

### FAQs about MS

Valley's multiple sclerosis specialist answers 9 frequently asked questions



What diet should you follow if you have MS? Is MS contagious or hereditary? Is there a cure?

Sargon Bet-Shilmon, MD, with Valley's Neuroscience Institute, answers these questions and more in this [DocTalk video](#).

### COMING SOON: Phase 1A of Valley's New Cancer Center!

"Skybreaking" event in December celebrated kickoff for construction



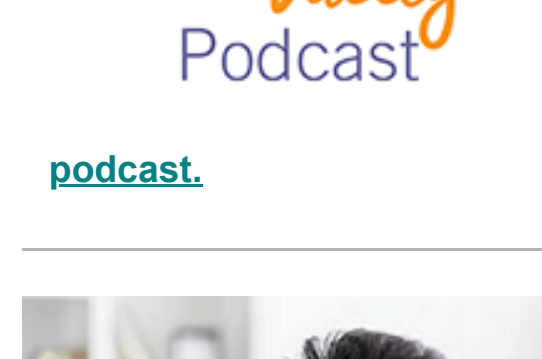
Stories of hope, inspiration, and love were the highlight of a very special celebration at Valley in December. We've already built our new Cancer Center building, so we celebrated a "Skybreaking" event to mark this next step, symbolizing the sky is the limit in supporting cancer patients and their families in South King County.

We are thrilled to share that construction is scheduled to begin THIS MONTH on Phase 1A of our new Cancer Center. We are expecting to be able to serve patients in our new [Infusion Center](#), with 40% greater capacity, as soon as early 2025.

[Watch the Skybreaking celebration ceremony.](#)  
[Support Valley's new Cancer Center.](#)

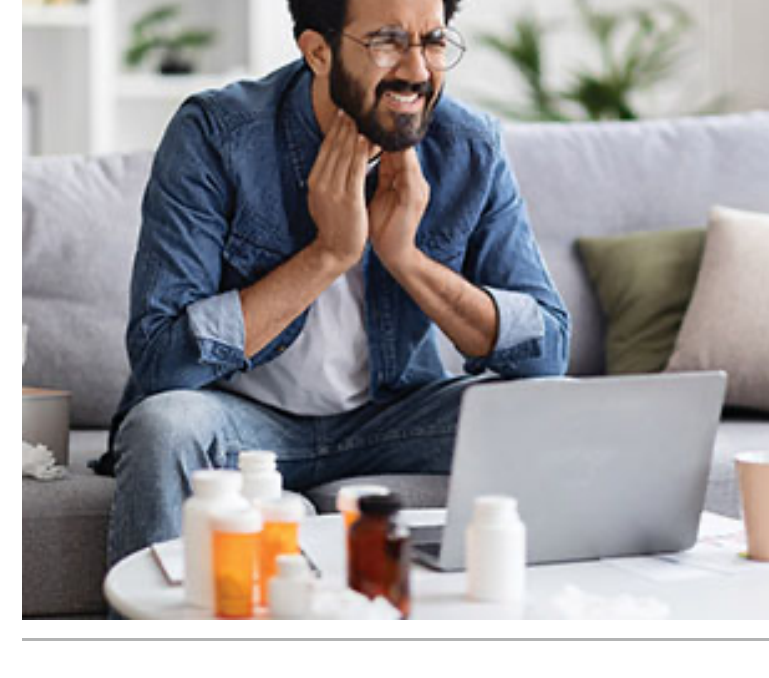
### A New Addition to Your Playlist

Subscribe to the *We Are Valley* Podcast



Need something new to listen to on your way to work or while you're out for a walk? The *We Are Valley* podcast offers bite-sized advice to improve your health and well-being, and keeps you updated on the latest medical guidance.

For our inaugural episode, we sat down with CEO Jeannine Erickson Grinnell to discuss how Valley is "reignited" since emerging from the COVID pandemic and what's to come for our organization in 2024 and beyond. [Subscribe and listen to the We Are Valley podcast.](#)



**House Calls Happen Here**

Virtual urgent care appointments from the most comfortable waiting room ever – your home.

