



Overlake Helps with **THE QUARANTINE BLUES**

When an unexpected, unprecedented worldwide crisis turns your life upside down, there's bound to be some fallout. The pandemic-related stresses on us all are immense:

**Job loss • Illness • Childcare and school issues
• Caring for or losing loved ones • Fears about
the virus and the future**

It's no surprise that Overlake's mental health programs are seeing the needs in the community increasing. In July, our mental health providers served over 900 patients — the largest monthly total in our history.

With support from our generous donors, Overlake offers a full spectrum of mental health services to meet the needs of our community.

“Every single patient has listed COVID as a driver of their depression and anxiety.”

— Dr. Antonio Avila
Medical Director of
Psychiatric Services

Mental Health Care in Anxious Times

Contributions from donors like you have made it possible to expand and continually adapt our **mental health services** to meet the needs of the community, in the pandemic and beyond.

Patients who visit any Overlake primary clinic may be referred to a mental health provider if appropriate — even if they went in for another reason. In fact, about 40% of primary clinic visitors have a mental health issue in addition to their physical concerns. Some clinics have mental health providers on-site, making care even more accessible.

Overlake offers a full spectrum of care, from outpatient therapy to admission to our inpatient behavioral health unit.

The inpatient unit cares for patients with all psychiatric concerns and offers a specialized program for individuals who have the dual diagnoses of substance abuse disorder and mental illness. The program launched earlier this year and is now seeing up to 50 patients per month. “We’ve seen several patients relapse as a result of the pandemic and also the smoke,” says Behavioral Health Unit Manager Alyx



Above: Continuum of mental health services available at Overlake

McNeal. “Some people rely on 12-step programs and they have not been able to go.”

For outpatients, telehealth is an increasingly popular option that works well for mental health visits. Elderly patients are especially likely to go that route, with about two-thirds of patients over 65 using virtual mental health services.

In stressful and uncertain times, mental health concerns can sneak up on you. Overlake’s mental health services are here to care for patients during the pandemic and beyond.

Thank you for your support.



SHOUT-OUT to Our Corporate Friends!

KeyBank helps the community thrive

Each year, our generous supporters come together at the Bandage Ball to raise over \$1 million to help Overlake care for our community. Corporate sponsors underwrite the event, which ensures that all the money raised can be used for medical services. KeyBank has been a generous sponsor across many years, and stood by us as the pandemic forced a transition to an online event. KeyBank believes in “doing business fairly and responsibly, promoting diversity and inclusion, and making meaningful investments in the places where we live and work.”



We are so grateful for your support, KeyBank!

Swanson Dental drills down on giving

Swanson Dental Associates — located on the Overlake campus — is a small practice with a big heart. As a way of giving back to their community, Swanson makes a donation to Overlake’s cancer program each time a newly referred patient comes in for an appointment. The founder of the practice, Dr. Richard Swanson, is a cancer survivor himself and started the first prostate cancer support group at Overlake. His successors — Dr. Kris Swanson and Dr. Brian Mills — are proud to help ensure other cancer patients receive the care and treatment they need. Overlake has received \$7,400 through the referral program since 2019.

SWANSON
DENTAL
ASSOCIATES



Thank you, Swanson Dental!



DONOR SPOTLIGHT

"It is so important to have a good hospital near where you live."

JIM KESL:

Caring for Our Community

Community is important to Jim Kesl, who can often be found sitting outside his Bellevue home with his dog, Lucy. Neighbors wave as they go by, and sometimes sit down for a visit.

For Jim, supporting Overlake is part of caring for his community. "The hospital is high on my list because it's there to help people," he says. "It is so important to have a good hospital near where you live."

To help ensure great healthcare remains available for the community, Jim has given over \$100,000 to support Overlake's programs and services. But that's not all. Jim has established a charitable remainder trust, which means a portion of his estate will go to Overlake when he passes away.

"Hospitals need contributions to survive," he explains. "They can't do it on revenue alone. Just walk into an operating room. Good heavens, there's a lot of expensive equipment in there!"

A charitable remainder trust is a planned giving instrument that makes annual payments to one or more persons for a period of time before distributing its assets to one or more charitable organizations.

- You transfer cash or securities to an irrevocable trust.
- You avoid capital gains taxes when securities are sold.
- You receive a fixed annual amount for life or for a specific number of years.
- You receive an immediate tax deduction.
- After the term has ended, the remaining funds are distributed to the charitable organizations you chose.

Jim's gift creates a legacy of caring that will benefit his community for years to come. We are so grateful.

If you would like to talk about a leaving a legacy, please contact **Laurie Ramacci Noegel at Laurie.RamacciNoegel@overlakehospital.org or 425.688.5533.**

HOSPITAL SAFETY MEASURES

If you haven't visited Overlake in a while, you will find some changes have been made in response to the COVID-19 pandemic.



When you arrive, you will pass through a **screening station**. A staff member will use a touchless thermometer to take your **temperature** and ask you a few **questions** about your health.

With a few exceptions, hospital patients may have **one visitor**, and clinic patients may have one person accompany them.

Visitors must:

- Be at least **16 years old**.
- Wear an approved **face covering**. (You will be provided with an approved mask if you don't have one.)
- Stay in the room of the patient you are visiting.
- Follow staff instructions regarding **handwashing** and personal protective equipment.

The safety of our patients, staff and visitors is our top priority. For more information, please visit [overlakehospital.org/safe-in-our-care](https://www.overlakehospital.org/safe-in-our-care) prior to your visit.

If you would like to opt out of receiving future solicitations from Overlake Medical Center Foundation, please call 425.688.5525 or email solicitationopt-out@overlakehospital.org.

**VIRTUALLY
YOURS**

UPDATE Campaign FutureCare

WE LOVE OUR DONORS — and look forward to seeing you all in person again — but for now, virtual communications and events are mandatory in most circumstances.

BANDAGE BALL 2021 will take a creative virtual approach.

And our **CIRCLE OF EXCELLENCE** events have become webinars and online chats.

Here are two great ways you can help ensure you don't miss any news, updates or invitations:

- Send us your email, even if you think we already have it. Just drop a note to foundation@overlakehospital.org and we will update your record.
- "Like" us on Facebook. Visit [facebook.com/OverlakeFoundation](https://www.facebook.com/OverlakeFoundation) and click "like." We post photos, stories and other interesting content about what's happening at Overlake.

Thank you! We'll be "seeing" you soon.



Construction on our new facilities has continued through the pandemic, with new safety requirements in place to protect workers. The new building, including our new, state-of-the-art Childbirth Center, is slated to open in early 2021. Stay tuned for news about the grand opening virtual celebration!

Once the Childbirth Center has moved out of its current location, the space will be remodeled to accommodate the inpatient behavioral health unit. With larger treatment areas, natural light, and a nature-based design, the unit will offer a healing environment for our patients.

Our incredible, generous donors have contributed \$36.4 million — nearly three-quarters of the way to our goal! Thank you for your support for world-class care (and patience with a campus under construction). To learn about contributing or naming opportunities, please contact Alex Schisel at 425.688.5534.