

FALL 2011

Living Healthy, Living Well • A Publication of GoldenCare

GOLDEN LIVING

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Remarkable things happen here.™

Aging with Grace

Dear Friends,

Things just keep getting better and more convenient for our patients here at Valley Medical Center! Our Prescription Pad Pharmacy has relocated into two new, easily accessible locations.

Prescription Pad North is now in the same building as the GoldenCare office, Valley Professional Center North, 3915 Talbot Road SE, and offers a **drive-up window**.



Just turn into the small parking lot in front of the VPCN building and you'll see the window with an awning on your left. Prescription Pad North is open Monday through Friday, 8 AM – 6 PM.

Prescription Pad South is located at the hospital, in the hallway between the main lobby and the Emergency Department. It's

open seven days a week, 8 AM – 2 AM and you can use **free valet parking** for just-inside-the-door, instant pharmacy access—that's even closer than parking in the GoldenCare reserved spaces!

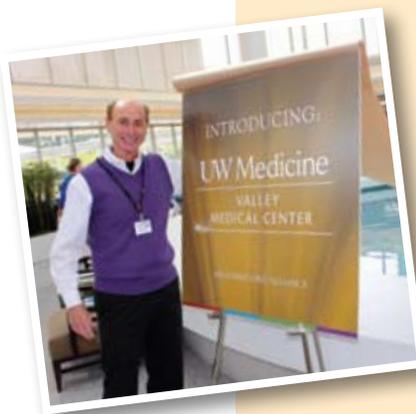
If you have any questions about Medicare's open enrollment and which plan to enroll in, see our article on page 6.

Since many of you are in the high risk category for flu complications (65 years +), it's important to limit your risk to yourself and those around you by getting your vaccination early. We are again offering flu shots to GoldenCare members September 27 through October 1.

And something to watch for—in the next issue of *Golden Living*, we'll be rolling out a new look to the magazine for you to enjoy.

Be happy and be well,

Grace Dalrymple
Membership Manager



Introducing Valley Medical Center's New Logo

Valley Medical Center proudly introduces its new logo, a mark you will be seeing with increasing frequency since the strategic alliance with UW Medicine began July 1, 2011. CEO Rich Roodman says, "It was important to us to retain the name Valley Medical Center, which holds great value in our community, while at the same time illustrating the breadth of services and resources offered by UW Medicine."

The new logo visually represents Valley Medical Center's relationship with the UW Medicine Health System: Valley Medical Center is one of four hospitals and the eighth entity in the system, backed by UW Medicine's clinical, teaching and research programs.

As this relationship develops and matures, you will no doubt experience benefits from our organizations' partnered efforts on important initiatives and exciting opportunities. Our shared commitment to providing outstanding clinical care, with an emphasis on patient safety and

service, will further support our mission to improve the health of the public and enhance our ability to provide national leadership for healthcare reform.

vallymed.org/alliance

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Spine Surgery Saved This Dedicated Walker from *Needing* a Walker

Used to being active, but then saddled with debilitating leg and lower back pain for six months, 69 year-old Roseann should have been using a walker to keep steady on her feet, but her pride wouldn't let her: instead, she hung onto the furniture for support. Two decades after back surgery to remove a portion of her vertebral bone, Roseann's current pain was from arthritis causing bone chips to fall into the site of her previous surgery.

"I couldn't do anything, not even the grocery shopping. If I did any amount of walking, I couldn't get out of bed the next day. It was horrible. I thought I would stumble around the rest of my life—I felt like my life as I knew it was over," says Roseann.

"After being turned away by one doctor who said he couldn't help me, a friend referred me to Dr. Thompson who said, 'I can help.' After just two hours of surgery, my pain was gone. My incision still had to heal, but that terrible pain was gone. Dr. Thompson is wonderful.

"My stay at The Spine Center was wonderful too. The nurses were so kind, concerned and considerate of my dignity. It's the best hospital experience I've ever had."

