Welcoming Babies in a Modernized Family Maternity Center

Preparing for Safety: Making EvergreenHealth Even More Earthquake-Ready

Caring for Our Most Critical Patients in a Brand New CCU

Upgrading Technology & Infrastructure to Support Future Growth

Creating a blueprint for advancing our community’s health
Welcome to the spring issue of Monitor. I hope this new season finds you and your family in good health.

When I joined EvergreenHealth as CEO last year, my family and I were warmly welcomed by the community. Each in their own ways, our new neighbors, colleagues and friends have genuinely helped us feel at home, giving us a sense of belonging even more quickly than I had imagined.

Just as our community so graciously embraced my family and me, this community has embraced EvergreenHealth in a similar way as its partner in health since our health system’s early beginnings.

When EvergreenHealth first opened its doors nearly 50 years ago, it did so with the community’s shared vision to serve the area with access to the highest quality health care and services. In turn, we made a promise to our community to grow with you, and that commitment is a big part of what sustains EvergreenHealth’s ongoing pursuit to lead with the promise of the safest, highest-quality care and service.

Growth has been a constant here—both for our region and our health system. And, our area is expected to expand even more. From our beginnings as a small 76-bed general hospital, we’ve grown to serve an area of nearly 1 million residents. Experts say we can expect continued growth in the future as more and more families choose to call our region their home.

EverHealthy, our master facilities plan that you’ll read about in the following pages, is the most trusted source for health care solutions.

For five decades, you, our community, have been an integral part of EverHealthy’s success. Our blueprint is a reflection of the community’s vision to sustain access to vital health care services on the Eastside, and our community will have the opportunity to participate in a vote next month on a bond for the funding of our EverHealthy plan.

On behalf of our more than 4,000 employees, 1,500 physicians and thousands of volunteers, we thank you for the continued opportunity to demonstrate our stewardship of your resources as we care for you and your family.

Sincerely,

Amy Beiter, MD
EvergreenHealth Chief Executive Officer

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We invite your feedback and questions. Contact us at patientrep@evergreenhealth.com

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Preparing for Safety: Making EvergreenHealth Even More Earthquake-Ready

The EverHealthy initiative ensures that the medical center’s physical structures are upgraded to the latest seismic standards to not only be able to withstand a major earthquake predicted for our region, but also to remain an immediately viable resource for the entire community in a disaster’s aftermath.

In the event of a large-scale earthquake, EvergreenHealth is prepared to provide critical emergency health care services to families in the surrounding region. The health system currently plays a leading role in statewide emergency preparedness planning, and is continuously looking for ways to become even safer.

All of EvergreenHealth’s facilities were built according to the codes in place at the time of their construction. However, new information is constantly informing how experts plan for disaster readiness, and EvergreenHealth has an opportunity to advance toward becoming one of the community’s safest resources in an emergency.

Most critically, EverHealthy will ensure the oldest parts of EvergreenHealth’s physical structure—the Green, Red and Purple areas of the medical center, constructed in 1972—are retrofitted to today’s most advanced seismic standards. By doing so, in the event of a major disaster, we will go from being able to treat or triage and then transfer patients to another facility, to being able to treat and keep patients at our facility for care.

How will EverHealthy help ensure even greater safety for the community?

EverHealthy will help us reach our goal of meeting the Federal Emergency Management Agency’s (FEMA) Level of Immediate Occupancy, which will ensure that the hospital is immediately ready to activate our emergency preparedness plans following a major disaster. Some estimates predict that external resources could take several days to reach our region, and EverHealthy will ensure our hospital can not only treat patients, but also admit them to our care during and after that critical time.

How is EvergreenHealth uniquely positioned to care for the community after a natural disaster?

Given our region’s geography, our hospital is in a good location, if not the best in King County, for withstanding structural damage from an earthquake. As we plan for a natural disaster of great magnitude—like the 9+ magnitude earthquake predicted for the Cascadia Subduction Zone—we are imagining a world where residents are unable to cross bridges or access many of our roads that connect the Eastside to Seattle and beyond. An earthquake of that magnitude is expected to take out all major highways, potentially limiting access to clinical care for some residents due to major damage to other health care facilities located on or adjacent to the fault line, or in high-risk liquefaction zones.

