

thrive

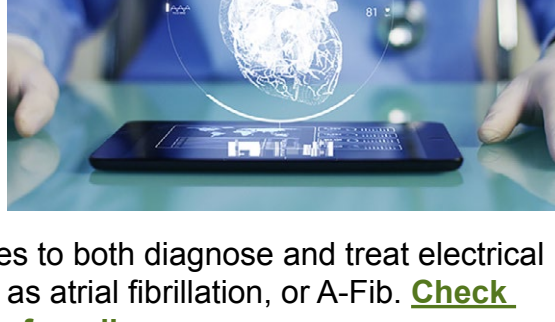
Safely Rebuilding Endurance, Strength & Confidence after a Cardiac Event or Diagnosis is Possible with Valley's Cardiac Rehab Program

Transferred to UW Medical Center following a heart attack, Rob was diagnosed with a serious blockage in his right coronary artery. The heart attack and following procedure were a shocking turn of events for 65-year old Rob and his family since he exercised regularly, ate well and had always been in good health. [Learn more about Rob's road back to renewed health through Valley's Cardiac Rehab program.](#)



Valley Brings New & Expanded Cardiovascular Services to South King County—Electrophysiology Debuts this Spring at Valley!

When your heart flutters, races, or skips a beat, you're feeling an arrhythmia. While some heart arrhythmias don't cause problems, others do require treatment. Valley has added

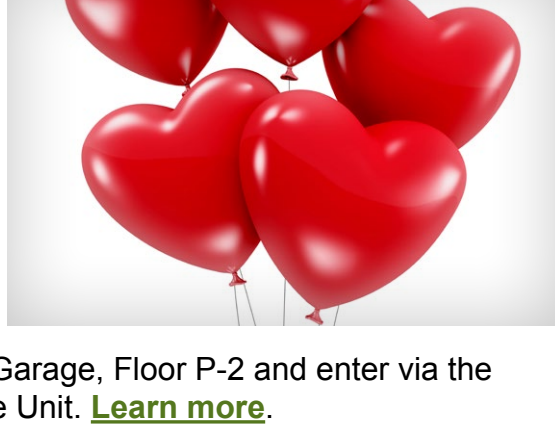


Electrophysiology services to both diagnose and treat electrical issues of the heart, such as atrial fibrillation, or A-Fib. [Check out Valley's expansion of cardiac care.](#)

JOIN US! Healthy Heart Fair Community Open House

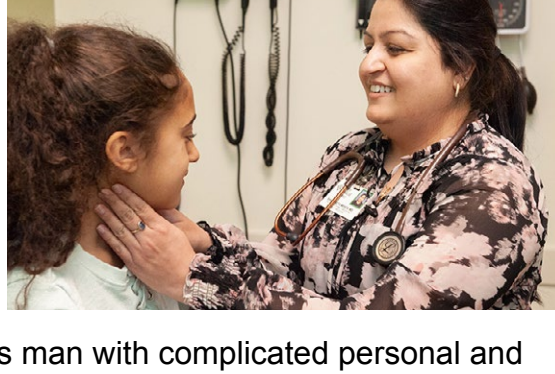
Saturday, March 9, 11 AM – 1 PM, Main Hospital 2nd Floor

Meet our remarkable staff, tour Valley's new Cardiovascular Diagnostic & Interventional Suites, get a free blood pressure screening while enjoying fun family activities and healthy snacks. Park free in the South Tower Garage, Floor P-2 and enter via the Special Procedures Care Unit. [Learn more.](#)



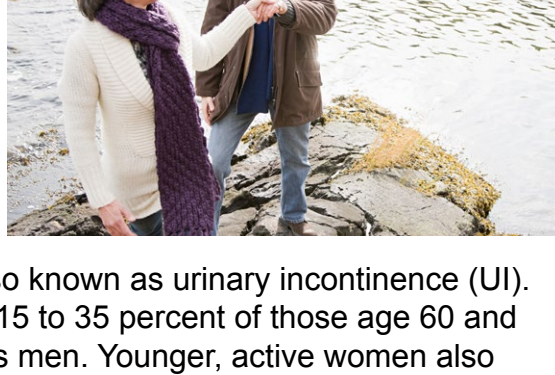
Valley's Primary Care Clinics Earn National Recognition for Their Care and the Appreciation and Trust of Patients

