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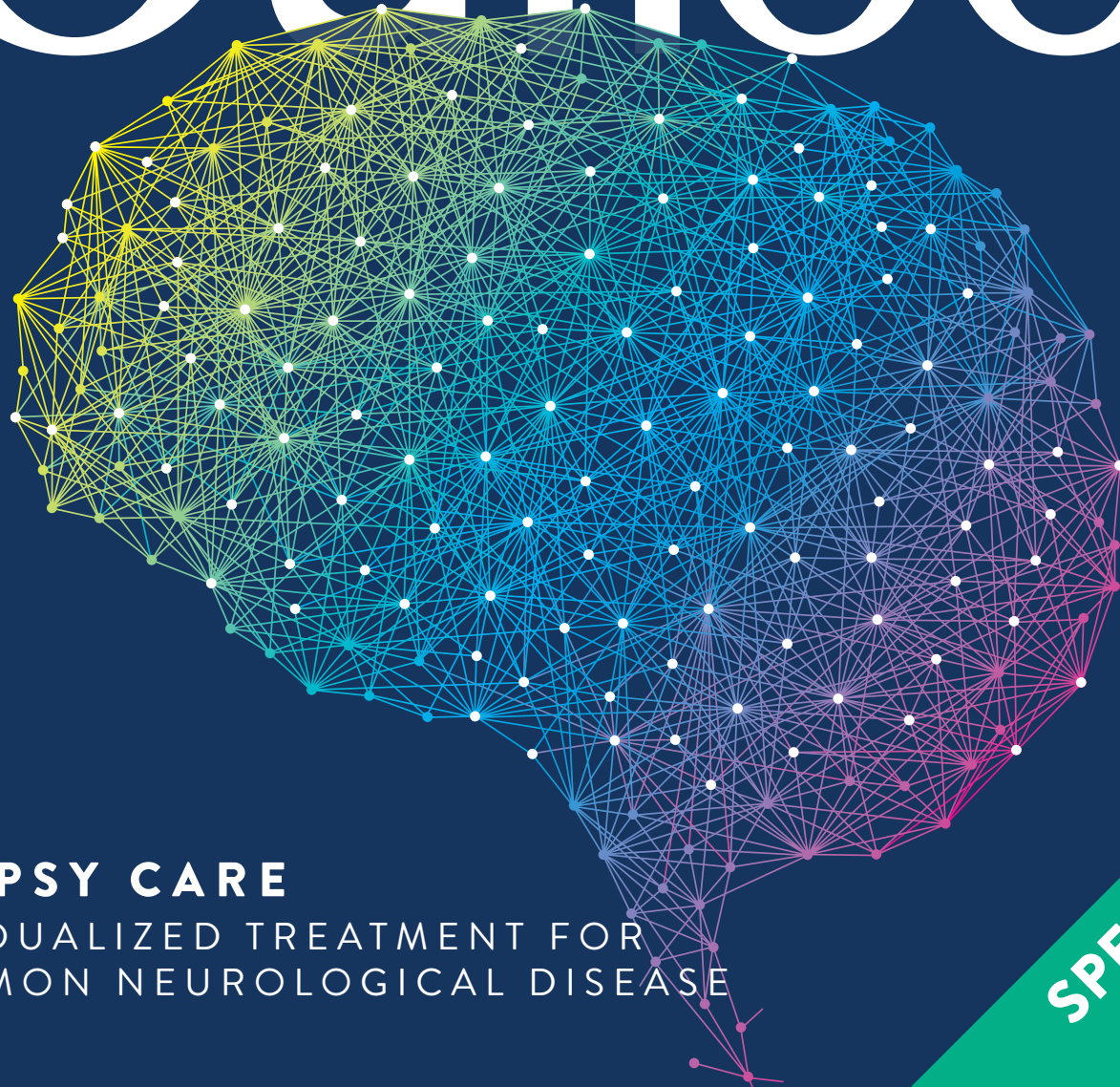
Periodically, we send communications to friends and neighbors in our community that describe the health care services and products we offer. If you would prefer not to receive communications like this from our organization please email healthyoutlook@overlakehospital.org or call 425.467.3548.

