

TOP-TIER CARE FOR **Your** **Digestive** **Health**

It's not a subject anyone likes to talk about, but digestive disorders can significantly impact your life.

From minor but persistent discomfort through severe, life-threatening illness, digestive issues can be frustrating and dangerous. They are also quite common. Over 60 million Americans experience digestive disorders each year, accounting for over 20 million hospitalizations.

Colorectal cancer is the fourth most common type of cancer, with over 140,000 new cases and over 50,000 deaths per year in the United States. Esophageal cancer arises in about 20,000 new cases and results in over 16,000 deaths each year.

The **Overlake Digestive Health Program** offers surgical expertise for both colorectal and esophageal cancer, as well as benign digestive disorders including acid reflux, inflammatory bowel disorders, diverticulitis and hemorrhoids.

Your support has enabled Overlake to grow and expand, developing one of the most comprehensive digestive health programs in the region. Our expert colorectal surgeons completed over 350 procedures in the last year. New specialty services cover conditions of the liver, gallbladder, bile duct, pancreas, and the "foregut," which includes the esophagus and stomach.

"Overlake has developed the most comprehensive foregut surgery program in the Northwest," says Dr. Prakash Gatta, director of the Foregut Surgery Program. The program offers innovative, minimally



invasive procedures for acid reflux, resulting in fewer complications and quicker recoveries. Dr. Gatta also provides expert preventive, diagnostic and treatment care for esophageal cancer. Overlake also offers advanced treatments for diseases of the pancreas, liver, gallbladder and bile duct.

"Our Digestive Health Program aims to offer patients both the best care and lived experience as they heal after treatment of digestive problems," says Dr. Jill Clark, who directs the program. "I am especially grateful for our multidisciplinary teams who collaborate to care for patients with complicated problems, whether advanced rectal cancer or benign but debilitating pelvic floor prolapse. I look forward to developing new services to support patients and further personalize their treatments."

Thank you for helping ensure comprehensive, compassionate digestive health care is available to everyone in our community, close to home.

"Overlake has developed the most comprehensive foregut surgery program in the Northwest."

—Dr. Prakash Gatta, Director of the Foregut Surgery Program

COUNTERING COVID: Pandemic Response Update



As Covid-19 transitions from pandemic (an outbreak of disease over a wide geographic area) to endemic (constant presence of disease in a particular area), Overlake's management of the virus is shifting as well.

We are proud of our ongoing response to Covid-19 and the many ways we nimbly adjusted our efforts to meet the moment, keeping our staff and patients safe.

With the help of many generous community donors, we have cared for over 11,000 patients with the virus in our hospital, emergency department and clinics.

We still care for Covid-19 patients every day and will continue for as long as the virus persists.

SCREENING In 2020, Overlake began screening all staff, patients and visitors for signs of infection with Covid-19. In September, 2022, the screening stations were retired. Instead, people coming to Overlake are asked to self-screen. Those with Covid-19 symptoms or recent exposures who are not there to receive care are asked to return when their symptoms have resolved. Happily, most of our screeners chose to stay with Overlake and have taken on new roles in a variety of areas throughout the organization.

MASKS Approved masks, such as surgical masks, have been found to be a highly effective means of reducing the spread of the virus. Our policy has remained the same. Patients and visitors are required to wear a surgical face mask at all times while on campus or in clinics. Masks are available at multiple stations throughout the campus.

VISITORS Hospitalized patients may now have two visitors per day. Those receiving end-of-life care may have four visitors, two at a time. Clinic patients may still have just one adult accompany them.

We are grateful for your support in what continue to be challenging times and we are committed to continue safely serving our community.



Masks and hand sanitizer are available at stations throughout the campus.

Required Minimum Distributions: **YOU'VE GOT CHOICES**



When you save part of your income in an IRA or 401k account, you get to defer the taxes on those earnings in the short term, but not forever. Beginning at age 72, you will be required to withdraw a portion of those funds —called a required minimum distribution (RMD) — and pay taxes on the income each year. You may be able to avoid some or all of the tax hit by making a qualified charitable distribution (QCD) directly from your IRA. Under current law:

- **You can make QCDs beginning at age 70½, before your RMDs even begin.**
- **You can give up to \$100,000 as a QCD each year.**
- **100% of your RMD may be given to charity, if it is \$100,000 or less.**
- **Funds must be sent directly from your IRA to the charity.**

Making a qualified charitable distribution may be a tax-effective way for you to support a charitable organization. Please talk to your financial advisor about RMDs and whether making a qualified charitable distribution is right for your financial situation.

When you direct your QCD to Overlake, you are helping to ensure world-class care on the Eastside.

Please contact
Laurie Ramacci Noegel at:
Laurie.RamacciNoegel@overlakehospital.org
or **425.688.5533**.

Warren Michelsen first attended an Overlake Foundation event back in 2008, at the invitation of an enthusiastic Overlake supporter. He was so inspired by the culture of care and compassion he saw that he immediately got involved and began inviting his own peers to join him. When his wife, Jennifer, received a cancer diagnosis in 2010, the couple soon switched her care from another hospital to Overlake.

“The medical treatment at Overlake is excellent,” Warren explains, “but they also look at the whole patient experience. At Overlake, they recognize that caring for the total well-being of the patient and family helps them get well.”

Over the years, as medical issues continued to arise for them, Warren and Jennifer made Overlake their go-to hospital, both for their care and their philanthropy. Warren joined the Foundation Board in 2012 and served

for seven years. And when the Foundation was raising money to build Overlake’s Cancer Center in 2016, they jumped at the chance to make a gift and name an exam room for Jennifer. Later, they jointly named a patient room in the new South Tower.

“With our family’s history with Overlake, we were thrilled to be able to contribute to both projects,” says Warren. “Every patient deserves optimal care in a beautiful and modern facility.”

Today, the Michelsens continue to introduce colleagues and peers to Overlake. “It’s important to explain the financial assistance, mental health programs, and other services that Overlake makes available for our Eastside community,” Warren says. “You have to invest in Overlake today to make sure it is there for our community and family in the future. Overlake will always be one of our yearly giving priorities.”



Jen and Warren Michelsen, in front of the room they named in the Cancer Center.

“ At Overlake, they recognize that caring for the total well-being of the patient and family helps them get well.”

DONATE

Making the Most of YOUR DONOR ADVISED FUND

Donor advised funds (DAFs) have been around since the 1930s, but they have exploded in popularity over the last decade. With a DAF, you can deposit funds that you will later donate to one or more charitable organizations, potentially creating an immediate tax deduction.

Over a million Americans have established DAFs with community or financial institutions, totaling billions of dollars earmarked for charity. In

2020, grants from DAFs to qualified charities totaled an estimated \$34.67 billion.

At Overlake, many donors use DAF distributions to support the Ensuring Excellence Fund or programs and services important to them. Ensuring Excellence is an unrestricted fund that enables hospital leaders to apply donations wherever they are most needed. Your DAF distribution will help provide outstanding and

compassionate care for everyone who comes through our door.

Want to use your DAF to help Overlake provide world-class care? Here are the details to share with your program administrator:

Overlake Medical Center Foundation
1035 116th Ave NE
Bellevue, WA 98004
Tax ID Number: 91-1050325
Contact: Carmen Nelson-Moore
425.688.5522

HALL OF FAME!

OVERLAKE HONORS

When you visit a doctor or a hospital, you want to know that you will be getting the very best care.

Awards demonstrate a track record of success that inspires trust. Your support has played a vital role in our successes, benefiting patients and the whole community.

THANK YOU.

