

FALL 2011 

# valley voices

## RESTORING MOBILITY

A State-of-the-Art  
Solution for Spinal  
Stenosis Pain <sup>8</sup>

## NATURALLY NOURISHING

**5** Must-Have  
Fall Superfoods <sup>12</sup>

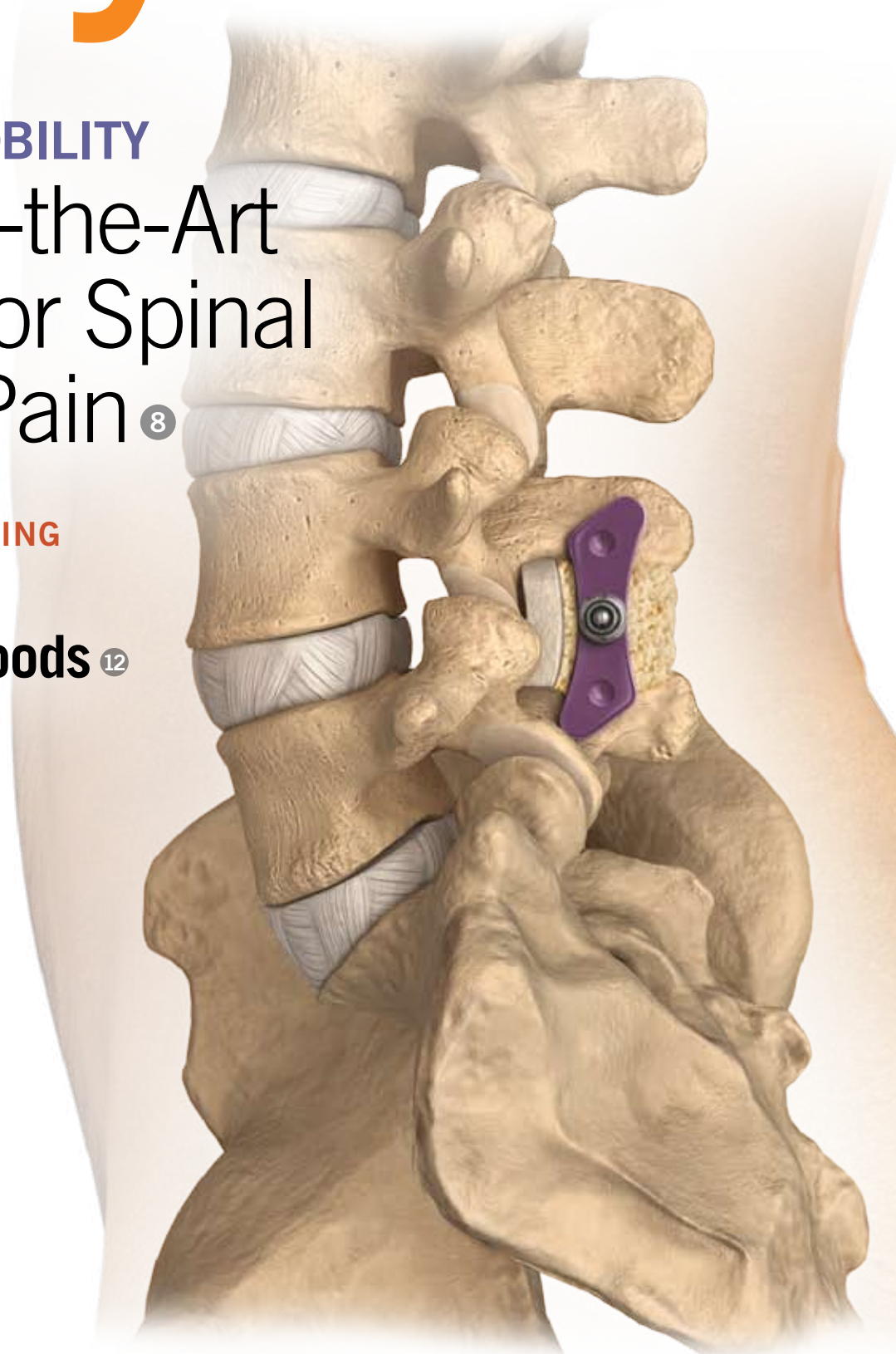

## EXERCISE TO THRIVE

Incremental  
Steps Help  
Prevent Injury <sup>6</sup>

UW Medicine

VALLEY  
MEDICAL CENTER

Remarkable things happen here.™



## We're Busy Enhancing the Future of Healthcare in Our Community

If you've recently visited Valley Medical Center's hospital campus, your neighborhood clinic, one of our booths at a community event, our website or glanced at our ads, you've likely seen our new UW Medicine/Valley Medical Center "nametag," representing our exciting new alliance with UW Medicine.

While the new logo visually represents our new relationship, planning for substantive enhancements to clinical services between our organizations is well underway as we explore opportunities for integrating new and enhanced clinical programs and services. We're actively looking for ways to offer more convenient and expanded access to specialized areas of care for our South King County community.

Right now, potential avenues of opportunity include services in cardiovascular and stroke, cancer, urology, ophthalmology, occupational health and surgery. In addition to expanding our existing Family Medicine teaching program, we're exploring the option of establishing obstetrical and Emergency Physician residency programs as a way to attract new physicians and further distinguish excellent healthcare within our community well into the future.



