

Healthy Outlook

WINTER
2011

A Strong Recovery

Thanks to total knee replacement surgery at Overlake, BeBe Burns still excels at competitive powerlifting—and has taken up running

OVERLAKE
Hospital
Medical
Center
Medical excellence every day™

PLUS: Speedy Care Saves Heart Attack Victims' Lives
Overlake's New Downtown Bellevue Clinic



From the President & CEO

The start of a new year is a time to reflect and look forward. At Overlake, 2010 was a year worth remembering, as we celebrated our 50th anniversary with many of you at our annual Eastside Vitality Health Fair in October, where we provided over 1,000 important health screenings at no charge. That same month we opened a beautiful new primary care clinic in the heart of downtown Bellevue to provide much-needed primary care services to those who live and work there.

2011 promises to be a year of further growth and change for Overlake and for healthcare nationally, as our elected officials work to implement and improve healthcare reform legislation. In whatever way our country's healthcare system evolves, providers who deliver high-quality care most efficiently will be the ones patients seek out. To that end, I'm pleased Overlake is one of the most efficient hospitals in the state of Washington and one of the highest-quality hospitals in the nation. In fact, The Leapfrog Group recently announced that Overlake ranks in the top 10 percent of hospitals in the nation in efficiency and quality, and HealthGrades® has ranked us in the top 5 percent in the country for patient safety three years in a row.

I wish you good health and happiness in the new year.

Sincerely,

Craig Hendrickson
President & CEO

OVERLAKE NAMED BLUE DISTINCTION CENTER FOR BARIATRIC SURGERY® BY PREMIER BLUE CROSS

This designation recognizes Overlake's Weight Loss Surgery Program and its comprehensive process, which helps patients successfully lose weight and enjoy better health.

Blue Distinction Centers for Bariatric Surgery demonstrate their commitment to quality care, resulting in better overall outcomes for bariatric patients. To qualify, Overlake's program meets stringent clinical criteria developed in collaboration with expert physicians and medical organizations.

Blue Distinction Centers for Bariatric Surgery provide a full range of bariatric surgery care services, including inpatient care, postoperative care, outpatient follow-up care and patient education.

OVERLAKE PROMOTES HEALTH AND WELLNESS IN THE WORKPLACE

Overlake was recently named a Start! Fit-Friendly Workplace. This distinguished status, part of a nationwide campaign created by the American Heart Association, designates Overlake as an organization that promotes health and wellness to its employees in ways such as providing healthy snack options, providing walking routes and offering perks for those who choose to bike or bus to work.

Studies show that promoting a healthy lifestyle and culture of activity in the workplace provides a multitude of health benefits, including reduced stress, better heart health and increased productivity.

HEALTHY OUTLOOK · WINTER 2011

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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 e-mail healthyoutlook@overlakehospital.org.

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

Quality Care for Busy Patients

Overlake's new clinic in downtown Bellevue offers easy access to excellent medical care

Finding a doctor on the Eastside can be challenging because of the shortage of primary care physicians in our area. Add in today's jam-packed schedules, and it's no surprise many people skip important wellness visits and regular checkups.

With this in mind, Overlake is expanding its network of physicians and clinics, including its newest clinic in downtown Bellevue. Located at 108th Ave. NE and NE 4th St., less than a block from the Bellevue transit center, the new 6,000-square-foot clinic is convenient for those who live or work in downtown Bellevue. The clinic just opened in October, and now employees of companies like Microsoft, Expedia, Eddie Bauer and Puget Sound Energy, as well as downtown residents, are just steps away from quality care.

In its early planning, Overlake met with area employers to ask what their workers needed, and it was clear that adult primary care medicine was a high priority. In response, the new clinic provides adult preventive care—including annual exams, and men's and women's health screenings—as well as care for acute and chronic conditions.



OVERLAKE MEDICAL CLINICS DOWNTOWN BELLEVUE

Washington Federal Bank Building
400 108th Ave. NE
425-635-6350

Monday through Friday
8 a.m. to 6 p.m.
www.overlakehospital.org/clinics



Alex De Moraes, MD

"Everyone needs a good primary care physician to serve as their partner in health and wellness," says Alex De Moraes, MD, associate medical director of Overlake Medical Clinics Downtown Bellevue. "If and when needed, we can also help patients manage acute and chronic conditions like a broken bone, diabetes, anemia and cardiovascular disease."

