

GOLDEN LIVING

A Publication of GoldenCare

3 COMMON SENSE

The Flu and You

4 ON YOUR FEET!

See Your Way to Fall Prevention

6 INTRODUCING...

The da Vinci Surgical System

Aging with Grace • 2

Valley Dividend • 2

Fitness Classes • 7

Free Health Seminars • 7

Programs and Events • 7

*Living Healthy,
Living Well*

FALL 2009

Remarkable things happen here.™



Aging with Grace

Dear Friends,

I make it my mantra: Fall is for... fall prevention! We take this time each year to remind you that independence is precious—and closely tied to maintaining strength, coordination, balance and good eyesight. One bad fall can mean the difference between long years of doing what you love, be it golfing or bowling, and reluctant dependence on others. I've seen too many robust older adults begin a spiral into frailty due to a simple fall. Join us October 1 for our Fall Prevention seminar, and brush up on tips for avoiding falls with the article starting on page 4.

With the advent of the novel H1N1 or "swine" flu, influenza was never off our radar this year. For more about flu, see page 3. Don't miss our annual GoldenCare seasonal flu shot drive beginning October 12. Each



fall for the past 20 years, GoldenCare has vaccinated thousands of seniors against seasonal flu, even in years when vaccine was scarce. Watch your mailbox for flu campaign details. We'll spice things up with coffee and cookies, random prize drawings, a gift of the new Valley Medical Center Provider and Services Directory, and an exclusive first look at the new Emergency Services

South Tower. As usual, the GoldenCare flu shot campaign will be the social event of the season! Join us to be among the first to see the spacious new Emergency department that will open in February, 2010.

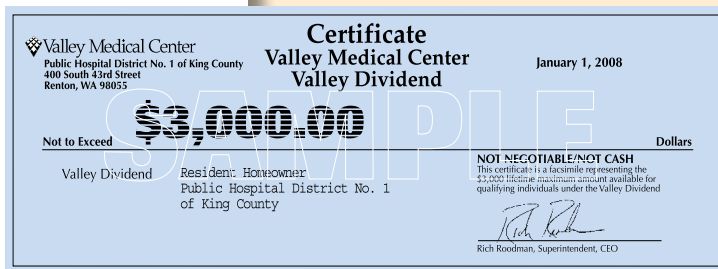
Wishing you a spring in your step and a fall without falls,



Grace Dalrymple
GoldenCare Manager

The Valley Dividend: Did You Know?

The Valley Dividend is a unique program that offers homeowners in our tax district a credit toward necessary inpatient hospitalization at Valley Medical Center and surgical services provided by The Eye Center.



The credit, equal to a portion of qualified homeowners' property taxes paid to the district, is subject to a \$3,000 lifetime benefit for out-of-pocket expenses after all third-party and insurance payments have been satisfied. Find out if you qualify for the Valley Dividend; call 425.656.4058.

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.

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 over 19,000 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. Our publicly elected Board of Commissioners consists of Don Jacobson, president; Mike Miller, vice president; Carolyn Parnell, secretary; Sue Bowman, and Anthony Hemstad. To learn more about VMC, or to express your views, please write to Kris Tiernan, PO Box 50010, Renton, WA 98055.

**Find the doctor
who's right for you:**

www.valleymed.org

425.656.INFO (4636)



The Flu and You

This has been an unprecedented year for flu news as the World Health Organization (WHO) declared the novel H1N1 flu a pandemic this summer.

Overall, the severity and complication rate of this flu is no greater, and possibly slightly milder, than the regular seasonal flu. Current thinking in the scientific community is that seniors garnered some level of immunity long ago; no one is sure how or when.

The novel H1N1 virus is much more attracted to the young, especially

children under age five, pregnant women (especially in the second and third trimesters), and young adults, especially those with chronic health issues such as lung disease, cardiac disease, diabetes or compromised immune systems due to cancer treatment or HIV infection. At this time, these are the individuals who will be vaccinated for H1N1 when a vaccine becomes available.

Valley Medical Center will adhere to the Centers for Disease Control (CDC) guidelines for novel H1N1 and vaccinate accordingly. Once

Common Sense is Your Best Defense

- WASH YOUR HANDS often.
- COVER YOUR MOUTH when you cough or sneeze.

all prioritized groups have been vaccinated, we will offer the vaccine to seniors.

