

November 2019



Reception Celebrates the Accomplishments of the Campaign for Stroke Care

Donors gathered at Stanford Health Care – ValleyCare on November 14 for a reception celebrating the accomplishments of the Campaign for Stroke Care, including the certification of the program as a Primary Stroke Center. Brief updates were provided by Rick Shumway, President and CEO of Stanford Health Care – ValleyCare, and Dr. Prashanth Krishnamohan, Medical Director of Neurology and Stroke Program, Stanford Health Care – ValleyCare, and Clinical Assistant Professor of Neurology & Neurological Sciences, Stanford University. The celebration also included moving and personal remarks by Lynn Seppala and Don Ritchey, two of VCCF’s major donors and Tri-Valley residents who are passionate about having a stroke program in the community. Read more about the Celebration Reception in a press release [here](#).



Announcing the Bring It Home Challenge

Lynn and Joan Seppala and Don and Sharon Ritchey have partnered together to equally sponsor the Bring it Home Challenge! They will match new contributions to the Stroke Program dollar for dollar, up to \$170,000, to complete the Campaign for Stroke Care. The additional \$340,000 will help bring to fruition the extensive stroke-care program that the Tri-Valley residents need. Learn more and make your donation [here](#).

(Pictured from left to right: Rick Shumway, SHC – VC President and CEO; Joan and Lynn Seppala; Sharon and Don Ritchey; Dr. Prashanth Krishnamohan, Medical Director of Neurology and Stroke Program, Stanford Health Care – ValleyCare, and Clinical Assistant Professor of Neurology & Neurological Sciences, Stanford University; and Shaké Sulikyan, VCCF Executive Director.)

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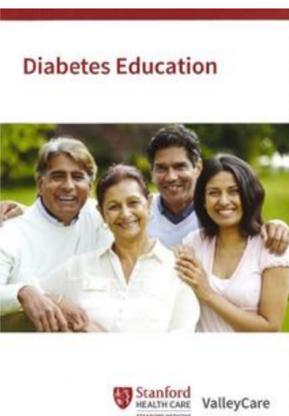


“This year, I was required to take a minimum distribution from my IRA, so I decided to direct the extra income to support what I care most about: my local hospital.”

*--Dave Clausen
Pleasanton Resident
Donor
VCCF Board Member*

IRA Rollover: Win, Win, Win

If you’re 70½ or older, you can make a tax-free distribution from your IRA to support your local hospital and the Campaign for Stroke Care. It’s an efficient way to support a program that is already having a direct and life-enhancing impact on your neighbors, colleagues, friends, and loved ones. Designate your Qualified Charitable Distribution to the stroke program and it will be doubled through the Bring it Home Challenge by Lynn and Joan Seppala and Don and Sharon Ritchey. It’s a win-win-win! Learn more about how charitable IRA rollovers work [here](#).



Diabetes Awareness Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. According to the National Institute of Diabetes and Digestive and Kidney Diseases, adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. Stanford Health Care – ValleyCare offers inpatient and outpatient care for individuals with Type 1, Type 2, or gestational diabetes, including individual counseling, group support, nutritional advice and education. Learn more about our Diabetes Education Program, which was recognized by the American Diabetes Association for Quality Self-Management Education, [here](#).



Special Thanks in Honor of National Philanthropy Day

On behalf of everyone at Stanford Health Care – ValleyCare and ValleyCare Charitable Foundation, we’d like to thank our volunteers and donors for their gifts of time, talent, and treasure. Watch our videos of thanks [here](#).



The Aftermath of Stroke: Improving What Goes Right and Preventing What Goes Wrong

During January’s ValleyCare Speaker Series program at the Bankhead Theater, Dr. Marion Buckwalter will discuss our understanding of a stroke’s effects on the brain. Dr. Buckwalter has worked as an ICU neurologist at Stanford, caring for stroke patients and serving as a co-investigator on over 50 clinical stroke studies. Drawing on her decades of experience, she will discuss her research on neuroinflammation, stroke recovery, and review of ongoing studies. Learn more and purchase your tickets [here](#).



Lung Cancer Awareness Month

In the United States, lung cancer is the second most common cancer in both men and women; however, if lung cancer is found at an earlier stage, when it is small and before it has spread, it is more likely to be successfully treated. Stanford Health Care – ValleyCare’s imaging department now offers a Lung Cancer Screening Program. Learn about CT Lung Cancer Screening [here](#).



Your ValleyCare Charitable Foundation (VCCF) team has one mission: to help provide Stanford Health Care – ValleyCare with the resources it needs to offer the Tri-Valley exceptional, patient-centered community medicine, coupled with specialized Stanford Medicine programs to deliver a full continuum of care. This eNewsletter is a monthly email newsletter distributed to friends of ValleyCare Charitable Foundation. If you have questions about the content in the newsletter, please contact the [VCCF Team](#).

Supporting Stanford Health Care - ValleyCare

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ValleyCare Charitable Foundation

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