

KEEPING

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Connections

Getting Up and Going



Norma Hayes could have walked from Bellevue to Miami and back again. Norma has logged more than 5,800 miles over the past 10 years, pacing around the one-mile circuit in the Walk for Life program at Bellevue Square Mall. Like scores of other seniors, Norma and her husband Bill consider the walk a great way to stay healthy, connect with the community and energize their day.

Walk for Life was started 21 years ago by Overlake Senior Care director Debbie Anderson. Co-sponsored by the City of Bellevue in coordination with the Bellevue YMCA, Walk for Life currently attracts an average of 80 seniors each Monday, Wednesday and Friday, from

8 to 9:30 am. Walk for Life coordinator Shirley Lumry and her assistants help participants sign in, orient them to the one-mile and half-mile courses, record miles walked, and take vital signs like blood pressure and heart rate for those who are interested.

Shirley says most walkers are there for the health benefits. In fact, on a recent participant questionnaire, 98 percent of all respondents reported that Walk for Life had improved their health including

September Luncheon

"Fall Prevention – Reducing the Risk"

Sponsored by Fairwinds-Redmond and Overlake Hospital Foundation

Each week, over 30,000 Americans over the age of 65 are seriously injured in a fall. Of those, over 20 to 30 percent experience a debilitating injury they will deal with the rest of their life. More than half of the falls happen in person's own home. Overlake's Irene Peters, RN, geriatric clinical nurse specialist; Lisa Rhem, physical therapist; and Trang Le, pharmacist will discuss the four main components that can help you reduce your risk of falling.

Wednesday, September 24

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
Hearing Aid Specialists**

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**Sonja Potter
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Periodically, we send communications
to friends and neighbors in our health
care community that describe the
health care services and products we
offer. If you would prefer not to receive
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425-467-3548.



Charlene Raunio, Newsletter Editor
425-688-5806
Debbie Anderson, Connections Director

CONNECTIONS

Getting Up and Going *continued from page 1*

such factors as blood pressure, breathing, circulation, energy, stamina, flexibility, body weight and blood sugar levels. As age brings its share of health challenges, the Walk for Life promotes "overall fitness and the ability to stay active," Shirley says.

Norma would certainly agree. When she first started walking, she covered five or six miles each morning. But a few years ago she developed flu-like symptoms that wouldn't go away. It turned out to be congestive heart failure, and even though she stopped walking for a period of time following her diagnosis, she has slowly returned to her routine, now back up to at least six miles a week.

As extensive as the health benefits are, the social rewards may be even more significant.

Charles Johnson and his wife JoAn power through their walk together three mornings a week, with JoAn covering three miles while Charles stops after two. "I'm more anxious to get to coffee," he says, referring to the coffee shop at the center of Bellevue Square where several regulars from Walk for Life gather.

Like many other participants, JoAn and Charles use the walk as a springboard for the day. They organize their errands around this early morning outing and save on gas by making only one trip in the car.

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.

Although he has never had to worry about his weight, Charles noticed his blood sugar level has decreased, and he appreciates the social and motivational aspects of being a regular participant. In fact, this enthusiastic newcomer has only one regret about joining the Walk for Life last January: "It's a great program. I've been retired for five years and can't imagine why we didn't join earlier."

If you'd like to jump start your Monday, Wednesday and Friday mornings with this **FREE** activity, come to the Walk for Life kiosk at the west entrance on the second floor of Bellevue Square, or call Senior Care at 425-688-5800 for more information.

Sonja Potter Senior Care Auxiliary Pancake Breakfast

At this year's breakfast, Senior Care was presented a \$15,000 check from funds that were raised from last year's '07 breakfast and wreath sale. From left to right: Charlotte Moore, Auxiliary member; David Aubrey, Foundation and Auxiliaries Executive Director; Dorothy Goodard, Auxiliary member, and Debbie Anderson, Senior Care director.





Submitted by:
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Q: “My spouse needs to go to a nursing home after hip surgery. Will our supplemental insurance pay for it?”

