

# OVERLAKE

WINTER 2013

# Healthy

# OUTLOOK

## WOMEN'S HEALTH

Sign up for one of Overlake's classes today. See page 13 to learn more.

## COMMUNITY SPIRIT!

A celebration of Overlake's many partnerships with volunteers, civic leaders, supporters—and you!



 **OVERLAKE**  
MEDICAL CENTER

**PLUS:** Introducing the David and Shelley Hovind Heart & Vascular Center  
Tips for winter sports safety



## From the President & CEO

The fall brought a major milestone for Overlake Medical Center's Women's & Infants' Services. We opened a new, expanded Level 3 Neonatal Intensive Care Unit (NICU) to elevate our ability to care for critically ill babies, in partnership with Seattle Children's. And as we begin this new year, Overlake is building the David and Shelley Hovind Heart & Vascular Center, which will bring our cardiac and vascular services together into one state-of-the-art facility. We want to extend a special thanks to our donors. As a nonprofit hospital receiving no public tax support, we rely on the generosity of the Eastside community to strengthen our commitment to Medical excellence every day™.

This coming year promises to be full of growth as we debut the Overlake Network Exchange (ONE), a fully integrated electronic medical record by Epic. Overlake's comprehensive electronic health record system will improve patient safety, enhance quality of care, and increase the efficiency of physicians and staff. Epic will go live in our clinics on February 1 and in the hospital on May 1.

From all of us at Overlake, we wish you a happy, healthy new year!

Sincerely,

Craig Hendrickson  
President & CEO

SAVE THE DATE  
SATURDAY  
MARCH 16, 2013

**And The Beat Goes On**

**BANDAGE BALL 2013**  
HYATT REGENCY BELLEVUE

Proceeds will benefit the new David and Shelley Hovind Heart & Vascular Center.

For more information contact  
auxiliaries@overlakehospital.org,  
call 425.688.5526, or visit  
www.overlakehospital.org/bandageball

PRESENTING SPONSOR

## HEALTHY OUTLOOK · WINTER 2013

### BOARD OF TRUSTEES

Cecily Hall  
CHAIR

Bertrand Valdman  
IMMEDIATE PAST CHAIRMAN

Jim Doud  
SECRETARY

Patricia Bedient  
TREASURER

J. Walter Smith, MD  
CHIEF OF STAFF

Tom Miller, MD  
CHIEF OF STAFF ELECT

Craig Hendrickson  
PRESIDENT AND CEO

Robert Campbell  
ASSISTANT SECRETARY

Tom Cleveland  
Gregory Collins  
Patty Edwards  
Janine Florence

Kemper Freeman Jr.  
Kathleen Gibson, MD  
John B. Hayhurst  
Ken Johnsen  
Linda Mahaffey  
Doug Martin  
Nolan Newman  
Russell Stockdale

## OVERLAKE MEDICAL CENTER

1035 116th Ave. NE | Bellevue, WA 98004

425-688-5000 [www.overlakehospital.org](http://www.overlakehospital.org)

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 healthcare 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](mailto:healthyoutlook@overlakehospital.org).

Healthy Outlook © 2013. Published by the Overlake Marketing Department.  
Director of Marketing and Public Relations: Kipepeo Brown

Executive Editor: Kelly Blake.

Art Director: Garland Cary.

Photography by Scott Areman and Larry Gill.

For an e-copy, visit [www.overlakehospital.org/healthyoutlook](http://www.overlakehospital.org/healthyoutlook).








## ARE YOUR BAD HABITS RUINING YOUR SLEEP?


*Most adults need seven to nine hours of sleep for optimum health. In today's busy world, there are many distractions and behaviors that may interfere with a good night's rest.*

**The following are some bad habits to break.**

 **STOP** using blue-light devices—computer screen, smartphone and television—two hours before your bedtime to ensure your body produces melatonin.

 **AVOID** caffeine and alcohol products four to six hours before bedtime.

 **AVOID** strenuous exercise within two hours of bedtime.

 **DON'T** sacrifice sleep during the week and sleep in on the weekend; stick to a regular daily sleep/wake schedule.

## → Are You Getting Enough Calcium and Vitamin D?

Some bone loss is normal with age. But severe bone loss can lead to brittle bones and frequent breaks. Without the proper nutrients, you have a much greater chance of developing osteoporosis.

**The National Osteoporosis Foundation guidelines for both men and women are:**

**CALCIUM:** Adults under age 50 need 1,000 mg of calcium daily, and adults age 50 and older need 1,200 mg of calcium daily.

**VITAMIN D:** Adults under age 50 need 400 to 800 IU of vitamin D3 daily, while adults age 50 and older need 800 to 1,000 IU daily. [Research suggests that vitamin D supplementation might protect against diabetes; gum disease; multiple sclerosis; peripheral neuropathy; osteoporosis; and possibly cancer, stroke and heart disease.](#)



# STAYING SAFE ON THE SLOPES



From left: Overlake primary care physician **Alex DeMoraes, MD**; orthopedic surgeon **Tyler Nathe, MD**.

As the air gets crisp, there's nothing like strapping on your skis or snowboard, and speeding down a snowy mountainside. But winter sports can be physically demanding, causing injuries from wrist and ankle fractures to ACL (knee ligament) tears. We asked Alex DeMoraes, MD, an OMC primary care physician, and Tyler Nathe, MD, an orthopedic surgeon with Proliance Orthopaedics & Sports Medicine who practices at Overlake, what winter sports enthusiasts need to know to stay healthy.

