

KEEP YOUR MIND SHARP AS YOU AGE • BATTLING WINTER WEIGHT GAIN

OVERLAKE

WINTER 2016

Healthy
OUTLOOK

Warm
.....
WELCOME

Overlake provides compassionate, leading-edge care for mom and baby—from prenatal classes through postpartum support



SPECIAL EDITION:
2015
REPORT TO THE
COMMUNITY

OVERLAKE MEDICAL CENTER
B A N D A G E B A L L


**FROM THE
 PRESIDENT
 & CEO**

As we reflect on this past year in our 2015 Report to the Community, which is included in this special edition of *Healthy Outlook*, you'll read about Overlake's innovative programs and services and the people who make it all possible—our generous donors and volunteers, and our highly skilled and caring physicians, nurses and staff.

With the new year also comes opportunities for growth, and I am excited to announce project futureCARE, our six-year campus renewal project. This project continues Overlake's investment in first-class medical facilities that help fulfill our promise to meet and exceed the needs and expectations of a vibrant Eastside community.

The essence and value of this project are about much more than bricks and mortar—they are about offering our patients and their families a healing environment that addresses needs of the body, mind and spirit. This project is about providing unparalleled health care in an environment our community expects and deserves. And it's about creating an efficient and supportive place to work for our physicians, nurses and staff.

I am proud to be part of such a remarkable organization, and project futureCARE will ensure that Overlake is at the forefront of delivering the most advanced, compassionate care for generations to come. From all of us at Overlake, we wish you a happy and healthy 2016.



J. Michael Marsh
 President and CEO

Save the Date
SATURDAY, MAY 14

Hyatt Regency Bellevue

FUNDS RAISED WILL GO TOWARD

**NURSING EXCELLENCE:
 TODAY AND TOMORROW**

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Overlake Hospital Medical Center is a nonprofit, independently operated regional medical center offering, in association with medical staff, a wide range of health technologies and specialty services. Earnings are devoted exclusively to the continuation and improvement of patient services and facilities, as well as educational, outreach and research activities. The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about health issues, contact your personal physician.

Periodically, we send communications to friends and neighbors in our community that describe the health care services and products we offer. If you would prefer not to receive communications like this from our organization, please call 425.467.3548 or email healthyoutlook@overlakehospital.org.

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For an e-copy, visit overlakehospital.org/healthyoutlook.



Genetic counselor **Marianne Lotito, MS, LCGC**, offers personalized care five days a week.

OVERLAKE NOW OFFERS GENETIC COUNSELING

Genetic counselors are health care professionals with specialized training in genetics and counseling. Overlake's genetic counselor, Marianne Lotito, MS, LCGC, helps people understand and adapt to the medical, psychological and familial implications of genetic risk for disease. She is available to discuss options for reducing cancer risk and the importance of diagnosing cancer early. Currently, genetic counseling services are focused on care of individuals with a personal and/or family history of cancer—including breast, colon, ovarian and other types of cancer.

The process of genetic counseling includes:

- Evaluation of family and medical history to assess the chance of disease.
- Education about ancestry, genetic testing, management, prevention, resources and research.
- Counseling to promote informed choices to adapt to the risk for disease.

For further information or to schedule an appointment, call 425.688.5289. Genetic counseling is available on the main hospital campus in Suite 160.



The Paul G. Allen Family Foundation Infusion Room is being designed to suit patients' individual preferences for privacy.

New Cancer Center Breaks Ground

Overlake is excited to announce we officially broke ground January 27 to build a new Cancer Center.

The new center will reconfigure cancer outpatient services for more seamless coordinated care, expand integrative and support services, enhance our focus on patient-centered care and increase the hospital's capacity to meet the growing needs of the Eastside community.

"We're very conscious that construction won't impact patient care," says Robyn LaFleur, director of Cancer Services. "There will be no down time. We've spent a lot of time and energy to allow for operations to continue as usual."

Thus far, community supporters have donated \$8.2 million toward the \$10 million fundraising goal. The hospital is contributing the additional \$10 million to the project. The Cancer Center is expected to be completed by summer 2017.

KEEP YOUR MIND SHARP AS YOU AGE

Tips and techniques for optimal brain function

As you age, your brain begins to shrink. This is part of the normal aging process, just like losing muscle mass and having reduced lung capacity. Such brain atrophy usually begins at the age of 70, although the amount of synaptic connections, which are responsible for transporting nerve signals and are linked to cognitive functions, begins to decline in your 20s.

Exercising is one of the most important ways you can combat age-related brain decline. Studies show that regular exercise significantly reduces brain atrophy and keeps

cognitive functions in shape.

Just as it is never too late to reap the benefits of exercising, it is also never too late to learn something new. Challenge yourself by taking a language or cooking class; these stimulate both your brain and your social connections, which also help to keep your mental sharpness. It also helps to keep the synapses alert by doing crosswords, Sudoku or other puzzles.

Other lifestyle considerations include eating a diet rich in antioxidants and omega-3 fatty acids, which are essential nutrients for

optimal brain health; controlling vascular risk factors such as blood pressure, cholesterol and stress; and getting adequate sleep. According to the National Institute of Neurological Disorders and Stroke, sleep plays an important role in memory. Sleeping well equates to being able to learn well.

Around one-third of physical aging is genetic, which means the rest is due to lifestyle. The choices we make with our diet, sleeping habits and exercise for our mind and body can have lasting effects on cognition and our overall brain health.





BATTLING WINTER WEIGHT GAIN

Holiday overeating isn't the only culprit when it comes to winter weight gain. The short, dark days of the season can affect our mood and our workouts, giving us excuses to not get outdoors and stay active.

Less sun can also cause us to sleep more than usual but still feel extremely tired, causing a lack of interest in activities and increasing the craving for carbohydrates and sweets.

To reduce or prevent additional weight gain in winter, try to stay physically active and soak up as much sunlight as possible. Eat a varied diet with food rich in fiber and protein, such as legumes and leafy green vegetables; these help balance blood sugar, which causes cravings for sweets and carbs.

Garlic-Sautéed Greens

Serves 4

Ingredients:

- 3 tablespoons avocado oil
- 2 cloves garlic, minced
- ½ cup vegetable stock or water
- 1½ pounds leafy greens such as kale, with stems removed, chopped into thin strips
- Salt and pepper
- 2 tablespoons apple cider vinegar
- 2 tablespoons spiced pepitas

Directions:

- Heat oil in a large skillet. Add garlic and sauté on low heat for one minute.
- Add stock and greens and raise heat to high. Cover and cook for five minutes.
- Remove cover and continue to cook greens, stirring frequently. Leaves should be slightly wilted and still retain a bright green color and a sweet, succulent flavor. When all liquid has evaporated, remove from heat.
- Season with salt and pepper, sprinkle vinegar on top and garnish with spiced pepitas.

*Created by Chris Linaman, executive chef,
Overlake Medical Center*

NUTRITION SERVICES

You can learn how to help yourself lead a healthier life through the food choices you make. For more information, call Nutrition Services at 425.688.5484 or visit overlakehospital.org/outpatientnutrition.



Caelan Tan

Born Overlake Medical Center - October 2015

Warm

WELCOME

*Overlake provides
compassionate, leading-edge
care for mom and baby—
from prenatal classes through
postpartum support*

In October, when Anne Tan and her husband Direak welcomed their third child, a son, into the world at Overlake Medical Center, Anne says they felt right at home. “The nurses were friendly, from the delivery room to recovery room,” Anne says. “They made me feel so comfortable about the whole process.”

“We have high patient experience scores, and the majority of the positive comments are about the relationships that patients have with our staff,” says Marianne Pizzitola, RN, BSN, director of Women’s and Infants’ Services. “Our staff is

very experienced and passionate about babies and families—and our patients feel it.” And the Overlake team offers this level of expertise and commitment to patients throughout the whole continuum of care, from pre-pregnancy through postpartum and beyond.

