Dear neighbors,

Well. Done together.

One of our core values at EvergreenHealth is collaboration. It is a part of everything we do and at every touch point we have with our patients, families and communities. When we use the phrase “Well. Done together.” in our advertising and promotional materials, it’s more than just a tag line. It’s a core belief that when we collaborate, our outcomes are better.

In this issue of Monitor, we’re sharing stories of Caring Collaborations—real-life examples of providers working together across our system to achieve the best possible outcomes for our patients. Through these examples of collaboration, the patients you’ll meet in this issue reached new levels of hope and healing.

Perhaps one of the most significant demonstrations of collaboration is the partnership between EvergreenHealth and EvergreenHealth Monroe that was made official two years ago this month. Since that time, our system has expanded services, shared best practices and connected providers to deliver better continuity of care.

Our new team of Hospitalists is available 24/7 to coordinate inpatient care with patients’ primary care providers and specialists during a hospital stay. Similarly, new Telestroke technology helps our emergency department physicians digitally consult in real-time with specialists in Kirkland to treat stroke patients during the most critical minutes of their care. This ability to leverage specialists between multiple locations also has enabled us to have two new OB/GYN physicians now caring for patients in Monroe. And, our commitment to collaboration is also fostering the creation of new services at our Recovery Center, including outpatient addiction support and programs specifically for pregnant women.

This unique alliance between our two hospitals is an extraordinary example of how collaboration can improve the health of our community.

Of course, our most important partner in collaboration—is you. Through your trust and continued partnership, we strive to be your best collaborator and we are humbled by the opportunity to serve you and your family.

With thanks,

Robert H. Malte
Chief Executive Officer

Neil Johnson
Vice President and Chief Operating Officer
EvergreenHealth Monroe

Contact us at
patientrep@evergreenhealth.com

We invite your feedback and questions.

This is the Purpose of EvergreenHealth. It’s written on the back of every single employee identification badge and referenced frequently as we set about our daily work of providing the very best care and service to our community. We believe that when we do things together, we truly achieve the best results.

That refrain is especially true—and critical—within the delivery of health care. Collaboration in health care doesn’t just mean working with other clinicians. While physicians, nurses, administrators, and experts across every department collaborate on patient care, when we work in close partnership with our patients and families, we truly create the best outcomes. In every case, teamwork strengthens our ability to be your best partner in managing your health care.

Collaboration takes on many forms across our growing health system. As you’ll read in this issue, EvergreenHealth providers are committed to working together across specialties and disciplines to create the best experience for our patients. Specialists and physical therapists working together on a common treatment plan. Cancer care providers conferring after hours so patients don’t have to fill in the blanks. A medical director tapping experts across the organization to design a new life-saving initiative. In each of these instances, collaboration is key to success.

When 1,100 physicians in over 80 specialties, and 4,000 employees from Sammamish to Kirkland to Monroe work together, the sum is greater than the parts. You, too, are part of this equation and we commit to continuing to collaborate with you to be your best partner in health.
Giving a Voice to Women’s Pelvic Floor Health

EvergreenHealth specialists are working together to advance new treatments and take the taboo out of talking about women’s pelvic health issues.

Though it’s rarely discussed, more than 70 percent of U.S. adults experience bladder health concerns. While pelvic floor dysfunction is often associated with older women, innovative treatments are bringing new hope to patients of all ages living with symptoms that significantly affect daily life.

When 39-year-old Kirkland resident Dina Pan experienced bladder leakage after the birth of her first son, she was concerned but endured the troublesome symptoms. The problem dramatically worsened after her second son was born and Pan struggled to find answers.

“I was living with bladder and bowel incontinence, and though I was seeing many doctors, the situation wasn’t getting better,” Pan said. “After several ‘accidents,’ my life had become focused on knowing when and where I would be able to go to the bathroom.”

Eventually, Pan was referred to EvergreenHealth Urology & Urogynecology Care, where she met pelvic health specialists Drs. Lora Plaskon and Mia Swartz. The doctors are both double board certified in urology and Female Pelvic Medicine and Reconstructive Surgery (FPMRS) and are leaders in this region on this area of care.

“I wasn’t hopeful, but I was willing to try anything,” Pan recalled.

Hope is precisely what the EvergreenHealth Urogynecology Care practice strives to give women like Pan who live with a diminished quality of life, often in silence, due to pelvic floor dysfunction.

