

KEEPING
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Connections

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SEPT/OCT 2010



Overlake Celebrates *50 Years of Healing*

Fifty years ago, on October 16, Overlake Memorial Hospital opened its doors and began providing the highest quality of care to Eastside residents. Many things have changed since Overlake's opening, but as we look back on *50 Years of Healing* we're proud to reflect on how far we've come from a 56-bed community hospital to the 337-bed world-class healthcare provider we are today. One constant through the years has been Overlake's commitment to keep our patients as our number one focus.

To help us celebrate our 50th Anniversary, Overlake invites the public to our **Eastside Vitality Community Health Fair** on **Saturday October 23, from 10 a.m. to 4 p.m.** on the Overlake campus. Take advantage of free health screenings, health talks, activities, informative presentations, demonstrations, activities for kids of all ages, healthy snacks, giveaways and much more.

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September Connections Luncheon

"My Shoulder is So Painful!"

Sponsored by Brighton Gardens of Bellevue

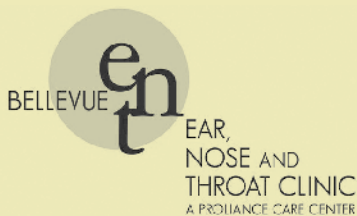
Could it be that my shoulder is just wearing out? Pain in the shoulder can be bad enough to limit you and keep you from doing the simplest of tasks. What people refer to as the shoulder is actually a combination of several joints, combined with tendons and muscles. Join Jeremy Idjadi, MD, Proliance Orthopaedic and Sports Medicine, who will discuss the common causes of shoulder pain and the treatment options available.

Wednesday, September 22
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

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.



Charlene Raunio, Newsletter Editor
425-688-5806

CONNECTIONS

continued from page 1: **Eastside Vitality Community Health Fair**

Health Screenings

Screenings are an important part of a preventive healthcare program. They can help identify health issues early, when they are often easier to treat, manage and even cure. To help you maintain good health, we will offer the following free screenings:

- Blood glucose and cholesterol tests.
- Blood pressure checks.
- Flu Shots - onsite at Walgreens (for a fee).
- Leg Pain Screening - Peripheral Artery Disease (PAD).
- Osteoporosis screenings (must be over 40).
- Skin cancer checks – spot checks.
- Stroke screening.

Informative Health Talks

An important contributor to good health is staying informed and learning about issues that matter to you and your family during the various stages of life. To help, health experts will present several free lectures including:

- 10:30 a.m. *Learn how Eating has Improved Over the Years* featuring KOMO TV's Herb Weisbaum and 570 KVI's John Carlson.
- noon *Meet the Cardiologists* featuring Overlake-affiliated cardiologists.
- 1:30 p.m. *What We've Learned About Cancer Prevention & Treatment Since 1960* featuring Kathryn Crossland, MD, and Tanya Wahl, MD.
- 3 p.m. *Taking Purple to Gold: 50 Years of Orthopedic Surgery* with UW Husky legends and Overlake experts.

Activities

- Cooking demonstrations and food sampling at Stanzas Café.
- Nutrition and Diabetes exhibits – How Pantry Must Have's Have Changed in the Last 50 Years.
- Ask the Orthopedic Doctors.
- Exploring the World of Surgery – Demonstration of the da Vinci Surgical System used in robotically assisted surgeries.
- Kids events/races by KidsQuest and Overlake Physical Therapy.
- Browse the historical exhibit chronicling Overlake's *50 Years of Healing*.

Share Your Story

Do you have a story about a trip to the Emergency Department, birth of your child, battle with cancer, or volunteer experience? For 50 years, we've had the honor of caring for families young and old. We invite you to tell us how we've helped you or a loved one heal.

Each person who shares a story will receive a free Overlake 50th Anniversary T-shirt. We will share these stories with our community and our employees throughout this special year.

Visit www.overlakehospital.org/mystory to submit your story. If you do not have Internet access or would prefer to share your experience with us in writing, call Senior Care at 425-688-5800. Leave your name and address on the answering machine and a form will be mailed to you.

For more information and a complete list of lecture topics and health information booths, visit www.overlakehospital.org/EastsideVitality, or call 425-688-5247.



“Why don’t all my doctors know what medicines I’m taking?”



A Medication Tracker, a simple tri-fold form, allows you to keep track of all your medication information which can be easily folded and carried in your wallet or purse. For a free copy, contact Senior Care at 425-688-5800.

