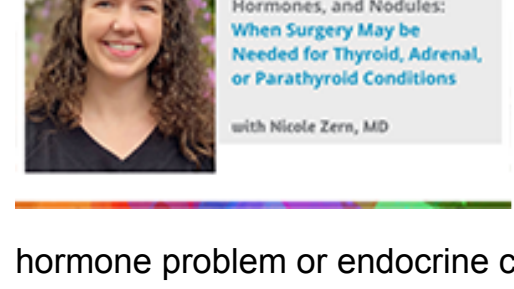


Enlarged Glands, Too Many Hormones, and Nodules: When Surgery May be Needed for Thyroid, Adrenal, or Parathyroid Conditions



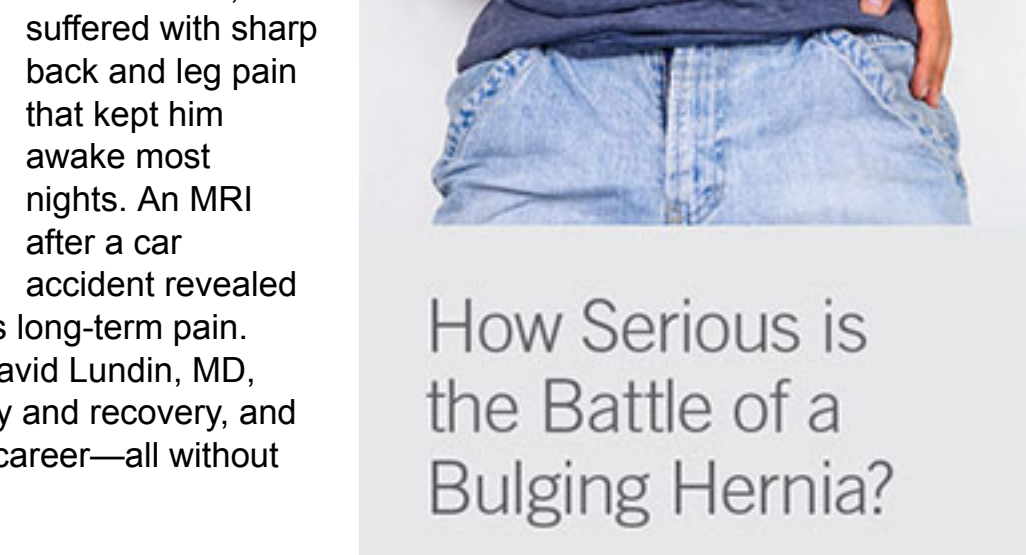
Endocrine Surgeon, Nicole Zern, MD, explains the conditions she helps treat, the minimally-invasive techniques she uses, and what to do if you think you may have a hormone problem or endocrine condition that needs attention. [Watch Dr. Zern's 6-minute video.](#)

The endocrine system is a complex network of glands and organs. It uses hormones to control and coordinate your body's metabolism, energy levels, reproduction, growth, development, and responses to injury, stress and environmental factors. When issues arise within the endocrine system, surgery is sometimes the best treatment option. Endocrine surgeon Nicole Zern, MD, explains the conditions she helps treat, the minimally-invasive techniques she uses, and what to do if you think you may have a hormone problem or endocrine condition that needs attention. [Watch Dr. Zern's 6-minute video.](#)

A Car Accident Led to a Surprise Spinal Tumor Discovery & an End to a Decade of Pain