Anne and Direak chose Overlake—and OB/GYN Christine Werner, MD—to deliver both their second and third children after having a somewhat hurried experience with the birth of their first son at another hospital. “It was so rushed,” Anne recalls. “At Overlake, they say, ‘Just take your time.’”



Collin and Claire welcome their brother into the family.

Prenatal Care

Expectant parents are encouraged to take a tour of the Childbirth Center to learn more about Overlake's patient-centered care. Tours are led by staff from the Childbirth Center, to better answer any questions.

Expert prenatal care is provided by a variety of skilled practitioners, including OB/GYNs, midwives and family physicians. "We monitor the growth of the baby, talk to the mom about nutrition and exercise, and make sure she doesn't have medical problems that have to be addressed," says Natalia Dvorak, MD, an OB/GYN. If an expectant mom needs extra care during a high-risk pregnancy, Overlake providers partner with Eastside Maternal Fetal Medicine perinatologists, who offer prenatal screenings, genetic counseling and monitoring.

Additionally, Overlake offers a thorough prenatal educational program that includes preparation for childbirth, breastfeeding and fathering classes (see pages 12–13). "I recommend all my patients take the prenatal classes at Overlake," Dr. Dvorak says. "Your body is changing in ways that you've never experienced. If you know what to expect, it's not so scary."

Labor and Delivery

When new moms arrive at the center, they can rest assured they are in good hands knowing it is staffed

24/7 with an OB physician hospitalist who can evaluate and triage patients to the appropriate places. "Sometimes triaging them to home if they're in early labor is the right answer," says OB/GYN Kristin Graham, MD, medical director and chairperson of Obstetrics and Gynecology at Overlake Medical Center. "Admitting patients when they're not really in labor is known to slightly increase their risk for a C-section."

Expectant moms are well taken care of in the Overlake Childbirth Center, which has private birthing suites equipped with a Jacuzzi tub, a birth ball and a recliner to help promote comfort and progress during labor. Each room also has a chair/bed for the new mom's support person, a TV/VCR/DVD, a private phone line and wireless Internet access.

To maximize patient comfort, Overlake uses a portable telemetry device for fetal monitoring, so moms-to-be can get up and walk around, rather than having to stay in bed, hooked to a machine. And during labor, the staff provides soothing items like lavender sachets, massage balls and tea lights in the room. What's more, to help demystify the birth process for new parents, Overlake has a step-by-step pictorial guide detailing what to expect during labor, which is particularly helpful for patients for whom English is a second language.

Overlake providers and staff partner with expectant moms on their labor path. "It's the patient's labor and

delivery process—so it’s very personal,” Dr. Dvorak says. “People are trying to take back the process. It should be how the new mother wants it to be, and we’re trying to do things as naturally and safely as possible.”

After Baby Arrives

Following birth, mom and baby recover in a private room where expert staff monitor them and help prepare them to go home.

Before mom heads home with her new baby, a postpartum appointment is scheduled in the Mom & Baby Care Center. This appointment can help catch any health issues with mom or baby and offer guidance to new parents, especially with breastfeeding. Follow-up lactation services are available for as long as needed to help families become safe, confident and comfortable. The center also has a boutique with helpful items for new families.

Also popular are the hospital’s After Baby Comes support groups, with evidence-based advice provided by experts. “Participants develop relationships with other parents and can ask questions in a safe environment,” says Sandy Salmon, RN, MSN, manager of the Mom & Baby Care Center. “And the bonds that are formed extend long beyond their time together in the support group.”

All these comprehensive services are the reason Overlake is the first choice for patients like Anne Tan who are looking for expert care in a personalized setting. “We partner with families to achieve their birth plan goals,” adds Margie Bridges, MN, AWHNP-BC, RNC-OB, perinatal clinical nurse specialist. “And we get such positive feedback from our patients, which makes it so gratifying to be right there for them at this exciting time in their lives.”

Support for New Parents

Overlake offers a full spectrum of classes for expectant and new parents, including Prenatal Yoga, Preparation for Childbirth and Newborn Care, Breastfeeding, Conscious Fathering, Infant Safety-Proofing and CPR, and more.

Many new parents also benefit from support groups like After Baby Comes, La Leche League (breastfeeding) and Balance After Baby (for new moms with postpartum mood disorder).

Visit overlakehospital.org/classes for a full list of offerings, dates and times. And check the Women’s & Infants’ Blog at overlakehospitalblog.org/womenandinfants for helpful tips.

OVERLAKE'S NICU HELPS MORE NEWBORNS

Babies who are born prematurely or develop complications need extra attention and round-the-clock care. Their parents can take comfort in knowing that’s exactly what is provided at Overlake Medical Center’s Level III neonatal intensive care unit (NICU), with its expert team of neonatologists, neonatal nurse practitioners, respiratory therapists, dietitians and others. Because of the NICU’s expertise, infants as young as 26 weeks can be cared for close to home and not transferred elsewhere for intensive care.

Even with the smallest babies, Overlake promotes skin-to-skin contact. “If a baby is on a ventilator, we still put that baby on mom’s chest,” says Lynne Saunders, Overlake’s NICU manager. “The babies’ oxygen saturation is better, and they go home sooner.”

Also of great benefit to babies in the NICU is Overlake’s newly launched Mother’s Milk Depot, which allows new moms with healthy babies to donate their breast milk to infants in need. So far, nearly 11,000 gallons of milk have been donated, providing important nutrition for NICU babies at Overlake as well as at hospitals in 26 other states.

IMPROVED MILK FOR PREMATURE BABIES

Premature babies need protein, as well as minerals like calcium and phosphorus, for bone and muscle growth. Previously, the only fortifiers on the market were cow’s milk based, which increase the risk of necrotizing enterocolitis, a condition that damages the bowel.

Overlake Medical Center recently became the first NICU in the Seattle–Eastside area to offer Prolacta, a human-milk-based fortifier for premature infants. Prolacta is made from concentrated donor milk that is fortified with minerals for fragile patients.



From left:
Elisabeth
Anton-McIntyre,
MD; Michael
Lawler, MD;
Jonathan Paley,
MD; Christine
Werner, MD.

INNOVATIVE GYNECOLOGIC SURGERY

Overlake's highly skilled experts use leading-edge technology to improve care for women

Overlake Medical Center doesn't merely follow the trends in gynecologic surgery—it's at the forefront. With a team of caring, well-trained surgeons who are highly skilled in specialized procedures, Overlake has been recognized by Healthgrades as one of the top 10 percent of hospitals in the nation for gynecologic surgery. *Healthy Outlook* spoke to four OB/GYNs at Overlake to learn about modern gynecologic surgery.

Has gynecologic surgery changed since you've been practicing?

MICHAEL LAWLER, MD: In the last 30 years, most gynecologic surgeries were considered major surgeries, done either vaginally or abdominally. In the mid-'80s, laparoscopy [using tiny instruments inserted through small incisions] was used primarily for tubal sterilizations and diagnosis. But now, minimally invasive gynecologic surgery, whether robotic or laparoscopic, is the trend. Today, we're using smaller and fewer instruments in the abdomen. Overlake is innovative and invests in the latest technology and equipment. As a result, patients

have shorter hospital stays and shorter recovery times, with less bleeding, infection and pain. Ultimately, less invasive procedures benefit patients.

What new technologies has Overlake embraced that benefit patients in significant ways?

