

SUMMER 2011

Improving the Health of Our Community

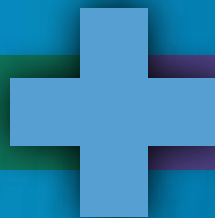
VALLEY VOICES

It's Official!



Valley Medical Center
and UW Medicine
form Strategic Alliance

Valley Medical Center



UW Medicine

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Summer and
Early Fall 2011
Classes & Events



Valley
Medical
Center

Remarkable things happen here.™

A Message from the CEO

An Exciting New Step Toward Enhancing Healthcare in Our Community

It's official. Beginning July 1, 2011, Valley Medical Center will be affiliated with the world-class UW Medicine organization! In my 28 years at Valley Medical Center, the work of the President's Advisory Council in guiding us toward a strategic alliance with UW



Medicine is the most significant and visionary accomplishment that has been made on behalf of our community: it will help facilitate the most comprehensive clinical care available for the people in our community. The possibilities from aligning with a world-class organization of this caliber are endless, and well deserved by the people of South King County. I applaud the

Valley Board of Commissioners, the UW Medicine Board of Trustees and the UW Board of Regents for their decisions to proceed.

We're all very excited to explore enhanced programs and services, but pragmatically it will take some time to thoughtfully plan, collaborate and settle in as affiliates. So on July 1, it should appear as business as usual at Valley. But know that behind the scenes, the process to bring you enhanced services and efficiencies to ensure the future of premiere healthcare in South King County will have begun.

During the past few months, Valley's leadership team has been inspired by the overwhelmingly positive community support and enthusiasm about the possibility of a strategic alliance with UW Medicine. Area residents, community leaders, labor leaders and elected officials on local, state and federal levels have publicly endorsed the strategic alliance as the next and necessary step for the future of healthcare in South King County as we face healthcare reform. The strategic alliance ensures that Valley's future is full of many exciting possibilities—our staff is achieving remarkable things at Valley and the best is yet to come.

Rich Roodman, CEO, Valley Medical Center

VMC's Convenient Online Bill Pay



Look online for VMC's Hospital Online Business Office. VMC patients receiving **hospital services** now have 24 hours a day/7 days a week access to:

- Pay bill(s)
- Provide or update contact & insurance information
- Request electronic statement(s) & an itemized bill
- Email the Customer Service department
- Obtain VMC Uninsured and Prompt Pay discount options information
- Obtain applications for Valley Medical Center's financial assistance, tax dividend and public assistance programs
- Reference commonly used medical terms
- Frequently Asked Questions

Visit our Online Business Office at **valleymed.org** and select Pay My Bill from the Patient & Visitors header to enroll for these services.

Valley Medical Center and UW Medicine Form a Strategic Alliance!

Valley Medical Center



UW Medicine



After a six-month period of in-depth negotiations, vetting and due diligence (including open public meetings throughout the District and communication with key stakeholders), Valley Medical Center proudly announces the formation of a strategic alliance with UW Medicine.

Both organizations share a history and vision of providing outstanding clinical care, with a firm commitment to patient safety and excellence and a shared mission of improving the health of the public.

On May 23rd, before a standing-room-only crowd of community members, business leaders, labor leaders, doctors, nurses, staff and elected officials, the Valley Medical Center Board of Commissioners approved a Resolution to form a strategic alliance with UW Medicine. The historic vote was met with thunderous applause and a standing ovation from the crowd.

On May 27th, the UW Medicine Board approved the Alliance, and on June 9th, the UW Board of Regents approved the formation of a strategic alliance with VMC. By the terms of the agreement, the implementation of the alliance begins July 1, 2011.

Through the strategic alliance, VMC and UW Medicine are committed to increasing access to public healthcare services; expanding clinical, teaching and research programs; increasing efficiency in delivery of clinical care; and improving the quality and safety of care throughout southeast King County.



What's Ahead for Valley Medical Center and UW Medicine: Building a Future Together

Now that Valley Medical Center (Public Hospital District No. 1 of King County) and UW Medicine have formally entered into a Strategic Alliance Agreement, what's next for the two organizations? The strategic alliance provides for centralized planning and potential areas of integration, not change of ownership: VMC retains separate ownership of all assets and debts. All District tax revenue will be used for the benefit of the District and will not flow to UW Medicine or any of its component entities.

Purpose of the Strategic Alliance

To further the organizations' mutual missions of improving public health, Valley Medical Center will explore integration with UW Medicine with four objectives:

- Enhance and expand clinical programs and services.
- Exchange electronic health information and other data.
- Coordinate system-wide quality improvements.
- Explore the creation of an accountable care organization (as mandated by healthcare reform) or other innovative care delivery models.

