

KEEPING  
SENIORS  
INFORMED,  
INVOLVED,  
IN CHARGE.

*Connections*

## Powers of Attorney, Healthcare Directives and POLST

A variety of estate planning documents permit an individual to plan for the management of his or her affairs in the event of incapacity. This article will briefly explain the three most common documents and what they can do for you.

### Durable Powers of Attorney

A Power of Attorney grants a third party (the "Agent" or "Attorney-in-Fact") the legal authority to make decisions for, or act on behalf of, the person signing the document (the "Principal"). A "Durable" Power of Attorney simply contains language indicating that the Agent retains the authority to act despite any future disability, incapacity, or disappearance of the Principal.

A Principal may authorize the Agent to begin acting immediately. It is common to authorize the Agent to act only upon the occurrence of some future event, such as the Principal's incapacity.

A Durable Power of Attorney may give the Agent the authority to make medical and/or financial decisions for the Principal. Separate healthcare and financial Durable Powers of Attorney permit the Principal to name one person to handle medical decisions and

another to handle finances. A parent or legal guardian may include a provision authorizing his or her Agent to make healthcare decisions for minor children, if the child has no one else readily available or authorized to give such consent.

### Healthcare Directives

A Healthcare Directive, also known as an Advance Directive or "Living Will," is document that permits the Principal to direct, in advance, that all medical treatment (and artificial nutrition and hydration if so desired) be withheld or withdrawn if the Principal is diagnosed to be suffering from a terminal condition or permanent unconscious condition. Often the directive will address other conditions, such as a persistent vegetative state or irreversible dementia. A Healthcare Directive may also contain provisions designed to ensure that any medical treatment is administered in accordance with the Principal's religious beliefs.

If the Principal is unconscious or otherwise incapacitated, the terms of the Healthcare Directive would be carried out by the Agent authorized to make medical decisions in the Principal's Durable Power of Attorney.

*continued on page 2*

## *May Connections Luncheon* CELEBRATING NATIONAL OLDER AMERICANS MONTH

### What is Normal Aging?

Sponsored by Synergy Home Care and Overlake Hospital Foundation

Is there such a thing as normal aging? Everyone is involved in the aging process and no matter how hard a person tries, they can't escape the process. Hank Williams, MD, 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.

**Wednesday, May 27**  
**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 was generously provided by:

**Bellevue Ear, Nose and Throat Clinic  
Sound Hearing  
Hearing Aid Specialist  
www.bellevueent.com**

**Andelcare  
Home Care Services  
www.andelcare.com**

**Sonja Potter Senior  
Care Auxiliary**

**2008  
National Mature  
Media Awards<sup>SM</sup>**

*Winner*

**2003  
National Mature  
Media Awards<sup>SM</sup>**

*Winner*

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).



### Physician's Orders for Life Sustaining Treatment

The "POLST" form is a simple, one-page form developed to give emergency medical personnel clear, easy-to-read instructions regarding whether or not to perform CPR and other life-sustaining treatment when medical personnel are summoned to treat a person who has previously requested that he or she not receive futile emergency medical treatment; the POLST form summarizes the instructions contained in a Healthcare Directive or Healthcare Durable Power of Attorney and puts them in the form of a standing physician's order that emergency medical personnel can follow immediately.

A POLST form must be signed by a doctor and the Principal (or an authorized

surrogate). In Washington state, the POLST form is printed on bright green paper to permit it to be found easily in an emergency.

### Conclusion

A good estate plan typically includes Durable Powers of Attorney and a Healthcare Directive; a POLST form is always useful, but more commonly used when the Principal is likely to need emergency medical treatment. Careful drafting is required to make sure the documents work together to create a clear set of instructions for others to follow.

*Submitted by John S. Palmer, an Estate Planning and Elder Law Attorney in Bellevue. More information is available on his Web site, [www.palmerlegal.com](http://www.palmerlegal.com), or call the Senior Care office at 425-688-5800 for more information.*

### The Active Senior Fair

We hope you made it to the Active Senior Fair on March 14. Attendees gathered information about various Overlake services, took advantage of free cholesterol screenings and eye exams, enjoyed a Coldwater Creek fashion show and performances by Wrinkles of Washington, heard master gardener Marianne Binetti discuss today's edible gardens, and so much more. If you missed it, be sure to join us next year!





