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Community **CARE** Update
HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER
November 2024

Valley's New Cancer Center Set to Open February 3, 2025

Valley's new Cancer Center in Westchester Village in Mount Vernon is set to open February 3, 2025.

We are thrilled to announce the opening date of Valley's new Cancer Center in Westchester Village, a state-of-the-art facility dedicated to cancer care and prostate diagnostics, compassionate care with personalized treatment plans, and cutting-edge technology for more accurate diagnoses and effective treatments. Our team of specialists is committed to providing you with the support you need every step of the way.

Cancer Celebration with Dr. Robert Cutting Celebration at Valley's New Cancer Center

WHEN: Tuesday, February 4, 2025 | **WHERE:** Valley's Westchester Village, Mount Vernon, NY | **TIME:** 3:30 PM - 5:30 PM

Join us for a ribbon cutting at 3:30 PM, followed by a reception from 4:00 PM to 5:30 PM. Dr. Robert Cutting, Valley's President and Chief Executive Officer, will be joined by Valley's Cancer Center Director, Dr. Ashish Sharma, and other Valley leaders and staff who will be on hand to welcome guests and answer questions about the new Cancer Center.

Valley Medical Center continues to advance in cancer care and diagnostics, with the recent completion of the **Fox Family Center for Prostate Cancer Diagnostics** and the **Cancer Care Center at Valley Sensus Endoscopy (SE)**, recently performed the investigational Sensus Endoscopy procedure, a minimally invasive, pill-based technology designed to detect early signs of esophageal cancer. These advancements underscore our commitment to cutting-edge innovations and the Cancer Achievements Service at Valley.

Oh, the Weather Forecast is Freezing!

Stay Well Flexible Flu Vaccine Clinics/Frontline Vaccine Clinics

Last week's bomb cyclone snowstorm was a good reminder that winter is coming and that it's time to get your flu shot. Our Frontline Vaccine Center caseset, mobile offices were ready, and our all-senior vaccine clinics are scheduled for November and December. Flu shots are available for people of all ages, and we are also offering COVID-19 vaccines and boosters. Flu shots are free for people without insurance, and we accept most insurances. Check out our flu clinic schedule at **valleymc.org/flu** and find out how better emissions-only closures and changes to our vaccine clinics.

Pancreatic Health and Pancreatic Cancer

November is Pancreatic Cancer Awareness Month

The pancreas is a gland that produces enzymes to digest food and hormones to control blood sugar. Pancreatic cancer is the 4th most common cancer in men and women. Most people who develop pancreatic cancer are over 50 years of age. Pancreatic cancer affects about 64,000 people in the United States and about 10,000 people in New York State. Pancreatic cancer is difficult to diagnose because it does not cause symptoms in its early stages.

Cancer Lifeline Provides Support and Online Resources for Cancer Patients and Caregivers

Cancer Lifeline provides support to cancer patients, survivors, caregivers, and families. Cancer Lifeline offers free programs, services, and resources including support groups, classes, and personalized wellness support and navigation services. Cancer Lifeline's services are free of charge.

See the calendar of upcoming events and more information on Cancer Lifeline's website here.

Westchester Department of Health Launches Free Mobile App to Support Cancer Survivors

The Westchester Board Department of Health, in collaboration with Cancer Care, has launched a free mobile app called **myHealth**. It provides a tool for Westchester residents who have survived cancer to manage their health and well-being through treatment and recovery.

Learn more and download the app.

People of all ages need WHOOPING COUGH VACCINES

The Washington State Department of Health (DOH) reports that as of Nov. 2, 2024, 1,551 cases of whooping cough have been reported in 2024. This is more than double the number of cases reported during the same period last year.

Whooping cough is a highly contagious bacterial infection that may begin with common cold symptoms, but can cause severe coughing fits that last for weeks. It can be life-threatening for infants and young children.

Learn more about whooping cough from DOH.

Vaccines are available at your pharmacy. Make an appointment with your primary care provider to get your shot. If you don't have a primary care provider, or if you need a vaccine sooner than your primary care provider can provide it, please go to the emergency department or call 911. If you aren't sure if you need a booster, your primary care provider can check your vaccination records.

Vaccination is the most effective way to prevent severe illness.

- Babies get their vaccines at 2, 4, and 6 months. Pregnant women can provide it, too.
- Learn more about the Tdap vaccine from DOH.

Have questions? Ask your provider, call the DOH Vaccine Line at 833-788-0470, or visit the DOH website.

Bring Home More than Leftovers! A Primer on Food Processing

Food processing, also known as food preparation, can save time and money, and it can make healthy foods more accessible and tasty. Food processing includes cooking, canning, and adding ingredients such as flavorings, preservatives, and sweeteners. Food processing can also be a healthy choice, depending on the specific food. Learn more about food processing and how it can be a healthy choice.

Learn about Food and Nutrition Safety - New Episode of the Wh ere Valley Food and Fun Meet!