The new clinic has 12 patient rooms and one procedure room, and is staffed by Dr. De Moraes, a family practice physician; Sai Mannem, MD, an internal medicine physician; and Susan Marcolina, MD, FACP, an internal medicine physician. One more internist will join the clinic this winter, along with an advanced registered nurse practitioner.

The clinic offers same-day appointments in most cases, and patients can get in and out quickly, perhaps on their break or lunch hour.

To that end, the clinic's layout was designed to help the staff move through the space efficiently. The clinic's interior offers a comforting patient experience with a design that reflects Pacific Northwest style, incorporating soothing colors, lots of natural light and healing artworks by local glass artist James Curtis and photographer Henry Domke, a retired physician.

Every morning, the team meets to strategize the patient flow for that day, and each room's placement of equipment and supplies is standardized, so staff members can quickly find items they need. Right in the exam room, the doctor can access the patient's medical record via computer, add prescriptions or future appointments, make specialist referrals, and print out educational handouts. "We also have an in-house lab that offers point-of-care testing and results," says Dr. De Moraes.

A convenient location is key for busy people in need of quality healthcare, and that's what the clinic provides. As Dr. De Moraes says, "Placing the clinic right in the heart of downtown and creating an open-access model allows people to walk a few blocks see their doctor and get back to their home or office quickly."



Back to the Life You Love

A New Era in Knee, Hip and Shoulder Replacement

BeBe Burns knows all about joint trouble. When she was just 19, she badly injured her knee—and ultimately had ligament reconstruction—but her compromised joint hasn't slowed her down much. Over the years, she's played various sports and has been a state-ranked tennis player. Now at age 68, standing 5 feet 2 inches tall and weighing 105 pounds, BeBe is a competitive powerlifter. "People always assume that I'm a great athlete because I do these things, but I'm not," says the affable Seattle resident. "It's just that I try. It's about being silly enough not to be afraid to lose."

That "go for it" mindset has taken BeBe far—most recently to the Czech Republic, where she competed in the International Powerlifting Federation World Masters Powerlifting Championships. Along with positive thinking, BeBe knows it is just as important to have a body that cooperates. So last year, when the pain in that somewhat wobbly knee started flaring up, she knew it was time for total knee replacement surgery, in which her own joint would be replaced with an artificial one. "She's extremely tough, but she finally got to the point that she couldn't do what she wanted to do anymore," says BeBe's longtime

orthopedic surgeon, Greg Engel, MD, of Bellevue Bone and Joint.

Dr. Engel is just one of the skilled surgeons at the Joint Replacement Center at Overlake, which offers advanced surgical procedures, state-of-the-art artificial joints and comprehensive education that helps patients make a smooth transition back to their favorite activities.

THE SURGICAL SOLUTION

When a joint is compromised—whether due to trauma, osteoarthritis or another cause—pain, swelling, stiffness and instability can occur. While previous generations were content to kick back and relax in their 50s, 60s and beyond, most adults today have no such plans. "They want to be active doing things, and they have higher-demand needs as they age," explains Dr. Engel.

When more conservative joint treatments such as braces, medication and injections no longer ease the pain, surgery can help. At the Joint Replacement Center, surgeons offer total hip, knee and shoulder replacements, which give some people the chance to engage in activities they haven't enjoyed for years.

While some patients like BeBe are extremely active, the goal is simply to get people back to their normal activities, whatever they may be. “For some of our older patients, that may be bowling, gardening or shopping,” says Sheryl Ward, RN, nurse manager. “For some of our younger patients, it’s cycling, skiing or golfing.” Patients should talk to their doctor about what’s achievable for them.

A range of artificial joints is available, and the surgeon chooses the best type of artificial joint for the patient based on his or her lifestyle. For BeBe, Dr. Engel chose an artificial knee with an innovative rotating platform that would give her both support and the range of motion an athlete needs. Artificial joints have improved dramatically in recent years, offering more natural movement and greater longevity. “We’ve found fewer than 15 percent of artificial joints have worn out at 15 years,” Dr. Engel says.

A FULL-SPECTRUM APPROACH

Overlake provides not just joint replacement surgery but also comprehensive care that begins before the procedure and continues afterward. Patients attend a pre-operative joint education class taught by nurses, physical therapists and occupational therapists so they know what to expect while they’re in the hospital and thereafter. “We’re much more oriented to physical therapy and recovery than many other places,” Dr. Engel says. “The patient’s spouse or significant other will come in—or their kids—and they’ll learn exercises with the therapist, so the patient has a coach at home.”

