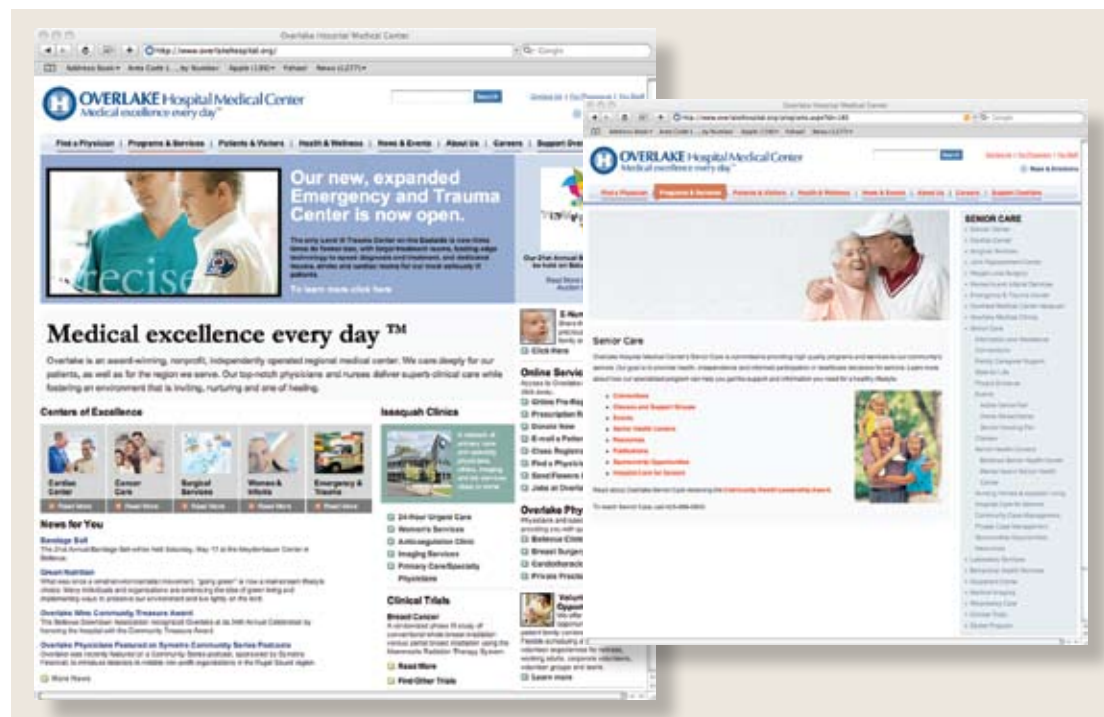


KEEPING  
SENIORS  
INFORMED,  
INVOLVED,  
IN CHARGE.

Connections



## Visit our new, improved Web site!

There was no champagne bottle to crack over the bow as you do when launching a new ship but Overlake Hospital Medical Center recently was involved in its own launching. It's not too late for you to participate in the launching from your own home. You can avoid the crowds and you won't have a battle the traffic; all you'll need is a computer and you'll find you are only a few clicks away from being involved. The hospital recently launched a new, updated and more consumer-friendly Web site.

Spend some time looking through the site – visit [www.overlakehospital.org](http://www.overlakehospital.org). Once on the site you will see a number of headers you can click to get information about topics from finding a physician to health and wellness links. You are encouraged to visit the Senior Care section (under

the second header at the top - Program and Services and then click on Senior Care on the right). When you get to the Senior Care page you will see a number of different options to check out. If you have questions about being a Connections member (click on the word "Connections")

### *May Connections Luncheon* **Making Sense out of Vitamin and Mineral Supplements and All Those Questionable Alternatives** Sponsored by Fedelta Home Care and Overlake Hospital Foundation

Vitamin and mineral supplements shouldn't be used as a substitute for a well-balanced, nutritious diet but how do you know when you need to take supplements? It can all be confusing and overwhelming. Peggy Swistak, RD, an Overlake wellness dietitian, will help sift through the information as well as outline the benefits and precautions relating to vitamin and mineral supplements and those questionable alternatives.

