

Healthy Outlook

WINTER
2012

Support at Every Step

Overlake offers comprehensive mental health services, helping patients live their lives to the fullest

Kelan Koenig, MD, medical director
of Overlake's Psychiatric Services

OVERLAKE
Hospital
Medical
Center
Medical excellence every day™

PLUS: Overlake's Campaign for a New Cancer Center
Free Screenings at Our Community Health Fair



From the President & CEO

We're extremely proud of our history as the Eastside's first hospital, and we're known for our commitment to excellent inpatient care. After a major hospital campus expansion a few years ago, Overlake continues to focus on growth beyond the hospital walls, creating a network of primary and specialty care clinics close to where people work and live on the Eastside.

I believe it's vitally important that our community has easy access to health services, and that's why we're adding to our network of physicians and clinics. Last fall, we opened a new primary care clinic in downtown Kirkland and acquired another on Northwest Gilman Boulevard in Issaquah. In the coming months, we're opening a new primary care and urgent care clinic in Redmond.

We know a trip to the doctor's office is rarely at the top of your to-do list. Thanks to same-day and walk-in appointments, we're making sure you can get in and out quickly, and back to your active life.

Wishing you and your loved ones good health in the new year.

Sincerely,



Craig Hendrickson
President & CEO



OVERLAKE EXPANDS ITS PHYSICIAN AND CLINIC NETWORK IN ISSAQUAH

Overlake is expanding its primary care service offerings in Issaquah with the recent acquisition of Issaquah Medical Group, which has served the community since 2000. Elizabeth Lehmann-Taylor, MD; John Henn, DO; and Keya Chisholm, ARNP, will remain in the same office as part of Overlake Medical Clinics Gilman. Their patients will not need to transfer their medical records or contact information.

Overlake Medical Clinics Gilman is located at 450 NW Gilman Blvd., Suite 201. For more information or to schedule an appointment, call 425-391-0705.

WASHINGTON IMAGING SERVICES IS NOW OVERLAKE HOSPITAL MEDICAL CENTER OUTPATIENT IMAGING

In July, Overlake acquired 100 percent ownership of Washington Imaging Services. This allows Overlake to provide comprehensive inpatient and outpatient imaging services.

As a result of this acquisition, Overlake is able to expand its imaging services at other locations, including new and existing clinics in Issaquah and Redmond.

Same-day appointments are available, and patients receive their images on a CD the day of their appointment. Patients are treated by experienced technologists and radiologists who are accredited by the American College of Radiology in all modalities.

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Overlake Hospital Medical Center is a nonprofit, independently operated regional medical center offering, in association with medical staff, a wide range of health technologies and specialty services. Earnings are devoted exclusively to the continuation and improvement of patient services and facilities, as well as educational, outreach and research activities. The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about health issues, contact your personal physician.

Periodically, we send communications to friends and neighbors in our community that describe the healthcare services and products we offer. If you would prefer not to receive communications like this from our organization, please call 425-467-3548 or email healthyoutlook@overlakehospital.org. Healthy Outlook © 2012. Published by the Overlake Marketing Department. Executive Editor: Kelly Blake.

Photography by Scott Areman.

For an e-copy, visit www.overlakehospital.org/healthyoutlook.

A Celebration of Wellness

Annual community health fair offers free screenings and health talks

The start of a new year is an ideal time to focus on your family's wellness and to make healthy living a priority. That's why Overlake is hosting its fourth annual Eastside Vitality Health Fair on **Saturday, January 21, from 10 a.m. to 3 p.m. in the PACCAR Education Center on the main Overlake campus in Bellevue.** In addition to free health screenings, resource booths and medical experts, Overlake physicians will offer several "Know Your Numbers" health talks throughout the day to explain what the current screening recommendations are, what the results mean and whether you should see your doctor for a more complete follow-up exam.

MEET THE DOCTOR

If you are looking for a primary care doctor, internal medicine and family practice physicians from Overlake's newly opened neighborhood primary care clinics will be on hand to meet with you and answer your questions. You can also visit with specialists from Overlake's cancer, cardiac, vascular, orthopedic, surgery and stroke services to find out more about specific health topics or concerns.

RESOURCES AND KNOWLEDGE TO HELP YOU STAY WELL

The more you know about a balanced diet and ways to incorporate activity into your daily routine, the easier it is to maintain a healthy weight, keep your cardiovascular system in check and reduce your risk of disease. Annual health screenings are also a key component of a healthy lifestyle. Many common health conditions are preventable and highly treatable. A simple blood pressure check and cholesterol screening can give you the information you need to make better choices and modify your diet or lifestyle if needed.

FOR THE WHOLE FAMILY

Children will enjoy a special activity area presented by Overlake and Seattle Children's. Kids are invited to perform a "candyoscopy" using real surgical equipment with the help of Overlake's surgical experts.



Join Us for Free Health Screenings!

- Blood glucose testing.
- Blood pressure checks.
- BMI (body mass index).
- Target heart rate.
- Cholesterol tests.
- Stroke risk assessment; if you are at risk for stroke, you may also qualify for additional screenings such as peripheral artery disease screening or carotid ultrasound.
- Osteoporosis screenings.
- Skin cancer "spot checks."

Screenings available on a first-come, first-served basis, and some eligibility requirements may apply. Flu, shingles and pertussis vaccinations are available for a fee, courtesy of Walgreens Pharmacy.

In addition, there will be cooking demonstrations and new recipes to take the mystery out of healthy eating at home. Tasty samples will be served.

Mark January 21 on your calendar and join us for a day of useful information designed to help you stay well.

Visit www.overlakehospital.org/EastsideVitality or call 425-635-6191 for more information.

A WINNING APPROACH TO MENTAL HEALTH

FOR MORE THAN THREE DECADES, OVERLAKE'S PSYCHIATRIC SERVICES
HAVE BEEN HELPING PEOPLE HEAL THEIR TROUBLED MINDS

It may be tempting to try to deal with depression, anxiety and similar disorders on your own, but mental health conditions can be just as debilitating as physical illnesses. No one should struggle through each day feeling hopeless and alone. Effective treatments are available from skilled, caring professionals here in your own community.