I never seem to have enough time to get all my questions asked and answered when I see my doctor. What should I do?

The days of *Marcus Welby, MD* are over. While Dr. Welby was a caring man, he didn't cure patients and was not a real person. In today's world, doctor visits can seem rushed and impersonal. You can do several things to make the most out of your visit. Most importantly, pick a primary care doctor that you trust and with whom you can talk. Good communications and a sense of rapport are essential.

Many people tell us to make a list of concerns before a doctor visit but few people take the time to do so. These lists need to be short and specific. It might be a good idea to give the list to the nurse or medical assistant when you first enter a patient room. He or she can pass the list on to the doctor before the visit so he knows what you plan to discuss.

Once in the room with the doctor, be honest and succinct. Doctors rarely have time for polite chitchat these days so if you spend several minutes chatting, you will have less time to discuss your health. Stick to the point as you update the doctor on your concerns. Remember that he cannot guess what is wrong with you. Tell him your biggest concern immediately. Doctors have a hard time helping a patient who is less than straightforward about symptoms during the visit and then, just as the doctor is leaving the room, the patient reveals a serious problem or concern. Share symptoms along with your concerns. When you share symptoms, tell the doctor when they started, how long they lasted and how often you have them.

It often helps to bring a second set of ears – your spouse, adult child, a good friend. The information that doctors give is often new and confusing and it

helps to have more than one person in the room to hear and try to understand what is said. This is especially true if the doctor gives you frightening or surprising information. We all have a hard time hearing and remembering what is said to us when we are nervous.

If you have concerns when you are home and need to call the doctor, do not be surprised if you have to leave messages with his staff. These days, nurses, medical assistants or physician assistants often have the job of responding to phone concerns. These professionals check with the doctors as needed before calling you back. You should have confidence in the doctor's staff.

These days few doctors care for their patients when they go to the hospital. Evidence shows that patients get better hospital care from hospitalists. Hospitalists are physicians whose job it is to care for patients while they are in the hospital. If a patient lists his primary care doctor when entering Overlake Hospital, the hospitalist will forward information about the hospital stay to that physician.

Finally, because of privacy laws, only people who you put down on a list at the doctor's office have permission to talk with your doctor about your health. Think through who might need to help you and give them permission to talk with the doctor. However, even if a family member is not on a privacy list, he or she can call physician offices and leave information or concerns for the doctor.

Although Dr. Welby is no longer with us, the physicians in our community are well-trained, dedicated men and women who work hard every day to help improve the health of their patients.



by Karin Miller, MSW  
Mercer Island Senior Health Center Social Worker  
Email: [Karin.miller@overlakehospital.org](mailto:Karin.miller@overlakehospital.org)  
425-688-4637

## 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:** **Wednesdays and Fridays, May 6 to 29; or Mondays and Wednesdays, June 1 to 24**

**Time:** **10 a.m. to noon**

**Cost:** **\$15 for four-week class**

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

### Seniors Making Art

Enjoy the range and scope of painting in watercolor, as we journey step-by-step through several techniques and subjects to achieve finished paintings. This class will be suitable for beginners as well as those wishing to hone their skills. This watercolor class is designed to be fun, informative and stress free. Instructor Bruce Edwards 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 Betty and Craig Freeman, Craig Shrontz and Lynn Ristig, Seniors Making Art and Overlake Hospital.

**Date:** **Thursdays, May 7 to June 18**

**Time:** **10 a.m. to noon**

**Cost:** **FREE**

**Limited to first 15 registrants.**

### Keep Your Memory Sharp

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. Overlake Senior Health social worker, Regina Bennett, MSW, will give a variety of tips and how to give your brain a daily aerobic workout to help keep it healthy.

**Date:** **Tuesday, May 12**

**Time:** **1 to 2:30 p.m.**

**Cost:** **\$5**

### Vitamin and Mineral Supplements - Do We Really Need 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 them? And which ones should you take? It can all be confusing and overwhelming. Peggy Swistak, RD, an Overlake wellness dietitian will help sift through the information as well as outline the benefits and precautions related to vitamin and mineral supplements.

