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CVHealthcare Valley Medical Center

Community CARE Update

HEALTH NEWS YOU CAN USE FROM YOUR FAMILY MEDICAL CENTER

Understanding Parkinson's Disease

April is Parkinson's Awareness Month

Helping Hands about the disease

According to **Van Ruiten et al, Five Foundations for Parkinson's Research**, an estimated 1 million people in the United States and 10 million people worldwide are affected by Parkinson's disease. **Wooten Sun, MD**, will delve into Parkinson's disease, including its impact on Parkinson's in the Hispanic and Asian populations, and some promising research.

Valley and Community Partners Raise Donate Life Flag

Learn how to register to be a donor in Washington State

On April 1, Valley staff and representatives from LifeGuard Northwest, LifeNet Health, and Lower Merion School Institute gathered on the Needles roof to raise the Donate Life flag in recognition of Donate Life Month.

Donate Life Washington is a partnership between the Life Gift Nursing Office, remarks, "This year, Children has supported the donors and now the learning hospitals. 32 young donors giving the gift of sight, and 11 tissue donors, impacting 1,000 lives. The gift of donation is a powerful one, and it is a gift that can be given by everyone. The Donate Life Flag is important to honor our donors and donor families for their courageous and selfless gifts and to bring awareness to the need to raise awareness for our community."

According to Donate Life America, more than 100,000 people are waiting for a life-saving organ transplant. Visit www.donatelifewashington.org and www.lifeguard.org.

Learn how to register to be a donor.

Be Sweet to Your Feet: 7 Tips for Good Foot Health

April is National Foot Health Awareness Month. Put your best foot forward with these easy tips for foot health.

Learn about services at Valley's Podiatry Clinic.

More Valley's Podiatrists.

WAV Podcast: 6 Ways Preventive Health Helps You Be the Healthiest You Can Be

NEW EPISODE

WAV Podcast Website Provider Full Bio, MD

If you have a primary care provider, you've got a partner in your quest for the healthiest lifestyle possible, your foundation for living your healthiest life. In this episode, family practice physician Ziad Wilson, MD, shares why it's so important for your preventive care to be your primary care provider.

Listen to episode 3 of the We Are Valley Podcast.

Find a primary care provider in your neighborhood.

Walking Woes?

Valley's podiatrists treat a wide range of foot conditions including plantar fasciitis, bunionettes, flat feets, and more.

LEARN MORE ABOUT VALLEY'S PODIATRY CLINIC

Down to the Final Four - Join the Campaign to Sponsor Infusion Recliners

Last November, Valley Girls & Guys launched a campaign to sponsor infusion recliners in the specialized wellness research for patients in the new expanded Infusion Center. The new Infusion Center will be a place where patients receive their infusion from our cancer specialists.

The new space will house 40 infusion chairs - each at a cost of $5,000 - and will be a place where cancer patients receive with just 4 short weeks! The cost to sponsor one of the remaining chairs is more or in memory of someone special. Each chair will include a permanent recognition plaque. Valley Girls and Guys are hoping to raise the funds in time for the new Infusion Center opening, and donations are needed, now, more urgently than ever.

Interested in learning more? Contact Nick McDonough at nicholas.mcdonough@cvhealth.org or Jamie Bourque at jamie_bourque@cvhealthcare.org.

Sutter Construction Begins Work in New Cancer Center

Construction of the initial phase (Phase 1A) of the new Sutter Cancer Center in Valley Springs is underway! Diagnosis is on track to be the leading cause of death in the population growth in our region is happening in Southeast King County, creating a much greater need for cancer care. Valley's new comprehensive Cancer Center will house cancer care close to home. Valley's new comprehensive Cancer Center will house a 6000 state of the art facility and expanded access to services that our community needs right now and in the future. Valley's Cancer Center will offer **a new patient experience and experience, solving ease for oncology patients in Valley Springs and Calaveras County.** Valley's Cancer Center will be a place where patients can receive care.

