

All Eligible People Ages 16 and Older Can Get a Booster

The recent arrival and spread of the Omicron and Delta variants make vaccination, boosters and prevention efforts even more important to protect against COVID-19. Remember children ages 5 – 11 are now eligible for vaccination too. Although COVID-19 vaccination remains effective in preventing severe disease, data is showing vaccination becomes less effective over time, especially for those ages 65+. A booster shot will help extend the vaccine's effectiveness and maximize your protection from COVID-19 infection and severe illness. [Check if you meet booster criteria and find local vaccination/booster sites and appointments.](#)

Hosting or Attending a Small Holiday Gathering? Get Tips To Do It Safely

If you decide to participate in a small holiday celebration, [read this advice for safer gatherings.](#)

Snapshot Look at Valley's 2021 Work with Community Partners



Valley is always looking for new and innovative ways to support our surrounding community and local organizations through strong partnerships. Throughout the last two years, most of our partnerships have been focused on providing COVID-19 resources, education and vaccinations. [Find out about remarkable organizations we've worked with.](#)

Toy and Gift Ideas for the Holidays to Encourage Your Child's Development



If children are on your shopping list, make the most of your gift giving by selecting the best toys for children of all ages.

Get tips about developmental stages and suggestions for what toys will support those growing skills while inspiring interest. [Learn more.](#)

Our Community's Support Has Been Remarkable

The journey over the last many months hasn't been easy, but it is filled with glimmers of hope and a tremendous amount of gratitude. The REMARKABLE support our community has shown has given us the opportunity to care for, and make a difference in, so many lives of our South King County neighbors. Now, more than ever, we need your help to expand our efforts even further.

We invite you to support YOUR community hospital by making a donation at valleymed.org/vmccares. TOGETHER we can care for our community like family. For assistance with your gift, please email [Carrie Murayama](mailto:Carrie.Murayama), Manager of Development and Volunteer Services, or call 425.690.5956.

Delicious Treats to Savor with Family and Friends



As you gather for winter holidays, enjoy these traditional celebratory recipes from around the world from our Valley family to yours: Cuban Pastelitos De Guayaba, Assamese Kheer, Chinese Scallion Pancakes, Magic Cookie Bars, Sephardic Bulemas and even Valley's famous Wednesday Coffee Cake. [Try these favorite recipes.](#)

Overcoming Holiday Stress



Even during a "normal" holiday season many people may feel stressed, sad, lonely, or depressed. This year it may be more difficult and it's important to be mindful of the additional strain you or loved ones may be facing. [Get ideas for lowering the tension and finding ways to experience gratitude and self-care.](#)

Preventing Additional HIV Transmission and Infections Now Through Testing, Treatment & Proactive Care + What's on the Horizon for HIV Preventive Care



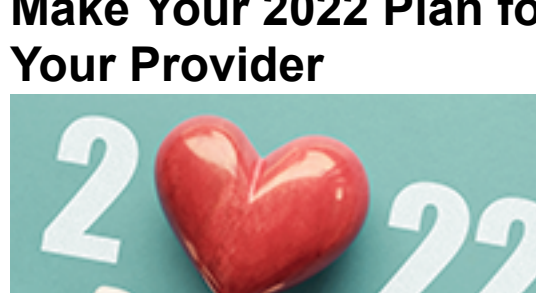
People with HIV who are aware of their status, take antiretroviral therapy medication daily as prescribed, and get and keep an undetectable viral load can live long, healthy lives and have nearly no risk of transmitting HIV to their HIV-negative partners. [Learn about HIV through primary care and HIV vaccines in development.](#)

As More Children and Teens Struggle with Emotional Stressors, Watch for Serious Signs and Know How to Respond



Emergency departments across the state are reporting that significant percentages of their ED capacity are for youth who are there for behavioral health crises. We all play a key role in supporting the behavioral and emotional well-being of our children and youth. [Learn the signs and symptoms to watch for and what you can do to help.](#)

Preventive Care is Protective Care—Make Your 2022 Plan for Health with Your Provider



If it's been a while since you've seen your doctor, you may be among the 30% of Americans who have delayed or avoided medical care during the pandemic. Now that so many are vaccinated and medical clinics are set up well to minimize risk of exposure to COVID-19, the new year is a good time to commit to protecting your health by making a primary care visit. [Find out more.](#)

Valley Welcomes a New Midwife + Physicians Specializing in Internal Medicine, Family Medicine, & Vascular Surgery

Valley is continually striving to make it easier for patients to receive care closer to where they live or work. That's why we're so pleased to announce these new providers joining the Valley team to provide care to our community. [Learn more about them.](#)

'Thirty-five Years Went By in the Blink of an Eye,' Says Senior Health and Volunteer Advocate Grace Dalrymple as She Retires



Many of you know Grace Dalrymple as she led GoldenCare senior wellness activities, teaching us all how to "Age with Grace." After more than three decades of remarkable service, Grace Dalrymple retired from Valley Medical Center in early December. [Find out what Grace has to say and wish her well if you like.](#)

New Dermatology Clinic Coming to Newcastle Clinic | Primary Care

Dermatology services are coming in late January 2022 to Valley's [Newcastle Clinic](#). The clinic will be served by two board-certified dermatologists who will provide comprehensive care and state-of-the-art treatment for skin, hair and nail conditions, and diseases in adults and children. [Check out Valley's dermatology services.](#)

