

EvergreenHealth

monitor

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Against All Odds—

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Helping Patients Discover the Benefits
of Personalized Care from Your Health System

Message from the CEO



Dear neighbors,

Over the many decades that I've had the privilege of being part of this EvergreenHealth community, I've always enjoyed reading remarkable stories about our patients and families who choose EvergreenHealth as their partner in health care.

Now, as our organization's CEO, I'm pleased to welcome you to our fall issue of Monitor, which explores the many ways patients can discover the benefits of personalized care, and how we, as your community hospital, support and empower our patients every step of the way.

Along with back to school and the changing seasons, fall marks an important time for navigating your health plan benefits. It's time to reflect on your current and upcoming care needs and explore the many ways patients and families can be best informed about the benefits that are available to you.

Throughout the following pages, we've compiled tips and resources that reflect our mission to advance the health of our community by partnering with you to help you get the most out of your health care.

In fact, honoring our partnership with you, our community, is at the very center of our purpose—to work together to enrich the health and well-being of every life we touch. As both a physician and a health care administrator, my experience has consistently demonstrated that the most successful partnerships are based on mutual trust. That is why we remain dedicated to continually earning the trust of our

community, and work to ensure that at every point of care, our patients experience our commitment to leading with integrity, our high standards for quality and safety, our accountability as your community hospital, and our dedication to exceptional service.

We are thankful for the privilege of serving as your health system and look forward to continuing to earn your trust every day, in every opportunity.

Sincerely,

Jeff Tomlin, MD
EvergreenHealth Chief Executive Officer

Helping Patients Discover the Benefits of Personalized Care



Today, patients have more access than ever to empowering information and helpful resources that help you make the most informed and personalized decisions about your health and wellness.

Though even with a compassionate care team, and the latest data and tools at your fingertips, it can sometimes feel like certain aspects of managing your care are out of your control or confusing. From understanding all your health plan benefits to learning about an unexpected diagnosis, we understand that navigating your care can be complex.

At EvergreenHealth, our mission is centered on partnering with you to provide the highest quality care, service and value, which offer the support and resources you need to be confident and proactive in your health care.

In this issue, we've compiled a host of tips and advice from experts across our health system that can help you get the most out of your care. From knowing the right questions to ask your care team, and understanding the ins and outs of open enrollment season, to tapping all the benefits of your community hospital—we are committed to helping patients and families be empowered when it comes to managing your personalized care.

As our community's partner in health, it is an honor to serve you and your family with personalized care and service, as our providers, staff and volunteers remain dedicated to living our values of compassion, respect, excellence, collaboration and accountability, in every moment.

Thank you,

Ettore Palazzo, MD
EvergreenHealth Chief Medical and Quality Officer

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Surviving and Thriving Against All Odds

Physicians describe Terry Edwards' near-death experience as a once-in-a-career case of life-saving care. Edwards sees it as a new lease on life thanks to his incredible team.

Terry Edwards has seen a lot in his lifetime. A former Kentucky state trooper turned attorney, and now a retired police law professor, the 67-year-old Bothell resident has come face to face with many life or death situations—now, including his own.

Earlier this year, Edwards began experiencing debilitating back pain from a herniated disc, leading to a series of emergency room visits.



Terry Edwards, EvergreenHealth Critical Care Unit patient, with wife Lt. Lisa Brouelette

Things took a sudden turn when Edwards began to feel lightheaded and his wife, Lisa Brouelette, a lieutenant with the Kirkland Police Department, found that he had lost consciousness. She quickly called 911.

When the medics arrived, they immediately observed that Edwards was struggling to breathe. Knowing that EvergreenHealth was his best option for emergency care, they raced him to the Kirkland hospital.

Life-Saving Collaboration

Within moments of arriving at EvergreenHealth, Edwards went into cardiac arrest.

Like a well-rehearsed orchestra, emergency department techs sprang into action administering CPR. They maintained a steady rhythm of chest compressions for an astounding 45 minutes. Simultaneously, nurses administered medications and IV fluids, and drew blood for lab tests. Respiratory therapy quickly assisted in ventilation, as well.

Dr. Kevin Hori, the lead emergency medicine physician that night, was able to place a breathing tube while he directed the team's CPR efforts, and also administered epinephrine and delivered multiple defibrillator shocks to Terry's heart.

"Our focus was on resuscitating Terry and restoring critical blood and oxygen flow. At the same time, we were running diagnostic tests to determine the cause of his cardiac arrest," Dr. Hori explained.



Kevin Hori, MD, EvergreenHealth Emergency Medicine physician

"Signs were pointing to a life-threatening blood clot, and the team put our combined years of training and experience together to decide on the best course of action to save his life," said Dr. Hori.

Tests would later show that Dr. Hori's instincts were right—Edwards had developed a pulmonary embolism, a blood clot in his lung that triggered the cardiac arrest. Miraculously, the emergency care team was able to stabilize him, thanks to their collaborative efforts and a life-saving dose of the clot-busting drug tPA.



Maeve Bowen, MD, EvergreenHealth hospitalist

"Because Terry's case was so complex, physicians, nurses, ED techs and our inpatient pharmacist jumped in to help with resuscitation efforts," said Dr. Maeve Bowen, an EvergreenHealth hospitalist who also cared for Edwards. "We work well together because we recognize each other's strengths and combine them to deliver the best patient care. It was a phenomenal display of teamwork."