A: First, it is important to understand what supplemental insurance is. It is generally the extra insurance a person buys that is “supplemental” to Medicare and helps pay the deductibles and co-pays for services that are covered by Medicare, but not paid at 100 percent by Medicare. People refer to their supplemental insurance by different names; some call it by the insurance company name, “my Premera plan” or “my AARP plan.” The fact is all these insurance products are Medicare Supplements, with Medicare acting as the primary payer of claims and the supplement as the secondary payer.

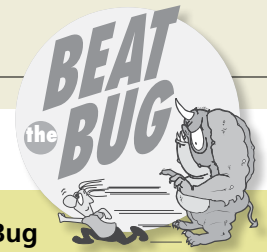
There are other types of supplemental insurance, such as HMOs and Medicare Advantage plans. But suffice to say, they act much the same way as Medicare.

Unfortunately there is no simple answer to the question because all hospitalizations have different circumstances. The general rule is that if a person is hospitalized for at least three “qualifying” nights (in this case for in-patient surgery) and is discharged to a nursing home for rehabilitation, that stay (or a portion of the stay) is usually covered by Medicare, and their supplemental insurance will usually act as the secondary payer to cover deductibles and/or co-payments.

Another related question is “How long will Medicare pay for rehabilitation?” The answer is in large part diagnosis related or whether the person needs on-going “skilled care.” If the diagnosis warrants extended rehabilitation, Medicare will pay 100 percent of the charges for up to the first 20 days. Then, as long as the diagnosis still warrants “skilled care,” Medicare will pay 80 percent of the charges for day 21 up to day 100, and most supplemental insurance plans will cover the 20 percent not paid by Medicare.

The last point related to a nursing home stay is that if the stay is not for rehabilitation, but rather for custodial care or comfort care, neither Medicare nor the supplemental insurance will pay. The only insurance that covers custodial or extended care is Long Term Care Insurance, which needs to be purchased while a person is still healthy and long before the insurance is needed. Like homeowners’ insurance, you can’t purchase the insurance after your house burns down. You must purchase Long Term Care Insurance before you become ill.

For more information related to Medicare Supplements or Long Term Care Insurance call Overlake Senior Care at 425-688-5800 to set-up a meeting with a SHIBA volunteer advisor in the Senior Care office or call the the SHIBA Helpline at 800-562-6900.



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, such as walking 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 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 their quality of life and 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, September 9 to October 2;
or Fridays and Wednesdays, October 3 to 29;
or Tuesdays and Thursdays, October 7 to 30;
or Wednesdays and Mondays, October 29 to November 24
Time: 10 a.m. to noon
Cost: \$15 for four-week class
Includes workbook and free water bottle. Scholarships available; call for information.

Introduction to Therapeutic Seniors Yoga

Come and rejuvenate your body with gentle yoga. This five week series is adapted to mature students who are new or relatively new to therapeutic senior yoga. The classes build gradually with lots of individual attention to help stretch and strengthen your body while learning basic poses, breathing and relaxation techniques.

Date: Tuesdays, September 2 to 30;
or October 7 to November 4
Time: 2:30 to 3:45 p.m.
Location: The Yoga Barn, 660 Gilman Blvd, # C-6, Issaquah
Cost: \$60

Call The Yoga Barn at 425-427-0038 for class availability, evaluation and registration.

Therapeutic Seniors Yoga

This five-week series is for previous students to the Therapeutic Seniors Yoga classes. The breath-oriented practice will help to increase circulation, build core strength, release tense muscles, tone and renew energy.

Date: Tuesdays, September 2 to 30;
or October 7 to November 4
Time: 1 to 2:15 p.m.
or
Date: Wednesdays, September 3 to October 1;
or October 8 to November 5
Time: 11:30 a.m. to 12:45 p.m. or 1:30 to 2:45 p.m.
Location: The Yoga Barn, 660 Gilman Blvd, # C-6, Issaquah
Cost: \$60

Call The Yoga Barn at 425-427-0038 for class availability, evaluation and registration.

Arm Yourself to Fully Understand Diabetes

Controlling diabetes is essential for preventing further and more serious complications. An Overlake diabetes educator will review the symptoms, risk factors and diagnosis of diabetes. And an Overlake physical therapist will also join the discussion on how exercise impacts the body and allows the disease to be better controlled.

Date: Tuesday, September, 16
Time: 10:30 a.m. to noon
Cost: \$5

Is Joint Pain Keeping You from Enjoying Life?

