

Healthy OUTLOOK

FALL 2010

OCTOBER 16
2010

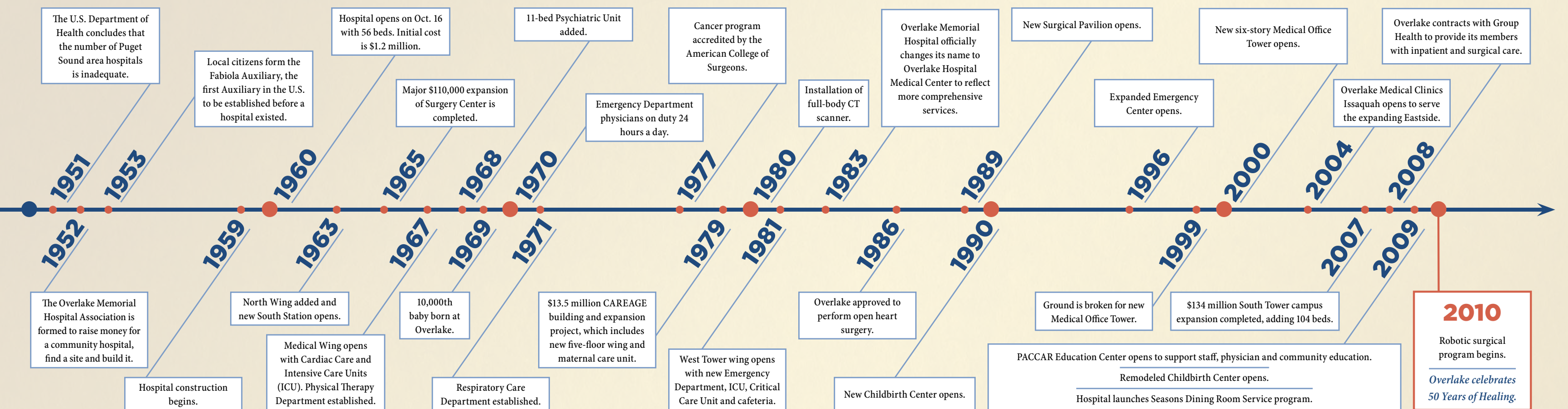
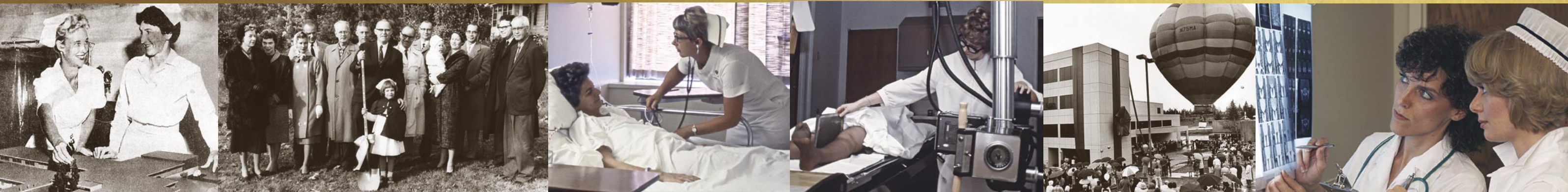
On the leading edge of healthcare: Today, our highly skilled robotic surgeons perform state-of-the-art procedures using our new da Vinci® Surgical System. From left: Danica Bloomquist, MD; Christopher Garlitz, MD; Thomas Takayama, MD; Jonathan Paley, MD; Pamela Paley, MD; and Chirag Shah, MD.



Our very first patient: New mom Rose Cziprian cuddles her baby, Katherine Mary, on October 16, 1960. At Rose's bedside are (from left) her husband, Julius Cziprian; Mrs. John McNeil, director of nurses; and Stewart Hilscher, MD.

OCTOBER 16
1960





50 Years of Healing

MILESTONES AND MEMORIES

Overlake Hospital yesterday and today (above, from left): Nurses with a model of the new hospital, 1959; the hospital's groundbreaking, 1959; a nurse provides compassionate care for a patient, 1960; a technician x-rays a patient, 1960; a hot air balloon draws a crowd for the dedication of the West Tower, 1981; a doctor and nurse review X-rays, 1990s. Right: Overlake Hospital today.





From the **PRESIDENT & CEO**

Healthcare and the Eastside have changed dramatically over the past 50 years. As we celebrate our 50th anniversary, it's been rewarding to look back at Overlake's transformation from the 56-bed hospital it was in 1960 to the world-class regional medical center and network of medical clinics that it is today.

From the very start, Overlake was looking ahead to future possibilities. Just a year after Overlake Memorial Hospital opened, there was already a need for expansion. This steady growth, along with continued philanthropic support from local citizens and businesses, has been an ongoing theme for Overlake. For many years, our growth was concentrated on the Bellevue campus, as we added inpatient and outpatient operating rooms, a dedicated Childbirth Center and most recently our new South Tower. Later, as Eastside communities branched out, so did our services, with convenient neighborhood clinics offering health services closer to where people live and work.

Those of us in healthcare and on the Eastside have learned to embrace the changing landscape. And after 50 years, we couldn't be more proud of what we've accomplished together. It has been our honor and privilege to serve this vibrant community, and we look forward to providing you with excellent healthcare for the next 50-plus years to come.

Sincerely,

Craig Hendrickson
President & CEO

Healthy **FALL 2010**
OUTLOOK

PRIMARY CARE CLINIC OPENS IN DOWNTOWN BELLEVUE

As part of its ongoing efforts to expand quality healthcare services, Overlake will open a new primary care clinic in downtown Bellevue this fall.