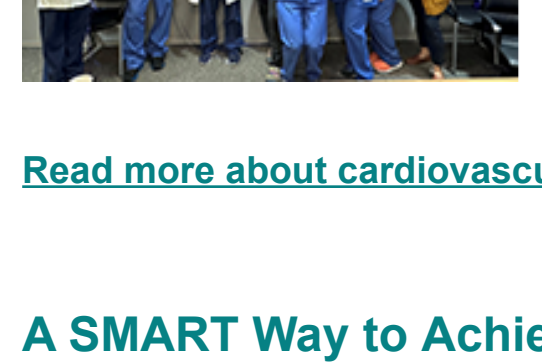
[SCHEDULE VIDEO VISIT](#)

### ALERT: Longer Wait Times in Emergency Department, Urgent Care Clinics Due to Increased Respiratory Virus



Valley Medical Center has more patients than usual at our hospital and clinics, due to respiratory illnesses in our community. This is causing longer wait times in our Emergency Department and Urgent Care Clinics. Our goal is to keep you as healthy as possible; here is information about what to do if illness strikes and when to seek medical attention. [Read more.](#)

### Cardiac Electrophysiology Team Reaches Major Milestone



Congratulations to our cardiac electrophysiology (EP) team who recently performed their 1000th cardiac ablation! [Learn more about the care this team has provided patients since our EP Lab opened in 2019.](#)

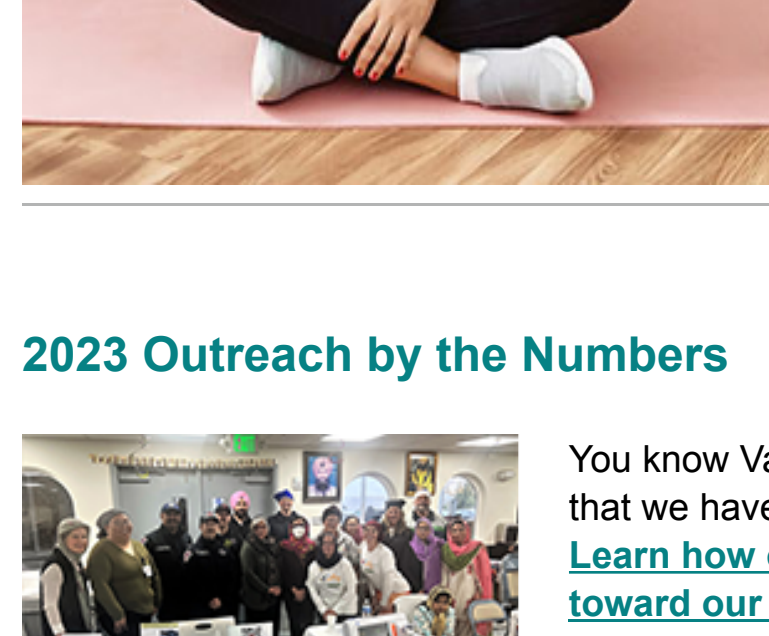
Meet Valley's two cardiac electrophysiologists, [Lee Dolack, MD](#), and [Sawyer Gillespie, MD](#).

[Read more about cardiovascular care at Valley.](#)

### A SMART Way to Achieve Your Goals



It's that time of year again. We start thinking about where we want to be 12 months from now, envision what we want our health to look like, a vacation we want to take, or how we want to make changes to our lifestyle. These tasks can feel daunting, but goal setting can help turn our visions into reality. [Learn how creating SMART goals can help set you up for success.](#)



**Where Do I Start?**

We're here to help you kick off a healthy 2024 with a personalized, science-based exercise program.

