

EVERGREEN

MONITOR

Fall 2010

*“I was going to
confront this head-on.”*

The cancer team at Evergreen Hospital helps KIRO-TV anchor Michelle Millman fight the battle of her life.

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COMMONLY MISDIAGNOSED PROBLEM**

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EVERGREEN
HOSPITAL MEDICAL CENTER
Exceptional care close to home.



Bob Malte, CEO

It's about getting better, *not bigger*

I have just enough grey hair to have learned a few things along the way. One of them is that organizations and their leaders across every industry, including health care, often have an unhealthy preoccupation with making themselves bigger. While there is nothing wrong

with growth when approached from the right perspective, I have come to believe through experience that growth for growth's sake, and for mere market power, has a tendency to produce all manner of bad outcomes, especially for the consumer. One of the reasons health care has been labeled as being in need of "reform" is that many parts of the industry, from insurance to hospitals, are more focused on size and power than value and quality.

While Evergreen Healthcare has indeed grown from its humble beginnings 38 years ago, I believe its growth has been the right type of growth – growth in service to its community. To the credit of Evergreen and its Board of Commissioners, the focus has been more about getting *better* rather than just getting *bigger*. Evergreen's growth has always focused on improved quality, value, improved capabilities and improved access to services for those who live in our community.

Evergreen offers incredibly deep and sophisticated levels and outcomes of care across the spectrum – procedures, services and results that you might expect to find only in large academic teaching hospitals. So please indulge me as I share some of the things that have impressed me in my early days as its new CEO:

- More than 170 primary care doctors and physician assistants in our community are affiliated with Evergreen, providing the core function of health care in our community – keeping you well and serving as your health coach.
- The Evergreen Senior Clinic is a unique model of care for seniors who have a complex set of chronic and acute care conditions, and who often find it difficult, if not impossible, to find doctors to care for them.
- If you have a heart attack, Evergreen is the best place to be treated. Our door-to-balloon time (the time it takes to open clogged arteries with balloon angioplasty) averages 60 minutes. *The national goal is 90 minutes.* This is important because the quicker you get to treatment, the less irreversible damage there is to the heart muscle. Our results are so impressive that our cardiac staff is often asked to give lectures at national medical conventions on how we accomplish them.
- Our breast cancer outcomes are also well above the national average. Thanks to our advanced methods and technology, 70 percent of our patients are diagnosed in early stages. The figure is just 56 percent nationally. Our five-year survival rate is 94.5 percent, compared to 83.9 percent nationally.

- Did you know that Evergreen Hospital performs more minimally invasive spine surgeries than any other hospital in the state? If you think that's impressive, we are one of perhaps a dozen hospitals *internationally* that perform minimally invasive scoliosis reconstructions on a regular basis. We routinely host surgeons from around the world who want to learn this cutting-edge technique.
- You're probably aware of Evergreen's reputation as the best place to have a baby, but did you also know that we're one of the few hospitals in the country to offer fetoscopic laser photocoagulation, a delicate in utero treatment for the deadly twin-to-twin transfusion syndrome? We have performed more than 220 of these surgeries, with patients coming here from across the United States.
- Our affiliated Northwest Center for Reproductive Sciences is able to screen embryos before implantation for 200-plus genetic abnormalities. This helps families with known genetic abnormalities such as cystic fibrosis avoid transmitting the defect to their children.
- Evergreen not only pioneered balloon sinuplasty in the Puget Sound area, but we're also a primary training facility for surgeons wanting to learn this minimally invasive treatment for chronic sinus inflammation.
- Our vascular program showcases many advanced procedures, including the aortic endograft, a minimally invasive repair for aneurysms that reduces recovery time from a couple of months to a couple of weeks.
- Evergreen's stroke program is rated #1 in the state by Health-Grades, with care that extends beyond your discharge from the hospital. We follow up with each stroke patient at one week, and again at 30 days, after discharge to see how recovery is progressing and if they need any other resources.
- Evergreen's home care services serve 3,000 patients daily, across a 4200 square mile, two county marketplace, making it one of the largest home care organizations in Washington.
- The Evergreen emergency department treats more than 55,000 people each year, and makes lifesaving medicine available to the community 24/7.

These are just a few of many such examples when it comes to the exceptional medicine available at Evergreen. You can learn more about the advanced capabilities of your community hospital by reading the patient stories in our Evergreen Monitor magazine, or by visiting our website at www.evergreenhospital.org. It's always been, and I promise it will always be, all about getting better!

With best regards,

Bob Malte
Chief Executive Officer

“We can fight with the best of them...and survive.”

Michelle Millman's face is a familiar one after nearly a dozen years as a reporter and anchor at KIRO-TV. But she never expected to become the face – and the voice – of a disease that now strikes one in eight women.



Michelle Millman

Woodinville

It all changed on that awful day in the summer of 2009 when she looked down and saw a lump on her right breast. “My heart just sank,” she recalls.

Millman went for a mammogram at the Evergreen Breast Center, and was scheduled later that same day for a breast ultrasound. That was followed by a needle biopsy, which confirmed her worst fear – invasive lobular carcinoma. Breast cancer.

“When I was diagnosed,” the Woodinville resident remembers, “I thought, I have to go to Seattle. I know the Seattle cancer centers are top-notch. But I quickly discovered that there was world-class care available right in my own backyard, at Evergreen.”

TREATMENT TEAMWORK

“Evergreen Hospital offers a great environment for any woman going through breast cancer treatment,” notes Dr. Eric Taylor, medical director of radiation oncology. “We work together as a team – with absolutely current, state-of-the-art technology, equipment and expertise – to help women win the fight of their lives.”

The next several months were a whirlwind of treatment. A breast MRI showed a couple of other suspicious areas, and a lumpectomy confirmed cancer in more than one spot in Millman’s breast, as well as in a sentinel lymph node. Surgeon Dr. Marion Johnson performed a full mastectomy, which was followed by five months of intensive chemotherapy coordinated by Dr. Matt Lonergan of the Cascade Cancer Center. Millman completed her treatment with seven weeks of radiation, mapped out and managed by Dr. Taylor.

“The therapies Michelle received are the best available for somebody with her stage of disease,” Dr. Taylor explains. “She did quite

well during her treatment, and was able to return to work part-time.”

“I loved my team at Evergreen,” Millman says. “From the beginning, they gave me a concrete plan of action to follow. I wasn’t going to sit around and feel sorry for myself. I was going to confront this head-on – and that feeling was empowering.”

“I was also so grateful that I didn’t have to go into Seattle for my treatment,” she adds. “The commute could have easily added two hours on top of what already was a very stressful experience.”

