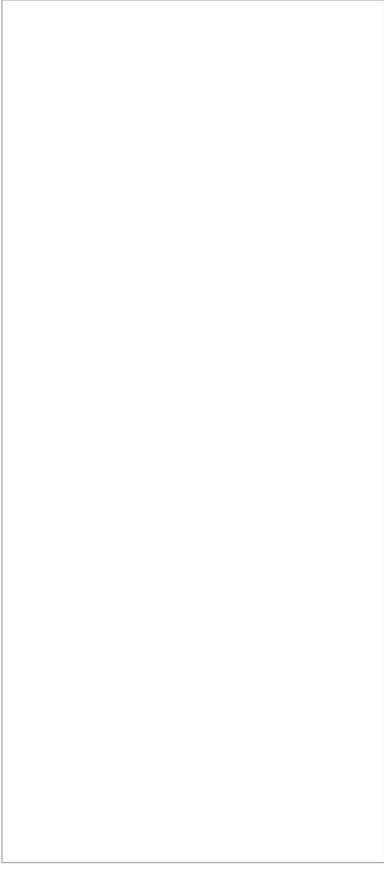


OVERLAKE MEDICAL CENTER & CLINICS

1035 116th Ave NE
Bellevue, WA 98004

NONPROFIT ORG
U.S. POSTAGE
PAID
Seattle, WA
Permit No. 1007



BOARD OF TRUSTEES

Robert Campbell

Chair

Jason Thompson

Chair Elect, Secretary & Treasurer

Raj Butani, MD

Chief of Staff

Eric Shipley, MD

Chief of Staff Elect

J. Michael Marsh

President & CEO

Jamie Boswell, MD

Board Member at Large

Kemper Freeman, Jr.

Honorary Trustee

Pauline Bach

Patricia Bedient

Jorge Cerda

Annette Clark

Tom Evert

Ted Herb

Tiffany Koenig

James Ladd

Martha Lee

Linda Mahaffey

Kristina Ota Belfiore

Uma Raghavan

Russell Stockdale

Dilip Wagle

Lisa Wissner-Sivka

Jessie Woolley-Wilson

PRIMARY CARE CLINICS

Bellevue – Downtown: 425.635.6350

Bellevue – Internal Medicine Associates: 425.990.5222

Bellevue – Lake Hills: 425.637.3270

Bellevue – Overlake Medical Pavilion: 425.289.3100

Issaquah: 425.688.5488

Kirkland: 425.635.6470

Newcastle: 425.635.3010

Redmond: 425.635.6430

Sammamish: 425.635.3070

Senior Health: 425.688.5234

Concierge Care: 425.635.6910

Expedia Group: 206.712.7130 *This clinic is for Expedia employees only.*

URGENT CARE CLINICS

Get in line for urgent care online at overlakehospital.org/urgentcare

Bellevue – Downtown: 425.635.6550

Bellevue – Lake Hills: 425.637.3280

Issaquah: 425.688.5777

Newcastle: 425.635.3020

Redmond: 425.635.6400

EMERGENCY ROOM

Entrance to the Overlake Emergency Room is now located off NE 10th St. If you are experiencing a very serious or life-threatening emergency, dial 9-1-1 immediately.

Bellevue – Overlake Medical Center

Overlake Medical Center & Clinics is a nonprofit regional healthcare system based in Bellevue serving the Eastside community since 1960. The health system includes a 349-bed hospital and a growing network of primary, urgent and specialty care clinics located throughout the region. Overlake is recognized locally and nationally for quality and safety, including recurring Leapfrog A ratings. Overlake offers comprehensive advanced services including a dedicated Cancer Center, Level III Trauma Center, Childbirth Center and Level III NICU, cardiac, neurosciences, orthopedic and mental health services. As part of our commitment to deliver high-quality care and an exceptional patient experience for our Eastside community, we collaborate with EvergreenHealth in cardiac services, neurosciences and quality, and with Seattle Cancer Care Alliance for cancer services. Employing more than 3,000 people, Overlake is dedicated to its mission of **compassionate care for every life we touch**. Overlake provided nearly \$48 million in charity care over the last three years and is committed to providing exceptional patient care and services. For more information, visit overlakehospital.org.

The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about your health, please contact your healthcare provider.

If you would prefer not to receive communications from our organization, please email healthyoutlook@overlakehospital.org or call 425.467.3548.

Healthy Outlook @2022. Published by Overlake Marketing and Communications. Executive Editor: Kelli Forde
Art Direction and Design: Brad Roberts
Photography on pages 3-4: Ben Schneider

To sign up for our e-newsletter, please visit healthyoutlook.org.

NEW CLASSES
& SUPPORT GROUPS

SPECIAL EDITION:
**2022 Annual Report
to the Community**

FALL 2022

Classes

Classes are offered in several formats, including in person, virtual and hybrid; visit our website for the most up-to-date status for individual classes. All classes are FREE, unless otherwise noted. Preregistration is required; please visit overlakehospital.org/classes to register. For questions, email classes@overlakehospital.org or call 425.688.5259.

Advance Care Planning

Visit overlakehospital.org/classes for upcoming dates, times and to register.

Advance Care Planning Workshop
Led by trained facilitators, participants are encouraged to explore and identify their goals and values for future healthcare decision-making. In this interactive, virtual workshop, we will walk you through the process of advance care planning and your preferences in the event of a serious illness or accident. Free.

Mental Health

Visit overlakehospital.org/classes for upcoming dates, times and to register.

Mental Health First Aid
Mental Health First Aid is an internationally recognized skills-based training that teaches participants (ages 18 and up) about mental health and substance use issues. The interactive training gives participants the skills they need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Specific training for adults or youth available. Free.

Mental Health Education & Support Groups
We are proud to partner with NAMI Eastside supporting families, friends and individuals living with mental health conditions. Visit: nami-eastside.org/education.

Childbirth

Visit overlakehospital.org/classes for upcoming dates, times and to register.

