



Healthy Outlook

SUMMER
2010

Beating the Odds

A major heart attack threatened Larry Larsen's life—four times. His wife's quick response and Overlake's superior emergency care made all the difference.

OVERLAKE
Hospital
Medical
Center
Medical excellence every day™

PLUS: Round-the-Clock Urgent Care in Issaquah
Overlake's New da Vinci Surgical System

From the President & CEO

It's been a few months since Congress passed legislation overhauling our healthcare system. While there are still a lot of unknowns, one certainty is the continued push for the highest-quality healthcare services at a reasonable cost. At Overlake, we are well positioned to meet that challenge. We're continuously striving to improve every aspect of healthcare quality and safety—and we're frequently recognized for it.

For the third year in a row, Overlake has received the Patient Safety Excellence Award™ from HealthGrades®, the leading healthcare ratings organization in the United States. The award ranks us among the top five percent of hospitals in the nation for patient safety. We're also a highly efficient healthcare provider. We know the best care is the right care at the right time, and not simply more care, more tests or more time in the hospital.

Overlake couldn't be the world-class medical facility it is today if it weren't for the dedication of community members and physicians who opened Overlake's doors in 1960. As we celebrate 50 years of healing, we look forward to delivering the highest-quality healthcare services for another 50 years.

Sincerely,



Craig Hendrickson
President & CEO

OVERLAKE EARNS GOLD PLUS PERFORMANCE AWARD FOR STROKE CARE

The American Heart Association and American Stroke Association recently presented Overlake with the Stroke Gold Plus Performance Achievement Award for participating in the Get With the Guidelines® program.

The award is based on Overlake's excellence in improving quality of patient care and outcomes for stroke patients for 24 consecutive months. The specialized stroke team at Overlake provides state-of-the-art care from the time a patient is admitted through his or her discharge.



The American Heart Association and American Stroke Association recognize this hospital for achieving 85% or higher adherence to all Get With The Guidelines® Stroke Performance Achievement indicators for consecutive 12 month intervals and 75% or higher compliance with 6 of 10 Get With The Guidelines Stroke Quality Measures to improve quality of patient care and outcomes.

H1N1 VACCINATION PROGRAM EARNS REGIONAL PRAISE

The King County Healthcare Coalition named Overlake a winner in the 2009 Emergency Preparedness and Response Awards. Overlake won the Excellence in Innovation award for its program in the fall of 2009 and winter of this year to provide pregnant women with free H1N1 flu (swine flu) vaccinations. Nearly 2,000 women were vaccinated. In addition, Overlake took steps to educate new mothers about what they should do to protect themselves and their babies from the H1N1 flu virus.

HEALTHY OUTLOOK • SUMMER 2010

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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.

Round-the-Clock Access to Urgent Care

For Heather Ross, the superior care her daughter received at Overlake's Urgent Care Clinic in Issaquah had a profound impact on both their lives

One minute Heather Ross was cooking dinner for her family, the next she was rushing her daughter to Overlake's Urgent Care Clinic in Issaquah. Haley, age 4, slipped, struck her head and cut her temple on the sharp corner of a coffee table.

"By the look on the nurse's face I thought, 'Uh oh, this is worse than I realized,'" remembers Heather. "There was a visible dent in her head around the deep cut near her left eye."

The Urgent Care staff kept Haley calm and created makeshift toys out of tongue depressors. Then, after numbing the injured area of the girl's face, Bryce Munson, DO, stitched the cut closed.

"Her injury was complicated because the point of the wound was much deeper than the rest of the cut," explains Dr. Munson. "My biggest concern was scarring. I discussed the treatment options with Haley's parents, and we agreed that Urgent Care was the best place to stitch it up."

NEARBY HELP WHEN YOU NEED IT

"My husband and I didn't even think of rushing to the ER; we just knew where the Urgent Care was, so we went directly there," says Heather.

In this case, that's exactly what she should have done because the staff at the Urgent Care Clinic can treat a wide range of health conditions, including sprains, bladder infections and flu-like symptoms (see page 7 for a full list). If needed, doctors will stabilize patients and transfer them to the Overlake Emergency Department for additional care.

Urgent Care is an affordable choice when your doctor's office is closed or when you need urgent treatment for non-life-threatening illnesses and injuries. With most health insurance plans, a \$20 co-pay for an Urgent Care visit is about the same cost as a doctor's office visit.

