Your Electronic Medical Records—When You Want Them, Where You Need Them

When you choose Valley Medical Center and its clinic network for your care, your medical records are now or will soon be part of an electronic medical record (EMR) providing you and your physicians with 24/7 access. EMRs have been phased in at VMC in primary and urgent care clinics, as well as specialty clinics. On October 1, Children’s Therapy will be using EMRs, along with the rest of the hospital and clinic network for a fully integrated EMR system network.

**What is an Electronic Medical Record (EMR)?**

An EMR is a computerized health record. It serves as a central location for key facts and test and surgical results gathered from sources connected to the record. Information is entered by a point of contact: emergency department visit, outpatient diagnostic testing, surgery, inpatient hospital stay or a physician office utilizing the same electronic health record.

*MyChart* provides you with secure, online access to your test results, health records, radiological results, physician and surgical notes, prescription refill and appointment requests 24/7.

**How to Register for MyChart, Your Secure, Online Health Connection**

- Log in to *valleymed.org* and click on the *MyChart* tab on the far right of the page
- You will be prompted to register for log-in access
- Once you register, you will be mailed a letter with a code to activate your *MyChart* account
- After that, just log in with your activation code and you can set up your username and password to review your medical records any time you wish
 Friendship Adventures

Friendship Adventures is a non-profit organization, located in Kirkland, dedicated to enriching the lives of people with disabilities by providing social, recreational and educational opportunities. Some of the activities include: day trips, camping, arts & crafts, Bingo night, movies and barbeques. For individual activity flyers, questions about activities or to be added to their mailing list, please visit friendshipadventures.org, email Maureen@friendshipadventures.org or call 425.444.3132.

 Zip-Lock Bag Ice Cream

For each child or portion, you will need:

• 1/2 cup half & half
• 1/2 teaspoon vanilla extract
• 1 tablespoon sugar
• 4 cups crushed ice
• 4 tablespoons salt
• 2 quart size zip-lock freezer bags
• 1 gallon size zip-lock freezer bag

Directions: Mix the first three ingredients in the quart zip-lock. Seal tightly, squeezing out all the air. Put this bag inside the second quart sized zip-lock bag, again squeezing out the air. In the gallon bag, put in the ice, salt and the bags of half & half mixture. Again squeeze all the air out. Seal it up tight and shake it well for the next 5 - 8 minutes. You might want to use a towel so you don’t freeze your hands. Top this with your favorite toppings!

 UW Autism Center Upcoming Workshops/Consultations

 Stepping Stones Program

The Stepping Stones Program is designed for parents of children age 5 and under who are either non-verbal or have emerging communication skills.

Saturday, October 13, 12:30 - 5 PM

$100 per family (up to two family members)

For more info or to register, contact Ashley Berger Penney at 206.221.5232

 Chill Skills: Emotional Regulation Support for Older Children & Adolescents with Asperger’s and Related Disorders

A 10-week clinical group (4 - 6 persons) for middle school-aged children will meet for 90 minutes, once per week, for 10 weeks.

Parent involvement is required at each session. Children will learn:

• Self-awareness of emotions
• Physical cues and triggers for behavior
• Stress management and relaxation techniques
• How to follow their individualized plan when emotions and behavior start to escalate

For more info and to determine whether your child is a good fit for this group, please email Leah Altemeier, Ph.D at leaha@uw.edu.

 Thursdays, September 13, 4 - 5:30 PM, through November 15

$750 per child and parent
Autism Sleep Consultation Clinic

The UW Autism Center is offering a three-visit medical and behavioral consultation for families of children under 18 years old with an autism spectrum disorder (ASD) and co-occurring sleep concerns (falling asleep, sleeping through the night, or sleeping in his/her own bed). Session 1 will include child’s history regarding sleep concerns and related issues. Session 2 will include recommendations and development of individualized sleep plan. Session 3 will include follow up and additional recommendations. For more info or to schedule an appointment, please contact the UW Autism Center Intake Coordinator at 206.221.6806.

Save the Date for the Holiday Party!

When: Friday, December 14, 5:30 - 7 PM
Where: Medical Arts Center
First Floor Conference Center
4033 Talbot Rd South, Renton

The holiday party fun will include arts & crafts, refreshments, gifts for all children (including siblings!), photo ID cards, photo opportunities with Santa (bring your own camera) and more!

