

Community CARE update

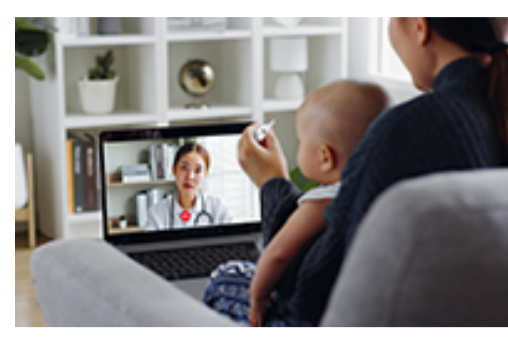
HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

Long Wait Times in the ED and Urgent Care: How to Stay Healthier & Find the Best Place to Get the Care You Need



Like many hospitals across the area and across the country, Valley is experiencing extremely high numbers of patients, in part because of growing numbers of respiratory illness including flu and RSV. We need your help to make sure resources in our Emergency Department are being saved for those in need of emergency care. [Get tips for where to get care and best ways to avoid illness or spreading it.](#)

RSV, Flu and COVID: Signs, Symptoms and Protecting Those Most Vulnerable from the Respiratory Illnesses in the Community



Following nationwide reporting from hospitals, leaders from the Centers for Disease Control, or CDC, are warning of higher than normal respiratory infections and an earlier than normal flu season, with more flu hospitalizations for this time of year than we've seen in 10 years. Three respiratory illnesses of concern are currently swirling about: respiratory syncytial virus or RSV—a seasonal illness which is the most common cause of bronchitis and pneumonia in young children, plus flu and COVID. This year, after a recent increase in RSV cases, flu is now on the rise and putting healthcare providers and parents on alert. [Learn more about when you should seek immediate care.](#)

Holiday Health Myths—Busted



Many people feel as if they face a choice: They can either enjoy the holidays or they can focus on their health, but they can't do both. Luckily, that's a myth. You can have it both ways—learn how!

Valley Doc Shares Why It's Important Not to Ignore Chronic Conditions



A chronic condition may not bother you now, but it may lower your quality of life if you don't take care of yourself. It can also lead to future health problems and increase your risk of death. [Watch Shawn Myers, MD's video for advice on lowering your risk and severity of a chronic condition and managing it if you have one.](#)

It's Never Too Late—Reduce Your Type 2 Diabetes Risk at Any Age



If you could make one investment that would reduce your risk of type 2 diabetes, improve your health, and give you more time and energy for the people and activities you love, would you? If you have or are at risk for prediabetes, there are steps you can take to prevent or delay type 2 diabetes and other serious health problems while improving your health. [Learn more about getting support with reasonable, proven lifestyle changes—and it's covered by Medicare and many insurance plans.](#)

If You Smoked or Currently Smoke, a Low-Dose Lung Cancer Screening Could Save Your Life



A low-dose CT scan to screen for lung cancer is key to early detection of this leading cancer killer of women and men. When lung cancer is diagnosed at an early stage before it spreads, the likelihood of surviving five years or more improves to 60%. A person is considered high-risk for lung cancer if they: 1) Are between 50–80 years old (or between 50–77 years old and on Medicare); 2) Have a 20-pack year history of smoking (this means one pack a day for 20 years, two packs a day for 10 years, etc.); and 3) Are a current smoker or have quit within the last 15 years. If you answer "yes" to these questions, then you're at high risk for lung cancer and should ask your primary care provider for a lung screening order. If you don't have a PCP, call the High Risk Screening Clinic at 425.690.3677 for a lung cancer screening appointment. If financial assistance is needed, it is available through a grant awarded to Valley by the Whedon Cancer Detection Foundation by calling 425.690.3677.

