

A Program with Heart

How Cardiac Rehabilitation supports Valley patients



Valley's **Cardiac Rehabilitation** program was designed for people who have had a significant heart event or condition. The program offers medically supervised and individualized exercise programs in a safe, supportive environment. [Learn more about this program and if it might be right for you.](#)

Hear about Cardiac Rehabilitation benefits directly from a participant – Rob, a patient in the program in 2018, shares his thoughts on the program then and updates us on how he's doing now, five years later.

Straight Talk from a Heart Doc

Caring for patients, advances in treatments, and best healthy heart habits



Valley cardiologist **Kenneth Igbalode, MD**, talks about the reasons patients visit him for care and advancements in diagnosing heart conditions, including wearable devices.



NEW EPISODE!
[Listen to episode 2 of the We Are Valley podcast.](#)
[Learn more about cardiac care at Valley.](#)

Valley Raises Pan-African Flag in Recognition of Black History Month



Each February, in recognition of Black History Month, Valley raises the Pan-African flag. This year's ceremony included the song "Lift Every Voice and Sing" performed by Patient Access Associate Alexis Williams, and acknowledgements by Medical Assistant Nikki Eilah and Valley CEO, Jeannine Erickson Grinnell. [Watch the recording.](#)

A Blooming Partnership

Renton's Cugini Florists and Fine Gifts and Valley Medical Center partner to provide online gift shop services to Valley staff and patients



Whether you're sending congratulations on the arrival of a new baby or well wishes to someone recovering from surgery or illness, Valley's community partner, Cugini Florists and Fine Gifts, has you covered! In late 2023, Valley and Cugini partnered to provide an online gift shop to make it easy to send a present to a loved one at Valley Medical Center's main campus.

[Learn more about the partnership and the renowned Renton shop in this interview with owner Arisgue Jacques.](#)

[Send a gift to a Valley patient or staff member.](#)

House Calls Happen Here

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

[SCHEDULE VIDEO VISIT](#)

PEP Health Ranks Valley as One of Top 30 Hospitals in the U.S. for Patient Experience



After gathering and analyzing more than 30 million online comments shared on social media and through review sites between Jan. 1 and Dec. 31, 2023, Valley was named #18 of the Top 30 Hospitals for Patient Experience in the country. This is significant because it represents the online voice of the patient in more open, familiar and easily accessible forums for comment and review.

Utilizing artificial intelligence (AI), PEP Health assessed seven domains: fast access, effective treatment, emotional support, communication & involvement, attention to physical and environmental needs, continuity of care, and billing and administration. On average, the top 30 hospitals scored 30% higher than their peers in continuity of care, 22% higher in attention to physical and environmental needs, and 17% higher in fast access. [Read more in Becker's Hospital Review.](#)

Your Experience Matters - If you've recently visited our hospital or one of our clinics, we encourage you to [share your experience](#). Your feedback allows us to learn from your experience(s) so we can continue to provide the highest-quality care to our patients.

Recognize a Caregiver - Did a caregiver at Valley make an impact in your life? [Learn about the various programs we offer for patients and families to share their gratitude.](#)

Valley Listed as a Top Cardiology Facility for Medicare Members



We are proud to share that Valley has been recognized by Aetna, CVS Health's payer arm, as one of 317 top medical facilities considered Institutes of Quality for cardiac care for Medicare patients.

Recognized systems have met standards of cost and efficiency, achieved a high number of procedures, demonstrated high success rates and had low complication rates. Valley is one of only four facilities recognized in Washington state. [Read the article in Becker's ASC Review.](#)

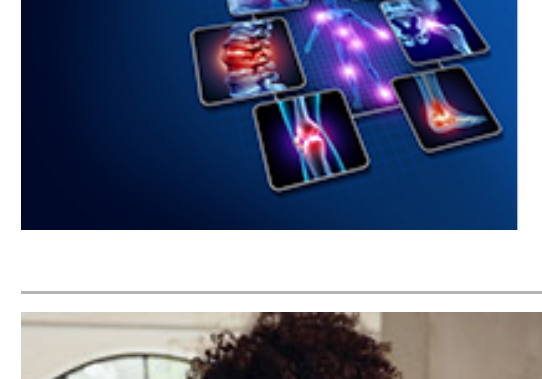
Eat Smart for Your Heart: Four Tips for Heart Healthy Eating



In recognition of **American Heart Month**, we asked Valley's Lifestyle Medicine **Diabetes Education & Nutrition** team for some heart-healthy eating tips.

As an added bonus, the team shared a recipe for yummy (and heart healthy) [grilled salmon with lemon and herbs!](#)

Have Psoriasis? Know the Symptoms of Psoriatic Arthritis and How to Get Help to Manage the Pain



Up to 30% of people with psoriasis develop psoriatic arthritis, which can cause severe pain, swollen joints, and nail changes. [Learn the symptoms and how to get help](#) from rheumatologist **Daniel Moon, MD**.