EXCEPTIONAL CARE

Heather raves about the whole experience following Haley's accident. "Dr. Munson is great. She kept her calm, was



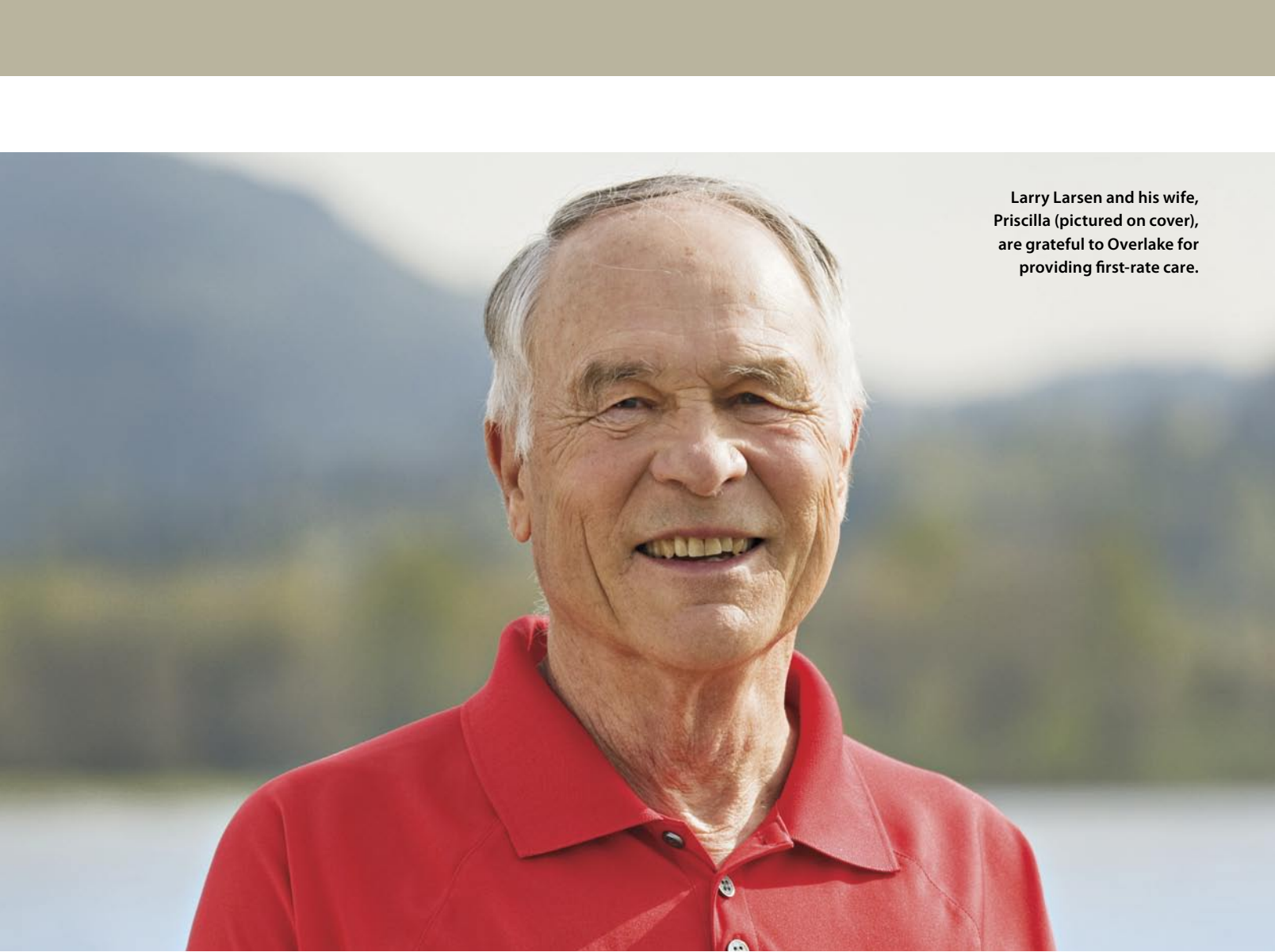
Heather Ross and her daughter, Haley

personable and really got to know Haley. As a result, we've made her our primary care doctor," she adds.

As the small scar on Haley's cheek continues to fade, her mom says she's happy to tell people how she got it. To Heather, it's a reminder of something unexpected that came out of that day.

"That day had a big impact on me. I've gone back to school to become a nurse," says Heather. "I was so inspired by everyone that took care of us at Overlake's Urgent Care Clinic that I want to do the same thing."

To learn more, visit www.overlakehospital/UrgentCare.



Larry Larsen and his wife, Priscilla (pictured on cover), are grateful to Overlake for providing first-rate care.

