

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.

“Listening to the information... probably saved my life.”

For David Chloupek, umpiring Little League games is a way to stay involved with his children. But before he can call his first ball or strike, Chloupek is required to be certified in CPR and first aid. For that, he turned to Evergreen Hospital.

The CPR and first aid class is just one of the dozens of health education classes offered at Evergreen. “We offer a variety of programs, for school age to seniors, preventive as well as maintenance and integrative medicine,” explains education director Pearl Morris. “There is literally something for every need and for every interest.”

Morris says that Evergreen offers programs based on community needs. “We look at community health needs,” she says, “and we integrate those needs into our strategic goals for education.” Morris’ staff plans classes based on feedback from class participants, which can often lead to new classes or adjustments in current programs.



Pearl Morris

Looking for help to stop smoking? There’s a class for that. There are also classes for anger and stress management, parenting skills, exercise and fitness – as well as for dealing with health challenges such as diabetes, cancer and Parkinson’s disease, to name a few.

But Morris admits the safety programs are some of the most popular. Nearly 800 people took safety classes in January and February this year alone. Doug Billman,

who coordinates and teaches many of Evergreen’s CPR and first aid courses, points out that Evergreen’s teachers are all EMTs or paramedics, and between them, they have well over a century of emergency medical experience. Plus, the classes are very hands-on.

That’s something David Chloupek enjoyed. “Instead of just a lecture, we’d break into small groups and do simulations,” he recalls. “I think that really helps you to retain what you’re learning.”

In Chloupek’s case, what he retained did save a life – his own. He started feeling ill at a party celebrating the end of the Little League season. “At first, I dismissed it as bad indigestion,” he recalls, “but then I started thinking about my symptoms and remembering what I learned in the CPR class, and I told my wife to dial 911. Better to be safe than sorry.” A good call, as Chloupek was indeed having a



A CPR class saved David Chloupek’s life

heart attack. Just 38 minutes from the onset of his symptoms, he was undergoing lifesaving treatment at Evergreen Hospital. “Listening to the information about heart-attack symptoms probably saved my life,” he gratefully acknowledges.

Evergreen’s free and discounted health education classes are available to the community thanks to the levy dollars approved by voters. You’ll find a complete list at www.evergreenhealthcare.org. Registering is easy – you can register online around the clock or by calling the Evergreen Healthline at 425.899.3000 during weekday business hours.

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.