MYCHART
24/7 Access to Your Electronic Medical Records: Sign Up Today!

ON THE MOVE
Exercise that Boosts Enjoyment Reduces Pain

WHAT YOU SHOULD KNOW
8 Things You Can Do to Help Avoid Cancer’s Leading Killer

PRE-SURGERY TIPS
Advance Prep Eases Homecoming
Fall is the time to take another look at your Medicare plan to make sure it will meet your healthcare needs for the coming year and make your preparations for staying healthy through the winter. We recently completed our 2012 GoldenCare flu vaccination program at Valley Medical Center: This year, 1786 GoldenCare members were vaccinated. I urge all of you to make sure you are vaccinated as soon as possible. Everyone over the age of 65 is considered a “person at high risk of serious flu complications” as well as those with asthma, diabetes, or heart or lung disease, according to the Center for Disease Control. Those who live with, or care for, high risk people should also be vaccinated.

In addition to an informational seminar we are sponsoring on October 24 about Medicare Open Enrollment and the changes for 2013, we have a new resource we are endorsing for GoldenCare members—MedicareCompareUSA. Their insurance specialists can help guide you in making your Medicare plan selection. See the article on page 10 for an explanation of their services and how you can benefit.

If you are a smoker or have a loved one who smokes, I encourage you to attend Valley’s free seminar on November 8 in preparation for the American Cancer Society’s Great American Smokeout on November 15—the day where people nationwide will quit smoking or make their plan to quit. Becoming tobacco-free is the most beneficial thing smokers can do to improve their health. See page 7 for more information about the free seminar.

Enjoy the crisp fall air and glorious leaves with some regular walks, get your umbrella ready for action and remember to take care of your flu shot and 2013 Medicare decisions.

Be happy and be well,

Grace Dalrymple, Membership Manager

Help Us Keep You Connected to GoldenCare Events and Opportunities: Please Share Your Email Address with Us!

In order to conserve our environmental and financial resources, we are communicating with GoldenCare members more and more via email. Golden Living magazine is now published twice a year. In between publication times, there are seminars, events and opportunities that our GoldenCare membership should know about. When budget and timing allow we will send a postcard. However in many cases, we will send an email notice: For that to be an effective communication tool, we need your email address if you have one.

If you have email, please send an email to grace_dalrymple@valleymed.org and make sure to include your:

- name and
- mailing address and
- phone number

Including these three pieces of information in your email will ensure that we can match your information to the correct person in our records and that you will receive GoldenCare communication. Providing your email address will help us keep you better informed throughout the year. Rest assured, we will never share your email address with anyone else.
What is an Electronic Medical Record (EMR)?

An EMR is a computerized health record. It serves as a central location for key facts and test and surgical results gathered from sources connected to the record. Information is entered by a point of contact: emergency department visit, outpatient diagnostic testing, surgery, inpatient hospital stay or a physician office utilizing the same electronic health record.

How Do I Benefit from an EMR?

Safety: Instructions, results and orders are typed, not handwritten. Medication interactions and allergies can also be noted.

Coordination of care: The many professionals involved in your care have access to your medical history and can provide input into a central location.

Cost effectiveness: Tests may not need to be duplicated when results are easily accessible.

Emergency care: Your records may reflect your wants, needs and treatments, even if you’re not able to remember or speak for yourself.

MyChart: Provides you with secure, online access to your test results, health records, radiological results, physician and surgical notes, prescription refill and appointment requests 24/7.

HOW TO REGISTER FOR MYCHART

Your Secure, Online Health Connection

- Log in to valleymed.org and click on the MyChart tab on the far right of the page
- You will be prompted to register for log-in access
- Once you register, you will be mailed a letter with a code to activate your MyChart account
- After that, just log in with your activation code and you can set up your user name and password to review your medical records any time you wish
- If you have not visited your VMC primary care physician since July 1, 2012, your electronic medical records will be fully updated at your next appointment

valleymed.org/mychart for more information about MyChart and VMC’s electronic medical records
MAKE A SPLASH!

