

# Community CARE update

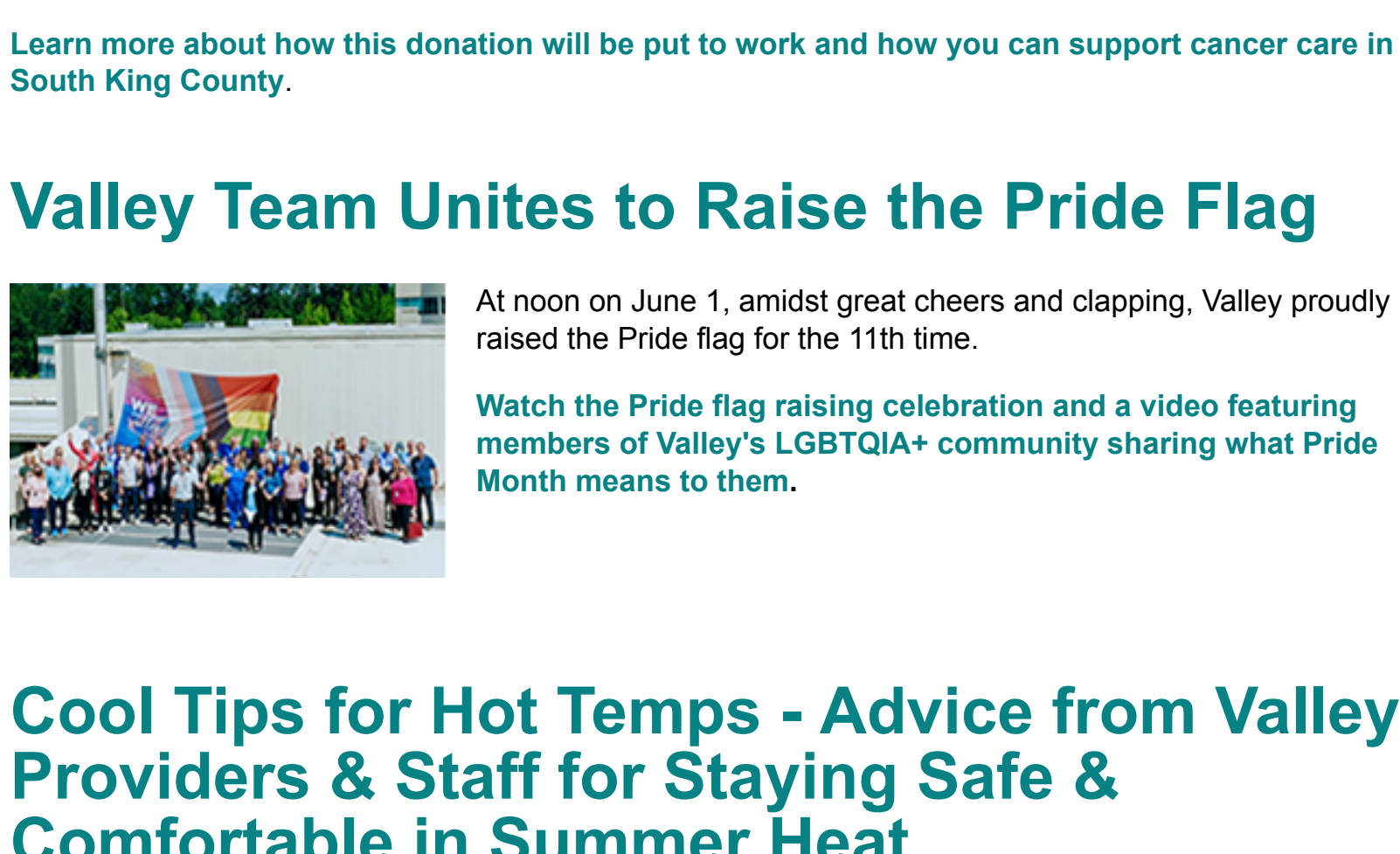
HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

## Stay Abreast of New Screening Mammogram Guidelines



The United States Preventive Services Task Force (USPSTF) has new recommended guidelines for mammogram screenings to start at age 40, and then continue every two years after that. This is still a draft recommendation, but is expected to be finalized in the coming year. **Kim Herner, MD**, family medicine physician and Valley's Chief Quality Officer, discusses the proposed mammogram guidelines and other recent topics in breast self-exams and breast cancer screenings in this **7-minute DocTalk**.