Terry, Part Two

Though Edwards had survived both the embolism and sudden cardiac arrest—an incredible odds-defying feat—his wife and his providers shared real concern that his cognitive function could be impaired.

"The first night in the hospital, I asked Dr. Bowen, 'Will Terry talk again? Will he be the same person when he wakes up?'" Brouelette recalled. "She was very forthcoming with me, walking me through the best-case to worst-case scenarios. It was extremely helpful to be able to have that open conversation about our next steps, and what would ultimately be best for Terry."

After four days in EvergreenHealth's Critical Care Unit (CCU), Edwards showed enough improvement to be moved to the Progressive Care Unit (PCU), where Brouelette saw promising signs of his old self. Over the next two weeks, Edwards' care team—including cardiologists, pulmonologists, hospitalists, pharmacists and others—coordinated all aspects of his care to support his rehabilitation and road to a full recovery.



Terry Edwards, EvergreenHealth Critical Care Unit patient, with wife Lt. Lisa Brouelette and Sammi the cat

"Every single provider cared for me as a person, not just another patient on a piece of paper. My team clearly communicated to me what was going on at every step, and included Lisa and me in goal-setting and decision-making. I felt completely involved in my care plan," said Edwards.

Today, Edwards is making strides in his recovery with a new lease on life as "Terry, Part Two," as he refers to himself.

"Facing death has inspired me to embrace a healthy lifestyle, and reminded me how much I value my family and relationships. I'll never take anything for granted."

Breathing Freely— The Power of Precautionary Lung Screenings

EvergreenHealth patient Christine Hauck was diagnosed with and cured of lung cancer all within a month, thanks to early detection and seamless collaboration.

Last winter, Woodinville resident Christine Hauck, an on-and-off smoker for 45 years, decided it was time to quit for good. She spoke to her primary care provider Chris Shaw, PA-C, at EvergreenHealth Primary Care, Woodinville, about joining the health system’s smoking cessation program.



Christine Hauck, EvergreenHealth Pulmonary Care patient



Chris Shaw, PA-C,
EvergreenHealth Primary Care Woodinville

“Of course, I fully encouraged Christine’s participation, and first recommended she undergo lung cancer screening with EvergreenHealth’s Pulmonary Care team,” Shaw recalled.

Hauck’s age and smoking history made her an ideal candidate for the screening, which is covered by Medicare. Though she doubted she had anything to worry about, Hauck scheduled an appointment and soon met with Rolin Pruyn, PA-C, the physician assistant with EvergreenHealth Pulmonary Care.

Rolin Pruyn, PA-C,
EvergreenHealth Pulmonary Care
physician assistant



“Our visit is all about shared decision making,” Pruyn explained. “We talk about the benefits and risks of lung cancer screening, which involves a low-dose CT scan. The main benefit is that the scan is non-invasive and can lead to early detection of lung cancer. In some cases, patients risk false positive results which may require more testing.”

Hauck’s screening revealed what she never expected: a small, 1-centimeter nodule on her lung—about the size of a pencil eraser—with a high likelihood of being early-stage cancer.

Dr. Lindy Klaff, a pulmonologist with EvergreenHealth Pulmonary Care, reviewed Hauck’s scan and brought her case to the health system’s multidisciplinary lung nodule board to confer with other specialists from radiation oncology, surgery, and other departments, on the possible treatment options.

If a patient is relatively young, healthy and has good lung function, surgery is typically the best course of action for treating early-stage lung cancer. “It’s the gold standard,” Dr. Klaff explained.



Lindy Klaff, MD,
EvergreenHealth Pulmonary Care

“When we catch it early, patients have a much better chance of survival,” Dr. Klaff added. The five-year survival rate for early-stage lung cancer is 90% compared to almost 0% for more advanced stage 4 lung cancer.

Hauck discussed her options in detail with Dr. Klaff and others, and agreed removing the nodule was her best choice. Just two weeks later, she underwent curative thoracic surgery, performed by Dr. Scott Louis at Overlake Medical Center, and assisted by Pruyn. They made small incisions in Hauck’s chest, using minimally invasive instruments to identify the lobe of the lung which had the nodule, and removed it without creating a large incision.



Christine Hauck, EvergreenHealth Pulmonary Care patient

After a few days in the hospital, Hauck was well on her way to recovery and was grateful for her experience.

“Everyone on my care team was so accommodating and friendly,” Hauck recalled. “They helped to put my mind at ease—I never felt rushed and all my questions were always answered. I wouldn’t hesitate to recommend EvergreenHealth to anyone else.”

In less than a month, Hauck found out she had cancer and then was cancer-free thanks to her team’s attentive and coordinated approach to comprehensive care.

“And I haven’t picked up a cigarette since,” she said.

Are you a candidate for lung cancer screening?



Talk with your primary care provider about your screening options if:

- You are a current smoker or a former smoker who quit less than 15 years ago
- You are between 55 and 77 years old
- You have a 30-pack-year* history

*Number of pack-years = (packs smoked per day) × (years as a smoker). For example, a 30-pack-year history is smoking one pack a day for 30 years or two packs a day for 15 years.

EvergreenHealth’s Smoking Cessation Program

We take a focused, one-on-one approach to assist you with your effort to stop smoking. Our three-pronged approach includes counseling, medication management, and diet and exercise.



Visit www.evergreenhealth.com/smoking-cessation, and talk to your physician for a referral to get started.

How Partnering with Your Primary Care Provider Puts Patients in Control

Establishing a rapport with a primary care provider and following a basic checklist at appointments can help patients feel confident in proactively managing their overall wellness.