## What can skiers and snowboarders do to help prevent injuries?

**Dr. DeMoraes:** People who go skiing or snowboarding for the weekend, but don't do it often, sometimes go beyond their physical capabilities. Try to exercise a couple of times a week during the season so you'll have more strength for better performance and decreased chance of injuries. Also, it's important for snowboarders to consider using wrist guards because wrist injuries are the most common ones in snowboarding. And, I recommend everybody who skis or snowboards wear a helmet.



## When people get injured, how can they determine whether they should see a doctor?

**Dr. DeMoraes:** Someone should see a doctor if the injured area is really puffy and swollen, or in the case of a knee or ankle injury, if a mild limp due to pain doesn't resolve after a few days.

## If an injury is serious, what is the treatment?

**Dr. Nathe:** For ACL injuries (torn ligaments inside the knee joint), we generally do surgery to replace the ACL with a reconstruction. Fractures can be treated with a combination of casting or sometimes surgery, depending on the type of fracture.

## Following treatment, can someone generally get back on the slopes?

**Dr. Nathe:** Once patients have regained their range of motion and have full strength in the injured extremity, they're able to go back to skiing or snowboarding. If you're a skier, we individualize your care to get you back skiing as soon as possible. If you've had ACL surgery, once you've rehabbed it successfully, you can typically return to skiing without a brace.

I advise people to work on a strengthening program to make sure their core and legs are strong to prevent another injury. That process takes nine to 12 months for an ACL, and for certain types of fractures, it may only be six weeks.





## Moroccan Red Lentil Stew

Makes six to eight servings.

### Ingredients:

- 2 large onions, chopped into small pieces
- 2 garlic cloves, minced
- 1 medium carrot, chopped into small pieces
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon paprika
- ½ teaspoon ground ginger
- ¼ teaspoon cinnamon
- Pinch of cayenne
- Salt and pepper
- 2 cups low-sodium chicken or vegetable broth
- 1 cup water
- 1 28-ounce can crushed tomatoes, with juice
- 1 pound (about 2¼ cups) dried red lentils, sorted and rinsed
- 2 medium lemons, 1 juiced, 1 cut into wedges
- 3 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh cilantro
- Cooked brown rice

### Directions:

Combine onions, garlic, carrot, spices, salt and pepper to taste, broth, water, tomatoes with juice, and lentils in the slow cooker. Cover and cook on low for six to eight hours or high for three to four hours, until the lentils are almost dissolved. Add the lemon juice, parsley and cilantro. Stir to combine. Serve over brown rice with lemon wedges.



## Food and Meal Tips for People on the Go

- Have a well-stocked, organized pantry.
- Prepare meals and ingredients over the weekend. It's much easier to pack lunches during the week if you have ingredients on hand.
- When you bring fruits and vegetables home from the store or farmers market, wash and cut them, and fill bags or containers with them for the entire week. If they are prepped, they will be easy to grab for meal ingredients, lunches and snacks.

## Metabolic and Bariatric Surgery

Bariatric surgery is considered the most effective and long-lasting treatment for obesity, but evidence shows it treats many related conditions. It's now recognized as having lasting positive effects on conditions like Type 2 diabetes, hypertension, high cholesterol and obstructive sleep apnea. To learn more, attend one of our seminars or webinars. Visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes) to register.

### NUTRITION SERVICES

To learn how you can help yourself lead a healthier life through the food choices you make, visit [www.overlakehospital.org/outpatientnutrition](http://www.overlakehospital.org/outpatientnutrition).





# Partners in

OVERLAKE HAS LONG, DEEP RELATIONSHIPS WITH MEMBERS OF OUR COMMUNITY, FORGED FROM A SHARED COMMITMENT TO QUALITY HEALTHCARE FOR EASTSIDERS. HERE, SOME OF OUR DISTINGUISHED FRIENDS SHARE THEIR THOUGHTS ON HOW, BY WORKING TOGETHER, WE ARE KEEPING THE EASTSIDE HEALTHY.



Meredith Lepore, ARNP, and Molly Goldsworthy

**I**t's hard to imagine a time when Overlake did not exist, since it has been a driving force in the community for nearly 60 years. But before Overlake opened its doors, there were limited options for locally based healthcare. "Back then, residents of Bellevue and other Eastside communities had to go to Seattle for services," recalls Betty Nokes, president and CEO of the Bellevue Chamber of Commerce. "But Bellevue had community leaders who had the vision to create Overlake."

In 1953, those leaders and volunteers joined forces to kick off a fundraising campaign to build a new hospital. Overlake was scheduled to open on October 16, 1960, at 3 p.m., but when Rose Cziprian went into labor that morning, she and her husband knew she wouldn't make it across the bridge to Seattle. The new hospital opened its doors a few hours early, and her daughter, Katherine Mary, was the first baby born at Overlake.

"Overlake has been funded by the community all these years, and look how it has grown," Nokes says. "There has been a lot





Rose Cziprian gave birth to Overlake's first baby, Katherine Mary, on October 16, 1960.



Kathy Cziprian Soule today, with her husband, Ed Soule.

of wonderful recognition for something that was created here locally, including the Healthgrades Patient Safety Excellence Award five years in a row and recognition as a Top Performer on Key Quality Measures from the Joint Commission.”

