UW Medicine VALLEY MEDICAL CENTER WE Valley Community CARE update HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

Celebrating Pride Month

for 13th year in a row

Valley earns national recognition as a leader in healthcare equality

In honor of Pride Month, Valley proudly raises the Pride flag each June, reaffirming our commitment to caring for our community like family. Watch a recording from the Pride flag raising and learn how Valley was recognized as a Leader in Healthcare Equality by the Healthcare Equality Index for the 13th consecutive year.

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

Frequently Asked Questions about REaL and SOGI Data Starting in 2023, regulatory agencies required hospitals to

questions is voluntary. Read the REaL and SOGI data FAQ.

LEARN MORE

Other Men's Health Conditions June is Men's Health Awareness Month

in this DocTalk video. **Urology Clinic Expanding to Covington** Beginning June 25, Paul Niemi, ARNP, will see patients at our Covington North location. Paul is

health clinic. The men's health clinic treats low testosterone, hypogonadism, premature ejaculation, Peyronie's condition, hematospermia, and erectile dysfunction.

According to the **American Migraine Foundation**,

migraines affect 1 in 4 households in the U.S. and are the 2nd leading cause of all global disability. Valley neurologist

Know the signs: Common symptoms include a noticeable

more-our experienced,

compassionate surgical teams

provide a full-range of surgeries.

currently accepting new patients for the men's

Alexey Shikuev, MD, with Valley's Neuroscience Institute, gives an overview of different types of headaches, options for prevention and treatment, and more in this DocTalk video.

healthcare provider for a diagnosis and treatment plan.

Spreading awareness is important because hernias are a common condition that affect millions of people. They occur when an organ or tissue pushes through a weak spot in the muscle or surrounding tissue wall. Check out our tips below and help spread the word:

bulge, discomfort, or pain, especially when lifting heavy objects, coughing, or bending

Seek medical advice: If you suspect you have a hernia, it's important to talk to your

Choose Valley for Surgery Colorectal, hernia, vascular and

LEARN MORE

June is National Cancer Survivors Month. To all survivors: your stories inspire us every day. EBRATING To the families and caregivers: your support is invaluable. SURVIVORSHIP Together, we are stronger. For more than 50 years, **Cancer Lifeline** has provided support

groups and classes.

Cancer Lifeline Provides Support and Online Resources for Cancer

to cancer patients, caregivers, and survivors in our

region. Valley is proud to collaborate with Cancer Lifeline to

bring free support groups, classes, and personalized emotional support and exercise programs tailored to people who have or have had cancer. See the calendar of upcoming support

Join Valley Girls & Guys and Team Valley on Sept. 21 at the 6th annual Be The Hope Walk. 100% of funds raised during Be

INFUSED

generates hope.

WITH CARE.

Compassionate cancer care

close to home. Your generosity

GIVE NOW

The Hope go right back in to 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

Pictured: A mural in our Oncology & Hematology Clinic featuring notes from oncology patients,

The 2024 Be The Hope Walk is Saturday, Sept. 21 - Register Today!

Do you have difficulty walking, getting in and out of vehicles, or getting to the clinic for your appointments? This flyer outlines several options that may be able to help.

New healthcare insurance options now available.

You may be eligible to sign up for Apple Health Expansion if you live in the state of Washington, even if you immigrated to the United States and/or are undocumented. This insurance

includes medical, dental, and behavioral health services.

Enrollment applications open June 20 for coverage beginning July 1, 2024. Enrollment is limited, so sign up starting June

monthly internet bill through ACP, your internet service provider should let you know when the monthly discount will end. The FCC encourages households who received the ACP discount to contact their internet company to learn how the end of the

Apple Health Expansion to Offer New Insurance Options for

Navigating Mobility Challenges for Your Visits to Valley

valleymed.org/vmccares For more information contact Carrie Murayama carrie_murayama@valleymed.org or 425.690.5956 Valley Medical Center - Public Hospital District No.1 is a 501(c)(3) nonprofit organization.

or Low Cost Internet Access The <u>Affordable Connectivity Program (ACP)</u>, which offered eligible households discounted internet service, has ended as of June 1, 2024. If you were receiving a discount on your

You can contact your internet company and ask if they have a lower cost plan and/or a

• Those who qualified for ACP may be eligible for another federal program called Lifeline,

• King County libraries offer free computer use at all locations. Visitors may use

services (up to \$34.25 if you live on qualifying Tribal lands).