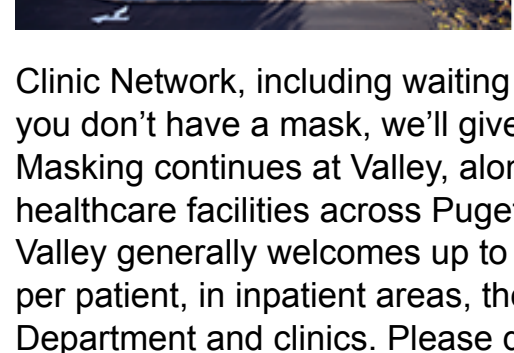
For a decade, Alan suffered with sharp back and leg pain that kept him awake most nights. An MRI after a car accident revealed a rare tumor in his spine causing his long-term pain. Hear Alan and his neurosurgeon, David Lundin, MD, talk about this discovery, the surgery and recovery, and how Alan is active now, pursuing a career—[without](#) pain. [Watch his 4-minute story.](#)



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](#)

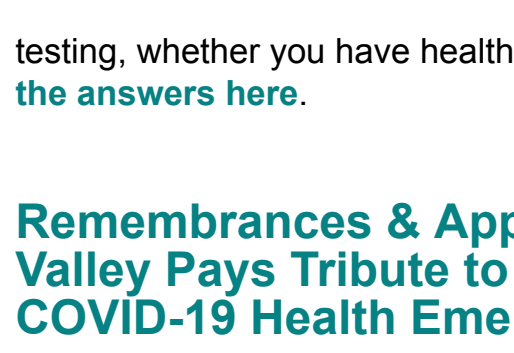
What to Know When Visiting Valley: Current Mask & Visitor Policies



Wearing a medical grade mask is still needed when entering the hospital, clinics and departments at Valley Medical Center and our Clinic Network, including waiting rooms and lobbies. If you don't have a mask, we'll give you one—just ask. Masking continues at Valley, along with regional healthcare facilities across Puget Sound. [Learn more.](#) Valley generally welcomes up to TWO visitors at a time per patient, in inpatient areas, the Emergency Department and clinics. Please do not visit Valley if you have COVID-19 or any related symptoms. [Get the details.](#)

General & Specialty Surgery Clinic
UW Medicine VALLEY MEDICAL CENTER

Changes to COVID-19-Related Care: Access to Vaccinations, Treatment and Testing

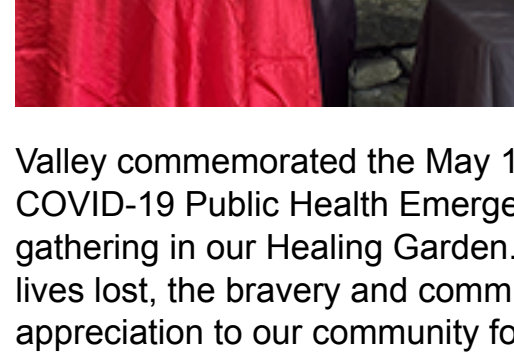


While the COVID-19 emergency is over, COVID-19 is still in the community. Learn how to get COVID-19 vaccine, treatment and testing, whether you have health insurance or not—[get the answers here.](#)

House Calls Happen Here
Virtual urgent care appointments from the most comfortable waiting room ever – your home.

[SCHEDULE VIDEO VISIT](#)

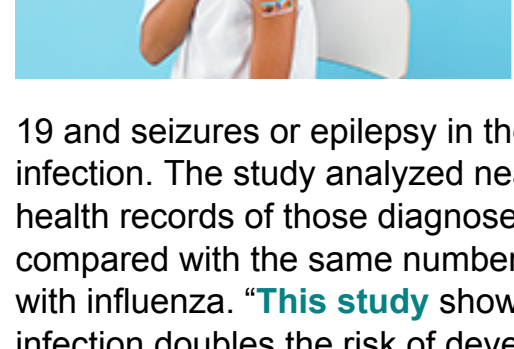
Remembrances & Appreciation—Valley Pays Tribute to the End of the COVID-19 Health Emergency



Valley commemorated the May 11 end of the federal COVID-19 Public Health Emergency with a staff gathering at our Healing Garden. Remembrances of the lives lost, the bravery and commitment of staff, and appreciation to our community for their support were shared by CEO Jeannine Ericksen Ginnell and Medical Director of Infectious Disease, Michael Holt, MD. A time capsule was buried and is to be opened on Valley's 100th anniversary in 2047. [Watch video.](#)

Urgent Care Clinics
UW Medicine VALLEY MEDICAL CENTER

Is COVID-19 Linked to an Increase in Seizures or Epilepsy After an Infection?