Swimming is the second most popular sports activity in the United States and a good way to get regular aerobic physical activity. Just 150 minutes per week of aerobic physical activity such as swimming, bicycling or brisk walking can decrease the risk of chronic illnesses. This can also lead to improved health for people with diabetes and heart disease.

Swimmers have about half the risk of death compared with inactive people. People report enjoying water-based exercise more than exercising on land. They can also exercise longer in water than on land without increased effort or joint or muscle pain. cdc.gov

The Fitness Center at Valley Medical offers water aerobics, aquasize and water circuit training classes in addition to daily hours of open swim time for laps or your personal water exercise plan. To view a pool schedule or for more information about The Fitness Center, visit valleymed.org/fitness or call 425.656.4006.

REMINDER

Combining Medications and Alcohol is Dangerous

If you’re on any medication—even over-the-counter medicine—you should avoid drinking alcohol. The combination of alcohol and medication can be deadly, the National Institute on Aging warns.

The agency cites these potential complications of combining alcohol and medication:

- You may have an increased risk of stomach bleeding if you drink alcohol while taking aspirin.
- Mixing alcohol with cough or cold medication can make you very drowsy.
- It can be very dangerous to drink alcohol while taking medications to treat depression, anxiety, pain or insomnia.
- Combining alcohol with medications that contain acetaminophen can cause liver damage.
HOW TO
Eat More Fruit and Veggies

Fill half of your plate with fruit and veggies at each meal, experts recommend. But that can be a challenge. The Academy of Nutrition and Dietetics offers these creative suggestions for boosting your consumption of fruit and vegetables:

- Keep a big bowl of fresh, brightly colored fruit in your kitchen.
- Puree, shred or grate veggies into dishes such as rice, meatloaf, mashed potatoes and pasta sauce.
- When you have a recipe for pasta, pizza, soup, salad, casserole or sandwiches, double the amount of fruit or veggies that are called for.
- Use a big lettuce leaf instead of a tortilla or bread for a wrap. Stuff it with fresh veggies.
- Spice up your old recipes with a new vegetable.
The stark reality is lung cancer is the leading cause of all cancer deaths in the United States. Each year, over 200,000 people will be diagnosed with lung cancer and nearly 160,000 people will die of the disease. More men and women die from lung cancer than any other type of cancer. In fact, each year, the number of people dying of lung cancer is similar to the number of deaths caused by colorectal, breast, pancreas and prostate cancers combined.

80% of Cancer Deaths are Related to Smoking

Not smoking, or stopping if you do, is the best way to protect yourself from lung cancer. While anyone who has smoked is more likely to get lung cancer than someone who has never smoked, quitting smoking can reduce your risk. And the longer you don’t smoke, the more your risk decreases. So it’s worth the effort to do all you can to become a nonsmoker.

Become a Nonsmoker

If you’re one of the country’s 60 million cigarette, cigar or pipe smokers, schedule The Great American Smokeout on November 15 as the day you stop smoking. In preparation, attend Valley’s DocTalk on November 8. You’ll get the information and encouragement you need to make the following Thursday your Quit Day.
Experiencing Symptoms or Think You May Be at High Risk for Lung Cancer?

In addition to taking active steps toward preventing lung cancer (see below), early detection and treatment of lung cancer save lives. Do you have any of the most common symptoms of lung cancer? (see below, left) If so, please see your primary care doctor immediately. Rapid action could save your life.

Lung Cancer’s High Risk Group Factors

Are you:
- between age 55 to 74 years old
- and currently a smoker or have quit smoking in the last 15 years
- and with a smoking history of at least 30-pack years (this means one pack a day for 30 years or two packs a day for 15 years, etc.)?

If so, you may be in the group at highest risk for lung cancer and a possible candidate for a Low-Dose Computed Tomography (LDCT) test. Your primary care doctor is the best person to help you determine if this test is right for you. The risk for lung cancer is different for each person. If you have any concerns, please talk with your primary care doctor.

To find a primary care physician or specialist, visit valleymed.org/docs or call 425.277.DOCS (3627).