In November we will break ground on a medical plaza housing freestanding emergency services in Covington's Town Center. The medical plaza and ED will bring an enhanced level of healthcare access right where people live, work and play and we couldn't be more excited about this growth.

As we continue planning for the future of Valley Medical Center to address the healthcare needs of our community, our outlook is brighter and more remarkable than ever!



Rich Roodman, CEO, Valley Medical Center

## Looking for a 'Top Doc'? The prognosis is great at Valley Medical Center!

Valley Medical Center is proud of the many VMC-associated physicians named to annual 'Top Doc' issues for 2011. Each year, *Washington Magazine*, *Seattle* magazine and *Seattle Met* magazine announce their picks for the best physicians in the region. When searching for a doctor, the lists can serve as a valuable starting point or aid in narrowing down the field. VMC physicians named to 2011 Top Doc lists are: (drum roll please...)

### Cardiovascular Disease:

Terence A. Block, MD

### Critical Care Medicine:

Richard J. Wall, MD

### Dermatology:

Carmen M. Berger, MD  
Brian H. Kumasaka, MD

### Gastroenterology:

Daniel P. O'Neill, MD  
William A. Pearce, MD

### Gynecologic Oncology:

Chirag A. Shah, MD

### Internal Medicine:

Kemi Nakabayashi, MD  
Angelina Platas, MD

### Interventional Cardiology:

John Nemanich, MD

### Maternal & Fetal Medicine:

Brigit Brock, MD  
James A. Harding, MD  
Tanya Sorensen, MD  
Sarah Waller, MD

### Neonatology:

Eric J. Demers, MD  
Dyan M. Simon, MD

### Nephrology:

Andrew Brockenbrough, MD  
Frank P. Fung, MD

### Neurology:

David G. Vossler, MD

### Obstetrics & Gynecology:

James Phillip Rice, MD

### Ophthalmology:

Bruce D. Cameron, MD

### Orthopedic Surgery:

Craig Thomas Arntz, MD  
William P. Barrett, MD  
Robert G. Veith, MD

### General Pediatrics:

Drew C. Fillipo, MD  
Yass Moinpour, MD  
Monica Weitzen Richter, MD  
Stuart S. Shorr, MD

### Pediatric Infectious Disease:

Farah Cassis-Ghavami, MD

### Pediatric Ophthalmology:

K. David Epley, MD

### Pediatrics/Hospital Medicine:

Howard M. Uman, MD  
Farah Cassis-Ghavami, MD

### Physical Medicine and Rehabilitation:

Cheryl Ann Hayes, DO

### Radiology/Nuclear Medicine:

Virginia E. Klaas, MD



- 1 Keynote speaker Christine Cashen offered tips for focusing on the “Good Stuff” in our lives: the two-hour good mood commitment; “humor accessories” to lighten the day; “perfection vacations”; the campaign to stop global whining; energy-boosting, three-minute walks disguised as “secret missions”; scheduling personal time; and more.
- 2 VMC CEO Rich Roodman and daughter Madison welcomed guests.
- 3 Entertainment included award-winning songwriter and performer, Kellee Bradley.
- 4 Cheryl Shaw, Susan G. Komen for the Cure Executive Director, shared her experience as a breast cancer survivor whose cancer was diagnosed early at an annual mammogram.
- 5 The sellout crowd of 1,000 enjoyed a delicious meal, informative breast cancer information and an entertaining keynote speech among friends.
- 6 Guests shopped, browsed, collected giveaways and enjoyed Starbucks smoothies during the Health and Partner Fair.

# GLOW celebrates 1st Anniversary!

Now over 2,000 members strong, GLOW, Valley Medical Center’s free health and wellness program for women, celebrated its first anniversary on September 22 at ShoWare Center.



To see more photos from this event, visit the GLOW Anniversary photo album at [facebook.com/valleymed](https://www.facebook.com/valleymed). GLOW offers events throughout the year focusing on good health and good fun. To learn more about GLOW or to sign up for your free membership, visit [valleymed.org/glow](https://www.valleymed.org/glow).



# State Auditor Congratulates VMC for Hitting the Mark on Strong Financial Oversight, Controls and Accuracy **for 10 Consecutive Years**

“We would like to congratulate you on the District’s exemplary record of no audit findings for 10 years. This accomplishment reflects the dedication of the District’s Commissioners, management and staff to provide strong operational oversight, good internal controls and accurate financial reporting...Our Office views its relationship with the District as a model for other entities in our state.”

*Brian Sonntag, State Auditor*

# 10



**Washington State Auditor  
Brian Sonntag**

October 21, 2011

President, Board of Commissioners  
King County Public Hospital District No. 1  
Valley Medical Center  
P.O. Box 50010  
Renton, WA 98055

Dear Board of Commissioners:


We would like to congratulate you on the District's exemplary record of no audit findings for 10 years. This accomplishment reflects the dedication of the District's Commissioners, management and staff to provide strong operational oversight, good internal controls and accurate financial reporting.

We appreciate the District's proactive approach and constructive responses to audit issues. In all matters we have brought forward, District management and staff have worked with us to arrive at practical solutions.

