

Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

December 2024

Take a (Meno)pause and Watch this DocTalk

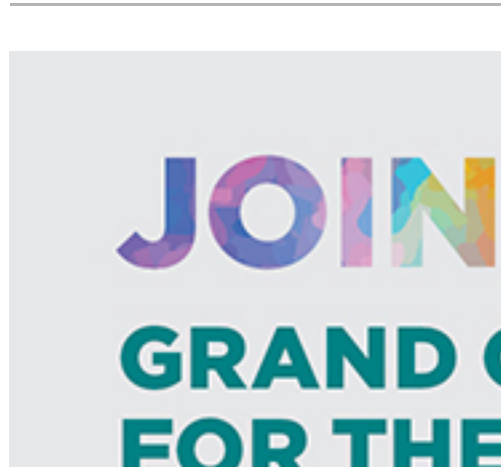
Understanding Menopause: Symptoms, Solutions, and Support



Menopause is a health event that women and other people with ovaries experience in their lifetime. Yet even though half of the population will experience menopause at some point, there are still a lot of questions about what is going on in the body during this time. We sat down with [Maiah Hall, ARNP, CNM, DNP](#), and [Darcy King, ARNP, CNM, MSCP](#), of [Valley Women's Healthcare](#), to discuss many hot topics — including, of course, hot flashes!

Watch the [Menopause DocTalk](#).

Cheers to a Healthy 2025: A Friendly Reminder to Schedule Your Annual Health Maintenance Appointments



It's almost time to ring in the new year! It's the perfect time to prioritize your health. [Make sure these essential appointments are on your calendar for 2025.](#)

5 Essential Health Metrics You Should Check Every Year (But Probably Aren't)



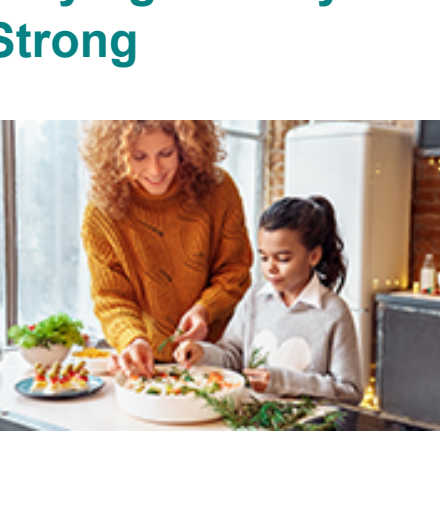
When was the last time you checked in on your health? Annual checkups with a primary care provider are essential for tracking important health basics like blood pressure, cholesterol, and weight — but these numbers only tell part of the story. To truly understand your overall health, it's important to look deeper — beyond the basics. Ashan Korala, Director of Operations for Valley's [Lifestyle Medicine](#) clinics, shares [five essential health metrics](#) to consider adding to your annual routine.

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.](#)

WAV Podcast - Emotional Eating: Bite-Sized Tips to Help You Find Balance



Stress and food – two things we all deal with, especially during the holiday season. On this episode of the We Are Valley Podcast, we're exploring the connection between what we eat and how we feel. Valley psychotherapists Nancy Eveleth, LMHC, and Dani Dutro, LMHC, share insights on emotional eating, cravings, and simple, year-round strategies to build healthier habits. Whether you're navigating holiday stress or looking for tools to support your well-being any time of year, this conversation is packed with practical tips to help you find balance.

[Listen to the latest episode of the We Are Valley Podcast.](#)

Staying Healthy Through the Holidays: 4 Tips to Finish the Year Strong



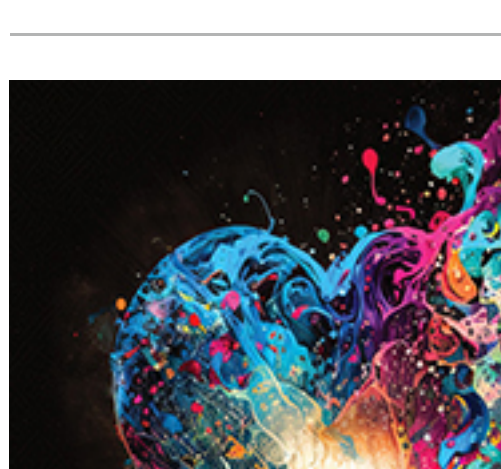
With the holidays fast approaching, everyone is gearing up for delicious feasts, delectable treats, and cozy indoor activities. While holiday traditions and treats should still be enjoyed, it's also a great time to stay on track with your health and wellness goals. [Jessica Weinmann](#), an Exercise Specialist with our [Lifestyle Medicine](#) clinics, offers [four tips for a healthy holiday](#).

Where Do I Start?

We're here to help you kick off a healthy 2025 with a personalized, science-based exercise program.

[LEARN MORE](#)

Together We Finish '24 Strong & Start '25 Stronger: Cancer Center Expansion Continues



As 2024 draws to a close, your support is transforming cancer care in our community. With Phase One of our new Cancer Center opening in February, we've made incredible progress! But there's more to accomplish. Your kindness and generosity have helped us build powerful momentum this year by ensuring comprehensive cancer services close to home. Thanks to our community coming together, we're creating a state-of-the-art facility where our skilled medical teams can provide advanced treatments, personalized care, and crucial support services all under one roof.

