

EvergreenHealth

monitor

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SUMMER
18

The
Community
Growth
Issue

Growing Alongside Our Community

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Serving Our Community's Needs with Expanded Care and Expertise

Increased capacity, new practices and providers support our community's growth



Message from the CEO

Dear neighbors and friends,

It's my pleasure to welcome you to the summer issue of Monitor and our 2017 Community Annual Report. I hope you are well and enjoying all this season has to offer.

As fellow residents of the Pacific Northwest, you've seen firsthand the growth and change occurring in our community. Even as our region has grown and changed, we remain a community that cares for each other and our surroundings, seeks meaningful connections and strives for good health and a balanced well-being.

As the community has grown, so too has EvergreenHealth, in order to support and provide for the health care needs of the ever-expanding number of families, businesses and industries that call this area home. While our geographic footprint, facilities and services keep pace with the community's increasing needs for care and service, we remain focused on our purpose of "enriching the health and well-being of every life we touch."

In keeping with the theme of growth, this issue of Monitor highlights some of our newest services, practices and physicians who join us in fulfilling that purpose and offer exceptional care and experience for those we serve—some of whom you'll meet in the following pages, as well.

Also included in this issue is our 2017 Community Annual Report. Each year, we look forward to sharing how we fulfill our

vision to "create an inclusive community health system that is the most trusted source for health care solutions."

As we look back on last year, we also look ahead to our future of caring for this community for years to come. Our Board recently approved Phase 2 of our 15-year Master Facility and Development Plan that will create a new Critical Care Unit, an enhanced Family Maternity Center, seismic upgrades to portions of our original hospital building, and expanded medical office space for our doctors—all part of our important investment back into our community.

We are honored to be a vital part of this community's continued growth and development as we deliver on the promises we first made 46 years ago. Thank you for letting us earn your trust every day.

Sincerely,

Robert H. Malte
EvergreenHealth Chief Executive Officer

Contact Us

We invite your feedback and questions.

Contact us at patientrep@evergreenhealth.com

Meeting the Needs of Our Growing Community

Karlyn G. Huddy, MD,
Executive Medical Director,
EvergreenHealth Heart & Vascular Care



The last time our region saw such an extraordinary period of unprecedented growth, newcomers were drawn by the prospect of striking gold in the Klondike.

Today, as our region prospects for gold in the form of tech innovations and strives to keep pace with its growing population, access to high quality care is more important than ever.

That's why EvergreenHealth is committed to growing alongside our community, adding new services, programs, providers, and infrastructure in informed and thoughtful ways.

One of the ways we're delivering on this commitment is particularly close to me. As part of our joint venture with Overlake Medical Center and Clinics, known as the Eastside Health Alliance, we now offer Eastside residents coordinated cardiac care from two medical center locations, with collaboration in cardiac and thoracic surgery.

This spring, we also began construction on our third cardiovascular catheterization lab which will open in 2019. This new lab will help us meet increasing demands for diagnosis and treatment of heart and vascular conditions, along with interventional radiology, oncology, pulmonary care and other surgical procedures.

These cardiac program enhancements are just some of the ways we are growing to meet the health care needs of our expanding community. As you'll read, growth is happening all across our health system and it's our continued commitment to serve our neighbors with access to quality care today, and for many years to come.



Pat Flynn,
EvergreenHealth Vascular Care patient

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Enhanced Primary + Urgent Care in Kenmore

EvergreenHealth Primary Care, Kenmore recently moved into a larger, enhanced facility in the LINQ at Spencer Square. The new location builds upon EvergreenHealth's decades-long legacy of exceptional primary care in Kenmore and now offers new services, including an urgent care clinic, along with a thoughtfully designed layout to promote ease of communication between patients and providers.

New at EvergreenHealth Primary Care, Kenmore

Services:

- Urgent care
- Physical therapy
- 3-D mammography
- DXA scanning (bone density screening)
- X-ray
- Lab services



Meet Our Newest Provider:

Christopher Marshall, DO
Dr. Marshall views partnership and collaboration as the cornerstones of his practice, and often sees his role as a guide for helping patients navigate the frequently changing field of medicine.

"My job is to meet you where you are, and help you live the healthiest life possible."

"The new Kenmore office is easy to navigate, and the staff is incredibly professional and friendly. I can go there for primary and urgent care, and now physical therapy, too. It's a huge benefit to us, and our growing community, to have all of these services under one roof."



Bothell resident **Janet Good** (right) with her husband **Robert Kuster** (left), longtime EvergreenHealth Primary Care, Kenmore patients, with their provider **Colleen Pacem, ARNP** (center).

EvergreenHealth Surgery Center Welcomes New Surgeons

Drs. Analisa Armstrong and Timo Hakkarainen join the surgery team, offering additional capacity and sub-specialties.

The two new surgeons utilize advanced techniques that help enhance surgical precision, reduce pain and scarring, and improve healing time.

Timo Hakkarainen, MD
Traditional thyroid surgery often leaves patients with a distinct scar at the base of their throat. General surgeon Dr. Timo Hakkarainen specializes in minimally invasive and remote-access surgery for the thyroid that uses state-of-the-art endoscopic equipment to remove thyroid glands through a virtually hidden incision in the lip or chest. Few physicians in the country are trained in this approach, and this specialized skillset is sought by patients seeking a less obvious reminder of their surgery.



Analisa Armstrong, MD
Dr. Analisa Armstrong, a general surgeon, is fellowship-trained in minimally invasive anti-reflux surgery, among other sub-specialties. The anti-reflux procedure provides effective treatment for those living with the uncomfortable effects of gastroesophageal reflux disease (GERD), whose symptoms don't improve with other therapies.



EvergreenHealth Eye Care Practices Open in Kirkland and Mill Creek

The health system now offers comprehensive eye care from a team of board-certified ophthalmologists in two locations.

When retired school administrator Chuck Pasma started to notice the cloudy signs of cataracts disease, his EvergreenHealth primary care provider referred him to the organization's new comprehensive ophthalmology practice.

"When I met Dr. Reinhardt, she was incredibly informative and supportive in guiding me through my treatment options. Once we had a plan, she was straightforward with me about what to expect from the procedure, and did a great job quelling all of my concerns."

Chuck Pasma,
EvergreenHealth Eye Care patient



"Cataracts surgery is one of the most common outpatient ophthalmology procedures performed in the U.S., but each case requires skill and precision to restore my patient's vision without complication. There's no better feeling than helping patients regain their quality of life by helping them get back to doing the things they love—like in Chuck's case, woodworking."

Rachel Reinhardt, MD,
EvergreenHealth Eye Care physician

Renton resident Paul Bay had been a patient of Dr. James Stroh for more than a decade when the first signs of cataracts disease began to obscure Bay's vision.



"When the cataract in one eye reached the point of requiring a lens replacement, Dr. Stroh and I discussed the pros and cons in significant detail, and I ultimately selected the lens Dr. Stroh recommended to best achieve my post-surgery vision goals. Dr. Stroh performed the surgery without issue, and my vision now exceeds my expectations!"

Paul Bay, EvergreenHealth Eye Care patient

"The Eye Care team maintains open communication with specialists and providers throughout the EvergreenHealth system, making it easier to develop integrated treatment plans for our shared patients. Our teams work together wonderfully, collaborating in a way that brings greater benefit to longtime patients like Paul."

James Stroh, MD,
EvergreenHealth Eye Care physician



Rounding Out the Eye Care Team



Richard Kenny, MD
"Practicing healthy habits for the whole body also benefits eye health. Having access to a myriad of specialties under one roof at EvergreenHealth—from eye care to neurology to primary care—further supports patients in achieving their overall best health."



Sara Huh, MD
"As a fellowship-trained glaucoma specialist, I collaborate with providers from all different practice areas on how best to treat patients based on their medical history. Our team has access to a wide array of clinical resources throughout the health system, supporting us in delivering the best outcomes for our patients."



