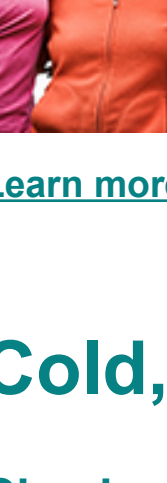


# Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

## Debbie's Story: Colon Cancer Care at Valley Medical Center

### The importance of timely preventive screening



**Debbie's Story:**  
Colon Cancer Care at Valley

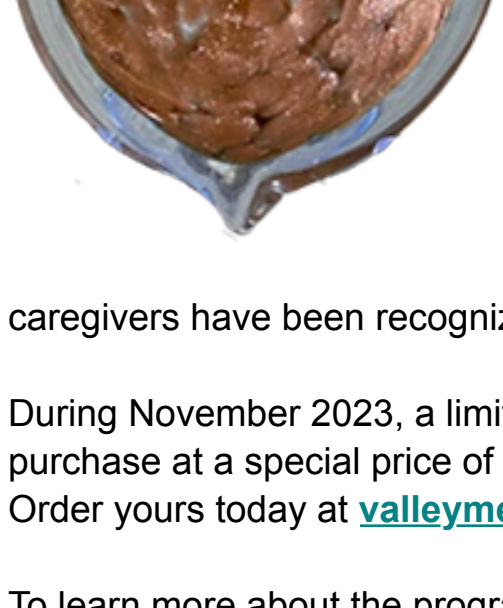
After opting for a home Cologuard test, Debbie received a positive result. Her primary care provider referred her to **Joseph Roberts, MD**, a gastroenterologist with Valley's **Gastrointestinal Clinic**. Dr. Roberts performed her colonoscopy and confirmed she had colon cancer. Colorectal surgeon **Greta Bernier, MD**, successfully performed minimally

invasive robotic surgery, significantly aiding Debbie's recovery and return to everyday life. [Listen to Debbie's story.](#)

**You can have colon cancer without having symptoms.** [Learn about this important preventive screening and how to schedule a colonoscopy appointment.](#)

## Cervical Cancer Screening Explained

### Pap tests, HPV vaccines, colposcopies, and more



Cervical cancer screening is part of regular preventive care for women and people with a cervix. **Jennifer Burzawa, MD**, a gynecologic oncology provider with Valley's **Oncology & Hematology Clinic**, explains the screening, HPV vaccines, and what happens next if there's an abnormal result [in this DocTalk video.](#)

[Learn more about gynecologic oncology.](#)

## Cold, Flu, Pink Eye, Oh My!

### Check out our overview of the causes, symptoms, duration, contagiousness, and treatment for 8 common illnesses

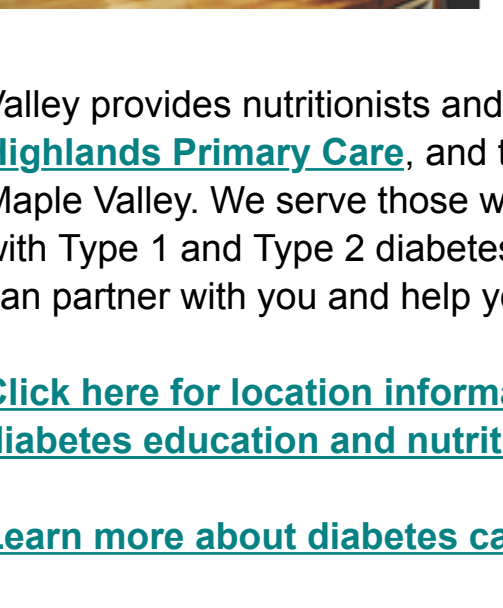


Staying informed about common infections is key to keeping ourselves and our community healthy. It can be tough to keep track of the details, so we've put together a list of **eight common infections** to help you understand and manage these conditions better.

