Your Generous Support Positively Impacts Healthcare in Your Community
Dear Friends,

If you’re a long-time Golden Living reader, you’ve probably surmised that I am passionate about gardening. The Healing Garden located here at Valley Medical Center is a personal project of mine. It has just finished another spectacular spring bloom and now, as the days are a bit warmer and drier, more patients, families and staff are using the space as it was intended—for meditation, reflection and a beautifully serene place to share conversation and fresh air. Every time I walk by the Healing Garden, I am gratified by the lasting impact of those who generously donated their time and money to make this courtyard area into a natural healing space, unique to VMC.

In this magazine, you’ll see an article explaining charitable donations to Valley Medical Center through the Renton Community Foundation. Just as I had once imagined the Healing Garden and continue to have a vision for its future, there are other staff who have dreams about potential enhancements to benefit our patients. Whatever your passion, wherever your heart lies, you can designate which VMC program(s) will receive your donation and make a lasting, positive impact on the lives of those served by Valley Medical Center.

I look forward to seeing you at the Senior Health Fair on May 20 and remind you to make your appointment for the Cholesterol & Blood Sugar Screens on May 31. And by the way, if any of you would enjoy keeping our beautiful Healing Garden looking its best, I am looking for volunteer gardeners—just give me a call at 425.656.5318.

Be happy and be well,
Grace Dalrymple
Membership Manager

Cover photo: The Healing Garden at Valley Medical Center
All under one roof, in one information-packed morning, GoldenCare’s Senior Health Fair features what you want to know and what you need to know about: senior housing options and placement services, unbiased healthcare insurance counseling, healthcare specialty services and resources, home care services, personal medical alert systems, transit services and much more. Plus you’ll enjoy great food and giveaways, healthcare information to improve your life and the opportunity to meet and mingle with other proactive, health-minded seniors.

Senior Fair Presentations

9:30 Good Vision for Life
Todd Johnston, MD, The Eye Center

11:00 Transitioning to Assisted Living: Good Preparation Makes it a Positive Change
Presented by Merrill Gardens

Join Us for GoldenCare’s Annual
Senior Health Fair

Friday, May 20, 9 AM – 1 PM, Medical Arts Center

Browse over 30 booths, including:

- Breast Center
- Cancer Lifeline
- Cardiovascular Services
- Chateau at Valley Center*
- CHOICE Advisory Services
- Diabetes Education & Nutrition Center
- Fitness Center
- GoldenCare
- Healing Garden
- Joint & Spine Center
- Key Hearing
- Meals on Wheels
- Merrill Gardens*
- Prescription Pad Pharmacy
- Philips Lifeline
- Primary Care Network
- Rehab Services
- Scooter Store
- SHIBA HealthLine
- Synergy HomeCare
- The Eye Center
- The Walking Company
- Urgent Care Network
- Visiting Angels
- Valley Neuroscience Institute
- Women’s Wellness
- Valley Diagnostic Imaging
- Valley Orthopedic Associates

*SPONSORED BY

An opportunity for information-gathering and socializing. ▲

over 800 people attended 2010’s Senior Health Fair.

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When You Help Valley Medical Center, You Improve Healthcare in Your Community

During the past six decades, Valley Medical Center has grown into much more than a hospital. It’s a center for multi-specialty care; a clinic network providing a safety net of medical treatment throughout the district, a physician teaching facility; a provider of advanced emergency and trauma care, a community disaster recovery facility, a place where new life begins and a compassionate place at the end of one’s days. VMC touches thousands of lives every day.

VMC has transitioned into a world-class medical center by implementing its mission to continuously improve the health of the community through visionary thinking. VMC values the past and present generosity of the community in supporting this vision and mission benefiting the residents of South King County.


Charitable contributions funded The Breast Center’s purchase of comfortable, soft knit mammography gowns and “mammopads,” which decrease the pain of a mammogram up to 50% for women who have had a painful exam in the past. The pads cost about $5 and are not covered by insurance. “If a woman has a painful or uncomfortable mammogram experience, she often will not return for this life saving screening. At The Breast Center, we make comfort, privacy and respect of upmost importance so that women are more likely to get the screenings they need. The earlier breast cancer is detected, the more lives can be saved,” says Sherry Kuzan, The Breast Center Manager.

Contributions Built and Maintain A Place of Healing and Hope

Valley Medical Center’s Healing Garden has been entirely constructed and primarily maintained through generous donations of both money and volunteer time. Incorporating soothing, multi-sensory elements including a labyrinth, fragrance and herbal gardens, rustic fountain and private areas with benches for meditation, the garden serves as a quiet space for patients, staff, visitors and the community.

