

# Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

## From Three Surgeries to One: A Valley Patient's Hernia Surgery Story



**From Three Surgeries to One:**  
Michael's Story

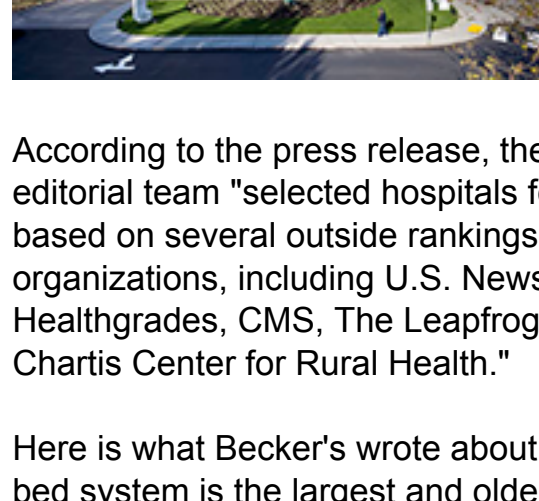
After a long post-surgery recovery, Michael developed a large hernia in his abdomen and was told by a doctor at another hospital he'd need three surgeries to correct the condition. After getting a second opinion from [Wayne Lau, MD](#), with Valley's [General & Specialty Surgery Clinic](#), Dr. Lau told him that only one comprehensive surgery was needed. Not only that, but Dr. Lau's approach and professionalism prompted Michael to switch to Valley to have the surgery. [Hear Michael's story.](#)

## Over-the-Counter Birth Control is Coming Soon - Is it Right for You?



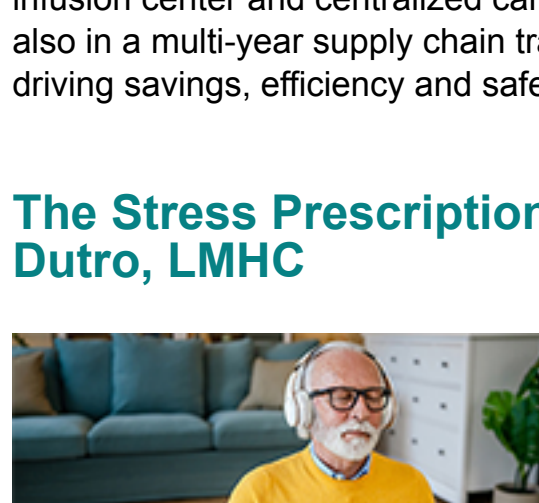
[Tajana Kundacina, DO](#), an OB/GYN with [Valley Women's Healthcare](#) in Auburn, discusses the recent FDA approval of over-the-counter birth control pills, who will benefit from having access to these pills, and how it is different from what is currently available by prescription. [Watch the DocTalk with Dr. Kundacina.](#)

## What is Neurosurgery? FAQs Answered



What is neurosurgery? Why might a patient need it? What advanced technologies do Valley Medical Center neurosurgeons use? In honor of Neurosurgery Awareness Month, [find out the answers to these questions and more!](#)

## Valley Makes Becker's "Great Community Hospitals" List for 2023

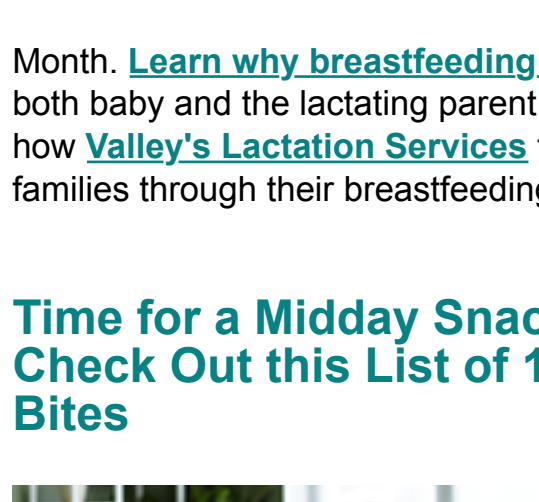


Valley is included on [Becker's Hospital Review's list](#) of 153 Great Community Hospitals for 2023.