A critical factor to the District's success is your management and employees. We appreciate and applaud the spirit of cooperation and the courtesies extended to us throughout the audit process by: Chief Executive Officer, Richard Roodman; Chief Financial Officer, Larry Smith; Vice President of Finance and Treasurer, Jeannine Grinnell and the other talented and dedicated employees at Valley Medical Center.

Our Office views its relationship with the District as a model for other entities in our state. We look forward to furthering this relationship and hope you will contact us whenever we can be of service.

Sincerely,



**BRIAN SONNTAG, CGFM**  
STATE AUDITOR



# Incremental Help Prevent Injury

**The human body thrives on exercise! The more you exercise it, the faster, stronger and fitter it becomes.**

*by Jon Woo, MD, Sports Medicine*


## **Adjust intensity gradually to prepare your body to handle the stress of exercise**

*While you can only improve your fitness by subjecting your body to stress, you have to get your body prepared to handle the stress. Take Milo of Croton—a Greek Olympic wrestler legendary for carrying a baby calf across his shoulders. As the calf grew pound by pound, by the end of his training, Milo was carrying a full grown bull. He achieved this feat by allowing his body to slowly adjust to the extra stress over time. During the recovery period after exercise, your body develops adaptations to handle the increased exercise you call on it to do.*

## **Yes, pain is a good thing**

Some discomfort during exercise is a good thing. It is that intensity, that level of stress on the body *while you are exercising*, which releases endorphins and gives you that feeling of well-being, commonly referred to as the runner's "high."

Pain is also your body's way of telling you that you may have done too much. Give your body time to heal and usually it will. Instead of taking pain pills to mask the pain, recover by icing the offended part, gently massaging it, and taking a day or two off from the exercise. If the exercise continues to cause pain after several weeks, it's time to make an appointment with a sports medicine doctor.

 Jon Woo, MD, practices sports medicine with Wuaca Luna, MD, at the Sports Medicine Clinic, located at Valley Medical Center's Renton Landing Clinic. For more information, visit [valleymed.org/sportsmed](http://valleymed.org/sportsmed) or call **425.656.4260** for an appointment.



## Cutting-edge Technology Helps Us See the Big Picture

In addition to staying ahead of the curve with the latest research and trends in maximizing performance and treating sports-related injuries, Valley Medical Center's Sports Medicine Clinic uses cutting-edge ultrasound technology for image-guided injection treatments. This technology gives our physicians the best view possible of even the tiniest anatomy, allowing our patients to receive the most effective, accurate injection to more quickly speed healing and get them back on track.

# Steps

## Steps to Increasing Your Fitness

Work on eating better and shedding a few pounds which will help put less stress on the joints, particularly the knees.

Incorporate stretching, core and resistance-type exercises.



Start a two-month walking program, gradually increasing your walking time to 30 minutes, 4 to 5 days per week.

(New exercisers need up to two months to develop the bone strength to handle the impact of exercise.)

If you are just starting to become more active

Once you can handle this, you can gradually add more intense activities with little risk for developing a stress fracture.

Work up to 45 minutes of brisk walking 4 to 5 days a week, with one session up to 90 minutes.

If you are a more experienced athlete

For all exercisers

A good general rule is to not increase your time/mileage by more than 10-15% from week to week.





# An Advanced Solution for Spinal Stenosis Pain

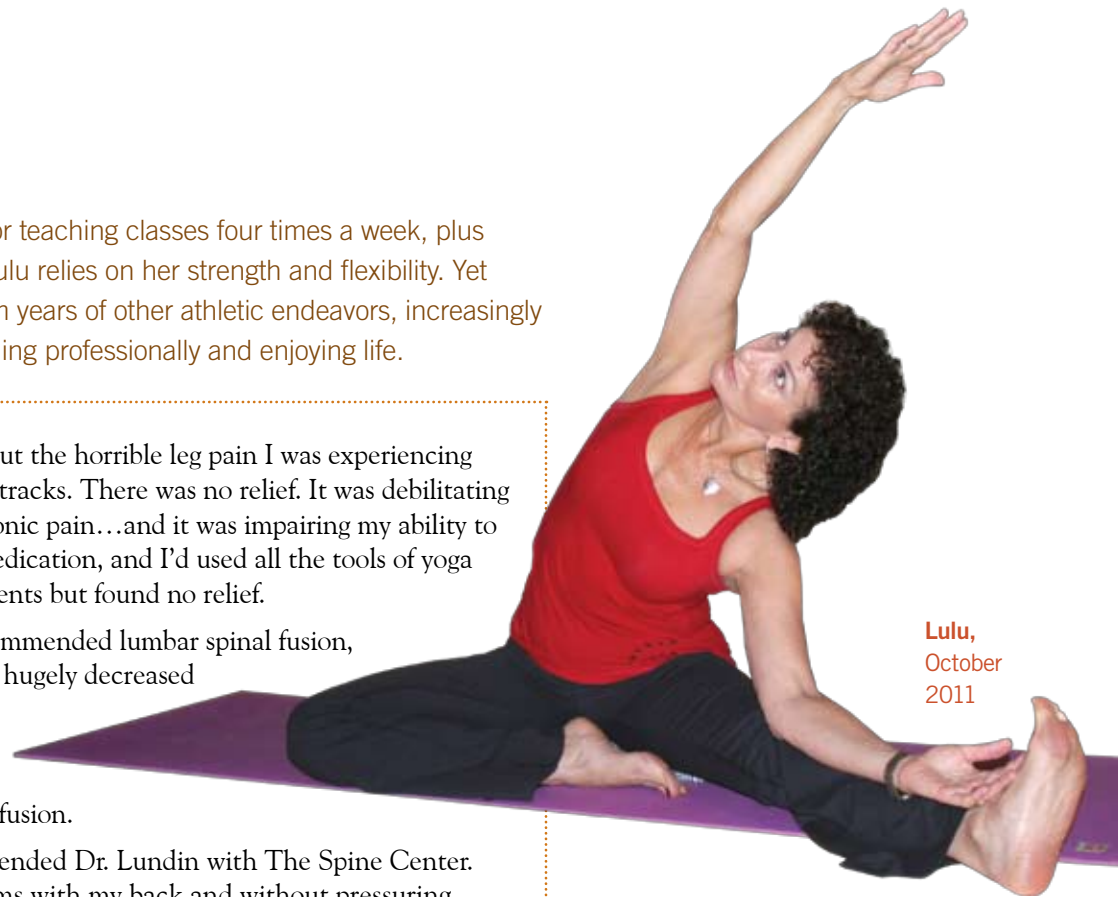
**David Lundin, MD,**  
of the Neuroscience  
Institute and Medical  
Director at Valley  
Medical Center's  
Spine Center