**Date:** **Tuesday, May 19**

**Time:** **1 to 2:30 p.m.**

**Cost:** **\$5**

### Avoiding Adverse Medication Effects As You Age

As the body ages, it becomes more vulnerable to medication-related problems and adverse relations. And often as you age you find you often are taking more medications. Understand and untangle the web of prescription medications and avoid potential problems. Chitra Fernando, MD, of Bellevue Senior Health Center will be presenting.

**Date:** **Thursday, June 25**

**Time:** **2 to 3:30 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.

### Survivorship: Looking to Your Future

The Cancer Center at Overlake is hosting a one-day conference for cancer survivors and caregivers. *Survivorship: Looking to Your Future* will connect survivors and caregivers with healthcare providers who will provide new and valuable information about survivorship issues.

**Date:** **Saturday, June 13**

**Time:** **9 a.m. to 3 p.m.**

**Call Kathleen Craig to register at 425-688-5816.**

## Bellevue Senior Center

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

4063 148th Ave. NE, Bellevue.  
Advance registration is required.  
Cost: \$6 for Bellevue residents  
\$7 for non-residents.

### Keeping Your Balance and Avoiding Falls

As you age you become more at risk for falling. Twenty-five percent of people 65 to 74 who live independently experience at least one fall, with 85 percent of people over 65 fracturing their hip. An Overlake therapist will discuss risk factors related to falling and provide solutions to a safer, independent environment.

**Date:** Monday, June 22  
**Time:** 1 to 2:30  
**Class #:** 40419

## Bellevue YMCA

Call 425-746-9900

14230 Bel-Red Rd., Bellevue.  
No registration is required.  
Cost: \$5 for non-YMCA members.

### The Tearing Patient – Dealing with Eye Problems As You Age

Excess tearing and watery eyes can have many causes. Bryan Winn, MD, will discuss the many causes of tearing eyes and review the various treatments available.

**Date:** Wednesday, May 13  
**Time:** 11:30 a.m. to 12:30 p.m.

### Diet Tips to Help Your Bones – Preventing Osteoporosis

The majority of adults consume less calcium than needed. An Overlake dietitian will explain how to eat right to maintain the necessary level of calcium that your bones require.

**Date:** Wednesday, June 24  
**Time:** 11:30 a.m. to 12:30 p.m.

## Redmond Senior Center

Call 425-556-2314

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

### Brain Attack – Take a Stand Against Strokes

Strokes are the third leading cause of death in the United States, however there have been significant advances in treatment approaches. An Overlake Specialist will discuss the risk factors, detection and treatment of strokes and offer ideas of how to reduce your risk of a stroke.

**Date:** Wednesday, May 20  
**Time:** 10 to 11:30 a.m.

### I Can't Take Another Step

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:** Wednesday, June 17  
**Time:** 10 to 11:30 a.m.

## Additional Overlake Community Classes

PACCAR Conference Center  
Overlake Hospital Campus  
1035 116th Ave. NE, Bellevue  
Advance registration required.  
FREE.

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

Join Elizabeth Miller, MD, urogynecologist, and Kathy Golic, physical therapist, as they discuss the types of incontinence and how treatments vary with individual lifestyle and personal preferences.

**Date:** Monday, May 11  
**Time:** 6:30 to 8 p.m.  
Call 425-688-5259 to register.

### Brain Attack: What You Should Know about Stroke

Randi Leggett, MD, Overlake Senior Health internist, will discuss the symptoms of brain attack and how to decrease the chances of it happening to you.

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

### Life Line Screening®: Know your Risk Factors for Stroke and Heart Disease

Wellness Package includes four screenings for \$139: Carotid Artery/Stroke, Abdominal Aortic Aneurysm (AAA), Peripheral Arterial Disease (PAD) and Atrial Fibrillation.

**Date:** Saturday, May 16  
**Time:** 9 a.m. to 4 p.m.  
Pre-registration required. Call Life Line Screening at 800-324-1851.

## 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 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.

### Bellevue

#### Family Caregiver Support Group

**Date:** Thursdays, May 14 and 28  
June 11 and 25

**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.

### Mercer Island

#### Family Caregiver Support Group

**Date:** Tuesdays, May 12 and  
June 9

**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.



## Walk for Life Annual Awards Celebration Breakfast

**Date:** Friday, May 22

**Time:** 8 to 9:30 a.m.

**Location:** Bellevue Square Mall  
Third Floor

- Awards Presentation, Recognition, and Door Prizes
- For more information or to make reservations call Senior Care 425-688-5800.

