

March 2020



Message from Rick Shumway, Stanford Health Care – ValleyCare President & CEO

On March 17 Rick Shumway sent a message to our community following the shelter-in-place order. In his message he wrote, "We know that our community is depending on us for critical care and that we have a vital role to play in combatting the spread of COVID-19. We take this charge seriously and are working diligently to manage our ongoing response in this unprecedented time." Download and read his full message [here](#).



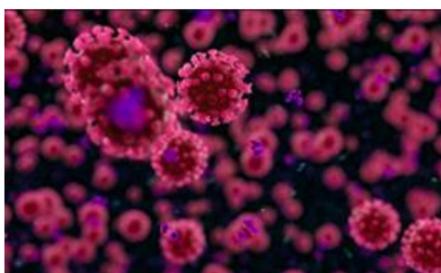
Role of Philanthropy in Helping Stanford Health Care – ValleyCare Combat COVID-19 Locally

You can help our front-line heroes in the fight against COVID-19. Given the ever-changing nature of this situation, our needs change day to day and hour to hour. It is in times of uncertainty that we see the best of our community emerge. We are asking you to help by donating to VCCF in support of our local Hospital. All donations will be pooled together to help our local nonprofit Hospital, Stanford Health Care – ValleyCare, combat COVID-19. Thanks for all that you are doing to help address this public health crisis. To make your donation, click [here](#).



A Stanford Psychiatrist Offers Tips for Coping With Anxiety Brought on by Novel Coronavirus (COVID-19)

In a SCOPE post by Tracie White, Dr. David Spiegel, Associate Chair of Psychiatry and Behavioral Sciences and Director of the Stanford Center on Stress and Health, explains how some of the unique challenges brought on by the coronavirus are affecting people and offers coping methods that may be helpful to you and your loved ones during this crisis. Read the post [here](#).



Latest Information About COVID-19

We know that you are interested in information about Novel Coronavirus (COVID-19) and have questions about how to keep yourself and the people you care about safe. Stanford Medicine's highest priority is the safety of our patients, healthcare workers, and our community. To learn more about symptoms, how to protect yourself, supply donations, and what Stanford Medicine is doing in the fight against COVID-19, visit the following [website](#).



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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