



Proud to Announce

Overlake Clinics Vascular Surgery in Bellevue and Kirkland

Mary Farnham, ARNP
Kathleen Gibson, MD
Elica Inagaki, MD
Sooyeon Kim, MD
Renee Minjarez, MD

OVERLAKE | CLINICS
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Welcome

New Overlake Medical Center & Clinics Providers



Bailey D'Antonio, PA-C
Neurosurgery
425-635-6560



Chelsea Donnet, MD
Neurology
425-635-6560



John Eaton, MD
Neurology
425-635-6560



Mohammad Hissourou, MD
Radiation Oncology
425-688-5289



Amy B. Ly, DNP, ARNP
Primary Care Redmond
425-688-5090



Michael Scott Magee, MD
Endocrinology
425-289-3130



Fatima Milfred, MD
Neurology Hospitalist



Heidi Nicewarner, MD, MPH, FACC, RPVI
Cardiology | 425-454-2656



Rachel Nginyi-Munyoli, ARNP
Neurology | 425-635-6560



Donne Nieuwoudt, MD
Primary Care Kirkland
425-688-5090



Nicole Pine, PA
OB/GYN Bellegrove
425-455-0244



Jane Qu, MD
Endocrinology
425-289-3130



Jason Rubin, MD
Urgent Care



Zahir Sheikh, MD
Neuro-ophthalmology and Neuromuscular Medicine
425-635-6560



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Cancer Center Breast Surgery
425-635-3400



Wen Yuan Yu (Jason), DO
Concierge Care
425-635-6910



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OVERLAKE
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Healthy Outlook

65 YEARS

Growing Together

2025 SPECIAL EDITION

Annual Report to the Community

OVERLAKE MEDICAL CENTER & CLINICS
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Overlake Medical Center & Clinics is a nonprofit regional health care system based in Bellevue, Wash., serving the Eastside community since 1960. The health system includes a 349-bed hospital and a growing network of primary, urgent and specialty care clinics located throughout the region. Overlake is recognized locally and nationally for quality and safety, including recognition from the American Hospital Association, the American Medical Association, the 2025-26 rankings, Healthgrades' Patient Safety Excellence Awards and American Heart Association's Get With The Guidelines® Heart Failure Gold Plus quality achievement award. Overlake offers comprehensive advanced services, including a dedicated cancer center, Level III trauma center, childbirth center and Level III NICU, cardiac, neurosciences, orthopedic and mental health services. As part of our commitment to delivering high-quality care and an exceptional patient experience, we have recently joined Multicare's growing network of hospitals and clinics in the Pacific Northwest. Through this agreement, Overlake and its network of clinics will bring new services and operate a new North Puget Sound region of Multicare's statewide network. In October 2025, Overlake with Multicare expanded into the North Puget Sound region with a new, neighborhood-based primary care department in Lynnwood. This new partnership is a testament to our commitment to the community and is committed to providing exceptional patient care and services. For more information, visit overlakehospital.org.

The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about your health, please contact your healthcare provider.

If you would prefer not to receive communications from our organization, please email healthylife@overlakehospital.org or call 425-467-3548.

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Scan the QR code with your mobile device or visit overlakehospital.org/locations to find a primary care or urgent care location near you.



EMERGENCY ROOM

Entrance to the Overlake Emergency Room is located off NE 10th St. If you are experiencing a very serious or life-threatening emergency, dial 9-1-1 immediately.

Bellevue - Overlake Medical Center



65
YEARS
Growing Together

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The Overlake Foundation extends our deepest gratitude to the individuals and organizations who generously supported our mission in fiscal year 2025.

Celebrating 65 Years of Growing Together

On Oct. 16, 1960, Overlake Memorial Hospital was scheduled to open at 3 p.m. But life doesn't always go as planned. That morning, five hours before the doors were to swing open, Rose Cziprian arrived in labor, worried she wouldn't make it across the bridge to Seattle. The hospital staff welcomed her in, and Dr. Stewart Hilscher delivered her daughter, Katherine "Kathy" Mary — the very first baby born at Overlake.

That moment of compassion and readiness set the tone for what was to come.

This October, Overlake Medical Center & Clinics celebrates 65 years of serving the community with heart, dedication and an unwavering commitment to care. What began as a 56-bed hospital built through the tireless efforts of community leaders, business owners and volunteers has grown into a 349-bed regional medical center that touches the lives of more than 200,000 patients each year.

Over the decades, Overlake expanded its services to meet the evolving needs of the community — from psychiatric care to cardiac surgery and advanced surgical services. In the 2000s, Overlake extended its care with

urgent care and specialty clinics throughout the Eastside, and launched high-quality cancer care, neonatal intensive care, neuroscience care, heart and vascular services and a state-of-the-art childbirth center.