Priscilla Larsen gets emotional when she talks about the January day when her husband had a major heart attack and stopped breathing as she was driving him to a freestanding emergency department in Issaquah.

“With one hand on the wheel, I kept pushing him and pleading, ‘Larry, don’t leave me! Stay with me!’” recalls Priscilla. “He gasped, grabbed his chest and fell back into the seat. I’m a retired nurse, and I knew he was dying, and there was nothing I could do.”

Clinically speaking, Larry, 74, died in the car—and three more times over the next several days while in the hospital. But with his wife’s quick thinking, a well-timed stop at an animal hospital and the help of emergency responders and care providers, he was repeatedly brought back to life.

HEART ATTACK AND CARDIAC ARREST

Larry’s heart attack struck after his daily walk around the couple’s Sammamish neighborhood. His main coronary artery was blocked.

“That blockage caused his heart attack,” explains Nathan Zilz, MD, PhD, FACC, a cardiologist with Overlake Internal Medicine Associates. “Nothing downstream was getting any blood supply. At the same time, his heart became electrically unstable and began beating irregularly, leading to a cardiac arrest.”

When he lost consciousness in the car, Priscilla knew she wouldn’t make it to the emergency department in time, so she stopped at the Alpine Animal Hospital in Issaquah and ran in for help. Veterinarian Catherine Cotton performed CPR while the staff called 9-1-1.

A Miraculous Recovery

When Larry Larsen had a major heart attack, every second was critical. Thanks to his wife's fast thinking, Overlake's Emergency Department was ready to provide life-saving care the moment he came through the door.

Paramedics arrived in minutes and, after shocking Larry's heart with a defibrillator to restore his heartbeat, they rushed him to Overlake's Emergency Department (ED).

"If the bystanders hadn't performed CPR or if the medics weren't there with a defibrillator, Larry would have had a much worse outcome and possibly died," adds Dr. Zilz.

WORKING AGAINST THE CLOCK

As the ambulance was en route to the ED, the staff at Overlake was preparing to give Larry the care he needed fast.

"We immediately activated our cardiac alert system," says Kris Becker, RN, Overlake's director of emergency, critical care, telemetry, stroke and trauma. "With one call, we mobilize every team member, including the cardiac catheterization (cath) lab,

emergency and specialty physicians and the critical care team."

For cardiac patients, time lost in getting treatment results in lost heart muscle. The national standard is to open blocked vessels and restore blood flow within 90 minutes from the time a patient comes in the door. Becker says Overlake aims to open the blocked vessel in 60 minutes or less and consistently hits that goal.

"If Larry had made it to a freestanding ED, it would have taken time to assess him and then transfer him to a hospital equipped to treat heart attack patients. That would have meant more time his heart and other muscles would have been deprived of nutrients and oxygen," says Becker.

When he arrived at Overlake, he was quickly moved to the cath lab, where cardiologist Christopher Kozlowski, MD, opened the blocked artery with a stent



Eastside Fire & Rescue hosted a celebration of life for Larry in March. He met the paramedics, emergency responders, doctors and nurses who all had a hand in saving his life.

while Dr. Zilz inserted a balloon pump into Larry's aorta to help his heart pump blood.

The team raced against the clock in those first few minutes, but Larry still wasn't entirely stable. On his fourth day in the Critical Care Unit, his heart started quivering erratically; he stopped breathing and flat-lined three times in six hours. Doctors shocked him 24 times and worked tirelessly to save his life.

A SWIFT RECOVERY

Because Larry's heart showed such instability several days after the initial heart attack, his cardiologist placed an implantable cardioverter-defibrillator (ICD) in Larry's chest. "If his heart ever fibrillates again, the ICD will shock him out of it," says Dr. Zilz.

Larry continues to get stronger and, other than some short-term memory loss, he remarkably shows no signs of brain damage.

Ten days after the heart attack, Dr. Zilz delivered the welcome news that Larry was well enough to go home. Hours later Larry walked out of the hospital.

"I expected he would be in a wheelchair or would need rehab—but he didn't. Larry is already back to his normal self," says Priscilla.

Larry can hardly believe his recovery. "I'm biking, I walk a few miles a day, and by the end of the summer Dr. Zilz says I'll be able to hike up the nearby mountains again. I feel really good!"

SOPHISTICATED EMERGENCY TREATMENT

Time is of the essence in all emergencies. When patients come to Overlake's ED, a nurse assesses their symptoms within five minutes. The individual is taken to a treatment room and is typically seen by a doctor in 30 minutes or less, depending on the severity of the condition.

