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Connections

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SEPT/OCT 2009



## Home Is Where the Heart Is

Overlake Hospital Senior Care is excited to announce a new housing fair this fall, but with a twist. *Home Is Where the Heart Is*, a Senior Housing and Health Fair will be held Saturday, October 17 from 9:30 a.m. to 2 p.m. at Westminster Chapel of Bellevue. This year's fair will combine the former *Eastside Housing Fair* with the *Home Sweet Home Fair* and also adds

a health component.

As with many aspects of life, planning ahead can help reduce stress as you move through life's new challenges. *Home Is Where the Heart Is* will allow attendees to gather helpful information and make choices and plans about housing facilities and services available on the Eastside. The event will offer seniors and their families the opportunity

to explore various living situations where they can live safely, comfortably and as independently as possible.

Those contemplating moving will find a full range of housing options that will be showcased from senior apartments, retirement communities, assisted living facilities and adult family homes. There will be opportunities to talk with a wide range of vendors and gather information about their services and facilities.

*continued on page 2*

### *September Luncheon* "Understanding Cholesterol and How to Eat Heart Healthy"

Sponsored by Brighton Gardens and Overlake Hospital Foundation

Do you understand all the jargon about "good" and "bad" cholesterol? And how do you eat heart-healthy but still enjoy your food? Wellness dietitian Peggy Swistak, RD, will discuss what cholesterol is and how to eat well while reducing the fats and cholesterol in your diet.

**Wednesday, September 23**

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 generously been provided by:

**Bellevue Ear, Nose and Throat Clinic Sound Hearing**  
**Hearing Aid Specialists**  
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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).



Charlene Raunio, Newsletter Editor  
425-688-5806

## CONNECTIONS

### Home Is Where the Heart Is

*continued from page 1*

Aging in place is another option that will be presented at the fair. Remaining in your home has many advantages but as you age moving around freely, preparing meals and caring for yourself as well as a house can become increasingly difficult. A variety of agencies will exhibit services that can be brought into the home. Services such as home care, house redesign, adaptive equipment and home delivered meals will be represented along with many others.

The fair will also profile services that can help with decision making and logistics surrounding a move or staying in the home. Housing specialists who help narrow down choices, senior-certified realtors, professionals who provide legal and financial assistance, and companies that help downsize will all be represented at the fair.

Along with housing related vendors, a number of health screenings will be offered, free of charge, including cholesterol (no fasting required), balance and bone density screenings, blood pressure checks and more. The screenings will be offered throughout the day, no reservations required.

Lectures will be offered hourly, covering issues related to both housing and health.

Topics include *Protecting Yourself from Home Scams* and *Keeping Your Memory Healthy*, among others.

Fair vendors will host an afternoon open house the week following the fair (Monday, October 19 to Friday, October 23) to give seniors and their families the opportunity to tour the facilities/businesses, interact with the staff and get further information needed to make informed decisions about the housing option they would like to pursue. Information about the open houses will be available at the fair.

Come make a day of it – catch a lecture, participate in the various screenings,

stroll through and talk with the numerous vendors. The event is FREE and no registration is required. An inexpensive soup and sandwich lunch buffet will also be available on site from 11 a.m. to 1:30 p.m., provided by *Catering By John*.

Complete information about the *Home Is Where the Heart Is Fair*, open house and participating vendors will be

published in a supplement in the Reporter Publications (*Bellevue Reporter*, *Bothell/Kenmore Reporter*, *Issaquah Reporter*, *Mercer Island Reporter*, *Redmond Reporter*) a week prior to the event. For more information or questions, call the Senior Care office at 425-688-5800.



## Home Is Where the Heart Is Senior Housing and Health Fair

**Saturday, October 17**  
**9:30 a.m. to 2 p.m.**  
**Westminster Chapel of Bellevue**  
**13646 NE 24th Street, Bellevue**

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

**Call 425-688-5800 for more information**



“I used to enjoy eating all types of foods, but now I like only sweet foods. Is there a reason for this change?”

Our sense of taste is part of our chemical sensing system that changes as we age. At birth we have about 10,000 tastebuds clustered in the mouth, tongue and throat. After infancy our tastebuds are limited to the tongue, and as we age we may start to lose tastebuds on the back and sides of the tongue.