Dr. Plaskon diagnosed Pan with overactive bladder and a hypertonic pelvic floor. After medications didn’t help, Dr. Plaskon recommended a non-invasive treatment plan—which she and Dr. Swartz pioneered in this region—to relax the pelvic floor with BOTOX® injections, ultimately giving Pan more control over bladder, bowel and sexual function.

Pan’s treatment included another critical step—continued care with one of the region’s leading pelvic floor physical therapists, Rebekah Ley, who provides care for EvergreenHealth patients alongside other pelvic floor therapists. Pan recalled.

“When patients come to us with complex issues, finding the culprit and treating it is often like a dance between the physician’s care and physical therapy.”

“Women are often, with the best intentions, urged to strengthen their pelvic floor with Kegel exercises, but in Dina’s case, that would have exacerbated the problem—tightening her already too-tight pelvic floor which was causing her symptoms,” Dr. Plaskon explained.

As her health improved, Pan says she felt freer to wear more flattering clothing, instead of dressing to hide a potential accident.

“When your quality of life is thinking about going to the bathroom, that’s not a good way to live—especially in your 30’s,” Pan said. “When that thought wasn’t there, that’s when I realized I had been living with a serious self-image problem.”

“My self-worth improved almost immediately, and it allowed me to become a better wife and mother—and really a better person as a whole.”

Subscribe to the EvergreenHealth Monitor or check our website for our free educational seminars on pelvic health and treatments available on April 12 and May 3.

To find out more or register, visit www.evergreenhealth.com/classes or call 425.899.3000.
Compassionate Cancer Care Comes Full Circle

The Halvorson Cancer Center’s collaborative approach inspires patients to contribute to research, even after they’re cancer free.

Throughout her battle with breast cancer, Kirkland’s Vicki Ebat-Selke relied on the collaborative care of providers from EvergreenHealth’s Halvorson Cancer Center and Seattle Cancer Care Alliance (SCCA) to summon the confidence and determination she needed to undergo treatment and beat the disease.

“As the moment I got the call about my diagnosis, my team of doctors and cancer-care staff were at my side in developing treatment plans and providing the right support along my journey,” Ebat-Selke shared.

“You hear horror stories about how this horrible news was delivered in other places and it was a comfort to have it done so gently and helpfully. It was handled with care and compassion.”

Within hours of being told her diagnosis, Ebat-Selke learned that she already had appointments scheduled with medical oncologist Dr. Eric Dean and radiation oncologist Dr. Michael Hunter, who partnered with her to devise a treatment plan which included surgery, chemotherapy and a series of radiation appointments.

“It helped to know I had some control and was involved in my treatment plan,” Ebat-Selke said. “Everyone works so well together, too; it was such a seamless experience. No matter who I was seeing throughout treatment, each provider was able to pick up where the other left off without me having to fill them in. That type of collaboration is a real comfort,” recalled Ebat-Selke.

Ebat-Selke’s case, like all Halvorson Cancer Center patients’ care, went before the EvergreenHealth Tumor Board where a team of experts from all cancer care disciplines with decades of experience devised treatment plans ideal for her.

“Everyone works so well together, too; it was such a seamless experience.”

“The key to Vicki’s care, and in every cancer care case, is to have every provider fully committed to participating throughout the process and able to adapt as treatment plans change and the patient’s needs evolve,” Dr. Dean said. “We are all staying in-tune throughout treatment and are able to modify approaches if needed, as each patient’s cancer treatment is in itself unique.”

This collaboration enables the Halvorson Cancer Center to provide exemplary care that exceeds national standards. Today, the average rate of recurrence for a breast cancer tumor is as high as 34 to 40 percent, but at EvergreenHealth that average is down to less than 5 percent, which is among the best in the nation.

“We have to be collaborative to achieve optimal results,” Dr. Hunter emphasized. “That starts with the initial communication to help patients understand their case and continues with the detailed discussions we have with providers across the cancer care team and the Tumor Board to determine treatment. It includes considering promising new treatments and clinical trials we have available, as well. We are truly a team that has no weak spots and take great pride in knowing what we need to do to get the job done and give patients like Vicki treatment they need.”

Today, Ebat-Selke is cancer free but her journey isn’t over—she’s giving back to the program through participation in a clinical research study focused on determining how patient’s needs are met after treatment and what information will better help future patients reduce anxiety levels related to testing and long-term prevention.
Specialist Teams Collaborate to Provide a Personal Touch

When patients come to EvergreenHealth with complex health conditions, specialists from different departments work together to provide a personalized care experience.