As a therapeutic yoga instructor teaching classes four times a week, plus sessions with private clients, Lulu relies on her strength and flexibility. Yet lower back issues, caused from years of other athletic endeavors, increasingly became an obstacle to continuing professionally and enjoying life.

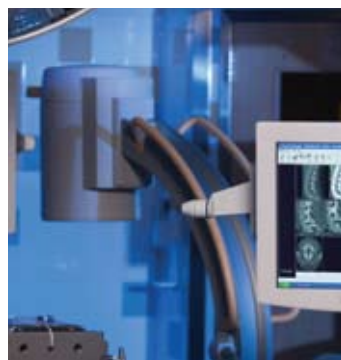
“I have a high pain tolerance, but the horrible leg pain I was experiencing was literally stopping me in my tracks. There was no relief. It was debilitating and depressing to live with chronic pain...and it was impairing my ability to teach. I didn’t like to live on medication, and I’d used all the tools of yoga and other therapies and treatments but found no relief.

“I visited one surgeon who recommended lumbar spinal fusion, which would have resulted in a hugely decreased range of motion in my lower back with the potential, over time, to compromise the vertebrae above and below the fusion.

“Then another doctor recommended Dr. Lundin with The Spine Center. After finding numerous problems with my back and without pressuring me, Dr. Lundin assured me he could get rid of my pain while maintaining mobility and flexibility. He’s a brilliant surgeon and after surgery I had no more pain. I was so impressed with the care at The Spine Center—it’s an extraordinary place. From the nurses to the therapists, everyone was fantastic. Three days after surgery, I walked six blocks. I was diligent with my therapy exercises and able to go back to teaching after just five weeks.



Lulu,  
October  
2011

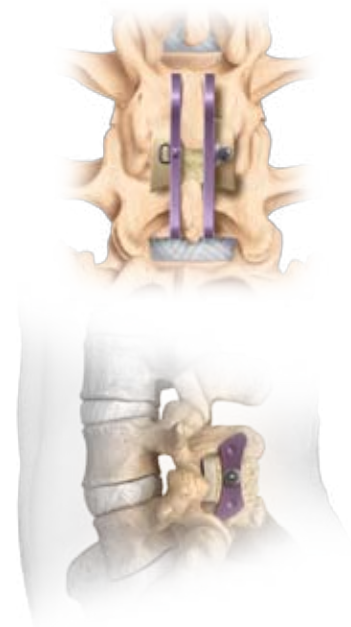


Now I can do practically everything I did before. My outcome has been phenomenal.”

With a diagnosis of spinal stenosis, many patients like Lulu seek a long term solution and relief from persistent and debilitating back pain caused by the spine deteriorating and compressing, squeezing or touching the nerves in the spinal column. To eliminate Lulu’s pain and restore her mobility, David Lundin, MD, of the Neuroscience Institute and Medical Director at Valley Medical

Center’s Spine Center used the state-of-the-art ILIF (Interlaminar Lumbar Instrumented Fusion) procedure: A titanium implant, small incision with minimal muscle tissue disturbance, shorter healing time, potentially fewer complications and excellent spinal stability are all added benefits of the minimally invasive, ILIF procedure.