**Wednesday, May 28  
Noon – 2 p.m.**

**Overlake Park Presbyterian Church, Fellowship Hall  
1836 – 156th Avenue NE, Bellevue, WA**

*For Connections members only. Reservations required;  
see RSVP card on the back cover of this newsletter. Free parking.*

Support for this issue was generously provided by:

**Bellevue Ear, Nose and Throat Clinic**  
**Sound Hearing**  
**Hearing Aid Specialist**

**Emerald Heights**  
**Life Care Community**

**Kirkland Lodge**  
**Senior Housing and**  
**Assisted Living**

**Overlake Terrace**  
**Independent/Assisted**  
**Living/Memory Care**

**Sonja Potter**  
**Auxiliary**

2003  
**National Mature**  
**Media Awards™**  
*Winner*

*Connections Newsletter* is published six times per year by Senior Care/Connections at Overlake Hospital Medical Center, 1035 116th Avenue NE, Bellevue, WA 98004. It is distributed free of charge to Connections members. Overlake Hospital Medical Center is a nonprofit, non tax-supported hospital providing advanced medicine to the Puget Sound region.

If you would like to be removed from this newsletter mailing, have an address change, or know someone who would like to become a member, please contact Senior Care at 425-688-5800.

Periodically, we send communications to friends and neighbors in our health care community that describes the health care services and products we offer. If you would prefer not to receive communications like this from our organization in the future, please call 425-467-3548.



Charlene Raunio, Newsletter Editor  
425-688-5806  
Debbie Anderson, Connections Director

or interested in community senior classes (Classes and Support Groups). You can also get information about the various events Senior Care hosts and our two Senior Health Clinics.

A new component of the Web site is the Senior Care Resources section. The resource materials available at Senior Care are now listed on the Web site for your downloading and printing. Also if you misplace your Connections newsletter you can look at a copy by clicking on publications, scroll down to Connections and chose the edition you wish to view.

We encourage you to spend some time looking through the new Overlake Web site. A lot of good information is available for you to explore as well as useful links to other sites.

SONJA POTTER SEN



**Q:** My doctor told me I need to be more physically active to improve my health. I don't know what to do or where to go and need help getting started. What are some options for me?

**A:** You are never too old or too out of shape to start exercising! Physical activity can and should be part of your everyday life. Studies shows that regular exercise, and even moderate exercise, can prevent or delay diabetes, heart trouble, reduce arthritis pain, anxiety, depression, and help you sleep better. So finding a program that works for you and sticking with it can reap big rewards.

Growing older doesn't mean you have to lose strength or your ability to do everyday tasks. For example, by increasing your strength and endurance it becomes easier to climb stairs and carry groceries. Improving your balance can prevent falls, and being more flexible may speed recovery from injuries. If you make exercise a regular part of your daily routine, it will have a positive impact on your quality of life as you get older.

You don't need to buy special equipment

or belong to a gym to become more active. Find things you like to do. Go for brisk walks, ride a bike, dance, work around the house, garden, climb stairs or rake leaves. Try different kinds of activities that keep you moving. Look for new ways to build physical activity into your daily routine.

If you feel you need a more structured exercise program to follow, you have many choices. Exercise options can range from a very structured and supervised program, such as hiring a personal trainer to develop a customized program for you, to taking a class with a group or casual and spontaneous walks around the neighborhood.

Ideally, it should be convenient, accessible, enjoyable and be focused on your particular interests. Some different types of exercise options available on the Eastside:

#### **Personal Trainers**

Personal trainers are available for hire to develop a customized exercise program for you. He or she will take into account your

# "All You Can Eat" Pancake Breakfast and Tag Sale

**Saturday, June 14**

**Breakfast from 8:30 to 11 a.m.  
Sale from 8:30 to 11:30 a.m.**

**Tickets \$6**

Featuring  
Overlake Senior Health Center  
Physicians as the

## "All Star Chefs"

*Hank Williams, MD  
Richard Kaner, MD  
Daniel Raskind, MD  
Arti Tayade, MD*

**North Bellevue Community Senior Center: 4063 – 148th Avenue NE, Bellevue**

**Lively entertainment through the morning.**

All funds raised go to benefit the Overlake Senior Care Program.  
Sponsored by: Sunrise Senior Living: Sunrise of Pacific Regent, Sunrise of Bellevue,  
Sunrise of Brighton Gardens and Sunrise of Mercer Island.

