

September 2020



Tri-Valley Youth Give Thanks to Healthcare Heroes

Ketaki Lole, Trisha Sukale, and Priyal Saraf have always had a passion for dancing. They are also all personally inspired by the compassion and dedication of the Tri-Valley's local healthcare workers and wanted to do something to support them. So they collectively decided to use their talents as Bollywood dancers to raise money for their community hospital and

educate children about the pandemic. The money they raised giving dance lessons went directly to ValleyCare Charitable Foundation, to support Stanford Health Care – ValleyCare's efforts in responding to COVID-19. Click [here](#) to read their story.

(Pictured from top left: Trisha Sukale, Ketaki Lole, Priyal Saraf)



September 30th is National Women's Health & Fitness Day

National Women's Health & Fitness Day aims to focus attention on the importance of regular physical activity and health awareness for women. Many fitness centers and organizations will be offering tips, classes, and screenings across the country. Whether we are in tip-top shape or have health goals in mind, this day inspires us to take care of ourselves. Pick your goal and get moving!

Here are a few ways to get involved that include social distancing:

- Join our Virtual Fitness Challenge; click [here](#) to register
- Attend a webinar about reducing stress
- Take a virtual yoga class
- Walk or bike instead of driving

Don't forget to tag us on social media with your photos as you celebrate #WomensHealthFitnessDay.



You Still Have Time to Join the Fun!

Our team is having a blast as we make our way virtually from the Golden Gate Bridge to Yosemite National Park. The only thing that would make it better is for you to join us! Your next adventure awaits.

Walk, run, cycle, hike, or swim from the Golden Gate Bridge to Yosemite National Park (175 miles) to raise funds for Stanford Health Care – ValleyCare, our nonprofit hospital, and its innovative

medical programs and services that improve patient care. **Registration ends September 30th.** Click [here](#) to register now!

If you would rather not participate, you can also donate to cheer on and inspire those who are taking part in the Challenge by clicking [here](#).

(Pictured above: Top right, Shaqui Sulikyan, VCCF President, with son, Victor Curtis; bottom left, Gayle Cowan, VCCF Administrative Assistant; and bottom right, Denise Laughlin, VCCF Events & Communications Specialist, with daughter, Bailey Laughlin.)



October is Breast Cancer Awareness Month

2020 has been a powerful reminder that we are all in this together and our choices and actions have the power to protect the most vulnerable among us in a big way. The same holds true when it comes to breast cancer. With your

support, we can show every breast cancer patient that their life is important. By working together, we can inspire hope and become a force for good to get them access to the care they deserve. During the month of October, when you donate in honor of a cancer survivor or in the memory of a loved one's courageous battle, your donation can help fund Stanford Health Care – ValleyCare's Cancer Services or Women in Need Fund.

- Stanford Health Care – ValleyCare's cancer program has been accredited by the American College of Surgeons' Commission on Cancer since 1992. Our expert multidisciplinary team guides patients and their families through customized treatment, support services, and follow-up, based on individual needs.
- The Women in Need Fund provides financial assistance to underinsured and underprivileged patients in Dublin, Livermore, and Pleasanton during their treatment and recovery from breast cancer.

Click [here](#) to give help and hope at every step of the breast cancer journey. When you donate, we will send a commemorative eCard to your honoree.



Did You Know That You Can Make a Contribution to VCCF Directly From Your IRA?

"As a CPA specializing in taxes, I have advised many clients on ways they can support their favorite charitable causes. Now that I'm over 70 ½ years old, I decided to make a tax-free gift directly to VCCF from my Individual Retirement Account (IRA) as part of my Required Minimum Distribution (RMD). I know that it's a great way to reduce both my

Adjusted Gross Income and taxable income while supporting a vital need in our community, our local Hospital. Join me, and you too can benefit by saving taxes as well as possibly saving a life with your gift." – Tim Weaver, CPA

To learn more about donating directly from your IRA account, click [here](#).

(Pictured above: Tim Weaver, CPA)

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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