Date:** Tuesday, May 8  
**Time:** 3:30 to 5 p.m.  
**Location:** Overlake Hospital Auditorium, 1035 116th Ave NE, Bellevue  
**Cost:** \$5 (Registration Required)

### Seniors Making Art - Watercolor Painting

This watercolor series is designed to be fun, informative and stress free. Instructor Carol Jones works through each painting step-by-step, from basic washes to finished watercolors. You will learn various techniques to help make your painting rich and dramatic.

Sponsored by Seniors Making Art and Overlake Senior Care.

**Date:** Thursdays, May 17 to July 12  
**Time:** 12:30 to 2:30 p.m.  
**Cost:** Free. Limited to first 15.

### 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:** Monday, June 18  
**Time:** 6 to 9 p.m.  
**Cost:** \$5

### 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.

## Bellevue Senior Center

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

4063 148th Ave. NE, Bellevue.

Mondays, 1 to 2:30 p.m.

Advanced registration is required.

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

## Fighting Back Against Brain Attack

Strokes are the third leading cause of death in the United States, however, there have been significant advances in treatment approaches. 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.

Date: June 25

Class # 19614

## 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: \$5 for non-YMCA members.

## Neglecting Dental Care Is Risky to Your Health

The eyes may be the window to the soul, but the mouth mirrors a person's health and well-being throughout life and into old age. Oral diseases and conditions can affect many other aspects of an individual's general health status, and have an impact on emotional and psychological well-being through speech, laughter and social expression. Oral health and general health are inseparable, experts agree. Dr. Mark DiRe, DDS, will discuss the aspects of oral health and how dental health can impact overall health.

Date: May 9

## The Aging Foot

Over a normal life the average person walks over 115,000 miles! The American College of Foot and Ankle Surgeons found that 66 percent of people surveyed state that their feet hurt on a regular basis. Many foot problems can be prevented with proper foot care. Overlake podiatrist Doug Ichikawa, DPM, will review tips for preventing and treating common foot problems.

Date: June 13

## Redmond Senior Center

Call 425-556-2314

8703 160th Ave. NE, Redmond.

Mondays, 10:15 to 11:30 a.m.

Advanced registration is required.  
FREE.

## Breast Cancer in Senior Women and Treatment Options Available

Family history, reproductive history and treatment for thyroid cancer increase the risk factors of getting breast cancer, but age remains the larger risk factor. Kathleen Kelly, MD, will discuss the risk factors, discuss preventive measures and the current treatment options available.

Date: May 14

## It Hurts When I Move My Shoulder!

Pain in the shoulder can be bad enough to keep you from doing even the simplest of tasks. An Overlake orthopedic surgeon will discuss the common causes of shoulder pain and various treatment options available.

Date: June 11

## Columbia Athletic Club, Juanita Bay

Call 425-821-0882

11450 98th Ave NE, Kirkland

Thursdays, Noon to 1 p.m.

Advanced registration required.

Cost: \$5.

## Vitamin Supplements: What's All the Buzz About?

Every year we are bombarded by reports relating to vitamins, minerals, and other nutrients. The information can be confusing and overwhelming. Should I take supplements? Which one should I take? How many is too much? Overlake's wellness dietitian, Peggy Swistak, RD, will provide an overview of vitamin usage including the benefits and dangers of various supplements.

Date: May 17

## Issaquah Meadow Creek Office Park

Call 425-688-5800

22510 SE 64 Pl, Suite #120, Issaquah

Advance registration required.

Cost: \$5.

## Acting Against Osteoporosis

It is estimated there are over 1.5 million fractures suffered annually, however, osteoporosis is felt to be one of the most under recognized and under treated diseases. Danielle Debelak, MD, will discuss risk factors, review how the condition is diagnosed and offer information on how to manage the disease.

Date: Tuesday, May 15

Time: 9:30 to 10:30 a.m.

## New Planning Opportunity for those with IRAs

If you are age 70 ½ or older, new legislation allows you to make charitable gifts directly from an Individual Retirement Account (IRA). This special IRA charitable rollover permits individuals age 70 ½ and older to make direct transfers of up to \$100,000 in 2007 to charities like the Overlake Hospital Foundation. Transfers under this provision must be made directly from the IRA administrator, are not taxable and there is no deduction allowed. This provision is most likely to appeal to and benefit the following: individuals who take mandatory minimum withdrawals, but don't need the income, individuals who wish to give more than the deductibility ceiling (50

percent of adjusted gross income), individuals who do not itemize their Federal tax returns, individuals with large IRA balances who already plan on giving a portion of these assets to charity and finally, individuals who don't want their income to increase because it would cause a larger portion of Social Security income to be subject to tax. For more information on gifts of retirement plan assets please contact Andy Whipple, Planned Giving Director, at the Overlake Hospital Foundation at (425) 688-5533 or [andy.whipple@overlakehospital.org](mailto:andy.whipple@overlakehospital.org).

