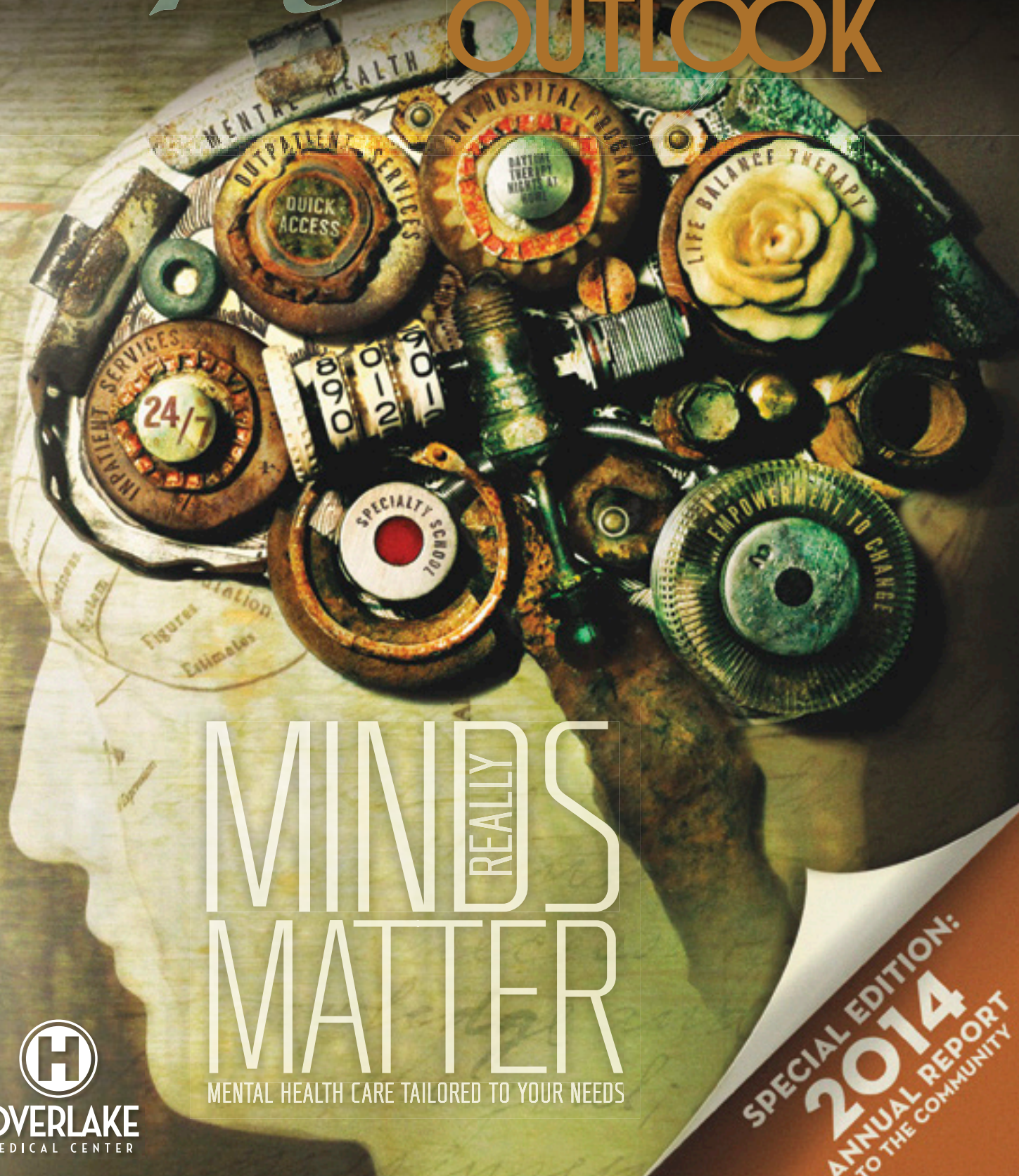


# OVERLAKE

WINTER 2015

# Healthy OUTLOOK



# MINDS REALLY MATTER

MENTAL HEALTH CARE TAILORED TO YOUR NEEDS



**OVERLAKE**  
MEDICAL CENTER

SPECIAL EDITION:  
**2014**  
ANNUAL REPORT  
TO THE COMMUNITY





## FROM THE PRESIDENT & CEO

This is the typical time of year when many of us simultaneously reflect and plan. At Overlake, we do this by tracking our contribution to the long-term well-being of our Eastside community. Our goal is to offer you and your families the most advanced, high-value health care. I am pleased that Overlake Medical Center and Clinics are offering new services and facilities to assist your plan to stay healthy.

On January 19, we open an urgent care clinic in downtown Bellevue co-located with our existing primary care clinic on the corner of NE 4th and 108th. It offers convenient, same-day access for Eastside employees and residents and features extended hours—noon to 10 p.m., Monday through Saturday. We also added surgical services so you have access to the widest array of technologically advanced procedures. Minimally invasive anterior hip replacement surgeries along with state-of-the-art laser cataract and cochlear implant surgeries are now available at Overlake.

In this issue, we also reintroduce Overlake's comprehensive mental health services. The article is a timely reminder as we look forward to the next year that caring for body, mind and spirit continues to be our foremost job at Overlake. Rely on us to help you be well, whether you need us urgently or for ongoing medical care. I wish you a healthy and happy 2015.

J. Michael Marsh  
President and CEO

# OVERLAKE MEDICAL CENTER BANDAGE BALL



## YOU'RE INVITED MARCH 21, 2015



## U N M A S K E D

Funds raised will help Overlake continue to play a critical role in meeting the mental health needs of our community.

For more information visit [www.bandageball.org](http://www.bandageball.org).

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## HEALTHY OUTLOOK · WINTER 2015

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1035 116th Ave. NE | Bellevue, WA 98004

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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 health care 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).

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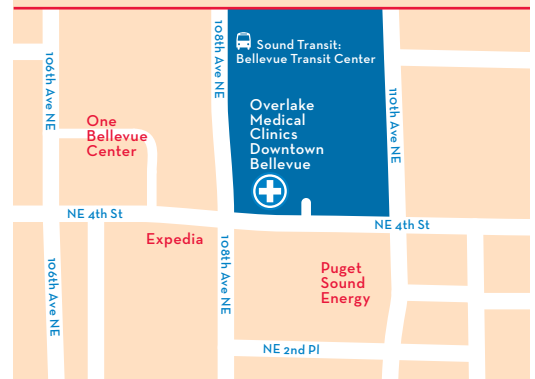
For an e-copy, visit [www.overlakehospital.org/healthyoutlook](http://www.overlakehospital.org/healthyoutlook).



## Urgent Care Opening in Downtown Bellevue

In the coming weeks, Overlake Medical Clinics will open a new Urgent Care clinic in downtown Bellevue. The clinic will be in the same convenient location as our primary care clinic at 400 108th Avenue NE in the heart of Bellevue. For non-life-threatening illnesses and injuries, **Urgent Care will be open Monday through Saturday from noon to 10 p.m.** with on-site X-ray and lab services. When used appropriately for quick medical attention, urgent care can be a cost-effective treatment option, with an insurance co-pay that is usually significantly lower than an emergency room visit co-pay.

