PROTECT YOURSELF
The Vaccine You Shouldn’t Do Without

WHAT YOU SHOULD KNOW
Top Tips for Putting Your Best Feet Forward + 8 Symptoms of Hearing Loss

HEALING FASTER, HEALING BETTER
Leading Edge, Single Incision Surgical Technology

PRE-APPOINTMENT TIPS
Make the Most of Your Doctor Visit

UW Medicine VALLEY MEDICAL CENTER
Remarkable things happen here.
It’s a shocking statistic—half of all people living to age 85 will develop shingles, a painful skin rash and blisters from the same virus that causes chickenpox. The only way to reduce your risk of developing shingles is to get vaccinated. If you know you are not vaccinated, please talk with your primary care physician about whether you should be vaccinated—most everyone over age 60 should be vaccinated.

No serious problems or reactions have been identified with the shingles vaccine and getting it reduces your risk of shingles by 51 percent and the risk of developing post-herpatic neuralgia (that intense lingering pain) by 67 percent. The vaccine even decreases the likelihood of getting shingles again if you have already had it.

I have seen far too many of my unvaccinated GoldenCare friends suffer from the intense initial pain of shingles, only to then deal with its lingering, long term pain. For more information about the shingles vaccine, please see the article on page 6. It’s easy to swing by one of our pharmacies here on the Valley campus and get your shingles vaccine or get one from your primary care physician. If you need a primary care physician, please call our free physician referral line at 425.656.4636.

While we’re talking about primary care physicians, I want to remind you about the importance of seeing your primary care provider as part of your wellness routine. Not only can your doctor partner with you in the management of chronic diseases like diabetes or hypertension, but routine visits are an opportunity to screen for and prevent other diseases from occurring. By seeing your primary care doctor regularly, at least once per year, you can build a relationship with your doctor who is then better able to help you make complex decisions should you become seriously ill. I encourage you to read page 10 which includes a checklist of information you should bring along to make your primary care visits as productive as possible.

And finally, I hope you get out during our longer spring days, warmer weather and blossoming landscape: It’s Northwest primetime for walking more and enjoying other outdoor physical activity—good for the mind and body.

Be happy and be well,

Grace Dalrymple, Membership Manager
The Incredible People at Valley make my Work Extremely Gratifying

In January I was privileged to celebrate 30 years as Valley Medical Center’s Chief Executive Officer. Looking back on those years, one of the organization’s most transformational accomplishments has been the formation of the Strategic Alliance with UW Medicine in 2011. The Alliance will benefit many, many people in our community for decades to come.

We could not have grown Valley to a level that would attract UW Medicine without incredible people. I’ve always believed that happy staff results in satisfied patients and quality patient care, so having been ranked a “Best Place to Work” for more than 10 years and consistently recognized for excellence in joint replacement, stroke, spine surgery and many more has been extremely gratifying.

As the longest-tenured public hospital district CEO in our state, I’ve experienced amazing changes in healthcare and within our community during the past three decades. Our focus throughout has always been on providing safe, quality healthcare to the community through expert clinicians, innovative technology, a healing environment and a culture of caring. The journey at Valley Medical Center has been and continues to be remarkable.

Rich Roodman, CEO
GoldenCare Member & Founder

Rich Roodman was profiled in the March 1, 2013 issue of the Puget Sound Business Journal. Learn what he has to say about the challenges he has faced during his career at Valley and the partnerships he has forged along the way.

valleymed.org/in-the-news
To Those Who Are Living in Pain and Need Joint Replacement—

YOU CAN DO THIS!
I’m a retired teacher. Now I work part time at Lowes in the home décor department and I really, really enjoy the interaction with customers and other staff. It’s a physically grueling job though—I carry paint cans, walk miles a day on cement floors, bend down frequently to lift things and do light shelf stocking.

From the moment I was warmly greeted at the hospital by the surgery admitting team, I felt at ease. After surgery, the staff was flexible and worked with me to modify the pain medication to my specific needs, adjusting doses and types of medication to make me comfortable. I always got the feeling the doctors and nurses genuinely cared about my well-being.