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For an electronic copy, visit overlakehospital.org/healthyoutlook

EPILEPSY CARE
INDIVIDUALIZED TREATMENT FOR
A COMMON NEUROLOGICAL DISEASE

Healthy OUTLOOK



SPECIAL EDITION
ANNUAL REPORT
TO THE COMMUNITY

STRESS +

THE “CONSTANT CHECKER”

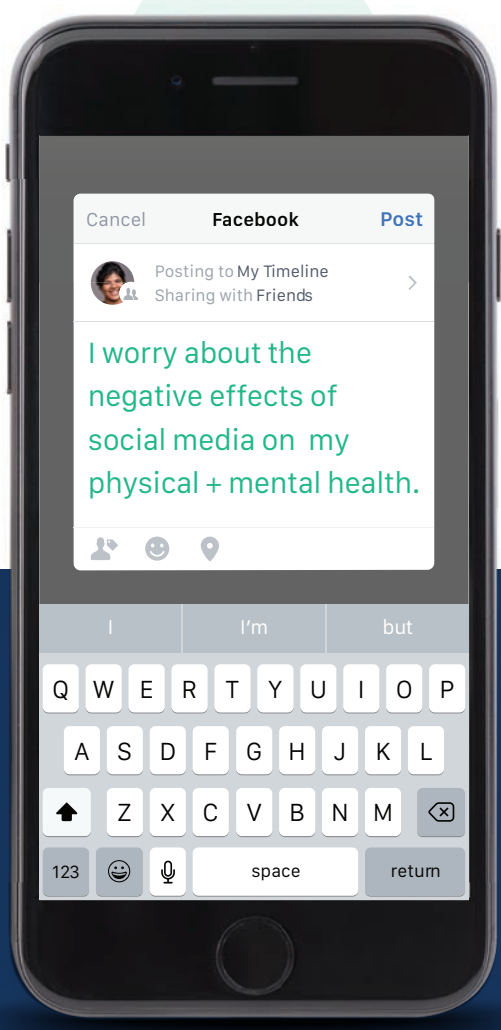
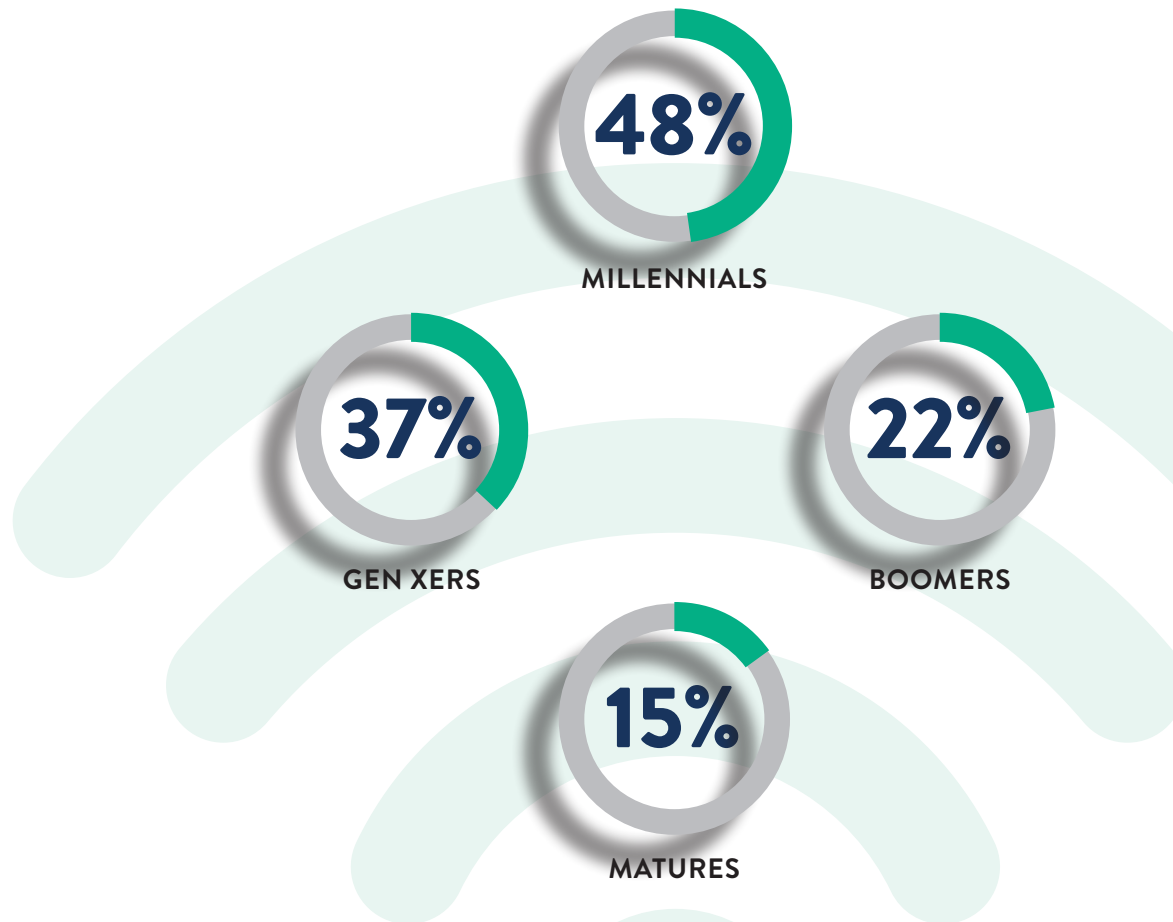
Although some of us don't like to admit it, smartphones have changed the way we live, work and relate to others. They've made our lives easier by having information at our fingertips and digitally connecting (or reconnecting) us to family and friends. But there are also downsides: they can increase our stress and disconnect us from people IRL (in real life).

