

March 2018

March 30 is National Doctors' Day



Each year, on March 30th, our nation sets aside a special day to let doctors know how much their skill and compassion are appreciated. Show your doctor how much you appreciate the exceptional care she or he provides by making a gift in her or his honor. Your support will remind a doctor how much you appreciate all they've done while also helping Stanford Health Care – ValleyCare provide exceptional, patient-centered community medicine coupled with specialized Stanford Medicine. [Make your special Doctors' Day gift today!](#) Along with your gift, remember to include a special note of thanks to your physician that we can pass along to him or her on your behalf.



Estate Gift is Helping to Safeguard Tri-Valley's Young Athletes

Phyllis Hardon Gander, a longtime volunteer with ValleyCare and a Tri-Valley resident since 1974, continues to make a positive impact in our community even after her passing. Thanks to a gift from Mrs. Gander's estate, Stanford Health Care – ValleyCare was able to launch the Concussion Baseline Program for Youth. Since the launch of the program, we have worked with two of the local school districts to baseline-test their student athletes. We continue to expand the program, because baseline tests are important assessments performed prior to a concussion, usually annually, before a sports season begins. The results then serve as a comparison in the event of an injury, allowing medical providers to find any signs or symptoms of concussion and provide appropriate treatment safely and quickly. Learn more about this wonderful gift [here](#).



Meet Shelby McGinnis

During Brain Injury Awareness Month, we would like to introduce you to Shelby McGinnis, a Stanford Health Care – ValleyCare physical therapist who specializes in rehab for patients who've had concussions. Learn more about Shelby [here](#) or hear Shelby in [this KPIX segment](#).



Grant From the Safeway Foundation Provides Free Cancer Center Nutrition Services at Stanford Health Care -- ValleyCare

Thanks to a generous grant from the Safeway Foundation, ValleyCare Charitable Foundation has been able to fund free Cancer Center Nutrition Services at Stanford Health Care – ValleyCare's Cancer Center. Maggie Guting, a Registered Dietitian, provides one-on-one counseling and group workshops to cancer patients. Through this program, Maggie guides cancer patients in making informed nutrition choices, answers their nutrition-related questions, and helps them achieve and maintain good health. Maggie is making a real difference in the lives of our patients. A male patient who had begun tolerating his diet much better and was pain-free two weeks after meeting with Maggie told her, "Honey, you're a lifesaver!" Learn more about Maggie [here](#).

Donate now to support innovative programs at Stanford Health Care -- ValleyCare

34TH ANNUAL Golf Tournament
benefiting Stanford Health Care – ValleyCare's Emergency Department

Monday, May 21, 2018
Castlewood Country Club, Pleasanton
Registration – 9:00am • Shotgun Start – 11:00am

Special thanks to our current 2018 Tournament Sponsors:

Premier Sponsor Amity Home Health Care Inc.	Birdie Sponsor Airflow Heating & Cooling	Golf Cart Sponsors CreekView Health Center United Audit Systems Webster Orthopedics
Major Sponsor Pleasanton Emergency Medical Group	Corporate Sponsors Callahan Property Company MCE Corporation NORCAL Ambulance	Tee Sponsors CreekView Health Center Kindred At Home The Law Offices of Stephenson, Acquisto & Colman UNCLE Credit Union
Eagle Sponsors Comtel Systems Pleasanton Nursing & Rehabilitation Center	Dinner and Lunch Sponsor American Home Health and Hospice	

Sponsorships and golf spots are selling quickly! [Claim yours](#) before the Tournament sells out!



Join ValleyCare Charitable Foundation's Bras For the Cause Team, Help Raise Funds For Breast Cancer Research, Treatment, and Education Programs

Stanford Health Care – ValleyCare's Breast Cancer program has been once again selected as a beneficiary of the Tri-Valley SOCKs Bras for the Cause Walk. The 2018 "WARRIORS – IN IT TOGETHER" walk will be held on April 28 in Pleasanton. This fun, 8K walk through Downtown Pleasanton begins at 7:00 pm and asks walkers to raise a minimum of \$200 for this important cause. Join the ValleyCare Charitable Foundation walk team [here](#).

ValleyCare
CHARITABLE FOUNDATION

Supporting
Stanford Health Care - ValleyCare

please contact the [VCCF Team](#).

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 with 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,

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