Most Common Symptoms of Lung Cancer

- Persistent cough
- Constant chest pain
- Shortness of breath
- Wheezing
- Recurring lung infections, such as pneumonia or bronchitis
- Bloody or rust-colored sputum
- Hoarseness
- Swelling of the neck and face, caused by a tumor pressing on large blood vessels near the lung
- Pain and weakness in the shoulder, arm or hand, caused by a tumor pressing on nerves near the lung
- Fever for unknown reason

If there’s no sure way to prevent lung cancer, but you can reduce your risk if you:

- Don’t smoke
- Stop smoking
- Avoid secondhand smoke
- Exercise
- Test your home for radon
- Avoid carcinogens (toxic chemicals) at work
- Eat a diet full of fruits and vegetables
- Drink alcohol in moderation, if at all

Attend our Free Great American Smokeout DocTalk, Thursday, November 8, 6 – 7 PM

Learn the latest in lung cancer prevention, screening and smoking cessation methods from Valley’s Medical Director of Respiratory Therapy, William Park, MD. Get inspired, get informed. Get yourself ready for the Great American Smokeout! VMC’s Medical Arts Center Auditorium, First Floor, 4033 Talbot Road S, Renton. Register at valleymed.org/events or call 425.656.INFO.

Nicotine Replacement Patches, Gum and Lozenges

These products can ease the discomfort of nicotine withdrawal associated with stopping smoking and are available at Valley’s Prescription Pad pharmacies. Speak to your doctor to see if nicotine replacement is right for you. A prescription may be needed for insurance coverage of these products. Visit valleymed.org/pharmacy or call 425.656.4050.

More Stop Smoking Resources

Visit smokefreewashington.com/resources

Call Washington Tobacco Quit Line, a free smoking cessation program that includes a “Quit Coach” you may call as often as you like for individualized coaching sessions. Call 1.877.270.STOP (7867); Spanish 1.877.2NO.FUME (266.3863); or hearing impaired 1.877.777.6534.

Visit valleymed.org/stopsmoking for a list of more resources.
A Nurse’s Knee Replacement Results in a Remarkable RECOVERY
“On June 4th, Dr. Hendrickson did a total replacement of my left knee at Valley. From the time I arrived, until the time I was discharged, I was treated with respect and dignity.”

“The Joint Center has a first class staff and I should know—my nursing background consisted of running numerous hospital units including orthopedic surgery and recovery, back when the dinosaurs roamed the earth.

“During the four days I was there, The Joint Center staff was absolutely delightful. They certainly go above and beyond to make sure you are comfortable and feel cared for. I have friends who have gone elsewhere and did not have near the care I received. Dr. Hendrickson even called my daughter who lives in Las Vegas to let her know that I had come through the surgery all right. Also, the food was outstanding. This community should be very proud of The Joint Center.

“A big shout out to Dr. Maslen, my anesthesiologist, who made sure that I was included in all the decisions regarding the type of anesthesia I would receive. I was even introduced to everyone when I arrived in the surgical suite.

“Thanks to Dr. Hendrickson and his physician assistant, Van, I’m making a remarkable recovery. It is not quite six weeks since my surgery and I no longer have to walk with a cane. As you can tell, I was thoroughly impressed with the treatment and care I received.”

Pre-surgery Tips from Pat

This advance preparation made my return home much more comfortable.

1. Before my surgery, I got the medical equipment I would need at home—walker, cane, raised toilet seat, shower stool and I practiced using the equipment a few times knowing my knee motion would be limited when I first got home.

2. I made sure there was room to move around my rooms with my walker—shifting some furniture to make it work.

3. I also made sure my walker and cane were adjusted to the correct height. (If you’re not sure what height they should be, bring them to The Joint Center when you go in for surgery and therapists will adjust them to the correct height for you.)

4. I rearranged my kitchen a bit to make things easier to reach and prepared and froze some meals ahead of time.

Valley Medical Center’s award-winning Joint Center is rated #1 in Washington state for Overall Orthopedic Services and Joint Replacement for the third year in a row according to 2012 HealthGrades®. For a physician referral, call 425.277.DOCS (3627). For more information about The Joint Center, visit valleymed.org/joint.
Just in Time for the Medicare Annual Election Period!