After surgery I thought I would have this stiff leg—but I didn’t! At my first meal, they had me sitting on the edge of the bed to eat. Then they had me walking down the hall with a walker. And when I went home, I was very determined to be able to climb the fourteen stairs to sleep in my own bed. I went up all those stairs that first night home and wasn’t in any more pain than I had been before surgery. They trained me well at the hospital how to go up and down stairs!

In hindsight, I waited too long to have my replacement. My knee feels so good and I’m moving around so easily, I have already forgotten how I used to feel. I have great range of motion—I can definitely bend it well, am even starting to wear tiny heels again and have gone back to work. I’m so excited!

Elizabeth’s Tips for a Successful Knee Replacement

1. Go to physical therapy after surgery and do your exercises. PT is very important for healing and range of motion.
2. Read the Patient Guide so you know what to expect.
3. Be sure to read the patient stories in the Patient Guide—they were very uplifting. People my age, some older and younger, they all did this and I thought, “So can I!”
4. Don’t wait too long to have a replacement: Overcome your fears and don’t live in pain for too long.
5. Keep your eye on the prize: Engage your anticipation of things you’ll enjoy doing again to help keep you moving forward in your recovery.

Valley Medical Center’s award winning Joint Center is rated #1 in Washington state for Overall Orthopedic Services and Joint Replacement for the fourth year in a row according to 2013 HealthGrades®. In addition to being #1, we’ve had a HealthGrades Five-star rating in Joint Replacement for 10 consecutive years. For a physician referral, call 425.277.DOCS (3627). For more information about The Joint Center, visit valleymed.org/joint.
Avoid the Pain!

Get Vaccinated to Prevent Shingles if You’re Age 60 and Older

Triggered by Varicella-Zoster Virus (VZV), the same virus causing chickenpox, shingles is a painful skin rash, often accompanied by blisters lasting a week to ten days. Once you’ve had chickenpox, the VZV virus remains behind, quietly asleep in your healthy nervous system. However, if awakened by a weakened immune system, the reactivated virus comes back as shingles, most commonly in people aged 50 years and older. About 10 - 15 percent of people with shingles will also get post-herpetic neuralgia, a painful inflammation that can last for months or even years.

To reduce the risk of shingles and its associated pain, the Centers for Disease Control advise all Americans age 60 and older to get the Zostavax® shingles vaccine. Those in that age group should get the vaccine even if they don’t remember having chickenpox, as well as those who have already had shingles to help prevent further recurrences.

Zostavax Shingles Vaccine Available without an Appointment at Prescription Pad Pharmacies

- All Medicare Part D plans cover the shingles vaccine. The amount of cost-sharing (money you have to pay) for vaccination varies. Deductibles, co-pays and administrative fees are your responsibility.
- Medicare Part B does not cover the shingles vaccine.
- Most private health insurance plans cover the vaccine for people 60 years of age or older.
- If you are paying out of pocket, the cash price at VMC’s Prescription Pad pharmacies is currently under $200.

To find a clinic or physician in your neighborhood, visit valleymed.org/clinics or call 425.277.DOCS (3627).
Putting Your Best Feet Forward

Seventy-five percent of seniors develop foot problems as they age. Foot problems contribute to myriad safety and health issues including falls, obesity and blood clots, but many foot problems can be avoided.

Here are some tips to keep your feet healthy:

- Take a few minutes each day to scan your feet for swelling, redness, sores, cuts, blisters, bruises and ingrown toenails. Use a mirror with a long handle if bending is difficult for you. Wearing white socks will allow you to see drainage from a cut or sore.
- Wash your feet daily, but don’t soak your feet for longer than 10 minutes or the skin will get dry and crack. Dry well, but gently, between your toes.
- Trim your toenails regularly (straight across) and use a pumice stone on wet feet to smooth calluses.
- If your skin is dry or cracked, use an unscented lotion on the top and bottom of your feet. Wipe off excess, and don’t apply the lotion between your toes.
- If your feet are sweaty, use foot powder.
- Wear comfortable shoes and clean socks, changing them both daily.
- Avoid socks with ridges or elastic at the top. These can restrict circulation or irritate your skin.