**Urgent care clinics are currently open in Issaquah and Redmond seven days a week, from 7 a.m. to 11 p.m.**



## FIGHT THE FLU

Flu season in the United States usually runs from November to April. Symptoms include fever, headache, chills, dry cough, body aches and fatigue. Like colds, flu can cause a stuffy or running nose, sneezing and watery eyes.

To help prevent getting sick, the Centers for Disease Control makes these recommendations:

- Getting vaccinated against flu
- Washing your hands often
- Practicing healthy habits such as eating a balanced diet, getting enough sleep, exercising and keeping stress in check

Make an appointment with Overlake Medical Clinics today if you would like to schedule a flu shot, or if you are already suffering from cold or flu symptoms. To learn more, visit [www.overlakehospital.org/clinics](http://www.overlakehospital.org/clinics).

# MANAGE YOUR STRESS

*Take charge of your schedule  
and environment*

**S**tress is a natural reaction to an urgent situation. Chronic stress in daily life is not healthy and can be caused by excessive worry about health, finances or family members. People under stress are often unable to relax and can suffer such symptoms as insomnia, anxiety, back pain, headache, muscle tension, irritability, sweating and trembling. Excessive stress can cause a loss of interest in daily activities, fatigue, difficulty concentrating, social withdrawal and depression.

**Managing stress is all about the way we deal with problems. Here are ways we can take charge of our schedule and environment in order to maintain a well-balanced life.**

- Set realistic goals, and establish a manageable schedule.
- Try to view change as a positive challenge, rather than a negative threat.
- Plan for stressful events and projects as best you can. Ask for help or break big projects into small tasks.
- Accept the things you can't change, like the weather. Also, try not to worry about the past or future events, and live more fully in the moment.
- Make time for activities or hobbies you find fun and relaxing. A calm mind leads to a healthy body.
- Adopt a healthy lifestyle that includes well-balanced meals, and limit or avoid sugar, caffeine and alcohol.
- Talk with someone. Seek support from a trusted friend, family member or health professional.



- Use meditation or deep breathing to help you relax.
- Get regular exercise. Exercise helps you manage stress in multiple ways, increasing endorphins (the feel-good chemicals in our brains), relieving tension, and helping you sleep better and feel more refreshed the next day.

*If you need help managing stress, make an appointment to talk with one of our primary care providers at our six Eastside primary care clinics.*  
*Bellevue Senior Health Clinic: 425-688-5234*  
*Downtown Bellevue: 425-635-6350*  
*Issaquah: 425-688-5488*  
*Kirkland: 425-635-6470*  
*Medical Tower (campus): 425-289-3100*  
*Redmond: 425-635-6430*





## OSTEOPOROSIS: PREVENTION AND HEALTHY LIVING

Osteoporosis is a disease that weakens the bones. Weakened bones are more likely to fracture. Osteoporosis affects men and women, but postmenopausal women are most at risk. To help prevent osteoporosis, you need to exercise and nourish your bones throughout your life. Calcium and vitamin D are vital nutrients for your body, especially for bone health.

### High in Calcium:

- Skim or 1 percent milk (also rich in vitamin D)
- Other dairy products, such as yogurt and cheese
- Leafy green vegetables, such as spinach or broccoli

### Adequate Supplies of Vitamin D:

- Fatty fish
- Omega-3 oils
- 10 to 15 minutes of sunlight exposure daily
- Talk to your doctor about a vitamin D supplement

## NUTRITION SERVICES

You can learn how to help yourself lead a healthier life through the food choices you make at [www.overlakehospital.org/outpatientnutrition](http://www.overlakehospital.org/outpatientnutrition). Or call Nutrition Services at 425-688-5484 for more information.

## Baked Salmon With Cucumber Dill Sauce

Serves 4

### Ingredients:

- ½ cucumber, peeled, seeded and finely chopped
- Salt
- 1 cup plain low-fat yogurt
- 2 teaspoons Dijon mustard
- 1 scallion, finely chopped
- 1 tablespoon chopped dill (or mint)
- Freshly ground black pepper
- 4 skinless salmon fillets, about 6 oz (175 g) each
- 2 teaspoons olive oil
- 1 tablespoon fresh lemon juice

### Directions:

1. To make the sauce, toss the cucumber with ½ teaspoon salt in a sieve and let stand to drain for 1 hour. Rinse with cold water and pat dry with paper towels. Mix the cucumber, yogurt, mustard, scallion and dill. Season with salt and pepper to taste.
2. Preheat the oven to 400°F (200°C). Arrange the salmon in an oiled shallow baking dish. Brush with oil, sprinkle with lemon juice, and season with salt and pepper to taste.
3. Bake in the oven for 8 to 10 minutes, until the salmon is opaque when pierced with the tip of a knife. Using a slotted spatula, transfer the salmon to dinner plates. Stir the pan juices into the cucumber sauce. Spoon the sauce over the salmon. Serve hot.

Good with buttered new potatoes and steamed asparagus.

Note: The sauce can be covered and refrigerated up to two days ahead.

*Recipe by Victoria Blashford-Snell and Brigitte Hafner  
from The Illustrated Kitchen Bible.*



# FROM HELP TO INDIVIDUAL

OVERLAKE'S WIDE ARRAY OF MENTAL HEALTH SERVICES TAILORS TREATMENT TO INDIVIDUALS

It may be simple to figure out where to turn when you have a physical health issue, like a broken leg or sudden, severe pain. But would you know where to go if you or a loved one had a mental or emotional crisis? For more than 45 years, Overlake Medical Center has strived to treat the whole individual—body, mind and spirit—recognizing that what affects one aspect of health often impacts another. Our skilled experts offer a continuum of mental health services that treats every person as an individual and creates a mutual partnership with patients in determining the path of their care. In these supportive settings, there is help and hope for recovery.

## OUTPATIENT SERVICES: QUICK ACCESS TO PSYCHIATRIC CARE

If you're living with depression, anxiety or other mental health issues and need a place to turn, Overlake's Outpatient Services department can offer a useful first step. Unlike many comparable services with long waiting lists, Overlake can typically schedule an appointment with a psychiatrist within the week. The psychiatrist will evaluate your situation, discuss and oversee medication management or refer you to other services that can help.

"Because we're part of the larger Overlake system,

our psychiatrists may recommend a higher level of care, like a stay in our inpatient unit or participation in our day hospital program," explains Carlos Miranda, supervisor of the Outpatient Psychiatry Department. "Or they might help you determine other next steps toward addressing your situation."

Overlake psychiatrists have extensive experience with older-age depression, recognizing that depression is more common in older adults and often requires a different approach since seniors metabolize medications differently than younger adults. Geriatric specialists work with patients



INDIVIDUAL NEEDS



# TO HOPE



to determine the safest and most effective treatment.

“The perception of mental health centers can be problematic,” acknowledges Miranda, “but our office looks no different from any doctor’s or dentist’s office. We have a friendly, approachable staff dedicated to helping individuals get the care they need.”

### INPATIENT SERVICES: AVAILABLE 24/7, IN TIMES OF CRISIS

In Overlake’s 14-bed inpatient psychiatric unit, adults in acute mental distress can get immediate assistance—especially those who may be a danger to themselves or others due to episodes of severe depression, manic behavior, psychotic delusions or other serious conditions. Patients typically come to this unit straight from the Emergency Department and stay as long as necessary to get stabilized and ready for transition to outpatient care.

