

## The final stretch!

**Campaign FutureCare launched in 2016 with an audacious goal:** raise \$50 million to help complete the largest renovation project in Overlake’s history. Over the last five years, as the construction transformed our campus, our community has cheered us on and generously supported our work. As this newsletter goes to print, we stand at \$47.7 million — 96% of our goal.



### Here’s what your support has accomplished so far:

#### OPENED IN 2019

Two new and one refurbished **heart and vascular operating rooms** ensure patients receive optimal care. The suite facilitates the use of less-invasive surgical techniques when appropriate and provides surgeons with the tools and technology to continually innovate and improve care.



#### OPENED IN 2021

The **new East Tower** provides a beautiful and comfortable environment, an improved experience for patients and greater efficiency for caregivers. The **new Childbirth Center** has received rave reviews, as has the care on every floor.



#### OPENING SOON

The **new Behavioral Health Unit** will open its doors in November. The newly remodeled unit will offer patients a comfortable space full of natural light, with added treatment spaces. The space is such an improvement over the existing unit that the staff has likened it to going “from the basement to the penthouse.”



#### COMING IN 2022

In the final phase of **Project FutureCare**, the old East Tower will be demolished and a glass-walled connector will unite the two sides of our campus. In addition, a long drop-off area and a new main entrance will help patients and visitors find their way around.

**THANK YOU** for your support.

# Crossing the **FINISH LINE**

**Here at the Overlake Foundation, with the Campaign FutureCare goal in sight, it's all hands on deck.** We need to reach as many people as we can and invite them

to help close out the campaign and support world-class care, close to home. In addition to cash, we welcome additional giving strategies.

- **IRA rollover:** If you are 70½ or older, you may have to take Required Minimum Distributions (RMDs) from your retirement accounts. If you don't need these funds and would like to avoid the associated taxes, you can roll all or part of your RMD directly to Overlake, tax-
- **Planned estate giving:** Make a gift for the future by remembering Overlake in your will or making us the beneficiary of your IRA, life insurance plan or other accounts.
- **Highly appreciated stock:** When you donate stock directly to Overlake, you avoid capital gains taxes, increase your gift and increase your tax deduction.
- **Blended gifts:** Increase your impact by adding a planned estate gift to your cash gift.

To learn more about these giving strategies, please contact Laurie Ramacci Noegel at [laurie.ramaccinoegel@overlakehospital.org](mailto:laurie.ramaccinoegel@overlakehospital.org) or 425.688.5533.

Please consult with your tax attorney or financial professional to be sure these strategies are right for your situation.



Alice and York Harris

**“We wanted our gift to inspire others. It’s important to support your community hospital ...”**

## Announcing the **Harris Matching Gift Challenge**

**W**ith Campaign FutureCare’s \$50 million goal in sight, longtime Overlake champions York and Alice Harris want to help us get over the top. They have put up a challenge to encourage others to give. **Every gift between \$25,000 and \$100,000 will be matched, dollar for dollar, up to \$500,000.**

“We wanted our gift to inspire others,” says York. “It’s important to support your community hospital, and we hope to see people making first-time gifts or increasing their giving in response.”

The challenge is just the most recent of the couple’s contributions to Overlake. Alice has served on the Foundation Board, participated in an Auxiliary, and co-chaired the Bandage Ball. York is a current Foundation Board member.

“We have always believed in the importance of philanthropy,” Alice says.

While York and Alice have designated their funds to support the new Behavioral Health Unit, they will match any gifts within the challenge range. “There’s a stigma around mental health treatment but it is actually so important,” explains York. “We are passionate about that but we want to inspire people to give to any area that’s important to them.”

We are grateful for their commitment and support.

**Ready to join York and Alice in closing out Campaign FutureCare, or want to learn more? Please contact Alex Schisel at [alex.schisel@overlakehospital.org](mailto:alex.schisel@overlakehospital.org) or 425.688.5534.**

## Your donations at work:

## DIABETES EDUCATION

Tammy had been living with type 2 diabetes for more than 30 years. Now 73, she felt like managing the chronic disease was so restrictive that she was not living, merely existing. Her work with Overlake's Diabetes Education Clinic made a world of difference.