### Doctors Who Listen

The spirit of community that brought Overlake—and its expanding network of clinics—into existence continues to this day. It’s something people notice, including physicians like Jonah Hulst, MD, an orthopedic surgeon who recently joined Overlake. “I wasn’t familiar with hospitals playing the role of community partner because I was always in large universities, and patients are there because they are tertiary care centers,” Dr. Hulst says. “At Overlake, I’ve seen this [community partnership] for the first time. It’s a great one-stop shop for a patient, but it’s small enough to have personalized patient care.”

And that dovetails nicely with Dr. Hulst’s approach to medicine. “Each patient has different goals, and you have to

tailor your treatment approach,” he says. “When I came to the Northwest, I was struck by the fact that a lot of patients are fit. An active 55-year-old with an injury might want a solution that’s going to allow him or her to hike and play tennis.”

Because medical care continuously evolves, Dr. Hulst also appreciates that Overlake keeps up with the latest developments. “I just went to training at a center that specializes in rapid surgery recovery protocols, and I was glad to see Overlake has a lot of these same protocols in place for the patients,” he says.

While Overlake uses the latest medical techniques and technologies, the hospital is selective about the ones it adopts. “Overlake does an exceptional job of being a good steward of the community’s resources,” says Thomas H. Castle Jr., MD, an Overlake orthopedist who was formerly chief of staff and served on Overlake’s board of trustees for 12 years. “Many hospitals just say, ‘Oh, we’ve got to get this new laser.’ Overlake doesn’t make its decisions based on marketing. It does its due

# A Shared Com

diligence and asks, 'Is this technology going to make a lasting impact on the quality of care we deliver to our patients?'"

As an orthopedic surgeon, Dr. Castle loves being able to care for everyone from infants to seniors and enjoys serving Overlake's active community. "I have the thrill of being able to take care of mountain climbers, backpackers, skiers and competitive sailors," Dr. Castle says. "The most rewarding thing is we tend to have patients who are very intelligent and ask good questions, so when I'm treating them, they follow through with good habits after the surgery."

## A Community That Cares

While doctors and other healthcare providers at Overlake are key, leaders throughout the Eastside also contribute to the hospital's success by supporting the hospital financially and in other ways. "Bellevue has a unique business community, and we're blessed because a lot of our CEOs and top-level management live in our community," Nokes says. "Because of that, they care about giving back to our schools and hospitals,

making sure Bellevue is a great place to live and work."

This ranges from local companies like Microsoft helping to bring state-of-the-art technology to Overlake, to business leaders sharing their expertise. "On behalf of the entire city, we have to thank the many people who contribute their time on the board of trustees at Overlake to make the hospital a great community attribute," says Steve Sarkozy, Bellevue city manager. "Current members as well as past members have made Overlake a pillar of the community."

In addition, Craig Hendrickson, president and CEO of Overlake Medical Center, is a member of the Bellevue Chamber of Commerce. "We're so interconnected in Bellevue, and there's a lot of synergy and fresh energy," Nokes says.

When Overlake and the city, business and community leaders work together, exciting things happen. Case in point: the new medical district along Northeast 10th Street. "The recent expansion of Overlake concurrently with the location of Group Health next door was done in partnership with the city," Sarkozy says. "To make that project work, we had to

## Organizations and Not-for-Profits Supported by Overlake 2011–2012

Includes \$22 million in uncompensated care and 45,336 education and outreach hours to the community just in 2011.

Adventure Kids Playcare  
American Cancer Society  
American Heart Association  
American Lung Association  
Arthritis Foundation  
Bellevue Arts Museum  
Bellevue Breakfast Rotary  
Bellevue Chamber of Commerce  
Bellevue College  
Bellevue Downtown Association  
Bellevue Farmers Market  
Bellevue Fire  
Bellevue Rotary  
Bellevue Schools Foundation  
Bold Hat Productions  
Cancer Lifeline  
Children's Response Center  
City of Mercer Island  
City of Redmond  
City of Sammamish  
Eastside Domestic Violence  
Program/LifeWire  
Eastside Fire & Rescue  
Gilda's Club

Group Health  
Hope Heart Institute  
Hopelink  
Issaquah Chamber of Commerce  
Issaquah Farmers Market  
Issaquah Kiwanis  
Issaquah Schools Foundation  
Jubilee Reach Center  
Kindering  
King County Parks  
King County Project Access  
King County Senior Services  
Kirkland Chamber of Commerce  
Kirkland Downtown Association  
Lake Washington Schools Foundation  
Leadership Eastside  
March of Dimes  
Medic One Foundation  
Medical Teams International  
Mercer Island Rotary  
Mercer Island Schools Foundation  
NAMI  
Optimist Club, Issaquah  
Overlake Service League/Bellevue

LifeSpring  
Pacific Northwest Diabetes  
Research Institute  
Performing Arts Center Eastside  
Postpartum Support International  
Providence Marianwood  
Puget Sound Blood Center  
Puget Sound Business Journal  
Red Cross  
Redmond Chamber of Commerce  
Sammamish Boys & Girls Club  
Sammamish Chamber of Commerce  
Sammamish Press  
Seattle Chamber  
Snoqualmie Chamber  
Snoqualmie Valley Hospital Foundation  
Snoqualmie Valley Schools Foundation  
Susan G. Komen  
Village Theatre  
WA Physicians for Social Responsibility  
Washington Health Foundation  
Washington Women in Need





The ribbon-cutting ceremony for Overlake's recently opened state-of-the-art Neonatal Intensive Care Unit

create a hospital zoning district before they broke ground. The medical district has already had benefits, including attracting Seattle Children's to the community."

