

# goldenlife

## Allow Yourself Extra Time to Park at Valley as We Build Our Community a New Cancer Center

If you've visited Valley Medical Center's main campus, you've seen the cranes and experienced the construction activity as we build our North Garage expansion and new medical office building, the future home of **Valley's new Cancer Center**. Parking is challenging as the north campus is now within a large construction zone. To ease parking while we are improving our facilities, we have four free valet stations located throughout campus: at the hospital main entry, in front of Valley Professional Center, on the southeast side of the Talbot Professional Center and at the Northwest Pavilion entry. [See parking map](#). When visiting campus, please come a few minutes early to allow yourself extra time to park. The North and South Tower garages are both open and available for self-parking. This temporary inconvenience will be well worth it as we bring enhanced cancer services right here to South King County.



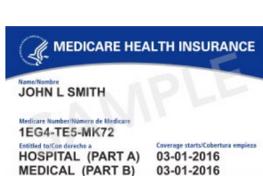
## Valley's New Cancer Center Receives Generous, Service-enhancing Donation from Valley Girls & Guys



It takes a village to support a thriving community. That collaborative vision took flight on April 16 when Valley Girls & Guys! board members presented a generous check for \$500,000 to Valley's Board of Trustees toward outfitting Valley's new Cancer Center, now under construction. Valley's Board of Trustees President Donna Russell says of the lives-changing gift, "On behalf of our board to your board, we are profoundly grateful for this—is this huge. We are setting a very high bar and we want our community to have the very best care." [Learn more about what the donation will fund.](#)

## New Medicare Cards are Coming Soon!

[Watch this video](#) to learn what you need to know about the new Medicare cards for Medicare beneficiaries. If you're a Washington state resident, look for a new Medicare card in June 2018. To protect your identity, the new Medicare cards have a Medicare Claim Number that is unique to you to replace the old system of using your social security number.



### Make sure your new card is mailed to the correct address

Please make sure your mailing address is up to date with the Social Security office so that you receive your new Medicare card. If you need to update your address, visit [social security.gov/myaccount](#).

## Supportive Care: An Extra Layer of Support

Just what is Supportive Care? Supportive Care is for people with serious illness, focused on providing relief from symptoms, pain and stress. The overall goal is to improve quality of life for patients and their families. Valley's Supportive Care team consists of doctors, nurse practitioners, social workers and chaplains specializing in this extra layer of support. [Learn more.](#)



## Stretching Can Help You Stay Moving

Stretching leg muscles every day may benefit older adults and other people with mobility problems, a new study reports. The findings suggest that regular stretching could improve blood flow to leg muscles and improve walking ability in elderly people and others with limited mobility. [Learn more and get a free stretching routine.](#)



## What's the Difference Between a Food Allergy and a Food Intolerance?

While some symptoms of food intolerance and food allergy are similar, the differences between the two are very important. If you have a food intolerance, eating that food can leave you feeling miserable. However, if you have a true food allergy, your body's reaction to this food could be life-threatening. [Learn more.](#)



## Partnering with Patients & Families to Improve Care Experience: Valley's Patient & Family Advisory Council

Valley's vision is to set the standard for a culture of excellent service through our care—every interaction, every time. Patients and their families are often the most knowledgeable members of the care team and can offer unique perspectives and valuable feedback about the care they receive. By forming a council of patient and family advisors, Valley is listening, collaborating and making improvements to care which make the next patient or family member's journey easier. [Learn more.](#)



## Like Alcohol, Certain Medicines Can Affect Your Driving

The dangers of drinking alcohol and driving are well known. You can end up in jail—or worse, a deadly car crash. The effects of other drugs on driving—even prescription and over-the-counter medicines—aren't as clear. A recent study suggests many people may not know that their medicines can make driving unsafe. [Learn more about recognizing the risk.](#)



## Strawberry Spread

We're not talking about making preserves here, just a quick spread to refrigerate and use within a week. Stir it into vanilla yogurt—it's better than fruit on the bottom. [Get the recipe.](#)



## Join Us for the May 19 Mariners Game & Help Strike Out Stroke

Join us at the special Strike Out Stroke, Mariners v. Detroit Tigers game! When you purchase your tickets to attend the game with the STROKE promo code, \$3 of every STROKE ticket purchased goes to local organizations to help educate and raise stroke awareness! And it's Felix Hernandez "Infield Flex" Bobblehead Night for the first 20,000 through the gate. Offering one of the most unique collectibles in Mariners' history—yes, your bobblehead will be able to grow real grass. Buy your tickets at [mariners.com/StrikeOutStroke](#).



**PROMO CODE: STROKE.**

Deadline to purchase: Friday, May 18, 5 PM.

### 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.

Spring 2018

### ▶ 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.](#)

#### TangoStride!

Wednesdays, 2 – 3 PM

\$12 per class per couple

[More Info | Register](#)



### ▶ FREE SEMINARS AND EVENTS

#### Hip and Knee Replacement

June 7, 6 – 7 PM

[More Info | Register](#)



#### Tai Chi Balance and Exercise Class

Beginner's Class Thursdays, 5 – 6 PM

[More Info | Register](#)

Intermediate/Advanced Class Tuesdays, 5 – 6 PM

[More Info | Register](#)



#### Prescriptive Exercise Information Sessions

[More Info | Register](#)



### ▶ SUPPORT GROUPS

#### Support Group: Early Stage Memory Loss Group

Staying socially active and engaged can benefit your mood and memory. In four-weeks, you and your partner learn:

- How to cope and live with early memory loss
- Strategies for enjoyable activities
- How to talk about memory loss with friends and family

No cost to attend. To register, contact Joanne Maher at 206.529.3872.

Sponsored by the [Alzheimer's Association](#), Washington State Chapter

#### Stroke Club

Meets 2nd Tuesday of the month, 6–7 PM

May 8 guest speaker: Northwest Americans with Disabilities Act Center representative

[Learn more](#)

Questions? Email [strokecenter@valleymed.org](mailto:strokecenter@valleymed.org)

#### Support Group: Gluten Intolerance / Celiac Disease

Next meeting: May 15, 7–9 PM

[Learn more](#)

### ▶ 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 receives 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.



#### 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](#).



#### 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 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 *GoldenLife* Are Available Online.

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