

# Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

## Y:OU Time – Take Time for Your Health!



Work, commuting, caring for family, household maintenance—the “to-do” list goes on and on. As the list keeps growing, one essential item tends to get pushed aside—taking care of YOU! While it may feel like you need to put yourself second (or third, or fourth), the best thing you can do for your family is prioritize your health. Y:OU Time is a resource to help you take charge of your health and well-being so you can give your loved ones the best of you, and not the rest of you. You aren't in this alone—Valley Medical Center's providers are here for you! [Learn how the team at Valley is here to support you and give you the resources, tools and knowledge to live your best life.](#)

## Introducing the New Valleymed.org



After more than a year of research, feedback from Valley Medical Center patients and staff, and design and development, Valley's updated website has launched! Highlights include:

- **New look and feel:** A more vibrant and uncluttered aesthetic, optimized for mobile devices.
- **Improved navigation and search capabilities:**
  - **Find a Provider:** Bios and photos of the more than 450 providers at Valley so you can find the doc that's right for you.
  - **Find a Location:** Search Valley's vast Clinic Network for the services you need.
- **Convenient tools and resources:** Check urgent care wait times, pay a bill, access your MyChart account and more.

[Check it out today at valleymed.org.](#)

## COVID Update

Effective May 5, Valley's procedures for visitors at the hospital have changed. Service Navigators will no longer be screening visitors for COVID-19 symptoms and giving them screening stickers. Instead, by entering Valley facilities, you attest that you do not have COVID-19 or any related symptoms.

For the latest updates on Valley's visitor policy, please visit our [public advisory page](#).

## Sunscreen Sensibility



With sunny days on the horizon, make sure you have your sunscreen ready to go! [Dermatologist David Drimmer, MD](#), from Valley's

Newcastle Dermatology Clinic discusses [what to look for in sunscreen as you prepare for outdoor adventures](#).

## Know How to Act F.A.S.T. in the Event of a Stroke



May is National Stroke Awareness Month. Valley Medical Center offers a comprehensive approach to stroke

care, from early intervention treatments in the Emergency Department to inpatient and outpatient rehabilitation services to help patients regain function and independence.

[Learn more about Valley's nationally recognized stroke program and hear from Stroke Center Medical Director, Michael Previti, MD.](#)

## Dad, My Head Hurts!



Pediatric neurologist [Judi Li, DO](#), from the Valley Medical Center Neuroscience Institute's Pediatric Neurology Clinic

explains the differences between tension and migraine headaches, possible triggers, and how caregivers can help find relief. [Find out what to watch for and how to help when your child has a headache.](#)

## Sideline by an Injury?



When injuries occur, it is no longer enough for athletes to “take it easy for a while” or “work through it.” Whether you're a swimmer, runner, cyclist, dancer, hiker, Little Leaguer, or someone who just likes to keep as active as possible, our Sports Medicine team's goal is to keep you in the game. Learn more about Valley's Sports Medicine Clinic from [Andy Ashbaugh, DO](#), in this [DocTalk presentation](#).

## Get Outside and Play!



Playgrounds are great for a variety of activities for play and learning, providing many developmental and sensory benefits for children.

## Welcome to the Team! New Primary and Specialty Care Providers at Valley

Expanding care for our community with **NEW PROVIDERS.**

Valley is continually striving to make it easier for patients to receive care closer to where they live or work. That's why we're so pleased to

announce these new providers joining the Valley team to care for our community. [Meet our new providers.](#)

## Valley Family Table – A Cup of Soup, Employee Recipes and Stories to Share



Valley's Equity, Diversity & Inclusion Committee teamed up with Valley's Food Management & Nutrition Services Department to create Valley Family Table, a weekly soup special at Trendz Café highlighting family recipes submitted by Valley employees.

The soup recipes align with the cultural observance of the month, with delicious recipes including Pepperpot, Borscht and Avgolemono on recent menus. This May, in celebration of Asian American, Pacific Islander and South Asian Heritage Month, one of the featured recipes is Red Lentil Dahl Soup from Valley's Advance Care Planning Coordinator Priyanka Choudhury. [Get the recipe and read Priyanka's story.](#)

## Send a Smile to a Valley Caregiver



In May, we celebrate Valley Team Month, honoring the more than 4,000 caregivers who work at Valley. This year, we've created a limited-edition teal “Thank a Caregiver” blown glass heart that can be sent to any team or individual caregiver at Valley. The teal heart will only be available in May 2022. The hearts are available for \$25 each—a 50% discount off the normal Thank a Caregiver heart price! Orders will be open through Tuesday, May 31.

If you would like to Send a Smile to someone at Valley, visit the [Thank a Caregiver form](#), select “other,” enter \$25 and provide the name of the recipient (individual or team) in the “comments” field. If you'd like to send multiple hearts, please e-mail [giving@valleymed.org](mailto:giving@valleymed.org) for assistance with your order.

## Join the Valley Family!



At Valley, we serve a critical role in helping maintain and improve the health of our community. We share common core values such as compassion, respect, trust and teamwork. And we have an honest passion for helping others, patients and staff alike. If this excites and motivates you, consider joining our team! Current hot jobs include Regulatory and Accreditation Compliance Manager | Critical Care RN | Emergency Department RN | Radiology Technologist – AART.

See all job openings at [valleymed.org](http://valleymed.org).



## Community Events

- **Couch to 5K! Beginning Running Program – 6 Weeks to Success!**  
Introductory Workshop: Monday, May 16, 5 – 6:30 PM  
Weekly Group Run/Walk: Thursdays, May 19 – June 23, 5 PM  
\$75 per person  
Valley's Lifestyle Medicine team of physical therapists, dietitians and exercise specialists will provide strategies for injury prevention, fueling and plan strategies. Weekly group walk/runs, pre-and post-program testing, and fun with others while reaching a common goal of completing your first 5K. [Learn more and sign up.](#)
- **Bike Rodeo & Family Safety Fair**  
Saturday May 21, 2022, 10 AM – Noon  
Renton Community Center, 1715 SE Maple Valley Hwy, Renton, WA 98057  
Event is free, but registration required. Visit [RentonWA.gov](http://RentonWA.gov) and search queue #10692 for more information and to register.  
Bring your own bike and try out your skills in the bike obstacle course and road safety test, get helpful bike maintenance tips and more! Valley Medical Center staff will be on hand for bike helmet fittings.
- **Schedule a Blood Donation**  
Days and times vary.  
There is a special need for O, A and B negative blood types and, but all types are welcomed. [Schedule an appointment at one of Bloodworks Northwest's 12 donation centers or pop-up locations.](#)
- [See all Valley classes, events and support groups.](#)



## Expecting a New Adventure Buddy?

Begin Your Journey at Valley.

LEARN MORE

Birth Center  
Neonatal ICU  
Pediatrics

UW Medicine  
VALLEY  
MEDICAL CENTER



## Need a Doctor Urgently?

When you can't wait days for an appointment, our urgent care docs are here for you.

CHECK WAIT TIMES

Urgent Care  
Clinics

UW Medicine  
VALLEY  
MEDICAL CENTER



## Toadily Tired of Warts? Valley's Dermatology Clinic Can Help!

3 convenient locations:

- Covington
- Newcastle
- Renton

LEARN MORE

Dermatology  
Clinic

UW Medicine  
VALLEY  
MEDICAL CENTER



## FAMILY CARE close to home.

FIND A DOC

Primary Care

UW Medicine  
VALLEY  
MEDICAL CENTER