With 40 treatment rooms, including two trauma specialty rooms and two critical care rooms, Overlake's ED is fully equipped to treat all life-threatening conditions. And because it's an integral part of an acute care hospital, physicians have access to sophisticated diagnostic tools and advanced medicines.

"When a person walks in, they may have a host of symptoms but don't know what's causing them," explains Becker. "Because we have access to the latest diagnostic tools, our emergency physicians can quickly run tests, determine what's wrong and implement the best course of treatment. In many cases, patients need emergency surgery, and since our state-of-the-art surgery suites are located in the same building, no time is lost in getting treatment."

Overlake is also the Eastside's only Level III Trauma Center, which means specialists, such as surgeons and neurologists, are on-site or on call 24/7 and able to provide additional diagnosis and treatment for those with severe illnesses or injuries.

COMPASSIONATE CARE

From the moment she entered the ED, Priscilla was moved by the heartfelt care the staff and physicians at Overlake gave to Larry.

"The entire time we were there, I felt like I was included," says Priscilla, with tears in her eyes. "It started in the ED when a nurse sat with me and held my hand. Our whole family was treated like we were vital to Larry's recovery."

Larry echoes his wife's sentiment. "I can't say enough good things about the doctors, nurses and staff at Overlake. They were all so amazing!" he says.

Priscilla adds, "I am so grateful to all the doctors and nurses who healed Larry's body, but I also believe the fact he came back to me with his mind intact is truly a sign that God gave us the miracle we asked for."

For more information on Overlake's ED, visit www.overlakehospital.org/emergency.

Urgent vs. Emergency Care

WHEN YOU ARE INVOLVED IN A SITUATION WHERE IMMEDIATE MEDICAL TREATMENT IS NECESSARY—whether it's a child's ear infection or a spouse's chest pain—do you know what level of care is appropriate? This chart will help you determine where it's best to receive treatment for particular illnesses and injuries.

In the case of any emergency or life-threatening condition, call 9-1-1.

URGENT CARE

Use urgent care to treat an illness or injury that is not life-threatening and doesn't appear to pose a serious health risk, such as:

- Allergies
- Asthma attack (minor)
- Bronchitis
- Colds, flu, fever
- Cough
- Dehydration
- Dizziness
- Ear infection
- Insect bites
- Migraines
- Minor burns
- Minor cuts/lacerations
- Minor head injury
- Nausea
- Pinkeye
- Rash
- Simple fracture
- Sore throat
- Sprains and strains
- Urinary tract infections

EMERGENCY CARE

Seek emergency care, by calling 9-1-1 when serious or life-threatening illness or injury is suspected, such as:

- Chest pain
- Compound fractures (bone visible)
- Confusion
- Fainting
- Fevers in infants less than 2 months old
- High fever
- Ingestion of obstructive objects
- Ingestion of poisons
- Major head injury
- Palpitations
- Pneumonia
- Seizures
- Severe abdominal pain
- Severe asthma attack
- Severe burns
- Severe headaches
- Shock
- Significant trauma or injuries
- Snake bites
- Unconscious or catatonic state
- Uncontrollable bleeding



Call 9-1-1

If you are experiencing a life-threatening emergency, don't hesitate to call 9-1-1.

"Care begins as soon as 9-1-1 responders arrive at your door," explains Kris Becker, RN.

"As we saw with Larry, time is critical, and in his case he was lucky everything worked out. If you are in an ambulance and your condition gets worse, those first responders can provide emergency care as they are taking you to a hospital-based ED."

It Takes a Village

WHEN YOU HEAR DAVID DAVIS, MD, TALK ABOUT OVERLAKE'S FORMATIVE YEARS, it's clear how the hospital's tagline, Medical excellence every day,[™] first took root.

"The doctors who practiced on the Eastside even before the hospital opened used to meet at the Village Inn Restaurant," recalls Dr. Davis, one of the first surgeons to practice at Overlake and now retired. "We were more interested in quality than anything else. The standards were set early, before the doors ever opened, and we just kept that tradition of excellence going."

Eastside residents and the medical community galvanized and supported the fledgling organization from the beginning. And soon after the 56-bed hospital opened in 1960, the community rallied again when it became apparent that more hospital beds were needed.

Dr. Davis remembers fondly a gathering where this first expansion was discussed.

"Dr. Wallace stood up at a medical staff meeting and wrote down on a piece of paper that he and the undersigned physicians would pledge \$1,000 each to help pay for new hospital beds. And he got 100 percent support from the physicians," Dr. Davis says.

