

Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

Is My Baby Ready for a COVID Vaccine? Answers for New and Expecting Parents



After the COVID vaccine was approved for children 6 months through age 5 in mid-June, you may be still wondering if getting vaccinated is the right move for your child—COVID vaccination is now recommended for everyone six months and older. [Get your questions answered here.](#) Eligible babies and children who are already Valley primary care or pediatric patients can get scheduled for a vaccination appointment with their primary care provider by calling the clinic. If your child is not a Valley patient, you can get free vaccinations at several locations in South King County. [Find or register for a vaccine here.](#) [Watch this Q&A with Dr. Ben Danielson from Public Health – Seattle & King County.](#)

Put the ‘Vacate’ in Your Vacation—8 Ways to Lower Work-Related Stress Before, During & After Time Off



When you’re trying to relax on a vacation, but you can’t stop thinking about the stressful things waiting for you back at work, you’re not getting the full benefit of your time off. To help reduce stress as you approach vacation, set yourself up for success by using the strategies mental health counselor Dani Dutro recently offered to the Valley team. We thought they were so useful, we wanted to share them with you! [Get her list of tips and view this video.](#)

JOIN US! BeTheHOPE Walk—July 16, Summit Park, Maple Valley



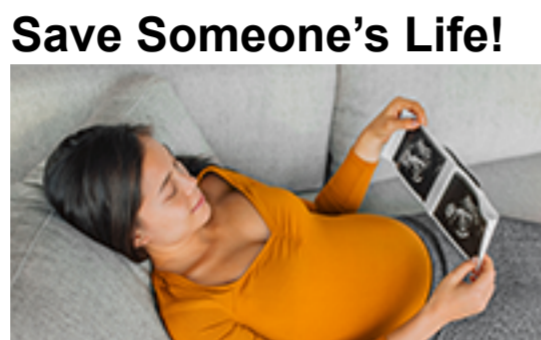
Join Valley Girls & Guys and Team Valley at the 4th annual BeTheHOPE Walk—participate in person and virtually. The 1.8-mile walk begins at noon and supports cancer patients, oncology programs and care at Valley Medical Center and other local organizations. Hang out afterward until 6 PM and enjoy live entertainment, refreshments and a variety of food trucks. [Register today, walk with us and help generate HOPE for others in our community!](#)

Top Tips for Finding & Managing High Blood Pressure from Minh Dao, DO



Those with severely high blood pressure sometimes have symptoms like headaches, blurred vision, chest pain, or a hard time breathing. Unfortunately, most people have no idea their blood pressure is high because they haven’t developed noticeable symptoms. [Find out in either English or Vietnamese how to keep track of your blood pressure and learn the best ways to control it without medication.](#)

Does Your Birth Plan Include Cord Blood Donation? It’s Free and Could Save Someone’s Life!



Planning ahead to donate umbilical cord blood is a simple and safe way to make the birth of your child into someone else’s second chance. Umbilical cord blood contains special blood-forming cells that can be used as a life-saving transplant for those with life-threatening diseases. Valley Medical Center partners with Bloodworks Northwest to offer cord blood donation for your family, that is free to the public. [Learn more about how expecting parents can help others through this free program.](#)

MyChart Direct Scheduling Expands to Six Specialty Care Clinics



Current MyChart users can now directly schedule appointments at Valley’s first six specialty care clinics: **Cardiology**

Clinic | **Dermatology Clinic** | **Diabetes & Thyroid Clinic** | **Lifestyle Medicine Clinic** | **Pulmonary Clinic** | **Vascular Surgery Clinic**. As a reminder, patients must be already seeing a provider before they can schedule an appointment with them in [MyChart](#). MyChart scheduling continues to be available at all primary care clinics. Watch for more specialty care clinics to be added to MyChart scheduling in the coming weeks. Telehealth appointments with many clinics are also available via MyChart.

Black, Indigenous, People of Color (BIPOC) Mental Health Month—Beyond the Numbers



During the month of July, we celebrate the strength and resilience of the BIPOC community. Where traditional systems of care may have left them unsupported, members of these communities have forged new ways to create networks of care that foster mental health. [Check out the extensive local and national resources to support, guide and inspire.](#)

Keep Breathing Easier at Home—How to Improve Indoor Air Quality



Did you know indoor air can sometimes be more polluted than outdoor air? Whether it’s to protect you from allergies, wildfire smoke season or illnesses like COVID, it’s good to know what to do to improve your indoor air quality. [Get easy tips to keep you and your family breathing cleaner air from Public Health-Seattle & King County.](#) [Cómo Mejorar La Calidad Del Aire Interior En Su Hogar.](#)

Give Yourself a Career Boost at Valley!



