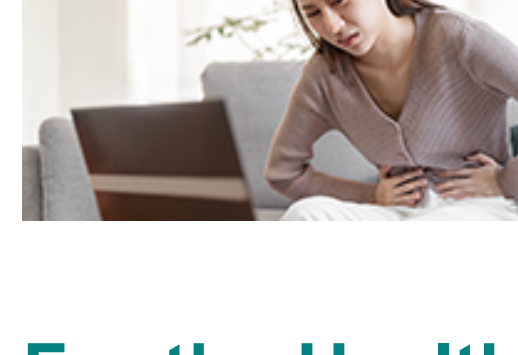


Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

How to Decide the Best Place for Immediate or Same-Day Healthcare: The Severe vs. Mild-to-Moderate Test



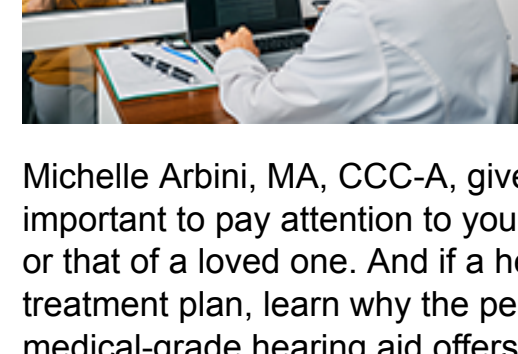
How do you decide what type of care you need when you can choose among your primary care provider, urgent care clinic or the emergency department? Associate Medical Director for Valley's Urgent Care clinics, Telly Russell, MD, shares an easy way to figure out the best place to go when faced with different situations. Watch Dr. Russell's six-minute video.

For the Health & Safety of Valley Medical Center Patients & Staff, Masking Still Required in Most Areas



On April 3, the statewide requirement for universal masking in healthcare facilities ended. In line with most healthcare facilities across the Puget Sound region, Valley Medical Center and Valley's Clinic Network still require that staff, patients and visitors wear medical-grade masks when entering a facility and in patient care spaces, waiting rooms and lobbies. Find out how our policy helps us care for our community like family.

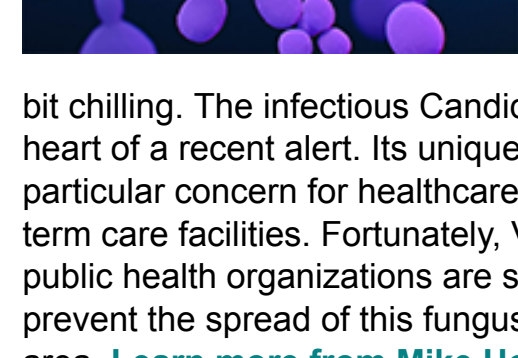
Audiologist Shares Facts About Hearing Aids & the Unexpected Problems of Hearing Loss



What happens if you ignore hearing loss? The negative effects may be more serious and surprising than you imagined. Valley audiologist

Michelle Artini, MA, CCC-A, gives advice on why it's important to pay attention to your potential hearing loss or that of a loved one. And if a hearing aid is part of the treatment plan, learn why the personalization of a medical-grade hearing aid offers superior results compared to an over-the-counter one. Check out the four-minute video.

What is Candida Auris? Valley's Infectious Disease Clinic Medical Director Explains



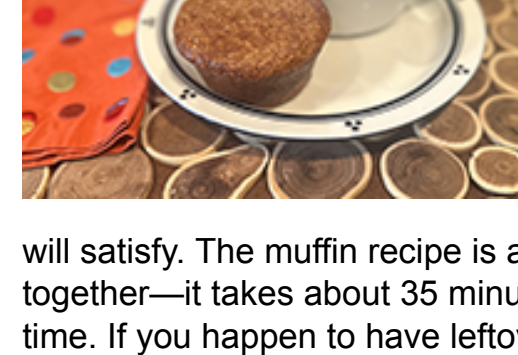
With the popularity of the HBO series "The Last of Us," stories in the news about a potentially deadly fungus infection surging in the US can be a bit chilling. The infectious Candida auris fungus is at the heart of a recent alert. Its unique aspects make it a particular concern for healthcare institutions and long-term care facilities. Fortunately, Valley and our regional public health organizations are set up to contain and prevent the spread of this fungus should it arrive in our area. Learn more from Mike Hori, MD.

Sunscreen Sensibility



With Hugh Jackman's recent skin cancer scare and his reminders to wear sunscreen, here's our best sunscreen advice from one of Valley's board-certified dermatologists, David Drimmer, MD. Make sure you know the facts and get your questions answered about sunscreen so you can help yourself prevent skin cancer. Watch the video.