Washington 211 connects you to community resources statewide.

code then enter "internet" in the search box in the upper left corner.

where qualified consumers can get up to \$9.25 off the cost of phone, internet, or bundled

computers for one hour, or up to four hours if no one else is waiting. Time limits vary by

Our <u>Valley Cares</u> resource lists many low cost internet resources. Search by your zip

The Affordable Connectivity Program has Ended - Where to Find Free

Need help? Find free & low-cost housing, food, transportation,

> Did you know that one of the best ways to ensure we age gracefully and stay healthy is through strength training?

Strength training, also known as resistance training, involves exercises that improve your muscle strength, and comes with many health benefits. It can help prevent chronic diseases,

increase longevity of life, and promote healthy aging. Find out

why strength training should be added to your workout

Gain marketable career skills and make a difference in our

community as a volunteer health coach. Now accepting

FREE training in a 12-week online course is provided. By

Where Do

Kick-start your health

science-based exercise

goals with our personalized,

LEARN MORE

I Start?

program.

Emily Bicknell, CNM, ARNP, recently joined Valley Women's Healthcare's **Time Square** location. She is a certified nursemidwife specializing in full-spectrum reproductive and sexual

practices, she provides compassionate and comprehensive care to individuals across the lifespan. Learn more about

health care. With a focus on evidence-based midwifery

At Valley, we serve a critical role in helping maintain and improve the health of our community. We have an honest

passion for helping others, patients and staff alike. If this excites and motivates you, consider joining our team! Here are some of

We're currently recruiting volunteers for the information desks

substitute volunteers who can fill in if a scheduled volunteer is

Neurology

Care in Your

Neighborhood

Less time commuting, more

neurology care close to home.

time living. Valley brings

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

In partnership with **Bloodworks Northwest**, Valley's next

You already know Medicare can be confusing. Get your

campus blood drive is on Thursday, July 11.

in our Medical Arts Center and Talbot buildings, as well as

participating in the course, you will gain skills in:

managing chronic illnesses including diabetes, COPD, heart disease, and high blood

The flavors of a lunchbox staple in a cookie! These peanut butter cookies, finished with a dollop of fruit preserves, are a tasty treat on their own - and would be even better served with a glass of your favorite milk or milk alternative. Get baking.

Welcome to Valley, Emily Bicknell, CNM, ARNP!

Emily.

- Clinical Applications Analyst (Epic) Sr. PRELUDE/RTE Clinical Nurse Specialist - Behavioral Health Interventional Cardiologist Mammography Technologist - ARRT Oncologist Patient Access Associate II
- MEET VALLEY'S NEUROLOGISTS

you can be.

Stroke Club is held the 2nd Tuesday of the month.

 Scheduling appointments is highly recommended, but same-day appointments are often available if you'd prefer to try a walk-in. **WHAT:** Blood drive at Valley Medical Center WHEN: Thursday, July 11, 9 AM - 3 PM WHERE: Mobile van will be parked on west end of Medical Arts Center building

REGISTER: Click here to make an appointment.

questions answered on Medicare Advantage vs. Medicare Part Golden CARE) A, Part B, and Part D, as well as Medigap supplement plans F and G. Medicare specialist Paul Gunther will help you navigate through

Commute-free and

Convenient Care from

the Comforts of Home

Telehealth can be used for a variety of conditions and needs. When you schedule an appointment, ask if telehealth is an option for the visit. **LEARN MORE**

support groups, and classes for a healthier you. **Connect with Valley** BLOG

healthcare & more. LEARN MORE

routine and how Valley's Lifestyle365 program can help.

Support Your Community as a Volunteer Health Coach!

applications!

motivational interviewing, active listening, and communication

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

unable to make their shift.

Looking for a Way to Give Back to the Community? Become a Valley

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.

Complimentary Medicare 101 Seminar - Tuesday, July 16

RSVP: Please RSVP no later than July 10 to reserve your spot. To RSVP, call 425.251.6677. Chateau at Valley Center is a Valley community partner and supporter of our GoldenCare

Community Events See all classes and events, including virtual birth center tours, birth and parenting classes,

PROVIDERS | SERVICES | LOCATIONS | CAREERS | DONATE We try our best to only send content you're interested in receiving. Use the link below to set your preferences. <u>Update My Email Preferences</u> 400 South 43rd Street | Renton, WA 98055 | 425.690.1000

collect more information about Sexual Orientation and Gender Identity (SOGI); Race, Ethnicity, and Language COMMUNITY (REaL); and disability status when admitting patients to the hospital or visiting any primary or specialty care clinics. Collecting this information lets us better understand the needs of our diverse community members, allowing us to better care for our community like family. This information is part of a patient's confidential medical record and answering

Cardiology Care in Covington Our cardiologists provide a comprehensive approach to managing conditions of the heart, blood vessels, and

circulatory systems.

