

goldenlife

Lung Cancer Screening Could Save Your Life

Screening is key to early detection—when lung cancer is diagnosed on an early stage it is more likely to be curable. Financial assistance is available for a limited number of qualified patients.

[Find out if you're a good candidate for screening.](#)



Coming Soon to Valley: Senior Care & Internal Medicine Clinic

Offering an innovative and supportive approach to caring for those 65 years and better, Valley Medical Center is opening the Senior Care & Internal Medicine Clinic this fall. Focused on coordinated, comprehensive care with an emphasis on prevention and wellness, our providers are specially trained to meet the physical and mental health needs of seniors.



[Learn more about the clinic and care providers.](#)

Does Your Health Need a Booster? Keep Your Vaccines Up to Date

Knowing what vaccinations are recommended for your age is an important measure for preventive health. Right now, it's time to get your annual flu shot, recommended for all adults. Adults 65 years of age and older are at **high risk of developing serious, flu-related complications** and are especially encouraged to get vaccinated against flu, as are people with certain medical conditions. Flu shots are available now throughout the community, so get yours before the end of October and let your primary care provider know you have been vaccinated for the 2017-18 flu season. [Learn more about what vaccines you need to prevent illness.](#)



Do Pedometers Increase Activity and Improve Health Outcomes?

Valley Family Medicine Clinic physicians evaluated the research findings of nearly 30 different studies involving pedometer use. [Find out what they learned from examining the research and how a pedometer or fitness tracker could help you.](#)



Your Medicare ID Card is Changing

In April 2018 the Centers for Medicare and Medicaid Services will begin sending out new Medicare cards with unique identifiers. These cards will replace the older version which contained social security numbers, gender identification and a signature line, which can all be a source of identity theft. Your new Medicare Beneficiary Identifier will have 11 characters of randomly generated numbers and letters. The process of providing all beneficiaries new identification cards will take approximately a year to complete, so don't be concerned if someone you know receives theirs before you—there are 60 million cards to replace! Your new Medicare handbook coming out in September will provide you with further information.

Reducing your Risk of Falls Helps You Maintain Independence

Falls have the potential to rob older adults of independence, the ability to perform everyday activities and live at home. Head injuries and hip fractures are the most common injuries resulting from falls. Did you know:

- 1 in 4 seniors over age 65 falls each year
- Once you fall, you are 2 – 3 times more likely to fall again
- 10 – 20 percent of falls cause serious injuries



3 Ways to Better Manage Your Diabetes

Living with diabetes can be a challenge. Researchers are always looking for new ways to help people with the disease. Some strategies focus on new medicines or forms of insulin. Others give those with diabetes more power to better self-manage the condition. [Here are 3 of those tactics for you manage your diabetes.](#) (Even if you don't have diabetes, you'll learn about healthy habits to adopt.)



Supporting the Hospital, One Coin at a Time

Visitors tossing coins in to the Valley fountains often "make a wish" — but did you know that your spare change helps grant wishes around the hospital too? [Find out what it takes for our Volunteers in Action \(VIA\) program to put your coins to work.](#) Interested in being a Valley Volunteer in Action? There's so many ways to help—[learn more.](#)



Trying to Cut Down on Bread? See How to Make Easy & Delicious Turkey Lettuce Wraps

Join Dr. Long Nguyen (Cascade Clinic), Dr. Hsiang-Hwa "Shawn" Chen (Fairwood Clinic), Dr. Kristin Parker (Cascade Clinic), and special guest Cody as they demonstrate this healthy entree. It may even inspire other lettuce wrap creations!

[Check out the video.](#)



Heart & Stroke Walk 2017

Join us on **Saturday, October 14** for the annual Puget Sound Heart & Stroke Walk, a non-competitive 5K at the Seattle Center. It kicks off with a healthy living festival where friends, family, and patients are invited to participate and then [walk with the Valley team.](#) Remember, for every hour of exercise you could add two hours to your life! If you can't join us, you can support the American Heart Association's local efforts to reduce cardiovascular death and disability with your [donation to Valley's Heart Walk team.](#)



▶ SUPPORT GROUPS

Stroke Club

Next meetings: **Sept. 12 & Oct. 10, 2017**

[Learn more.](#)

Questions?

Email strokecenter@valleymed.org.