Graduate cook, dietitian, and author, Jeff Jones of Valley sits on the Food and Nutrition Services Advisory Board and is a Registered Dietitian Nutrition Services, to learn about what happens behind the scenes in the kitchen and how it impacts your health.

Listen to Tracie's Part of the Where Project.

Here's a Happy, Healthy, Holiday Season: Tips from Registered Dietitians at Valley

Eat the holiday season! With family gatherings, office parties, and holiday celebrations, it can be challenging to stay on track with healthy eating habits. Registered Dietitians Nutritionists, to learn about simple beyond-calories tips and tricks to make your holiday season healthy and fun. Get the tips.

Valley Eats - Egg Muffins

Need an egg dish that works great on a holiday brunch or buffet? Check out this recipe for Egg Muffins, and add any ingredients you need! Get the recipe.

MyChart Now Available in More Languages: Arabic, Simplified Chinese, and Brazilian Portuguese

We're excited to share that you can now use your MyChart account in Arabic, Simplified Chinese, and Brazilian Portuguese! These updates ensure more people can access their health information in a language they feel most comfortable with. This enhancement is part of our commitment to providing a more inclusive and accessible healthcare experience for all our patients. Learn more about MyChart.

Bill Pay Through MyChart: Why Texting is Now Live!

Bill pay options are now available through MyChart, including "Text to Pay" for those who have opted in to receive text messages. Text to Pay is a secure, text-based method that expedites bill pay.

- Text to Pay is available in all 50 states.
- Patients receive a notification, by text or email, when a new bill is available.
- Patients can view a bill in MyChart.
- Patients can pay a bill using a credit or debit card.
- Patients can opt out of receiving text messages.

Fill out access to collections, to further notifications will be sent.

Patients can pay a bill using a credit or debit card. Patients can opt out of text bill pay by responding to the text message. If you do have a card on file, you will receive a link to pay your bill. Patients can view their bill in MyChart.

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For the 19th Year, Valley Recognized for "Most Wired" Healthcare

Valley Medical Center is honored to be named a "Most Wired" hospital for the 19th consecutive year by the Center for Healthcare Transformation, a division of the Healthcare Information and Management Systems Society (HIMSS).

The CHiMS "Digital Health Most Wired" program is designed to help healthcare organizations of all sizes and types assess their current performance and plan for future improvements in patient safety and outcomes by driving change in the healthcare IT industry.

Valley Medical Center was ranked in the top 10 percent of hospitals and ranked 1st in a cohort of 7 hospitals with 100-199 beds. Valley was also recognized for its leadership in the areas of drug diversion and drug tracking.

See other accomplishments and patients fields here.

To learn more about Valley Health, visit www.valleyhealth.com/Health.

Relax & Glow (of Wellness) for Your Shoulder

Post-Election Anxiety: A Serious, Self-Care Strategies for Navigating Uncertainty

Anxiety experts are noting that post-election anxiety is real for those who aren't directly involved in the political process. The uncertainty of what comes next can be overwhelming, and it can be difficult to focus on anything else. Mental health professionals offer suggestions of which daily one-to- if you're feeling the weight of the election, remember that it's important to prioritize self-care and maintain a sense of normalcy. Read the tips from Valley's Chief Clinical Officer, Dr. Ashish Sharma, Director of Mental Health.

Purchase a Shuttle at Pedlinort and Support Valley Patients!

This Black Friday, shop with love and give hope to Valley patients! Pedlinort Hot Tubs is donating a portion of every purchase made on Black Friday to Valley Medical Center, to support patient care and facility upgrades. Valley patients will benefit from this generous gesture, ensuring that our community's healthcare needs are met with compassion and care.

Thank you to Pedlinort Hot Tubs and Valley Medical Center for partnering to support our community's patients and for the generous donation.

Join the Valley Family!

At Valley, we serve a critical role in helping maintain and improve the health of our community. We are proud of our 1,000 employees, our 1,000 volunteers, our 1,000 medical staff members, and our 1,000 students.

Valley's Cancer Care Center is a leader in clinical care, research, and education. Our cancer care team includes medical oncologists, radiation oncologists, and surgeons who specialize in Pediatrics, gynecologic cancers, lung cancer, and prostate cancer.

Check out our Valley Career page for more information.

Ready to Make a Change? Our Team Could Be Just Right for Us! FREE Healthy Eats Session

Many of the contributing factors to chronic conditions, that affect our patients, are related to what we eat. Our Registered Dietitian Nutritionists at Valley Medical Center, Dr. Ashish Sharma, Director of Mental Health, and Dr. Ashish Sharma, Director of Mental Health, are hosting a free session on Healthy Eats. Learn what changes can make a difference in your health, and how to make the changes that are right for you.

Changes at Valley Center include a no-cost Meal Plan support group, a compassionate community where you can find comfort, connection, and hearing.

Contact Valley Center for more information, or call 914-664-8000.

Community Events

See all classes and events, including virtual drill-down lists, classes, and events, based on your interests, in Community Events.