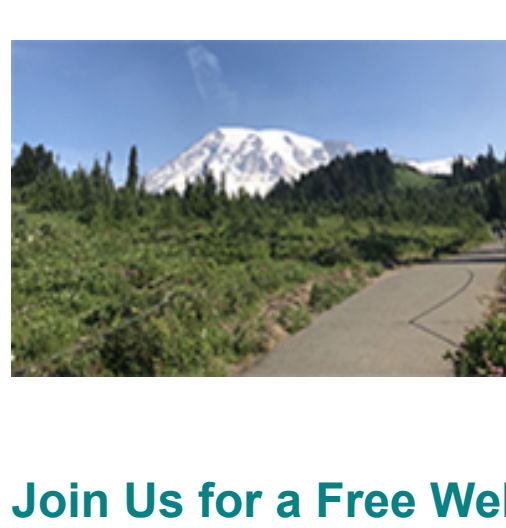
## Valley Girls & Guys Gifts \$1.8 Million to Valley's Future Cancer Center



THANK YOU doesn't even begin to express our level of gratitude. On June 1, our friends and partners at Valley Girls & Guys unveiled a \$1.8 MILLION donation toward our future Cancer Center.

Learn more about how this donation will be put to work and how you can support cancer care in South King County.

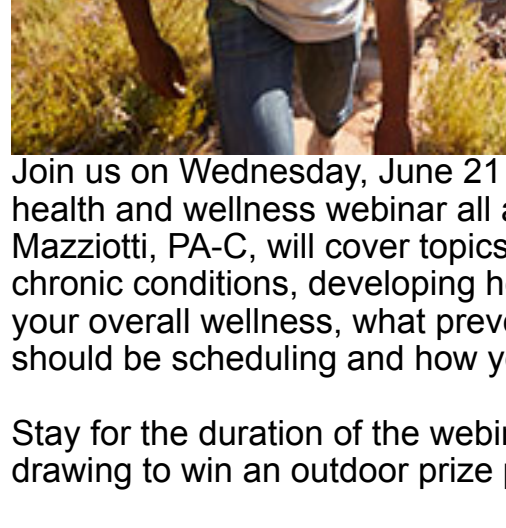
## Valley Team Unites to Raise the Pride Flag



At noon on June 1, amidst great cheers and clapping, Valley proudly raised the Pride flag for the 11th time.

Watch the Pride flag raising celebration and a video featuring members of Valley's LGBTQIA+ community sharing what Pride Month means to them.

## Cool Tips for Hot Temps - Advice from Valley Providers & Staff for Staying Safe & Comfortable in Summer Heat



Summer in Washington state is a great time to get outdoors and enjoy the beautiful weather. But while the warmth is a nice respite from the chilly, rainy months, it is important to be mindful of keeping your body hydrated and at a safe and comfortable temperature by making changes to your wardrobe and routine as needed. Check out these tips from Valley staff and providers, and learn how some medical conditions are impacted by heat.

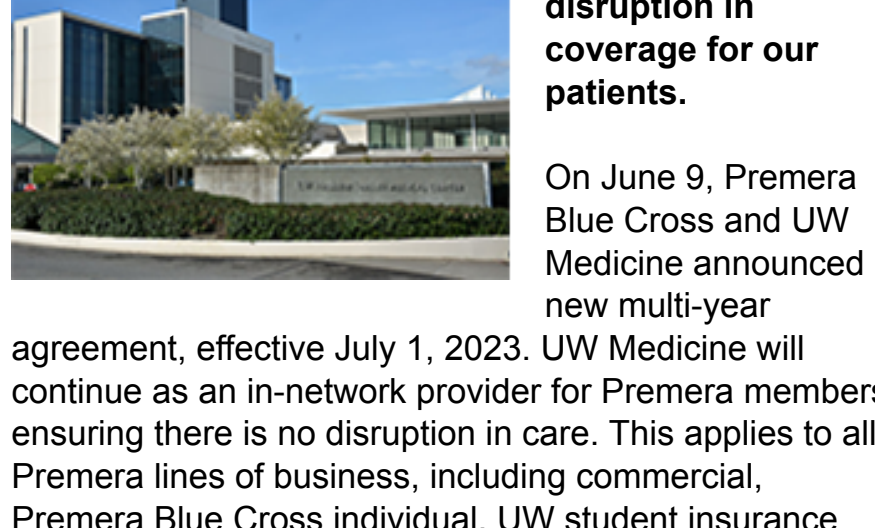
## In Search of a Local Adventure? Area Parks Offer Great Places to Explore, Move More & Have Fun



With extended daylight hours of the summer months, it's a great time to get outside and explore the many parks and trails in our area. Whether you're looking for recreational activities or a quiet spot to enjoy nature, these park guides will help you plan your next adventure.

