

Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

COVID Booster for ages 5 – 11



Valley Medical Center's primary care clinics now have COVID-19 vaccine booster doses for children ages 5 through 11.

The booster should be given at least five months after a child received their primary series. "This is an important step to protect young children in our community from developing serious illness," says Julie Osgood, vice president of Valley's Clinic Network. "Over 18 million doses of vaccine have been administered safely and effectively to this age group. COVID cases in Washington state and King County have been on the rise, making it critically important to give children the protection they need." Make an appointment with your child's primary care provider through MyChart or [call the clinic](#). [See current COVID-19 vaccine and booster recommendations for all ages](#).



Expecting a New Adventure Buddy?

Begin Your Journey at Valley.

LEARN MORE

**Birth Center
Neonatal ICU
Pediatrics**

UW Medicine
VALLEY
MEDICAL CENTER

CDC Posts Monkeypox Traveler's Alert

While the number of monkeypox cases in the U.S. remains low, the Centers for Disease Control has suggestions to help prevent the disease from spreading, especially if you are traveling. Anyone with a rash that looks like monkeypox should talk to their healthcare provider immediately and avoid contact with others, even if they don't think they had contact with someone with monkeypox. [Get the facts about monkeypox](#). [Find out what travelers can do to prevent monkeypox](#).

Valley Proudly Raises the Pride Flag as We Celebrate Resilience



To cheers and clapping, Valley proudly raised the Pride flag at noon on June 1. Even though the spectators remained

masked, the smiles and celebratory atmosphere were evident. For the 10th year in a row, Valley lifted the Pride flag in unison and solidarity with our colleagues across the UW Medicine health system. Flying this flag is just one way we demonstrate our dedication to the LGBTQIA+ community as part of our mission of caring for our community like family. [Check out the event](#).

Honoring the Strength and Courage of Those Living with a History of Cancer—National Cancer Survivors Day®



The phrase "cancer survivor" can mean different things to different people. It's often used as a general term describing anyone

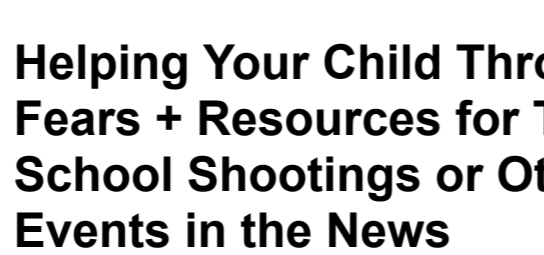
living with a history of cancer—from the moment of diagnosis through the remainder of life. [Learn about the different ways people navigate cancer and resources for support throughout the lifetime journey](#).

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!](#)

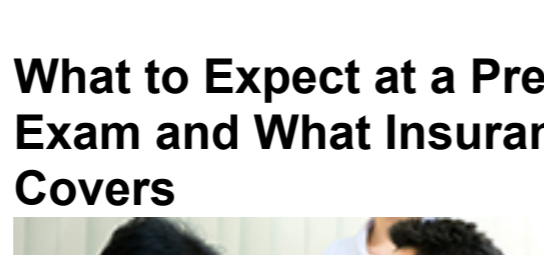
Helping Your Child Through Common Fears + Resources for Talking about School Shootings or Other Tragic Events in the News



Almost all children have fears. And no matter where in the world they live, kids are afraid of many of the same things. Children need the

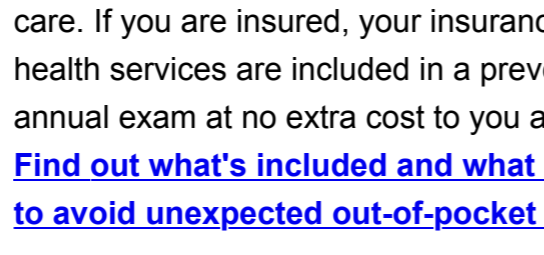
experience of mastering their fear to be a competent adult. [Get practical tips for talking to kids about their fears and mental health, and coping with tragic news events like school shootings](#).

What to Expect at a Preventive Care Exam and What Insurance Normally Covers



A routine preventive exam, sometimes called a "wellness check-up" or "annual physical," is an important element of primary care. If you are insured, your insurance carrier decides which health services are included in a preventive care visit/routine annual exam at no extra cost to you as the covered patient. [Find out what's included and what may not be, and how to avoid unexpected out-of-pocket costs](#).

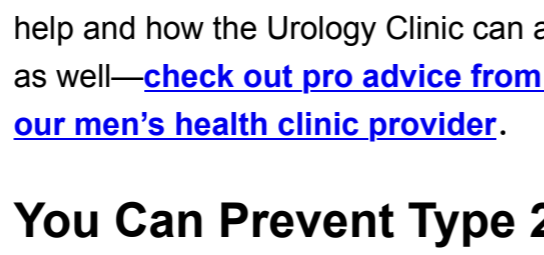
DocTalk: Understanding Erectile Dysfunction (ED) and Other Men's Health Conditions



ED is common, affects people across the age spectrum, and can be treated in multiple ways. Learn more about getting

help and how the Urology Clinic can assist with other issues as well—[check out pro advice from Paul Niemi, ARNP, our men's health clinic provider](#).