ELISABETH ANTON-MCINTYRE, MD: One of the big advancements in gynecologic surgery is the MyoSure, for hysteroscopic procedures. This device allows us to take out uterine fibroids and polyps located within the uterine cavity. This device resects fibroids and polyps with less risk of damage to the uterus, so patients can

Awards and Recognitions

Overlake was recognized by Healthgrades for "Superior Performance in Gynecologic Surgery," is among the top 10 percent of hospitals evaluated for gynecologic surgery and received the following awards in 2015:



Healthgrades
Gynecologic Surgery
Excellence Award.



Five-star recipient for
gynecologic surgeries.



Five-star recipient for
hysterectomies.

preserve their fertility.

I've been here for 20 years and have come to know many members of the OB/GYN department. We all have similar skills and ability to perform most gynecology cases, but certain doctors on the staff have more specialized training in laparoscopic or robotic hysterectomies. A patient who has a large uterus may need a hysterectomy through a standard lower abdominal incision, and most of us feel very comfortable with this type of procedure. If the hysterectomy could be accomplished by a more minimally invasive technique, but I feel it is something out of my league, I refer my patient to someone at Overlake with those skills without hesitation.

What conditions can hysteroscopic surgery help diagnose and treat?

CHRISTINE WERNER, MD:

Hysteroscopic surgery [in which a thin, lighted tube called a hysteroscope is inserted into the uterus by way of the vagina to diagnose and operate on abnormal conditions] is mainly used for conditions of the uterus, such as abnormal uterine bleeding or bleeding between cycles, uterine polyps and uterine fibroids. We also use hysteroscopy to evaluate

conditions such as postmenopausal bleeding to rule out endometrial cancer. Additionally, we commonly use endometrial ablation to destroy the lining of the uterus in cases of heavy menstrual bleeding. I use NovaSure ablation, which delivers radiofrequency energy into the uterus, gently removing the lining that causes the bleeding.

How do patients benefit from robotic surgery?

JONATHAN PALEY, MD: Most of what we're doing is robotic hysterectomies. Robotic surgery allows a patient who would not otherwise be a candidate for minimally invasive surgery to enjoy the benefits of such an operation. The patient will experience less pain, spend less time in the hospital and get back to her daily activities more quickly. In addition, Overlake provides robotic urogynecologic surgery.

Overlake hits a sweet spot in terms of accessibility, patient care, expertise and technology. It's a very technologically advanced care center with a full range of offerings, yet it is still a personable place.

Breakthrough in Postpartum Hernia Treatment

Overlake surgeon a pioneer in biologic mesh procedure and abdominoplasty

When a pregnant woman, particularly a petite one, carries twins or triplets, it is possible for her abdominal muscles to be stretched so severely that she risks suffering a dangerous hernia and lifelong back problems, in addition to disfiguring her abdominal muscles.

In the past, the answer would have been to fix the hernia, repair the abdominal wall and then remove any excess skin. Such a procedure would require two surgeons—an abdominal specialist and a plastic surgeon—and represent a significant cost and recovery to the patient.

But now, thanks to a complex procedure mastered by Helen Kim, MD, and her associates at Proliance, the postpartum hernia repair and tummy tuck can be performed at once, lowering costs and simplifying aftercare.

The surgery, which only a few surgeons in the region have mastered, involves implanting a mesh made from pig cells to repair the hernia. The biologic mesh eventually dissolves. Dr. Kim then performs an abdominoplasty, rather than referring patients to a plastic surgeon—making her a one-stop shop for abdominal problems.

Helen Kim, MD, of Proliance Surgeons





Classes and Programs

Classes are offered at multiple locations. Check your confirmation letter for more details. Preregistration required.



TWO EASY OPTIONS FOR REGISTRATION:

1. Go to overlakehospital.org/classes.
2. Call 425.688.5259, Monday-Friday, 8 a.m.-4:30 p.m.

Many of our programs and classes are supported by our Overlake Medical Center Auxiliaries.

Become a fan of Overlake and follow us online.



PLANNING FOR PREGNANCY

Register early—classes fill quickly

Visit overlakehospital.org/classes for class descriptions, dates and times.

FREE Weekly Email

A great resource to guide expectant parents through pregnancy and the first year of their baby's life, with customized information and resources from Overlake's parent education staff. Visit overlakehospital.org/childbirthcenter to sign up.

Childbirth Center Tours

Sign up at overlakehospital.org/classes.

Before Baby Comes

Register early for best selection. Preparation for labor, birth and life with your newborn.

Classes on Childbirth and Newborn Care

- Preparation for Childbirth and Newborn Care.
- Understanding Birth (eClass): Can't join the childbirth class? We'll bring the class to you.
- Breastfeeding: essential information.
- Prenatal Yoga: for expectant and postpartum moms.
- Car Safe Kids: how to choose and install an infant car seat.
- Conscious Fathering: for expectant dads. Celebrate the special relationship between father and child.

After Baby Comes

- Pumping While Returning to Work: Learn strategies for women who are returning to work. How to maintain a full milk supply, best pumps for your situation and how to bottle-feed a breastfed baby.

- After Baby Comes Support Group: This drop-in group is a perfect opportunity for new moms to come with their baby and talk about feeding, sleeping, the changing bodies of mom and baby, and navigating the complexities of motherhood.

Pelvic Floor Fitness: For New and Expectant Moms

Being pregnant and having babies can weaken the pelvic floor muscles, which play an important role in controlling the bladder and bowel and enhancing sexual function. In this interactive class, Sagira Vora, a board-certified women's health physical therapist, will teach concrete tools and specific exercises to lessen common pregnancy-related musculoskeletal problems, safety guidelines for exercise, and ways to retrain and strengthen your pelvic floor muscles. **Tue., Mar. 22, 6:30-8 p.m.** Preregistration required. FREE.

PARENTING

Car Seat Check

One-on-one consultation with a trained child passenger safety technician to learn correct car seat installation and usage. **Sat., May 21, 10 a.m.-2 p.m.** FREE.

For Girls Only: A Heart-to-Heart Talk on Growing Up

and

For Boys Only: The Joys and Challenges of Growing Up

Bellevue classes are sponsored by Seattle Children's and Overlake. Each of these programs is offered from **6:30-8:30 p.m.** as a two-part class and is recommended for girls or boys ages 10 to 12 years and a parent or guardian. Every family will receive the book *Will Puberty Last My Whole Life?* For more information or to register, visit seattlechildrens.org/classes. Register early for best selection. Scholarships available. \$80 per child/parent; charges apply for additional children.

SAFETY

Better Babysitters

Sponsored by Seattle Children's and Overlake. Adolescents 11 to 14 years of age will learn responsible babysitting by studying basic child development, infant care, safety, how to handle emergencies, age-appropriate toys, business tips, and what parents expect. Classes will be held regularly on **Sat. and Sun., 9 a.m.-2 p.m.** at Overlake in Bellevue and Seattle Children's. Visit seattlechildrens.org/classes-community for schedule and registration. \$45.

For more information about our classes, or to register,

First Aid and CPR Certification Class

Includes infant/child/adult CPR, automated external defibrillators (AEDs) and basic first-aid training with an emphasis on childhood-related injuries. Receive a two-year American Heart Association completion card and workbook. These classes are recommended for everyone including day care workers and others needing certification for their workplace. First aid and CPR/AED portions may be taken separately for \$40 per class. **Sat., Feb. 6, 9 a.m.-4 p.m.** \$70.

Infant Safety-Proofing and CPR

Certification cards are not awarded in this class. **Wed., Feb. 10; Tue., Mar. 22 or Apr. 12, 6:30-9:30 p.m.; Sat., Mar. 5, 9 a.m.-noon.** \$35 per person; \$60 per couple.

CPR for Health Care Providers

Wed., Feb. 3, 6-9:30 p.m. \$60.

Spanish-Speaking CPR and First Aid Classes

Call 206.356.5887 (bilingual) for information.