**Know Where to Go:** You know you need to see a provider—but where do you go? Check out our [Know Where to Go](#) guide for primary, urgent, and telehealth care. **If it is a medical emergency, please call 911 or go to the nearest emergency room.**

## Thank a Caregiver

### Send a limited-edition rose gold heart to a Valley Caregiver

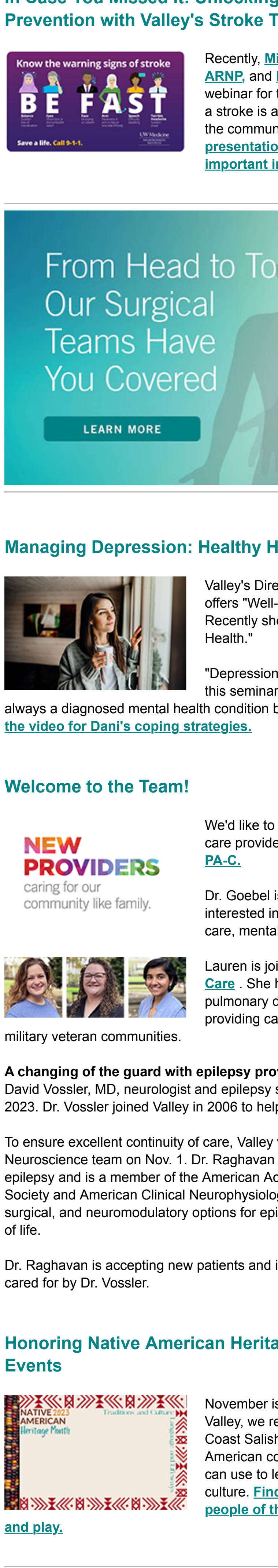


At Valley, our staff members and teams are the cornerstone of the care we provide. We are incredibly grateful for each and every one of them and all that they give to our community. That's why we are thrilled to have Valley's Thank a Caregiver program in place. The donation of a glass heart or float, in honor of a current or former staff member or friend of Valley, allows an employee, team, or community member who has delivered or received outstanding care to be recognized in a lasting way.

Since the program launched in November 2020, 652 caregivers have been recognized with hearts and floats through the program.

During November 2023, a limited-edition rose gold metallic heart will be available for purchase at a special price of \$30 (regularly \$50) to Give Thanks to someone special. Order yours today at [valleymed.org/givethanks](#).

To learn more about the program and how you can give a lasting and personal symbol of your appreciation, visit [valleymed.org/thankacaregiver](#).

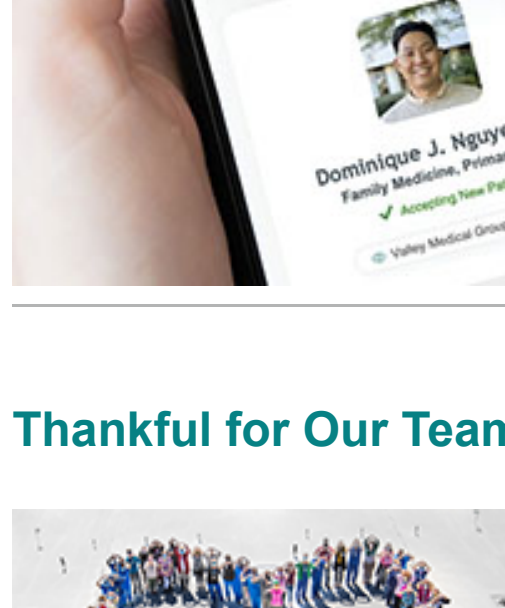


## MS Care Close to Home

Schedule with our multiple sclerosis specialist, right here in Renton.

[LEARN MORE](#)

## When You May Be Required to Mask at Valley this Respiratory Virus Season



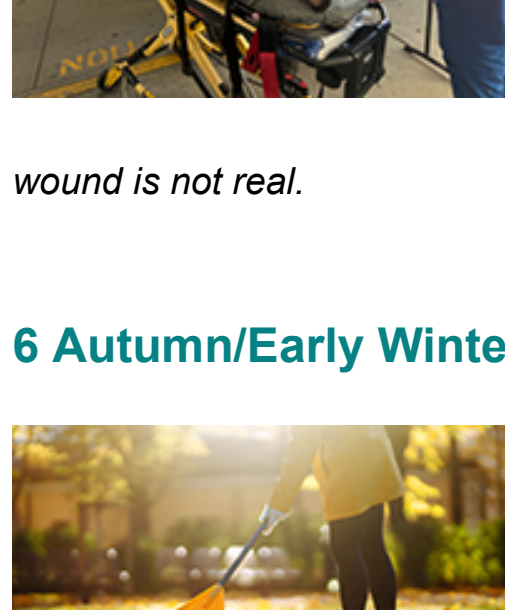
November through March is respiratory virus season, and depending on the level of illness in our community and facilities, you may be required to wear a mask. Medical-grade masks will be required at Valley when [King County data](#) shows 10% or more Emergency Department visits are positive for influenza, RSV, and/or COVID-19; we will also require masks if we see elevated

levels of virus spread at our hospital or clinics.