"Overlake has been committed to psychiatric care for more than 35 years, with an impressive tradition of caring for the mental health needs of the community, and there are few institutions in the Puget Sound area that can make that statement," says Mark Forrest, director of Outpatient Psychiatric Services. "Our emphasis has been on making sure that people not only have access to care but to the right amount of care. Our philosophy is not to put people in a higher level of care than they need, and Overlake's treatment program options allow us to do that."

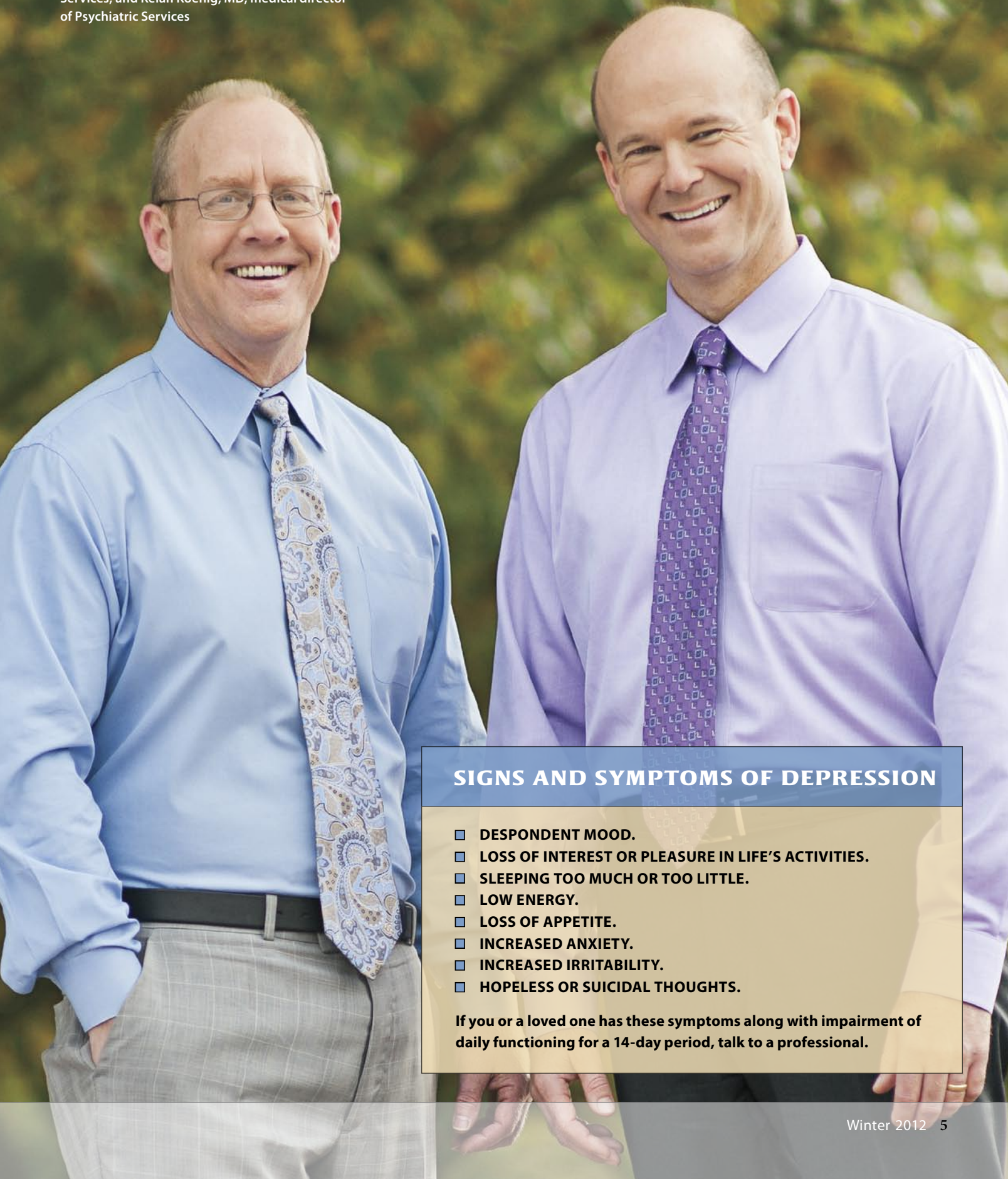
THE CARE YOU NEED: NO MORE, NO LESS

"At many hospitals and health systems, there has been a trend to move away from psychiatry," says Forrest, "but Overlake has a full continuum of care." That continuum includes three tiers of treatment: outpatient care, an adult day hospital program and inpatient care.

Many patients simply need regularly scheduled therapy (outpatient care), in which a multidisciplinary team, including licensed and board-certified psychiatrists, offers targeted empathic treatment.

Those who need more intensive care can enter Overlake's Adult Day Hospital program (see article on page 8), in which a coordinator, working with a physician, leads group therapy along with a social worker and a recreational therapist. "This year, we're celebrating a 20-year program that has served hundreds of busy adults and working professionals who were acutely ill and got back to their regular routine and work," Forrest says.

Mark Forrest, director of Outpatient Psychiatric Services, and Kelan Koenig, MD, medical director of Psychiatric Services



SIGNS AND SYMPTOMS OF DEPRESSION

- DESPONDENT MOOD.
- LOSS OF INTEREST OR PLEASURE IN LIFE'S ACTIVITIES.
- SLEEPING TOO MUCH OR TOO LITTLE.
- LOW ENERGY.
- LOSS OF APPETITE.
- INCREASED ANXIETY.
- INCREASED IRRITABILITY.
- HOPELESS OR SUICIDAL THOUGHTS.

If you or a loved one has these symptoms along with impairment of daily functioning for a 14-day period, talk to a professional.



An even higher level of care is available at Overlake's inpatient psychiatric unit. Each patient is comprehensively assessed by a multidisciplinary team, and care is individualized to target identified treatment goals. Then, a team of skilled mental health specialists facilitates group therapy and provides ongoing patient support, while registered nurses address any medical needs and a recreational therapist works with the patient on life-balance activities. Meanwhile, a licensed social worker arranges follow-up care and coordinates frequent family meetings.

