

Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

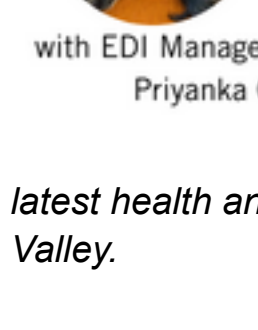
New We Are Valley Podcast Episodes for Summer Listening

Hernias don't have to be mysterious or scary



NEW EPISODE!

In our newest podcast episode, we sit down with [Wayne Lau, MD](#), with Valley's [General & Specialty Surgery Clinic](#) to discuss with you should know about hernias and hernia treatment options.

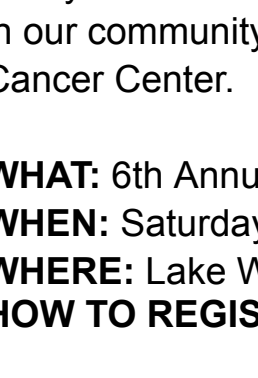


with Valley surgeon, Wayne Lau, MD

Whether you know someone who's had a hernia, or suspect you may have one, this conversation is for you!

[Listen to "All About Hernias" with Dr. Lau.](#)

"At first, talking about equity, diversity and inclusion can be uncomfortable, and that's not a bad thing! We're all on this journey together." - Ada Cohen



NEW EPISODE!

In last month's newsletter, we discussed why Valley collects [REAL and SOGI data](#). Recently on the podcast, we chatted with Valley's Equity, Diversity, and Inclusion (EDI) managers about initiatives and projects happening at Valley designed to make sure our patients and workforce feel cared for. [Listen to the episode.](#)



with EDI Managers Ada Cohen and Priyanka Choudhury

Subscribe to be notified when new episodes air on Spotify, Apple, or your favorite podcast platform.

The We Are Valley Podcast is an audio project intended to bring you discussions with subject matter experts on the latest health and well-being information, and take you behind the scenes in different areas at Valley.

Register for the 2024 Be The Hope Walk!



Join [Valley Girls & Guys](#) and Team Valley on Sept. 21 at the 6th annual Be The Hope Walk. 100% of funds raised during Be The Hope go right back into the local community to support cancer patients and their families, fund clinical trials to further research, support students who have been directly impacted by cancer, and more!

Valley Medical Center and Valley Girls & Guys have partnered together in support of cancer care in our community for more than a decade, including through a \$1.8 million donation to our future Cancer Center.

WHAT: 6th Annual Be The Hope Walk

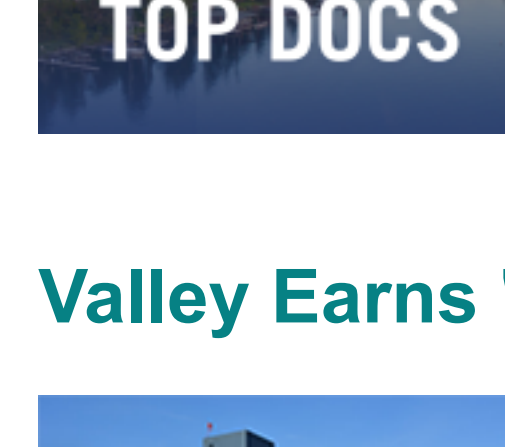
WHEN: Saturday, Sept. 21

WHERE: Lake Wilderness Park, Maple Valley, WA or Virtual

HOW TO REGISTER: [Visit the Be The Hope Walk registration page](#)

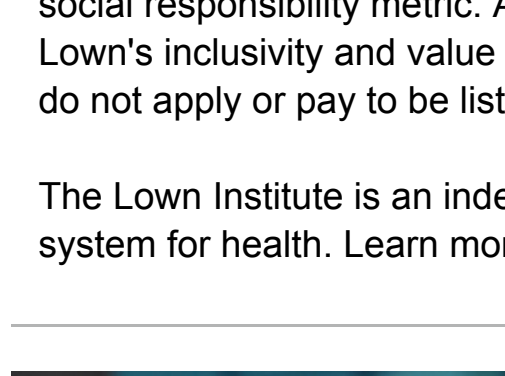
WHAT'S THE MOST EXCITING THING HAPPENING IN SOUTH KING COUNTY?
Hint: it's life-changing. [LEARN MORE](#)

Save Time With MyChart's Self Check-in at the Emergency Room



No one enjoys having to go to the emergency room, and checking in can add to your wait before being seen. Now, if you have an active MyChart account, you could save time by using MyChart's eCheck-in on your mobile device at the Emergency Room. [Read how to use this new feature.](#)

You Could Benefit from 90-Day Prescriptions!