**For questions or tickets call 425-688-5526 or e-mail [auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org)**

### Tips:

- Consult your physician before starting an exercise program.
- Start small. Make a one-month commitment to exercise.
- Set a goal and decide on a reward once you attain it.
- Mark your exercise sessions on your calendar.
- Keep a record of what you do and of your progress.
- Work out with a buddy.
- Drink plenty of fluids.

specific health issues, physical challenges, areas of interest and will supervise you throughout your workouts.

### Classes

Enrolling in an exercise class is often a great alternative to exercising alone. Group classes not only provide a structured exercise environment with an instructor, but also offer the additional benefit of socialization and camaraderie that many seniors say is helpful in keeping them motivated. Local YMCAs and senior centers offer classes such as dance, tai chi and yoga, and are a great

resource for aquatic, fitness and walking programs in your area.

### Aquatic Programs

Many people prefer swimming for its low-impact quality. However, even if you are not a skilled swimmer, water exercise classes can provide cardiovascular conditioning as well as strengthening and muscle tone. There are several pools on the Eastside offering aquatic programs for seniors that include water aerobics, water fitness classes and swim lessons.

### Yoga

Yoga is a holistic and health-promoting form of exercise. Many Eastside seniors are discovering the therapeutic effects of yoga through classes designed especially for seniors. Yoga's breath-oriented practice helps increase circulation, release tension, tone muscles and renew energy. Yoga can be adapted to all levels and there are special introductory classes for new students.

### Walking

Walking is often the simplest and most accessible form of exercise. It provides cardiovascular fitness and endurance conditioning especially when done regularly. The obvious benefit of walking is its convenience – you can walk in most any environment you choose.

Structured walking programs are offered at malls as well as local senior centers.

Stick with it! Take a structured class or a brisk walk around your neighborhood. What you choose should be accessible to you on a regular basis and something you enjoy. This is a good way to stay motivated and work them into your lifestyle.

If you have any questions or would like more information or numbers to programs, please call Senior Care at 425-688-5800 or visit these online resources: [www.shapeupkingcounty.org](http://www.shapeupkingcounty.org) or [www.overlakehospital.org](http://www.overlakehospital.org), that have information about many other exercise programs for seniors around King County.



by Joan Luster, MSW  
Senior Care Resource Coordinator  
425-688-5209  
[joan.luster@overlakehospital.org](mailto:joan.luster@overlakehospital.org)



## Overlake Conference Center

Unless otherwise indicated, these classes are held at Bellevue Community College, North Campus, 10700 Northup Way, Bellevue (corner of 108th Avenue NE and Northup Way).

### A Matter of Balance

Have you cut down on a favorite activity, such as walking because you might fall? Or turned down a chance to go out with friends or family because you were concerned about falling? The fear of falling can be just as dangerous as falling itself. Often people that develop a fear of falling begin to limit their activities, which can result in physical weakness, making the risk of falling greater. This leads to greater isolation and depression. A Matter of Balance can help improve their quality of life and remain independent. The class is designed to reduce the fear of falling and increase activity levels. Participants learn to set realistic goals to increase activity, make changes to reduce fall risks, and learn simple exercises to increase strength and balance.

**Date:** Wednesday & Friday,  
June 18 to July 16

**Time:** 10 a.m. to noon

**Cost:** \$15 for four week class.

Includes workbook and free water bottle. Scholarships available, call for information.

### Introduction to Therapeutic Seniors Yoga

Come and rejuvenate your body with gentle yoga. This five-week series is adapted to our mature students who are new or relatively new to therapeutic senior yoga. The classes build gradually with lots of individual attention to help stretch and strengthen your body while learning basic poses, breathing and relaxation techniques. This is an excellent way to keep both mind and body, healthy and strong.