Celebrating, Honoring and Observing National Native American Heritage Month 2022



Since time immemorial, American Indian and Alaskan Natives have built vibrant and diverse cultures connecting with and preserving their land, language, spirit, knowledge, and tradition across the generations. During National Native American Heritage Month, or NNAHM, we celebrate the people who cared for the land that we now live on, and the cultures that have survived. [Learn more about NNAHM local events and resources.](#)

Give Thanks & Celebrate Valley's 75th Anniversary with a Commemorative Thank a Caregiver Heart



In honor of Valley's 75th Anniversary, beautiful, limited-edition Diamond White Thank a Caregiver glass hearts are available for \$30 each (regularly \$50) at valleymed.org/donate. Thanks to our community, this event has raised over \$20,000 for Valley's future Cancer Center! And, by popular demand for holiday giving, we've extended Valley Votive ordering through Nov. 30—\$50 each, with proceeds benefitting Valley's Cancer Services. [valleymed.org/votive.](#)

Harnessing Hope to Reignite Your Glow



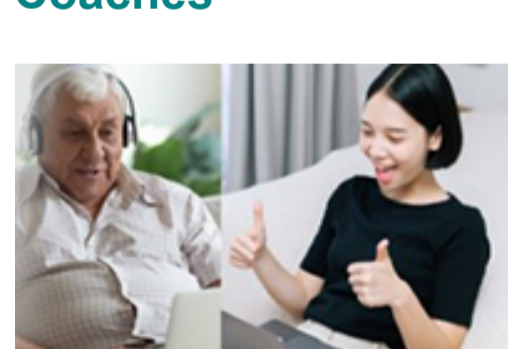
If you weren't able to join us for our virtual fundraising event featuring keynote speaker Anne Browning, PhD, MA, who spoke about cultivating hope and resilience during trying times, we invite you to watch it today. [Harnessing Hope](#) donations to benefit Valley's Cancer Center are still being accepted at [valleymed.org/donate](#). Thanks to our community, this event has raised over \$20,000 for Valley's future Cancer Center! And, by popular demand for holiday giving, we've extended Valley Votive ordering through Nov. 30—\$50 each, with proceeds benefitting Valley's Cancer Services. [valleymed.org/votive.](#)

Help Make Birthday Wishes Come True for Children Experiencing Homelessness



As Valley celebrates our 75th birthday, we wanted to give back to our community. For this year's holiday collection drive, Valley is partnering with Birthday Dreams to provide meaningful birthday celebrations for children whose families cannot afford to host a party or provide gifts, often operating completely behind the scenes. Find out what's on the wish list and where Valley is collecting gifts & supplies.

Join Valley's Health Coach Program—Looking for Patients and Volunteer Coaches



Patients: If you'd like to make positive changes to improve your health and you are patient at a Valley primary care clinic, you may be qualified for free health coaching. [Learn more.](#)

Volunteer Health Coaches: Complete a free, 12-week online course, gain marketable skills, and you may be eligible to serve as a volunteer health coach. Serve for approximately six months and work one-on-one with an assigned patient. [Learn more.](#) [How to apply.](#)

The Valley Family is Growing—Now Hiring!



At Valley, we serve a critical role in helping maintain and improve the health of our community. We share core values such as compassion, respect, trust, teamwork and an honest passion for helping others. If this excites and motivates you, consider joining our team! Signing incentives for: RNs, Coder/Abstractor II, CNS-Educators, Imaging Services Specialist, Medical Assistants, Patient Resource Rep, Patient Service Rep, Psychotherapist, Surgical Technicians. See all job openings at [valleymed.org/careers.](#)

Join Volunteers in Action—Doing Good for Others!