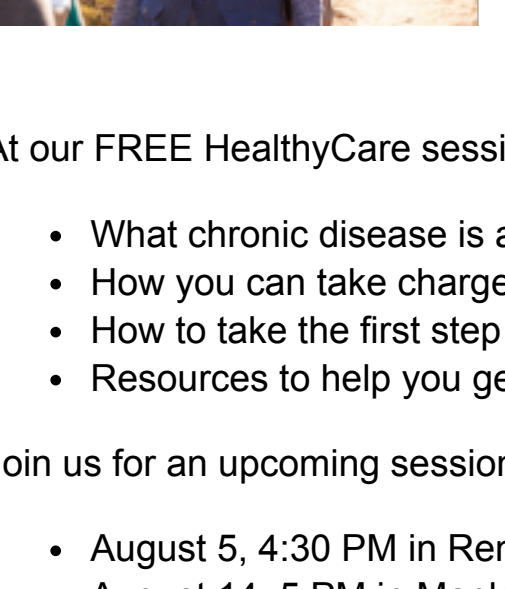
If you regularly take medication for conditions like high blood pressure, asthma, cholesterol, or diabetes, you may be able to save time and money by getting 90-day supply refills.

With a 90-day supply, you won't need to get your prescription refilled every month, which may reduce the cost of filling your prescription and allow you to make fewer trips to the pharmacy. Some insurances may give you the option to have your medicines delivered to your home!

Check your insurance materials or call your insurance provider to see if your medication is eligible for a 90-day prescription supply. If the answer is "yes," talk with your provider or pharmacist and ask if your prescription can be changed to 90-day refills. Please note: Not all medications and prescriptions will qualify. [Find a Valley pharmacy location.](#)

Seattle Magazine's 24th Annual List of the Best Doctors in the Puget Sound Region

We're so excited to celebrate the incredible Valley providers who made the list!



Seattle Magazine's list of top doctors for 2024 is out and includes many physicians on Valley's medical staff!

[See the list of providers who were recognized.](#)

Valley Earns "A" in Social Responsibility



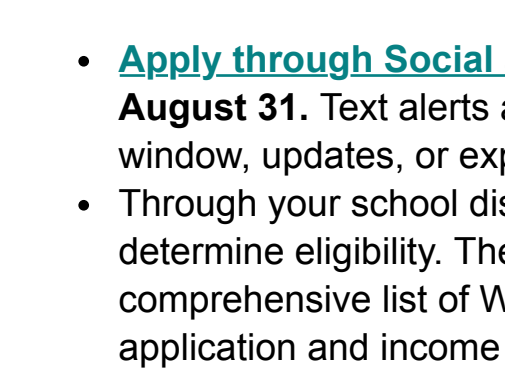
We're proud to share that Valley Medical Center has been recognized by the Lown Institute for outstanding social responsibility, receiving an "A" grade on the 2024-25 Lown Institute Hospitals Index. Valley achieved this honor through strong performance across metrics of health equity, patient outcomes, and value of care, out of more than 3,500 hospitals nationwide.

Valley ranked 17 out of 46 acute care hospitals in Washington and 773 nationally on the social responsibility metric. According to the Index, the hospital also performed well on Lown's inclusivity and value of care metrics. These are independent rankings and hospitals do not apply or pay to be listed.

The Lown Institute is an independent think tank advocating for bold ideas for a just and caring system for health. Learn more at the [Lown Hospitals Index website](#).

Erectile dysfunction keeping you on the bench?
Our men's health provider will help get you back in the game. **Appointments in Covington & Renton.**
[LEARN MORE](#)
Urology Clinic
UW Medicine | VALLEY MEDICAL CENTER

Ready to Make a Change for Your Health, but Not Sure Where to Start? Join Us for a FREE HealthyCare Session.



In King County, heart disease is one of the leading causes of death. There are 30,000 type 2 diabetes diagnoses in South King County each year and nearly half of all adults in South King County have been diagnosed with hypertension. The statistics are sobering. But there's hope! With the contributing factors to these chronic conditions and others can be mitigated or prevented through lifestyle changes. Even small changes can make a BIG difference! And we're here to help.