SHARING HER STORY

With her very public job, Michelle Millman knew she had a unique opportunity to educate others and promote breast cancer awareness. She blogged about her experience on www.kirotv.com, became an ambassador with the Susan G. Komen Foundation of Puget Sound, and led “Team Michelle” in the Survivors’ Parade at the 2010 Race for the Cure.

“I just had an overwhelming desire to share what I was learning,” she says. “Maybe I’ve been able to put a face on this disease and this fight and how to win it.”

“If there’s anything I’ve learned from this,” she adds, “it’s how strong women are. We can fight with the best of them...and survive.”

For more information on breast care at Evergreen, or to schedule a mammogram, visit www.evergreenhospital.org/breastcenter.



Eric Taylor, MD; Matt Lonergan, MD; Marion Johnson, MD



Grace Mercer

Shoreline

Then she was referred to Dr. William Ericson, who was able to solve her extremely common, but commonly misdiagnosed, problem.

“The problem is that the human body is not designed for the lifestyle we lead,” Dr. Ericson explains. “We spend hours at a computer. We talk on our cell phones. We drive for hours at a time. All of these activities are done with our palms down, which can cause compression of the proximal median nerve at the elbow. That compression can lead to intermittent, severe hand/wrist pain and hand weakness.”



William Ericson, MD

A TRICKY DIAGNOSIS

Grace Mercer is a classic example. As a client billing coordinator, she does a lot of work at the computer. Her wrist pain was both intermittent and severe, but her tests came back normal. “The diagnosis is particularly tricky because the anatomy we’re talking about is pretty obscure,” Dr. Ericson says, “plus, there are no symptoms at the elbow, which is where the problem begins.”

To complicate things even more, the pain is in the carpal tunnel, so it’s not unusual for people to have carpal tunnel surgery only to find the pain returns. They simply think the surgery failed, when it actually didn’t address their entire problem.

Dr. Ericson says the keystone to solving the mystery was the application of physics research that was published in the 1890s by a Swedish physiologist who studied muscle tension from contraction versus muscle tension from stretch. “It turns out that when you change the

“This surgery was absolutely life-changing.”

Thirty-nine-year-old Grace Mercer was at her wits’ end. For three years, she’d been having pain and numbness in her hands and wrists. She was having trouble grasping things and holding on to them. She had seen countless doctors and had tried numerous therapies. Nothing helped.

wrist position, you change the muscle tendon length,” Dr. Ericson explains. “That can lead to nerve compression at the elbow, and helps cause the very symptoms people like Grace Mercer experience.”

Treatment is another issue. Since it’s not an injury, it won’t heal on its own. It’s also not an inflammatory condition, so it doesn’t respond to anti-inflammatory medication. Splinting gave only minimal relief.

Dr. Ericson uses just two small incisions near the elbow to release the compression on the nerve. Relief is often immediate. Mercer could hardly believe it. “My pain was gone and my grip strength was back right after the surgery,” she marvels. “I didn’t need rehabilitation or physical therapy. It was just so amazing.”

A GOOD TEAM

“This kind of surgery requires a team effort, and I work with an exceptional group of people at the Evergreen Surgical Center,” Dr. Ericson adds. Because he’s one of the very few people in the United States doing this surgery on a regular basis, his patients have come to Evergreen from all over the country. He’s performed more than a thousand of these surgeries, and has been invited to present on his technique at international surgical meetings.

“It was so discouraging to think I might lose use of my hands. Now there’s no pain, no numbness.” Grace Mercer states. “This surgery was absolutely life-changing,”

To find one of our world-class hand surgeons, or a medical or surgical specialist for any need, visit www.evergreenhospital.org/physician.

“Now I drool over the cheeseburgers I can’t eat.”

You’ll forgive Ted Sturlaugson if he’s a little fuzzy on the details. When the 73-year-old Bothell man was brought into Evergreen’s Emergency Department last November in the throes of cardiac arrest, he was unconscious and medics had already restarted his heart five times.



Ted Sturlaugson

Bothell

Fortunately for Sturlaugson, Evergreen’s nationally recognized cardiac team was ready and waiting to turn things around.

“We got the call from medics, and the emergency team was ready to go when he arrived,” says Evergreen cardiologist Dr. Rachael Wyman. “The Emergency Department physicians and I were ready to draw the necessary labs. We’d alerted the Cardiac Catheterization Lab so they’d be ready to go with an angiogram.”

“IT’S GOOD NEWS.”

While tests showed there were signs of coronary artery disease, there were no major blockages causing Sturlaugson’s cardiac attack. The emergency team did discover that his potassium levels were very low – likely an inherited disorder – and that probably caused his attack.

After Sturlaugson was stabilized, he was transferred, still unconscious, to Evergreen’s ICU, where he remained in a coma for more than a week. During that time, the ICU team induced a mild hypothermia to help minimize brain damage and protect his neurological functions.

As the days passed, Sturlaugson’s family prepared for the possibility that he might not wake up...or that if he did, he might have suffered severe neurological damage. His wife, Bonnie, was asleep at home when her son called shortly before 5 a.m. “I said, ‘He’s gone,’ and my son said, ‘No, it’s good news...get down here,’” she recalls. “I walked into the ICU room, and my husband looked at me and said, ‘Hi, Mama.’”

Amazingly, Sturlaugson suffered few lasting effects of his cardiac arrest and subsequent coma. He was back at work just a few weeks after the attack. “He’s done amazingly well,” Dr. Wyman marvels.

CARDIAC TEAMWORK

The teamwork involved in treating cardiac patients like Ted Sturlaugson is why the U.S. government has recognized Evergreen as one of the country’s most successful hospitals for heart attack survival rates. Sturlaugson reaped the benefits of that teamwork – multiple cardiologists, pulmonary specialists, hospitalists and staff from the Acute Rehab Unit, Cardiac Rehabilitation and Neuropsych were all involved in his care. He also had a stent and a defibrillator installed.

But Evergreen’s success goes beyond the life-saving care in the emergency room. Through cardiac rehabilitation and other innovative follow-up programs, cardiac patients are taught the lifestyle changes necessary to keep them from future heart attacks.

Ted Sturlaugson participated in the full 12 weeks of the cardiac rehab program, and credits it with giving him the tools to lead a healthier life. He took up exercise and has lost 30 pounds. “I’ve learned about fat content of food and the importance of exercise,” he says. “I’m very attentive to that. I eat skinless chicken and a little bit of pork, and now I drool over the cheeseburgers I can’t eat.”

“Everyone at Evergreen has been absolutely wonderful,” he says simply. “I am extremely grateful to be here today. I’ve come back awfully strong.”

For more information on cardiac care at Evergreen, visit www.evergreenhospital.org/cardiac.



Rachael Wyman, MD



Terry Fraker

Cle Elum

Finding an accurate diagnosis was difficult – until Fraker’s daughter told him about the Evergreen Neuroscience Institute. A phone call led Fraker to the institute’s Dr. Alida Griffith, a neurologist and a specialist in movement disorders.