Personalized Vascular Care That Speaks Volumes

When Kenmore resident Pat Flynn was seeking options for treating carotid artery disease, she found Dr. Amy Coulter, a vascular surgeon who joined EvergreenHealth Vascular Care in 2017.

A diagnostic ultrasound showed Flynn was a strong candidate for an endarterectomy—a procedure to clear plaque from the artery that supplies blood to the brain.

Operating could put Flynn at risk for suffering a stroke, but foregoing surgery to prolong treatment could result in a stroke, as well.



“I was looking for a doctor who would be direct with me and consider all my options. Dr. Coulter really did her due diligence and showed me through her actions how passionate and involved she is in her patients’ care. Her approach spoke volumes to me.”

Pat Flynn, EvergreenHealth Vascular Care patient

“Vascular care is an ever-changing specialty, and we have access to all of the latest technology here on the Eastside. Whether a patient needs surgery, or in Pat’s case, opts for non-surgical treatment, our goal is to use the most advanced care to help patients achieve a fulfilling lifestyle.”

Amy Coulter, MD, EvergreenHealth Vascular Care surgeon

Introducing Dr. Xuanjing Zhou to EvergreenHealth Heart Care

According to Dr. Xuanjing Zhou, cardiology often serves as the “heart” of a health system. Treating the heart typically involves coordination across departments to deliver the most comprehensive care.

Dr. Zhou, who recently joined EvergreenHealth Heart Care, is passionate about reaching the community with heart health education, while working with other doctors to provide patients with the benefits of a coordinated health system.



“With cardiac disease, symptoms often mimic other health issues, especially as patients age. That’s why it’s so important that we work closely together to understand what’s going on, and address a potential heart issue as soon as possible.”

Xuanjing Zhou, MD, EvergreenHealth Heart Care cardiologist

A New Cath Lab Adds Capacity in 2019

In its first year, the cath lab will perform up to 1,200 new procedures, with more capacity expected in subsequent years.

A new cardiac catheterization suite, or “cath lab,” slated to open at EvergreenHealth’s Kirkland medical center in 2019, will bring increased capacity for emergent cardiac interventions, and diagnostic and therapeutic procedures.

The suite will feature a new procedure room and five preparation and recovery rooms—each equipped with new technology for improved image quality, precise visualization, better navigation and reduced radiation exposure for patients and staff.



Comprehensive Neurosurgical Care Comes to the Eastside

With the opening of the Neuroscience, Spine & Orthopedic Institute, EvergreenHealth is developing a neurosurgical program for advanced care and comprehensive treatment.

Drs. Emun Abdu and Dustin Hayward joined EvergreenHealth in 2018 and are among the few surgeons in the nation who are dually trained in minimally invasive and open cerebral vascular surgery. They’re part of EvergreenHealth’s comprehensive neurosurgical care team, providing state-of-the-art treatment for critical diagnoses including brain tumors, cerebral aneurysms and stroke.



“This is an exciting time to be part of the Eastside’s growth. For patients facing a serious brain or spine diagnosis, our team delivers care using the latest research and most advanced techniques and technology. Access to the best care in our patients’ own community improves their quality of life and helps us achieve optimal outcomes.”

Dustin Hayward, MD, EvergreenHealth Spine & Neurosurgical Care surgeon



“Our comprehensive approach means that patients benefit from a breadth of treatment options, from minimally invasive treatments, to more traditional surgical interventions. My approach is to partner with my patients to fully understand their perspective in setting their best course of care.”

Emun Abdu, MD, EvergreenHealth Spine & Neurosurgical Care surgeon



When Kirkland resident Kathy LePenske discovered she was living with a golf ball-sized benign brain tumor, called a meningioma, her research for the most skilled care led her to EvergreenHealth.

“With brain surgery, you want to know you’re in the best hands. I came to Dr. Hayward thinking he would be the first of several opinions I would seek. But after meeting him, I knew he was it. His professionalism, compassion, and care in fully answering all my questions was the reassurance I needed. My surgery and recovery have gone well thanks to the entire team at EvergreenHealth—I know I made the right choice.”

Kathy LePenske, EvergreenHealth Spine & Neurosurgical Care patient

Introducing Biplane Imaging at EvergreenHealth

When a patient suffers a stroke, delivering rapid care can mean the difference between making a full recovery, or living with a disability.

Thanks in part to EvergreenHealth’s Master Facility Plan, the EvergreenHealth Foundation and community support, the Stroke and Neurosciences Program will introduce a biplane angiography system, which provides 3-D imaging that enables physicians to treat blood clots in acute stroke and aneurysms, perform the first step in surgeries, and open closed arteries.



“The biplane furthers our position as a leading stroke program and allows us to continue providing the highest quality, best outcomes, and most advanced care possible to our community.”

David Likosky, MD, Executive Medical Director, EvergreenHealth Neuroscience Institute and Hospitalists



Renewing Hope Through Access to Clinical Trials

As the Eastside region has grown, EvergreenHealth has continued to expand its research program to remain at the forefront of investigating new treatments, offering patients living with a range of conditions renewed hope for their best quality of life.

When 65-year-old Marysville resident Deborah Sanders was diagnosed with Parkinson's disease (PD) 10 years ago, she first managed her movement disorder symptoms with a commonly prescribed medication called levodopa. But over time, she began to experience an increasingly prominent side effect of the drug—uncontrolled movements like fidgeting, wriggling or swaying, known as dyskinesia—which kept her from doing even simple household tasks and errands.

To help manage her symptoms, Sanders' specialist, Dr. Pinky Agarwal at EvergreenHealth's Booth Gardner Parkinson's Care Center, recommended that Sanders participate in a clinical trial for a medication called GOCOVRI™.



"GOCOVRI is an extended-release capsule that consistently delivers high levels of amantadine throughout the day, which was very successful in lessening Deborah's symptoms of dyskinesia. With the many clinical trials we have available at EvergreenHealth, patients like Deborah have access to a wide range of therapies, helping them to find the best treatment option to meet their individual health care needs."

Pinky Agarwal, MD, EvergreenHealth Booth Gardner Parkinson's Care Center physician



"Participating in the trial has changed my life, allowing me to return to my hobbies like painting, gardening, cooking and playing pool with my husband. I can't thank Dr. Agarwal enough for helping to give me freedom to return to doing what I love."

Deborah Sanders, EvergreenHealth Research Program participant

For more information on participating in EvergreenHealth research trials, visit www.evergreenhealth.com/clinical-research or call 425.899.5385.

Introducing EvergreenHealth Hand & Wrist Care

"With hand care, we can often demonstrate noticeable improvement and make a big impact on improving our patients' everyday lives. Our hands are a major interface for our daily activities, and although we use our hands constantly, the causes of degeneration aren't always obvious. When we pinpoint the root of an issue, treatment often results in a drastic improvement of patients' quality of life."



Joseph Woodward, MD, EvergreenHealth Hand & Wrist Care surgeon

After years of trying less invasive procedures to treat sporadic numbness in her hands, Lynnwood resident Kim Hunt received a referral to Dr. Joseph Woodward, a fellowship-trained orthopedic hand surgeon who also completed a plastic surgery residency, for minimally invasive carpal tunnel syndrome surgery.

Dr. Woodward leads EvergreenHealth's newly formed Hand & Wrist Care practice, bringing restored function to patients who experience pain and limited function from arthritis, injury, nerve damage and other sources of trauma. The practice works in tandem with other specialties, along with a new outpatient occupational hand therapy team, to give patients the benefit of an integrated system.

"For so many years, I just learned to manage my symptoms, but as soon as I was out of surgery, the relief was almost immediate. I only wish I would have decided to have surgery sooner," Hunt said.