At our FREE HealthyCare session, we will discuss:

- What chronic disease is and how it affects our community
- How you can take charge of your health with small lifestyle changes
- How to take the first step
- Resources to help you get started

Join us for an upcoming session in August at one of our three Lifestyle Medicine locations!

- August 5, 4:30 PM in Renton
- August 14, 5 PM in Maple Valley
- August 20, 4:30 PM in Renton
- August 29, 5 PM in Covington

[Click here to register.](#)

As a healthcare organization, we believe that caring for our community like family starts with prevention. Our Lifestyle Medicine clinics provide our community the opportunity to engage in healthy lifestyle behaviors that reduce the risk of chronic disease and promote a high quality of life.

It's Warm Out There

Hot tips and resources for staying cool and safe this summer

Heat Exhaustion
ACT FAST
• Move to a cooler area
• Loosen clothing
• Sip cool water
• Seek medical help if symptoms don't improve
Heat exhaustion can lead to heat stroke.

Heat Stroke
ACT FAST
CALL 911
• Move person to a cooler area
• Loosen clothing and remove extra layers
• Cool with water or ice
Heat stroke can cause death or permanent disability if emergency treatment is not given.

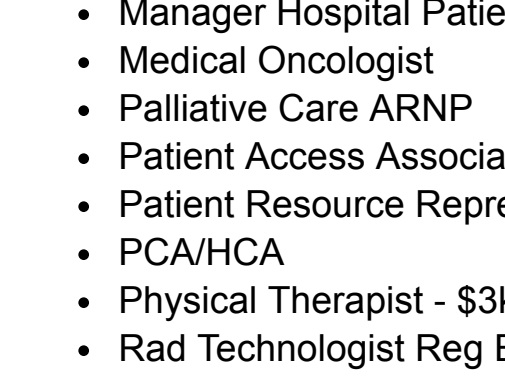
Stay Cool, Stay Hydrated, Stay Informed!

Did you know? Extreme heat has been the greatest weather-related cause of death in the U.S. for the past 30 years — more than hurricanes, tornadoes, flooding or extreme cold — killing more than 700 people per year.

Luckily, heat-related illnesses and death are largely preventable with proper planning, education, and action. [Heat.gov](#) is a website that provides clear, timely, and science-based information to help you understand and reduce the health risks of extreme heat. It's a one-stop hub on heat and health, and is run by the National Integrated Heat Health Information System (NIHHS).

- Other local resources:**
- [National Weather Service 7-day forecast](#)
 - [Cooling centers for King County](#)
 - [King County Launches Extreme Heat Strategy.](#)

A New Program Helps Provide Nutritious Meals for Children



[SUN Bucks](#) is a new a summer program for families with school-age children that grants each eligible child \$120 in food benefits. Children can use these benefits at any grocery store and farmers market that accepts SNAP/EBT, ensuring access to healthy food choices during the summer when free and reduced-price meals aren't available in schools.

Your family may automatically qualify for SUN Bucks!

- If your child receives free or reduced-price school meals, they are automatically eligible for SUN Bucks.
- Children in households benefiting from SNAP, FAP, TANF, or SFA also instantly qualify.

How to sign up if you are NOT automatically enrolled:

- [Apply through Social and Health Services \(DSHS\):](#) Applications are open until **August 31**. Text alerts are available—opt-in to stay informed about the application window, updates, or explore other sources.
- Through your school district during the school year: Apply before the school year ends to determine eligibility. The Office of Superintendent of Public Instruction (OSPI) provides a comprehensive list of Washington school districts, with links to each district's meal application and income survey.

[Click here to learn more and sign up.](#)

Have Fun Swimming with These Important Safety Reminders



Summer brings the sun and warmer weather, which is perfect for swimming in pools, lakes, rivers, and ponds. Swimming is so much fun and great exercise, but it can also be dangerous. Help keep yourself and your loved ones safe, with the following helpful tips.

Tip 1: Check the water safety of your swimming location to make sure the water is warm and clean.

Natural bodies of water can be too cold for swimming and sometimes have poop or toxic algae which makes people sick from swimming or playing in the water. If there is poop in the water, you can get sick from swimming or wading there. The most common symptoms are diarrhea (watery poop), throwing up or feeling nauseous, stomachaches, headaches, or fever.