“A lot of movement disorders are rare,” Dr. Griffith explains, “and even common movement disorders can be misdiagnosed.”



Alida Griffith, MD

DIAGNOSTIC EXPERTISE

That was the case with Terry Fraker. The neurologist he’d seen at another hospital had diagnosed Parkinson’s disease. But Dr. Griffith wasn’t so sure, and put her expertise in movement disorders to work. After extensive testing, the diagnosis was essential tremor.

According to Dr. Griffith, essential tremor is thought to be the most common movement disorder. It begins with involuntary

shaking, principally in the hands, which then progresses to the arms, neck, shoulders – even the trunk. For most people, symptoms start around age 45, with severity increasing over time.

“Essential tremor is often mistaken for Parkinson’s disease, at least at first,” Dr. Griffith notes, “which makes the comprehensive services we provide at the Movement Disorders Center essential to an accurate diagnosis.”

With a diagnosis finally in hand, the next step for Terry Fraker was designing a treatment regime. Medications are one option. The Movement Disorders Center also offers rehabilitation therapies,

“They’ve given me
back my life.”

It started out five years ago as just a twitch in 68-year-old Terry Fraker’s thumb. Before long, the shaking spread to his shoulders and arms. “It came on so fast, it was crazy,” he recalls. “Eating and drinking were a challenge.”

such as occupational therapy, physical therapy, speech therapy and neuropsychological services – not just for essential tremor, but for other movement disorders such as dystonia, ataxia, Tourette’s and restless legs syndrome.

Another treatment option is surgery. “Thalamotomy used to be the procedure of choice for essential tremor,” Dr. Griffith shares, “but now we prefer deep brain stimulation (DBS), which is just as effective but with far fewer complications. Another advantage is that DBS lets us adjust the treatment as symptoms progress over time.”

DBS uses a surgically implanted medical device much like a cardiac pacemaker to deliver electrical stimulation to precisely targeted areas within the brain. Stimulation of these areas blocks the signals that cause the disabling symptoms of essential tremor.

NEVER, NEVER, NEVER GIVE UP

Dr. Griffith recommended DBS for Terry Fraker, and his surgery this past April went exactly as planned.

“Everything is going really well,” he shares. “I don’t need any rehab or therapies.” Fraker is also able to continue with his beloved hobby of shooting antique guns. Hitting a target is no longer an insurmountable challenge, nor is reloading the black powder ammunition used in the old-style guns.

“I can’t say enough good things about the Movement Disorders Center and Dr. Griffith. If it wasn’t for her expertise and her perseverance and her ‘never, never, never give up’ attitude, none of the things that have helped me would have happened. They’ve given me back my life.”

For more information, call 425.899.3123 or visit www.evergreenhospital.org/movementdisorders.

“This is definitely not my mother’s hysterectomy!”

Forty-five-year-old Leslie Frederick had a difficult choice to make. Debilitating pain and non-stop bleeding caused by fibroid tumors and polyps in her uterus left her feeling crummy and with little energy. But the treatment options meant having to miss a lot of work.



Leslie Frederick

Everett

“I own my own business,” Frederick says, “so I couldn’t take several weeks off to recover from a hysterectomy. The other option was a D&C, but there was no guarantee the fibroids wouldn’t grow back... and I couldn’t take time off every six months or so to have this done again.”

Then Frederick heard about the da Vinci robot-assisted hysterectomy being performed at Evergreen.

“Because the da Vinci technology is minimally invasive, I’m able to perform a hysterectomy through just a few tiny openings,” explains surgeon Dr. John Paul Isbell. “That means patients are able to get back to life faster than they would with a typical abdominal hysterectomy.”

How much faster? Dr. Isbell says the typical abdominal hysterectomy can mean four to six weeks before people feel like getting back to normal activities. “But the typical da Vinci hysterectomy is about a two-week recovery,” he states, “with less blood loss, less pain and often just an overnight hospital stay.”

LATEST-GENERATION DA VINCI

The da Vinci operating system now in use at Evergreen Hospital is the newest and most technologically advanced robotic surgical option yet – the da Vinci SiHD.

“This new-generation da Vinci offers stereoscopic vision – it’s like going from a flat-screen image to a 3-D image,” Dr. Isbell explains. “It gives the surgeon the advantage of being able to see and access surgical anatomy with depth perception.”

And seeing and accessing surgical anatomy, Dr. Isbell says, is much easier and more precise with the da Vinci’s pioneering surgical

platform, which uses four highly flexible arms and miniaturized instruments controlled by the surgeon’s own hands. Dr. Isbell notes that a camera mounted on one of the arms makes it easier to see, both because of its extreme magnification and because the camera is moving from spot to spot instead of the surgeon having to move his head from spot to spot.

THE RIGHT CHOICE

“I have performed hysterectomies for years, and I’m really impressed by how the da Vinci can improve a patient’s recovery,” Dr. Isbell says.

That’s significant for women like Leslie Frederick, who don’t have time to be recuperating on the sidelines. “I went home the day after the surgery, and didn’t need painkillers other than Advil or Tylenol,” she shares. “I was back to work in just three weeks, and I was able to jump right in with a full schedule. This was just the right choice for me.”

And it’s going to be the right choice for an increasing number of women as word of Evergreen’s latest-generation da Vinci technology spreads. “I had to be reminded that I’d had major surgery,” Frederick recalls. “I remember my own mother taking months to recuperate. This is definitely not my mother’s hysterectomy!”

Visit www.evergreenhospital.org/davinci for videos, demonstrations and more information on da Vinci surgery at Evergreen.



John Paul Isbell, MD



Siri Pannell
Redmond

Another new mom suggested Pannell attend Evergreen's Parent-Baby classes. Started in 1991, the yearlong set of free and low-cost classes allows parents face time with a variety of parenting experts, and introduces them to lifelong friends.

Despite feeling overwhelmed by the idea of leaving the house with her baby, Pannell decided to check it out. "I thought, 'I'm going to do it! I'm going to go!' she recalls. "And it was a revelation. I found lots of people going through what I was going through. Everyone was feeling the same way. I wasn't the only one!"



Tracy Van Den Boomen

THE SISTERHOOD OF MOTHERHOOD

Lead facilitator Tracy Van Den Boomen knows the most important part of her job is to help foster a deep connection among parents – particularly mothers – who often step into their new role as parent without much support. "I'm committed to creating a 'sisterhood of motherhood,'" she says proudly.

Classes meet weekly and are divided into age groups from birth to 12 months. They typically follow a routine that includes a topic, often with a guest speaker, followed by group discussion, then time for questions, concerns and celebrations.