Because of the community’s ongoing support for EvergreenHealth’s growth, we have a unique ability to expand the number of beds in our hospital to support a larger volume of patients and families in the event of a major disaster.

What emergency health care services will be the most critical after a disaster like an earthquake?

EvergreenHealth needs to be ready for an influx of patients seeking trauma care. That means having disaster-readiness plans in place to ensure we keep essential resources, like operating rooms, up and running with power from generators and access to water.

Establishing these systems is part of our advanced preparation, but to be able to put these plans into action, we must ensure that our hospital can seismically withstand a powerful, catastrophic earthquake.

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In their own words:

“At Emerald Heights, we have a very comprehensive earthquake preparedness response plan that involves both staff and residents working together to ensure that we’re ready when an earthquake occurs. We’re lucky to have a resource like EvergreenHealth in our area that not only cares for us now, but that will also be here for us when we need emergency health care services the most. I think it’s important that we as a community continue to recognize the risks of a major disaster and do our part now to ensure that we can help each other stay safe in the future.”
Caring for Our Most Critical Patients in a Brand New CCU

By expanding and relocating EvergreenHealth’s Critical Care Unit to the health system’s Silver Tower, EverHealthy supports patients and families with access to the highest-quality care in the most advanced, healing environment.

When patients and families are facing serious health conditions or injuries, they are often cared for in EvergreenHealth’s nationally recognized Critical Care Unit (CCU). The health system’s CCU, located in the oldest remaining portion of the original hospital, has been praised annually for its exceptional care, most recently by Healthgrades as one of America’s 100 Best Critical Care Units.

In recent years, support from the community has advanced EvergreenHealth’s strategic vision to expand the health system. In 2017, in response to community growth, EvergreenHealth opened two new state-of-the-art patient care floors in the Silver Tower—floors that had been reserved as shelled space since the tower was constructed with the help of a bond levy a decade earlier.

Now, in a similar fashion, EverHealthy will expand and relocate the CCU to the Silver Tower, as well, to offer the best environment for the nurses, doctors and staff to provide family-inclusive care for patients in their greatest time of need.

Why is relocating the CCU an important part of the EverHealthy initiative?

Moving the CCU closer to other specialties in the Silver Tower will provide many benefits that will enhance how we care for our most critically ill. Among them, it will significantly increase our providers’ ability to collaborate efficiently. For example, when a patient with cancer is receiving care in the CCU and chemotherapy is needed, oncology unit nurses walk across the medical center to deliver care in our CCU’s current location. With EverHealthy, the CCU will be in the same tower, just an elevator ride away.

Relocating also puts the CCU closer to amenities like our café, parking garages and the entrance, which will ease the experience for our patients and caregivers, now and well into the future.

Incorporating the latest advanced patient-care technology and innovative design concepts to mirror new inpatient floors constructed in 2017.

In their own words:

“From the moment we arrived at EvergreenHealth’s Critical Care Unit I could tell my sister was in good hands. Her team of physicians, nurses and other providers were clearly dedicated to providing the best possible care while she was critically ill, while also establishing trust and regular communication with me at every step. Their ability to not only care for my sister, but me as well, speaks volumes about each provider’s dedication to inclusive, family-centered care. After 51 days in the CCU, my sister is now well on the road to recovery, and we can’t imagine not having access to this incredible resource. The plans EvergreenHealth has to upgrade the unit will ensure that families like mine can continue to depend on the hospital well into the future.”

Dr. Melissa Lee, medical director of EvergreenHealth’s Critical Care Unit, explains EverHealthy’s plans to construct a brand new CCU in the Silver Tower that will combine the highest standards of care with advanced state-of-the-art technologies, to create a thoughtful environment that promotes well-being, service and safety for both patients and caregivers, now and well into the future.

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Welcoming Babies in a Modernized Family Maternity Center

EverHealthy provides updates and renovations to the health system’s award-winning childbirth center that will enhance safety and families’ experiences as they welcome their new babies.