Surgery takes about one and a half hours, and the patient then spends an hour in the recovery room before moving to a postoperative room on the joint replacement floor at Overlake. “The sooner they get mobile, the sooner we can get that joint moving, so we try to start physical therapy the day of surgery or first thing the next morning,” Sheryl says. As a result, most Overlake joint replacement patients can walk 150 feet by the time they’re discharged.

Patients need to have someone at home who can help them with cooking and other daily activities at first, and an Overlake social worker can assist with discharge planning for those who need rehab services or home health services.

Upon emerging from surgery with a brand-new knee, BeBe was determined to get back into action, but slowly. Also a two-time cancer survivor, she

is a member of Team Survivors—a nonprofit that encourages women to use exercise as they recover from health issues—so she needed no convincing of physical therapy’s value. She took care of her overall health, took pharmaceutical-grade nutritional supplements to reduce inflammation and exercised patiently and consistently to build strength and stability around her knee. Eventually, she was able to get back to Seattle Strength and Power, where she works out with her powerlifting coach, Todd Christensen. “It’s like anything else—you get what you put into it,” she says. “If I hadn’t had a good surgeon, physical therapists, acupuncturists, a chiropractor and a massage therapist, I couldn’t have done it. They’re all just incredible.”

STRIVING FOR EXCELLENCE

While the Joint Replacement Center maintains high standards, the team continuously seeks ways to improve care even further. “We have joint team meetings, and our lead physicians help guide us to decide if we should change a practice in our program, but it must be evidence-based [based on research],” Sheryl explains. “And we have changed our practice recently. For example, patients not only get one-on-one therapy but now they also go to the gym and do exercises as a group, which helps them to realize the person down the hall is having the same issues they have. They really encourage each other.”

BeBe, now well mended, suggests that people who have severe joint pain talk to their doctor about surgery. “I could have waited until I started limping with pain, but I knew it wasn’t going to get better, so why wait?” she says.

In the past two years, BeBe has competed in one national and two world powerlifting championships and has even taken up running—a sport that typically isn’t recommended for knee replacement patients. “I had never run a race, so just to see if I could do it, I did a couple of 5Ks and 10Ks, and then I did a half-marathon and the Danskin Triathlon,” she says. “It doesn’t hurt when I run, and I’m building other muscles and meeting new people. Now I want to take up paddle boarding because I haven’t had a chance to do things like that. I feel like a kid with a new toy!”

For more information, call the Joint Replacement Center at Overlake at 425-688-5579 or 866-777-4142, or visit www.overlakehospital.org/totaljoint.

Anticoagulation Clinic: Staying Healthy After Surgery



Following joint replacement surgery, many patients may be prescribed anticoagulation medication. Everybody responds to anticoagulant medication (also called blood thinners) differently. The food you eat and many other factors can affect your response to the medication so regular blood tests are needed to check that the dosage isn't too high (increasing the risk of bleeding) or too low (leading to undercoagulation).

Overlake's Anticoagulation Clinics in Bellevue and Issaquah ensure patients who are on warfarin (Coumadin®), heparin or similar medications can get their blood checked regularly without having to schedule doctor appointments. For more information, please call 425-688-5846. To schedule an appointment, call 425-688-5700.

Is Joint Replacement Right for You?

PAINFUL JOINTS CAN KEEP YOU FROM THE ACTIVITIES YOU LOVE MOST.

If you frequently experience any of the symptoms shown on the lower left, talk to your doctor about joint replacement surgery:

- Pain in your hip or knee that keeps you awake at night.
- Joint pain that continues to worsen over time.
- Joint pain that isn't relieved by pain medication.
- Difficulty walking or climbing stairs.
- Trouble standing up from a seated position.
- Having to limit or stop doing activities you enjoy due to pain.

Motion Is Life

Join us for a **free seminar** to learn more about options for joint pain relief; time allowed for questions.

**Wed., Jan. 19 or Tue., Mar. 22,
6:30 to 8 p.m.**

Preregistration required and space is limited; call 425-688-5259.

Visit the Donor Recognition Display in the corridor between the South Tower and the Gift Gallery.

Displaying Our Deep Appreciation for Your Generosity

OVERLAKE WOULDN'T BE THE WORLD-CLASS MEDICAL CENTER IT IS TODAY without the continued backing of our community. To honor our donors, the Overlake Hospital Foundation and Auxiliaries recently unveiled a digital Donor Recognition Display to acknowledge those who've supported Overlake over the years.

"I invite everyone to stop by and see our beautiful, interactive donor wall," encourages Robin Webster, donor relations director. The display adorns the west wall of the first floor hallway, connecting the main hospital building to the South Tower.