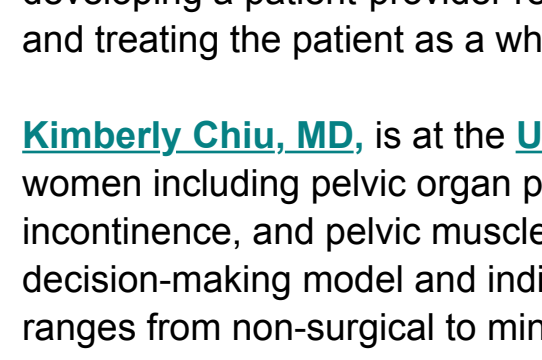
[LEARN MORE](#)

### 2023 Outreach by the Numbers



You know Valley's hospital and clinics, but did you know that we have a robust community outreach program? [Learn how our outreach team is helping us work toward our mission of caring for our community like family.](#)

### Welcome to the Team! New Providers at Valley



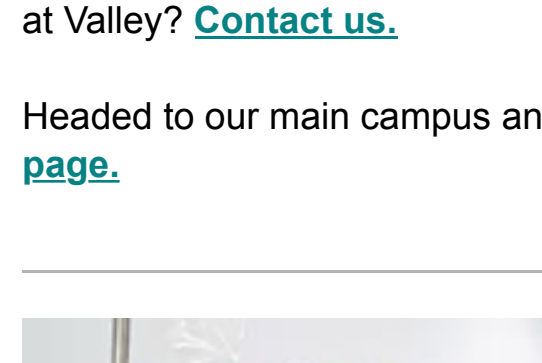
Welcome to Valley's two new primary care providers and our new urogynecologist.

**Ethan Chang, DO** is at [Newcastle Primary Care Clinic](#). He is passionate about developing strong relationships through partnering with patients. He is interested in preventive care, lifestyle medicine, musculoskeletal/sports medicine, and outpatient procedures.

**Delonne Skusek, PA-C**, is at [Covington Primary Care Clinic](#). She is interested in preventive medicine, pediatrics, mental health, LGBTQIA+, and exercise. She believes in developing a patient-provider relationship that encourages collaborative decision making and treating the patient as a whole.

**Kimberly Chiu, MD**, is at the [Urogynecology Clinic](#). She treats pelvic floor disorders for women including pelvic organ prolapse, overactive bladder, urinary and fecal incontinence, and pelvic muscle dysfunction. Her philosophy of care is based on a shared decision-making model and individualized treatment plans for her patients. Her practice ranges from non-surgical to minimally invasive surgical approaches.

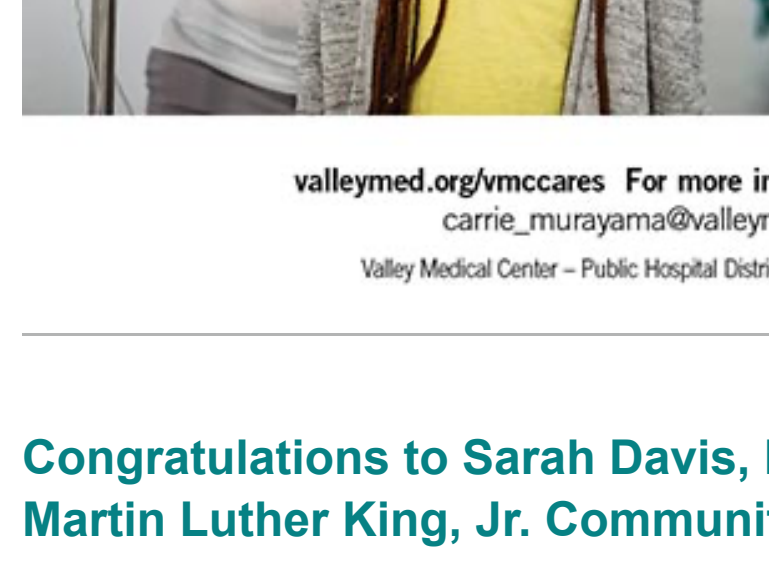
### Show Me the Way - Become a Valley Wayfinding Volunteer



Valley's main campus can feel like a bit of a maze sometimes, so we're recruiting volunteers to help our patients and visitors get where they need to go. Wayfinding volunteers greet and escort patients and visitors, helping them get to their destinations around our campus. Our volunteers commit to a 4-hour shift per week, for a minimum of 6 months. For more information on volunteering at Valley and to apply, visit [valleymed.org/volunteer](#).