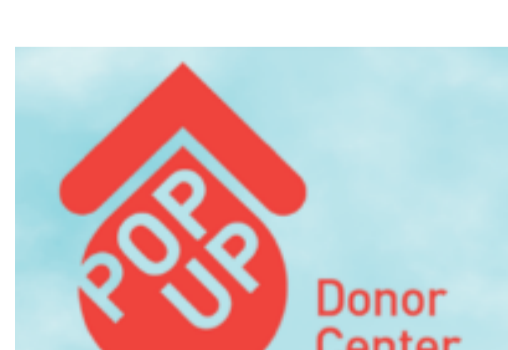
Consider joining Valley's Volunteers in Action, or VIA, by giving a few hours of your time, talent, love and concern for people in our community. Must be 18+ years and available for one 4-hour shift per week, successfully pass a background check and be fully vaccinated against flu and COVID.

Valley is looking to fund the following positions:

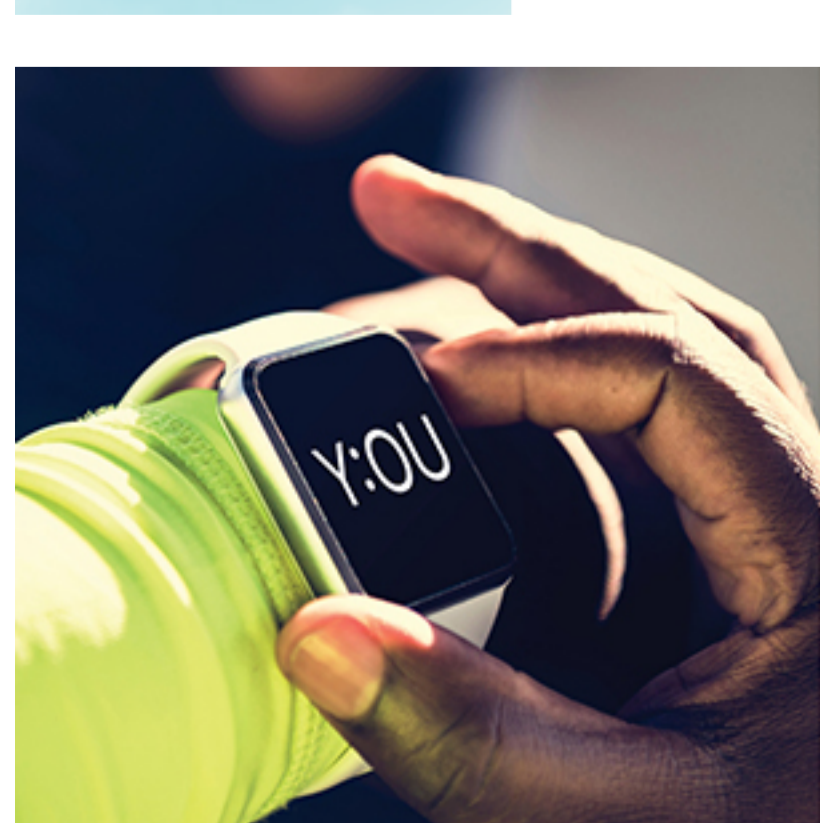
- **Present Place Gift Shop:** Gift shop sales fund local philanthropic projects. Skills include customer service, sales and merchandising.
- **Courtesy Shuttle Driver:** Transport patients and visitors throughout campus and neighboring clinics. Need current Washington driver's license and clean driving record.
- **Information Desk:** Just inside the hospital main entry, be the welcoming face of Valley! Greet and escort patients and visitors. Answer phones. Deliver flowers and gift items to patients.

[Apply today!](#) Email [Lara Willmore](#) for more information or call 425.690.5955.

Give Back at the Pop-Up Blood Donation Center at Valley: Wednesday, Nov. 23



Valley is pleased to announce we are hosting our first blood drive in more than two years! Donating blood is a much-needed and appreciated way to serve your community. Donations by appointment only—no walk-ins, guests, or people under age 16 onsite. [Learn more and make an appointment online or call 1.800.398.7888.](#)



Take Time Today for YOU!

Primary care, preventive screenings, lifestyle medicine and mental health—we're here to help you live your best life!

[GET STARTED](#)



Community Events

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

Connect with Valley

