

Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

Ask Sooner Rather Than Later: Skin Spots or Changing Moles Could be Cancer



On January 11, First Lady Dr. Jill Biden had Mohs surgery to remove skin lesions that were found to be basal cell carcinoma. Valley dermatologist Laura Walsh, MD, shares what you need to know about those most at risk for skin cancer, who to talk to if you have a concern and Mohs surgery basics. [Watch 2 min. video.](#)

6 Ways Preventive Health Helps You Be the Healthiest You Can Be



If you have a primary care provider, you've got a partner to guide you through the preventive health process, your foundation for living your healthiest life. In just seven minutes, family practice physician Kial Wiley, MD, reviews the six ways paying attention to preventive health is vital for your overall health. [Watch the video.](#)

CHIME IN on Your Healthcare Obstacles: Take the 2023 Community Health Needs Assessment Survey



Valley Medical Center is leading a Community Health Needs Assessment survey and we're actively seeking your input now. Your replies about health and social issues will help us learn what challenges you and your family are facing. Your input, along with those of other survey takers, remains anonymous. Our plan to address community needs and guide our outreach efforts for the next three years will be developed using what we learn from those taking the survey. It only takes a few minutes and provides us with vital information to help improve the health and wellness of our community. Thank you in advance for participating! [Take survey here.](#)

Time to Check In & Check Up: Schedule Your Wellness Visit with a Primary Care Provider

LONG TIME, NO CHECKUP?

41% of Americans have put off medical care because of COVID-19. Now is the time to reschedule. Routine tests can find cancer, diabetes, and heart problems before they grow more serious.

Valley Medical Center has 13 primary care clinics (including internal medicine and a senior care clinic) conveniently located throughout South King County, making it easy to establish a relationship with a primary care provider near home or work. [Learn about primary care.](#) [Find a PCP.](#)

New Year, New You? Setting Realistic Goals You'll Actually Stick With



What's the key to setting a resolution that will stick? To start, consider ditching the concept of a resolution altogether and instead set SMART goals, said Dani Dutro,

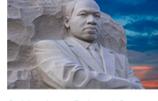
psychotherapist and Valley's Employee Behavioral Health Advocate. [Learn how SMART goals can help you make better progress.](#)

In the New Year, Keep Type 2 Diabetes from Becoming Part of Your Future



This year, put healthier living at the top of your goals list. You don't have to make drastic changes. You can mix healthy habits into your daily routine to improve your health and reduce your chances for developing type 2 diabetes. [Get tips.](#)

Cultivating a Beloved Community Mindset to Transform Unjust Systems



In observance of Martin Luther King Jr. Day earlier this week, we are sharing a special website created by UW Medicine's Tribute Committee:

[Cultivating a Beloved Community Mindset.](#) This website highlights our shared responsibility to transform unjust systems with powerful stories, music, poetry and reminders of many current struggles for justice.

The website also features winners of UW Medicine's Community Service Awards, selected for their outstanding efforts to address community needs. We congratulate Valley's Community Health & Wellness Advocate, Kawai Kanealii, RN, recognized for her remarkable efforts in supporting underserved populations within South King County by building relationships, positively impacting health care inequity gaps and finding diverse, inclusive ways to educate patients and their families on important health topics.

9 Preventive Screenings to Maximize Your Health



An ounce of prevention is worth a pound of cure. That's why preventive health care is so important. Preventive screenings can help find health problems early, when treatment and lifestyle changes work best. They can also keep you from getting certain diseases, like cancer. Work with your primary care provider to decide when you should complete preventive care items based on your age, sex, medical history and personal risk factors. [See top screenings to consider.](#)

Just How Serious is the Battle of a Bulging Hernia?



Find out what you need to know about hernias from Valley surgeon Wayne Lau, MD. He shares the steps to take if you think you have a hernia and talks about surgery options available if that's the recommended treatment. [Watch 3 min. video.](#)

Announcing 6 New Caregivers to Enhance & Expand Valley's Care



Valley is proud to announce six new providers joining the Valley team, offering a range of services including nephrology, OB/GYN care, cancer care/hematology and family medicine/primary care. Several speak multiple languages. [Learn more about each of them:](#)

- Wendy Anan, MD, Nephrology
- Caroline Boerwinkle, MD, VWHC
- Matthew Duenas, MD, Kent Primary Care
- Lisa Motland, PA-C, Covington Primary Care
- Samira Shokati, ARNP, Fairwood Primary Care
- Prakash Vishnu, MD, Oncology and Hematology

Nearly 1000 Surgeries Performed Every Month: From Head to Toe, Valley's Surgical Teams Have You Covered



