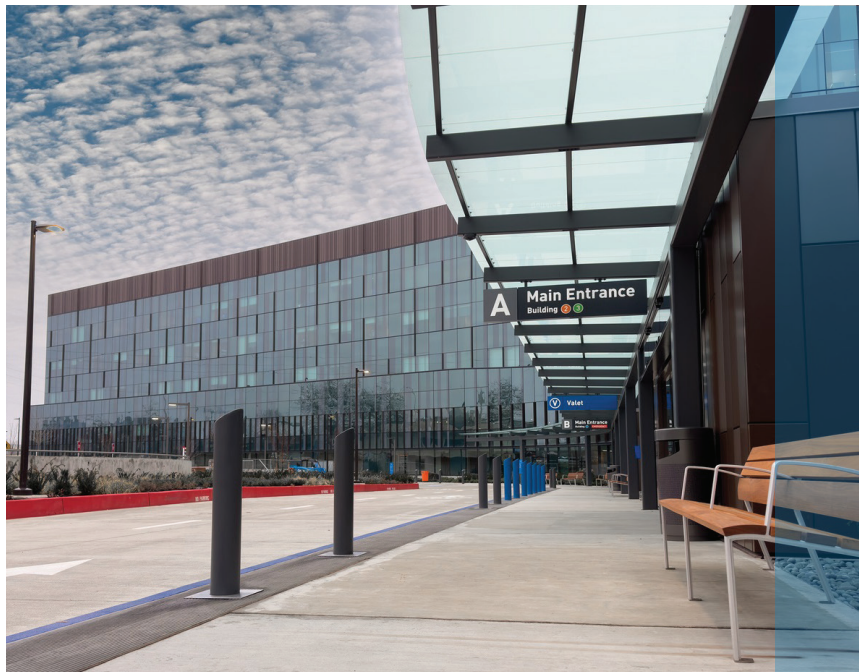


THANKS TO YOU: New Campus Features Are Up and Running



From 2018 through 2022, you helped build new, state-of-the-art facilities and establish new, lifesaving medical services. A year after **Project FutureCare** ended, it is clear that it accomplished its goal of ensuring world-class care, close to home, for the Eastside.

It's hard to miss the shiny new building and the glass-walled Careage Connector, but some of the spaces and services you built are a little harder to spot. *For example:*



The **Robison Family Physical Therapy Gym** (left) provides space and equipment for therapists to work with patients after medical procedures. Walking and other movement helps patients recover more quickly and get out of the hospital sooner.



The **onsite Laboratory** (top, right) ensures that critical tests are run quickly and accurately, reducing time spent waiting for results before beginning treatment.

The dedicated **Obstetric Emergency Department** (bottom, right) provides pregnant patients with expert, compassionate care when they have immediate concerns.



Thank you! Read on for more examples of what you built...

A Place to **STOP & TAKE A BREATH**

Just off the main lobby in the new East Tower you will find the **Nakajima Foundation Meditation Lounge**, a beautiful, peaceful and light-filled space. Open to patients, visitors and staff members around the clock, the Meditation Lounge is visited by new and repeat users throughout each day for prayer, meditation, contemplation and reflection.



"There are some active worshipping communities within Overlake," says Chaplain Nan Waldie. "For instance, our Muslim employees come regularly for prayer times." Waldie says she often finds people using the space

in different ways at the same time. "It's interesting and beautiful to me," she says, "to find one person kneeling in prayer, another meditating, a third looking out the window, taking a moment for reflection. We all need time and

space to breathe." Visitors to the Meditation Lounge find a book in which they are invited to write thoughts, prayers or intentions. "Every day," Waldie says, "I'm amazed by how open people are in their writings. They often express gratitude that the Meditation Lounge is there for them."

"Support from the Nakajima Foundation and others made it possible to offer this sacred space at Overlake," Waldie continues. "Thank you!"

DONOR SPOTLIGHT

The Nakajima Foundation: An Eastside Champion

By the time the Nakajima Foundation incorporated in 2019, Hisayo and Satoshi Nakajima had more than 20 years of philanthropy under their belts. Creating the foundation enabled them to bring their kids into the project and expand their giving. Their daughter-in-law, Whitney Nakajima, stewards foundation relationships with the nonprofits they support, including Overlake.