"We're proud to work with Overlake and Group Health on creating the medical district in Bellevue," says Lisa Brandenburg, president of Seattle Children's Hospital. "We consider the medical district a key hub location, and that's why we have built our new outpatient center there, right across the street from Overlake."

In addition to providing top-notch care in its own facilities, Seattle Children's Hospital has a close partnership with Overlake, yet another example of entities working together on the Eastside to serve patients. "We recruit the highest-quality neonatologists, so we're able to partner with local obstetrical staff to provide the highest level of care to babies born at Overlake, and in particular, babies in the Neonatal Intensive Care Unit," Brandenburg says. "We also provide a physician medical director for the NICU, Shilpi Chabra, MD. There is a very strong patients-and-families-first culture at Overlake that fits with our values at Children's."

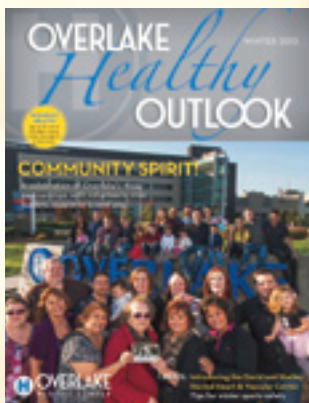
## Overlake and the Bellevue Fire Department, Working as One

People of all ages can have emergencies, and when they do, the Bellevue Fire Department is often called to the scene. "About 72 percent of the calls we get are for emergency medical services," says Marty LaFave, battalion chief of the Bellevue Fire Department. LaFave joined the Fire Department 33 years ago, lured by the success of King County's Medic One program, which was renowned for excellent emergency care.

Bellevue firefighters had long wanted to develop a closer relationship with Overlake. "In 1971, Overlake agreed to work with the Bellevue Fire Department, and by 1972, Bellevue had its first paramedic unit on the roads," LaFave says. "It was stationed right at Overlake." And that's still the case today.

Dr. James Boehl, MD, an emergency medicine physician at Overlake, is also the Bellevue Fire Department's medical director. "He makes sure that we stay well connected," LaFave says. "We have a paramedic meeting every month, and we review how patients have been cared for and their outcomes. If we have a good relationship with the hospital, it can tell us how we are doing and when we need to make changes."

Overlake has always sought out great partnerships—with the city, other hospitals and the fire department—and with seven primary care clinics and two urgent cares across the Eastside, Overlake aims to keep people who live and work on the Eastside healthy. As Dr. Hulst says, "From the beginning, Overlake's goal was to serve the Eastside, and it has done that well for the past 60 years."



Since 1960, Overlake has cared for generations of patients, such as the family pictured on the cover. The family represents five generations who have been born, treated and/or worked at Overlake since 1983, when the father of the woman (at center, with her mother, holding a photo of her dad) first came to the hospital for treatment. "The care and compassion given to my father in our first experience at Overlake made me want to apply to work in the hospital," says Lena Libao, an employee since 1984.

# TRUST YOUR HEART TO OVERLAKE



## Grateful Patients



David & Shelley Hovind  
Heart & Vascular Center  
groundbreaking,  
Dec. 4, 2012

Overlake officially broke ground on the David and Shelley Hovind Heart & Vascular Center on December 4, 2012. The new center will be the hub for the most advanced and comprehensive cardiac and vascular services in the East Puget Sound region. Already leading the way in the latest technologies and procedures, Overlake's diagnostic and therapeutic services will have a new home in an advanced facility that will promote highly coordinated care, focusing on the unique needs of each patient. The Hovind Center will keep Overlake ahead of the technological curve and attract the best and the brightest physicians—all to ensure the best care for the Eastside community.

As a nonprofit hospital that does not receive tax dollars, contributions from individuals, businesses and organizations in our community are critical to help Overlake build this \$14 million facility. Your donations will ensure that you and your family have world-class cardiac and vascular care close to home. To make a gift, please visit [www.overlakehospital.org/donate](http://www.overlakehospital.org/donate).

“We have each experienced the effects of heart disease among our family and friends and appreciate the exceptional care they received at Overlake. We believe that Overlake's cardiac and vascular services are unparalleled in the region, and this new center will elevate their outstanding program even further.” —DAVID AND SHELLEY HOVIND

“Matrix Anesthesia Overlake is pleased to have been able to partner with Overlake in bringing the Hovind Heart & Vascular Center to the Eastside community. We are looking forward to caring for our families and neighbors in this state-of-the-art facility.” —MATRIX ANESTHESIA OVERLAKE

“Overlake took such good care of my husband. Thanks to their dedicated cardiac physicians, I was able to have many more memorable years with him. I give to the hospital every year as a Christmas present in his memory.” —TERRY PERO

## 2012 Annual Report Now Available Online

Our Annual Report to the community recognizes and thanks our valued donors and illustrates the impact their contributions have made on patient care at Overlake. It is now available on our website at [www.overlakehospital.org/ANNUALREPORT](http://www.overlakehospital.org/ANNUALREPORT). If you would like to request a printed copy, please contact the Foundation office at 425-688-5525 or [foundation@overlakehospital.org](mailto:foundation@overlakehospital.org).





# GET UP AND GO!

*The Walk for Life program is a great way to start the day, improve your health and make new friends along the way. Best of all, it's free and fun!*

**T**hree days a week, scores of seniors pace around the one-mile circuit in the Walk for Life program at Bellevue Square Mall. Many tell us they consider the walk a great way to stay healthy, connect with the community and energize their day.