Quick to Make and Bake Carrot Oat Bran Muffins



Applesauce adds moisture without fat to this healthy snack that's also gluten free. With 6 grams of protein per serving, this is a baked treat that will satisfy. The muffin recipe is also quick to put together—it takes about 35 minutes, including baking time. If you happen to have leftovers, they freeze well for snacks on the go. Get the recipe.

Tender, Swollen Joints? Evaluating and Treating Early May Prevent Long-Term Debilitating Damage



There's a misconception that inflammatory conditions affect mostly older patients, but they often impact much younger people in their 20s and 30s. By catching inflammation of the joints early, rheumatology providers can help people save their joints and keep productive lives. There's a range of advanced treatments to ease pain, reduce inflammation, and slow further damage to joints. Learn more.

Past Experiences Fuel My Passion for Healthcare Equity and Inclusion



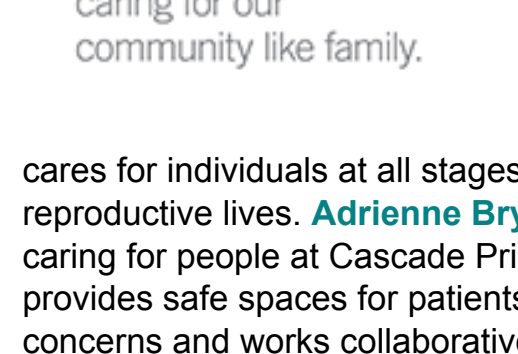
Learn how Hiroshi Nakano's healthcare administration career has been shaped by his family's heritage as Japanese Americans relocated to an Oregon concentration camp during WWII, the injustice experienced by Asian immigrant communities, and his ongoing community activism and vision for healthcare delivery and equity. Read about his journey.

The Reasons for Still Wearing Masks Vary—Please Respect Them



While masks are no longer required in most places (though they're still needed in healthcare settings like Valley to protect our patients, visitors and staff), there are times when people may choose to wear one in public. It may be for added protection for personal health reasons. Maybe they're a caregiver for a spouse with cancer or someone who is having surgery soon. Maybe they have a cold and are protecting others in the community. Maybe they just feel safer. Everyone should assess their own personal risk and reasons when making this decision. We ask others in the community to please respect those decisions. See current state Department of Health mask guidelines. Learn the state of COVID-19 in King County, including where to order free home test kits, vaccine and booster recommendations, and what will change after the May 11 federal public health emergency expiration—check it out.

Valley Women's Healthcare Clinic & Cascade Primary Care Welcome Two Providers



Welcome to Arlie Brantley-Dalgligh, ARNP, CNML, who recently joined Valley Women's Healthcare Clinic's midwife team and cares for individuals at all stages of their sexual and reproductive lives. Adrienne Bryant, PA-C, is now caring for people at Cascade Primary Care. She provides safe spaces for patients to address their health concerns and works collaboratively to help achieve health goals.

Your Voice, Your Choice—Make Your Future Healthcare Wishes Known for National Healthcare Decisions Day!



Have you thought about future decisions affecting your healthcare? National Healthcare Decisions Day on April 16

encourages patients to express their written wishes about healthcare and for providers to respect those wishes, whatever they may be. Advance care planning includes deciding, documenting, and talking about your wishes in the case that you become too sick, or unable to talk, about your wishes in the future. The best time to start this process is early—anyone over 18 should do their advance care planning! To learn more about advance care planning and how to start, listen to a recorded workshop here. Review or print the free documents here. Questions? Email Sarah Peterson, Director, Supportive & Palliative Care.

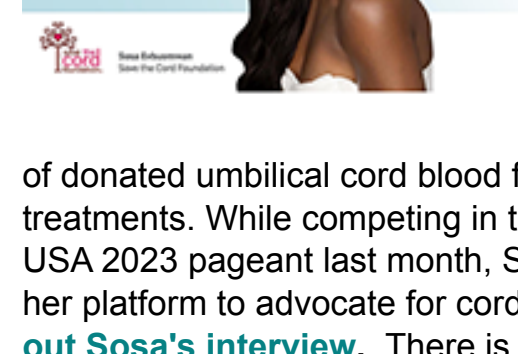
Our Volunteers Get Paid Through Appreciation and Making a Difference, And What They Give is Priceless



Valley volunteers are goodwill ambassadors, spreading hope and cheer, providing vital help to our patients and visitors. Whether

serving as a greeter at the Information Desk or escorting visitors, helping in the gift shop, or driving our courtesy shuttle, volunteers are a treasured part of our Valley family, contributing the most important of all ingredients—love and concern for people. Watch our volunteers in action in this video. Become a Valley volunteer.

