

Visitors Are Currently Restricted for Patients in the Hospital

To help keep staff, patients and visitors safe from the rising levels of the Omicron variant, we are not allowing visits to hospital patients. We are monitoring COVID-19 numbers daily and hope to be able to return to allowing patients a daily visitor as soon as it is safe to do so. It can be tough for hospital patients to not have visitors—please use FaceTime/Skype/Zoom to connect with loved ones and friends. Staff will be happy to help patients do so.

For the most up-to-date information on our current visitor policy, including the limited instances when support people and visitors are allowed, please visit Valley's [COVID-19 Public Advisory](#).

Primary Care & Specialty Care Virtual Visit Appointments Can Help You Manage Your Health Without Leaving Home



It's easy to [visit many Valley healthcare providers online or by telephone](#) for routine, non-emergency

appointments. In addition to reducing the need for sick people to come to a clinic, there's the added benefit of being able to include your support person in the appointment at a time when clinic visitors are limited due to the pandemic surge. Send a MyChart message requesting a virtual visit (please include reason for visit) or call your primary or specialty care provider's office to schedule.

Do I Need A Booster?



Although COVID-19 vaccination is effective in preventing severe disease, data shows vaccination becomes less

effective over time. A booster shot will help extend the vaccine's effectiveness and better protect you from COVID-19 infection and severe illness. [Check if you meet booster criteria. Find local vaccination/booster sites and appointments.](#)

Up Your Mask Game for Omicron



Because Omicron is so highly contagious, well-fitting and high-quality face masks are more important than ever. Using the

best quality and best-fitting mask you can get is one of the top tools right now to limit the spread. [Find out what kind of masks to wear for best protection. Hora De Revisar Su Mascara: Omicron Ha Llegado.](#)

Valley Medical Center Helps Advance Treatment Option Knowledge for Patients with COVID-19



Hospitalized Valley patients with COVID-19 were able to participate in the phase 2 study of Merck's molnupiravir anti-viral treatment

through the leadership of Valley's pulmonary and clinical research teams. [Learn more about the study results published in the New England Journal of Medicine Evidence.](#)

Valley Pros Reveal Their Top Tips for Winter Health



Get Valley's best advice for feeling better, staying healthier, and keeping positive when the winter environment makes

those things more challenging. From preventive health suggestions, to ideas for better sleep, keeping dry skin away, improving your mood and preserving diabetes medications in cold weather, [check out how you can put their practical tips to use.](#)

Advancing Equality, Dismantling Disparities—Participating in Martin Luther King, Jr. Day Activities



This Monday, Jan. 17 we recognize not only one of the greatest figures in our nation's history, but also members of our own community.

No reform, no progress and certainly no joy has come from attempting to get through difficulties alone. We look up to the change Martin Luther King Jr. led with his unifying spirit and bringing together community, because with community remarkable things happen. [Read more about being a part of MLK Day community activities, events and education.](#)

Community Generosity Makes the World Brighter for Our Patients and Families



The holidays were a little brighter for some Valley families this year, thanks to generous donations from our community partners at the U.S.

Marine Corps at Fort Lewis Toys for Tots and Starbucks Kent roasting plant. Overheard at our Toys for Tots giveaways: children saying, "Best day ever!" "Best day of my life!" and "My dreams came true!" [Check out these feel good events.](#)

Boost Your Family's Wellness in the New Year With Regular Gratitude



Building awareness of our appreciation for family, friends, co-workers, pets, health, opportunities, and challenges may

boost wellbeing and be just as good for you as other "typical" health-focused resolutions (diet, fitness, etc.) [Check out tips for getting started.](#)

Does Lack of Sleep Increase a Child's Risk of Obesity?



A possible link between unhealthy weight gain and children who do not get enough sleep was recently reviewed by Valley

Medical Center family medicine physicians Daniela Herzog, MD and Kristin Thai, DO. Their review of more than 50 studies with 100,000 participants was recently published in The Journal of Family Medicine. [Read their conclusions and get the recommended amounts of sleep for infants through teens up to age 18.](#)

Dermatology Clinic Opens in Newcastle on Jan. 17



Dermatology services are coming to Valley's [Newcastle Medical Pavilion](#) on Jan. 17. The clinic will be served by two

board-certified dermatologists, [David Drimmer, MD](#) and [Reid Masters, MD](#). [Check out Valley's dermatology services.](#)