According to the press release, the Becker's editorial team "selected hospitals for inclusion based on several outside rankings and ratings organizations, including U.S. News & World Report, Healthgrades, CMS, The Leapfrog Group and The Chartis Center for Rural Health."

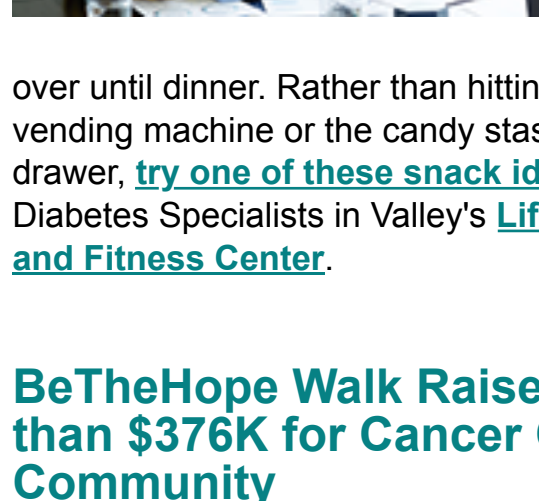
Here is what Becker's wrote about Valley: "The 531-bed system is the largest and oldest community hospital in the state. It also cares for the most diverse and underserved communities in the region. The system prides itself on making sustainable, scalable decisions for improving values and beliefs. It has also been named a leader in LGBTQ+ patient equality since 2011. It is growing its cancer and oncology program in the region, adding a larger infusion center and centralized cancer care. It is also in a multi-year supply chain transformation, driving savings, efficiency and safety."

## The Stress Prescription with Dani Dutro, LMHC



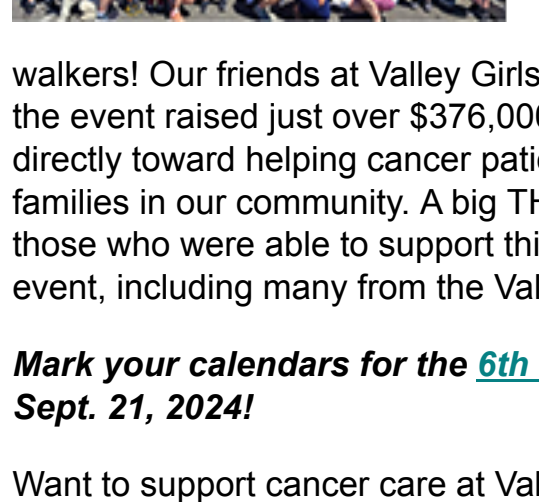
[Dani Dutro, LMHC](#), Valley's Employee Behavioral Health Advocate, hosts a weekly "Well-Being Wednesday" webinar series for staff. This summer, her webinars focus on developing a positive relationship with stress. As stress is something everyone deals with in some form, we decided to share these internal presentations publicly. [Check out the seven-session "Stress Prescription" series.](#)

## Lactation Consultants: Your Breastfeeding Support Team



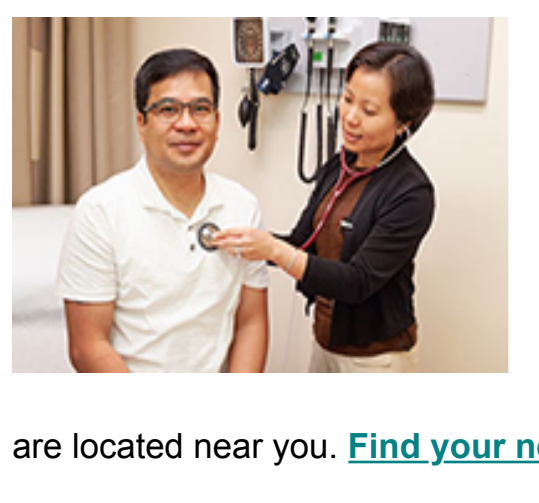
In 2011, the U.S. Breastfeeding Committee (USBC) declared August as National Breastfeeding Month. [Learn why breastfeeding is beneficial](#) for both baby and the lactating parent, and how [Valley's Lactation Services](#) team supports families through their breastfeeding journey.

