OVERVIEW

NEWSLETTER FOR FRIENDS OF THE OVERLAKE MEDICAL CENTER FOUNDATION **FALL 2026**



Your Support Brings Breakthrough Heart Care Close to Home

Because of your generosity, patients on the Eastside now have access to one of the newest advances in structural heart care without leaving their community.

Overlake recently became the first hospital in East King County to offer tricuspid transcatheter edge-to-edge repair (T-TEER), a groundbreaking, minimally invasive treatment for severe tricuspid valve regurgitation.

This condition occurs when the tricuspid valve does not close properly, allowing blood to flow backward through the heart. For many patients, it can lead to fatigue, shortness of breath and a significant decline in quality of life, making even everyday activities more difficult.

Until recently, treatment options were limited, especially for patients facing increased risks from open-heart surgery. T-TEER offers a new alternative. Using a catheter inserted through a vein in the groin, physicians can place a small clip on the valve to help it close more effectively. **The procedure reduces leakage, improves blood flow and can help patients return sooner to the people, places and activities they love.**

Innovations like T-TEER do not arrive in a community by chance. **Bringing leading-edge therapies to Overlake requires advanced technology, specialized training and the infrastructure needed to support highly complex cardiac procedures.**

That is where you come in.

Your philanthropic support helps ensure that patients throughout our region can access the latest advances in heart care close to home. By investing in innovation, you help Overlake adopt new technologies, expand treatment options and provide the highest level of care when it matters most.

The impact of your generosity extends far beyond a single procedure. You are helping bring breakthrough treatments to our community, giving patients new hope, new options and more time to enjoy life with the people they love.

Thank you for making this life-changing care possible.



Make Your Gift Today

Your support helps Overlake provide exceptional care close to home. Scan the QR code to make a secure gift and support the area of greatest need or the program that means the most to you.

Advancing Neuroscience Care on the Eastside

With your support, Overlake is expanding access to advanced neuroscience care with new specialists, innovative technology and enhanced services for patients across the Eastside.

One of the most exciting areas of growth is our Movement Disorders and Deep Brain Stimulation (DBS) Program. Neurosurgeon Dr. Peter Nora is already seeing patients at Overlake, and by January 2027, two movement disorders neurologists and an advanced practice provider will join the team. **Together, they will offer comprehensive care for people living with Parkinson's disease, essential tremor and other complex movement disorders.**

In January, Overlake will also open a new Neuro-Ophthalmology Clinic led by Dr. Zahir Sheikh. As one of only a few specialists serving the Eastside, **he will help improve access to care for patients who often face long waits for specialized neurological and vision services.**

Further strengthening our neurosciences program, Dr. Caple Spence will join Overlake's Comprehensive Spine Program. His arrival follows the acquisition of the **Globus Excelsius Spine and Cranial Robotics System**, **advanced technology that enhances precision during complex spine and neurosurgical procedures.**

Your generosity is helping bring nationally recognized specialists and advanced technology to your loved ones and neighbors in our community.

Making a Difference Beyond Medical Care

A hospital stay can be overwhelming, especially when patients and families are facing challenges beyond a medical diagnosis. **Concerns about housing, transportation, finances, behavioral health, language access or caregiver support can add stress during an already difficult time.**

Thanks to your generosity, Overlake's Social Work Program helps patients and families navigate these challenges with compassion, dignity and expert guidance.

Overlake's team of 23 social workers serves patients throughout the hospital and Emergency Department, helping families make complex medical decisions, connect with community resources, arrange follow-up care and find support during times of crisis. They also assist individuals coping with grief, trauma, mental health challenges and substance use disorders.

For patients facing financial hardship, limited insurance coverage, cognitive impairments, language barriers or other obstacles, social workers often become trusted advocates, helping remove barriers and ensuring patients can access the care and support they need.



In the past fiscal year, Overlake social workers provided more than 4,200 patient encounters, supporting thousands of patients and families during some of life's most challenging moments.

Much of this work is not reimbursed by insurance, yet its impact is felt every day. Your support helps ensure that no patient has to navigate these challenges alone.

Supporting Healthy Aging in Our Community

Circle of Excellence donors had the opportunity to hear from Andrew Hunter, MD, who shared how Overlake Senior Health is helping older adults live healthier, more active and more fulfilling lives. Drawing on a whole-person approach to care, the clinic focuses not only on treating illness, but on helping patients age with purpose, independence and joy.