For Redmond resident Marsha Porter, living with psoriatic arthritis and Parkinson’s disease requires managing several medications, following multiple treatment plans, and working with teams of specialists who collaborate on her care. Though her health care is complex, Porter explains that it’s the personal touch of her providers that has helped lead to the biggest breakthroughs to help her live her healthiest best—particularly in keeping up with 17 grandchildren.

When Porter began working with Ann Zylstra, a physical therapist with EvergreenHealth’s Rehabilitation Services, and Randi Leonetti, ARNP, EvergreenHealth Sleep Services, her life changed. Immediately their relationship was about more than physical rehabilitation—she received the compassion of a friend who understands the importance of comprehensive care.

It was Zylstra’s thoughtful questions and their personal connection that helped uncover a growing problem with the quality of Porter’s sleep. A referral to EvergreenHealth Sleep Services revealed that Porter’s Parkinson’s disease and its required medications were indeed interrupting her sleep. Leonetti, ARNP, was part of the team that helped diagnose Porter with sleep apnea. To address her symptoms, the team provided immediate treatment with continuous positive airway pressure (CPAP) therapy and counseled Porter on how her medications interact with each other and impact her sleep.

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“By better understanding all of the factors impacting Marsha’s health—both physical and emotional—we can ensure we are aligning the best care for her. That requires taking the time to learn more about her personal life, along with knowing all the moving parts of the care she receives across our system. Beyond treatment and diagnosis, this comprehensive understanding of our patients helps us be their best partner every step of the way,” Leonetti said.

Now, Leonetti continues to work with Porter to safely moderate the medications she takes for sleep assistance, and counsels Porter on how to look for ways that managing her chronic illness may be impacting unexpected aspects of her life.

“We can provide the best treatment when we’re caring for the whole person, not just the disease. Having worked with Marsha for several years, I was able to listen to all of her concerns and make sure she had access to the right teams for the best holistic care.”

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Teamwork Creates a Safe and Seamless Experience for Expecting Moms

A collegial relationship between EvergreenHealth Midwifery Care and Obstetrics & Gynecology Care helps ensure a smooth delivery.

When Sultan resident Kirbi Zahner found out she was pregnant with her first child, she and her husband began researching options for prenatal care that would be the best fit for her family. She chose EvergreenHealth Midwifery Care for its focus on providing one-on-one care in labor that has one of the area’s best reputations for positive childbirth experiences.

“We wanted a personalized experience and had heard praise for deliveries at EvergreenHealth’s Family Maternity Center, ” Zahner described.

Under the midwives’ care, a routine 20-week ultrasound found an abnormality with the position of Zahner’s placenta— it was blocking the opening of Zahner’s uterus, a complication known as placenta previa.

“Because of the placenta previa, a vaginal birth wouldn’t be recommended for her, and we referred her to EvergreenHealth Obstetrics & Gynecology Care, Coral to coordinate a Cesarean birth,” said Miranda Hastings, CNM, ARNP, one of Zahner’s certified nurse midwives with EvergreenHealth Midwifery Care.

Located just two floors away from the midwives’ practice, EvergreenHealth’s OB/GYN practice was briefed on Zahner’s history and was ready to welcome her.

“We met Kirbi and made a plan for a safe C-section delivery,” said Dr. Stephen Hyde, an OB/GYN at EvergreenHealth.

“You don’t always know when pregnancy complications are going to happen, but thanks to our relationship with the midwifery care team we were closely looped into her issue and were able to have a successful delivery.”

Kirbi’s delivery is a perfect example of how we achieve the best results when we work together.”

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EvergreenHealth Introduces Pharmacist Provider Services in Primary Care

primary care team provides a more seamless experience where they can benefit from specialized medication knowledge from the convenient setting of their doctor’s office.

“By collaborating with primary care providers and specialists, our program gives patients the opportunity to get earlier appointments and have detailed discussions around their health care needs with qualified professionals in the primary care setting,” added Katie Brooks, who also works as a clinical pharmacist at EvergreenHealth.

According to Brooks, patients with chronic conditions such as blood clotting disorders, high blood pressure, cholesterol disorders, and complicated medication therapies will have better access to the expertise of pharmacists, which can lead to reduced health care costs and fewer adverse drug events.

EvergreenHealth Pharmacist Provider Services are currently available by referral at EvergreenHealth Primary Care – Woodinville and on the EvergreenHealth Medical Center Kirkland campus, with plans to expand services to other primary care practices this year. To learn more about the program and how to enroll visit www.evergreenhealth.com/pharmacist-provider-services.