We'll Keep You Informed about Upcoming Enhancements

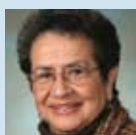
As VMC and UW Medicine begin this process of mapping the future, we look forward to exploring, creating and implementing positive change. In collaboration with UW Medicine, a world-class clinical, teaching and research organization, VMC is, and will remain, a community-focused organization enhancing medical care for the residents of southeast King County.



Photo: Charles Cortes/Renton Reporter



Community Leaders Enthusiastic about the Strategic Alliance



"Fifty years from now, we will remember this occasion (when the Strategic Alliance was approved) and your kids can talk about the time when we really caught up with this century." —State Senator Margarita Prentice

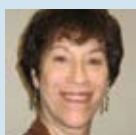


"With this alliance in place, our most vulnerable citizens, the people most at risk, will have increased access to services in ways they never have before—what a great gift to our community." —Julia Patterson, King County Councilmember



"Thanks to all of the commissioners for digging deep into the details of this Strategic Alliance...the alliance will be for the benefit of South King County. I know what Harborview does—I've worked with UW Medicine and they are a sterling organization with the highest ethics and quality, safety and care."

—Bernie Dochnahl, Harborview Medical Center Board Trustee, past VMC Commissioner



"We are commending the Board of Commissioners and the Superintendent, Rich Roodman, for envisioning a healthcare delivery system that will enhance clinical services in the south end. We see the partnership of two prestigious institutions being greater than the sum of either partner alone." —Diane Sosne, RN, MN, President of SEIU Healthcare 1199NW



"The economic impacts of this alliance are far-reaching and we are excited about the enormous opportunities for Valley Medical Center to further their ability to provide improved, comprehensive care for the residents of South King County. We applaud the foresight and vision of those who created the foundation for the Strategic Alliance."

—Andrea Keikkala, Executive Director, Kent Chamber of Commerce



"I have lived here for 50 years...my wife retired from this hospital after 30 years...and I myself have been treated at this hospital on a number of occasions and I just want to say I think this is an excellent idea." —Oscar Eason, Jr., President, NAACP Alaska/Oregon/Washington

2010 Annual Report to the Community

Bigger, Better, Stronger, Faster: 2010 Highlights in Pursuing A Vision for a Healthier, Growing Community

South Tower Expansion Completed: New Level III Trauma Center, Emergency Department, Critical Care Unit and Joint & Spine Center Open in early 2010

The early months of 2010 were distinguished by a series of great, new beginnings generated by the completion of the South Tower facility at Valley Medical Center. VMC dedicated its Level III Trauma Center and new Emergency Department on the 3rd floor of the new South Tower in January and February respectively, with the new Critical Care Unit and Joint & Spine Center opening on the 4th and 5th floors in late April.



Serving 195 patients on its first day, the new 45,000 square foot Emergency Department has been designed to serve 100,000 patients annually, nearly twice the service capacity of the previous facility. The new ED features 55 private rooms that are interchangeable for emergency, urgent and trauma care, providing leading edge “technology at the bedside”: from in-room registration to radiology exams, care is brought to

the patient. Since the ED’s opening, patient wait times have been shortened; patients leaving without having been seen have been reduced 41% over the previous year and patient satisfaction ratings have increased 75%.

The ED is also home to a new Philips Brilliance iCT—the first 256-slice CT (computed tomography) scanner in Washington state, providing diagnoses in a heartbeat for our emergency cardiac and trauma patients.



In April, the South Tower became home to the Critical Care Unit and Joint & Spine Center. The CCU provides three levels of patient care: Intensive, Progressive and Acute, with its 30 private rooms adaptable to any equipment or procedure. Designed as a comforting, healing care area for both patients and families, CCU patients remain in the unit during their entire stay, allowing for greater continuity of care and less impact for families.

Healing innovations include “smart beds” which ask patients basic medical questions in a variety of languages and also alert staff to those trying to get out

of bed unassisted. Because loved ones are important to the healing process, an in-room couch accommodates visitors and provides sleeping space for someone to stay at all times.

The Joint & Spine Center offers 30 spacious, private rooms designed for the specialized needs of those recovering from joint replacement and spine surgeries. The center also includes a large physical therapy space, patient education room and comfortable family areas.

Opened New Renton Landing Urgent Care

Responding to growth in the South Lake Washington area, VMC opened Renton Landing Urgent Care in February, now one of the busiest urgent care clinics in our network.