As an Eastside family, the Nakajimas are proud supporters of the hospital. Whitney, who grew up in another state, calls out the difference between Overlake and the hospitals she had seen before. "I never thought a hospital existed where people come in and are treated quickly and with dignity," she says. "I never dreamed a hospital could be so clean and its staff

"It was our hope that it would be a space that people could use any way they wished — whether meditating or praying or just finding peace."

so compassionate."

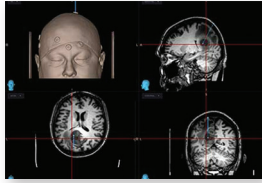
Their deep commitment to the Eastside community and their great experiences with Overlake led the Nakajima

Foundation to make a \$250,000 gift during Campaign FutureCare. The opportunity to name the Nakajima Foundation Meditation Lounge resonated with them. "My husband and I are both into meditation," Whitney explains. "It was our hope that it would be a space that people could use any way they wished — whether meditating or praying or just finding peace."

Whitney now serves on the Overlake Foundation Board of Trustees and plans to maintain the family's relationship with the hospital. "We just care a lot about the community," she says. "Great healthcare should be there for everyone."



From left: Yohei, Whitney, Hisayo, Shota and Satoshi Nakajima.



A Beautiful Space for **NEW** **FAMILIES**

When a baby is born at Overlake, the family is scheduled to visit with a postpartum nurse in the Wissner Slivka Parent and Baby Care Center (PBCC). During the visit, usually two or three days after the birth, a nurse makes sure both the mom and baby are recovering well. Nurses check in with moms about breastfeeding and answer any questions they have about caring for themselves or their babies.

As part of Project FutureCare, thanks to donors like you, we were able to move the PBCC from a cramped and hard-to-find space on the hospital campus to a bright, spacious location with plenty of parking just a few blocks to the north.

The PBCC offers breastfeeding support, an infant nutrition clinic, a milk bank, a baby boutique, hearing screenings for babies, mental health screenings for moms and a wealth of classes and support groups for new families.

A slate of expanded service offerings is now in process. These include a dedicated mental health provider, primary care services to fill in the gap before families have established care with a pediatrician and diagnosis and treatment for infants with tongue-tie.

Your support provides an array of services in a single, familiar, convenient location that helps overcome stigma and ensures that struggling families can participate. That means a great start for all of our new families.



The Baby Boutique (top) offers an assortment of fun and necessary items for newborns and moms. The Milk Bank provides donated, pasteurized breastmilk for babies in need.

COMPREHENSIVE CARE FOR YOUR **Brain&Back**

If you live with chronic back pain, just getting out of bed and through the day can be a challenge. Every movement may exacerbate the pain, yet you may need to go see multiple providers to address your condition. Thanks to donor support, we have made patients' lives easier by reconfiguring the Neuroscience Institute to include neurology, spine care, and musculoskeletal care in one clinic on Overlake's main campus.

"It's a one-stop shop for back pain patients now," says McChelle Vance, Director of Neurosciences. "They can see all of their docs in one place, and we can do some procedures right here in the office."

You have also helped expand the capabilities of the brain tumor program and enabled our physicians to do more — and more complex — cases. Specialized imaging equipment has been added to help surgeons navigate and precisely track their instruments during cranial procedures.

With the StealthStation Navigation System, our surgeons can merge images from CT, MRI, and other kinds of scans to create a comprehensive map of the brain before they operate. This precision reduces patient risk. At the same time, access to this leading-edge technology attracts the very best providers to join our team.

"The Neuroscience Institute is patient and community-centered," says Vance. "We use evidence-based practices and integrated care systems to best serve the Eastside. Many thanks to donors for their support."

OVERLAKE MEDICAL CENTER FOUNDATION

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New **CAMPUS** **AMENITIES**



The new facilities on our campus were built in service of providing the very best care in a healing environment. With your support, that goal has been accomplished. But your impact didn't stop there. The new East Tower includes some new amenities to add a little joy for the people who visit the hospital and the people who work here.

And by "joy" what we really mean is "mac and cheese."

Beecher's opened in August and offers an assortment of cheesy goodies as well as a full array of coffee drinks and other snacks.

Nearby you will also find our new gift shop, **Lucky You**. Stop in to browse an eclectic collection of high-end decor, clothes, personal items, baby gifts and more.



WANT TO CHECK OUT THE NEW SHOPS?

Call **Stephanie Stewart** at **425.688.5452** to arrange a time, and she'll treat you to a coffee at Beecher's to say thank you for supporting great healthcare at Overlake.