## May is National Stroke Awareness Month

Stroke, also called brain attack, happens when blood flow and oxygen are cut off to the brain.

Stroke is the third leading cause of death in the U.S. and is the leading cause of disability in adults.

Approximately 780,000 strokes will occur this year; however 500,000 of those strokes can be prevented.

### If you see stroke's warning signs, act **F A S T** and call 9-1-1

- F = FACE** Ask the person to smile. Does one side of the face droop?
- A = ARM** Ask the person to raise both arms. Does one arm drift downward?
- S = SPEECH** Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?
- T = TIME** If you observe any of these signs, call 9-1-1. Time lost is brain lost.

Sources: American Stroke Association,  
National Stroke Association

## Cancer Support Services Welcomes the Cancer Resource Patient Navigator



*Kelly Zant, MSW,  
Overlake Cancer Resource  
Patient Navigator*

**H**aving cancer is hard. Finding help shouldn't be! If you have just learned you have cancer, you need information fast. What if there was one person who could help you find the answers and information you need for your cancer journey?

Overlake Hospital Medical Center in partnership with the American Cancer Society (ACS) now offers an on-site Cancer Resource Patient Navigator. The new Cancer Resource Patient Navigator program is the first of its kind on the Eastside. Permanently based in the Cancer Resource Center at Overlake, Patient Navigator Kelly Zant, MSW works with cancer patients to identify their concerns, map out a plan and access a wide range of available services.

"I respond to a patient's needs by linking them to services and resources at Overlake, ACS, or in the community," says Zant.

Kelly's services are available to anyone affected by a cancer diagnosis at any stage of their disease. She seeks to help identify non-clinical barriers to care and connect cancer patients with reliable and the most appropriate resources. Kelly works with the medical team, the oncology social worker, in-house financial services and community based social services to support patients from the point of their initial diagnosis through their follow-up care. In other words, the navigator makes sure the patient is aware of and can access all available services.

Day-to-day resource help can include finding free volunteer transportation to and from treatment at Overlake; facilitating free lodging (space available) in local hotels to patients who drive more than 50 miles one-way to treatment; providing help finding financial resource information or financial aid; and assisting in a referral to prescription drug assistance programs.

The navigator is not limited to ACS resources, as Kelly can also access a wealth of national, state and community resources. Her role in fact is frequently described as a "resource specialist." Additionally, because no two cancer experiences are the same, Kelly provides personalized cancer information along with connecting the patient to the most appropriate resource available.

Patients may self-refer to the Patient Navigator or ask their physician to initiate a referral. If you or your family member needs assistance from our Cancer Resource Patient Navigator, e-mail Kelly at [patientnavigator@overlakehospital.org](mailto:patientnavigator@overlakehospital.org) or call 425-467-3809.

*Submitted by: Kathleen Craig  
Supervisor of Cancer Support Services  
425-688-5816*

### A Patient Navigator can help with:

- Providing site-specific cancer information to patients and their caregivers including literature on screening and prevention, diagnosis and treatment.
- Assisting patients and families in navigating through the healthcare system.
- Facilitating access to Overlake Hospital outpatient services
- Assisting with practical problem solving related to concrete needs such as free temporary housing and transportation during treatment.
- Identifying other barriers that could affect a patient's ability to participate in their treatment plan.

## 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. *Mail by Wednesday, May 20* to: Senior Care/Connections, Overlake Hospital Medical Center, 1035 116th Ave. NE, Bellevue, WA 98004. To receive a map, please call 425-688-5800.

### *May Luncheon Reservation Form*

*Yes!* I/We would like to make reservations to attend "What is Normal Aging?" on Wednesday, May 27.

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

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

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

## Volunteers Needed

Come make a difference! We are looking for individuals who would like to volunteer as a *Matter of Balance* coach. Join an enthusiastic and committed group of instructors who are making a difference in people's lives.

No experience required; training is provided. As an instructor you always teach with another instructor and the class sizes are small. *Make a difference!* Call Senior Care at 425-688-5800 for more information about being an instructor.

RETURN SERVICE REQUESTED