## Time for a Midday Snack Break? Check Out this List of 14 Quick Bites



You're nearly done with your workday, you've eaten lunch, but your stomach is telling you it needs a snack to hold you over until dinner. Rather than hitting up the office vending machine or the candy stash in your desk drawer, [try one of these snack ideas](#) from the Diabetes Specialists in Valley's [Lifestyle Medicine and Fitness Center](#).

## BeTheHope Walk Raises More than \$376K for Cancer Care in Our Community



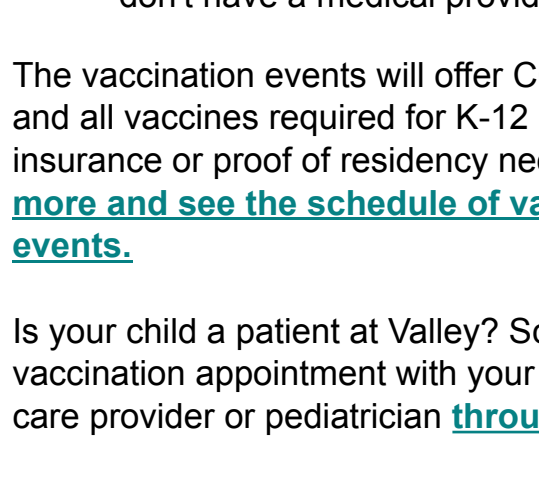
The 5th Annual BeTheHope Walk on July 22 had the largest participation EVER with 1,200 registered

walkers! Our friends at Valley Girls & Guys shared the event raised just over \$376,000, which will go directly toward helping cancer patients and their families in our community. A big THANK YOU to those who were able to support this incredible event, including many from the Valley family.

**Mark your calendars for the 6th annual walk on Sept. 21, 2024!**

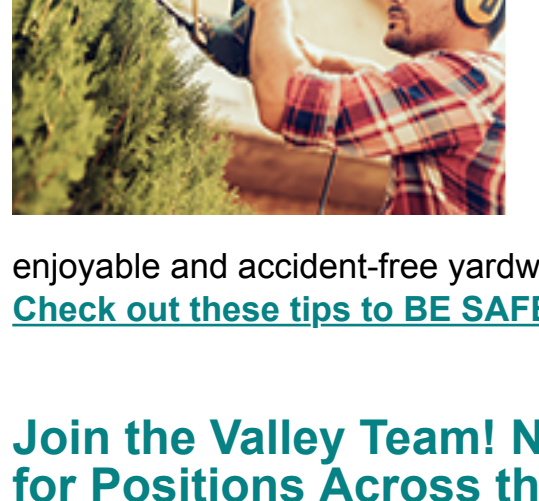
Want to support cancer care at Valley? [Click here to learn more about how you can join the campaign for our new Cancer Center.](#)

## Looking for a New Primary Care Provider at Valley?



You can quickly find physicians, physician assistants, and nurse practitioners all at Valley Medical Center primary care clinics who are accepting new patients and are located near you. [Find your new PCP today!](#)

## Free Vaccination Events for South King County Students



On or before the first day of class, all K-12 students in Washington state must be up to date on vaccinations required for school.

Childhood vaccination rates have fallen in recent years--now is the best time to get caught up!