### Join Us for a Free Webinar!

#### Make Time for You: Tips for Healthier Living & Where Your Provider Can Help – Wednesday, June 21, 10 AM



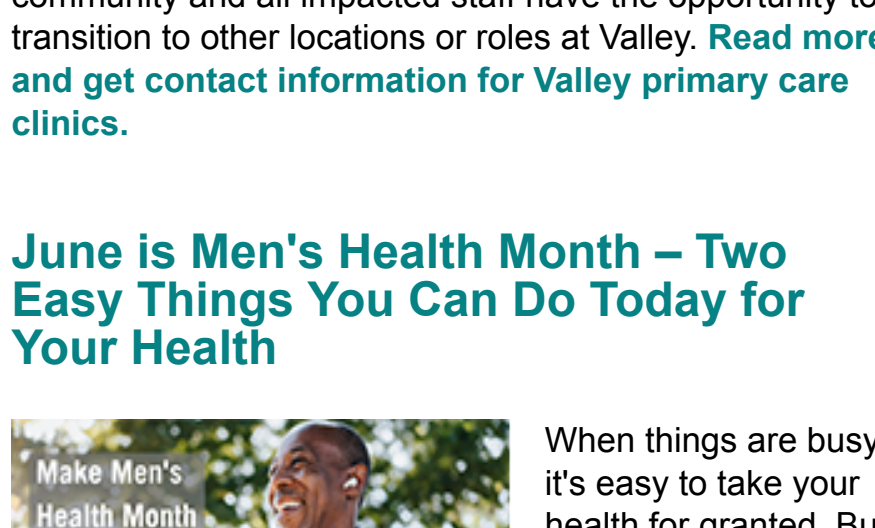
Join us on Wednesday, June 21 at 10 AM for a one-hour health and wellness webinar all about you! Valerie Mazzioti, PA-C, will cover topics like how to manage chronic conditions, developing healthy habits for growing your overall wellness, what preventive screenings you should be scheduling and how your provider can help.

Stay for the duration of the webinar and be entered into a drawing to win an outdoor prize pack!

Register for the webinar.

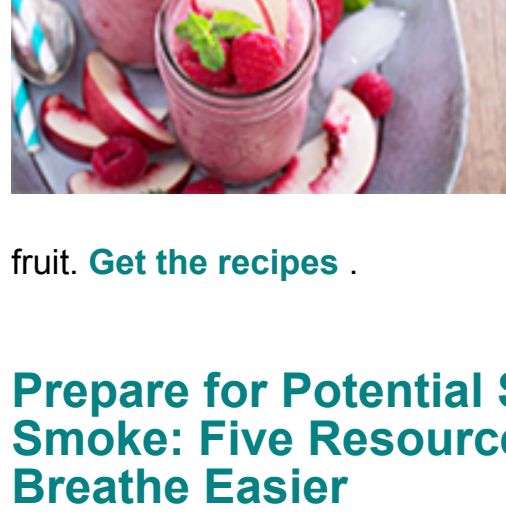
Thank you to Chateau at Valley Center for sponsoring this event.

### Valley Celebrates Juneteenth



On Friday, June 16, Valley staff, including members of the Equity, Diversity and Inclusion Committee, gathered on the hospital roof to raise the Juneteenth flag. The flag will fly over the hospital until Friday, June 23. Watch the flag raising ceremony on Valley's Facebook page.