Help us keep this momentum going as we welcome 2025 and begin raising funds for Phase Two. This vital next step will bring an Oncology & Hematology Clinic, a dedicated Multidisciplinary Clinic for team collaboration, and Laboratory.

Every donation brings hope and healing to our family, friends, and neighbors facing cancer, allowing them to focus on recovery while receiving expert care right here in South King County. Please consider making a tax-deductible donation today at [valleymed.org/cancercenter](#).

Beaming with Gratitude: Valley's 2024 Gratitude Report



We ushered in 2024 full of hope and ignited in our purpose and our passion to care for others. Our collective efforts this past year sparked innovation and creativity, adaptability and resilience. We discovered new ways to work together and deliver care. While we continued to weather turbulence from many things outside of our control, we focused intent effort on stability, sustainability, and improved access to care our community needs. [Read the 2024 Gratitude Report.](#)

Our future is bright and full of hope because of **YOU.**

Your generosity and partnership allow us to continue to make a difference in the lives of our neighbors.

Please support your community hospital by making an end of year contribution at:

[VALLEYMED.ORG/GIFT](#)

Upcoming Clinic and Office Holiday Closures



In recognition of the upcoming public holidays, Valley Medical Center's primary care clinics, specialty care clinics, and business offices will be closed on the following days:

- Christmas Eve - Tuesday, Dec. 24, 2024
- Christmas Day - Wednesday, Dec. 25, 2024
- New Year's Day - Wednesday, Jan. 1, 2025

Urgent care clinics will be closed on Wednesday, Dec. 25, 2024.

Valley's hospital and emergency department are open 24 hours a day, 365 days per year.

In case you missed it: How does Valley notify patients if a clinic or facility is closed due to a major weather event? Find out on the [We are Valley blog](#).

Protect Yourself and Others by Preparing for Winter Weather

CHILLY
 1-2 layers, long layer, outer layer to keep out wind/rain, warm shoes water proof, weather.gov/cold

COLD
 2-3 layers, warm hat, outer layer to keep out wind/wet snow, gloves, boots water proof, 1-2 layers

EXTREME COLD
 3+ layers, warm hat, face mask, outer layer to keep out wind, gloves, boots water proof, 2+ layers

As the season turns festive and the weather turns cold and harsh, it's an important time to prepare for potential winter weather. Valley's Office of Emergency Preparedness shares some [tips and resources for winter weather safety](#).

Image courtesy of weather.gov.

Holidays Around the World



Our [Equity, Diversity, and Inclusion team](#) put together some fun trivia showcasing holiday traditions from around the world. [Learn about different holiday traditions and share how your family celebrates.](#)

Valley Eats - Cookies!



Did you sign up to bring dessert to the office party? We're resharing two popular cookie recipes from our [Eating Delicious, Eating Healthy](#) recipe collection compiled by our [Diabetes Education & Nutrition Clinic](#) dietitians.

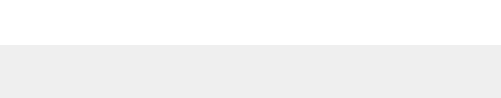
Get the recipes for [Peanut Butter and Jelly Cookies](#) and [Cocoa Crisp Cookies](#).

Feeling Crummy?

Same day telehealth and in-person urgent care appointments.

[SCHEDULE AN APPOINTMENT ONLINE](#)

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:

- Clinical Applications Analyst Epic - Willow Inpatient
- Dermatologist
- Design & Construction Project Manager Sr.
- Experienced Laborist Delivery RN - \$10K sign-on incentive
- Experienced NICU RN - \$10K sign-on incentive
- Financial Decision Support Analyst
- Mammography Technologist
- Medical Oncologist
- Nutrition Services Storeroom Purchaser
- OBGYN - Laborist Storeroom (6 FTE)
- Radiation Therapist I
- Senior Business Analyst
- Ultrasound Tech
- Urgent Care Physician

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

Send Warm Wishes to a Loved One at Valley with Cugini Florists and Fine Gifts

Whether you're sending congratulations on the arrival of a new baby, well wishes to someone recovering from surgery or illness, or want to give a gift to a colleague, our community partner [Cugini Florists and Fine Gifts](#) has you covered! Valley's hospital and main campus clinics are part of Cugini Florist and Fine Gifts' daily delivery route. And as an added bonus, they offer complimentary delivery to our campus when you use code **WeAreValley** at checkout.

Learn more and start shopping at [valleymed.org/giftshop](#).

Gift a Stuffed Animal to a Valley Patient

There's still time to gift a stuffer to a Valley patient! Now through Dec. 31, stop by PetSmart's Renton Landing or Tukwila locations to purchase a loveable, cuddly stuffer (or two!) in support of Valley patients. Simply put your stuffer in the Valley donation bin at the front of the store. Your generous gift will benefit PetSmart Charities, and bring comfort and joy to our patients when they need it the most.

Thank you to PetSmart's [Renton Landing](#) and [Tukwila](#) locations for being such wonderful community partners and for donating thousands of stufferies to Valley patients!

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.](#)

Choose Valley for Surgery

Colorectal, hernia, vascular and more—our experienced, compassionate surgical teams provide a full-range of surgeries.

[LEARN MORE](#)

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

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

We try our best to only send content you're interested in receiving. Use the link below to set your preferences.

[Update My Email Preferences](#)

400 South 43rd Street | Renton, WA 98055 | 425.690.1000
 © Copyright 2024 - Valley Medical Center. All rights reserved.

We respect your right to [privacy](#).