Public Health - Seattle & King County is offering no-cost vaccination events for children through age 18 throughout South King County for children who:

- Live in South King County or
- Are uninsured or have insurance that doesn't cover vaccinations or
- Are experiencing homelessness or
- Recently moved to the United States and don't have a medical provider.

The vaccination events will offer COVID vaccines and all vaccines required for K-12 school. No insurance or proof of residency necessary. [Learn more and see the schedule of vaccination events.](#)

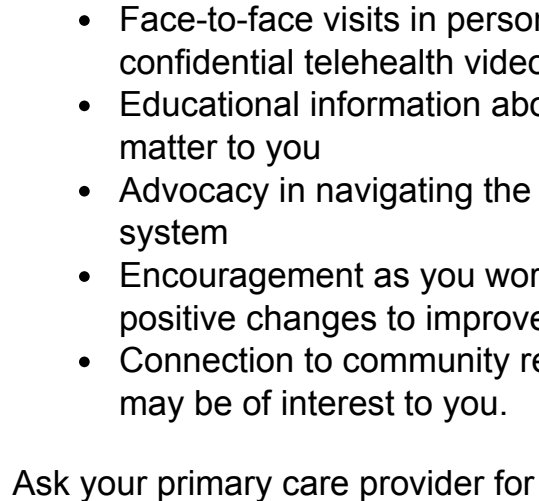
Is your child a patient at Valley? Schedule a vaccination appointment with your child's primary care provider or pediatrician [through MyChart.](#)

## BE SAFE: Yardwork Safety Tips from Valley's Safety Team



Summer is a great time to work in your yard or garden. Being aware of potential hazards and taking safety measures are essential for an enjoyable and accident-free yardwork experience. [Check out these tips to BE SAFE in the yard.](#)

## Join the Valley Team! Now Hiring for Positions Across the Organization

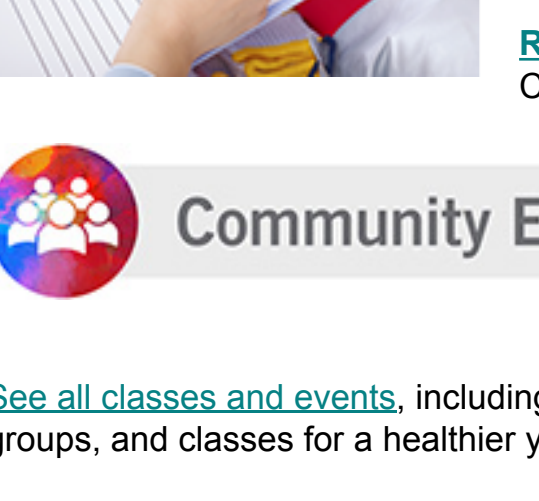


At Valley, we serve a critical role in helping maintain and improve the health of our community. We have an honest passion for helping others, patients and staff alike. If this excites and motivates you, consider joining our team! Here are some of the jobs we are currently recruiting for:

- Clinical Nurse Specialist - Educator (Peds/NICU) - \$5K sign-on incentive
- Clinical Nurse Specialist - Educator (Birth Center) - \$5K sign-on incentive
- Clinical Nurse Specialist - Educator (Emergency Department) - \$5K sign-on incentive
- Coding Technical Coordinator (Professional Billing)
- Director, Health Information Management
- Emergency Department Manager - \$20K sign-on incentive
- ENT - Otolaryngologist - MD/DO
- Medical Oncologist - MD/DO
- Radiation Therapist I (Per diem, on-call)
- RN, CCU Float Pool - \$15K sign-on incentive
- RN, Emergency Department - \$15K sign-on incentive
- Surgical Technician - \$10K sign-on incentive
- Urologist - MD/DO

For more information and to apply, visit [valleymed.org/careers](#).

## Looking to Make Lifestyle Changes to Improve Your Health? Free Health Coaching Available for Valley Primary Care Patients!



