

# Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

January 2025

## A New Era in Cancer Care Begins at Valley

### State-of-the-Art Facility Will Treat 40% more Patients



February 3, 2025, marks the beginning of a new era in cancer care as we welcome patients to Phase One of our comprehensive Cancer Center—a major step forward for South King County. Located in the East Pavilion on Valley's main campus, this state-of-the-art facility will bring together our nationally recognized cancer programs and services. Coordinated care under one roof will make it much more convenient for our patients and their loved ones. [Read on to learn how our new facility supports patients.](#)

**In case you missed it:** Our new Cancer Center was featured recently in [425 Magazine](#).

## Meeting the Need of the Hour: Cancer Care in South King County

### Hear from two of Valley's cancer care team leaders



**NEW EPISODE!**

with Navanshu Arora, MD and Chermaine Wulff

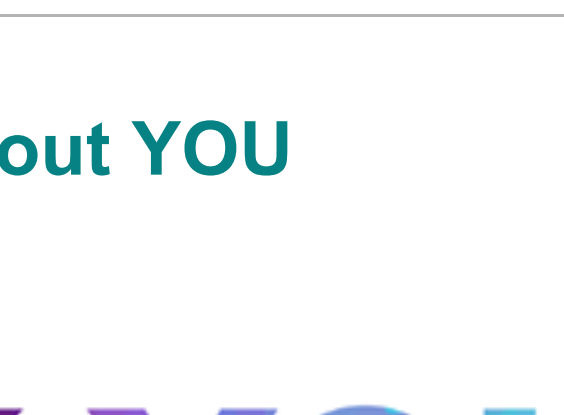
We invited [Navanshu Arora, MD](#), Associate Medical Director of Cancer Services, and Chermaine Wulff, Manager of Infusion Center, for an in-depth discussion about cancer care at Valley and our new Cancer Center. [Listen today and learn more about our amazing cancer care team.](#)

## Staff Spotlight: Meet Our Incredible Cancer Services Team



At Valley, we pride ourselves on providing something extra with the care you receive. Our mission is to care for our community like family, and our staff truly lives by it. In the world of cancer care, with high stakes diagnoses and a rollercoaster of emotions, the extra heart you receive from your caregivers is more important than ever. [Read on to hear from our Cancer Services staff and leaders about what led them down their pathways to cancer care and why it's so meaningful.](#)

**JOIN US!**  
**GRAND OPENING FOR THE CANCER CENTER**  
 at Valley Medical Center



**WHEN:** Thursday, Jan. 16, 4 – 8 PM  
**WHERE:** Valley Medical Center East Pavilion, 4009 Talbot Rd. S, Renton – 3rd floor  
 Park in Garage C and cross the Bridge of Hope to the new Cancer Center!

[LEARN MORE ABOUT OUR NEW CANCER CENTER.](#)

## We Wouldn't Be Here Without YOU

# THANK YOU

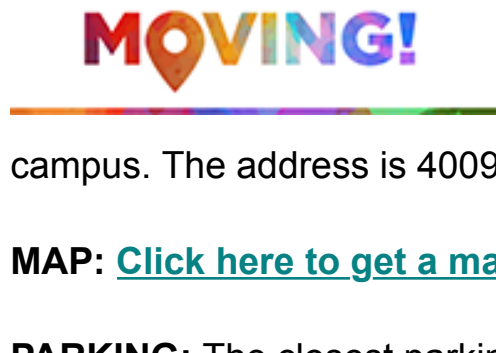
**Look what we have achieved together!** Thanks to the incredible support of SO many – from our **Board of Trustees** and entire **senior leadership team** to our **oncology leaders, providers and caregivers**, to [Valley Girls & Guys](#) and more than **600 individual and corporate donors** – our goal is being realized! As we prepare for the opening of the first phase of the Cancer Center, we know that it's through the remarkable kindness and generosity of our Valley community, who have come together with a **shared vision of hope, help, and healing for every neighbor battling cancer in South King County**, that we now get to celebrate this incredible milestone. We invite you to review the list of Cancer Center supporters who are committed to wrapping our patients and their loved ones in seamless, compassionate care at [valleymed.org/cancercenter](#).