"Participating in the trial has changed my life, allowing me to return to my hobbies like painting, gardening, cooking and playing pool with my husband. I can't thank Dr. Agarwal enough for helping to give me freedom to return to doing what I love."

Deborah Sanders, EvergreenHealth Research Program participant



15-Year Volunteer Provides Warm Welcome to the Monroe Emergency Department



Monroe resident Tom Peterson retired in 2003, but he still keeps plenty busy with hobbies like photography and travel, and spending time with his family.

After retiring from a career of military service, Peterson sought to continue an active lifestyle while giving back to his community. Now, at the age of 84, you can find him at his post in EvergreenHealth Monroe's emergency department (ED), where he's been volunteering five days a week for nearly 15 years.

As a volunteer, he welcomes patients to the ED, and also acts as a liaison to the nursing station to communicate patients' symptoms, helping providers to quickly evaluate the situation.

"It's important to break the ice, because someone who is visiting the emergency room is probably not having the best day. My job is to make patients feel calm and comfortable when they first check-in, at a time when they are most likely feeling nervous. I'm here to help people and make sure they have a positive experience, and I couldn't be happier to have found this position."

Tom Peterson, EvergreenHealth Monroe volunteer

To learn more about volunteering at EvergreenHealth Monroe, visit www.evergreenhealthmonroe.com/volunteering-at-evergreenhealth-monroe.

EvergreenHealth Monroe Wound Healing and Hyperbarics Center Honored Three Years in a Row

For the third consecutive year, the EvergreenHealth Monroe Wound Healing and Hyperbarics Center has earned the Robert A. Warriner III Center of Excellence award from Healogics for its consistent high patient satisfaction and healing rates. Only 268 centers across the nation received this award for 2017.



The center specializes in hyperbaric oxygen therapy treatment and other advanced procedures, including negative pressure wound therapy; bio-engineered skin substitutes; biological and biosynthetic dressings; and growth factor therapies.

For more information, visit www.evergreenhealthmonroe.com/wound-care-and-hyperbarics-center or call 360.863.4655.

The Recovery Center at EvergreenHealth Monroe Welcomes Addiction Medicine Specialist Dr. Teresa Jackson



Dr. Jackson joins the Monroe-based Recovery Center with expertise in the treatment of acute withdrawal, and she specializes in medication-assisted outpatient treatment for opioid and alcohol use disorders.

The Recovery Center provides chemical dependency treatment in a therapeutic, patient-centered environment from a freestanding location near the Monroe hospital. For more information, visit www.recoverycentermonroe.com or call 360.794.1405.

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.

Pre-registration is required for all classes. Checks, Visa and MasterCard are accepted. Refunds and rescheduling will be given only for cancellations two business days prior to the class. Please let us know if you need special accommodations to participate.

FREE SEMINARS

Beyond Kegels: Pelvic Health for Women and Girls 101

Join us to learn about the innovative specialty of female pelvic medicine and reconstructive surgery (FPMRS). We will also discuss modern urology care and pelvic floor muscle physical therapy services for women and girls of all ages.

- Weight-Loss Surgery: Is it Right for You?

WELLNESS & HEALTHY LIVING

Healthy Meals Made Easy!

- Savory and Sweet Chocolate
- Taste of India: Spices and Curry
- Tasty Pasta Alternatives
- Fall Harvest
- Versatile Veggies
- Cuisine from Around the World: Peruvian, Mexican, Japanese & Chinese
- How to Prep for the Week
- Heart Health

Laugh Your Way to Better Health

Laughter yoga combines gentle movement, deep yogic breathing and laughter exercises that bring increased oxygen and happy endorphins to your brain and body, boosting your immune system and generating joy. May also reduce anxiety and depression. No experience or equipment necessary.

- Why Am I Hurting? A Healthy Talk on Natural Pain Prevention
- Eating for Disease Prevention

WELLNESS & HEALTHY LIVING CONTINUED

- Health at Every Size: A Non-Diet Approach to Eating
- Food and Mood
- Total Well-Being
- Preparing for Menopause

EMERGENCY & SAFETY EDUCATION

- Babysitting Basics
- Infant and Child CPR
- Community CPR
- Community First Aid
- Community CPR and First Aid
- CPR for Health Care Providers

SENIOR HEALTH CLASSES

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

AARP Smart Driver Program
This program, conducted by AARP, provides classroom instruction covering the effects of aging and medication on driving, basic driving rules, license renewal and more.

Tai Chi for Back Pain
Easy-to-learn movements matched with breathing and visualizations help reduce and relieve back pain, strengthen and protect the spine, and improve health and well-being.

Nutrition for Older Adults
Learn healthy eating strategies and discover quick, fun and easy menu choices that incorporate seasonal fruits and vegetables.

- Summer Nutrition
- Autumn Nutrition

NEUROLOGICAL & MOVEMENT DISORDERS

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

Living Mindfully with Chronic Illness

A supportive group for those wanting to live mindfully and with self-compassion.

Every third Wednesday, 6-7 p.m. Please contact info@thecenterforchronicillness.org or 425.296.2705 with questions or to register.

Food for The Brain 2018: 5th Annual MS & Nutrition Workshop Presented by the MS Center at EvergreenHealth in Partnership with The National MS Society

Revitalize your nutritional health with a lively discussion on 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. This year's special guest speaker will be Dr. Timothy Harlan of Tulane University, known as "Dr. Gourmet."

- Neuro-Nutrition Class
- From-The-Ground-Up Strength and Flexibility
- Living Well After Stroke
- Evergreen Men's Group
- Eastside MS Self-Help Group
- Kirkland MS Self-Help Group
- PD Carepartner Support Group

PREGNANCY, BIRTH AND NEWBORN CARE

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 quickly.

- Pondering Parenthood
- Family Maternity Center Tour
- Tour Para Personas de Habla Hispana
- Meet a Midwife
- Warm Welcomes
- Delivery Day: Birth and Beyond
- Delivery Day for Teens and Young Adults
- Delivery Day for Multiples
- Labor Coping Skills Review
- Prepare the Nest: Childbirth, Breastfeeding & Newborn Care Class
- HypnoBirthing®: The Mongan Method
- Siblings Class
- Conscious Fathering

Fit4baby Program

This six-week series offers a total body interval workout customized for each pregnancy phase of attendees. Instruction includes cardio, strength training and flexibility exercises, and is taught by a certified Fit4mom prenatal and postnatal fitness instructor.

- Yoga for Pregnancy
- Day About Baby
- Breastfeeding Basics and Beyond
- Pumping Class

PREGNANCY, BIRTH AND NEWBORN CARE CONTINUED

Pelvic Health Class

Learn how to minimize pain during pregnancy and birth and optimize healing afterwards. This class includes techniques to avoid future pelvic floor issues and discomfort, and is for women only. It is taught by a women's health physical therapist.

BABY CARE, SAFETY & PARENTING

- Car Seat Safety
- Car Seat Checkup
- Infant Safety and Injury Prevention: Just for Parents

Infant Safety and Injury Prevention: Just for Grandparents

Everything new or expectant grandparents want to learn about baby and infant safety is packed into this two-hour class. Pediatricians agree that unintentional injuries are the greatest risk to babies. Let us help you brush up on the basics of baby care and teach you some new tricks based on the latest best-practice recommendations. Topics include basic child development, safe sleep recommendations, car seat basics, medication safety, baby-proofing and home safety, and supporting the new parents.

- Bringing Baby Home Workshop
- Parent-Baby Groups
- Parenting Your Toddler Classes
- This Is Not What I Expected
- Starting Solids
- Breastfeeding Your Older Baby
- Conversations About Motherhood
- Making the Magic Last: Relationship Refresher for Couples

BABY & FAMILY BOUTIQUE

Clothing, nursing bras and supplies for pregnancy, breastfeeding and your newborn. Visit www.evergreenhealth.com/boutique.