“… our program gives patients the opportunity to get earlier appointments and have detailed discussions around their health care needs…”

Studies have shown that when a pharmacist collaborates with other providers on a health care team, the patient’s care improves due to fewer repeat emergency department admissions and improved medication prescribing.
When Collaboration Saves Lives

EvergreenHealth’s Sepsis Management Program relies on teamwork to prevent mortality from deadly infection.

When patients fighting an infection develop sepsis, the consequences can be devastating. In fact, sobering statistics show that deaths from sepsis nationwide exceed the deaths from colon and breast cancer combined.

Armed with this information, EvergreenHealth developed a successful collaborative effort to drive down the mortality rate of patients who develop sepsis, which has helped the organization exceed world-class standards for preventing sepsis deaths across the health system. In October of 2016, EvergreenHealth was named a Five-Star Recipient for Treatment of Sepsis for 8 Years in a Row (2010-2017) by Healthgrades.

Sepsis symptoms can start out as a moderate fever or elevated heart rate, and can escalate rapidly to indicate an organ response is magnified and can involve every organ in the body. Identifying this cascade early, and getting treatment to the bedside quickly, can help save a life from this potentially deadly condition.

To combat the threat of sepsis in all patients, Dr. Melissa Lee, medical director of the Critical Care Unit at EvergreenHealth Kirkland, led an initiative to bring together stakeholders from across the health system to save more lives.

A critical element of the program is an alert system, developed in collaboration with EvergreenHealth's IT department, that monitors for the early signs of sepsis. If patients’ vital signs trend to threshold levels, an alert is triggered for the clinical team. If the trend is confirmed and concerning, a Sepsis Rapid Response alert is called, which brings in a coordinated response to combat the syndrome.

WHAT IS SEPSIS?

It’s a life-threatening condition whereby the body’s normal response to infection becomes exaggerated and our normal systems to fight the infection are compromised. When an ankle swells after a sprain or the body develops a fever with a cold, these are natural inflammatory reactions. Sepsis occurs when the inflammatory response is magnified and can involve every organ in the body.

Learn more at sepsis.org.

SEPSIS RELATED DEATHS

More people die from sepsis than from colon and breast cancer combined

Deaths from sepsis Deaths from colon + breast cancer combined

Innovation Meets Convenience at Monroe’s Wound Healing and Hyperbarics Center

Though the saying that “time heals all wounds” may ring true for some, the Wound Healing and Hyperbarics Center at EvergreenHealth Monroe relies on the most advanced therapies and state-of-the-art technology to provide lasting relief to patients with even the most severe wounds and injuries.

Thanks to the center’s highly specialized hyperbaric oxygen treatment, patients like Garrett Carver of Snohomish County can benefit from the latest treatments without having to travel to more urban medical centers.

“We have physicians, nurses, and IT working together under one roof to create solutions that are saving lives. By listening to frontline staff and collaborating with other departments, we were able to develop a successful program that is now being implemented for our patients in the emergency room and all adults being cared for on our inpatient floors at EvergreenHealth Kirkland.”

Melissa Lee, MD,
EvergreenHealth CCU Medical Director

“Garrett’s story is a shining example of why we strive to offer the highest levels of care and service.”

Jonathan Borjeson, DO,
EvergreenHealth Monroe Wound Care and Hyperbarics Center

“In my legs were crushed in a severe work incident, I bounced around to numerous providers who weren’t able to give me the treatment I desperately needed,” Carver said. "I was fortunate enough to come to EvergreenHealth Monroe where the team went above and beyond for me. Without their quick actions and the hyperbaric oxygen techniques that healed my wounds quickly and effectively, I don’t know what state my leg would be in today. I am truly thankful for the great care this team provides.”

The center offers specialized care to patients suffering from diabetic ulcers, pressure ulcers, infections and other chronic wounds that have not healed. It specializes in advanced treatments including hyperbaric oxygen therapy, negative pressure wound therapy, bio-engineered skin substitutes, biological and biosynthetic dressings, and growth factor therapies.

To learn more, visit www.evergreenhealthmonroe.com/wound-care-and-hyperbarics-center or call 360.863.4655.

