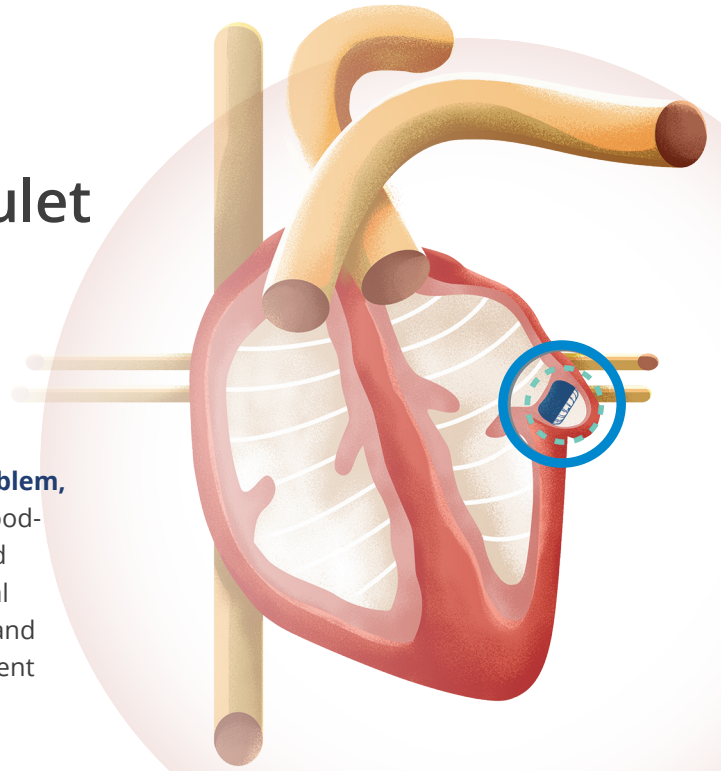


YOUR DOLLARS AT WORK**Watchman & Amulet
Implants Improve
Patients' Lives**

If you have atrial fibrillation (AFib) that is not caused by a heart valve problem, you may be at greater risk of a stroke. Blood-thinning medications are often prescribed to reduce the risk, but they bring potential problems of their own. Enter Watchman and Amulet, innovative devices that help prevent strokes without dangerous side effects.

**Overlake electrophysiologist Maheer
Gandhavadi, MD, explains the value of these**

devices: "There's a part of the heart, called the left atrial appendage, where the majority of blood clots tend to form in some types of AFib," he says. "The Watchman and Amulet devices close this appendage off. Once it's closed, blood can't get in or out and you get the same level of stroke protection as being on a blood thinner. And for most people, long-term blood thinners will no longer be needed."



Dr. Maheer Gandhavadi

The procedure is minimally invasive. It is done by making a tiny incision in the upper leg, inserting a narrow tube, and using it to guide the implant through a vein to the heart. Many patients go home the same day or after just one night in the hospital, and the implant is permanent.

Dr. Gandhavadi began the left atrial appendage closure program at Overlake in December, 2022. In the first year, more than 75 patients were protected from stroke with this therapy. Complications were rare. Ninety-eight percent of Watchman recipients are able to stop using blood-thinning medications within a few months of the procedure.

"Every contribution makes a difference," says Dr. Gandhavadi. "We are so grateful for the support. You are saving lives."

**Support from donors has helped make these procedures —
and many other devices and procedures to improve patients' lives —
available at Overlake.**

“The nurse practitioner will see you now.”

If you’ve ever faced a long wait to get an appointment with a specialist, you know how important it is to be able to access the care you need. That’s why your contributions for heart care at Overlake support a robust team of caregivers, including physicians, physician assistants and Advanced Registered Nurse Practitioners (ARNPs).



Recent additions to our cardiac care team include (from left): ARNPs Hodo Mohamud, Annupreet Nadha and Kathryn O’Keefe.

EXPANDED CARE TEAM = BETTER ACCESS

The 14 ARNPs in cardiac services are highly trained professionals who work closely with our physicians to ensure that each patient’s care plan is implemented and monitored appropriately.

“It’s a partnership,” explains Daniel Bae, Director of Cardiac Services. “Many patients see both, and some just want to see their ARNP.”

