

## Have a Happy and Safe Thanksgiving



### Valley's Vaccine Clinic is Now Open Again for COVID-19 Vaccine and Booster Appointments



Valley Medical Center's Vaccine Clinic has reopened for COVID-19 vaccines for all people ages 5 and older and boosters

for those who are eligible. Please schedule an appointment through your Valley MyChart account. Don't have a Valley MyChart account? It's free—[sign up here](#). Certain vaccines and boosters are also available in our primary care clinics.

See Valley's [Vaccine Public Advisory](#) for Vaccine Clinic hours, locations and booster eligibility guidelines.

For patients and community members without a MyChart account, COVID-19 vaccines are available at most pharmacies throughout the area, either by walk-in or appointment. Patients can find a vaccine location close to them at the [Vaccine Locator website](#).

### COVID, Kids & County Mandates: A Virtual Town Hall Video



Get your questions answered about vaccinating children ages 5 – 11 years old—differences between the adult and child doses;

vaccine safety; whether vaccination is riskier than the illness; why is the Pfizer vaccine approved for kids and more.

Panelists include infectious disease specialists Michael Hori, MD with Valley Medical Center and Mark Del Beccaro, MD, with King County Public Health. Taylor Gaston, Program Manager for Policy and Government Affairs with King County Public Health, answers questions related to county-wide mandates. [Watch the video for the latest info.](#)

See last month's COVID-19 virtual town hall: [Stats, Vaccine for Children and During Pregnancy, Boosters & Treatments](#).

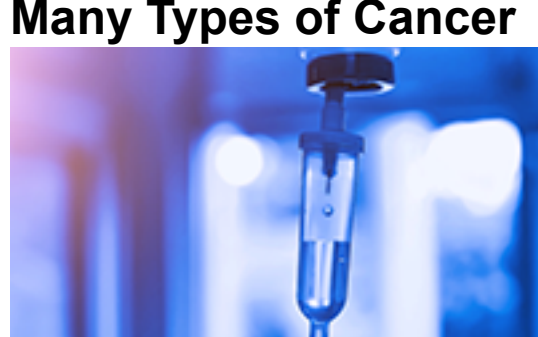
### What a Year it Has Been. See Valley's FY 2020-2021 Year in Review in the New Gratitude Report



The journey over the last many months hasn't been easy, and it is by no means over, but it is filled with glimmers

of hope and a tremendous amount of GRATITUDE. We recently published our 2020-2021 [Gratitude Report](#) reflecting on this past fiscal year, and highlighting the generosity, dedication and resilience of our community. Thank you for your continued support of Valley Medical Center.

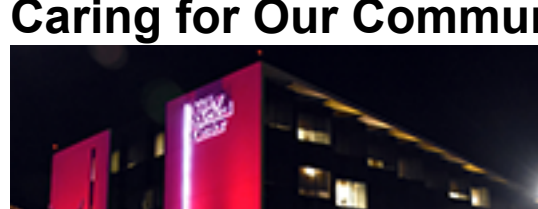
### Progress in Cancer Immunotherapy Brings Advances in Treatment for Many Types of Cancer



[Learn about cancer immunotherapy](#), a transforming advance in cancer treatment from Oncology & Hematology Clinic

physician, Nancy Cui, MD, PhD. She explains how immunotherapy works and focuses on checkpoint inhibitor immunotherapy, a successful new treatment now widely used against many types of cancer.

### The Breast Center at Valley Medical Center—Celebrating 20 Years of Caring for Our Community



Check out the ways care has improved and transformed over two decades and where to make a screening mammography appointment—early detection saves lives! [Read about 3D mammography and genetic testing.](#)

### Lung Cancer Screening Could Save Your Life



Patients who meet three criteria are considered at "high risk" for developing lung cancer and an annual low-dose CT screening is

recommended: 1) 50 - 80 years of age; 2) 20 pack-year history of smoking (this means one pack a day for 20 years, two packs a day for 10 years, etc.); 3) currently smokes OR has quit within the last 15 years. Does this sound like you? [If so, learn more, including where to call to make a screening appointment.](#) Financial assistance available.