The new facility, called Overlake Medical Clinics Downtown Bellevue, is conveniently located on the ground floor of the First Mutual Center at 400 108th Avenue NE. Staffed by internal medicine physicians and offering same-day appointments, the clinic makes it easy for people in the city's downtown core to receive care quickly and efficiently.

The clinic will begin accepting appointments on Oct. 4. For more information or to schedule an appointment, call 425-635-6350.

OVERLAKE PARTNERS WITH PUGET SOUND BLOOD CENTER TO LAUNCH NEW BLOOD DISTRIBUTION SYSTEM

Overlake is the first hospital in the region to partner with Puget Sound Blood Center and deploy a new process called Remote Allocation for distributing blood.

A secure, high-tech "refrigerator" on-site is stocked with blood and blood components. When a patient requires a transfusion, the blood is automatically cross-matched via a sophisticated software system and safely dispensed to a trained Overlake staff member, giving the hospital faster, easier and safer access to blood needed for patient care.

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425-688-5000 • WWW.OVERLAKEHOSPITAL.ORG

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 e-mail healthyoutlook@overlakehospital.org.

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Patient-Focused **CARE**

**ONE CONSTANT IN
50 YEARS OF CHANGE**

Fifty years ago, Overlake Memorial Hospital opened the doors and began providing high-quality care and service to Eastside residents. Though our name has changed, the community has grown by leaps and bounds, and medicine has evolved greatly in the past five decades, one practice remains the same at Overlake: our commitment to providing patients with the finest care.

As we look back on 50 years of healing, we're proud of how far we've come—from a 56-bed community hospital to the 337-bed nonprofit, world-class healthcare provider we are today.

A COMMUNITY VISION

In 1953, Eastside residents decided to build their own hospital. Community members formed auxiliaries, held bake sales and rummage sales, put on skits and talent shows and went door to door to raise the funds needed to turn their vision into reality.

"At the time, Bellevue was just a cow town," recalled Charles Griffith, MD, Overlake's first chief of medical staff, in a 1990 interview. "When we first started talking about building a hospital over here, all the physicians in Seattle





thought we'd only be doing tonsillectomies. I told them we were going to have a great hospital."

In 1960, after seven years of organizing fundraisers and holding meetings, community members succeeded in opening Overlake's doors.

FIRST PATIENT ARRIVES AHEAD OF SCHEDULE

Overlake's first patient arrived Sunday, October 16. The hospital wasn't scheduled to open for several hours, but Rose Cziprian and her unborn baby simply couldn't wait any longer. Rose's contractions started Saturday afternoon, and she and husband, Julius, watched the clock anxiously. By Sunday morning, the couple knew there wasn't enough time to drive across the bridge to a hospital in Seattle, so they called their doctor and arranged to meet him at the brand-new hospital.

The hospital was supposed to open at 3 p.m. that day, and even though the staff wasn't quite ready, they

admitted Rose immediately. Stewart Hilscher, MD, delivered Katherine Mary Cziprian at 11:04 a.m.

"While the large crowd gathered in front of the hospital [at the ribbon-cutting ceremony] was partying, we were in back having a baby," recalled Martha Wilson, RN, obstetrics supervisor, in a 1977 interview. "We had to hustle to get the delivery room ready."

"She was a beautiful baby," remembered Ole Barker, RN, in a 1990 interview. "It was a wonderful way to open a new hospital."

CONTINUOUS GROWTH

Not long after the hospital opened, it was clear that Bellevue and the surrounding areas were growing rapidly; Overlake needed to expand to keep up with the demand for services and to ease overcrowding. In the first decade alone, there were three additions and multiple remodels to the hospital, bringing the bed count to just over 100.



THEN...

VOLUME*

Patients (including newborns) = 3,087
Surgical procedures = 1,456
ER patients = 1,587
Lab tests = 16,248
X-rays/patients seen = 1,901
Cafeteria meals = 38,737
Patient meals = 56,085

**figures are from 1961*

EXPENSES**

Laundry = \$32,620
Medications = \$24,255
Food supplies = \$27,881
Telephone = \$10,595
Oxygen and medical gases = \$3,632
Medical and surgical supplies = \$97,500
Fuel = \$5,471
Housekeeping/janitorial supplies = \$6,125

***figures are from 1963*

Left: In 1960 complex surgeries were performed within days of the hospital's opening. Below: In 1989 a new surgical pavilion provided a full range of surgical services.

NOW...

VOLUME

Patients (including newborns) = 197,157
Surgical procedures = 14,585
ER patients = 53,572
Lab tests = 1,008,436
X-rays/patients seen = 49,440
Cafeteria meals = 1.2 million meals
Patient meals = 239,000

EXPENSES

Laundry = \$1,389,325
Medications = \$9,868,355
Food supplies = \$2,213,851
Telephone = \$303,279
Oxygen and medical gases = \$126,469
Medical and surgical supplies = \$58,815,181
Gas/electricity (comparable to fuel) = \$2,156,830
Housekeeping/janitorial supplies = \$1,088,166



A doctor cares for a patient in the Critical Care Unit, 1973.

Growth has been a main theme in our history, and expansions have continued through the years on our main campus. The most recent addition was the 2007 opening of the five-story South Tower, which houses state-of-the-art operating suites and our Emergency & Trauma Center, the only Level III trauma center on the Eastside.

We've also expanded beyond the hospital campus with the additions of Overlake Medical Clinics Issaquah and Overlake Medical Clinics Downtown Bellevue (opening this fall). These clinics allow us to better serve the medical needs of the community in places where people live and work.