"Tammy was working so hard to follow all the rules, she felt like she couldn't do any of the things she enjoyed," says Lisa Levinson, who supervises the clinic. "She was afraid to eat out. She thought she would have to do high-intensity cardio to get any benefit from exercise. Since she wasn't able to do that, she remained sedentary."

The clinic team helped Tammy strategize. She could create meal plans that included eating out. Gentle exercise—walking—was beneficial and got her out of the house. Planning ahead relieved the fear that was keeping her at home.

"Our goal is always to empower the patient," says Levinson. "We teach the power of small lifestyle changes. We also train people to use technology to manage their diabetes."

**Paul was a young man with type 1 diabetes.**

He worked at a physically strenuous job and struggled to make ends meet. Financial concerns sometimes caused him to skip meals,



and he dealt with his blood sugar drops by eating candy, putting him at high risk for complications. The team at the clinic helped him get a Continuous Glucose Monitor (CGM) and use it to manage his diabetes more effectively.

The CGM is worn around the clock and produces data that helps patients and doctors determine how food, activity and time of day impacts their blood sugar levels. Diabetes educators help patients learn to interpret the reports from the device and use it to make choices about what and when to eat. Clinic staff helped Paul strategize a healthy, low-cost meal plan that worked with his job and kept his blood sugar stable.

"Our specialist nurses and dietitians help people with diabetes live their best lives," says Levinson. "We are grateful to the donors who help make it possible."



The CGM is worn on the arm or abdomen and transmits data to a receiver.



## TAX TALK

**Some aspects of the 2020 Coronavirus Aid, Relief and Economic Security (CARES) Act are still in effect and may have implications for your 2021 taxes.**

- n If you make a cash gift to a public charity and you itemize your deductions, you can deduct up to 100% of your adjusted gross income (AGI). In 2022, the limit reverts to 60% of your AGI.
- n If you make a gift and you use the standard deduction, you can take an additional above-the-line deduction of up to \$300 for an individual or \$600 for a couple filing jointly.
- n If you are at least 59½ years old, you can take a cash distribution from your IRA and contribute it to charity with a tax deduction of up to 100% of your AGI. The deduction may completely offset the tax attributable to the distribution.

Please contact your financial advisor or the Foundation to learn more about tax smart ways to support Overlake before December 31, 2021.

**OVERLAKE MEDICAL CENTER FOUNDATION**

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**DONOR SPOTLIGHT**

**For Mark and Sheri Robison**, giving is personal, and there's a strategy underlying their generosity. "We looked around our lives to see who and what we were closest to," Mark explains. That orientation led them to become regular, generous supporters of Overlake, their community's hospital.

As donors, Mark and Sheri like to be able to see the results of their gifts. Case in point: with the pandemic raging, the stress levels of our caregivers went sky high. Overlake wanted to make the Calm app (providing guided meditations, sleep stories and other resources) available to all staff members. The Robisons made a generous gift to help cover the cost. "I was skeptical at first," says Mark. "But **we got great feedback and letters from the staff. Nurses, environmental services, and others... they really got value from it, and we were happy to help.**"

Because they have personal experience with physical rehabilitation services, Mark and Sheri made a Campaign

FutureCare gift to name the Robison Family Rehab Gym on the fourth floor of the new East Tower. The new facility helps patients regain their strength as they recover from illness or surgery.

The Robisons are also longtime supporters of the Bandage Ball, Overlake's annual fundraising gala, and served as co-chairs of the event in 2018. "I like to encourage local business owners to buy a table at Bandage Ball," says Mark. "Don't wait until you or your employees need medical help—get involved now. Supporting Overlake benefits you and the whole community."



Sheri and Mark Robison (seated, from right) at the Bandage Ball with family and friends.

***Thank you, Mark and Sheri. You have made a difference for the Eastside and beyond.***