Don't have time to volunteer but want to share your feedback about improving wayfinding at Valley? [Contact us.](#)

Headed to our main campus and want a map to help guide the way? [Visit our maps page.](#)

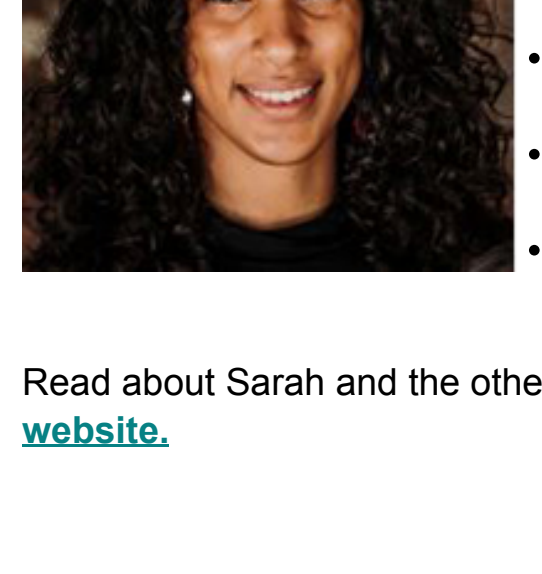


**INFUSED WITH CARE.**

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

[GIVE NOW](#)

### Congratulations to Sarah Davis, Recipient of UW Medicine's 2024 Martin Luther King, Jr. Community Service Award



Congratulations to Valley Patient Relations Manager Sarah Davis, MA-MCHS, a recipient of the 2024 Martin Luther King, Jr. Award presented by UW Medicine. The award honors individuals or groups who exemplify King's principles through:

- Commitment to addressing community needs, particularly communities of color and low income
- Development and implementation of significant programs to improve the human condition
- Outstanding efforts to protect and empower all individuals

Read about Sarah and the other community members recognized on [UW Medicine's website](#).

### Comprehensive, Advanced Breast Cancer Care in Your Community



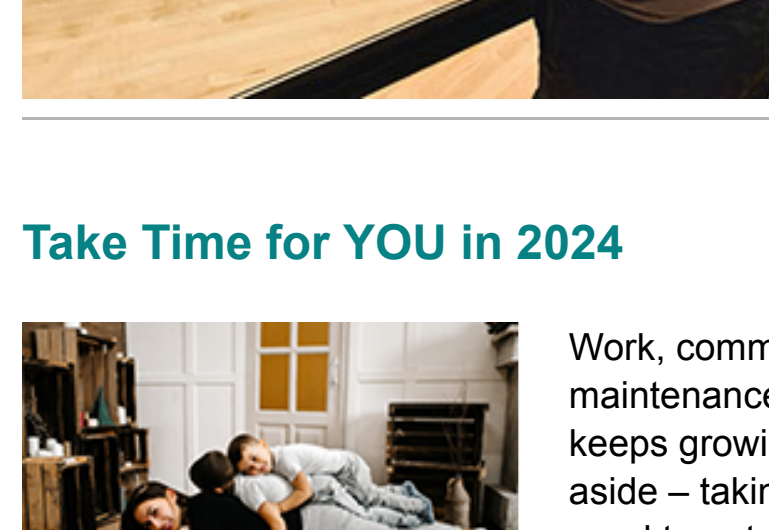
With the latest treatments close to home, living with cancer doesn't have to mean living in a hospital or traveling long distances for care. We are proud to have the right doctors and treatment options so our patients and their loved ones can make the most of every single day.