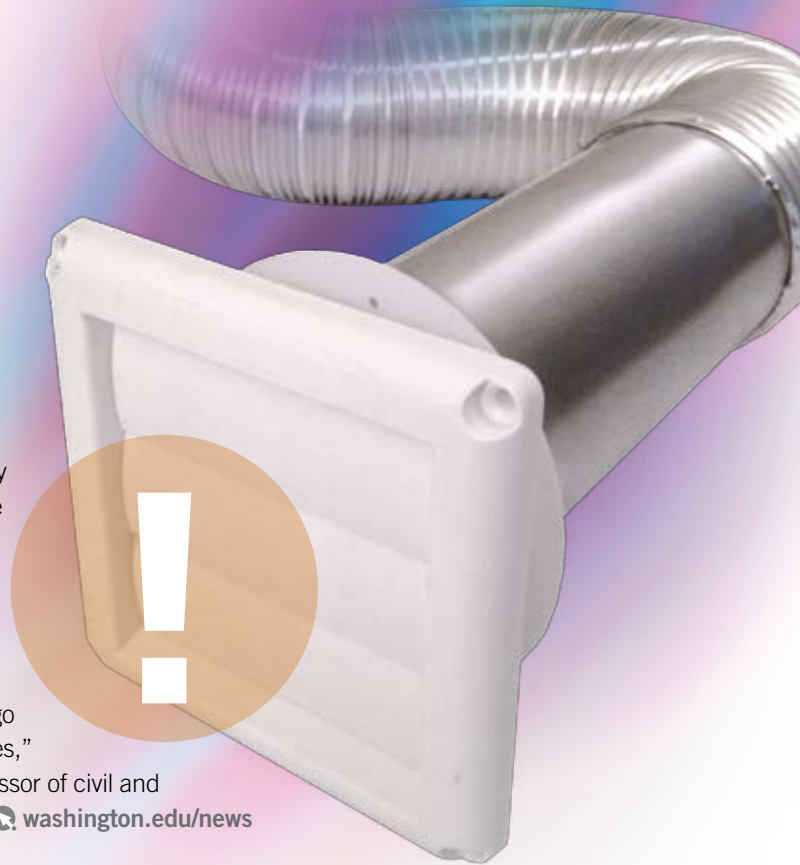
During the ILIF procedure, Dr. Lundin makes one small incision and inserts a permanent “spacer” to hold the vertebrae apart to their correct position, permanently eliminating the compression and the source of the nerve pain between those two vertebrae. Bone will eventually grow and fuse to the spacer. Thin, small titanium plates are positioned on both sides of the vertebrae for stabilization.



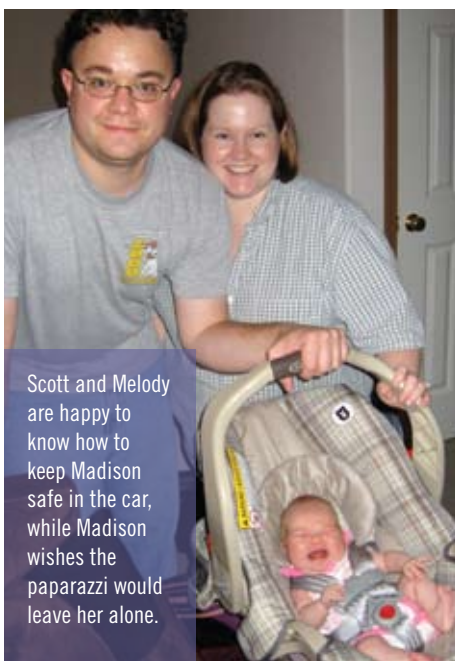
📞 Bothered by persistent back pain? Contact the Neuroscience Institute at **425.656.5566** or visit [valleymed.org/spine](http://valleymed.org/spine). Keep up to date on the latest in spine at [twitter.com/VMCSpine](https://twitter.com/VMCSpine) and starting November 1, visit Dr. Lundin’s blog at [valleymed.org/blogs/spine](http://valleymed.org/blogs/spine).

# UW study finds home dryer vents releasing toxins

Avoid breathing that perfumed air coming from your dryer vent. A new study from the University of Washington found hazardous chemicals in the air outside homes after clothes were laundered with **scented detergents and dryer sheets**—the Environmental Protection Agency identified at least two carcinogens. “These products can affect not only personal health, but also public and environmental health. The chemicals can go into the air, down the drain and into water bodies,” said lead author Anne Steinemann, a UW professor of civil and environmental engineering and public affairs. [washington.edu/news](http://www.washington.edu/news)



## VMC's free car seat inspections more important than ever with new car seat safety guidelines



Scott and Melody are happy to know how to keep Madison safe in the car, while Madison wishes the paparazzi would leave her alone.

The American Academy of Pediatrics and the National Highway Traffic Safety Administration recently announced modifications to their child passenger safety recommendations. The most significant change is for **all children to remain in a rear-facing car seat until age 2** (rather than age 1), or until they reach the maximum height and weight for their seat. **Children using booster seats are now recommended to use them until they have reached 4'9" tall and are between 8 and 12 years of age.** [nhtsa.gov/safety/cps](http://www.nhtsa.gov/safety/cps)

**VMC offers free car seat inspections by a certified car seat technician the second Wednesday of every month from 5 – 6:30 PM on the first floor of VMC's North parking garage.**

*“We attended your free car seat inspection last night. What a great and valuable service! The tech was very thorough and knowledgeable. We learned a lot and now have the peace of mind that when we deliver at your hospital and put our newborn in the car, the car seat is safe and installed correctly. Great program!”*  
—Melody and Scott P., August 11, 2011

## Lack of sleep negatively affects job productivity and personal health

Less than seven hours of sleep nightly can lead to difficulty concentrating, remembering things, driving, managing finances and working, according to two studies published in CDC's *Morbidity and Mortality Weekly Report*. Researchers say lack of sleep may also lead to chronic conditions such as cardiovascular disease, diabetes and obesity.