**Date:** Tuesdays, May 27 to June 24

**Time:** 2:30 to 3:45 p.m.

**Location:** The Yoga Barn,  
660 Gilman Blvd, # C-6,  
Issaquah

**Cost:** \$50

### Therapeutic Senior Yoga

This five-week series is for previous students to the Therapeutic Seniors Yoga classes. The breath oriented practice will help to increase circulation, release tense muscles, tone and renew energy.

**Date:** Tuesdays, May 27 to June 24

**Time:** 1 to 2:15 p.m.

-Or-

**Date:** Wednesdays, May 28 to  
June 28

**Time:** 11:30 a.m. to 12:45 p.m. or  
1:30 to 2:45 p.m.

**Location:** The Yoga Barn, 660 Gilman  
Blvd, # C-6, Issaquah

OR

**Date:** Thursdays, May 29 to June 26

**Time:** 10:45 to noon

**Location:** The Yoga Barn, Fall City

**Cost:** \$50

Registration required. Call The Yoga Barn at 425-427-0038 for class availability, evaluation and registration.

### Surviving the Symptoms of Alzheimer's Disease

The local chapter of The Alzheimer's Association along with Overlake Hospital Medical Center is offering an educational class that will provide families and caregivers practical hand-on tools. The class will cover the basics about dementia, deciphering difficult symptoms, discuss communication challenges and provide ideas for planning for the future. Free educational handouts and materials, with information on how to get referrals and resources for other services. The class targets the needs of family members, friends, and healthcare providers. Not appropriate for the memory-impaired person.

**Date:** Tuesday, May 27

**Time:** 6 to 9 p.m.

**Cost:** \$5

### Income for Life

Learn some creative solutions for your long term income needs so your money lasts as long as you do. Pam Hottinger, a financial advisor with Waddell & Reed will discuss how to plan for years to come and for a comfortable future.

**Date:** Tuesday, June 3

**Time:** 10:30 to 11:30 a.m.

**Cost:** \$5

### Living Wills

Does your family know your wishes? It is important to plan ahead to make sure everyone understands what your wishes are. Retired Overlake chaplain John Shaw, PhD, will discuss how to develop your own advance directive for healthcare through a workbook for living wills, durable power of attorney and value statements.

**Date:** Wednesday, June 4

**Time:** 10:30 a.m. to noon

**Cost:** \$5

### Seniors Making Art - Watercolor Painting

This watercolor series is designed to be fun, informative and stress free. Instructor Carol Jones works through each painting step-by-step, from basic washes to finished watercolors. You will learn various techniques to help make your painting rich and dramatic.

Sponsored by Seniors Making Art and Overlake Hospital/Senior Care.

**Date:** Mondays, June 9 to July 28

**Time:** 1 to 3 p.m.

**Cost:** Free

Limited to first 15. Advanced registration required.

### Long Term-Care – Choices in a Changing World

Learn what the issues, risks and options are for LTC today and how planning can help provide security for you tomorrow. Presented by Pam Hottinger, a financial advisor with Waddell & Reed.

**Date:** Tuesday, June 10

**Time:** 10:30 to 11:30 a.m.

**Cost:** \$5

### Walk for Life

Join this free ongoing walking program to exercise safely and effectively. Meet friends and benefit from expert staff who are onsite for information, advice and monitoring.

**Date:** Every Monday, Wednesday,  
and Friday

**Time:** 8 to 9:30 a.m.

**Place:** Bellevue Square,  
enter at Skybridge 4

**Cost:** Free

No registration required, for information call 425-688-5800.

## Bellevue Senior Center

Call 425-452-7681 and mention the class number.

4063 148th Ave. NE, Bellevue.

Mondays, 1 to 2:30 p.m.

Advanced registration is required.

Cost: \$6 for Bellevue residents  
\$7 for non-residents.