Regardless of how novel H1N1 progresses, the CDC stresses that it remains as important as ever to get an annual seasonal flu shot.

October 2009 Seasonal Flu Shot Schedule

Below is a listing of when to come for your vaccination, according to last name. If you carry Medicare Part B or a Medicare Advantage plan the cost of your vaccination will be covered. If you don't carry Medicare, the cost is \$25 cash or check. For more information about flu shots, please call VMC's Flu Shot Information Line: 425.656.5304.

Date	Time	Location	Last Name
Monday, October 12	9 am-2 pm	VMC Lobby	A-Cha
Tuesday, October 13	9 am-2 pm	VMC Lobby	Che-Gan
Wednesday, October 14	9 am-2 pm	VMC Lobby	Gao-Kle
Thursday, October 15	9 am-2 pm	VMC Lobby	Kli-Nie
Friday, October 16	9 am-2 pm	VMC Lobby	Nig-Sli
Saturday, October 17	9 am-2 pm	VMC Lobby	Slo-Z

OCTOBER 2009

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12 A- Cha	13 Che- Gan	14 Gao- Kle	15 Kli- Nie	16 Nig- Sli	17 Slo- Z
18	19	20	21	22	23	24
25	26	27	28	29	30	31

On Your Feet!



See Your Way to Fall Prevention

Every 18 seconds, an older adult is treated in an emergency department for a fall. Not surprisingly, once you've fallen, you are

then two to three times more likely to fall again the next year, and an unwelcome cycle has begun. When it comes to falls,



Todd Johnston, MD

as with many health issues, there are simple, positive steps you can take to reduce your risk. In addition to strength and balance, which we've covered before, eye sight, too, can play a role in avoiding a fall and maintaining your independence.

"Our eyes change constantly, but usually gradually. A problem can crop up before we're even aware of

it," said Todd Johnston, MD, The Eye Center. "Something as simple as updating glasses can make a large difference in deterring falls."

We don't know how large a part vision plays in fall prevention, but in one randomized study, a first eye cataract surgery was shown to reduce falls by 34 percent and fractures by 67 percent.

"Cataracts are the most common and treatable cause of low vision in older adults, followed by glaucoma and macular degeneration," explained Dr. Johnston. "All of these conditions can only be diagnosed by an eye physician, and early detection can improve or maintain vision for many years.

"Get your annual eye exam. Excellent lighting, such as lighted stairways and

night lights, can also improve vision significantly," he added. "Vision is a risk factor for falls that is within your control to improve."

Maintain visual acuity with these simple steps:

1. **Have a dilated eye exam with a qualified ophthalmologist every year.** If you have diabetes or other health conditions, your ophthalmologist may want to see you more often.
2. **Keep your lens prescription current.** It may be comforting to have all those old eyeglasses handy, but if they're not your current prescription they may do more harm than good. Donate them to your local Lions Club or other charity to be put to good use.

Emergency Services South Tower Nears Completion



The new Emergency Services South Tower will open in February, 2010, but GoldenCare members can get an early look at this exciting new space during the seasonal flu shot campaign October 12-17. Exclusive tours will be available to members following vaccination.

In addition to the spacious and modern Emergency department (roughly the size of a football field), the building will be home to two floors of underground parking that may also serve as a community disaster recovery area.

The fourth floor will house a new Critical Care Center. The fifth floor will be dedicated space for the Joint and Spine Center. The remaining top two floors will provide capacity for future inpatient rooms. An emergency transport helipad will be on the roof of the Tower.

Don't miss the opportunity to be among the first in our community to tour the new Emergency Services and Trauma facilities! Watch your mail for more details.

More Fall Prevention Tips

- Install handrails for the tub, shower and toilet.
- Monitor your medications for side effects or drug-drug interactions such as drowsiness or confusion.
- Beware of environmental conditions, including icy sidewalks or uneven walking surfaces.
- Take classes to improve strength, coordination and balance, such as weight training or simple yoga, all offered at Valley Fitness Center.
- Wear well-fitting footwear with non-skid soles, indoors and out.
- Keep floors clear of potential hazards such as throw rugs, potted plants and electrical cords.
- Do not climb ladders or stepstools. Store frequently used items within easy reach. If the roof needs repair or the gutters need cleaning, hire it out or enlist a neighbor. Your mobility and independence are too important to lose—and the ladder always wins.

