UW Medicine VALLEY MEDICAL CENTER WE Valley



Valley to Begin Phase One of South King County's First Cancer Center



We are very excited to announce that the Facilities, Finance & Audit Committee of Valley's Board of Trustees has unanimously voted to amend the FY24 budget, increasing the capital budget by \$10 million for Valley's future Cancer Center. This signals the first major new investment made into expanding oncology services at Valley since before the beginning of the pandemic. <u>Read the full announcement.</u>

Learn more about Valley's future Cancer Center. Support Valley's future Cancer Center.

Valley Receives Prestigious Center of Excellence Designation for Robotic Surgery



accredited Center of Excellence means.

We are proud to share that we recently received accreditation as a Center of Excellence in Robotic Surgery from Surgical Review Corporation (SRC). This designation comes after months of hard work from our surgical teams and reflects our high standards in safety and in delivering quality patient care. <u>Read more on what the status as an</u>

One Nurse Makes a Difference

How Valley's RN Care Managers are Improving Care in Our Community



Agnes recently received life-saving care at Valley. She credits her RN Care Manger with helping to keep her out of the hospital after a long stay. <u>Hear Agnes'</u> <u>story and learn more about Valley's RN Care</u> <u>Management program.</u>

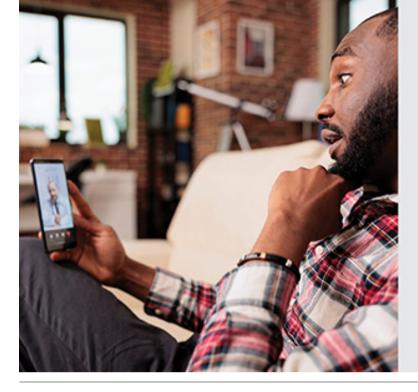
Valley Breast Center Team Accredited in Mammography by American College of Radiology

Are you due for a mammogram? October is Breast Cancer Awareness Month and a reminder to schedule your appointment!



Just in time for Breast Cancer Awareness Month, Valley's Breast Center was once again awarded another three-year term of accreditation in mammography by the American College of Radiology (ACR). Learn more about the significance of this accreditation as well as the other recognitions from ACR that make Valley's Breast Center a Breast

Time to schedule your mammogram? Make an appointment at our Breast Centers in Covington or Renton through your <u>MyChart account</u> or by calling 425.690.3688.



Care Without the Commute

In-person and telehealth appts in a vast array of neurological specialties, right here in Renton.

LEARN MORE

GoldenCare Health & Wellness Program

In case you missed it, check out the content from the 2023 GoldenCare special edition newsletter



<u>GoldenCare</u> is a health and wellness membership program for adults 62 and older. As one of the program benefits, we create a yearly special edition newsletter with content curated specifically with our GoldenCare members in mind.

This year's featured stories included content on adaptive tools for independent living, questions to ask if you are researching senior living communities, and programs at Valley to help seniors live their best life! <u>Check out the content</u> on Valley's GoldenCare Education page.

Thank you to this year's GoldenCare newsletter sponsor, Chateau at Valley Center, for helping make the special edition possible.

Winter Respiratory Virus Season is Coming

Prepare by making sure your vaccines are up-to-date!



Winter respiratory viral infection season is just around the corner. Many types of viruses can cause a respiratory infection over the winter months, ranging from an annoying cold to severe pneumonia that may be life threatening. In this article, vaccines currently available for influenza, COVID, RSV, and pneumonia are explained by Mike Hori, MD, Valley's Infectious

Disease Clinic Medical Director.

Need an Appointment Urgently? Telehealth May Be An Option

Urgent care appointments from the most convenient waiting room ever -- your home

Did you know that urgent care telehealth video visits through your MyChart account are on-demand for many medical issues that aren't emergencies?

