

Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

Inspiring Stories + Impactful Keynote + Illuminating Swag = An Irresistibly Fun Virtual Event Benefitting Our New Cancer Center!



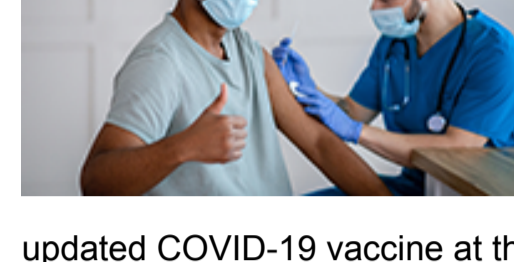
Join us on Oct. 19 for a virtual fundraising event celebrating Valley's 75th anniversary and the 12th anniversary of our GLOW program. From 6 - 8 PM, you'll get insightful tools and strategies to utilize joy and acceptance to positively impact our daily lives from keynote speaker Anne Browning, as well as inspiring stories of hope from Valley's staff and patients. Proceeds benefit Valley's new Cancer Center. [Click here to register and get your Valley GLOW votive today!](#)

The Ultimate Guide for a Spook-tacular Good Time



From flashy costumes to well-adorned pumpkins, planning the treat-or-treat trail and more, this guide to a healthy and safe Halloween is worth checking out if you have trick-or-treaters in your family or are welcoming Halloween visitors to your door step. [No tricks—get the top tips here.](#)

Supercharge Yourself Against "Flurona" Season



The best protection against flu and COVID-19 is vaccination. It's safe for both adults and children aged 12 years and older to get both a flu and

updated COVID-19 vaccine at the same time. By appointment, Valley now offers the new, bivalent COVID-19 booster for patients who already see a Valley primary care provider. The new vaccine protects against the Omicron variants, as well as the original COVID-19 strain. We still encourage patients to use community pharmacies for flu and COVID shots when possible. King County residents can get flu and COVID shots at no cost at any county vaccination site, including in Auburn, Covington, Kent and Renton. [Find out when & where to get a COVID-19 booster & other answers to your questions.](#) Find a vaccine location close to you at the [Vaccine Locator website.](#)



Squeeze Us In

We know you're busy, but take time for a mammogram—when it comes to breast cancer, early detection is your best protection.

- Renton & Covington locations
- No referral needed for age 40+

Get scheduled today!

The Breast Center



425.690.3688

Missed Tuning In to Our Virtual Health & Wellness Event? Video Series Answers Most Asked Questions



Valley's 2022 Health & Wellness Event was virtual, with content experts from across VMC speaking to the topics GoldenCare members asked to know more about: Mental Health & Wellness in Retirement Years | Advance Care Planning | Medicare FAQs | Age-Friendly Fitness | Navigating MyChart | Annual Medicare Visits | Preventing Falls. Watch all seven videos by Nov. 1, 2022, answer a question about each topic in an [online survey](#), and you'll be entered into a drawing of chance for a cozy blanket and a We Are Valley coffee mug. Many chances to win!

With No Consistent Symptoms or Single Test to Identify It, How Do Specialists Diagnose & Treat MS?