"A strength of our program is the ability to move seamlessly between these levels of care. It's common to be admitted to the inpatient unit and then be transitioned into the Adult Day Hospital program relatively quickly, and then to outpatient care," explains Kelan Koenig, MD, medical director of Overlake's Psychiatric Services. "Our knowledgeable, well-trained clinicians and staff make a real effort to create a patient-centered experience."

UNPARALLELED ACCESS

In many communities, getting access to psychiatric care is a challenge. "There are a lot of barriers to psychiatric care, and individuals are frequently frustrated because it's hard to see a doctor and get help," Forrest says. "In our community, getting to see a psychiatrist can take one to two months. But at our clinic, people can usually access the partial day program within a day and see an outpatient psychiatrist within one week. We have social workers who can assess patients immediately in the emergency department, 24/7. That access is unparalleled in our community."

Overlake's open access to psychiatric care, coupled with new federal legislation called the Mental Health Parity Act, helps to ensure people who need mental health care can get it. "For the first time, the federal government says you have to treat mental health services the same as physical healthcare," Dr. Koenig says. "If you can spend \$3 million on the heart, then you can spend \$3 million on depression. This law went into effect just this year, so more people have access now than ever before, and Overlake is well positioned to serve that need as it grows."

BEATING DEPRESSION

Physicians at Overlake treat a range of psychiatric conditions, including common but potentially serious conditions like depression. For a patient, learning to identify the symptoms and seeking treatment are the first steps on the path to feeling better.

Everyone feels blue sometimes, but when those feelings interfere with daily life, depression has set in. Major depression can alter the way people see themselves and those around them, and can rob them of any hope that problems can be solved.

Fortunately, depression is treatable. "Most people respond to medication, psychotherapy or both," says Dr. Koenig. "We also emphasize a lot of other interventions in our program like proper diet, regular exercise, maintaining structure and activities, and getting appropriate sleep at night. And we encourage maintaining connectedness with others."

For patients who don't respond to therapy or medication, Overlake offers electroconvulsive therapy (ECT), which can be very effective. "Today's ECT is a

sophisticated, very low-risk procedure,” Dr. Koenig says. Some patients need only a single treatment course while others may need monthly treatments.

DEPRESSION AT AN OLDER AGE

As people get older, they are even more prone to depression, which affects 15 out of every 100 adults over age 65. “Depression treatment is similar for seniors, but older adults metabolize medications more slowly, so we’re very selective about the medications we prescribe and often use lower doses,” says Richard Kaner, MD, a geriatric physician at Overlake Medical Clinics Bellevue Senior Health Center.

To that end, the Overlake team follows a set of criteria called the Beers List, which is a directory of medications that could be dangerous for older adults. “Kidney function and liver metabolism change as we age, and the ability to process medications changes profoundly because of that,” says Irene Peters, MN, RN, a geriatric clinical nurse specialist. “Also, with the normal physiology of aging, the neurotransmitters in our brain change, so there are certain medications that cause confusion in the elderly.”

THE SAD SEASON

Depression has many causes, but some people only feel it—or feel it more profoundly—during the winter months, when there’s less natural light. This condition, called seasonal affective disorder (SAD), is particularly prevalent in the northern latitudes.

“People may want to sleep excessively, have low energy, lose their appetite, are really down in their mood and find it’s hard to get motivated to participate in daily activities,” Forrest says. “Seasonal affective disorder can really affect functioning and quality of life.” Both antidepressants and light therapy can be effective treatments.

If you think you or a loved one may be suffering from depression or another mental health condition, don’t waste another day. “We understand that it’s challenging and even anxiety-provoking to seek psychiatric care,” Dr. Koenig says. “But there are safe and effective treatments available, and we encourage people to take that step.”

For more about psychiatric services at Overlake, call 425-688-5460.

OUTPATIENT SERVICES:

ON THE MOVE

Outpatient Psychiatric Services is kicking off the new year in a brand-new location—the Hidden Valley Office Complex—which is just one-quarter of a mile from the Overlake Hospital campus.



Offering Solutions to Help You Manage Life Problems

Dealing with difficulties in everyday life can be isolating and troublesome for those who don't know where to turn. Many people lack the coping skills needed, but those skills can be learned by getting treatment at Overlake's Adult Day Hospital. The program is based on the belief that each patient should be treated with dignity and respect, using the best treatment methods available. The goal of the program is to provide intensive treatment while minimizing disruption to a patient's family, work, school or community life.

The Adult Day Hospital program provides complete, personalized treatment in a group setting. The program's lead psychiatrist, Neeru Bakshi, MD, explains, "In our groups we focus on a variety of different therapy techniques, including cognitive behavioral therapy, interpersonal therapy and life-balance therapy." Each therapeutic group works on different skills and therapy techniques.

On average, patients attend the program for about a week, depending on their needs. The Adult Day Hospital program is an alternative to a more intense setting such as inpatient hospitalization. The program is scheduled for six hours each weekday, allowing patients time to practice skills they learn in treatment in their regular home and family life.

As Dr. Bakshi explains, "We often work with patients dealing with mood disorders or anxiety disorders, but we've been able to help people with a wide range of issues."

Patients are treated by a team of professionals that includes Dr. Bakshi, a clinical coordinator, a social worker, a recreational therapist, a pharmacist and a mental health specialist. The team works together, meeting a few times a week to review each patient's progress. Each staff member is involved in one way or another with each patient. "We all see



everybody, each day," says Dr. Bakshi.

Overlake's Adult Day Hospital program is open to new patients who meet admission criteria and are evaluated by a staff psychiatrist. This program provides a valuable service that is otherwise lacking in the community. Many patients are introduced by a physician's referral, but evaluations are available for those who may qualify for this type of specialized treatment. "These are people who have acute situations and who need a higher level of care than what they are currently receiving with outpatient providers. Or we may see people that don't yet need inpatient care but are struggling with an acute situation that cannot be solved by weekly visits with a mental health provider," adds Dr. Bakshi. "They need something more intense, and we can provide that."

To inquire about the appropriateness of setting up an evaluation for Overlake's Adult Day Hospital program, call the clinical coordinator at 425-688-5681. For more information, visit www.overlakehospital.org.