While we have come so far, there is still more work to be done, and fundraising continues for the **remaining \$45M needed to complete the last two phases:**

- **Phase 1B:** New Oncology & Hematology Clinic, Multidisciplinary Clinic, Laboratory, and Café on the third floor
- **Phase 2:** Radiation Therapy and Oncology Imaging on the first floor

**Please consider making a tax-deductible donation today!** With questions or for more information, please contact Carrie Murayama, Director of Philanthropy & Volunteer Services, at [carrie\\_murayama@valleymed.org](mailto:carrie_murayama@valleymed.org) or 425.690.5956.

## Trapper & Samantha Wellbeing Support Center: Enriching the Lives of Those Navigating a Cancer Journey



A cherished resource, the Trapper & Samantha Wellbeing Support Cart has brought comfort and resources to countless patients undergoing cancer treatment at Valley. It is now growing into something even more extraordinary—an inspiring, dedicated suite in our new Cancer Center. [Learn how the Trapper & Samantha Wellbeing Support Center helps patients and their families navigate their cancer journey.](#)

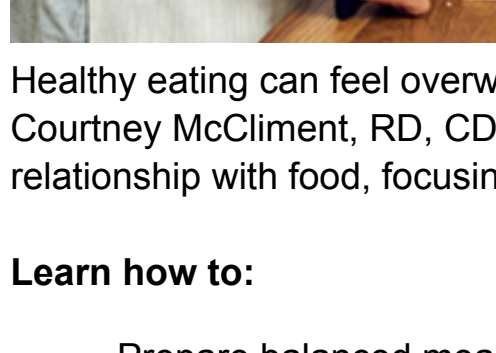


Beaming with **PURPOSE**

Hope lights the way for compassionate cancer care. Your generosity keeps it shining.

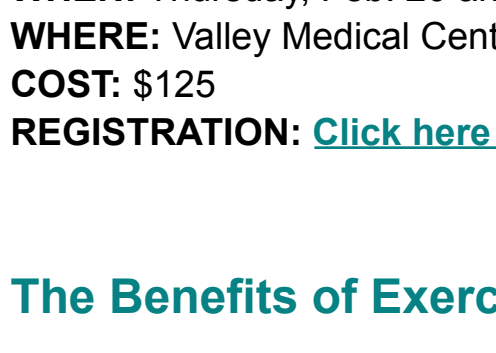
[GIVE NOW](#)

## How Do the New Spaces Opening in Phase 1A Support Valley Patients?



What all is included in Phase 1A of the Cancer Center and how do these departments serve Valley patients? We talked to representatives from the [Infusion & Immunotherapy Center](#), [Infusion Pharmacy](#), and [Acute Symptom Management Clinic](#) to learn more about the teams and the care they provide.

## Update Your Address Books: Infusion & Immunotherapy Center will begin Seeing Patients in the New East Pavilion Space Starting Feb. 3



Are you a patient of Valley's [Infusion & Immunotherapy Center](#)? Starting Feb. 3, 2025, all appointments will be held in the new space in the East Pavilion building. Here's what you need to know.

**ADDRESS:** The Infusion & Immunotherapy Center is moving from the main hospital to the East Pavilion building on the main campus. The address is 4009 Talbot Rd. S., Renton.

