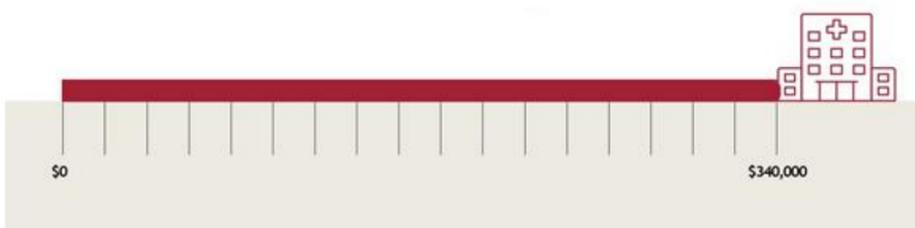


## January 2020

### Bring it Home Challenge Met, Helping to Cross the Finish Line for the Campaign for Stroke Care



Thanks to an outpouring of donations from the community, VCCF announced on December 30 that we met the Bring it Home Challenge and exceeded the \$1 million fundraising goal for the Campaign for Stroke Care. Special thanks to Lynn and Joan Seppala and Don and Sharon Ritchey for their generous contributions and matching gifts. Thanks a million! Learn more about the Campaign for Stroke Care [here](#). Read the December 30 press release [here](#).



#### Message of Thanks

Rick Shumway, President & CEO of Stanford Health Care – ValleyCare, shares his personal thanks to the community for supporting the Campaign for Stroke Care and the Bring it Home Challenge. Our Primary Stroke

Center is already making a difference in the Tri-Valley. Watch his video [here](#).



### Join Us at the Stanford Health Care – ValleyCare Health Fair

Mark your calendar to join us on Saturday, February 22, 9:30 am – 1:00 pm at the Roundhouse Market & Conference Center in San Ramon for our free, fun, family-friendly Health Fair! The event will feature free health screenings, speakers, food, and giveaways. For more information, including a detailed schedule and list of activities, click [here](#).



### Do Your New Year's Resolutions Include Running?

Are you taking up running or would you like to run more in 2020? Having the right running shoes and form can keep you healthy and prevent injuries. Read about "How not to buy running shoes, according to science" in a Stanford

Medicine Scope post by Ellen Bouchard [here](#).

Did you know that Stanford Health Care – ValleyCare's Physical and Sports Medicine team offers running evaluations that can help prevent injury and pain for runners of all skill levels? Learn more about Running Analysis sessions [here](#).



### Denise Laughlin Joins the VCCF Team

Denise, a longtime resident of the Tri-Valley and mother of Miss Rodeo California, joined the VCCF team earlier this month. In her role as the Events & Communication Specialist, Denise will support our mission of providing ongoing funding of our local Hospital, Stanford Health Care – ValleyCare, and its innovative medical programs. Read more about Denise and the rest of the VCCF team [here](#).

(PC: Libby Wendt Photography)

**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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