Patients often assume healthcare providers share their records with one another. But until there is a universal health information system, we as patients cannot be assured that our medication lists and other health records are known to all our providers.

This means that every patient should take charge of his or her own medication record. Start by maintaining your own medication list, carry it with you to every provider appointment and ask the provider to make a copy for their records.

In the hospital, we ask each patient what medications they are taking and we try to reconcile that list with other records we may have. Reconciliation is a process of identifying the most accurate list of medications a patient is taking (including name, dosage, frequency and route) and using the list to provide correct medications for patients anywhere within the health care system. It involves comparing the patient’s current list of medications against the physician’s admission, transfer and/or discharge orders. Experience has shown that poor communication of medical information at transition points is to blame for as many as 50 percent of all medication errors and up to 20 percent of adverse drug events in the hospital. You can help prevent errors by keeping your own medication list, updating it frequently and carrying it with you.

Your medication list should include ALL medications you are CURRENTLY taking (prescriptions, over-the-counter drugs, herbals, supplements, etc.) along with dosage, how often you take it and the reason for taking it.

What is the patient’s role in helping

to avoid medication errors? You should become very familiar with any new medication that you begin taking.

Basic questions to ask:

- What are the brand and generic names of the medication?
- What is the purpose of the medication?
- What is the strength and dosage?
- What are the possible adverse effects and what should I do if they occur?
- Is there any other medication I should avoid while using this drug?
- I am allergic to a certain medication. Should I take this medication?
- How long should I take this medication and what outcome should I expect?
- When is the best time to take this medication?
- What do I do if I miss a dose?
- Should I avoid any foods while taking this medication?
- Is this medication meant to replace any other drug I am already taking?

Read the written information given to you by the pharmacy and for all new medications, ask the pharmacist for recommendations and precautions. Even if you order your medication online or by mail order, you can always ask to speak with a pharmacist. There is no charge to talk to a pharmacist and there is no such thing as a dumb question, so be your own advocate and take charge of your medication records.



Submitted by:
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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.

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, September 14, 21, and 28 – three part series
or
Wednesdays, October 20, 27, November 3 and 10 – four-part series
Time: 2 to 3 p.m.
Cost: \$25 – three-part series
\$35 – four-part series

A Matter of Balance

Have you cut down on a favorite activity, such as walking, because you might fall? Or have you 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 that 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 greater isolation and depression. *A Matter of Balance* can help improve your 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 and Wednesdays, September 20 to October 13;
or
Tuesdays and Thursdays, October 19 to November 16
Time: 10 a.m. to noon
Cost: \$15

Scholarships available on an individual basis

Introduction to Therapeutic Yoga to Maintain Balance

Introduction to this breath oriented practice will help to increase your circulation, release tense muscles, strengthen core muscles and help to keep each muscle and joint flexible and strong. Yoga is done in a seated position on a chair with exercises adapted to each individual's abilities.

Date: Tuesdays, September 14 to October 19
or
Tuesdays, October 26 to November 30
Time: 11 a.m. to 12:15 p.m.
or
12:30 to 1:45 p.m.
Cost: \$69 for six-week session

Therapeutic Yoga to Maintain Balance

Continuation of this breath oriented practice will help to increase your circulation, release tense muscles, strengthen core muscles and help to keep each muscle and joint flexible and strong. Yoga is done in a seated position on a chair with exercises adapted to each individual's abilities.

Date: Thursdays, September 16 to October 21
or
Thursdays, October 28 to December 16
Time: 11 a.m. to 12:15 p.m.
Cost: \$69 for six-week session

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 health care through a workbook for living wills, durable power of attorney and value statements.

Date: Thursday, September 30
Time: 10 a.m. to noon
Cost: \$5

Posture and Balance Clinic Refresher

A refresher class for those that participated in Exercise to Improve and Maintain Balance series. Attend this one-time class to further integrate a stable posture in your life as well as move with enhanced agility.

Date: Tuesday, October 5
Time: 2 to 3:30 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: Tuesday, October 5
Time: 10 a.m. to noon
or
7 to 9 p.m.
Cost: \$5

Seniors Making Art: Watercolor

Enjoy the range and scope of painting with Bruce Edwards, as you journey step by step through several techniques and subjects to achieve finished watercolor paintings. This class will be suitable for beginners as well as those wishing to hone their skills. Sponsored by Betty and Kemper Freeman, Jr., Craig Shrontz. Class limited to 15 participants. New students have first priority. Call and leave a message. You will be called if you are in the class.