Getting the most out of your health care often begins with thorough preventive care established in partnership with your primary care provider (PCP).

Having a relationship with a PCP and seeing that provider before there are changes in your health status is beneficial for patients of all ages. Even for adult patients who feel healthy, a PCP can

benchmark several important health-risk indicators and track any changes over time that could indicate a bigger problem.

Beyond diagnostics, your PCP can get to know you personally and understand how behavioral health issues, such as stress, anxiety and depression, may be affecting your health.



The Next Time You Visit Your PCP— even if you're generally in good health—keep this checklist in mind, bring it with you or personalize your own to ensure you're making the most of your time together.

BEFORE YOUR VISIT:

- Collect any new immunization records, lab work and test results from screenings or specialists outside of your PCP's health system
- Think about any changes in your family health history, especially any early onset forms of diseases

PREPARE FOR YOUR VISIT BY BRINGING:

- A prioritized list of any issues or questions you have, and be clear on your top three
- A list of any specialists you may be interested in seeing and why
- A list of any big life changes since your last visit such as births, deaths, divorce, retirement, a new job, or moving houses
- A detailed list of prescription and over-the-counter medications you take, including dosages. You can also just bring the bottles if it's more convenient.

DURING YOUR VISIT, TELL YOUR PCP ABOUT EMOTIONAL WELL-BEING, INCLUDING IF YOU'RE:

- Having trouble sleeping
- Always tired or have low energy
- Frequently sad or depressed
- Unhappy at work
- Having issues with a partner, parent, child or friend
- Suffering from financial strain
- Experiencing any major life changes

Good to Know



Creating a "health journal" for you and any dependents containing important medical records, immunizations, family history, test results and other information can be a useful resource. Taking time to gather all the information may feel like effort you'd rather devote elsewhere, but you only have to do the heavy lifting once. Keep all your records in a notebook or binder and simply add to it every time you see your PCP or other providers.

Connect with an EvergreenHealth Primary Care Provider

EvergreenHealth offers the largest primary care network on the Eastside, with providers in 13 locations.



Call the 24/7 EvergreenHealth Nurse Navigator & Healthline at 425.899.3000 for a referral to a primary care provider near you—learn about their areas of interest, like mental health, dermatology, sports medicine or chronic disease management, and their personal care philosophies, too!

Your Guide to a Meaningful Checkup



Your health is always worth your provider's time. Keep these suggested guidelines and approximate percentages of your total appointment time in mind when thinking about how to maximize your checkup with your primary care provider.

PERCENTAGE OF YOUR APPOINTMENT



Share any lifestyle updates, including major changes or day-to-day responsibilities that impact your health and wellness.

Sharing details with your provider will help to paint a full picture of your health and wellness.

- > Here's what's happened since last time: _____ (any medical issues plus births, deaths, divorce, retirement, new job or moving houses).
- > My typical week includes _____ (detail your work, care-giving responsibilities, exercise, diet and anything else that contributes to your mental or physical health).



Don't be afraid to speak up! Give your provider the clues they need for a potential diagnosis or recommendation.

Don't be shy—your provider won't judge you for bringing up any aspect of your health that you're concerned about. They're here to help!

- > I'm here because _____ (include any symptoms).
- > I'm worried about _____ (list your top three concerns).
- > I'm wondering if I need to see a specialist for _____. Can you give me a referral?



Answer your provider's questions as accurately as you can.

It's a good sign if your provider has follow-up questions to help them better understand your concerns and goals. They may ask questions like:

- > How long have you been experiencing _____ (symptom)?
- > Have you also noticed _____ (symptom)?
- > Do I understand what you're saying correctly?
- > Does what I said make sense? > Do my recommendations sound reasonable to you?



Clarify what you've heard.

Now's the time to make sure you understand your doctor's recommendations. It is OK to ask your provider to repeat something you didn't quite understand, or if the situation is appropriate, bring a spouse, friend or loved one if you anticipate a lot of information will be shared during a certain appointment.

- > Can you explain _____ again?
- > Earlier, you said _____. Am I understanding that correctly?
- > I'd like to learn more about _____.
- > Can you please give me an example of _____?
- > I've invited _____ to join me today, to help me recall what we discuss during our visit.



Confirm next steps.

Leave your appointment with a clear action plan.

- > My next steps are _____.
- > Your next steps are _____.
- > When should I see you again?
- > In the meantime, where can I go for questions?

Have questions for your provider between appointments?

If you have questions after you leave your provider's office, get in touch with EvergreenHealth's online patient portal, **My Navigator**. In addition to offering complete access to your lab reports, health history, doctor visit summaries, procedures, medication listings and future appointments, My Navigator enables you to send secure messages to your provider 24/7. Visit www.evergreenhealth.com/my-navigator to sign up today.

Partner with CHAT to Navigate Washington's Health Benefit Exchange

As a levy program funded by residents' tax dollars, EvergreenHealth's Community Healthcare Access Team provides complimentary consulting to those who need assistance obtaining health insurance coverage.

For many people who don't receive health insurance through an employer, navigating your options through Washington's Health Benefit Exchange can seem complex.

Among its services, EvergreenHealth's Community Healthcare Access Team (CHAT) offers enrollment assistance for health plans made possible through the Affordable Care Act. According to Starr Niego, LICSW, CHAT's lead social worker, community members are welcome to meet with one of CHAT's certified insurance navigators, at no charge, to receive step-by-step guidance for selecting and enrolling in health coverage, whether Apple Health (also known as Medicaid) or a Qualified Health Plan.