Overlake’s 24-hour staff includes psychiatrists, psychiatric nurses, mental health specialists, social workers and recreational therapists who work with patients both individually and in groups. They engage patients in creating a medication plan, reestablishing healthy practices and setting goals for the future. Families can participate in their loved one’s inpatient care by visiting during the designated twice-daily hours, and meeting with doctors to share concerns, ask questions and discuss treatment options. Staff encourages their participation.

“Coming to an inpatient program can be a daunting thing, and families may be reluctant,” says Shiela Gould, nurse manager for Inpatient Services. “But this program provides a safe and welcoming place for patients to explore

what’s happening in a supportive environment with staff and other patients. When you feel deeply troubled or anxious, someone is here to listen, day or night, and help you cope.”

### DAY HOSPITAL PROGRAM: PAIRING INTENSIVE DAYTIME THERAPY WITH NIGHTS AT HOME

Some individuals are dealing with acute mental health issues but prefer to return home from treatment every night and have personal circumstances that can support their choice. These people are perfect candidates for Overlake’s Day Hospital Program. Participants spend six hours a day in intensive therapy, for five to seven business days, while returning home each evening to practice the skills they learn.

Individuals often join the day program as an alternative to inpatient treatment or after a brief inpatient stay. Many receive a referral from a doctor or refer themselves. “The Day Hospital Program takes a holistic approach in that all therapy occurs in groups,” explains Anya Reeser, LMHCA, the clinical coordinator.

Throughout the day, participants meet to discuss medication management, share concerns, learn skills and set goals. For instance, one group focuses on Cognitive Behavioral Therapy, an evidence-based treatment that helps participants identify negative thought patterns and learn ways to counter or manage those thoughts

in a healthier manner. Another group centers on Life Balance Therapy, which teaches skills and coping strategies participants can implement in their daily lives.

“Every day, we focus on one skill or topic and ask participants to set one achievable goal toward their personal wellness,” says Reeser. “It’s very practical and applicable

“THIS PROGRAM PROVIDES A SAFE AND WELCOMING PLACE FOR PATIENTS TO EXPLORE WHAT’S HAPPENING IN A SUPPORTIVE ENVIRONMENT ...”



to their daily lives, and tackling these issues in groups brings participants out of isolation to a place of safe social interaction. Outside of treatment, patients are encouraged to continue working on their goals to reinforce the progress they have made in the program. However, the day program isn't for everyone. The best candidates are those who are ready and willing to challenge what has not been working well for them, and take on the responsibility and empowerment of change."

### SPECIALTY SCHOOL: HELPING KIDS TACKLE EMOTIONAL AND BEHAVIORAL ROADBLOCKS

Overlake's Specialty School joins efforts of school districts and families in counseling and educating children, ages 8 to 21, with significant emotional and behavioral challenges. The Specialty School is an approved non-public agency contracting with school districts throughout the Puget Sound region to provide special education services.

"We offer an alternative setting for kids to work on their emotional and behavioral challenges with the goal of eventually being able to return to their local school and succeed," says Adam Wallas, Specialty School manager.

The Specialty School offers seven grade-based classrooms and a staff of special education teachers, licensed mental health counselors, behavior intervention specialists, recreational therapists, paraeducators and instructional assistants. They work with students daily to build interpersonal skills and academic confidence. Young people practice social skills, learn to understand the origins of their behaviors and develop more appropriate ways to achieve their objectives. Recreational therapy introduces students to a wide range of structured physical activities that allow them to practice social interactions in a less structured setting.

Concurrently, family members receive support through regular meetings with a behavior intervention specialist and

a licensed mental health counselor. "We provide parents with training and guidance in the same techniques we use here, so they can use those techniques when their child comes home at night," says Wallas. "Our ultimate goal is to create an environment for the child at home and at school where he or she not only can function but do well. We're not stuck on any timetable, so we'll continue working with students for as long as it takes to ensure their success."

Have questions? We're happy to answer them. To learn more about Overlake's mental health services, please visit [www.overlakehospital.org/services/psychiatric](http://www.overlakehospital.org/services/psychiatric) or call the numbers below. If you are facing an immediate crisis, please go directly to Overlake's Emergency Department, or call 911.

**Inpatient Program: 425-688-5175**

**Day Hospital Program: 425-688-5681**

**Outpatient Services: 425-688-5460**

**Specialty School: 425-688-5425**

## RECENT MENTAL HEALTH LAWS EXPAND ACCESS

Thanks to the Mental Health Parity and Addiction Equity Act of 2008, more families than ever have access to quality psychiatric services. This law recognizes mental health as equal to physical health in deserving appropriate care and treatment. (Technically speaking, it requires health plans that provide mental health or substance-use disorder benefits to make benefit limitations equal to medical/surgical benefits.) For more information on the law, go to [www.cms.gov/CCIIO/Programs-and-Initiatives/Other-Insurance-Protections/mhpaea\\_factsheet.html](http://www.cms.gov/CCIIO/Programs-and-Initiatives/Other-Insurance-Protections/mhpaea_factsheet.html).



# Innovations in Outpatient Surgery

Medicine is pushing forward at a brisk pace, offering better results and quicker recoveries. That's great news for patients, who now have access to more advanced surgeries than ever before. *Healthy Outlook* spoke to five specialists about some of the latest surgical techniques and technologies now available at Overlake Medical Center.

## A More Precise Hip

*What are the advantages of anterior hip replacement surgery, in which a small incision is made on the front of the hip?*

**JONAH HULST, MD, ORTHOPEDIC SURGEON:** One potential benefit is that this approach allows the surgeon greater precision in placing the prosthetic components. An X-ray machine is used during the surgery to help the surgeon see exactly where the hip replacement pieces are being implanted. With more traditional approaches, the surgeon typically does not obtain intra-operative X-rays. This approach also seems to provide slightly lower rates of hip dislocation, especially immediately following surgery.

**CHRISTOPHER BOONE, MD, ORTHOPEDIC SURGEON:** Bad outcomes like dislocations and leg length discrepancy are directly related to putting the parts in the wrong position. With the anterior approach, all of that is dealt with in the operating room. Also, no muscles are cut, so patients recover quickly. They typically are walking the day of surgery and leave the hospital the next day. The anterior approach is good for young, active, healthy people.

**STEVEN RATCLIFFE, MD, ORTHOPEDIC SURGEON:** Another downside of the traditional posterior approach is that it requires position restrictions for the patient for about six weeks. Patients prefer the anterior because they don't have those restrictions. That said, there are

times when medical necessity outweighs patient convenience and when you should do the posterior procedure. There are advantages and disadvantages to each, so let your surgeon help you decide which type of surgery is in your best interest.

## Modern Surgery for Cataracts

*Why should patients consider having state-of-the-art laser cataract surgery at Overlake?*

**KENT LEAVITT, MD, OPHTHALMOLOGIST:** Cataract surgery has basically been done the same way for 15 years, with small improvements. Laser cataract surgery is a major advance. Parts of the surgery that used to be done by hand are now



## New techniques and technologies make procedures gentler and more effective

done by a very precise computer-controlled laser.

The surgeon designs a plan for treatment, which is programmed ahead of time. Then in the operating room, the laser does 3-D imaging of the front of the eye—like a mini CAT scan—so the surgeon-designed treatment plan can be applied in the right place. The laser makes all of the incisions in the cornea to allow access to the eye, and then softens the hard cataract nucleus so it's easier and safer to remove from the eye.