Need Health Plan Coverage? Washington Healthplan Finder 2022 Deadline Extended to Jan. 15

People looking for 2022 health coverage have until Jan. 15, 2022, to shop on [Washington Healthplanfinder](#) for coverage that begins Feb. 1. There are many opportunities for savings. Seventy percent of Washington Healthplanfinder customers receive savings under the new American Rescue Plan Act, and those who do pay (on average) less than \$120 per month for health coverage. As of Dec. 15, more than 226,000 Washingtonians have signed up for 2022 coverage, including more than 22,000 new customers. [Find health coverage today!](#)

Healthier Together—Support Your Community Hospital

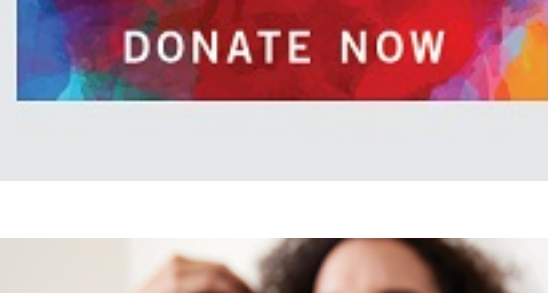
Thank you for being part of our life-changing journey and giving us the opportunity to make a difference in so many lives.

And, now more than ever, we need

YOU.

You can support YOUR community hospital by making a donation at valleymed.org/vmccares. Together we can care for our community like family.

DONATE NOW



You Got The +, We've Got Your Provider

Whether you choose a family medicine doc, a midwife, or an OB/GYN for your birth journey, Valley is with you every step of the way.

Find a provider at valleymed.org/valleybaby.

UW Medicine
VALLEY MEDICAL CENTER



Care Near Home & Work

Choose a primary care provider in your neighborhood.

FIND A DOC



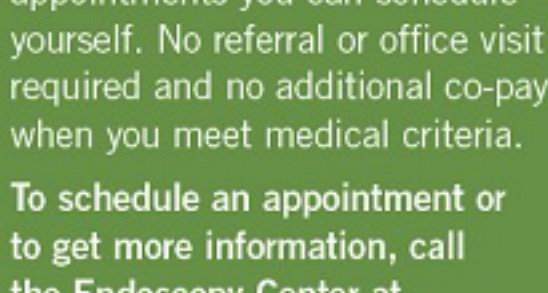
"But I'm healthy. It can't be that important."

No Buts About it—A Colonoscopy is an Essential Screen!

Colon cancer is the third-largest cancer killer, but it can be prevented and treated when caught early. Valley offers convenient colonoscopy appointments you can schedule yourself. No referral or office visit required and no additional co-pay when you meet medical criteria.

To schedule an appointment or to get more information, call the Endoscopy Center at 425.690.3636.

Endoscopy Center
UW Medicine
VALLEY MEDICAL CENTER



Need help?

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

ValleyCares.valleymed.org



JOIN THE VALLEY FAMILY!

Sign on incentives available for select positions.

Apply today!

Community Events



- [As Girls Grow Up Video](#)
For girls ages 9 – 12 and their caregivers, topics include physical changes during puberty; emotional changes in adolescence; relationship changes in adolescence; sex—its consequences and other choices.
- [HealthCare Session: Improve Your Health and Be a Thoughtful, Proactive Healthcare Consumer—dates and times vary.](#)
Register for this free 60-minute session and get moving toward a healthier you! Sessions offered throughout the year.
- [Diabetes Prevention Program—January series starts Jan. 19, 4:30 – 5:30 PM](#)
This proven program with trained lifestyle coach and group support can help you make modest lifestyle changes to greatly reduce your risk of type 2 diabetes. This year-long class meets weekly on Thursdays for the first 16 weeks, then less often the rest of the year.
- [Livesteam Cooking Class: Winter Shine Salad and Tuscan White Bean Soup—Jan. 17, 4 – 5:30 PM](#)
This immune-boosting salad and warming soup are a great way to revamp digestion after the low-fiber holidays. Cook with registered dietitians Mary Walton and Alexis Mettler from the comfort of your home in this hands-on class! All skill levels welcome. After registration, you'll get a grocery list a few days before class so you can cook along with the session.
- [It's All in the Delivery—Virtual Birth Center Tour](#)
- [Renton Parents Autism Online Support Group—weekly Sunday meetings, 6 – 7 PM](#)
- [Cerebral Palsy Caregiver Monthly Online Support Group—Jan. 16, 5:30 – 6:30 PM](#)
- [Cardiac Rehab Support Group—Jan. 26, 6 – 7 PM](#)
Free class for current or former cardiac rehab participants. This in-person group class is limited to 12 people and is held at Valley on the last Wednesday of the month.
- [NAMI Family-to-Family Winter 2022 Education Program—Wednesdays, Jan. 12 – March 2, 6:30 – 9 PM](#)
The South King County organization of the National Alliance on Mental Illness offers their acclaimed free online class series for family, partners, friends and significant others of adults living with mental illness.
- [Stroke Survivor? Attend the Most Active Online Stroke Support Group in the Area](#)
- [Schedule a Blood Donation](#)
Now more than ever, your donation in the days and weeks ahead is critical to public health.
- [See all classes and events.](#)