"We can help in real-time right from our offices or even over the phone," Niego explained. "We walk patients through the process of submitting an online application, and if you are eligible, we'll start the discussion about what type of health plans may be the best fit for you and your family's health needs. If you're ready to make a decision, we can have you enrolled in a plan that same day."

Good to Know

- CHAT provides complimentary services to any community member facing barriers to affordable and quality health and social services, such as those with disabilities, limited financial resources and lack of health insurance.
- As a levy-funded resource, CHAT is available to community members at no cost.
- CHAT is available to help non-native English speakers. When scheduling an appointment, simply let us know if we can help coordinate an interpreter for you.

LEARN MORE

Call 425.899.3200, email CHAT@evergreenhealth.com, or visit www.evergreenhealth.com/access to learn more.

Mark's Story

When Ann Taylor's brother, Mark, was unable to work last year, they weren't sure how he would be able to keep his health insurance, which was previously sponsored by his employer. To complicate matters, after enrolling in Apple Health, Mark was approved for disability benefits. With this supplemental income, he would no longer be eligible for Medicaid. On top of that, Mark would also be eligible for Medicare, but not until later in the year. His family didn't know if he'd be able to continue seeing his providers before his Medicare coverage began, until they met with CHAT.



Ann Taylor and brother Mark, CHAT services recipients

"We arrived at Starr's office having no idea how we were going to navigate this situation, but she went above and beyond to make it a seamless experience. She spent lots of time with us, asking all the right questions and making sure we understood our options. Most importantly, she identified a plan that enabled Mark to continue seeing his current network of providers at a cost that was affordable for him."

Are You Getting the Most from Your Health Plan?

Tips for understanding your insurance plan and questions to ask your health benefits plan administrator.

If you're covered by your employer's health care plan, it's important to remember that insurance coverage is part of your overall compensation. While the type of coverage and the specific benefits you receive will be unique to your company's

selected health plans, there are many questions and topics you may want to explore with a benefits administrator in your organization to ensure you're making the most of what's available to you.

5 questions to consider asking your benefits administrator:

1

WHAT KIND OF FLEXIBILITY DO I HAVE?

Some employers offer customizable plans, recognizing that people need different support at different life stages. Choices may include varying types of coverage, or higher deductible plans that allow the individual to pay a lower monthly premium in exchange for paying more out of pocket costs before the insurance company starts to pay its share.

2

IS A HEALTH SAVINGS ACCOUNT AN OPTION FOR ME?

A Health Savings Account (HSA) allows you to use pre-tax dollars to pay for health-related expenses like co-pays and prescriptions. They are generally a good option if you are in relatively good health and have a high-deductible health plan.

3

DOES OUR COVERAGE CONTRIBUTE TO OUT-OF-NETWORK PROVIDERS?

Using in-network health providers (pre-approved by your insurance company) will usually save you money. While some insurance companies only cover in-network care and services, others will pay as much as 50% for out-of-network providers. It's important to understand where you can go to learn if a provider is in-network before scheduling an appointment, so that you're aware of any additional cost if the provider is not included in your network.

4

HOW BROAD IS OUR DEFINITION OF "HEALTH" CARE?

To support healthier living, many insurance companies have added new benefits ranging from discounts on healthy and organic food to baby-proofing your house. If you are currently paying full price for gym memberships, massages, insomnia relief, teeth whitening or even over-the-counter medicine like Advil – your insurance benefits might be able to help cover those costs.

5

HOW WILL OUR PLAN AFFECT MY QUALIFYING LIFE EVENT?

The birth of a baby, adoption, retirement, marriage, divorce and dependent age changes are considered "qualifying life events" that generally change the type of coverage an individual may need. Talk with an administrator about how an upcoming change outside of open enrollment may affect your premium or other insurance-related costs.

EvergreenHealth Names Jeff Tomlin, MD, as CEO



This summer, the EvergreenHealth Board of Commissioners named Jeff Tomlin, MD, as the health system's chief executive officer. Dr. Tomlin has been part of the EvergreenHealth community for nearly 30 years, most recently as chief medical and quality officer, and brings a deep appreciation for EvergreenHealth's mission, vision and values to his new role as CEO. He is a respected leader for his ability to understand the patient experience from a provider's perspective, and for his proven ability to translate the organization's strategic and operational vision into thoughtful action. Monitor sat down with Dr. Tomlin to welcome him as CEO and hear more about his outlook and vision for health care in our community.

Q: As a member of the EvergreenHealth community for almost 30 years, what has kept you serving the organization for so long?

A: When I joined EvergreenHealth in 1990 as a practicing anesthesiologist, it was clear that every physician, staff person and volunteer shared a commitment to upholding the highest standards for safe, quality and compassionate care. Since then, being part of a culture of excellence has not only continually challenged and inspired me as a physician and an administrator, but it has also played an important role in my desire to serve others.

Q: How has your experience shaped your leadership style?

A: Before medical school, I had the honor of serving in the U.S. Marine Corps, and later, as an officer in the Navy Reserves Medical Corps. That experience, along with my career as a physician, and now hospital administrator, all share the common threads of service and collaboration. My goal as CEO is to continue listening and learning from my colleagues and our community as we work together to deliver an exceptional experience for our patients and families.

Q: What is your vision for health care in this community?