Despite a huge tumor on his back, he hadn't been to a doctor for decades. Yet here he was, finally at a Valley primary care clinic with his providers quickly arranging the complex care he needed. Valley often cares for patients like this man with complicated personal and medical situations. Providing all patients with comprehensive preventive and medical care, Valley's primary care clinics meet or exceed national best practices, placing them in the top five percent of all primary care clinics nationally. [Check out how Valley's primary care works for patients.](#)



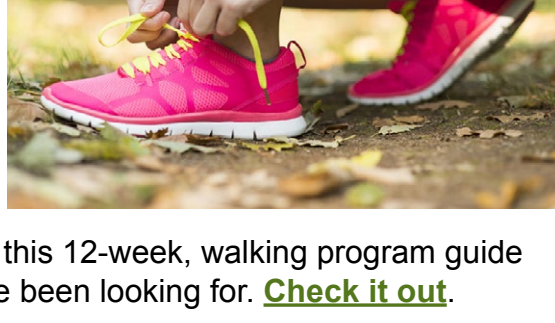
What Should I Do if I Leak When I Laugh or Can't Control When I Pee? Understanding & Treating Bladder Control Problems

If you often need to "go" right away or leak urine (pee) accidentally during normal activities, you may have a bladder control problem. Bladder control problems affect the way a person holds or releases pee and are also known as urinary incontinence (UI). UI is common, affecting 15 to 35 percent of those age 60 and twice as many women as men. Younger, active women also commonly report experiencing UI. [Learn more about the types of incontinence and treatment options.](#)



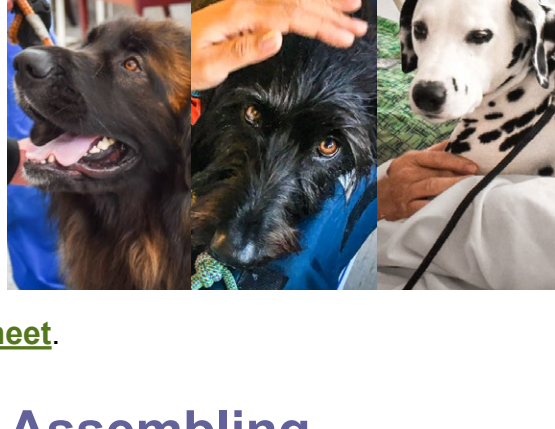
Walk into Health with a 12-Week Action Plan

It starts with just 15 minutes: a slow five minute warm-up walk, five minutes of brisk walking and then finishes with a five minute, slow down walk. Sound doable? If you've been wanting to commit to more activity in your life, this 12-week, walking program guide might be just what you've been looking for. [Check it out.](#)



Have You Seen These Dogs? Get Your Cheat Sheet to Interacting with Working Dogs

If you've ever been visited by a therapy dog, you have likely felt the joys of pet therapy. But when you are out and about, do you know when and how you are allowed to interact with a working dog? [Check out our cheat sheet.](#)



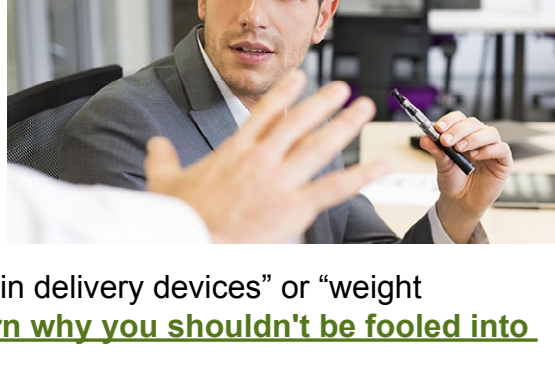
Five Ideas for Assembling a Quick, Healthy Lunch