SOPHISTICATED MEDICAL CARE

By adding more services and specialties, Overlake has evolved from a small-town community hospital to a highly specialized medical center that provides comprehensive care.

Two primary factors fueled this transformation. First, medicine was advancing with breakthroughs in treatment and equipment. Second, during Overlake's early years, the hospital administration encouraged doctors who were trained in the latest techniques to put their skills into practice and hone their specialties.

The result today is the most comprehensive range of acute care services on the Eastside, including cardiac care, cancer care, emergency and trauma services, general and specialty surgery, women's and infants'

Celebrate With Us!

We invite the community to join us for a special event on Sat., October 23, from 10 a.m. to 4 p.m., at our Bellevue campus. Help us celebrate 50 Years of Healing! For more information, visit www.overlakehospital.org/eastsidevitality.

FREE HEALTH SCREENINGS:

- Blood pressure checks.
- Blood glucose testing.
- Cholesterol tests.
- Stroke assessments.
- Peripheral Artery Disease (PAD) screenings.
- Osteoporosis (bone density) screenings.
- Skin cancer checks.

FREE HEALTH LECTURES:

- **Dining Through the Decades:** Nutritious eating with KOMO TV Problem Solver Herb Weisbaum and KOMO Newsradio personality John Carlson.
- **Skip the Bacon:** Overlake's cardiac physician bloggers talk heart health.
- **A Look Back and a Look Forward:** Changes in cancer prevention and treatment. Featuring Overlake oncologists and KIRO 7 reporter Michelle Millman.
- **Getting Back in the Game:** How sports medicine has evolved since 1960. Featuring former UW football players and Overlake physicians.

FREE INFORMATION AND RESOURCES:

- Watch a robotic surgery demonstration.
- Talk to Overlake health experts from nutrition, diabetes, women's services, orthopedics, senior care and more!
- Learn about joint replacement surgery and "Ask the Doc" about joint or orthopedic concerns.
- Sample healthy, nutritious foods—and get free recipes.
- See a historical display showing how Overlake and the Eastside have changed.
- Enjoy healthy snacks—and free birthday cake.
- Healthy, fun giveaways—our birthday present to you!

FREE ACTIVITIES JUST FOR KIDS:

- Perform a "candyoscopy" with surgical equipment.
- Relay races, with teams of kids and parents, presented by KidsQuest and Overlake Physical Therapy.

programs, behavioral health and services for seniors. Advances in medical imaging, surgery and cancer treatment in the past year drove new investments in computed tomography (CT) and magnetic resonance imaging (MRI) systems, acquisition of a state-of-the-art robotic surgical system, and adoption of new radiation therapies, all of which improve patient care and offer less invasive treatment options.

THE NEXT 50 YEARS

Just as our founders had no way of knowing how Overlake would grow and evolve to meet the community's needs, we have no way of knowing what the next 50 years will hold. But one thing is certain: Our commitment to providing patients with the highest-quality healthcare services will always be our primary focus.

A Look Back at 1960

THE WAY IT WAS

President of the United States: Dwight D. Eisenhower
Vice president: Richard M. Nixon
Life expectancy: 69.7 years
Population of Bellevue, WA: 12,806

WHAT THINGS COST

First-class stamp: \$0.04
Gallon of gas: \$0.31
Gallon of milk: \$0.49
Dozen eggs: \$0.57
New home: \$16,500

POP CULTURE HIGHLIGHTS

Grammy Award for Record of the Year: "Theme from *A Summer Place*" by Percy Faith.
Academy Award for Best Picture: *Ben-Hur*.
Alfred Hitchcock's *Psycho* terrifies moviegoers and becomes one of the year's most successful films.
Ninety percent of U.S. homes have a television set.
No. 1 ranked television show: *Gunsmoke*.
The Howdy Doody Show ends after 13 years.
Harper Lee wins a Pulitzer Prize for *To Kill a Mockingbird*.
Berry Gordy borrows \$800 and starts Motown Records.



Harvey and Charlotte Moore: Giving From the Heart

HARVEY AND CHARLOTTE MOORE'S STORY is one of a lifetime of support for their community—and an inspiration for others to do the same. So it was with great pleasure that Overlake Hospital Foundation honored Harvey and Charlotte as Benefactors of the Year at our 2010 Benefactors Society Luncheon in May. This was an especially meaningful event for Overlake and the Moore family, as Harvey passed away on June 9, 2010.

Overlake was Harvey and Charlotte's hospital long before they met each other and later married in 2001. When friends invited her to join the Sonja Potter Auxiliary in 1998, Charlotte immediately signed on. She and Harvey raised funds tirelessly through Sonja Potter for Overlake's Senior Care. "Once we became involved, Overlake became like family to us," Charlotte remembers.

Harvey and Charlotte made annual contributions to Overlake to help provide essential support for patient care. Charlotte has also been an active member of Overlake's Gift Gallery Auxiliary and a hospital volunteer for more than 12 years. Chances are you've seen her smiling face and experienced her warmth and charm when you've visited the



Harvey and Charlotte Moore

hospital. Charlotte says, "We always believed that donating money and volunteering time on behalf of Overlake was the right thing to do to help others."

To express their deep appreciation for Overlake and to ensure that future patients would have access to the same high level of care, Harvey and Charlotte became members of the Overlake Hospital Foundation's Benefactors Society. Members have included Overlake in their wills, established named endowments or charitable gift annuities, or made other deferred gifts. For Charlotte, it means a lot to know that, although Harvey has passed, their gifts will continue to benefit patients for years to come.



