

# goldenlife

## Grab some Exercise and Delicious, Fresh Produce at your Local Farmer's Markets!

Diet and exercise: this has been the mantra of doctors for decades, but how do you incorporate that into your life? How about shopping for delicious, fresh fruits and vegetables while walking around on a summer afternoon?

In June, farmer's markets open across the state selling organic, locally grown produce. Local farmer's markets accept Supplemental Nutrition Assistance Program for seniors, as well as WIC.

In a weekly visit to the farmer's market while you pick out your favorite fruits and veggies, you can up your physical activity with a walk through an easily accessible environment loaded with fun-to-look-at flowers, locally-produced foods, entertainment and probably plenty of your neighbors.

### Local Farmer's Markets

**Auburn International Farmer's Market** is open Sundays, 10 AM – 3 PM at the Auburn Sound Transit Plaza.

**Burien Farmer's Market** operates Thursdays, now through October 29 from 11 AM – 6 PM at Burien Town Square, SW 152<sup>nd</sup> & 5<sup>th</sup> Place.

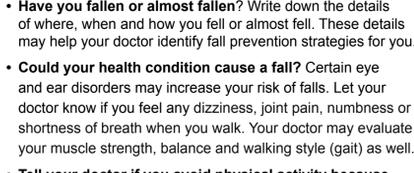
**Kent Farmer's Market** runs Saturdays, 9 AM – 2 PM through September 26. It's located at Town Square Plaza next to the Kent library, at the intersection of 2nd Avenue and Smith Street.

**Maple Valley Farmer's Market** is open Saturdays, 9 AM – 2 PM, June 20 – September 26. It's located at 25700 Maple Valley Black Diamond Road SE at Rock Creek Elementary School.

**Renton's Farmer's Market at The Landing** was new last year and its success has brought it back again. It operates Fridays, June 12 through September 18, 3 – 7 PM at 815 N. Landing Way.

**Renton's Farmer's Market at the Piazza** is celebrating its 14th season and is open every Tuesday from 3 – 7 PM at Piazza Park, 233 Burnett Ave. S., with live music and other scheduled events.

## 7 Tips to Help Keep you Solidly on your Feet



Did you know falls are a leading cause of injury and loss of independence among older adults? Physical changes, your health condition and even the medications you're taking can make falls more likely. But there are things you can do to help prevent falls—here are seven fall prevention strategies from the National Institute of Health to keep you solidly on your feet.

**1. Make an appointment with your doctor.**  
**Bring a list of ALL your prescription and over-the-counter medications.** Your doctor can review them for side effects that might place you at a greater risk of falling. Certain antidepressants and sedatives may increase fall risk so you may want to discuss if you could gradually stop taking those.

**• Have you fallen or almost fallen?** Write down the details of where, when and how you fell or almost fell. These details may help your doctor identify fall prevention strategies for you.

**• Could your health condition cause a fall?** Certain eye and ear disorders may increase your risk of falls. Let your doctor know if you feel any dizziness, joint pain, numbness or shortness of breath when you walk. Your doctor may evaluate your muscle strength, balance and walking style (gait) as well.

**• Tell your doctor if you avoid physical activity because you're afraid you'll fall.** He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. Exercise or therapy professionals can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

**2. Physical activity can improve balance, strength, coordination and flexibility, all important elements of fall prevention.**

With your doctor's approval, consider walking, water aerobics, yoga or tai chi. Taking some time to stretch every day can help keep your joints flexible and keep you moving well. It's also important to lift some light weights. Canned goods from your cupboard are a fine substitute. You can also use a resistance band to tone your muscles. Adding a little "elbow grease" when doing chores like cleaning the house and doing yard work can count as physical activity.

**3. Wear the right kind of shoes.**

High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead wear properly fitting, sturdy shoes with nonskid soles.

**4. Take a look around your home and remove the hazards.**

Your living room, kitchen, bedroom, bathroom, hallways and stairways will be filled with hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing—or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower.