Childbirth Center Tour
Get a first-hand look at the Overlake Childbirth Center with this on-demand tour. Free.

Healthy Pregnancy, Healthy Baby
This course is designed to prepare expectant families for the journey through pregnancy. Taught by a certified educator, this class covers all aspects of early pregnancy, stressing the importance of nutrition, exercise and prenatal care. Live, virtual instruction. Free.

Understanding Birth
These courses are designed to help you prepare for labor and birth. On-demand course offered in English and Spanish: \$85; one- or two-day live, virtual instruction (English only). \$120.

Understanding Your Newborn
Learn skills and more information about caring for your newborn during the first three months of life. On-demand (offered in English or Spanish) or live, virtual instruction. \$45.

Breastfeeding Basics
Essential information to help prepare you for breastfeeding. Live, virtual instruction. \$45.

Labor Coping Skills
Learn comfort measures to use while laboring at home and in the hospital. Live, virtual instruction. \$45.

Infant Safety & CPR
For expectant and new parents, grandparents and family members. Completion cards not awarded. Live, virtual instruction. \$35.

Pelvic Floor Wellness: New & Expectant Moms
Learn ways to reduce pregnancy-related problems and strengthen pelvic floor muscles during pregnancy and beyond. On-demand instruction. Free.

Yoga for Pregnancy
Practice breathing exercises, easy postures and guided meditation in this six-week, prenatal yoga series. Live, virtual instruction. \$75.

New Parent

Visit overlakehospital.org/classes for upcoming dates, times and to register.

After Baby Comes
A group for new parents to talk about feeding, sleeping and navigating the complexities of parenthood. Live, virtual meeting. Classes divided by baby's age:

- 0-3 months, Tue., 10-11 a.m. Free.
- 3-6 months, Tue., 2-3 p.m. Free.
- 6-12 months, Tue., noon-1 p.m. Free.

La Leche League
Support and information for women who want to breastfeed their babies. Free.

Pumping Strategies
This class provides strategies for moms returning to work or who are continuing to provide breast milk for baby through pumping. Live, virtual instruction. Free.

Yoga & Strength: For After Birth & Beyond
This is a movement class for any parent looking to connect with other parents and to reconnect with their body. Pregnancy is a life-changing experience, and the challenges of becoming a parent don't stop at birth. Come at any stage for gentle stretching, playful movement and muscle engagement. Live, virtual instruction. Six-week series, Tuesdays 11:30 a.m.-12:30 p.m. \$75.

Teens & Tweens

Classes offered in partnership with Seattle Children's. Visit overlakehospital.org/classes for more information and registration links.

Better Babysitters
Better Babysitter classes are back—now being offered in a new online format! Does your tween or teen want to babysit? Our Better Babysitter classes teach kids, ages 11-14, skills to be responsible babysitters by learning basic child development, safety, business tips and more.

The Chat: Great Conversations About Growing Up
Seattle Children's-sponsored Great Conversations programs are all about change—changes in bodies, emotions and relationships during puberty. Great Conversations has been talking with preteens and families for over 30 years in our in-person classes for boys and for girls. We are now offering online classes for 10- to 12-year-olds and a grown-up.

CPR, First Aid & Safety

Visit overlakehospital.org/classes for more info and registration links.

Infant Safety & CPR
For expectant and new parents, grandparents and family members. Completion cards not awarded. Live, virtual instruction. \$35.

Car Seat Inspection
In partnership with Seattle Children's, in-person car seat inspections are available by appointment on Tuesdays, 10 a.m.-1 p.m. Please visit overlakehospital.org/classes for registration. Free.

Senior Health

Seated Yoga for Balance
For seniors to increase circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. Live, virtual instruction online. Once a week, Monday-Friday, 12:15-1:30 p.m. To register, email classes@overlakehospital.org. Free.

Understanding Medicare
Get help understanding Medicare, including Medicare Advantage, Medicare Supplement and Medicare Prescription Drug plans. Seminars are designed for those turning 65 or anyone who wants a better understanding of the complex world of Medicare insurance. Visit overlakehospital.org/medicare for detailed information. Free.



2022 ANNUAL REPORT to the Community

Overlake Medical Center & Clinics plans its operations for a July-June fiscal year. In fiscal year (FY) 2022 (July 2021-June 2022), our incredible, generous community supported Overlake with cards and letters of thanks, recommendations to friends and family, rave reviews in surveys and social media and donations of all sizes. We are so proud to work together with our Eastside community to ensure that the world-class care we provide is second to none. Your support makes this possible.

Thank You.

Campaign FutureCare

This year marked the end of Campaign FutureCare, our six-year effort to raise \$50 million to support an expansive upgrade to our campus facilities. With the help of our community, we raised \$55 million—110% of our initial goal. Over six years, funds raised helped create state-of-the-art cardiac and vascular operating rooms, a gleaming new patient tower, our beautiful new Childbirth Center and a light-filled, healing environment for our inpatient psychiatric program.

