

Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

I'm a Vascular Surgeon: Here's My Best Advice for Preventing Varicose Veins and How I Treat Them



In just five minutes, Vascular and Endovascular Surgeon John "Jack" McCallum, MD, shares his top three tips for preventing varicose veins, what the symptoms are and how to treat them. Find out when varicose veins cross the line from just being cosmetic to a condition that should be medically treated. [Watch the video.](#)

'I Love My Life!'



Breast cancer survivor, Debbie, shares thoughts about her year-long cancer journey, which she acknowledges as "hard," but with many blessings revealed. "After going through a whole year of treatment, then I finally started getting my stamina back and my strength back and got back on my horse—literally." Because treatment went so well for her, Debbie held a fundraiser on her ranch for Valley's Cancer Center to benefit those in need to pay for immediate cancer care like she received. [Check out the life-enhancing ideas Debbie put into action by watching this six-minute video.](#) Consider donating to Valley's future Cancer Center.

Five Tasty Weeknight Soups That Satisfy: Easy to Make, Easy on the Wallet



What's better for making sure you enjoy nutritious, budget-friendly eating Monday through Friday than having a week's worth of homemade soup ready to heat and eat? Add a salad and a little fruit and you've got wonderful hearty meals. Most of these recipes cook in less than an hour. So stock up on all the ingredients over the weekend and you'll be ready to roll. [See the recipes.](#)

Achiness, Heaviness, Swelling from Lymphedema: Pay Attention to Signs of Fluid Imbalance in Your Body's Drain System



What happens when your body's lymphatic system isn't balanced? If lymph nodes are damaged, they can't drain well, causing fluid to build up and swelling to occur anywhere in the body. [Learn more about this imbalance that is not often talked about and how to get help if you're experiencing it.](#)

Starting Now, All Medicaid/Apple Health Members Should Complete Three Steps

Insured by Apple Health? **Renew & Stay Covered Today!**

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

Are you or someone you know enrolled in Washington Medicaid or Apple Health? Renewals are starting April 1, 2023 and Valley Medical Center wants to help eligible people stay covered by Medicaid health insurance. Sometime after April 1 and during 2023, Medicaid members will receive a letter in the mail requiring Medicaid coverage renewal. The letter will be from Washington Health Care Authority or Washington Medicaid—if you get one, make sure to open it! [Learn more.](#)

State DOH Offers Free Telehealth Appointments for COVID-19 Paxlovid Treatment



The Washington State Department of Health is offering free telehealth appointments as an easy way to see if COVID-19 oral antivirals, such as Paxlovid, are right for you. Oral antivirals, which are COVID-19 treatment pills taken by mouth, are available by prescription only. They must be taken within the first five days of experiencing COVID-19 symptoms or testing positive for COVID-19. [If you've recently tested positive for COVID-19, learn how to book a free virtual appointment.](#)

Bringing HOPE and Support to Valley Cancer Patients



In partnership with Valley Girls & Guys, a local group passionate about being the HOPE for those impacted by cancer, we unite patients, loved ones and caregivers in the quest to provide support and resources for those most in need. Our Cancer Resource Cart has been named after two outstanding VG&G team members—Trapper & Samantha—who greatly appreciated the care received at Valley, then dedicated their time, creativity and funds to support Valley. Operated by Valley volunteers, the cart regularly travels through the Infusion Center, providing patients with comfort items and information to make their cancer journey just a bit easier. [Find out more about how this gift of care supports our patients.](#)

Committed to LGBTQ+ Health & Wellness Services for All at Valley



The 21st National LGBTQ+ Health Awareness Week is Mar. 20 - 24. This year's theme is AWAKE AND AWARE, chosen because despite positive steps forward, LGBTQ+ people continue to face significant barriers to accessing healthcare services. At Valley, our goal is to create and maintain a safe, inclusive and welcoming environment—ensuring quality, accessible and non-discriminatory healthcare. [Learn more about Valley's care for our LGBTQ+ community.](#)

Valley Medical Center's Family is Growing—Now Hiring, Many Positions Include Incentives!



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. Hot jobs at Valley include: Admitting Registrar, Behavioral Health Specialist—LICSW, Echo Tech, Interventional Rad Tech I/Resident, Inpatient Occupational Therapist, Mammo Technologist—ARRT, Manager Emergency Department, Medical Assistants, Medical Laboratory Scientist/ Medical Technologist, PCA/ HCA (Nursing Assistant), Physical Therapist Outpatient, Rad Technologist—ARRT, Registered Nurses, RN Residents, Respiratory Therapist II, Security Officer, Surgical Technician, Telephone Operator (on-call) and more. See all job openings at valleymed.org/careers.

From Head to Toe, Our Surgical Teams Have You Covered

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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

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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 or 425.690.5956

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



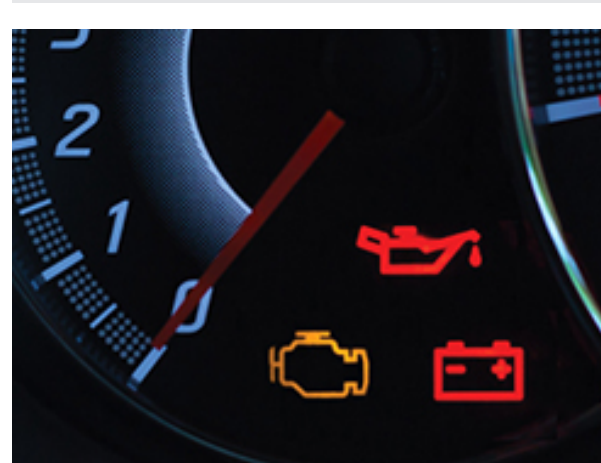
House Calls Happen Here

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

SCHEDULE VIDEO VISIT

Urgent Care Clinics

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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

Community Events

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

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