## Low Cholesterol Diet Tips

Learn how to eat well while cutting fats and cholesterol from your diet. Low cholesterol meals can be prepared and still taste good. An Overlake dietitian will review guidelines for healthy nutrition.

Date: June 23

Class # 29069

## Managing Care at Home

A question-and-answer session with an Overlake Senior Care social worker to familiarize yourself with resources available to manage care in the home.

Date: Call to schedule

Location: Overlake Hospital  
Senior Care

1120 - 112th Ave NE,  
Bellevue, Suite 100

Cost: FREE

Registration required, call 425-688-5800.

## Bellevue YMCA

Call 425-746-9900

14230 Bel-Red Rd., Bellevue.

Wednesdays, 11:30 a.m. to 12:30 p.m.

No registration is required.

Cost: \$5 for non-YMCA members.

## Do We Really Need Vitamin Supplements?

Every year, we are bombarded by reports relating to vitamins, minerals, and other nutrients. The information can be confusing and overwhelming. Should I take supplements? Which ones should I take? How much is too much? Overlake wellness dietitian, will provide an overview of vitamin usage including the benefits and dangers of various supplements.

Date: May 14

## Should You Worry About Skin Cancer When You're Older?

Detecting cancer at its earliest stages can slow or even stop the disease from progressing. An Overlake physician will review lifestyle habits that can reduce your risk for developing cancer, and offer an overview of current treatment options.

Date: June 11

## Redmond Senior Center

Call 425-556-2314

8703 160th Ave. NE, Redmond.

Wednesdays, 10:30 a.m. to noon.

Advanced registration is required.  
FREE.

## Reducing the Risks of Strokes

Overlake Stroke Coordinator, Carole Hardy, RN will discuss the inherited risk factors associated with strokes and how to identify the symptoms. Learn about prevention, detection and current treatments to help reduce your risks.

Date: May 21

## How to Prevent Identity Theft

No, you are not paranoid! There are people and companies that are working hard to separate seniors from their assets. A fraud specialist will discuss the problem and give practical tips on how to protect yourself and your assets.

Date: June 18

## Columbia Athletic Club, Juanita Bay

Call 425-821-0882

11450 98th Ave NE, Kirkland

Thursdays, Noon to 1 p.m.

Advanced registration is required.  
Cost: \$5.

## Exercises For Living With Arthritis

Regular exercises maintain range of motion, nourishes joint cartilage and strengthens muscles. An Overlake therapist will review exercise guidelines and demonstrate exercises for people with arthritis.

Date: May 15

## Support Groups

Caring for a loved one is a difficult job. Come meet and talk with others who are dealing with similar issues.

### Caregiver Support Group of Older Adults

Date: 2nd and 4th Thursdays  
each month

Time: 3 to 4:30 p.m.

Location: Bellevue Senior Health  
Center, 1750 - 112th Ave. NE,  
Suite A-101, Bellevue

Cost: FREE

Contact Regina Bennett, MSW, 425-688-5807

## Issaquah Meadow Creek Office Park

Call 425-688-5800

22510 SE 64 Pl, Suite #120, Issaquah

Advance registration is required.

Cost: \$5.

## Are Your Bones Weak?

Osteoporosis results in a loss of bone mass and bone strength which can lead to fractures. 44 million people in America or 55 percent of people over the age of 50 years of age are affected with osteoporosis. An Overlake specialist will review the risk factors and offer information on dealing with the disease.

Date: Tuesday, May 20

Time: 9:30 to 10:30 a.m.

### Family Caregiver Support Group

Date: 1st Tuesday each month

Time: 3:30 to 4:30 p.m.

Location: Mercer Island Senior Center  
7707 SE. 27th Street,  
Suite 110, Mercer Island

Cost: FREE

Contact Karin Miller, MSW, 425-688-5637

## Brain Attack: What You Should Know about Stroke

Come hear Hank Williams, MD, Overlake internist and medical director of Bellevue Senior Health Center discuss how to decrease your risks of brain attack and how to detect the symptoms.

**Date** Wednesday, May 14

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

**Location:** Bellevue YMCA

**Cost:** FREE

Registration required.

