

OVERVIEW

A newsletter for friends of the Overlake Medical Center Foundation

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We want to hear from you!

We welcome your feedback on this or future editions of *Overview*. Have a question, a comment, an idea for a story, or a shout-out for an Overlake staffer? Email us at foundation@overlakehospital.org or call 425-688-5525.

Get Moving!

You might think that using a ventilator to help you breathe would keep you from getting out of bed.

Not anymore.

Now, patients on Overlake's Critical Care Unit (CCU) who are using ventilators are helped to sit up and in many cases, get out of bed. Some even walk down the hall with the help of a respiratory therapist and a physical therapist.

The reason is simple. It's the same reason you get up from your desk chair and stretch your legs. Immobility is bad for the body and the brain, even if you're on a ventilator.

Research shows that when patients are helped to move around, they spend fewer days on the ventilator, fewer days in the hospital, and have smoother recoveries.

New ideas = better care for you

Last year, half of the 80 CCU nurses attended conferences and classes on topics ranging from wound care to leadership training. Each one headed off to training knowing that they would bring what they learned back to the unit, teach it to others, and apply it to their work.

One of those training experiences sparked the shift to "early mobility."

The Warren J. Razore Intensive Care Unit Endowment, established in 2000 by the Razore Family Foundation, provides the funding for ongoing training opportunities for CCU staff—and that means top-quality, up-to-the-minute care for you and your family.

Successful launch

At Overlake, we've been using the early mobility method for just a few months. All signs point to continuing the program.

"The professional development opportunities made possible by the Razore Endowment have absolutely impacted patient care. Early mobility is just one example," says Jonard Peregrino, CCU Manager. "Keeping up with innovations and current thought in the field leads to the best possible outcomes for patients. We are very grateful."



Overlake's CCU staff received the silver-level Beacon Award for Excellence, recognizing caregivers who demonstrate continuous learning and effective systems.

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Social Media



Like Us on Facebook!

The Overlake Foundation is launching a new Facebook page of our own, separate from the hospital's page, where we can share news and stories with our donors.

Visit us at facebook.com/OverlakeFoundation and remember to click "like."

Your Donations at Work

Technology races forward ever faster. Like many people, you may enjoy the features of your new smartphone but grumble about the cost. The latest, best gadgets are expensive!

Philanthropy supports technology

That's one reason why your contributions are so critical—world-class care takes a lot of equipment, and it must be kept up-to-date.

Recently, your support helped purchase Overlake's new 3T Magnetic Resonance Imaging (MRI) machine, which is mostly used for the diagnosis and treatment of brain and spine issues. The 3T (a measure of magnetic strength) is the most powerful MRI available for community hospitals.



The cardiovascular system, as seen by the 3T MRI.

Sharper pictures

David Winokur, Director of Medical Imaging Services, raves about the new machine. "The image quality isn't even comparable," he says. "And more detailed images means greater diagnostic capability." The high-resolution images enable doctors to see blood vessels, muscles, and bones more clearly.

Bigger is better

Undergoing an MRI scan can be stressful because you must lie very still inside a tunnel-like instrument. Some patients feel closed in and even scared. The new machine has reduced the time of the procedure from over half an hour down to 15 minutes, and the wider, shorter "tunnel" helps patients feel more comfortable.

"The 3T is in use all day long," says Winokur. "Having a less enclosed space and being able to do the scan in half the time makes for a better patient experience."

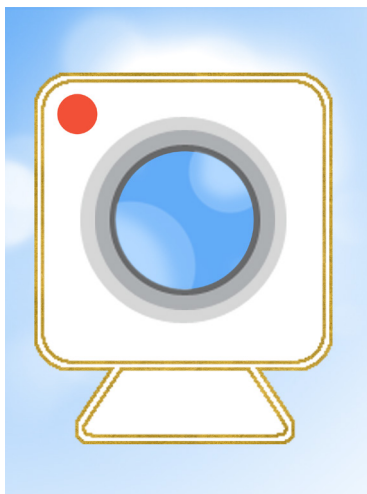
Thanks to our generous donors, the best equipment is right here on the Eastside.

You Can Make Life Better for NICU Families

When your newborn baby needs to stay on the Neonatal Intensive Care Unit (NICU) for weeks or months, you have to return to your life. You may need to care for your other children or go back to work. But it is so hard to be away from a fragile little one.

That's why Overlake plans to install an Angel Eye webcam system. It's very simple: a camera is pointed at the baby and family members are provided with a login so they can tune in and take a look at any time, day or night. The system also allows users to speak to the baby and receive updates from doctors and nurses.

Your contribution for Angel Eye will help keep babies and families connected. Please take a moment to send a check in the enclosed envelope and write "Angel Eye" at the top of the form. Or visit tinyurl.com/NICUangeleye.



Taking Stock

What initiative would excite you enough to make a \$100,000 gift to help make it happen? For Alice and York Harris, one need stood out: Overlake's new, state-of-the-art, fully integrated Cancer Center.



Alice and York Harris

Ever since their experience with an Overlake support group for the family members of cancer patients over 20 years ago, they've been passionate supporters of the hospital and have both served on the Foundation's Board of Directors. **"We've been fortunate in my career,"** says York, who recently retired as Managing Director—Investments at Bank of America Merrill Lynch. **"We wanted to make a meaningful contribution.** Here we have a nonprofit hospital building a Cancer Center that puts everything together in one place. That unique approach to health care is better for patients and also attracts the best doctors to work here."

The Harris' decided to take advantage of the strong market and make their gift with appreciated stock. "When you transfer the stock directly to a charitable organization, you may get to write off the full market value, depending on your tax situation, AND you don't have to pay capital gains tax on the stock gains," York explains. He hopes to encourage others with similar resources to consider the advantages of donating stock.

As longtime Bellevue residents with kids and other family members nearby, Alice and York are wholly committed to ensuring that there's great health care on the Eastside. **"You never know when you're going to need it,"** says Alice, **"but this is a way of investing to ensure that it is available to you and your family."**

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LUNCH & PROGRAM: Noon – 1:30 p.m.

FEATURING KEYNOTE SPEAKER
RISHI MANCHANDA, MD, MPH
Physician, public health innovator and author of
The Upstream Doctors

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PER PERSON

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TAX BREAK

If you are at least 70.5 years old and have money invested in a traditional IRA, you can donate the full amount of your required minimum distribution, up to \$100,000 per year, and avoid the tax payment.

"There are many people who are over 70.5 who don't require the minimum distribution from their IRAs to live on and have designated charities as their eventual beneficiaries," explains York. "They could start transferring those funds now and not have to pay taxes on them, so the organization would get the money sooner and gain the benefits now."

Interested in making gift through stocks or other investments? Please contact Stephanie Stewart, Director of Major Gifts and Planned Giving, at 425-688-5452.

Always consult with your tax professional to ensure you receive the maximum benefit from your gift.



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