When architect Edward Durrell Stone designed Valley Medical Center in the 1960’s, he believed patients would heal better and faster when exposed...
to natural light and water. Scientific studies have since confirmed Stone’s intuitions and The Healing Garden is a natural extension of Stone’s original vision: many patient rooms overlook The Healing Garden and patients and their families who are able, use the garden for a respite.

**VMC’s Stewardship to the Community**

Though VMC receives a portion of its revenue in the form of tax dollars from those who live within the hospital district, much more is given back to the community than collected in taxes. VMC provides quality medical care regardless of a patient’s ability to pay and provides the community with free and subsidized health education and community outreach programs.

In 2010, tax revenue accounted for $19.1 million of the hospital’s net operating revenue of $393.5 million. In contrast, the hospital provided over $44.0 million in uncompensated services designated as charity care and bad debt and another $20.5 million in community outreach. That’s nearly 17% of VMC’s annual operating expenses given back to the community through uncompensated care and outreach services.

**Supporting Your Community Hospital**

Your contributions to VMC help address new and ongoing healthcare needs in the community. VMC is actively receiving donations to support future purchases of state-of-the-art equipment, provide extra services and free education programs that improve patient care, and continue to provide care for those who can least afford it: VMC looks to our community for added support in achieving these goals and continuing our mission.

Renton Community Foundation, a 501(c)3 non-profit organization dedicated to fostering a legacy of philanthropy in the Greater Renton area, manages VMC’s charitable fund. Because VMC funds remain designated within Renton Community Foundation’s larger pool of local philanthropic funds, VMC benefits from the cost efficiencies associated with the management of a much larger investment fund and earns the greatest returns possible.

Each gift is tracked, ensuring that each donation is spent for the intended purpose. Gifts made to the VMC Fund within the Renton Community Foundation are held until VMC makes a request for a special project or service.

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**Charitable Contributions to VMC Fund Projects that Improve Care**

We encourage you to consider including Valley Medical Center in your annual gift giving. It’s easy to make a general gift to VMC for its area of greatest need or designate your gift toward one of VMC’s many areas of service, such as Cancer Care or Women’s Services. Donations may be mailed using the attached brochure or given online via credit card at [vmccares.org](http://vmccares.org) or [rentoncommunityfoundation.org](http://rentoncommunityfoundation.org).

VMC also accepts honorary and memorial donations and various planned gifts made through insurance, charitable remainder trusts, bequests of cash, stocks, bonds and/or real estate which may provide some tax relief to the donor. Potential donors should seek the advice of an attorney or financial planning professional to help best plan an estate gift. For questions, please visit vmccares.org or call Renton Community Foundation Executive Director, Lynn Bohart at 425.282.5199.
In January, the CEOs of Valley Medical Center and UW Medicine announced their intention to explore the feasibility of a strategic alliance to: increase access to healthcare services for South King County residents; align best practice models; expand clinical, teaching and research programs; and position both organizations for future healthcare reform opportunities.

In addition to exchanging due diligence materials with UW Medicine during the last few months, VMC held a series of six alliance-focused, community meetings throughout the hospital district to answer questions, provide up-to-date information and collect public feedback. With overwhelming public feedback in support of the alliance, the meetings have provided Valley Medical Center with useful information about hopes and concerns should the alliance be implemented. Meanwhile, the list of elected officials and community leaders declaring their enthusiastic support for the strategic alliance continues to grow.

As two public organizations with shared missions, VMC and UW Medicine are exploring the possibility of collaboration within the context of what is permissible under Washington state law: An alliance offers the best opportunity for centralized planning and management between the two organizations, with no change in ownership of assets. A Strategic Alliance agreement is being designed as a vehicle for achieving the benefits of integration, with the District healthcare system becoming a component of UW Medicine.

VMC and UW Medicine are nearing the final draft of an agreement to be presented to VMC’s Board of Commissioners for review in May. If approved by the VMC Board of Commissioners and the UW Medicine Board of Directors, the agreement will be sent to the UW Board of Regents for review and approval in early June. Implementation is targeted for July 1, 2011. For the latest information on the Strategic Alliance, visit valleymed.org/alliance.
**The Stroke Club**

The Stroke Club meets at VMC’s Medical Arts Center, First Floor, Conference Room A, one Tuesday a month through November: 1:30 – 2:30 PM. This is a free program for stroke survivors and caregivers. Topics are generated by participants and are subject to change. For more information, call Rehabilitation Services at 425.228.3440, ext 5665 or visit [valleymed.org/rehab](http://valleymed.org/rehab).