In 1963, thanks to the support of those physicians and other donors, Overlake opened its new "South Station," adding 26 beds. Contributing to Overlake wasn't unusual in the early years, Dr. Davis states, adding that "we had to buy our own instruments, even if they were a bit out of the ordinary. It helped."



David Davis, MD

While Dr. Davis has seen many changes in medicine and on the Eastside over the past 50 years, one fact remains the same: Overlake benefits from donor support. "Overlake was conceived as a community hospital, funded and built by the community for the community," he states, noting that Overlake doesn't receive any tax dollars to help pay for new facilities or medical technologies.

A man who practices what he preaches, Dr. Davis recently lent his support to the fundraising effort to purchase a new da Vinci[®] (robotic-assisted) Surgical System for Overlake.

"It's up to the citizens and business community to support Overlake," he adds. "It's my hospital, and I support it because that's where I go and that's where my community goes for excellent medical care."

Learn More About Giving Opportunities

Overlake flourishes thanks to the ongoing generosity of donors who appreciate and depend on its quality care. To learn more about giving opportunities and to make your gift today, visit our Web site at www.overlakehospital.org/support, or mail your contributions to:

Overlake Hospital Foundation, 1035 116th Ave. NE, Bellevue, WA 98004. To learn more about the Overlake Hospital Auxiliaries, contact auxiliaries@overlakehospital.org or call 425-688-5529.

You may also contact us at 425-688-5525 or e-mail the Foundation office and Auxiliaries at foundation@overlakehospital.org.

Your hospital. Your community. Your commitment.

Honoring the Past, Celebrating the Future



How do you mark 50 years of healing?

Bandage Ball co-chairs Patty Edwards and Ozzie Traff struck the perfect note, filling the Hyatt Regency Bellevue with more than 800 passionate supporters. The crowd was inspired by grateful former patients who told their stories in tribute to Overlake's 50 years of medical excellence and honoring its place as the Eastside's premier hospital.

Bandage Ball 2010, held April 24, was a rousing success, raising more than \$1,015,000 for Overlake to launch the next generation of support and healing.

Overlake extends special gratitude to The Bellevue Collection, presenting sponsor of Bandage Ball 2010, and to our honorary event co-chairs, Kemper Freeman Jr. and his wife, Betty. We also wish to express our appreciation to the many other corporate sponsors for their generous contributions. Thanks to the support of the Eastside community, Overlake will be here to provide world-class medical care for the next 50 years.



Above: Mark Swenson, on stage with his daughter, Courtney, shared his emotional story of beating throat cancer thanks to his care by Overlake's cancer team; right: Kemper Freeman, Jr. and his wife, Betty, led the enthusiastic bidding at Bandage Ball 2010.

Surgery for the 21st Century

An avid skier and devotee of spinning classes, Colleen Gilson worried major surgery—and a long recovery—would be a big disruption in her life. But that was before she learned about Overlake's new da Vinci Surgical System, a highly sophisticated tool that is an alternative to both traditional open surgery and laparoscopy.

It was February when the Maple Valley resident learned she needed a hysterectomy and removal of cysts on her ovaries. One of her first thoughts was: *Will I be able to go on my ski vacation in March?*

After speaking with Pamela Paley, MD, a gynecologic surgeon affiliated with Overlake, Colleen, 51, was happy to hear the benefits the new surgical technique would offer. These included smaller incisions, less blood loss, less pain and a faster recovery time—making the surgery less invasive and her ski trip entirely doable. “The da Vinci shows the strides that medicine has made,” says Colleen. “It just makes more sense than having a nine-inch incision.”

ADVANCED TECHNOLOGY

Overlake's recent acquisition of the \$2.2 million da Vinci system underscores its commitment to providing state-of-the-art care. Though frequently called the “da Vinci robot,” it's carefully controlled by a surgeon at all times. Surgery begins with several small incisions through which instruments and a tiny high-definition camera are inserted into a patient's body. The surgeon sits at a console

in the operating room and views a magnified 3-D image of the surgical field while precisely controlling the system's four robotic arms.

“The da Vinci is like an extension of the surgeon's hands,” says Kenneth Rush, RN, director of perioperative services at Overlake. “But unlike the human hand, it has a 360-degree range of motion and compensates for tremors. Plus the camera magnifies the operative site tenfold.” Rush estimates Overlake will perform 240 gynecologic and urologic surgeries with the da Vinci over the next year (see box) and adds, “we're fortunate to have physicians on our staff who are highly skilled in robotic surgery.”