Keeping an eye on your feet can provide early warning signals for health concerns such as diabetes, arthritis, poor blood circulation and nerve damage.

If you have questions or would like help with your feet or ankles, please contact Valley Medical Center’s Podiatry Clinic in Kent or Newcastle by calling 425.203.7290.

valleymed.org/podiatry

30 – 50% of Older Adults have Hearing Loss

Hearing loss is among the most common conditions in older people, affecting about one-third of people 60 or older and half of those older than 85. “Hearing loss impacts quality of life and affects how we interact with family and friends… it’s an invisible condition,” says Colin Wong, AuD, CCC-A, audiologist at Valley’s Ear, Nose and Throat Clinic.

HOW’S YOUR HEARING? Do you experience any of the following?

- Difficulty hearing people on the telephone
- Problems hearing when there is background noise
- Straining to follow a conversation
- Thinking that most people are mumbling, and frequently asking others to repeat themselves
- Frequently misunderstanding what others say
- Difficulty understanding children and women
- Needing to turn the TV volume up very loud
- Frequently hearing a hissing, roaring or ringing sound

If you experience one or more of the symptoms above, consider having your hearing professionally assessed. While Valley’s ENT Clinic is now dispensing and fitting hearing aids, those aids are just one component to address hearing loss according to Wong, who adds, “Complicating factors can also be diagnosed and treated at the ENT Clinic.”
The Benefits of Single-Incision ROBOTIC SURGERY

Removal of the gallbladder using a single, minimally-invasive incision is now possible using Valley Medical Center’s da Vinci® Si Robotic Surgical System.

According to the American College of Surgeons, surgery is the recommended treatment for the more than one million Americans who suffer gallbladder pain from gallstones and non-functioning gallbladders. While many have traditional, laparoscopic surgery requiring three to five incisions, most people who require gallbladder removal are also candidates for robotic, single-incision surgery.

Single-site (single-incision) cholecystectomy, the removal of the gallbladder, with the da Vinci Si system is the first single-site robotic procedure approved by the Food and Drug Administration. More single-site da Vinci Si procedures are expected to be approved by the FDA in the next few months.

Valley Medical Center surgeon, Michael Burke, MD, FACS, was among the first in the area to perform da Vinci single-site cholecystectomy procedures. Using robotic assistance, the diseased gallbladder is removed through a single, approximately one-inch, port in the belly button. The surgery can be performed in about one hour, with a typical hospital stay of less than 24 hours. Most patients go home a few hours after surgery.

During the procedure, Dr. Burke sits at a console, viewing a 3D, high-definition, magnified image of the patient’s anatomy. Dual camera and optic lenses allow him to see and assess anatomy better than with the naked eye. He uses controls below the viewer to move the robotic instrument arms and camera. In real time, the system translates the surgeon’s hand, wrist and finger movement into the highly precise movement of the micro-surgical instruments inside the patient.

The da Vinci system is widely used in a range of complex, minimally invasive surgeries. In addition to gallbladder removal, Valley Medical Center surgeons routinely perform robotic-assisted:

- Gynecologic procedures
- Gynecologic oncologic procedures
- Urologic procedures
- General surgery procedures such as removal of all or part of the stomach, spleen, pancreas, colon and adrenal glands, diaphragmatic hernia repairs
- Surgeries to treat gastroesophageal reflux disease (GERD) and swallowing disorders

Valley Medical Center began offering robotic surgery in 2009 and was the first hospital in Washington state to acquire the da Vinci Si system, the world’s only robotic surgical system with high-definition, 3D vision.