Celebrating 25 years, Walk for Life is co-sponsored by Overlake Medical Center and the Bellevue YMCA. Walk for Life attracts an average of 70 seniors each Monday, Wednesday and Friday from 8 to 9:30 a.m. A specially trained Walk for Life coordinator helps participants sign in, orients them to the one-mile and half-mile courses, records miles walked, and takes vital signs like blood pressure and heart rate for those who are interested.

Most walkers participate for the health benefits. In fact, a high percentage of seniors report that Walk for Life improved such factors as blood pressure, breathing, circulation, energy, stamina, flexibility, body weight and blood sugar levels. As age

brings its share of health challenges, the Walk for Life program promotes overall fitness and the ability to stay active.

As extensive as the health benefits are, the social rewards may be even more significant. If you'd like to jump-start your Monday, Wednesday and Friday mornings with this FREE activity, it's easy to join! All you have to do is enter through Sky Bridge 4 on the second level of the west end of the Bellevue Square parking garage and check in at the Walk for Life registration table right inside.

*For more information on Walk for Life, call 425-688-5259 or visit [www.overlakehospital.org](http://www.overlakehospital.org).*

 According to the American Heart Association, a regular exercise program such as walking can:

- Strengthen your heart muscle
- Improve your self-image
- Promote relaxation and sleep
- Burn calories
- Improve muscle tone
- Keep joints flexible
- Prevent osteoporosis





# 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 [www.overlakehospital.org/classes](http://www.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

An evening of information for prospective and newly expectant parents. Experts discuss maternal health, prenatal screenings, and changes in the family budget. Refreshments served. Preregistration required. **Mon., Feb. 25, 5:30-8:30 p.m.** FREE.

### Childbirth Center Tours

Sign up at [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes). For tours in Spanish, call 425-688-5248. FREE.

### Before Baby Comes

Preparation for labor, birth and life with your newborn. Visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes) for full class descriptions, including dates and times. Register in your first trimester for best selection.

### Classes on Childbirth and Newborn Care

- ♦ Preparation for Childbirth and Newborn Care.
- ♦ Breathing and Relaxation: for extra practice.
- ♦ Breastfeeding: essential information.
- ♦ Refresher: if you've given birth before and need an update.
- ♦ Expecting Multiples.
- ♦ Prenatal Yoga: for expectant and postpartum moms.
- ♦ Just for Grandparents: discuss the role of grandparenting with other soon-to-be grandparents. Includes a Childbirth Center tour.
- ♦ Infant CPR and Safety-Proofing.
- ♦ Infant Massage: learn ways to nurture your baby with loving touch.

- ♦ Bringing Baby Home (see listing under Parenting).
- ♦ Additional classes listed below.

## PARENTING

### Balance After Baby: Mood Disorder Support Group

This professionally led drop-in support group provides emotional care for new moms and families who may be experiencing a postpartum mood disorder or are 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.

### Conscious Fathering

Designed especially for expectant dads. Learn to recognize and meet your baby's needs, support your partner, develop your own fathering style and celebrate the special relationship between you and your new baby! **Thu., Jan. 3, Feb. 7 and Mar. 7; and Mon., Apr. 8, 6:30-9 p.m.** \$30.

### Bringing Baby Home

In this two-day workshop, couples learn how to increase marital satisfaction, deal with the normal stress after baby arrives, keep dads involved in infant care, co-parent effectively and improve the quality of parent-infant interaction. **Sat., Feb. 16 and 23, 9 a.m.-4 p.m.** \$150 per couple.

### Siblings Are Special

For children 3 to 9 years of age, this course helps

parents prepare older siblings for the new baby. **Thu., Jan. 31; Tue., Feb. 26; and Thu. Mar. 21, 6-7:15 p.m.** \$25 per family with one sibling; \$10 per additional sibling.

### Car Seat Check

One-on-one consultation with an expert to learn correct car seat installation and usage. **Sat., Feb. 9, 10 a.m.-2 p.m.** Preregistration required. FREE.

### BodyWorks

This is a nine-week, family-based fitness and nutrition program for those who have children ages 9 to 12. Alethia Rodriguez, certified BodyWorks trainer and health and fitness instructor, will lead the group through fun activities and provide valuable, hands-on tools to help families make better lifestyle choices. Visit [www.womenshealth.gov/bodyworks](http://www.womenshealth.gov/bodyworks) for more information. **Wed., Jan. 30-Apr. 3 (skipping Feb. 20), 6-7:30 p.m.** FREE.

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

Sponsored by Seattle Children's and Overlake. For girls ages 10 to 12 and their parents. This two-part class focuses on body changes during puberty, myths and facts, what girls should know about boys, sexuality and sexual reproduction. Includes *Will Puberty Last My Whole Life?* book. For a schedule of classes and to register, visit [www.seattlechildrens.org/classes-community](http://www.seattlechildrens.org/classes-community). Scholarships available. \$70 per daughter/parent; \$20 per additional person.

**For more information about our classes, or to register,**



### For Boys Only: The Joys and Challenges of Growing Up

Sponsored by Seattle Children's and Overlake. For boys ages 10 to 12 and their parents. This two-part class focuses on body changes during puberty, myths and facts, what boys should know about girls, sexuality and sexual reproduction. Includes book *Will Puberty Last My Whole Life?* book. For a schedule of classes and to register, visit [www.seattlechildrens.org/classes-community](http://www.seattlechildrens.org/classes-community). Scholarships available. \$70 per son/parent; \$20 per additional person.