Date: Mondays, October 18 to November 29 (seven sessions)
Time: 10 a.m. to noon
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.

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

Incontinence: It Doesn't Have to Be Part of Growing Older

It's estimated that over 13 million Americans suffer from urinary incontinence, a condition experienced twice as often by women. Incontinence does not have to be accepted as a part of growing older. Urologist Martin Wall, MD, will discuss the different types of incontinence and the latest successful treatment options available.

Date: September 27

Class#: 51160

Managing Muscle and Joint Pain

When cartilage that cushions the bones begin to deteriorate, osteoarthritis begins to develop. The pain can worsen over time but can be managed, allowing a person to remain active. Join Niraksha Malladi, MD, who will review risk factors, symptoms and provide tips on how to manage the condition.

Date: October 25

Class #: 51203

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

How to Eat a Low Cholesterol Diet

Do you understand all of the jargon about good cholesterol – HDL and bad cholesterol – LDL? And what foods are they found in? Learn how to eat well while cutting fat and cholesterol from your diet. Peggy Swistak, RD, wellness dietitian, will review guidelines for eating well and staying healthy.

Date: September 8

Hypertension Issues

Hypertension or high blood pressure affects one and four Americans and usually has no symptoms, but it can have serious medical consequences. An Overlake physician will review the risk factors and discuss prevention and treatment options.

Date: October 13

Redmond Senior Center

Call 425-556-2314

8703 160th Ave. NE, Redmond.

Wednesdays, 10 to 11:30 a.m.

Advanced registration is required.

Cost: FREE

Skin Cancer, Prevention, Detection and Treatment

Skin cancer is the most common of all cancers and the easiest to cure. Detecting cancer at its earliest stages can slow or even stop the disease from progressing. Dermatologist Daniel Levy, MD, will review lifestyle habits that can reduce your risk for developing cancer and offer an overview of current treatment options.

Date: September 15

Healthy Eating For Weight Loss

Review basics for senior nutrition, types and quantities for good health and cooking tips. Overlake's wellness dietitian, Peggy Swistak, RD, will explain how to eat well-balanced meals to maintain or lose weight. No special diets will be promoted.

Date: October 20

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: Second and fourth Thursdays of each month

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

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.



Not All Emergency Departments Are Created Equal

Why choose Overlake?

Comfort

Starting with free, clearly-marked and conveniently-close parking, the Emergency Department (ED) experience at Overlake prioritizes patient and family comfort. Instead of extended delays in crowded waiting rooms, uncomfortable beds and hasty provider visits, Overlake's ED patients enjoy quick check-ins, prompt assessment of their symptoms by a nurse and comfy treatment rooms where, typically, they are seen by a physician within 30 minutes.

For longer stays requiring more involved treatment, private patient rooms feature amenities such as individually-controlled climate zones and flat screen televisions. Readily available warm blankets add to the sense of catered comfort that is a hallmark of Overlake's ED patient care philosophy. And because the support of loved ones is essential to treatment and recovery from an injury, Overlake's ED is unique in accommodating family members who wish to remain with patients during their stay.

Unique and Impressive Capabilities

As the Eastside's only Level III Trauma Center, Overlake's Emergency Department is fully equipped to effectively and efficiently respond to a wide array of emergent, life-threatening conditions. The facility's impressive 40-room capacity includes two trauma specialty rooms, two critical care rooms, a gynecologic exam area and a specially-outfitted ear, nose and throat exam room. Being integrated with an acute care hospital means patients benefit from access to sophisticated diagnostic tools, specialist physicians, advanced medicines and other resources you simply cannot get at other Eastside EDs, particularly those of the freestanding variety.

Kris Becker, RN, and Overlake's director of emergency, critical care, telemetry, stroke and trauma, sums up the Overlake ED advantage perfectly: "When a person comes to the ED, they may have a host of symptoms, but don't know what's causing them," she explains. "Because we have access to the latest diagnostic tools, our emergency

physicians can quickly run tests, determine what's wrong and implement the best course of treatment. In many cases, patients need emergency surgery or cardiac intervention and because our state-of-the-art surgery and cardiac catheterization suites are located right here in the same building, there is no time lost in getting treatment. In emergent situations, time can be the difference between life and death."

Things to Bring With You to the ED

- Your glasses.
- Hearing aids.
- Insurance cards.
- A list of your current medications.