**Our coaches offer the following at NO CHARGE to you:**

- Help defining YOUR health-related goals and what matters to YOU
- Friendly weekly check-ins to see how you're doing
- Guidance for improving communication between you and your primary care provider
- Face-to-face visits in person or via a confidential telehealth video chat
- Educational information about topics that matter to you
- Advocacy in navigating the healthcare system
- Encouragement as you work toward making positive changes to improve your health
- Connection to community resources that may be of interest to you.

Ask your primary care provider for more information today!

Read more about the program in [this flyer](#).

From Head to Toe, Our Surgical Teams Have You Covered

[LEARN MORE](#)

UW Medicine  
VALLEY MEDICAL CENTER

Schedule Your Next Clinic Visit in

Online appointment scheduling in MyChart is now available for most clinics after your first visit.

[LEARN MORE](#)

Get Moving Toward a Healthier You!

Register for a 60-minute HealthyCare session to learn how Valley's Lifestyle Medicine programs can make a positive impact on your health.

[REGISTER NOW](#)

HealthyCare  
UW Medicine  
VALLEY MEDICAL CENTER  
POWERED BY  
PINNACLE MEDICAL WELLNESS

Caring for your community's HEALTH.

Public Hospital District No. 1, also known as Valley Medical Center, has proudly cared for our South King County neighbors for more than 75 YEARS. Including Valley in your estate planning will allow us to continue to care for our community like family for generations to come.

[SUPPORT VALLEY](#)

**WE ARE Valley**

[valleymed.org/vmccares](#)

For more information contact **Carrie Murayama**  
[carrie\\_murayama@valleymed.org](mailto:carrie_murayama@valleymed.org)  
 or 425.690.5956

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

Join the Valley Family!

Sign-on incentives available for select positions.

[APPLY TODAY!](#)

Care for Your Community by Volunteering at Valley

Valley volunteers are goodwill ambassadors providing vital assistance for our patients and visitors in areas including:

- Campus Wayfinding
- Cancer Center Resource Cart
- Driving Courtesy Shuttle
- Information Desk

[LEARN MORE & APPLY](#)

[valleymed.org/volunteer](#)

**VOLUNTEERS IN ACTION**

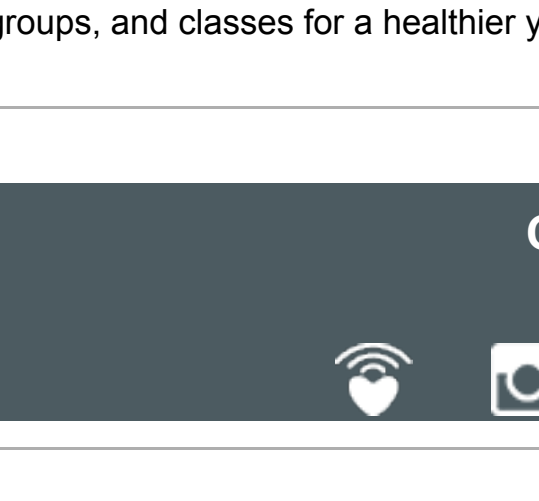
Insured by Apple Health?

**Renew & Stay Covered Today!**

All those insured by Apple Health (Medicaid) will need to apply to renew coverage in 2023.

[MORE INFO](#)

## Be Prepared! Join Us for "Earthquake Preparedness and Shake Alert Early Warning Systems" - Sept. 13, 1 PM



Gabriel Lotto, PhD, an earthquake scientist with the University of Washington's Pacific Northwest Seismic Network, will discuss Washington's rich geologic and earthquake history, how you can better prepare for and survive earthquakes, and new "Shake Alert" technologies that are predictive, providing an early earthquake warning system.

[Register for this in-person presentation](#) in Valley's Medical Arts Center building auditorium.

**Community Events**

[See all classes and events](#), including virtual birth center tours, birth and parenting classes, support groups, and classes for a healthier you.

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