Too Much of a Good Thing

When it comes to your weight, the foods you eat sometimes aren't as much of a problem as the amount you eat. Use these tips to avoid oversized portions.

Over the past 40 years, the number of obese Americans has jumped from one in seven to two out of three. While that fact may startle you, experts say one of the main reasons for our nation's expanding waistlines is quite simple: portion sizes.

The food we eat is coming in larger and larger portions, whether that food is prepared at home or at your favorite restaurant. If you have any doubt, consider a recent study that compared recipes from the 2006 version of *Joy of Cooking* with the 1936 edition: The average calorie increase in the recipes was 63 percent per portion. The Centers for Disease Control and Prevention recently sized up portions of common foods. Some telling examples: A bagel of 20 years ago was 3 inches in diameter and had 140 calories; today's 6-incher has 350 calories. Twenty years ago, a cheeseburger had 333 calories; today's whopping cheeseburger has 590 calories.

While restaurants and food companies are doling out larger and larger portions, experts advise several ways for you to say "enough is enough."

- **Know the difference between a portion and a serving.** A serving, such as those marked on food labels, is used to calculate a food's nutritional value, but the package may contain more servings than you



think. A standard 7-ounce baked potato, for example, is three servings.

- **Toss in a mini-meal.** Take the edge off your between-meals hunger with a healthy snack so when you do sit down to eat, you won't be famished and overdo it.
- **Trick your eyes.** If you want to have a full plate of food, start with a smaller plate. Research suggests people eat less when they use smaller plates.
- **Take it slow.** Eating deliberately, enjoying the texture and taste of every bite, will make food last longer. It also gives your body time to signal to your brain that you are full.
- **Avoid distractions.** If you are watching television or reading a book at mealtime, you are less likely

to notice how much you're eating.

If you do eat or snack in front of the TV, don't eat straight from the bag; instead, dole out what you plan to eat into a bowl or container.

- **Keep a record.** If you keep track of everything you eat in a food journal, either on paper or electronically, you are more likely cut down on overeating and will be able to pinpoint problem edibles.
- **Share and save.** When you eat out, split an entree with a friend. Or ask your server for a "to-go" box and wrap up half your meal as soon as it's brought to the table.

Sources: Centers for Disease Control and Prevention, Consumer Reports on Health.

A New Vision of Cancer Care will enhance the patient experience

With your help, Overlake can realize its dream of establishing a consolidated cancer center

Your mother. Your son's soccer coach. A colleague's wife. Cancer touches the lives of close to 3,800 Eastside residents each year, so it's not surprising that many of us know someone who has turned to Overlake for help in his or her fight against cancer.

In a region recognized for pioneering cancer research and treatment, Overlake's cancer services are among the very best. With leading specialists, state-of-the-art technology and award-winning care, Overlake provides the comprehensive services patients need in our community. Overlake combines this expertise with a highly personal approach that focuses on the needs of patients for the best possible

outcomes and a positive, healing experience.

Making our outstanding care even better is the goal behind Overlake's plan to consolidate the Cancer Center. Our hope is to create a setting where care will be more integrated, more personalized and more convenient for cancer patients and their families.

ONE LOCATION, SEVERAL DOORS

A cancer diagnosis usually means many trips to the hospital, with visits to multiple providers over several months—or even years.

Overlake's outpatient cancer services are currently located in separate offices and clinics in the hospital. Patients may need to check in at one location for radiation oncology, take an elevator to their medical oncology appointment and walk to another office to meet with a cancer care navigator—all at a time when they feel emotionally and physically exhausted. Overlake physicians coordinate care and share information to design and implement treatment plans, a collaboration that is impacted by walls and elevators, doors and distances.

WHAT IF ...

What if cancer services already recognized for being medically excellent, technologically advanced and focused on the individualized needs of patients could be significantly enhanced by integrating them in a single shared space?

What if patients and families, along with physicians and staff, could easily gather to talk about treatment options or collaborate about care in real time?

What if Overlake could house its cancer resource center, medical and radiation oncology, tumor

Help Overlake Create a Consolidated Cancer Center

Overlake is a nonprofit hospital that receives no public tax support. From our beginnings more than 50 years ago, we've benefited from the support of a generous community. Donors help us lead the way in new technologies and treatments; build new facilities for our growing community; and attract the best physicians, nurses and clinical staff. The Foundation is working to secure \$1.35 million in philanthropic support to make plans for a consolidated Cancer Center a reality.

Learn More About Giving to Overlake

To learn more about how to make a direct gift or about planned giving opportunities, visit www.overlakehospital.org/support. Or you can mail your contribution to Overlake Hospital Foundation, 1035 116th Ave. NE, Bellevue, WA 98004. You can reach the Foundation at 425-688-5525 or foundation@overlakehospital.org. To learn more about joining the Overlake Hospital Auxiliaries, contact 425-688-5529 or auxiliaries@overlakehospital.org, or "like" us on Facebook.



From left: Desiree Hobson, MSW, OSW-C; Kristin Holmberg, MN, RN; and Kelly Zant, MSW, are patient navigators at Overlake's Cancer Center.

registry, breast surgery clinic and patient navigators together and improve all aspects of care for patients, from diagnosis and treatment to survivorship?

What if cancer patients and their families could experience an environment specially designed for them, where warm, welcoming surroundings were part of every step of their cancer journey?

INVESTING IN BETTER EXPERIENCES AND EFFICIENCY

To provide patients an even better treatment experience and enhance Overlake's leadership in delivering quality cancer care, Overlake Hospital Foundation and Auxiliaries are asking the community to invest \$1.35 million in the consolidation of the Cancer Center. This new home for cancer care will elevate Overlake's level of care even further, while also making treatment more efficient—an important consideration in controlling the costs of healthcare services.

Most important, the consolidation of Overlake's outpatient cancer services will improve the hospital's ability to put patients at the center of care. Care teams will be housed together, enabling them to more easily and effectively work with patients, their families and each other to individualize each patient's treatment according to his or her needs.