WOMEN'S HEALTH

Be Heart Smart: What Women Should Know About Their Cardiac and Vascular Health

Learn how to improve your odds against heart attack. Discussion will include risk factors and symptoms for coronary artery disease and a review of innovative diagnostic tools and treatment options. Presented by Overlake cardiologists Thomas Amidon, MD, FACC, and Gretchen Crittenden, MD.

Reserve your time in advance for free heart-health screenings, including blood pressure checks, nonfasting cholesterol screenings and opportunities to talk to specialists about your risk factors. Screening space is limited.

Come early to enjoy a glass of heart-healthy red wine, refreshments, dark chocolate and informative health resources. **Wed., Feb. 24;** heart-health screenings from **5:30-7 p.m.**; presentation from **7-8 p.m.** Men welcome. Preregistration required. Visit overlakehospital.org/classes for event and screening registration details. FREE.

WOMEN'S PELVIC HEALTH SERIES

Nearly a quarter of all women have a pelvic health disorder, which can affect quality of life and medical and emotional health. Attend one of more of these informative presentations to find out what you can do to improve your pelvic floor health.

Pelvic health class descriptions continue in next column.

Women's Pelvic Health:

A Team Approach to Common Disorders

A panel of experts, including a colorectal surgeon, urogynecologists and a physical therapist, will discuss common disorders and what diagnoses and treatment options are available. Topics include incontinence, pelvic organ pressure, constipation, menopause and hormone therapy. **Wed., Feb. 3, 6:30-8:30 p.m.**, FREE.

Pelvic Floor Fitness: For Women 30 and Over

In this interactive class, you will learn tips and techniques to maintain and improve your pelvic health as you change through your life cycle. Topics include how to obtain optimum pelvic fitness and minimize sexual discomfort with the use of healthy lifestyle habits, dynamic breathing and pelvic muscle training exercises. Taught by Kathy Golic, an Overlake physical therapist specializing in pelvic floor issues. **Tue., Feb. 23** in Bellevue or **Wed., Apr. 13** in Issaquah, **6:30-8:30 p.m.** FREE.

Pelvic Floor Fitness:

For New and Expectant Moms

Please refer to page 12 for details.

Preregistration required. For more details or to register, visit overlakehospital.org/classes or call 425.688.5259.

HEALTHY LIFESTYLES

Back Pain: Diagnosing and Treating

Back symptoms often limit daily activities and work, and social and recreational pursuits. Lack of activity can lead to obesity, depression and general physical deterioration. Neurosurgeon Frank Bishop, MD, will help you better understand back dysfunction and available treatment options, including nonoperative therapy and new options in minimally invasive surgery. **Wed., Feb. 10, 6:30-7:30 p.m.**, FREE.

Hypnosis for Weight Loss

Give your subconscious mind a map that tells it where you want to go. In this three-part series, Robert W. Felix, a certified hypnotherapist, will help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. **Thu., Feb. 4, 11 and 18, or Mar. 24, 31 and Apr. 7, 7-9 p.m.** \$95. Reduced rates available for those who have taken this class before. Check website for details.

NEW! Managing GERD, Heartburn and Acid Reflux

Wed., Mar. 23, 6:30-8 p.m. To learn more, visit overlakehospital.org/classes. FREE.

JOINT PAIN RELIEF AND REPLACEMENT OPTIONS

Learn more about joint pain relief, as well as knee, hip and shoulder replacement at one of the following informative seminars presented by orthopedic surgeons. All sessions held from **6:30-8 p.m.** Time allowed for questions.

Hip Pain and Joint Replacement

Thu., Feb. 18, with Jonah Hulst, MD;
Wed., Mar. 16, with James Bruckner, MD;
Mon. Apr. 4, with Douglas Patch, MD.

Knee Pain and Joint Replacement

Mon., Mar. 14, with Douglas Patch, MD;
Wed., Apr. 27, with James Bruckner, MD.

Shoulder Pain

Wed., Mar. 23, with Jeremy Idjadi, MD.

Seminars are held at Overlake Medical Center. FREE. Preregistration required. Call 425.688.5259 or visit overlakehospital.org/classes.

DIABETES EDUCATION SERVICES

Overlake's Diabetes Education Services offers one-on-one education as well as a two-part series of classes to help you learn practical skills to manage your diabetes. To register or schedule an appointment, call 425.688.5700 and press 5 when prompted.

ABCS OF DIABETES LECTURE SERIES

3rd Thu. of the month, 4-5:30 p.m.
Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. Preregistration required; call 425.688.5259.

ABCs of Diabetes Care: Diet and Exercise

When managing your diabetes, the aim is to eat a healthy, balanced diet as well as get moving and stay active. Join Overlake dietitian Abbie Hall, RD, and physical therapist Anne Phippard, RPT, to review foods that taste good and are good for you, along with enjoyable activities and exercises. **Thu., Feb. 18.**

please visit overlakehospital.org/classes.

ABCs of Diabetes Care: Diabetes Blues and Distress

Managing everything related to your diabetes can be overwhelming. The list can be long and time consuming—from checking blood glucose, eating healthy and counting carbs to taking medications and getting regular workouts. Reports show one-third to one-half of people dealing with diabetes will feel a sense of distress at some point. Often, there is a sense of defeat, frustration and tiredness in dealing with the disease. Diabetes educators Kathy Fitzpartrick, RN, CDE, and Lisa Malgesini, RN, CDE, will discuss how to reduce the distress and blues associated with diabetes care and provide coping strategies. **Thu., Mar. 17.**

SENIOR HEALTH

(Seated) Yoga for Balance

This breath-oriented practice will help increase circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. Exercises are done from a chair and adapted to each individual's ability. Ridgewood Complex, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Feb. 2-23 or Mar. 1-29** (5 sessions); or **Feb. 4-25 or Mar. 3-31** (5 sessions); all from **12:15-1:30 p.m. or 2-3:15 p.m.** Preregistration required; call 425.688.5259. FREE.

A Matter of Balance

Help seniors improve their quality of life and remain independent. The class is designed to reduce fear of falling and increase activity levels. **Thu. and Tue., Feb. 2-25; or Mon. and Wed., Mar. 7-30; 10 a.m.-noon.** Includes workbook and water bottle. Call 425.688.5259; preregistration required. FREE.

Dementia Series:

Living With Memory Loss: The Middle Stages

In the middle stage of Alzheimer's disease or dementia, those who were care partners now become hands-on caregivers. Join us for this three-part series and gather helpful strategies to provide safe, effective and comfortable care in the middle stages. Not appropriate for the memory-impaired. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu. Feb. 25 and Mar. 24, 2-3:30 p.m.** Can attend one or all classes in the series. Preregistration required; call 425.688.5259. FREE.

Low-Cholesterol Diet

Do you understand all of the jargon about good cholesterol (HDL) and bad cholesterol (LDL)? And what foods are they found in? Learn how to eat well while cutting fat and cholesterol from your diet. Peggy Swistak, RD, will review guidelines for eating well and staying healthy.

Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Feb. 10, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425.746.9900. FREE.

Early-Stage Memory Loss Program

Open to recently diagnosed dementia patients and their loved ones, providing support and education on medical causes and treatments, future planning, and communication strategies. Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue. **Wed., Feb. 10, 1-4 p.m.** Preregistration required; call Katherine at the Alzheimer's Association at 206.529.3868, ext. 229. FREE.

Fall Prevention Exercises

Falls are not a part of growing older, but are a common issue with many people. Each year, one-third of adults in the U.S. experience a fall, with 20 percent of falls causing serious injury. Even those who fall and aren't injured can develop a fear of falling. Physical therapist Beth Charvet, RPT, from Overlake Outpatient Services will discuss how to reduce the risk of falls and review exercises that can help with balance issues. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Feb. 17, 10-11:30 a.m.** Preregistration required; call 425.556.2314. FREE.