This is not a traditional brass nameplate display. In researching available options, Foundation and Auxiliaries staff sought a more creative and high-tech approach to acknowledge community support of the hospital's mission. Because Overlake is a nonprofit hospital that receives no public tax support, it relies on donations from small businesses, corporations and individuals to provide its essential healthcare services.

The simple, elegant display reflects Overlake's soothing healing environment. Nearly 1,000 donors and honorees are listed in five categories:

- Annual donors of more than \$1,000.
- Benefactor Society members.
- Lifetime donors with more than \$100,000 in cumulative giving.
- Named endowments.
- Individuals honored or remembered through tribute gifts.

TOUCH SCREEN PROVIDES VIRTUAL TOUR

A portion of the exhibit includes a touch-screen interactive station where visitors can quickly scan information ranging from spotlights on key leadership and service lines, to profiles of major donors, to details on how to join an auxiliary. The static parts of the display, such as the panel that features donors who contributed \$1,000 or more in the previous fiscal year, will be updated annually.

According to Craig Hendrickson, Overlake's president and CEO, "We are privileged to work among such inspired philanthropists who share our vision, and we are proud to display this token of gratitude for their overwhelming support of Overlake, year after year."

Beloved Patient Offers Heartfelt Thanks to Supporters

"It's your fault I'm still here!"

After 18 different procedures over 27 years, Kip Steele knows Overlake intimately. And there is no place he would rather be when in need of healthcare. When Foundation staff asked if he would speak at the annual Community Partners Breakfast held in October at the Hyatt Regency Bellevue, Kip recalls, "I had mixed emotions about asking such a large group for money. I was anxious about doing it right, but this concern was minor as I would do anything for Overlake and particularly for the people who have been so kind to me."

At the breakfast Kip shared his very personal accounts of the leading-edge technologies and expert care received through Overlake that have literally saved his life more than once. "You made me—an old, pro-hockey tough guy—cry when I arrived home from Overlake and could lift my 5-year-old granddaughter. She kissed my cheek and said 'I love you granddad.'"

Kip's talk was both moving and humorous. "I'm a premier member of Overlake's Gurney Mileage Club, and have gained my own rewards card," he said proudly with a twinkle



in his eye. The frequent-flier-style card was conceived by Melody Fawcett, Overlake patient relations specialist. She was assisted by Joyce Kuhnly, a member of the housekeeping staff, who Kip says took initiative on her own time to help make him smile.

Speaking from his heart, Kip thanked attendees for their ongoing generosity. "Your support demonstrates leadership by setting examples, creating an environment and attitude where every employee's and volunteer's expertise and compassion are evident. I've felt the soft touch of a reassuring hand on my arm, with comforting words, and my fevered brow wiped." Kip added that he's indebted to Overlake for the excellent care he's received and grateful to all donors who recognize and support the hospital's vital role in the community.

Save the Dates

BANDAGE *Ball*

FINE WINE
PROCUREMENT PARTY

THURSDAY, MARCH 10
SEASTAR RESTAURANT, BELLEVUE

**BANDAGE
BALL
2011**

SATURDAY, MAY 14
HYATT REGENCY BELLEVUE

For additional information on these events, contact us at 425-688-5526 or events@overlakehospital.org.

Quick Intervention

Saves Heart Attack Victims' Lives



Mark Hornberger

On July 19, 2010, Mark Hornberger came home from work, sat down to write an expense report and was jolted by chest pain. Even though Mark admits the pain was “like getting hit in the chest with a ball,” he dismissed the warning signs, as many heart attack victims do. “I thought it would go away—I just didn’t have time. I took a few aspirin.”

Mark, 53, was having a heart attack, and he later learned the delay could have cost him his life. He waited 30 minutes before calling a neighbor, who called 9-1-1.

Paramedics whisked Mark to Overlake. There, in just 22 minutes, Joseph Condon, MD, a cardiologist with the Cascade Heart Clinic, inserted a tiny balloon-tipped catheter into his blocked artery and inflated the balloon to restore blood flow to Mark’s heart.

With heart attack patients, every minute is critical, and the speed of Overlake’s treatment beats national standards. “Door-to-balloon time” is the interval between a heart attack patient’s arrival at the hospital and the inflation of a balloon-tipped catheter to open a blocked artery. The procedure is called angioplasty.

The national “door-to-balloon time” standard is 90 minutes. Overlake’s Emergency Department and Cardiac Catheterization Lab (Cath Lab), however, gets the job done in 60 minutes on average, says Carolyn Holmes, RN, nurse manager of the Cath Lab. “We finish in less than 70 minutes consistently and haven’t hit 90 minutes or higher in over a year,” she says.