- Allergies/allergic reactionBladder infection
- Diarrhea, nausea, vomiting (mild/moderate)
- Earaches and eye or skin infections
- Fever greater than 100.4 degrees F or infection
- Insect bites or rash
- Joint/muscle painSore throat
- Sprains, strains, deep bruises
- STD Testing
- Upper respiratory infections (bronchitis, coughs, congestion, fever, flu, or COVID-19 symptoms, sinus problems, sore throat)
- Urinary tract infection



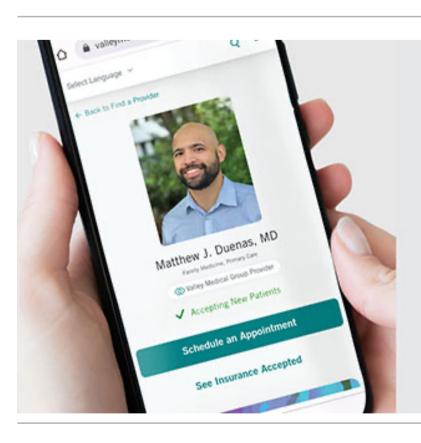
need when you need it.

Patients must be 18 years old or older, be located in Washington state, and must be using their own MyChart account for the telehealth video visit. Urgent care telehealth appointments are available Monday - Friday, 8 AM - 8 PM, and Saturday/Sunday, 8 AM - 4 PM.

Get in line for an urgent care telehealth or in-person

Learn about the differences between primary, urgent, specialty, and telehealth care, and how to decide the best place to get the help you

appointment.



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

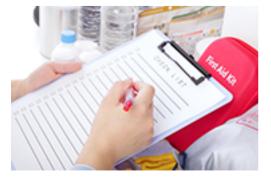
National Disability Employment Awareness Month Events & Resources



National Disability Employment Awareness Month (NDEAM) is held each October to commemorate the many and varied contributions of people with disabilities. It stands as a yearly reminder that as a society, we must not only embrace the talents and skills of people with disabilities, but fight for access and equity in the workplace and in communities. This year's theme is,

"Advancing Access and Equity." Here at Valley, we recognize that individuals with disabilities often experience marginalization in the workplace and as an organization we are committed to breaking down those barriers as part of our Equity, Diversity, & Inclusion commitments. Learn more about NDEAM. See listings of resources and local events.

The Great ShakeOut is Oct. 19 - Take Time to Make Sure You're Prepared for an Earthquake



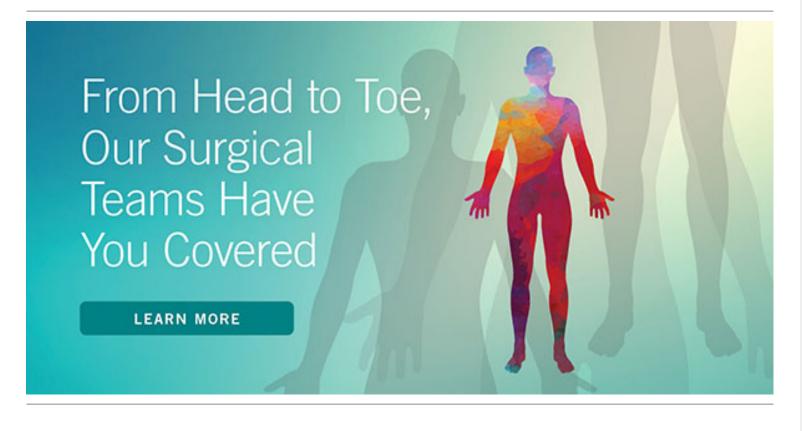
October is Earthquake Preparedness Month and includes International ShakeOut Day when millions of people worldwide will participate in earthquake drills at work, school, or home.

This year's <u>Great ShakeOut</u> will be held on Oct. 19. If you're around Valley Medical Center's hospital or clinics on this day you may see staff participating in drills for earthquake preparedness, including a large mass casualty drill around our Emergency Department. A recap of the drills will be shared in our November newsletter.