Quick Facts for 2010

Serving You

- 2650 employees
- Nearly 600 providers and physicians
- 350 community volunteers gave 58,000 hours of service

VMC Service Locations

- 8 primary care clinics
- 4 urgent care clinics (5th urgent care opened in Auburn, May 2011)
- 303-bed acute care hospital
- 25 medical specialties

Care Provided by VMC

- 484,796 outpatient visits
- 16,272 inpatient discharges
- 73,445 emergency visits
- 10,834 inpatient and outpatient surgeries

Community Stewardship

- A- Standard & Poor's credit rating
- \$986,227,521 gross patient revenue
- \$43,998,650 uncompensated care (charity care & patient bad debt)
- \$19,472,394 tax funds received (tax funds account for less than 2% of VMC's gross patient revenue)



About Valley Medical Center

Valley Medical Center, also known as Public Hospital District No. 1 of King County, is the largest nonprofit healthcare provider between Seattle and Tacoma, operating a full-service, acute-care hospital, Birth Center with Level III Neonatal Intensive Care Unit, Emergency Services and Level III Trauma Center, and more than two dozen primary care, walk-in urgent care and specialty clinics, serving over 450,000 residents throughout southeast King County. As a not-for-profit public hospital district, VMC converts all net revenue into services and programs that benefit residents of our community.

2010 Annual Report to the Community

Planning for Continued Success



The President's Advisory Council was comprised of a cross-section of district residents representing Renton, Kent, Covington, Maple Valley and Newcastle.

Research, Study & Discussion

January: The government mandated changes in how healthcare services are delivered and managed. VMC administration responded with a year-long period of research, study and discussion. Collaboration with a larger organization emerged as a fundamental consideration after

months of administrative investigation and research.

September: A President's Advisory Council (PAC) was formed—comprised of approximately 30 district residents from a variety of business, civic, volunteer and community sectors, initiated and chaired by Board of Commissioners' President Sue Bowman. During an intensive

5-week evaluation of healthcare reform, VMC's healthcare system and other healthcare models, as well as the projected impact of the state budget, the PAC prioritized top healthcare concerns and identified essential criteria for an affiliation partner.

October: VMC entered into intensive discussions about healthcare reform, PAC findings and potential affiliation options.

December: After nearly a year of research, study and discussion with healthcare organizations, the PAC, District Board and other experts, Rich Roodman, VMC CEO recommended affiliation to the Board as VMC's best option for fulfilling its mission and commitment to improving the health of the community.

For more details, see Winter 2011 *Valley Voices* at valleymed.org/newsroom.

Community Outreach

Helping Hands and Financial Support

- Auburn Kids Day
- American Cancer Society, Relay for Life & Making Strides Against Breast Cancer
- American Heart Assoc., Heart Walk
- Cancer Lifeline
- C.A.S.T. for Kids Foundation
- Communities in Schools of Renton
- Covington Days
- Kent Cornucopia Days
- Kent4Health
- Maple Valley Days
- Medic One Foundation
- National Multiple Sclerosis Society, MS Walk
- Newcastle Days
- Project Pink Scarf
- Renton River Days
- Salvation Army
- Seattle Thunderbirds
- Renton Technical College
- Rotary Club of Renton
- Starlight Children's Foundation
- Soroptomists International

IT'S A SLAM DUNK!

209 free sports physicals for middle and high school students

FLU-BE-GONE!

2174 flu shots administered through GoldenCare

PROJECT PINK SCARF

550 pink scarves knit and crocheted for breast cancer patients through The Breast Center

Local and National Achievements

Valley Medical Center is Ranked #1 in WA and Among the Top 10% in the Nation for Overall Orthopedic Services

HealthGrades' 2010 annual study ranked Overall Orthopedic Services, Joint Replacement Surgery and Spine Surgery at VMC among the best in the nation for superior patient outcomes.

Attaining Higher Standards of Care in Treating Heart Failure & Stroke

In the "America's Best Hospitals" issue of *US News & World Report*, The American Heart Association/ American Stroke Association's Get With The Guidelines® program recognized VMC for achievement in using evidence-based guidelines to provide the best possible care in treating heart failure and stroke patients. VMC received the Gold Award for Heart Failure and Silver Award for Stroke.

Top Ten Best Place to Work in Healthcare in US—Again!

VMC once again earned a spot on *Modern Healthcare* magazine's list of the top 100 "Best Places to Work in Healthcare," ranking 10th out of 100 companies in the nation. VMC also continues to receive longstanding, local recognition from *Seattle Business Monthly* and *Puget Sound Business Journal*, as one of Washington's best workplaces.



45 VMC Physicians receive Top Doc & Other Recognitions in 2010

Bob Thompson, MD, a VMC physician and member of its leadership team, was named 2010's "Citizen of the Year" by the City of Renton, Renton Chamber of Commerce and Rotary Club of Renton, recognizing the contributions made by "Dr. Bob"

in nurturing the soul and sense of community in Renton through selfless acts of generosity and volunteerism. (See article on page 11.) Forty-four other VMC physicians received "Top Doc" recognition from their physician peers through *Seattle Magazine*, *Seattle Metropolitan* and *Washington Magazine*.

Emergin Impact Award

VMC received a 2010 "Emergin Impact Award" for showcasing the significant and positive impact on hospital operations through the use of new software technology routing heart monitors and patient call systems to the caregiver's mobile phone.