A: As we have continuously grown alongside our Eastside communities throughout the past 50 years, we've done so with the goal to be our patients' best partner in health. True partnerships are based on trust and transparency, and my vision for our future is to continue earning the trust our community chooses to place with us as we pursue our mission to provide high-quality, safe, compassionate care to all those we are privileged to serve.

Mary Shepler Joins EvergreenHealth as Senior Vice President and Chief Nursing Officer



EvergreenHealth also recently welcomed Mary Shepler, RN, BSN, MA, NEA-BC, who will lead strategic operations for inpatient nursing care and EvergreenHealth's overall nursing practice.

Shepler is a highly regarded health care operations executive with extensive experience overseeing nursing,

clinical, technology and quality improvement operations across large-scale health care and hospital systems. Throughout her career, she has been known by her colleagues to lead with integrity, compassion and transparency in her steadfast commitment to evidence-based practices and clinical outcomes.

Welcoming New Providers

As part of our commitment to serving the health care needs of our rapidly growing community, EvergreenHealth has recently welcomed several new providers. From their partnership-based approaches to delivering personalized care, our newest team members share our commitment to helping patients get the most benefit from their health care.



Dr. Marissa Black, EvergreenHealth Geriatric Care

Dr. Black is board-certified in internal medicine and geriatrics, and cares for patients aged 65 and older with complex care needs. Her clinical expertise includes comprehensive treatment for geriatric symptoms such as falls, osteoporosis, frailty, weight loss and incontinence.

Dr. Black believes in treating her patients holistically, helping them reach their personal health goals, maintain or regain function and achieve their best quality of life by taking a team-based approach.

Rachel Chesley, ARNP, EvergreenHealth Primary Care, Sultan

As a certified family nurse practitioner, Chesley cares for patients of all ages to treat their overall health while focusing on disease prevention. She also has clinical expertise in critical care, general family practice, pediatric primary care and women's health.

Chesley's goal is to treat her patients as unique individuals, not a diagnosis, by listening to their concerns and partnering to create care plans that best suit their individual health and lifestyle goals.



Dr. Philip May, EvergreenHealth Urology & Urogynecology Care

Dr. May is a fellowship-trained urologist with extensive experience in open and minimally invasive urologic surgery, including robot-assisted surgery. He has clinical expertise in urologic oncology, medical and surgical treatments for benign prostatic hyperplasia, erectile dysfunction and complex kidney stone disease.

Dr. May's philosophy when caring for patients is to listen as much as possible to understand their experiences and symptoms, as well as their values and goals, when collaborating to develop treatment plans.

Dr. Adam Rothenberg, EvergreenHealth Orthopedic & Sports Care

Dr. Rothenberg is a fellowship-trained orthopedic surgeon specializing in total hip and knee replacement surgery, partial knee replacement surgery and robot-assisted surgical techniques. He also has advanced training in performing complex hip and knee replacement revisions.

Dr. Rothenberg aims to restore his patients' ability to enjoy their lives again, collaborating as a partner to help each individual reach their goals.



Beyond Your Checkup: Uncovering the Benefits of

EvergreenHealth offers a range of resources for

Another key piece of getting the most out of your health care involves taking advantage of the resources your health system offers, apart from seeing your providers for regularly scheduled care. As a public hospital district, EvergreenHealth encourages community members to explore the benefits available to you to help you live your healthiest best, even when you aren't in need of medical care.



Levy-Funded Programs

As a public hospital district, EvergreenHealth offers a range of programs and services supported by residents' tax dollars as part of its mission to advance the health of the community. From the 24/7 Nurse Navigator & Healthline to Community Health Education classes, levy-funded programs provide resources for all community members often at no charge. EvergreenHealth's levy programs include:

- 24/7 Nurse Navigator & Healthline
- Community Healthcare Access Team (CHAT)
- Youth Mental Health Task Force
- STEM Education and School District Partnerships
- Hospice and Palliative Care
- Geriatric Care and other Senior Health Programs



Community Health Education Classes

Did you know EvergreenHealth offers hundreds of free and low-cost classes to community members? From childbirth preparation and healthy cooking, to advance directive planning and diabetes education, participants of all ages can find a class or group that fits their lifestyle. [See a full list of upcoming classes on page 16 or visit \[evergreenhealth.com/classes\]\(http://evergreenhealth.com/classes\).](#)

Seminars and Support Groups

In addition to health and wellness classes, EvergreenHealth provides other group resources like support groups, where community members who share a common diagnosis like diabetes, cancer or dementia can meet new friends and discuss their unique challenges and successes with a like-minded community. Similarly, EvergreenHealth seminars are open to those seeking to learn more about certain health conditions or procedures, such as treatment options for arthritis or weight loss and bariatric care options. [Browse support groups and seminars at \[evergreenhealth.com/classes\]\(http://evergreenhealth.com/classes\).](#)



HealthiestBest.com

EvergreenHealth's blog offers an abundance of resources to help you maintain a healthy lifestyle. Read wellness tips from our providers, browse recipes and fun physical activity ideas, and learn about common health conditions. While you're there, you can sign up for EvergreenHealth's free monthly e-newsletter, which offers tips and news to help you be your healthiest best. [Visit \[healthiestbest.com\]\(http://healthiestbest.com\).](#)



Check-Up Chat Podcast

Need some food for thought? Check out EvergreenHealth's Check-Up Chat podcast, where providers and staff break down what you need to know about various trending health and wellness topics. [Listen online at \[evergreenhealth.com/podcasts\]\(http://evergreenhealth.com/podcasts\) or anywhere else you stream your podcasts.](#)