For more information about da Vinci Si robotic surgery at Valley Medical Center, visit valleymed.org/surgery. For more information about the general surgery da Vinci Si procedures performed by Dr. Burke or for an appointment, contact VMC’s Surgical Specialty Clinic at 425.228.6076.
BENEFITS

- Virtually scarless results
- Minimal pain
- Low blood loss
- Fast recovery
- Short hospital stay
- High patient satisfaction

The robotic system cannot be programmed, nor can it make decisions on its own—every surgical maneuver must be performed with direct input from your surgeon. A dedicated team of assistants, technicians and nurses, who focus their area of practice exclusively on da Vinci procedures, remain at the patient’s side throughout the procedure.

The Human Touch is Always Present during VMC’s da Vinci Si Procedures

Photo represents simulation only
How well you and your doctor talk to each other is one of the most important parts of getting good healthcare. Unfortunately, talking with your doctor isn’t always easy. In the past, the doctor typically took the lead and the patient followed. Today, a good patient-doctor relationship is a partnership. You and your doctor can work as a team.

Creating a basic plan before you go to the doctor can help you make the most of your visit. These tips will make it easier for you and your doctor to cover everything you need to talk about.

1. **Make a prioritized list of issues/symptoms you would like to discuss.**
Sometimes it can be hard to remember everything during your doctor visit. Before your appointment, make a list of any issues or physical and mental symptoms bothering you. Please note how long you’ve had the issue or symptom and how often it occurs. Just in case everything can’t be covered during one visit, list them in order of priority.

   Physical—List things such as pain, fever, a lump or bump, unexplained weight gain or loss, change in energy level, sleeping difficulties, etc.

   Mental—Tell your doctor if you are often confused, if you often feel sad or other thoughts and feelings that trouble you.

2. **Bring a list of the medications you take**, including prescription drugs, over-the-counter medications, vitamins and herbal remedies, laxatives and eye drops. Write down how much you take and how often.

3. **Let your doctor know if you use any assistive devices** such as hearing aids, walkers or grabbing/reaching tools to help you in your daily activities.

4. **Be open and honest when discussing your lifestyle.** Do you smoke or drink alcohol? What is your sex life like? How much do you sleep? Your doctor will also want to know about any recent life changes such as divorce, moving or loss of a loved one.

5. **Write down and tell your doctor if you had to go to the emergency room, stay in the hospital or see a different doctor, such as a specialist, since your last visit.** It may be helpful to bring that doctor’s contact information.

6. **Bring your insurance cards, names and phone numbers of your other doctors, and the phone number of the pharmacy you use.**

Jeanne Moore, MD, is a board certified, family medicine physician at Valley’s Highlands Clinic at 451 Duvall Avenue NE, Renton. To make an appointment with Dr. Moore, call 425.656.5500.

To find a clinic or physician in your neighborhood, visit valleymed.org/clinics or call 425.277.DOCS (3627).
Seven years ago, not too long after Chateau Valley Center opened its doors on the campus of Valley Medical Center, David and Lucy Flora moved in as independent residents. They found their ideal apartment and soon became involved in the Chateau community. During that first year, Lucy began to show signs of memory loss. Fortunately, Chateau had just opened a specialized dementia care wing on the first floor of the building. David brought his wife to the new memory care unit for a few hours a week, both to empower Lucy to engage in meaningful and appropriate activities and also to offer David some respite as Lucy’s primary caregiver.

Eventually, the family realized that Lucy’s needs would best be served by moving into the unit as a full time memory care resident. Every morning and afternoon, David lovingly checked in on his wife. His apartment was directly above Lucy’s, so visiting was extremely convenient. Often, he would also take her to the main Chateau dining room to share meals together. They also continued to enjoy favorite Chateau events, excursions and activities.

As time went by, David began suffering from health issues of his own, and required assisted living services. With Chateau’s flexible assisted living, he was able to receive care and support in the comfort of his familiar apartment.

“It was absolutely important for us as a family that Mom and Dad live together under one roof,” says Bill Flora, one of David and Lucy’s sons. “That way, not only was Dad able to check in on and spend time with Mom as her care needs increased, but it was also convenient for us as a family to visit our parents in the same place.”

