CTN Member - Annual renewal date: 10/01
Community CARE Update
HEALTH NEWS FOR CARE TEAMS FROM VALLEY MEDICAL CENTER

Exploring Your Options for Birth Control

A look at the many methods of birth control, including the new over-the-counter pill

With the wide range of birth control options available, which one is right for you? In the YouTube video, Exploring Your Options for Birth Control, Valley Medical Center's Kathleen Kelly, a family nurse practitioner, explains the different types of birth control and how they work.

May is Stroke Awareness Month

Meet Valley's Stroke Team and learn about BE FAST

According to the U.S. Centers for Disease Control and Prevention (CDC), nationwide stroke deaths have been on the rise for the first time in decades, including in Washington.

Valley Medical Center is nationally recognized for achievement in stroke treatment. Learn more about Valley's stroke program.

Just like Valley's Stroke team (Michael Perch, MD, Eric Kristopherson, Aldren, AGPCNP-BC, Jessica Ryan, RN, BSN, CCRN, Stroke Coordinator), you can be prepared to recognize and react to stroke symptoms. Learn more about free consultations through our Stroke Clinic.

Watch the presentation to share this important information with your loved ones.

Understanding the Importance of Medicare Wellness Visits for Medicare Patients

Are you or a loved one on Medicare? Learn why these yearly visits are beneficial.

A regular annual wellness visit with your primary care provider or dermatologist is an important piece of your health care. Watch the video, Understanding the Importance of Medicare Wellness Visits, to learn why it's so important.

Learn about dermatologist care at Valley.

Protect Your Skin from UV Rays

How to shield your skin in the sunny (and cloudy) weather + tips for a skin self-exam, including the ABCDEs of melanoma

May is Skin Cancer Awareness Month. According to the Skin Cancer Foundation, melanoma is the most common cancer in the United States, with about 9,500 people diagnosed with melanoma every day. Fortunately, if caught early, melanoma is one of the most curable forms of cancer.

Your social media pages may be telling you that it's time for a tan or a trip to the tanning bed. But it's time to achieve a sense of well-being when it feels like the world is in a state of chaos and uncertainty. Tune in to Valley's Facebook Live with Dr. Kristopherson and Kelly Ryan, a family nurse practitioner, to learn how to take care of that and make a big difference. Spoiler alert: You CAN make a difference. Watch the video example of the life saving selfie.

The Skin Cancer Foundation recommends a trip to the dermatologist at least once every year, starting at 40 and more frequently if you are at high risk.

Learn about dermatologist care at Valley.

Burnout, Balance, and Boundaries

The Reset to Wellness Series with Valley's Kelly Ryan

Kelly Ryan, a family nurse practitioner at Valley's Wellness Center, is a Wellness Leadership Fellow and a Wellness Coach. In this video series, she shares her journey and how she has been able to find balance and boundaries in her life.

Watch the video series, Burnout, Balance, and Boundaries, to learn how to create "organizing principles" and how to create a "reset" routine.

TeamSmith Initiative Launches at Valley with Goal to Improve Safety and Quality Outcomes

The TeamSmith Stable Relationships Initiative (SRI) is working with all birthing hospitals in Washington state to reduce the number of babies born too soon, and improve the health of those babies who do arrive too early.

Preterm birth (occurring before 37 weeks) is a major cause of infant death and disability in the United States. Nationwide, about 1 in 10 babies are born too soon, and the rate of preterm birth has increased for the third straight year, starting in 2014 and continuing through 2017.

Preterm birth is a complex issue, and it takes more than a team of one or two to make a difference. Learn how Valley's TeamSmith Initiative is working to reduce preterm birth.

Pictured: Valley staff and providers at a celebration for the launch of TeamSmith.

Lactation Pod Coming to Valley's Main Campus

Thank you to our Valley staff and through our community outreach work, a Mamava Lactation Pod is coming to Valley's main campus. The pod will be located in the parking lot near the Valley Medical Center Pavilion. Mamava's lactation pods are private and secure spaces to pump or nurse in comfort, with a comfortable seat, electrical outlets, and a door that locks.

A Mini thank you to our staff who supported the Employee Giving Fund campaign for the Mamava lactation pod! Your generosity made this possible for our community.

Learn why Valley is recognized as a Baby-Friendly hospital.

New Guidelines Recommend Starting Mammograms at 40

Accepted by the United States Preventive Services Task Force (USPSTF), new guidelines recommend that women in average risk for breast cancer in women 1-4 in women age 40 breast cancer screening. Previously, the USPSTF had recommended breast cancer screening for women age 50 and older.

Women who are at greater risk for breast cancer should talk to their primary care provider and secure access to care in a timely manner. Learn more about breast cancer screening at Valley.

Join the Valley Family!

At Valley, we serve a vibrant rural area in Washington and improve the health of our community. We have an broad range of jobs, from nursing to IT to finance to food service to facilities. Learn more, consider joining our team!

- Acute Care Surgery Hospitalist
- Clinic Manager
- Clinic Medical Assistant
- Clinical Application Analyst (Epic Ed. - PREC/JEC/ASP)
- Clinical Nutrition Manager
- Emergency Medicine Physician
- Internal Medicine Physician
- Interventional Radiologist
- Ultrasound Technologist
- Medical Assistant (Pediatrics, FMC and sign on incentive)
- OB/GYN
- Pediatrics
- Physical Therapist - Outpatient ($1K sign on incentive)
- Primary Care Physician
- Rural Family Medicine Doing MMWC ($1K sign on incentive)
- Surgical Technologist

Find out more about these career opportunities and others, and apply today at valleymed.org/careers.

Welcome to Valley! Meet our New Primary Care Providers

Welcome to new primary care providers Steffy Jarrow, MD and Ryan Kaiser, MD!

Both are members of Valley's Family Medicine Residency. Their goal is to provide holistic primary care with an emphasis on preventive care, and they are both interested in providing obstetrical care and care for the hospitalized patient.

Business Studies JOBER is with our Clinic Staffing Team. She believes in Valley's core model of care, focusing on the right people, in the right place, at the right time, with the right attitude.

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

Valley's currently recruiting volunteers for the information desk at our main campus. Volunteers are friendly faces who are with a valuable volunteers who can fill in in scheduled shifts or on an as needed basis.

Volunteers are a vital part of our community, and they help us achieve patient experience goals, and bring their own unique talents, passions and skills to our organization. Volunteering is a fun way to meet people and make a difference in your community.

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

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