

**February 2018**

**February is American Heart Month**



Heart disease and stroke remain the number one cause of death for Americans, but there is hope. Each day, Stanford Health Care – ValleyCare’s Cardiac Rehabilitation team works with patients recovering from a variety of cardiovascular issues to help

them lead a healthy and full life. To learn more about the Cardiac Rehabilitation program, [watch this video](#).

**Donate Now to Support the Cardiac Rehabilitation Program**

**Patient Profile**



Two summers ago, while hiking with her family near Donner Lake, Dale Eldridge Kaye felt a tightening in her chest and odd sensations in her jaw. As a precaution, she visited an urgent care clinic later in the day and booked an

appointment with her cardiologist. Then she returned to a busy week and the rush of daily life. But her family was worried. At her son’s urging, her husband took her to the emergency room at Stanford Health Care – ValleyCare.

**They didn’t know it then, but that visit would save her life.** Within hours, they learned that she had severe arterial blockage and needed surgery, urgently. It was frightening news, but from the moment “we arrived at Stanford Health Care – ValleyCare, through my open-heart surgery, a postoperative recovery, and cardiac rehabilitation, we were surrounded by caregivers of exceptional skill and compassion,” says Dale. “When I needed it most, Stanford Health Care – ValleyCare gave me world-class medical care, right in my own backyard. And they cared for us like family...I know that the personalized, compassionate care I received at Stanford Health Care – ValleyCare saved my life, that by supporting the ValleyCare Charitable Foundation, I can help provide this same level of care to others.”



**Learn more about preventing heart disease**

Now is the right time to start paying attention to your heart health. You can lower your risk for heart attack and stroke no matter how old you are by knowing the risk factors that affect your heart. [Learn more here](#).



**Heart-healthy foods**

A heart-healthy eating plan contains foods that can lower your risk of heart disease, heart attack, and stroke. Healthy eating is a part of a heart-healthy lifestyle that includes regular activity and not smoking. [Learn more here](#).

**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

*More information about sponsorships and golf slots ▶*

Join us at the [34th Annual Golf Tournament!](#)

**PRESIDENT’S CIRCLE Enhance patient care and help meet the growing healthcare needs of the Tri-Valley by joining the President’s Circle Corporate Partners program**



The ValleyCare Charitable Foundation President’s Circle is a giving society that recognizes donors who make annual leadership gifts. By making a yearly commitment, you help Stanford Health Care - ValleyCare provide the Tri-Valley with exceptional, patient-centered community medicine, coupled with specialized Stanford Medicine programs to deliver a full continuum of care. The President’s Circle Corporate Partners program allows your company to support a wide variety of initiatives that enhance patient care at Stanford Health Care - ValleyCare with a single annual commitment of \$10,000 or more. [Learn more](#)

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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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