Most recently, on Oct. 1, 2024, Overlake joined **MultiCare Health System** as the flagship of its North Puget Sound region. It's a partnership that strengthens Overlake's future while preserving its local identity and governance.

And the growth continues. On October 6 this year, Overlake is set to celebrate the grand opening of **Overlake MultiCare Emergency – Lynnwood**, a new facility designed to expand high-quality emergency care to North Puget Sound residents.

As we look ahead, we pause to honor the generations of patients, families, care team members and supporters who have shaped Overlake's journey. From its humble beginnings to today, Overlake remains rooted in the values that started it all: compassion, innovation and a deep connection to the community it serves.

Here's to 65 years of growing together — and to many more to come!



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MEDICAL CENTER & CLINICS
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Share Your Overlake Story

We'd love to hear your favorite memory from your time at Overlake Medical Center & Clinics. Whether it's a joyful birth, a compassionate caregiver, or a meaningful milestone — your story matters to us. **Please scan the QR code to share your best Overlake moment.**

OVERLAKE BY THE NUMBERS*

Unique patients: **210,000**
Babies born: **3,600**
Surgeries: **13,300**
Emergency Department visits: **62,000**
Charity Care recipients: **3,700**
Charity Care distributed: **\$26.9 million**
Volunteers: **146**
Volunteer hours: **19,000**
Donors: **1,125**
Donated: **\$11.9 million**

OVERLAKE IN THE COMMUNITY*

947 classes and presentations (including the free classes: mental health support & education, seated yoga for seniors, nutrition seminars)
Attendees: **14,487**
23 local non-profit organizations supported through sponsorship and donations
21 community events
1,392 provider volunteer hours for events and presentations

* Covers Fiscal Year 2025 (July 1, 2024 – June 30, 2025)

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Sanderson Family Endowment Fund for Uncompensated Care
J. Walter Smith Medical Directorship Endowment for Cancer Care
The Phyllis "Petie" Smith Memorial Fund for Heart and Vascular Care
Amitabh and Richa Srivastava Endowment
Edna and Sigurd Steen Endowment
Trailblazers Fund for Medical Excellence
Dr. M. Marvin Wallace Endowment Fund
The Gene and Louise Wilson Endowment for Oncology
The Yao Yuan Sze Foundation Endowment

Dr. Joseph W. Doucette Cardiac Care Endowment Fund
Roland and Marie Groeschel Family Endowment for Cancer Care
R. Scott Hardie Endowment for Oncology Clinical Education
Anu and Naveen Jain Family Endowment for Uncompensated Care
Catherine Landweer Endowment for the Advancement of Nursing and Clinical Oncology Education
John and Hazel Matheson Endowment for the Advancement of Nursing and Clinical Education
Physicians Annual Lecture Endowment (Dr. Vistica Memorial)
Warren J. Razore Endowment
Reigert Chest Pain Center Endowment Fund
Donn and Patricia Roberts Endowment Fund
Sanderson Family Endowment Fund for Uncompensated Care
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Dr. M. Marvin Wallace Endowment Fund
The Gene and Louise Wilson Endowment for Oncology
The Yao Yuan Sze Foundation Endowment

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Darcy Roennfeldt
John Sherwood, Jr.
Chun Mei "Ida" Zhu

ENDOWMENTS

Endowments at Overlake help ensure world-class healthcare services for our community in the years ahead.

Robert W. and Clodagh C. Ash Endowment for Cancer Care
Lucille Botting Senior Care Endowment
Helen L. Bucey Endowment Fund for Surgical Services

Classes & Support Groups

Classes and support groups are offered in several formats, including in-person, virtual and hybrid; visit our website for the most up-to-date information. All classes and support groups are FREE, unless otherwise noted. Preregistration is required; visit overlakehospital.org/classes to register. For questions, email classes@overlakehospital.org or call 425-688-5259.

Advance Care Planning

Visit overlakehospital.org/services/palliative-care/advance-care-planning for more information.

Mental Health

Mental Health First Aid

Mental Health First Aid is an internationally recognized skills-based training that teaches participants (ages 18+) about mental health and substance-use issues. The interactive training gives participants the skills they need to reach out and provide initial support to adults or youth who may be developing a mental health or substance-use problem and help connect them to appropriate care. **Free.**

Question, Persuade and Refer (QPR) Suicide Prevention Training

In this training, participants (ages 18+) will learn how to identify if someone is considering suicide, how to start the conversation and what to say, and how to connect them with help. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. This is an interactive class with videos and activities designed to provide the knowledge and courage to reach out to someone who is struggling. **Free.**

Teen Resilience and Thriving

The Teen Resilience and Thriving workshop helps teens identify stress and learn coping skills, positive self-talk and time management. This workshop gives teens a safe place to share their challenges and grow their confidence, providing them with essential skills to enhance their learning experiences. **Free.**

Childbirth

We offer a full support series throughout your pregnancy. See below for session titles and additional information. Visit overlakehospital.org/classes for complete descriptions, schedules and fees. Some childbirth education classes might be covered by your health insurance.