*\*We recommend that you consult with your own advisor for specific advice that is tailored to your situation.*

## Managing Care at Home

As a caregiver, do you have questions about safely managing care at home? You are invited to attend a free question and answer session presented by Overlake Senior Care's nurse and social worker that will familiarize you with the resources available to help better manage care in your home.

Every Thursday, 4:30 to 6 p.m.

- OR -

Every Friday, 10 to 11:30 a.m.

Location: Senior Care Conference Room  
1120 – 112th Avenue NE,  
Suite 100, Bellevue

Cost: FREE

Call Senior Care at 425-688-5800 to make a reservation and for directions to the office.

OVERLAKE HOSPITAL SONJA POTTER SENIOR CARE AUXILIARY PRESENTS:



## "All You Can Eat" Pancake Breakfast and Silent Auction

Saturday, June 9

Breakfast from 8:30 to 11 a.m.

Tickets \$5

North Bellevue Community Senior Center  
4063 – 148th Avenue NE, Bellevue

Lively entertainment through the morning.

All funds raised go to benefit the Overlake Senior Care Program.  
Sponsored by: Sunrise Senior Living: Sunrise of Bellevue,  
Sunrise of Brighton Gardens and Sunrise of Mercer Island.

For questions or tickets call 425-688-5526.

Featuring  
Overlake Hospital Bellevue Senior  
Health Center Physicians as the

### "All Star Chefs"

Hank Williams, MD  
Richard Kaner, MD  
Daniel Raskind, MD  
Arti Tayade, MD



## Osteoporosis and Menopause

**B**y about age 20, the average woman has acquired 98 percent of her skeletal mass. But during menopause, the loss of estrogen can interfere with bone health and a woman can lose up to 20 percent of that bone mass within five to 10 years. As a result, one half of all women over 50 will experience an osteoporosis-related fracture.

The key to managing osteoporosis is prevention. “Unfortunately, we still see patients whose first diagnosis of osteoporosis is made by a fracture,” states Arinola Dada, MD, an Overlake rheumatologist. “This is something we can prevent by screening and treating patients at risk.”

Bone is living tissue that responds to exercise by becoming stronger. Weight-bearing exercise is crucial for maintaining bone health. “Flexibility training, such as stretching after exercise, can also help prevent falls,” says Dr. Dada.

In addition, an adult should get 1,200 to 1,500 mg of calcium as well as 600 to 800 mg of vitamin D per day. Vitamin D helps our bodies absorb calcium. Good sources of calcium include low-fat milk, cheese, broccoli and calcium-fortified foods such as orange juice and cereals. Vitamin D is

manufactured through direct exposure to sunlight, and many dairy products are vitamin D fortified.

If you can’t get enough from diet alone, there are many calcium and vitamin D supplements on the market. “Read the labels,” warns Bellevue Senior Health Center and Overlake internist Arti Tayade, MD. “Dairy intake should be 1,200 to 1,500 mg of elemental calcium. Calcium carbonate, commonly used in supplements, is only 40 percent elemental calcium. Also, remember that your body absorbs calcium best in smaller doses, so space out your intake throughout the day.”

Once diagnosed with osteoporosis, women can choose from a number of available treatments. Those already taking Hormone Therapy (HT) for their menopausal symptoms may receive the added benefit of osteoporosis prevention.

*“The key to managing and taking an active role in your healthcare is to work closely with your healthcare provider who can help you navigate the latest information and create a roadmap that’s right for you; based on your priorities, current health status and family medical history.”*

And there are a number of medications created specially to slow bone loss, including raloxifene, calcitonin, and biophosphonates. Teriparatide is the first FDA-approved medication to stimulate new bone formation.

Overlake offers bone density screenings at the Women’s Clinic in Issaquah. Call 425-988-5787 for more information. Patients found to have low bone density may be referred for a more comprehensive DXA (Dual Energy X-ray Absorptiometry) test, available on the Overlake campus in both Bellevue and Issaquah.

## May Luncheon RSVP

To reserve your place at the May luncheon, please fill out this form and send it with your check to: **Connections**, Overlake Hospital Medical Center. Payment must be received with reservation. **Mail by Wednesday, May 16 to: Senior Care/Connections, Overlake Hospital Medical Center, 1035 116th Ave. NE, Bellevue, WA 98004.** To receive a map, call 425-688-5800.

### *May Luncheon Reservation Form*

☐ **Yes!** I/We would like to make reservations to attend  
"Taming the Pain" on Wednesday, May 23, 2007.

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

\_\_\_\_\_  
Name(s)

\_\_\_\_\_  
Phone Number

## Support Group

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.

## Family Caregiver Support Group

**Location:** Bellevue Senior Health Center  
1750 – 112th Ave. NE,  
Suite A-101, Bellevue

**Date:** 2nd & 4th Thursdays  
of each month

**Time:** 3 to 4:30 p.m.

**Cost:** Free, anyone welcome

For questions, call Regina Bennett,  
MSW, 425-688-5807

RETURN SERVICE REQUESTED