3. **Clean your lenses frequently and store your glasses properly.** Use a soft, lint-free cloth to avoid scratching the surface of the lens. Take time to put your glasses in a protective case when they're not needed.

4. **Monitor and correct eye problems if possible.** If you do develop an eye condition such as glaucoma, cataracts or macular degeneration, your provider will closely monitor your condition and recommend treatment as needed. Follow your doctor's professional advice.

For a free household assessment checklist, call GoldenCare at 425.226.4653 or visit www.valleymed.org.

Todd Johnston, MD, is a board-certified ophthalmologist at The Eye Center. To schedule an eye exam call 425.656.5345.

Learn More

FREE SEMINAR Fall Prevention

Todd Johnston, MD

Thursday, Oct. 1, 9 am-11:30 am
Medical Arts Center Auditorium
Call 425.656.INFO (4636) to register

Seminar facilitated by The Eye Center, VMC Rehabilitation Services and Renton Fire Department

Introducing da Vinci

SURGICAL SYSTEM

What does the great master—an Italian High Renaissance painter and inventor—have to do with surgery?



Leonardo da Vinci created the first design for a robot around 1495, which is why his name was chosen for this highly innovative, robotic-assisted, minimally invasive surgical system.

If you had surgery in your earlier decades, you probably recall long hospital stays and recoveries, and large, painful incisions—and have the scars to remember them by! More recently, laparoscopic surgery made operating through tiny incisions possible, resulting in faster recovery times. While this platform is very effective for simple procedures, traditional open surgery has still been required for more complex cases. This is starting to change with a revolutionary new surgical system now in use at Valley Medical Center.

Robotic-assisted surgery is a way for specially trained surgeons to perform procedures that traditionally required open surgery to do them with a laparoscopic approach. This technology provides an expansive view of the surgical landscape for complex surgical work and small incisions for quicker healing. For the first time, surgeons can perform several types of major surgeries using this less-invasive approach. Patients experience less pain; have less blood loss and scarring; benefit from faster recoveries, and, in some cases, improved outcomes than with traditional techniques.

This is made possible by combining state-of-the-art computer and robotic technologies. Tiny surgical instruments, capable of a range of motion even greater than the human wrist, are mounted onto the “arms” of the robot at the patient’s side and introduced into the body through small incisions. The surgeon controls the “robotic” instruments from a console just a few feet away from the patient while viewing the surgical field under 3D magnification. The surgeon’s hand movements are translated into exact micromovements of the instruments to perform the operation.



The *da Vinci* system is not programmable. Each surgical maneuver is performed only with direct input from your surgeon. The *da Vinci* simply enhances your surgeon’s capabilities, since the surgeon no longer has his hands tied—pardon the expression—by a limited field of view or the confines of a tiny working space. Leonardo would be fascinated.

Got the Power? Or rather, have you assigned it to someone you trust to carry out your wishes?

Durable Power of Attorney for Health Care is a legal document assigning someone to make decisions on your behalf regarding your medical care should you be unable to do so. Another *advance directive* called a **Living Will** documents your wishes regarding nutrition, hydration, long-term care and life support. Both forms are available in the GoldenCare office, or download from the VMC web site at www.valleymed.org. These forms must be signed by a licensed Notary Public. **Notary services are available in the GoldenCare office** Monday through Friday, 9 am-3 pm. Please call ahead to arrange a time to have your documents notarized: 425.226.4653.

Valley Fitness Center Class Schedule

Call 425.656.4006 to register. All classes are \$5 each and held in Valley Fitness Center unless otherwise noted.

Abs and Back Clinic

Strong abdominal and back muscles help prevent injuries and pain, and improve physical performance. Learn how to safely and effectively train these core muscles. This is a hands-on class, so wear comfortable clothing. October 19, 1-2 pm.

Balls and Bands Class

Learn simple exercises you can do at home using the body ball and exercise bands. We will explain correct ball size, proper exercise form, and how to use exercise bands. October 30, 1-2 pm.

Beginning Weight Training

New to weight training or need a refresher course? Learn the basis for a well-rounded weight-training program in a comfortable setting. November 9, 1-2 pm.

Thirty-Minute Circuit at Home

No time to exercise? Now there's no excuse! Learn to do a fun and exhilarating 30-minute workout. The circuit will be a combination of resistance and cardiovascular exercises. Wear comfortable clothing. We recommend that you take Beginning Weight Training prior to attending this class. November 16, 1-2 pm.



