



65 Years of Care **Made Possible** **by YOU**

On October 16, Overlake celebrates 65 years of caring for our Eastside community.

It's a milestone that reflects not only our deep roots, but also the extraordinary support of people like you—our donors, partners, and friends—who have made this journey possible. Since opening our doors in 1960, Overlake has grown from a small community hospital into a regional leader in healthcare innovation. Through every era of change—from medical breakthroughs to global health challenges—our core value of agility has guided us. It's what allows us to stay at the forefront of medicine, adapt to new needs, and deliver care that is both cutting-edge and deeply personal.

This month also marks one year since our affiliation with MultiCare—a partnership that



strengthens our ability to serve and expands access to care across the region.

But none of this happens in isolation. Every advancement, every expansion, every life touched has been fueled by community generosity. Your support has helped us build new facilities, launch new programs, and invest in technologies that save lives. You've helped us train the next generation of caregivers and ensure that every patient receives the dignity, compassion, and excellence they deserve.

As we look to the future, our commitment is unwavering: to continue evolving, innovating, and serving—always with heart, and always with you by our side.

Thank you for being part of Overlake's story.

Recent highlights from the

OVERLAKE CANCER CENTER

In partnership with Fred Hutch, the **Overlake Cancer Center** continues to advance cancer care with compassion and innovation. Here are a few recent updates that reflect our commitment to improving outcomes and enhancing the patient experience.

LymphaTouch Donation



When physical therapist Robyn Peterson got the opportunity to use the LymphaTouch device on a trial basis, she was impressed by the results. The patient she treated was even more impressed, finding she had less pain and more ease of movement in her head and neck, which had been severely affected by her cancer treatment. **In fact, she felt so much better that she wanted to make sure other patients could benefit from the device.** So she donated the funds for Overlake to complete the purchase. "I've been amazed at

how it's helping," said the donor, who wants to remain anonymous. "I know it will help others, too."

The LymphaTouch is a therapy device used to help cancer patients recover after treatment by reducing swelling, pain, and stiffness. This handheld machine has been a valuable enhancement to our physical therapy services, offering targeted support for post-treatment recovery. "Since we got our LymphaTouch, we've used it in many treatment sessions," says Robyn. "Patients love it. It's non-invasive and gentle, reduces their pain and improves their function. We are beyond thrilled to have it in our toolkit."

High-Risk Surveillance Clinic

Overlake's High-Risk Cancer Surveillance Clinic, **instituted with donor support**, provides specialized care for individuals with a heightened genetic or familial risk of developing cancer. The clinic offers comprehensive services including personalized risk assessments, genetic testing, counseling, and tailored surveillance plans.

In the last year, the clinic has seen double-digit growth, serving nearly 700 patients. Using advanced tools like the CancerIQ risk assessment platform and state-of-the-art imaging and biomarker testing, the team works to detect cancer early or prevent it altogether. Patients receive individualized care plans developed by expert nurse practitioners and genetic counselors, along with emotional support and education to help navigate their health journey.



Linear Accelerator Upgrade

With support from **generous donors**, we are in the process of replacing an outdated linear accelerator with a new, state-of-the-art machine.

A linear accelerator is used in radiation therapy to deliver precise, high-energy beams that target and destroy cancer

cells. With ongoing advancements in technology, the latest models offer enhanced imaging capabilities and more efficient treatments, potentially reducing side effects for patients. This new equipment also expands our Cancer Center's ability to provide a broader range of radiation therapies, allowing us to treat a wider variety of cancers with greater accuracy and care.

Gifts for Life

Your gifts for cancer care at Overlake have made all of this possible, and more. We are so grateful for your support.

Oct. 20–26 is

National ESTATE PLANNING AWARENESS Week

It's a meaningful time to reflect on the legacy you hope to leave behind. Including a gift to **Overlake** in your will or estate plan is a powerful way to support future generations and ensure your values live on through compassionate, high-quality care. A legacy gift costs nothing today, but makes a lasting impact for years to come.

Just getting started? Visit **freewill.com/multicare** to create your will in about 20 minutes. You'll have the opportunity to include a gift to Overlake—though there's no obligation to do so.

There are many other meaningful ways to support Overlake's mission. Whether you're planning for the future or looking to make a gift today, we've given some options to consider here.

Donor-Advised Funds (DAFs):

Recommend a grant from your DAF to support Overlake.

Appreciated Stock: Donate stock to avoid capital gains taxes and maximize your impact.

Qualified Charitable Distributions (QCDs):

If you're 70½ or older, you can give directly from your IRA—this may reduce your taxable income.

Monthly Giving: Provide steady support with automatic monthly donations.

Matching Gifts: Many employers will match your donation. Check with HR to double your impact!

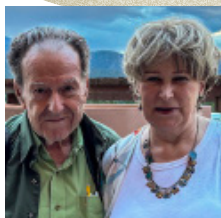
Every gift—large or small—helps us provide exceptional care to our community. Thank you for considering how you can make a lasting difference.



Visit overlakehospital.org/giving/how-to-give or scan the QR code for more information.



DONOR SPOTLIGHT



Longtime Eastside residents **Jim and Linda Grover** feel so strongly about the value of philanthropy that they set a percentage of their income aside to donate each year. And after more than a dozen surgeries for Jim

and many emergency visits, they understand the critical importance of having high-quality healthcare nearby.

"We've been so impressed by Overlake," says Jim. "In all these years, we've only had good experiences there."

When a recent ladder fall left Jim with 10 broken ribs and no memory of how he got to the Emergency Department, he found the care both compassionate and thorough.

"You guys did every test known to man," he recalls. "I spent two weeks in the hospital and everyone was so nice!"

"I would definitely encourage others to give, and to give monthly."

Jim and Linda make monthly gifts to Overlake and other organizations they care about. They feel that giving every month works well for both the charity and the donor.

"I was a businessman," Jim explains. "I understand the organization needs to have consistent cash flow." He also finds it convenient to do his giving consistently. "It's there in front of me every month, so it's easy to remember."

Jim says he has an "attitude of gratitude" about the good fortune he and Linda have had and the exceptional quality of institutions in their community — including Overlake.

"I would definitely encourage others to give, and to give monthly," he adds. "If it's worth having, it's worth supporting."

OVERLAKE HEART PROGRAM Earns National Honors

Thanks in part to your generous support, Overlake Medical Center & Clinics continues to deliver nationally recognized care—right here in our community. We're proud to share that Overlake's transcatheter aortic valve replacement (TAVR) program has earned a prestigious three-out-of-three star rating from The Society of Thoracic Surgeons (STS) and the American College of Cardiology (ACC). This places Overlake among the top hospitals nationwide for excellence in heart care and patient outcomes.

TAVR is a minimally invasive procedure that replaces a narrowed aortic valve, helping patients—especially those at high surgical risk—recover faster and with fewer complications. Overlake's consistent performance across all 30-day outcome measures earned this elite rating for two consecutive years, in 2024 and 2025.

"This national recognition reflects the dedication and



expertise of our entire cardiovascular team," said Ronnier Aviles, MD, Overlake Interventional Cardiologist.

"We are proud to deliver advanced heart care with exceptional outcomes to our community."

Out of 848 participating programs, Overlake is one of only 21 hospitals nationwide—and the only one in Washington state—to receive a three-star rating in 2025.

This achievement is a testament to Overlake's commitment to high-quality, innovative care. And it's made possible by donors like you. Thank you for helping us provide world-class heart care to our region.