[Learn about breast cancer care at Valley.](#)

### Valley Eats - 10 Simple Smart Snacks



Time for a snack break? Rather than hitting the vending machine, [try one of these satisfying smart snacks!](#)

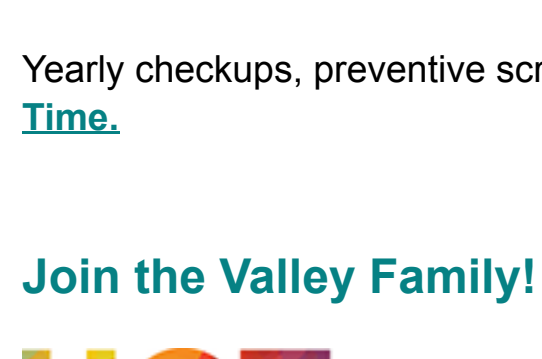


**Choose Valley for Surgery**

Hear how our neurosurgery team removed a tumor on Alan's spine, relieving years of back pain and allowing him to get back to the activities he loves.

[WATCH ALAN'S STORY](#)

### Take Time for YOU in 2024

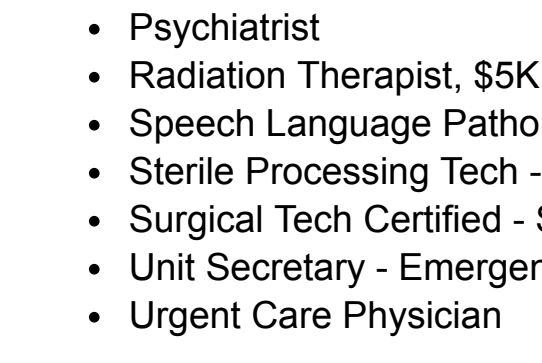


Work, commuting, caring for family, household maintenance – the "to-do" list goes on and on. As the list keeps growing, one essential item tends to get pushed aside – taking care of YOU. While it may feel like you need to put yourself second (or third, or fourth), the best thing you can do for your family is prioritize your health.

YOU Time is a resource to help you take charge of your health and well-being, so you can give your loved ones the best of you, and not the rest of you. You aren't in this alone – Valley's providers are here for you!

Yearly checkups, preventive screenings, lifestyle medicine, and more – [take some YOU Time.](#)

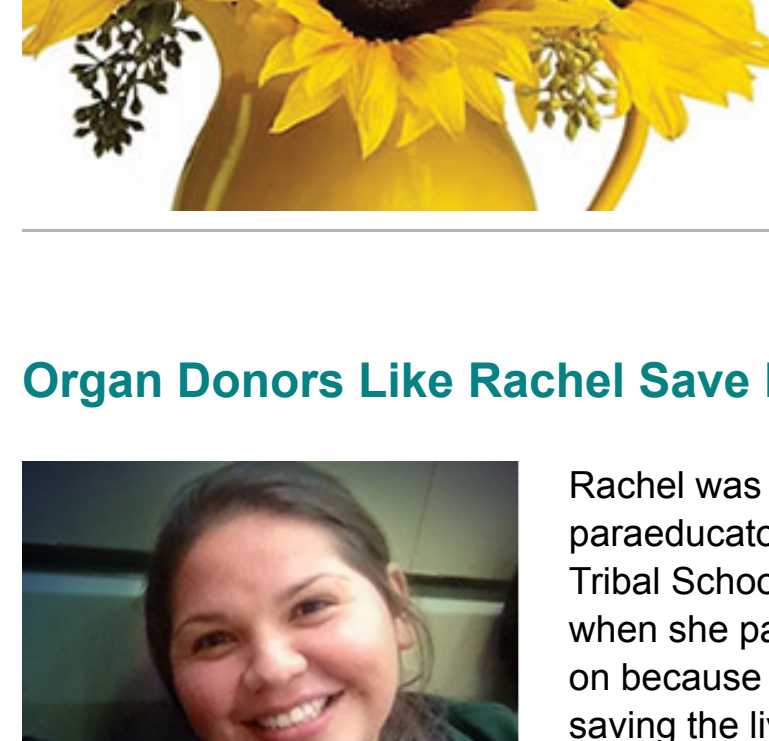
### Join the Valley Family!