In the matter of a decade, the percentage of adult Americans using social media increased from a mere 7 percent in 2005 to 65 percent in 2015. The accessibility to email, text and social media apps has paved the way for a new habit of “constant checking.”

The 2017 American Psychological Association's Stress in America™ survey revealed some insight into the “constant checker.” Even when together, 44 percent of constant checkers feel disconnected from family (compared to 25 percent of non-constant checkers). And, because of social media, more than one-third of constant checkers (35 percent) are less likely to meet with family and friends in person, versus 15 percent of non-constant checkers.

Our attachment to devices is associated with higher stress levels. In fact, the generation most comfortable with technology—millennials—is the most stressed out. Since 2014, millennials have had the highest stress level of all generations and are the most concerned about the impact of social media on their health.

If you are concerned about your stress level, be sure to mention it to your primary care provider so he/she can help with ways to reduce and manage stress. If you need help finding a provider, call Overlake Medical Clinics at 425.635.6600 or visit overlakehospital.org/clinics.



HOW DO YOU HANDLE STRESS?

I'd love to say I meditate 30 minutes a day or practice yoga, but sometimes there just isn't time. I pause and shut down my mental checklist—and my smartphone. I help my five-year-old fix the nose of her Pokemon portrait. I snuggle with my littlest and we sing her version of “If You're Happy and You Know It.” I listen to my husband tell me about the latest tech news and smile because I have no idea what he's talking about. I find doing this puts things in perspective because, after all, that to-do list is not nearly as important as the people nearest to me.

- Dr. Paige Kasai
Overlake Medical Clinics Sammamish Primary Care

*American Psychological Association (2017).
Stress in America: Coping with Change. Stress in America™ Survey.



MANAGING EPILEPSY

According to the Centers for Disease Control and Prevention (CDC), 3.4 million people in the United States live with epilepsy. A chronic condition of recurring seizures, it is the fourth most common neurological disease.

To address the need for epilepsy care on the Eastside, the Overlake Neuroscience Institute now provides advanced care and monitoring by neurologists specially trained in epilepsy (also called epileptologists).

Unlike stroke, which is a loss of brain function, a seizure is caused by excessive brain activity. Our brains generate electrical signals that control our emotions, senses and body functions. Seizures occur when abnormal electrical impulses occur. Seizing can happen

anywhere in the brain and affects the area of the body that part of the brain controls.

“Epilepsy isn’t always a convulsive seizure,” says Nicholas Jonas, MD, of the Overlake Neuroscience Institute. “There are many types of seizures that can affect speech, vision and even our behavior.” That’s why it is often not recognized as epilepsy and misdiagnosed as other conditions such as migraine, mental health disorders, certain cardiac conditions or sleep disorders, among others.

Epilepsy treatment isn’t a one-size-fits-all approach. Seizure types vary widely, as do epilepsy medications. It starts with an accurate diagnosis—based on a patient’s symptoms, test results and seizure type—and

from there, providers at the Institute tailor a patient’s treatment plan to control seizures and optimize their daily life. The type of treatment depends on the type of epilepsy diagnosed.

“Much like other chronic conditions such as diabetes, people with epilepsy live with the disease daily,” says Emily Fan, MD, also of the Overlake Neuroscience Institute. “I work closely with my patients so they are able to continue their normal, day-to-day activities.”

For more information, please call 425.635.6560 or visit overlakehospital.org/neuro.