**MAP:** [Click here to get a map to East Pavilion.](#)

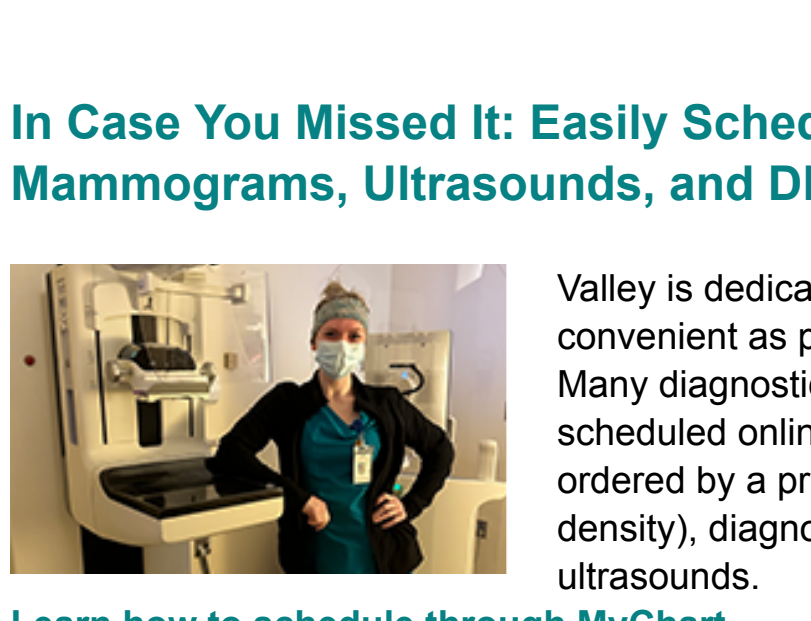
**PARKING:** The closest parking is in Parking Garage C. Take the garage elevator to Floor 7. Travel across the Level 7 Bridge of HOPE into Floor 3 of East Pavilion. The new Infusion & Immunotherapy Center will be down the hall to your left, in Suite 310.

**DROP OFF:** If you are being dropped off for your appointment, it can happen on either side of the building (near the Talbot Professional Center or Parking Lot B). Take the elevator to Floor 3.

**PHONE #:** As part of the move, the Infusion & Immunotherapy Center's phone number is changing. Starting Feb. 3, please call **425.690.3669** to contact your care team.

**HOURS:** The Center's new hours will be as follows:

- **Monday, Tuesday, Friday:** 7 AM - 7:30 PM
- **Wednesday, Thursday, Saturday, Sunday:** 7 AM - 5:30 PM



Lend a Helping Hand

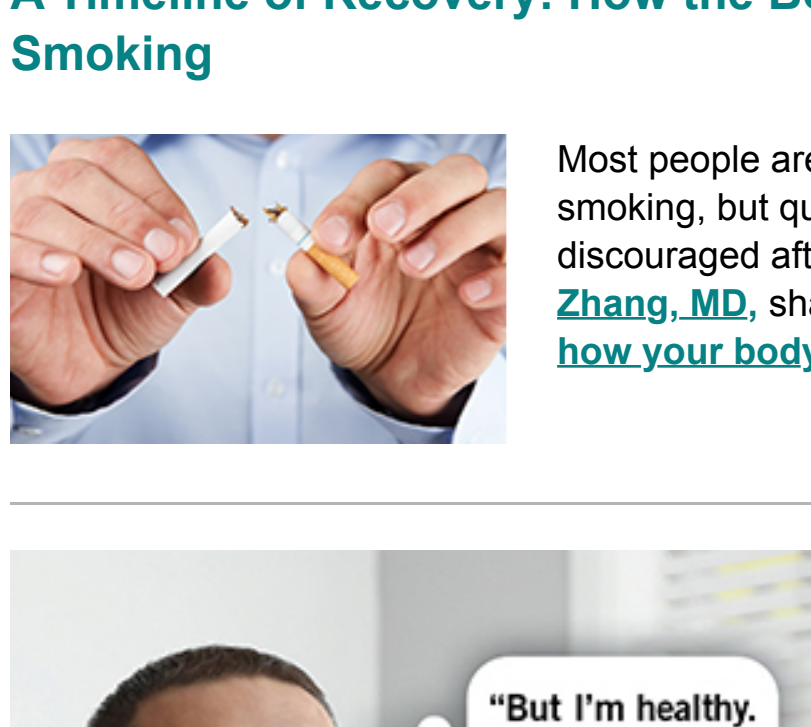
Small acts of kindness. Big moments of hope. Our Cancer Center needs YOU.