Three months after surgery, Roseann is herself again. "I go to the gym regularly and work out with a trainer. I walk anywhere and everywhere: I regularly walk four miles a day. I recently spent all day on my feet at Knotts Berry Farm

with my granddaughters. I've gone on boat rides and the up and down movement didn't hurt me. I drove my car all day, two days in a row, to get home from California. My mental outlook is so different now that I can do what I want. My spine surgery has been a great success."

For two consecutive years, Valley Medical Center's award-winning Joint & Spine Center is rated #1 in Washington for Overall Orthopedic Services, Spine Surgery and Joint Replacement Surgery, according to HealthGrades®, as well as a Blue Distinction Center for Spine Surgery and Blue Distinction Center for Joint Replacement Surgery by Regence BlueShield for meeting rigorous quality standards and delivering positive patient outcomes.

Valley Medical Center was also recognized nationally as one of "60 Hospitals With Great Orthopedic Programs" by Becker's Hospital Review based on exhibiting excellence in orthopedics and other criteria. State-of-the-art surgical techniques, brand new facilities on a dedicated floor in our South Tower, specialized nurses and therapists and all-private rooms make the Joint & Spine Center an acclaimed model for best practices and the choice of nearly 1500 surgical patients just last year.



Jason Thompson, MD
Medical Director,
The Spine Center

valleymed.org/jointandspine



Left: Roseann at Knotts Berry Farm
Below: Roseann with family



What to Do About The Flu?

Get Vaccinated!

Who Should Get a Flu Vaccine?

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for everyone 6 months and older as the “first and most important step in protecting against flu viruses.” People who are defined “at high risk of serious flu complications”

are especially encouraged to get vaccinated as soon as the vaccine is available. High risk persons include **everyone over the age of 65** and those with asthma, diabetes, or heart or lung disease. Those who live with, or care for, high risk people should also be vaccinated in order to keep from spreading flu to high risk people.

What's New This Year in Flu Vaccines?

The newest type of flu vaccine for the 2011-2012 flu season, Fluzone Intradermal®, has only been approved for those age 18 to 64 years. The intradermal flu vaccine differs from the traditional flu vaccine in the following ways: 1) injected into the skin instead of the muscle; 2) uses a needle that's 90% smaller; 3) requires 40% less antigen to be as effective. Antigen is the substance which helps your body build up protection against flu viruses. With less antigen needed for each dose, more doses can be made from the same amount of antigen, increasing efficiencies in vaccine production. *Because it is not yet approved for the majority of our members, GoldenCare will not be offering the intradermal vaccine this year at the annual VMC*

High Risk? See Your Doctor As Soon as Possible if You Think You Have the Flu

People who have received the flu vaccine may still get the flu if they are infected with a strain not in the flu vaccine. Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes, vomiting and diarrhea. You may be infected with the flu and have respiratory symptoms without a fever. **If you are in the high risk group and get sick with the flu, see your primary care doctor right away for medical evaluation and possible antiviral treatment to help avoid serious complications.**



flu shot event. However an intradermal vaccine may be a good option for others in your family.

Which Influenza Strains Will This Year's Vaccine Protect Against?

Each year, the World Health Organization (WHO) analyzes circulating influenza viruses from 136 influenza centers in 106 countries. For vaccine production, the WHO recommends the three viruses most likely to spread and cause illness. Using the WHO's information, the U.S. Food and Drug Administration determines which three viruses will be used in the U.S. licensed vaccines. This season's vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the H1N1 virus that emerged in 2009 to cause a pandemic.

Date	Time	Location	Last Name
Tuesday, September 27	9 AM – 1 PM	VMC Lobby	A – C
Wednesday, September 28	9 AM – 1 PM	VMC Lobby	D – He
Thursday, September 29	9 AM – 1 PM	VMC Lobby	Hi – Ma
Friday, September 30	9 AM – 1 PM	VMC Lobby	Mc – R
Saturday, October 1	9 AM – 1 PM	VMC Lobby	S – Z

It's Easy to Get Your Flu Shot at Valley Medical Center

GoldenCare's flu vaccination program will run Tuesday, September 27 through Saturday, October 1 in the hospital's main lobby. Please follow the schedule above and attend, if possible, on the day assigned according to your last name. However, if you are unable to attend on your assigned day, it is not necessary to call. Simply come in on one of the other days, avoiding the first day if you are able. Refreshments will be served.

