

*Evergreen Healthcare's commitment to provide services outside the walls of our hospital is unique on the Eastside and contributes significantly to the health and well-being of our community. In this continuing series, we highlight some of the programs made possible by your levy support.*

## “You can never go wrong by learning more!”

Knowledge is power. And thanks to Evergreen's Horizons program, the Eastside's senior residents are growing more educated – and empowered – every day.

Since 1994, the Horizons program has provided free or low-cost health education classes for seniors at convenient locations around the Eastside. The classes are made possible, in part, through Evergreen's current levy, and topics run the gamut from disease prevention and disease management to driver safety, safe dieting and healthy recipes.



Susan Burke, ARNP

Kirkland resident Zaitoon Esmail has attended classes with her husband at least once a month since 1998. Although they are particularly interested in diabetes education, the couple has also enjoyed classes on eye care, rotator cuff injuries and leg pain. “There are so many to choose from,” Esmail says, “and they are very educational and informative.”

Instructor Susan Burke, ARNP, has worked with the program for eight years

and sees many participants, like the Esmails, return again and again. “These are well-educated people who encourage the newer participants to speak up and share their experiences,” she explains. “Personal anecdotes help hammer learning concepts home and make the classes more relevant.”

### INFORMATION OPPORTUNITY

Depending on the topic, class size varies from five to 28. Classes typically run from 60 to 90 minutes. In addition to answering



Zaitoon and Amirali Esmail

questions during and after class, Burke prepares handouts with relevant information, pictures and illustrations of what she's presenting, so people don't have to spend time scribbling notes in class.

“Classes not only allow people to delve more deeply into health care topics they're interested in learning about, but also provide opportunities to ask questions of a health care professional,” she says. “Today's patients don't always have enough time with their provider to get all their questions answered.”

“I think these classes help people realize there are things they can do that make a positive difference in their health,” she continues. “And people love that – they say, ‘I did this, and it worked!’”

And Zaitoon Esmail would agree. “Many times, I've told my friends how good the classes are – it's just a matter of taking advantage of them. You can never go wrong by learning more!”

### ABOUT THE EVERGREEN LEVY

Roughly \$13.6 million of Evergreen Healthcare's 2007 budget is funded by regular levy money paid to King County Public Hospital District No. 2. Some of this money is used to pay for buildings and equipment; the rest funds innovative community health programs to meet the diverse needs of the area we serve. The taxation rate for 2007 is \$.29 per thousand, or \$87 for a \$300,000 home.