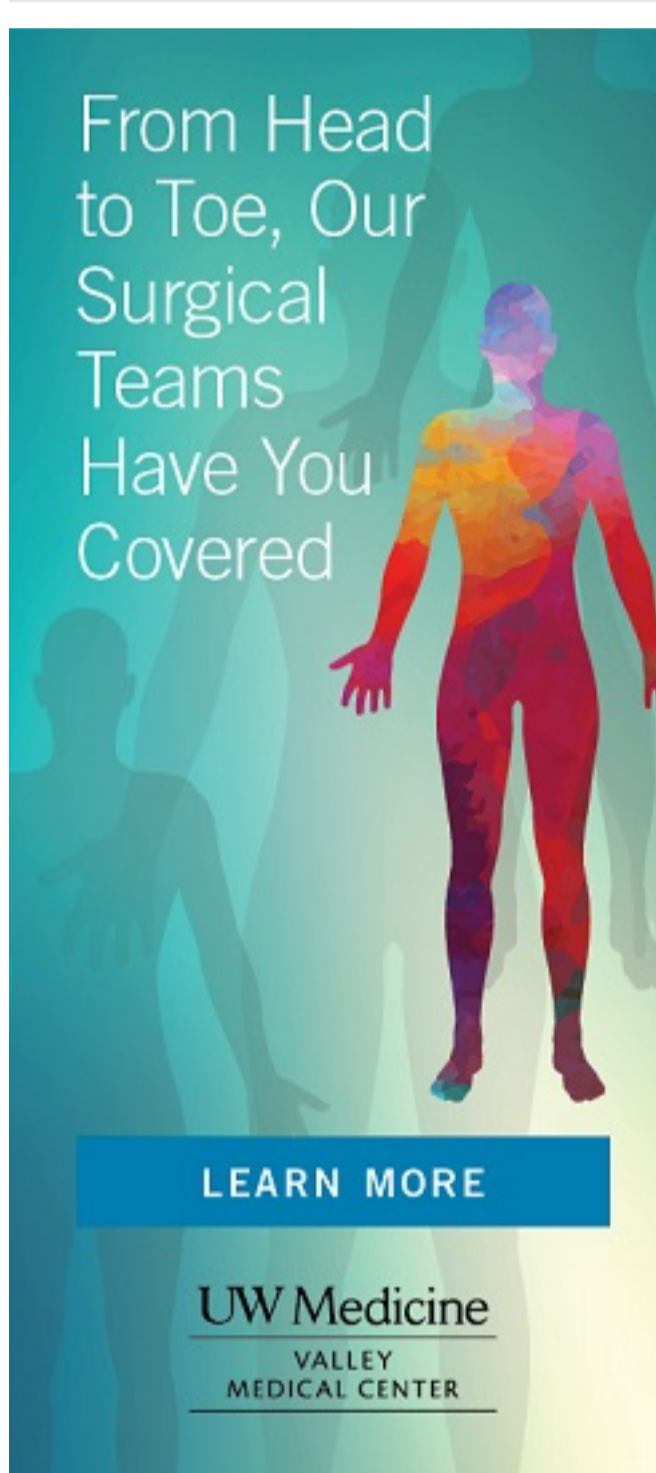
A disease of nerve damage, Multiple Sclerosis symptoms come from areas of the nervous system being damaged by the disease, so signs and symptoms vary. People can experience changes to vision, sensation, balance, walking, hand function, or even bladder or bowel function. [Learn more about MS from Valley neurologist and MS specialist, Sargon Bet-Shlimon, MD,](#) including medication treatment to reduce the risk of disability.

Valley's 'Top Doc' Providers Recognized by Seattle Met and Seattle Magazines



Every year, both Seattle Magazine and Seattle Met magazines hold Top Docs polls allowing medical staff to vote for their peers as the best in the region.

Valley is proud to announce our regionally recognized physicians, PA-Cs and ARNPs. [See the list!](#)