Valley Medical Center announces a new resource for patients with Medicare

If you or someone you know is Medicare-eligible, you are probably overwhelmed when sorting through all of the Medicare insurance options. There are many different types of Medicare insurance, including Medicare Supplements, Medicare Advantage Plans and Medicare Prescription Drug Plans.

Choosing the option that is right for you can be a confusing endeavor, complicated by the many healthcare providers who only accept or contract with a limited number of plans. In response to these challenges, Valley Medical Center is endorsing the services of MedicareCompareUSA* to help assist you in making your personal selection. MedicareCompareUSA is a Medicare-specialty insurance agency and call center that assists beneficiaries in the process of comparing and choosing suitable Medicare options. By contacting their Helpline, licensed insurance specialists representing leading Medicare insurers are available to answer your insurance questions and provide comparisons of Medicare plans accepted by your healthcare providers.

The insurance specialists can provide guidance on the following:

- Understanding eligibility for Medicare Part B
- Understanding the difference between Medicare Supplement plans and Medicare Advantage Plans
- Choosing a Medicare Part D Prescription Plan
- Matching-up Medicare plans to your specific needs, preferences and budget with careful attention to which Medicare plans are accepted by your healthcare providers

There is never a fee for any service offered by MedicareCompareUSA and if you choose to purchase products through them, they are paid directly by the plan you choose. Valley Medical Center strives to provide our district residents with valuable healthcare information and we hope you find this resource helpful.

To reach the Helpline at MedicareCompareUSA, please call 1.866.391.7731 or visit them online at medicarecompareusa.com.

*MedicareCompareUSA is not affiliated with the Federal Medicare program. MedicareCompareUSA is a Medicare-specialty insurance agency and call center. MedicareCompareUSA is a resource provided at no cost and with no obligation, and Medicare beneficiaries are free to contact each Medicare plan directly, work with any licensed Medicare insurance agent, or access Medicare plan information by calling 1.800.MEDICARE or online at medicare.gov.

Another Medicare Education Resource

Free Medicare Open Enrollment Seminar

Wednesday, October 24, 10 – 11:30 AM
Medical Arts Center Auditorium, First Floor
4033 Talbot Road S, Renton
Phil Kelly from the Office of the Insurance Commissioner, Statewide Health Insurance Benefits Advisors (SHIBA), will present what’s new with Medicare for 2013 so you’re prepared to decide what’s best for you.

BEWARE OF MEDICARE SCAMMERS!

Several GoldenCare members have reported receiving phone calls from solicitors who identify themselves as part of the Medicare program and ask for our members’ bank account numbers. NEVER GIVE OUT YOUR BANK ACCOUNT NUMBER OVER THE PHONE! Legitimate vendors will not ask for this information over the phone.
Valley Medical Center proudly offers a network of primary care clinics which serve as a medical home for care management. Urgent care clinics provide a safety net of after-hours care and walk-in treatment, and specialty clinics provide convenient and comprehensive access throughout the district.

Primary Care: Partners for Health & Wellness

VMC’s primary care providers get to know you and your medical history, serving as your personal health advocate, and working with you to monitor and improve your health through all life’s stages.

- Cascade Clinic
- Covington Clinic
- Fairwood Clinic
- Highlands Clinic
- Kent Clinic
- Lake Sawyer Clinic
- Newcastle Clinic
- Valley Family Medicine Clinic

Urgent Care: Immediate Medical Services

It hurts. It itches. It’s swollen. It’s after hours. Urgent Care is a great choice when you can’t wait for an appointment with your primary care provider, or when you need medical care after hours for non-life-threatening conditions. Wait times are usually shorter, and co-pays and out-of-pocket costs are usually lower than an emergency room visit. No appointment necessary. Just walk right in for care for acute illness, minor injuries and other services:

- Auburn Clinic
- Covington Clinic
- Newcastle Clinic
- North Benson Clinic
- Renton Landing Clinic