**Care for the Caregivers**

**Tuesday, April 26**  Donna Shreiber, Master of Divinity and VMC’s Chaplain, presents information about emotional support, stress reduction and finding resources like respite care.

**Wii Balance & Exercise**

**Tuesday, May 31**  Laura Cooper, PT and Marianne Wick, PT, physical therapists at VMC’s Rehab Services, demo a variety of therapeutic exercises using the Wii game system.

**Disability Resources**

**Tuesday, June 28**  Carol Blaich, Caregiver Program Specialist M.A., presents community resource services for the disabled: transportation, meals, housing, etc.

**Managing Fitness Through Exercise**

**Tuesday, July 26**  Tim Vagen, CSCS, with the Unlimited Athlete, discusses and demos exercises to achieve and maintain full body fitness.

**Cutting-edge Saebo**

**Tuesday, August 30**  Shannon Smith, a registered, licensed VMC occupational therapist, presents information about Saebo, a treatment program designed to assist stroke patients in regaining arm movement.

**Free Seminars**

Unless otherwise noted, seminars and events are held: 6 – 7 PM at VMC’s 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](http://valleymed.org/events).

**Carotid Artery Disease: Are You at Risk?**

**Thursday, May 5**  The carotid arteries, the neck’s major arteries, supply the brain with blood. Carotid artery disease occurs when these arteries become narrowed or blocked, which can lead to a stroke. Join Oliver Aalami, MD, vascular surgeon, for this informative talk on Carotid Artery Disease and learn what symptoms to look for and available treatment options.

**The Latest in Total Disc Replacement**

**Thursday, May 12**  Slipped disc. Bulging disc. Ruptured disc. Herniated disc. No matter what you call it, it hurts and can seriously limit your ability to enjoy life. Jason Thompson, MD, will discuss signs and symptoms, the diagnosis process and the latest treatments, including total disc replacement options for the cervical and lumbar spine.

**Navigating the Muddy Medicare Waters**

**Monday, May 23, 3 PM**  at Chateau at Valley Center, 4450 Davis Ave S, Renton

Learn how changes to Medicare affect the senior population. Q&A session included.

**Steps To Treating Foot & Ankle Pain**

**Thursday, June 9**  Join orthopedic surgeon, Erik Novak, MD, for a step-by-step explanation of prevention, causes and non-surgical and surgical treatment options for bunions, hammertoe, arthritis, plantar fasciitis and diabetic foot issues.

**Common Shoulder Conditions**

**Thursday, June 23**  Join Craig Arntz, MD, as he explains basic shoulder anatomy and treatment options for common painful, activity-limiting conditions including torn rotator cuff, frozen shoulder and shoulder arthritis.

**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**

**Monday, May 16, 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.

**Beginning Weight Training**

**Monday, June 6th, 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.

**Yoga for Beginners**

**Wednesday July 13th, 5 – 6 PM**  in MAC D

This interactive yoga workshop will provide you with the basics for practicing yoga. Poses are taught in segments, along with relaxation methods for stress management. Wear comfortable clothing for easy movement.

**Introduction to Zumba**

**Friday, August 19th, 1 – 2 PM**

Learn the basics for Zumba’s Latin-inspired dance aerobics. Steps are demonstrated slowly, preparing you to attend a Zumba class or simply refine your skills. Wear comfortable clothing.

**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.

**JOIN GLOW!** Sign up for your free GLOW membership to Valley Medical Center’s women’s health and wellness program at [valleymed.org/glow](http://valleymed.org/glow). We’ll notify you by email about upcoming GLOW events including: Spa Day in July, Self Defense Training & Tips to Prevent Bullying in August and the GLOW 1st Anniversary Celebration, Thursday, September 22 at Showare Center.
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

Return Service Requested

VMC’s Board of Commissioners

Sue Bowman
President

Carolyn Parnell
Vice President

Don Jacobson
Secretary

Anthony Hemstad

Aaron Heide, MD

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 4 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, Memorial 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, VMC1-019
  PO Box 50010
  Renton, WA 98058-5010

Cholesterol and Blood Sugar Screens

Tuesday, May 31, 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. Cholesterol and blood sugar screening is recommended if:

- You have ever had low HDL cholesterol
- You have ever had borderline-high or high cholesterol
- You smoke
- You have a family history of premature heart disease, high blood pressure or diabetes.

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.