Medical-grade masks are always required, regardless of virus levels, for all patients, visitors and staff in several areas of our hospital and clinics, including: all oncology clinics, the Infusion Center, Radiation Oncology, the inpatient area of the Northwest Pavilion, and the Critical Care Unit (CCU).

Please remember that this is a place of healing for many with varied health concerns, and we thank you in advance for your kindness to help keep those around you safe. Learn more about our masking and visitor policy, and see our latest masking requirement status, at [valleymed.org/visitors](#).

## November is Diabetes Awareness Month: Valley is Here to Help You Live Well with Diabetes



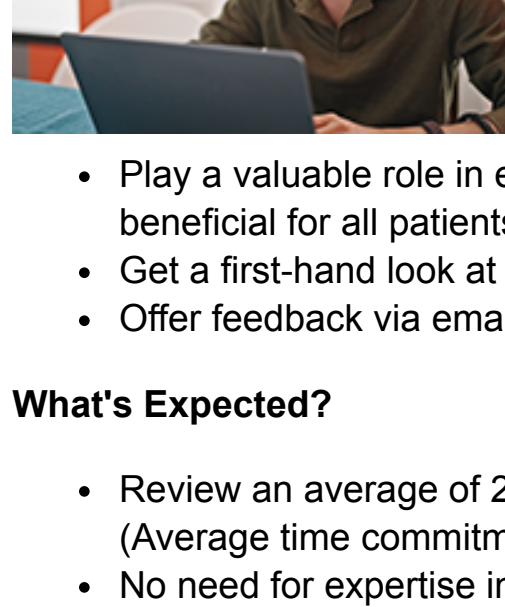
Diabetes is a complex disease requiring daily self-management: making healthy food choices, staying physically active, monitoring blood sugar and taking medications as prescribed. It is also important to talk regularly with your diabetes care team to problem solve, reduce risks for complications and cope with lifestyle changes.

Valley provides nutritionists and certified diabetes educators at several locations: [Highlands Primary Care](#), and the [Lifestyle Medicine Centers](#) in Renton, Covington, and Maple Valley. We serve those who are pre-diabetic, have gestational diabetes, and those with Type 1 and Type 2 diabetes. Our team of registered dietitians and diabetes educators can partner with you and help you navigate barriers along the way.

[Click here for location information and phone numbers for our four clinics offering diabetes education and nutrition.](#)

[Learn more about diabetes care at Valley.](#)

## In Case You Missed It: Unlocking the Secrets to Stroke Prevention with Valley's Stroke Team

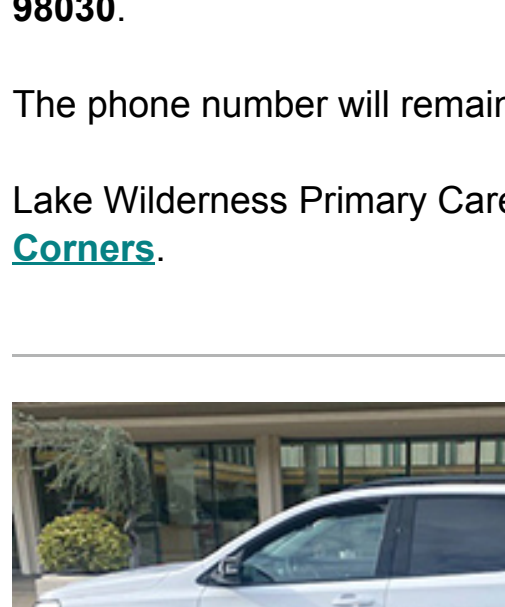


Recently, **Michael Previti, MD, Erin Eddington Alden, ARNP**, and **Rachel Nginyi-Munyoli, ARNP**, held a webinar for the community. In addition to explaining what a stroke is and the BE FAST acronym, questions from the community were answered. [Click here to watch the important and to get the link to share this important information with your loved ones.](#)

## From Head to Toe, Our Surgical Teams Have You Covered

[LEARN MORE](#)

## Managing Depression: Healthy Habits for Your Mental Health



Valley's Director of Well-Being, **Dani Dutro, LMHC**, offers "Well-Being Wednesday" seminars for Valley staff. Recently she shared "Healthy Habits for Your Mental Health."