Van Den Boomen notes that popular topics include infant feeding, dads and relationships, mom care, sleep, postpartum adjustment and baby development. Expert speakers have included marriage and family counselors, photographers, physicians, physical therapists,

**"Everyone just welcomed us
with open arms."**

Redmond mom Siri Pannell felt overwhelmed, unsure of herself and isolated after the birth of her daughter Aniston in 2008. "I was a typical first-time mom with this delicate, breakable little baby," she remembers. "I thought, 'Oh my gosh, what's going on?'"

speech pathologists, sign-language instructors and yogis.

"It's so far beyond infant acne and baby food," Van Den Boomen explains. "Part of our mission is to introduce moms to community resources. We're not just a sales pitch – we offer education and let people know what our community has to offer."

Something wonderful that happens is that many of the moms even form play groups that continue to meet outside of class. "Moms are always coming up to me, even years later, and telling me they're still meeting with the play group that was formed at our classes," she shares.

BETTER THAN SOCIAL NETWORKING

Siri Pannell stayed with the group for the full year, and continues to meet with a core group of Aniston's fellow "graduates" for playdates.

"I would highly recommend the classes," she says. "Everyone just welcomed us with open arms, and I really felt at home. Whether it's sleeping through the night or breastfeeding, someone will recommend something that's really helpful. You'll find everybody in the same boat."

Van Den Boomen isn't surprised.

"One of the best and most amazing things that happens is that people reach out to one another and make connections. Social networking is all very well and fine, but there's nothing like being together face-to-face, sharing laughter, tears and hugs. What hasn't changed, and what will never change, is that amazing energy of women getting together and helping each other. There's nothing like that energy, no matter what technology becomes."

For class and topic schedules, visit www.evergreenhospital.org/parent-baby.

A portion of the levy money paid to King County Public Hospital District No. 2 is used to provide unique programs that contribute to the health and well-being of our community. In this continuing series, we highlight some of the programs made possible by your levy support. For more information on these programs, visit www.evergreenhospital.org/levy.

Bringing the real-life needs of patients and families into health care

When her 8-year-old son, Justin, was at Evergreen Hospital recovering from a bicycle accident, Karen Peck did what any mother would do: she looked for every possible way to make his hospital stay less frightening and more fun.

Soon after his discharge, Peck was asked to join the Patient and Family Advisory Council for Children's Services, a group committed to bringing the real-life needs of patients and families into the health care experience.

PATIENT FAMILY ADVISORS

"We have lots of clinical expertise, but we aren't complete without the patient and family perspective, since their experience is at the center of everything we do," explains Kathy Schoenrock, Evergreen's director of Quality Management. "The Patient Family Advisors provide valuable input as we develop new programs and services. They are even helping to design our facilities."

The Patient Family Advisor Program launched in 2007 with a handful of volunteers. There are currently 70 advisors participating on a wide range of clinical advisory boards, hospital committees and advisory councils. They have worked on projects such as improving the patient discharge experience, providing input on the services offered at the Evergreen Neuroscience Institute and designing a prototype for Evergreen's new primary care clinics.

"Just getting feedback from a survey isn't enough," Schoenrock adds. "We want our advisors at the table in true partnership with us, to help make the patient experience the best that it can be. Our goal is to have them involved in every major specialty at Evergreen."

ABOUT THE EVERGREEN LEVY

Roughly \$14.9 million of Evergreen's operating budget comes from the levy money paid to King County Public Hospital District No. 2. Some of this money is used to pay for buildings and equipment; the rest funds innovative community health programs to meet the diverse needs of the area we serve. The taxation rate for 2010 is \$.28 per thousand, or \$84 for a \$300,000 home.

District boundaries – King County Public Hospital District No. 2 includes Bothell, Duvall, Kenmore, Kirkland, Redmond, Woodinville, part of Sammamish and parts of unincorporated northeast King County.



Karen and Justin Peck

Karen Peck was excited to help out. "I'd love for more people to know they can get involved, since it's so fulfilling to make a difference for the next patient and the next family that comes to the hospital," she says.

If you'd like more information, or to volunteer for the Patient Family Advisor program, please visit www.evergreenhospital.org/pfadvisor.

COMMUNITY ADVISORS

Evergreen's other advisory group, the Community Advisors, is celebrating its 25th anniversary and designation as a Best Practice by Washington state.

The advisors attend monthly educational sessions where they learn about health care issues facing the community and about Evergreen programs and services to address those issues. They provide input and a community perspective to Evergreen and its publicly elected Board of Commissioners.

Advisors are involved in various committees and task forces, and have provided input into the recent CEO search, the Evergreen strategic plan and plans for new services. They are also ambassadors, representing Evergreen at community events as well as getting feedback about Evergreen from their friends, neighbors and colleagues that is shared with the Board and hospital staff.

Advisors serve three-year terms, with new advisors recruited each fall. For more information, or an application, visit www.evergreenhospital.org/communityadvisors.

Evergreen Expands Services With New Facilities

Construction continues on two new medical facilities that will bring expanded primary care, urgent care and emergency care to the Evergreen community.



EVERGREEN REDMOND MEDICAL PLAZA

The Evergreen Redmond Medical Plaza will be home to Evergreen's two primary care centers and a freestanding emergency department, complete with lab and imaging services.



Kevin Hanson, MD

"Our Redmond emergency department will provide state-of-the-art emergency care," says Dr. Kevin Hanson, Evergreen's medical director for emergency services. "Our staff will include the same level of board-certified emergency medicine physicians and trauma-trained nurses as we have in the emergency department at Evergreen Hospital."

The Redmond emergency department will feature 16 exam rooms and have the capacity to provide care for 35,000 patients a year.

"We're bringing emergency care closer to the community," Dr. Hanson adds. "Our Redmond facility will be open 24/7 to treat urgent medical conditions, such as severe cuts; broken bones; accidents and sports injuries; respiratory, chest, and abdominal discomfort. We will also have advanced lab and diagnostic imaging technology

available right here around the clock, including X-ray, ultrasound, CT and MRI."

The new Redmond facility will mean decreased wait times for patients at both the Redmond and Evergreen Hospital emergency departments. "The additional capacity of our Redmond emergency department will not only get patients in faster there, but it will also reduce wait times at the hospital ED as well," Dr. Hanson explains.

The Evergreen Redmond Medical Plaza will also be the new home of Evergreen's two Redmond-based primary care centers, Evergreen Medical Group Redmond and Family Medicine of Redmond. They will combine their practices in the new facility, allowing them to offer expanded hours and more same-day appointments.

Located at the Bella Bottega shopping center, the 48,000-square-foot facility will open in spring 2011.



WOODINVILLE PRIMARY & URGENT CARE

Construction continues on the new 22,000-square-foot home for Evergreen's Primary & Urgent Care Center in Woodinville, with an anticipated spring 2011 opening.