Now, more than ever, we need our community's support to complete this important project. Click here for more information about Valley's Cancer Center and donate today.

Valley Girls & Guys Raised more than $300K for Cancer Care in Our Community During Annual Event

Our friends at Valley Girls & Guys and our generous community continue to dive in and help Valley's Cancer Care. Valley Girls & Guys raised more than $300K for Valley's Cancer Care at the 2019 Valley Girls & Guys Luncheon. Many of those dollars will directly help cancer patients here at Valley through our HOPE Patient Assistance Fund and other programs. Valley Girls & Guys raised more than $300K for our Nurse Cancer Center, with a $1.5 million donation!

They put to Be The Hope Walk is September 21 in Lake Wilderness Park. If you haven't signed up yet, you can register at valleyhopewalk.org.

Testicular Cancer Awareness: Learn the Symptoms and Risk Factors

April is Testicular Cancer Awareness Month. According to the Testicular Cancer Awareness Foundation, testicular cancer is the leading cancer in men ages 15 to 35 and affects 1 in 250 men. Learn the symptoms, cancer scares and scares of when diagnosed early, Learn the symptoms and risk factors of testicular cancer.

INFUSED WITH CARE.

Compassionate cancer care close to home. Your generously generous hope.

GIVE NOW

cellphone@cellphone.com. For more information contact Carly Bourque carly_bourque@cvhealthcare.org or 253-856-5000 Nick McDonough - Nick.mcdonough@cvhealthcare.org

National Healthcare Decision Day - Make Your Healthcare Wishes Known

Advance care planning (ACP) is the process of planning for future healthcare and the support and advice and completing documents that outline your wishes in the event that you are unable to express your wishes for your healthcare.

April 16 is National Healthcare Decision Day. The day celebrates inspire, educate, and empower the community and caregivers about the importance of advance care planning.

Learn more about advance care planning and download the documents.

Advance Care Planning Workshop - April 24, 3 PM

Put a plan in place now to make your own choices for future healthcare or the support and advice and assist always for your loved ones. In honor of National Healthcare Decision Day, Valley's Advance Care Planning Working Committee is hosting a workshop on April 24 where you will learn about:

- The process of advance care planning
- How to fill out MOST advance care planning forms
- How to start the conversation about what is most important to you

You are strongly encouraged to invite the person you trust to make decisions for you as your healthcare agent to attend the workshop with you. Refreshments will be served.

This event will be held both in person and virtually on Zoom. (A link to present event, notary support will be available after the presentation for those who would like to complete the Durable Power of Attorney for Healthcare and Healthcare Directive documents. If you need assistance with completing these documents, notary services are available at your Valley Primary Care clinic.

WHAT: Advance Care Planning Workshop
WHEN: Wednesday, April 24, 2019, 3 - 4:30 PM
WHERE: Valley Medical Center, Lake Wilderness Lodge, Auditorium or online via Zoom
REGISTRATION: Click here to register for the April 24 ACP Workshop

Neurology Care in Your Neighborhood

Less time commuting, more time healing. Valley's neurology care close to home.

MEET VALLEY'S NEUROLOGISTS

Ready to Make a Lifestyle Change? Learn About Valley's FREE Health Coach Program! Information Sessions May 1 and 2

Have you been wanting to make lifestyle changes to improve your health? Do you want to lose weight, eat healthy, lower weight, chronic illness, or stress and health related goals?

Valley's Lifestyle Health Coach program provides FREE connection to resources to support you in working toward positive lifestyle changes.

At the Health Coach information sessions, you will meet the team, learn how the program works, and learn how Valley's Health Coaches will support you in working toward healthy lifestyle changes.

WHAT: Health Coach Program information sessions for Valley primary care patients who reside in King or Pierce counties
WHEN: May 1 and 2
REGISTRATION: To register, click on the date/time below for the information session you'd like to attend:

- Wednesday, May 1, 1:30
- Thursday, May 2, 9am

We Can Prevent Diabetes, Together! Register for Valley's Diabetes Prevention Program, Beginning May 15

Valley's Health Coach Program is a Centers for Disease Control Prevention (CDPC) is a CDC recognized education and lifestyle change program for patients at risk for developing Type 2 diabetes.

