

August 2019



ValleyCare Speaker Series at the Bankhead: The Cutting-Edge Management of Concussion

Did you know that more than a third of adults over 65 fall every year in the U.S.? Often physical injuries are treated, but critical injuries to the brain go unnoticed.

Did you know that an estimated 3.8 million concussions occur in the U.S. every year during competitive sports and recreational activities, yet as many as 50% of them may go unreported?

Did you know that children and teens make up approximately 70% of all sports- and recreation-related concussions seen in emergency departments?

You've heard the news about concussion and know that it can have long-lasting, and sometimes devastating, impact on the patient's life. But how much do you know about a concussion? What is it? How is it diagnosed? What are the management and treatment options? We've learned a great deal in recent years about the brain and concussions. Join us on Thursday, September 12, at 7:30 pm to hear Dr. Paulomi Kadakia Bhalla and Shelby McGinnis, Physical Therapy and Sports Medicine Supervisor at Stanford Health Care - ValleyCare, as they discuss the latest cutting-edge research on the diagnosis, pathophysiology, and management of concussion.

Click [here](#) to buy tickets.

(Pictured: Dr. Paulomi Kadakia Bhalla)



August is Neurosurgery Awareness Month

The goal of Neurosurgery Awareness Month is to bring neurological conditions to the forefront and share knowledge that will enlighten the public on what it means to live with and be treated for these conditions. This year the spotlight is on the spine.

We are excited to announce the opening of a new Stanford Orthopaedic Spine Clinic in Pleasanton. Spine surgeons Dr. Michael Tseng and Dr. John Kleimeyer will be dedicated to working at Stanford Health Care – ValleyCare, helping to provide the growing Tri-Valley area with comprehensive care and treatment for a range of spine injuries and conditions. Affiliated with Stanford Medicine Department of Orthopaedics, these surgeons provide excellent patient care in the fields of orthopaedic surgery and musculoskeletal medicine.

The new clinic opened this month, with the arrival of Dr. Tseng. Dr. Kleimeyer will join the practice on October 1, 2019. Learn more [here](#).

(Pictured: Dr. Michael Tseng)



Concannon Vineyard Cab for a Cause Benefiting the Women in Need Fund

Concannon Vineyards has selected ValleyCare Charitable Foundation's Women in Need fund as the beneficiary of their Cab for a Cause Month. During the month of September, for every 750mL bottle of Concannon Vineyard Reserve, Heritage, and Clone Cabernet Sauvignon sold on their estate, \$1 will be donated to the fund. In addition, proceeds from the silent auction held during their *A French Affair* event on Saturday, September 28, will be donated to the fund in support of local breast cancer patients. Learn more on [the Concannon website](#).

Get more details about the Women in Need fund [here](#).

ValleyCare Charitable Foundation is now on Instagram!

Follow us [@Valleycarecharitablefoundation](#)



Announcing the ValleyCare Champions Program

We are excited to announce our new monthly giving program! When you make a monthly contribution, you become part of a special group called ValleyCare Champions. Your automated monthly donation can be pooled with others to invest in important initiatives such as equipment upgrades, innovative programs, and more. With your investment as a Champion, we can ensure that you and your loved ones have world-class and lifesaving services and technology close to home.

In the words of Donor Beth Attebery, "Supporting VCCF brings peace of mind, because it ensures that our Hospital will be here when we need it, offering our whole community excellent medical care and health services."

Become a [ValleyCare Champion](#) today. Every contribution is a potential lifesaver!



Eagle Scout Project Benefits Young Patients in Urgent Care

Blake Kenney, an Amador High freshman, recently collected around 360 children's and teen books and \$495 for Stanford Health Care – ValleyCare's (SHC – VC) Urgent Care departments, in pursuit of his Eagle Scout rank.

The books will be gifted to the Urgent Care's children and teen patients and visitors, with the hope of providing some comfort and distraction when the youth may be in the midst of a stressful situation. The cash donations will be used to buy more books at a future time.

Blake's Eagle Scout Project included distributing a flyer asking for book donations in Pleasanton neighborhoods, organizing a team of volunteers, supervising the books, the team collecting the gifts, labeling, and packaging of the books, and delivering the gifts to ValleyCare Charitable Foundation's Executive Director, Shaké Sulikyan; SHC – VC's Urgent Care Manager, Anita Petagara; and Executive Director of SHC – VC Operations, Ryann DeGraff. Click [here](#) to read more.

Great job, Blake!

(Pictured from left to right: Ryann DeGraff, Blake Kenney, Anita Petagara, and Shaké Sulikyan. PC: Gayle Cowan)



Supporting
Stanford Health Care - ValleyCare

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](#).

[Home](#) | [Contact](#)



[Make a Gift](#)

Be sure to add our email address to your address book or safe senders list so our emails get to your inbox.

[Privacy Policy](#) | [Unsubscribe](#)

ValleyCare Charitable Foundation
1111 E. Stanley Boulevard, Livermore, CA 94550