## SAFETY

### Better Babysitters

Sponsored by Seattle Children's and Overlake. For youth ages 11 to 13. This course teaches responsible babysitting through instruction in basic child development, infant and child care, safety, how to handle emergencies and more. **Sat., Jan. 12, Jan. 26, Feb. 9, Feb. 23, Mar. 9, Mar. 23, Apr. 6 or Apr. 20, 9 a.m.-2 p.m.** Bellevue location. Please register at [www.seattlechildrens.org/classes-community](http://www.seattlechildrens.org/classes-community). \$40 per person.

### First Aid and CPR Certification Classes

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. Basic First Aid Classes: **Mon., Feb. 4 or Tue., Mar. 26, 6:30-9:30 p.m.** CPR/AED Classes: **Wed., Feb. 6 or Thu., Mar. 28, 6:30-9:30 p.m.** \$40 per class or \$70 for both.

### Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. **Weeknights, Jan. 14, Jan. 30, Feb. 12, Feb. 25, Mar. 5 or Apr. 4, 6:30-9:30 p.m.; Sat., Jan. 5, Mar. 16 or Apr. 13, 9 a.m.-noon.** \$35 per person; \$60 per couple.

### CPR for Healthcare Providers

**Thu., Jan. 10 or Mar., 14, 6-9:30 p.m.** \$60.

### Spanish-Speaking CPR and First Aid Classes

Call 425-688-5248 (bilingual) for more information.

## WOMEN'S HEALTH

### Take Control of Your Life (and Your Bladder): Managing Women's Incontinence

Women's incontinence is a common problem and may cause you to "leak" when you cough, laugh or sneeze or have sudden urges to use the bathroom. Elizabeth Miller, MD, urogynecologist, and Kathy Golic, PT, women's health specialist, will discuss different types of incontinence and treatment options, including:

- ♦ Lifestyle changes.
- ♦ Pelvic floor strengthening exercises.

- ♦ Medications.
  - ♦ Nonsurgical devices.
  - ♦ Implanted devices and surgical remedies.
- Wed., Mar. 20, 6:30-8 p.m.** Preregistration required. FREE.

### 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. Men welcome. Come early to attend our Heart Health Fair, which includes:

- ♦ Non-fasting cholesterol screening—space limited, reserve your time slots for this and the BP checks in advance.
  - ♦ Blood pressure checks by the Hope Heart Institute.
  - ♦ Self-risk assessment and resource fair.
  - ♦ A glass of "heart-healthy" red wine and dark chocolate.
- Wed., Feb. 13, Heart Health Fair from 5:30-7 p.m.; presentation from 7-8:30 p.m.** Preregistration required. FREE.

## HEALTHY LIFESTYLES

### Motion Is Life

Is pain keeping you from enjoying life? Learn more about joint pain relief as well as knee and hip replacement. Our presenters include surgeons James Bruckner, Jonah Hulst, and Steven Ratcliffe. Time allowed for questions. **Wed., Jan. 23** at Overlake Medical Clinics Highmark in Issaquah, or **Wed., Mar. 13** at Overlake Medical Center in Bellevue, **6:30-8 p.m.** Preregistration required. FREE.

### Hypnosis for Weight Loss—two versions

In this three-part series, Robert W. Felix, certified hypnotherapist, will help you visualize your ideal body size and shape through hypnosis to achieve

the results you desire. **Thu., Jan. 24, 31 and Feb. 7; Mar. 7, 14 and 21; or Apr. 18, 25 and May 2, 7-9 p.m.** \$89. Reduced rates are available for those who have previously taken an Overlake hypnosis class.

### Hypnosis to Quit Smoking

Taught by certified hypnotherapist Robert W. Felix. **Thu., Feb. 28, 7-9 p.m.** \$45. Reduced rates are available for those who have previously taken an Overlake hypnosis class.

### Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. For information, call 425-688-5214. FREE.

### Weight Loss Surgery Support Group

For those who are about to undergo surgery or have had surgery. **4th Sat. of each month, 10 a.m.-noon.** Also on **Thu. evenings once a month, 6-8 p.m.** For information, check our website or call 425-688-5214. FREE.

## DIABETES EDUCATION SERVICES

### Diabetes Education Services

Overlake's Diabetes Education Services offers one-on-one education as well as a three-part series of classes to help you learn practical skills to manage your diabetes. To schedule an appointment or register, call 425-688-5700 and press 5 when prompted.

### Is Your Blood Sugar Rising?

Learn to manage your blood sugars and risk for Type 2 diabetes. This one-time, 90-minute class does not require a physician referral. For more information and to register, call 425-688-5636. Overlake Outpatient Center, 1120 112th Ave. NE, Suite 150, Bellevue. \$40 (prepaid at registration).

### Diabetes Education

A series of three classes that build on each other. Education includes discussion of medications, meal planning and making food choices to fit your lifestyle, how to avoid complications of diabetes, guidelines for monitoring your blood sugar at home and more. Requires a physician's referral. Call 425-688-5700 to register. We recommend contacting your insurance company in advance to confirm coverage.

# Bandage Ball 2013

The Overlake Medical Center Auxiliaries' most anticipated and successful fundraiser will be held **Sat., Mar. 16**, at the Hyatt Regency Bellevue. Proceeds from the 2013 Bandage Ball will help establish the new David and Shelley Hovind Heart & Vascular Center.

please visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).