Environmental Excellence

The Association of Washington Business (AWB) awarded VMC a 2010 Environmental Excellence Award as a Resource Conservation/Pollution Prevention champion.

LEARNING FOR BETTER HEALTH!

2734 attended our educational seminars and programs

CELEBRATE!

382 Children's Therapy patients and family members attended the Children's Therapy Holiday Open House sponsored by the Starlight Foundation

SAFETY IN NUMBERS!

564 free bike helmet fittings

Launched Women's Health & Wellness Program: GLOW

VMC's women's health and wellness initiative, GLOW, launched in September with a kickoff dinner and celebration for 1000 at Showare Center. GLOW was created



by women for women to improve the emotional, physical and spiritual well-being of women and the families they care for. Registration is free at valleymed.org/glow. Visit facebook.com/valleymed to view the launch event photo album.



2010 Financial Highlights

Taxes Collected Account for Just 2% of Total Hospital Revenues

In 2010, Public Hospital District No. 1 of King County received \$19.5 million in tax funds. Tax funds account for just 2% of the hospital's \$986.2 million gross patient revenue.

The 2011 district tax rate is \$.56 which is 50% less than the rate of many of the other 45 state hospital districts with hospitals.

New Tower Construction Funded Through Voter-Approved Taxes

Voter-approved taxes financed construction of the new South Tower, a \$115 million facility expansion that provides:

- leading-edge Level III trauma

and emergency services for our growing community

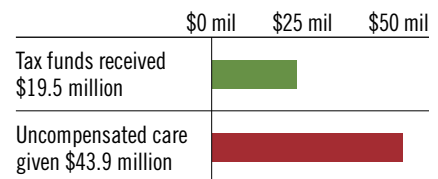
- specialized facilities for our most seriously ill patients
- specialized recovery area for our joint and spine patients
- a disaster command center for both natural and man-made disasters
- state-of-the-art decontamination center
- two floors of underground garage serving as our area's first disaster recovery facility
- two upper Tower floors providing room for future growth

Taxes Help Support Services That Benefit Community

The hospital district's net revenue, combined with tax funds, also support

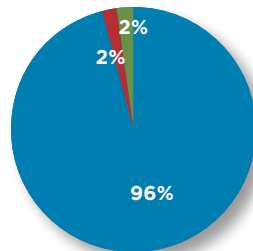
emergency services, \$43.9 million in uncompensated care (charity care and patient bad debt) and \$20.5 million in services and programs directly benefitting the community. Revenue not spent in a fiscal year is earmarked for investing within the hospital district for healthcare services, programs, staff, technology and facility enhancements.

Tax funds received cover less than 50% of the cost of uncompensated care given by the hospital.



2010 Gross Revenue Sources

- 96% Inpatient and outpatient billings
- 2% Other operating revenue
- 2% Tax revenue



Expanded Valley Dividend

In August, VMC made it easier than ever for homeowners living within King County Public Hospital District No.1, to qualify for the "Valley Dividend," a program unique to VMC. After all third party and insurance payments have been made, **a credit based on tax dollars paid to the District may be applied to out-of-pocket expenses owed to VMC.** To find out if the VMC expenses you incurred are eligible for the Valley Dividend, see valleymed.org/valleydividend.



In 2010, we billed patients for:

Inpatient general care and services
and outpatient services\$986.2 million

And we also received revenue from:

Other operating revenue\$20.0 million
Tax revenue\$19.1 million

Giving us total gross revenues \$1.025 billion

We were unable to collect more than 50% of billed patient services:

Contractual discounts,
including Medicare, Medicaid, & other payors\$587.8 million
Charity care provided\$14.4 million
Patient bad debt\$29.6 million
Total revenue lost\$631.8 million

Net operating revenue\$393.5 million

We had operating expenses for:

Employee salaries, wages, and benefits\$214.9 million
Supplies, services and other expenses\$124.4 million
Depreciation\$27.8 million
Interest\$13.6 million
Total operating expenses\$380.7 million

Revenue for improvement of services\$12.8 million

For audited financials and our charity care policy, please visit valleymed.org.

2010 Annual Report to the Community

A Community Healthcare Safety Net: VMC Staff Providing Free Care to Those in Need



David Sweiger, MD, a family medicine physician at VMC's Lake Sawyer Primary Care volunteers monthly at RotaCare.

Laid off and trying to get by without health insurance: it's a common problem in this economy and why the work at the Renton RotaCare Free Clinic is more important than ever. Inspired by Anne Grimes, Valley Medical Center's Wellness Manager, in conjunction with the leadership and direction of Bob Thompson, MD, a VMC family practice physician and VP of Physician Recruitment, and the sponsoring commitment of the Renton Rotary, the Renton RotaCare Free Clinic opened in 2003, offering

pro bono primary medical care and free medications to community members in need.