It is important to keep a list of your medications up to date at all times. This can speed up your care if you do have a visit to the emergency department. If you need help completing a medication list, or would like a Medication Tracker mailed to you, contact Overlake's Senior Care at 425-688-5800. If you don't have a complete list, bring your medications with you in a bag.

Drive or ride?

In an emergency, timing is everything. **If you are experiencing a life-threatening emergency, don't hesitate to call 9-1-1.** Emergency response is their reason for being. The advantage is clear: care begins as soon as 9-1-1 responders arrive at your door. Furthermore, if you are in an ambulance and your condition worsens, those first responders can provide emergency care as they are taking you to a hospital-based ED. More importantly, 9-1-1 responders are in constant communication with the ED staff during transit, allowing them to be ready to deliver the specific care you need immediately upon arrival.

For more information on Overlake's ED, visit www.overlakehospital.org/emergency.

Additional Overlake Community Classes

PACCAR Education Center
Overlake Hospital Campus
116th Avenue NE, Bellevue
Advanced registration is required.
Call 425-688-5259
FREE

When It's More than Feeling Sad – Major Depressive Disorder

In this informative presentation, Christina Agustin, MD, an Overlake Behavioral Health Services psychiatrist, will address signs and symptoms, causes, when to seek medical advice, screening and diagnosis, treatment, and coping skills.

Date: Monday, September 27

Time: 6:30 to 8 p.m.

Motion is Life

Is 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. Time allowed for questions.

Date: Tuesday, October 12

Time: 6:30 to 8 p.m.

Take Control of Your Life (and Your Bladder):

Managing Women's Incontinence

Elizabeth Miller, MD, urogynecologist, and Kathy Golic, PT, women's health specialist, will discuss types of incontinence and how treatments vary with individual lifestyle and personal preferences, including lifestyle changes, pelvic floor strengthening exercises, medications, non-surgical devices, implanted devices and surgical remedies.

Date: Wednesday, October 27

Time: 6:30 to 8 p.m.

Volunteers Needed

A fall can lead a person to develop a fear of falling. They may start to alter their lifestyle, maybe choosing not to go out as much or avoiding situations where there are a lot of people and they could lose their balance.

A Matter of Balance classes address this very issue. But Senior Care is in desperate need of additional coaches. *You* can make a difference. Come join an enthusiastic and committed group of instructors who

are making a difference in people's lives. No experience is required and training is provided. As a volunteer lay instructor, you always teach with another instructor and the class sizes are small.

If you are interested or would like some more information about becoming *A Matter of Balance* coach, call Joan Luster, Senior Care Manager, at 425-688-5209. Join an enthusiastic and committed group of instructors. **Come make a difference!**



Do you have grandkids you watch? Go to grandparents.com for ideas and activities to do with your grandkids. You can download coloring pages, print ideas and inspiration, as well as an up-to-date Seattle-area events guide.

Living Healthy with Diabetes

SAVE THE DATE!

Saturday, November 13

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

Overlake's PACCAR Education Center

Enjoy this FREE informational event on *Living Healthy with Diabetes*. Attend various seminars, stroll through vendor exhibits showcasing diabetes treatment products and services, and receive free health screenings. In addition, the first 100 attendees will receive a FREE Hemoglobin AC-1 test.

Women's Cancer Screening Event

If you are a woman between the ages of 40 and 64 with limited income, you may be eligible to receive a FREE screening. Call Patricia Kirschner at 425-467-3594 to see if you qualify for:

- Clinical breast exam.
- Pap test.
- Screening mammogram.

Saturday, October 30

9 a.m. to 2 p.m.

Jubilee REACH Center

14200 SE 13th Place, Bellevue



1035 116th Ave. NE
Bellevue, WA 98004-4686

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RETURN SERVICE REQUESTED

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.

Mail by Wednesday, September 15 to: Senior Care/Connections, Overlake Hospital Medical Center, 1035 116th Ave. NE, Bellevue, WA 98004. To receive a map, please call 425-688-5800.

September Luncheon Reservation Form

☐

Yes!

I/We would like to make reservations to attend “*My Shoulder is So Painful!*” on Wednesday, September 22.

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

Name(s) _____

Phone Number _____

Bridge Players Wanted

The Roger Stark Cardiac/Stroke Auxiliary will continue a long-standing tradition this fall by offering their annual Bridge Tournament.

New players are encouraged to join

for \$50. The tournament runs from September through May.

Funds raised will support Overlake’s Cardiac and Stroke programs. For more information, please call Ozzie Traff at 425-822-2870.