We are now registering participants for the next DPP cohort, which will begin on May 15.

WHAT: Diabetes Prevention Program
WHEN: First meeting, Thursday, May 15, 1 - 4PM. See registration link for full schedule
WHERE: Lifestyle Medicine - Remote and Medical Arts Center, 1st floor conference
COST: $350 + tax. Payment plans available.
REGISTRATION: Click here to learn more and register.

Hear from a DPP participant in the testimonial video.

Unlock the Secret to Fighting Heart Disease: Your Heart Rate Holds the Key

In the United States, heart disease remains the leading cause of death for men and women. Fortunately, however, there is a powerful tool in the battle against this disease: your heart rate. Learn how to monitor your heart rate during exercise. Knowing your heart rate, and how it reacts to exercise, can be a key tool in a physical impact on preventing or even reversing heart disease.

Check out our guide explaining the five heart rate zones and their importance in cardiovascular health, and learn how Valley's Lifestyle Medicine Clinical can help you tailor your workout intensity to strengthen your heart.

Build a Workout that Works for You

We're here to help you kick-start your health goals with a personalized, science-based exercise program.

LEARN MORE

Pregnancy Facts You Should Know In Honor of Black Maternal Health Week

This week marks Black Maternal Health Week, aimed at addressing these maternal health inequity and amplifying the voices of Black Women. Valley Family Medicine Provider Kelly Gaines, MD, shares her personal information on what to start prenatal care, types of providers who offer care, where to get health insurance if needed, what causes morning sickness, and more.

Read your prenatal knowledge here.

Learn more about Black Maternal Health Week.

Update Your Address Books: Dermatology - Covington is Moving to Maple Valley

Valley's Dermatology Clinic in Covington is moving to Maple Valley on April 29. The new address is 22000 Kent-Kangley Rd SE, in the same building as Valley's Maple Valley Urgent Care.

This move impacts patients of Matthew Brunson, MD.

and Sarah Shaw, MD.

What Is Buprenorphine? A Q&A About King County's New Bup Hotline

Thanks to a new 24/7 bup prescribing hotline, it's easier than ever for people in King County to get started on buprenorphine treatment. Learn more about partnership with the UW Department of Emergency Medicine, King County recently launched a telemedicine program that allows any clinic in King County to prescribe buprenorphine, also known as "bup". Read more in this article from Public Health Insider.

Choose Valley for Surgery

Breast, bunion and spine, thyroid and more—our experienced, compassionate surgeons provide a full range of surgeries.

LEARN MORE

Welcome Brian Jones, Valley's New Chief Information Officer

We are excited to announce that Brian Jones, MBA, CPHIMS, has joined the Valley family as Chief Information Officer.

With 25 years of experience providing information services and solutions for complex healthcare markets, Brian is a proven leader who combines a strong business acumen and technological skills to transform healthcare. He comes to us most recently from Bellingham Cascade Regional Health Center, a 25-bed critical access health system. Brian is adept at aligning strategic plans with business needs, and has a passion for innovation, innovation and digital consumer growth. Well versed in the complexities of healthcare organizations, Brian is adept at providing greater and more efficient services and support to teams across the organization.

Brian he is not strategizing about all things technology, he and his family are getting ready for the upcoming baby and are looking forward to a great with his two daughter of high school teens learning to drive.

Please help us extend a warm welcome to Brian and his family!

Join the Valley Family!

At Valley, we serve a critical role in helping maintain and improve the health of our community. We have our finest people, who are committed to our mission and our core values and helpers you, consider joining our team!