The Norcliffe Foundation Behavioral Health Unit

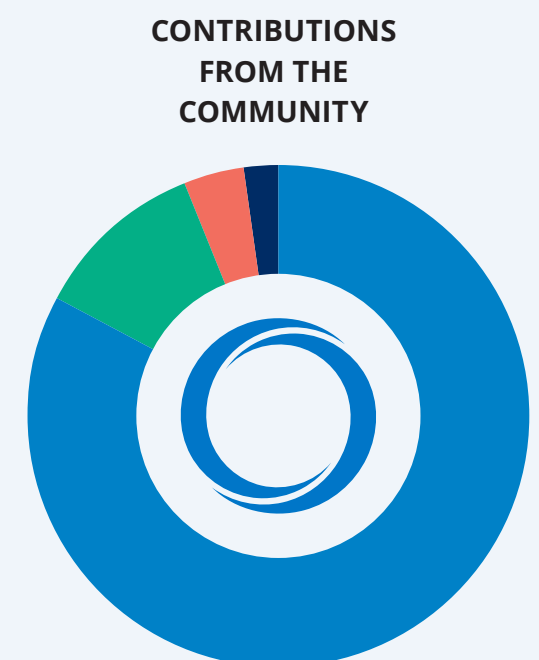
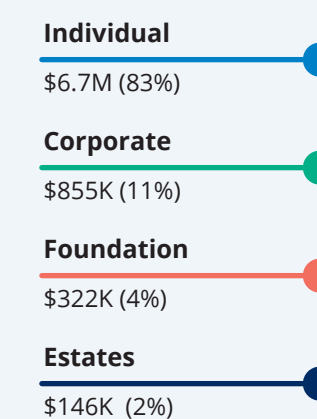
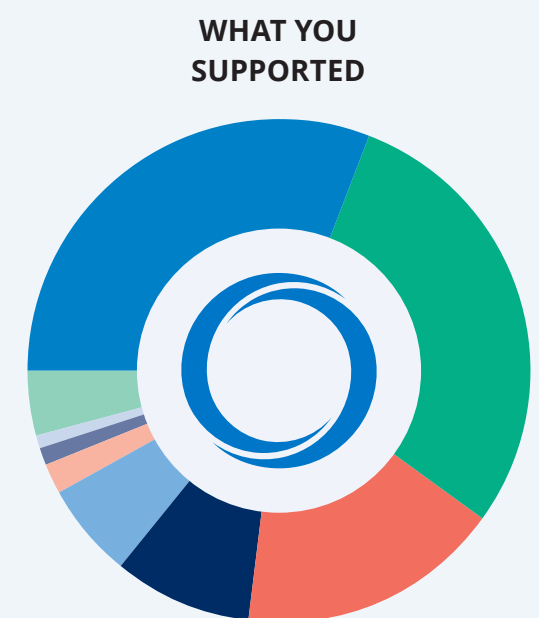
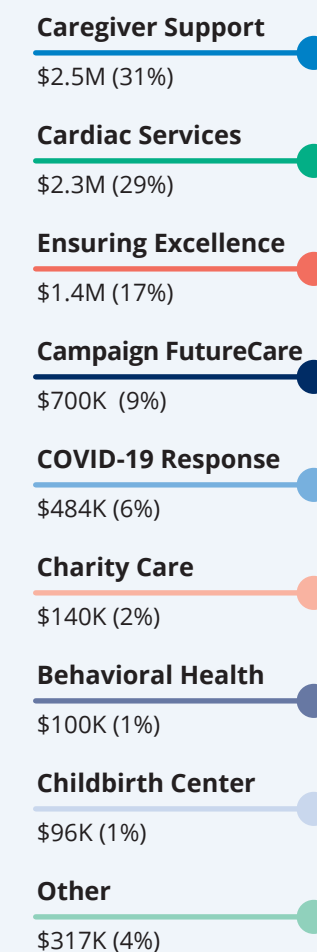
The new Norcliffe Foundation Behavioral Health Unit opened in November 2021. Both staff and patients have been impressed by its features, including private treatment rooms, plenty of open space for patients to gather and interact, patient bedrooms with new safety and privacy features to ensure comfort, spaces for quiet reflection and added workstations for staff. Our 14-bed program includes treatment for all psychiatric disorders and includes a particular focus on individuals with co-occurring mental illness and substance use disorders.

Since opening, the Behavioral Health Unit has served over 500 patients. We now have substance use disorder professionals on the unit seven days a week. Everyone who is diagnosed with a substance use disorder receives resources for follow-ups, such as intensive outpatient care or community-based support groups. Nine out of 10 patients make a choice to follow through with their post-hospital care plans.

We are proud of the care we deliver to those in need and believe the enhanced environment contributes positively to every patient's experience.

Still to Come

While most of Project FutureCare has been successfully completed, one more piece of the project remains. The Careage Connector, a glass-walled corridor connecting the two sides of our campus, is under construction and due to open in January 2023. The new structure will create a welcoming new entrance to the hospital, aid patients and visitors in finding their way around and add a new touch of modern elegance to our campus. Like all of the components of Project FutureCare, the Careage Connector has been built with the considerable support of the community and will benefit everyone who comes to Overlake for care.



Overlake by the Numbers

FISCAL YEAR 2022



Unique Patients:
180,000



Babies Born:
3,600



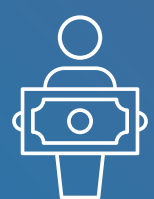
Total Donors:
920



Circle of Excellence Donors:
377



First-Time Donors:
140



Total Donated:
\$8.2M



Total Charity Care Distributed:
\$16.7M



Total Charity Care Recipients:
2,806

The Impact of Philanthropy

Contributions from the community support every program and service Overlake offers. Here are just a few of the accomplishments you have helped make possible.

Award-Winning Maternity Care

Our new Childbirth Center, built as part of Project FutureCare, has received rave reviews from patients and staff. The spacious rooms, dedicated emergency care for pregnant patients, Neonatal Intensive Care Unit and antepartum unit have augmented the outstanding care for which we are known, and experts are taking notice. Overlake was named a Best Maternity Hospital by Newsweek and a Best Hospital for Maternity Care by U.S. News & World Report. In addition, our new expanded Parent & Baby Care Center offers baby-care classes, breastfeeding support, a boutique and postpartum care.

Advanced Treatment for Coronary Artery Disease

Overlake's new Complex Coronary Therapeutics Program launched in 2022. The program is led by Robert Riley, MD, one of the few physicians in the region trained to perform an advanced, catheter-based procedure for those with complex coronary artery disease. This type of procedure is an innovative and less invasive alternative to open-heart surgery. Amy Cheney, MD, a second physician with this specialized training, has recently joined the team.

Expanded Medical Services

Overlake offers a wide range of primary and specialty care services to meet the medical needs of the community. In 2022, we added 56 new Overlake Clinics providers to our network. In addition to complex coronary therapeutics, new specialties include foregut surgery and dermatology. We've also expanded services in endocrinology, concierge medicine, neurosurgery and electrophysiology. We've added an epilepsy monitoring unit and a specialized recovery unit for outpatient orthopedic procedures.

