

## Exciting Progress on Cath Lab 3 Renovation!

We're thrilled to share that the renovation of Catheterization (Cath) Lab 3 is officially underway! In May, our teams began the process of transforming this critical space to better serve our patients and staff. We expect to complete the project by mid-September.

The first phase focuses on de-installing the existing equipment and launching major construction to bring the room up to current building standards. The new Philips C-arm imaging system, a key component of this upgrade, will be delivered and installed closer to the room's go-live date.

This project is a true collaboration across departments. Our engineering, infection prevention, and cath lab teams have worked hand-in-hand with contractors to ensure every detail—from ceiling-mounted equipment weight to precise electrical layouts—is thoughtfully designed to meet our high standards for safety and care.



**Above:** Dr. Gretchen Crittenden (*right*) and Angiography Tech Jamaica Freeland at work in the recently upgraded Cath Lab 1.

### INSIDE THE CATH LAB

#### **How It All Works**

A cath lab (short for **catheterization laboratory**) is a high-tech hospital room where doctors diagnose and treat heart conditions using minimally invasive procedures. It's equipped with advanced tools, including the C-arm, a special imaging device shaped like the letter "C."

The C-arm moves around the patient to capture real-time X-ray images from multiple angles, helping doctors guide tiny catheters through blood vessels with incredible precision. This setup allows for faster procedures, less recovery time, and better outcomes. Thanks to innovations like these, patients receive safer, more effective care right when and where they need it most.



**THANKS** to your generous support, we're creating a space that will enhance patient outcomes and support our clinical teams for years to come. We look forward to sharing more updates as we move closer to unveiling the new Cath Lab 3!



Thank You for Making Bandage Ball 2025  
**A RECORD-BREAKING SUCCESS**



**T**hanks to your incredible generosity, Overlake's **Bandage Ball 2025 raised an unprecedented \$1.76 million** in support of exceptional, compassionate care on the Eastside. Held on May 10 at the Hyatt Regency Bellevue, this year's gala brought together over 600 community members for an inspiring evening of giving, connection, and celebration.

The theme, **"We Grow Together,"** reflected the powerful partnership between Overlake and donors like you—whose support fuels innovation and ensures access to world-class healthcare for all.

From heartfelt stories to a spirited auction and lively after-party, the night was a testament to what we can achieve together. Your contributions directly impact lives and help Overlake

remain a leader in care.

If you were not able to join us but would like to view the inspiring videos shown at the event or make a gift, please visit [bandageball.org](http://bandageball.org) or scan the QR code with your smartphone.

We are deeply grateful for your continued support. Together, we're building a healthy future.



**THANK YOU**

OVERLAKE MEDICAL CENTER & CLINICS

**BANDAGE**  
*Ball*

OUR GENEROUS COMMUNITY RAISED

**\$1.76 MILLION**

**FOR INNOVATIVE, WORLD-CLASS HEALTHCARE!**

**ASH FAMILY  
FOUNDATION**





## Dining Services

at Overlake

### NOURISHING HEALTH WITH EVERY MEAL

At Overlake, healing begins with compassion—and continues with every carefully prepared meal. Our **Dining Services** team plays a vital role in patient care, ensuring that each individual receives meals tailored to their specific medical needs. Whether the patient is managing diabetes, recovering from surgery, or navigating food allergies, our team works closely with clinical staff to deliver nutrition that supports recovery and well-being.

We believe food is more than sustenance—it's part of the healing process. **Food and Beverages Manager/Executive**

**Chef Chris Linaman** brings a personal passion to this work, shaped by his own experience as a patient years ago. "I knew I could do better," he says. "Compassion is at the heart of everything we do—because food should enhance, not complicate, your recovery."



Executive Chef Chris Linaman

That's why we focus on whole foods, high-quality ingredients, and trusted local vendors. Our room service model gives patients the freedom to order what they want, when they want (within their medical plan), restoring a sense of dignity and control during their stay.

With 13 menus and flexible options, we accommodate a wide range of dietary needs and cultural preferences. From halal and kosher meals to vegetarian and gluten-free choices, we strive to make every patient feel seen and cared for. "We're not just serving meals," Chris says. "We're serving people—and that means listening, adapting, and showing we care."

Your support helps us continue this essential work—investing in better ingredients, inclusive menus, and staff training. Together, we're not just feeding patients—we're nourishing hope, dignity, and healing.

*"Compassion is at the heart of everything we do—because food should enhance, not complicate, your recovery."*



## DONOR SPOTLIGHT



*"Overlake has helped our family so much—we're just returning the favor."*

### The Yusupov Family & THEIR OVERLAKE STORY

For **Arkadiy and Elmira Yusupov**, Overlake has been more than a hospital—it's been a constant in their lives for over 30 years. "We've been in the Bellevue-Redmond area a long time, and Overlake has always been our hospital," Arkadiy shared. "Our youngest was born there. Everyone in our family has been there at some point. My mother has made it to 93 and counting, thanks to the care she has received. Overlake has helped our family so much—we're just returning the favor."

Their giving journey began at the 2023 Bandage Ball. Inspired by the care their family received—including financial assistance for a relative who couldn't afford a large medical bill—they've continued to increase their support at the Bandage Ball each year.

"We give because Overlake gives so much to others," Arkadiy said. "It's not about recognition. It's just what we like to do."

One small moment left a lasting impression. "When my mother was hospitalized, we stayed with her constantly. I asked if they could add a coffee station nearby for families like ours—and they did. It's just one part of Overlake's compassion and care. We give to help make it even better."

With deep gratitude and quiet generosity, the Yusupovs are helping ensure that Overlake remains a place of healing for all. "As long as we're healthy," Arkadiy says, "we'll keep doing what we're doing."



## August Is **Make-A-Will Month**



# Leave a Legacy That Lasts

**Join us in celebrating  
Make-A-Will Month by planning  
ahead and leaving a legacy of care.**

**Make-A-Will Month** is a timely reminder to take care of one of the most important documents you'll ever create. A will ensures your wishes are honored, your loved ones are protected, and your legacy lives on.

It's also a powerful way to support the causes that matter most to you. By including Overlake in your estate plans, you help ensure that future generations continue to benefit from compassionate care, innovative programs, and a healthier community. You don't need to be wealthy to make a meaningful impact—just thoughtful.

Overlake is pleased to offer a free resource to help you get

started. Through our partners, MultiCare and FreeWill, you can access simple will-writing tools and guidance on planned giving. Whether you're creating your first will or updating an existing one, now is the perfect time to take this important step.

With this tool, you can write a legal will in 20 minutes or less with the necessary language to designate Overlake as a beneficiary of your estate plan. Visit [freewill.com/multicare](https://freewill.com/multicare) or scan the code to get started.

Your will is more than a legal document—it's a reflection of your values and your vision for the future.