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:
- Behavioral Health Specialist - LICSW/LMHC, \$5K sign-on incentive
  - Dermatologist
  - Gastroenterologist
  - Mammography Technologist - AART, \$5K sign-on incentive
  - MRI Tech, up to \$10K sign-on incentive
  - Neurosurgery Physician Assistant
  - Physical Therapist Outpatient, \$3K sign-on incentive
  - Primary Care Physician
  - Professional Development Specialist
  - Psychiatrist
  - Radiation Therapist, \$5K sign-on incentive
  - Speech Language Pathologist (acute care)
  - Sterile Processing Tech - Central Sterile Processing
  - Surgical Tech Certified - Surgery
  - Unit Secretary - Emergency Department
  - Urgent Care Physician

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

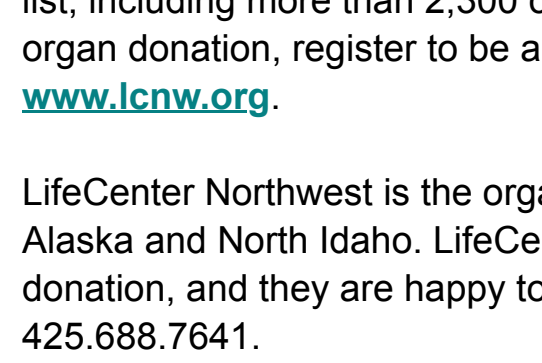


**Send a Bit of Sunshine**

Community partner Cugini Florists and Fine Gifts offers complimentary delivery to Valley's main campus! Use promo code "WeAreValley" at checkout.

[SEND A GIFT TO A LOVED ONE AT VALLEY](#)

### Organ Donors Like Rachel Save Lives

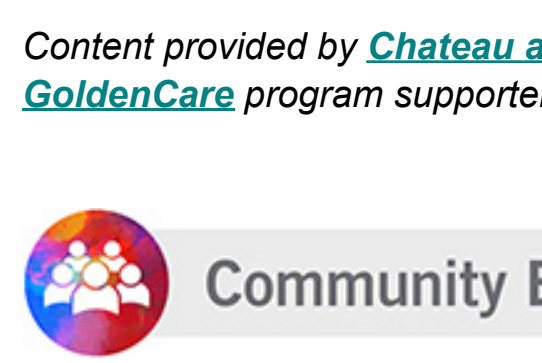


Rachel was a funny, vibrant young woman, and a paraeducator and basketball coach at the Muckleshoot Tribal School in Auburn. It was a heartbreaking tragedy when she passed away at age 23. But her legacy lives on because she was registered as an organ donor, saving the lives of seven people and restoring sight to two others. "I'm very proud of her decision to donate," said her mother, Laura. "She always thought about the bigger picture and other people. She didn't want people to suffer, and she accomplished that." More than 100,000 people in the United States are on the transplant waiting list, including more than 2,300 of our Northwest neighbors. You can learn more about organ donation, register to be a donor, and see an inspiring video about Rachel's gift at [www.lcsw.org](#).

LifeCenter Northwest is the organ procurement organization for Washington, Montana, Alaska and North Idaho. LifeCenter Northwest also provides education about organ donation, and they are happy to answer any questions you may have at [info@lcsw.org](#) or 425.688.7641.

Content provided by [LifeCenter Northwest](#), a Valley community partner.

### Dementia Support Group



Life with dementia can be a rocky path and difficult to navigate. Chateau at Valley Center hosts a free monthly support group for residents and their families and has opened the group to the local community. The group is led by Ashica DeMira, MSW, LICSW.

**WHEN:** 3rd Wednesday of the month (next session Wednesday, Feb. 21), 3 - 4 PM  
**WHERE:** Chateau at Valley Center (4450 Davis Ave, S. Renton), 2nd floor community center

For more information, call 425.251.6677  
Content provided by [Chateau at Valley Center](#), a Valley community partner and [GoldenCARE](#) supporter.

**Community Events**

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