Engaging with Our Community

In spite of the ongoing COVID-19 pandemic, Overlake's Community Engagement team offered a robust slate of classes and support groups to serve our community. Last year, 8,100 participants took part in 820 classes, some in-person and some virtual. Activities included pregnancy, childbirth, and baby-care classes; cancer support groups; mental health first aid, weight loss surgery support; advance care planning and other topics.

Emergency Care When You Need It

Nearly 50,000 patients visited Overlake's Emergency Department (ED)—an average of 133 people every day. Our ED is a Level III Trauma Center as well as a thrombectomy-capable and primary stroke center. Overlake earned Gold Plus commendations from the American Heart Association for our top-quality care for patients with stroke and heart failure. Expert care in a wide range of specialties is available around the clock.

With Gratitude

Community contributions have helped Overlake accomplish our mission of compassionate care for every life we touch.



Overlake Medical Center extends our deepest gratitude to the individuals, corporations and foundations that generously supported our mission in FY 22.

Thank you.

Individual Donors

\$1,000,000 +

Norma and Leonard Klorfine
Charles and Yvonne Pigott

\$500,000 – \$999,999

Ina Goodwin Tateuchi

\$250,000 – \$499,999

Florence Cordell and Chris Armour
Patty Edwards
York and Alice Harris
Pete and Carol Stewart

\$100,000 – \$249,999

Bob and Clodagh Ash*
Robbie and Pauline Bach
Kathy Binder
Betty and Kemper Freeman, Jr.
Rajesh Jha and Sudha Mishra
Michael and Ann Kahn
Gene E. Lynn Estate
James and Roberta* Weymouth

\$50,000 – \$99,999

David Cutler and Deborah Girdler
Ted and Geri Frantz
Dr. Clinton* and Cherril Furuya
Jim and Marjorie* Kesl
Diane LaBow Kirkman
David Litwack and Teresa Revelle
Donn and Patricia Roberts
Dr. Allen and Janice Wiesen

\$25,000 – \$49,999

Anonymous
Robert Anderson
Kristina and Joe Belfiore
Catherine Boshaw and Douglas Edlund
Ward and Judy Bushnell
Janine and Robert Dodson
Jennifer Ensinger in Memory of
Patricia A. Drobot
Martin E. Hanson*
Peter and Peggy Horvitz
Moe Krabbe and Susan Shanbrom-Krabbe
Gary Lee Johns II and Eric Ledoux
Charlotte A. Moline
Bob and Cathy O'Rear
Paula and Alan Senior
Jim and Jan Sinegal
The Wilkerson Family

\$10,000 – \$24,999

Anonymous (3)
Roger and Mary Anderson
Robert Auslander
Nicole Bates
Patty and Ron Bedient
Carl and Renée Behnke
Merrill Behnke and Ryan Broms
Dr. William and Jeri Boettcher
Steve and Jenny Brooks
Fred and Joan Burnstead
Ned and Haleh Clapp
Dave and Jane* Davis
Mary Ellen Denman
Penny* and Leslie Ellis
Cindy and Stan Freimuth
Leigha and Mark Grimaldi
Jeff and Candace Havens
Ted and Jodi Herb
Pete Higgins and Leslie Magid Higgins
Stuart M. Hood*
Maureen and Jerry Hunter
Anu and Naveen Jain
Maggie and Max Johnson
Jay Jones
Sandra La Haye
J. Michael and Lisa Marsh
David and Betty McCaw
Warren and Jennifer Michelsen
Valerie and Robert Moehring
Arne Moen
Gary and Susan Neumann
Jill and Greg Norling
Mary and Victor Odermat
Jennifer Prentice
Dan and Cecelia Regis
Kim and Ken Reneris
Jeremiah and Sabina Roberson
James and Bettye Schuler
Carmen Sepic
Yuka Shimizu
Douglas L. Smith and Mary A.
Templeman-Smith
Craig and Liz Spiezel
Russ and Kristi Stockdale
Dr. Michael and Peggy Swistak
Andrew Tokar and Alexandra Chasin Tokar
Tyler and Amy Tonkin
Linda N. Tonn
Joan and John Valaas
Jill Van de Water
Vijay and Sita Vashee