VMC Volunteers Make the Difference

Staffed predominantly by VMC professionals, in 2010, 87 VMC physicians, physician assistants, nurse practitioners, nurses and medical assistants volunteered their time and skills for 754 patient visits. VMC also donates surplus supplies to RotaCare, putting materials and equipment to good use while helping RotaCare's resources stretch further.

VMC Provides Free Testing

For those diagnosed with more serious medical issues or people trying to manage chronic conditions, RotaCare volunteers help patients navigate resource options to secure the care they need. To this end, in 2010 VMC provided 273 RotaCare patients

with free lab work, ultrasounds and x-rays to aid in the next step for obtaining specialized care.

Orthopedic Pain Relief for Those in Need

In 2009, VMC's Acute Specialty Access Clinic was formed. Thompson was the driving force in uniting VMC staff, Valley Orthopedic Associates, RotaCare and King County Project Access to provide free, orthopedic consultation and surgery for the uninsured, many who are suffering from significant, orthopedic-related pain. Through 2010, VMC staff and VOA physicians have seen more than 225 patients and provided surgery to more than 30 patients.



Martin Tullus, MD, performs orthopedic surgery for the Acute Specialty Access Clinic

Patients' Return to Health is Rewarding to Caregivers

In response to being named Renton's "Citizen of the Year" in September 2010, VMC's "Dr. Bob" Thompson says, "To witness a patient who has fallen on hard times experience healing and a full return to health is the best feeling ever."



VMC's Bob Thompson, MD (right, pictured with City of Renton Mayor Denis Law), a dedicated Renton RotaCare volunteer and advocate and Renton's "Citizen of the Year."

2010 Annual Report to the Community

A 2010 Success Story: NICU Follow Up Care at Children's Therapy Creates a Life of Possibilities for Ray

On July 16, 2008, 24.5 weeks into her first pregnancy, Marcie noticed her usually energetic baby wasn't moving. She called her doctor, tried the recommended advice and still no movement. A quick ultrasound showed Marcie dilated, the baby motionless, in distress and positioned head down. "You're having this baby," the doctor said to Marcie and her husband, Raymond II. Instantly, Marcie found herself wheeled to The Birth Center at Valley Medical Center for an emergency C-section, with Raymond squeezing her hand and giving her a kiss before surgery.

Minutes later, Raymond III was born. A micro-preemie, he was only 1 lb., 11 oz. and 13" long—not even the length of a legal-sized sheet of paper Marcie used in her work in a law office. Ray was fragile—heart valve issues, breathing problems, feeding issues.

Teetering on the Edge

"With babies born that early, the first weeks are a lot of ups and downs, moving forward, then back...it's a life teetering on the edge," says Jeanne Peterson, the Level III NICU nurse who first cared for Ray at The Birth Center. "He was hooked up to every monitor possible," says Marcie. "And despite everything, I didn't panic. The doctors and nurses explained what was happening so thoroughly and were so caring and skilled that I knew he was



in the best of hands."

Marcie and her husband brought little Ray home 102 days after he was born. By that time, the staff at The Birth Center felt like family. "You can't be a part of families' lives for that length of time and not feel connected," says Peterson. "I was honored to attend Ray's first birthday party."

Reaching Developmental Goals

For more than 2.5 years, Valley Medical Center continued to play a crucial role in Ray's NICU follow-up care through Children's Therapy. Ray's therapist, Irene Bryant, PT, DPT, has seen him weekly, then twice a month and then just once a month, involving the family in Ray's therapeutic care. "We've worked with Ray since he was just a baby to help him reach developmental goals, those physical milestones that are often delayed in children who were



preemies," says Bryant. "Most recently we've been concentrating on his motor skills, strength and balance. He is just a delightful little boy and I'm so proud of his progress. Ray met all of his therapy goals in February 2011 and no longer needs treatment."

Active and on Track

"Ray has received wonderful care at every step," says Marcie. "He is all boy. He loves cars and trucks and is a healthy, active, seriously normal, nearly three-year old boy with no ill effects from his premature birth. The doctors are amazed that Ray was a preemie and I say it's all because of Valley."

What's Happening Now

Valley Medical Center Ranks in Top 5 in Seattle Area in U.S. News & World Report's Best Hospitals Metro Area Rankings

Valley Medical Center has been ranked in the top 5 in the Seattle area in *U.S. News & World Report's* first-ever Best Hospitals metro area rankings, available online at usnews.com/hospitals.

Great Cancer Care Gets Even Better

VMC has expanded its cancer services by enhancing its Infusion Center and adding a new clinic, Valley Oncology & Hematology Clinic, served by **Medical Director Richard Ingber, MD, PhD; Jonathan Britell, MD; Nancy Cui, MD, PhD; John Hersman, MD; and Michelle Zhang, MD.**

Valley Oncology & Hematology Clinic
425.656.5570
Infusion Center 425.656.4037

New Valley Esophageal & Reflux Clinic

Chronic heartburn and indigestion are more than annoyances, they require medical attention. The Valley Esophageal & Reflux Clinic team offers experienced diagnosis, management and treatment of conditions and diseases of the digestive tract.