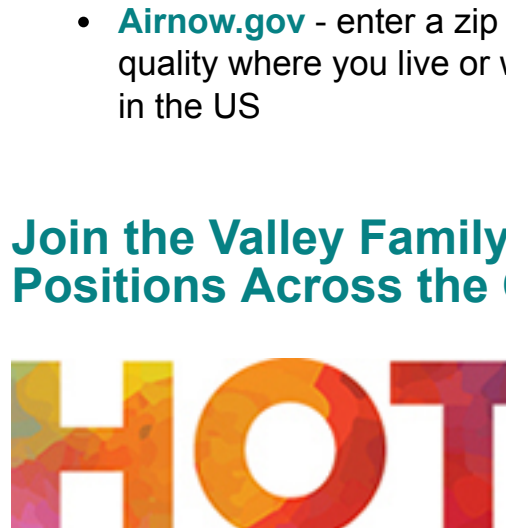
### Premera & UW Medicine Reach Agreement



**Contract signed, no disruption in coverage for our patients.**

On June 9, Premera Blue Cross and UW Medicine announced a new multi-year agreement, effective July 1, 2023. UW Medicine will continue as an in-network provider for Premera members, ensuring there is no disruption in care. This applies to all Premera lines of business, including commercial, Premera Blue Cross individual, UW student insurance and Medicare Advantage. [Read more.](#)

### Renton Landing Primary Care Ending Service July 14, Urgent Care to Remain



The past three years have been extremely challenging, creating operational and financial challenges that are driving the need to consolidate some of our primary care services. Effective July 14, we will be ending primary care at Renton Landing and transitioning service to

our other primary care locations. The Renton Landing Primary Care Team has provided excellent care for our community and all impacted staff have the opportunity to transition to other locations or roles at Valley. [Read more and get contact information for Valley primary care clinics.](#)

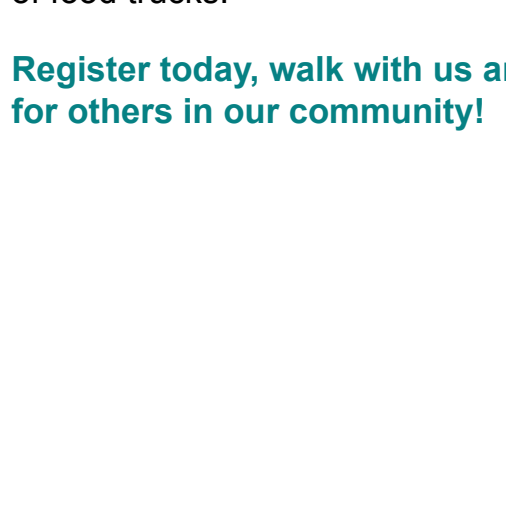
### June is Men's Health Month – Two Easy Things You Can Do Today for Your Health



When things are busy, it's easy to take your health for granted. But there are two easy things you can do for your health today.

primary care provider and find out your prediabetes risk score.

### Cheers to a Refreshing Summer Beverage - Fresh Fruit Smoothies!



As the weather gets warmer, a smoothie is a cool and delicious treat. These three smoothies use seasonal summer fruits, but you can enjoy them year-round with frozen

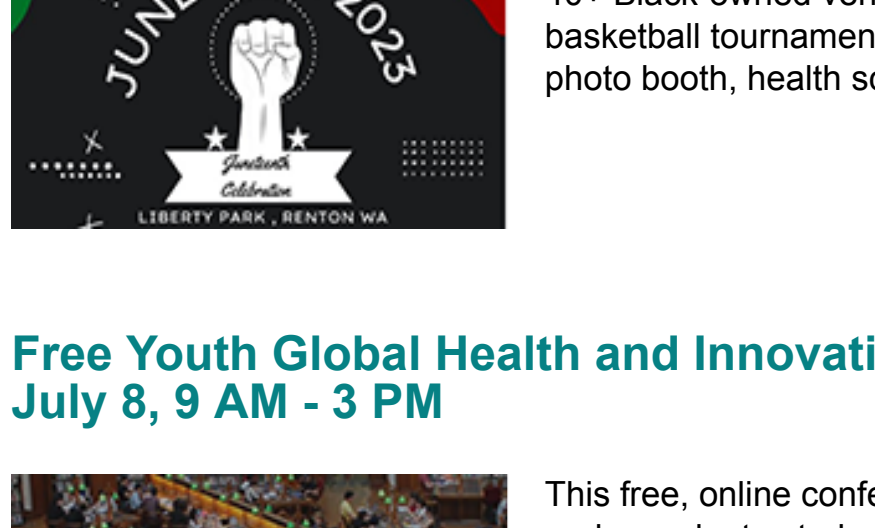
### Prepare for Potential Summer Wildfire Smoke: Five Resources to Help You Breathe Easier