CLASSES

PREREGISTRATION REQUIRED FOR ALL CLASSES;
VISIT OVERLAKEHOSPITAL.ORG/CLASSES OR FOR QUESTIONS CALL 425.688.5259

PREGNANCY, CHILD BIRTH + NEWBORN CARE

AFTER BABY COMES

BREASTFEEDING

CHILD BIRTH CENTER TOURS

FIRST FOODS

PELVIC FLOOR WELLNESS:
New + Expectant Moms

PRENATAL YOGA

PREPARATION FOR
CHILD BIRTH + NEWBORN
CARE (English And Spanish)

PREPARE THE NEST

PUMPING WHILE
RETURNING TO WORK

UNDERSTANDING BIRTH:
Online Class

ADOLESCENTS

FOR GIRLS: A Heart-To-Heart Talk
On Growing Up

FOR BOYS:
The Joys + Challenges of Growing Up
For ages 10 to 12 years and a parent/guardian.
\$80 per child/parent. Visit seattlechildrens.org/classes to register.

BETTER BABYSITTERS

Held regularly on Sat. and Sun., 9 a.m.–2 p.m.
\$45. Visit seattlechildrens.org/classes to register..

SAFETY

CAR SEAT CHECKUP

One-on-one consultation with a trained technician to learn correct car seat installation and usage. Sat., Feb. 10, 10 a.m.–2 p.m.

FIRST AID + CPR
CERTIFICATION CLASS

Earn a two-year certification. Includes infant, child and adult CPR, and basic first aid with an emphasis on childhood-related injuries. Sat., Feb. 17, 9 a.m.–4 p.m. \$80.

INFANT SAFETY + CPR

Completion cards not awarded. Classes held regularly on Saturdays, 9 a.m.–noon or weeknights, 6:30–9:30 p.m. \$40 per person; \$70 per couple.

CPR FOR HEALTHCARE
PROVIDERS

Mon., Mar. 5, 6–9:30 p.m. \$60.

SPANISH-SPEAKING
CPR + FIRST AID CLASSES

Call 206.356.5887 (bilingual) for information.

HEALTHY LIFESTYLES

HIP + KNEE PAIN RELIEF

Orthopedic surgeon James Bruckner, MD, will discuss nonsurgical options as well as joint replacement surgery. Wed., Jan. 17, 6:30–8 p.m.

HYPNOSIS FOR WEIGHT LOSS

Three-part series taught by certified hypnotherapist Robert W. Felix. Thu. Jan. 25, Feb. 1 and 8, 7–9 p.m. \$95.

BACK PAIN: Diagnosing + Treating

Overlake neurosurgeon Frank Bishop, MD, FAANS, will help you better understand back dysfunction and treatment options, including nonsurgical therapy and minimally invasive surgery. Tue., Jan. 30, 6:30–8 p.m.

MIGRAINE HEADACHES:
Understanding + Managing

Overlake neurologist Daniel Fosmire, MD, will discuss causes and triggers of migraines and treatments for fewer, shorter or less severe migraines. Tue., Feb. 6, 6:30–8 p.m.

PELVIC FLOOR WELLNESS:
Women 30+

Attend this interactive class to learn techniques to maintain and improve your pelvic health. Taught by Overlake physical therapist Kathy Golic. Wed., Feb. 7, 6:30–8:30 p.m.

ADVANCED CARE PLANNING

This workshop will cover choosing a healthcare agent, treatment goals and how to complete an advance directive. For those aged 18–55. Tue., Feb. 21 or Mar. 20, 6–8 p.m.

SENIORS

MEDICARE EDUCATION

Gain a better understanding of Medicare. 3rd Sat. of the month, 10:30 a.m.–noon. Overlake PACCAR Education Center, Vision room. No registration required. For questions, call 888.752.5198.

A MATTER OF BALANCE

Reduce your fear of falling and increase activity levels. Thu. and Tue., Feb. 1–27; 10 a.m.–noon.

MY ACHING FEET

A podiatrist will discuss how to prevent common foot problems and solutions to reduce pain and discomfort. Thu., Feb. 8, 2–3 p.m. Bellevue Family YMCA, 14230 Bel-Red Rd, Bellevue.

UNDERSTANDING STROKES

Overlake's stroke program coordinator will discuss risk factors, detection and treatments. Wed, Feb. 21, 10–11:30 p.m. Redmond Senior Center, 8703 160th Ave NE, Redmond. Call 425.556.2314 to register.

ABCS OF DIABETES SERIES

Attending all classes is encouraged but not required. Classes held at Bellevue Family YMCA, 14230 Bel-Red Rd, Bellevue.