“The longer an artery is blocked, the greater the chance of not surviving. If Mark had stayed home, his chance of survival would

have been severely reduced,” Dr. Condon adds.

The quickness of Mark’s treatment—22 minutes—is an Overlake record, but it also matches a national one. The fastest published door-to-balloon time in the country is 22 minutes, according to Carolyn.

The reason for Overlake’s speed: a team approach involving highly skilled physicians and well-trained and experienced staff.

Overlake has spent great time and effort perfecting its protocol for treatment of heart attack patients. Staff and doctors review every step of the process. They analyze data and meet monthly to review patient records to learn where precious minutes may be gained.

Because 9-1-1 emergency responders call Overlake, begin treatment and notify the Cath Lab team while en route, those with heart attack symptoms should call 9-1-1 rather than have someone drive them to the hospital, Carolyn advises. Calling 9-1-1 is safest for patients and the quickest way to activate all of the resources they will need.

Thanks to Overlake’s quick intervention, Mark left the hospital the next day and returned to work in a week, much faster than average for heart attack patients. Mark’s heart shows no significant damage, another benefit of fast treatment.

His one regret is he didn’t call 9-1-1 sooner.

“You hear stories about long waits in emergency rooms, but it wasn’t like that. It was incredibly quick,” Mark says. “I was amazed at the fast, professional assessment and communication. It was really quite remarkable, and I am so grateful to all the staff for their expert care.”

For more information, please visit www.overlakehospital.org/cardiac.

Guiding Patients to Diabetes Management

When Bev Kobs was diagnosed with Type 2 diabetes in October 2009, her doctor had to give her the news three times before it registered. “It really shocked me,” she recalls.

But a week later, staff at Overlake’s Diabetes Education Services Program helped Bev, 55, make sense of the mass of information she’d need to manage her condition. “It was quite a bit to absorb, but they helped me navigate through it,” Bev says. “They helped me understand I’m not doing this alone.”

A diabetes diagnosis can be overwhelming. At Overlake, patients get hourlong appointments with certified diabetes educators who are nurse practitioners, registered nurses and registered dietitians.

In Bev’s case, staff explained the details of her condition and taught her to manage it with diet, exercise and medications prescribed by her doctor. They monitored her for months and helped her stick to her eating goals and keep a food log.

Bev thought she’d been eating well but learned foods like certain cereals can be a poor choice because of hidden ingredients.

“They helped me understand food labels,” she says. “Overlake helped me not only pay attention to sugars, but carbs and sodium, too. I have adopted better food choices and pay more attention to recipes.”

There’s a wealth of information about diabetes available, much of it online. Still, many people with diabetes struggle to control their condition, and much of the available information is generic, explains

Carita Osterback, manager of Outpatient Services at Overlake.

Overlake’s education is tailored to each patient. Staff members explain how diabetes works, what role medications play, how to check blood sugar and essentially how to gain control over the disease and not be controlled by it.

Overlake also offers insulin pump training as well as continuous glucose monitoring, or CGM, in which a tiny glucose sensor under the skin reads blood sugar levels. The device reads glucose levels every five minutes, which helps patients keep blood sugar steady.

Overlake’s program serves people with Type 1 and Type 2 diabetes, as well as those with gestational diabetes. Classes also are offered for people with pre-diabetes. Studies show modest lifestyle changes can give people with pre-diabetes a 58 percent chance of preventing or delaying Type 2 diabetes.

Today, Bev has her diabetes under control. When she was first diagnosed, her blood sugar levels were more than 300, alarming her doctor. Now they average 100 to 130, a good range, Bev says.

She walks more at work during her lunch hour and at home. Occasionally, co-workers join her for a stroll. “It’s amazing what even a 15-minute walk can do for you,” Bev says.

“I refer to it as a lifestyle adjustment,” Bev says of her diabetes. “It can be a very upsetting situation, but it can also be as positive as you make it.”

For more information, please visit www.overlakehospital.org/diabetes.



Bev Kobs

Managing Diabetes

A three-part class providing comprehensive diabetes education. Physician order required. Call 425-688-5700 to pre-register.

Bellevue:

January 11, 18 and 25
9 a.m. to noon

March 17, 24 and 31
1 to 4 p.m.

Issaquah:

February 9, 16 and 23
1 to 4 p.m.