Screen-Savvy Parenting

This class covers information on screen technologies' interactions with children's growth and development and the implications for how we parent. We will focus on children ages birth to five, including best practice recommendations and solutions for common challenges.



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
- Lettering Techniques

COOKING DEMONSTRATIONS

- Seasonal Herbs & Spices
- Dairy Free Milk & Cheese
- Summer Salads

EXERCISE AND MOVEMENT

- Gentle Yoga
- Healthy Steps—Managing Lymphedema
- Qigong

PRESENTATIONS

- Activating Your Body's Repair System
- Energizing Your Immune System
- Living and Working with Cancer
- Vitamins and Supplements 101
- Owning Our Stories
- The MELT Method: Hand & Foot Self-Care

PALLIATIVE CARE

- Palliative Care
- Breast Cancer Survivorship Care Plan
- Treatment for Local Recurrence of Prostate Cancer
- How to Fall Safely
- Reducing Stress with Mindfulness
- Advanced Care Planning
- Combating Fatigue

SUPPORT GROUPS

- Bosom Buddies Breast Cancer Networking Group
- Breast Friends Breast Cancer Support Group
- Colon Cancer Support Group
- Living with Cancer Support Group
- Living with Metastatic Cancer Support Group
- Oral, Head and Neck Cancer Support Group
- Prostate Cancer Networking Group

SPECIAL EVENTS

Climb—Free workshops to support children (age 6-12), whose parents or grandparents have cancer. For more information, contact EvergreenHealth Cancer Support Services at 425.899.2265.

Look Good, Feel Better Workshops—Support for women dealing with hair-loss due to cancer treatment. To register, call the American Cancer Society at 1.800.227.2345.

Metastatic Cancer Retreat—A free overnight retreat focused on education and support for patients and caregivers living with metastatic cancer. For more information or to register, call 206.832.1296 or email mwilkins@cancerlifeline.org.

Evergreen Gala Raises \$1.42 Million

The 2018 Evergreen Gala presented by Denali Advanced Integration raised a record-setting \$1.42 million to support EvergreenHealth's Stroke and Neuroscience Programs.

On Saturday, May 5, more than 700 physicians, community leaders and friends of EvergreenHealth gathered in the signature tent at King County's Marymoor Park, and generously raised their bid cards to support the purchase of a new biplane for the health system's new vascular and catheterization lab.

The biplane machine is a state-of-the-art interventional imaging unit that produces detailed 3-D images of vessels and blood flow within the brain in real time. This advanced imaging technology helps providers precisely identify the source of a neurological blockage or malformation in the vessels, and prescribe immediate treatment. These unprecedented advances in therapies can now make the difference between a person being paralyzed or mobile, mute or speaking, being sent to a nursing home or being discharged back into the community.



EvergreenHealth CEO Bob Malte thanks Denali Advanced Integration CEO Majdi Daher (left) and Director of Marketing Ahmad Daher (center), as the gala's returning presenting sponsor.

Our EvergreenHealth community has benefited from a nationally recognized, high quality stroke program, and, with the recent addition of neurosurgeons and stroke interventional specialists, we are equipped to offer the most advanced acute stroke therapies. With the help of hundreds of generous donors, EvergreenHealth staff and providers are able to continue the tradition of providing the highest quality, best outcomes, and most advanced care possible to the community.

In addition to this year's gala festivities, a \$100,000 surprise gift from the Keyes Family Foundation was announced at the event in recognition of the 10th anniversary of EvergreenHealth's award-winning stroke program. This generous gift and the more than \$630,000 raised during the Fund-A-Need portion of the evening will go toward the purchase of the new biplane.



(Left to right) Gala Emcee, Matt Lorch and Spirit of Giving Awardee, Carol James

The gala also recognized Carol James and the legacy of University of Washington Coach Don James with the annual Spirit of Giving award, which recognizes the best in community philanthropy and those whose selfless contributions are crucial to the health and well-being of our friends and neighbors.

The annual black-tie gala, presented by Denali Advanced Integration, is the EvergreenHealth Foundation's signature fundraiser, and has generated millions of dollars to support programs and departments across the organization.

Save the Date for our 18th Annual Evergreen Gala scheduled for Saturday, April 27, 2019.

For more information, contact the Foundation Office at 425.899.1900.



Seasons of Hope's 10th Year — 2018 Fundraising Luncheon Benefiting EvergreenHealth Hospice & Palliative Care

"All of us learn to face death in one way or another, but only a rare few of us learn to fully embrace living once we realize the time we have on this earth is limited."

— Tamura Arthun

Tamura Arthun is a licensed counselor, critical care social worker, and author of *Blind Awakening*, a story about her experience with palliative care and the death of a loved one. Her two greatest passions are teaching others to live the authentic life they were meant to have, and helping people who have been diagnosed with a life-threatening illness to face it with honesty, openness and dignity. We welcome her as our Seasons of Hope keynote speaker as we celebrate the event's 10th anniversary.

Save the Date for the fall Seasons of Hope Fundraising Luncheon.

Thursday, November 8, 2018
Marriott Redmond — **New venue!**

Arthun will be joined by EvergreenHealth's Dr. Hope Wechkin, Medical Director of Hospice and Palliative Care and also one of Seattle Magazine's Top Doctors. Dr. Wechkin will speak to the accomplishments of the last 10 years, and the vision for the next decade. We look forward to hearing from both inspiring speakers at the next Seasons of Hope Fundraising Luncheon this fall.



Save the Date

EvergreenHealth Monroe Foundation's
2018 Blue Jeans & Boots Gala
Saturday, September 8, 2018

Pine Creek Nursery
23225 Sofie Road
Monroe, WA 98272

For tickets, sponsorship opportunities and general event information, please call 360.805.6304 or visit www.evergreenhealthfoundation.com/monroe.

DINNER • LIVE AND SILENT AUCTION • MUSIC



2017 community annual report

EvergreenHealth and EvergreenHealth Foundation

Message from the CEO and Board Chair

Greetings,

Last year marked a significant milestone for our organization, as we celebrated our 45th year of serving the nearly 1 million patients and families across King and Snohomish counties as your trusted source for health care.

As it does every year, our 2017 Community Annual Report gives us the opportunity to reflect on the ways we are fulfilling our purpose to “work together to enrich the health and well-being of every life we touch.”

Since our founders first made this promise to the community four decades ago, our organization has transformed along with our community—from the small 76-bed general hospital that first opened in 1972, into one of our region’s and nation’s most comprehensive and respected health systems. Throughout our growth, we’ve maintained a steadfast commitment to serve the health needs of this community and continually earn your trust every day, in every interaction and with every decision.

The pages that follow celebrate the work of our staff, physicians, volunteers and leaders who make EvergreenHealth what it is. Our Board is proud of all that we have accomplished together and we look forward to continuing to serve our community through a commitment to excellence, accountability, collaboration, compassion and respect.

Thank you for the opportunity to serve you and your family over the years, and for many more to come.

Sincerely,

Robert H. Malte
EvergreenHealth Chief Executive Officer

Al DeYoung
Chair, EvergreenHealth Board of Commissioners

Celebrating our promise to “create an inclusive community health system that is the most trusted source for health care solutions.”

Keeping Promises: Working together to enrich the health of our community

Mission

EvergreenHealth will advance the health of the community it serves through dedication to high-quality, safe, compassionate and cost-effective health care.

Vision

EvergreenHealth will create an inclusive community health system that is the most trusted source for health care solutions.

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Nationally Recognized for Quality, Safety and Service



100 Best Hospitals—Again

EvergreenHealth was again included in the Healthgrades America's 100 Best Hospitals™ list, and is included among an elite group of the top 2 percent of hospitals nationwide for its consistent, year-over-year superior clinical performance.

Becker's Hospital Review

Becker's Hospital Review named EvergreenHealth to its 2017 "150 Great Places to Work in Healthcare" list—the only Puget Sound region health system to make the list—and to its "100 Great Community Hospitals" list.