Valley Esophageal & Reflux Clinic
425.203.7288

New Auburn Urgent Care Clinic

Auburn Urgent Care, VMC's newest clinic network member, provides walk-in appointments for unexpected illnesses, minor injuries and other non-emergency conditions. Wait times are typically shorter and co-pays and out-of-pocket costs are usually lower than an ER visit.

Auburn Urgent Care Clinic
1000 Auburn Way S, Auburn
253.395.2005



VMC's 2011 Best of Renton Winners

VMC's Clinic Network won the Renton Reporter's annual readers' survey "2011 'Best of Renton'" in the "Best Medical Clinics" Services section. Highlands Primary Care physician, **Mary Butcher, MD**, won top honors as the "Best of Physicians." **Bob Thompson, MD**, with VMC's Cascade Primary Care, was 1st runner up.

The Breast Center Adds Certified Breast Patient Navigator in Imaging and Cancer

Arleen Roberts, CBPN, CBIN, has joined The Breast Center team, professionally supporting, guiding and educating patients through the breast imaging process, diagnosis and beyond. "Arleen's certification is a remarkable achievement and sets our care above all other breast centers in the state," says Sherry Kuzan, Breast Center Manager.

New Valley Podiatric Clinic

Eric Leonheart, DPM provides services for adults and children for a wide range of foot and ankle conditions, including the most advanced foot care for those managing chronic diseases.

Valley Podiatric Clinic 425.203.7290

Enhanced Pediatrics Education & Entertainment System

GetWellTown™ is VMC's new pediatric interactive entertainment and education system via the bedside TV, developed to engage pediatric patients' participation in their care. Because pediatric asthma is the leading cause of hospital stays for children, VMC has also launched GetWellTown's™ Asthma Care Plan, teaching asthmatic pediatric patients how to better manage their condition and prevent hospital returns.

Prescription Pad Pharmacy Expanding & Relocating

The Prescription Pad is relocating to Valley Professional Center North, opening July 11, 2011 at 1 PM. The new north campus location at 3915 Talbot Rd. S. will include a drive thru window. A second, south campus pharmacy will open on July 11, 2011 adjacent to the ED and main hospital entry.

PP North open M – F, 8 AM – 6 PM
PP South open daily, 8 AM – 2 AM
Phone remains 425.656.4050

Markegard Selected for State Osteopathic Board

Shannon Markegard, DO, has been selected to serve on the Washington State Board of Osteopathic Medicine and Surgery, a seven-member board appointed by the Governor. Dr. Markegard, of Lake Sawyer Primary Care, will begin her five-year term on July 6.



Summer & Early Fall 2011 Classes & Events

Special Events

Remarkable Things Grow Here— Farmer's Market at VMC

**Sundays, June 12
through September 18,
12 – 4 PM, in VMC's
main parking
lot off Talbot Road**

More than two dozen vendors selling fresh, locally grown fruit, vegetables, flowers and more. WIC produce and Farmer's Market checks accepted by some growers.



Pitter Patter with the Y— A Free, New Walking Program

**Wednesdays, June 1 –
August 31 at 9 AM; meet
at Gene Coulon Park
playground, 1201 Lake
Washington Blvd, Renton**

Bring your sneakers, strollers and friends for a weekly group walk sponsored by VMC's Pitter Patter club and the Coal Creek YMCA. All ages are welcome to attend this 2-mile, 30 minute loop walk, followed by a stretching session, led by YMCA fitness instructors.



FREE Sports Physicals for Middle and High School Students!

**Saturday, August 13,
8 AM – 12 PM at**

Kentlake High School

Physicians from VMC's Clinic Network will be conducting FREE sports physicals. Register now at 425.656.INFO. Students from any school district welcome. Complete and bring a signed Minor Consent Form and your school district Sports Physical Form. (Kent School District forms available at valleymed.org/sports_physicals.htm)



Free Car Seat Inspections

**2nd Wednesday of each month,
5 – 6:30 PM, 1st floor of the
north VMC parking garage**

Have your car seat checked for proper use and installation. VMC and Safe Kids King County South offer free car seat inspection services. Please bring your vehicle and

seat manuals. Donations accepted. Service provided by Nationally Certified Passenger Safety Technicians.

Supermarket Super Tours!

**Thursday, June 23
or Thursday, July 21,
6 – 7:30 PM at Renton
Fred Meyer, \$25 per
person/\$35 per couple**

Join a Registered Dietitian for a personalized grocery store tour! After the tour, you'll be able to: read a food label with confidence; master tricks to finding the most "heart-healthy" choices; compare and contrast foods for their "good-for-you" qualities; prioritize your grocery dollars for the healthiest eats. Contact the Diabetes Education & Nutrition Clinic to register: 425.656.5377 or tayna_deering@valleymed.org.