**WE ARE valley**

[VALLEYMED.ORG/VOLUNTEER](#)

## Ditch the Diet - Just Eat Smart!

Reset your relationship with food, focusing on nutrition and well-being, in our new 3-session workshop led by a Registered Dietitian



Eat **SMART**

Ditch the diet. Just Eat Smart. Let us show you how.

**WE ARE valley**

Healthy eating can feel overwhelming and confusing. Our new Eat Smart workshop, led by Courtney McCliment, RD, CDCES, with Valley's [Lifestyle Medicine](#) clinics, aims to reset your relationship with food, focusing on nutrition and well-being.

**Learn how to:**

- Prepare balanced meals that control hunger
- Apply 5 nutrition habits that reduce your risk of chronic disease
- Break down online fad diets and nutrition trends
- Be mindful yet still enjoy favorite foods
- Grocery shop and eat out within a healthy lifestyle
- Tackle the challenges of aging with insights from Lifestyle Medicine

And more clinically proven tips from a registered dietitian.

**WHAT:** Eat Smart workshop  
**WHEN:** Thursday, Feb. 20 and 27 and March 6, 6 - 7:30 PM  
**WHERE:** Valley Medical Center's Medical Arts Center Auditorium - [Click here for map.](#)  
**COST:** \$125  
**REGISTRATION:** [Click here to register.](#)

## The Benefits of Exercise for Cancer Warriors and Survivors



Exercise is a powerful tool for improving the quality of life for people fighting cancer and survivors alike. Whether in treatment or in recovery, engaging in regular physical activity can offer a wide range of physical, emotional, and psychological benefits. [Learn more and find out how our Lifestyle Medicine clinics can support your cancer journey.](#)

## Cancer Lifeline Provides Support and Online Resources for Cancer Patients and Caregivers



[Cancer Lifeline](#) provides support to cancer patients, caregivers, and survivors in our region. Valley is proud to collaborate with Cancer Lifeline to bring free support groups, classes, and personalized emotional support and exercise programs tailored to cancer patients and survivors. [See the calendar of upcoming support groups and classes sponsored by Valley.](#)



Add YOU to Your 'To-Do' List

Schedule your annual mammogram today!

[SCHEDULE YOUR APPOINTMENT](#)

## In Case You Missed It: Easily Schedule Your Diagnostic Mammograms, Ultrasounds, and DEXA Scans on MyChart



Valley is dedicated to making your healthcare experience as convenient as possible and helping you get the care you need. Many diagnostic services at our [Breast Center](#) can be scheduled online through MyChart. This includes services ordered by a provider for DEXA scans (to measure bone density), diagnostic mammograms, and/or diagnostic ultrasounds. [Learn how to schedule through MyChart.](#)

## Strollin' through the Colon: Outreach Event Showcases the Importance of Colon Health



Staff and visitors got an immersive lesson on colorectal health in December, thanks to a stroll through a 20-foot inflatable colon. [Learn how the event promoted colon health.](#)

## A Timeline of Recovery: How the Body Changes After Quitting Smoking



Most people are aware of the cancer risks associated with smoking, but quitting is often challenging, and many become discouraged after unsuccessful attempts. Oncologist [Michelle Zhang, MD](#), shares the importance of quitting smoking and [how your body starts to change after your last cigarette.](#)



"But I'm healthy. It can't be that important."

No Buts About It

Even if you aren't having symptoms, everyone age 45 and older should talk to their provider about colon cancer screening.

[LEARN MORE AT VALLEYMED.ORG/COLONOSCOPY](#)

## Join the Valley Family!



At Valley, we serve a critical role in helping maintain and improve the health of our community. We have an honest passion for helping others, patients and staff alike. If this excites and motivates you, consider joining our team! Here are some of the jobs we're currently recruiting for:

- Financial Decision Support Analyst
- Infection Preventionist - RN
- Mammo Technologist - ARRT
- MRI Technologist - ARRT MR
- Radiologic Technologist - \$10K sign-on incentive
- Ultrasound Tech - ARDMS

Find out more about these career opportunities and others, and apply today at [valleymed.org/careers](#).

## 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

[WE ARE valley](#)

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