THE GIFT

Overlake Hospital Auxiliaries Bandage Ball 2012

March 24
Hyatt Regency Bellevue

Mark your calendar to join us in building
a new, state-of-the-art Neonatal Intensive Care Unit.

Partnership Opportunities:

Sponsor the Event
Captain a Table
Procure Auction Items
Join the Steering Committee
Volunteer at the Event

For more information please contact Muffie Signalness at
425-688-5529 or Auxiliaries@overlakehospital.org.



Classes and Programs

Classes are offered at multiple locations. Check your confirmation letter for more details. Preregistration required.

TWO EASY OPTIONS FOR REGISTRATION:

1. Go to www.overlakehospital.org/classes.
2. Call 425-688-5259, Monday–Friday, 8 a.m.–4:30 p.m.

Many of our programs and classes are supported by our Overlake Auxiliaries.

Become a fan of Overlake and follow us online.



PREPARATION FOR CHILDBIRTH

FREE weekly email

A great resource to guide expectant parents through pregnancy and the first year of their baby's life, with customized information, news and resources from Overlake's parent education staff. To sign up, visit www.overlakehospital.org/childbirthcenter.

Planning for Pregnancy

An evening of information for prospective and newly expectant parents. Experts discuss maternal health and lifestyle, prenatal screening tests, changes in couples' relationships, and anticipating changes in the family budget. Refreshments served. Preregistration required. **Tue., Feb. 28, 6:30–9 p.m.** FREE.

Childbirth Center Tours

To sign up for one of the many tour options, visit www.overlakehospital.org/classes. For tours in Spanish, call 425-688-5248. FREE.

Before Baby Comes

Register for the following classes in preparation for labor, birth and life with your newborn. Full class descriptions, including dates and times, can be found at www.overlakehospital.org/classes. Register in your first trimester for best selection.

Classes on Childbirth and Newborn Care

- ♦ *Preparation for Childbirth and Newborn Care.*
- ♦ *Breathing and Relaxation: for extra practice.*
- ♦ *Breastfeeding: essential information.*
- ♦ *Refresher: if you've given birth before and need an update.*
- ♦ *Expecting Multiples: what you need to know when expecting more than one.*
- ♦ *Prenatal Yoga: for expectant and postpartum moms.*
- ♦ *Just for Grandparents: discuss the role of*

grandparenting with other soon-to-be grandparents. Includes a tour of the Childbirth Center.

- ♦ *Siblings Are Special: help your child (3½ to 9 years old) prepare for a new baby in the house.*
- ♦ *Conscious Fathering: for expectant dads. Celebrate the special relationship between father and child.*
- ♦ *Car-Safe Kids: how to choose and install an infant car seat.*
- ♦ *Infant Safety-Proofing and CPR.*
- ♦ *Bringing Baby Home.*

After Baby Arrives

- ♦ *You and Your New Baby: for moms with babies 4 to 12 weeks old. Share experiences with other new moms while learning important information.*
- ♦ *Infant Massage: learn ways to nurture your baby with loving touch.*
- ♦ *New! Infant Massage for Japanese-Speaking Families and Caregivers.*
- ♦ *Bringing Baby Home.*
- ♦ *Balance After Baby: a postpartum mood disorder support group.*

PARENTING

Car Seat Check

One-on-one consultation with an expert to learn correct car seat installation and usage. **Sat., Feb. 11, 10 a.m.–2 p.m.** FREE.

Balance After Baby

This professionally led drop-in support group provides emotional care for new moms and families who may be experiencing a postpartum mood disorder or are

otherwise struggling with their new role as mothers.

2nd and 4th Tue. of the month, 7–8:30 p.m., PACCAR Education Center. No registration required. FREE.

Conscious Fathering

Designed especially for expectant dads. In this hands-on program, learn to recognize and meet your baby's needs, support your partner, develop your own fathering style and celebrate the special relationship between you and your new baby! **Thu., Feb. 9 or Mar. 1, 6:30–9 p.m.** \$30.

Bringing Baby Home

In this two-day workshop, couples will learn how to increase marital satisfaction, deal with stress and understand that it is normal when a baby arrives, keep dads involved in infant care, co-parent effectively, and improve the quality of parent-infant interaction. **Sat., Jan. 21 and 28 or Mar. 17 and 24, 9 a.m.–4 p.m.** \$150 per couple.

Siblings Are Special

Would you like help preparing your child(ren) for the baby on the way? Designed for children ages 3½ to 9 years of age, this course helps parents prepare older siblings for the new arrival. **Mon., Jan. 9; Wed., Feb. 8; or Mon., Mar. 19, 6–7:15 p.m.** \$25 per family with one sibling; \$10 per additional sibling.

Love and Logic Early Childhood Parenting Made Fun!—for parents of infants to 5-year-olds

Create happy families and responsible kids by starting early with Love and Logic. In this five-class series, you will learn how to avoid power struggles and easily handle challenging behavior including tantrums,

For more information about our classes, or to register,

bedtime battles, whining, arguing and potty training. Increase the odds that, when the teenage years arrive, parenting will still be fun instead of frantic. Instructor Lisa Greene is a certified parent coach and author of Love and Logic resources. **Thu., Jan. 19, 26; Feb. 2, 9 and 23, 6:30–8:30 p.m.** \$79 per person; \$129 per couple.

Becoming a Love and Logic Parent—for parents of 6-year-olds to teenagers

Lisa Greene, certified parent coach and author of Love and Logic resources, will show you how easy parenting can be. In this two-class series, learn to avoid power struggles and handle arguing and complaining, homework issues, bedtime battles, morning hassles, chores, video/TV time, curfews, sibling bickering, and drug and alcohol discussions. Workbook included. **Tue., Mar. 20, 6:30–9:30 p.m., and Sat., Mar. 24, 9 a.m.–5 p.m.** \$69 per person; \$109 per couple.

Parenting With Love and Logic for Children With Health Issues

Does your child have a chronic illness or special medical need? Learn practical and proven tools for raising confident, responsible kids with high coping skills, kids who are optimistic about life and take good care of themselves—even when no one else is watching. Taught by Lisa Greene, who, with Foster Cline, MD, co-authored the award-winning book *Parenting Children With Health Issues*, based on the popular Love and Logic parenting program. Greene is a mother of two children with cystic fibrosis and a certified parent coach and educator. **Tue., Feb. 7, 6:30–9:30 p.m.** \$15 per person; \$25 per couple (scholarships available).