Extensive Network of Specialists

VMC offers a comprehensive network and board-certified specialists to meet all of your healthcare needs. For a comprehensive list and FREE physician referral, please visit us at valleymed.org/doc or give us a call at 425.277.DOCS.
Romanian Lentil Stew serves 8

- 3 cups yellow lentils, rinsed
- 10 cups water
- 1 tablespoon salt
- 1 ½ cups diced onion
- 2 cups diced parsnips (about 1 large)
- 2 cups diced carrots (about 2 medium)
- 1 ½ tablespoons dried thyme
- 3/4 teaspoon ground black pepper
- 5 cloves minced garlic
- chopped fresh parsley or fresh rosemary (optional garnish)

In a large soup pot or Dutch oven, add lentils and salt to 10 cups water. Bring to a boil. Reduce heat and simmer until lentils are soft, about 30 minutes. Add the diced onions, parsnips and carrots. Boil, then reduce heat and simmer 10 minutes or until vegetables are softened. Add thyme, pepper, and garlic. Stir and serve. Garnish with parsley or rosemary if desired.

Each serving provides: calories 143; fat <1g; fiber 9g; carbohydrate 29g; protein 8g.

* Quick tip. Shorten lentil cooking time to just 10-15 minutes by soaking the lentils in the water for several hours prior to cooking.

Lentils

Crenguta (Chris) Stepan, MD hails from Bucharest, Romania where root vegetables are a staple. “This healthy, simple stew contains traditional root vegetables with no added fat, yet is hearty and full of flavor,” says Dr. Stepan.

Dr. Stepan received her medical degree from the University of Medicine in Budapest, moving to Washington state in 2003. Dr. Stepan is Board Certified in Internal Medicine, serving primary care patients at the Highland’s Clinic in Renton. To contact the clinic, call 425.656.5500.

valleymed.org/clinics
When you meet Glen Bollinger, you can count on a handshake and a warm smile. Glen moved to Chateau Valley Center with his wife Nancy soon after the center opened. While Glen was fit and active, the couple moved primarily so Nancy would have immediate access to her doctors and care at Valley Medical Center. "As Nancy’s illness progressed, it felt safe to be in a place that could provide care and support when needed," reflects Glen. "The fact that there is free, door-to-door shuttle service between the Chateau and anywhere you need to go on the Valley Medical Center campus meant that we were able to get Nancy to her doctor’s appointments with ease and in a matter of minutes."

After Nancy’s passing, Glen decided to stay in the community the Bollingers called home. “I stayed because Nancy and I always said this is the place where we can ‘really retire’ and spend more time with each other, and less time doing yard work and work around the house. I knew there was nowhere else I’d rather be. I stayed because I have made so many friends here. This is a very neighborly community of residents who care about and look after each other. Frankly, it’s a godsend.”

To tour Chateau and enjoy a complimentary meal, call Community Relations Director, Tamra Godfrey at 425.251.6677.
Join Us for GLOW’s Pink the Rink

Sunday, October 28, 5 PM
ShoWare Center, Kent

- Pre-game Pink Party on the Plaza at 2 PM
- Live entertainment, inflatables & games
- Free GLOWING giveaway to first 5000 spectators
- Very cool, hot pink ice, specially dyed for this one game only!

Celebrating the 2nd anniversary of GLOW, join us for a special night of pink-powered hockey and hot pink fun! With a portion of ticket sales donated toward mammograms for uninsured women at high risk of developing breast cancer, the event is in collaboration with the Seattle Thunderbirds and VMC’s Breast Center. Grab your friends and order your tickets online today! ☝️ For tickets, visit valleymed.org/glow or call 253.239.7825 and mention GLOW.

GLOW is VMC’s free women’s health and wellness membership program, created by women for women.

Free Medicare Open Enrollment Seminar

Wednesday, October 24, 10 – 11:30 AM

Phil Kelly from the Office of the Insurance Commissioner, Statewide Health Insurance Benefits Advisors (SHIBA), will present what’s new with Medicare for 2013 so you’re prepared to decide what’s best for you.