The recent wildfires in Canada, which blanketed parts of the eastern United States with smoke, were a good reminder that over the past few summers the Pacific Northwest has endured wildfires and smoke, and may again in 2023. Here are five links with tips and resources to get ready for another potential smoke season:

- [Drought, Wildfires, Smoke, Oh My! Tips for Breathing Easier During Summer Fire Season](#) - We Are Valley blog
- [Washington Smoke Blog](#) - a partnership between state, county and federal agencies, and Tribes to share information from communities affected by wildfire smoke
- [Puget Sound Clean Air Agency](#) - Local air quality data
- [Washington State Department of Health Air Quality from Smoke Fires](#) - FAQs in English, Chinese, Korean, Russian, Spanish, Somali, Tagalog, Ukrainian, Vietnamese
- [Airnow.gov](#) - enter a zip code to find out the air quality where you live or where you are traveling to in the US

### Join the Valley Family! Now Hiring for Positions Across the Organization

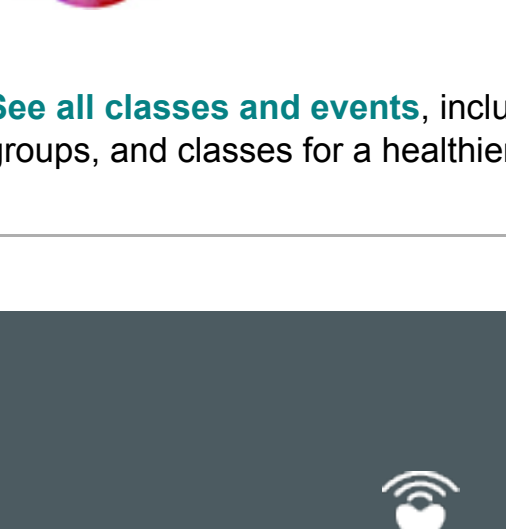


At Valley, we serve a critical role in helping maintain and improve the health of our community. We have an honest passion for helping others, patients and staff alike. If this excites and motivates you, consider joining our team! Here are a few jobs we're currently recruiting for:

- Behavioral Health Specialist
- Emergency Department Manager
- Lab Client Services
- LPN - Birth Center
- Medical Technologist
- Medical Assistant
- Radiology Tech
- RN - General Medicine
- Staff Peer Review Coordinator
- Surgical Technician

For more information and to apply, visit [valleymed.org/careers](http://valleymed.org/careers).

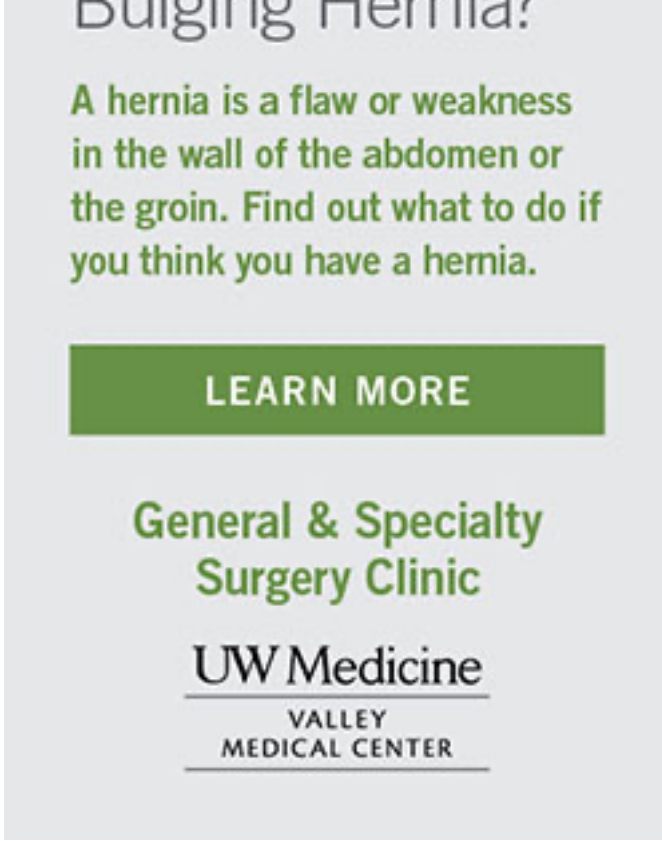
### Support Cancer Care in Our Community at the 5th Annual Be The Hope Walk - July 22, Summit Park, Maple Valley



Join Valley Girls & Guys and Team Valley on July 22 at the 5th annual Be The HOPE Walk—participate in-person or 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!