Families across the region have continually embraced EvergreenHealth’s Family Maternity Center for its quality care and exceptional experience, helping it to earn a reputation as the area’s most preferred birthing center. Our family-centered approach is also part of what contributed to its designation as the nation’s first Baby-Friendly Hospital more than two decades ago.

Since then, thousands of babies have been welcomed by outstanding physicians, midwives and labor and delivery nurses who meet and exceed the most rigorous standards for medical care and service. But the center itself—its birthing suites and their ambiance, design finishes and some medical technology—are becoming dated, compared to the high standards the organization holds for itself and its patients.

Now, the EverHealthy initiative will modernize the Family Maternity Center, breathing new life into its look, feel and design, along with upgraded equipment and technology, which will ensure it continues its legacy of exceptional care and service well into the future.

What will families notice about the upgrades to EvergreenHealth’s birthing suites?

Our redesigned birthing suites will bring more functionality so that we can continue delivering high-quality care with fewer disturbances to our patients and families. Our redesigned rooms will offer a warm and inviting feel where everything, from the lighting to the way patient charting is done at the bedside, makes families feel included and comfortable throughout their stay.

How will upgrades to the Family Maternity Center help advance safety and family-centered care?

One of the biggest changes EverHealthy will bring is enhanced efficiency in our center’s layout and design. During an average shift, our nurses put in nearly 20,000 steps. By optimizing our layout, we can reduce unnecessary trips and help our frontline providers focus their energy on delivering quality, patient-centered care. We’ll also have dedicated areas on each wing where our teams can gather, giving space for nurses, midwives, OBs and other providers to collaborate, promoting our team-based approach to delivering a safe and seamless experience for our families. EverHealthy will also update our OB emergency department to provide a more comfortable environment for patients in early labor, allowing us to observe patients longer and help those having obstetrical and non-obstetrical issues receive the appropriate care.

In their own words:

“When our first child was born, we were like any new parents—excited, overwhelmed and nervous about what to expect during labor and delivery. As soon as we arrived at the Family Maternity Center, the team calmed our fears and ensured our experience was not only safe, but also incredibly special for our family. When we had our second baby, even though we’d moved further away from EvergreenHealth, we couldn’t see ourselves going anywhere else—we were happy to make the commute because we knew the experience would be exceptional. That’s why it’s so important that we as a community rally around this special resource, to ensure that EvergreenHealth can continue to grow and keep pace with evolving technology, so that more families have the opportunity to welcome their babies in the same safe and comforting environment that we’ve been lucky to have.”

Ahmad and Stephanie Daher’s children, born at EvergreenHealth
EverHealthy enables EvergreenHealth to invest in future technology, and provides for facility infrastructure upgrades to support critical growth.

One of the most rapidly advancing areas of health care delivery is undoubtedly within technology and innovation. Delivering on the health system’s commitment to provide the most advanced care often hinges on its ability to look ahead to developing technology trends, while also preserving the resources and bandwidth to react to the unexpected.

Most investments in health care technology are immediately evident—new medical equipment and diagnostic tools enable providers to expand a practice area or perform a new procedure. Others are less apparent—such as introducing new digital applications or ensuring seamless integration between systems. Whether visible or not, all are critical to keeping EvergreenHealth at the forefront of health care innovation.

Similarly, investing in upgrades to infrastructure—the systems and equipment designed to keep the health system running at optimal efficiency—is equally as important to EvergreenHealth’s long-term viability as other more patient-facing enhancements included in the EverHealthy initiative.

“EverHealthy helps us prepare for our future by ensuring that our physical plant can continue to adapt to include more best-in-class systems to support patient care across our entire campus. Our behind-the-scenes infrastructure, including equipment like air handlers, cooling and water-delivery systems, generators and many other components, are critical to providing safe, quality care every day, but they have limited lifespans that are quickly coming due. We want to upgrade these features with the latest, most energy-efficient solutions that will last us another 30 to 40 years, just as our existing systems have served us well since our founding.”

“Investing in our technology today will help us capitalize on adopting innovative practices in the future. EverHealthy will give us the ability to be opportunistic as we evaluate the latest technology trends, ultimately providing our community with access to the newest advances as they emerge, without sacrificing support for other areas of care across the health system.”