Although David Flora has since passed, his wife Lucy continues as a cherished and beloved member of Chateau’s memory care family. Both Bill Flora and his brother Tom are grateful for the care their father received, and their mother continues to receive.

To tour Chateau and enjoy a complimentary meal, call Community Relations Director, Tamra Godfrey at 425.251.6677.

Chateau is a sponsor of the 2013 GoldenCare Health Fair
Use Our New Tools to Help Stay Healthier

Through regularly-scheduled TV and radio stories and a health information website, UW Medicine now has three new tools to help you make more informed decisions about your health, wellness and treatment options for medical conditions.

UW Medicine Health TV and Radio Stories

Look and listen for regular UW Medicine Health television and radio spots on KOMO News, KOMO News Radio and STAR 101.5 featuring UW Medicine experts and patients. Topics through June include heart, vascular and brain health. UW Medicine Health will also increase awareness of the latest treatments and medical breakthroughs at UW Medicine, one of the leading research institutions in the world.

Dedicated UW Medicine Health Website

Check out our new dedicated website, UW Medicine Health, uwmedicinehealth.com. The site gives you 24/7 access to timely news items, features and columns about health and wellness, medical research advances and patient stories. It can become your trusted, go-to resource when you have a question about a health topic or just want to see what’s new.

“In support of our mission to improve the health of the public, UW Medicine recognizes the need to encourage each member of our community to take responsibility for their personal health,” says Dr. Paul Ramsey, CEO of UW Medicine. “With this initiative, our audiences will gain valuable knowledge and tools for engaging in preventive care and establishing rewarding personal health behaviors.”
I Am Now Totally CANCER-FREE!

"In late 2011 I was diagnosed with an esophageal tumor," says Ralph. "I spent two years helping my wife get through her cancer treatments at Valley and during that time, I learned that the staff, logistics and location really set Valley apart."

Valley’s Cancer Services include:
- The Breast Center
- Oncology & Hematology Clinic
- Radiation Oncology
- Neuro Oncology
- The Infusion and Immunotherapy Center
- Rehabilitation Services’ lymphedema management

"During my six weeks of radiation and Infusion Center chemo treatments, it was like old home week because I knew everyone from the time I spent there with my wife. Everyone is so pleasant, upbeat and accommodating; I have total confidence in the nurses and staff; and I can’t say enough about them and the facilities. The free valet parking at Valley is great—I didn’t have to pay $10 to $20 to park, I didn’t have to walk far for my treatment and I didn’t have to fight traffic and spend lots of time getting there and back.

"I have to say I was sorry to see my treatments end because the nurses and staff became like family. I felt comfortable with them and I looked forward to seeing their faces each day—the people there, they care.

"So glad I made this choice. Best yet—post-op pathology report shows I am now totally cancer free!"

Please talk with your healthcare provider about which cancer screening and diagnostic tests are appropriate for you. To find a primary care or specialty healthcare provider, visit valleymed.org or call 425.277.DOCS (3627).
FREE SEMINARS

Unless otherwise noted, seminars and events are held 6 – 7 PM at VMC’s Medical Arts Center, 1st Floor, 4033 Talbot Road S, Renton, WA 98055. Register online at valleymed.org/events or call 425.656.INFO (4636).

I Have Breast Cancer—Now What?
Thursday, May 2, 6 – 7 PM
Join Heather Wheeler, MD, to get the facts about breast cancer surgery. Learn how to evaluate your treatment options, how to select a surgeon, what to expect the day of the surgery and during recovery and how to build a support network. Feel free to bring a support buddy who can serve as an extra set of ears.

Diagnosis & Treatment of Herniated Discs
Wednesday, May 15, 6 – 7 PM
Is your pain caused by a herniated disc, a bulging disc, a pinched nerve or something else? Join Jason Thompson, MD, as he explains what causes a herniated disc, how a proper diagnosis is made and most importantly, effective treatment so you can start living without disabling pain.

