

OVERVIEW

A newsletter for friends of the Overlake Medical Center Foundation

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Calling All Early Auxiliary Members

For an upcoming history project, the Foundation would like to reconnect with auxiliary members from as early as the 1950s. If you or someone you know was a member of an Overlake auxiliary, please contact us!

425.688.5533
or
foundation@
overlakehospital.org.

Powerful Nursing for Your Community

If you've ever been in a hospital, as a patient or a visitor, you know about the power of nurses. And when you attended last year's Bandage Ball, you helped Overlake's outstanding nursing staff become even stronger. Together you raised \$1.2 million. Here's what you accomplished.

When new nurses graduate from school, they have learned a great deal but have little hands-on experience. At Overlake, newcomers go in the Nursing Residency program, an 18 week-long, competency-based immersion program that transitions new graduates into competent, confident nurses.



Nurse Residents trying out "personal protective equipment," the gear that caregivers wear when working with patients who have highly infectious diseases.

With your help at the Bandage Ball, 43 nurses have entered the Residency Program since last spring. With a combination of classroom work, online work, on-the-job work, and careful evaluation of each skill by an experienced nurse preceptor, the newcomers have learned to provide the expert and compassionate care that Overlake nurses are known for.

Some of our residents have come up through the ranks at Overlake, working in less-skilled positions, attending nursing school, and completing their training in the Residency Program. The support and mentorship they receive is critical to their success and to the quality of patient care.

"Completing a residency program shows that qualified preceptors and managers are confident in the skills and knowledge that a new graduate displays," says Ambera Dedic, a recent resident. **"This ensures that patients are receiving safe and effective care** despite the fact that a nurse may be 'new' to the profession."

"To all of the donors who have contributed," Ambera continues, "thank you, thank you, thank you! The work that we continue to do as nurses to serve our community will flourish from the foundation that you've provided—the gift of a Nursing Residency program at Overlake."

**Office of the Foundation
& Auxiliaries**

Phone: 425-688-5525

Fax: 425-688-5642

General Inquiries:
foundation@
overlakehospital.org

Mailing address:
1035 116th Ave NE
Bellevue, WA 98004

Physical address:
Overlake Medical Pavilion
1231 116th Ave NE, Suite #500
Bellevue, WA 98004

www.overlakehospital.org/support

Thanks for Your Support!

If you would like to opt out from receiving any future solicitations from Overlake Medical Center Foundation, please call 425-688-5525 or email solicitationopt-out@overlakehospital.org.

Check Your Pulse!

If you ask Tiffany Williams, VP at HUB International, how she feels about Overlake, she remembers her dad's heart attack. "We weren't sure he was going to make it," she says. "**But from the incredible emergency room doctors to the nurses' bedside manners and skills, he was treated with the greatest professionalism.** We could go home at night knowing he would be well looked after."

After that and several other experiences with the hospital, Tiffany jumped at the chance to join Overlake's Pulse! Network, a group of community leaders and professionals in their 20's, 30's and 40's who are committed to supporting top-quality health care on the Eastside. **Since joining, Tiffany has enjoyed behind-the-scenes looks at what's new at Overlake, opportunities to network with other Eastside professionals, and fun fundraising events.**

"Pulse! is fun," says Tiffany. "We get together for a really great cause and have a great time doing it." But the real benefits go to the patients. "I would do just about anything to help Overlake," she says. "There's nothing better than knowing that people who are so sick can have the warm and comforting care that Overlake provides."

Learn more about Overlake's Pulse! Network at: www.OverlakePulse.org.



Tiffany Williams, VP at HUB International and dedicated Pulse! member, says she would "do just about anything to help Overlake."

You're
Invited!

OVERLAKE MEDICAL CENTER BANDAGE BALL



IMAGINE MORE

SATURDAY, APRIL 22, 2017 • HYATT REGENCY BELLEVUE

Funds raised will support the Overlake Neuroscience Institute.

www.bandageball.org

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Fuzzy Friends

When you're in the hospital and stuck in bed, it can get lonely. You miss your home, your familiar surroundings, and your pets. For many patients, a visit from a friendly, comforting animal can reduce blood pressure and release endorphins that have a calming effect.

Overlake Volunteer Services has five certified pet therapy teams that each visit once a week. Karen Keenan and her yellow lab Viansa have a regular routine.

Viansa sits at the bedside of patients who have requested a visit, gets petted and scratched, and exudes warmth and comfort. She leaves them smiling and feeling just a little better than they did before.

On alternate weeks, Karen takes Viansa to Overlake's Specialty School, where students with behavioral challenges are allowed to earn a little puppy time by completing their work. After some hugging and loving, the kids settle down with a book and read out loud to the attentive dog.

Karen says Viansa loves her job. "She gets excited when I put her volunteer badge on her and she knows where we're going." When they return home after a couple hours of visiting, Viansa is tuckered out. "She senses more than we know," says Karen. "It takes a lot out of her."

The best part, says Karen, is how patients respond. **"Making a difference in someone's day, bringing a smile to someone's face, that's the benefit. Nurses and family members love it too."**



The therapist will see you now.



Meet the Patient Navigation team! From left: Abby McNeil, Diana Partida, and Amy Kyi.

Your Copilots in Cancer Care

If you or your loved one comes to Overlake for cancer treatment, our Patient Navigators will be there to guide and support you.

You won't have to ask for help.

You won't need a referral.

You won't have to figure it all out yourself at the point in your life when you are the most vulnerable and scared.

Overlake's new Cancer Center will open this summer, but some parts are already up and running, including the Multidisciplinary Clinic, Breast Screening and Diagnostic Center, and Patient Navigation. Patient Navigators offer education; support; and assistance in working with insurance, legal issues, financial concerns, and transportation. **They help you knock down any barriers to treatment you may be facing. They work in collaboration with your medical team and act as your advocate. They walk by your side.**

Our incredible Patient Navigation team serves 1,200 patients each year. They get involved from the beginning and stay with you from diagnosis through survivorship. "Overlake's Patient Navigator program is unique in this region," says Robyn La Fleur, Director of Cancer & Rehabilitation Services. "We've moved away from the 'only as needed' model of patient support—we serve everyone."

Coming Soon!

Stay tuned for the Grand Opening of the Cancer Center you helped build—coming in July. Half of the funding for this \$20 million project came from community contributions. Your ongoing support ensures patients continue to receive top-quality treatment as well as support from the Patient Navigator program. Thank you!

FOUNDATION



Meet Viansa, certified pet therapist, page 3

What Inspires You to Give to Overlake?

Here's what some of our newest tribute donors and grateful patients are saying:

"A heartfelt thanks to the entire staff and team working with Dr. Clarfeld on my breast cancer treatment." – Patient and First Time Donor

"This gift is to recognize a friend who just started chemotherapy this week. I also want to support the excellent care Overlake Hospital provides. Our community is fortunate to have you." – Overlake Donor

"Your assistance at the time of my husband's passing was compassionate and caring. Thank you Dr. Mitchell, for being a tower of strength for me." – Grateful Patient and Donor

"Thank you for the great care the team on South 5 gave my wife in August!" – Overlake Donor

"Thank you for the incredible care I receive from the nurses and staff on West 4." – Grateful Patient and First Time Donor

Have you had a great experience at Overlake or would you like to make a gift in honor/memory of a dear friend? Visit us online at www.overlakehospital.org/grateful or call 425-688-5534.