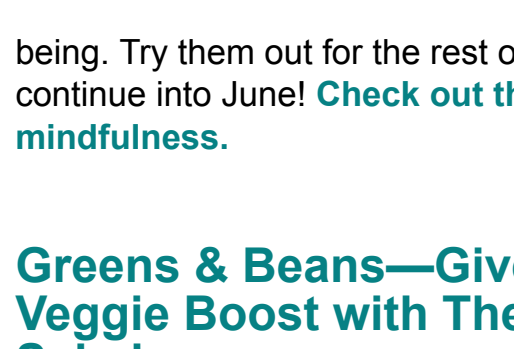


In a recent study by Valley neurologist David Vossler, MD, they looked at the potential association between COVID-19 and seizures or epilepsy in the six months after infection. The study analyzed nearly 153,000 electronic health records of those diagnosed with COVID-19 compared with the same number of EHRs diagnosed with influenza. This study showed that COVID-19 infection doubles the risk of developing new seizures and epilepsy in children under age 17. So, this is one more reason to vaccinate children against COVID-19, says Dr. Vossler.

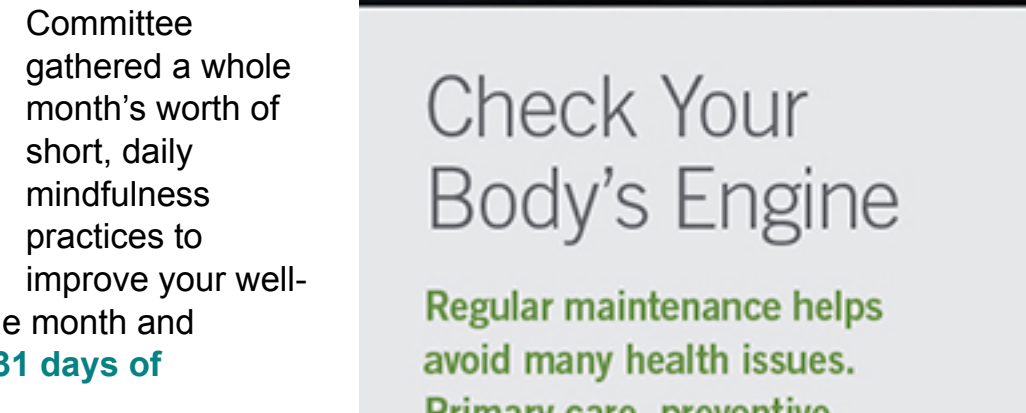
Schedule Your Next Clinic Visit in MyChart
Online appointment scheduling in MyChart is now available for most clinics after your first visit.

[LEARN MORE](#)

Have a Mindful May—Try Bite-Sized Daily Activities to Boost Well-Being



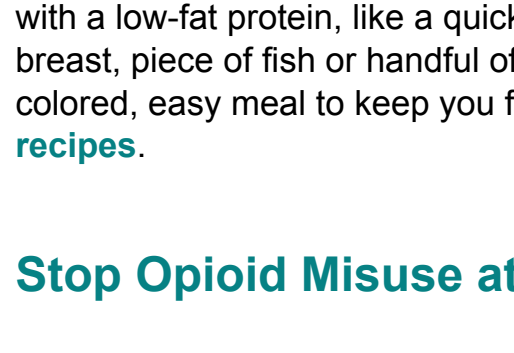
Valley's Well-Being Committee gathered a whole month's worth of short, daily mindfulness practices to improve your well-being. Try them out for the rest of the month and continue into June! [Check out the 31 days of mindfulness.](#)



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](#)

Greens & Beans—Give Your Meals a Veggie Boost with These Three Quick Salads



When the weather is getting nicer, you can still eat well without spending much time in the kitchen. Our Strawberry Spinach Salad, Mediterranean Salad and Orange Pecan Salad pair well with a low-fat protein, like a quick-cooked chicken breast, piece of fish or handful of shrimp, for a brightly-colored, easy meal to keep you fueled. [Try these recipes.](#)

Infused with Care.
Compassionate cancer care close to home. Your generosity generates hope.