From left: Kristi Feder; Linda Mahaffey, Foundation Board Chair; Jan Baldwin, Auxiliary Board Chair; Ozzie Traff; and Jody Cunningham.

Celebrating our Benefactors

At the annual Benefactors Society Luncheon, Overlake celebrates people like Harvey and Charlotte who have made planned gifts to Overlake. This year, with the Harbor Club's spectacular view of Bellevue as the backdrop, guests were treated to an insider's look at Overlake's surgical unit. Our keynote speaker, Kenneth Rush, RN, director of perioperative services, described a comprehensive program of activities, communications and safety procedures that ensure positive outcomes for Overlake's surgical patients. It's that kind of commitment to excellence in patient care and safety that has enabled Overlake to receive the HealthGrades® Patient Safety Excellence Award for three years in a row.

We thank Kenneth Rush, the Endowment and Planned Giving Committee members, all the guests and speakers, and of course Harvey and Charlotte for making this a very special event.

If you are interested in more information about how to become a Benefactors Society member, contact Larry Richards at 425-688-5533 or larry.richards@overlakehospital.org. For more information about planned giving, visit www.overlakehospital.org/plannedgiving. You can also sign up to receive our free planned giving e-newsletter by sending your e-mail address to plannedgiving@overlakehospital.org.

DON'T MISS OUR COMMUNITY PARTNERS BREAKFAST

Please join Overlake Hospital Foundation

Friday, Oct. 1, at 7 a.m.
at the Hyatt Regency Bellevue

The annual event brings together business
and community leaders to celebrate
partnerships that support our community
and help Overlake provide
Medical excellence every day™.

Keynote Speaker
Peter Neupert, Corporate Vice President, Microsoft,
Health Solutions Group

*Presented by Unigard in partnership with Parker, Smith and
Feek. Suggested contribution of \$150.*

*To reserve your seat, call 425-688-5526
or e-mail events@overlakehospital.org.*

Support Overlake With a Planned Gift

Do you have questions about planning your will, arranging a steady stream of income in your retirement or ensuring your family has excellent medical care for years to come? Visit Overlake's website, www.overlakehospital.org/plannedgiving, for this information and more.

And be sure to sign up for Overlake's monthly planned giving e-newsletter with estate planning tips, up-to-the-minute tax information and information about other ways you can support Overlake while meeting your estate planning goals. **To subscribe, e-mail plannedgiving@overlakehospital.org.**

Learn More About Giving Opportunities

Overlake flourishes thanks to the ongoing generosity of donors who appreciate and depend on our quality care. To learn more about giving opportunities and to make your gift today, visit our website at www.overlakehospital.org/support, or mail your contributions to Overlake Hospital Foundation, 1035 116th Ave. NE, Bellevue, WA 98004. You may also contact the Foundation office at 425-688-5525 or e-mail us at foundation@overlakehospital.org.

To learn more about the Overlake Hospital Auxiliaries, contact auxiliaries@overlakehospital.org, call 425-688-5529 or follow us on Facebook.

Your hospital. Your community. Your commitment.



Shelly Egbert credits a routine mammogram for detecting her breast cancer in its early stages.

Early Mammograms Save Lives

At age 41, Shelly Egbert felt healthy and in the prime of her life. She was enjoying an active lifestyle as a busy mother of two and a pharmaceutical representative. But in November 2009, she received startling news.

Test results from a routine mammogram came back positive for breast cancer. Egbert was shocked. “I had no lump, never got sick,” she says. “I was scared to death because I thought, ‘I’m young.’”

A mammogram taken a year earlier had shown no sign of cancer. “Even in one year, the breast cancer spread so rapidly,” Shelly says. “If not for the mammogram, it could have been a death sentence.”

Shelly sought treatment at Overlake, where her cancer care team recommended surgery, followed by chemotherapy and radiation.

“The treatment has left no sign of any remaining cancer cells, and Shelly’s prognosis is excellent,” shares Tanya Wahl, MD, Shelly’s oncologist. “There’s a small chance of relapse, but the treatment outcome was optimal,” Dr. Wahl adds.

“Shelly had a very early detection,” says Kristi Harrington, MD, her breast cancer surgeon at Overlake. “If she’d waited until she had a palpable lump in her breast, the prognosis would be much less favorable.”

Shelly’s case clearly shows that women under age 50 can get breast cancer, says Dr. Harrington, and that early screening mammograms save lives.

Overlake doctors recommend women start annual screening mammograms at age 40, in accordance with long-standing American Cancer Society guidelines. Women with a family history of the disease

may need to start earlier and should ask their physicians, says Dr. Harrington.

Last year, the U.S. Preventive Services Task Force advised women under age 50 not to have routine screening mammograms, but to discuss the pros and cons with their doctors. In addition, the task force recommended women wait to begin screening mammograms until age 50 and then be screened every two years, a shift from prior guidelines that recommended women be screened annually beginning at age 40. The task force cited the drawbacks of earlier testing, including false positives.

The American Cancer Society and Overlake doctors disagree. There’s been a decrease in breast cancer deaths, and that’s partly due to screening, Dr. Harrington says. “Screening leads to breast cancer being diagnosed at an earlier stage when it’s easier to treat.”

Dr. Harrington and Dr. Wahl see many women under age 50 like Shelly with breast cancer. The chance that a woman aged 40 to 49 will be diagnosed with the disease is 1 in 69, according to the National Cancer Institute. The odds rise to 1 in 38 from age 50 to 59.

As for Shelly, she’s feeling hopeful. She didn’t let her hair loss and other side effects of chemotherapy completely slow her down, and managed to work throughout treatment. She eventually took a week off work this past summer to recover and celebrate.