An "A" Grade for Patient Safety

An "A" Grade for Patient Safety was awarded to EvergreenHealth by The Leapfrog Group, making it one of only 11 hospitals in Washington to achieve the group's highest ranking.



Growing to Meet the Needs of Our Communities

EvergreenHealth and Overlake Announce Joint Venture, Eastside Health Alliance

EvergreenHealth and Overlake Medical Center and Clinics formed Eastside Health Alliance, a joint venture to improve access to and coordination of care. The joint venture includes collaboration in select services; quality and safety data and best practice sharing; and a single Eastside clinically integrated network, known as the Eastside Health Network.



New Cardiac, Thoracic and Neuroscience Collaboration

As part of the Eastside Health Alliance partnership, EvergreenHealth and Overlake developed plans to create aligned cardiac and thoracic programs, and advanced partnership plans in the neurosciences, with the addition of four new neurosurgeons to the EvergreenHealth Medical Group.

Urgent Care Adds Three New Locations



In 2017, EvergreenHealth opened three new urgent care clinics in Kenmore, Sammamish and Mill Creek, joining existing locations in Woodinville and Redmond, bringing its total number of urgent care locations to five. Patients also benefited from the addition of online wait-times and new technology allowing urgent care appointments to be scheduled in advance.

Primary Care Network Expands



Lakeshore Clinic joined EvergreenHealth in 2017, adding an 11th and 12th location to the system's network of primary care practices. And in November, EvergreenHealth opened a new, enhanced primary care and urgent care clinic in Kenmore, relocating its existing Kenmore primary care practice and adding urgent care, physical therapy, 3-D mammography screening, bone density screening, X-ray and laboratory services.

Grand Opening of the Neuroscience, Spine & Orthopedic Institute

EvergreenHealth celebrated the grand opening of its Neuroscience, Spine & Orthopedic Institute, in the DeYoung Pavilion on its Kirkland campus, offering in-clinic evaluation and diagnostic care, imaging, minimally invasive procedures, surgical consultation and rehabilitation, all in one convenient location. The expansion created space for the system's orthopedics, spine surgery, neurosurgery, physiatry, podiatry, and pain management practices to be co-located, as well as allowing for the anticipated growth of the neurosurgery program, expected to result from new neurointerventional biplane angiography equipment introduced in 2018.

Two New Floors Open in Kirkland Campus Silver Tower



In 2017, EvergreenHealth opened a new Progressive Care Unit (PCU) and a Cardiovascular & Neurosurgical Care Unit as part of the first phase of its 15-year Master Facility Plan to grow to meet the community's increasing health care needs. These new units are located on the fourth and fifth floors of the hospital's Silver tower, respectively, and together signal another completed step in the organization's strategic growth.



EvergreenHealth and Seattle Cancer Care Alliance Grow Together at the Halvorson Cancer Center

Several EvergreenHealth cancer care programs, made possible by the health system's partnership with Seattle Cancer Care Alliance (SCCA), continued to grow in 2017, supporting the Halvorson Cancer Center's vision to provide innovative and integrated care to more Eastside patients. In 2017, the center welcomed five new providers and increased the number of patients seen by 7 percent, exceeding its growth goals and delivering care and treatment to nearly 1,200 patients and their families. The partnership also continues to offer increased access to SCCA's leading clinical trials program, with more than 260 Halvorson Cancer Center patients enrolled in active studies last year.

EvergreenHealth Monroe

Enhancements Continue at Monroe

New 3-D digital mammography screening technology was added at EvergreenHealth Monroe with the installation of a tomosynthesis unit, thanks in part to generous contributions from the community and an EvergreenHealth Monroe Foundation fundraising initiative. Monroe also completed upgrades to portions of its Medical Surgical Treatment Unit and Emergency Department, delivering upon its promise to continue to enhance services for the greater Sky Valley.

EvergreenHealth By the Numbers

322,600	Outpatient Visits
57,669	Emergency Department Visits
18,843	Total Surgeries
15,281	Adult and Pediatric Admissions
83,609	Hours of Volunteer Service
186,711	Primary Care Visits
104,040	Total Calls to EvergreenHealth Nurse Navigator & Healthline
7,783	Home Health Patients
4,525	Babies Delivered
3,970	Hospice Patients
1,587	Health Education Classes

EvergreenHealth Monroe By the Numbers

17,358	Outpatient Visits
15,996	Emergency Department Visits
1,184	Total Surgeries
1,079	Adult and Pediatric Admissions
2,349	Hours of Volunteer Service
6,319	Addiction Recovery Patient Days
4,620	Critical and Acute Patient Days
734	Recovery Center Admissions
645	GI Procedures
405	Oncology Infusions
399	Oncology Visits
351	Detox/Rehab Admissions
73	Chemically Using Pregnant Women Admissions

Stewards of the Levy Funds

Investing in programs and services to meet the community's needs.

Each year, EvergreenHealth embraces its commitment to support critical programs and services with funds generated by your public hospital levy dollars.

In 2017, the health system invested \$4.3 million to help meet the community's growing need for access to quality care, education and resources with a range of programs. From complimentary access to EvergreenHealth's 24/7 Nurse Navigator & Healthline, to support for STEM education in Eastside schools and social services to break down barriers to affordable care, levy dollars help ensure our community members are able to receive the care and support they need to thrive.

We look forward to highlighting some of the ways these, and many additional levy-funded programs, reflect our commitment to fulfilling our responsibility to meet our community's health care needs where they are greatest.

In 2017, Healthline served tens of thousands of callers in the following ways:

- 104,040 callers served
- 53,788 callers received assistance with nurse triage advice
- 6,697 physician referrals
- 18,976 residents and employees registered for community classes offered at EvergreenHealth
- 11,111 residents received referrals for community services

Right Care, Right Place, Right Time

Healthline helps triage patients to the right level of care, based on their symptoms, so patients receive the most appropriate treatment.

In 2017, Healthline helped patients avoid unnecessary trips, including:

- 777 unnecessary emergency room visits
- 1,773 unnecessary urgent care visits
- 336 unnecessary office visits



24/7 Nurse Navigator & Healthline

EvergreenHealth's 24/7 Nurse Navigator & Healthline serves the community with complimentary access to on-call nurse triage care, scheduling and referrals to primary and specialty care, and registration into health education programs and services.

Shagufta's Story

In August 2017, EvergreenHealth Primary Care, Canyon Park patient Shagufta Khan called to schedule an appointment with her provider, Dr. Janet Larsen, to be tested for diabetes. As Khan described her concerns, however, EvergreenHealth staff member Susan Paul immediately recognized her symptoms as potentially life-threatening signs of a cardiac event. Paul, who is not a nurse, transferred Khan to the 24/7 Nurse Navigator & Healthline. Denise Brown, a nurse navigator, discussed Khan's symptoms with her and urged her to call 911. With enough persistence from Brown, Khan went to the emergency department later that day and discovered her phone evaluation

was spot on—tests revealed three major blockages in her heart, and she was scheduled for life-saving triple bypass surgery right away.

"Making that call to Healthline literally saved my life. I'm so grateful for the entire team at EvergreenHealth. Dr. Larsen always goes out of her way to help me with the best care, and in my greatest time of need, EvergreenHealth was there for me."



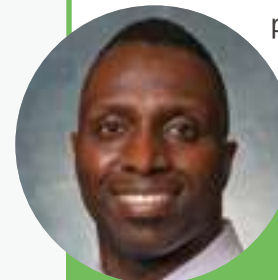
Shagufta Khan, EvergreenHealth Primary Care, Canyon Park patient

EvergreenHealth Geriatric Care

EvergreenHealth Geriatric Care provides critical care and services to the community through its comprehensive approach to multidisciplinary health care for seniors. The practice continues to serve aging adults with its hybrid approach to preventive care and disease management—both as an outpatient geriatric care clinic and consultative resource supporting other practices across the EvergreenHealth network.

