

goldenlife

A Letter from Grace



Dear GoldenCare friends,
We've been busy at Valley Medical Center creating and maintaining a safe environment for our patients and community during these unprecedented times. The good news is that our clinics, surgical department, hospital units and Emergency Room are all well-prepared to deliver safe, superb care. We have **welcomed back our community** with strong safety measures in place for in-person care and enhanced our technology to include **telehealth appointments** in our primary care and specialty care clinics. If you have chronic conditions you are managing, please don't delay in getting the care you need, either in-person or in the comfort of your home by computer, mobile device or phone.

We're planning for the Senior Health Fair next fall. The not-so-great news you were likely expecting is that our annual Senior Health Fair will not be taking place this September. However, we are building it into our 2021 fall schedule with the hope that we will be able to host it in a healthy and safe environment.

Get your flu vaccination now before flu season starts! Contracting the flu makes your immune system even more susceptible to the COVID-19 virus. Search for the high-dose quadrivalent vaccine (new this year) and if it's not available, choose the high-dose trivalent. If high-dose vaccine is in short supply, get the standard vaccine—some protection is better than none at all. It may be best to locate your vaccine from your local pharmacy since they often have it earlier than most other healthcare organizations.

Be happy and be well,

Grace

Grace Dalrymple
Manager of Member Services & Volunteer Operations

Medicare 2021 Open Enrollment, Oct. 15 – Dec. 7, 2020: the Same This Year, Only Different



Individual Medicare open enrollment assistance is limited this year because of physical distancing recommendations. An insurance specialist from GoldenCare can provide you guidance; however all consults will be either over the phone or through a HIPAA-approved online system like Microsoft Teams or Google Meet. There is never a fee for any service offered by GoldenCare. Your call will direct you to our licensed insurance agent/broker. If you choose to buy products, the plan you choose pays the broker directly. Call **Paul Gunther** at 425.690.3150 for expert help or email paul_gunther@valleymed.org.

Advance Care Planning During the COVID-19 Pandemic



Valley's Advance Care Planning Coordinator **Priyanka Choudhury** **explains the elements of advance care planning** and what considerations should be made during the COVID-19 outbreak.

Is My Runny Nose Due to Allergies?



Environmental allergies to things like mold, dust, animal dander and pollen from trees, grasses and weeds can continue or develop as we get older. However, these triggers are generally outgrown with age. In fact, environmental allergies account for only 30% of cases for runny nose, nasal congestion and post-nasal drip in those over 54 years of age. **Find out other potential causes of a runny or congested nose and what to do about it.**

Get the Lowdown on Increased Stroke Risk During COVID-19



Stroke is **SERIOUS!** Learn about the risks involved with stroke and how to manage your health to prevent stroke in this DocTalk with Valley's Stroke Program Medical Director **Mike Previti, MD**. Learn what to ask your primary care provider; why South King County is a hotbed for stroke; stroke symptoms; why COVID-19 increases a person's risk of stroke and more. **Find out what you need to know!**

Summer/Fall 2020

▶ RESOURCES

Looking for a doctor?

Visit valleymed.org to find a physician or valleymed.org/clinics for a clinic list.



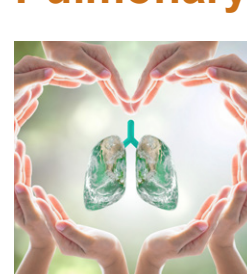
Cardiac Rehab

Cardiac Rehab offers EKG-monitored programs for people with cardiac issues. Covered by many insurance companies. Call 425.690.3482 to register.



Pulmonary Rehab

Pulmonary Rehab includes monitored exercise and teaches you how to manage your condition and live better with less shortness of breath. Interested? Call 425.690.3517 or visit valleymed.org/pulmonaryrehab.



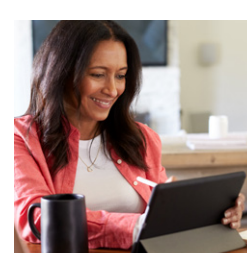
CancerLifeline

Cancer Lifeline Services, Resources and Classes

Cancer Lifeline optimizes the quality of life for all people living with cancer. They provide emotional support, resources, educational classes and exercise programs designed to support people in all stages of the cancer process.

Find out more.

Stroke Club ZOOM Meeting



Tuesday, Sept. 8, 6 – 7:30

Valley Medical Center is host to the most active Stroke Club in the Puget Sound region. Stroke survivors and caregivers are invited to attend this monthly meeting, now online via ZOOM, to share experiences, make supportive friends and learn new skills. Normally meets the second Tuesday of the month. Pre-registration required. Meeting instructions will be emailed to you upon registration.

To pre-register, please email StrokeCenter@valleymed.org.

▶ DONATE

Shop at Fred Meyer or Amazon and They Will Donate to Valley's Volunteers in Action



Support Valley Medical Center's Volunteers in Action (VIA) just by shopping at Fred Meyer with your **Community Rewards Card**. You still earn your personal Reward Points, Fuel Points and Rebates. The VIA donation is related to how many customers select VIA as their Community Rewards organization and how much they shop. If you do not have a Rewards Card, you can sign up for a free card at the Customer Service Desk of any Fred Meyer store or **online**.

amazon smile

What is AmazonSmile? When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. Find out how to **sign up to support Volunteers in Action**.



Why Support VIA?

In addition to serving the hospital with their time and talents under hospital staff direction and supervision, our VIA organization is a valuable financial contributor to Valley. VIA uses the money it raises through the Present Place gift and flower shop in the hospital main lobby and retailer reward programs to fund special purchases around Valley, and provide support to families needing extra during the holidays. **Learn more about VIA and volunteering at Valley.**

▶ GOLDENCARE WEBSITE

▶ PREVIOUS NEWSLETTERS

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