From Head to Toe, Our Surgical Teams Have You Covered

LEARN MORE



Check Out Valley's New Physicians



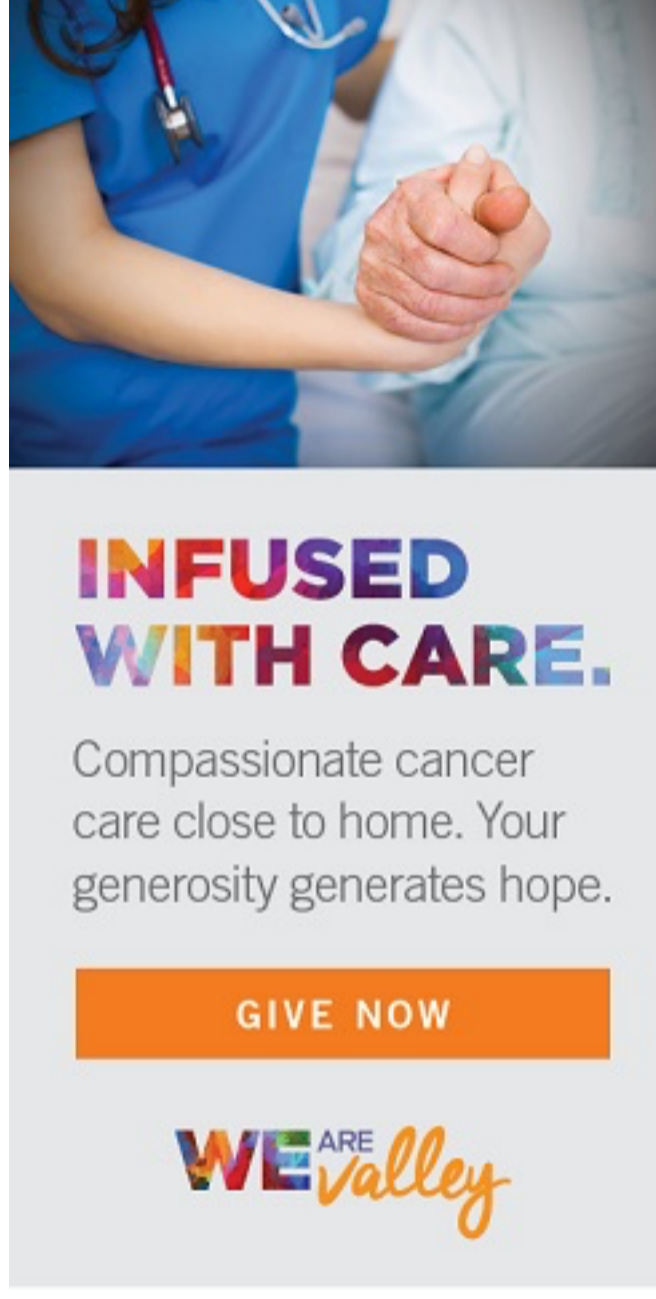
- Yuriy Golub, DO, Fairwood Primary Care
- Tajana Kundacina, DO, Valley Women's Healthcare Clinic
- Kevin Luk, MD, MPH, Dermatology
- John "Jack" McCallum, MD, Vascular Surgery
- Alexey Shikunov, MD, Headache Specialist/Neurology
- Laura Walsh, MD, PhD, Dermatology

Physical Activity Tips Busy Kids and Families Need to Know About



For those who often juggle homework and extracurricular activities, an hour can seem like a lot of time for today's busy kids. But homework shouldn't

be an excuse for inactivity. According to the Centers for Disease Control and Prevention, students who are physically active tend to have higher grade point averages and lower their risk of health conditions like diabetes and heart disease. [Get ideas for staying active as a family, even during the cold months.](#)



INFUSED WITH CARE.

Compassionate cancer care close to home. Your generosity generates hope.

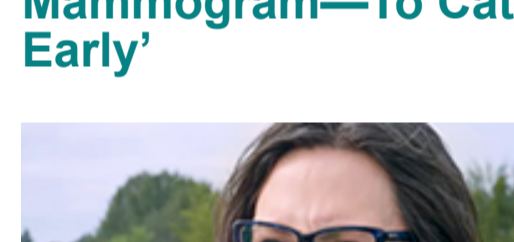
GIVE NOW



[valleymed.org/vmccares](#)
For more information contact Carrie Murayama carrie_murayama@valleymed.org or 425.690.5956