Importance of Foot Care

People managing diabetes are at greater risk for severe foot problems, often due to poor circulation or nerve damage. Vinai Prakash, DPM will review diabetic foot issues, prevention tips and treatment options. Thu., Jan. 18, 4–5:30 p.m.

Impacts on the Heart

An Overlake cardiologist will discuss how diabetes increases the risk of heart disease and stroke and how to make lifestyle changes to reduce the risk. Thu., Feb. 15, 4–5:30 p.m.

Kidney Disease

An Overlake physician will discuss the relationship between diabetes and the kidneys, and how to reduce the chance of developing kidney disease. Thu., Mar. 15, 4–5:30 p.m.

KEYS TO DEMENTIA SERIES:
The Middle Stage

In the middle stage of dementia, those who were care partners now become hands-on caregivers. Attending all three classes is encouraged but not required. Not appropriate for the memory-impaired person. Held at Bellevue Family YMCA, 14230 Bel-Red Rd, Bellevue.

Part 1: The class will cover dementia symptoms observed in the middle stage and relationship changes that occur. Thu., Jan. 25; 2–3:30 p.m.

Part 2: Become aware of home safety considerations, when to approach the subject of giving up driving and how to handle wandering. Thu., Feb. 22, 2–3:30 p.m.

Part 3: Explore ways a caregiver can take care of themselves so they can better care for their loved one. Thu., Mar. 22, 2–3:30 p.m.

WALK FOR LIFE

Walking program for seniors. Mon., Wed. and Fri., 8–9:30 a.m. Bellevue Square Mall; enter at Sky Bridge #4, from the west parking garage. No registration required. For questions, call 425.688.5259. In partnership with Bellevue Family YMCA. FREE.



2017

Annual Report to the Community

WITH GRATITUDE

All through the year, individuals, companies and foundations express their gratitude to Overlake by making donations to support the world-class care we provide. Now it's our turn to say "thank you" to our supporters and friends. Your generosity has made some great things happen.



Cancer Center donors David and Patricia Giuliani dedicated the Infusion Suite to Dr. Katherine Crossland, a former Overlake oncologist.



Dr. Abhineet Chowdhary (center), director of the Overlake Neuroscience Institute, celebrates a successful Bandage Ball with Mariella Whitney (second from right) and her family. Mariella graciously shared her story of the lifesaving care she received at Overlake after suffering a life-threatening brain bleed.



Angel Eye keeps NICU babies and families connected.

CANCER CENTER

The community contributed half of the \$20 million cost of Overlake's new, state-of-the-art, fully integrated Cancer Center. Over 1,200 patients turn to Overlake for cancer care each year. The grand opening of the new center in September of 2017 means comprehensive, patient-centered care in a warm and healing space. Thank you.

NEUROSCIENCE INSTITUTE

Over 800 community members turned out for the 2017 Bandage Ball, raising \$1.2 million to support Overlake's Neuroscience Institute. Your generous contributions are at work building new services and programs to serve patients in 2018 and beyond. These include: the first-on-the-Eastside Epilepsy Program; the Headache Clinic for fast treatment of severe headache pain; a telestroke medicine system, which will enable faster evaluation of stroke patients at any time of the day or night; and critical equipment like the Functional Magnetic Resonance Imaging machine. Thank you.

ANGEL EYE

Our incredible community members, including parents of former patients, opened their hearts to the families of the 300 babies per year who receive care in our Neonatal Intensive Care Unit (NICU) by making gifts to purchase an Angel Eye camera system. Each NICU baby has a camera that enables family members to securely log in and watch them in real time. Cameras are also equipped with speakers so moms, dads, siblings and other family members can talk and sing to their tiny infants.

"I woke from a bad dream just shaking with worry about my preemie baby boy. So I logged in and watched him sleeping peacefully for a bit. I felt so much better."

"After my c-section, I was stuck in bed recovering while my precious baby was taken to the NICU. Thankfully, I was able to log in to Angel Eye from my phone and see him, eyes wide open and looking right at me! It was a blessing, truly, to be able to turn on my phone and see him anytime I wanted."

While we welcome families to stay in the NICU rooms with their babies, most parents need to head back to work and home to care for other children, and cannot be here all the time. Angel Eye keeps them connected. Thank you.

CARE

FOR THE
WHOLE COMMUNITY

Over **2,400** income-qualified individuals benefited from free or reduced-cost care, across all hospital services, with the help of our generous donors. Thank you.

Overlake provided **\$14M** in uncompensated care to people in need in 2017.

In 2017, 1,696 generous community members donated \$11.3 million for the programs and services that make Overlake's care world-class. Thank you.