Free Seminars

Unless otherwise noted, seminars and events are held at: 6 – 7 PM at VMC's Medical Arts Center, 1st Floor, 400 South 43rd Street, Renton, WA 98055. Call today to register: 425.656.INFO (4636) or register online at valleymed.org/events.

Common Shoulder Conditions

Thursday, June 23

Join Craig Arntz, MD, as he explains basic shoulder anatomy and treatment options for common painful, activity-limiting conditions including torn rotator cuff, frozen shoulder and shoulder arthritis.

Hip & Knee Replacement

Thursday, July 14

Thursday, October 6

Does joint pain prevent you from doing the things you enjoy? Imagine the difference a joint replacement surgery could make in your life. William Barrett, MD, explains the process through a detailed, live demonstration of a mock replacement surgery.

BodyWorks—A Toolkit for Teens & Strong Families

**Thursday, September 15, weekly through
November 17; 6:30 – 8:45 PM**

This FREE 10-week course provides tools to improve family eating and activity

habits. Monica Richter, MD, and Bridgett Blackburn, MS, present comprehensive information about making small behavior changes for maintaining healthy weight. Geared specifically for parents, caregivers and young people ages 9 to 16. Young people are encouraged to attend.

As Girls Grow Up

Tuesday, September 27, 6:30 – 8:45 PM

Monica Richter, MD, and Bridgett Blackburn, MS, present the physical and emotional aspects of puberty, including menstruation, body changes, sexuality and how babies are conceived. For girls ages 9 to 12 and their parents or caregivers.

Fitness Center Classes

Call 425.656.4006 to register. All classes are \$5 and held in Valley Fitness Center unless otherwise noted. **Class participation may require a medical clearance prior to using facility depending on medical history.**

Yoga for Beginners

Wednesday July 13th, 5 – 6 PM in MAC D

This interactive yoga workshop will provide you with the basics for practicing yoga. Poses are taught in segments, along with relaxation methods for stress management. Wear comfortable clothing for easy movement.

Introduction to Zumba

Friday, August 19th, 1 – 2 PM

Learn the basics for Zumba's Latin-inspired dance aerobics. Steps are demonstrated slowly, preparing you to attend a Zumba class or simply refine your skills. Wear comfortable clothing.



CancerLifeline

Extensive resources include support groups, classes and exercise programs; for details call 1.800.255.5505 or visit cancerlifeline.org



Cardiac Rehab

Cardiac Rehab offers EKG-monitored programs for people who have had cardiac problems. Covered by many insurance companies. Call 425.228.3440 ext 4991 to register.

The Stroke Club

The Stroke Club meets at VMC's Medical Arts Center, 1st Floor, Conference Room A, one Tuesday a month through November; 1:30 – 2:30 PM. This is a free program for stroke survivors and

caregivers. Topics are generated by participants and are subject to change. For more information, call Rehabilitation Services at 425.228.3440, ext 5665 or visit valleymed.org/rehab.

Disability Resources

Tuesday, June 28

Community resource services for the disabled presented: transportation, meals, housing, etc.

Managing Fitness Through Exercise

Tuesday, July 26

Discussion and exercise demos to achieve and maintain full body fitness.

Cutting-edge Saebo

Tuesday, August 30

Information about Saebo, a treatment program designed to assist stroke patients in regaining arm movement.

Join GLOW!

Sign up for your free GLOW membership to Valley Medical Center's women's health and wellness program at valleymed.org/glow. We'll notify you by email about upcoming GLOW events including: **Spa Day** in July, **Self Defense Training & Tips to Prevent Bullying** in August and the **GLOW 1st Anniversary Celebration**, Thursday, September 22 at Showare Center.



VMC's Board of Commissioners



Sue Bowman,
President



Carolyn Parnell,
Vice President



Don Jacobson,
Secretary



Anthony Hemstad



Aaron Heide, MD

Board of Commissioners Meetings

VMC Board of Commissioners meetings are open to the public and we encourage you to attend. We strive to be a transparent organization and welcome insights and suggestions from the community members we serve. Meetings have been on the first and third Mondays of each month at 4 PM in the Boardroom in the Northwest Pavilion on the VMC campus, unless changed by public notice. Meetings that fall on a holiday (Martin Luther King Day, Presidents' Day, Memorial Day, Labor Day) are held the next business day. Meeting schedules may be changed after July 5, 2011. Please see valleymed.org for meeting schedule updates. View the meetings at valleymed.org/boardmeetingvideos.

Contact the Board

- Email: CommissionersEmail@valleymed.org
- Phone: 425.228.3440 ext. 5312
- Mail: Valley Medical Center
Board of Commissioners
PO Box 50010
Renton, WA 98058-5010

Valley Voices is published by Valley Medical Center (Public Hospital District No. 1 of King County). Contact 425.228.3440 x5117 with comments or story ideas.