Anger: Yours and Your Child's—two-part series

What is a parent to do when children trigger parents' anger? Learn how to stay calm while responding to your child's anger, disappointment, sadness and frustration. Taught by Jan Faull, MEd., author of *Unplugging Power Struggles: Resolving Emotional Battles With Your Kids*. **Tue., Jan. 24 and 31, 7–9 p.m.** \$40 per person; \$65 per couple.

Battling Bullies Today

No one likes bullies and the attacks they make on their victims. Most children are neither bullies nor victims; most are bystanders watching or trying to ignore a bullying situation. Learn what parents and teachers can do to stop the bullies, empower the victims and engage the bystanders. Taught by Jan Faull, MEd., parent educator. **Wed., Feb. 8, 7–9 p.m.** \$25 per person; \$40 per couple.

BodyWorks

This eight-week fitness and nutrition program for girls and boys ages 9 to 12 and their families is designed to help improve family eating and activity habits. BodyWorks focuses on parents as role models and provides hands-on tools to make small, specific behavioral changes to prevent obesity and help maintain a healthy weight. For more information, please visit www.womenshealth.gov/bodyworks. **Tue., Jan. 31–Mar. 20, 6:30–8 p.m.** FREE.

For Girls Only: A Heart-to-Heart Talk on Growing Up

Sponsored by Seattle Children's and Overlake. For girls ages 10 to 12 and their parents. Using an informal format, this two-part class focuses on body changes during puberty, myths and facts, what girls should know about boys, sexuality and sexual reproduction. Includes the book *Will Puberty Last My Whole Life?* Visit www.seattlechildrens.org/classes-community to register. Scholarships available. **Fri., Jan. 27 and Feb. 3; or Mon., Mar. 19 and 26, 6:30–8:30 p.m.** \$70 per daughter/parent pair; \$10 per additional child.

For Boys Only: The Joys and Challenges of Growing Up

Sponsored by Seattle Children's and Overlake. For boys ages 10 to 12 and their parents. Using an informal format, this two-part class focuses on body changes during puberty, myths and facts, what boys should know about girls, sexuality and sexual reproduction. Includes the book *Will Puberty Last My Whole Life?* Visit www.seattlechildrens.org/classes-community to register. Scholarships available. **Mon., Feb. 6 and 13 or Mon., Mar. 5 and 12, 6:30–8:30 p.m.** \$70 per son/parent pair; \$10 per additional child.

SAFETY

Better Babysitters

Sponsored by Seattle Children's and Overlake. For youths ages 11 to 13. This course teaches responsible babysitting by studying basic child development, infant and child care, safety, how to handle emergencies and more. **Sat., Jan. 14, Jan. 28, Feb. 11, Feb. 25, Mar. 10 or Mar. 24, 9 a.m.–2 p.m.** Bellevue location. Visit www.seattlechildrens.org/classes-community to register. \$40 per person.

Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. Weeknights, **Jan. 9, Jan. 30, Feb. 22, Mar. 14 or Mar. 26, 6:30–9:30 p.m.; Sat., Jan. 21, Feb. 11 or Mar. 3, 9 a.m.–noon.** \$35 per person; \$60 per couple.

First Aid for the Family and CPR—including AED

Infant/child/adult CPR, automated external defibrillators (AEDs) and basic first aid training with an emphasis on childhood-related injuries. Receive a two-year completion card; includes book. First aid and CPR/AED portions may be taken separately for \$40. **Sat., Feb. 25, 9 a.m.–4 p.m.** \$70.

Adult First Aid and Adult/Child CPR—including AED

Adult/child (ages 1 to 8) CPR, automated external defibrillators (AEDs) and basic first aid training. Receive a two-year completion card; includes book. First aid and CPR/AED portions may be taken separately for \$40. **Mon., Jan. 23 and Wed., Jan. 25 or Mon., Mar. 19 and Wed., Mar. 21, 6:30–9:30 p.m.** \$65.

CPR for Healthcare Providers

Tue., Jan. 17 or Mon., Mar. 5, 6–9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

Call 425-688-5248 (bilingual) for more information.

WOMEN'S HEALTH

Be Heart Smart: What Women Should Know About Their Cardiac and Vascular Health

Please join us for a fun, informative evening and find out what you can do to improve your odds against having a heart attack. Discussion will include identifying risk factors and symptoms for coronary artery disease and an overview of the innovative diagnostic tools and treatment options available today. Presenters are from Overlake's comprehensive, award-winning heart and vascular services team and will include a cardiologist, vascular surgeon(s) and our new cardiothoracic surgeon(s). Men welcome. Plan to come early to attend our Heart Health Fair, which includes:

- ♦ *Non-fasting cholesterol screening—reserve your time slot in advance, space limited.*
- ♦ *Blood pressure checks by the Hope Heart Institute.*
- ♦ *Carotid artery screening by Lake Washington Vascular Clinic—reserve your time slot in advance, space limited.*
- ♦ *Self-risk assessment and resource fair.*
- ♦ *A glass of "heart-healthy" red wine and dark chocolate.*

Wed., Feb. 29, 5:30–8:30 p.m.; Health Fair from 5:30–7 p.m.; presentations from 7–8:30 p.m. FREE. Preregistration required; visit www.overlakehospital.org/classes, or call 425-688-5259.

Take Control of Your Life (and Your Bladder): Managing Women's Incontinence

Women's incontinence is a common problem and may cause you to "leak" when you cough, laugh or sneeze or have sudden urges to use the bathroom. Although the majority of incontinence cases can be improved or cured, less than half of those afflicted ever talk about their problem with a healthcare professional. Elizabeth Miller, MD, urogynecologist, and Sagira Vora, PT, women's health specialist, will discuss different types of incontinence and how treatments vary with individual lifestyle and personal preferences, including:

- ♦ *Lifestyle changes.*
- ♦ *Pelvic floor strengthening exercises.*
- ♦ *Medications.*
- ♦ *Nonsurgical devices.*
- ♦ *Implanted devices and surgical remedies.*

Wed., Feb. 15, 6:30–8 p.m. Please preregister to reserve your spot. FREE.