[Read the rest of the tips and see more resources.](#)

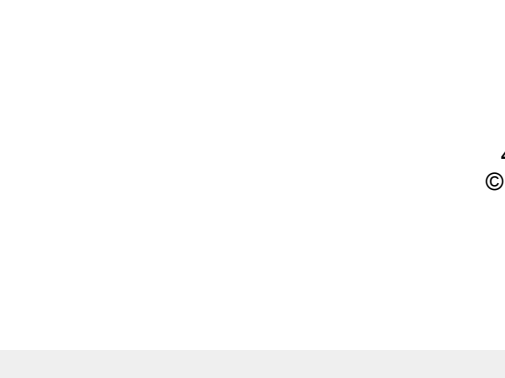
A Flavor-Packed Salad for When You Don't Want to Turn on the Stove



Keep your house cool by making dishes like salads and sandwiches that require very little heat to prepare. We recommend this well balanced and gluten-free Mediterranean inspired salad! [See the recipe.](#)

Ready to Make a Change?
We're here by your side, supporting your journey toward a healthier you.
[GET STARTED](#)
Lifestyle Medicine
UW Medicine | VALLEY MEDICAL CENTER

Support Your Community by Becoming a Volunteer Health Coach!



Looking for a way to give back your time and talents? Applications for our health coach training are open now!

This is a FREE online 12-week course where you will learn skills related to:

- Managing chronic illnesses like diabetes, COPD, heart disease, and high blood pressure
- Motivational interviewing, active listening, and communication
- Utilizing local community resources
- Serving as part of a primary healthcare team
- Empowering patients

Once you complete the course, you may be eligible to serve as a volunteer Health Coach through a Valley primary care clinic. Health Coaches serve for six months and work one-on-one with an assigned patient — encouraging and supporting while patients learn how to define their own health-related goals, navigate the healthcare system, access community resources, and improve their self-management skills.

[Apply today and gain career skills while making a difference in our local community.](#)

Looking for Your Next Calling? Consider Joining Valley!

We serve a critical role in helping maintain and improve the health of our community. If this excites and motivates you, consider joining our team! Here are some of the jobs we're currently recruiting for:

- Clinical Nurse Specialist - Behavioral Health
- Echocardiography Tech
- Family Medicine Physician
- Mammography Technologist ARRT - \$10K sign-on incentive
- Manager Hospital Patient Financial Services
- Medical Oncologist
- Palliative Care ARNP
- Patient Access Associate II
- Patient Resource Representative I (Remote)
- PCA/HCA
- Physical Therapist - \$3k sign-on incentive
- Rad Technologist Reg Elig/ARRT - \$10K sign-on incentive
- RN CCU Resident/Fellowship - \$10K completion incentive
- Urgent Care Physician
- Wound Care Specialist - RN

Find out more about these career opportunities and others, and apply today at [valleymed.org/careers](#).

Give Back by Becoming a Valley Volunteer!

We're currently recruiting volunteers for the information desks in our Medical Arts Center and Talbot buildings, as well as substitute volunteers who can fill in if a scheduled volunteer is unable to make their shift.

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 shift per week, for a minimum of 6 months.

For more on volunteering and to apply, visit [valleymed.org/volunteer](#).

Cardiology Care in Covington
Our cardiologists provide a comprehensive approach to managing conditions of the heart, blood vessels, and circulatory systems.
[LEARN MORE](#)

July is Cord Blood Awareness Month

Donating cord blood may be a lifesaving act for someone in need. Stem cells from umbilical cord blood are used to treat more than 80 diseases, such as leukemia. This Cord Blood Awareness Month, remind the expectant parents in your life that umbilical cord blood donation can be an easy part of their birth plan! [Learn more from Bloodworks NW.](#)

Virtual Stroke Club - Next Session Tuesday, August 13, 12 - 1 PM

At Stroke Club, help yourself — or the one you care for — get better and learn about changes that may come after a stroke.

Members of the Harborview and Valley Medical Center stroke care teams will answer questions and present topics to help you learn what you need to know to be the best stroke survivor you can be.

[Click here to join Stroke Club and receive monthly meeting invitations.](#)

An Elephant Never Forgets a Baby Gift!
Community partner Cugini Florists and Fine Gifts offers complimentary delivery to Valley's main campus.
[LEARN MORE](#)

Community Events

[See all classes and events](#), including virtual birth center tours, birth and parenting classes, support groups, and classes for a healthier you.

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