Located next door to its current home, the three-level facility will be more than three-and-a-half times larger. It will provide:

- 25 primary care exam rooms (from the current 18 rooms)
- 8 urgent care exam rooms (from the current 2 rooms)
- lab and blood draw stations
- X-ray imaging
- under-building parking and a surface lot

For more details and photos of our construction progress, visit www.evergreenhospital.org/construction.

EVERGREEN WELCOMES THESE NEW MEMBERS OF THE MEDICAL STAFF:

Anesthesiology
William Trask, DO

Diagnostic Imaging
David Holznagel, MD
Dennis Lindfors, MD
Daniel Susanto, MD

Emergency Medicine
Diane Rosonke, MD
Steven Rosonke, MD

Family Medicine
Wilson Chan, MD
Yu Yu Lin, MD
Srobona Mitra, MD

Gynecologic Oncology
Chirag Shah, MD
Dan Veljovich, MD

Hospitalist – Adult
Robert Kalus, MD

Hospitalist – Pediatric
James Metz, MD

Obstetrics
Sheemain Asaria, MD

Otolaryngology
Thomas Mueller, MD

Pediatrics
Jocelyn Hanna, MD
Connie Wang, MD

**Physical Medicine &
Rehabilitation**
Terri Parsons, MD

Urology
Thomas Takayama, MD

Find more Evergreen-affiliated providers at www.evergreenhospital.org/physician.

Evergreen Ranked in Top 5% in Country for Maternity Care



New parents have been saying it for years, and now the news has gone nationwide – Evergreen is a great place to have a baby.

Evergreen’s Family Maternity Center has been awarded the 2010/2011 Maternity Care Excellence Award by HealthGrades, the country’s leading independent health care ratings service.

This award recognizes Evergreen for being ranked in the top 5 percent of hospitals in the nation for maternity care. We also received our seventh consecutive 5-Star Award for Maternity Care, which is given annually to the top 15 percent of hospitals nationwide.

Earlier this year Evergreen was ranked among the top 5 percent of hospitals nationwide and received the HealthGrades 2010 Distinguished Hospital Award for Clinical Excellence.

Seasons of Hope Luncheon

Thursday, Nov. 18, 11:30 a.m.—1:30 p.m.
Lynnwood Convention Center
\$45/person

Benefiting Evergreen Hospice and Palliative Care.

For more information or to reserve your seat, visit
<https://foundation.evergreenhospital.org>.

Are You Prepared for a Disaster?



Emergency Readiness Fair

Saturday, Oct. 9
9 a.m. - 2 p.m.
Evergreen Hospital
Free

Disaster can strike suddenly and leave us powerless for days. Whether an earthquake, a ferocious storm or a manmade disaster, we need to be ready to survive on our own for up to several days.

Evergreen’s Emergency Readiness Fair will provide all the information you need to prepare and protect your family during an emergency. You can even purchase disaster kits or learn how to make your own.

Bring your family, friends and neighbors and be better prepared for the next emergency.

Protect Yourself With a Flu Shot

Nobody likes getting a vaccination...but the flu is no fun, either. Getting your flu shot could prevent days of misery down the road.

Who should get vaccinated? That’s easy – Evergreen’s infectious disease specialists recommend that everyone who doesn’t have an allergy to the flu vaccine get vaccinated with either the flu shot or the nasal spray vaccine.

Your primary care provider will begin offering the flu vaccine this fall; you should get it before the end of November to allow full protection to develop before the start of flu season. Remember, a flu shot protects not only you, but those around you as well.

For more information on the flu vaccines, please visit www.evergreenhospital.org/flu or call the Evergreen Healthline at 425.899.3000.

Considering Joint or Spine Surgery?



Is pain keeping you from enjoying an active life? Evergreen’s expert surgeons are at the forefront of advanced surgical techniques that can eliminate the pain and limitations caused by injury, arthritis or just wear and tear.

Our free seminars will detail surgical options and introduce you to Evergreen’s comprehensive program that guides you from

pre-op preparation through surgery, recovery and physical therapy.

SHOULDER REPLACEMENT

Wednesday, Oct. 6
6:30-8:30 p.m.

KNEE OR HIP REPLACEMENT

Wednesday, Oct. 20
6:30-8:30 p.m.

SPINE SURGERY

Wednesday, Nov. 3
6:30-8:30 p.m.

Seminars are held at Evergreen Hospital, and refreshments are provided. Reserve your seat online at www.evergreenhospital.org/classes, or call the Evergreen Healthline at 425.899.3000.

Indulge in your best health now.

Join Evergreen's Spirit of Women for **Girls Night Out** – an evening of indulgence with laughter, good friends and great food.

You'll be inspired by KIRO-TV anchor Michelle Millman's story of beating breast cancer...and you'll also get the latest women's health information and the opportunity to ask questions of Evergreen experts.



Michelle Millman, KIRO-TV

For more information, visit www.evergreenhospital.org/spirit

Thursday, October 7

6–9 p.m.

Laughs Comedy Spot in Kirkland

\$25 for Spirit members/

\$30 for non members

This cozy event is limited to 175 guests, so reserve your seat now.

Call 425.899.2950 to register.



Spirit of Women®

Spirit of Women – it's all about making positive changes in your life...and doing it in a fun and relaxing way.

If you're feeling great, we want to help you stay that way. If you're facing more serious health decisions, we're here to help with information, education and support.

Membership in Spirit of Women gives you:

- Our quarterly Spirit of Women magazine, filled with interesting interviews, health tips, recipes and more.
- Details on upcoming Spirit events, such as Girls Night Out and Day of Dance.
- Spirit of Women keychain, which entitles you to discounts from our Spirit business partners.

And best of all – it's free! Join now...and join the fun.

Sign up for your free membership, at www.evergreenhospital.org/spirit.

Making Mammography More Convenient



With convenient locations around the community, we're making it easier than ever to get your annual screening exam. Evergreen mammography is all digital, and all scans are interpreted by board-certified breast radiologists.

Locations: Breast Center at Evergreen Hospital
6:45 a.m.–6 p.m. Monday-Friday

Mobile Mammography Coach

For the current schedule, visit

www.evergreenhospital.org/mammocoach

Scheduling: Call 425.899.2831

Online at www.evergreenhospital.org/mammography

WHEN SHOULD I GET A MAMMOGRAM?

Evergreen's breast cancer experts stress that early detection leads to the best outcomes, so they recommend women follow the American Cancer Society's guidelines, which include:

- Breast self-exam starting in their 20s; women should report any breast change promptly to their health care provider.
- Clinical breast exam as part of a periodic health exam, about every 3 years for women in their 20s and 30s and annually for women 40 and older.
- Yearly mammograms starting at age 40.
- Women at high risk (personal or familial history of breast cancer) should get a mammogram and a breast MRI every year.