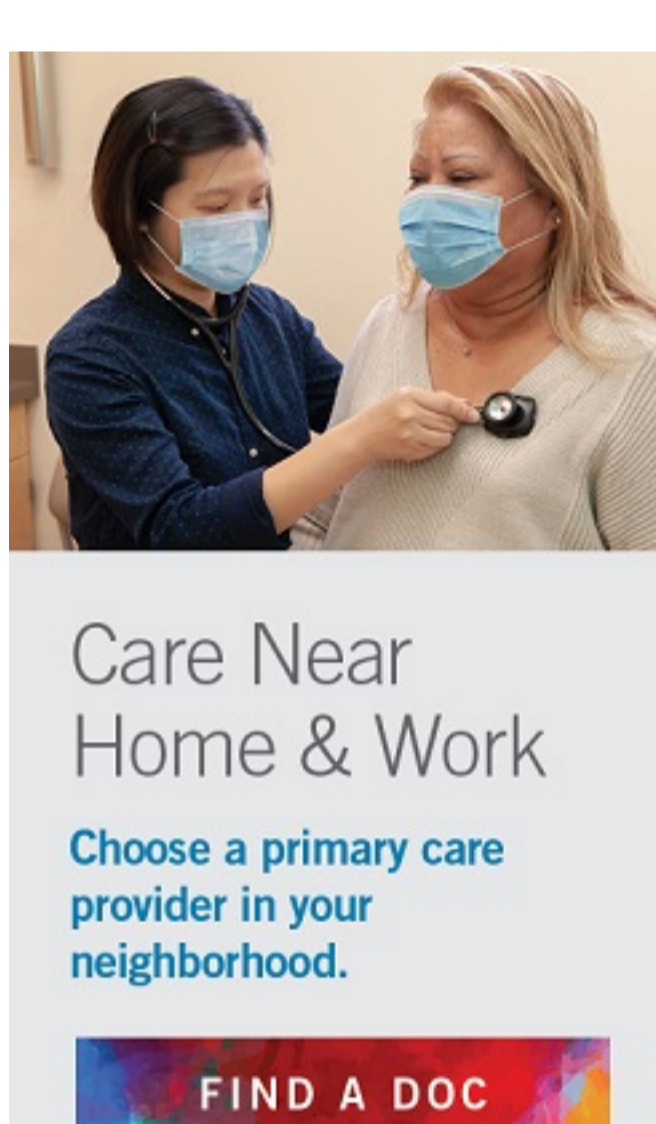
Valley Medical Center - Public Hospital District No.1 is a 501(c)(3) nonprofit organization.

After Learning That Something Didn't Look Quite Right, Breast Cancer Survivor Terri Said, 'This is Why I Get a Mammogram—To Catch Something Early'



Because Terri stayed current with her breast cancer screening, she was diagnosed at the earliest and best possible time, at Stage 0. Terri met

with all her doctors on one day, getting all the facts and answers to her questions—knowledge and understanding reduced her fear, making her feel empowered to be part of her healthcare team and treatment plan. "The fear of the known is much less than the fear of the unknown," says Terri. [Watch Terri's video.](#) [Schedule a mammogram today.](#)



Care Near Home & Work

Choose a primary care provider in your neighborhood.

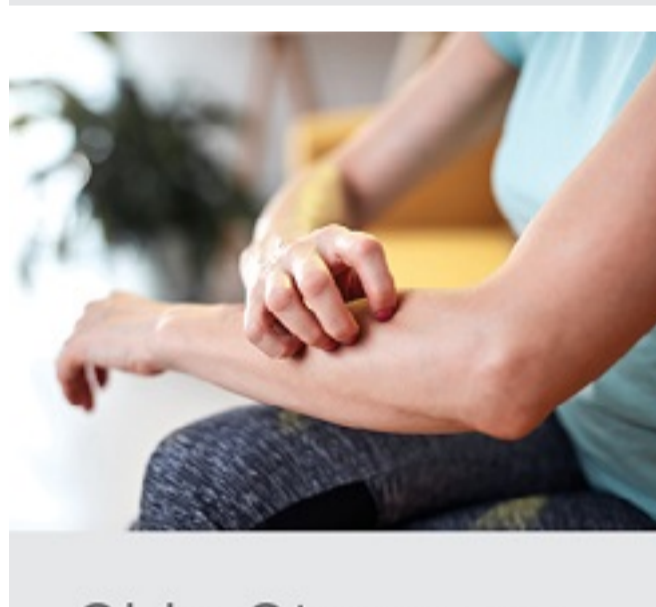
FIND A DOC

Need Diagnostic Breast Cancer Services but Not Sure How to Pay for It? Help is Available



Valley Girls & Guys/Mountain for Mammies helps those in need of a diagnostic mammogram,

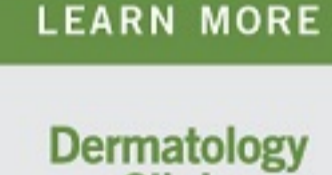
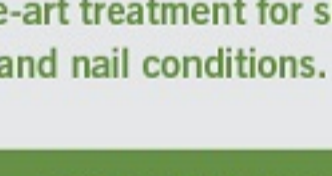
ultrasound, biopsy or MRI services. If you are uninsured or under-insured, or facing out of pocket expenses that exceed your ability to pay, you can apply for a grant through M4M. [Learn more.](#)



Skin Stressors Solved

From acne and eczema to psoriasis, warts and beyond, our team provides comprehensive care and state-of-the-art treatment for skin, hair, and nail conditions.