Fighting Back Against Strokes

Strokes are the third-leading cause of death in the United States; however, there have been significant advances in treatment approaches. An Overlake stroke coordinator will discuss risk factors, detection and treatment of strokes and offer ideas on how to reduce your risk. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Mar. 9, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425.746.9900. FREE.

Incontinence: It Can Be Treated

Ten to 20 percent of older adults suffer from incontinence, but it does not have to be accepted as a part of growing older. For many, the condition can be controlled or cured. Join an Overlake urologist to learn more about the different types of incontinence and the latest treatment options. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Mar. 16, 10-11:30 a.m.** Preregistration required; call 425.556.2314. FREE.

Walk for Life: Senior Walking Program

Join this ongoing walking program to exercise safely and effectively while improving strength and balance. Walk on a flat, even surface out of inclement weather. One-mile and half-mile routes available. Bellevue Square Mall, enter on the lower level west side by The North Face. **Mon., Wed. and Fri., 8-9:30 a.m.** Walkers attend days and times that fit their schedules. No registration required. For more information, please call 425.688.5259. FREE.

SUPPORT PROGRAMS

Alzheimer's Caregivers Support Group

Provides support and education to family members of Alzheimer's patients. **3rd Mon. of the month, 3-4:30 p.m.** No registration required. Overlake Senior Health Clinic, 1750 112th Ave. NE, Suite A101, Bellevue. To learn more, call Regina Bennett, MSW, at 425.502.9828. FREE.

Balance After Baby:

Mood Disorder Support Group

This drop-in support group provides emotional care for new moms and families experiencing postpartum mood disorder or those struggling with their new role as mothers. **2nd and 4th Tue. of the month, 7-8:30 p.m.,** PACCAR Education Center. No registration required. FREE.

P.S. Support Group: Support for Miscarriage, Stillbirth and Infant Loss

For those experiencing stillbirth, newborn death or miscarriage. Group meets on the **3rd Thu. of the month, 7-9 p.m.** at Overlake's PACCAR Education Center. For more information, call Abbie, the group facilitator, at 206.367.3991, or Cami at 425.277.9494. FREE.

La Leche League Groups

Support and information for women who want to breastfeed their babies.

- ♦ **Bellevue: 3rd Mon. of the month, 7-9 p.m.** at Overlake Medical Center, PACCAR Education Center, 1035 116th Ave. NE, Bellevue. For more information, call Kay at 425.226.8117. FREE.
- ♦ **Issaquah Classroom: 1st Mon. of the month, 10 a.m.-noon** at the Highmark Medical Center, 1740 NW Maple St., Suite 201. For more information, email LLL.Issaquah@gmail.com or call 425.312.3477. FREE.
- ♦ **Eastside Japanese: 2nd Wed. of the month, 11 a.m.-1:30 p.m.** at the Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. To learn more, contact Izumi at 425.869.5136 or izumimitsuoka@hotmail.com. FREE.

Look Good ... Feel Better

This program, led by American Cancer Society volunteer cosmetologists, teaches beauty techniques to women in active cancer treatment to combat appearance-related side effects using cosmetics, skin care products, wigs, scarves and turbans. **Mon., Mar. 7, 1-3 p.m.** in PACCAR's Insight. Call 425.688.5586 to register. FREE.

Cancer Support Groups

Overlake partners with Gilda's Club of Seattle to offer four different cancer support groups at Overlake. To register, call 206.709.1400. FREE.

- ♦ Breast Cancer Support Group.
- ♦ Grief and Loss Support Group.
- ♦ Caregiver Support Group.
- ♦ Wellness Support Group: for any cancer diagnosis.

For more information about our classes, or to register,



2016 Active Senior Fair

Saturday, March 12 from 10 a.m. to 3 p.m.
at Westminster Chapel in Bellevue
13646 NE 24th St.

Moved back
to March!

This fun, FREE, annual, daylong event features free health screenings, mini-health seminars and workshops. Enjoy a variety of entertainers, including a spring fashion show by J. Jill of Bellevue Square. Stroll through vendor exhibits highlighting a wide range of Eastside businesses and organizations. The entire day is geared toward the active senior.

No registration required. FREE parking.

For more information, visit
overlakehospital.org/activeseniorfair or call 425.635.6191.

Lymphedema Support Network

3rd Wed. of the month, 7-8:30 p.m. at Overlake Medical Clinics Outpatient Rehabilitation Services, 1417 116th Ave. NE, Suite 110, Bellevue. FREE.

Stroke Support Group

For stroke survivors and their loved ones. **4th Sat. of the month, 1-2:15 p.m.** in the PACCAR Education Center. For more information, call Jennifer Kurtz at 425.688.5904. FREE.

Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **Sat. morning sessions, 10 a.m.-noon. Thu. evening sessions, 6-8 p.m.** Visit overlakebariatrics.com or call 425.467.3957 to learn more. No registration required. FREE.

EVENTS

Issaquah/Sammamish Health & Safety Fair

Overlake is honored to participate in the 13th annual Issaquah/Sammamish Health & Safety Fair on **Sat., Feb. 20** at Pickering Barn in Issaquah. The fair is a cooperative effort of the City of Issaquah Parks & Recreation Department and the *Issaquah Press*. FREE.

Kirkland Shamrock Run

Overlake is proud to sponsor the 2016 Kirkland Shamrock run on **Sat., Mar. 12** at Marina Park in Kirkland. This fun-filled 5K celebrates Kirkland, healthy living and St. Patrick's Day! Visit kirkland-shamrockrun.com for more information.

EMPLOYER EDUCATION AND OUTREACH

If you are interested in having Overlake involved in your company's upcoming Health Fair or Lunch and Learn program, please contact amy.padgett@overlakehospital.org.

FOUNDATION & AUXILIARY ACTIVITIES

Bandage Ball 2016

Save the date! Overlake Medical Center's most anticipated gala will be held **Sat., May 14**, at the Hyatt Regency Bellevue. Funds raised will go toward *Nursing Excellence: Today and Tomorrow*. Visit bandageball.org for more information.

Join Us!

The Auxiliaries' fundraising activities help Overlake provide exceptional care by supporting vital hospital services. We are looking for creative and passionate volunteers to work for Overlake by joining this vibrant organization. To learn more, contact us at 425.688.5527, email us at auxiliaries@overlakehospital.org or visit overlakehospital.org/auxiliaries.

VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for adults and teens. Our Volunteer Services department works with applicants to match their interests, skills and experience to the hospital's needs. Visit overlakehospital.org/volunteer.

LOOKING FOR A DOCTOR?

Call our Physician Referral Line at 425.688.5211 to find physicians who are affiliated with Overlake Medical Center. Our free referral line is available 24 hours a day to help you find Overlake doctors by specialty and availability.

The Community Education Department at Overlake strives to bring pertinent education classes and lectures to the Eastside community. If you have an idea for a lecture, course or ongoing series that you would like us to offer, send an email to education@overlakehospital.org. We appreciate your input as we partner with you in the journey to lifelong health.

please visit overlakehospital.org/classes.



2015

REPORT TO THE COMMUNITY

Overlake Medical Center
Overlake Medical Center Foundation & Auxiliaries



COMMUNITY SUPPORT KEEPS OVERLAKE ON LEADING EDGE

Overlake was founded by the community for the community—and we take pride in remembering and embracing that history. As our community grows, so does our commitment to remaining the Eastside’s premier health care provider. As a nonprofit hospital that receives no tax dollars, our ability to remain exceptional is due in large part to tremendous community support.