The tastebuds on your tongue can recognize four basic kinds of tastes: sweet, salty, sour, and bitter. The salty and sweet tastebuds are located near the front of the tongue, the sour tastebuds line the sides of the tongue; and the bitter tastebuds are found at the very back of the tongue. Losing tastebuds on the sides and back of your tongue means you are less able to taste sour or bitter foods and you will be more likely to eat foods that are sweet and salty.

Another point to keep in mind is that smell and taste are closely linked senses. Many people mistakenly believe they have a problem with taste, when they are really experiencing a problem with smell. It is common for people who lose their sense of smell to say that food has lost its taste. This is incorrect; the food has lost its aroma, but taste remains. Think back to the colds you've had in your life and you probably remember not enjoying food very much. For seniors, there is a normal decline in the sense of smell and the taste of food shifts toward blandness. This is why people often believe they have a taste problem.

A distorted sense of taste can be a serious risk factor for heart disease, diabetes, stroke, and other illnesses that require sticking to a specific diet. When taste is impaired, food loses its appeal and we may eat too much and gain too much weight or eat too little and lose too

much weight.

Besides normal aging, the most common causes of taste disorders are:

- Medications
- Infections
- Head injuries
- Dental problems
- Smoking

If you think you have a taste disorder, try to identify and record the circumstances surrounding it. Ask yourself the following questions:

- When did I first become aware of it?
- What changes in my taste do I notice?
- Do all foods and drinks taste the same?
- Have there been any changes in my sense of smell?
- Does the change in taste affect my ability to eat normally?

Take this information with you when you visit your doctor.

If you lose some or all of your sense of taste, there are steps you can take to make your food taste better:

- Prepare foods with a variety of colors and textures.
- Use aromatic herbs and hot spices to add more flavor (however avoid adding more sugar or salt to food).
- If your diet permits, top vegetables with small amounts of cheese, bacon bits, butter, olive oil or toasted nuts.
- Avoid combination dishes, such as casseroles, that can hide individual flavors and dilute taste.

A final point to remember: Taste helps us detect spoiled food and beverages. So if you cook for yourself be sure to check food labels carefully for expiration dates and be mindful of color and appearance.



*Submitted by:*  
*Lynn Shapley, RN*  
*Case Manager*  
*425-688-5802*  
*lynn.shapley@overlakehospital.org*



## 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:** Tuesdays and Thursdays, September 15 to October 8; **or** Mondays or Wednesdays, October 12 to November 4  
**Time:** 10 a.m. to noon  
**Cost:** \$15

Scholarships available on an individual basis.

### Seniors Making Art – Drawing

Draw as if your way of seeing matters. Instruction covers loose and tight or spontaneous and controlled drawing methods. We will use charcoal, ink and brush, oil pastels and graphite pencils on large paper. This class will have a bit of “homework.” What that means is that you will get to practice the method of drawing presented in each week’s session. You will decide which method you prefer and develop your style in that method. The only thing you must bring is a sense of humor and a willingness to be astonished at your work.

**Date:** Mondays, September 14 to October 26  
**Time:** 1 to 3 p.m.  
**Cost:** FREE  
**Limited to the first 15 registrants. Priority given to those that have never taken a Seniors Making Art class.**

### Dealing With Difficult Behaviors of Dementia

As a result of changes in brain function, individuals with dementia can behave in ways that are challenging for family members. Family caregivers may be dealing with repetitive questions or actions like pacing, wandering, anger or irritability, restlessness, suspiciousness, screaming hitting or hallucinations. We will provide tools for discovering the triggers for these behaviors, as well as coping strategies. This class is not appropriate for the person with memory loss.

**Date:** Thursday, September 24  
**Time:** 2:30 to 4 p.m.  
**Cost:** \$5

### Chronic Pain and How to Manage the Condition

Nine out of 10 Americans have pain at least once a month and 15 percent deal with severe pain. Benjamin Pinto, MD, will provide a better understanding of pain and how to track your symptoms. While complete and total relief from pain may not be possible, many techniques are helpful in addition to regular medical care.