Call 425-688-5259.



## A Warm Welcome

We'd like to welcome and introduce you to the new Senior Care administrative assistant, Alice Lingam. She recently worked for Emergency Physicians at Overlake or Puget Sound Physicians so she comes in familiar with the Overlake system. Alice has jumped in feet first and has been doing a terrific job getting oriented to the workings of the office.

When she's not at work she enjoys a number of hobbies ranging from yoga, practicing the piano, reading and taking walks with her husband and their little Shih Tzu. She's also very active and involved in her church. Welcome aboard, Alice!

## Ready To Help!

One of the many benefits of being a *Connections* member is the ability to call the Senior Care office and arrange to have a private, one to one meeting with a trained volunteer to get those hard questions answered. These services are provided free of charge in collaboration with the Senior Rights Assistance and SHIBA programs of Senior Services of King County. All of the volunteers are committed to total confidentiality and do not discuss any information divulged in a counseling session. The advisor will also never tell a client what to do, only explain, guide and advise people through the information. They also do not sell or recommend any specific type of insurance. To arrange a meeting with a volunteer, call to make an appointment.

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

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

*Advisor: Virginia Rowe*

- Benefits Check-Up and Medicare Prescription Drug (Part D) Benefits

*Advisor: Tom Malmoe*

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

*Advisor: Nancy Gerard*

**Volunteer available at Mercer Island Senior Health Center, call 425-688-5641**

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

*Advisor: Karen Lee*

Spring into Action!

Get the Spring Back in Your Step!

Join us for the **Walk for Life**

**ANNUAL CELEBRATION BREAKFAST**

**Wednesday, May 21**

**7:30 to 9 a.m.**

Bellevue City Hall

450 110th Avenue NE, Bellevue

Breakfast: 7:30 to 8:30 a.m.

Program: 8:30 to 9:30 a.m.

Awards Presentation, Recognition, and Door Prizes

\$5 per person

For more information or to make reservations, call Senior Care at 425-688-5800.

Sponsored by Kirkland Lodge

## Changing Seasons

As with the seasons, Senior Care also experiences changes. After 20 years of service in Senior Care, Joanne Padgett, the administrative assistant, the friendly voice on the other end of the phone, has made a change. Joanne has retired from

her position at Senior Care, however she hasn't gone too far. She is the new registrar at the Bellevue Senior Health Center. We fondly say "au revoir" to Joanne and thank her for the many years of service! Her wonderful caring spirit will be missed in the office.

## Brain Attack

*Submitted by: Carol Hardy*

*Overlake Stroke Coordinator*

*425-688-5600*

*carole.hardy@overlakehospital.org*

**I**magine enjoying holiday time with your family – sharing memories, eating, laughing, and the warmth of togetherness. When in a split second you slip into darkness, you speak but there are no words, you move but your body does not and you realize your life has changed forever. This is a Brain Attack!

Fred, a 72-year-old man, found himself in this exact situation. Lucky for Fred, his family recognized the signs and symptoms of a brain attack and called 911 immediately. Fred was rushed to a nearby hospital. Upon arrival, a stroke team was standing by. The physician began to work with Fred and most importantly had a CT scan taken of his brain.

While Fred was in CT the physician explained to the family that a brain attack occurs when there is a sudden occlusion in the arterial circulation (blockage) of the brain. There are two types of brain attacks, ischemic and hemorrhagic. Ischemic brain attacks are caused from atherosclerotic plaque or embolic clots. Atherosclerosis, or “hardening of the arteries” is caused from cholesterol or plaque buildup which eventually blocks the arterial blood flow causing a stroke. Embolic brain attacks are caused when a blood clot or a fragment of plaque breaks off and travels through the arterial circulation to the brain. Once in the brain it blocks an artery which leads to stroke. Ischemic strokes may be treated with a powerful clot-busting drug that cannot be given if there is bleeding in the brain. Hemorrhagic brain attacks are caused when a blood vessel ruptures

### Be Aware of the Signs

#### Act **F. A. S. T.**

##### **FACE**

*Facial droop, uneven smile*

##### **ARM**

*Arm numbness, weakness*

##### **SPEECH**

*Slurred speech, difficulty speaking or understanding*

##### **TIME**

*Call 911.*

*Time lost is brain lost!*

and bleeds into the surrounding brain tissue. The swelling and irritation caused from the blood leads to cell death resulting in a stroke. A CT scan is done to determine if a person is having a hemorrhagic (bleeding) brain attack.