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EverHealthy is EvergreenHealth’s 10-year master facility plan and includes a $345 million, 20-year bond to fund enhancements to our medical center campus, helping us continue to meet the health care needs of our community.

Why is EverHealthy needed?

EverHealthy will enable us to deliver the exceptional care and service our community has grown to trust. Population growth in the area where our patients live is estimated at 9 percent growth by 2020. Adding clinical capacity and space to accommodate growth, and addressing aging infrastructure will help us continue delivering the safest care and service.

What’s included in EverHealthy?

• Facility Safety and Disaster Readiness: Perform seismic upgrades to core areas of the original hospital and parking structures to make EvergreenHealth even more earthquake-ready.
• Critical Care Unit: Construct a brand new, relocated Critical Care Unit designed to support the best possible outcomes and experience for patients and their families during their greatest times of need.
• Family Maternity Center: Significantly update and modernize the Family Maternity Center to continue our legacy as America’s first Baby-Friendly Hospital and the area’s most preferred hospital for babies to meet their new families.
• Several additional infrastructure projects and renovations, plus technology advancements, to help us provide the safest and best care as our community grows.

How is EverHealthy funded?

Residents of the district will vote on the measure by April 23, 2019. The proposed bond measure will cost homeowners $0.18 per $1,000 of assessed property value. A $700,000 home in EvergreenHealth’s district would pay $10.50 per month.

To learn more about the projects included in EverHealthy, visit www.evergreenhealth.com/everhealthy.

Remember to vote by mail by April 23!
Introducing Biplane Imaging for Neurovascular Disorders

New interventional imaging technology helps treat a spectrum of neurovascular conditions.

When someone has a possible broken bone, a provider will order an X-ray to precisely identify the point of fracture. If a patient comes to the ER with suspected appendicitis, he or she will likely be sent for an X-ray to precisely identify the point of fracture. If a patient comes to the ER with suspected appendicitis, he or she will likely be sent for a CT scan to determine the pain’s root cause. But what happens when a patient shows signs of a stroke, aneurysm or other type of vascular blockage? How can providers thanks to the addition of the health system’s biplane, funded in technology available, which is now offered at EvergreenHealth, give us a greater ability to perform minimally invasive procedures, offering patients immediate care when it’s most critical and a more comfortable experience.

The team in Monroe referred Koester to EvergreenHealth using the latest advances in treating neurovascular disorders.

Surviving an Aneurysm with Extraordinary Neurosurgical Care

EvergreenHealth Spine & Neurosurgical Care offers life-saving treatments from neurosurgeons using the latest advances in treating neurovascular disorders.

When Sultan resident Marianne Koester suddenly experienced strange stroke-like symptoms—slurred speech, a headache, nausea, and even a fainting episode—the 64-year-old quickly went home to rest. Fearing for the worst, her daughter immediately drove her to the emergency department at EvergreenHealth Monroe.

A CT scan showed signs not of a stroke, but of a brain aneurysm, which can occur when blood vessels become enlarged like a balloon, posing serious health risks, especially if they rupture.

The team in Monroe referred Koester to EvergreenHealth neurosurgeon Dr. Emun Abdu to evaluate the severity of the aneurysm and recommend immediate treatment. A diagnostic angiogram revealed a far more serious prognosis: not one, but four aneurysms in Koester’s brain.

“Marianne’s tests revealed that she had several aneurysms, including one that was quite large and irregularly shaped, putting her at significant risk for rupture. Brain aneurysms can be life-threatening if they rupture, and that risk is correlated to the size, shape and location of the aneurysm. The bigger the artery gets, the thinner its wall becomes and the greater chance it has of bursting,” Dr. Abdu described. “Marianne’s aneurysms were deemed high-risk if they ruptured it could lead to bleeding in or around the brain, which in turn could cause other complications, such as delayed stroke.”

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Dr. Abdu is one of few specialists in the nation dually trained in both minimally invasive and open cerebral vascular surgery. She counseled Koester through the benefits and risks of the surgical options available to her.