Here are some of the jobs we're currently recruiting for:

- Assistant Nurse Manager, Emergency Department
- Clinical Nutrition Manager (Inpatient - PRN/LIM/PRN)
- Consultant RN
- Cardiac Rehab Coordinator
- Language Interpreter - Russian/Ukrainian
- Language Interpreter - ARBIC $10K sign-on incentive
- Neuro Hospitalist APP
- OBGYN
- Pain Medicine Physician
- Registered Nurse - Inter and Spine Center, Orthopedics
- Registered Nurse - Cardiac Rehab
- Speech Language Pathologist (Acute Care) - CCC Requisite
- Surgical Technologist, $5K sign-on incentive
- Urgent Care Physicians
- Urologist

Find out more about these career opportunities and others, and apply today at valleymedcenter.jobvite.com.

Thank You to Our Remarkable Volunteers!

April 27 - 27 marks National Volunteer Week. We'd like to thank our more than 100 volunteers who have contributed support of Valley and for helping us in our mission of caring for our community this year.

Join Our Volunteer Team! Looking for a way to give back to your community? Volunteer at Valley Medical Center! We're currently recruiting volunteers for the Emergency Department, Medical Surgical Unit, Lobby Greeters, and more. Volunteers are required to complete a mandatory training and background check.

Information desk volunteers greet and escort patients and visitors, answer their questions, and help them get to destinations around our campus. We ask that volunteers commit to a 4-hour per week shift, for a minimum of 6 months.

For more on volunteering and to apply, visit volunteered.org/volunteer.

Add YOU to Your To-Do' List

Schedule your annual mammogram today!

SCHEDULE YOUR APPOINTMENT

Friendly Reminder: Mother's Day is Sunday, May 12 - Send a Loved One at Valley a Gift via Our Online Gift Shop!

Valley community partner Cugini Florists and Fine Gifts has been in Maple Valley for 30 years and has been one of our main campus phone-ease Cookie offered by 12:30 PM will be delivered same day to your recipient at Valley. Cugini Florists and Fine Gifts offers a special promo code "Mothersday" at checkout receive discounted delivery and free gift wrapping.

Learn more about sending flowers or a gift to a loved one at Valley on our online gift shop page. Submitted an gift order for gifts purchased through the online gift shop support on Thanks a Celebration program.

Valley Eats - High Protein Cinnamon Cake Bars

Craving something sweet for breakfast but want an healthy option? Try our high protein cinnamon cake bars as a tasty treat to accompany your morning coffee or tea. Our Valley Eats Cinnamon Cake Bars are to make more a non-figure or your life for Mother's Day breakfast!

Save Time and Schedule Online!

Most primary and specialty care appointments can be scheduled and managed via MyChart after your first visit with a provider.

SIGN UP FOR MYCHART

Alzheimer's and Dementia Support Group - Next Gathering on April 17

Life with Alzheimer's/dementia can be a rocky path and Valley's Alzheimer's and Dementia Support Group is the monthly support group for residents and their caregivers who are dealing with Alzheimer's in our community. The group is led by Debra Dahlke, MSW, LICSW.

WHEN: 3rd Wednesday of the month (next session Wednesday, April 17), 3 - 4 PM
WHERE: Chelsea at Valley Center (4401 Dorre Ave, S, Renton). Call from security upon arrival.

For more information, call 425-251-8877

Content provided by Chelsea at Valley Center, a Valley community partner and GoldenCare project supporter.

Give Blood, Save Lives - Valley's Next On-Campus Blood Drive is May 2

Give Blood Save Lives

In partnership with Bloodworks Northwest, Valley's next on-campus blood drive is Thursday, May 2, from 4 - 7 PM in the 1st floor of the Medical Arts Center building.

Things to remember before your appointment:

Donations last about one hour.

- Please hydrate and eat meals sure to eat a meal or snack prior to giving blood
- Bring a photo identification
- Scheduling appointments is highly recommended, but same day appointments are available. Walk-ins are welcome.

WHAT: Blood drive at Valley Medical Center
WHEN: Thursday, May 2, 9:00 - 4 PM
WHERE: Medical Arts Center building, 1st floor, conference center room A
REGISTER: Click here to create an appointment.

Community Events

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

Connect with Valley

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