“I have been so grateful and impressed with the doctors at Overlake,” Shelly said. “They’ve taken such good care of me.”

For more information on Overlake’s cancer services, visit www.overlakehospital.org/cancer.



GILDA COMES TO OVERLAKE

The Cancer Center at Overlake is pleased to announce a new partnership with Gilda’s Club Seattle.

Breast Cancer Support Group

Grief and Loss Support Group

Caregiver Support Group

Wellness Support Group for all cancer diagnoses

To register or for more information, please call 425-688-5816.

Meeting the Needs of the Older Adult Patient



Susan Dailey's father, Ed, suffered an injury common to older adults—a fractured hip after a fall. Prior to surgery at Overlake, Susan was told the anesthetic in combination with her father's dementia could cause hallucinations. "The medical team was very clear with us from the onset and explained what was likely to happen," recounts Susan. "His care was exceptional."

Overlake nurses recognize that families are key members of the healthcare team, especially for older adults who may be managing multiple health conditions. A significant way to ensure that older patients' needs are met during their hospital stay is to educate nurses in effective and compassionate geriatric care. Through Overlake's participation in the Nurses Improving Care for Health System Elders (NICHE) program, we have access to evidence-based, interdisciplinary approaches that promote positive hospital experiences for older adults. This includes practices that help patients regain optimum health and prevent or manage conditions specific to older adults, such as incontinence, bed sores, delirium, falls and sleep disorders.

Overlake has been a NICHE hospital for five years and is one of only three hospitals in Washington and one of 300 nationwide with this designation. Our NICHE program facilitator, Irene Peters, MN, RN, geriatric clinical nurse specialist, incorporates NICHE resources in Overlake's policies

and protocols so nurses and other hospital staff have the means to provide the best care possible to older patients.

In addition, Irene leads an annual two-day, NICHE-based seminar, which allows nurses an opportunity to earn the designation of geriatric resource nurse by acquiring skills and enhancing their knowledge about geriatric care. Having nurses with this specialized training has allowed Overlake's orthopedic unit to adopt a NICHE-developed plan of care to identify, prevent and treat delirium in hip fracture patients. Since implementation, delirium has been reduced and care has improved for these particular patients.

In fact, Susan's father was one of these patients. "Irene recognized his delirium right away and helped my sister and I understand what was going on with him," says Susan. "She was instrumental in supporting the nurses who took great care of my dad."

NICHE was developed at Overlake through a partnership with Overlake's Senior Care program and its Senior Health Centers, spearheaded by Irene and supported by the medical director of the Senior Health Center, Henry Williams, MD, and Joan Luster, MSW, manager of the Senior Care program.

"NICHE is an incredible resource," confirms Irene. "And its goal of improving care for older adults reflects Overlake's commitment to elder care excellence."

For more information on NICHE, visit www.nicheprogram.org.

Irene Peters, MN, RN,
geriatric clinical
nurse specialist.





Classes and Programs

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

THREE EASY OPTIONS FOR REGISTRATION:

1. Go to www.overlakehospital.org/classes.
2. Send an e-mail to classes@overlakehospital.org.
3. 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 e-mail

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.

Wed., Nov. 17, 6:30–9 p.m. FREE.

Childbirth Center Tours

Call 425-688-5326. For Spanish-speaking tours, 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 (3½–9 years old) prepare for a new baby in the house.
- ♦ *Conscious Fathering:* for expectant dads, take one before and one after the baby is born. Celebrate the special relationship between father and child.
- ♦ *Car-Safe Kids:* how to choose and install an infant car seat.
- ♦ *Infant CPR and Safety-Proofing.*
- ♦ *Bringing Baby Home:* see listing below.
- ♦ *Happiest Baby on the Block:* see listing below.

After Baby Arrives

- ♦ *You and Your New Baby:* for moms with babies 4 to 12 weeks old. Share the joys and challenges of a new baby with other new moms while learning important information.
- ♦ *Infant Massage:* learn ways to nurture your baby with loving touch.
- ♦ *Bringing Baby Home:* see listing below.
- ♦ *Happiest Baby on the Block:* see listing below.

PARENTING

Happiest Baby on the Block

Learn to calm and soothe your newborn in just minutes with this revolutionary approach to keeping your baby happy. Attend during pregnancy or until baby is 3 months old. **Sat., Oct. 2, Nov. 20 or Dec. 4, 10 a.m.–noon.** \$60 per family.

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., Oct. 16 and 23, 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. **Wed., Oct. 20 or Mon., Nov. 15, 6–7:15 p.m.** \$25 per family with one sibling; \$10 per additional sibling.

What to Expect From Your Infant and Toddler: Mentally, Emotionally and Socially

Expectant parents and infants-in-arms welcome. Taught by Jan Faull, parenting expert and author of newly released *Amazing Minds: The Science of Nurturing Your Child's Developing Mind with Games, Activities and More*. Attend this two-class program to gain insights into what infants and toddlers are seeking to know. Learn about young children's developing senses, language and memory and discover ways to interact with them to best support their learning agendas. First night focuses on infant development; second night on toddlers. **Mon., Oct. 25 and Nov. 1, 7–8:30 p.m.** \$25 per person for one class; \$40 per person for both classes.

Becoming a Love and Logic® Parent—for parents of 4-year-olds to teenagers

Lisa Greene, certified parent coach and *Love and Logic* author, will show how easy parenting can be. Learn to avoid power struggles and how to handle arguing and complaining, homework issues, bedtime battles, morning hassles, chores, video/TV time, curfews, sibling bickering and drug/alcohol discussions. **Sat., Oct. 9 and 16, 9 a.m.–2 p.m.** \$59 per person; \$99 per couple; additional \$10 workbook fee required.