If people have astigmatism or an oval cornea, the laser can make cuts in the cornea to round it out and treat the astigmatism at the same time. In the past, that was done with a handheld knife, which was imprecise. Now, the computer-driven laser is very precise.

Even as people sit up after the surgery, they feel like their vision has improved, and most patients are quite functional the next day. But practically speaking, the vision improves over a few days to a few weeks after the surgery.

## New Cochlear Implants

*People who have hearing loss due to nerve damage in the inner ear or can no longer be helped by*

*hearing aids can benefit from a cochlear implant. How has this technology changed over the years?*

**TRAC M. DUONG, MD, OTOLARYNGOLOGIST:** The procedure is done the same way, but the technology has improved by leaps and bounds. When the first cochlear implant was performed about 30 years ago, there was a single challenge: awareness of sound or no sound. We've now moved to 22 channels, so the range of hearing has improved dramatically. Patients who were lip-reading are able to speak on the telephone. Patients who are now able to appreciate music say it's a completely different world.

Also, in the past, if you understood 60 percent of words or less using a hearing aid, you met the criteria for cochlear implant surgery, but it had to be in both ears. This year, the FDA approved a new technology that allows us to do the surgery on only the patient's worse ear; the other ear doesn't have to meet the criteria. And the sooner you implant, the better patients do. There are a lot more patients out there who would benefit from a cochlear implant than who actually get one simply because they don't know about it.



Christopher Boone, MD



Trac M. Duong, MD



Jonah Hulst, MD



Kent Leavitt, MD



Steven Ratcliffe, MD





# 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

**Register Early—Classes Fill Quickly**

### FREE Weekly E-mail

A great resource to guide expectant parents through pregnancy and the first year of their baby's life, with customized information and resources from Overlake's parent education staff. Visit [www.overlakehospital.org/childbirthcenter](http://www.overlakehospital.org/childbirthcenter) to sign up.

### Childbirth Center Tours

Sign up at [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes).

### Before Baby Comes

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

### Classes on Childbirth and Newborn Care

- Preparation for Childbirth and Newborn Care.
- Understanding Birth: eClass. Can't join the childbirth class? We'll bring the class to you.
- Breastfeeding: essential information.
- Prenatal Yoga: for expectant and postpartum moms.
- Car Safe Kids: how to choose and install an infant car seat.
- Conscious Fathering: for expectant dads. Celebrate the special relationship between father and child.

## NEW!

### Pelvic Floor Fitness—for new and expectant moms

Being pregnant and having babies can weaken the pelvic floor muscles, which play an important role in controlling the bladder and bowel and enhancing sexual function. In this interactive class, Sagira Vora, board-certified women's health physical therapist, will teach concrete tools and specific exercises to lessen common pregnancy-related musculoskeletal problems, safety guidelines for exercise, and ways to retrain and strengthen your pelvic floor muscles. Choose either **Tue., Feb. 24** or **Mar. 24, 6:30-8 p.m.** Preregistration required. FREE.

### After Baby Comes

- Pumping While Returning to Work: Learn strategies for women who are returning to work. How to maintain a full milk supply, the best pumps for your situation and how to bottle-feed a breastfed baby.
- After Baby Comes Support Group: This drop-in group is a perfect opportunity for new moms to come with their baby and talk about feeding, sleeping, the changing bodies of mom and baby, and navigating the complexities of motherhood.

## PARENTING

### Car Seat Check

One-on-one consultation with a trained child passenger safety technician to learn correct car seat installation and usage. **Sat., Feb. 21, 10 a.m.-2 p.m.** FREE.

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

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

Bellevue classes are sponsored by Seattle Children's and Overlake. Each of these programs is offered as a two-part class from **6:30-8:30 p.m.** and is recommended for girls or boys ages 10 to 12 years and a parent or guardian. Every family will receive the book *Will Puberty Last My Whole Life?* For more information or to register, visit [www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes). Register early for best selection. Scholarships available. \$70 per child/parent; charges apply for additional children.

## SAFETY

### Better Babysitters

Sponsored by Seattle Children's and Overlake. Adolescents 11 to 14 years of age will learn responsible babysitting by studying basic child development, infant care, safety, how to handle emergencies, age-appropriate toys, business tips

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

and what parents expect. Classes will be held regularly on **Sat. and Sun., 9 a.m.–2 p.m.** at Overlake in Bellevue and Seattle Children's. Visit [www.seattlechildrens.org/classes-community](http://www.seattlechildrens.org/classes-community) for schedule and registration. \$40 per person.

#### First Aid and CPR Certification Class

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. These classes are recommended for everybody including day care workers and others needing certification for their workplace. First aid and CPR/AED portions may be taken separately for \$40 per class. **Sat., Feb. 7, 9 a.m.–4 p.m.** \$70.

#### Infant Safety-Proofing and CPR

Completion cards are not awarded in this class. **Tue., Jan. 6, Tue, Feb. 10, 6:30–9:30 p.m.;** **Sat., Jan. 24 or Mar. 14, 9 a.m.–noon.** \$35 per person; \$60 per couple.

#### CPR for Health Care Providers

**Wed., Feb. 11, 6–9:30 p.m.** \$60.

#### Spanish-Speaking CPR and First Aid Classes

Call 206-356-5887 (bilingual) for information.

## HEALTHY LIFESTYLES

#### Be Heart Smart: What Women Should Know About Their Cardiac and Vascular Health

Learn how to improve your odds against heart attack. This discussion will include risk factors and symptoms for coronary artery disease and a review of innovative diagnostic tools and treatment options. Presenters include internist Sai Prasanna Mannem, MD, and cardiologist Neal Perlmutter, MD.

#### Heart Health Screening

Reserve your time in advance for free screenings including blood pressure check, non-fasting cholesterol screening and opportunities to talk to specialists about your risk factors. Screening space is limited. Come early to enjoy a glass of “heart-healthy” red wine, refreshments, dark chocolate and informative health resources. **Wed., Feb. 11, Heart Health Screening from 5:30–7 p.m.; presentation from 7–8 p.m.** Men welcome. Preregistration required. FREE. Check [overlakehospital.org/classes](http://overlakehospital.org/classes) for event and screening registration details.

#### WOMEN'S PELVIC HEALTH SERIES

Nearly a quarter of all women have a pelvic health disorder, which can affect quality of life and medical and emotional health. Attend one or more of these informative presentations to find out what you can do to improve your pelvic floor health.

#### Women's Pelvic Health—a team approach to common disorders

A panel of experts, including colorectal surgeons, urogynecologists and physical therapists, will discuss a variety of common disorders, and what diagnoses and treatment options are available. Topics include incontinence, pelvic organ pressure, constipation, menopause and hormone therapy. **Thu., Feb. 26, 6:30–8:30 p.m.** FREE.

#### Pelvic Floor Fitness—for women 30 and over

In this interactive class you will learn tips and techniques to maintain and improve your pelvic health as you change through your life cycle. Topics include how to obtain optimum pelvic fitness and minimize sexual discomfort with the use of healthy lifestyle habits, dynamic breathing and proper pelvic muscle training exercises. Taught by Kathy Golic, an Overlake physical therapist specializing in pelvic floor issues. **Tue., Mar. 10, 6:30–8 p.m.** FREE.