Free Health Seminars

Call 425.656.INFO (4636) for more information or to register. All seminars are held in the First Floor Auditorium of VMC's Medical Arts Center. Unless otherwise noted, refreshments open at 5:30 pm; seminars begin at 6 pm.

Fall Prevention

Learn how you can prevent falls with exercise to improve balance and strength, vision care, and simple changes in your home to increase safety and support. Co-sponsored by GoldenCare, The Eye Center, Rehabilitation Services and the Renton Fire Department. October 1, 9 am-11:30 am.

Sleep Smarter, Sleep Better

For millions of people, the consequences of a poor night's sleep are an everyday occurrence. Learn how to sleep better at night and enjoy better energy during the day. October 22.

Relief from Spine Pain

Learn about diagnosis and treatment of solvable spine conditions, including vertebral compression fractures, spondylolisthesis and spinal stenosis. October 29.

Epilepsy

Learn about the different forms of epilepsy and seizures, modern diagnosis, and current medical and surgical treatment strategies. November 5.

Living Pain-Free—Joint Surgery

Is joint pain slowing you down? Take a step toward pain relief and learn the difference joint replacement surgery could make in your life. November 12.

Making the Transition to Retirement

For many of us, the thought of attempting to downsize after decades of accumulation keeps us from doing anything at all. Attend this free seminar to learn all you can about this stage of life, including preparing to sell your home and tips for successful downsizing. Sponsored by Chateau at Valley Center. November 16, 10 am-11:30 am.

Programs and Events

Diabetes Education Program

Valley Diabetes Center offers a variety of classes and individual appointments at convenient times. Our programs are recognized by the American Diabetes Association and taught by certified diabetes educators, registered nurses and registered dietitians. These classes include:

- Diabetes self-management educational series
- Diabetes review
- Nutrition education class to help reduce cholesterol, high blood pressure and prevent diabetes
- Management of diabetes during pregnancy

Classes are covered by most insurance providers. Call 425.656.5377 to register.

Cardiac Rehab

Cardiac Rehab offers EKG-monitored programs for people who have had cardiac problems. These programs are covered by many insurance companies. Call 425.228.3440 ext. 4991 to register.



Board of Commissioners
Public Hospital District No. 1 of King County
Valley Medical Center & Clinics
400 South 43rd Street
PO Box 50010
Renton, WA 98058-5010

Non-Profit Org.
U.S. Postage
PAID
Seattle, WA
Permit No. 315

Return Service Requested



VMC's Board of Commissioners

www.valleymed.org



*Don Jacobson,
President*



*Mike Miller,
Vice President*



*Carolyn Parnell,
Secretary*



Sue Bowman



Anthony Hemstad

Board of Commissioners Meetings

VMC Board of Commissioners meetings are open to the public and we encourage you to attend. We strive to be a transparent organization and welcome insights and suggestions from the community members we serve. Meetings are held on the first and third Mondays of each month at 3:30 pm in the Boardroom in the Northwest Pavilion on the VMC campus, unless changed by public notice. Meetings that fall on a holiday (Martin Luther King Day, Presidents' Day, Labor Day) are held the next business day.

Contact the Board

- **Email:** CommissionersEmail@valleymed.org
- **Phone:** 425.228.3440 ext. 5312
- **Mail:** Valley Medical Center
Board of Commissioners
PO Box 50010
Renton, WA 98058-5010

BE WELL

These events will be held in the First Floor Auditorium of VMC's Medical Arts Center. For more information or to register, call 425.656.INFO (4636).



Free Health Seminar: Fall Prevention

Thursday, October 1

- 9 am-11:30 am

Learn how you can prevent falls with exercise, vision care and simple changes in your home to increase safety and support. Co-sponsored by GoldenCare, The Eye Center, Rehabilitation Services and the Renton Fire Department. Refreshments will be served.

Cholesterol and Blood Sugar Screens

Thursday, October 8

- 8:30 am-noon
- Results available immediately
- Call to schedule your appointment

Screenings for total cholesterol, triglycerides and blood sugar will be available to GoldenCare members for just \$20. For proper results, fast after midnight the night before, and refrain from drinking alcohol for 48 hours before your test.