

thrive

Dinner with a Doc Expands Valley's Homeless Outreach Efforts

Valley Medical Center has long supported Renton RotaCare, a free Saturday clinic for families and individuals who are unable to obtain health insurance but are in need of non-emergency care.



Earlier this year, the RotaCare model was used to pilot an extension program called "Dinner with a Doc," to bring care directly to patrons of the Renton Salvation Army's community dinner. [Learn more about Valley's efforts to expand access to care for those in need.](#)

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

If you're experiencing achy, swollen, painful joints for more than 3 to 4 weeks, it's time to see your primary care provider and be evaluated for a referral to a rheumatologist.



[Learn more about Valley's Rheumatology Clinic specialists who evaluate and manage inflammatory conditions of the joints and bones with treatments including ultrasound-guided injections and infusion services.](#)

Valley's Board Laser Focused on the Quality of Care

The Valley Board of Trustees provides a community perspective, an extra pair of eyes and ears, bringing feedback and input to Valley Medical Center's hospital leaders. The board proudly supports Valley's mission to provide vital access to care in the communities they each represent. They're also intently focused on the quality of that care. [Learn more about key goals achieved demonstrating Valley's commitment to quality care.](#)



Mini Tasty Pumpkin Pies— Did We Hear You Say "Yum"?

Check out these great treats to end your holiday meal.



[Watch video & get recipe.](#)

Valley Enhances Award-winning Care for Stroke with Addition of Ali Sultan-Qurraie, MD

Welcome Ali Sultan-Qurraie, MD, who recently joined Valley's Neuroscience Institute. A neurologist with specialized training in interventional neurology, Dr. Sultan is partnering with Michael Previti, MD and Peter Balousek, MD, to advance Valley's stroke program. Stroke patients needing emergency care will now have access to the most advanced treatments available, right here in Renton.



[Learn more about Valley's nationally-recognized stroke care.](#) [Learn more about Dr. Sultan.](#)

Time for a Colonoscopy? Valley Makes it Easy for You to Get this Important Preventive Screening

A colonoscopy is a screening of the colon for cancer and is recommended for most people every 10 years starting at age 50. While colon cancer is the third largest cancer killer, it can be prevented and treated when caught early. [Learn what patients have to say about the ease of their colonoscopies at Valley's dedicated Endoscopy Center.](#)



Valley Girls & Guys First Annual Be the Hope Walk is Benefitting Valley Medical Center's Cancer Program

Last spring, Valley Girls & Guys presented Valley's Board of Trustees with a \$500,000 check representing their commitment to donate \$100,000 for five years to help equip Valley's **new**



Cancer Center, now under construction. To meet their ongoing, cancer-fighting commitment to Valley, **Valley Girls & Guys** are hosting the inaugural **Be the Hope Walk**, a one-day fundraising event on July 20, 2019. [Learn the ways you can participate and support enhanced cancer services within our South King County community!](#)

NAMI Offers Local Support for Those Affected by Mental Illness

Through the local chapter of the National Alliance on Mental Illness, NAMI, you can find help for yourself or for a loved one with mental illness, through a variety of support groups and classes within Valley's hospital district. The NAMI website also offers a wealth of resources, including crisis information. [Learn more about NAMI groups and resources.](#)



For Health News You Can Use, Subscribe to Our Informative "We Are Valley" Blog



Valley's **We Are Valley** blog combines current news on wellness, women's health, children's health, joint & spine, cancer and what's happening at Valley, your community hospital. [Sign up](#) to receive monthly news on the topics that interest you.

Fall 2018

▶ RESOURCES

8 Ways Valley's MyChart Can Save You Time



Valley's MyChart connects you with your Valley providers and helps you manage your health information online, anytime. MyChart is free and secure.

[Learn more.](#)

Check Quick Care & Urgent Care Wait Times and Hop in Line from Your Phone



Check in at the clinic with the shortest wait by looking up online wait times at Kent Station Quick Care and all our Urgent Care clinics. From your phone or computer, click on "WAIT TIMES" from the left of the top menu bar of [Valley's home page](#).

Wonder whether to choose quick, urgent or emergency care?

[Here's a guide to help you decide.](#)

TangoStride for Stroke Survivors Drop-in Class

Wednesdays, 2 – 3 PM

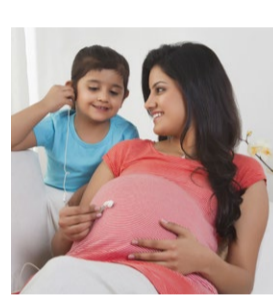
\$12 per couple per class

[Learn more.](#)



Birth Center Tours & Birth, Parenting & Prenatal Water Exercise Classes

Register early for a FREE Birth Center tour—tours fill quickly. Plan to take a tour 6 – 8 weeks prior to your due date. For a complete listing of tours, classes and support groups, see [valleymed.org/birthclass](#).



Looking for a doctor?

Visit [valleymed.org](#) or call 425.277.DOC5 (3627) to find a physician, or [valleymed.org/clinics](#) for a clinic list.



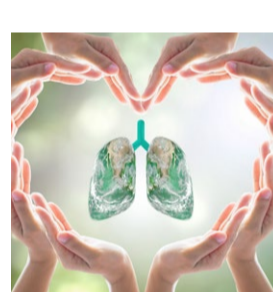
Cardiac Rehab

Cardiac Rehab offers EKG-monitored programs for people with cardiac issues. Covered by many insurance companies. Call 425.228.3440, ext 4991 to register.



Pulmonary Rehab

Participate in activities with less shortness of breath and learn how to live better by managing your lung condition.



Interested?

Call 425.251.5137 or visit [valleymed.org/pulmonaryrehab](#).

CancerLifeline

Cancer Lifeline Services, Resources and Classes

Cancer Lifeline provides emotional support, resources, educational classes and exercise programs designed to support people in all stages of the cancer process.

[Find out more.](#)

▶ FREE CLASSES

Lifestyle Medicine Prescriptive Exercise Information Session

Various dates & times

[Learn more | Register](#)

Early Stage Memory Loss Programs

The Alzheimer's Association offers a variety of educational and support programs, social engagement opportunities and resources for individuals experiencing memory loss and those who care for them.

There's no cost to attend. Contact Kenna Little at 206.529.3868 or [kelittle@alz.org](#) for more information and registration. Sponsored by the Alzheimer's Association, Washington State Chapter.

▶ SUPPORT GROUPS

Adjusting to Parenting

for parents & caregivers of infants birth – 9 mos.

Wednesdays, 1 – 2:30 PM

[Learn more | Register](#)

Parenting Connections

for parents & caregivers of children 9 mos. – 2 yrs.

Wednesdays, 10 – 11:30 AM

[Learn more | Register](#)

Perinatal Loss

1st Tuesday of the month

[More info](#)

Gluten Intolerance & Celiac Disease

3rd Tuesday of the month

[More info](#)

Stroke Club

2nd Tuesday of the month

[More info](#)

▶ PREVIOUS NEWSLETTERS

Back Issues of *Thrive* are Available Online

[Click here](#) to view back issues of *Thrive*.



This newsletter is for general information, and any specific questions or concerns about any of these topics should be brought to your physician.