Over the past fiscal year, our generous Eastside community contributed \$6.4 million to Overlake’s Foundation. You’ll read in this report about how these philanthropic dollars will help buy the latest technology and equipment for patient care, help create a new state-of-the-art Cancer Center, provide financial assistance for low-income patients and support other critical services. We welcome contributions of any size, made by donors of all ages. Gifts can be made in honor of a caregiver or loved one.

On behalf of the Overlake Medical Center Foundation Board, we thank you for your generosity. We look forward to being an effective steward of your philanthropic dollars and continuing to provide exceptional health care for generations to come.

J. MICHAEL MARSH
PRESIDENT AND CEO

MOLLY STEARNS
CHIEF DEVELOPMENT OFFICER

“If I’m going to give, I’m going to give in Bellevue. That’s home—where I come from.”

—GENE LYNN, OVERLAKE DONOR, FOUNDER OF CAREAGE

INSIDE

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Dedicated volunteers and donors talk about why they support Overlake.

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Innovations and technologies Overlake has embraced this year.

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A look at additions to our hospital services and clinic network.

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Update on the Cancer Center fundraising campaign and an exciting clinical trial.

10 Community Education

Connecting with our community through classes and Foundation and Auxiliaries events.

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Continued commitment to nurse training and recognition.

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2015 by the numbers.

13 Our Donors

Recognizing the generous support from individuals, corporations and organizations.

VOLUNTEER SPOTLIGHT



VOLUNTEER OF THE YEAR

NANCY REYNOLDS HAS BEEN A DEDICATED OVERLAKE VOLUNTEER FOR 15 YEARS AND COUNTING

Nancy Reynolds has seen cancer take too many of her loved ones. She was only 18 months old when her mother died of ovarian cancer. Her older sister died at age 40. One cousin had uterine cancer, another had breast cancer and melanoma, and a third died of ovarian cancer.

But Reynolds, now age 86, has stayed healthy. She doesn't know why she's been spared, but she's grateful. And to show her gratitude and to help others like her family members, in 2000 Reynolds started volunteering with Overlake's Radiation Oncology and Cancer Resource Center. She's become a part of the team that cares for patients—always there with a smile and a helping hand.

"It's my payback," says Reynolds, who has logged more than 4,900 volunteer hours and was named Overlake's 2015 Volunteer of the Year. "I couldn't ask for a better group of people to work with."

Reynolds, who now volunteers four hours, two days a week, does whatever she can to help the nurses spend more time with their patients. This includes weighing patients, preparing information packets, and cleaning and stocking exam rooms.

"Whatever the nurses need, whatever they want, I'll do it if I can. If anybody needs anything when I'm there and I can do it, I will," she says.

Staff shared that they feel Reynolds truly is one of them. "We love Nancy and so do our patients."

VOLUNTEER STATS

Volunteers

250+

Hours

46,000

Dollar value

\$693,000

Foundation Relaunches the Pulse! Donor Leadership Group

In 2015, Overlake Medical Center Foundation relaunched Overlake's Pulse! Network, a group of community members ages 45 and under who support Overlake as ambassadors and donors. This group plays an important role in engaging community leaders, Eastside residents and professionals in hospital activities, and leadership and networking opportunities.

Pulse! hosts fun quarterly events that range from happy hours to hospital tours to get-togethers that provide an opportunity for Pulse! donors to get to know one another, as well as hospital leadership, and to learn about the services provided at Overlake. Pulse! has already shown itself to be a great way for individuals, as well as local businesses, to become involved in their community's hospital. Since its relaunch, Pulse! donors and sponsors have already contributed more than \$7,000 in support of patient care at Overlake. To join or learn more, visit overlakepulse.org.

DONORS HELP COMMUNITY'S HOSPITAL GROW

We rely greatly on support from our friends and neighbors as we continue to serve the health care needs of our growing community. It is donors like you who make Overlake an exceptional health care provider. Our donors represent all facets of the Eastside community. Some were born here, others come from across the globe. We are grateful to all of our donors, including individuals, families, seniors and youth. Here, just a few who have supported Overlake share why they give.

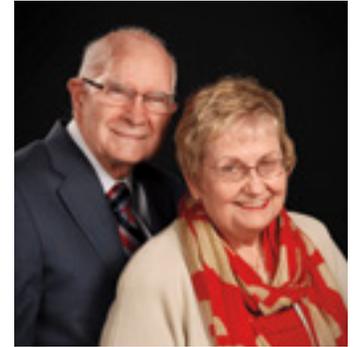


“Many people don’t understand that Overlake does not receive any tax support and relies upon gifting to maintain its state-of-the-art facility and care. It was originally established by a grassroots movement in the ‘50s and continues to be supported by generations ahead of mine. I hope to encourage my contemporaries to be involved by either donating time or money to help maintain a first-rate establishment.”

— **Gopika Moolgavkar, PULSE! LEADERSHIP COUNCIL MEMBER**

“I was born at Overlake, so my parents talked to me about it and they told me about Overlake and how they made donations when I was little. I decided I wanted to help donate, and so my first year I donated \$1 (at age 4) and then I kept donating.”

— **Maddy Thompson, 12-YEAR-OLD FUNDRAISER AND DONOR WHO WAS BORN AT OVERLAKE AND WHOSE MOTHER, GLORIA THOMPSON, WAS TREATED HERE FOR COMPLICATIONS AFTER MADDY’S BIRTH**



“We’ve lived in Bellevue long enough that we remember when there was no hospital. We had to go to Seattle. We’ve watched the hospital grow over the years. The Eastside is not a suburban area; it’s a community in and of itself. The hospital has to grow with it. A community is not complete without a hospital. When you have something like cancer or a cardiac condition, it is comforting to know that you have the very best doctors and care available right here at Overlake.”

— **Bob and Clodagh Ash, LONGTIME SUPPORTERS, VOLUNTEER LEADERS AND CANCER SURVIVORS**

INNOVATION AND TECHNOLOGY MEET COMPASSION

Overlake employs many of the newest innovations to serve our patients. These new offerings, many of which are supported by community donations, are effective because of the caring and knowledgeable physicians, nurses and support staff who use them to provide the hands-on care that makes Overlake a world-class health care provider. We always put our patients first when we consider what new health care innovations and technologies to invest in. But it's the heart and soul of staff members, driven by compassion to treat our patients the way they would like to be treated, that truly make the difference. Here are some of our latest technologies and innovations.

NEW 3-D IMAGING MACHINE HELPS SURGEONS AND ONCOLOGISTS

A SPECT, or single-photon emission computed tomography, machine that gives physicians a 3-D image of the inside of a patient's body is helping radiologists better pinpoint the location of a patient's disease. This is especially valuable for oncology teams looking to select the right treatment, as well as general surgical teams that are planning a route of access. Patients benefit by undergoing less imaging. Overlake is the first site in the state to have the Siemens Symbia Intevo SPECT/CT model, which also performs more detailed bone scans than previous machines, benefiting our orthopedic surgeons and their patients.

“With Overlake's new SPECT/CT scanner, patients get two scans in one. By fusing the metabolic information from a nuclear medicine scan with the high-resolution anatomic data of a CT scan, this scanner provides amazingly clear images that help me make a confident diagnosis with a single study.” —**Daniel Smoots, MD, RADIOLOGIST**

Ash Patel, MD,
orthopedic
surgeon



“Our goal in adopting new technologies in surgery at Overlake is to optimize patient outcomes; that means we vet the technology and study potential benefits the technology brings to the patient care experience.”