What You Need to Know About 2011 Medicare Open Enrollment

This year, open enrollment begins on October 15 and continues through December 7. During this time, you may join, switch or drop Medicare Part D or Medicare Advantage plans. Valley Medical Center accepts all traditional Medicare Supplement policies (Plans A through N) and company-sponsored insurance provided by a previous employer. VMC currently accepts a limited number of Advantage Plans, including those from Puget Sound Health Partners, Community Health Network of WA, Secure Horizons, Humana, Regence Medicare Advantage and Aetna Medicare.

Need help? Available Options Endorsed by GoldenCare

In addition to contacting the company of your choice directly, GoldenCare endorses the resources listed below to help you choose the plan that's right for you.

Washington State Office of the Insurance Commissioner SHIBA program

SHIBA (Statewide Health Insurance Benefits Advisors), part of the Consumer Protection Division of the Office of the Insurance Commissioner, provides free, unbiased information about health care coverage and access. All services are confidential and provided by highly trained SHIBA volunteers who do not endorse or sell any insurance product. Free consultations are held by appointment in the GoldenCare office in the Valley Professional Center North building on VMC's hospital campus, 3915 Talbot Road S, Suite 305, Renton. Please call 206.268.6774 to arrange a consultation.

Social Security Administration's Medicare Hotline and Website

Call the 1.800.MEDICARE (633.2273) hotline or visit the medicare.gov website. The website is a good resource for comparing drug and health plans; getting information about the coverage gap and managing your health through preventative services; explaining Medicare basics; and guiding you to other related resources.

Living Life On Their Terms:

Meet Don & Dar Hawley

Why retire at Chateau Valley Center? Don and Dar Hawley enthusiastically say, "Location, location, location! Although we still have our car and independence, it's a huge perk that the Valley Medical Center shuttle provides free door-to-door service. We don't have to worry about parking for doctor visits! What could be more convenient than that?"

Holding each other's hand and snuggled up on the couch in their spacious two-bedroom apartment, they explain, "This is our home. We love the elegance of the dining room and common spaces as much as the privacy of our apartment where we often love to just curl up in front of the gas fireplace. We have each other and we are completely content."

- Studio, 1 & 2 bedroom apartment homes
- Across from Valley Medical Center
- Healthful, gourmet meals
- Activity program
- Transportation
- Housekeeping
- Fitness center
- Emergency communication system
- Assisted living
- Memory care



To tour Chateau and join us for a complimentary meal, call Community Relations Director, Alex Shockey at 425.251.6677.

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 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.

Free Seminars

Unless otherwise noted, seminars and events are held at Valley Medical Center, Medical Arts Center, 1st Floor, 400 South 43rd Street, Renton, WA 98055. Call today to register: **425.656.INFO (4636)** or register online at valleymed.org/events.

Healthy Feet are Happy Feet

Thursday, September 15, 6 – 7 PM

Are your feet healthy and happy? If not, it's time to get back on track enjoying life. Join Eric Leonheart, DPM, to learn about common foot problems, including diabetic foot disorders, and the latest treatment options.

The Aging Eyes

Thursday, September 29, 6 – 7 PM

Not seeing as clearly as you once did? Join W. Todd Johnston, MD, and learn how to keep your eyes healthy, as well as treatment options for age-related conditions like cataracts, macular degeneration and glaucoma.

Hip & Knee Replacement

Thursday, October 6, 6 – 7 PM

Does joint pain prevent you from doing the things you enjoy? Imagine the difference joint replacement surgery could make in your life. William Barrett, MD, will explain the conditions leading to replacement, replacement devices, recovery and demonstrate surgery.

Living Life with Epilepsy

Thursday, November 3, 6 – 7 PM

Join David Vossler, MD, Valley Neuroscience Institute, for this important discussion about the different types of epilepsy, the kinds of seizures each causes and the most promising treatment options available.