In 2017, the geriatric care team, which includes senior health specialists, nurses, social workers and pharmacists, continued its pioneering work in chronic care management. The program, funded in part by Medicare and levy dollars, seeks to connect seniors living with multiple chronic issues with personalized care and support from dedicated nurse managers.

Patients meet with their physician to identify their health needs and set chronic care management goals. Together, with an EvergreenHealth geriatric nurse care manager, they create care plans specific to patients' individual needs. Patients regularly meet with their care team over the phone to proactively track progress and results, and treat issues as they arise.



"Chronic care management is helping us decrease acute patient visits for our senior population, which makes up a vital part of our community. With this program, patients are staying healthier and living better. Our success with this model is also helping to inform how other specialty departments across the EvergreenHealth system launch similar chronic care management programs, based on our team's approach."

Anslem Opitoke, MD, Medical Director, EvergreenHealth Geriatric Care

Supporting Seniors with Northshore Senior Center Programs

With EvergreenHealth's partnership with the Northshore Senior Center (NSC), adults over 55 have access to a range of vital senior-focused programs, services and resources regardless of where they live, their physical ability or income.

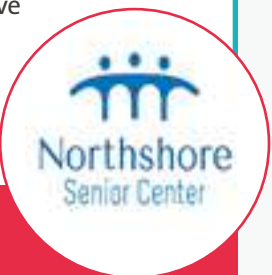
As an independent and locally managed nonprofit, NSC relies on community support, including EvergreenHealth levy dollars, to deliver programs that meet the needs of the senior community to promote emotional, social and physical well-being of older adults.

"The support from EvergreenHealth is critical to our ability to offer these important resources at no cost to the community," said Janet Zielasko, Northshore Senior Center's social services program manager. "And we're also happy to serve as a resource to the health system, offering insight into the needs of older adults, along with individual consultations for patients seeking information and support."

Judith's Story

76-year-old Kirkland resident Judith Briscoe says she's always looking for ways to help improve her well-being. The retired psychologist lives with the limitations of peripheral neuropathy and the daily chronic pain it brings to her feet.

Last year, NSC's "Program to Encourage Active Rewarding Lives for Seniors," or PEARLS, caught her attention. The program gives seniors tools to improve their emotional well-being and address the symptoms of mild depression, which affects up to 20 percent of all older adults.



"I grew so much with this program. If you are trying to change something within yourself, it helps to have someone helping you along the way."

Judith Briscoe, Northshore Senior Center PEARLS participant

Partnership with UW Bothell Inspires Students with STEM Education

In 2017, EvergreenHealth's levy dollars supported a third year of partnership with University of Washington Bothell to promote STEM education (Science, Technology, Engineering and Math) through its Inspire STEM Festival.

The annual festival helps to introduce careers in STEM disciplines to underrepresented groups. The 2017 event was designed for sixth- to eighth-grade students in King and Snohomish counties, particularly girls from low-income families.

"We are extremely grateful for EvergreenHealth's support, which makes programs like the Inspire STEM Festival possible. The festival, along with EvergreenHealth's visibility in our community, is helping to change the image of STEM among young girls, and provide them with positive role models and the encouragement to pursue STEM careers.

We hope our impact leaves a meaningful impression on our participants, some of whom may be the first in their families to pursue higher education."

Keshia Caldart,
UW Bothell's
Assistant Director
for Donor Services

More than 250 students, parents, teachers and school counselors attended the festival, where they participated in interactive workshops on robotics, arts and sciences, technology and life sciences.

Task Force Shares Youth Mental Health First Aid Training with the Community

EvergreenHealth's levy-funded Youth Mental Health Task Force draws the support of community members who share one passion: providing resources and identifying solutions for young individuals struggling with emotional health and substance abuse.

In 2017, members of the task force participated in Youth Mental Health First Aid training, which teaches participants how to help adolescents experiencing a mental health crisis or addiction challenge. Among the participants were Dr. Larry Wright, executive director of the Lake Washington Schools Foundation, and Rachel Nies, a student studying public health at Lake Washington Institute of Technology.

After completing the training, the two became certified Youth Mental Health First Aid instructors and now they co-teach the course to other community members.

"Mental health—particularly youth mental health—has become an increasingly pervasive topic that needs to be addressed in nearly every community. EvergreenHealth provides the platform for community members to voice their ideas and create solutions, allowing us to shape the task force to best meet the community's needs."

Larry Wright, PhD, Executive Director, Lake Washington Schools Foundation and EvergreenHealth Youth Mental Health Task Force member

"If you see someone choking, you'd immediately take action by performing the Heimlich maneuver. We need to set the same standard for youth mental health. More community members should be trained in responding to a situation for a youth in crisis, so they can direct them to the correct resources and support network."

Rachel Nies, EvergreenHealth Youth Mental Health Task Force member

Community Healthcare Access Team (CHAT)

Members of EvergreenHealth's Community Healthcare Access Team (CHAT) bring compassion and expertise to individuals who face barriers accessing affordable and quality health care and social services, and help them navigate the complexities of the health care system.

In 2017, CHAT served 5,347 community members with support accessing appropriate resources for insurance, financial assistance, behavioral health services, information and help with general health care questions.

Anna's Story

Before emigrating from Eastern Europe to the Pacific Northwest many years ago, Anna was an artist and earned a living as an attorney. After losing touch with her family and beginning to face mental health challenges, she found herself in need of local support to help her coordinate critical resources including health insurance and housing.

Anna's behavioral health needs and past history of trauma made it difficult for her to seek help, but over time, she developed trusting relationships with EvergreenHealth's CHAT social workers who stepped in to advocate for her in her time of need. In the fall of 2017, Anna lost her public housing and CHAT took the lead to coordinate with the King County Housing Authority to secure her new apartment, while a local church in EvergreenHealth's network helped her move.

Together with these community partners, CHAT works to maintain a basic safety net for Anna—and thousands of other community members—providing essential help with insurance and medical care, food and shelter.

Compassionate End-of-Life Care from King County's Only Free-Standing Hospice Center

When Bellevue resident Vicki Lamatao was diagnosed with Chronic Obstructive Pulmonary Disease (COPD), her daughter, Lindsay Buckles, was just 16 years old. But the teen didn't think twice about becoming her mom's primary caretaker, accompanying her to every doctor's visit and taking on responsibilities beyond her years.

Lamatao courageously battled the disease for 8 years, but as her condition worsened she required more and more intensive care. After exploring every possible treatment and intervention, Lamatao and Buckles turned to their trusted EvergreenHealth care team for guidance. Together they agreed that the appropriate next step was to begin preparing for comfort care.

Lamatao passed away on March 13, 2018, but not before sharing in the joy of her daughter's wedding last summer.

"Although it was the hardest decision to make, I knew it was best for my mom to receive hospice care. From the moment we entered the EvergreenHealth Hospice Center, every staff member, provider and volunteer treated us with compassion—my mom wasn't just another patient to them. They truly cared about her well-being and kept their promise to make her final days as comfortable and peaceful as possible, and I can't thank them enough."

Lindsay Buckles,
daughter of EvergreenHealth Hospice Care patient Vicki Lamatao

Levy funding helps to support patient care at EvergreenHealth's Gene & Irene Wockner Hospice Center, which in 2017 served 3,970 families with compassionate end-of-life care from its freestanding location near the hospital campus in Kirkland.

EvergreenHealth Financial Stewardship

In 2017, EvergreenHealth invested in several initiatives to expand and enhance patient care, including its Master Facilities Plan projects to upgrade the health system's infrastructure and facilities, to meet the community's needs as they grow and evolve.