### Want to Enjoy the Holidays in Good Shape? Use These 8 Health Hacks



The holiday season is upon us! For many people, this season can offer some challenges to a healthy lifestyle.

[Valley's Lifestyle Medicine nutrition experts share favorite tips and hacks to support a delicious and joyful season.](#)

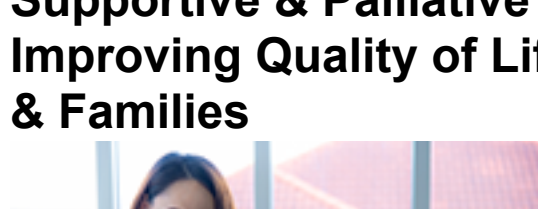
### A Mover and a Shaker Who is 100% Pure Inspiration—Meet 13-Year Old Leader & Valley Partner Mehr Grewal



While planning a health event with the Gurudwara Singh Sabha temple, Valley's community outreach team was in close

contact with member Mehr Grewal. Mehr organizes the temple's community outreach efforts, hosts virtual forums with experts and plans health fairs. She's also the editor of a magazine she created. In addition to each of these immense responsibilities, Mehr is 13 years old and in the 8th grade. [Check out Mehr's inspiring story.](#)

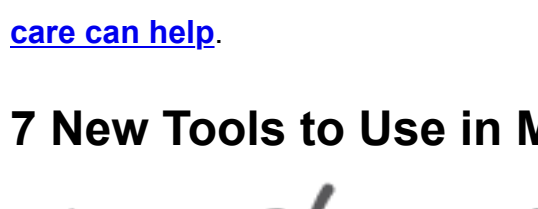
### Supportive & Palliative Care—Improving Quality of Life for Patients & Families



Palliative care is specialized medicine for people living with serious or chronic illnesses.

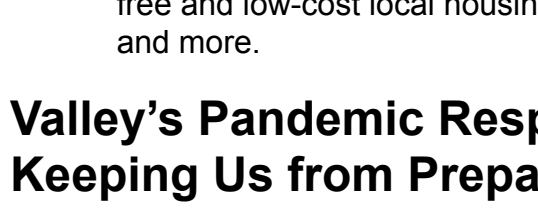
Appropriate at any age or any stage of an illness, it can be provided along with curative treatment. Palliative care helps provide relief from the symptoms and stress of an illness, while promoting quality of life for patients and families—[learn more about the many ways palliative care can help.](#)

### 7 New Tools to Use in MyChart



- **Pregnancy updates:** Expectant parents can use new pregnancy-related features in [MyChart](#) to stay informed along the way from conception to delivery. Track pregnancy progress week by week.
- **See COVID-19 test results and vaccination history** on the mobile log in page or from the Menu.
- **COVID-19 vaccination information** can be downloaded.
- **Set up a COVID-19 test and vaccination history shortcut**—see Account Settings in the Menu.
- **Appointment cancellation** is now available for most clinics up to 24 hours in advance—see your Visits page.
- **Make online payments for prescription refills** at Valley pharmacies.
- **Access [ValleyCares](#)** in Resources for help finding free and low-cost local housing, food, transportation and more.

### Valley's Pandemic Response Isn't Keeping Us from Preparing for Other Disasters



We may be nearly two years into the coronavirus pandemic, but teams across Valley are ensuring they're ready in the event

another disaster strikes through periodic emergency preparedness exercises. [Find out what staff had to say following their participation in an earthshaking mock scenario.](#)



# THANK a Caregiver

Show your support for our healthcare heroes.

[Donate or pledge today!](#)

[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.



## No Buts About it—A Colonoscopy is an Essential Preventive 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

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## FAMILY CARE

close to home.