Bumbo Baby Seat Recall

The US Consumer Protection Remedy has issued a recall for the Baby Bumbo Seat (cpsc.gov/cpscpub/prerel/prhtml12/12247.html#UC2bdPLhvqU.email).

What Should You Do? Consumers should immediately stop using the product until they order and install a free repair kit at recall.bumbousa.com, which includes: a restraint belt with a warning label, installation instructions, safe use instructions and a new warning sticker. The belt should always be used when a child is placed in the seat. Even with the belt, the seat should never be used on any raised surface. Consumers should also immediately stop using Bumbo seat covers that interfere with the installation and use of the belt. View a video at bumbousa.com demonstrating proper installation of the restraint belt and proper use of the Bumbo.

Consumer contact: Order the free repair kit at recall.bumbousa.com or call 866.898.4999 between 8 AM and 5 PM, CT Monday through Thursday and between 8 AM and 12:30 PM CT on Friday. Do not return the Bumbo seat to retailers as they will not be able to provide the repair kit.

DONOR CORNER

Thank you to the following donors:

• Rachel Farag for the jugs of Simply Thick, pumps for gel jugs & swallow cut-out cups
• Mercado family for the 33 cans of Resource Thicken Up
• Cordo family for the piano toy, rocking horse, ball and crawl and play
• McLendon’s Hardware for the sand and materials for the Spiral Pendulum project for Autism Day
• Miwa Aparo, Elyce Brauwerman, Irene

Donations Needed for the Children’s Therapy Clinic

• Donations of an iPad/iTouch/iPod or iTunes gift cards in any denomination for the clinic would be greatly appreciated!

Children’s Therapy Donor Recognition

Please let us know if you donate any new items to Children’s Therapy, such as Play-Doh, jugs of bubbles or a monetary/iTunes card donation, so that we can thank you by name in this newsletter.

We are so appreciative of and thankful for your donations!
October is National Physical Therapy Month!

Celebrate with the physical therapy team, Irene, Krista, Lauren, and Jessica and get your bodies moving! This year, we are moving children forward and promoting different ways to keep ourselves fit. Join the fun by participating in weekly activities posted in the clinic as we continue to work towards a healthy, and fit lifestyle!

Kent School District Child Find Screenings

The Kent School District will offer free Child Find screenings for children three through five years of age who may have a disability. The screenings will be in the areas of language, learning and motor development. The screening location is: 12033 SE 256th Street, Kent, WA.

2012 Dates: 9/14, 9/21, 9/28, 10/5, 11/9, 11/16, 11/30, 12/14/2012
2013 Dates: 01/04, 01/11, 01/18, 01/25, 03/01, 03/08, 03/22, 03/29, 04/05 & 04/26/2013

For more info and to schedule a screening, please call 253.373-7513.

2012-2013 Holiday Closures

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<tr>
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<tr>
<td>Thursday, November 22</td>
<td>Thanksgiving</td>
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<td>Friday, November 23</td>
<td>Thanksgiving</td>
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<td>Monday, December 24</td>
<td>Christmas Eve</td>
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<td>Tuesday, December 25</td>
<td>Christmas Day</td>
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<td>Tuesday, January 1</td>
<td>New Years Day</td>
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PREVIOUS NEWSLETTERS

Back Issues of the Parent Resource Newsletter Available Online

Visit valleymed.org/childrenstherapy to view back issues of the Children’s Therapy Parent Resource Newsletter.

If This is Your First Parent Resource Newsletter

Welcome to all of our new families! The Parent Resource is our monthly e-newsletter, keeping you current with what's going on that may be of interest to your family. Printed copies are also available at Children's Therapy. We’ll keep you up-to-date about resources and events in the area, while providing information about Children’s Therapy policies and changes. We welcome your comments—please tell your therapist if you have any suggestions or input. Information about non-VMC sponsored events is for your consideration only; we cannot guarantee the accuracy/content of the listed events and services.

Directions: Mix the first three ingredients in the quart zip-lock. Seal tightly, squeezing out all the air. Put this bag inside the second quart zip-lock freezer bag. Fill both bags with half & half mixture. Again squeeze all the air out of the bags and tie them tightly. Put this bag inside the one-gallon zip-lock freezer bag. Again squeeze the air out of this bag and tie tightly. Put in the freezer and you are ready to serve your ice cream in a bowl. View a video demonstrating proper installation of the restraint belt and proper use of the Bumbo.