**Date:** Thursday, October 1  
**Time:** 2:30 to 4 p.m.  
**Cost:** \$5

### Seeking Opportunity in Uncertain Markets

Recent market volatility has brought heightened apprehension and uncertainty throughout the financial markets. It’s prudent for investors to take a deep breath and reflect on what history tells us about market declines and what may follow. Come hear about the current environment, periods in history that brought similar volatility and how investors might best approach the future. Presented by Pam Hottinger, a financial advisor with Waddell & Reed.

**Date:** Wednesday, October 7  
**Time:** 1 to 2 p.m.  
**Cost:** \$5

### 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.

**Date:** Thursday, October 22  
**Time:** 10 a.m. to noon or 7 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

### Take a Stand Against Strokes

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

**Date:** Monday, September 28

**Class #:** 41333

### Fighting Dry Eyes

Older eyes often experience a lack of moisture caused by dry eyes. It can be caused by an imbalance in the tear make-up, because the eye doesn't produce enough lubrication, or it can be environment. Michael Gilbert, MD, NE Vision Institute, will discuss the various causes and how it can be treated.

**Date:** Monday, October 19

**Class #:** 42546

**CHANGE  
OF DATE**

## 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

### Hypertension: Should I Be Concerned?

Hypertension, or high blood pressure, affects one in four Americans and usually has no symptoms, but it can have serious medical consequences. Overlake internist, Jesse Kim, MD, will review risk factors, prevention and treatment options.

**Date:** Wednesday, September 9

### Portion Control for Weight Loss

One of the single most effective ways to promote lasting weight loss is through portion control. Overlake wellness dietitian Peggy Swistak, RD, will review how to eat well-balanced meals while using portion control to maintain or lose weight.

**Date:** Wednesday, October 14

## Redmond Senior Center

Call 425-556-2314

8703 160th Ave. NE, Redmond.

Wednesdays, 10 to 11:30 a.m.

Advanced registration is required.

FREE

### The Aging Eye

Around the age of 50, most people become aware of changes in their vision. Older eyes are at greater risk for problems from minor irritations to cataracts to macular degeneration to glaucoma. Overlake ophthalmologist Sam Barloon, MD, will review what normal changes are and identify signs of problems.

**Date:** Wednesday, September 16

### Brain Attack: Taking 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. Overlake stroke coordinator Carole Hardy, RN, will discuss risk factors, detection and treatment of strokes and offer ideas of how to reduce your risk of a stroke.

**Date:** Wednesday, October 21

## 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 (September 10, 24, October 8, and 22)

**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 (September 8 and October 13)

**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.



### Balance Is a Skill That You Can Improve and Physical Therapy May Help

*Submitted by: Beth Charvet, P.T., M.P.T.  
Diane Sperry, P.T.,  
Overlake Outpatient Physical Therapist  
425-688-5900*

Overlake Outpatient physical therapists will be at the **"Home Is Where the Heart Is"** Senior Housing and Health Fair, **Saturday, October 17** from 9:30 a.m. to 2 p.m. providing **FREE** balance screenings to fair attendees.

Balance is the ability to maintain your body position as you move through space. Most of the time we take this complex skill for granted until a situation occurs where we feel unsteady, suffer from vertigo or dizziness, or have a fall. This could lead to decreased confidence in balance and cause an individual to be reluctant to participate in his or her usual activities.

Certain conditions can cause a decrease in balance and increase the risk for falls. The aging process is one of the main conditions that contribute to falls. This might include injury, poor posture, a decrease in muscle strength, flexibility, or endurance and disease.

Balance issues affect a large number of older adults. Each year, one-third of all Americans age 65 and older experience a fall. Balance-related falls account for 50 percent of the accidental deaths in those over age 65. Falls are the most common cause of the injuries and hospital admissions for trauma among older adults. Sixty percent of falls occur in the home.

Maintaining normal balance is an intricate combination of three body systems. The first is your eyes, or visual system. The second is your inner ear, or vestibular system. The vestibular system helps the body feel where the head is moving in space. The third is the musculoskeletal system, which includes the joints and muscles in your body. When any one of these systems or a combination of these systems is not working properly, a feeling of unsteadiness or dizziness may result.