For more information, visit our website at www.evergreenhospital.org/breastcenter.



This fall, Evergreen's mobile mammography coach will visit Bartell Drugs locations on the eastside.

Register for Classes Online or by Phone

For your convenience, you may register and pay for classes 24/7 online at www.evergreenhospital.org/classes. You may also call the Evergreen 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 cancellations two business days prior to the class. Let us know if you need special accommodations to participate.

PARENTING & RELATIONSHIPS

POSITIVE PARENTING

Develop conscious, active parenting skills that allow you to maintain control rather than being reactive to situations. Two-part class begins Oct. 11, 7-9 p.m., \$20.

PARENTING WITH LOVE & LOGIC

Learn to set limits and design appropriate strategies for resolving problems. Sept. 28, 7-9 p.m., \$50, plus \$12 fee at class for manual.

PEARLS OF WISDOM

A discussion of physical and emotional changes brought on by puberty. For girls ages 10 to 12 and their mothers. Oct. 28, 7-9 p.m., \$10.

DEALING WITH ANGER

Discover more effective ways to express your feelings and make your response a choice rather than a reaction. Two-part class begins Sept. 13, 7-9 p.m., \$20.

MANAGING DEPRESSION THROUGH THE HOLIDAYS

Learn tools and techniques to help immunize you against aspects of the holidays that can make your depression worse. Dec. 8, 6:30-8 p.m., free.

EMERGENCY & SAFETY EDUCATION

BABYSITTING BASICS

Learn how to handle emergencies and care for infants and children. Includes infant/child CPR basics. For ages 11 to 16. Oct. 16, Nov. 13, Dec. 11, 9 a.m.-3 p.m., \$40.

SELF-DEFENSE FOR KIDS

For kids ages 8 to 12. Oct. 9, 9-11 a.m., \$10.

INFANT AND CHILD CPR

Participants receive a CPR card valid for two years. Oct. 9, Nov. 13, Dec. 11, 9 a.m.-12:30 p.m., or Oct. 19, Nov. 23, Dec. 14, 6-9:30 p.m., \$40.

ADULT, INFANT AND CHILD CPR

Participants receive a CPR card valid for two years. Oct. 23, Nov. 13, Dec. 11, 9 a.m.-12 p.m., \$40.

FIRST AID

Participants receive a first aid card valid for two years. Oct. 23, Nov. 13, Dec. 11, 1-5 p.m., \$40.

CPR & FIRST AID

Participants receive a CPR and first aid card valid for two years. Oct. 23, Nov. 13, Dec. 11, 9 a.m.-5 p.m., \$75.

HEALTH CARE PROVIDER CPR

Participants receive a health care provider CPR card valid for two years. Oct. 5, Nov. 16, Dec. 7, 6-9:30 p.m., or Oct. 16, Nov. 20, Dec. 18, 9 a.m.-12 p.m., \$60.

ADVANCED CARDIAC LIFE SUPPORT

For health care providers. Two-part class begins Oct. 21, Nov. 18, 4-10 p.m., \$245; includes textbook. Recertification students only need to take second day of class.

PEDIATRIC ADVANCED LIFE SUPPORT

For health care providers. Two-part class begins Dec. 16, 4-10 p.m., \$245; includes textbook. Recertification students only need to take second day of class.

WELLNESS

GET A GOOD NIGHT'S SLEEP: HEALTHY HABITS

Learn tips for improving your sleep and discover treatment options available for sleep disorders. Dec. 16, 6-7:30 p.m., free.

SMOKENDERS: STOP SMOKING

Learn step-by-step techniques that can help you break the habit. Free introductory meeting Sept. 20, 7-8 p.m.

MENOPAUSE

Topics include symptoms, hormone replacement therapy, nutrition, osteoporosis, exercise and sexuality. Oct. 13, 7-9 p.m., \$10.

OSTEOPOROSIS: WHAT'S YOUR BONE DENSITY?

Get the answers you've been looking for regarding bone density and loss. Nov. 2, 6:30-8 p.m., free.

HYPNOSIS FOR WEIGHT LOSS

Discover how hypnosis can encourage healthy behaviors that lead to weight loss. Sept. 22, Oct. 20, Nov. 17, 7-9 p.m., \$10, plus \$15 materials fee to instructor.

WEIGHT-LOSS SURGERY: IS IT RIGHT FOR YOU?

Evergreen Bariatric Center experts discuss surgical options, lifestyle changes and financial information. Sept. 20, Oct. 6, 18, Nov. 3, 15, Dec. 1, 20, Jan. 5, 6-8:30 p.m., free.

DEALING WITH STRESS

Learn skills to manage the stress that is affecting your health, work and relationships. Two-part class begins Sept. 27, 7-9 p.m., \$20.

EMOTION, STRESS AND MEDITATION

Learn how our feelings can influence mind-body stress, relaxation, energy and vitality. Dec. 6, 7-9 p.m., \$5 (includes meditation CD).

Forums and Resource Fairs

HEALTHIER HEART FAILURE

Enjoy a heart-healthy lunch while learning about reducing stress. Get ideas for shopping for, prepping and cooking delicious meals. Also, learn about what health care reform means for you. Oct. 13, 12-2:30 p.m., \$10.

THRIVING WITH DIABETES

You can live successfully with diabetes! We'll provide down-to-earth tips and easy-to-use advice, along with info on how vitamins and supplements can play a role in the management of your diabetes. Nov. 4, 6:30-8:30 p.m., free.

TREATMENT OPTIONS FOR GYNECOLOGICAL CONDITIONS

Our experts will explain symptom management and treatment options available when medication and noninvasive procedures are no longer able to relieve symptoms of gynecologic conditions. Nov. 15, 6:30-8 p.m., free.

MEDITATION RETREAT

Enjoy this day of relaxation and renewal in a peaceful local setting. Beginners and returning meditation students are welcome. Nov. 20, 10 a.m.-2:30 p.m., \$45.

RESILIENCE AND MEDITATION

This experiential-based class provides learnable skills and meditation practice to reduce stress and develop physical resilience. Oct. 7, 7-8:30 p.m., \$10.

MEDITATION AND MIND-BODY ENERGY

Learn how to shift from stress to relaxation. Sept. 20, 7-9 p.m., \$5 (includes meditation CD).

HEALING ARTS: POWER OF WORDS AND IMAGES

Empower your healing experience with poetry, story, collage and creativity. Five-week session begins Oct. 21, 7-8:30 p.m., \$55.

MUSIC THERAPY: BREATHE EASY

Use music therapy to increase your respiratory function. Oct. 4, 6:30-8 p.m., \$15 (harmonica included).