The pair talked extensively about open brain surgery and minimally invasive endovascular treatment options, of which there are several. Together, they decided on a minimally invasive procedure, performed on a biplane unit, to implant a pipeline embolization device (PED) inside the affected arteries, as it could use a single device to treat all four aneurysms. A PED is a wire mesh stent that redirects the blood to flow past the aneurysm, rather than into it. Over time, the aneurysm is deprived of blood supply and shrinks, ultimately disappearing.

“Because of EvergreenHealth and its expert neurosurgeons, what could have been an awful thing turned into a really positive experience,” Koester said.
Serving More Patients with Comprehensive Heart and Vascular Care

EvergreenHealth Heart Care offers clinically advanced, comprehensive cardiology care.

EvergreenHealth Heart Care recently expanded its team, which will help the practice provide patients across the region increased access to advanced cardiology and services. As part of EvergreenHealth’s plans to continue increasing access to quality heart and vascular care, the organization is currently renovating its existing catheterization lab suites and constructing a third suite which is slated to open this summer.

Why EvergreenHealth has invested in growing our team of specialists and increasing our capacity: We want our patients to receive the most advanced care in the best setting, and the improvements we’ve made will truly enable us to provide an excellent patient experience to people across our community. —Kadlyn Huddy, MD, FACC, Executive Medical Director of EvergreenHealth Heart and Vascular Care

Nationally Recognized Heart Care

EvergreenHealth Heart Care is Five-Star Rated by Healthgrades for its treatment of heart attack and failure.

It has also been recognized as one of only 7 hospitals nationwide for outstanding heart attack survival rates, recognizing everything from swift diagnosis and treatment to the follow-up care needed to get patients on the road to recovery.

Meet EvergreenHealth’s Newest Heart Care Provider

Dr. Ali Sharifian brings expertise in cardiac imaging, supporting his treatment of valvular heart disease, atrial fibrillation, heart failure and coronary artery disease. Prior to becoming a cardiologist, Dr. Sharifian served as a firefighter and EMT in Snohomish County, which inspired him to pursue a career in medicine to further care for the community. He is board-certified in cardiovascular disease, echocardiology, cardiovascular CT, nuclear cardiology and internal medicine, and he is fluent in English, French and Farsi.

Robotics-Assisted Knee Replacement Technology Offers Patients Personalized Results, Quicker Recovery

New platform enables surgeons to precisely position a tailored replacement knee without operating on cruciate ligaments.

Healthy joints, bones, and ligaments make it possible to live an active lifestyle, whether that entails walking up a flight of stairs or training for a marathon. But with nearly half of American adults developing osteoarthritis in at least one knee during their lifetime, the ability to move around the way we’d like can decline with age and activity.

For many, a viable solution to addressing knee problems, once non-surgical options have been explored, is partial or total knee replacement surgery. Now, EvergreenHealth is the only hospital in the Puget Sound region to offer patients one of the most advanced technologies available in knee replacement surgery: the NAVIO system, a robotics-assisted surgical platform that helps orthopedic surgeons deliver highly customized results to every patient — in some cases, without requiring them to operate on the anterior or posterior cruciate ligaments, commonly referred to as the ACL and PCL.

Meet ProOrtho Orthopedic Surgeon, Christopher Boone, MD

Christopher Boone, MD, Orthopedic Surgeon, EvergreenHealth and Bellevue Bone and Joint Clinic

“As a teacher, I spend a lot of time on my feet and knew that would play a big role in my recovery from knee replacement surgery. But four weeks after the procedure, I had regained nearly the full range of motion in my knee. At six weeks after surgery, I returned to work, and I can say that my recovery has been remarkable — the procedure was well worth it. Rehabilitation takes real dedication and plenty of hard work, but I believe Dr. Boone’s approach and the tools he and his team used for my surgery helped to significantly upgrade my quality of life.” —Jane Allen, Auburn resident and EvergreenHealth patient

In addition to Dr. Boone, other physicians trained to utilize the NAVIO system for orthopedic surgery at EvergreenHealth include Dr. Camille Clinton, ProOrtho; Dr. Ronald Gregush, ProOrtho; Dr. Bruce Rolfe, EvergreenHealth Orthopedic & Sports Care, and Dr. Jeff Stickney, ProOrtho.

