

goldenlife

Drought, Wildfires, Smoke, Oh My! Tips for Breathing Easier During Summer Fire Season



With more than half of Washington state already experiencing abnormally dry or moderate drought conditions, the likelihood of wildfires and the resulting widespread smoke is something we should all be prepared to reduce our exposure to this summer. [Learn how to check daily air quality in your zip code and keep your indoor air as clean as possible.](#)

Get Vaccinated BEFORE Flu Season Starts



Get a jump on your influenza (flu) protection by getting your vaccine as soon as it becomes available in the community. [Learn why you should seek early flu protection.](#)

Anticipating the Birth of a New Baby in the Family? Make Sure You're Up-to-Date with Your Whooping Cough Immunization



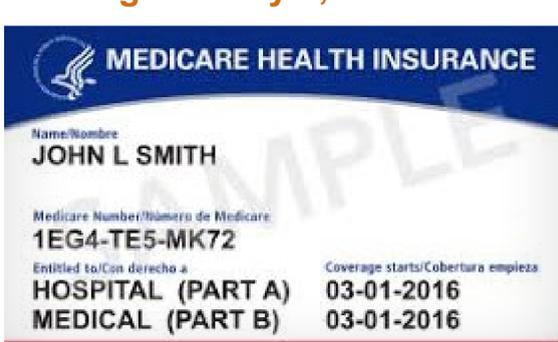
If you know you're going to be around a new baby soon, make sure your whooping cough (pertussis) vaccination (Tdap or DTaP) is up-to-date. Family members and caregivers who are immunized against whooping cough are not only protecting their own health, but also helping form a "cocoon" of disease protection around a baby during the first few months of life, when the illness can cause life-threatening complications. [Find out more.](#)

I've Already Had Measles, Why Should I be Concerned about the Local Outbreak?



If you're caring for a young grandchild or family member, you should be aware of the signs and symptoms of measles, one of the most contagious illnesses now on the upswing. Measles can be serious, especially for children younger than 5 years of age (and adults older than age 20 years) who are more likely to suffer from complications. [Learn what to look for and what to do if you suspect a child close to you has early measles symptoms.](#)

You Can Start Using Your New Medicare Beneficiary ID Now—Old Medicare Numbers Not Accepted Starting January 1, 2020



The new 11-digit Medicare Beneficiary Identification (MBI) numbers have now been "live" in Washington state for eight months—they do not change Medicare benefits. During this time, people with Medicare have been able to use either their old Medicare numbers (HICN) which were based on Social Security numbers or their new MBI. **Starting on January 1, 2020, the transition period is over and only the new MBI will be accepted.** If you are a person with Medicare and haven't already, go ahead and start using your MBI now so that your healthcare providers can get your updated number into the system. People with Medicare will also need their MBIs when they change plans or are admitted to the hospital. Note that people with Medicare who belong to a Medicare Advantage plan or a Medicare drug plan (Part D) should keep using their Medicare Advantage and/or Medicare drug plan cards like they always have when they get health care services or fill a prescription.

Getting Zesty with Citrus Fruits



Want to be part of the movement to limit food waste of all kinds? Get the most from your citrus by using the zest too, the brightly colored top layer of peel. [Get five zesty ideas and a delish side dish recipe.](#)

▶ DONATE

Shop at Fred Meyer and You Will Donate to Valley's Volunteers in Action

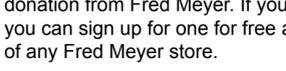


Valley Medical Center's Volunteers in Action is now participating in the [Fred Meyer Community Rewards Program](#).

Now you can support VIA just by shopping at Fred Meyer with your Rewards Card. The donation VIA will receive is related to how many customers select VIA as their Community Rewards organization and how much they shop.

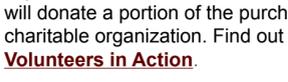
How Can You Sign Up to have Fred Meyer Donate to VIA?