For more information about our classes, or to register,

Love and Logic® Essentials for Surviving School Daze—for parents of school-age children and teens

Love and Logic author and facilitator Lisa Greene will teach parenting tools and techniques to assist you with essential schooltime skills such as neutralizing arguing, whining and complaining; avoiding homework battles; dealing with morning and bedtime challenges; and more. **Tue., Oct. 26, 7–9 p.m.** \$25 per person; \$40 per couple.

BodyWorks

This 10-week fitness and nutrition program for girls and boys ages 9 to 13 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, visit www.womenshealth.gov/bodyworks. **Mon., Sept. 27–Nov. 29, 6:30–8 p.m.** FREE.

NEW! 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. Please register at www.seattlechildrens.org/classes-community. **Tue., Oct. 5 and 12, 6:30–8:30 p.m.** \$60 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. Please register at www.seattlechildrens.org/classes-community. **Thu., Oct. 14 and 21, 6:30–8:30 p.m.** \$60 per son/parent pair; \$10 per additional person.

Mother and Daughter Safety Training

For girls 14 years and older and their mothers. This three-hour class addresses safety issues facing young women on or off high school and college campuses during daily activities. The training is built on increasing the awareness of our surroundings, obeying instincts and employing proactive safety strategies. Topics include:

- ♦ Safety in elevators, parking lots and "fringe" areas.
- ♦ The importance of the buddy system and teamwork.
- ♦ What to do when approached by a stranger.
- ♦ Alcohol and common predatory drugs: what they are and how to avoid them.
- ♦ Early recognition of inappropriate acquaintance/date behavior.

Thu., Oct. 7, 6–9 p.m. \$55 per mother/daughter; \$45 per additional daughter.

SAFETY

Infant CPR and Safety-Proofing

Completion cards are not awarded in this class. Weeknights, **Sept. 29, Oct. 18, Oct. 28, Nov. 17 or Dec. 2, 6:30–9:30 p.m., or Saturdays, Oct. 9, Nov. 6 or Dec. 18, 9 a.m.–noon.** \$35 per person; \$60 per couple.

Kid Safety and CPR Workshop

Infant/child/adult CPR and basic first aid training with an emphasis on childhood-related injuries. Receive a two-year completion card. First aid and CPR portions may be taken separately. **Mon. and Wed., Nov. 8 and 10, 6:30–9:30 p.m.** \$60.

Adult First Aid and Adult/Child CPR

This two-part class includes a book. First aid and adult/child (ages 1–8) CPR portions may be taken separately. **Mon. and Wed., Oct. 11 and 13 or Dec. 6 and 8, 6:30–9:30 p.m.** \$60.

CPR Course for Healthcare Providers

Thu., Sept. 23 or Tue., Nov. 2, 6–9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

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

NEW! Better Babysitters

Sponsored by Seattle Children's and Overlake. For youth ages 11 to 13. This course teaches youth responsible babysitting by studying basic child development, infant and child care, safety, how to handle emergencies, and more. **Sat., Sept. 25, Oct. 16 or Nov. 13, 9 a.m.–2 p.m.** Held at Bellevue College–North Campus. \$40 per person. Please register at www.seattlechildrens.org/classes-community.

WOMEN'S HEALTH

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

If you are leaking urine when you cough, laugh or sneeze, or you have sudden urges to go to the bathroom, you are probably experiencing incontinence. 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 A Miller, MD, urogynecologist, and Kathy Golic, 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., Oct. 27, 6:30–8 p.m. FREE.

Breast Health Program

This personalized, one-hour breast self-exam instruction and education program is taught by registered nurses. Monday evening classes. Please call 425-688-5259 for an appointment. FREE.

HEALTHY LIFESTYLES

Motion Is Life

Is pain keeping you from enjoying life? If so, learn more about joint pain relief as well as knee and hip replacement in this informative seminar presented by the Joint Replacement Center at Overlake. Time allowed for questions.

Tue., Oct. 12 at Overlake or Wed., Nov. 17 at Overlake Medical Clinics Issaquah, 6:30–8 p.m. FREE.

When It's More Than Feeling Sad—Major Depressive Disorder

If you have been experiencing feelings of depression, lethargy, fatigue, sleep problems and a lack of interest in activities, you may have major depressive disorder (MDD). In this presentation, Christina Agustin, MD, an Overlake Behavioral Health Services psychiatrist, will address signs and symptoms, causes, when to seek medical advice, screening and diagnosis, treatment, and coping skills. **Thu., Oct. 21, 6:30–8 p.m.** FREE.

Relief From Back and Neck Pain: Surgical and Nonsurgical Approaches

Back and neck pain comes in many forms and can cause nerve and muscular problems, degenerative disc disease and arthritis. Fortunately, there are several things we can do to avoid or minimize these painful disorders. In this class, Todd Jackman, MD, Overlake orthopedic physician, will discuss:

- ♦ The anatomy of a healthy back and neck.
- ♦ Common causes and diagnoses of back and neck pain.
- ♦ What to expect in your medical evaluation.
- ♦ Treatment options.
- ♦ Strategies to lower your risk of back and neck pain.

Wed., Oct. 20, 6:30–8:30 p.m. FREE.

October is National Domestic Violence Awareness Month

In connection with the Eastside Domestic Violence Program, Overlake's goal is to raise awareness, promote healing and prevent domestic violence in our community. **From Sept. 30–Oct. 11**, Overlake will host the "Silent Witness" exhibit, which includes life-size replicas of women murdered in Washington state due to domestic violence. Display located in the Overlake Medical Tower foyer. For more information, call 425-688-5247.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Oct. 21, 7–9 p.m.** \$45.

