OVERVIEW

Newsletter for friends of the Overlake Medical Center Foundation

Spring // 2019

You support expert healthcare for Eastside seniors

When you are older and perhaps living with mobility problems, memory loss or any of the health issues that come up as we age, you need specialized care by healthcare providers who understand the needs of seniors. **Thanks to your support, the Overlake Senior Health Clinic serves over 800 patients each month and is the only Eastside clinic exclusively providing primary care specifically geared to seniors.**

The Senior Health Clinic serves individuals who are 65 and older, providing comprehensive primary care and medication management. Patients begin with a thorough, two-hour evaluation that covers their medical history, background, culture, support system and functional ability. The initial exam enables the doctor to take an individualized approach to caring for each patient.

"Dr. Nishino gives me all the time I need to describe reasons for my visit. He always answers all my questions in a way that I fully understand and I come away feeling like he is prepared to keep me as healthy as possible for my age."

Your gift supports the outstanding care received by seniors and others in our community. Please use the enclosed envelope or visit overlakehospital.org/seniors

Experts in elder care

All four Senior Health Clinic physicians are board-certified geriatricians, meaning they are specially trained to work with older patients. All of the nurses, assistants, and other staff are also trained and experienced in the care of seniors.

In addition to the extensive initial evaluation, patients benefit from regular 30-minute visits (three times longer than a typical primary care visit), annual wellness visits, and care management services (registered nurses who provide advice and guidance on the phone and help coordinate medical equipment, home health care and community resources). **Seniors who have been hospitalized receive follow-up care, medication management and assistance in creating a plan to optimize recovery.**

Drug dilemmas

Because older patients may have seen different physicians at unconnected facilities who all prescribed medications, they often arrive at the Senior Health Clinic with an unwieldy list of drugs. In some cases, multiple physicians have prescribed the same medication for a patient, creating a risk of overdose and toxicity. Even opioids are often over-prescribed for seniors.

From left to right: Drs. Fernando, Duggal, Nishino, and Rattanasamphan.

The first 30 minutes of each initial visit is spent with an expert geriatric pharmacist, who obtains a complete list of the patient's medications, including vitamins and supplements. A plan is developed to eliminate unnecessary or duplicative medications, adjust dosages, and make the regimen manageable for the patient.

Sadie (not her real name), a 68-year-old patient with

THANK YOU

to our generous 2019 Bandage Ball sponsors. You helped raise $1.5 million to benefit Overlake's new Childbirth Center.

OVERLAKE MEDICAL CENTER
BANDAGE BALL
PRESENTED BY KeyBank

KeyBank
425 MAGAZINE
Alaska AIRLINES
Gallagher
Insurance | Risk Management | Consulting
PAC WORLDWIDE
Bellegrove
HMI The Robison Family
MatrixAnesthesia
RADIA
OGDEN MURPHY WALLACE
Overlake

Allegro Pediatrics | Bonewitz CPL | Careage Senior Living | Denali Advanced Integration | First Choice Health
GLY Construction | Honeywell Building Solutions | Kaiser Permanente | Mednax | NBBJ
Premera Blue Cross | Quest Media & Supplies | Renton Collections | Tri-Med Ambulance
University Mechanical Contractors | Vantage Radiology & Diagnostic Services

From our presenting sponsor: "KeyBank is committed to helping our clients and communities thrive. We are dedicated to improving the lives of the people we call neighbors in the places we call home. That is why we support the Overlake Bandage Ball year after year. We have seen Overlake produce amazing medical advancements, state-of-the-art care and a strong commitment to the overall health of the community. We are proud to call ourselves partners."

Sonja Potter Auxiliary members remain close to Overlake and to each other.

Donor Spotlight

In 1996, 50 volunteers started the Sonja Potter Auxiliary, named after an Overlake nurse and geriatric specialist. The group raised funds to support senior care programs and services at Overlake. Fundraisers included garage sales, holiday poinsettia sales and auctions. Over the years, the group raised thousands of dollars and helped purchase needed equipment for the Senior Health Clinic, such as a walk-on scale for patients who could not step up on a traditional doctor's-office scale and a specialized wheelchair.

"There are just 12 of us left," says Barbel Kappes, who joined the Auxiliary nearly 20 years ago. "We raised money for the Senior Clinic because we felt strongly about it. I think all seniors should go there. They would be better off!" The remaining dozen members, ranging in age from 65 to 97, continue to benefit the Clinic by talking it up in their social groups. The Sonja Potter Auxiliary has one more donation to make—about $5,000 that remains from earlier fundraising efforts. They are considering their options, but you may be sure the funds will be directed to benefit the care of seniors.

over two dozen serious, chronic medical conditions, recently visited the Senior Health Clinic for the first time. She arrived with an eye-popping 88 active prescriptions.

During Sadie's visit, the pharmacist removed duplicate prescriptions and worked with her to identify which of the medications on her list she was taking and how much. The pharmacist met with Sadie's new doctor and recommended a medication regimen for her. When her visit was over, Sadie had a primary doctor who would help manage her health and a trimmed-down list of medicines that would work for her.

You support wellness, too

For seniors, doctor visits are only the beginning of self-care and health maintenance. Your support also helps ensure that Eastside seniors find a full slate of classes aimed at providing them with the information they need to make safe and healthy choices. About 250 seniors attend Overlake-hosted events each month. Popular topics include traveling while diabetic, avoiding falls, understanding Medicare and advocating for your health.

Our seated yoga classes, offered four days each week, are so popular there is often a waiting list to attend. Aimed at strengthening core muscles and improving balance, the exercises taught in the class are done from a chair and can be adapted to each person's ability.

Alzheimer's disease and dementia are concerns for many seniors and their family members. Overlake provides over half a dozen classes on related topics, including legal and financial planning, healthy living for body and brain, and recognizing the signs of dementia. Support and information is also available specifically for caregivers.

Health and wellness classes for seniors are provided in partnership with our community. Events are held at the Issaquah and Redmond senior centers, the Bellevue YMCA, and other public and private facilities. **All classes are offered free of charge. "Our seniors lead healthier lives when they have the knowledge they need," says Jo McNeal, who oversees the program. "Our donors help make that happen."**

If you would like to opt out from receiving any future solicitations from Overlake Medical Center Foundation, please call 425.688.5525 or email solicitationopt-out@overlakehospital.org.

OVERLAKE | FOUNDATION

OVERLAKE MEDICAL CENTER FOUNDATION
1035 116TH AVE NE
BELLEVUE, WA 98004

Nonprofit Org.
U.S. Postage
PAID
Seattle, WA
Permit No. 1007

Thank You

Your gifts make things happen.

OVERLAKE | FOUNDATION