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).

Brain Health—Tools for Clear Thinking

Wednesday, October 24, 3:30 – 4:30 PM

Learn easy ways to improve memory and keep your mind active to reduce the risk of Alzheimer’s disease. “Brain healthy” snacks and refreshments served. Chateau at Valley Center, 4450 Davis Avenue South, Renton. Seating is limited. RSVP by calling 425.251.6677.

Hip & Knee Replacement

Thursday, October 25, 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. “Top Doc” William Barrett, MD, will explain the conditions leading to replacement, replacement devices, recovery and will demonstrate surgery.

Start a Tobacco-Free Life!

Thursday, November 8, 6 – 7 PM

Learn the latest in lung cancer prevention and symptoms, as well as inspiration to stop smoking from William Park, MD. Get informed and get ready for the Great American Smokeout!

GLOW is VMC’s free women’s health and wellness membership program, created by women for women.
### Epilepsy and Seizure Disorders

**Thursday, November 15, 6 – 7 PM**
Understanding epilepsy is the first step toward empowering patients living with this condition. Join “Top Doc” David Vossler, MD, as he explains the types of epilepsy, treatment options and answers questions about surgery, hormones, driving and depression.

### Special Programs

#### 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 unpaid care partners, family members and friends caring for loved ones. Held the third Wednesday of each month, 7 – 8:30 pm. 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 place 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 unpaid care partners, family members and friends caring for loved ones. Held the third Wednesday of each month, 7 – 8:30 pm. 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.

#### 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.

#### South Seattle Gluten Free Support Group

The Gluten Free Support Group meets the third Tuesday of the month, 7 – 9 pm at VMC’s Medical Arts Center, Conference Room B. Contact Lynn at southseattlegfgroup@yahoo.com for more information.

### 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.

#### Ski Conditioning

**Friday, November 9, 6 – 7 PM**
Get the information you need to learn how to condition your body for the ski season before you hit the slopes.

### Bands & Balls

**Tuesday, November 13, 10 – 11 AM**
Using the body ball and exercise bands, learn simple exercises you can do in the comfort of your home to stay in shape. We’ll show you how to choose the correct ball size, use exercise bands for resistance training proper exercise form and proper exercise form.

### Thirty-Minute Circuit

**Thursday, November 29, 1 – 2 PM**
No time to exercise? Now there’s no excuse! Learn a fun and exhilarating 30-minute workout combining resistance and cardiovascular exercises. Wear comfortable clothing. Beginning Weight Training class recommended prior to attending.

### Healthy Eating Through the Holidays

**And BEYOND! Tuesday, December 4, 1 – 2 PM**
Get 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.

### Candlelight Yoga

**Thursday, December 13, 6:30 – 7:30 PM**
Restorative and calming poses designed to prepare you for the busy holiday season, treat yourself to a restful and relaxing yoga class illuminated by candlelight.

### Redeem this Special Fitness Center Coupon!

**FALL ENROLLMENT SPECIAL: 1/2 off enrollment when you bring a $5 donation for the food bank**
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 16 years or older to join. Subject to medical screening guidelines. Cannot be combined with any other offer. Offer expires 12.31.12.
GLOW Event

Pink the Rink with GLOW, VMC’s Breast Center and the Seattle Thunderbirds

Sunday, October 28, ShoWare Center in Kent

Join Us for Pink the Rink & Help Uninsured Women at High Risk for Breast Cancer Get Mammograms!

- Pre-game Party on the Plaza from 2 – 5 PM
- GLOWing gate giveaway for the first 5000 spectators
- Thunderbirds v. Kamloops hockey game at 5 PM
- A special surprise for all who attend!

A portion of ticket sales help provide lifesaving mammograms for those in the community most in need!

Tickets: valleymed.org/glowevents or 253.239.7825.

Cholesterol and Blood Sugar Screens

Tuesday, November 13, 8 AM – noon, Medical Arts Center Rooms E & F, 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.

valleymed.org
For an e-copy: valleymed.org/goldenliving