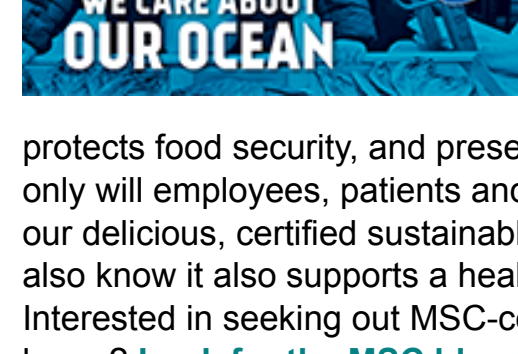
Cord Blood Donation is Easy and Free and Has the Power to Save Lives Like Sosa's



Sosa's story of being cured of sickle cell disease by a stem cell transplant as part of a clinical trial demonstrates the powerful potential

of donated umbilical cord blood for future medical treatments. While competing in the Miss North Carolina USA 2023 pageant last month, Sosa continued to use her platform to advocate for cord blood donation. Check out Sosa's interview. There is an immediate need for donations from Black/African American and Hispanic families to fill growing transplant demand. Learn more about cord blood donation.

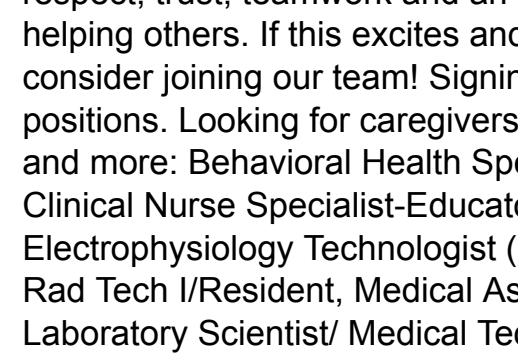
Good for You & the Ocean Too: Valley Joins the Sustainable Seafood Community



Our recent Marine Stewardship Council certification ensures the seafood served at Valley supports

healthy oceans. Not only will employees, patients and visitors enjoy our delicious, certified sustainable seafood, but we'll also know it also supports a healthy diet and ecosystem. Interested in seeking out MSC-certified seafood to eat at home? Look for the MSC blue fish label on products at these retailers.

Join the Valley Family—We're Growing to Care for Our Community Like Family



At Valley, we serve a critical role in helping maintain and improve the health of our

community. We share core values such as compassion, respect, trust, teamwork and an honest passion for helping others. If this excites and motivates you, consider joining our team! Signing incentives for many positions. Looking for caregivers to fill these positions and more: Behavioral Health Specialist—LICSW, Clinical Nurse Specialist-Educator (ED), Electrophysiology Technologist (EP Tech), Interventional Rad Tech I/Resident, Medical Assistants, Medical Laboratory Scientist/ Medical Technologist, Registered Nurses—various units, RN Residents—various units, Surgical Technician and more! To see all positions or to apply, visit valleymed.org/careers.

Want Help in Improving Your Health? Check Out Free Health Coaching



If you'd like to make positive changes to your health and you're a patient at a Valley primary care clinic, you may be qualified

for free, personalized health coaching. Learn more.

Renton Bike Rodeo, May 6, 10 AM - 12 PM



Free onsite bike inspections, helmet fitting (provided by Valley Medical Center volunteers) obstacle course, bike decorating

and more. Event will be at the Renton Community Center, 1715 Maple Valley Hwy.

Insured by Apple Health? Renew & Stay Covered Today!

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

Washington Apple Health

MORE INFO

Might be More than just Playtime Weighing Your Legs Down

Heavy, stiff and tired legs affecting your daily activities? Our providers are here to get you back on your feet.

Call Valley's Vascular Surgery Clinic to set up an appointment today.

CALL 425.690.3498

Vascular Surgery Clinic

UW Medicine VALLEY MEDICAL CENTER

Toadily Tired of Warts? Valley's Dermatology Clinic Can Help!

3 convenient locations:

- Covington
- Newcastle
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From Head to Toe, Our Surgical Teams Have You Covered

LEARN MORE

UW Medicine VALLEY MEDICAL CENTER

House Calls Happen Here

Virtual urgent care appointments from the most comfortable bedroom room ever – your bedroom.

SCHEDULE VIDEO VISIT

Urgent Care Clinics

UW Medicine VALLEY MEDICAL CENTER

Check Your Body's Engine

Regular maintenance helps avoid many health issues. Primary care, preventive screenings, lifestyle medicine and mental health—we're here to help you live your best life!

SCHEDULE YOUR TIME

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 PARNACLE

Community Events

See all classes and events, including virtual birth center tours, birth and parenting classes, support groups, and classes for a healthier you.

Connect with Valley

Icons for Wi-Fi, Instagram, Facebook, YouTube, LinkedIn, and Blog.