[GIVE NOW](#)

Stop Opioid Misuse at Home



You can be the one to keep your family safe—75% of opioid misuse starts with people using medicine that wasn't prescribed for them—usually taken from a friend or family member. Free, simple steps can save a life. [Learn what you can do today.](#)

WE ARE valley
For more information contact Carrie Murayama carrie_murayama@valleymed.org or 425.690.5956

[GIVE NOW](#)

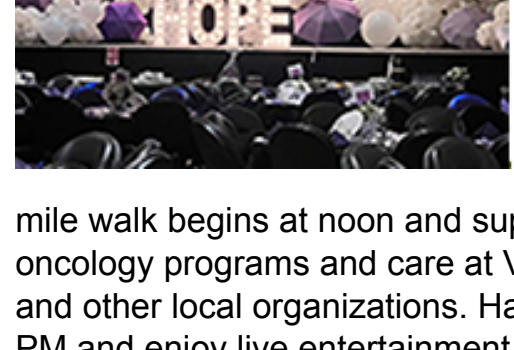
Your Voice is Crucial—Advancing Leaders Through Opportunity



Read about Kawai's challenges growing up in a mostly white environment: never feeling white enough or Hawaiian enough to fit into either category. As a healthcare professional without a leader and mentor who looks like her and understands the barriers that people of color face, she has still found leaders who support her, and most importantly, a place within herself to grow in confidence and personal leadership skills when contributing her unique perspective. During this celebration of Asian, Native Hawaiian/Pacific Islander Month, [find out more about Kawai's journey.](#)

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

Join Us for a June 1 Open House to Learn About Valley's Future Cancer Center!

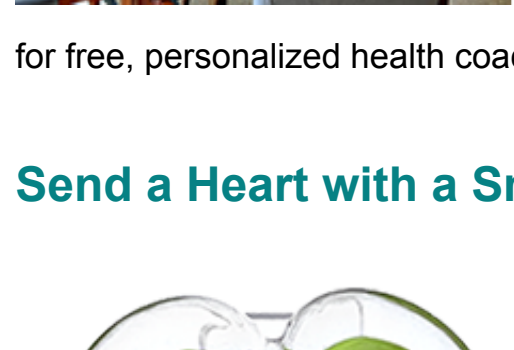


We invite you to tour the planned space, learn how the new facility will progress cancer care within this part of the region, and how you can support the effort to care for our community like family. Phase 1 of the Cancer Center includes expanded services critical to growing patient demand—an Infusion Center with 40% more capacity, Oncology & Hematology Clinic, Symptom Management Clinic, Multidisciplinary Clinic, Supportive Care, and the Samantha & Trapper Wellbeing Resource Center. [Get more details.](#)

Join the Valley Family!
Sign on incentives available for select positions.

[APPLY TODAY!](#)

JOIN US! 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!](#)

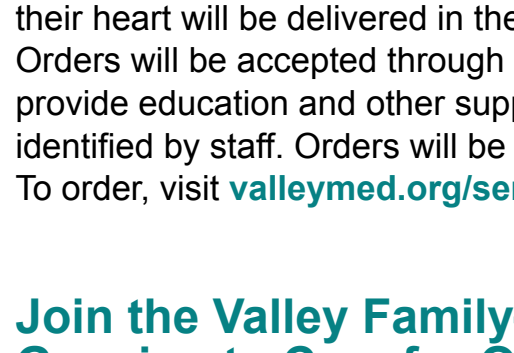
Care for Your Community by Volunteering at Valley
Valley volunteers are goodwill ambassadors providing what assistance for our patients and visitors in areas including:

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

[LEARN MORE & APPLY](#)

valleymed.org/volunteer

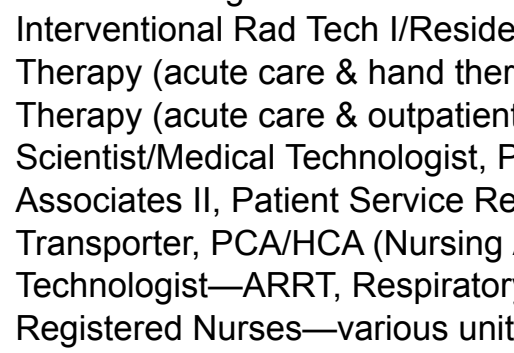
Want Help in Improving Your Health? Check Out Free Health Coaching



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.](#)

Volunteers in Action
valleymed.org/volunteer

Send a Heart with a Smile



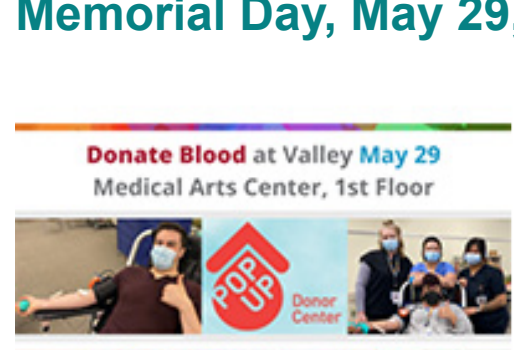
Share a smile by recognizing a special Valley employee or Valley team who has delivered outstanding care with a Thank a Caregiver blown glass heart. The lime green, one-of-a-kind heart is available this month only and at the special price of \$30—a \$20 savings off the normal TACG heart price!

Recipients will be notified about their gift by email and their heart will be delivered in the days that follow. Orders will be accepted through May 31. Funds raised provide education and other support opportunities as identified by staff. Orders will be open through May 31. To order, visit valleymed.org/sendasmile.

Insured by Apple Health?
Renew & Stay Covered Today!
All those insured by Apple Health (Medicaid) will need to apply to renew coverage in 2023.

[MORE INFO](#)

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



At Valley, 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: Anesthesia Technician, Clinical Nurse Specialist-Educator (ED), Clinical Nurse Specialist-Educator (Peds/NICU), Echo Tech, ED Admitting Registrar, Electrophysiology Technologist, Histotechnologist Tech/MOHS Technician (part-time), Interventional Rad Tech II/Resident, Occupational Therapy (acute care & hand therapy), Inpatient Physical Therapy (acute care & outpatient), Medical Laboratory Scientist/Medical Technologist, Patient Access Associates II, Patient Service Representatives, PCA Transporter, PCA/PCHA (Nursing Assistant), Rad Technologist—ARRT, Respiratory Therapist II, Registered Nurses—various units, RN CCU Resident, RN Residents—various units, Respiratory Therapist II, Speech Language Pathologist (inpatient & outpatient), Specialist Officer, Surgical Technician and more! To see all positions or to apply, visit valleymed.org/careers.