About Valley Medical Center Public Hospital District No. 1 of King County—Valley Medical Center—is the oldest PHD in Washington state. Our publicly elected Board of Commissioners consists of Sue Bowman, President; Carolyn Parnell, Vice President; Don Jacobson, Secretary; Anthony Hemstad and Aaron Heide, MD. To learn more about VMC, or to express your views, please write to Sandra Sward, PO Box 50010, Renton, WA 98058.



Board of Commissioners
Public Hospital District No. 1 of King County
Valley Medical Center & Clinics
400 South 43rd Street
PO Box 50010
Renton, WA 98058-5010

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Clinic Directory

PRIMARY CARE

| | |
|-------------------------------|--------------|
| Cascade Primary Care..... | 425.656.5400 |
| Covington Primary Care..... | 253.395.1960 |
| Fairwood Primary Care..... | 425.656.4242 |
| Highlands Primary Care | 425.656.5500 |
| Kent Primary Care..... | 253.395.2000 |
| Lake Sawyer Primary Care..... | 425.656.4100 |
| Newcastle Primary Care..... | 425.656.5406 |
| Valley Family Medicine..... | 425.656.4224 |

URGENT CARE

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|---------------------------------|--------------|
| Auburn Urgent Care..... | 253.395.2005 |
| Covington Urgent Care | 253.395.2006 |
| Newcastle Urgent Care | 425.656.5590 |
| N. Benson Urgent Care..... | 425.656.4270 |
| Renton Landing Urgent Care..... | 425.656.4211 |

EMERGENCY SERVICES

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|--|------------------------|
| Valley Medical Center Emergency Services | 425.251.5185 |
| Crisis Counselors..... | 425.228.3440, ext 8990 |

CANCER SERVICES

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|---|--------------|
| Valley Oncology & Hematology Clinic | 425.251.5110 |
| Infusion Center..... | 425.656.4037 |
| Cancer Resource Center | 425.656.4002 |
| Cancer Lifeline | 800.255.5505 |

CHILDBIRTH, NEONATAL CARE & NEONATAL INTENSIVE CARE UNIT

| | |
|---|---------------------------|
| Midwives Clinic..... | 425.656.5321 |
| Maternal Fetal Medicine & Genetic Testing | 425.656.5520 |
| Childbirth Education & | 206.575.2229 (BABY) |
| Birth Center Tours | or 425.228.3440, ext 3799 |
| Childbirth Education en Español | 425.228.3440, ext 3577 |

HEART & VASCULAR SERVICES

| | |
|--------------------------------------|------------------------|
| Chest Pain Clinic | 425.251.5196 |
| Cardiac Rehabilitation | 425.228.3440, ext 4991 |
| Vascular & Endovascular Surgery..... | 425.656.5568 |

ORTHOPEDICS

| | |
|-------------------------------------|---------------------|
| The Joint & Spine Center | 888.265.6468 |
| Physician Referral | 425.277.DOCS (3627) |
| FREE Joint Replacement Seminar..... | 425.656.INFO (4636) |

PEDIATRICS

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|--------------------------|---------------------|
| Children's Therapy | 425.656.4215 |
| Physician Referral | 425.277.DOCS (3627) |

SURGERY

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|--------------------------------------|--------------|
| Valley General Surgery Services..... | 425.656.5430 |
| Valley Surgical Specialists..... | 425.228.6076 |

WOMEN'S HEALTH

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|--|---------------------|
| The Breast Center | 425.656.5588 |
| Childbirth Education & Birth Center Tours | 206.575.2229 (BABY) |
| Midwives Clinic..... | 425.656.5321 |

OTHER SPECIALTY CENTERS, CLINICS & SERVICES

| | |
|--|------------------------|
| Anticoagulation Clinic | 425.228.3440, ext 3373 |
| Diabetes Education & Nutrition Clinic..... | 425.656.5377 |
| The Eye Center..... | 425.656.5345 |
| Prescription Pad North & South | 425.656.4050 |
| Psychiatry & Counseling Center | 425.656.4055, option 5 |
| Rehabilitation Services: Physical Therapy, Speech-Language Pathology, Occupational Therapy | 425.251.5165 |
| The Sleep Center..... | 425.656.5340 |
| Sports Medicine Clinic..... | 425.656.4260 |
| Valley Ear, Nose & Throat Specialists..... | 206.575.2602 |
| Valley Esophageal & Reflux Clinic..... | 425.203.7288 |
| Valley Nephrology Health Clinic..... | 425.227.0231 |
| Valley Neuroscience Institute | 425.656.5566 |
| Valley Podiatric Clinic | 425.203.7290 |
| Wound Care | 425.228.3440, ext 5512 |

Physician Referral 425.277.DOCS (3627)