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 a decrease a person's activity level. James Bruckner, MD, Overlake Joint Replacement Center, will discuss how these conditions impact your joints and provide a comprehensive view of treatment options.

Date: Thursday, October 16
Time: 5 to 6:30 p.m.
Cost: \$5

Maintain Your Brain: Steps to Keep Your Brain Healthy

Are you living a brain-healthy lifestyle? Are you exercising it daily as you exercise the muscles of the body? An Alzheimer's Association of the Northwest education specialist will show you ways to exercise your brain and show how to incorporating it into your everyday lifestyle.

Date: Thursday, September, 18
Time: 10:30 a.m. to noon
Cost: \$5

Beat the Flu Bug

Flu shots and pneumococcal vaccines for seniors, from Visiting Nurse Services of the Northwest. No appointment required. \$30 for flu shot; \$40 for pneumovax in cash; or VNS will bill Medicare Part B, if eligible, or Secure Horizons (must have card present at time of shot).

Date: Monday, October 13
Time: 9 a.m. to noon
Location: Bellevue Community College, North Campus, Rooms 106 & 108

Date: Saturday, October 18
Time: 9 a.m. to noon
Location: Mercer Island Senior Health Center, 7707 SE. 27th St., Mercer Island

No registration required, just drop in! For information or questions, call 425-688-5800.

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 hands-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, October 15
Time: 6 to 9 p.m.
Cost: \$5

Living Wills

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

Date: Wednesday, October 22
Time: 10:30 a.m. to noon
Cost: \$5

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 is required.

Cost: \$6 for Bellevue residents

\$7 for non-residents

A Good Night's Sleep— Is It Possible?

Insomnia can be caused by worry, medications, or a number of physical disorders. Learn why sleep changes over the years, what contributes to the problem and ways to make it easier to get a good night's sleep.

Date: September 22

Class #: 30724

Macular Degeneration

Older eyes are at greater risk for macular degeneration, a serious condition which requires professional attention. But do you know what it is and what are the early signs? An Overlake ophthalmologist will review the early signs of macular degeneration and the possible courses of treatment available.

Date: October 27

Class #: 33207

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

Female Incontinence, It's Not a Fact of Life

It's estimated that over 13 million Americans suffer from urinary incontinence, and it is experienced twice as often by women. Incontinence does not have to be accepted as a part of growing older. An Overlake urologist will discuss the different types of incontinence and the latest treatment options available.

Date: September 10

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 varicose veins provide discomfort and aching in their legs. It can also put the person at an increase risk for circulatory system disorders. An Overlake vascular surgeon will review symptoms and discuss treatment options.

Date: October 22

Redmond Senior Center

Call 425-556-2314

8703 160th Ave. NE, Redmond.

Wednesdays, 10 to 11:30 a.m.

Advanced registration is required.

FREE

The Aging Eye

By 50, most people are aware of changes in their vision. Older eyes are also at a greater risk for problems from minor irritation to cataracts, glaucoma, and macular degeneration. An Overlake ophthalmologist will review normal changes of the eye and signs of problems.

Date: September 17

The Tearing Patient – Dealing with Eye Problems

Excess tearing or watery eyes can have many causes. An Overlake surgeon will discuss the many causes of tearing eyes and review various treatments.

Date: October 15

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

Dates: Thursdays, September 11, 25, October 9 or 23

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

Dates: Tuesdays, September 9 or October 14

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.

Overlake Community Classes

Emotional Eating: How to Control Food So That It Doesn't Control You

In this two-part series you will learn to eat in response to "stomach hunger" versus "mouth hunger," develop concrete strategies for building a healthy respect for your body and examine how your inner conversation affects food choices.

Date: Saturday, September 27 and October 11

Time: 9 a.m. to noon

Cost: \$45

Pre-registration required; call 425-688-5259.

Look Good...Feel Better

This is a FREE program for female cancer patients to teach them techniques to help them combat the appearance-related side effects of cancer treatment. Each attendee will receive a free makeup kit valued at several hundred dollars.

Date: Monday, September 22

Time: 6 to 8 p.m.

Cost: FREE

For information call 425 688 5816.

