

June 2020



Stanford Health Care – ValleyCare’s Emergency Department Implements Additional Safety Control Measures

As part of Stanford Medicine, Stanford Health Care – Valley Care is always uniquely equipped to handle all cases, even in unprecedented circumstances. Their top priority remains the safety of patients and staff. In collaboration with research teams and infectious disease specialists across Stanford Medicine, they have implemented safety control measures that in many instances exceed the CDC recommendations. They are ready for your emergency. To read about the measures in place for your safety, click [here](#).

Help in the fight against COVID-19 by donating today! Your gift will be doubled, thanks to a matching gift from the Stupski Foundation.

HELP US HEAL

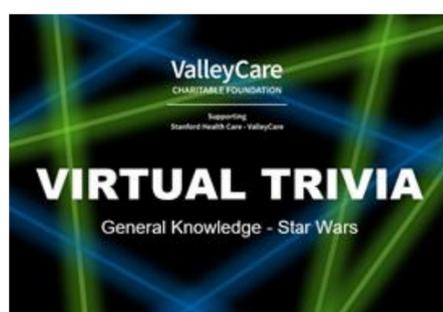
Dr. Thomas Ken Lew, Assistant Clinical Professor of Medicine at Stanford University School of Medicine and an attending physician of Hospital Medicine at Stanford Health Care – ValleyCare, advises that delaying needed care can be more dangerous than the virus itself. To read his opinion piece "Don't Let COVID-19 Fears Stop You From Seeking Medical Treatment," click [here](#).



Young Donors Making a Difference in Our Community

Some of our young philanthropists, Jyothikaa Ramann and Brownie Troop #32951, wanted to thank the Stanford Health Care -- ValleyCare Healthcare Heroes for their dedication to keeping the Tri-Valley safe during the COVID-19 pandemic, by donating to ValleyCare Charitable Foundation. Jyothikaa said,

"The power to change the world is in your hands; use it! I will continue to make an impact, helping patients and my role models, our healthcare heroes to fight. I have donated my full proceeds of my tutoring lessons from academics, violin lessons and from other jobs to ValleyCare, who resonate my goals and passion of service towards health care." To learn more about how Jyothikaa and Troop #32951 are giving back, click [here](#).



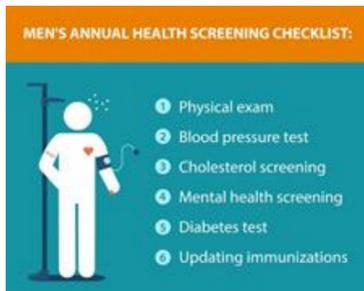
Grab Your Lightsabers and Join Us for a Night of Fun and Prizes!

Thursday, July 2, at 6:00 pm (Pacific Standard Time), we'll be testing your Star Wars trivia knowledge. Join us online for some fun while you're supporting Stanford Health Care -- ValleyCare, the Tri-Valley's nonprofit, community hospital.

Tickets: \$20

To register for a game code, click [here](#).

May the FORCE be with you!



June is National Men’s Health Month

The purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. They are encouraged to make healthy lifestyle choices, schedule annual visits to their doctor, become educated about heart disease and/or diabetes, and start conversations with their male friends and loved ones about their health. Men on

average have shorter life spans than women, while women are more likely to visit their doctor regularly. Help the men in your life build a stronger tomorrow by encouraging them to set routine doctors’ appointments and get peace of mind! For a list of Stanford Health Care –ValleyCare providers, click [here](#):



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 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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ValleyCare Charitable Foundation
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