[FIND A DOC](#)

Primary Care

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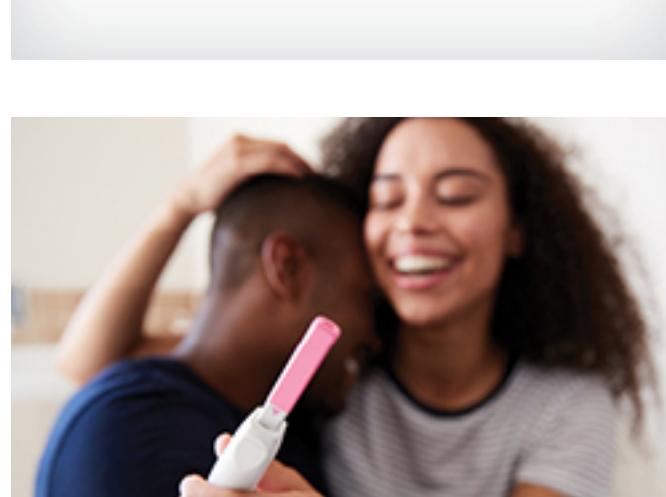


## Need help?

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

[ValleyCares.valleymed.org](http://ValleyCares.valleymed.org)

VALLEY cares



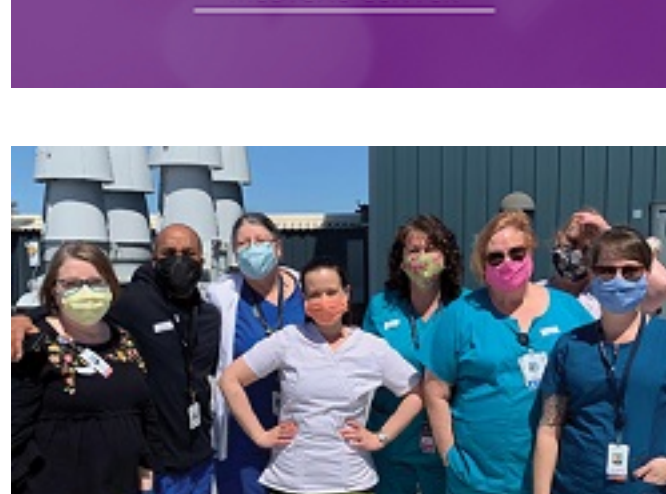
## You Got The +, We've Got Your Provider

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](http://valleymed.org/valleybaby).

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## JOIN our Valley family!

[APPLY NOW](#)

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## Community Events



- [As Girls Grow Up Video](#)  
Recorded during a recent online class, 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.
- [HealthYCare 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.
- [It's All in the Delivery—Virtual Birth Center Tour](#)
- [Renton Parents Autism Online Support Group](#), **Weekly Sunday meetings from 6 to 7 PM**
- [Cerebral Palsy Caregiver Monthly Online Support Group](#), **Nov. 21 from 5:30 to 6:30 PM**
- [Cardiac Rehab Support Group](#), **Nov. 24 from 6 to 7 PM**  
Free class for current or former cardiac rehab participants. This in-person group class is limited to 12 and is held at Valley on the last Wednesday of the month.
- [NAMI Family-to-Family Winter 2022 Education Program](#)  
The South King County organization of the National Alliance on Mental Illness offers their acclaimed free, 8-session, online class series for family, partners, friends and significant others of adults living with mental illness. Wednesdays, January 12 - March 2, 6:30 - 9 PM.
- [Stroke Survivor? Attend the Most Active Online Stroke Support Group in the Area](#), **Dec. 14 from 12 to 1 PM**  
Stroke survivors and caregivers, help lay the foundation for recovery and transition into life after a stroke.
- [Schedule a Blood Donation](#)  
Your donation in the days and weeks ahead is critical to public health.
- [See all classes and events.](#)

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To update your email preferences, [click here](#).

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