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\$843k

Foundations

\$5.2M

Individuals

\$5.1M

Planned Estate Gifts

\$202k

\$11.3M
TOTAL



1,696



3,388

OVERLAKE Hospital Medical Center

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\$1,000-\$9,999 Abbott Construction Accelerated Collection Service, Inc. Alaska Airlines Ascent Private Capital Management of U.S. Bank Audit and Adjustment Company Banner Bank Bellevue Ear, Nose & Throat Clinic Dr. Frank Bishop, Dr. Daniel Fosmire, and Dr. Olav Jaren Bloodworks Northwest BNY Mellon Wealth Management Bonewitz CPL Cochran, Inc. Columbia Bank Commercial Office Interiors Cornerstone Advisors Coughlin Porter Lundeen Eastside Maternal Fetal Medicine Eating Recovery Center, Washington Emergency Physicians at Overlake Epic EvergreenHealth Neurosciences G&W Commercial Interiors Goldman, Sachs & Co. Matching Gift Program H & M Electric Inc. Harvest Capital Advisors Hellam Varon & Co. Hermanson Company Home Care Assistance HUB International Limited Incyte Diagnostics Issaquah Nursing and Rehabilitation Center IVOXY Consulting & NetApp Jobvite, Inc. John Y. & Reiko E. Sato Foundation

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ENDOWMENTS

Robert W. and Clodagh C. Ash Endowment for Cancer Care
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Catherine Landweer Endowment for the Advancement of Nursing and Clinical Oncology Education
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Physicians Annual Lecture Endowment (Dr. Vistica Memorial)
Warren J. Razore Endowment
Reigert Chest Pain Center Endowment Fund
Donn and Patricia Roberts Endowment Fund
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J. Walter Smith Medical Directorship Endowment for Cancer Care
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CIRCLE of EXCELLENCE



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Circle of Excellence members are an invaluable group of donors who make annual gifts of \$1,000 or more to support world-class care on the Eastside. Members receive special invitations to Circle of Excellence events, physician presentations, behind-the-scenes tours and more. To learn more, please email michelle.meyers@overlakehospital.org.

VOLUNTEER SERVICES



500+



40k+

Value of volunteer hours...

\$1.2 MILLION

...Benefit to patients and the community...

IMMEASURABLE.

Overlake Foundation
 1035 116th Ave NE, Bellevue, WA 98004
foundation@overlakehospital.org
 425.688.5525
overlakehospital.org/support

CANCER SERVICES

Register at cancerlifeline.org or call 800.255.5505. Held in the Overlake Cancer Center Conference Room.

OWNING OUR STORIES

Storytelling can be a powerful way to heal from difficult experiences. Explore ways to share your story. Tue., Jan. 16, 7-8 p.m.

YOGA 101

Learn the basics of yoga and its positive health benefits. Wed., Jan. 17, 6:30-7:30 p.m.

RELATIONSHIPS AS MEDICINE

Learn about how relationships strengthen the body. Tue., Feb. 6, 7-8 p.m.

ADDRESSING FEARS OF RECURRENCE

Is the fear of a cancer recurrence holding you back from the life you want to live? Learn strategies for managing fear and uncertainty that come with a cancer diagnosis. Wed., Feb. 7, 10-11 a.m.

INTRO TO WATERCOLOR

Learn basic techniques for watercolor painting as well as color theory, mixing, tints and shades. No experience needed. Tue., Feb. 13, 1-3 p.m.

REDUCING STRESS WITH MINDFULNESS

Mindfulness can be used to reduce stress. Learn effective strategies to decrease everyday stressors. Wed., Feb. 21, 6:30-7:30 p.m.

ADVANCE CARE PLANNING

It's important to make decisions about the care you wish to receive if you become unable to speak for yourself. Learn about the process to secure your voice. Tue., Mar. 6, 7-8 p.m.

CHEMO BRAIN 101

Current research findings, resources and practical tips for how to improve memory and cognition after treatment. Wed., Mar. 7, 10-11 a.m.

HEALTHY HOME + GARDEN

Learn safer alternatives to toxic products for home and garden. Tue., Mar. 20, 11 a.m.-1 p.m.

SUPPORT GROUPS

ALL SUPPORT GROUPS ARE FREE; NO REGISTRATION REQUIRED

ALZHEIMER'S CAREGIVERS

3rd Mon. of the month, 3-4:30 p.m. Overlake Senior Health Clinic, 1750 112th Ave NE, #A101, Bellevue. Call Regina Bennett, MSW, at 425.502.9828.