Washington Apple Health
[MORE INFO](#)

Strike Out Stroke at the Mariners Game, May 26, 7:10 PM



Join Valley to watch the Mariners play at the Pittsburgh Pirates at T-Mobile Park on this special night to raise awareness about stroke warning signs and how to BE-FAST. With this special offer, \$5 of every ticket sold will benefit the United Stroke Alliance—plus, you'll head home with a Mariners-themed Strike Out Stroke T-shirt. [Get Strike Out Stroke discount tickets here.](#)

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](#)

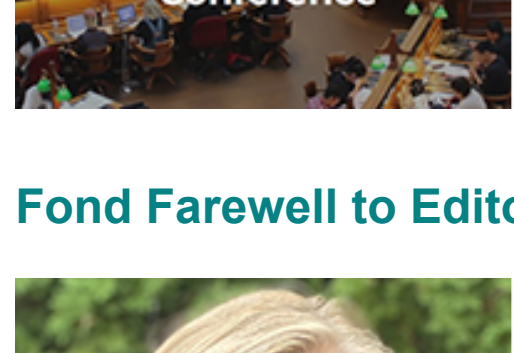
Register for Valley's Blood Drive, Memorial Day, May 29, 9 AM - 4 PM



In partnership with Bloodworks Northwest, Valley is hosting a blood drive Monday, May 29 from 9 AM to 4 PM on the first floor of the Medical Arts Center. This one-hour donation appointment is a safe and essential action to support local hospitals and patients, critical to sustaining community healthcare. No walk-in donations, guests, or people under age 16 are allowed at the onsite center. Masks or face coverings required during appointment. [Register here to make an appointment](#) or call 1.800.398.7888.

HealthyCare
UW Medicine VALLEY MEDICAL CENTER
POWERED BY PINNACLE

Make Time for You: Tips for Healthier Living, Free Webinar June 21, 10 AM

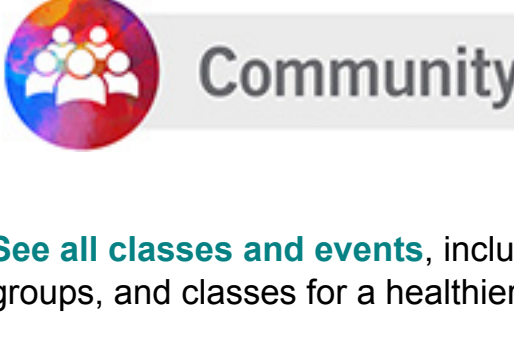


Join us on Wednesday, June 21 at 10 AM for a one-hour health and wellness webinar all about you! Valerie Mazzotti, PA-C, will cover topics like how to manage chronic conditions, developing healthy habits for growing your overall wellness, what preventive screenings you should be scheduling, and how your primary care provider can help. Stay for the duration of the webinar and be entered into a drawing to win an outdoor prize pack! [Register today.](#)

Need help?
Find free & low-cost housing, food, transportation, healthcare & more.
ValleyCares.valleymed.org

[VALLEYcares](#)

Renton Juneteenth Celebration, June 25, 12 - 5 PM



Join your Renton neighbors at Liberty Park and celebrate—40+ Black-owned vendors and food trucks, career fair, 3-on-3 basketball tournament, live performances, community art display, photo booth, health screenings by Valley and more. [Learn more.](#)

Free Youth Global Health & Innovation Conference, July 8
This free, online conference aims to gather high school and undergraduate students from around the world to initiate conversations about topics which significantly impact global health. Participants will have the opportunity to engage with global health professionals through a series of keynote speakers and activities. [Learn more.](#)

Fond Farewell to Editor-in-Chief, Lisa Gillin



If you've enjoyed this newsletter over the years, it is thanks in large part to the hard work and dedication of our editor, Lisa Gillin. Lisa has been a trusted member of Valley's communications team for more than 13 years, and it is with mixed emotion that we warmly say farewell as she embarks on a new chapter in retirement. We sure will miss her. Lisa has been a mentor to many, a helping hand across Valley, and a champion of health equity, committed to sharing important information to help you lead your healthiest life. She is a truly gifted and creative writer crafting headlines and articles in fun, simple terms that help educate all levels of readers. While Lisa is spending more time with family (including her adorable grandson!) creating art, and traveling, our newsletter will be in good hands with other talented members of Valley's communications team. Please join us as we wish Lisa a happy retirement and say thank you for all she has done to help us care for our community like family.

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