### FOR BETTER SLEEP

- Keep a regular sleep schedule.
- Avoid stimulating activities like vigorous exercise within two hours of bedtime.
- Avoid caffeine, nicotine and alcohol in the evening.
- Avoid going to bed on a full or empty stomach.
- Sleep in a dark, quiet, well-ventilated space with a comfortable temperature.

📍 Register for a free seminar on January 26, *Sleep Better, Sleep Smarter*, at [valleymed.org/events](http://valleymed.org/events).

If sleep is still a problem, talk to your primary care doctor—you may need a referral to diagnose an underlying issue through an in-depth sleep study at a facility like VMC's Sleep Center.

📍 [valleymed.org/sleep](http://valleymed.org/sleep)

## The single most important means of preventing the spread of infection?

**HANDWASHING!** It's that simple. It's that basic. And we should all wash our hands more often. Now that we're facing cold and flu season, here's a refresher on the right way to wash. Rub your soapy hands together for at least 15 to 30 seconds. (Most people only wash for 6 to 7 seconds. A longer wash removes more germs.) Wash all surfaces well, including your wrists, palms, backs of hands and fingers. Dry hands with an air dryer or clean paper towel. Turn off the faucet with a paper towel. If you can't wash with soap and water, rub an alcohol-based hand sanitizer over all surfaces of your hands.



## Six ways to **BOOST** your immune system



The immune system helps your body fight off germs, protecting you from getting sick.

- 1 Avoid exposure to secondhand smoke.
- 2 Don't take antibiotics when they aren't necessary. The more you use these medicines, the more likely they won't protect you from a future bug. Antibiotics fight bacteria, not viruses.
- 3 Drink plenty of water.
- 4 Eat yogurt with "active cultures," in other words, beneficial bacteria.
- 5 Get plenty of sleep. Insufficient rest means you're more likely to become sick.
- 6 Drink black, green and oolong tea. A chemical in tea called L-theanine primes immune system cells to attack bacteria, viruses and fungi.

Fresh produce tastes best in season—and it's less expensive. It's also important to remember that food cannot be judged just by the price—the nutritional value of the food is key. Most processed foods contain very few actual nutrients, so while they may seem inexpensive to buy, they are a nutritional rip-off. So welcome autumn's bounty with these nutritional superstars.

5

# Five Must-Have SUPERFOODS of the Fall

**APPLES** contain a variety of heart disease and cancer-fighting substances called phytochemicals and offer whole-body health benefits, from better digestion to lower cholesterol. A convenient, wash-and-go fruit to eat, apples are low in calories, high in nutrients, filling and they taste great.



**GREENS** like collards and kale grow in summer and fall, but colder weather makes them tastier. High in antioxidant vitamins A and C and other nutrients that promote healthy vision, they may also lower cancer risk.

Simmer, steam, or sauté chopped greens, or add them to soups or stews. For a delicious Garlicky Greens recipe, see the Healthy and Homemade recipe booklet at [valleymed.org/diabetes](http://valleymed.org/diabetes).

**CRUCIFEROUS VEGETABLES** like broccoli and brussels sprouts are available all year, but peak in flavor during fall and winter. High in vitamin C and cancer-fighting antioxidants, you can steam, boil, roast or microwave after cutting off yellow or wilted leaves, trimming the stems, and for the sprouts, carving a shallow X in the bases to improve heat penetration. Toss sprouts with a small amount of olive oil and balsamic vinegar, sprinkle with salt and pepper, transfer to a sheet pan and roast in a 375 degree oven for 35-40 minutes until tender and stir the sprouts once at 20 minutes.



**SWEET POTATOES**, harvested in fall, are one of the most nutritious vegetables around. High in the antioxidant vitamins A and C, sweet potatoes may help boost your immune system. Store them

at room temperature for use within a week or up to a month in a cool, dry place between 55 and 60 degrees.

**BEANS**, fresh or dried, are packed with protein, antioxidants, folic acid, potassium, dietary fiber and complex carbohydrates. Flavorful, nutritionally rich, inexpensive and versatile, they enhance soup and make delicious vegetarian entrees and side dishes.



## Apple Carrot Salad serves 4

- 1 cup shredded carrots
- 3 medium apples, diced
- 1 tablespoon lemon juice
- ½ cup raisins
- 2 tablespoons low-fat mayonnaise
- 8 cups washed and torn green leaf lettuce, mixed greens or fresh spinach leaves

Combine all ingredients, except greens. Chill thoroughly. Serve on salad greens. *Each serving provides 110 calories, 1 g fat, 0 mg cholesterol, 140 mg sodium, 25 g carbohydrate, 3 g dietary fiber, 20 g sugar, 1 g protein.*

## Black Bean Chili serves 6

- 1 pound dried black beans
- 2 cups onion (about 2 large), chopped
- 1 cup red, yellow or green bell pepper, chopped
- 3 cloves garlic, crushed
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 2 teaspoons dried cilantro
- 1 28-ounce can diced tomatoes
- Fat-free sour cream and chopped green onions