EvergreenHealth's 24/7 Nurse Navigator & Healthline

EvergreenHealth's free 24/7 Nurse Navigator & Healthline offers personalized care and services to more than 90,000 callers each year. At any time of the day or night community members can call an EvergreenHealth nurse navigator for help with symptom triage, provider referral and scheduling, community health class registration and so much more. [Call 425.899.3000 to learn more.](#)



EvergreenHealth Geriatric Care

Providing specialty care for older adults is another way EvergreenHealth cares for its community. Its Geriatric Care practice offers coordinated care to patients 65 and older with complex care needs, from a multidisciplinary team—which includes physicians, nurse practitioners, physician assistants, social workers, nurses and medical assistants—who collaborate to develop treatment plans to help seniors improve their function and enhance their quality of life, all while maintaining independence. [Learn more at \[evergreenhealth.com/geriatric-medicine\]\(http://evergreenhealth.com/geriatric-medicine\).](#)

Your Community Hospital



community members as part of its accountability as your public hospital district.

EvergreenHealth's Parent-Baby Group Offers Support to Moms in the "Fourth Trimester"

After giving birth to her first daughter two years ago, Kirkland resident Rohini Diaz was adjusting to life as a new mom when a colleague told her about EvergreenHealth's parent-baby groups for families with newborns up to 3 months.

"Anyone with a newborn knows how hard it is to get out of the house during those first few months," said Diaz. "But my coworker highly recommended that I try out this group at EvergreenHealth, and I was so glad I did. It provided an outlet for both learning and support."

Attending the parent-baby group enabled Diaz to meet other women in her community who were going through the same stage of parenthood and understood the joys and challenges of raising a newborn. She appreciated that she could ask for advice on an issue she was facing, and other moms offered input based on their own experience.

Beyond learning from each other, each meeting featured an instructor on specific topics, from breastfeeding to infant massage.

Diaz still keeps in touch with many of the women she met in her first parent-baby group. Now a mother of two, she attends the group with her two-month-old son.



Rohini Diaz and son Elyan, EvergreenHealth Parent-Baby class participant

"I can't believe that I live right here in Kirkland, and had no idea that the hospital down the street from me offered this incredible free resource, much less hundreds of other community classes," Diaz said. "For any mom with a new baby—whether it's your first, second or fifth—I strongly encourage you to take advantage of this support system. It helped me keep my sanity!"

EvergreenHealth Parent-Baby Groups



LEARN MORE

For more information or to register for an upcoming parent-baby group, visit evergreenhealth.com/classes or call the Healthline at 425.899.3000.

Register for classes online or by phone.

For your convenience, you may register and pay for classes 24/7 online at www.evergreenhealth.com/classes. You may also call the EvergreenHealth Nurse Navigator & Healthline at 425.899.3000, Mon. – Fri., 7 a.m. – 7 p.m.

FREE SEMINARS

Weight Loss and Bariatric Care Seminar

Experts discuss surgical options, post-operative follow-up, lifestyle changes, financial information and nutrition support. The seminar takes place the first Wednesday and third Tuesday of every month.

Healing Hearts

This new support group is for all those affected by heart disease, including friends and family. The group will meet on the first Tuesday of each month starting Jan. 7, 2020.

MS Workshop: Enhancing Psychological & Emotional Well-Being

Join us for a stimulating discussion focused on understanding the emotional challenges of MS and what you can do to take control and improve your quality of life.

Advance Care Planning Workshop

If a sudden illness or injury left you unable to speak for yourself, who would you want to speak for you? What would you want them to know about your values and wishes? Advance care planning is a facilitated conversation that helps you reflect on your values, choose a health care agent, explore goals for treatment and take the first steps toward completing an advance directive.

WELLNESS & HEALTHY LIVING

Healthy Meals Made Easy!

A Natural Approach to Cold Prevention

Holiday Wellness: Keeping Calm through the Holidays

WELLNESS & HEALTHY LIVING CONTINUED

Hormones: Menopause and Pre-menopause

Learn the signs and symptoms of perimenopause and menopause, as well as natural approaches to balancing hormone fluctuations.

Eating on the Go

Yin Yoga Series

Mindfulness Meditation for Stress

Good Night, Sleep Tight

Do you have trouble sleeping? Learn how aging, illness or medication can affect your sleep patterns, and get tips that may help you sleep through the night.

EMERGENCY & SAFETY EDUCATION

Babysitting Basics (for ages 11 to 16)

Infant and Child CPR

Community CPR

Community First Aid

CPR for Health Care Providers

SENIOR HEALTH CLASSES

In addition to the classes offered at EvergreenHealth, we offer classes and health screenings at other convenient community locations. Visit www.evergreenhealth.com/classes for class schedules and locations.

AARP Smart Driver Program

Interested in improving your driving skills and possibly receiving an insurance discount? This AARP course covers the effects of aging and medication on driving, basic driving rules, and license renewal.

Cholesterol and Diabetes Screening

Holiday Travel

Eating for Healthy Post-Holiday Weight Loss

Stay Warm Indoors: Chair Exercises

SENIOR HEALTH CLASSES CONTINUED

Medicare: Are You Covered?

Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce Medicare-related costs. Get the facts about your Medicare choices so you can find the plan that's right for you.

NEUROLOGICAL & MOVEMENT DISORDERS

EvergreenHealth Neurological Care offers classes and support groups to aid patients living with a variety of neurological diseases and movement disorders.