Building a lunch around lots of colorful vegetables and some protein is easy with a little planning while grocery shopping. Once you've got the basics in your fridge, assembling a delicious lunch is limited only by your creativity. [Look at these ideas to get you started.](#)



E-cigarettes are "Vitamin Delivery" Devices? Don't be Fooled by the Latest Marketing Campaign

E-cigarette companies have been making unsubstantiated claims that their products provide health benefits like improved sleep, energy and a better immune system. Some are going so far as to call them "vitamin delivery devices" or "weight management aids." [Learn why you shouldn't be fooled into believing these claims.](#)



Aging with Pride: Innovations in Dementia Empowerment and Action for Older LGBTQ People

Aging with Pride

Aging with Pride: IDEA is the first federally-funded project testing an exercise and problem-solving program designed to improve quality of life for older LGBTQ people who experience memory loss or who help those experiencing memory loss. Interested? [Learn more here.](#)

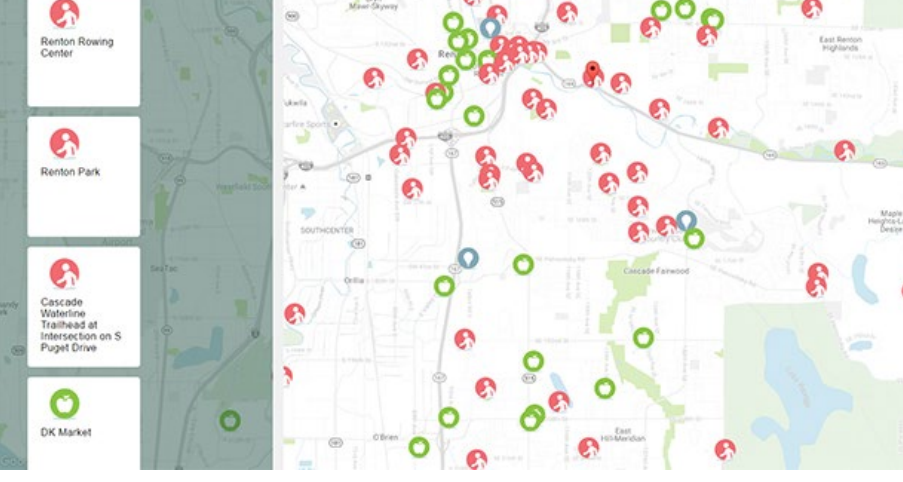
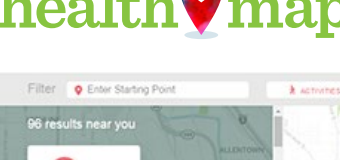


We're Looking for Your Perspective as a Patient or Family Member—Patient and Family Advisory Council Open House, Tuesday, April 23, 5:50 – 6:30 PM, Board Room

Valley's [Patient and Family Advisory Council](#) (PFAC) partners (PFAC) members of the healthcare team to improve the care experience. The PFAC ensures that the consumer's point of view and perspective are not only heard, but also integrated into improvements to achieve high-quality, patient-centered care. If you're interested, you're invited to fill out an [online application](#) before the open house or just attend the event to learn more.



Enjoy Healthier Eating, Have Fun Being More Active—Learn Where in Your Neighborhood with MyHealthMap.org

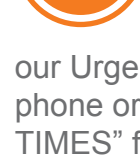


[Learn more about MyHealthMap.org](#), a free web app that helps you quickly locate low-cost and free recreation sites, wellness resources, and healthy food options throughout Kent and Renton. [Bookmark it today!](#)

Spring 2019

▶ RESOURCES

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

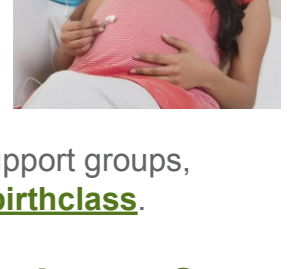


Check in at the clinic with the shortest wait by looking up online wait times at Kent Station Quick Care and all our Urgent Care clinics. From your phone or computer, click on "WAIT TIMES" from the left of the top menu bar of [Valley's home page](#).