**5. Keep your home brightly lit to avoid tripping on hard-to-see objects.**

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs.
- Make clear paths to light switches that aren't near room entrances.
- Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.

**6. Make use of assistive devices if they would help you.**

- Hand rails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub—plus a hand-held shower nozzle for bathing while sitting down
- A cane or walker to keep you steady, if your doctor recommends it

**7. If necessary, ask your doctor for a referral to an occupational therapist.**

He or she can help you brainstorm other fall-prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or a larger investment. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.

**Looking for a primary care doctor or specialist?**  
**See our Find-a-Doctor tool.**

**Check out Valley's newly remodeled Fitness Center—our exercise specialists can create a program to help you improve your balance, flexibility and muscle strength.**  
[valleymed.org/fitness](http://valleymed.org/fitness)

## What is a TIA and Why Seeking Care if You Have One Can Save Your Life

A transient ischemic attack (TIA), also called a ministroke or warning stroke, causes symptoms the same as those of a stroke. In fact, what is often called a TIA is in fact a small stroke in which the symptoms have resolved or are not overtly noticeable. The difference is that TIAs don't cause permanent brain damage, and they usually last less than one hour but can last up to 24 hours. Approximately one-third of people will suffer a stroke in the year following a TIA.

TIAs happen when a blood clot or artery spasm suddenly blocks or closes off an artery briefly. This stops blood from reaching a part of the brain for a short period of time. Different parts of the brain do different things, so TIA symptoms depend on what part of the brain is affected. For example, a person can have weakness in his or her arm without the real problem being in the arm. The problem can be a lack of blood flow to the part of the brain that is responsible for arm strength.

**Symptoms are similar to stroke—here's what to watch for:**

- Sudden numbness in your face, arm or leg, especially on one side of the body
- Sudden confusion
- Sudden trouble seeing, talking or understanding
- Sudden trouble with balance or walking
- Sudden dizziness or loss of coordination
- Sudden severe headache you can't explain
- Loss of consciousness or seizure

**The risk of a TIA, like with ischemic stroke, can be decreased by appropriately treating high blood pressure, high cholesterol, diabetes, heart disease, and obesity and by quitting smoking, limiting alcohol, and staying physically active.**

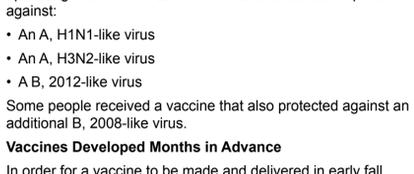
"Small changes to your daily habits make a large difference in reducing your risk for stroke. Fresh fruits and vegetables every meal and walking every lunch time are great examples," says Sarah Devine, ARNP of the Stroke Center clinic. "These lifestyle changes and careful medication compliance have a direct impact on most conditions that increase the risk of TIA or stroke."

If you suspect you are having a TIA, get medical help immediately. **Since the symptoms of TIA are the same as a stroke, it is important to seek treatment as soon as possible because you may receive a medicine to dissolve the clot that cannot be given more than 3 hours after symptoms start.** Recognizing symptoms of a TIA and seeking immediate treatment will reduce the risk of a major stroke.

If you've had a TIA, your primary care provider can refer you to our Stroke Center clinic to visit Sarah Devine, our **Stroke ARNP** for follow-up care to help reduce your risk of stroke.

**Learn more about Sarah Devine and the outpatient Stroke Center clinic.**

## Why a Mismatched Flu Vaccination is Better than No Flu Vaccination—A Reminder to Get your Flu Vaccination in September



Flu vaccine provides protection against three or four strains of influenza, depending on the formulation you receive. Flu vaccines are designed to protect against the main flu viruses that research suggests will be the most common during the upcoming season. The 2014-15 flu vaccine contained protection against:

- An A, H1N1-like virus
- An A, H3N2-like virus
- A B, 2012-like virus

Some people received a vaccine that also protected against an additional B, 2008-like virus.