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. **Thu., Feb. 24, 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 grandparents 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. 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 at right.*
- ♦ *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 at right.*
- ♦ *Happiest Baby on the Block: see listing below.*

PARENTING

Car Seat Check

One-on-one consultation with an expert to learn correct car seat installation and usage. **Sat., Feb. 12, 10 a.m.–2 p.m.** FREE.

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., Jan. 15, Feb. 12, Mar. 5 or Apr. 16, 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., Jan. 22 and 29, or Mar. 12 and 19, 9 a.m.–4 p.m.** \$150 per couple.

ParentMap's Preschool Preview Night

Overlake once again sponsors this annual event showcasing more than 40 Eastside preschools and programs. **Thu., Jan. 13, 5:30–8 p.m.**, Meydenbauer Center, Bellevue. FREE.

ParentMap Pathways Lecture Series

Overlake is a proud sponsor of this year's ParentMap Pathways Lecture Series, which includes the following three lectures:

Raising an Emotionally Intelligent Child

Best-selling author and marriage expert Dr. John Gottman equips parents with a five-step "emotion coaching" process that teaches them how to help their child enjoy increased self-confidence, greater physical health, improved school performance and healthier social relationships. **Wed., Mar. 2, 7–9 p.m.**, Washington Cathedral, Redmond.

For more information about our classes, or to register,

ParentMap Pathways Lecture Series (cont.)

From Barbie to Bieber: Parenting Growing Girls

Veteran parent educator Julie Metzger offers parents tools and valuable insights into the inner lives of growing girls, including navigating the social, emotional, cognitive and physical changes of female puberty. **Wed., Apr. 13, 7–9 p.m.**, Meydenbauer Center, Bellevue.

You're Not the Boss of Me! The Charms and Challenges of Raising Healthy Boys

This unique presentation by two veteran local Waldorf teachers combines the latest research, humor and audience participation to create an evening just for parents and caregivers of boys. **Wed., Mar. 16, 7–9 p.m.**, Stroum Jewish Community Center, Mercer Island.

To reserve your ticket or check out a complete list of all ParentMap lectures, call 800-838-3006 or go to www.parentmap.com/pathways.

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. 24, Wed., Mar. 2, Mon., Mar. 21 or Mon., Apr. 11, 6–7:15 p.m.** \$25 per family with one sibling; \$10 per additional sibling.

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., Jan. 29 and Feb. 12, 9 a.m.–2 p.m.** \$59 per person; \$99 per couple; additional \$10 workbook fee required.

Managing Anger Between Parents and Children

In most families, anger and frustration between parent and children occur. Attend this class to learn how to emotionally coach your children's angry emotions while developing healthy methods of expressing your own anger. **Tue., Mar. 22 and 29, 7–9 p.m.** \$40 per person; \$65 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., Jan. 24–Apr. 4, 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. Please register at www.seattlechildrens.org/classes-community.

Wed., Jan. 5 and 12 or Tue., Mar. 8 and 15, 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.

Wed., Jan. 19 and 26 or Wed., Mar. 9 and 16, 6:30–8:30 p.m. \$60 per son/parent pair; \$10 per additional person.

SAFETY

Infant CPR and Safety-Proofing

Completion cards are not awarded in this class. **Weeknights, Jan. 26, Feb. 16, Mar. 16 or Mar. 30, 6:30–9:30 p.m., or Saturdays, Jan. 15, Feb. 5, Mar. 5 or Apr. 2, 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. **Sat., Feb. 19, 9 a.m.–4 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., Jan. 10 and 12 or Mar. 21 and 23, 6:30–9:30 p.m.** \$60.

CPR Course for Healthcare Providers

Wed., Jan. 19 or Mar. 9, 6–9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

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

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., Jan. 8, Jan. 22, Feb. 12, Feb. 26, Mar. 12 or Mar. 26, 9 a.m.–2 p.m.** Bellevue location. \$40 per person. Please register at www.seattlechildrens.org/classes-community.

WOMEN'S HEALTH

Be Heart Smart: What Women Should Know About Their Cardiac 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 learning what current and innovative diagnostic and treatment options are available today. Men welcome.

Presenters include Overlake's cardiac experts and co-authors Thomas Amidon, MD, cardiologist, and novelist Stephen Amidon, who recently released their book, *The Sublime Engine: A Biography of the Human Heart*, a historical look at humankind's enduring fascination with our most essential organ, the heart.