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series held monthly, including **Thu., Sept. 30–Oct. 14 or Nov. 4–18, 7–9 p.m.** \$89.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. **Bellevue: Tue., Sept. 21, Oct. 5, Oct. 12, Oct. 19, Nov. 2, Nov. 9, Nov. 16, Dec. 7, Dec. 14, or Dec. 21, or Issaquah: Tue., Sept. 28, Oct. 26, Nov. 23 or Dec. 28, 6–7:30 p.m.** FREE.

Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **4th Sat. of each month, 10 a.m.–noon.** For information, call 425-688-5214. **Also on Thursday evenings once a month from 6–8 p.m. on Sept. 9, Oct. 7 and Nov. 11.** FREE.

Diabetes Education

Overlake's Diabetes Education Services offers one-on-one education as well as classes to help you learn practical skills to manage your diabetes. 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 much more. Physician referral is required. For information, call 425-688-5485.

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. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Tue. and Thu., Oct. 19–Nov. 16; or Nov. 18–Dec. 16, 10 a.m.–noon.** Preregistration required; call 425-688-5800. \$15 for four-week session; includes workbook and water bottle. Scholarships available.

Exercises to Improve and Maintain Balance

Learn to strengthen and improve the core muscles that keep your body in balance. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Wed., Oct. 20, Oct. 27, Nov. 3 and Nov. 10; 2–3 p.m.** Preregistration required; call 425-688-5800. \$35.

Posture and Balance Clinic—Exercise Refresher

Exercise to Improve and Maintain Balance Refresher course. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Tue., Oct. 5, 2–3:30 p.m.** Preregistration required; call 425-688-5800. \$15.

Intro to Senior 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 adapted to each individual's ability. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Tue., Oct. 26–Nov. 16, 11 a.m.–12:15 p.m. or 12:30–1:45 p.m.** Preregistration required; call 425-688-5800. \$69 for six-week session.

Senior Yoga for Balance

This ongoing breath-oriented practice will help increase your circulation, release tense muscles and strengthen core muscles, all promoting better posture and balance. All exercises done from a chair and adapted to each individual's ability. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Thu., Oct. 28–Dec. 16, 11 a.m.–12:15 p.m.** Preregistration required; call 425-688-5800. \$69 for six-week session.

Living Wills: Does Your Family Know Your Wishes?

Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Thu., Sept. 30, 10 a.m.–noon.** Preregistration required; call 425-688-5800. \$5.

What's the Difference Between Dementia and Alzheimer's Disease—And Tips for Managing the Behaviors

Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Tue., Nov. 2, 2–3:30 p.m.** Preregistration required; call 425-688-5800. \$5.

A Better Understanding of Long-Term Care Insurance Policies

This is an informational seminar, not a sales presentation. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Tue., Oct. 5, 10 a.m.–noon or 7–9 p.m.** Preregistration required; call 425-688-5800. \$5.

Incontinence: It Doesn't Have to Be Part of Growing Older (Class #51160)

North Bellevue Community Center. **Mon., Sept. 27, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$6 residents; \$7 nonresidents.

Managing Muscle and Joint Pain (Class #51203)

North Bellevue Community Center. **Mon., Oct. 25, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$6 residents; \$7 nonresidents.

Standing Up to Foot Pain (Class #51204)

North Bellevue Community Center. **Mon., Nov. 22, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$6 residents; \$7 nonresidents.

Hypertension Issues

Bellevue YMCA. **Wed., Oct. 13, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

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

Bellevue YMCA. **Wed., Nov. 10, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

Healthy Eating for Weight Loss

Redmond Senior Center. **Wed., Oct. 20, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Avoiding the Fall—Reducing the Risk

Redmond Senior Center. **Wed., Nov. 17, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

LIVING HEALTHY WITH DIABETES

Overlake Diabetes Fair

Sat., Nov. 13, 8:30 a.m.–2 p.m. No preregistration required. Overlake's PACCAR Education Center. Enjoy this FREE informational fair. Attend seminars with Irl Hirsch, MD, internationally known endocrinologist, researcher and author providing the keynote address. Stroll through vendor exhibits showcasing diabetes treatment products and services and receive free health screenings. In addition, the first 100 attendees will receive a FREE Hemoglobin A1c test. Call 425-688-5806 for more information or visit www.overlakehospital.org/diabetes.

CAREGIVER SUPPORT

Caregiver of Older Adults Support Group —Bellevue

Overlake Senior Health Center, Bellevue. **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.

Family Caregiver Support Group —Mercer Island

Overlake Senior Health Center, Mercer Island. **2nd Tue. of each month, 3–4:30 p.m.** No registration required. For more information, call Karin Miller, MSW, 425-688-5637. 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, 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

Complimentary wigs and wig fittings are available for women who are experiencing hair loss due to cancer treatment. Feel free to drop in weekdays, or call 425-688-5986 to schedule an appointment.

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., Oct. 18, 6–8 p.m.** Call 425-688-5816 to register. FREE.

For more information about our classes, or to register,

Breast Cancer Survivorship Clinic

The Overlake Breast Cancer Survivorship Clinic is held monthly at our Bellevue and Issaquah locations. For more information or to schedule an appointment, call 425-467-3669.

Sit and Knit

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

Gilda's Club

The Cancer Center at Overlake is pleased to announce an exciting new partnership with Gilda's Club Seattle. Gilda's Club provides meeting places where men and women living with cancer and their families can join with others to build emotional, social and educational support as a supplement to medical care. Gilda's on the Go at Overlake is slated to begin in late September and all programs are free.

