

# Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

## Managing Cold, Flu and RSV Symptoms at Home & When to Seek Medical Care



Valley Medical Center and hospitals across our region are caring for an unusually high number of patients with respiratory illness. With limited beds for pediatric and adult ICU care and long wait times for emergency and urgent care, our goal is to keep you as healthy as possible, while sharing information about what to do at home if illness strikes and when to seek medical attention.

## Not Sure if You Need to See a Provider? Use Valley's Online Symptom Checker



Use our interactive symptom checker to decide whether your symptoms can be taken care of at home or need medical attention.

## Urgent Care Virtual Visits Expanded to Help Ease Long Wait Times



More on-demand Urgent Care virtual video visits are now available daily for those ages 18+. Make an appointment through your MyChart account to get help for your non-emergency medical concern. Because respiratory illnesses are soaring in our community, please be prepared for a long wait for walk-in urgent care and emergency care. We thank you ahead of time for your patience as we work hard to get everyone the care they need. [Get information about virtual visits/telehealth and Urgent Care wait times here.](#)

## Our Top 3 Tips for Preventing Respiratory Illness



Help keep your family healthy this season. To prevent illness, we encourage you to

please:

- Stay up to date on your COVID & flu vaccinations.
- Wash your hands often.
- Stay away from others who are sick, or if you or your child are sick.

## The Time is Now—Get Your Flu Shot



Flu

hospitalizations have nearly doubled and are at the highest rate for this time of year in a decade, reports the CDC. For everyone 6 months and older, there's still time to protect yourselves and loved ones by getting an annual flu vaccine if you haven't already. Nine out of 10 adults hospitalized with flu have at least one underlying medical condition like heart disease, asthma or diabetes. [Find a convenient place to get your flu vaccination.](#)

## COVID Primary Series Vaccines & Boosters Now Moderna Only



Valley has transitioned to providing only Moderna COVID-19 primary and booster vaccines. If you prefer Pfizer vaccine or if your 5-year old needs a booster, you will be able to get that from a community resource. The Moderna booster is not yet approved for 5-year-olds. Please know that it's acceptable for people who previously received Pfizer to get a Moderna booster. [Find community locations with COVID-19 vaccines, including Pfizer, Novavax and Johnson & Johnson.](#)

## Neurologist Explains Headaches + Latest Options for Diagnosing, Prevention & Treatment



While headaches can be a symptom of many medical conditions, headaches

often occur with the flu, COVID, as a medication side effect, or with certain toxins. Valley neurologist Alexey Shikuev, MD, shares advances in migraine prevention, how apps are a new tool for tracking headaches, as well as basics about headache types and serious symptoms needing immediate attention. [Watch the video.](#)

## Build a Better Charcuterie Board



Charcuterie boards are definitely trending—and for good reason. These fun and easy

platters offer infinite opportunities for flavor, texture and visual appeal. [Check out these ideas to help keep your creation on the healthy side.](#)

## Exercise During Chemotherapy—Any Amount is Beneficial and Encouraged



While

chemotherapy treatment can be life-prolonging and even life-saving, it may also cause many physical and psychological side effects. Medical oncologist Michelle Zhang, MD, explains why she recommends staying active during chemo and the studies that show how even a little exercise can help in so many ways. [Find out the ways exercise can help people feel better during chemo.](#)

## Recognizing 75 Years of Service—Join us in Caring for Our Community Like Family



Over the last two and half years, we've seen some of the toughest times we've ever experienced, but we've

also seen our community and our care providers come together in ways we never could have imagined. We are incredibly proud of our team and the care they have provided our community. [Learn more about the generosity, dedication and resilience of our community in our 2021-22 Gratitude Report.](#)

From horseback, to helicopter to e-health, Valley has continually evolved to meet the needs of our community—[get a quick Valley history.](#) [Watch our 75th Anniversary celebration video.](#)

## Learning More About Who Our Patients Are Helps Valley Provide Better Care



Starting in 2023, regulatory agencies are requiring hospitals to collect more information

about Sexual Orientation and Gender Identity (SOGI); Race, Ethnicity and Language (REAL); and disability status when admitting patients to the hospital. Collecting this information allows us to better understand the needs of our diverse community members, to better care for our community like family. This information will be part of a patient's confidential medical record and answering the questions is voluntary. [Find out more.](#)

## Valley's Valet Parking Program is Discontinued, But Plentiful Free Parking Remains



Valley has made the difficult decision to end all valet parking on campus. This decision was

not made lightly but is a necessary step as costs have risen steeply over the past year.