Joan and Bob Wallace
Jessie and David Woolley-Wilson

\$1,000 – \$9,999

Anonymous (8)
Callie and Andrew Abrahamowicz
Ryan and Mary Actor
Dr. Arthur and Katherine Anderson
Dr. Roger and Lisa Anderson
Eric and Katie Artz
Keith Ash and Kerry Keller-Ash
Eileen Ash Arthur and Frank Arthur
Bill and Jean Avery
Mrs. Anne and Daniel Bankson
Thomas Barghausen
Brittany Barker
Diana Barnes and R. Michael McKinlay
Patty and Jimmy Barrier
Marilee and Robert Beckes
Kim and Chris Bennett
Meta Lou Bevan*
Christopher Bircherm and Lisa Hanson
Lubo Birov
Donald and Mindy Black
Charu and Jeff Bogdan
Rachele and Blaise Bouchand
Richard and Janet Brashen
Cheryl B. Brennan
Lisa Brock and Craig Mills
Cynthia Burns
Rob and Cam Campbell
Ray* and Anne Carr
Ming-Fea Chow
Valerie Chrusciel and Dr. David Westman
Elizabeth T. Ciapala
Annette E. Clark
Dr. Ronald and Barbara Coe
Mark and Catherine Cole
Greg and Kelly Collins
Jan and Dennis Conrad
Douglas and Patricia Cook
Consuelo and Gary Corbett
Katrina Corbett
Eva Corets and Josh Beloff
Phil and Cheri Corneli
David and Jane Cottrell
Darlene J. Craig
Janet and John* Creighton
Michelle Curry
Tom and Diane DeBord
Eric and Wendi Demers
Swetha Devarsetty
Stephen and Kathy Dewalt
Aaron and Edith Dichter
David and Elizabeth Director
Danielle M. Donovan
Candace and James* Doud
Jonathan and Samantha Duarte
Susan and Douglas DuBois
Diane Due
Moshe Dunie
Peter and Aranca Ehrenwald
Michael Eng
Tom and Alison Evert
Stephanie and Eric Ferguson
Michael and Cynthia Fleming
Janine and Alex Florence
Ida Freilinger
Euan* and Elizabeth Garden
Bob and Penny Genise
Janice and Robert Gerth
Mourad and Dorothy Ghaly
Irene Giustina
Elizabeth M. Githero
Marty and Suzanne Goodman
Ken and Betsy* Greenbaum
Cecelia and Jim Gregson
Marie and Roland* Groeschel
Sheryl and Richard Gudaitis
Gary and Lauren Guenther
Chuanxiong Guo
Lucia Hagander
Kathryn and Joachim Hammer
Jerry and Carolyn Haralson
Stuart and Britt Heath
Diana Hernandez and Kyle Halvorson
Richard and Marilyn Herzberg
Dr. John and Judy Holder
Mitch and Heather Horton
Carl and Virginia Hossman, Jr.
David and Shelley Hovind
Wi-i and Chaun Hsu
The Hurdelbrink Family
Anna Kaminska and Tomasz Kaminski
Nitin Karmarkar
Nicole and Andrew Khouw
Leroy and Anne Kilcup
Douglas and Willeen Klan
Tiffany Koenig and John Ostolaza
Allison Kollack
Jim Ladd
Martha and Gene Lee
Carol and Dr. Bryan Leyton
Bonny S. Liljebeck
Georgianne Lindquist
Ben and Angie Liu
David and Charlotte Lomet

Fred M. Lunke
Thomas and Sharon Macnamara
Linda and Terry Mahaffey
Ayleene and Peter Main
Jerry and Sarah Mathews
Beth McCaw and Yahn Bernier
Lyn McCoy and Richard Szeliski
Margaret Meister and Joan McBride
Jim and Paula Melby
Helen Meyers
Taylor and Zach Miller
Marilyn and Reid* Morgan
Debra and Jeff Morrow
Mary Warjone Mott
Isa Giese Nelson
Matt and Mary Ellen Nickerson
Chuck Nordhoff and Maribeth O'Connor
Joycelin Palacio-Cayetano
Cynthia Paur Singleton and W. Lee Singleton
Marilyn and David* Peterson
Dr. Zaiga Alksne Phillips
Dr. David and Mara Pitkethly
William and Jennifer Pollard
Jeremiah Powers and Rachel Jenner
John and Priscilla Privat
Colin and Manio Radford
Uma Raghavan
Sue and Tom Raschella
Beverlee and Thomas Renninger
The Ricketts Family
Michael and Maureen Rimkus
Charlene L. Roberts
Alan Ross
Daniel and Thanithar Ruder
Paul and Catherine Salscheider
Pon Satitpunwaycha, MD, FACS
Alex Schisel and Dr. Annie Norling
David Schooler and Kristen Webb
Marsha and James A. Seeley MD
Adam Shaker
Gerald and Janet Shaw
Casey and Matthew Shen
Christine and Franklin Sims
Mackenzie Skene and Suzanne Lusnia
Jody and David Smith
Asma and Rahul Sood
Jim and Fawn Spady
Stacy and Andrew Spelman
Ed and Fran Spring
Srivats Srinivasan
Molly and Jim Stearns
Jay and Jennifer Stelly
Stephanie and Jamie Stewart
Sheryl and Mark Stiefel
Julie and James Sun
Michael and Lynne Sweeney
Ed and Sharon Sweo
Jennifer Tada
Andy and Megan Tay
Gifford Thomas
Graham and Kammy Thompson
Jason, Gloria and Maddy Thompson
Severt W. Thurston
June Toll in Memory of John Gorman
Marlene Trees
Bob and Kathy Trimble
Brandon Tudor
Rob Van Den Brink
Dale Vogel and Nancy Bird
Michael and Carol Wade
Mr. Jay Wakefield and Dr. Suzy M. Wakefield
Justin Waldie
Yu-Shun Wang
Mary Ellen and James Weber
Anthony Welcher
Wells Family Trust
Dennis and Patricia Westover
Marc and Christi Whitten
Jeff and Amy Wilcox
Kimberley and Chris Williams
Tony and Cindi Williams
Tom and Susette Wilson
T.J. and Carole Woosley
Barbara and Richard Wortley
Glenn and Sandy Wright
Min-Yu Yang
Frank and Susan Young
Marinell and Peter Zevenbergen
Cha Zhang
Chun Mei "Ida" Zhu

\$500 – \$999

Anonymous
Anita and Sanket Akerkar
Stephen and Bonnie Anderson
Devitt and Deborah Barnett
Yvonne and Gregory Bennett
William K. Blethen
Charles S. Bond
Walter Bright
Doug and Amy Brown
Dr. Patrick and Barbara Campbell
Jennifer and Scott Connelly
Rahul and Aarti Deshpande
Donnell J. Dougherty
Steven and Sandra Driscoll
Zhengzhu Feng

Phelps and Christel Fisher
Carol and Neil Furuya
Michael and Lynn Garvey
Roger and Leah Gilbert
Darla Hall
Shuangtiao Huang and Ming Lu
Dr. Jim and Virgie Huehnergarth
Nagheen Jeddy
Kevin Keeffe
Anny Kong
Michael Lacey
Michelle C. Lai
Kathleen M. Lemon
Wen-Chi Lin
Callene Lombard
Kylie and Brent Lyman
Michal and Margaret Makar
Sanjay and Alka Manchanda
de-Anna Martin
Cheryl and Robert Marusa
Jennifer McAleer
James McKenna and Erren Gottlieb
Tony and Debi Menickelly
Dr. Gerhard and Coralie Mueller
Randy and Linda Muilenburg
Lyndon C. Nash
Jeanette and Manfred Quaeck
Greig Rolfe
Stephen V. Roller
Richard Rosenkranz
Waqas Sheikh
Patrice and Hilary Simard
Steve and Cindy Skriniski
Vinton and Amelia Sommerville
Walt and Nan Spady
Janet and Jeffrey Stroebel
Eric Teshima and Frank Barrows
Sri and David Thornton
Jim and Jan Tippett
Joyce Y. Tsai
Rosa and Greg Wade
Katherine Wagner
Amy and Jim Walen
Sean Wang
Dr. Robert and Barbara Welsh
Kate Woodard
Zhihao and Meng You