"Depression, especially as we're talking about it (during this seminar), doesn't have to be a capital 'D,' as in isn't always a diagnosed mental health condition but is also a mood state," Dutro said. [Watch the video for Dani's coping strategies.](#)

## Welcome to the Team!



We'd like to extend a welcome to our two new primary care providers, **Anna Goebel, MD**, and **Lauren Kaltz, PA-C**.

Dr. Goebel is at [Highlands Primary Care](#). She is interested in women's health, family planning, LGBTQIA+ care, mental health and skin issues.

Lauren is joining the team at [Lake Wilderness Primary Care](#). She has interests in women's health, diabetes, pulmonary disorders, and mental health, as well as providing care to individuals from the LGBTQIA+ and military veteran communities.

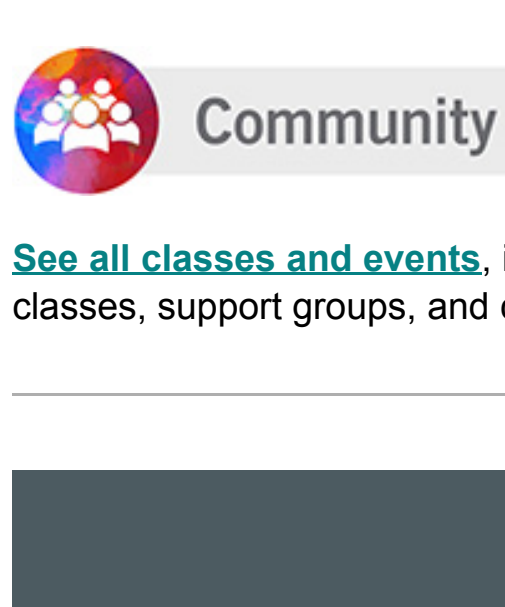
## A changing of the guard with epilepsy providers

David Vossler, MD, neurologist and epilepsy specialist, retired from Valley on Oct. 31, 2023. Dr. Vossler joined Valley in 2006 to help form the [Valley Neuroscience Institute](#).

To ensure excellent continuity of care, Valley welcomed **Meghana Raghavan, MD**, to the Neuroscience team on Nov. 1. Dr. Raghavan is board-certified in both neurology and epilepsy and is a member of the American Academy of Neurology, American Epilepsy Society and American Clinical Neurophysiology Society. Dr. Raghavan offers medical, surgical, and neuromodulatory options for epilepsy treatment to improve patients' quality of life.

Dr. Raghavan is accepting new patients and is available to accept patients previously cared for by Dr. Vossler.

## Honoring Native American Heritage Month: Resources and Events



November is Native American Heritage Month. Here at Valley, we recognize that we occupy the land of many Coast Salish peoples. To help celebrate the local Native American community, we've compiled resources that you can use to learn about Native American history, art, and culture. [Find time this November to support the first people of the land and water on which we work, live, and play.](#)

## New Patients Welcome!

No need to call—your new primary care provider is just a few clicks away. 24/7 online scheduling.

[SCHEDULE AN APPOINTMENT](#)

## Thankful for Our Team and Community



As we approach the Thanksgiving holiday, we reflect on the many things we are thankful for. We are grateful for our staff who care for our community like family, for our volunteers who generously give hours of their time and talents, for our patients and their families, and for our community for their continued support of Valley.

As the end of the year approaches and giving is top of mind, please consider a gift to Valley. Your support allows us to continue to grow and evolve to meet the needs of our more than 600,000 public hospital district residents. [See the many ways you can support Valley with your year-end giving and make a gift.](#)

## Valley Eats: Nonfat Cauliflower Mashed "Potatoes"



Looking for a tasty side dish for your next family meal? Try swapping your potatoes with this [cauliflower mash!](#)

## Valley Teams Take Part in Mass Casualty Drills for Earthquake Preparedness Month



In recognition of Earthquake Preparedness Month in October, many Valley teams took the opportunity to make sure we are prepared to respond in the case that an earthquake were to strike our area. Thank you to the dozens of community volunteers who acted as "casualties" during the drills!