#### Pelvic Floor Fitness—for new and expectant moms

Please refer to page 12 for details. Preregistration required. Visit [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes) or call 425-688-5259 to learn more or to register.

#### Motion Is Life

Is pain keeping you from enjoying life? If so, attend this informative seminar, taught by an Overlake orthopedic surgeon, to learn more about joint pain relief as well as knee and hip replacement. Our presenters include surgeons Christopher Boone, James Bruckner, Jonah Hulst, Douglas Patch and Steven Ratcliffe. Time allowed for questions. **Wed., Jan. 28, Thu., Apr. 2, 6:30–8 p.m.,** or **Tue., Mar. 10, 10–11:30 a.m.** at Overlake Medical Center in Bellevue. **Wed., Feb. 25, 6:30–8 p.m.** at Overlake Medical Clinics Highmark in Issaquah. Preregistration required. FREE.

#### Back Pain: Diagnosing and Treating

Lower back symptoms often limit self-supporting daily activities, work, and social and recreational pursuits. Lack of activity can lead to obesity, depression and general physical deterioration. Dr. Abhineet Chowdhary will help you better

understand back dysfunction and available treatment options, including nonoperative therapy and a new minimally invasive procedure. **Tue., Feb. 24, 6:30–7:30 p.m.,** Overlake Medical Center. Preregistration required. FREE.

#### Weight Loss Surgery Seminars

Learn about weight loss surgery to see if it's right for you. Presented by Dr. Thien Nguyen, medical director of Overlake Metabolic and Bariatric Surgery. For more information, call 425-467-3957 or visit [www.overlakebariatrics.com](http://www.overlakebariatrics.com). FREE. Preregistration is required.

#### Hypnosis for Weight Loss

Give your subconscious mind a map that tells it where you want to go. In this three-part series, Robert W. Felix, a certified hypnotherapist, will help you visualize your ideal body size and shape through hypnosis to achieve the results you desire. **Thu., Jan 29, Feb. 5 and 12, 7–9 p.m.** \$95. Reduced rates are available for those who have previously taken this class. Check our website for details.

## DIABETES EDUCATION SERVICES

#### Diabetes Education Services

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

#### Diabetes Education

A series of two 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, option 5, to register. We recommend contacting your insurance company in advance to confirm coverage.

## SENIOR CLASSES

#### A Matter of Balance

A Matter of Balance can help seniors improve their quality of life and remain independent. The class is designed to reduce fear of falling and increase activity levels. **Tue. and Thu., Feb. 3–26 or Mar. 3–26, or Mon. and Wed., Apr. 6–29; 10 a.m.–noon.** Includes workbook and water bottle. FREE parking. Preregistration required; please call 425-688-5259. 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.

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



Ridgewood Complex, 150 120th Ave. NE, Bldg. F, Bellevue. **Tue., Jan. 6-27, Feb. 3-24, Mar. 3-31 or Apr. 7-28 (5 sessions); or Thu., Jan. 8-29, Feb. 5-26, Mar. 5-26 or Apr. 2-30 (5 sessions); 12:15-1:30 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. **Wed., Feb. 4, 1-4 p.m.** Preregistration required; call Katherine at Alzheimer's Association at 206-363-5500, ext. 229. FREE.

#### Dementia Series: 10 Warning Signs

What is the difference between age-related memory changes and Alzheimer's disease/dementia? This class will discuss the 10 warning signs, why early detection is important, and how Alzheimer's/dementia is diagnosed. Risk factors for Alzheimer's and related dementias as well as the role of genetics will be briefly discussed. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Jan. 29, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

#### Dementia Series: Conversation About Dementia

When someone shows signs of dementia, it's time to talk. Some of the most difficult conversations to have are about going to the doctor to get a diagnosis or medical care, deciding when it is necessary to stop driving, and making plans for managing finances and legal documents to be sure the person's wishes are carried out and the costs of future care are covered. Learn tips for breaking the ice and setting the stage for meaningful and productive conversations about dementia. Not appropriate for the memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Feb. 26, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

#### Dementia Series: Meaningful Activities—How to Make the Most of Your Interactions

Learn how to engage the person with dementia and create meaningful, personalized activities out of everyday interactions without adding to caregiving time. This class will also discuss how to create an individualized activity bag to have at the ready to meet the needs of the person with dementia for calming, sensory stimulation, boredom and more. Not appropriate for the

memory-impaired person. Presented by the Alzheimer's Association. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Thu., Mar. 26, 2-3:30 p.m.** Preregistration required; call 425-688-5259. FREE.

#### Dementia Series: Communicating With Someone With Dementia

This class will provide families and caregivers with some 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., Apr. 23, 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 Mall, enter on the lower level west side by The North Face. **Mon., Wed. and Fri., 8-9:30 a.m.** Walkers attend days and times that fit their schedules. No registration required. For more information, call 425-688-5259. FREE.

### BELLEVUE FAMILY YMCA CLASSES

#### Heart Healthy Nutrition

As we age, we still need plenty of vitamins and minerals, but fewer calories. Learn tips on how to eat well while reducing calories from your diet, and the importance of the change on your heart health. An Overlake physician will review guidelines for eating well and staying healthy. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Feb. 11, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

#### Feeling Sad

Everyone gets sad, but older adults who face major life changes may feel depressed or overwhelmed. It doesn't mean you're weak, but depression can exacerbate and even create physical symptoms. An Overlake physician will discuss how to identify and treat the symptoms. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Mar. 11, 11:30 a.m.-12:30 p.m.** Preregistration required; please call 425-746-9900. FREE.

#### Understanding Arthritis

A number of joint problems that cause pain, swelling and stiffness are forms of arthritis. Join an Overlake physician who will discuss diagnosis, treatment and management of the condition. Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue. **Wed., Apr. 8, 11:30 a.m.-12:30 p.m.** Preregistration required; call 425-746-9900. FREE.

### REDMOND SENIOR CENTER CLASSES

#### Preventing Dizziness and Falls

Falls are not a part of growing older but are a common issue with many people. A third of all adults experience a fall in the United States annually. A fall can lead to severe and debilitating injuries that limit mobility. Dizziness can be a contributing factor to a fall. Priyanka Duggal, MD, Overlake Medical Clinic Senior Health, will discuss factors that can cause dizziness and falls, as well as prevention and treatments. Overlake pharmacist Trang Le, RPh, will then review how medications can increase the risk of falls and will provide recommendations to reduce risk factors. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Jan. 21, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

#### Feeling Sad

Everyone gets sad, but older adults who face major life changes may feel depressed or overwhelmed. It doesn't mean you're weak, but depression can exacerbate and even create physical symptoms. An Overlake physician will discuss how to identify and treat the symptoms. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Feb. 18, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

#### Female Incontinence: It Can Be Treated

Ten to 20 percent of older adults suffer from incontinence. But urinary incontinence does not have to be accepted as a part of growing older. For many, the condition can be controlled or cured. Join an Overlake urologist to learn about the different types of incontinence and the latest treatment options. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Mar. 18, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

#### The Silent Disease: Osteoporosis

Approximately one in two women and one in four men in America 50 years and older are affected by low bone mass or

For more information about our classes, or to register,

osteoporosis. An Overlake physician will review the risk factors, preventive measures as well as treatment options available, including the various medications used in treatment. Redmond Senior Center, 8703 160th Ave. NE, Redmond. **Wed., Apr. 15, 10-11:30 a.m.** Preregistration required; call 425-556-2314. FREE.