Food for the Brain 2019: 6th Annual MS & Nutrition Workshop

Revitalize your nutritional health with a lively discussion on the latest scientific findings on MS and nutrition, practical advice regarding healthy eating, and strategies for maintaining a healthy diet in the context of challenging MS symptoms. This year's special guest speaker is Lynne Shinto, ND, MPH, professor of neurology at Oregon Health & Science University. Register online or call the Healthline at 425.899.3000.

Living Mindfully with Chronic Illness

This supportive group is for those wanting to live mindfully and with self-compassion. Contact info@thecenterforchronicillness.org or 425.296.2705 to sign-up.

Parkinson's Care Partner Support Group

Women Living with Parkinson's

Neuro-Nutrition Class

From-The-Ground-Up Strength and Flexibility

Living Well After Stroke

Evergreen Men's Group

Eastside MS Self-Help Group

Kirkland MS Self-Help Group

CHILDBIRTH PREPARATION

For class dates and times or to register for classes, go to www.evergreenhealth.com/childbirth or call the EvergreenHealth Nurse Navigator & Healthline at 425.899.3000.

Register early during your pregnancy, as classes fill quickly.



Pondering Parenthood

Family Maternity Center Tour

Tour Para Personas de Habla Hispana

Una profesora de habla hispana le proveyerá este recorrido a fondo de la Sala de Maternidad.

Meet a Midwife

This free one-hour session will introduce you to the unique, personalized birthing experience offered by EvergreenHealth Midwifery Care. A tour of the Maternity Center is included.

Warm Welcomes

Delivery Day—Birth and Beyond

Delivery Day for Teens and Young Adults

Private education is offered for teens and young adults, which includes preparation for labor and birth, pain medication choices, interventions such as inductions and cesarean birth, basic baby care, and feeding and postpartum care. Contact the EvergreenHealth Nurse Navigator & Healthline at 425.899.3000 for more information.

HypnoBirthing—The Mongan Method

Delivery Day for Multiples

Labor Coping Skills Review

Prepare the Nest:

Childbirth, Breastfeeding & Newborn Care Class



CHILDBIRTH PREPARATION CONTINUED

Siblings Class

Children learn about what to expect when the baby comes home. Includes a fun project and tour of the Family Maternity Center. Parents attend with children.

Conscious Fathering

Fit4baby Program

Yoga for Pregnancy

Pelvic Health Class

Learn how to minimize pain during pregnancy and birth and optimize healing afterwards. This women-only class is taught by a women's health physical therapist.

BABY & FAMILY BOUTIQUE

Clothing, nursing bras and supplies for pregnancy, breastfeeding and your newborn. Visit www.evergreenhealth.com/boutique.



BABY CARE, SAFETY & PARENTING

Parent-Baby Groups

Bring your baby and meet other families in these weekly daytime groups. Since 1991, EvergreenHealth's popular Parent-Baby Groups have been providing support and education from birth through 15 months. Facilitated by trained parenting and lactation instructors, the groups meet weekly and are open to all parents in the community regardless of where the baby was born. The 0-3-month newborn group is free.

Car Seat Safety

Car Seat Checkup

Infant Safety and Injury Prevention: Just for Parents

BABY CARE, SAFETY & PARENTING CONTINUED

Infant Safety and Injury Prevention: Just for Grandparents

Day About Baby

Breastfeeding Basics and Beyond

Pumping Class

Bringing Baby Home Workshop

Parenting Your Toddler Classes

This four-part parenting series, facilitated by Parent-Baby Group instructors, will cover toddler development from 18 months to 3 years.

This Is Not What I Expected

This free drop-in group is a great resource for families who are feeling overwhelmed or who are struggling with the transition to parenthood and would like some extra support. It is led by an educator and a licensed clinical social worker.

Starting Solids

Breastfeeding Your Older Baby

Back-to-Work Parent Baby Group

Screen Savvy Parenting

This class covers information on-screen technologies' interactions with children's growth and development and the implications for how we parent children ages birth to 5.



CANCER CARE CLASSES

Cancer Lifeline at the Halvorson Cancer Center offers a range of classes and support groups for cancer patients and their families. For more information regarding free classes and support groups or to register, contact us at 206-297-2500 or visit www.cancerlifeline.org

ARTISTIC EXPRESSION

Ikebana Flower Arranging

Tree of Life Collage: A Journey into Inner Strengths

COOKING DEMONSTRATIONS

Healthier Sweets

Nourishing Spices for the Winter

EXERCISE AND MOVEMENT

Gentle Yoga

Healthy Steps—Gentle Exercises for Managing Lymphedema

PRESENTATIONS

Navigating the New Normal Thriving from Treatment to Recovery with Nutrition

Managing Expectations

Radiation Treatment for Prostate Cancer; How and Why It Works

Acupuncture for Digestion

Chair Yoga

Supportive Nutrition for Prostate Cancer

SUPPORT GROUPS

Bosom Buddies Breast Cancer Networking Group

Breast Friends Breast Cancer Support Group

Gastrointestinal (GI) Cancer Support Group

Living with Cancer Support Group

Living with Metastatic Cancer Support Group

Oral, Head and Neck Cancer Support Group

Prostate Cancer Networking Group

For more information regarding free classes and support groups or to register, contact Cancer Lifeline at 206.297.2500 or visit www.cancerlifeline.org.