BALANCE AFTER BABY

For those experiencing postpartum mood disorder or struggling with their new role as mother. 2nd and 4th Tue. of the month, 7-8:30 p.m.

CANCER CAREGIVER SUPPORT

For those caring for someone with cancer. 1st and 3rd Tue. of the month, 7-8:30 p.m. Call 800.255.5505.

LA LECHE LEAGUE: Breastfeeding Support + Information

Bellevue: Overlake PACCAR Education Center. 3rd Mon. of the month, 7-9 p.m. Call Kay at 425.226.8117.

Issaquah: Highmark Medical Center, 1740 NW Maple St., Suite 201. 1st Mon. of the month, 10 a.m.-noon. Call 425.312.3477 or email LLL.Issaquah@gmail.com.

Eastside Japanese: Ridgewood Corporate Center, 150 120th Ave. NE, Bldg. F, Room 15. 2nd Wed. of the month, 11 a.m.-1:30 p.m. Contact Izumi at 425.869.5136 or izumimitsuoka@hotmail.com.

LIVING WITH CANCER

For individuals who are just diagnosed, in treatment or post-treatment. 1st Wed. of the month, 10 a.m.-noon and 3rd Wed. of every month, 6:30-8:30 p.m. Call 800.255.5505.

LOOK GOOD...FEEL BETTER

For women in active cancer treatment to help combat appearance-related side effects. Mon., Feb. 12, 1-3 p.m. Call 425.688.5586.

LYMPHEDEMA SUPPORT

2nd Wed. of the month, 6:30-8 p.m. Call 425.688.5905.

PATH OF GRIEF

For adults coping with the loss of a loved one. Wed., Jan. 22-Feb. 26, 6-8 p.m. Call 425.688.5308.

P.S. SUPPORT GROUP

Support for miscarriage, stillbirth and infant loss. 3rd Thu. of the month, 7-9 p.m. Call Abbie at 206.367.3991 or Cami at 425.277.9494.

STROKE SUPPORT GROUP

4th Sat. of the month, 1-2:15 p.m. Call Jennifer at 425.688.5295.

WEIGHT LOSS SURGERY

Select Sat., 10 a.m.-noon; Thu. evenings, 6-8 p.m. Call 425.467.3957.

EVENTS

BE HEART SMART: What Women Should Know About Their Cardiac + Vascular Health

Learn how to improve your odds against heart attack, stroke and heart disease. Cardiologists Andrea Vitello, MD, and Alan Heywood, MD, will discuss risk factors and symptoms for coronary artery disease, and will review diagnostic tools and treatment options. Arrive early to enjoy a glass of "heart-healthy" red wine, refreshments and health resources. Men welcome.

Heart Health Screenings—Reserve your space for free screenings including blood pressure, non-fasting cholesterol and carotid artery. Space is limited. Preregistration required; visit overlakehospital.org/classes. FREE.

Thu., Feb. 22. Heart health screenings from 5:30-7 p.m.; presentation from 7-8 p.m. Overlake Medical Center, PACCAR Education Center.

ACTIVE SENIOR FAIR

This annual event features health screenings, seminars, workshops and demonstrations. Enjoy a variety of entertainers, including a spring fashion show. Vendor exhibits highlight Eastside businesses and organizations. No registration required. Visit overlakehospital.org/activeseniorfair or call 425.635.6191. FREE.

Sat., Mar. 3, 10 a.m.-3 p.m.
Westminster Chapel, 13646 NE 24th St, Bellevue

BANDAGE BALL 2018

Join us for Overlake's largest fundraiser of the year! Have fun for a good cause by taking part in our silent and live auctions, raffles, local wines and late night dancing to DJ Aanshu! Proceeds from the ball will benefit Overlake's emergency services. Funds will be used to support ongoing training, facility improvements and state-of-the-art equipment to keep Overlake's emergency services operating in peak form, 24/7. The community relies on us and we are here for you! For more information and to purchase tickets visit bandageball.org.

Sat., April 21, 5:30 p.m.
Hyatt Regency Bellevue

FASHIONS FROM THE HEART LUNCHEON + FASHION SHOW

This event will feature fashions from Title 9 and Divalani of Bellevue and keynote speaker Dr. Derek Rodrigues—Overlake cardiologist and electrophysiologist. Proceeds benefit cardiac and stroke programs at Overlake. Visit overlakehospital.org/FFTH.