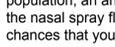
### Vaccines Developed Months in Advance

In order for a vaccine to be made and delivered in early fall, experts must pick which viruses to include in the vaccine many months in advance. Because flu viruses change constantly, from one season to the next or in the course of one flu season, there is always the possibility of a less than perfect match between circulating viruses and the viruses in the vaccine. While the 2014-15 flu vaccine did not match the dominant circulating strain which was an H3N2-like virus, it did provide protection against severe illness for about one third of the circulating H3N2 viruses, and the H1N1 and B viruses.

### Avoiding Serious Illness even if You Get the Flu

The predominance of mismatched H3N2 viruses last season created a high, flu-associated hospitalized rate among people 65 and older, the highest rate recorded since the Centers for Disease Control began tracking that data in 2005. When circulating flu viruses are different from the vaccine viruses, antiviral drugs become even more important to help avoid severe illness.

Remember that antiviral drugs can be used to treat flu illness and prevent serious flu complications. People at high risk of severe illness from flu, including adults 65 and older and people with medical conditions, should seek antiviral drugs from their healthcare provider, ideally within 48 hours of the onset of the flu. Receiving antiviral treatment can mean the difference between having a milder illness instead of very serious illness that could result in a hospital stay.



**Amit Joshi, MD**, a primary care physician who practices Internal Medicine and Geriatrics at VMC's Newcastle Clinic says,

"The single best way to protect against the flu is to get a flu vaccine each year. The Centers for Disease Control recommend that everyone 6 months and older get vaccinated each season to avoid developing serious complications from flu. Because flu viruses are circulating at higher levels in the U.S.

population, an annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread throughout the community."

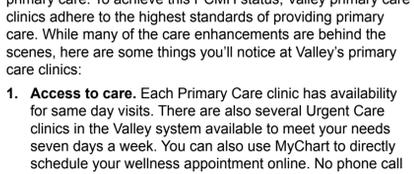
Put a reminder for yourself on your September calendar to get your yearly flu vaccine. Receiving your flu vaccine from your primary care provider means your vaccination is properly documented in your records with the date and type of vaccine. If you receive your vaccination elsewhere, remember to take your immunization information to your doctor so your records can be updated.

### View Dr. Joshi's video

**Learn more about Dr. Joshi's background and professional interests**

To make an appointment, call 425.656.5406

## 12 Ways Establishing a Medical Home can Improve your Health



The term "home" in "medical home" implies a close relationship with your care team and that's just what it is. Like a family, your care team is actively responsible for delivering, coordinating and helping you manage your ongoing health. Valley Medical Center's Clinic Network recently received the highest level of Patient-Centered Medical Home (PCMH) Recognition,\* part of a national initiative for improving care coordination in primary care. To achieve this PCMH status, Valley primary care clinics adhere to the highest standards of providing primary care. While many of the care enhancements are behind the scenes, here are some things you'll notice at Valley's primary care clinics:

- 1. Access to care.** Each Primary Care clinic has availability for same day visits. There are also several Urgent Care clinics in the Valley system available to meet your needs seven days a week. You can also use MyChart to directly schedule your wellness appointment online. No phone call required!
- 2. Message your provider.** Electronic messages through your VMC MyChart account will get a timely response.
- 3. After-hours access to care.** In addition to Valley's Urgent Care and Emergency Department services, when you phone the clinic after hours, you'll have access to our nurse advice line.
- 4. After visit summaries of your visits to VMC Network clinics.** Summaries live in your electronic medical record and are archived and available for your reference on your MyChart account.
- 5. Timely responses to requests.** Requests for appointment, prescription refills, referrals and test results can be made through MyChart and will be responded to in a timely way.
- 6. Preventive health focus.** Helps keep you up-to-date on appropriate screening tests, immunizations and healthy lifestyle choices.
- 7. Up-to-date tracking.** The care team tracks your problem list of active diagnoses, allergies, medications, referrals, tests and more.
- 8. Collaborative plan of care.** If you have sudden or chronic medical conditions, a care plan is created in collaboration with you to meet your treatment goals. You may receive care reminders. If you have more serious chronic conditions, an RN Care Manager may assist you in managing your self-care.
- 9. Educational resources.** Your provider and RN Care Manager will give you educational resources as necessary.
- 10. Your VMC medical record follows you throughout the VMC network.** If you visit a VMC urgent care clinic, a VMC specialist, Valley Medical Center's Emergency Department or are admitted to the hospital at Valley Medical Center, those facilities will have electronic access to your VMC medical home health history and records.
- 11. Follow-up care coordination.** If you visit a VMC Urgent Care clinic or Valley Medical Center's Emergency Department or are admitted to the hospital at Valley Medical Center, we will attempt to contact you to assist you with your ongoing care coordination needs.
- 12. Continuous care improvement.** In order to continually improve care, all Valley clinics will survey a percentage of patients for their satisfaction with services provided. We encourage you to participate in the surveys if you receive one.

