

An Accomplished Valley Medical Center Leader, Jeannine Grinnell Takes the Helm as New CEO



Following a unanimous vote by the Valley Board, Jeannine Grinnell has now been named Valley Medical Center's Chief Executive Officer, our first new CEO in 37 years and the first female CEO in Valley's history. Since January 2021, Grinnell has served both as Interim Chief Executive Officer and Chief Financial Officer.

[Learn more.](#)

Because Everyone Needs a Little Help Sometimes—ValleyCares.valleymed.org



Need help and not sure who to call? VMC launched a new care network to help people connect with local social service programs in our community. Visit ValleyCares.valleymed.org. Everyone is welcome to use this resource—it's free, you don't have to be a Valley Medical Center patient or have medical insurance. [Check it out.](#)

Now's the Time for Your Flu Shot



A yearly flu vaccination is recommended by the end of October for most everyone 6 months and older.

The flu vaccine is now widely available at local pharmacies, or if you have an appointment with your VMC primary care provider, you can likely receive it there. The CDC says the flu shot is safe to get at the same time as a COVID-19 vaccine. [Learn more.](#)

COVID Myths: What You Need to Know, an Online Townhall Meeting

COVID Myths: What You Need to Know

Online Townhall Meeting to Answer Your COVID Questions

Tuesday, Oct. 19, 6 – 7 PM

Hear from expert panelists

Dr. Mike Hori, Medical Director, Infectious Disease, Valley Medical Center
 Dr. Michael Myint, Physician Executive, MultiCare Health System

UW Medicine | VALLEY MEDICAL CENTER

Latest COVID-19 Info

- [About COVID-19 medical exemptions](#)
- [COVID-19 booster guidelines](#)
- [King County locations requiring proof of COVID-19 vaccination](#)
- [Can I still get first and second doses of the COVID-19 vaccine—YES!](#)
- [Why it's important to get vaccinated even if you've already had COVID-19](#)
- [Valley's clinics and Emergency Department have suspended visitors except in limited cases](#)
- [UW Medicine Community Conversations: Let's Talk About COVID-19 Archived Recordings](#)
- [Consejo-Iglesia Restauracion Mensaje De Vacunacion](#)
- [COVID-19 vaccine recommended for those who are pregnant and/or breastfeeding](#)
- [Anti-viral pill for COVID? Not yet, but maybe by year end.](#) Merck has submitted emergency authorization approval from the Food & Drug Administration in hopes their Molnupiravir drug will be authorized by year end for those sick with COVID but not yet hospitalized.
- [Moderna & J&J boosters?](#) While not yet approved, the Food & Drug Administration is meeting this month to discuss booster doses for the Moderna and Johnson & Johnson COVID-19 vaccines.
- [Pfizer vaccines for 5- to 11-year olds?](#) A vaccine for this age group is not yet approved. The FDA is meeting this month to discuss Pfizer's request to authorize its vaccine for use with 5- to 11-year-olds.

Halloween 2021: It's a Go!



Is there any way to safely proceed this year? The good news is, yes, thanks to a green light from the Centers for Disease Control, or CDC—get creative and show your Halloween holiday spirit! But there are some things you should know to keep yourself, your children, and your neighbors safe this year—[check it out.](#)

My Child is Healthy—So Why Are Well Child Visits Important?



Listen to a DocTalk by Valley pediatrician [Sean Verlander, MD](#), as he shares the value of well child visits in keeping children healthy and on track as they grow and develop. [Watch video.](#)

Valley's 2021 "Top Doc" Providers Recognized



Every year, both Seattle Magazine and Seattle Met magazine publish the results of the peer-selected "Top Docs" and we have several winning physicians, PA-Cs and ARNPs recognized. Congratulations—we are proud to call you part of our VMC family. [See Valley's 2021 Top Docs.](#)

Valley's Primary Care Clinics Receive National Patient-Centered Medical Home Recognition



Valley's Clinic Network is proud to announce the successful achievement of our Patient-Centered Medical Home Recognition, which we've renewed since 2015. Recognition shows that our primary care clinics have the tools, systems and resources to provide patients with the right care at the right time. [Learn more.](#)

Join the Valley Family—Now Hiring!