## SUPPORT PROGRAMS

### Balance After Baby: Mood Disorder Support Group

This professionally led drop-in support group provides emotional care and comfort 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.

### P.S. Support Group: Support for Miscarriage, Stillbirth & Infant Loss

For those experiencing stillbirth, newborn death or miscarriage. Group meets on the **3rd Thu. of the month, 7-9 p.m.**, at Overlake's PACCAR Education Center. For more information, call Abbie, the group facilitator, at 206-367-3991, or Cami at 425-277-9494.

### La Leche League Groups

Support and information for women who want to breastfeed their babies.

- ◆ Bellevue: **3rd Mon. of the month, 7-9 p.m.** at the Women's Clinic, 1051 116th Ave. NE, Suite 200, Bellevue. For more information, call Kay at 425-226-8117.
- ◆ Issaquah Classroom: **1st Mon. of the month, 10 a.m.-noon** at the Highmark Medical Center, 1740 NW Maple St., Suite 201. For more information, call 425-312-3477, or email LLL.Issaquah@gmail.com.
- ◆ Eastside Japanese: **2nd Wed. of the month from 11 a.m.-1:30 p.m.** at the Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. For more information, contact Izumi at 425-869-5136 or izumimitsuoka@hotmail.com.

### Look Good ... Feel Better

This FREE program led by American Cancer Society volunteer cosmetologists teaches beauty techniques to women in active cancer treatment to help combat appearance-related side effects using cosmetics, skin-care products, wigs, scarves and turbans. **Mon., Mar. 2, 6-8 p.m., and Mon., May 4, 1-3 p.m.** To register, call Kelly Brajcich at 425-467-3809. FREE.

### Cancer Support Groups

Overlake partners with Gilda's Club of Seattle to offer four different cancer support groups at Overlake. 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.

### Stroke Support Group

For stroke survivors and their loved ones. **4th Sat. of the month, 1-2:15 p.m.** in the PACCAR Education Center. For more information, call Jennifer Kurtz at 425-688-5904.

### Weight Loss Surgery Support Group

For those about to undergo surgery or have had surgery. **Sat., 10 a.m.-noon. Thu., 6-8 p.m.** For information, visit [www.overlakebariatrics.com](http://www.overlakebariatrics.com) or call 425-467-3957. FREE. No registration required. **Oct. 9, 25; Nov. 13, 22; Dec. 11, 20.**

## EVENTS

### SAVE THE DATE:

2015 Active Senior Fair.  
To celebrate Older Americans Month, the Active Senior Fair is moving to May.

Enjoy this fun, FREE day-long event that features entertainment, mini-health seminars, workshops, vendor exhibits and free health screenings. Mark your calendar for **Sat., May 16, 10 a.m.-3 p.m.** at Westminster Chapel of Bellevue. Visit [www.overlakehospital.org/activeseniorfair](http://www.overlakehospital.org/activeseniorfair) or call 425-688-6191 for more information.

### Bandage Ball 2015

Overlake Medical Center Foundation and Auxiliaries' most anticipated fundraising gala will be held Saturday, March 21, at the Hyatt Regency Bellevue. Join the fun and take part in a wine toss, best of live raffle and exciting live auction. Stay late to hit the dance floor! Funds raised will help Overlake continue to play a critical role in meeting our community's mental health needs. For more information or to purchase tickets, visit [www.bandageball.org](http://www.bandageball.org), call 425-688-5526 or email [events@overlakehospital.org](mailto:events@overlakehospital.org).

## 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 [amy.mcgann@overlakehospital.org](mailto:amy.mcgann@overlakehospital.org).

## AUXILIARY ACTIVITIES

### Re-Connections Luncheon: How to Stay Healthy as You Age

Hosted by the Overlake Sonja Potter Auxiliary. Everyone is affected by the aging process, and no matter how hard you may try, you can't escape it! James Kriseman, DO, Overlake Medical Clinic Redmond, will discuss how a healthy lifestyle can help you age gracefully and well. **Wed., Feb. 25, 11:30 a.m.-2 p.m.** Overlake Park Presbyterian Church, Fellowship Hall, 1836-156th Ave. NE, Bellevue. Free parking. Join us for lunch prior to presentation. Cost \$15 per person. Reservations required. Send payment to Sonja Potter Auxiliary, c/o Overlake Foundation, 1035 116th Ave NE, Bellevue, WA 98004 or call 425-620-5502. Sponsored by Capability Homecare, Convenient Shores Retirement Community and CHOICE Advisory Services.

### 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 425-688-5527, or email [auxiliaries@overlakehospital.org](mailto:auxiliaries@overlakehospital.org), or visit [www.overlakehospital.org/auxiliaries](http://www.overlakehospital.org/auxiliaries).

## VOLUNTEER OPPORTUNITIES

Overlake offers volunteer opportunities for both adults and teenagers. 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).

## 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 and accessible 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.

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





# 2014 ANNUAL REPORT

Overlake Medical Center and Overlake Medical Center Foundation & Auxiliaries



## OUR PROMISE TO THE COMMUNITY

At Overlake Medical Center, our commitment to providing the most advanced treatment and technology available coupled with a steadfast commitment to compassionate care and excellence stretches back to 1960, the year the hospital opened its doors.

Our physicians, nurses, volunteers and others embrace the opportunity to provide exceptional care each day. They stand ready to help our neighbors, whether they are in medical crisis or focused on disease prevention. In an ever-changing and advancing health care landscape, we're constantly working to stay ahead of the increasingly complex and growing health care needs of our community.

This commitment means going past the walls of our campus to bring health care into the community, providing services and outreach close to where our patients live, work and play.

"What this means for you and your family is that, with few exceptions, you will never

need to cross a bridge or leave this state for top-of-the-line care," explains J. Michael Marsh, president & chief executive officer of Overlake.

We are humbled by our volunteers, donors and corporate partners, who continue to work side by side with us as we expand needed services and create new programs to serve the community.

We're fortunate to have such a strong team of physicians, nurses and other health care professionals dedicated to caring for our Eastside neighbors. We're also grateful for the privilege of being part of our patients' lives and helping them on their journey to wellness.

Members of our community united around the goal of creating Overlake more than a half-century ago. **With their continued support and inspiration, our resolve to provide the best and most comprehensive health care possible only becomes more robust.**

- The first hospital in the state to implement the latest 3D mapping software for cardiac arrhythmia treatments.
- The only hospital in the region to offer ocular brachytherapy for patients with eye cancer.
- The only hospital in King County that offers bronchial thermoplasty, a revolutionary treatment for severe asthma.
- The only hospital on the Eastside equipped to perform open and endovascular surgeries for brain aneurysms.
- Creating a new Cancer Center that will provide the most advanced and comprehensive cancer care and services on the Eastside.



SUDHA MISHRA, RISHI, RAJESH AND ROHAN JHA

## INVESTING IN OVERLAKE, OUR COMMUNITY

Rajesh Jha and Sudha Mishra's attachment to Overlake is very much a family affair. Their sons, now 16 and 14, were born at the hospital and are now active volunteers, working in the hospital's foundation and at community events.