\*Awarded by the National Committee for Quality Assurance (NCQA)

**Find a VMC Primary Care Medical Home near you**

**Sign up for a VMC MyChart account**

## Spring 2015



### ► RESOURCES

## Cholesterol & Blood Sugar Screens



**Thursday, July 9**  
**8 AM – Noon**  
**Registration Required**

Screenings for GoldenCare members include total cholesterol, (high-density lipoprotein, HDL), and low-density lipoprotein, LDL), triglycerides and blood sugar. Cost is \$20 for each GoldenCare member. For proper results, fast after midnight the night before and refrain from drinking alcohol for 48 hours before your test. Immediate results. By appointment only.

Call 425.226.4653 to register.

### Seminars & Events

Maintaining the best health possible should be a priority. Give yourself a wellness advantage by keeping informed on health issues that matter most to you and your family.

Valley Medical Center is dedicated to improving the health of the community by offering seminars and events led by our expert physicians and healthcare specialists.

Presentations cover a wide range of topics, so keep checking our line-up for the events of most interest and importance to you.

**View upcoming events here** or call 425.656.INFO (4636)

### STROKE CLUB: ASK THE DOCTOR

**Tuesday, June 30,**  
**1:30 – 2:30 PM**

Medical Arts Center, Room C

Michael Previtt, MD, Stroke Center Director



### COMMUNITY EVENTS

**Stop by the Valley Medical Center booth**

Maple Valley Days, June 12 -14

Covington Days, July 18 – 19

Renton River Days, July 24 – 26



### STROKE CLUB: ENHANCING MEMORY THROUGH TECHNOLOGY

**Tuesday, July 28,**  
**1:30 – 2:30 PM**

Medical Arts Center, Room C

Sohi Oh, MA, CCC-SLP, Speech Language Pathologist



## Looking for a doctor?

Visit [valleymed.org](http://valleymed.org) or call 425.277.DOCS (3627) to find a physician, or [valleymed.org/clinics](http://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.

## Cancer Lifeline

Extensive resources include support groups, classes and exercise programs. For details, visit [cancerlifeline.org](http://cancerlifeline.org) or call 1.800.255.5505.

### ► HEALTHY & DELICIOUS



## Build a Better Salad

From a simple salad—say, leafy greens with a drizzle of dressing—you can easily create a meal with a few extra ingredients. Here's how to make heartier salads while avoiding high-calorie toppings such as fried noodles, tortilla chips, sour cream and bacon.

**Pick your base.** Most salads start with greens such as romaine, arugula, kale and spinach, which are high in health-protective antioxidants and fiber. But for a change from greens (or in addition to them), there are other fun ways to start a salad, including:

- Shredded vegetables such as carrots, kohlrabi, purple cabbage or beets.
- Paper-thin slices of cucumber, celery or sweet peppers.
- Whole grains such as quinoa, wheat berries, brown rice or buckwheat.