Dr. Andrew Hunter

Serving adults age 65 and older, **the Senior Health Clinic brings together a multidisciplinary team of physicians, nurse practitioners, pharmacists and nurses** to address the unique needs of aging patients. The clinic recently added a new nurse practitioner to improve access to same-day and urgent appointments, ensuring patients can receive timely care when they need it most.

Dr. Hunter highlighted several key factors that contribute to healthy aging, including preventive care, medication management, nutrition, sleep, physical activity and social connection. Overlake's team helps patients navigate complex medication regimens, manage chronic conditions, evaluate memory concerns and reduce fall risks, all while supporting their personal goals and quality of life.

Attendees also learned about innovative tools now available to support older adults, including blood-based biomarker testing that can help identify Alzheimer's disease earlier and guide conversations about future care and treatment options.

Throughout the presentation, one message remained clear: healthy aging is about much more than medical care. It is about helping people remain connected, engaged and able to do the things that matter most to them. Philanthropic support helps Overlake continue investing in specialized programs, expert providers and innovative services that enhance the health and well-being of older adults throughout our community.

Because of your generosity, more seniors have access to the comprehensive, compassionate care they need to thrive at every stage of life.

Later Date. Same Impact. Another Wonderful Evening. Save the Date for Bandage Ball 2027

We hope you'll mark your calendar for **Saturday, May 22, 2027**, when we gather for another memorable Bandage Ball. Please note that next year's event will take place a little later in May than usual. We look forward to celebrating with you and sharing more details in the months ahead.

Paying It Forward: Sandeep and Mukta Singh



Eight years ago, Sandeep and Mukta Singh welcomed their baby boy at Overlake. The birth went smoothly, and both mother and baby were healthy.

At the time, however, the young family faced an unexpected challenge. Sandeep had just begun his career as a dentist, Mukta was still in dental school, and they had recently moved to the area. **Because Overlake was out of network for their insurance plan, they received a hospital bill totaling $54,000.**

"I called Overlake's Charity Care program and submitted an application," Sandeep recalls. "They were so kind and helpful every step of the way." Ultimately, the Singhs qualified for assistance, and their entire bill was waived.

They never forgot that act of compassion.

Today, with a thriving dental practice and financial stability, Sandeep and Mukta have the opportunity to help others facing similar circumstances.

Recently, the couple arrived at the Foundation office with their eight-year-old son and Sandeep's parents. Only Sandeep knew the purpose of the visit. **As his family watched in surprise, he presented a gift of $10,000 to support Overlake's Charity Care program.**

"We wanted to give back," he said. "Another family may need financial assistance, just like we did."

One of the most meaningful moments for Sandeep was seeing the pride in his parents' eyes.

"They taught me to help others," he said. "I try to do so, always."

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Smart Ways to Give This Holiday Season

As you consider your year-end giving, there are several tax-wise ways to support Overlake while making a lasting impact on the health of our community.

If you are age 70½ or older, a Qualified Charitable Distribution (QCD) allows you to make a gift directly from your IRA to Overlake. A QCD may help reduce taxable income and can satisfy all or part of your Required Minimum Distribution. **You can also recommend a grant through your Donor-Advised Fund (DAF)**, an easy and flexible way to support the causes you care about. **Another option is donating appreciated stock or mutual funds**, which may allow you to avoid capital gains taxes while maximizing the value of your charitable gift.

Whatever method you choose, your generosity helps ensure Overlake can continue investing in innovative technology, expanding access to specialized care, and supporting patients and families when they need us most.



A Gift That Gives Back

Looking for a meaningful holiday gift? glassybaby's new Bellevue store recently introduced 'care,' an exclusive glassybaby created to support cancer care at Overlake Medical Center & Clinics. Available at the Bellevue location and online, proceeds from every 'care' purchased help provide hope, healing, and compassionate care for local cancer patients and their families.

Whether through a charitable gift or a thoughtful purchase, you can help make a difference right here at home.

If you would like to opt out of receiving future solicitations from Overlake Medical Center Foundation, please call **425-688-5525** or email **solicitationopt-out@overlakehospital.org**.