How did Fred’s family know he was having a brain attack? When blood flow to an area of the brain is interrupted, that portion of the brain does not function. The symptoms experienced depend on the area of brain affected by the blockage. Common symptoms of a brain attack are facial droop, trouble speaking or understanding speech, one-sided weakness or paralysis, numbness and tingling, dizziness or trouble with balance. Fred’s family realized he was not speaking and he was slumped in his chair unable to move his right side. 911 was called immediately. If you think someone is having a brain attack, *call 911*. Brain attacks are an emergency!

Fred did not have the hemorrhagic type of stroke and because of the immediate action of his family, he arrived at the hospital within the first hour of his brain attack. Fred was a candidate for the medication tPA. tPA is a clot-busting drug that can be given within three hours of the onset of symptoms. It is the only FDA approved drug for the treatment of stroke. Fred received tPA while in the emergency room and was transferred to the intensive care unit for close observation. Shortly after Fred was admitted to the ICU, his symptoms started to resolve. He was able to speak but continued to have trouble finding

the right words. He regained function and strength to his right leg and some strength to his right arm. Fred remained in ICU for 24 hours and then was transferred to a step-down unit where he would continue to be monitored.

Brain attack risk factors are the reason you may have a brain attack. Some risk factors we cannot change. These factors are age, sex, family history of brain attack and race. The good news is that most brain attack risk factors are preventable with lifestyle changes or medical management. These include:

**Hypertension**

**High Cholesterol**

**Diabetes**

**Smoking**

**Atrial Fibrillation** (*a type of irregular heartbeat*)

After further testing Fred discovered he had two of these risk factors – hypertension and high cholesterol. His physician started him on medications to control his blood pressure and lower his cholesterol. He was also started on an antithrombotic medication that helps prevent the formation blood clots. These medications along with routine exercise and enjoying a low-fat diet will help prevent another brain attack.

It has been three months since Fred had his stroke. He is at home and is enjoying all his normal activities. Other than a slight weakness in his right arm, Fred does not have any neurological deficits. Fred credits the fast action of his family and the hospital stroke team for his recovery.

Brain attack is a medical emergency and time is critical. **“Time lost is brain lost.”** Because this window of opportunity to treat stroke is so small it is important for everyone to recognize the symptoms of stroke, act fast and call 911.

## May Luncheon RSVP

To reserve your place at the May luncheon, please fill out this form and send it along with your check made payable to: **Connections, Overlake Hospital Medical Center**. Payment must be received with reservation. **Mail by Wednesday, May 21** to: Senior Care/Connections, Overlake Hospital Medical Center, 1035 116th Ave. NE, Bellevue, WA 98004. To receive a map, call 425-688-5800.

### *May Luncheon Reservation Form*

☐

*Yes!*

I/We would like to make reservations to attend *"Making Sense out of Vitamin and Mineral Supplements and All Those Questionable Alternatives"* on Wednesday, May 28.

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

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

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

## Looking to Make a Difference?

Join an enthusiastic and committed group of *A Matter of Balance* volunteer coaches who teach a four-week session on fall prevention. *A Matter of Balance* is an award-winning program designed to manage falls and increase activity levels among older adults.

Attend a two-day training session offered by an Overlake master trainer. All information and materials will be provided to teach *A Matter of Balance* class. If you are interested in more information about becoming a coach or if have questions call Debbie Anderson, Senior Care director at 425-688-5801.



Medical excellence every day™

1035 116th Ave. NE  
Bellevue, WA 98004-4686

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Seattle, WA

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RETURN SERVICE REQUESTED