HYPERBARIC OXYGEN TREATMENT

Hyperbaric oxygen treatment works by surrounding the patient with 100 percent oxygen at higher than normal atmospheric pressure. This increases the amount of oxygen in the patient’s blood and, in the case of wounds, allows red blood cells to pass more easily through the plasma into the wound to heal it from the inside out.
One of America’s 100 Best Hospitals

This year, EvergreenHealth joined an elite group of 100 hospitals nationwide for its superior clinical performance. The recipients of the America’s 100 Best Hospitals Awards™ stand out among the rest for overall clinical excellence across a broad spectrum of care. The recognition by Healthgrades, a leading resource for information about physicians and hospitals, places EvergreenHealth among the top of more than 4,500 hospitals in the United States.

“To be named among the top hospitals nationwide is a humbling achievement and a direct reflection of our ongoing commitment to continued improvement,” said EvergreenHealth CEO Bob Malte. “This award, shared by every doctor, nurse, staff person and volunteer across our system, is one realization of the ways our collaborative, patient-centered care drives better outcomes.”

The hospitals that are among America’s 100 Best are the top 2 percent in the nation for consistent clinical excellence and have consecutively received a Healthgrades Distinguished Hospital Award for Clinical Excellence™ for at least the last three years. In January, EvergreenHealth received the 2017 Distinguished Hospital Award for Clinical Excellence from Healthgrades for the eighth time in nine years, in addition to several accolades from Healthgrades over the last year, including recognition as one of “America’s 100 Best” hospitals in stroke care, pulmonary care, critical care, gastrointestinal care and general surgery.

First to be 5-Star Rated

Last fall, EvergreenHealth achieved notice as the first hospital in Washington to earn a five-star rating from the Centers for Medicare & Medicaid Services (CMS). The CMS ratings consider key patient care measures including patient safety, clinical outcomes, patient satisfaction and timeliness of care. In December, when CMS unveiled updated overall hospital quality ratings on its Hospital Compare website for 3,629 hospitals, just 83 received five stars. EvergreenHealth’s five-star achievement was also joined by an A-grade from The Leapfrog Group, an independent organization which evaluates patient safety across 30 measures of publicly available hospital safety data. An A-grade reflects exemplary work to keep patients safe from preventable harm and medical errors.

“A-grade reflects exemplary work to keep patients safe from preventable harm and medical errors,” said EvergreenHealth CEO Bob Malte. “Our ongoing commitment is to never rest on our laurels as we seek to deliver upon our mission of advancing the health of our community through a dedication to high-quality, safe, compassionate and cost-effective health care.”

Award Winning Care—By the Numbers

26.2% Lower risk of adjusted in-hospital mortality across 16 procedures and conditions where mortality was the clinical outcome, for patients in hospitals that received a Distinguished Hospital for Clinical Excellence Award.

160,322 Number of lives potentially saved if all hospitals performed at the level of Distinguished Hospitals for Clinical Excellence across these procedures and conditions.

25% Lower risk of dying from stroke at a hospital that achieved the Distinguished Hospital for Clinical Excellence Award than if treated at a hospital that did not receive the award.

Telestroke Technology Expanded to EvergreenHealth Monroe

Telestroke technology, first introduced at EvergreenHealth’s Kirkland campus in 2016, was added at EvergreenHealth Monroe recently. This technology complements Monroe’s current rapid stroke evaluation program by allowing emergency providers to remotely connect and collaborate via video technology with an EvergreenHealth neurologist.

“Telestroke allows us to create an even deeper level of efficiency and enhance our stroke care program, which is among the best in the region with the level of advanced, critical care we provide,” said Jack Handley, EvergreenHealth Monroe chief medical officer. “Our stroke care program and the resources within the EvergreenHealth system combine to provide stroke patients with the critical, time-sensitive services they need.”

Telestroke fills the gap during on-call times, including late nights and some weekends, when a neurologist isn’t physically on site. In those cases, an on-call neurologist can remotely examine a patient displaying stroke signs using video technology. The evaluation through Telestroke takes less than 15 minutes and allows neurologists to collaborate with emergency providers on a treatment plan. For patients who have had a stroke, immediate critical care is critical and can make a significant difference in improving chances for a full recovery.

“Telestroke allows us to create an even deeper level of efficiency and enhance our stroke care program, which is among the best in the region with the level of advanced, critical care we provide.”

Introducing Eastside Health Alliance

EvergreenHealth and Overlake Medical Center recently formed Eastside Health Alliance, a new partnership to improve access and coordination of health care, and offer the greatest quality and value to Eastside residents. The joint venture, which allows each health system to remain independent, will first focus on three initiatives: collaborative specialty care in cardiac, neurosciences, and thoracic surgery services; sharing of safety and quality data and best practices; and a single clinically integrated network known as the Eastside Health Network.

