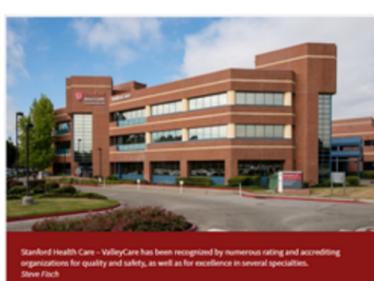


August 2020



Stanford Health Care – ValleyCare Recognized as One of the Top 50 Hospitals in California

Stanford Health Care – ValleyCare (SHC – VC) has been recognized by *US News & World Report* as one of the **Top 50 Hospitals in California (#37)** and the **#7 hospital in the Bay Area**. In addition, the Hospital was recognized as high-performing in 5 specialties: colon cancer, heart failure, hip replacement, knee replacement, and COPD. This recognition comes on the heels of many well-deserved recognitions over the past 18+ months:

- **CMS 5-Star Quality & Safety Rating** – top 7% of hospitals in the country
- **Leapfrog A Quality & Safety Rating** – top 33% of hospitals in the country
- **Newsweek Best Maternity Hospital** – top 231 hospitals in the country
- **American Heart/American Stroke Silver Plus Performance Recognition** – the best we can possibly do in the first year of the Stroke Program
- **American College of Radiology (ACR) Lung Cancer Screening Center Designation** – demonstrating commitment to providing high-quality screening care and patient safety

"This is a tremendous step forward for our organization and for our community, and it represents amazing progress on the journey that we're on to become the finest community-based, academic-affiliated health system in the United States. Thank you for the role you've played in helping to fund some of these programs and services." ~ Rick Shumway, MHA, SHC – VC President and CEO

To learn more, click [here](#).



Virtual Fitness Challenge - September 1st – 30th

Join our Young Philanthropist team as they set the pace for our first-ever Virtual Fitness Challenge. Our team of young donors wants to make a difference in their community by raising funds to support Stanford Health Care – ValleyCare, our nonprofit hospital, and its innovative medical programs and services that improve patient care. They came up with this fun and creative way to do just that! You can help them by

signing up to (virtually) walk, run, cycle, hike, or swim (or any other preferred fitness routine) from the Golden Gate Bridge to Yosemite National Park (175 miles). Create your own social media page (or simply share ours), invite your friends and family to cheer you on and support the cause. Have fun while inspiring a wave of generosity in your community! Click [here](#) to register for the challenge.



The Young Inspire Us All

"It is important that people of all ages come together to support the community and the hospitals during these tough times." These are the words of Aparna Sai Jella, a California High School student who recently demonstrated her support for her community by donating to ValleyCare Charitable Foundation. Aparna is one of the many young people in the Tri-Valley who have recently

stepped up for their community hospital. Most of them were inspired by the pandemic's Healthcare Heroes. Some of them also volunteer their time, doing hands-on work in their community. All of them have found creative ways to give much-needed funds to support Stanford Health Care – ValleyCare's efforts during this challenging time. To learn more, read our press release [here](#), or see the articles in [The Independent](#) and the [Pleasanton Weekly](#).



Stanford Medicine scientists hope to use data from wearable devices to predict illness, including COVID-19.

Wearable Devices May Help Predict Illness

Stanford Medicine researchers and their collaborators, Fitbit and Scripps Research, are launching a new effort that aims to detect early signs of viral infection through data from smartwatches and other wearable devices. By using wearable devices to measure things such as heart rate and skin temperature, which are known to elevate when the body is fighting off an infection, the team seeks to train a series of algorithms that indicates when your immune system is acting up. If the algorithms succeed, the

team hopes to curb the spread of viral infections, such as COVID-19.

What they need now are participants. To read about the study, click [here](#). If you or someone you know is eligible, please join or encourage them to join by enrolling [here](#).



Stanford Health Care – ValleyCare Employee Pays It Forward

Monice Juan (pictured with her husband, James) is incredibly grateful to be working with Stanford Health Care – ValleyCare's Physical and Sports Medicine team. She generously chose to pay it forward.

"I have been given so much love, support, guidance, and opportunities that I may not have received elsewhere," Monice explained. "With that said, as my gift, please write a check for a reasonable amount to the ValleyCare Charitable Foundation. I truly admire and appreciate all of their hard work and would love to give back to my work family." To read her story, click [here](#).



We Met The Match!

Thanks to you, we've met the Stupski Foundation Match! We couldn't have done it without you. Your generosity helps improve critical medical services and programs that enhance the health of our community. Thank you for helping us meet this match, so we can continue to provide world-class care to everyone who turns to us in their hour of need. Thank you for helping to foster health, build community, and save lives.



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 the ValleyCare Charitable Foundation. If you have questions about the content in the newsletter, please contact the [VCCF Team](#).

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

[Check us out on Facebook](#)

[Follow us on Instagram](#)

[Make A Gift](#)