Hip & Knee Replacement
Thursday, May 23, 6 – 7 PM
Joint pain keeping you from activities you enjoy? Imagine the difference a joint replacement could make. “Top Doc” William Barrett, MD, will explain the conditions leading to replacement, replacement devices, recovery and demonstrate surgery.

The Aging Eyes
Thursday, May 30, 6 – 7 PM
Not seeing as clearly as you once did? Join Todd Johnston, MD, for this informative talk on keeping your eyes healthy through the years. Learn about preventive care and treatment options for cataracts, macular degeneration and glaucoma.

Hand, Wrist, Elbow & Shoulder Pain
Thursday, June 6, 6 – 7 PM
This orthopedic team, including Drs. Craig Arntz, Traci Barthel, John Howlett and Niket Shrivastava, will explain treatments for conditions affecting the hand, wrist, elbow and shoulder, including carpal tunnel syndrome, rotator cuff injuries, trigger finger, and rheumatoid and osteoarthritis.

Like to Plan Ahead?
Now Offering Reserved, Same Day Appointments at Urgent Care 7 days a Week!

Need a last minute appointment? The VMC Urgent Care Clinic Network now offers a dedicated, reserved appointment line allowing you to schedule an appointment at an urgent care location at a time that meets your needs. Locations in Covington, Newcastle, south Renton and Renton Landing.

Monday – Friday, 8 AM – 8 PM, Saturday & Sunday, 8 AM – 4 PM
Call 425.656.4000 for an appointment.
valleymed.org/urgentcare

VMC’s Eye Clinic Expands Hours & Improves Convenience

The Eye Clinic at Valley Medical Center has expanded its hours to M, T, Th, F: 7 AM – 5 PM; Wednesdays: 7:30 AM – 4 PM. Located conveniently in Valley Professional Center at the north end of campus, phone lines and doors will be open throughout the day.

The Eye Clinic’s board certified Ophthalmologists provide eye care from basic eyeglass exams to advanced medical and surgical eye procedures including cataracts, macular degeneration, glaucoma and vision-threatening diabetic retinopathy.

valleymed.org/eye

Golden Living is published by Valley Medical Center (Public Hospital District No. 1 of King County). Material contained in Golden Living is intended to supplement—not replace—information received from your physician or other healthcare provider. To be added or removed from the mailing list, please contact grace_dalrymple@valleymed.org or call 425.226.4653. All rights reserved. ©2013 Valley Medical Center (Public Hospital District No. 1 of King County)

About GoldenCare: The GoldenCare program at Valley Medical Center was started in 1986 as a way to help seniors receive personalized assistance with their medical paperwork. Today, GoldenCare is nearly 20,000 members strong and serves to promote senior health and wellness through health education and programs such as the annual flu shot campaign. Personal help with medical paperwork is still available today.

About Valley Medical Center: Public Hospital District No. 1 of King County—Valley Medical Center—is the oldest PHD in Washington state. Valley Medical Center is strategically aligned with the UW Medicine Health System, a component organization of the University of Washington. To learn more about VMC, or to express your views, please write to Sandra Sward, Assistant to the Board and CEO, VMC1-019, PO Box 50010, Renton, WA 98058-5010.
SPECIAL PROGRAMS

Senior Farmer’s Market Nutrition Program

Now through May 31, 2013, low-income seniors can apply to receive $40 in voucher checks that can be exchanged for fresh produce at King County farmers markets, roadside stands, and community supported agriculture programs. For eligibility information and applications, visit agingkingcounty.org/highlight_farmers_market_voucher.htm

Caregiver’s Telephone Support Group

Caring for someone with younger-onset memory loss? The Alzheimer’s Association’s free telephone support groups provide a consistent and caring place for caregivers to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss, without the need to leave home. For more information and call-in instructions, contact Linda Whiteside, Director of Community Support, at Linda.whiteside@alz.org or call 1.800.848.7097.

Memory Loss Support Group

This free, Alzheimer’s Association sponsored, caregiver support group provides a consistent and caring place for caregivers to learn, share and gain emotional support. Fourth Tuesday of each month; 5 – 6:30 pm at VMC’s Medical Arts Center, First Floor, 4033 Talbot Rd. S. Questions? Contact Nancy Streiffert at 253.796.2203.