At Valley, we serve a critical role in helping maintain and improve the health of our community. We share core values such as compassion, respect, trust, teamwork and an honest passion for helping others. If this excites and motivates you, consider joining our team! **Child and Adolescent Psychotherapist | CT Tech | Genetic Counselor | Mammo Tech – ART (Breast Center) | Medical Assistant | Registered Nurse** [See career opportunities.](#)

What breast cancer can look + feel like:

Notice something? Some changes are normal. But if the change doesn't go away, be smart and show your doctor.

knowyourlemons.org

Physical Therapy Improves Quality of Life During All Phases of the Breast Cancer Journey



While 1 in 8 women and 1 in 1000 men will be diagnosed, [early detection](#) and treatment advances mean more people than ever are living through and beyond breast cancer. Physical therapy can help reduce side effects and improve quality of life before and after treatment is completed—[find out how.](#)

Community Events

- [HealthYCare Session: Improve Your Health and Be a Thoughtful, Proactive Healthcare Consumer](#) – dates and times vary. Register for this free 60-minute session and get moving toward a healthier you! Sessions offered throughout the year.
- [Diabetes Prevention Program](#) — 2021-C Series, starts Oct. 21, 4:30 to 5:30 PM. This proven program with trained lifestyle coach and group support can help you make modest lifestyle changes to greatly reduce your risk of type 2 diabetes. This year-long class meets weekly on Thursdays for the first 16 weeks, then less often the rest of the year.
- [Lifestyle Medicine Cooking Class, November 15, from 4 PM to 5:30 PM](#). Learn to cook a soup rich with whole grain, lean protein and an assortment of veggies to support immunity. All skill levels are welcome in this hands on, livestream cooking class! After you register, you'll get a grocery list so you can cook along with the class. \$35 per cooking session.
- [It's All in the Delivery—Virtual Birth Center Tour.](#)
- [Renton Parents Autism Online Support Group.](#) Weekly Sunday meetings from 6 to 7 PM
- [Cerebral Palsy Caregiver Monthly Support Group Online.](#) Oct. 17 from 5:30 to 6:30 PM
- [Cardiac Rehab Support Group.](#) Oct. 27 from 6 to 7 PM. Free class for current or former cardiac rehab participants. This in-person group class is limited to 12 and is held at Valley on the last Wednesday of the month.
- [Stroke Survivor? Attend the Most Active Online Stroke Support Group in the Area.](#) Nov. 9 from 6 to 7 PM. Stroke survivors and caregivers, help lay the foundation for recovery and transition into life after a stroke.
- [Schedule a Blood Donation.](#) Your donation in the days and weeks ahead is critical to public health.

We try our best to only send content you're interested in receiving. Use the link below to set your preferences.

To update your email preferences, [click here.](#)



FAMILY CARE close to home.

FIND A DOC

Primary Care

UW Medicine
 VALLEY MEDICAL CENTER

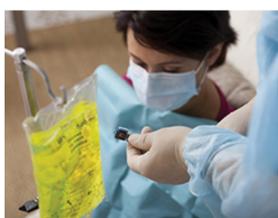


You Got The +, We've Got Your Provider

Whether you choose a family medicine doc, a midwife, or an OB/GYN for your birth journey, Valley is with you every step of the way.

Find a provider at valleymed.org/valleybaby.

UW Medicine
 VALLEY MEDICAL CENTER



World-class cancer care close to home.

Your generosity generates hope.

Donate or pledge today!



Get Moving Toward a Healthier You!

Register for a 60 minute HealthyCare session to learn how Valley's Lifestyle Medicine programs can make a positive impact on your health.

REGISTER NOW

HealthyCare
 UW Medicine
 VALLEY MEDICAL CENTER
 POWERED BY