Sort and soak beans according to package directions. Rinse. Add all ingredients except tomatoes to 3 quarts of water. Bring to boil, then reduce to low heat. Simmer for about 2 hours, until beans are soft and water is gone. Add tomatoes and cook until tomatoes are heated. Add salt and pepper to taste. Garnish with fat-free sour cream and chopped green onions. *Each serving contains about 333 calories, 20 g protein, 2 g fat (5 percent calories from fat), 0 mg cholesterol, 63 g carbohydrates, 15 g fiber, and 204 mg sodium.*

## Easy Roasted Sweet Potatoes

- 1 small to medium sweet potato for each person
- Olive oil spray or 2 teaspoons of olive oil per potato
- Salt and pepper

Preheat oven to 400 degrees. Slice each potato into wedges ¼" – ½" thick. Spray both sides of the wedges with olive oil cooking spray or toss wedges with olive oil in a large plastic bag or bowl, until the wedges are thinly coated with oil. Place wedges on a sheet pan, sprinkle with salt and pepper. Bake 10 minutes, then turn over all the wedges. Bake another 10 minutes or until the potatoes are tender with slightly crisp edges. *With olive oil spray, 137 calories, .4 g fat, 0 mg cholesterol, 4 g fiber, 187 mg sodium. With olive oil, 216 calories, 2 g protein, 9 g fat, 0 mg cholesterol, 32 g carbohydrates, 4 g fiber, 172 mg sodium.*



For more info about weight control or diabetes management, visit [valleymed.org/diabetes](http://valleymed.org/diabetes) or call the Diabetes Education & Nutrition Clinic at 425.656.5377. To join a registered dietician for a Superfoods Supermarket Tour, see page 15 for registration details. To learn more about nutrient-rich eating, visit [nutrientrichfoods.org](http://nutrientrichfoods.org).

# Achieving the Workplace Gold Standard

Valley Medical Center has been named the **#1 Best Workplace for 2011** by the *Puget Sound Business Journal* in the extra large company category (500 or more local employees). Selected from nearly 200 nominations, VMC was recognized in August with the top award at a ceremony honoring the 2011 "Washington's Best Workplaces." This honor follows on the heels of being named the number one non-profit by *Seattle Business* in its annual "Washington's 100 Best Companies to Work For" and *Modern Healthcare's* national "Best Places to Work in Healthcare" for the fourth consecutive year.



## Surgical Recovery Rooms Under Construction on South Tower Floors 6 & 7

Hammers are pounding again at VMC's South Tower. The interiors of its top two floors are currently under construction for the relocation of the surgical recovery wing the first quarter of 2012. The relocation will make room for the future expansion of the hospital's Birth Center.

With 4,000 babies born annually at The Birth Center, the facility routinely runs near or at capacity. The Birth Center expansion is scheduled to begin immediately after the surgical recovery relocation takes place.



## Midwives Clinic Extends Hours

The Midwives Clinic is now offering evening appointments on Tuesdays. Tuesday hours are 8:30 AM – 8 PM. For an appointment any week day or Tuesday evenings, call 425.656.5321.



## Prescription Pad Pharmacy: 2 New Locations + Extended Hours

The Prescription Pad has relocated to Valley Professional Center North. The new north campus location at 3915 Talbot Rd. S. includes a drive thru window. A second, south campus pharmacy is now open adjacent to the ED and main hospital entry.

**PP North open M – F, 8 AM – 6 PM**  
**PP South open daily, 8 AM – 2 AM**  
**Phone 425.656.4050**

## Welcome New VMC Docs!

VMC welcomes **Pauline Bartle, MD**, to VMC's Psychiatry & Counseling Clinic. In response to growing needs for primary care physicians in the community, Valley Medical Center welcomes four new Family Medicine physicians into VMC's clinic network:



Kent Clinic  
**Phuc Phung, MD**  
Family Medicine



Covington Clinic  
**Seema Rai, MD**  
Family Medicine



Fairwood Clinic  
**Robert Prongay, MD**  
Family Medicine



Renton Landing Clinic  
**Justin Ford, MD**  
Family Medicine



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## CLASSES, SEMINARS & EVENTS

### FREE SEMINARS

Unless otherwise noted, seminars and events are held 6 – 7 PM at VMC's Medical Arts Center, 1st Floor, 400 South 43rd Street, Renton, WA 98055. Call today to register: 425.656.INFO (4636) or register online at [valleymed.org/events](http://valleymed.org/events).

#### The Latest in Lumbar Disc Replacement

**Thursday, November 10**

Slipped disc. Bulging disc. Ruptured disc. Herniated disc. No matter what you call it, it hurts and can limit your ability to enjoy life. Jason Thompson, MD, will discuss signs and symptoms, the diagnosis process and the latest treatments.

#### Abdominal Aortic Aneurysm

**Silent & Life-Threatening: What You Need to Know  
Thursday, January 5**

Understanding the signs and symptoms could help save your life. Vascular surgeon Oliver Aalami, MD, presents the causes, risks and treatment options for this silent problem.

#### Sleep Better, Sleep Smarter

**Thursday, January 26**

Suzanne Krell, MD, discusses new advances in treating sleep disorders, including sleep apnea and insomnia. Her suggestions may be just what you need to get a better night's sleep and enjoy increased energy during the day.

### THE FITNESS CENTER

Call 425.656.4006 to register. All classes are \$5 and held in The Fitness Center unless otherwise noted. Class participation may require a medical clearance prior to using facility depending on medical history.