At Valley, we serve a critical role in helping maintain and improve the health of our community. We share common core values such as compassion, respect, trust and teamwork. And we have an honest passion for helping others, patients and staff alike. If this excites and motivates you, consider joining our team! Current hot jobs include **RNs in various departments** | **Anesthesia Tech** | **CT Tech** | **Interventional Radiology Tech** | **MRI Tech** | **Nuclear Med Tech** | **OR Surgical Tech** | **and more!** Sign-on incentives are available for many positions. [See all job openings at valleymed.org/careers.](#)

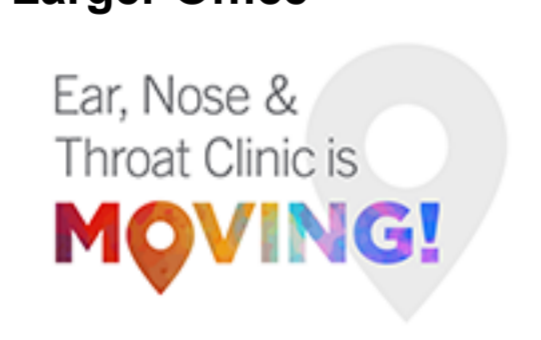
New 988 Suicide & Crisis Lifeline Available July 16



Starting July 16, 2022, those experiencing a mental health crisis, substance use, emotional distress or thoughts of suicide can connect with trained, crisis counselors by calling or texting 988. You can also dial 988 if you are worried about a loved one who may need crisis support. This new, nationwide resource from the National Suicide Prevention Lifeline, or NSPL, is confidential, free and available 24/7/365. 988 services will be available in Spanish, along with interpretation services in over 250 languages.

For people who are deaf, hard of hearing, and TTY users: Use your preferred relay service or dial 711 then **1.800.273.8255**. 988 is not replacing existing Washington crisis centers—it’s in addition to the state’s network of crisis center providers. The current NSPL number, **1.800.273.TALK (8255)**, will stay active after 988 goes live. [Learn more.](#)

Valley’s Ear, Nose & Throat Clinic’s Renton Location Will Move to Larger Office



To better serve our patients, the Ear, Nose & Throat Clinic’s Renton location will be moving to a more spacious clinic in the Talbot Professional Center, Suite 210 on July 26, 2022. Talbot Professional Center is the building next door to the ENT Clinic’s current office in the Medical Arts Center. The current ENT team looks forward to caring for patients in the enhanced location. The clinic phone number remains the same: 425.690.3602. [Get details about the best place to park or drop-off for Renton appointments.](#)



Take Time Today for YOU!

Primary care, preventive screenings, lifestyle medicine and mental health—we’re here to help you live your best life!

[GET STARTED](#)



[valleymed.org/vmccares](#)
For more information contact **Carrie Murayama**
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or 425.690.5956
Valley Medical Center – Public Hospital District No.1
is a 501(c)(3) nonprofit organization.

Community Events

- **Support Local Kids—Donate to Communities in Schools-Renton/Tukwila Back-to-School Drive—July 15 to August 15**
All school supplies accepted, but most needed items are: large backpacks for high school students, alarm clocks, USB flash drives, composition notebooks (wide & narrow-rule), 2” binders. [Make a cash gift online](#) or drop off supply donations in collection bins at these Valley clinic locations:
Covington South | 27500 168th Pl SE, Covington, WA 98042
Fairwood Clinic | 14410 SE Petrovitsky Rd, Suite 104, Renton, WA 98058
Kent Station | 521 2nd Pl N, Suite 11-103, Kent, WA 98032
Kent Primary Care | 24920 104th Ave SE, Kent, WA 98038
Lake Sawyer Clinic | 24203 216th Ave SE, Suite D, Maple Valley, WA 98038
Maple Valley Clinic | 26458 Maple Valley Black Diamond Rd SE, Maple Valley, WA 98038
- **Schedule a Blood Donation—Dates & times vary**
There is an urgent regional need for all blood types. [Schedule an appointment at one of Bloodworks Northwest’s 12 donation centers or convenient pop-up locations.](#)
- [See all Valley classes, events and support groups.](#)

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