HEALTHY LIFESTYLES

Motion Is Life

Is pain keeping you from enjoying life? If so, attend this informative seminar, taught by an Overlake orthopedic surgeon, to learn more about joint pain relief as well as knee and hip replacement. Our orthopedic

please visit www.overlakehospital.org/classes.

surgical team includes James Bruckner, MD; Gregory Engel, MD; and Steven Ratcliffe, MD. Time allowed for questions. **Thu., Feb. 16** at Overlake or **Wed., Mar. 7** at Overlake Medical Clinics Issaquah, **6:30–8 p.m.** Please preregister to reserve your spot. FREE.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Jan. 19, 7–9 p.m.** \$45. Reduced rates are available for those who previously took an Overlake hypnosis class. Check our website for details.

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Jan. 26, Feb. 2 and 9 or Thu., Mar. 1, 8 and 15, 7–9 p.m.** \$89. Reduced rates are available for those who previously took an Overlake hypnosis class. Check our website for details.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Bellevue: **Tue., Jan. 3, Jan. 17, Jan. 24, Feb. 7, Feb. 14, Mar. 6 or Mar. 20; or Sat., Jan. 28, Feb. 25, Mar. 24, 6–7:30 p.m.** Issaquah: **Tue., Jan. 24, Feb. 28 or Mar. 27, 6–7:30 p.m.** FREE. In addition, free weight loss surgery webinars are offered each month. Visit www.overlakehospital.org/webinar for more information.

Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **4th Saturday of each month, 10 a.m.–noon.** Also **Thu. evenings once a month, 6–8 p.m.** For information, call 425-688-5214. FREE.

Diabetes Education Services

Overlake's Diabetes Education Services offers one-on-one education as well as a three-part series of classes to help you learn practical skills to manage your diabetes. To schedule an appointment or register for the next class, please call 425-688-5700 and press option 5 when prompted. Classes are offered in Bellevue and Issaquah.

Is Your Blood Sugar Rising?

Learn how to manage your blood sugars that may be putting you at risk for Type 2 diabetes. This one-time, 90-minute class does not require a physician referral and will help you understand how to manage your blood sugars and how you can reduce the risk of developing diabetes. Our next class is scheduled for **Wed., Jan. 18, 2:30–4 p.m.** Call 425-688-5636 to register. Overlake Outpatient Center, 1120 112th Ave. NE, Suite 150, Bellevue. \$40 (prepaid at registration).

Diabetes Education

A series of three classes that build on each other with different topics covered at each. Education includes discussion of medications, meal planning and making food choices to fit your lifestyle, how to avoid complications of diabetes, guidelines for monitoring your blood sugar at home, and more. Requires a physician's referral; we recommend contacting your insurance company in advance to determine if your policy covers diabetes education. **Fri., Jan. 20, 27 and Feb. 3, 9 a.m.–noon and Thu., Mar. 15, 22 and 29, 1–4 p.m.** Call 425-688-5700 to register.



SENIOR CARE

A Matter of Balance

A Matter of Balance can help seniors improve their quality of life and remain independent. The class is designed to reduce the fear of falling and increase activity levels. The Gardens at Town Square, 933 111th Ave. NE, Bellevue. **Tue. and Thu., Mar. 6–29, 10 a.m.–noon.** Preregistration required; call 425-688-5800. Includes workbook and water bottle. Complimentary lunch following first session and free parking. FREE.

Simple Secrets of Balance, Agility and Stability

Learn how to increase both stability and mobility and become your own movement coach. Perform activities with more confidence and agility, and prevent falls. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Wed., Jan 18–Feb. 8 or Thu., Feb. 23–Mar. 15, 2–3 p.m.** Preregistration required; call 425-688-5259. \$36.75 for four-week session.

(Seated) Yoga for Balance

This breath-oriented practice will help increase your circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. All exercises are done from a chair and are adapted to each individual's ability. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Jan. 3–24, Feb. 7–28 or Mar. 6–27, 12:30–1:45 p.m.; or Thu., Jan. 5–26, Feb. 2–23 or Mar. 1–22, 11 a.m.–12:15 p.m.** Preregistration required; call 425-688-5259. \$44 for four-week session.

Understanding the Basics of Dementia

Not appropriate for the memory-impaired person. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Feb. 2, 2–3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Early Stage Memory Loss Program

Open to those recently diagnosed with dementia and their loved ones. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Feb. 23, 1–4 p.m.** Preregistration required; call 425-688-5259. FREE.

Communicating With Persons With Dementia

Not appropriate for the memory-impaired person. City University, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Mar. 22, 2–3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

Living Wills: Does Your Family Know Your Wishes? (Class #60657)

North Bellevue Community Center. **Mon., Jan. 23, 1–2:30 p.m.** Preregistration required; please call 425-452-7681. \$7 residents; \$8 nonresidents.

Turn on the Lights, I Can't See! (Class #63889)

North Bellevue Community Center. **Mon., Feb. 27, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$7 residents; \$8 nonresidents.

No One Is Immune to Colorectal Cancer, But It Can Be Beat (Class #63893)

North Bellevue Community Center. **Mon., Mar. 26, 1–2:30 p.m.** Preregistration required; please call 425-452-7681. \$7 residents; \$8 nonresidents.

Eating Healthy

Bellevue YMCA. **Wed., Jan. 11, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

Taking a Stand Against Strokes

Bellevue YMCA. **Wed., Feb. 8, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

Reducing the Risks of Falls

Bellevue YMCA. **Wed., Mar. 14, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Keeping Your Mind Fit

Redmond Senior Center. **Wed., Jan. 18, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Caring for the Aging Eye

Redmond Senior Center. **Wed., Feb. 15, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Vitamins and Supplements: Do We Need Them?

Redmond Senior Center. **Wed., Mar. 21, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Walk for Life—Senior Walking Program

Join this ongoing walking program to exercise safely and effectively. Bellevue Square, enter at Skybridge 4. **Mon., Wed. and Fri., 8–9:30 a.m.** For more information, call 425-688-5259. FREE.