[Check out photos and video from the drills.](#)

*Please note that the person pictured is an actor and his wound is not real.*

## 6 Autumn/Early Winter Home Safety Tips



Leaves and lights, trees and turkeys—it's a festive time of year! [Check out this list](#) of six tips from Valley's Safety team for staying safe during common autumn/early winter activities.

## Listen to Your Body

When your body is telling you something, we're here to help.

[FIND A CARE CENTER](#)

## Volunteers Needed! Help Us Improve Our Content from the Comfort of Your Home



Have you ever read handouts from the hospital or your doctor and didn't understand what some of it meant? Have suggestions for how we could make our web pages or stories more engaging?

### Become a Content Review Volunteer for Valley!

- Play a valuable role in ensuring that our content is engaging, understandable, and beneficial for all patients.
- Get a first-hand look at the latest educational materials, articles, videos, and more.
- Offer feedback via email or online survey at your convenience.

### What's Expected?

- Review an average of 2-4 items per month, which will be sent to your email. (Average time commitment is 1-2 hours per month.)
- No need for expertise in writing, editing, or design -- we just value your perspective as a patient.

### Who Can Volunteer?

- We are seeking members of the community who are current or former patients of Valley Medical Center.

To register as a volunteer, please complete [this form](#).

## Maple Valley Primary Care is Moving!

### Primary Care is moving to the new Lake Wilderness Clinic, opening December 2023.




Valley's Maple Valley Primary Clinic is moving from its current location at Four Corners to a new building two miles north at: **22610 SE 240th St., Suite 100, Maple Valley, WA 98030.**

The phone number will remain the same, **425.690.3460**.

Lake Wilderness Primary Care opens Dec. 5. Maple Valley Urgent Care will stay at [Four Corners](#).

## Care for Your Community by Volunteering at Valley

Valley volunteers are goodwill ambassadors providing vital assistance for our patients and visitors in areas including:

- Driving courtesy shuttle
- Information desk
- Campus wayfinding
- Cancer Center resource cart

[LEARN MORE & APPLY](#)

## Join the Valley Family! - Career Opportunities at Valley



At Valley, we serve a critical role in helping maintain and improve the health of our community. We have an honest passion for helping others, patients and staff alike. If this excites and motivates you, consider joining our team!

Here are some of the jobs we're currently recruiting for:

- CCU RN Residency (Feb. 2024)
- Epic Applications Analyst II, Sr. - Grand Central/Prelude
- Gastroenterologist
- LPN - Birth Center
- Medical Assistants - \$6,000 sign-on incentive
- Oncologist
- Oncology Assistant Nurse Manager/Educator
- Primary Care Physician
- Process Improvement Consultant, Sr.
- Psychiatrist
- Radiation Therapist
- Urologist

Find out more about these career opportunities and others, and apply today at [valleymed.org/careers](#).

## Support Local Foster Kids and Teens through Our Holiday Gift Drive



This holiday season, Valley is partnering with [Foster Champs of WA](#) to spread cheer to local children in foster, kinship, and adoptive families. We have various drop-off locations, including our primary care clinics in Covington, Fairwood, Kent Station, Maple Valley, and Newcastle, as well as our Lifestyle Medicine locations in Maple Valley and Covington. Donations will be accepted through Monday, Dec. 4. [Check out their wish list for gift ideas.](#)

## Register for Valley's Blood Drive - Wednesday, Dec. 20



Donating blood is essential to sustaining community healthcare, especially during emergencies. Your one-hour donation appointment supports local hospitals and patients, and contributes to a critical shortage in the community. Give the gift of life and donate today!

**WHAT:** Blood Drive at Valley Medical Center

**WHEN:** Wednesday, Dec. 20. 9 AM - 3 PM

**WHERE:** Look for the mobile van parked on the west end of the [Medical Arts Center building](#)

Prior to giving blood, please hydrate well and eat a meal or snack. And don't forget your photo ID! No walk-ins, guests, or people under age 16 permitted onsite.

The mobile blood drive make it easy to find a time and location that's convenient for you. Register [at this link](#) or by calling 1.800.398.7888

## Ensure Your Apple Health Coverage is Renewed



Are you or someone you know enrolled in Washington Medicaid or Apple Health? Renewals started April 1, 2023 and Valley is here to help eligible people stay covered by Medicaid health insurance. [Learn how to renew.](#)

## 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

[PROVIDERS](#) | [SERVICES](#) | [LOCATIONS](#) | [CAREERS](#)

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

[Update My Email Preferences](#)

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