### How Serious is the Battle of a Bulging Hernia?

A hernia is a flaw or weakness in the wall of the abdomen or the groin. Find out what to do if you think you have a hernia.

[LEARN MORE](#)

General & Specialty Surgery Clinic

UW Medicine VALLEY MEDICAL CENTER

### From Head to Toe, Our Surgical Teams Have You Covered

[LEARN MORE](#)

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](#)



### INFUSED WITH CARE.

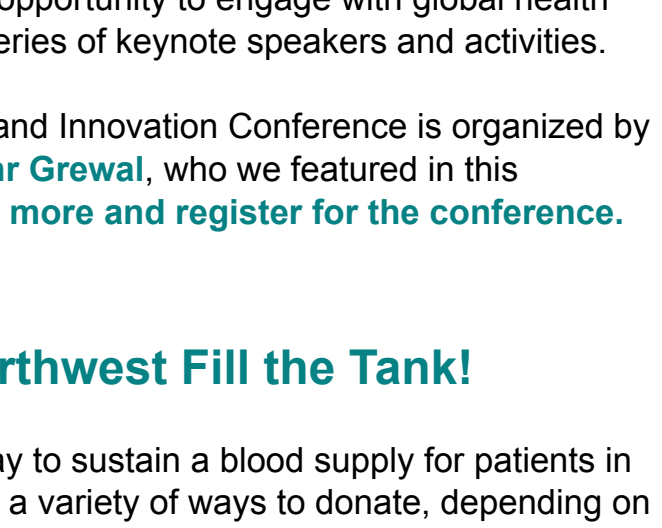
Compassionate cancer care close to home. Your generosity generates hope.

[GIVE NOW](#)

WE ARE Valley

For more information contact Carrie Murayama [carrie\\_murayama@valleymed.org](mailto:carrie_murayama@valleymed.org) or 425.690.5956

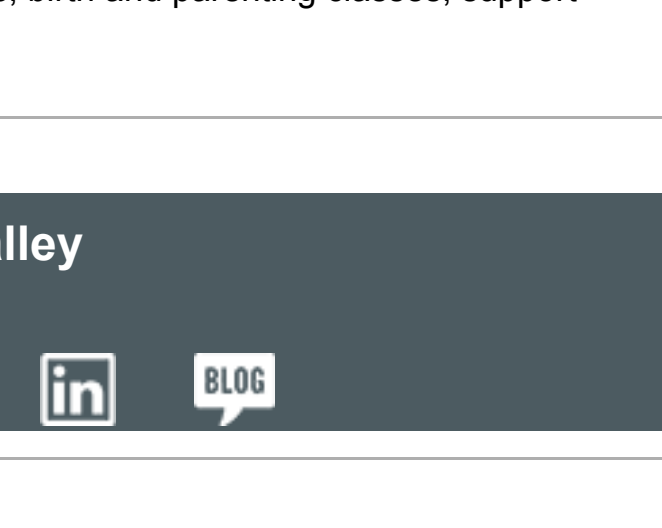
Valley Medical Center – Public Hospital District No. 1 is a 501(c)(3) nonprofit organization.



### Join the Valley Family!

Sign on incentives available for select positions.

[APPLY TODAY!](#)



### Care for Your Community by Volunteering at Valley

Valley volunteers are goodwill ambassadors providing vital assistance for our patients and visitors in areas including:

- Present Place Gift Shop
- Driving Courtesy Shuttle
- Information Desk



[LEARN MORE & APPLY](#)

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

VOLUNTEERS IN ACTION



### Need help?

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

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

VALLEY cares

### 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



[PROVIDERS](#) | [SERVICES](#) | [LOCATIONS](#) | [CAREERS](#)

We try our best to only send content you're interested in receiving. Use the link below to set your preferences.

[Update My Email Preferences](#)

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