Colleen is delighted with the results. Her hysterectomy was successful, and, thanks to the da Vinci's detailed imagery, her surgeon identified a mass on Colleen's appendix and removed it at the same time. The operation lasted less than three hours, and Colleen spent just one night in the hospital. Perhaps best of all, she didn't miss a minute of her ski trip. “Two weeks after the surgery, I was at 11,000 feet, skiing steep chutes in Utah,” she says. “I am doing great and am grateful to Overlake for such a terrific outcome.”

DA VINCI PROCEDURES AT OVERLAKE

Urology: pyeloplasties, partial nephrectomies and radical prostatectomy procedures.

Gynecology: sacrocolpopexy, hysterectomy and myomectomy.

For more information about robotic surgical services at Overlake, visit www.overlakehospital.org/RoboticSurgery, or call 425-688-5030.



Overlake Receives Patient Safety Award

For three years in a row, our commitment to quality care earns top honors

At Overlake, ensuring patient safety is our top priority, involving everyone from our leadership team, doctors, nurses and hospital staff to patients themselves. Thanks to this continued focus on improving patient safety, Overlake has received the 2010 HealthGrades Patient Safety Excellence Award. This marks the third consecutive year Overlake has been recognized for excellence in patient safety.

Of 5,000 hospitals examined by HealthGrades, the nation's leading independent healthcare ratings organization, Overlake was one of 238 hospitals to receive the highest rating for prevention of 15 serious medical complications such as bed sores, complications from anesthesia, infections, postoperative hip fractures and others. Overlake's safety performance places it among the top five percent of hospitals in the nation for patient safety.

"Receiving this award three years in a row is like receiving a gold medal," says Craig Hendrickson, Overlake's president and CEO. "I'm extremely proud of Overlake staff and physicians for making patient safety a part of every patient interaction."

Richard Bryan, vice president of quality and patient safety, credits the high rating to an established commitment to high-quality medical care that extends throughout the entire organization.

"Every individual in this hospital plays a part in delivering safe patient care," explains Bryan. "Ensuring patient safety is instilled in each staff member starting at orientation and continuing through all of our leadership and staff meetings. We promote the importance of delivering safe care 24 hours a day, 365 days a year for all staff members, no matter what their job."

To reduce the risk of infections from ventilators and central lines, Overlake implemented a set of national best practices in critical care, including daily patient safety rounds. In the operating room, the implementation of a surgical checklist helps prevent errors. The surgical team stops to review the checklist before each procedure to make sure all the necessary information and equipment is in place and ready to go.

Another example of Overlake's commitment to patient safety is the work being done to prevent patients from falling while in the hospital. A patient's risk of falling is assessed daily. Special measures, such as visual and auditory alerts for staff, are taken for those at the highest risk.

"We're doing so well on patient safety because we're focusing on it," says Bryan. "We're taking the steps to continue to improve, knowing that we're delivering excellent care, but always striving to get better."

Bryan says it's important for patients to know they are part of the safety process. "We encourage patients to communicate with physicians and staff, to ask questions, and if they believe something isn't right, to call it out. Patients should be open about their emotional and cultural needs and what medications they are on. Above all, they should understand what is expected of them in their course of treatment and why. All of these factors contribute to safe and successful outcomes in patient care."





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., Aug. 25, 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.
- ♦ *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., July 24, Aug. 14 or Sept. 18, 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. and Sun., July 10 and 11, or Sept. 18 and 19, 9 a.m.–4 p.m.** \$150 per couple.

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 to expect during puberty, myths and facts, what girls should know about boys, sexuality and sexual reproduction. **Tue. and Thu., Aug. 17 and 19, 6:30–8:30 p.m.** \$50 per daughter/parent pair; \$10 per additional child. Please register at www.seattlechildrens.org/classes-community.

Siblings Are Special

Would you like help preparing your child(ren) for the baby on the way? Designed for children ages 3 ½ to 9 years of age, this course helps parents prepare older siblings for the new arrival. Your child(ren) will get to:

- ♦ *Learn how babies grow and the difference between them and baby.*
- ♦ *Practice with dolls to learn to safely hold and diaper baby.*
- ♦ *Discuss their feelings about becoming an older brother/sister.*
- ♦ *Tour the Childbirth Center to see where mom will give birth.*

Mon., July 12, Aug. 9 or Sept. 13., 6–7:15 p.m. \$25/family with one sibling; \$10/additional sibling.

For more information about our classes, or to register,

SAFETY

Infant CPR and Safety-Proofing

Completion cards are not awarded in this class.