Understanding Erectile Dysfunction and ED is common, affects people across the age spectrum, and can be treated in multiple ways. Learn more about getting help and how the **Urology Clinic** can assist with other issues as well — check out advice from Paul Niemi, ARNP,

Covington North is located at 16850 SE 272nd St. Covington, WA, 98042. To schedule an appointment, please call 425.690.3493. **Neurologist Explains Headaches -**Diagnosis, Prevention & Treatment June is Migraine & Headache Awareness Month

How Serious is the Battle of a Bulging Hernia June is Hernia Awareness Month

Specialized care: At Valley, our team of specialists are here to provide comprehensive care, from diagnosis to minimally invasive surgical options, making sure you have the best possible outcome. Learn about hernias from a surgeon: Wayne Lau, MD, with Valley's General & Specialty Surgery Clinic explains what hernias are, the symptoms, and treatment options in this DocTalk video. Hear a hernia patient's story: Michael developed a large hernia in his abdomen. Initially told by another hospital that he required three separate surgeries, Michael, unfamiliar with the process, didn't realize he could seek a second opinion. That all changed when he met Dr.

Lau. Watch the video.

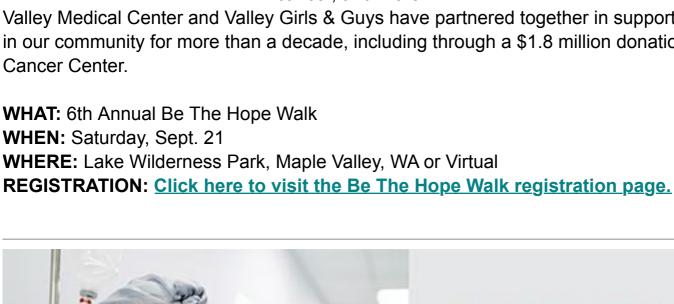
over.

Patients and Caregivers

In 2023, Cancer Lifeline: Provided emotional support and resources to more than 2,400 people affected by cancer via their phone and chat line. Held more than 300 support group meetings, including sessions for young adults, BIPOC individuals, caregivers, and more. Provided free counseling to 154 people, prioritizing low-income, BIPOC, and marginalized

individuals.

family members, and staff.



Immigrants Starting June 20

20. Learn more.

ACP will impact their internet service and bill. How can I find low cost internet?

low-income program.

location.

The Power of Strength Training: Boosting Health and Longevity

After completion of the course, you may be eligible to serve as a volunteer Health Coach through a Valley primary care clinic. Our Health Coaches serve for six months and work one-on-one with their assigned patient — encouraging and supporting the patient while they learn how to define their own health-related goals, navigating the healthcare system, access to community resources, and improve their self-management skills. Learn more and apply to become a volunteer Health Coach. Valley Eats - Peanut Butter and Jelly Cookies

empowering patients

pressure

utilizing local community resources

serving as part of a primary healthcare team

Join the Valley Family! the jobs we're currently recruiting for:

PCA/HCA

Urologist

Volunteer!

valleymed.org/careers.

Primary Care Physician

Staffing Coordinator

Physical Therapist - Outpatient

Wound Care Specialist - RN

Patient Resource Representative I (Remote)

 Rad Technologist Reg Elig/ARRT - \$10K sign-on incentive RN CCU Resident/Fellowship - \$10K completion incentive

Find out more about these career opportunities and others, and apply today at

Even Months: Noon - 1 PM (Feb. April, June, August, Oct. Dec) Click here to join Stroke Club and receive monthly meeting invitations. Give Blood, Save Lives! Valley's Next Campus Blood Drive is

Thursday, July 11

DONATE

(Jan., March, May, July, Sept. Nov.)

Odd Months: 6 - 7 PM

minimum of 6 months. For more on volunteering and to apply, visit <u>valleymed.org/volunteer.</u> Virtual Stroke Club - Next Session Tuesday, July 9, 6 - 7 PM

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the various options to help you choose the best plan for you. Understand the sign-up requirements, and avoid an innocent mistake that can result in a late penalty fee that is permanently added to your monthly Medicare premium. WHAT: Medicare 101 Seminar WHEN: Tuesday, July 16, 2 - 3 PM WHERE: Chateau at Valley Center - 4450 Davis Ave. S., Renton, WA 98055 program.