CAREGIVER SUPPORT

Family Caregiver Support Group—Bellevue

Overlake Medical Clinics Bellevue Senior Health Center. **2nd and 4th Thu. of each month, 3–4:30 p.m.** No registration required. For more information, call Regina Bennett, MSW, 425-688-5807. FREE.

CANCER PROGRAMS

Cancer Resource Center

The Cancer Resource Center's classes, support groups and services are free and include use of a lending library, cancer information and counseling. The center is located in the Overlake Medical Tower, Suite 240. For more information, call 425-688-5986, or visit www.overlakehospital.org/cancerresourcecenter.

Wig Closet

A private area for women who are experiencing cancer-related hair loss to try on wigs. All wigs are complimentary for Overlake patients. To set up an appointment, call the Cancer Resource Center at 425-688-5986.

For more information about our classes, or to register,

Look Good ... Feel Better

A free program that teaches beauty techniques to women in active cancer treatment to help them combat appearance-related side effects. Trained volunteer cosmetologists teach women how to cope with skin changes and hair loss, using cosmetics, skin care products, wigs, scarves and turbans. **Mon., Jan. 9, 1:30–3:30 p.m.; Mon., Feb. 13, 1:30–3:30 p.m.; Mon., Mar. 12, 6–8 p.m.** Please call Kelly Zant at 425-467-3809 to register. FREE.

Support Groups

Overlake partners with Gilda's Club Seattle to offer Gilda's on the Go at Overlake. These support groups provide a welcoming environment where people living with cancer can come together to build emotional, social and educational support as a supplement to medical care. To register for these free programs, call 206-709-1400.

- ♦ *Breast Cancer Support Group.*
- ♦ *Grief and Loss Support Group.*
- ♦ *Caregiver Support Group.*
- ♦ *Wellness Support Group for any cancer diagnosis.*

Sit and Knit

Volunteer program. **Wed. and Fri., 10 a.m.–1 p.m.** Call 425-688-5552 for more information.

Colon Health

Overlake is a proud sponsor of the Mercer Island Rotary Half Marathon for Colon Cancer Prevention. Join us for the Pre-Race Expo on **Sat., Mar. 24** or Race Day on **Sun., Mar. 25**. To register or for more information, visit www.mercerislandhalf.com.

AUXILIARY ACTIVITIES

Bandage Ball 2012

The Overlake Hospital Auxiliaries' most anticipated and successful fundraiser is the annual Bandage Ball. The Bandage Ball will support building Overlake's new Neonatal Intensive Care Unit (NICU). **Sat., Mar. 24**, at the Hyatt Regency Bellevue. Doors open at **6 p.m.**

Bridge Players Wanted

The Roger Stark Cardiac & Stroke Auxiliary continues a long-standing tradition with its Bridge Tournament. Funds raised will support Overlake Hospital Medical Center's cardiac and stroke programs. For more information, call Ozzie Traff at 425-822-2870. New players are encouraged to join for \$50.

Join Us!

Our fundraising activities support vital hospital services, which help Overlake carry out the vision of providing exceptional quality and compassionate care to every life we touch. We are always looking for enthusiastic volunteers to put their creativity and passion to work for Overlake by joining this vibrant organization. For more information on these activities or how you can become a member of the Auxiliaries, please contact us at 425-688-5529 or auxiliaries@overlakehospital.org.

VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital's needs. To learn more, contact Leah Smith, volunteer staffing specialist, at 425-688-5369, **Mon.–Fri., 9 a.m.–4:30 p.m.**, or visit www.overlakehospital.org/volunteer.

LOOKING FOR A DOCTOR?

Call our Physician Referral Line at 425-688-5211 to find physicians who are affiliated with Overlake Hospital Medical Center. Our free referral line is available 24 hours a day to help you find Overlake doctors by specialty and availability.

The Community Education Department at Overlake strives to bring pertinent education classes and lectures to the Eastside community. If you have an idea for a lecture, course or ongoing series that you would like us to offer, please send an email to education@overlakehospital.org. We appreciate your input as we partner with you in the journey to lifelong health.

2012 ACTIVE SENIOR FAIR

SATURDAY, MARCH 10, 10 A.M. TO 3 P.M.

WESTMINSTER CHAPEL OF BELLEVUE • 13646 NE 24TH STREET, BELLEVUE



Enjoy this fun, free, daylong event that features live entertainment including a fashion show and a variety of performers. Attend mini-health seminars and stroll through vendor exhibits highlighting a wide variety of Eastside businesses and organizations. Take advantage of various free health screenings. The entire day is geared toward the active senior.

Call 425-688-5259 or visit www.overlakehospital.org/activeseniorfair for more information. No registration required. Ample free parking.

Don't miss this fun-filled event!

please visit www.overlakehospital.org/classes.



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NEW MEDICAL STAFF AT OVERLAKE

Robert Binford, MD 425-454-8161 Cardiothoracic Surgery	Mark Edwards, MD 425-635-6470 Family Practice	Kasra Karamlou, MD 425-313-4200 Hematology/Oncology	Megan Kullnat, MD 425-827-4600 Pediatrics	Janie Liao, MD 425-688-5072 Hospitalist	Brandon Messerli, DO 425-451-2272 Physical Medicine and Rehabilitation	Mabel Onwuka, MD 425-688-5175 Psychiatry
Jennifer Edwards, MD 425-688-5488 Family Practice	Eric Gustafson, MD 425-827-4600 Pediatrics	Richard Keeler, MD 425-827-4600 Pediatrics	Henry Lee, MD 425-216-7200 Ophthalmology	Cecilia Margret, MD 425-688-5175 Psychiatry	David Nelson, MD 425-454-8161 Cardiothoracic Surgery	Brent Tinnel, MD 425-688-5289 Radiation Oncology



JANUARY 2012 CREEKSIDE CROSSING



OVERLAKE
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- + Open 7 days a week.
- + Cost-effective treatment option compared to an emergency room visit.

425-635-6600

www.overlakehospital.org/clinics

SPRING 2012 AT REDMOND TOWN CENTER: PRIMARY CARE