Weeknights, July 8, Aug. 11, Aug. 30 or Sept. 9, 6:30–9:30 p.m., or Saturdays, July 17 or Aug. 21, 9 a.m.–noon. \$35 per person or \$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., Sept. 11, 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., July 19 and 21, 6:30–9:30 p.m.** \$60.

CPR Course for Healthcare Providers

Wed., Aug. 18, 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. **Wed., July 14; Sat., July 24; Tue., Aug. 3; or Sat., Aug. 28, 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

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.

Women's Cancer Screening Event

If you are a woman between the ages of 40 and 64 with limited income, you may be eligible to receive a FREE screening. Women who qualify will receive a:

- ♦ Clinical breast exam.
- ♦ Pap test.
- ♦ Screening mammogram.

To see if you qualify, call Patricia Kirschner at 425-467-3594. Space is limited and preregistration is required. **Sat., Aug. 14, 9 a.m.–noon.** FREE.

HEALTHY LIFESTYLES

Hypnosis to Quit Smoking

Taught by Robert W. Felix, certified hypnotherapist. **Wed., July 28, 7–9 p.m.** \$45.

Hypnosis for Weight Loss

Taught by Robert W. Felix, certified hypnotherapist. Three-part series held monthly, including **Thu., July 15, 22 and 29, 7–9 p.m.** \$89.

Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Bellevue: **Tue., July 6, July 13, July 20, Aug. 3, Aug. 10, Aug. 17, Sept. 7 or Sept. 21,** or Issaquah: **Tue., June 22, July 27 or Aug. 24, 6–7:30 p.m.** FREE.

Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **2nd Thu. of each month, 6–8 p.m. and the 4th Sat. of each month, 10 a.m.–noon.** For information, call 425-688-5214. FREE.

Diabetes Education

Overlake's Diabetes Education Services offers one-on-one education as well as classes. 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. **Mon. and Wed., Sept. 20–Oct. 13, 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 key muscle groups and improve use of the core muscles that keep your body in balance. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Tue., Sept. 14, 21 and 28, 1–2 p.m.** Preregistration required; call 425-688-5800. \$25.

Introduction to Therapeutic Senior Yoga

This breath-oriented practice will help increase your circulation and strengthen core muscles. Exercises done from a seated position in a chair and adapted to each individual's abilities. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Tuesdays, July 27–Aug. 31 or Sept. 14–Oct. 19, 11 a.m.–12:15 p.m.** Preregistration required; call 425-688-5800. \$69 for each six-week session.

Therapeutic Yoga to Maintain Balance

Continuation of this breath-oriented practice that increases circulation and strengthens core muscles. Exercises done from a seated position in a chair and adapted to each individual's abilities. Bellevue College–North Campus, 10700 Northup Way, Bellevue. **Thursdays, July 22–Aug. 26 or Sept. 16–Oct. 21, 11 a.m.–12:15 p.m.** Preregistration required; call 425-688-5800. \$69 for each 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.

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.

How to Eat a Low-Cholesterol Diet

Bellevue YMCA. **Wed., Sept. 8, 11:30 a.m.–12:30 p.m.** For more information, call 425-746-9900. FREE.

Skin Cancer, Prevention, Detection and Treatment

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



please visit www.overlakehospital.org/classes.

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.

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.

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.

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. Free wigs donated by the American Cancer Society. Feel free to drop in 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. **Mon., July 19, 1–3 p.m.; Aug. 16, 6–8 p.m.; or Sept. 20, 1–3 p.m.** Call Kelly Zant at 425-467-3809 to register. FREE.

Breast Cancer Support Group

Open to all women who have or have had breast cancer. **1st and 3rd Tue. of each month, 7–8:30 p.m.** Call 425-688-5986 for more information. FREE.

Reconstruction After Breast Cancer Surgery

Open to women who have or have had breast cancer and are considering reconstructive surgery. **4th Wed. of each month, 7–8:30 p.m.** Call 425-688-5986 for more information. FREE.

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.

Grief and Loss Support Group

For people who have suffered the loss of a loved one due to cancer. **2nd and 4th Thu. of each month, 6–7:30 p.m.** Registration is required; call Desiree Hobson, MSW, Cancer Support Services social worker, at 425-688-5586. FREE.

EVENTS

Bellevue Farmers Market

Thursdays, May 13–Oct. 14, 3–7 p.m. Overlake is proud to sponsor the Bellevue Farmers Market. We encourage you to eat healthy and visit the market for wholesome and nutritious food options. The location of the Market has changed to First Presbyterian Church of Bellevue, located at 1717 Bellevue Way NE.