Childbirth Center Virtual Tour

Healthy Pregnancy, Healthy Baby

Understanding Birth

Understanding Your Newborn

Breastfeeding Basics

Labor Coping Skills

Colostrum Collection & Hand Expression

Heartful Beginnings, Online Prenatal Yoga

After Baby is Born

& New Parents

After Baby Comes

A group for new parents to talk about feeding, sleeping and navigating the complexities of parenthood. In-person or live, virtual. Classes divided by baby's age:

0-3 months, Tuesdays, 10-11 am **Free.**
3-6 months, Tuesdays, 11:30 am -12:30 pm **Free.**
6-12 months, Tuesdays, 1-2 pm **Free.**

Pelvic Floor and Core Power Up

A certified physical therapist will lead this progressive, six-week educational and exercise series for new moms who wish to progress their total body strength. Topics include pelvic floor recovery, stress incontinence and diastasis recti. In-person instruction along with a weekly home workout to support postpartum recovery. Must be at least 6 weeks postpartum to join class. \$120/six-week session.

Pumping Strategies

This class provides strategies for moms who are returning to work or continuing to provide breast milk for baby through pumping. **Free.**

Wellness & Well-being

Back and Joint Pain: Causes, Treatments and Solutions

Whether your pain is new or ongoing, empower yourself with the tools and knowledge to take control of your health, reduce your pain and start reclaiming your active life. Learn about common causes of pain, how back and joint pain is diagnosed, the latest treatments and strategies for lasting relief, and tips for reducing discomfort and regaining mobility. Wednesday, Oct. 22, 6-7 pm **Free.**

Men's Pelvic Health: What Every Guy Should Know

Join our pelvic health and urology experts for a candid and informative talk about an often-overlooked part of men's health: the pelvic floor. Topics include understanding your pelvic floor, better bladder control and sexual health. Get the facts, take control and feel your best! Thursday, Nov. 6 & 13, 6-7:30 pm **Free.**

Calm the Storm: A New Look at Migraines and the Nervous System

Go beyond the basics and into the science of what truly happens in the brain during each phase of a migraine. With a focus on awareness, prevention and gentle lifestyle shifts, you'll learn how the nervous system plays a role and explore what's within your control. Walk away with practical tool and calming techniques to help you navigate migraines with more ease, understanding and resilience. Tuesday, Nov. 18, 6-7:30 pm **Free.**

Healthy Sleep from A to Zzzz's

From boosting your mood and energy levels to regulating your hormones and supporting your immune system, quality sleep affects every part of your well-being. Learn from a sleep specialist on how to build healthy sleep habits that last, common habits and conditions that might be sabotaging your sleep and the latest research and treatment options. Take back your nights and achieve your ultimate zzz's. Tuesday, Dec. 2, 6-7 pm **Free.**

Connecting the Dots: Mental Health and Substance Use

Understand why mental health challenges and substance abuse disorders often occur at the same time and how to manage both. Learn why these conditions overlap, how they affect each other and what treatment and support options are available. Join us for a judgment-free conversation designed to give you the tools, resources and hope for recovery and wellness. Wednesday, Dec. 10, 6-7 pm **Free.**

CPR, First Aid & Safety

Infant Safety & CPR
For expectant and new parents, grandparents and family members. Completion cards not awarded. In-person, \$125/couple; live, virtual instruction, \$100/couple.

Senior Health

Seated Yoga for Balance
For seniors to increase circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. Live, virtual instruction. Once a week, Monday-Friday, 12:15-1:30 pm **Free.**

Medicare 101
Get help understanding Medicare, including Medicare Advantage, Medicare supplement and Medicare prescription drug plans. Seminars are designed for those turning 65 or anyone who wants a better understanding of the complex world of Medicare insurance. Wednesday, Nov. 12, 10-11 am, and Wednesday, Dec. 10, 2-3 pm **Free.**

Support Groups

Aphasia Communication & Support
Overlake Medical Center has created this monthly group for people with aphasia to practice their individualized communication strategies, share their views on living with a communication disorder and provide an opportunity for independent communication in a supportive group environment. Every fourth Thursday, 1:30-2:30 pm **Free.**

Weight Loss Surgery
Weight loss surgery is a life-changing experience and having support from those sharing a similar experience can be a helpful part of your lasting success. This support group will support, guide and encourage you in your weight-loss journey. **Free.**



To view these and all of our upcoming classes, events and support groups, visit: overlakehospital.org/classes or scan the QR code with your mobile device.