LEARN MORE



Need help?

Find free & low-cost housing, food, transportation, healthcare & more.

[ValleyCares.valleymed.org](#)



Valley's Win in Local Cord Blood Donation Competition Helps Increase Community Supply, Saves More Lives



Umbilical cord blood is a simple and safe way to make the birth of a child into someone else's second chance. Cord blood contains special blood-forming cells that can be used as a life-saving transplant for patients suffering from many diseases like leukemia or sickle cell anemia. In a recent local competition, Valley nurses and doctors cared for our community like family by collecting more cord blood than any other participating hospital. For those who are pregnant, consider adding cord blood donation to your birth plan

[—learn more.](#)

Join the Valley Family! Signing Incentives for Many Positions



Check out the many ways to become part of the Valley family—including: Coder/Abstractor II, CT Tech, Echo Tech, Imaging Services Specialist, Medical Assistant, Ophthalmology Tech, Patient Service Representative, Pharmacy Operations Coordinator —Inpatient, Psychotherapist, Project Manager, Registered Nurses —new hires, Lab Support Supervisor, Surgical Technician. [valleymed.org/careers](#)

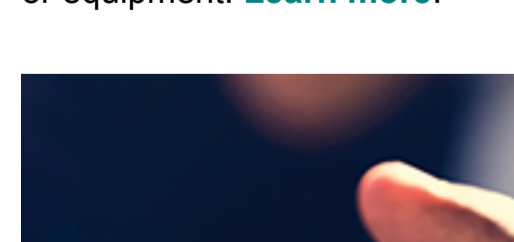
Valley recognized by AMA's Joy in Medicine Program



Valley is excited to share we've been recognized by the American Medical Association's 2022 Joy in Medicine Health System Recognition Program for our efforts to improve physician well-being and combat burnout. Valley joins the ranks of prominent, large health systems like Cleveland Clinic, Johns Hopkins Medicine, and the Mayo Clinic in our commitment to the well-being of our physicians and advanced practice practitioners. [Read more about the Joy in Medicine award and Valley's efforts to reduce physician burnout.](#)

SCAM ALERT: Protect Yourself and Your Identity from Fake Job Postings

A fake job/fake check scam is active on national job boards such as LinkedIn, Upwork, and many others. While Valley does post positions on many job boards, all of our current positions are also listed on our own Careers site. Please apply with Valley directly and not through an "easy apply" feature on a third-party site. We never use names of our company officials or Board members in our postings and we never ask applicants to pay for services or equipment out of pocket or cash a Valley check for services or equipment. [Learn more.](#)



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

- **Your Blood Makes All the Difference: Schedule a Donation**
There is an urgent regional need for all blood types. Schedule an appointment at one of [Bloodworks Northwest's 12 donation centers](#) or convenient pop-up locations, including the new Renton Donation Center at [660 SW 39th St.](#) just 2 blocks north of IKEA.
- **NAMI Family-to-Family Program—Oct. 19 – Dec. 14**
This free, 8-session education program is designed to help family members understand and support their loved one living with mental illness, while maintaining their own well-being. Described as life-changing, the program is taught by trained teachers who also have loved ones living with mental illness.
- [Valley's Virtual Birth Center Tour](#)
- [Adjusting to Parenting Support Group](#)
- [Breastfeeding/Chestfeeding Support Group](#)
- [See all Valley classes, events and support groups.](#)

Connect with Valley



[PROVIDERS](#) | [SERVICES](#) | [LOCATIONS](#) | [CAREERS](#)

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