The good news is that many balance problems can be treated and balance skills can be improved. Physical therapists are trained in assessing and treating a large number of balance problems, including those associated with vertigo and dizziness. Research has shown that the risk of falls can be reduced in the older adult with proper exercises and activities prescribed by a physical therapist. After discussing it with your doctor, you may consider consulting a physical therapist about your balance concerns.

At your initial evaluation with a physical therapist you could expect to discuss important medical history, including any recent falls. The evaluation will include a series of tests to help determine which systems might be impaired and affecting your balance. Treatment includes individually prescribed exercises and activities to improve gait (walking), flexibility, strength, or decrease a sense of dizziness or imbalance. Physical therapists also address appropriate assistive devices (canes, walkers, and other equipment), if needed.

If you are having balance problems, consider talking with your doctor about a referral to physical therapy. For more information on the treatment of balance problems or disorders, please contact the Overlake Outpatient Physical Therapy Department at 425-688-5900.



## Buster joins Overlake's Pet Partners



*Buster has logged more than 4,000 miles on his motorcycle, according to owner Forrest Keller, so he's more than a weekend warrior.*

Meet Buster. Lovable bulldog, thrill-seeking cyclist and dedicated volunteer at Overlake. Buster and his close travel companion Forrest Keller make up one of the 14 Pet Partner teams currently serving up smiles for patients, visitors, physicians and staff at Overlake. When Buster's not donning his "doggles" and feeling the wind in his fur, he and Forrest visit all the folks on the orthopedic and spine unit in the hospital. They arrive the second and fourth Friday of each month at 1:30 p.m., stopping by to see patients who request it and always checking in with equally appreciative staff and physicians.

Pet Partners is just one part of Overlake's extensive Healing Arts program, overseen by Volunteer Services. Diane Rich, founder of the Pet Partners group and a licensed evaluator for the Delta Society, provides specialized training for all Pet Partner teams and is currently recruiting new teams to volunteer at Overlake. In addition to pairing pooches with hospital patients, Pet Partner teams will soon begin visits to the students and staff at the Overlake Specialty School. For more information on joining Pet Partners, contact Leah Smith, volunteer staffing specialist at 425-688-5552 or e-mail [leah.smith@overlakehospital.org](mailto:leah.smith@overlakehospital.org).

## We're Here and Ready to Help!

One of the many benefits of being a *Connections* member is the ability to call the Senior Care office and arrange to have a private, one-on-one meeting with a trained volunteer to get those difficult questions answered. These services are provided free of charge in collaboration with the Senior Rights Assistance and SHIBA programs of Senior Services of King County. All of the volunteers are committed to total confidentiality and do not discuss any information divulged

in a session. The advisor will also never tell a client what to do but will offer explanations, guidance, and advice. They also do not sell or recommend any specific type of insurance. To arrange a meeting with a volunteer, call to make an appointment.

### **Volunteers available to meet at the Senior Care office in Bellevue, call 425-688-5800:**

- Choosing a Medicare Plan, Medicare Supplemental Policy or Long-Term Care Insurance assistance

*Advisor: Virginia Rowe*

- Benefits Check Up and Medicare Prescription Drug (Part D) Benefits  
*Advisor: Tom Malmoe*

- Burial/Funeral, Substitute Decision-Making, Advance Directives, Estate Planning

*Advisor: Nancy Gerard*

### **Volunteer available at the Overlake Mercer Island Senior Health Center, call 425-688-5641:**

- Choosing a Medicare Plan, Medicare Supplemental Policy or Long-Term Care Insurance

*Advisor: Karen Lee*

## Additional Overlake Community Classes

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

### **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 and surgery remedies.

**Date: Tuesday, September 29**

**Time: 6:30 to 8 p.m.**

### **When It's More than Feeling Sad - Major Depressive Disorder**

If you have been experiencing feelings of depression, lethargy, fatigue, cravings for sweets and starches, headaches, sleep problems and irritability, you may have MDD, Major Depressive Disorder. In this informative presentation, Overlake psychiatrist Neeru Bakshi, MD, will cover how you can better manage the condition, reduce the symptoms, and what treatment options and coping skills are available.

**Date: Thursday, October 8**

**Time: 6:30 to 8 p.m.**



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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 16* 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 “*Understanding Cholesterol & How to Eat Heart Healthy*” on Wednesday, September 23.

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

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

\_\_\_\_\_

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