SPECIAL EVENTS

Climb

Free workshops to support children (age 6-12), whose parents or grandparents have cancer. Contact Cancer Support Services at EvergreenHealth for dates and information at 425.899.2265.



Visit www.evergreenhealth.com/classes for a full listing of classes, descriptions, dates and times.



Anonymous Donor Gifts \$1 Million to EvergreenHealth Foundation

An anonymous donor recently gifted \$1M to the EvergreenHealth Foundation in recognition of EvergreenHealth's ongoing dedication to hand hygiene and patient safety. The funds will support EvergreenHealth's vision to continue creating an inclusive community health system that is the most trusted source for health care solutions.

"It is my honor to recognize and support an organization such as EvergreenHealth, that truly values and understands that handwashing and a culture of kindness toward patients are the foundations for quality and safe care," the donor said.

This incredible gift is a result of the *Philanthropy through Gratitude* program, which encourages individuals and families to formally recognize the exceptional care they received at EvergreenHealth.

"All of us at EvergreenHealth are deeply grateful to this generous donor for supporting the goal of Absolute Safety in the care of our patients," said Jeff Tomlin, MD, EvergreenHealth CEO.



CleanSlate Stand: Elevated UV Sanitation



Jorin Arriola, EvergreenHealth Environmental Services Lead, with the Clorox Healthcare® Optimum-UV Enlight® System

EvergreenHealth staff's commitment to patient safety includes practicing hand hygiene:

1. Before touching a patient
2. Before clean/aseptic procedure
3. After body fluid exposure risk
4. After touching a patient
5. After touching patient environment



For more information about EvergreenHealth's commitment to patient safety, visit www.evergreenhealth.com/absolute-safety.

EvergreenHealth Monroe Foundation Gala Raises \$193,000

More than 200 people raised \$193,000 at September's EvergreenHealth Monroe Blue Jeans and Boots Gala. The funds will be used to purchase critical equipment that will continue to support nurses in providing life-saving care for our patients, including AED and LifePak devices for cardiac arrest and new IV pumps.

"Our nurses and clinical teams work tirelessly to provide excellent, compassionate care and experiences, so to have their work recognized in this way is a real honor," said Megan Wirsching, clinical nurse manager of EvergreenHealth Monroe's medical surgical telemetry unit and critical care unit.

During the Gala, the Foundation also recognized Debbie Copple with the Dr. Joseph Feek Community Service Award, presented to individuals who exemplify leadership and have a profound impact on enhancing the health and well-being of the community. Copple stands out for her contribution of time, talent and resources to help the Sky Valley community.

The Foundation would like to thank Pine Creek Nursery and all of the wonderful sponsors, volunteers and guests who came together to make the 2019 Blue Jeans and Boots Gala a tremendous success.

Save the Date! for the 2020 Evergreen Gala.

The Evergreen Gala will be held at King County's Marymoor Park on Saturday, April 25, 2020. This year's theme is "The Roaring 20's" and will sparkle with all things gold and gilded. Tickets include a 1920's-themed dinner, surprise entertainment, a one-of-a-kind silent and live auction, an open bar and music for plenty of dancing. On-theme attire is encouraged.

For more information, please visit www.evergreengala.org or follow us on Facebook and Instagram @evergreenhealthfoundation.

The 2020 Gala will benefit EvergreenHealth's Intensive Care Unit.

Appreciating End-of-Life Care During National Hospice Month



November is National Hospice and Palliative Care Month. Hospices across the country work together to raise awareness about the importance of quality end-of-life care. This is an opportunity to honor our loved ones, clinicians and extended community, and give thanks for everything and everyone around us.



To learn more, contact Jenn Owen, EvergreenHealth Hospice Development Officer at 425.899.1998 or email jrowen@evergreenhealth.com.



If you would like to make a gift to support EvergreenHealth's high-quality hospice care, please visit www.evergreenhealthfoundation.com/holiday-hospice.





EvergreenHealth Earns an A for Patient Safety

The Leapfrog Group, a leading national nonprofit watchdog on hospital

quality and safety, recently awarded EvergreenHealth an “A” grade for its commitment to absolute patient safety. The recognition places EvergreenHealth among the top-scoring hospitals for patient safety out of the 2,600 health care organizations nationwide that were evaluated in Leapfrog’s latest Hospital Safety Grades report.



Eastside Readers Select EvergreenHealth as “Best of 425” for the Sixth Time

Readers of 425 Magazine again voted EvergreenHealth as the region’s ‘Best Hospital & Health System.’ Thousands of readers participate in the Best of 425 poll and have selected EvergreenHealth as their preferred place for high-quality, comprehensive health care and services in King and Snohomish counties for the sixth time in seven years.



For more information, contact EvergreenHealth by email at patientrep@evergreenhealth.com, or call the 24/7 Nurse Navigator & Healthline at 425.899.3000.

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Healthgrades Once Again Names EvergreenHealth Among America’s 100 Best Hospitals in Five Specialties

EvergreenHealth has been named among America’s 100 Best™ hospitals in several specialty care areas. The five EvergreenHealth specialties recognized in Healthgrades’ 2020 Report to the Nation include stroke care, pulmonary care, gastrointestinal care, general surgery and critical care. The health system’s dedication to patient-focused care and services is also reflected in its year-over-year track record of earning Healthgrades’ five-star ratings in multiple areas of treatment, including treatment of pneumonia for 15 years in a row; treatment of stroke and sepsis for 11 consecutive years; and the treatment of heart failure for 10 years in a row, among others.



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(Chinese)

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