ACUPRESSURE PRACTICE AND ANCIENT WISDOM

Learn and practice a simple acupressure technique to understand disease, promote health and balance relationships. Oct. 27, 7-9 p.m., \$10.

HOSPICE AND PALLIATIVE CARE: MYTHS, FACTS AND COMPASSION

Learn when to use and how to access these services before you or a loved one need them. Sept. 27, 7-8:15 p.m., free.

EXERCISE & FITNESS

FALL PREVENTION AND BALANCE

Avoid pain and injury by learning exercises that improve balance and prevent falls. Nov. 10, 6:30-8 p.m., \$10.

BEGINNING YOGA

Six-week sessions begin Sept. 21, Nov. 2, 5:30-6:45 p.m., \$65.

YOGA: STRENGTHEN YOUR PRACTICE

Six-week sessions begin Sept. 21, Nov. 2, 7-8:15 p.m., \$65.

MOVING WELL: TAI CHI WALKING

Tai chi-style walking movements provide exercise and nurture a healthy heart. Two-week session begins Oct. 18, 5:30-7 p.m., \$25.

MOVING WELL: INSIDE AND OUTSIDE

Stretching, reaching and other routine movements to burn calories and build exercise momentum. Two-week session begins Nov. 8, 5:30-6:45 p.m., \$25.

MOVING WELL FOR BONE HEALTH

Tai chi and deep breathing to help maintain bone mineral density in postmenopausal women. Two-week session begins Oct. 18, 7-8:15 p.m., \$25.

DANCE LIKE NO ONE IS WATCHING

Reduce stress with movement, music, laughter and imagery. Two-week session begins Nov. 8, 7-8:15 p.m., \$25.

FOR OLDER ADULTS

Evergreen offers dozens of classes and health screenings for seniors at convenient community locations. Visit www.evergreenhospital.org/horizons for classes and locations. To receive the free quarterly Evergreen Horizons newsletter, call 425.899.1858 or e-mail Horizons@evergreenhealthcare.org.

NEUROLOGICAL & MOVEMENT DISORDERS

LIVING YOUR BEST WITH PARKINSON'S: LATEST RESEARCH

Learn about the research our Parkinson's experts feel will make the biggest impact in the next decade. Dec. 3, 1-3:30 p.m., free.

PARKINSON'S TELEHEALTH

View live, interactive educational talks designed to help patients and families improve their knowledge of Parkinson's disease. Sept. 13, Oct. 11, Nov. 8, Dec. 13, 2-3:30 p.m., free.

DANCE FOR PARKINSON'S

Learn to stretch and strengthen muscles, focusing on balance and rhythm through many styles of dance. Eight-week session begins Sept. 25, 11 a.m.-12:30 p.m., free.

OPTIMIZING WELLNESS WHILE LIVING WITH MS

Discover realistic and practical understandings and skills to meet the challenges of MS. Sept. 21, Dec. 11, 10 a.m.-2 p.m., free. Please call 1.800.887.8100 to register.

TENDING THE FIRE: FOR MS PATIENTS AND THEIR PARTNERS

Learn ways to put MS in its proper place so it does not dominate your life. Two-week course begins Oct. 2, 9 a.m.-3 p.m., free.

COMMUNICATION GROUP

Improve your communication skills. For those with stroke, Parkinson's or other neurological changes. Sept. 23, Oct. 14, 28, Nov. 11, Dec. 9, 23, 11 a.m.-12 p.m., \$5.

NEUROLOGICAL EXERCISE GROUP

Gentle stretch and strength exercises done standing or in a chair. Four-week sessions begin Sept. 14, 16, Oct. 12, 14, Nov. 9, 11, Dec. 7, 16, 1-1:50 p.m., \$20.



CANCER LIFELINE AT EVERGREEN

Evergreen and Cancer Lifeline partner to provide classes and support groups for cancer patients and their families. For program descriptions and a class schedule, or to register for programs, visit www.cancerlifeline.org or call 206.297.2500 or 1.800.255.5505.

FROM-THE-GROUND-UP STRENGTH AND FLEXIBILITY

This mat-oriented class includes elements of yoga, tai chi, dumbbell exercise and exercise bands. Four-week sessions begin Oct. 1, 29, Dec. 3, 2-3 p.m., \$20.

MEN'S GROUP

Explore what is happening to your mind and body, and learn to cope and to thrive in spite of your limitations. Sept. 14, Oct. 12, Nov. 9, Dec. 14, 3-4 p.m., free.

LIVING WELL AFTER STROKE

Information and support for stroke survivors and their care partners. Oct. 5, Nov. 2, Dec. 7, 2-3 p.m., free.

CHRONIC CARE

FIVE WISHES

Learn about this easy-to-use legal document that lets adults plan how they want to be cared for in case they become seriously ill. Nov. 3, 6:30-8 p.m., free.

AM I AT RISK FOR DIABETES?

Learn your risk for developing type 2 diabetes and what you can do to delay or prevent the disease. Oct. 18, 6:30-8 p.m., free.

DIABETES HEALTH

Our diabetes classes cover fundamentals to advanced topics. Call 425.899.3008 or visit www.evergreenhospital.org/diabetes for information.

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
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5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	
							31																				

CARDIAC HEALTH

Evergreen's Cardiovascular Health and Wellness Center offers wellness programs to improve your heart health. Call 425.899.3770 or visit www.evergreenhospital.org/cardiohealth for information.

CONSIDERING KNEE, HIP, SHOULDER OR SPINE SURGERY?

Join our surgeons for a free seminar to learn about Evergreen's comprehensive program that guides you from pre-op preparation through surgery, recovery and physical therapy.

Shoulder Replacement:
Oct. 6, 6:30-8 p.m.

Knee or Hip Replacement:
Oct. 20, 6:30-8:30 p.m.

Spine Surgery:
Nov. 3, 6:30-8:30 p.m.

SPINAL STENOSIS

Learn about the available treatment options for low back discomfort that becomes pain, numbness or weakness in the legs, feet and buttocks. Sept. 29, 6:30-8 p.m., free.

SUCCESS WITH HEART FAILURE

Heart Failure Basics (Nov. 2) covers self-management skills and medications. Having Fun with Low-Sodium Cooking (Nov. 9) focuses on nutrition and cooking. 1-2:30 p.m., \$5/class.

GRIEF & BEREAVEMENT

Call 425.899.1077 to register.

BEREAVEMENT SERIES

For those who have lost a loved one through death. Six-week series begins Nov. 9, 12:30-2:30 p.m. or 7-9 p.m. Suggested donation is \$30.

SUDDEN & TRAUMATIC LOSS

For those grieving a death by suicide, homicide or accident. Call for next six-week series. Suggested donation is \$30.

SUPPORTING OUR CHILDREN

Assists the grieving parent in dealing with the struggles facing a grieving child (ages 6 to 12). Call for dates. Donations accepted.