**Add vegetables (and fruit) in all colors.** To benefit from the phytonutrients offered by each hue, turn your salad into a rainbow. Carrots, grape tomatoes, peppers, zucchini, peas and broccoli each add texture, flavor and crunch. And don't forget the fruit—berries, pears, apples and oranges are perfect in salads.

**Pack a protein punch.** The secret of turning a salad into a full meal lies in the protein you add. Vegetables alone won't provide a filling meal, but protein can help. Add some of these delicious, nutrient-rich options:

- Turkey or chicken breast
- Lean steak or pork loin
- Canned salmon, tuna or sardines
- Fish fillet
- Chickpeas, lentils or beans
- Tofu cubes
- Shredded cheese
- Hard-boiled eggs

**Add some health-friendly fat.** You absorb antioxidants from vegetables better when you pair them with a source of fat. A good choice is 1 tablespoon of pumpkin seeds, almonds or flax. Top off your salad with a tablespoon of an olive oil-based vinaigrette.

## Portable Salad-in-a-Jar

1 tbsp olive oil

2 tsp balsamic vinegar

1/2 tsp Dijon mustard

1/2 cup grape tomatoes, halved

1/2 cup carrots, diced

2-1/2 oz. cubed chicken breast

1/4 cup no-salt-added canned chickpeas

1/4 cup crumbled goat cheese

1-1/2 cups mixed leafy greens



### Directions:

1. In a small bowl, whisk together olive oil, balsamic vinegar and mustard.
2. Add dressing to the bottom of a quart size canning jar.
3. Layer tomatoes, carrots, chicken, chickpeas and goat cheese on top of the dressing.
4. Add salad greens as the final layer.
5. Seal jar with the lid.

6. To serve: Open lid and invert jar onto a plate. Toss salad and enjoy.

Makes 1 serving. Per serving:  
377 calories, 26g protein, 18g total fat, 6g saturated fat, 9g mono fat, 3g poly fat, 57mg cholesterol, 28g carbohydrate, 6g sugar, 5g fiber, 302mg sodium

### ► DONATE

## Shop at Fred Meyer or Amazon and They Will Donate to Valley's Volunteers in Action



Valley Medical Center's Volunteers in Action is now participating in the **Fred Meyer Community Rewards Program**.

Now you can support VIA just by shopping at Fred Meyer with your Rewards Card. The donation VIA will receive is related to how many customers select VIA as their Community Rewards organization and how much they shop.

**How Can You Sign Up to have Fred Meyer Donate to VIA?**

You can link your Rewards Card to VIA by [clicking this link](#) and filling out the online form. Whenever you use your Rewards Card when shopping at Freddy's, you will be helping VIA earn a donation from Fred Meyer. If you do not have a Rewards Card, you can sign up for one for free at the Customer Service Desk of any Fred Meyer store.

## amazon smile

What is AmazonSmile?  
When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. Find out how to [sign up to support Volunteers in Action](#).

## VOLUNTEERS IN ACTION

UW Medicine | VALLEY MEDICAL CENTER

**Why Support VIA?**  
In addition to serving the hospital with their time and talents under hospital staff direction and supervision, our VIA organization is a valuable financial contributor to the Valley. The VIA organization uses the money it raises through the gift and flower shops, special vendor sales and now Fred Meyer's Community Rewards and AmazonSmile, to fund scholarships for Valley employees to further their professional development, purchase vans for our free shuttle service, sponsor the NICU Family Thanksgiving dinner, fund special purchases around Valley, like the DAISY display case in the hospital main lobby and provide low-income families in our district Fred Meyer gift cards so they can purchase groceries for their holiday meals or buy gifts for their children.

### ► GOLDENCARE WEBSITE

### ► PREVIOUS NEWSLETTERS

Back Issues of *Golden Life* Are Available Online.

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

## If This is Your First Time Receiving Golden Life

Welcome to all of our new GoldenCare members! *Golden Life* is our quarterly e-newsletter, keeping you current with what's going on that may interest you.