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

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

Date: Monday, October 27

Time: 9 a.m. to 4 p.m.

Cost: \$139 for four screenings

Pre-registration required; call Life Line Screening at 800-324-1851.

Managing Care at Home

A question-and-answer session with an Overlake Senior Care social worker to familiarize yourself with resources available to manage care in the home.

Date: Call to schedule

Location: Overlake Senior Care
1120 - 112th Ave NE, Bellevue,
Suite 100

Cost: FREE

Registration required, please call
425-688-5800.

RLS

Restless Legs Syndrome (The “heebie-jeebies”)

Submitted by:

George Lee, MD.

Phlebologist Specialist

Vein Specialty Center, Bellevue

425-802-4000

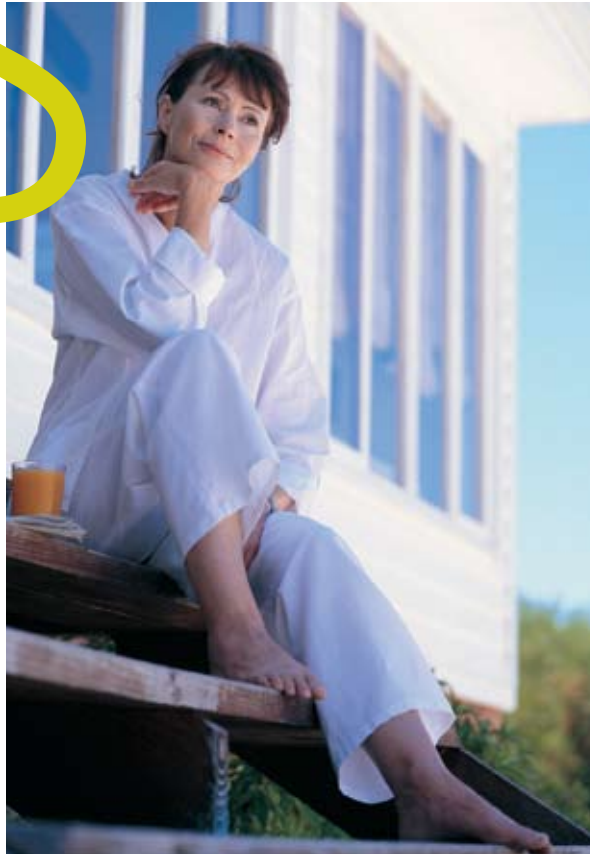
1-866-946-VEIN

veinspecialtycenter.com

Restless Legs Syndrome (RLS) is a neurologic movement disorder characterized by an irresistible urge to move the legs accompanied by uncomfortable sensations that often occur in the evening or when at rest. An estimated five to 15 percent of the American adult population is affected by mild, moderate, or severe RLS. It is more common in women, especially during pregnancy, and in the elderly.

RLS is categorized into primary and secondary causes. Primary RLS is the most common form and is associated with central nervous system dysfunction. Secondary RLS is associated with another condition and may improve if that contributing condition is treated. Various medications are known to trigger or exacerbate RLS episodes. In looking at RLS, one needs to consider associated conditions such as periodic limb movements of sleep, obstructive sleep apnea, pregnancy, iron deficiency, renal failure, Parkinson’s disease, diabetic neuropathy, insomnia, depression, and venous insufficiency.

Various descriptions of these sensations include: burning, creepy-crawly, achy, itchy, jittery, heebie-jeebies, antsy,



cramping, tingling, pulling, water flowing, tightness, grabbing, worms, soda bubbles, Jimmy legs, electric legs, searing, Elvis legs. There is a wide range in severity with some patients suffering only mild symptoms a few days a month while others suffer nightly disabling symptoms disrupting daily living and sleeping. Symptoms are worse in the evenings and during activities of inactivity.

The only way to diagnose RLS is through a clinical history. In 2003, the National Institute of Health modified the criteria necessary to diagnose RLS as the following:

- 1) A strong urge to move the legs accompanied by an uncomfortable sensation.
- 2) The urge to move, or discomfort during periods of rest or inactivity.
- 3) The urge is relieved immediately by movement such as walking or stretching, with relief continuing as

long as movement continues.

4) The condition is worse in the evening than in daytime.