According to EvergreenHealth CEO Bob Malte, the alliance helps both organizations improve the health and well-being of the entire Eastside. The organizations have a history working together and the new alliance will strengthen the complementary services and programs EvergreenHealth and Overlake provide to help patients achieve positive clinical outcomes at the best value.

“Telesroke allows us to create an even deeper level of efficiency and enhance our stroke care program, which is among the best in the region with the level of advanced, critical care we provide.”

To learn more about Eastside Health Alliance, visit eastsidehealthalliance.org.
Health Classes
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.

Pre-registration is required for all classes. Checks, VISA and MasterCard are accepted. Refunds and rescheduling will only be given for two business days prior to the class. Let us know if you need special accommodations to participate.

FREE SEMINARS
Pelvic Health Innovations for Women and Girls 101
Join us to learn about the new innovative specialty of female pelvic medicine and reconstructive surgery (FMPS) during an informative session where we will discuss modern urology and pelvic floor muscle physical therapy services for women/girls of all ages, presented by EvergreenHealth’s all female staff who are double board certified in the specialties of urology and FMPS.

Breakthrough Treatment for Knee or Hip Pain
There’s nothing worse than pain that keeps you from your work, your favorite activities or just getting out of bed in the morning without hurting. At our free seminar, learn how our advanced treatment technologies can help you get back to life pain-free.

Weight Loss Surgery: Is It Right for You?
Experts from the EvergreenHealth Bariatric Center will discuss surgical options, postoperative follow-up, lifestyle changes, financial information and nutrition support.

WELLNESS & HEALTHY LIVING
Healthy Meals Made Easy!
Are you looking for something new to include in your weeknight meal rotation? If so, let us help you! Join us in our demonstration kitchen where you will learn how to master wonderful recipes, gather a few tips and tricks, and gain nutritional knowledge. Samples included! Among the topics will be:
- Anti-Inflammatory Meals
- Meatless Mondays
- Fun with Veggies
- Ancient Grains
- The Omega 3
- Kitchen Medicine
- Mediterranean Diet
- Laughter Yoga
- Make Time for Fitness
- What You Need to Know About Stroke
- Tai Chi for Back Pain
- Allergies: Surviving the Spring
- Stressed Brain to Relaxed Mind
- Living Gluten-Free
- How to Start a Fitness Regimen
- The Sandwich Generation: Coping with Caregiving
- Is It My Thyroid?
- Methods for Relaxation
- Healthy Meals from the Farmers Market
- Avoid Brain Drain
- Chinese Medicine
- Walk This Way

PO Care Partner Support Group
Learn more about a support group for care partners who are caring for someone with Parkinson’s disease. Please call Maria Cole, MSW, LCSW at 206-946-6271 for more information.

- Neurological Exercise Group
- Neuromuscular Nutrition Class
- From The Ground-Up Strength and Flexibility
- Living Well After Stroke
- Evergreen Men’s Group

Eastside MS Self Help Group
Come join the ‘no whiners’ group. The name of the group is exactly what it all is about — no whining, no complaints, no complaining and can impact the impact on your life. Join us in our demonstration kitchen where you will learn how to master wonderful recipes, gather a few tips and tricks, and gain nutritional knowledge. Samples included! Among the topics will be:
- Anti-Inflammatory Meals
- Meatless Mondays
- Fun with Veggies
- Ancient Grains
- The Omega 3
- Kitchen Medicine
- Mediterranean Diet
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- Tai Chi for Back Pain
- Allergies: Surviving the Spring
- Stressed Brain to Relaxed Mind
- Living Gluten-Free
- How to Start a Fitness Regimen
- The Sandwich Generation: Coping with Caregiving
- Is It My Thyroid?
- Methods for Relaxation
- Healthy Meals from the Farmers Market
- Avoid Brain Drain
- Chinese Medicine
- Walk This Way

SENIOR HEALTH CLASSES
In addition to the classes offered at EvergreenHealth Medical Center, 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
- Five Wishes: Advanced Care Directives
- Cholesterol and Diabetes Screening
- Power of Laughter
- Healthy Meals from the Farmers Market

NEUROLOGICAL & MOVEMENT DISORDERS
EvergreenHealth Neurological Care offers classes and support groups to help patients living with a variety of neurological diseases and movement disorders.