In September, Valley hosted Gabriel Lotto, PhD, an earthquake scientist with the University of Washington's Pacific Northwest Seismic Network. <u>Watch his lecture</u> to learn more about Washington's subduction zone in relation to earthquake preparedness, and new technologies related to early warning systems.

Earthquake Preparedness Resources:

- Washington State Emergency Management Division earthquake preparedness
 Ready.gov earthquake information
- <u>Ready.gov disaster supply kit</u>
- Red Cross earthquake safety



The Ultimate Guide for a Spook-tacular Good Time

Halloween is an exciting time of year for kids and adults alike! <u>Check out these tips to help your family have a</u> <u>safe and healthy celebration.</u>



Valley Eats - Apple Crisp with Macadamia Nuts



Looking for ways to cook the apples you picked at the orchard? <u>This apple crisp</u> would be a delicious way to follow a cozy, rainy day meal, like one of our <u>five tasty</u> weeknight soups!



Join the Valley Family!

HO

SCHEDULE VIDEO VISIT

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

House Calls

Virtual urgent care

appointments from the

room ever - your home.

most comfortable waiting

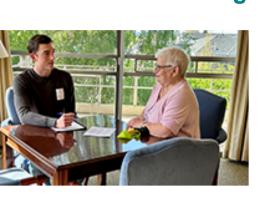
Happen Here

excites and motivates you, consider joining our team! Here are some of the jobs we're currently recruiting for:

- The Jobs we're currently recruiting for:
- Clinical Nurse Educator Birth Center
 Clinical Nurse Educator Peds/NICU
- Clinical Nurse Educator Emergency Department
- Journey Tech I HVAC
- Medical Assistant
- Patient Access Associate II
- Physician ENT
- Physician Primary CarePhysician Medical Oncologist
- Physician Urology
- Radiation Therapist I
- Triage and Advice RN

Find out more about these career opportunities and others, and apply today at valleymed.org/careers.

Free Health Coaching Available for Valley Primary Care Patients!



<u>____</u> <u>Changes, One Goal at a Time.</u>

Would you like to make positive changes to improve your health? Valley offers free personalized health coaching for primary care patients.



Learn more about the program and hear the experience of patient Georgia and her coach Alex in <u>Health Coach</u> <u>Program: Helping Patients Make Positive Lifestyle</u>

> 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

UNTEER

Lung Cancer Screening Event - Saturday, Nov. 11



In recognition of Lung Cancer Awareness Month this November, Valley Medical Center and Vantage Radiology are taking part in <u>National Lung Cancer</u> <u>Screening Day</u> by hosting a low-dose CT lung screening event.

WHAT: Lung Cancer Screening Event WHEN: Saturday, Nov. 11, 7:30 AM - 5 PM WHERE: Valley Medical Center - Olympic Building WHO: Patients who meet the screening criteria, including:

- You are between age 50 and 80.
- You have a 20 pack year smoking history. This means one pack a day for 20 years or two packs a day for 10 years.

• You are a current smoker or have quit within the past 15 years.

Patients will meet with a provider prior to screening to ensure they meet the criteria and to have any questions answered about the procedure.

To register, call 425.690.3505. Please have insurance information ready. Uninsured? A limited number of screenings have been funded by the <u>Whedon Cancer Detection</u> <u>Foundation.</u>

Unlock the Secrets to Stroke Prevention with Valley's Stroke Team - Wednesday, Nov. 15



WHAT: Stroke Prevention Webinar
WHEN: Wednesday, Nov. 15, 12-12:50 PM
WHERE: Online via Zoom
REGISTER: <u>Please click here to register</u>.

Join us on Wednesday, November 15, at 12 PM for a 50minute webinar focused on preventing and recognizing signs of a stroke. Hear from three members of Valley's incredible stroke team, <u>Michael Previti, MD</u>, <u>Erin Alden, ARNP</u>, and <u>Rachel Nginyi, ARNP</u>, about why this information is so important, particularly if you live in South King County where stroke has remained a leading cause of death for almost a decade.