Did You Know?

The NAVIO platform works by producing real-time 3-D images of the knee’s cartilage and bones through a process called direct surface mapping, which sends precise information about the patient’s anatomy to a handheld device. The surgeon then uses NAVIO’s handheld robotic tool to guide the position and placement of the replacement knee, offering enhanced accuracy for better patient outcomes. The NAVIO system eliminates the need for a pre-operative CT scan, so patients benefit from a more simplified, efficient and cost-effective care plan.
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.

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

FREE SEMINARS
• Weight-loss Surgery: Is It Right for You?
• Advance Care Planning
If you suddenly become ill or are in an accident and unable to make health care decisions for yourself, who would make these decisions for you? This free workshop will help you answer these questions and begin the process of creating your very own advance directive.

WELLNESS & HEALTHY LIVING
Healthy Meals Made Easy!
• The Mind Diet for Better Brain Aging
• How to Use Farm Produce to Improve Your Health
• Plant-Based Diet, from Farmers Market to Healthy Meals Made Easy!

Environmental Detox
• Vitamins & Supplements: What’s Right for Me?
• Food Intolerances
Little Known Martial Art Training Techniques to Remain Calm & Reduce Stress
• Why am I Hurting? A Healthy Talk on Natural Pain Prevention
• How to Reduce Stress and Anxiety with Mindfulness

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

Health Education
• AARP Smart Driver Program
• Manage Your Blood Pressure Through Nutrition
• Meditation Made Easy
• Cholesterol and Diabetes Screening
• Healthy Meals from the Farmers Market

IMPROVE YOUR HEARING
Explore techniques for improving communication skills and maximizing your hearing. Discover new hearing aid techniques and learn how to enhance hearing in noisy environments.

Stop the Bleed
Are You Ready for an Emergency? Don’t be caught unprepared if an emergency happens. Learn what essential items you should have and where they should be stored.

Baby Sitting Basics
• Infant and Child CPR
• Community CPR
• Community First Aid
• CPR for Health Care Providers

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

Food for the Brain 2019
6th Annual MS & Nutrition Workshop
Special guest speaker Lynee Shuts, ND, MPH, will lead a lively discussion on ways to maximize nutritional health, the latest scientific findings on MS and nutrition, practical advice regarding healthy eating, and strategies for maintaining a healthy diet in the context of challenging MS symptoms.

Living Mindfully with Chronic Illness
• Parkinson’s Caregiver Support Group
• Neuro-Nutrition Class
• From the Ground-Up Strength and Flexibility
• Living Well After Stroke

Evergreen Men’s Support Group
Support group for those affected by neurological conditions such as multiple sclerosis, Parkinson’s and stroke.

CHILDBIRTH PREPARATION CONTINUED
• Delivery Day for Teens and Young Adults
• Delivery Day for Multiples
• Labor Coping Skills Review
• Prepare the Next Childbirth, Breastfeeding & Newborn Care

Hypnobirthing™—The Mongan Method
In five evening sessions, learn many breathing tools, visualizations, and deep relaxation methods that support your mind and body in having a more comfortable childbirth experience.

Siblings Class
• Conscious Fathering

FitBaby Program
This six-week series offers a total body interval workout adjusted to the various pregnancy phases of the attendees. Instruction includes cardio, strength training and includes exercises for breastfeeding.

Yoga for Pregnancy
• Pelvic Health Class

BABY & FAMILY BUSINESS

CHILDBIRTH PREPARATION
For class dates and times or to register for classes, go to www.evergreenhealth.com/childbirth or call the EvergreenHealth Nurse Navigator & Healthline at 425.899.3000. Register early during your pregnancy, as classes fill up.

• Partnering Parenthood
• Family Maternity Center Tour
• Tour Paro Personas De Habla Hispana
• Meet a Midwife
• Warm Welcome

Delivery Day —Birth and Beyond
Learn about the labor and birth process, and labor coping skills such as patterned breathing and positioning. This class provides information about pain medication options including epidural anesthesia, procedures such as induction and cesarean birth, and tips for a smooth postpartum recovery including breastfeeding your newborn. Course includes a tour of the Family Maternity Center.