CHILDBIRTH PREPARATION

Classes fill quickly, so please register early in your pregnancy. Schedule to attend classes during your 5th-8th month. For a current list of available class dates into early 2011, visit www.evergreenhospital.org/childbirth. Register online or call the Evergreen Healthline at 425.899.3000.

LABOR & BIRTH BASICS

This is the core series for first-time parents. Maternity center tour provided. \$120/couple. We also offer series for Teens and for Multiples. Check available dates at www.evergreenhospital.org/laborandbirth.

LABOR COPING SKILLS REVIEW

Intensive review of the labor coping skills for experienced parents. Oct. 1, Dec. 3, 7-9 p.m., \$35/couple.

HYPNOBIRTHING

Use guided imagery, visualization and patterned breathing for a safe and satisfying birth. Five-week series begin Nov. 9, 7-9 p.m., \$135/couple, plus \$25 materials fee due at class.

FAMILY MATERNITY CENTER TOUR

This free 20-minute tour is for friends and family members. Visit www.evergreenhospital.org/childbirth or call 425.899.3000 for dates.

DADS ONLY

Expectant fathers discuss labor and birth, fatherhood and expectations. Nov. 9, 7-9 p.m., \$25.

SIBLINGS

What to expect when the baby arrives. Oct. 9, Nov. 13, Dec. 11, 10-10:45 a.m. for 2- to 3-year-olds; 11-11:45 a.m. for 4- to 6-year-olds. Parents attend with children. \$25.

CONSCIOUS FATHERING

Learn about your baby's needs and how to contribute the all-important "father effect". Oct. 9, Dec. 9, 6:30-9:30 p.m., \$40.

WOMEN'S HEALTH FOR BIRTH AND BEYOND**PELVIC HEALTH CLASS**

Learn how to minimize pain during birth, optimize healing afterwards and avoid future pelvic floor issues. Nov. 9, 7-9 p.m., \$20.

YOGA FOR PREGNANCY

Strengthen childbearing muscles and increase flexibility during pregnancy. Six-week sessions, \$90. Call 425.899.3000 or visit www.evergreenhospital.org/childbirth for dates.

FIT4BABY PROGRAM

A total-body interval workout including cardio, strength training and flexibility. Six-week sessions begin Oct. 28, 6-7 p.m., \$90.

BABY CARE CLASSES**DAY ABOUT BABY**

Learn about diapering, bathing, soothing, infant carriers and more. Oct. 23, Nov. 20, Dec. 18, 10 a.m.-3 p.m., \$75/couple.

INFANT FEEDING

Information about breastfeeding, special feeding needs, breast pumps, breast milk collection and storage. Oct. 13, Nov. 11, Dec. 7, 7-9 p.m., \$35/couple.

CAR-SAFE KIDS CLASS

Learn about selecting and using a car seat specific to your needs. Oct. 4, Dec. 8, 7-9 p.m., \$10/couple.

CAR SEAT INSPECTION

Have your car seat checked by a certified safety technician. For dates, call 425.899.3000. Free.

HAPPIEST BABY ON THE BLOCK

Learn how to soothe even the fussiest baby in minutes. Sept. 25, Nov. 13, 10 a.m.-12 p.m. and Oct. 19, Dec. 14, 7-9 p.m., \$60. Fee includes CD and DVD.

BRINGING BABY HOME: AVOIDING MARITAL MELTDOWN

Developed by Dr. John Gottman based on 26 years of marriage and family research.

WORKSHOP

Learn how to cope with the stressors of becoming a family. Two-day workshop begins Nov. 6, 9 a.m.-4 p.m., \$150/couple.

SEMINARS:**THE TRANSITION TO PARENTHOOD**

Oct. 4, 6:30-9 p.m., \$40/couple.

MAKING THE MAGIC LAST

Nov. 8, 6:30-9 p.m., \$40/couple.

AFTER YOUR BABY IS BORN**PARENT-BABY CLASSES**

Weekly discussions of age-specific baby topics and support from other new parents. Go to www.evergreenhospital.org/parent-baby for current schedule. Class for babies 0-3 months is free; \$77 for babies 3-6, 6-9, and 9-12 months.

THIS IS NOT WHAT I EXPECTED

Support and resources for new families experiencing symptoms of postpartum distress. Meets the first and third Thursdays of the month, free. For more information, call 425.899.3602.

STARTING SOLID FOODS

Get practical tips and research-based information on the feeding of solid foods for babies 4 to 12 months old. Oct. 5, Nov. 2, Dec. 7, 7-9 p.m., \$25/couple.

PRIMARY & URGENT CARE



Extended Hours to Better Serve You

Life is hectic – even on a good day. That’s why Evergreen’s primary care and urgent care centers provide extended hours during the week and on the weekend to meet your family’s needs.

Our Evergreen primary care centers all have Saturday hours, and most offer longer hours during the week. Our Canyon Park location is now open Sundays for walk-ins.

Our Evergreen urgent care centers in Redmond and

Woodinville are open seven days a week to take care of illnesses and injuries that don’t require a trip to the Emergency Department, such as:

- bladder infections
- coughs, colds, sinus infections
- earaches, fever, sore throats
- minor injuries
- rashes, skin infections

Urgent care treats both children and adults; most major insurance plans are accepted.

EVERGREEN PRIMARY & URGENT CARE CENTERS

Our centers are located throughout the community for your convenience. For office hours and directions, see our website at www.evergreenhospital.org/primarycare.

CANYON PARK 1909 214th St. SE, Suite 110 • 425.488.4988 **DUVALL** 14720 Main St. NE, #109 • 425.788.4889
KENMORE 18208 66th Ave. NE, #200 • 425.485.6561 **REDMOND** 8301 161st Ave. NE, #308 • 425.882.5020
SAMMAMISH 22850 NE 8th, #103 • 425.898.0305 **WOODINVILLE** 17000 140th Ave. NE, #101 • 425.481.6363
FAMILY MEDICINE OF REDMOND 8299 161st Ave. NE, #101 • 425.881.8813
SENIOR HEALTH SPECIALISTS 11521 NE 128th St., #100, Kirkland • 425.899.6800

EVERGREEN’S TWO URGENT CARE locations are open extended hours to handle nonemergency illnesses and injuries. Patients are seen on a walk-in basis according to severity.

REDMOND URGENT CARE 8301 161st Ave. NE, #105 • 425.883.3333
Hours: M-F 8 a.m.-8 p.m. / S-S 9 a.m.-5 p.m.

WOODINVILLE URGENT CARE 17000 140th Ave. NE, #101 • 425.488.2273
Hours: M-F 8 a.m.-7:30 p.m. / S-S 9 a.m.-4 p.m.

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