The family has supported Overlake through annual contributions for 20 years. Rajesh, a corporate vice president at Microsoft, donates through Microsoft's matching gift program.

"In terms of giving, Overlake was such a logical choice for us," Rajesh says. "We live in this

community. We have for several decades."

"When you reflect on what it means for a hospital to be there for everybody, 24/7 365 days a year, you develop an appreciation for the hospital," he says.

His understanding of the nonprofit nature and mission of Overlake deepened after reading an article outlining how hospitals must financially stretch to take care of everybody, regardless of a patient's need or ability to pay.

He also understands the services industry

and how organizations like Overlake and Microsoft must have a relentless focus on maintaining high standards of excellence.

His advice to others looking for an area to make a financial contribution: "Giving is a very personal choice," he says. "There are many worthwhile causes. But one place we all have to reflect on is giving back to our local community."

**"Overlake is very much part of the fabric of our community."**

## REACHING OUT TO THE COMMUNITY

Overlake actively connected with thousands of our community members in 2014 through a menu of health and wellness outreach activities, including the community's premier health events, the Eastside Vitality Health Fairs, health education classes and support groups. Overlake's classes include topics such as childbirth, joint replacement, weight loss, wellness, safety and senior health.



**33,838**

Hours of Community Education and Outreach



**566**

Community Education and Screening Events



**14,090**

Participants at Education and Screening Events



**12,785**

Facebook Friends





PAUL AND VICKI ZABOROWSKI WITH SONS ZACH AND DREW, AND BUCKLEY, THE FAMILY DOG

## CARE WHEN MEDICAL CRISIS STRIKES

Vicki Zaborowski isn't sure what caused her brain to hemorrhage during an early-morning jaunt to the gym.

Call it extreme bad luck. What happened afterward, however, was quite the opposite.

"I went to the gym at 5:30 in the morning and was taken out of there in an ambulance and didn't get home for two months," says Vicki.

Only half of the people who have a subarachnoid brain bleed like Vicki survive. Of those who do survive, half of the individuals end up extremely disabled.

"As far as I am concerned, I am 99.9 percent back to where I was before," says the 63-year-old

mother of two sons, one of whom was Overlake's first baby of the new year in 1986.

Vicki was brought to Overlake specifically for the hospital's expertise in neurosurgery. Abhineet Chowdhary, MD, director of neurosurgery and neuro-interventional surgery, performed the delicate neurosurgical procedure that helped repair Vicki's brain.

Overlake is the only hospital on the Eastside uniquely equipped to take care of patients with open surgical and endovascular surgeries for brain aneurysms.

"We are lucky to have Overlake," says Vicki's husband, Paul Zaborowski. "I can't say enough

about Dr. Chowdhary. He was absolutely excellent and incredibly knowledgeable."

Paul remembers how they practically lived at the hospital during the first week. "The nurses were all fantastic," he says, "I just can't tell you how patient and kind they were, every one of them."

"I can't say enough good things—they put me back together," Vicki says. "I went in with a huge problem, and came out in great shape."

"The Overlake staff, my family and friends were instrumental in my recovery," says Vicki.

**"They all expected me to improve and to work hard—and I couldn't disappoint any of them."**

### EMPLOYEE GIVING OVER THE YEARS

NUMBER OF EMPLOYEE GIVERS

2,300+



AMOUNT RAISED BY EMPLOYEES

\$2,500,000+



### GIVING BACK TO OVERLAKE

"I believe in Overlake. We give the highest-quality care, and I want to support the staff in providing that care," says Jeanette Quaeck, RN, manager of clinical services, a 24-year employee and 20-year donor to Overlake.

She gives back to the hospital because she wants the nurses "to know that they are supported and to provide them the tools they need to be able to give the best care."

"I'm so personal in my giving," Jeanette says. "I do it from my heart. **I've had a wonderful career and it's my opportunity to give back to the hospital and nurses for what they do.**"



GEORGE JOHNSON AND RUSLANA CHERNYAK

## SHARING THE GIFT OF SERVICE

While 70 years separate volunteers George Johnson and Ruslana Chernyak, both look forward to making a difference at Overlake.

"It's just a joy to work here," George says. "We serve the community, as well as the hospital."

At 90 years young, George volunteers at the hospital that has cared for his entire family, including his children and grandson. The hospital has also cared for him, including surgeries on his knee, back and shoulder over the past year.

George can be seen behind the front desk in the hospital's main lobby on Wednesdays.

"It's comforting to know Overlake's there when you need it," George says.

At 21 years of age, volunteer Ruslana Chernyak chose Bellevue College's Nursing Assistant Training program because of its affiliation with Overlake. She volunteers in the hospital's breast health tower and was recently hired as a care technician.

"They really care about their patients.

They're really passionate about what they do," Ruslana says. "I value volunteering. It just feels good to give back."

For both George and Ruslana, volunteering is something they look forward to. For George, that means providing comfort and a smile to patients. "It's a job that is fun because we get to help people," George says.

**"I felt right at home as soon as I started," Ruslana says.**

### NUMBER OF VOLUNTEERS

350+



### NUMBER OF VOLUNTEER HOURS

39,000



### DOLLAR VALUE

\$500,000

### COMMUNITY VALUE

IMMEASURABLE



# FINANCIAL REVIEW

## OVERLAKE MEDICAL CENTER

Patient Revenue:	<b>\$419,757,000</b>
Other Operating Revenues, Investment Income, Contributions:	<b>\$30,294,000</b>
Total Revenue:	<b>\$450,051,000</b>
Expenses:	<b>\$418,477,000</b>
Net Income:	<b>\$31,574,000</b>
Uncompensated Care and Community Services:	<b>\$21,323,000</b>

## OVERLAKE MEDICAL CENTER FOUNDATION

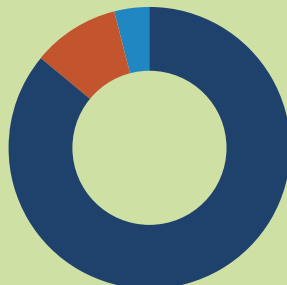
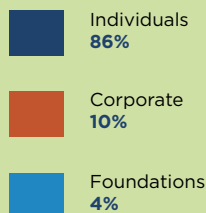
Revenues:	<b>\$4,443,598</b>
Expenses:	<b>\$1,163,658</b>
Net Income:	<b>\$3,279,940</b>

## OVERLAKE MEDICAL CENTER AUXILIARIES

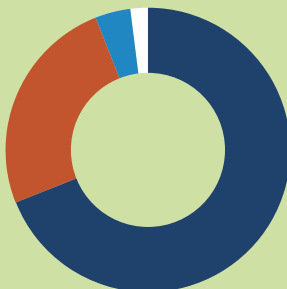
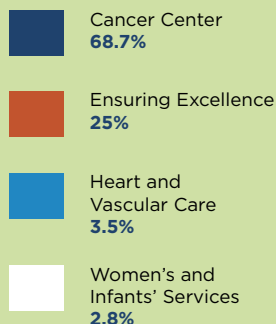
Revenues:	<b>\$1,031,580</b>
Expenses:	<b>\$466,722</b>
Net Income:	<b>\$564,858</b>