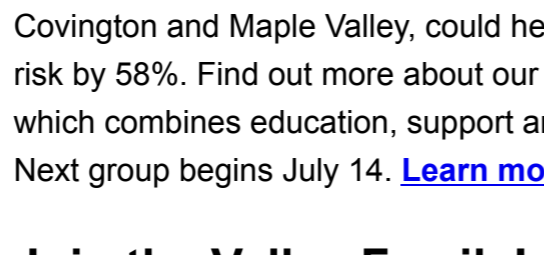
You Can Prevent Type 2 Diabetes with Valley's Prevention Program



In the U.S., one in three adults has prediabetes and is at risk for type 2 diabetes, yet nearly 85% don't know they have it.

Learning how to prevent or delay diabetes is the first step toward living a longer, healthier life. Valley's CDC-recognized Diabetes Prevention Program, available in Renton, Covington and Maple Valley, could help reduce your diabetes risk by 58%. Find out more about our year-long program which combines education, support and lifestyle coaching. Next group begins July 14. [Learn more or register](#).

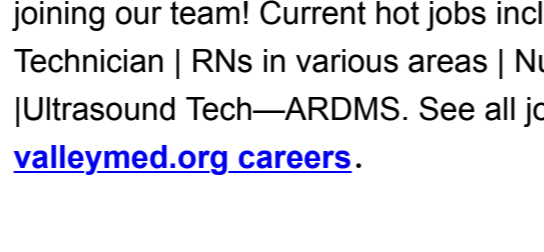
Join the Valley Family!



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 Anesthesia Technician | RNs in various areas | Nuclear Med Tech | Ultrasound Tech—ARDMS. See all job openings at [valleymed.org careers](#).

Join Volunteers in Action—Doing Good for Others!



Consider becoming part of Valley's Volunteers in Action, or VIA, by giving a few hours of your time, talent, love and concern for people in our community. Volunteers must be 18 years or older and available for one 4-hour shift per week. Candidates must successfully pass a background check and be fully vaccinated against the flu and COVID-19.

Valley is actively recruiting for the following volunteer positions:

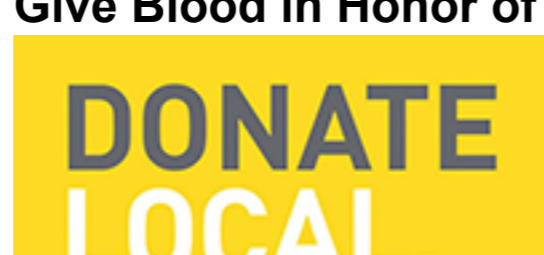
Present Place Gift Shop: Located inside the hospital's main entrance and operated by VIA, revenue from sales funds philanthropic projects across Valley and our South King County community. Skills include customer service, sales and merchandising.

Information Desk: Just inside the hospital main entry, be the welcoming face of Valley! Greet and escort patients and visitors. Answer phones. Deliver flowers and gift items to patients.

Courtesy Shuttle Driver: Shuttle drivers use Valley's Courtesy Shuttle vehicle to transport patients and visitors throughout campus and neighboring clinics for appointments, tests and treatments. Need current Washington state driver's license and a clean driving record.

[Apply today!](#) Email volunteers@valleymed.org with questions or for more information or call 425.690.5955.

Give Blood in Honor of June 14 World Blood Donation Day



One in three Americans will need a blood transfusion in their lifetime. For over 75 years, Bloodworks Northwest has been helping generous blood donors give the gift of life to make sure that lifesaving blood is always there when patients need it. Help celebrate World Blood Donor Day and [schedule an appointment at one of Bloodworks Northwest's 12 donation centers or pop-up locations](#).

Appointments and Masks Required

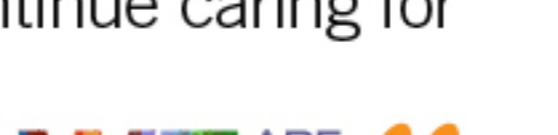
Community Events

- [Renton Pride Passport to support local business/organization allies of the Renton LGBTQIA+ community](#)
- [Pop-up Blood Donation Event—Appointment Only, Renton Community Center—June 14](#)
- [38th Annual Maple Valley Bear Run, Lake Wilderness Park—June 18, 7 - 11 AM](#)
- [2022 Inaugural Juneteenth Royal Ball, Renton—June 19](#)
- [Washington State Parks Free Days—June 12, 13, 19](#)
- [Auburn Kids Day, Les Gove Park—June 24, 11 AM - 4 PM](#)
- [Seattle Pride Parade, Downtown Seattle—June 26](#)
- [African American Male Wellness Walk, Renton Memorial Stadium—August 6](#)
- [See all Valley classes, events and support groups](#)

Caring for your community's

FUTURE.

Public Hospital District Number 1, also known as Valley Medical Center, has proudly cared for our South King County neighbors for **75 YEARS**. Including Valley in your estate planning will allow us to continue caring for our community like family for generations to come.



FOR MORE INFORMATION about supporting Valley, please contact Carrie Murayama, Manager of Development & Volunteer Services, at 425.690.5956 or carrie_murayama@valleymed.org.