Corporate and Foundation Donors

\$1,000,000 +

The Norcliffe Foundation

\$250,000 – \$499,999

Apex Foundation
PACCAR Inc

\$100,000 – \$249,999

Anderson Foundation
The Bellevue Collection
Ellison Foundation
The Firoz and Najma Lalji Foundation
The Foster Foundation
The Robert and Jean Reid Family Foundation

\$50,000 – \$99,999

The Benjamin and Margaret Hall Charitable
Lead Trust
KeyBank
Radia Inc., P.S.
The Schuler Family Foundation

\$25,000 – \$49,999

Brown Bear Car Wash
GLY Construction
Highmark Investments, LLC
Mark and Susan Phelps Family Foundation
The Melody S. Robidoux Foundation
Nakajima Foundation
Sterling Realty Organization

\$10,000 – \$24,999

Abbott Construction
Amazon
Arthur J. Gallagher & Co.
Ash Family Foundation
Bellevue Children's Academy
Bloodworks Northwest
Byron and Alice Lockwood Foundation
Denali Advanced Integration
Epic
First Choice Health
Honeywell Building Solutions
India Association of Western Washington
Matrix Anesthesia, P.S.
Mission Healthcare at Bellevue
Ogden Murphy Wallace, PLLC
Parker, Smith & Feek, Inc.
Premera Blue Cross
Vantage Radiology and Diagnostic Services, P.S.

\$1,000 – \$9,999

Accelerated Collection Service, Inc.
Aegis Living
Atos IT Solutions
Bank of America
Bellden Cafe
Bonewitz Project Leadership
CIGNA
Columbia Bank - Bellevue
Doty & Associates
Emergency Physicians at Overlake
Incyte Diagnostics
Kaiser Permanente
Kaufman, Hall & Associates
Laboratory Corporation of America
Marines and Sailors of 6th ANGLICO
Microsoft Corporation
NBBJ Architecture
Overlake Medical Executive Staff
Perkins Coie Foundation
Proliance Surgeons - Bellevue Ear,
Nose & Throat
Puget Sound Energy
Satya and Rao Remala Foundation
Rotary Club of Bellevue
John Y. and Reiko E. Sato Foundation
The Schoenfeld-Gardner Foundation
Temcov Foundation
Tri-Med Ambulance
UNICO Properties Inc.
Unify Consulting
UMC
Vander Hoek Corporation
Wells Fargo
Western Entrance Technology
Wissner-Slivka Foundation

\$500 – \$999

Sol and Sadie Esfeld Memorial Fund of the
Jewish Federation of Greater Seattle
KPMG LLP
Family Law Solutions, PLLC

Physician Donors**\$50,000 – \$99,999**

Dr. Darshana Shanbhag and Dilip Wagle

\$10,000 – \$24,999

Dr. David Nelson and Georgette Fox

\$1,000 – \$9,999

Anonymous
Drs. James Boswell and Liza Perpuse
Drs. Raj and Mona Butani
Dr. Jason Comer and Sheli Hadari
Dr. Stacey Donlan and Mr. Dan Donlan
Dr. Joseph and Dana Doucette
Dr. Todd and Jodi Freudenberger
Dr. Pamela Girres and Richard Sirota
Dr. Lawrence Greenblatt and
Norma Ferchaud
Dr. J. Alan and Marianne Heywood
Dr. Stephanie Kim
Dr. David Knoepfler and Gosia Mazewska
Drs. Kelan and Elizabeth Koenig
Dr. Edward and Jeanne Leonard
Dr. Georgia and Stuart Lui
Drs. John McConnell and Julie Pollock
Drs. Thomas Miller and Carey Julian
Dr. Elizabeth Miller
Drs. Jennifer Mills and Jason Lukas
Dr. Mehri and Michael Moore
Dr. Thien and Abby Nguyen
Dr. Neal and Sandy Perlmutter
Dr. Richard and Laurel Rand
Dr. Sandra Rice and Martin Nizlek
Drs. Derek Rodrigues and Larisa Kaukonen
Dr. Roanne Selinger and Mr. Todd Patrick

Dr. Thomas and Kimberly Stoll
Dr. Lennart Tan and Helen Chang
Dr. Katherine VanKessel
Drs. Patricia and Roger Zundel

\$500 - \$999

Dr. Renu Chawla
Dr. Danielle K. Ivanova
Dr. Michelle Kauffman
Drs. James and Randi Leggett
Dr. Lekha Madhavan
Dr. Novae Simper
Dr. Mary and Guy Welch

Benefactor Society

The Benefactor Society honors those who have made bequests or established other planned gifts and endowments with Overlake Medical Center Foundation.