The organization realized a net income of \$14.6 million in 2017, while investing \$14.2 million in charity care and subsidized health services, and contributing \$44.3 million toward significant capital improvement projects across the EvergreenHealth system.

EvergreenHealth Monroe realized a net income of \$0.1 million and invested \$5.6 million toward charity care and subsidized services, while also contributing \$3.9 million toward capital projects.

EvergreenHealth

2017 Significant Capital Projects

Primary Projects: \$41.8 million

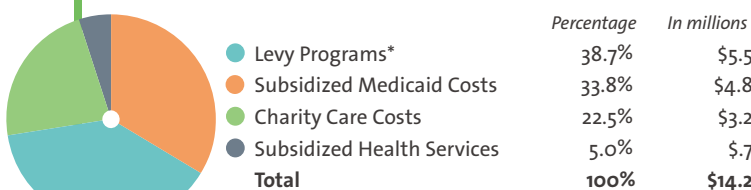
- New 31-bed Progressive Care Unit
- New 31-bed Cardiovascular & Neurosurgical Care Unit
- New Nurse Call System
- Completion of Two New Floors in the DeYoung Pavilion, Creating the Neuroscience, Spine & Orthopedic Institute
- Primary Care Expansion with Lakeshore Clinic and New EvergreenHealth Primary and Urgent Care facility in Kenmore
- New EvergreenHealth Urgent Care, Mill Creek
- Catherization and Interventional Vascular Lab Addition
- Two New Ophthalmology Clinics
- MRI Total Imaging Matrix Integrated Coil Technology
- New X-ray Units and Remodel of Two Imaging Rooms
- Electronic Medical Record and Technology Systems Upgrades and Improvements

Other: \$2.5 million

- Other Clinical Equipment and Facility Improvements

Total: \$44.3 million

Community Care & Services (net cost)

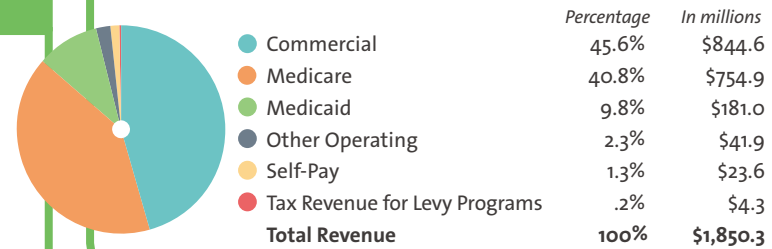


*Before Levy Funding

Levy Program Funding Allocations



2017 Gross Revenue Sources



2017 EvergreenHealth Revenue and Expenses

Sources of Revenue (In millions)

In 2017 we billed patients for:

- \$1,804.1** Inpatient and outpatient care
- \$1,128.5** Less amounts written off for discounts to payers, including commercial insurances, Medicare and Medicaid
- \$48.2** Less amounts written off to charity care and bad debt

\$627.4 Net Revenue

We also had additional sources of revenue:

- \$41.9** Other operating revenue
- \$4.3** Levy funds for operations
- \$21.4** Levy funds for debt repayment

\$695.0 Total Revenue

Expenses (In millions)

In 2017 we had expenses for:

- \$432.7** Salaries and benefits
- \$194.6** Supplies, services and other operating expenses
- \$12.2** Levy supported programs
- \$34.1** Depreciation expenses
- \$6.8** Interest expense and other non-operating expenses

\$680.4 Total Expenses

Net Income (In millions)

\$14.6 million Total Net Income available, after expenses, for reinvestment in new equipment, technology, services and facility enhancements in support of the growing health care needs of the community.

EvergreenHealth Monroe

2017 Significant Capital Projects

Primary Projects: \$3 million

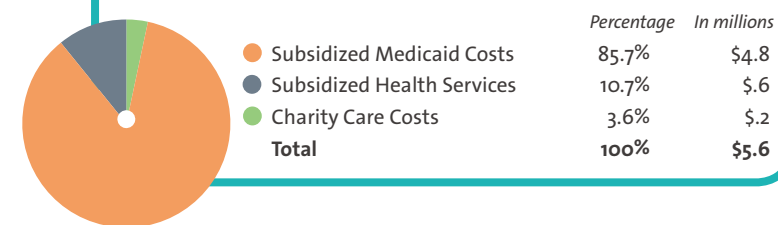
- Emergency Department Remodeling
- Medical Surgical Unit Enhancements
- New Roof
- New Air Chiller Equipment
- Cardiovascular Ultrasound Machine
- 3-D Mammography System
- Sterilizing/Disinfection Equipment
- New Signage

Other: \$0.9 million

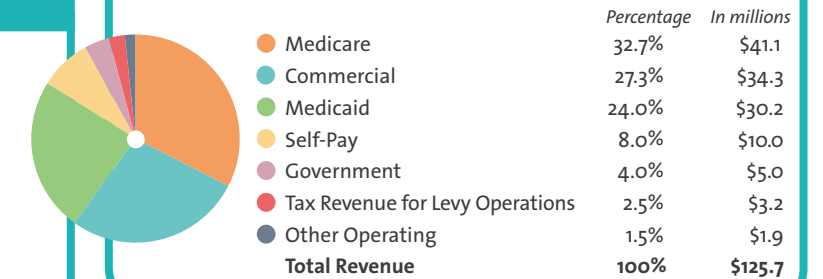
- Other Clinical Equipment and Facility Improvements

Total: \$3.9 million

Community Care & Services



2017 Gross Revenue Sources



2017 EvergreenHealth Monroe Revenue and Expenses

Sources of Revenue (In millions)

In 2017 we billed patients for:

- \$120.4** Inpatient and outpatient care
- \$73.3** Less amounts written off for discounts to payers, including commercial insurances, Medicare and Medicaid
- \$5.3** Less amounts written off to charity care and bad debt

\$41.8 Net Revenue

We also had additional sources of revenue:

- \$2.0** Other operating revenue
- \$3.2** Levy funds for operations
- \$1.4** Levy funds for debt repayment

\$48.4 Total Revenue

Expenses (In millions)

In 2017 we had expenses for:

- \$26.8** Salaries and benefits
- \$18.5** Supplies, services and other operating expenses
- \$2.0** Depreciation expenses
- \$1.0** Interest expense and other non-operating expenses

\$48.3 Total Expenses

Net Income (In millions)

\$0.1 million Total Net Income available, after expenses, for reinvestment in new equipment, technology, services and facility enhancements in support of the growing health care needs of the community.



EvergreenHealth Foundation

Message from the Board Chair and Executive Director

Dear Friends,

Thank you for another year of incredible support. We are continually inspired by our community and you, our generous partners. Your commitment and investment in the EvergreenHealth Foundation allows us to assist EvergreenHealth with much needed financial support for innovative programs and capital projects.

Our investments have enhanced patient safety and expanded the care we provide to every life we touch. With our community's continued growth, comes the need for sustained support of the programs and services that EvergreenHealth provides to our patients and community.

We assure you that our dedicated volunteer leaders serving on the EvergreenHealth Foundation Board of Trustees are committed to advancing health care in our region. With our community's support, we look forward to accomplishing pivotal goals to further meet the needs of the expanding Eastside region.