Sensitive Issues in MS:
*Managing Changes in Bowel, Bladder and Sexuality
People living with multiple sclerosis can often experience hidden and sensitive symptoms such as changes in bowel, bladder and sexual function. These symptoms can be difficult to discuss, challenging to manage and can impact intimate relationships. Good news! There are things you can do to effectively manage these symptoms and minimize the impact on your life. Join our panel of experts for a revealing discussion of how you can proactively manage these symptoms and effectively communicate about them with partners and others close to you.

EXERCISE & MOVEMENT
- Gentle Yoga
- Exercise & Cancer

STRESS MANAGEMENT
- Intro to Qigong
- PTSD & Cancer
- Mindfulness: Managing Stress & Anxiety

ATHLETIC EXPRESSION
- Rebana Flower Arranging
- Simple Sketching

COOKING DEMONSTRATIONS
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- Super Foods & Cancer
- Healthier Indian Food
- Easy Food for Vitality
- Going Greek for Summer
- Crunchy Snacks

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- Exercise & Cancer

STRESS MANAGEMENT
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PRESENTATIONS
- Caring for the Caregiver
- Communication Strategies & Cancer
- Nutraceutical Support for Cancer Care
- Nutrition and Prostate Cancer care
- Chemo Brain

SUPPORT GROUPS
- Bosom Buddies Breast Cancer Networking Group
- Breast Friends Breast Cancer Support Group
- Colon Cancer Support Group
- Living with Metastatic Cancer Support Group
- Oral, Head and Neck Cancer Support Group
- NEW! Prostate Cancer Networking Group

Cancer Care Classes
Classes and support groups at Halvorsen Cancer Center.
EvergreenHealth offers cancer care support and education for patients and families in partnership with Cancer Lifeline. To register, call 206.297.2500 or 1.800.355.5505, or visit online at www.cancerlifeline.org.

CHILDBIRTH PREPARATION
For class dates & 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.

- Prenatal Parenthood
- Family Maternity Center Tour
- Tour De La Sala De Maternidad En EvergreenHealth Para Parejas De Habla Hispana
- Meet a Midwife
- Meet an Obstetrician
- Understanding Your Prenatal Testing Options
- Warm Welcomes

BABY CARE
- Car Seat Safety
- Car Seat Checkup
- Infant Safety and Injury Prevention: Just for Parents
- Infant Safety and Injury Prevention: Just for Grandparents
- Day About Baby
- Breastfeeding Basics and Beyond
- Pumping Class
- Bringing Baby Home Workshop
- Parent-Baby Groups
- Parenting Your Toddler Class
- This Is Not What I Expected
- Starting Solids
- Breastfeeding Your Older Baby

Baby & Family Boutique

Conversations About Motherhood
Motherhood is an amazing, life-altering experience. Even a stage brings ups and downs that impact all aspects of mom’s life. Join women from around the community for an authentic, thought-provoking discussion about the joys and challenges of being a mom.

For more scheduling information:
Visit www.evergreenhealth.com/classes for a full listing of classes, descriptions, dates and times.
Technology Inspires a Meaningful Donation to the NICU

When families are faced with caring for premature infants in the Neonatal Intensive Care Unit (NICU), little else is as important as nurturing their babies.

“The whole world closes in on you. Everything focuses in on that one room where your babies are fighting for their every breath,” describes Janis Rabuchin, a Kirkland resident whose twin girls were born at EvergreenHealth at 30 weeks gestation.

Janis and her husband Steve, an Amazon executive, spent six harrowing weeks caring for their girls at EvergreenHealth’s NICU. Though the twins are now thriving teenagers, the Rabuchins remember the care and comfort EvergreenHealth provided at their time of greatest need.

“We’ve always looked for meaningful ways to give back to EvergreenHealth,” Janis explained. Recently, the Rabuchins turned their gratitude into action. Steve and Janis struck up a conversation at the 2016 Evergreen Gala with EvergreenHealth Chief Nursing Officer Nancee Hofmeister about using technology to support NICU families, setting wheels in motion to bring Amazon’s Alexa voice recognition to NICU rooms.

“If you ask me, ‘What do you want out of the NICU?’, I would say you want the whole world to look at your baby as if they were a little princess or prince,” Janis explained. “Then you ask, ‘Is there anything else you could do to make this process easier?’”