Valley Medical Center provides a full range of elective, urgent and emergency procedures 24 hours a day, seven days a week. The main operating suite consists of 21 operating rooms—including two robot-assisted surgery suites. Plus, our Special Procedures Care Unit (SPCU) is designed for less complex procedures that do not require an overnight stay. [Check out our broad range of surgical services.](#)

Much Appreciation for 2022 Support



As we welcome in a new year, we'd like to take a moment to thank all the individuals, teams, and organizations that generously supported Valley throughout 2022. Thank you for being part of our life-changing journey and giving us the opportunity to make a difference in so many lives, providing critical lifesaving support, encouragement and hope. Your support cares for us, so that together, we can care for our community like family. [Learn more about supporting Valley.](#)

Join Valley's Health Coach Program—Looking for Volunteer Coaches



Complete a free, 12-week online course, gain marketable skills or leverage your existing experience, and you may be eligible to serve as a volunteer health coach. Serve for approximately six months and work one-on-one with an assigned patient. [Learn more.](#) [Find out how to apply.](#)

Valley's Family is Growing—We're Hiring & Offering Signing Incentives for Some Positions!



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! Signing incentives for many positions. Looking for RN residents, Behavioral Health Specialist, CT Technologist, Echo Tech, Medical Assistants, Nuclear Med Tech, Patient Resource Rep, Patient Service Rep, Psychotherapist, Surgical Careerers and more. See all job openings at [valley.med.org/careers.](#)

From Head to Toe, Our Surgical Teams Have You Covered

[LEARN MORE](#)

UW Medicine VALLEY MEDICAL CENTER

Caring for your community's **HEALTH.**

Public Hospital District No. 1, also known as Valley Medical Center, has proudly cared for our South King County neighbors for 75 YEARS. Including Valley in your estate planning will allow us to continue to care for our community like family for generations to come.

[SUPPORT VALLEY](#)

WE ARE valley

[valley.med.org/mccares](#)
For more information contact Carrie Murayama
carrie_murayama@valley.med.org
or 425.690.5956
Valley Medical Center - Public Hospital District No.1 is a 501(c)(3) nonprofit organization.



You're Having a Baby?!?!
We're here for your growing family.

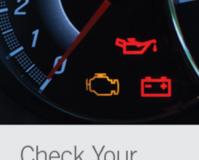
[MEET THE BIRTH TEAM](#)

Birth Center Neonatal ICU Pediatrics
UW Medicine VALLEY MEDICAL CENTER



Join the Valley Family!
Sign on incentives available for select positions.

[Apply today!](#)



Check Your Body's Engine

Regular maintenance helps avoid many health issues. Primary care, preventive screenings, lifestyle medicine and mental health—we're here to help you live your best life!

[SCHEDULE YOUR TIME](#)



House Calls Happen Here

Virtual urgent care appointments from the most comfortable waiting room ever - your bedroom.

[SCHEDULE VIDEO VISIT](#)

Urgent Care Clinics
UW Medicine VALLEY MEDICAL CENTER

Join Volunteers in Action—Doing Good for Others!



Consider joining Valley's Volunteers in Action, or VIA, by giving a few hours of your time, talent, love and concern for people in our community. Must be 18+ years old, available for one 4-hour shift per week, successfully pass a background check, and be fully vaccinated against flu and COVID. Valley is looking to fill the following positions: **Present Place Gift Shop Associate:** Skills include customer service, sales and merchandising. **Courtesy Shuttle Driver:** Need current Washington driver's license and clean driving record.

Information Desk Liaison: You'll be the welcoming face of Valley! Greet and escort patients and visitors. Answer phones. Deliver flowers and gift items to patients. [Apply today!](#) Questions? Email Volunteer@valley.med.org.

Thank a Caregiver with the Gift of a Limited-Edition, Blown Glass Valentine Heart!



In honor of Valentine's Day and, for the month of February only, we are thrilled to offer a limited-edition Valley Thank a Caregiver blown glass heart, in cranberry red, for purchase for \$30 each (regularly \$50 each). Don't miss this opportunity to share the love by recognizing a special employee or team at Valley, who has delivered outstanding care, with a one-of-a-kind keepsake.

Reserve yours here. Recipients will be notified of their Valentine by email and their heart will be delivered in the days that follow. Orders will be accepted through Tuesday, Feb. 28.

Funds raised provide education and other support opportunities as identified by staff. Questions? Contact Carrie Murayama, Manager of Development & Volunteer Services, 425.690.5956 or email carrie_murayama@valley.med.org.



Community Events

See all classes and events, including virtual birth center tours, birth and parenting classes, support groups, and classes for a healthier you.

Connect with Valley

Icons for Wi-Fi, Instagram, Facebook, YouTube, LinkedIn, and Blog.