#### Beginning Weight Training

**Monday, November 14, 1 – 2 PM**

New to weight training or need a refresher course? Learn the basics for a well-rounded weight training program in a comfortable setting.

#### Introduction to Zumba

**Friday, January 13, 1 – 2 PM**

Learn the basics for Zumba's Latin-inspired dance aerobics. Steps are demonstrated slowly, preparing you to attend a Zumba class or simply refine your skills. Wear comfortable clothing.

#### Yoga for Beginners

**Wednesday, January 25, 5 – 6 PM in MAC D**

This interactive yoga workshop will provide you with the basics for practicing yoga. Poses are taught in segments, along with relaxation methods for stress management. Wear comfortable clothing for easy movement.

#### Thirty-Minute Circuit

**Monday, February 13, 1 – 2 PM**

No time to exercise? Now there's no excuse! Learn a fun and exhilarating 30-minute workout, a combination of resistance and cardiovascular exercises. Wear comfortable clothing. The Beginning Weight Training class is recommended prior to attending this class.

#### Join The Fitness Center for \$75!

**Limited time offer only! Enrollment special:  
one for \$75, two for \$99. Call 425.656.4006.**  
Free personal training and classes included in monthly dues.  
Offer expires 3.31.12.

### SPECIAL PROGRAMS

#### Superfoods Supermarket Tour

**Thursday, January 26 or February 23, 6 – 8 PM;  
Renton Fred Meyer, 17801 108th Ave SE**

Join Christine Weiss, MS, RD, and learn tricks to find heart healthy choices; compare food's good-for-you qualities while prioritizing grocery dollars and more. Cost: \$25/person, \$35/couple. Contact [tayna\\_deering@valleymed.org](mailto:tayna_deering@valleymed.org) or 425.656.5377 to register.

#### Memory Loss Support Group

This free, Alzheimer's Association sponsored, caregiver support group provides a consistent, compassionate place to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Fourth Tues. of each month; 5 – 6:30 PM at VMC Medical Arts Center, 4033 Talbot Rd. S. Questions? Contact Nancy Streiffert at 253.796.2203.



### Birth and Parenting Classes

For a complete listing of classes, see [valleymed.org/events](http://valleymed.org/events) or call 206.575.BABY (2229). You may also contact Childbirth Education at 425.228.3440, ext. 3799.

### CancerLifeline

Extensive resources include support groups, classes and exercise programs. For details, call 1.800.255.5505 or visit [cancerlifeline.org](http://cancerlifeline.org).

### Cardiac Rehab

Cardiac Rehab offers EKG-monitored programs for people with cardiac issues. Covered by many insurance companies. Call 425.228.3440, ext 4991 to register.

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## VMC Awarded Contract to Participate in National Evaluation of BodyWorks Program—A FREE Toolkit for Teens & Strong Families

**Thursday, January 10, 6:30 – 8 PM weekly through February 28**

Valley Medical Center, in partnership with Valley Children's Clinic, has been awarded a contract to participate in the national evaluation of the newly modified BodyWorks program, a free 8-week course for tweens and teens and their families to improve family eating and activity habits. Young people are encouraged to attend. The evaluation will determine whether the program effectively accomplishes the intended outcome of helping tweens and teens achieve and maintain a healthy weight.

The program, led by Joanne Montzingo, Nutritionist, focuses on making small behavior changes for maintaining healthy weight and is geared specifically for parents, caregivers and young people ages 9 – 16. [valleymed.org/events](http://valleymed.org/events)

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Board of Commissioners  
Public Hospital District No. 1 of King County  
University of Washington  
Valley Medical Center & Clinics  
400 South 43rd Street  
PO Box 50010  
Renton, WA 98058-5010



valleyvoices

valleymed.org

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youtube.com/valleymedicalctr

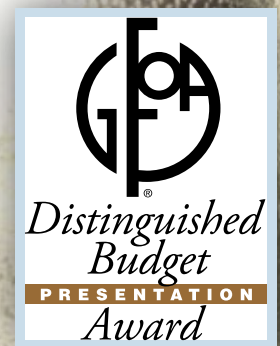
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## Valley Medical Center Receives National Distinguished Governmental **Budgeting Award**

Each year Valley Medical Center opens its books and balance sheets for scrutiny by trusted independent review organizations to ensure that operations and cash flow of taxpayer dollars are being used to benefit the District and that the hospital is financially sound.

This year, Valley Medical Center has received the Distinguished Budget Presentation Award for its annual budget for the fiscal year beginning January 1, 2011 from the Government Finance Officers Association of the United States and Canada (GFOA). The highest form of recognition in governmental budgeting, this award is a significant achievement reflecting the commitment of VMC's Administration and staff.

"What can I say except 'wow!'" said Rich Roodman, Valley Medical Center CEO. "Just when we thought 2011 couldn't get much better in terms of performance recognitions, it did. This prestigious award by the GFOA is testament to the hard work and diligence of our finance team. I hope the people who live in our District feel confident that their tax dollars are being managed wisely. Our financial and management team has had ten years of perfectly clean audits from the State Auditor's Office, as well as from the independent accountants, Moss Adams, and has now distinguished themselves with this additional national recognition."



"This prestigious award by the GFOA is testament to the hard work and diligence of our finance team."