— Adel El-Ghazzawy, MD, SURGEON (PICTURED)

SIGNIFICANT IMPROVEMENTS IN SURGERY

Several new technological advances are improving care, comfort and outcomes for our surgery patients at Overlake. Here are just a few:

- All patients benefit from new anesthesia machines that not only reduce the amount of anesthetic given to the patient through optimal controls and save money by wasting fewer gases but also are better for the environment.
- New tourniquets used in orthopedic procedures provide personalized settings to minimize bleeding with the least amount of pressure necessary, reducing postoperative pain and improving recovery.
- Our new computer-controlled laser for cataract surgery has made the procedure easier for our patients and surgeons.
- Patients who need cochlear implants to improve hearing have benefited from the latest improvements in technology that result in better outcomes and slimmer external devices.



Betsy Gruber,
spine surgery
patient

TOP STROKE, SPINE AND BRAIN TUMOR TREATMENT

Overlake is on the cutting edge of hospitals treating stroke, spine issues and brain tumors. Once again, we received a Gold+ designation from the American Heart and Stroke Association for being “top of class” in providing stroke care. Recent advancements include:

- State-of-the-art equipment, such as spinal navigation technology, to help our surgeons obtain pinpoint accuracy to shorten surgery times, achieve better outcomes and improve efficiency.
- Biplane angiography provides a multitude of treatment options for complex cerebrovascular issues.

“You get the same quality of care here, without having to leave the community, as you would by going to one of the other top institutions in the world. We also engage in a significant amount of stroke research and can give patients more options through access to devices and medications in trial that may not be available to other hospitals.”

— Abhineet Chowdhary, MD, NEUROSCIENCE INSTITUTE DIRECTOR

ADVANCES

Stan Brandt,
Overlake's first
TAVR patient



“We're at the juncture where technology is changing the field of cardiology yet again.”

— Ronnier J. Aviles, MD, FACC, CARDIOLOGIST

HEART VALVE REPLACEMENTS OFTEN DONE WITHOUT OPEN-CHEST SURGERY

Overlake was one of the first three hospitals in western Washington to replace heart valves using transcatheter therapies and has seen unanticipated demand from our community for this type of procedure. Instead of having to open the chest to replace the aortic valve, surgeons are able to run a catheter through the groin area or a small incision in the chest to access the main aorta and replace the valve with this less invasive procedure. The procedure, which requires a team of specialists, leads to a much easier recovery for patients, says Ronnier J. Aviles, MD, FACC, program director of the Cardiac Center and section chief of Cardiology.

BABIES THRIVE WITH DONATED BREAST MILK AND NEW FORTIFIER

Babies born at Overlake are thriving, thanks to two new ways for them to get the nutrition they need. Our neonatal intensive care unit (NICU) began using Prolacta, a human-milk-based fortifier for infants who need higher caloric breast milk. This new formula is designed specifically for babies at or under 3 pounds and helps stave off the host of medical complications that premature babies can face.

We also launched a Mother's Milk Depot as a way to collect breast milk for babies in the hospital or at home. Studies show strong clinical benefits to providing donated, pasteurized human milk for premature infants when their own mother's milk is not available. Since the Milk Depot opened, more than 40,000 ounces (or 312 gallons!) of donated mother's milk have been collected, and last year the NICU used more than 1,000 ounces to help critically ill premature babies.

We have partnered with the Mother's Milk Bank of Colorado, which screens the milk, tests the mother's blood at no cost to donating moms, and distributes the milk in 26 states. “This gives Overlake first access to the milk,” says Marianne Pizzitola, RN, BSN, director of Women's and Infants' Services.

Kennedy Hall, the first Overlake baby to receive Prolacta.





DONOR-FUNDED ARRHYTHMIA CENTER LEADS THE WEST

The average heart beats 100,000 times a day. When something happens to interrupt the electrical signals that keep the heart beating, individuals can experience abnormal heart rhythms, or arrhythmias. When arrhythmias are severe or long lasting, the heart may not be able to pump enough blood to the body.

Enter The Bob and Patty Edwards Arrhythmia Center, a new world-class facility at Overlake to treat patients with arrhythmias. Patty Edwards' generous \$1 million gift, made in honor of her late husband, Bob, who suffered from heart disease, helped us build a state-of-the-art Electrophysiology Suite and fund patient education and physician outreach. Our physicians use the suite to treat patients with the most advanced techniques and the best technologies available. Funds are also being used to help educate patients on their procedures and reduce their anxiety. Physician outreach includes education on potential signs of atrial fibrillation and the many different treatment options available to our patients.

Left to right:
J. Michael Marsh, Overlake president & CEO; Patty Edwards; Dr. Derek Rodrigues; Dr. Jeffrey Fowler.

DOWNTOWN BELLEVUE URGENT CARE CENTER PROVIDES ANOTHER ALTERNATIVE FOR CARE

Overlake expanded walk-in patients' access to physicians when we opened our new Bellevue Urgent Care Center in downtown Bellevue in January 2015. The 6,000-square-foot center at 400 108th Ave. NE is open Monday through Saturday and includes an in-house lab, ensuring patients receive test results before the end of their visits.

The center offers high-quality patient care for illnesses and injuries that are not life threatening but still require immediate attention. Co-pays typically cost far less than a freestanding emergency room visit, making it another option for our community members to get the quality health care they need, when they need it.

"Providing accessible urgent care in the heart of downtown is an important way our doctors help to support a healthy workforce and a growing downtown residential community," said Eric R. Shipley, MD, medical director of Overlake's urgent care centers. "Urgent care offers patients a convenient alternative when they need to be seen right away."

CANCER CENTER NEWS



CANCER CENTER CAMPAIGN IN THE HOME STRETCH

In January 2016, we began construction of a comprehensive and advanced cancer center that will provide the best in diagnostic, treatment and support services for our patients and their families. Thus far, community supporters have donated \$8.2 million toward the \$10 million fundraising goal. The hospital is contributing the additional \$10 million to the project. Fundraising is still underway, and we welcome your support at many giving levels.

In addition to philanthropic support, one of the most important parts of this project is the participation of patients and their families, who are helping design the facility. One patient is working with us between chemo treatments. Another family member has continued to help even after her husband passed away. Based on their input, we're designing patient choices into the center, including the types of spaces available for care, better ways for patients to connect to technology, and more comfortable accommodations for visitors.

This community cancer center will use two floors in the Overlake Medical Tower and is expected to be completed by summer 2017.

“We are passionate about finding the best treatments for our patients.”

— **Kristi Harrington, MD, BREAST SURGEON AND MEDICAL DIRECTOR OF THE OVERLAKE CANCER CENTER**

OVERLAKE PATIENTS PARTICIPATE IN TUMOR PAINT TRIAL

Overlake patients with breast, colorectal, lung and prostate cancers are among the first in the nation to participate in a trial that tests Tumor Paint, a drug used to highlight tumors during surgery. Surgeons eventually hope to use the drug, made by Seattle biotech company Blaze Bioscience, to show the outlines of tumors and other cancer cells, and to more precisely remove them. Results of the Phase 1 study, which could dramatically change the landscape of cancer surgery, will be reported to the Food and Drug Administration to determine if additional studies should continue.

“Innovations like Tumor Paint have the potential to significantly improve the future of cancer care by giving surgeons the ability to see—and remove—more cancer cells during surgery,” said Kristi Harrington, MD, breast surgeon and medical director of the Overlake Cancer Center.



Bandage Ball, 2015.

RAISING COMMUNITY AWARENESS

Overlake Foundation's annual fundraising events bring caring community members together to support exceptional patient care. At the Bandage Ball gala in 2015, more than 700 guests and corporate sponsors raised \$1 million for our Behavioral Health Services. This event unmasked often unspoken mental health issues and highlighted the urgent need for more services in our Eastside community.

In 2014, the Community Partners Luncheon featuring Lee Hood, MD, focused on the impact of emerging technologies on personal health care. More than 400 guests and corporate sponsors joined us to raise \$260,000 for our Ensuring Excellence fund. Guests also attended a health and wellness fair, which showcased many of the services and screenings available to our community.