The idea sparked a first-of-its-kind partnership in this region between Amazon and EvergreenHealth to add patient-education materials to the Amazon Echo, the smart voice-activated speaker loaded with “skills” similar to smartphone apps.

“Patients can ask Alexa anything related to patient education—help defining a medical term, or finding symptoms to watch for within a certain condition,” Hofmeister said. “This will be a significant way to lift some of the burden of caring for a baby in the NICU.”

The Rabuchins’ donation of Amazon Echo’s facilitated by the EvergreenHealth Foundation will soon be available to all EvergreenHealth NICU families, with the hope that the partnership will grow to include the entire health system.

“Patients can ask Alexa anything related to patient education—help defining a medical term, or finding symptoms to watch for within a certain condition.”

The EvergreenHealth Foundation is proud to announce that its December fundraising effort with glassybaby in Bellevue raised more than $42,000 towards support for EvergreenHealth’s Perinatal Mood Disorder Care.

Perinatal Mood Disorders can affect mothers and families during pregnancy and after their child is born, and include a range of conditions from postpartum depression to anxiety and psychosis specific to pregnancy and childbirth. Of the approximately 4,500 babies EvergreenHealth delivers each year, more than 1,000 mothers cope with some form of perinatal mood disorder.

This program launched at the beginning of 2017 from the support of a local family who saw a need in the community. Through their own struggles with perinatal mood disorders, the family reached out to the EvergreenHealth Foundation and created a partnership to make this expansion of service possible. We are extremely fortunate for this family’s vision and initial contribution; and additionally thankful to glassybaby for choosing this program to support.

EvergreenHealth plans to use these funds to provide outpatient services and access for women who are pregnant, intrapartum, antepartum, and/or postpartum who are identified as having or being at-risk for this disorder, regardless of their insurance coverage.

The EvergreenHealth Foundation extends a big thank you to all staff, physicians, volunteers and donors who supported the 25th Anniversary Campaign for the Gene and Irene Wockner Hospice Care Center in 2016. The funds raised will enable critical building upgrades to ensure the center can continue serving families in King and Snohomish Counties for decades to come.

For more information or to support Hospice Care Programs at EvergreenHealth, please reach out to the Foundation at 425.889.1900 or visit EvergreenHealthFoundation.com.

A Rockin’ Black-Tie Evening to Support EvergreenHealth Saturday, April 29, 2017

Get ready to rock n’ roll all night at this year’s black-tie Evergreen Gala! Guests will enjoy cocktails, a beautiful dinner, silent and live auctions, surprise entertainment and late-night dancing, all from our signature tent at a new venue—Lake Washington Institute of Technology in Kirkland.

This year’s Gala beneficiary is EvergreenHealth’s Transitional Care Unit for Behavioral Health. As our community’s need for behavioral health support grows, gala proceeds will enable EvergreenHealth to redesign care in a setting that better supports behavioral health patients and staff. The new unit will be designed to provide for the patient’s unique needs while we transition their care to their final treatment setting.

For gala reservations, sponsorship opportunities or for other ways to support this important event, visit evergreengala.org or contact Christie Elliott at 425.899.1906 or caelliott@evergreenhealth.com.
Our OB Team is Growing!

EvergreenHealth Obstetrics & Gynecology Care, Monroe now includes Jeffrey Bray, MD; Pilar Baquero, MD; and Susanne Hopkins, MD who offer comprehensive OB/GYN care for expecting mothers and women of all ages.

Drs. Bray, Baquero and Hopkins are all board-certified in obstetrics and gynecology. Conveniently located in Sky Valley Medical Center, the practice is now accepting new patients. Call us at 360.794.1444 or visit evergreenhealth.com/ob-care-monroe.

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

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Español (Spanish)

繁體中文 (Chinese)

Care for Expecting Mothers Struggling with Addiction
Elizabeth Barrera, DO, joins EvergreenHealth’s addiction care team, serving patients at EvergreenHealth Primary Care, Monroe and at The Recovery Center Monroe. Dr. Barrera’s board certification in family medicine is complemented by fellowship training in addiction medicine, with an emphasis in obstetrics.

Dr. Barrera and John Patz, DO, help oversee The Recovery Center’s Chemical-Using during Pregnancy (CUPS) program—a critical service to women who are pregnant and have a substance use disorder.

To learn more about CUPS, which is covered by both Medicaid and commercial insurances, or any of our addiction and recovery services, call 360.794.1405, email recoverycenter@evergreenhealth.com or visit www.recoverycentermonroe.com.