Tour a variety of residents’ homes to see how they’ve decorated for the holidays. Come enjoy our annual Holiday Parade of Homes and stay for a festive performance by the famous Dickens Carolers. Christmas trees look forward to being part of your holiday wonder! And at Valley Medical Center, we’ve prepared a booklet to share with you all the details of the homes described in the homes tour. blackoutIcons.

Chateau Valley Center Invites You To Their 3rd Annual Holiday Parade of Homes

December 6 & 7 — 10 AM to 5 PM

This year’s homes tour includes five different communities of residents. Don’t miss this opportunity to enjoy a variety of homes and meet our amazing residents. Call 425.336.4257 to register.

Chateau believes that one size doesn’t fit all. Each house on the Parade of Homes is uniquely designed to fit the needs and desires of its individual residents. Following the Parade of Homes, you’ll have the opportunity to see the Christmas trees lit up in all five communities during our Home Tour Lighting Ceremony. To be held at 7 PM on December 6.

Sunday, December 8 from 2 – 5 PM

2 — 3 Chateau Community Centers

Call 425.336.4257 or register at www.goldencarevalleymed.org/careeresources to sign up for our Home Tour Lighting Ceremony. Come enjoy refreshments and a visit with Santa!

Women, Does Your Bladder Control Your Life?

Overactive bladder is common but transmits a message that something isn’t right and should happen gradually. However, the sooner a problem is recognized, the sooner it can be treated. The condition isn’t dangerous, but can dramatically affect your quality of life including the ability to keep up with your schedule, having to carry or keep a change of incontinence products and impacting your social life.

But what does it feel like?

Overactive bladder may result in symptoms including leakage, frequent urination and feeling the sudden and urgent need to urinate. Depending on the severity, it can be more than a minor inconvenience. Some women will need to urinate at night, need to urinate in a sitting position, have to leave home, the expense of incontinence products and impact on intimacy.

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If you or someone you know may be affected by overactive bladder, then here is help:

1. Talk to your primary care physician. Bring in a journal of how often you’re urinating, how much you’re drinking and what activities may cause you to leak.

2. It may be appropriate to seek help from a specialist to find the best, individualized treatment. Depending on the symptoms and severity of your bladder issues, there are many medical options available from non-medical treatment options, including physical therapy, bladder retraining, supportive or behavioral therapy and surgery.

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A list of 2014 Medicare Advantage plans can be found on our website at medicare.gov or by calling Valley Medical Center.

Medicare Insurance Helpline
Tel: 1-888-708-8830
Serviced by MedicareCompanyUSA

The Medicare Insurance Helpline is serviced by MedicareCompanyUSA, a licensed Medicare-plan sélection insurance agency and call center representing local and national Medicare plans accepted by Valley Medical Center.

Valley Medical Group Medicare Advantage and Medicare supplement products are available by telephone and personal appointment here at Valley Medical Center. They will take the time to explain your insurance options and assist you in choosing a Medicare plan that best meets your personal objectives.

There is never a fee for their services, they are yours. Call directly by the insurers we contract with. Please have your Medicare number or the plan you are considering for additional information on accepted Medicare Advantage plans.

Here are the most current phone numbers and website links to the Medicare Insurance Helpline:

Don’t hesitate to call and find the best plan that will fit your needs.

Valley Medical Center

An independent Medicare Plan

The Medicare Annual Election Period is near. Don’t miss your opportunity to review your Medicare plan options! Valley Medical Center accepts many additional types of Medicare plans. A list of our 2014 Medicare Advantage plans can be found on our website at medicare.gov or by calling Valley Medical Center.

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