Stroke Club

The Stroke Club meets at VMC’s Medical Arts Center, 1st Floor, Conference Room A, one Tuesday a month, March – November; 1:30 – 2:30 pm. Free program for stroke survivors and caregivers. Questions? Call 425.251.5165 or visit valleymed.org/rehab.

THE FITNESS CENTER

Call 425.656.4006 to register. All classes are $5 and held in The Fitness Center. Class participation may require a medical clearance prior to using facility depending on medical history.

Functional Training

Friday, May 10, 1 – 2 PM
Learn how to use your body in all the ways it was designed to move! Fun, new exercises presented to mix up your routine.

Intro to Meditation

Thursday, May 23, 7:30 – 8:30 PM
Get practical tips and guided practice for quieting your mind and entering a meditative state. Wear comfortable clothing, including a light jacket.

Nutrition 101

Wednesday, June 5, 4 – 5 PM
A comprehensive overview of general nutrition and healthy eating habits with nutrition tips and healthy recipes provided.

Yoga for Beginners

Tuesday, June 18, 11 AM – 12 PM
Learn the basics to practicing yoga, with yoga poses broken down into steps and relaxation methods for stress management.

Beginning Weight Training

Friday, July 12, 2 – 3 PM
Increase effectiveness and avoid injury by refreshing skills or learning basics of good form in strength training.

Intro to Zumba

Tuesday, July 23, 7:30 – 8:30 PM
Introduce yourself to or simply refine your skills for Zumba’s Latin-inspired dance aerobics. Steps are demonstrated slowly, preparing you to attend a Zumba class.

Intro to Pilates

Wednesday, August 7, 4 – 5 PM
Learn the five basic principles of Stott Pilates, as well as how to use the different types of equipment during our mat classes.

Bands & Balls

Tuesday, September 10, 10 – 11 AM
Master simple exercises you can do at home. Correct body ball size, proper form and how to use exercise bands will be explained.

Free health & Safety fair:

Sunday, July 14, 12 – 4 PM at Pinnacle Physical Therapy & Medical Wellness, 17307 SE Kent Kangley Road, Covington; valleymed.org/glowevents

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.

Redeem this Special Fitness Center Coupon!

SPRING ENROLLMENT SPECIAL:
One enrollment for $75, or two enrollments for $99

Full Fitness Center memberships include unlimited visits and a variety of classes. Professional instructors are available at no additional fee to design a safe exercise program based on your goals and needs. For those with specific medical conditions who would benefit from a supervised program, therapeutic memberships are available.

Call 425.656.4006 for info or to schedule a free tour.

Visit valleymed.org/fitness. Must be 18 years or older to join. Subject to medical screening guidelines. Cannot be combined with any other offer. Offer expires 6.30.13.
Join Us for GoldenCare’s 
FREE Health Fair!

Friday, May 10, 9 AM – 1 PM
Medical Arts Center, 1st Floor, 4033 Talbot Road S 
Renton, WA 98055

Presentations, Friends and Refreshments
All under one roof, GoldenCare’s Health Fair features free blood pressure and blood sugar screenings, great food and giveaways, healthcare information to improve your life and the opportunity to meet and mingle with other proactive, health-minded seniors. Learn about senior housing options and placement services, healthcare specialty services and resources, health insurance options, transit services and much more.

Senior Fair Presentations
9:30 AM  |  Aging Eyes  Todd Johnston, MD, Eye Clinic
10:30 AM |  I Can Hear Clearly Now  
           Colin Wong, AuD, CCC-A, Ear, Nose & Throat Clinic
11:15 AM |  Aging Eyes  Todd Johnston, MD, Eye Clinic
12 PM    |  Osteoporosis–The Hard Truth about Brittle Bones

No Reservation Necessary
Free parking in North Garage with direct skybridge access to the Medical Arts Center