Plan to come early to attend our Heart Health Fair, which includes:

- ♦ Free, nonfasting cholesterol screening—pre-reserve your time slot; space limited.
- ♦ Blood pressure checks by The Hope Heart Institute.
- ♦ Self-risk assessment and resource fair.
- ♦ A glass of "heart-healthy" red wine and dark chocolate.
- ♦ Book signing by authors of *The Sublime Engine: A Biography of the Human Heart*.

Wed., Feb. 16, 6–9 p.m.; Health Fair from 6–7 p.m.; presentation from 7–9 p.m. FREE.

Preregistration required; call 425-688-5259 or visit www.overlakehospital.org.

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. **Wed., Jan. 19 or Tue., Mar. 22, 6:30–8 p.m.** FREE.

Establishing Optimal Body Mechanics and Ergonomic Practices

In this interactive class, Shawn Lambert, Overlake physical therapist, will show you how to prevent neck and back strain while performing everyday activities by developing positive strategies for posture, positioning and body mechanics. Participants will be encouraged to practice these strategies in class. **Wed., Mar. 2, 6:30–8 p.m.** FREE.

please visit www.overlakehospital.org/classes.

WITH GRATITUDE TO OUR COMMUNITY PARTNERS BREAKFAST SPONSORS

We would like to thank the following sponsors for their generous support of Overlake at the 2010 Community Partners Breakfast

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Mar. 1–22, 11 a.m.–12:15 p.m. or 12:30–1:45 p.m.;
or Thu., Jan. 6–27; Feb. 3–24; or Mar. 3–24,
11 a.m.–12:15 p.m. Preregistration required; call
425-688-5800. \$44 for four-week session.

Living Wills: Does Your Family Know Your Wishes?

City University, 150 120th Ave. NE., Bldg. F, Bellevue.
Tue., Feb. 8, 10 a.m.–noon. Preregistration required;
call 425-688-5800. \$5.

Dealing With Dementia—by the Alzheimer's Association

City University, 150 120th Ave. NE., Bldg. F, Bellevue.
Thu., Feb. 24, 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. City University, 150 120th Ave. NE., Bldg. F, Bellevue. **Tue., Mar. 22, 10 a.m.–noon or 7–9 p.m.** Preregistration required; call 425-688-5800. \$5.

The Aging Eye (Class #54592)

North Bellevue Community Center. **Mon., Jan. 24, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$7 residents; \$8 nonresidents.

Take a Stand Against Strokes (Class #54593)

North Bellevue Community Center. **Mon., Feb. 28, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$7 residents; \$8 nonresidents.

Reducing the Risk—Avoiding the Fall (Class #54821)

North Bellevue Community Center. **Mon., Mar. 28, 1–2:30 p.m.** Preregistration required; call 425-452-7681. \$7 residents; \$8 nonresidents.

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

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

Hypertension Issues

Bellevue YMCA. **Wed., Feb. 9, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

Keeping Your Memory Fit

Bellevue YMCA. **Wed., Mar. 9, 11:30 a.m.–12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

Understanding Strokes

Redmond Senior Center. **Wed., Jan. 19, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

Vitamin Supplements—Should You Be Taking Them?

Redmond Senior Center. **Wed., Mar. 16, 10–11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

I Can See Clearly Now

Redmond Senior Center. **Wed., Mar. 16, 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 425-688-5800. FREE.

Retraining Your Body's Stress Response

Prolonged stress disrupts vitality, leading to more serious health problems. In this two-part class, you will learn how to incorporate conscious breathing as a tool to retrain your nervous system to more readily access and sustain the physiological state of relaxation and healing. Taught by Julie Glassmoyer, certified Reflexologist and Body Centered Therapist who specializes in stress reduction. **Mon., Jan. 24 and 31, 7–8:30 p.m.** \$40.

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Thu., Jan. 20, 7–9 p.m.** \$45.

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series held monthly, including **Thu., Jan. 27–Feb. 10 or Mar. 3–Mar. 17, 7–9 p.m.** \$89.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Bellevue: **Tue., Jan. 4, Jan. 11, Jan. 18, Feb. 1, Feb. 8, Feb. 15, Mar. 1, Mar. 8, Mar. 15 or Apr. 5,** or Issaquah: **Tue., Jan. 25, Feb. 22 or Mar. 29. 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 Jan. 6, Feb. 10 and Mar. 10.** 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.

Managing Diabetes

Three-part series on managing diabetes. Physician order required. Insurance companies will be billed; contact your insurance company in advance to determine if your policy covers diabetes education. Bellevue: **Tue., Jan. 11–25, 9 a.m.–noon, or Thu., Mar. 17–31, 1–4 p.m.** Issaquah: **Wed., Feb. 9–23, 1–4 p.m.** Call 425-688-5700 to register.