Support Group: Gluten Intolerance / Celiac Disease

Next meeting: **Sept. 19, 2017, 7 – 9 PM**

[Learn more.](#)



Staying Connected—For People with Early Stage Memory Loss and their Care Partner

Did you know that staying socially active and keeping your mind engaged can benefit your mood and memory? In this FREE, 4-week, 90 minute, Alzheimer's Association program, participants and a care partner learn: how to cope and live with having early memory loss; strategies to stay involved in enjoyable activities; and how to talk about memory loss with friends and family. **Pre-registration is required, please call 206.529.3872.**



▶ DONATE

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

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 Valley and to those in need in our community. [Learn more.](#)



If This is Your First Time Receiving GoldenLife

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

Fall 2017

FREE Event: GoldenCare Senior Health Fair



SPONSORED BY **GoldenCare** and **Chateau**

Friday, Sept. 15
9 AM – 1 PM

Renton Community Center
1715 SE Maple Valley Hwy
Renton, WA 98057

- Free blood pressure screenings
- Great food
- Giveaways
- Healthcare information
- Healthy Living presentations in the Adjacent Carco Theatre
 - 10 AM – Nitritus & Diabetes' Effects on Hearing, Lierra Sobolevsky, AUD
 - 11 AM – Lifestyle Tips for Living Well with Diabetes, Alexis Mettler, RDN
 - 12 PM – Senior Living Options, Molly Cole, Chateau Valley Center

▶ RESOURCES

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

Pulmonary Rehab includes exercise classes in Valley's state-of-the-art rehab facility and education about your lung disease or condition. PR may help you participate in activities with less shortness of breath, as well as teach you how to live better by managing your lung condition.



Interested? Call 425.251.5137 or visit valleymed.org/lung.

CancerLifeline

Cancer Lifeline Services, Resources and Classes

Cancer Lifeline optimizes the quality of life for all people living with cancer. They provide emotional support, resources, educational classes and exercise programs designed to support people in all stages of the cancer process. [Find out more.](#)

Get Ready for the 2018 Medicare Open Enrollment Oct. 15 – Dec. 7, 2017: GoldenCare's Free Resource Can Help You Make Your Medicare Selection

An insurance specialist from GoldenCare can provide you guidance on:



- Understanding eligibility for Medicare Part B
- Understanding the difference between Medicare Supplement Plans & Medicare Advantage Plans
- Choosing a Medicare Part D Prescription Plan
- Matching up Medicare plans to your specific needs, preferences & budget with careful attention to which Medicare plans are accepted by your healthcare providers

There is never a fee for any service offered by GoldenCare. Your call will direct you to a licensed insurance agent/broker. If you choose to buy products, the plan selected pays the broker directly. Call Shannon Healy at 425.228.3440, ext. 3350 for expert help or email shannon_healy@valleymed.org.

▶ SEMINARS AND EVENTS

Medicare 101

Wednesday, Sept. 6, 2017
10-11 AM

Renton Community Center
1715 Maple Valley Hwy, Renton

Choosing the right Medicare plan means wading through an alphabet soup of jargon and options. Time your enrollment wrong and it could cost you in extra fees for the rest of your life. Learn how to navigate the murky waters of Medicare to find coverage that best fits your needs.

[More Info | Register](#)

THE HOPE HEART INSTITUTE

Women Take Heart—12-week Free Class & Research Study

Weekly on Tuesdays from 4 – 6 PM

Sept. 19 – Dec. 19, 2017

Location: Renton Community Center

Women age 21 to 72, you're invited to attend a free 12-week Women Take Heart series! Learn how to make positive lifestyle changes such as managing stress, eating healthy on a budget and improving physical activity. This class is in part of a research study and includes health coaching, questionnaires, and two free health screenings. **Space is limited—registration required.**

[View more information](#) or call 206.667.7891.

[Sponsored by Hope Heart Institute.](#)

Prescriptive Exercise Information Sessions



[More Info | Register](#)

[Register](#)

TangoStride!

[More Info | Register](#)



FREE: Tai Chi Balance and Exercise Class

A fun way to improve balance, reduce fear of falling, increase strength, mobility for everyday activities and flexibility. Based on the most



researched fall prevention program with proven effectiveness in the U.S., endorsed by the Centers for Disease Control, the American Geriatric Society and the National Coalition on Aging. Taught by physical and occupational therapists. All are welcome, including stroke survivors and caregivers. Class size is limited to 16, so please register for each class you (and your caregiver if you have one) will attend.

Beginner's Class
5 – 6 PM

[More Info | Register](#)

Intermediate/Advanced Class
Tuesdays, 5 – 6 PM

[More Info | Register](#)

Live Tai Chi Demonstration

Friday, Sept. 22, 12:30 PM
Hospital 3rd floor lobby

Our current class participants are eager to show you what they are learning and how the class is making a difference in their lives. Class instructors will be available to answer questions.

▶ GOLDENCARE WEBSITE

▶ PREVIOUS NEWSLETTERS

Back Issues of *GoldenLife* Are Available Online.

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