Neuroscience Institute's Epilepsy, Neuro-Sleep & Movement Disorder Clinics & Treatment Areas Moved



Several Neuroscience Institute clinics and treatment areas have moved downstairs to the ground floor of

Northwest Pavilion, including providers Jennie Davis, DO; Wojciech Gryc, MD; Krista Kawaguchi, MD; Natalie Morgan-Romain, ARNP; Baburaj Thankappan, MD and David Vossler, MD. Check-in at Outpatient Therapy Services, just inside the front door. Free valet parking is available outside the building's ground floor entry, just under the "REHABILITATION" sign. [See map.](#)

New Year, New Job? RN Open House Jan. 19



Valley is looking for RNs to join our Emergency Department and Critical Care teams. If you're interested in joining us and caring for our

community like family, we invite you to attend our virtual open house on Jan. 19, 3:30 – 5 PM to learn more about what we're all about. [Register here.](#)

Support Valley's Volunteers in Action When You Shop at Fred Meyer and Amazon



By linking your Fred Meyer Rewards Card and your Amazon account to VIA, every time you shop with either

partner, a donation will be made to VIA. Dollars raised help VIA support our Valley community all year long. It just takes a few moments to link your accounts—[find out how.](#)

Alarming Blood Shortage—Please Consider Donating Soon



Find a pop-up donor center near you and help increase local blood supplies, which have hit emergency levels and have never been so low. The Red Cross says national blood supply is in crisis and some surgeries may need to be delayed. All blood types are needed, but especially O-. [Find a donation location here.](#)

Reverse the Risk of Prediabetes



One out of three Americans has prediabetes, and most do not know it. Having prediabetes means your blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease and stroke. The PreventT2 lifestyle change program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half. [Do you have prediabetes? Watch this quick video.](#) [Espanol.](#) [Learn more about Valley's Prevent T2 Program.](#)

Community Events

- **As Girls Grow Up Video**
For girls ages 9 – 12 and their caregivers, topics include physical changes during puberty; emotional changes in adolescence; relationship changes in adolescence; sex— its consequences and other choices.
- **HealthyCare Session: Improve Your Health and Be a Thoughtful, Proactive Healthcare Consumer—Sessions offered throughout the year.**
- **Diabetes Prevention Program—2022 series starts Jan. 19, 4:30 – 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.
- **Diabetes Monthly Support Group—Feb. 1**
Join group discussions to learn more about managing diabetes, meets in-person the first Tuesday of the month.
- **It's All in the Delivery—Virtual Birth Center Tour**
- **Renton Parents Autism Online Support Group—weekly Sunday meetings, 6 – 7 PM**
- **Cardiac Rehab Support Group—Jan. 26, 6 – 7 PM**
Free class for current or former cardiac rehab participants. This in-person group class is limited to 12 people and is held at Valley on the last Wednesday of the month.
- **Cerebral Palsy Caregiver Monthly Online Support Group—Jan. 16, 5:30 – 6:30 PM**
- **Gluten Intolerance Group of South Seattle, Jan. 18, 7 – 8:30 PM**
For those living with celiac disease or gluten intolerance, meets the third Tuesday of the month on Zoom.
- **Living with Hope: Online Cancer Support Group, Jan. 27**
Meet others who understand the journey of cancer and share ideas, resources and challenges, meets the fourth Thursday of the month.
- **Pregnancy, Birth Prep, Parenting Classes**
Choose from classes that cover essential info about birth and parenting, with comprehensive, multi-week or abbreviated mini-series formats to fit your schedule.
- **Stroke Survivor? Attend the Most Active Online Stroke Support Group in the Area, Feb. 8, 12 – 1 PM**
- **Schedule a Blood Donation—Type O- Especially Needed**
Now more than ever, your donation in the days and weeks ahead is critical to public health.
- [See all classes and events.](#)

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

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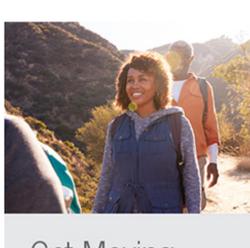
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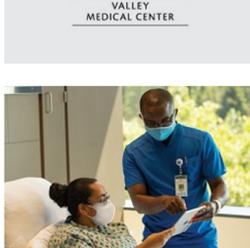


Schedule a telehealth appointment today!

Virtually visit with a provider for routine, non-emergent appointments from the comforts of home.

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