Pre-Diabetes Classes

If you've been told your blood sugar is in the pre-diabetes range, learn how to reduce your risk for developing type 2 diabetes. **Fri., Mar. 18, 2–3:30 p.m.** \$40. For more information, call 425-688-5636.

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. City University, 150 120th Ave. NE., Bldg. F, Bellevue. **Tue. and Thu., Feb. 8–Mar. 3; or Mon. and Wed., Mar. 7–30, 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. City University, 150 120th Ave. NE., Bldg. F, Bellevue. **Thu., Jan. 20–Feb. 10; Tue., Feb. 8–Mar. 1; or Mon., Mar. 14–Apr. 4, 2–3 p.m.** Preregistration required; call 425-688-5800. \$36.75 for four-week session.

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. City University, 150 120th Ave. NE., Bldg. F, Bellevue. **Tue., Jan. 4–25; Feb. 1–22; or**

For more information about our classes, or to register,

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, Internet access 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 hair loss to try on wigs. All wigs are complimentary. Feel free to drop in to the Cancer Resource Center weekdays or call 425-688-5986.

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. **Mondays, Jan. 10, Feb. 7 or Mar. 14, 1:30–3:30 p.m.** 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. Groups include:

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

To register for these FREE programs, call 206-709-1400.

Sit and Knit

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

EVENTS

Fashions From the Heart

The Roger Stark Cardiac & Stroke Auxiliary will host a luncheon and fashion show on **Wed., Feb. 23, 11:30 a.m.**, at the Hyatt Regency Bellevue. Tickets range from \$65 to \$100. To reserve your seat, call 425-688-5526, or e-mail events@overlakehospital.org.

Mercer Island Rotary Half Marathon

Sun., Mar. 20, 6:30–9:30 a.m. 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. 19**. To register or for more information, visit www.mercerislandhalf.com.

Eastside Vitality Health Talks: The Latest in Colon Cancer Prevention and Screening

Join us to learn the latest in prevention and diagnosis of colon cancer from experts at Overlake. **Thu., Mar. 24, 6:30–8 p.m.** in the PACCAR Education Center at Overlake. To register or for more information, please contact Amy McGann at 425-688-5816 or at amy.mcgann@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 or leah.smith@overlakehospital.org, **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.

2011 ACTIVE SENIOR FAIR

SATURDAY, MARCH 12, 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 range of Eastside businesses and organizations. Take advantage of various free health screenings. The entire day is geared to the active senior.

Call 425-688-5800 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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425-827-4600
Pediatrics

Gina Chen, MD
425-242-5344
Pulmonary, Critical Care

Ben Chue, MD
206-686-1266
Oncology/Hematology

Johnette Crawford, MD
425-688-5777
Family Practice

Jaclyn Czaja, MD
425-827-4600
Pediatrics

Alexandre De Moraes, MD
425-635-6350
Family Practice

Alexander Dudetsky, MD
425-208-0026
Internal Medicine

Kerry Eby, MD
425-688-5072
Hospitalist

Margaret Fleet, MD
425-899-5111
Nephrology

Clay Johnsen, DPM
425-861-6254
Podiatry

Jason Kim, MD
425-391-2722
Pain Management

Paul Mann, MD
206-987-2041
Neonatology

Susan Marcolina, MD
425-635-6350
Internal Medicine

Samir Master, MD
425-454-7546
Dermatology

Pia Matsuno, MD
425-827-4600
Pediatrics

Janna Patterson, MD
206-598-4606
Neonatology

Bernadette Thomas, MD
206-543-3792
Internal Medicine

Christopher Traudt, MD
206-598-4606
Neonatology



BE HEART SMART: What Women Should Know About Their Cardiac Health

Wednesday, February 16
Overlake's PACCAR Education Center
Heart Health Fair - 6 to 7 p.m.
Presentation - 7 to 9 p.m.

Join Overlake for a fun, informative evening and find out what you can do to improve your heart health. **Men welcome.**

Heart Health Fair:

- Free, non-fasting cholesterol screening. Preregister to reserve your timeslot, space is limited.
- Blood pressure checks by The Hope Heart Institute.
- Book signing by authors of *The Sublime Engine: A Biography of the Human Heart*.

Presentation:

- Risk factors and symptoms of coronary heart disease.
- Current diagnostic and treatment options.

See page 13 for additional details. Preregistration required; call **425-688-5259** or visit www.overlakehospital.org/classes.