## SENIOR CLASSES

### A Matter of Balance

A Matter of Balance can help seniors improve their quality of life and remain independent. The class helps reduce the fear of falling and increase activity levels. **Tue. and Thu., Jan. 8-31, or Tue. and Thu., Feb. 5-28, or Tue. and Thu., Mar. 5-28, or Mon. and Wed., Apr. 1-24, 10 a.m.-noon.** The Gardens at Town Square, 933 111th Ave. NE, Bellevue. Preregistration required; call 425-688-5259. Includes workbook and water bottle. Complimentary lunch following first session and FREE parking. FREE.

### (Seated) Yoga for Balance

This breath-oriented practice will help increase your 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 Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Jan. 8-29, or Feb. 5-26, or Mar. 5-26, or Apr. 2-23; or Thu., Jan. 10-31, or Feb. 7-28, or Mar. 7-28, or Apr. 4-25, 11 a.m.-12:15 p.m.** Preregistration required; call 425-688-5259. \$44 for four-week session.

### Early Stage Memory Loss Program

Open to those recently diagnosed with dementia and their loved ones. The program provides support and education on medical causes and treatments, future planning and communication strategies. Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Bellevue. **Thu., Jan. 17, or Mar. 28, 1-4 p.m.** Preregistration required; call Anita at Alzheimer's Association at 206-363-5500, ext. 229. FREE.

### Understanding Dementia

This class provides a brief review of the basic information relating to dementia. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Feb. 7, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

### Communicating With Someone With Dementia

This class provides families and caregivers with practical hands-on tools. Good communication can improve quality of life for people with dementia and their families and can help prevent resistance and difficult behaviors. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Feb. 28, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

### Challenging Behaviors of Dementia

Participants will learn to enter the world of the person with dementia to better understand the meaning of behaviors and uncover their

triggers, as well as to intervene to decrease the distress and prevent/defuse inappropriate behaviors. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Mar. 7, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

### Dementia: Assessing and Addressing the Pain

How can we identify, access and respond to pain in people with dementia, particularly if they are unable to accurately tell us what they are experiencing? This class will address these issues and provide tips for improving comfort for those with pain. This class is not appropriate for the person with memory loss. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Mar. 21, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

### Dementia: Self-Care for the Caregiver

This class provides an overview of how care needs change over time, discussing the importance of self-care and meeting the needs of the family caregiver. This class is not appropriate for the person with memory loss. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Apr. 11, 2-3:30 p.m.** Preregistration required; call 425-688-5259. 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; enter at Skybridge 4. **Mon., Wed. and Fri., 8-9:30 a.m.** No registration required. For more information, call 425-688-5259. FREE.

## BELLEVUE YMCA CLASSES

### Good Food, Good for You

A wellness dietitian will review the basics of senior nutrition, including the types and quantities of foods required for good health. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Jan. 9, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

### Taking a Stand Against Strokes

Overlake Medical Center's stroke coordinator will discuss the risk factors, and detection and treatment of strokes as well as offer ideas on how to reduce your risk. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Feb. 13, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

### Reducing the Risk of Falls

A physical therapist from Overlake Outpatient Services will discuss how to avoid falling and review some simple exercises. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Mar. 13, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

### Keeping Your Mind Fit

The best way to keep your memory working well is to use it actively and to stay healthy. A variety of tips will be offered as well as how to give your brain an aerobic workout to help keep it healthy. Bellevue YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Apr. 10, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

## REDMOND SENIOR CENTER CLASSES

### Caring for Yourself as You Age

You can stay healthy at any age. An Overlake physician will discuss how aging affects the entire body and how a healthy lifestyle can help you age gracefully and well. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Jan. 16, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

### Reducing the Risk of Falls

A physical therapist from Overlake Outpatient Services will discuss what can be done to avoid falling and review some simple exercises. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Feb. 27, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

### Incontinence: It Doesn't Have to Be Part of Growing Older

Incontinence does not have to be accepted as a part of growing older. An Overlake urologist will discuss the different types of incontinence and the latest treatment options available. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Mar. 20, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

### Our Feet Impact Our Health

Many foot problems are painful and worrisome; however, many can be prevented. An Overlake podiatrist will review important foot issues and offer tips for preventing and treating foot problems. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Apr. 17, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

For more information about our classes, or to register,



## CANCER PROGRAMS

### Look Good ... Feel Better

A FREE program teaching beauty techniques to women in active cancer treatment to help them combat appearance-related side effects. Trained volunteer cosmetologists teach women how to cope with skin changes and hair loss, using cosmetics, skin care products, wigs, scarves and turbans. **Mon., Feb. 25, 1-3 p.m.** To register, call Kelly Brajcich at 425-467-3809. FREE.

### Support Groups

Overlake partners with Gilda's Club Seattle to offer Gilda's on the Go at Overlake. These support groups offer a welcoming environment where people living with cancer can build emotional, social and educational support as a supplement to medical care. To register for these FREE programs, call 206-709-1400.

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

## EVENTS

### Mercer Island Rotary Half Marathon

**Sun., Mar. 24, 6:30-9:30 a.m.** Overlake is a proud sponsor of the Mercer Island Rotary Half Marathon for Colon Cancer Prevention. Join us for the Pre-Race Expo, **Sat., Mar. 23.** To register or for more information, visit [www.mercerislandhalf.com](http://www.mercerislandhalf.com).

### Issaquah Press Health Fair

The ninth annual Issaquah-Sammamish Health & Safety Fair will be held at Pickering Barn on **Feb. 9, 10 a.m.-2:30 p.m.** The fair will feature free health screenings and more than 50 healthcare professionals and resources. Visit [www.issaquahpress.com](http://www.issaquahpress.com).