Treatment for RLS may fall under general, pharmacologic or operative therapy. General measures include daily exercise, regular sleep, leg massage, warming the legs, avoiding alcohol, and reducing caffeine and nicotine. Pharmacologic measures have been utilized with varied success. Workup and treatment for secondary causes will also be crucial. In 1995, research by Dr. A. H. Kanter’, a pioneer in the treatment of vein disorders, indicated that 98 percent of patients with varicose veins and RLS had improved symptoms with sclerotherapy (chemical ablation of varicose veins). In 2006, research by Dr.

C. A. Hayes of Texas Tech University Health Services showed an 89 percent improvement in symptoms of patients with RLS and refluxing veins treated with endovenous laser ablation and varicose veins with foam sclerotherapy.

While primary RLS may be a lifelong condition with no cure, secondary RLS may be improved or cured with the treatment of the offending cause. Prior to starting or continuing medication therapy, all RLS patients should be screened for venous insufficiency and reflux. If found, they should be referred to a vein specialist (phlebologist) for proper evaluation and treatment. I’m not only a phlebologist, but was also a patient with RLS and venous insufficiency with varicose veins. I’m one of the fortunate sufferers who was cured with endovenous ablations and foam sclerotherapy of both legs. If you’re experiencing similar symptoms, see your primary care physician to begin working on a solution to your “heebie-jeebies.”



Strategies and Resources for Staying in Your Own Home As You Age

This **FREE** one-day event will provide seniors and their families with resources, ideas and inspiration for living at home as you age. A resource fair featuring over 40 services and presentations will focus on remaining independent in the home environment.

**Saturday, November 8
9 a.m. to 1 p.m.**

Location:

Bellevue City Hall
450 110th Ave NE., Bellevue
\$5 suggested donation at the door

No registration required.

For questions, call Senior Care
425-688-5800.

Presenting Sponsors:

Overlake Hospital Medical Center
Bellevue Healthcare
Bellevue Parks & Community Services
Providence Home Services
Visiting Nurse Services of the Northwest

Contributing Sponsors:

Bellevue Network on Aging
Elder and Adult Day Services

Safe Steps Fall and Fire Prevention Fair

**Tuesday, September 23
1 to 4 p.m.**

**Factoria Mall
4033 Factoria Mall SE, Bellevue
OR**

**Thursday, September 25
1 to 4 p.m.**

**North Bellevue Community Center
4063 148th NE, Bellevue**

Governor Gregoire has declared September "Falls Prevention Month." Falls are the leading cause of injury-related hospitalization and injury-related deaths of older adults in Washington state. Make tracks to attend one of the **FREE** Safe Steps Fairs and learn how you can make changes to prevent falls.

The fair will offer:

- Fall and balance screening by Overlake's physical therapists.
- Vision information and handouts on how aging affects your vision.
- Medication screening – bring your current medications and have them reviewed by an Overlake pharmacist.
- Home safety assessment by Overlake staff and trained volunteers.
- Learn about fire safety and have your blood pressure taken by the Bellevue Fire Department.
- Learn about local resources for fall prevention from Overlake and the City of Bellevue.
- Display on falls – facts and figures.
- Pick up handouts and giveaways.

Co-sponsored by:

Overlake Hospital Medical Center
City of Bellevue
Factoria Mall

September Luncheon RSVP

To reserve your place at the September 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, September 17 to: Senior Care/Connections, Overlake Hospital Medical Center, 1035 116th Ave. NE, Bellevue, WA 98004*. To receive a map, call 425-688-5800.

September Luncheon Reservation Form



Yes!

I/We would like to make reservations to attend *"Fall Prevention – Reducing the Risk"* on Wednesday, September 24.

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

Name(s)

Phone Number

Looking to Make a Difference?

Join an enthusiastic and committed group of *A Matter of Balance* volunteer coaches who teach a four-week session on fall prevention. *A Matter of Balance* is an award-winning program designed to manage falls and increase activity levels among older adults.

Attend a two-day training session offered by an Overlake master trainer. All information and materials will be provided to teach *A Matter of Balance* class. If you are interested in more information about becoming a coach or if you have questions call Debbie Anderson, Senior Care director at 425-688-5801.



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