Valley offers plentiful free parking on the north, south and east sides of campus, with patient drop-off zones in front of all buildings. If you or your loved one needs a little extra help getting to or from the car, Valley also has a free campus shuttle operated by our Volunteers in Action, available by calling 425.690.4560. [See Valley's campus map with suggested parking zones for the various buildings.](#)

## Valley's Health Coach Program Looking for Volunteer Coaches to Train—Apply Now



Complete a free, 12-week online course, gain marketable skills, and you may be eligible to

serve as a volunteer health coach. Health coaches serve for approximately six months and work one-on-one with an assigned patient. [Learn more.](#) [How to apply.](#)

## Now Hiring—Be a Part of Our Growing Valley Family!



At Valley, we serve a critical role in helping maintain and

improve the health of our community. We share core values such as compassion, respect, trust, teamwork and an honest passion for helping others. If this excites and motivates you, consider joining our team!

Special incentives for: RNs, Behavioral Health Specialists, CT Technologists, Echo Tech, Medical Assistants, MRI Technologist, Patient Resource Rep, Patient Service Rep, Psychotherapist, Surgical Technicians.

For these job openings and more, visit [valleymed.org/careers](#).

## Celebrate Valley's 75th Anniversary with a Commemorative Thank a Caregiver Glass—Sales Extended to Dec. 30



In honor of Valley's 75th Anniversary, beautiful, limited-edition Diamond White Thank a Caregiver glass hearts are available for \$30 each (regularly \$50) so you can give thanks to caregivers, staff, and loved ones at Valley for all that they do each day to care for our community like family. By popular demand, orders will be accepted through Dec. 30. Recipients will be notified of their recognition as orders are submitted: All orders will be filled after the Christmas holiday. To reserve yours today, visit [valleymed.org/givethanks](#).

## Join Volunteers in Action—Doing Good for Others!



Consider joining Valley's Volunteers in Action, or VIA, by giving a few hours of your time, talent, love and concern for people in our community. Must be 18+ years and available for one 4-hour shift per week, successfully pass a background check and be fully vaccinated against flu and COVID.

Valley is looking to fill the following positions:

- **Present Place Gift Shop:** Gift shop sales fund local philanthropic projects. Skills include customer service, sales and merchandising.
- **Courtesy Shuttle Driver:** Transport patients and visitors throughout campus and neighboring clinics. Need current Washington driver's license and clean driving record.
- **Information Desk:** Just inside the hospital main entry, be the welcoming face of Valley! Greet and escort patients and visitors. Answer phones. Deliver flowers and gift items to patients.

Apply today!



## Community Events

See all classes and events, including virtual birth center tours, birth and parenting classes, support groups, and classes for a healthier you.

House Calls Happen Here

Virtual urgent care appointments from the most comfortable waiting room ever – your bedroom.

[SCHEDULE VIDEO VISIT](#)

Urgent Care Clinics

UW Medicine VALLEY MEDICAL CENTER

From Head to Toe, Our Surgical Teams Have You Covered

[LEARN MORE](#)

UW Medicine VALLEY MEDICAL CENTER

Caring for your community's HEALTH.

Public Hospital District No. 1, also known as Valley Medical Center, has proudly cared for our South King County neighbors for 75 YEARS. Including Valley in your estate planning will allow us to continue to care for our community like family for generations to come.

[SUPPORT VALLEY](#)

**WE**are valley

[valleymed.org/vmccares](#)

For more information contact Carrie Murayama [carrie\\_murayama@valleymed.org](mailto:carrie_murayama@valleymed.org) or 425.690.5956

Valley Medical Center – Public Hospital District No.1 is a 501(c)(3) nonprofit organization.

You're Having a Baby?!?

We're here for your growing family.

[MEET THE BIRTH TEAM](#)

Birth Center Neonatal ICU Pediatrics

UW Medicine VALLEY MEDICAL CENTER

Join the Valley Family!

Sign on incentives available for select positions.

[Apply today!](#)

Check Your Body's Engine

Regular maintenance helps avoid many health issues. Primary care, preventive screenings, lifestyle medicine and mental health—we're here to help you live your best life!

[SCHEDULE YOUR TIME](#)

Schedule Your Next Clinic Visit in MyChart

Online appointment scheduling in MyChart is now available for most clinics after your first visit.

[LEARN MORE](#)