Thank you for being our partner,

Majdi Daher
Board Chair,
EvergreenHealth Foundation

Kae Peterson, CFRE
Vice President,
EvergreenHealth Foundation

2017 EvergreenHealth Foundation Board of Trustees Officers

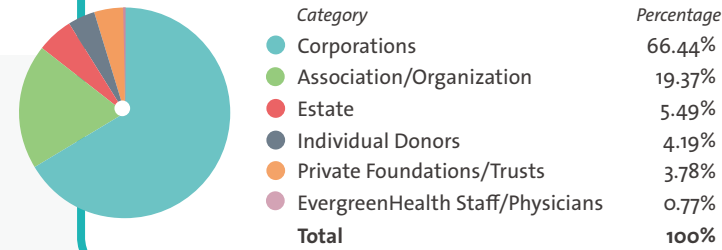
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2017 EvergreenHealth Foundation Board of Trustees

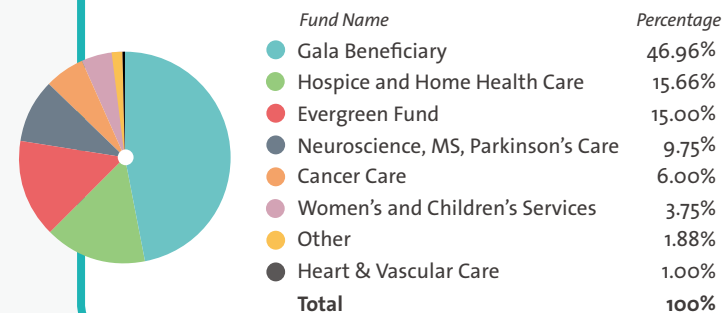
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Lucy DeYoung Simpson Hawley Properties	Tim McLaughlin SightLife, CEO
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Don Dicks Community Volunteer	Eric Taylor, MD EvergreenHealth

2017 EvergreenHealth Foundation Financial Report

Contributions by Source



Fund Distribution



Balance Sheet

Assets

Cash	
\$5,349,157	Total Cash
\$527,023	Total Pledge Receivables
\$53,560	Total Prepaid Expense
Investments	
\$3,608,259	Total Investments
Donated Goods	
\$0	Total Donated Goods

\$9,537,999 Total Assets

Liabilities

Liabilities	
\$372,061	Total Liabilities
Fund Balance	
\$9,165,938	Total Fund Balance

\$9,537,999 Total Liabilities and Fund Balance

2017 EvergreenHealth Foundation Donors

Thank you to the individuals, families, foundations and businesses that supported EvergreenHealth in 2017.

INFLUENCERS

\$100,000 +

David & Doreen Keyes Foundation
Elling and Barbara Halvorson
Karl M. Snepp

BENEFACTORS

\$25,000 - \$99,999

Bellevue Healthcare
Majdi and Dana Daher
Al and Donna DeYoung
Stella DeYoung
Doug Edlund and Cathy Boshaw
Denali Advanced Integration
Evergreen Emergency Services
glassybaby LLC
Brenda Halvorson and Mark Rex
Kent and Suzie Halvorson
Lon and Colleen Halvorson
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Matrix Anesthesia, PS
Sandy Myerson

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\$10,000 - \$24,999

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\$5,000 - \$9,999

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Dr. Hope Wechkin and Christopher Shainin
Wells Fargo
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Gwynn and Butch Aranas
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EvergreenHealth Monroe Foundation

Message from the President and Director

Dear Neighbors,

In 2017, the EvergreenHealth Monroe Foundation accomplished exactly what we strive to do: make a difference. We believe that we can continue to do even more to support the great communities in East Snohomish County and Sky Valley—and we will.

Thanks to our wonderful supporters, including community members, local foundations, service clubs and corporate sponsors, in 2017 we hit a critical milestone by providing the largest donation in our foundation's history to EvergreenHealth Monroe.

Your contributions helped make it possible to dedicate \$200,000 toward the purchase of a 3-D tomosynthesis mammography unit, and raise an additional \$193,000 through the Blue Jeans and Boots Gala, to purchase necessary equipment for a second trauma room in the EvergreenHealth Monroe Emergency Department. The generosity of our wonderful and loyal employees also generated \$23,000 to support patient programs.

At our annual gala, we also had the privilege of naming Neil Watkins, former commissioner and Foundation board member and recently retired from the Sky Valley Food Bank, as the recipient of the second annual Dr. Joseph Feek Community Service Award. This prestigious award recognizes individuals that exemplify leadership and have a profound impact on enhancing the health and well-being of our community.

As EvergreenHealth Monroe increases patient programs and services, the Foundation board works tirelessly to advance our mission. We are so grateful for your continued generosity to enrich the experiences of the patients we serve every day.

Patricia Fountain, President, EvergreenHealth Monroe Foundation Board of Trustees

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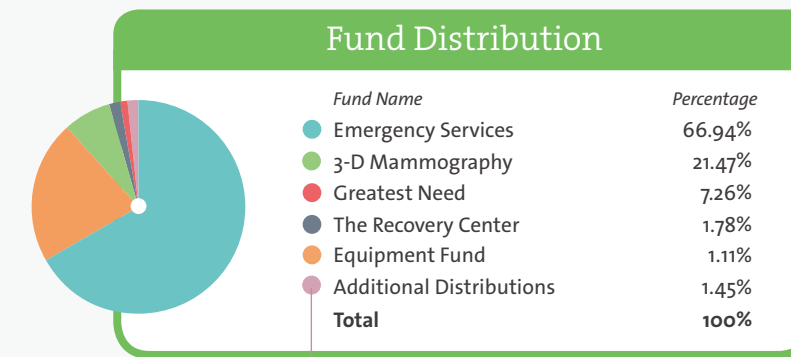
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EvergreenHealth Monroe Foundation Financial Report



Additional Distributions Include:
Mother Baby Fund .78%
Patient Care .67%

EvergreenHealth Monroe Foundation Highlights



Blue Jeans & Boots Gala Raises \$193,000 for Trauma Room

The EvergreenHealth Monroe Foundation kicked off a \$150,000 fundraising drive to help purchase equipment to equip a second trauma room for the Emergency Department. The gala, chaired by volunteer board member Dianne Forth, far surpassed our goal by raising over \$193,000. We extend a big thank you to our very generous Skykomish Valley community, and to all our sponsors.

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Thank you to the individuals, families, foundations and businesses that supported EvergreenHealth Monroe in 2017.

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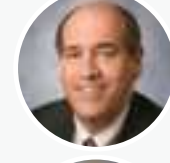
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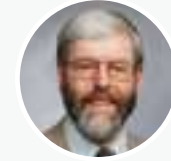


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EvergreenHealth Monroe



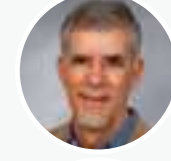
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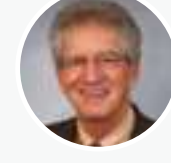
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**Walk-in & Urgent
Care Now Available
in Five Locations**



EvergreenHealth Urgent Care clinics are now open in Kenmore, Mill Creek, Redmond, Sammamish and Woodinville, offering appointments and walk-in care seven days a week.

Get in line before you go!
Visit www.evergreenhealth.com/urgent-care to check wait times and reserve your place in line before you leave home.

Sign Up with our Online Patient Portal, My Navigator

Patients can now self-enroll with EvergreenHealth's online patient portal, My Navigator, on any device with internet access, using their medical record number or email address registered with EvergreenHealth. **To register, visit www.evergreenhealth.com/my-navigator. For assistance with your medical record number, contact EvergreenHealth Health Information Management (Medical Records) at 425.899.1930, or call your provider's office.**

**Named One of
America's 100 Best
Hospitals, Two Years
in a Row**



EvergreenHealth is among an elite group of hospitals in the nation to be recognized for year-over-year superior clinical performance across a broad spectrum of care. This year, Healthgrades named the health system to its 2018 America's 100 Best Hospitals™ list, recognizing EvergreenHealth's high-quality, patient-centered care for the second consecutive year.



**Recognized for
Outstanding Patient
Experience**

Healthgrades named EvergreenHealth among the top 15 percent of hospitals nationwide for delivering superior patient care, achieving positive clinical outcomes, and listening to patients to provide exceptional service. The health system is just one of six hospitals in Washington to receive the award.

For more information

Contact EvergreenHealth by email at patientrep@evergreenhealth.com, or call the 24/7 Nurse Navigator & Health line at 425.899.3000.

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