

September 2018



September is Healthy Aging® Month

Did you know that in the first part of the 20th century, the average life expectancy was only 45 years? Today, the average life expectancy for a woman is 86.6; for a man, 84.3. This month, we are focused on promoting healthy aging and a new image of aging. Want to learn more about important topics related to healthy aging? Consider taking Stanford Medicine's Healthy Aging Online Class [here](#).



Only 4 days and \$63,250 left to meet the Seppala Matching Gift Challenge

WOW, WOW, WOW! What a month?!? We are humbled by our community's response to the Seppala Matching Gift Challenge. Thanks to many of you -- you know who you are -- we have raised critical funds to meet the Seppala Matching Challenge by 9/30. **For every \$2 that you donate to the Campaign for Stroke Care, the Seppalas will donate \$1,**

up to \$150,000. If you haven't done so already, please make your donation now and help meet the Challenge today.

Make your gift & help meet the Seppala Challenge



September 26 is National Women's Health & Fitness Day

This is the nation's largest annual health-promotion event for women of all ages. The day focuses attention on the importance of regular physical activity and health awareness for women. Here are some ways you can celebrate:

- **Try a new workout.** Have you tried water aerobics, Pilates, Tai Chi, or kickboxing? Mixing up your workout is good for your body. Find a friend and try something new today.
- **Get your thyroid checked.** Problems with your thyroid can result in memory problems, irritability and depression, fatigue, and weight gain. Speak to your doctor about your thyroid today.
- **Stay hydrated.** Don't like plain water? Drink tea, coffee, or try flavoring your water using lemon, fruits, and herbs. Just avoid high-sugar drinks such as juices and sodas.
- **Give your back a break.** Try lightening up your bag or making other changes to help your back. And don't forget to add back-strengthening moves to your workout to stop problems before they get started.

There are countless ways for you to celebrate Women's Health & Fitness Day. Go to [our Facebook page](#) and let us know how you celebrated the day.



Fall Prevention Week at LifeStyleRx

Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls can take a serious toll on older adults' quality of life and independence. Please join LifeStyleRx as they celebrate your path to wellness! This week, LifeStyleRx is offering FREE 30-minute balance screening. Time blocks available on Thursday, September 27, 8:30 – 10:15 am and 10:45 – 11:45 am; and Friday, September 28, 8:30 – 10:15 am and 10:45 – 11:45 am. (First come, first served) For more information, please contact LifeStyleRx at 925-454-6369.



Did you know a stock gift can be a win-win?

"I was shocked to hear that the average age of a stroke patient is 45. Since strokes can happen at any time, to anyone, I think it's vital that we have a certified stroke center in our community." – Megan McManus, CPA

Although Megan and her family are Kaiser patients, she made a stock donation to the Campaign for Stroke Care because she knows that time is of the essence when treating stroke patients. Regardless of your insurance, emergency personnel will take you to the closest certified stroke center for immediate treatment.

"I worry about my loved ones who live in Dublin, Pleasanton, and Livermore. If they had a stroke, the ambulance would have to bypass Stanford Health Care – ValleyCare to drive them to a certified stroke center—delaying their care! As someone who grew up in this community and now lives here, I want to ensure that we have the very best medical care right here, in our backyard! Donating appreciated stock was a win-win."

Benefits of Donating Appreciated Stock

- You can usually deduct the full fair market value of appreciated long-term assets you've held for more than one year. In addition, if you donate stocks, you pay no capital gains tax.
- Donating investments—especially highly appreciated securities—instead of cash can be a very effective and tax-efficient way to support a charity.
- Generally, if your assets have appreciated in value, it's best not to sell securities to generate the cash you need for a donation. Contributing the securities directly to the charity increases the amount of your gift as well as your deduction.
- Please remember that the deduction is limited to 30% of your adjusted gross income (AGI). This differs from a 60% limit for donations of cash, but you can still carry forward unused deductions for five years.

Please consult with your financial advisor about this creative giving opportunity. The information in this email does not constitute and is not intended to be legal or financial advice. Please consult your own qualified advisors in considering these and all charitable giving options.

For more information about supporting the Campaign for Stroke Care or other funding priorities at our community hospital, contact Shaké Sulikyan, Executive Director of ValleyCare Charitable Foundation, at vccharitable@stanfordhealthcare.org or 925.373.4560.

ValleyCare

CHARITABLE FOUNDATION

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 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, please contact the [VCCF Team](#).

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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.

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