Groups include:

- ♦ Breast Cancer Support Group.
- ♦ Grief and Loss Support Group.
- ♦ Caregiver Support Group.
- ♦ Wellness Support Group for all cancer diagnoses.

To register or to get more information, please call 425-688-5816.

EVENTS

Tree of Hope

Celebrate life! Honor loved ones. Remember friends or family members who are living with cancer. The 11th annual Tree of Hope, presented by the Cancer Center Auxiliary, will be held **Wed., Sept. 22, 6 p.m.**, in the main lobby of the hospital. Proceeds benefit patient-related programs at the Cancer Center. Call 425-688-5526 or e-mail auxiliaries@overlakehospital.org for more information.

Eastside Vitality Health Talks: What Every Man Should Know About Prostate Cancer

Prostate cancer is the most common cancer among men. Join us and learn the latest in prevention, diagnosis and treatment of prostate cancer. Learn about risk factors and new research for the disease from experts at Overlake. **Tue., Sept. 28, 6:30–8 p.m.**, in the PACCAR Education Center, Overlake Hospital. To register or for more information, call 425-688-5816. FREE.

Issaquah Salmon Days Festival 2010

Sat., Oct. 2 and Sun., Oct. 3, 10 a.m.–6 p.m.

Overlake is proud to sponsor this two-day festival, which will include hatchery viewing and exhibits, more than 250 arts and crafts booths, foods of the world, the Field of Fun, five stages of live entertainment, and plenty of FREE events and activities for all ages. Be sure to arrive early on Saturday to watch Overlake participate in the Grande Parade and pay tribute to 50 years of healing. For more information, visit www.salmondays.org

2010 Puget Sound Start! Heart Walk

Sat., Oct. 2, 8 a.m., at the Seattle Center. Overlake is a proud sponsor of the Puget Sound Start! Heart Walk. Funds raised from the walk support research at local institutions and initiatives that promote the prevention and treatment of heart disease. The event includes a Kids Zone and performances by local bands. Be sure to check out Overlake's booth in the "Celebrate Success" village. To register for the walk or to learn about becoming a team captain, go to www.pugetsoundheartwalk.org.

Making Strides Against Breast Cancer Walk

Overlake is the proud Flagship Sponsor of the American Cancer Society's Making Strides Against Breast Cancer Walk starting at **9 a.m. on Sun., Oct. 10**, at Bellevue Downtown Park. The 5k walk raises funds to support breast cancer programs and

research in our community. For more information or to sign up to walk, call 425-688-5816 or e-mail amy.mcgann@overlakehospital.org.

Eastside Vitality Health Talks: The Latest in Lung Cancer Prevention and Treatment

Join us to learn the latest in research, prevention, diagnosis and treatment of lung cancer from experts at Overlake and Seattle Cancer Care Alliance. **Wed., Nov. 3, 6:30–8 p.m.** in the PACCAR Education Center at Overlake. To register or for more information, call 425-688-5816. FREE.

Poinsettia Sale

Bring the holidays home and support Overlake in one easy step. The Sonja Potter Senior Care Auxiliary will be selling poinsettias for pickup on **Dec. 3**. Call now to reserve your holiday red, white and pink! For more information, e-mail auxiliaries@overlakehospital.org or call 425-688-5526.

Bridge Tournament

The Roger Stark Cardiac & Stroke Auxiliary will be continuing a long-standing tradition this fall with its Bridge Tournament. New players are encouraged to join for \$50. The tournament runs from September until May. Funds raised support Overlake Hospital Medical Center's Cardiac and Stroke programs. For more information, contact the Auxiliary office at auxiliaries@overlakehospital.org or 425-688-5526.

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 the open-assignment line at 425-688-5552, or 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 valuable and needed health education classes and lectures to the Eastside community, and we're looking for your input. If you have an idea for a lecture, course or ongoing series that you would like us to offer, please send an e-mail to education@overlakehospital.org. We will work to implement your ideas as we partner with you in the journey to lifelong health.

please visit www.overlakehospital.org/classes.





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NEW MEDICAL STAFF AT OVERLAKE

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206-395-4422
PM/Rehab

Karen Berlin, MD
425-688-5460
Psychiatry

Megan Gary, MD
425-688-5460
Addiction

Grace Kalish, MD
425-688-5985
Mammography

Jamie Kim, MD
425-451-4141
Anesthesia

Jason Lee, MD
206-363-7035
Ophthalmology

Jeffrey Lee, MD
425-454-8161
Cardiothoracic Surgery

Renee Minjarez, MD
425-453-1772
Vascular Surgery

Chirag Shah, MD
206-965-1700
Gynecologic Oncology

Mandana Shamsa, MD
425-289-3100
Internal Medicine

Emily Showman, MD
425-827-4600
Pediatrics



Eastside Vitality

OVERLAKE HOSPITAL MEDICAL CENTER'S COMMUNITY HEALTH FAIR

On Saturday, October 23, join us at the Eastside Vitality Health Fair
to celebrate good health and 50 years of healing with Overlake.

10 a.m. to 4 p.m. at Overlake's Bellevue Campus

1035 116th Avenue NE

Parking is free!

- **Free health screenings.***
- **Free health lectures.**
- **Talk to Overlake experts.**
- **Special activities just for kids!**

For a complete schedule of free health screenings, lectures
and event details, visit www.overlakehospital.org/50years

* Certain screenings will be limited to those with known risk factors.

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50 Years
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Healing
1960 - 2010