Stay for the duration of the webinar and be entered into a drawing to win a prize!

Advance Care Planning Turkey Talk - Wednesday, Nov. 15



WHEN: Wednesday, Nov. 15, 2023, 3-4 PMWHERE: Valley Medical Center, Medical Arts CenterAuditorium or online via Zoom

REGISTER: To attend either online or in-person, please register <u>at this link.</u>

As you age, it's important to help loved ones understand your wishes for care throughout the end of life, so those wishes can be understood and respected. There is no better time to sit down with family than during the holidays, and this year we invite you to start talking with your loved ones about Advance Care Planning (ACP). ACP is a way of communicating for planning your future medical decisions in the event you are unable to express your wishes related to your healthcare.

Valley's Advance Care Planning Steering Committee is offering a workshop where you will learn about:

- The process of Advance Care Planning
- What documents you need and how to fill them out
 How to start the conversations about what is most important to you

For in-person attendees: We strongly encourage you to invite the person you trust to make healthcare decisions for you. A notary will be available after the event for those who would like to complete documents. Please bring your completed paperwork and your photo ID.

If you attend the workshop online or would like to complete your ACP paperwork another time, notaries are available at Valley primary care clinics.

Learn more about Advance Care Planning and download the documents on our website.



Join the Valley Family! Sign-on incentives available

for select positions.

APPLY TODAY!

Donate Blood, Save Lives! Register for the Bloodworks Northwest Blood Drive at Valley on Friday, Oct. 20



Donating blood is essential to sustaining community healthcare, especially during emergencies. Your onehour donation appointment supports local hospitals and patients, and contributes to a critical shortage in the community.

WHAT: Blood Drive at Valley Medical Center WHEN: Friday, Oct. 20, 9 AM - 4 PM WHERE: Medical Arts Center building, 1st Floor, Boom

WHERE: Medical Arts Center building, 1st Floor, Room A

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 on site.

Register at this link or by calling 1.800.398.7888.

Correction: New Pulmonary & Sleep Disorder Clinic Hours at Covington North

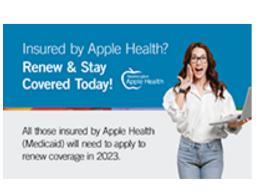


In our September newsletter, we shared new days and hours for two providers at our <u>Pulmonary & Sleep</u> <u>Disorder Clinic</u> in Covington, but there was a slight error in the days. We apologize for any confusion this may have caused. The correct days and hours are as follows:

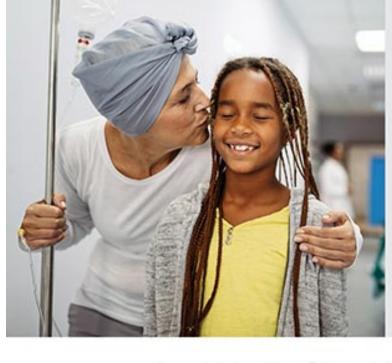
Surafel Gezahegne, MD, Pulmonary Medicine:

Melody Soucy, ARNP, Pulmonary and Sleep Medicine: Tuesday, 8 AM - 4:30 PM, and Friday, 8 AM - 12 PM

Insured by Apple Health? Ensure Your Coverage is Renewed



Are you or someone you know enrolled in Washington Medicaid or Apple Health? Renewals started April 1, 2023, and Valley wants to help eligible people stay covered by Medicaid health insurance. <u>Learn more.</u>



INFUSED WITH CARE.

Compassionate cancer care close to home. Your generosity generates hope.

GIVE NOW

valleymed.org/vmccares For more information contact Carrie Murayama carrie_murayama@valleymed.org or 425.690.5956 Valley Medical Center – Public Hospital District No.1 is a 501(c)(3) nonprofit organization.



Community Events

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

classes, support groups, and classes for a healthier you.
Connect with Valley
F In In
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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