Cancer Care Classes
Classes and support groups at Halvorson 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 1.800.255.5505, or visit online at www.cancerlifeline.org.

ARTISTIC EXPRESSION
• Ikebana Flower Arranging

COOKING DEMONSTRATIONS
• Anti-Inflammatory Foods
• Nourishing Salads
• Healthy Mediterranean

EXERCISE AND MOVEMENT
• Gentle Yoga
• Healthy Steps—Gentle Exercise for Managing Lymphedema
• Qigong

PRESENTATIONS
• Chair Yoga
• Beneficial Sounds with Gongs
• Benefits of Laughter
• Beneficial Sounds with Gongs
• Chair Yoga
• Beneficial Sounds with Gongs
• Chair Yoga
• Beneficial Sounds with Gongs
• Chair Yoga
• Beneficial Sounds with Gongs
• Chair Yoga
• Beneficial Sounds with Gongs
• Chair Yoga

OTHER SUPPORT GROUPS
Colin’s Support Group
Colin’s and colitis support group meetings are gatherings where patients and their loved ones can share their stories, seek emotional support, find answers to their questions, and connect with a community who share their challenges. For more information, please contact Lynn Shomber at lynn.sh@comcast.net.

SUPPORT GROUPS
• Bosom Buddies Breast Cancer Networking Group
• Breast Friends Breast Cancer Support Group
• GI Cancer Support Group
• Living with Cancer Support Group
• Living with Metastatic Cancer Support Group

For more scheduling information: Visit www.evergreenhealth.com/classes for a full listing of classes, descriptions, dates and times.
Fran Wockner, on behalf of the William E. Wockner Foundation, generously gifted $50,000 to the EvergreenHealth Monroe Foundation to support the new EvergreenHealth Monroe Cancer Center. The donation supported the purchase of six new infusion chairs, as well as six accompanying infusion pumps.

“Having comfortable chairs can mean all the difference for patients who often have to sit from one to six hours to receive life-saving treatments,” said June Ulrich, RN, OCN, clinic coordinator and oncology nurse navigator for the EvergreenHealth Monroe Cancer Center.

The state-of-the-art infusion pumps allow for concurrent chemotherapy infusions, meaning patients can spend less time receiving treatment and more time comfortably recovering. The new pumps also have additional features to enhance patient safety, such as precision medication delivery.

Evergreen Gala Makes Life-Saving Technology a Reality

Last spring, the Kentucky Derby-themed Evergreen Gala raised $1.42 million for EvergreenHealth Stroke and Neuroscience Programs. Those funds were used to support the purchase of a biplane imaging machine for EvergreenHealth’s newest catheterization lab, which officially opened for patient procedures earlier this year.

The state-of-the-art imaging technology produces 3-D images of blood vessels, soft tissue and blood flow in real time, further enabling providers to identify and treat vessel blockages or malformations. For patients experiencing a stroke or aneurysm—conditions where every second counts—having this advanced technology onsite can significantly improve their chances of making a full recovery.

To explore meaningful ways to show your gratitude, please contact the Foundation at 425.899.1900 or foundation@evergreenhealth.com.
One of America’s 100 Best Hospitals™ for Third Consecutive Year

For the third year in a row, Healthgrades has named EvergreenHealth as one of the nation’s top hospitals. The health system is recognized for its consistently high clinical performance and patient outcomes, placing it among the top 2 percent of hospitals in the country.

Vote in the Special Election by April 23

This spring, the community will vote on a $345 million bond levy to fund enhancements to the EvergreenHealth medical center campus, helping the health system continue to meet the health care needs of its growing community.

To register to vote, contact the Washington Secretary of State by visiting www.sos.wa.gov/elections.

Deadline to register is March 25, 2019. Vote by mail by April 23, 2019.

EvergreenHealth Appoints Todd Banks to Board of Commissioners

In December 2018, EvergreenHealth’s Board of Commissioners approved the appointment of Todd Banks to the health system’s seven-member governing board.

Banks was named to the position previously filled by Jeanette Greenfield, who retired in 2018. As president of Kenmore Air, he brings a wealth of professional expertise and community involvement experience.

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