

Parent Resource Newsletter

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August 2014

VMC Opens a New Primary & Urgent Clinic in Maple Valley

Offering primary and urgent care, healthcare providers at the new Maple Valley Clinic began seeing patients earlier this month. The 10,000 square foot clinic features private patient care suites, digital x-ray imaging and is part of Valley's electronic medical record system for improved access to information and enhanced communication across the Valley healthcare network.

Walk-in care with no appointment is available at urgent care Monday – Friday, 8 AM – 8 PM and weekends 8 AM – 2 PM. Same day, reserved urgent care appointments are also available by calling 425.656.4000 during office hours.



Shannon Markegard, MD, Ginger Allen, MD, and Jennifer Castelluccio, PA-C, will provide primary care at the new clinic.



[View Dr. Allen's video](#)



[View Dr. Markegard's video](#)

The new clinic is located at 26458 Maple Valley-Black Diamond Rd SE, next to Fred Meyer at Four Corners. For a primary care appointment, call 425.656.5577. [View more clinic info.](#)



▶ LINK OF THE WEEK

[View Link of the Week & Link Archives](#)

▶ RESOURCES

FREE CLASS



**BodyWorks Intro Workshop—
Creating Healthy Eating and Exercise
Habits for Teens and their Families**
September 23, 6:30 – 9 PM

This introductory workshop provides parents and caregivers of teens ages 9-14 with guidelines to help improve family eating and activity habits, including healthy shopping and cooking strategies, meal planning and portion size, advice for reading food labels, recipes, strategies for physical activities, and more.

Open to parents/caregivers and their teens. The intro workshop is presented by Joanne Montzingo and held at the Medical Arts Center (MAC) —1st Floor, Rooms E & F.

Want to experience the full benefits of Bodyworks? Participants can choose to continue with the FREE 8-week program.

[View class info and registration here](#)

▶ DONOR CORNER

Donation Item Requests

Now through the [Starlight Foundation's website](#), Children's Therapy has a "wishlist" of items we'd love to have donated to our department!

If you are interested in purchasing an item for Children's Therapy, please do so directly through the above website. We especially have a need for new Play-Doh, new construction paper, new glue sticks and new sealed bubbles.

Unfortunately, we cannot accept plush toys or wooden toys (unless the wooden toys are certified to be lead-free).



Thank you!

▶ CHILDREN'S THERAPY WEBSITE

▶ PREVIOUS NEWSLETTERS

Back Issues of the *Parent Resource Newsletter* Available Online

[Click here](#) to view back issues of the Children's Therapy *Parent Resource Newsletter*.

King County Library Updates

Free Classes & Programs



KCLS has several FREE classes and programs for children and adults. Classes/ programs include: Story Times, Study Zones, One on One Computer Help, ESL Classes, One on One Resume Assistance, One on One Assistance with Computers, Teen Writers' Group and so many more!
[View full program offerings.](#)

King County Library System presents FIESTAS

Early Literacy Parties in Spanish / Fiestas de Alfabetizacion Temprana en Espanol

For families and caregivers with children newborn to age five / Para familias y personas a cargo de ninios de 0 a 5 anos. Para mas informacion en Espanol, 425.369.3443, kcls.org/fiestas.



Having Difficulty Keeping Your Child Buckled in the Car?



The Center for Children with Special Needs has included a link on their website for tips about keeping children safely buckled into their car seats. View:

["But my child won't stay in the car seat!"](#)

[The Center for Children with Special Needs' Safety Tips page](#)

Kids Bowl Free this Summer

Visit [Kids Bowl Free](#) for information and to register your child for two FREE games of bowling per day all summer long. Roxbury Lanes, Hi-Line Lanes, Skyway Park Bowl and West Seattle Bowl are among some of the participating bowling alleys. Standard shoe rental rates apply.



Does Your Child with Autism Need Some Extra Help Relieving the Stress of Air Travel?



Wings for Autism® is an airport "rehearsal" specially designed for individuals with autism spectrum disorders, their families and aviation professionals. Wings for Autism® is coming to Seattle-Tacoma International Airport, Saturday, September 27. One of The Arc's national initiatives, the event is hosted by The Arc of King

County, the Port of Seattle and Alaska Airlines and is held periodically. Space is limited. The September 27th event is already full, but if you're interested in attending a future event, you can sign up on their waiting list.

[Sign up to be on the wait list for future events](#)

[Read more about Wings for Autism](#)

Questions? Contact Samantha Court, Development & Events Coordinator at scourt@arcofkingcounty.org or call 206.829.7006.

Children's Therapy will be Closed for the Labor Day Holiday

Make a note that the Children's Therapy clinic will be closed on September 1 for the Labor Day holiday.