Tue., May 22, 11:30 a.m.
Bellevue Hilton

GROWING WITH THE COMMUNITY

As the Eastside grows and medical technology advances, Overlake is committed to continually enhance and expand our services to ensure the care available to our community is second to none.

Project FutureCare, Overlake's \$250 million, six-year campus modernization plan, will support state-of-the-art care in an environment that improves safety and quality while enhancing patient and family experience.

The project will occur in three construction phases, growing our campus and service offerings in several significant ways, including:

- ⋮ A new, 5-story inpatient tower featuring a new childbirth center and mom/baby center
- ⋮ Two new operating room (OR) suites – one with hybrid OR technology and one state-of-the-art cardiac suite
- ⋮ An expanded behavioral health unit
- ⋮ A new circle drive and marquee entrance with intuitive wayfinding and patient flow
- ⋮ New laboratory and pharmacy

The support of our generous community will play a critical role in Project FutureCare. Please visit overlakehospital.org/projectfuturecare for more information on the project and how you can support world-class healthcare.





DIY

HAPPINESS

Step into Summer with
Fashions from the Heart
 HOSTED BY
 THE ROGER STARK CARDIAC & STROKE AUXILIARY

TUESDAY, MAY 22 at 11:30 A.M.
 BELLEVUE HILTON

LUNCHEON AND FASHION SHOW
 Featuring looks from Title 9 and Divalani of Bellevue

KEYNOTE SPEAKER
 Dr. Derek Rodrigues
 Cardiologist and Cardiac Electrophysiologist

Proceeds benefit cardiac and stroke programs
 at Overlake Medical Center

For more information or to purchase tickets call **425.688.5533**.
overlakehospital.org/FFTH

It's January and you've been wished "Happy New Year" approximately 3,700 times. But research shows that happiness is not something you wish for; it's something you create. Where do you start?

A study from Harvard suggests that three categories of "good" help us build happiness:

DO THINGS YOU ARE GOOD AT

Can you tie a fishing lure with one hand, sing like a nightingale or cook a sublime soufflé? Make time to pursue those hobbies and perfect those talents. You will feel great and so will the people you invite over for dinner or out for a fishing trip.

DO THINGS THAT ARE GOOD FOR YOU

Yes, all the usual New Year's resolutions fall into this category, but so does spending more time with your loved ones and reconnecting with friends. In fact, people with close connections to family and friends tend to live longer and in better health than their lonelier peers.

DO GOOD FOR OTHERS

Donating money to charitable causes benefits your brain and your body in addition to providing a tax write-off, while volunteering aids the volunteer as well as the people being helped. Volunteers feel more fulfilled and self-confident, less stressed and more connected with the world around them. In general, people who help others enjoy stronger social support, lower blood pressure, better mood and longer life.

Ghandi said, "Happiness is when what you think, what you say and what you do are in harmony." Or in the words of another philosopher, "Don't worry; be happy."

The Overlake Medical Center Foundation connects our generous community with opportunities to support world-class healthcare on the Eastside. Please take a look at our Annual Report to the Community in this issue to see how donors made a difference in 2017.

Questions? Contact us at foundation@overlakehospital.org or call 425.688.5525.

OVERLAKE IN THE COMMUNITY + NEWS

Overlake connects with our community members through health and wellness outreach activities, health events and fundraising efforts. Here's a sample of where we've been over the past few months along with the latest hospital news.



LONG-RUNNING OVERLAKE EVENT RECEIVES AWARD

Overlake's Active Senior Fair received Washington State Hospital Association's 2017 Community Health Leadership Silver Award. The annual event, in its 22nd year, provides health information and screenings for seniors. This year's fair will take place Sat., Mar. 3.



"A" RATING FOR HOSPITAL QUALITY + SAFETY

This fall, Overlake was one of 11 hospitals in Washington state to receive an "A" safety rating from the Leapfrog Group. The rating highlights our commitment to exceptional patient experience while maintaining the highest quality and safety standards.



SAMMAMISH CLINIC GRAND OPENING

Our newest primary care clinic opened its doors Nov. 20, 2017. Located in Sammamish Village near Metropolitan Market, the clinic offers same-day appointments for adult and family care. Urgent care will open at the same location in late January.

BECOME A FAN OF OVERLAKE AND FOLLOW US ONLINE



OVERLAKE MEDICAL CENTER BANDAGE BALL



SATURDAY, APRIL 21, 2018

5:30 P.M.

Hyatt Regency Bellevue

Funds raised will support Overlake's Emergency Services

Purchase your tickets today!

bandageball.org