

Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

Join Us!—Harnessing Hope to Reignite Your Glow, Oct. 19, 6 - 8 PM, Virtual Event



For 75 years, Valley has cared for our community like family. On Oct. 19, 2022, we are excited to celebrate our milestone anniversary by hosting a virtual event to honor the remarkable care provided to our community, to focus on personal health and wellness during especially trying times, and to hear inspiring stories of hope—all while raising funds to support our cancer services and future Cancer Center at Valley. [Register now.](#)

Monkeypox Vaccination Recommended If You're at High Risk or Have a Known Exposure

If you've been exposed to MPV, getting a vaccine within a few days could prevent infection. Valley has an extremely limited supply of MPV vaccine for patients who currently have a Valley primary care provider and are at high risk of contracting MPV or have a known exposure. There is also a limited amount of vaccine available in the community. Public Health - Seattle & King County is prioritizing vaccine distribution for those who meet the criteria. Vaccination is not currently recommended for members of the public who are not considered at high risk of exposure to MPV. [Please make a telehealth urgent care appointment](#) if you are concerned you have been exposed or are experiencing symptoms. [Learn more here.](#)

State Department of Health Launches Free COVID-19 Telehealth Appointment & Treatment Resource



People who test positive for COVID-19, including with a self-test and without insurance, can consult with a healthcare provider using a smartphone or computer with a high-speed internet connection. If appropriate, they can receive a free prescription. Available every day 8 AM – 8 PM. [Visit DOH's new telehealth webpage.](#)

Boosters, Testing & Treatment: Answers to Your Top COVID-19 Questions

Now that an updated COVID-19 vaccine has been approved, should I get another booster? [The Valley Infectious Disease team gives you the latest info here.](#) Why are you getting a negative test when you have symptoms? How do you get treatment for COVID-19? [Public Health-Seattle & King County answers these questions and more.](#)

GoldenCare Virtual Health & Wellness Event, Kick-Off on Sept. 28 at 10 AM



This year's GoldenCare Health & Wellness Event will be virtual, with content experts from across Valley Medical Center speaking to the topics GoldenCare members asked to know more about. **The event kicks off with a 30-minute LIVE webinar, Your Mind Matters: Mental Health and Wellness in the Retirement Years, Wednesday, Sept. 28 at 10 AM.** Presented by licensed mental health counselor Dani Dutro, there will also be a live Q & A time to get your questions answered. Registration for this webinar includes access to additional on-demand video seminars that will be viewable beginning Sept. 29.

[Register today—it's FREE.](#)

Are You and Your Family Getting Enough Sleep?



While getting enough sleep may seem like a luxury, it's now an official American Heart Association recommendation for a healthy heart. After 12 years of research, the AHA recently expanded its list of heart healthy lifestyle practices by adding sleep duration to its recommendations. [Check out the Essential 8™ and make sure you're on the right track for a healthy heart. Test your sleep savvy.](#)

Know Where to Go—Get the Care You Need, When You Need It, Without Paying More Than You Need



Learn the differences among primary care, urgent care and emergency care and how to decide the best place for you to get the help you need at the time you need it. If you don't have health insurance, find out where and how to sign up or where to get non-emergency care if you need it urgently. [Get the ins and outs of finding the best care and making the best use of your healthcare dollars.](#)

Going Back to School Means Catching Up on Preventive Care



Regular well child check-ups let your provider assess your child's development, screen for possible health concerns, advise you on child rearing and healthy lifestyle practices, and give immunizations to protect your child from serious diseases. Back-to-school time is an ideal time to have your child catch up on needed preventive care. [Check out preventive care recommendations for children and adolescents.](#)

Cancer and Flu Don't Mix Well—Remember to Get Your Flu Vaccine This Fall



For patients with cancer or a history of cancer, a flu vaccine is particularly important as their immune systems may be weakened by the cancer or cancer treatments. A weakened immune system places them at greater risk of complications from the flu infection. [Remember to get your flu vaccine this fall.](#)

New Specialists at Valley In Neurology and Ear, Nose & Throat



Sargon Bet-Shilmon, MD, Neurology and MS Specialist
Kathryn Kreicher, MD, Ear, Nose & Throat Clinic

Why Stroke Care is Better than Ever in Our Community



When a stroke is suspected, the saying goes, "Time is brain." A stroke is when a blood vessel in the brain becomes blocked, either from a blood clot or plaque buildup inside the vessel. When the vessel can't deliver the blood the brain needs, the brain starts to die. The more quickly 9-1-1 is called, the more rapidly treatment can be delivered. [Check out the talent and technology supporting care for each stroke patient at Valley.](#)

Send Joy & Healing to a Valley Patient—Order a Gift Online from Present Place Gift Shop



Did you know Valley's Present Place Gift Shop offers online ordering options? It's a wonderful way to send joy and healing to a friend or loved one during their stay at Valley without having to leave home. [Learn more. Send Joy & Healing to a Valley Patient—Order a Gift Online from Present Place Gift Shop.](#)

Valley's New Tribute Program is Now Afloat



Filled with blown glass floats in memoriam of the people, teams and events that have shaped Valley's ability to care for our community like family, Valley's Tribute gabbion in our Healing Garden, located within the main hospital campus, is now installed. [See the current list of honorees and learn more about available tribute packages. Honor a Valley caregiver or team.](#)

Free Birth Control for Women, Men and Teens

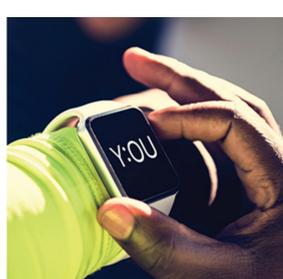


The Take Charge Program offers free birth control/family planning services for qualifying women, men and teens in Washington state. The program covers one annual exam for women and free birth control (including tubal ligation for women and vasectomy for men) for one full year. [Learn more, including eligibility requirements. Free Birth Control and Family Planning services for women, men and teens in Washington State - Parenthelp123.](#)

Support Valley with Your Gift of Time: Info Desk, Shuttle Driver & Gift Shop Volunteers Needed



With a few hours of your time and talent each week, you can give back to those in our community who need support. Valley volunteers are goodwill ambassadors, providing vital assistance for our patients and visitors. [Learn more.](#)



Take Time Today for YOU!

Primary care, preventive screenings, lifestyle medicine and mental health—we're here to help you live your best life!

[GET STARTED](#)

Community Events

- Your Blood Makes All the Difference: Schedule a Donation—Dates & Times Vary**
There is an urgent regional need for all blood types. Schedule an appointment at one of Bloodworks Northwest's 12 donation centers or convenient pop-up locations. The new Renton Donation Center opens late this month at [860 SW 39th St](#), just 2 blocks north of IKEA.
- NAMI Family-to-Family Program—Starts October 2022**
This free, 8-session education program is designed to help family members understand and support their loved one living with mental illness, while maintaining their own well-being. Described as life-changing, the program is taught by trained teachers who also have loved ones living with mental illness. [NAMI Family-to-Family - NAMI South King County \(namiskc.org\).](#)
- [See all Valley classes, events and support groups.](#)

Connect with Valley