The Latest in Lumbar Disc Replacement

Thursday, November 10, 6 – 7 PM

Slipped disc. Bulging disc. Ruptured disc. Herniated disc. No matter what you call it, it hurts and can limit your ability to enjoy life. Jason Thompson, MD, will discuss signs and symptoms, the diagnosis process and the latest treatments.

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.

Screenings



Cholesterol and Blood Sugar Screens

Tuesday, October 18, 8 am – noon, registration required

Screenings for GoldenCare members include total cholesterol, (high-density lipoprotein, or HDL, and low-density lipoprotein, LDL,) triglycerides and blood sugar. Cost is \$20 for each GoldenCare member. For proper results, fast after midnight the night before and refrain from drinking alcohol for 48 hours before your test. Immediate results. Call **425.226.4653** to register.

Classes at The Fitness Center

Call 425.656.4006 to register. All classes are \$5 and held in The Fitness Center, unless otherwise noted. **Depending on medical history, participation may require a medical clearance prior to using facility.**

Abs and Back Clinic

October 3, 1 – 2 PM 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 participatory class, so wear comfortable clothing.

Healthy Eating Through the Holidays & BEYOND!

October 19, 5 – 6 PM VMC's Medical Arts Center, First Floor, Conference

The Stroke Club

The Stroke Club is a free program for stroke survivors and caregivers. Topics are generated by participants and subject to change. For more information, call Rehabilitation Services at **425.228.3440, ext 5665** or visit valleymed.org/rehab. Meetings are 1:30 – 2:30 PM at VMC's Medical Arts Center, 4033 Talbot Rd. S., First Floor, Conference Room A.

Stroke Survivor Stories & Potluck

Tuesday, September 27

Resources for Stroke Survivors & Caregivers

Tuesday, October 25

Stroke Survivor Stories & Year-end Summary

Tuesday, November 29

Room D. This presentation will include a comprehensive overview of general nutrition and healthy eating habits, as well as a guide to eating sensibly during the holidays. Great recipes for classic holiday favorites will be provided, as well as tips for preventing holiday weight gain.

Beginning Weight Training

November 14, 1 – 2 PM New to weight training or need a refresher course? Learn the basics for a well-rounded weight training program in a comfortable setting.

Special Events

Supermarket Super Tour

Thursday, September 29 or Thursday, October 30; 6 – 8 PM Renton Fred Meyer, 17801-108th Ave SE. Join Christine Weiss, MS, RD, and learn tricks to find heart-healthy choices; compare food's good-for-you qualities while prioritizing grocery dollars and more. Cost: \$25/person, \$35/couple. Contact tayna_deering@valleymed.org or 425.656.5377 to register.

Memory Loss Support Group

This free, Alzheimer's Association sponsored, caregiver support group provides a place to learn, share and gain emotional support from others also on a unique journey of providing memory loss care. 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.

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AWARDS KEEP POURING IN!

Valley Medical Center Continues to Receive National and State Recognition

For the fourth consecutive year, Valley Medical Center is once again a “Best Place to Work in Healthcare” in the nation and the only medical center selected in Washington state, as awarded by *Modern Healthcare* magazine. “We have had a banner year being named to “Best Places to Work” lists,” said Rich Roodman, Valley Medical Center CEO. “The *Modern Healthcare* honor is particularly gratifying to us, as it ranks healthcare companies across the U.S. We work very hard to be a Best Place to Work, and to receive national recognition is truly remarkable.”

VMC has also been consistently recognized in the state as a best place to work. In August, VMC was awarded “*Washington’s Best Workplaces*” top Gold Award in the extra-large company category by the *Puget Sound Business Journal*. In June, *Seattle Business Monthly* named VMC the #1 Best Company to Work For in the Pacific Northwest in the non-profit category. “As we move forward into a partnership with UW Medicine, we will continue to strive to provide an excellent workplace for our exceptional staff to thrive as they care for our patients,” says Roodman.

MODERN HEALTHCARE
BEST PLACES TO WORK