Anonymous (9)

Dr. John and Janis* Baldwin
Brittany Barker
Elizabeth and Graham Bingley
Daten* and Lenora Bourn
Kim and George* Brace
Jeanne Carlson
Ray* and Anne Carr
Jody Cunningham and Mark Mennella
Robert S. Cunnison
David Cutler and Deborah Girdler
Patty Edwards
Peter and Aranca Ehrenwald
Dr. Barry and Kristi Feder
Janet and Rodney Fowler
Tom and Elaine Fowler
Charles Garthwaite and Nancy Benton
Steve and Fredda Goldfarb
Madeleine Roberts Hagen
James and Kathryn Hanna
Jerry and Carolyn Haralson
Robert and Joan Hardie
Larry and Patty Hebnor
Peter and Peggy Horvitz
David and Shelley Hovind
Dr. R. James and Virginia Huehnergarth
Anu and Naveen Jain
Janice Jarman
Maggie and Max Johnson
Richard Karn and Tudi Roche
Jim and Marjorie* Kesi
John and Nancy Kimberly
Diane LaBow Kirkman
Fred Luniki
Thomas and Sharon Macnamara
Ayleene and Peter Main
J. Michael and Lisa Marsh
Jerry and Sarah Mathews
Charlotte A. Moline
Isa Giese Nelson
Susan and Mark Phelps
Dr. Jim and Dorie Pipers
Dr. Colin and Manio Radford
Sue and Tom Raschella
Dr. Sandra Rice and Martin Nizlek
Gail and Bruce Richards
Donn and Patricia Roberts
Darcy Roennfeldt
Richard Rosenkranz
Alan Ross
Jeffrey and Lara Sanderson
Dr. Patricia Shands
Douglas L. Smith and Mary A.
Templeman-Smith
Margaret A. Smith
Amitabh and Richa Srivastava

Phyllis and Dr. Roger Stark
Gene and Pat Styer
Dr. Richard and Joan Swanson
Michael and Lynne Sweeney
Dr. Michael and Peggy Swistak
Gifford Thomas
Janet Thompson
Severt W. Thurston
Joan and Bob Wallace
Janet and James Weisman
Welks Family Trust
Dr. Robert and Barbara Welsh
Dr. Allen and Janice Wiesen
Susan and Dale Williams
Marian Woosley
T.J. and Carole Woosley
Frank and Susan Young
Chun Mei "Ida" Zhu

Endowments

Endowments at Overlake help ensure world-class healthcare services for our Eastside community in the years ahead.

Robert W. and Clodagh C. Ash Endowment for Cancer Care
Lucille Botting Senior Care Endowment
Helen L. Bucey Endowment Fund for Surgical Services
Dr. Joseph W. Doucette Cardiac Care Endowment Fund
R. Scott Hardie Endowment for Oncology Clinical Education
Anu and Naveen Jain Family Endowment for Uncompensated Care
Catherine Landweer Endowment for the Advancement of Nursing and Clinical Oncology Education
John and Hazel Matheson Endowment for the Advancement of Nursing and Clinical Education
Physicians Annual Lecture Endowment (Dr. Vistica Memorial)
Warren J. Razore Endowment
Reigert Chest Pain Center Endowment Fund
Donn and Patricia Roberts Endowment Fund
Sanderson Family Endowment Fund for Uncompensated Care
J. Walter Smith Medical Directorship Endowment for Cancer Care
The Phyllis "Petie" Smith Memorial Fund for Heart and Vascular Care
Amitabh and Richa Srivastava Endowment
Edna and Sigurd Steen Endowment
Trailblazers Fund for Medical Excellence
Dr. M. Marvin Wallace Endowment Fund
The Gene and Louise Wilson Endowment for Oncology

Overlake Medical Center Board

Robert Campbell, Chair
Jason Thompson, Secretary & Treasurer
Dr. Raj Butani, Chief of Staff
Dr. Eric Shipley, Chief of Staff - Elect
Russ Stockdale, Past Chair
Pauline Bach, Foundation Board Representative
Patricia Biedert
Kristina Belfiore
Dr. James Boswell
Jorge Cerda
Annette Clark
Tom Evert
Kemper Freeman, Jr., Honorary Trustee
Ted Herb

Rajesh Jha
Tiffany Koenig
James Ladd
Martha Lee
Linda Mahaffey
J. Michael Marsh, President and CEO
Uma Raghavan
Dilip Wagle
Lisa Wissner-Slivka
Jessie Woolley-Wilson

Overlake Foundation Board

Pauline Bach, Chair
Benjamin Liu, Secretary
Julie Sun, Treasurer
Leigha Grimaldi, Pulse Representative
Merrill Behnke
Rachele Bouchand
Dr. Joseph Doucette
James Gregson
York Harris
J. Michael Marsh, President and CEO
Taylor Miller
Whitney Nakajima
Michael Ridgeway
Yuka Shimizu
Molly Stearns, Chief Development Officer
Claire Sumadiriwira
Tyler Tonkin

Physician Partners Advisory Council

Dr. Thomas M. Amidon
Dr. Ronnier J. Aviles
Dr. Robert S. Binford
Dr. Elaine A. Chong
Dr. William B. Crenshaw
Robin Escher, Manager, Medical Staff Services
Dr. Lawrence J. Greenblatt
Dr. J. Alan Heywood
Dr. Kelan R. Koenig
Dr. James H. Leggett
Dr. Scott Louis
Dr. Amitoz Manhas
Dr. Stephen W. Marshall
Dr. Jennifer R. Mills
Dr. David W. Nelson
Dr. John R. Nelson
Dr. Tara Reimers
Dr. Derek M. Rodrigues
Dr. Scott T. Shih
Dr. Ian White
Dr. Mark Zobel

Planned Giving Advisory Council

Melanie Abigania
Douglas B. Custer
Kathy Henningsen
Jennifer King
Allison Z. Kollack
Dan Kwon
James K. McBain
Rachel L. Merrill
Suzy W. Myers
Darcy Roennfeldt
John F. Sherwood
Randy Siegel
Chun Mei "Ida" Zhu

Cancer Lifeline

All classes and support groups are free and held online. Open to cancer patients, survivors, friends and family.

Register online at cancerlifeline.org or call 206.297.2500 or 800.255.5505.

Classes**Chemo Brain and Memory Support**

Are you frustrated by concentration and memory loss that seems to have worsened with treatment? Learn ways to manage cognitive changes associated with cancer treatment.
Wed., Oct. 26, 11 a.m.–noon

Coping with Cancer: Managing Isolation

Many cancer patients experience isolation both physically and emotionally. Learn ways to get support and feel connected.
Thu., Nov. 10, 10–11 a.m.