“Our goal is to keep people out of the hospital and maximize their therapy,” echoes Kier Jordan-Keith, Manager of the

Cardiology Clinic. **“ARNPs can manage most conditions doctors do and add a point of access for the patient.”**

Many of our ARNPs have a depth of experience that makes them valuable resources for newer physicians as well as patients. “They can also take more time with patients,” Jordan-Keith adds. **“ARNPs are great at communicating in a way the patient will understand.”**

Your support helps provide ARNP care in cardiac services and in clinics and programs across the hospital.

The Power of **Community**



Presents

OVERLAKE MEDICAL CENTER & CLINICS



SAVE THE DATE

MAY 4, 2024

Contributions from donors are critical to everything we do at Overlake, from buying basic medical supplies to saving lives. Many Overlake employees do double duty by using their skills and talents to serve our patients and also donating to make the organization they love and believe in even better.

OVERLAKE EMPLOYEES GIVE BACK

Health Information Manager **LAUREN BELLEZA** has been participating in employee giving since she joined Overlake eight years ago. "Around that time, a dear friend died of cancer. Giving



to the Overlake Cancer Center is a way to honor my friend and give back to an organization that

has been so good to me."

The best part about working and giving here? "I get to help provide incredible care for patients, continue my education, and be a great role model for my teenager. I try to do a little more every year."

"I am an employee and I have been a patient. I believe in everything that Overlake stands for. The care that they give to me and every patient is filled with love, caring and kindness. I believe that every life that we touch is a gift."

- Peggy Armbruster

"I believe in the care we provide and the difference it makes in our community."

- Sarah McMorris

"It's important to me because I feel good when I know I'm saving people's lives."

- Kou Thao

In the 22 years he worked at Overlake, **MICHAEL WADE** was an enthusiastic participant in employee giving.



Since his retirement, he and his wife, **CAROL**, have kept up the habit.

"Michael is the driving force, but we both love Overlake," Carol explains. "Our kids were born here!"

Michael gets emotional when he talks about his time at the organization. "It's the culture," he says. "It was a blessing to be part of it. Love, caring, family, belonging."

Michael and Carol see giving as a way of expressing gratitude. "It lets us give Overlake employees the resources they need to do their jobs," Michael adds. "They do incredible work."

An Easy Way to **LEAVE A LEGACY**

If you are considering leaving a gift to Overlake but haven't put a will together yet, you are not alone. In fact, although 64% of Americans say having a will is important, only 32% have actually created one.

The good news is, there's another way. You can simply designate Overlake Medical Center Foundation to receive some or all of the value remaining at the end of your life in several types of accounts, including: bank account or certificate of deposit, brokerage account, IRA or 401K, life insurance policy, or commercial annuity account.

Making this type of gift is simple. First, obtain a beneficiary designation form from the applicable financial institution. Often, you can do this online. Next, complete the form. Be sure to use the legal name "Overlake Medical Center Foundation" and, if requested, provide the Foundation's Employer Identification Number, 91-1050325. Finally, return the form to the financial institution.

If you are comfortable doing so, please let us know you've made Overlake the beneficiary of an account. We would love to recognize you as an honored member of our Benefactor Society.



For more information, please contact Laurie Ramacci Noegel at 425.688.5533 or laurie.ramaccinoegel@overlakehospital.org.



You Are Part of A Long, Proud Tradition

*Is there anything **Ben Franklin** didn't do?*

Here's another to add to his long list of accomplishments: He was the first **hospital fundraiser** in the colonies that would later become the United States.

In 1751, pioneering physician Thomas Bond, MD, asked his friend Franklin to help raise funds to build a hospital "to take care of the sick, poor and insane who were wandering the streets of Philadelphia."

Franklin pitched a proposal to the Pennsylvania Assembly. If he raised 2,000 pounds from the citizenry, the Assembly would match that amount. That's right, Ben Franklin invented the matching grant — or at least brought it to the "new world."

Franklin raised more than the proposed amount and the Pennsylvania Hospital opened its doors in 1752. The new hospital served as inspiration for a new mindset of social responsibility and played a critical role in tending to soldiers — on both sides — during the Revolutionary War. Today it is a major teaching and research institution.



Just like the citizens of colonial Philly, **you are standing up for healthcare for everyone in your community** by supporting Overlake programs and services.

Make a gift today by sending a check in the enclosed envelope, scanning this QR code or visiting overlakehospital.org/giving. **THANK YOU!**