COMMUNITY CONNECTIONS BY THE NUMBERS

Hours of community education and outreach

47,934

Community education and screening events

705

Participants at education and screening events

17,537

Facebook friends

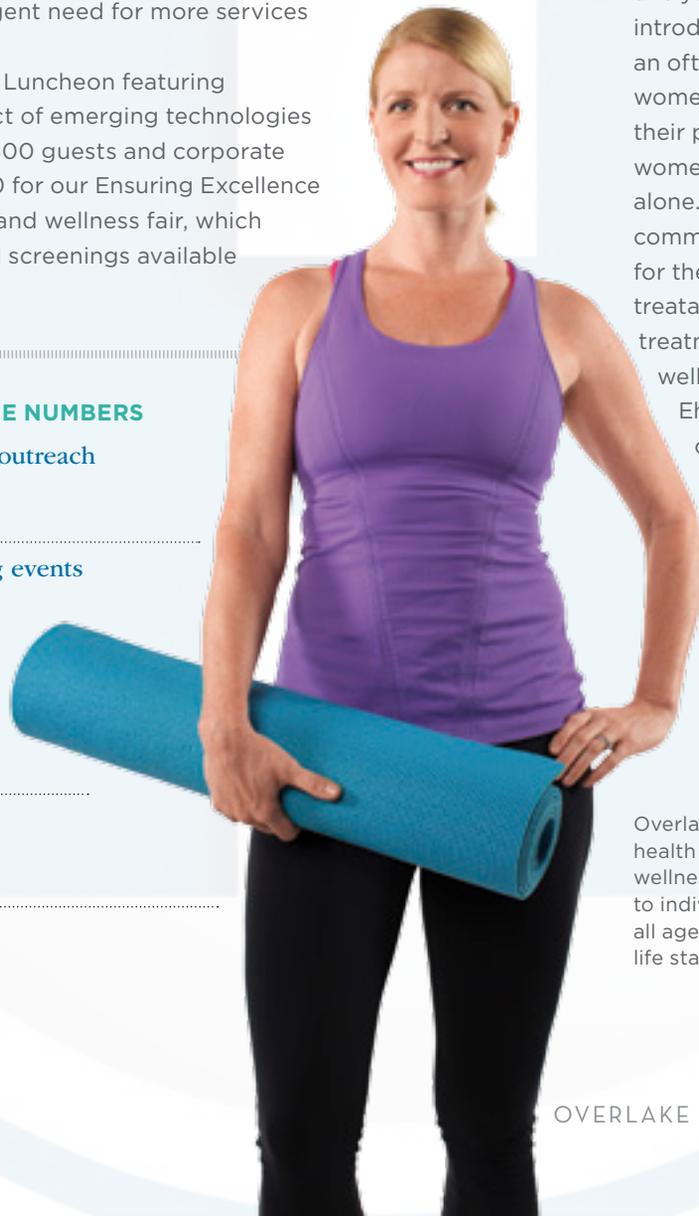
20,433

Twitter followers

4,311

CLASSES FOCUS ON KEY HEALTH ISSUES

Community members with questions about many kinds of health issues—from dementia care to back pain to childbirth and rearing to pelvic health—are encouraged to come to us for free classes. Each month we offer dozens of classes aimed at individuals of all ages and at all life stages. While we have offered childbirth and healthy lifestyle classes for many years, this year we were happy to introduce classes focused on an often-ignored area many women have questions about: their pelvic health. “We want women to know they are not alone. These are incredibly common problems, they are for the most part eminently treatable problems, and the treatments are generally quite well tolerated,” says Mitra Ehsan, MD. For a full list of classes available to the community, see pages 12-15 of *Healthy Outlook* or visit overlakehospital.org/classes.



Overlake offers health and wellness classes to individuals of all ages and at all life stages.

NURSING NEWS AND EMPLOYEE GIVING

TRAINING FUTURE NURSES

As we look toward the future, we reaffirm our commitment to the community and our patients to provide exceptional quality and compassionate care each and every day. This means we are committed to recruiting and training top nurses. Overlake sponsors a 14-week residency program for recent nursing graduates who are state-licensed and who have passed their boards. These nurses start by observing patients and are given increased responsibilities until they take over a full patient assignment, with backup from a veteran nurse. The nurses not only go to class but also have facilitated meetings to share their experiences and support one another. This program is also a great opportunity for our own nurses to train in different specialties. Overlake's Auxiliaries and supporters from Bandage Ball originally helped fund implementation of this program, and subsequent support demonstrates one more way that we continue to rely on the generosity of our community.

EMPLOYEE GIVING

Number of employees who gave to the Foundation

617

Amount contributed by employees

\$340,975

“I definitely believe in the adage ‘charity begins at home.’ As a member of the Overlake team, I want to assure its continued excellent work and future success. My donation is simply part of that commitment—a commitment to provide medical excellence every day.”

— Dee Mann Aust, **DIRECTOR OF CARE MANAGEMENT**



RECOGNIZING AWESOME NURSES

Overlake nurses have the opportunity to influence, impact and effect change with every caring relationship. To recognize the outstanding patient-centered care they provide, we honor nurses nominated by patients or families with DAISY Awards. The award, created by the national DAISY Foundation, honors nurses whose outstanding relationship with a family or patient enabled them to have a richer experience with Overlake. It's one more way our community partnership is recognized in the day-to-day work that we do. Overlake awardees include Chris West (December 2014), Alicia Jambai (February 2015), Ligia Pinzariu (May 2015), Leslie Schweitzer (June 2015), Michaela Kay (August 2015) and Rozita Afshar (October 2015). “Our nurses who have won are humbled and touched,” says Julie Clayton, chief nursing officer. “They frequently say, ‘I didn’t do anything for this patient that I don’t do for every patient.’”

DAISY Award winner for August, Michaela Kay, RN.



OVERLAKE MEDICAL CENTER*

Patient Revenue	\$471,759,000
Other Operating Revenue, Investment Income, Contributions	\$16,032,000
Total Revenue	\$487,791,000
Expenses	\$467,284,000
Net Income	\$20,507,000
Uncompensated Care, Community Services **	\$19,384,000

OVERLAKE HOSPITAL FOUNDATION AND AUXILIARIES

Revenues	\$6,588,000
Expenses	\$1,714,000
Net Income	\$4,874,000

*Overlake Hospital Medical Center consolidated
 **From audited financial statements—cost of charity care, Medicaid shortfall and community benefit activities

FOUNDATION AND DONOR ENGAGEMENT BY THE NUMBERS IN FISCAL YEAR 2015:

Total number of donors to the Foundation
1,789

New donors
500

Attendees at the Bandage Ball in 2015
700+

Attendees at the Community Partners Luncheon in 2014
400+

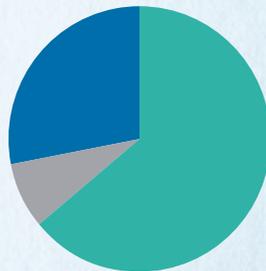
New bequests received
2

Members in the Benefactors Society
87

FOUNDATION & AUXILIARIES FUNDRAISING

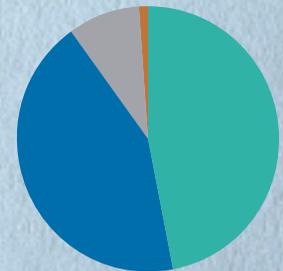
SOURCES OF FUNDS

- Individuals – 64%
- Corporations – 8%
- Foundations – 28%



USES OF FUNDS

- Cancer – 47%
- Excellence – 43%
- Cardiac – 9%
- Women's and Infants' – 1%



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