## FOUNDATION & AUXILIARIES FUNDRAISING

### Sources of Funds



### Uses of Funds



## 2015 BOARDS OF TRUSTEES

### Overlake Medical Center

John B. Hayhurst CHAIR	Jorge Cerda Janine Florence
Gregory Collins CHAIR ELECT	Kristin Graham, MD MEMBER AT LARGE
Jim Doud SECRETARY	David Hovind
Patricia Bedient TREASURER	Linda Mahaffey FOUNDATION REPRESENTATIVE
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Thomas Stoll, MD CHIEF OF STAFF ELECT	Phyllis Stark AUXILIARY REPRESENTATIVE
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### Overlake Medical Center Foundation

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David Goldstein TREASURER	Dan Kwon
Jason Thompson CHAIR ELECT	Warren Michelsen
Linda Mahaffey PAST CHAIR	Steve Nicholes
J. Michael Marsh PRESIDENT & CEO	John O'Rourke
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Merrill Behnke	Sue Raschella
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Ned Clapp	Cecille Schuman AUXILIARY REPRESENTATIVE
Sarah Doud	Vandana Slatter
Patty Edwards	Susan Smith
	T.J. Woosley
	Molly Stearns EXECUTIVE DIRECTOR

### Overlake Medical Center Auxiliaries

Lynnette Anderson PRESIDENT	Evie Foster
Susan Feldman VICE PRESIDENT	Bärbel Kappes
Lani Mobius SECRETARY/TREASURER	Patti Murphy
Lisa Antush	Isa Nelson
Patricia Donnellan	Cecille Schuman
	Phyllis Stark





# 2014 Annual Report

Dr. Randall and Karin Uyeno  
Michael and Carol Wade  
Tim Wan  
Robert M. Weissman, MD  
Dennis and Patricia Westover  
Rando and Ketia Wick  
Dr. Henry and Gwen Williams  
Rick and Marilyn Wong  
T.J. and Carole Woosley  
Chun Mei Zhu  
Joseph and Janet Zinn

## **\$500—\$999**

Anonymous (8)  
Mike and Jessica Akers  
Judy Albrecht  
Andy Alcorn  
John Anderson  
Roger and Mary Anderson  
Sundra Anderson  
Paul and Shirley Arnett  
Ruth Baker  
David and Janet Barbrack  
Devitt and Deborah Barnett  
Dr. Sigrid Barnickel  
Patty and Jimmy Barrier  
Robert and Theresa Baxter  
Ronald and Joan Bayley  
Gregory and Jennifer Bellinger  
Dr. Brent Benjamin and Alejandria Tapia

Jeremy Bennett  
Barbara Berkau and Cary Given  
Jeanne Bonnington  
Blaise and Rachele Bouchand  
Dianne Brisbine  
Amy Brown  
Doug Brown  
Stan and Gwen Brown  
Jacqueline and Richard Cabe  
John and Bev Carey  
Ann Carlisle  
Lawrence and Janet Carlson  
Dario and Katie Casali  
Debbie Centioli  
Charlie Chaffin and Kevin McCandlish  
Cynthia and David Chandler  
Kevin and Julie Cipoletti  
Andrew and Lesley Clapham  
Chris and Kristine Colyer  
Dawn Convery  
Aaron and Amy Cooley  
Consuelo and Gary Corbett  
Carol Cox  
Stephanie Crow and Ben Callahan  
Douglas and Karen D'Ewart  
Patti Dill  
David and Sarah Doud

Nancy Elop  
Kurt Feldman  
Susan Feldman  
Roger and Leah Gilbert  
Irene Goldbeck  
Donald and Suzan Gonzales  
Darrell Gorter  
Dr. Kirstin and Lawrence Graham  
Donald and Annette Greenland  
Richard and Sheryl Gudaitis  
Drs. John and Carol Hackett  
Cecily Hall  
Patricia Hamilton  
Eric and Linda Hanson  
Marc and Jill Harrington  
Renaee and G. Christian Harris, MD  
Amy Hedin  
Justin and Catherine Hendrickson  
James and Kathy Henningsen  
Dr. Frederick and Gloria Hoedemaker  
Chris Holmes and Christine Katzmar-Holmes  
Ernie Hood and Lisa Rosenblatt  
Charles Hotes  
P. J. Hough and Mary Lydon  
Raymond and Tracey Hsia

Dr. Garrett S. Hyman  
Brian and Kim Jackson  
Robert and Sarah Jenson  
Rajesh Jha and Sudha Mishra  
George and Dale Johnson  
Mark Kane  
Jim Karambelas  
Kevin Keffe  
Inger Keeler  
Ken and Claudia Kilbreath  
Dr. Helen Kim  
Craig and Danna Kinzer  
Douglas and Willeen Klan  
Robert and Evelyn Knetzger  
Dr. Nicholas L. and Mrs. Jan M. Kovach  
Paul and Susan Latham  
Amy Laughter  
Jiyoung and Young Lee  
Kurt and Shaula Leinweber  
Edward and Ellen Lenhart  
Dora Leung and Dominic Lau  
Georgeanne Lindquist  
Carl and Carrie Lovsted  
Linda Lowe  
Joe and Julie Lynch  
Julie Lynch  
Kirsten MacKay  
Jodi McEwen  
Anthony Menickelly  
Mary and Marvin Mitchell

Dan Mitte and Kristin DeVleming  
Dr. Dudley and Deborah Moorhead  
Robert and Christine Moorman  
Barbara Morgan and Dan Staber  
Dina Nelson  
Merritt Nelson  
John and Casey O'Rourke  
Kathryn Ong  
Thomas and Kristen Parker  
Betsy Pesek  
Kelly Piger  
Mark and Marianne Pizzitola  
Sean Prasad  
John and Priscilla Privat  
Diann Puls  
Jim Reed  
Alison Richards  
Richard and Rebecca Ripley  
Jennifer and Scott Robertson  
Lynne Robinson and Dan Watson  
Steve and Jennifer Rolfes  
Sherryl Rose  
Curt and Joan Ross  
Lance and Brinette Rounds  
Van and Judith Ruitter  
Justin, Shelby, and Grayson Sampson  
Dr. Steve Scallon

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Shirley Schumacher  
Brian and Selina Scott  
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Overlake understands how a healthy workforce helps drive business success. Our relationship with local business is based on mutual service and support and a commitment to keeping our Eastside workforce strong.

Our corporate neighbors support us through sponsorships, matching gifts and direct contributions, and Overlake offers wellness services such as on-site health screenings and participation in wellness fairs, and cares for the emergent needs of their employees.

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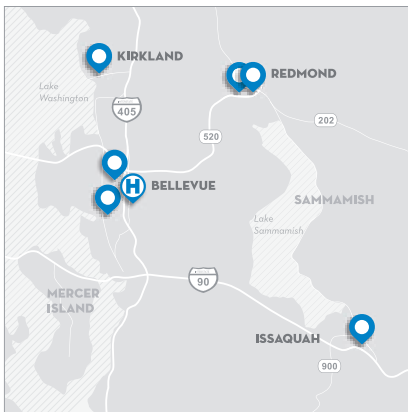
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425-394-1200

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**Douglas Patch, MD**

425-462-9800

Orthopedic Surgery

**Atousa Salehi, MD**

425-688-5777

Emergency Medicine

**Michael Squire, MD**

952-595-1503

Telemedicine

**Kent Ta, MD**

425-453-0766

Rheumatology

**Steven Yee, MD**

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