Concerts on the Green—

Tuesday evenings, July 6–Aug. 31

No summer is complete without a good outdoor concert. Join us as Overlake teams with Issaquah Parks and Recreation to present a balanced offering of free summer musical entertainment that appeals to families and people of all age groups within our community. **Tuesdays, 7–8:30 p.m.,** on the Issaquah Community Center Green. For more information and concert schedule, visit <http://www.ci.issaquah.wa.us>.



For more information about our classes, or to register,



Do you have questions about weight loss surgery?

Come get answers from a bariatric physician.



ATTEND ONE OF OUR FREE SEMINARS

Tuesdays, 6 to 7:30 p.m.

July 6 - Bellevue

July 13 - Bellevue

July 20 - Bellevue

July 27 - Issaquah

Drop-ins welcome

For more information

call 1-877-399-4WLS (4957)

or visit www.overlakehospital.org/wls



OVERLAKE Hospital Medical Center
Medical excellence every day™

Redmond Derby Days—July 9 and 10

Overlake is proud to sponsor the 70th annual Redmond Derby Days festival, held at the Redmond City Hall Campus. Festivities will include live music, activities for the kids, the Funtastic Carnival, a bike race, refreshments and a spectacular fireworks show. Come out and take part in this local summer tradition! Visit <http://www.redmond.gov/derbydays> for more information.

Mercer Island Summer Celebration—July 10 and 11

Join us for the 20th annual Mercer Island Summer Celebration. This fun-filled summer event, held at Mercerdale Park, will feature a wide variety of activities for the whole family, including a community parade, classic car show, children's inflatable fun zone, live entertainment and plenty of refreshments sure to satisfy every palate. Be sure to stay for the fireworks show spectacular sponsored by Overlake. For more information, visit <http://www.mercergov.org>.

Chocolate, Wine and All That Jazz—July 22

Overlake is proud to partner with the Issaquah Chamber of Commerce to sponsor Chocolate, Wine and All That Jazz, held in the gardens of Boehm's Candies. Sample local fare and fresh chocolates while

sipping on Washington wines and ales from a dozen Issaquah restaurants, wineries and wine shops at this popular summer event. After tasting all the samples, enjoy jazz music and private tours of the chocolate factory. Visit <http://issaquahwa.usachamber.com> for more information.

Bellevue Arts Museum artsfair—July 23–25

Come support over 325 talented local artists offering handmade arts and crafts that are one of a kind. Overlake is pleased to sponsor the kidsfair, located inside the Bellevue Arts Museum in downtown Bellevue, which will feature fun, hands-on art activities for children. Visit <http://www.bellevuearts.org/fair> for more information.

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.

SAVE THE DATE

Community Partners Breakfast

Fri., Oct. 1, 7–8:50 a.m., at the Hyatt Regency Bellevue. The keynote speaker will be Peter Neupert, corporate vice president, Microsoft Health Solutions Group. To reserve a seat, call 425-688-5520 or e-mail events@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, visit www.overlakehospital.org/volunteer or e-mail Leah Smith, volunteer staffing specialist, at Leah.Smith@overlakehospital.org.

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.

please visit www.overlakehospital.org/classes.



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Medical excellence every day™

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www.overlakehospital.org

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NEW MEDICAL STAFF AT OVERLAKE

Terrance Chun, MD

206-987-2015
Pediatric Cardiology

Daniel Lazar, MD

206-368-1701
Neurosurgery

Clive Liu, MD

425-455-2275
Dermatology

Andrew Lynch, MD

425-451-2272
Physical Medicine/Rehab

Tim McQuinn, MD

206-987-2015
Pediatric Cardiology

Steven Schoenecker, MD

425-688-5985
Mammography

Stephen Seslar, MD

206-987-2015
Pediatric Cardiology

Janet Silbergeld, MD

425-688-5985
Radiology

Thomas Takayama, MD

425-454-8016
Urology

Save the Date

Celebrating **50** Years of Healing

In honor of our **50th** anniversary, Overlake Hospital Medical Center invites you to our third **Eastside Vitality Community Health Fair**. Join us for a day of free health screenings, seminars by medical experts, fun with local personalities and much more.

Saturday, October 23, 2010

10 a.m. to 4 p.m.

Overlake's Bellevue Campus

Watch for details at

www.overlakehospital.org/50years

Eastside Vitality

OVERLAKE HOSPITAL
MEDICAL CENTER'S
COMMUNITY HEALTH **FAIR**