You can link your Rewards Card to VIA by [clicking this link](#) and filling out the online form. Whenever you use your Rewards Card when shopping at Freddy's, you will be helping VIA earn a donation from Fred Meyer. If you do not have a Rewards Card, you can sign up for one for free at the Customer Service Desk of any Fred Meyer store.



What is AmazonSmile?

When you shop at [smile.amazon.com](#), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. Find out how to [sign up to support Volunteers in Action](#).



Why Support VIA?

In addition to serving the hospital with their time and talents under hospital direction and supervision, our VIA organization is a valuable financial contributor to Valley. The VIA organization uses the money it raises through the gift and flower shops, special vendor sales and now Fred Meyer's Community Rewards and AmazonSmile, to purchase vans for our free shuttle service and fund special purchases around Valley, like the DAISY display case in the hospital main lobby and provide low-income families in our district gift cards so they can purchase groceries for their holiday meals or buy gifts for their children.

Summer 2019

▶ SPECIAL EVENT



Valley Girls & Guys are hosting the inaugural **Be The Hope Walk**, a one-day fundraising event on July 20, 2019. [Learn the ways you can participate and support enhanced cancer services within our South King County community!](#)

▶ RESOURCES



SAVE THE DATE for GoldenCare's FREE Senior Health Fair

Friday, Sept. 6, 2019, 9 AM – 1 PM
Renton Community Center
Watch for a postcard invite in August.

Looking for a doctor?

Visit [valleymed.org](#) or call 425.277.DOCS (3627) to find a physician, or [valleymed.org/clinics](#) for a clinic list.



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.



Pulmonary Rehab

Pulmonary Rehab includes monitored exercise and teaches you how to manage your condition and live better with less shortness of breath. Interested? Call 425.228.3440, ext. 2478 or visit [valleymed.org/pulmonaryrehab](#).



TangoStride!

Wednesdays, 2 – 3 PM
\$12 per class per couple



Re-connect to your sense of balance and fun! Class is open to stroke survivors and their partners who are able to stand with or without assistance.

[More Info | Register](#)

CancerLifeline

Cancer Lifeline Services, Resources and Classes

Cancer Lifeline optimizes the quality of life for all people living with cancer. They provide emotional support, resources, educational classes and exercise programs designed to support people in all stages of the cancer process.

[Find out more.](#)

▶ FREE SEMINARS AND EVENTS

Community Conversation about Healthcare Equity



Thursday, June 13, 6 – 7:30 PM
Kent Commons Community Center

Please join us and share your thoughts about:

- What affects how and when you seek healthcare?
- How have you experienced the healthcare system?

Bring a friend, neighbor or coworker! Light refreshments & children's table activities provided. Free blood pressure screening.

[Learn more | Register](#)

Prescriptive Exercise Info Sessions



Get a prescription for a lifetime of good health. Attend this free, 1-hour presentation to learn about our specialized, prescriptive exercise programs, Healthy Foundations and Lifestyle 365 available in Covington, Maple Valley & Renton locations.

[Learn more | Register](#)

▶ SUPPORT GROUPS

HOPE in your Heart Cancer Support Group



4th Mondays of each month, 7 – 8:30 PM

Vine Maple Place, Maple Valley

[More info | Register](#)

Memory Loss Caregiver Group



4th Tuesday of the month, 5 – 6:30 PM
Valley Medical Center/
Medical Arts Center
Call Nancy Streiffert 253.796.2203

[alz.org](#)

Gluten Intolerance / Celiac Disease Group



3rd Tuesday of the month, 7 – 9 PM

[Learn more](#)

Stroke Club



Meets 2nd Tuesday of the month, 6 – 7 PM

[Learn more](#)

Questions? Email strokecenter@valleymed.org

▶ GOLDENCARE WEBSITE

▶ PREVIOUS NEWSLETTERS

[Click here](#) to view back issues of GoldenLife.