Wonder whether to choose quick, urgent or emergency care? [Here's a guide to help you decide.](#)

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](#).



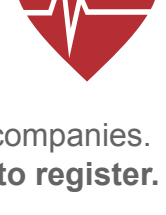
Looking for a doctor?

Visit [valleymed.org](#) or call 425.277.DOCS (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

Learn how to live better and more actively by managing your lung condition. Call 425.251.5137 or visit [valleymed.org/pulmonaryrehab](#).



▶ FREE EVENTS & SEMINARS

Children's Therapy Creative Development Art Class
 Thursdays, 12 – 1 PM
 For children of all ages & families
[More info](#)

Hip And Knee Replacement Seminar
 Thursday, March 21, 2019
 6 – 7 PM
 William Barrett, MD, Orthopedic Surgeon
[More info | Register](#)

Understanding & Treating Bladder Control Problems Webinar
 Online Doc Talk with urologist Susan Dong, MD
 Wednesday, March 27, 2019
 from 6 – 7 PM
 Not able to join the live webinar? Register & get recorded video link.
[More info | Register](#)

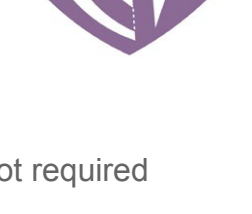
As Girls Grow Up
 Saturday, April 13, 2019
 from 1 – 4 PM
 For girls ages 9 to 12 & their parents or caregivers
[More info | Register](#)

Lifestyle Medicine Prescriptive Exercise Information Session
 Offered multiple times during the month
 Learn how to improve overall health & wellness.
[More info | Register](#)

▶ FREE SUPPORT GROUPS

CancerLifeline
 Groups & classes for cancer patients, survivors & caregivers
 Valley Medical Center Main Campus—location varies
[View Cancer Lifeline schedule](#)

Hope In Your Heart Cancer Support
 4th Monday of the month, 7 – 8:30 PM
 Next meeting: Monday, March 25
 Vine Maple Place, Maple Valley
 Drop by—registration not required
[More info](#)



Find Comfort: Perinatal Loss Support
 1st Tuesday of the month
 Next meeting: April 2, 2019, 7 – 8 PM
 Medical Arts Center (MAC)
 1st Floor, Room C
 4033 Talbot Road S, Renton
 Drop by—registration not required
[More info](#)

Adjusting to Parenting
 Wednesdays, 1 – 2:30 PM
 Parents & children, newborn to 8 months
[Learn more & find meeting location.](#)

Parenting Connections
 Wednesdays, 10 – 11:30 AM
 Parents & children, 9 months to 2 years
[Learn more & find meeting location.](#)

Stroke Club
 2nd Tuesday of the month, 6 – 7:30 PM
 Next meeting: March 12, 2019
 Medical Arts Center (MAC)
 1st Floor, Room C
 4033 Talbot Road S, Renton
 Drop by—registration not required
[More info](#)

Gluten Intolerance / Celiac Disease
 3rd Tuesday of the month, 7 – 9 PM
 Next meeting: March 19, 2019
 Drop by—registration not required. Location changes from month to month.
[More info](#)

Memory Loss Caregiver Group
 4th Tuesday of the month
 Next meeting: March 26, 2019
 Valley Medical Center
 Call Nancy Streiffert 253.796.2203 to register

1st Wednesday of the month
 Next meeting: April 3, 2019
 Kent Senior Center
 Call Val Brustad 253.854.7658 to register
[alz.org](#)

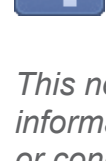
▶ AFFORDABLE CLASSES

Music Therapy for Parkinson's Disease
 Tuesdays, 1 – 2:30 PM
 Fee: \$35 for 8 weekly sessions
[More info | Register](#)

Tangostride for Stroke Survivors
 Wednesdays, 2 – 3 PM
 Next meeting date: March 13, 2019
 Fee per couple: \$12 per class
 Space is limited—Registration required
[More info | Register](#)

▶ 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.