### Issaquah Farmers Market

**Sat., Apr. 20-Oct. 12, 9 a.m.-2 p.m.** Overlake is proud to sponsor the Issaquah Farmers Market. We encourage you to visit the market for wholesome and nutritious food options. Located at the historic Pickering Farm, 1730 10th Ave. NW. Visit [www.ci.issaquah.wa.us](http://www.ci.issaquah.wa.us).

### Adventure Kids Spring Festival

Overlake is a proud sponsor of the 4th Annual Spring Festival at Adventure Kids Playcare in Issaquah. This FREE carnival-style family event features bounce houses, activities and crafts for kids, an Easter egg hunt, a zip-line ride, and much more! **Sat., Mar. 30, 10 a.m.-3 p.m.** Visit [www.adventurekidsplaycare.com](http://www.adventurekidsplaycare.com).

### Sammamish Run

Join us on **Sat., Apr. 20** at the second annual Boys & Girls Club Sammamish Run. This event

includes a 10K, 5K, and 1K "Fun Run" for youth 10 and under. Visit [www.sammamishrun.com](http://www.sammamishrun.com) to register.

## EMPLOYER EDUCATION AND OUTREACH

If you're interested in having Overlake involved in your company's upcoming Health Fair or Lunch and Learn program, please contact [jayme.kennedy@overlakehospital.org](mailto:jayme.kennedy@overlakehospital.org).

## AUXILIARY ACTIVITIES

### 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. For more information, contact us at 425-688-5526 or [auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org), or visit [www.overlakehospital.org/auxiliaries](http://www.overlakehospital.org/auxiliaries).

### Fashions From the Heart

The Roger Stark Cardiac and Stroke Auxiliary invites you to see the latest spring fashions on **Thu., May 23**, at the Hyatt Regency Bellevue. Proceeds from this lunchtime fashion show will benefit the cardiac and stroke programs at Overlake.

## VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teens. Our Volunteer Services department works closely with applicants to match their interests, skills and experience to the hospital's needs. To learn more, please visit [www.overlakehospital.org/volunteer](http://www.overlakehospital.org/volunteer) or contact Beverly Murray, manager of Volunteer Services, at 425-467-3308, Mon.-Fri., 9 a.m.-4:30 p.m.

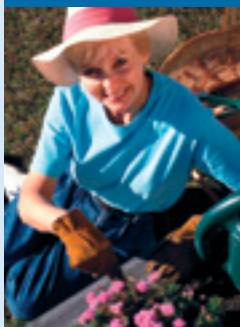
## LOOKING FOR A DOCTOR?

Please 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, please send an email to [education@overlakehospital.org](mailto:education@overlakehospital.org). We appreciate your input as we partner with you in the journey to lifelong health.

# 2013 Active Senior Fair

SATURDAY, MARCH 9, 2013  
10 A.M.-3 P.M.

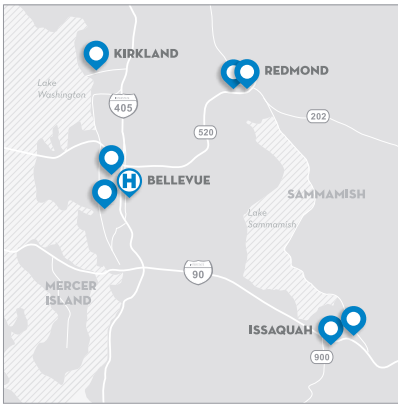


Enjoy this fun, FREE, daylong event featuring enjoyable live entertainment, including a fashion show and a variety of entertainers. Sit in on mini-health seminars and stroll through vendor exhibits highlighting a wide variety of Eastside businesses and organizations. Take advantage of various free health screenings. The entire day is geared to the active senior.

Call 425-635-6191 or visit [www.overlakehospital.org/activeseniorfair](http://www.overlakehospital.org/activeseniorfair) for more information. No registration required. Ample free parking. Westminster Chapel of Bellevue, 13646 NE 24th St., Bellevue.

**DON'T MISS THIS FUN-FILLED EVENT!**

please visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).



1035 116th Ave. NE, Bellevue, WA 98004  
[www.overlakehospital.org](http://www.overlakehospital.org)

Nonprofit Org.  
 U.S. Postage  
 PAID  
 Seattle, WA  
 Permit No. 1007

OVERLAKE IS A NONPROFIT,  
 INDEPENDENTLY OPERATED REGIONAL MEDICAL CENTER.

## NEW MEDICAL STAFF AT OVERLAKE

**Eric Aguila, MD**

425-644-4100  
 Pain Management & Rehab

**Scott Cole, MD**

425-615-1582  
 OB/GYN

**Susanne Hopkins, MD**

425-615-1582  
 OB/GYN

**Dawn Knight, MD**

425-615-1582  
 OB/GYN

**James Kriseman, DO**

425-635-6430  
 Family Practice

**Brianna Label, MD**

425-827-4600  
 Pediatrics

**Gregory Park, MD**

206-386-3550  
 Plastic Surgery

**Christie Recinto, MD**

425-615-1582  
 OB/GYN

We think  
 the best way to care  
 for our neighbors is to be  
 in the neighborhood.

7 adult and family medicine clinics on the Eastside

*we think about you*



DOWNTOWN BELLEVUE | OVERLAKE CAMPUS | ISSAQUAH | GILMAN | KIRKLAND | REDMOND | BELLEVUE SENIOR HEALTH

[OverlakeHospital.org/clinics](http://OverlakeHospital.org/clinics)