Coping with Cancer: Processing Grief

Grief and loss are inherent parts of living with cancer. Join others to discuss these challenges and how to manage such experiences.
Thu., Nov. 17, 11 a.m.–noon

Feel More Like You: Beauty Support for Cancer

When you're going through treatment for any type of cancer, the side effects can impact not only how you feel on the inside, but how you see yourself in the mirror. When you look more like yourself, it can help boost your mood and your confidence.
Thu., Oct. 20, 11 a.m.–noon

Gentle Yoga: Session I and II

Practice easy stretches, postures, guided meditation and breathing exercises in one of these gentle therapeutic yoga classes.
Mondays through Dec. 19, 6:30–7:45 p.m.
**No class on Nov. 28*

How to Boost Energy Before and After Treatment

Cancer treatment can take a toll on our energy levels. Learn about simple additions you can make to your routine to boost your energy before and after treatment.
Wed., Nov. 30, 11 a.m.–noon

Support Groups

Support groups are offered in several formats, including in person, virtual and hybrid; visit our website for the most up-to-date status. All support groups are FREE, unless otherwise noted. Preregistration is required; please visit overlakehospital.org/classes to register. For questions, email classes@overlakehospital.org or call 425.688.5259.

Support Groups

All support groups are free to attend. Please visit overlakehospital.org/classes to register, unless otherwise noted.

Aphasia Communication & Support

Overlake Medical Center has created this monthly group for people with aphasia to practice their individualized communication strategies, share their views on living with a communication disorder and provide an opportunity for independent communication in a supportive group environment.
Every fourth Thursday, 1:30–2:30 p.m.

Caring for the Caregiver

Share experiences and gain emotional support in a safe, confidential, supportive environment with other caregivers, families and partners of those living with serious or life-limiting illnesses, such as Alzheimer's. Live, virtual support.
Every third Monday, 3–4:30 p.m. Call Regina Bennett at 425.643.4943 to register.

Life in Survivorship: Who Am I Now?

Completion of initial treatment is a major milestone that provides opportunities for personal growth and new challenges. In this class, we will explore issues that may arise with shifting identities as well as ways to help manage them.
Thu., Dec. 15, 11 a.m.–noon

Meditation Practices for Self-Care: Session I and II

Join us to learn simple ways to quiet the mind and learn how meditation can be beneficial to your overall health. You will learn a variety of meditation techniques that you can easily practice whenever you need it most.
Thursdays through Nov. 17, 4–5 p.m.

Meditative Art Journaling Series

Meditative art journaling lets you process the experience of cancer in a carefree and artful way. You can choose to draw, focus on writing and/or use collage materials. You do not need any art or writing experience.
First and third Thu. of the month through Dec. 15, 2–3:30 p.m.

MELT Method: Natural Relief for Foot Pain

The MELT Method is a gentle self-treatment technique that can enhance mobility, stability and performance. It is clinically proven to reduce persistent pain while easing the mind and restoring overall well-being. This method includes exercises using soft balls, is easy to learn and is very effective in supporting healing. It may be done seated or standing.
Tue., Oct. 18, 6:30–7:30 p.m.

Post-Menopausal Nutritional Support

Learn about best nutritional practices to support you in post-menopause during and after cancer treatment.
Thu., Nov. 3, 11 a.m.–noon

Practicing Mindfulness through Easy Drawing

Zentangle© is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. It can increase focus and creativity and provide artistic satisfaction along with an increased sense of personal well-being.
Tue., Nov. 15, 4–5:30 p.m.

Support Groups**Living with Cancer**

Whether you are just diagnosed, in treatment or post-treatment, join us to get support and learn from educational presentations and discussions. This group is open to those with any type of cancer diagnosis.
Second Thu. of the month through Dec. 8, 10 a.m.–noon

SWELL Lymphedema

Talking with others and getting needed support is key to living with lymphedema. Meetings provide a safe and non-judgmental environment for support and education.
Third Tue. of the month through Dec. 20, 6:30–8 p.m.



RECOGNITIONS

Overlake is consistently rated one of the top health-care providers locally and nationally. We're fueled by the world-class work of our staff. This is just a taste of the accolades the medical center and our staff received over the past year.

Overlake was honored with many quality awards and recognitions in FY 22, including:

- A Best Maternity Hospital by Newsweek.
- Top "A" rankings from Leapfrog Hospital Safety Grades in FY 22 and multiple years in a row.
- A Best Hospital for Maternity Care by U.S. News & World Report.
- American Heart Association Get with the Guidelines® awards for Neurology and Cardiovascular Care.





**Overlake Medical Center
and
the Eastside community:**

**Partners for more
than 60 years.**

Thank you for your support.

OVERLAKE FOUNDATION

overlakehospital.org/giving

We're hiring.

Join our growing team of compassionate healthcare professionals bringing world-class care to the Eastside community.



Clinical career opportunities:

- Nursing (RN, LPN)
- Surgical Technologist
- Imaging (Radiology, MRI, CT, Ultrasound)
- Social Work
- Medical Assistant (MA-C)
- Patient Care Tech (CNA)

Non-clinical career opportunities:

- Management
- Finance, IS, HR
- Housekeeping, Food Service, Security and Distribution
- Customer Service, Administrative Support

View all our open positions at:

overlakehospital.org/careers

OVERLAKE MEDICAL CENTER & CLINICS

OVERLAKE IS AN EQUAL OPPORTUNITY EMPLOYER.

Who are you getting your cancer screening for?

You live a busy and full life, but don't forget to make cancer screening a part of it. Talk to your primary care provider about the screenings that are right for you.

**At Overlake, we see it every day:
Early detection saves lives.**



Stephanie
Breast Cancer Survivor

Visit cancerscreening.overlakehospital.org
for information on cancer screening guidelines.

OVERLAKE MEDICAL CENTER & CLINICS

OVERLAKE MEDICAL CENTER & CLINICS

Get Healthy Outlook delivered straight to your inbox!

Sign up at overlakehospital.org/subscribe