[Learn more about Valley's Rheumatology Clinic.](#)

MS Care Without the Commute

In-person or telehealth appts with our multiple sclerosis specialist, right here in Renton.

[SCHEDULE AN APPOINTMENT](#)

Be Car Seat Savvy



Crib, onesies, diapers—the list of supplies needed before your new baby comes home is long. One essential item to buy is a car seat. And car seats aren't limited to newborns; a properly fitting car seat (and then when size appropriate, a booster seat) is legally required for your child. The options for car seats are extensive, but there are things to watch out for, including counterfeit seats. [In this article](#), we give an overview of things to know when purchasing and installing car seats.

Recognize a Valley Caregiver Who's Made a Difference in Your Life



For a limited time, Valley's Thank a Caregiver blown glass hearts are available at a discounted price of \$30 (\$35 with stand). This month, we are offering our entire color collection at this special pricing. Don't miss this opportunity to share the love by recognizing an employee or team at Valley who has delivered outstanding care!

Proceeds from Valley's **Thank a Caregiver** program support education and other opportunities for Valley staff. [Send a gift of thanks to a Valley caregiver.](#)

Taking Action to Protect #OurHearts - Tips for a Heart Healthy Lifestyle



Heart disease is the leading cause of death in the United States – 1 in 5 people die from it each year – even though it is largely preventable. Research shows that many Americans will likely develop some form of heart disease, but you don't have to be one of them. According to the **National Heart, Lung, and Blood Institute (NHLBI)**, you can take action by making small lifestyle changes that help you reduce your risk and improve your overall health. [Read 9 ways to support a heart-healthy lifestyle.](#)

From Head to Toe, Our Surgical Teams Have You Covered

[LEARN MORE](#)

Make a Difference in Our Community - Become a Volunteer Health Coach!



In 2018, Valley launched an innovative community health program pairing "health coaches" with primary care patients who showed an interest in making positive changes to improve their health but would benefit from some additional guidance and encouragement to work toward their goals. Since the program's inception, more than 100 Valley patients have benefited from participating in the program.

We're gearing up to start our next FREE 12-week Health Coach training program in March 2024 and there's still room for more prospective coaches to join! **By participating in the course, you'll gain:**

- Knowledge about chronic illnesses including diabetes, COPD, heart disease, and high blood pressure
- Active listening and communication skills, including motivational interviewing
- Familiarity with community resources
- Experience serving as part of a Primary Health Care team
- Skills for empowering patients

After completion of the course, you may be able to serve as a volunteer Health Coach through a Valley primary care clinic.

Want to help Valley patients make positive lifestyle changes? [Learn more and apply to become a volunteer Health Coach.](#)

Because Everyone Needs a Little Help Sometimes

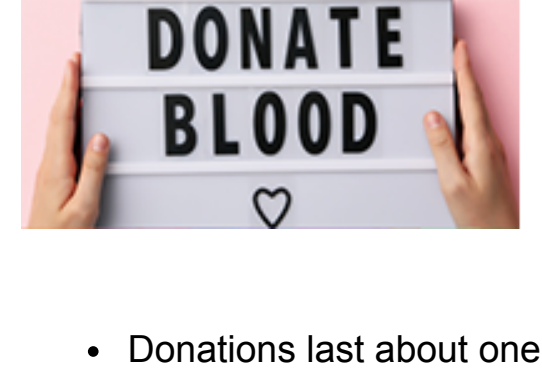


If you're needing help and not sure who to call, these resource links have information on how to connect with service and support programs in our community.

Social Services: ValleyCares helps people connect with local social service programs in our community. Find people and groups in your area who can help with free or low-cost food, shelter, transportation, addiction and recovery services, job training, and lots more. [Search the resources on ValleyCares.](#)

Crisis Support & Resources: [If you're experiencing an emergency or are in immediate danger, please call 9-1-1.](#) We have compiled a list of resources for people who need support. If you are in one of our clinics or in the main hospital, you can ask to speak to a team member to receive confidential help. [Get the list of crisis support resources here.](#)

Give a Pint - Valley's Next Blood Drive is Thursday, March 7



In partnership with **Bloodworks Northwest**, Valley's next campus blood drive is on Thursday, March 7, from 9 AM to 3 PM. Bloodworks Northwest's mobile van will be parked in the four parallel parking spots on the west end of Medical Arts Center.

Things to remember before your appointment:

- Donations last about one hour.
- Please hydrate well and make sure to eat a meal or snack prior to giving blood.
- Don't forget your photo ID - your Valley badge is an acceptable option.
- Scheduling appointments is highly recommended, but same-day appointments are often available if you'd prefer to try a walk-in.

[Register for an appointment.](#)

Care for Your Community by Volunteering at Valley

Valley volunteers are goodwill ambassadors providing vital assistance for our patients and visitors in areas including:

- Driving courtesy shuttle
- Information desk
- Campus wayfinding
- Cancer Center
- Research cart

[LEARN MORE & APPLY](#)

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