

## Time for Change

Despite the cold and wet weather, we cannot deny the beauty and vibrant colors. But it is not always easy to welcome change.

We are more alike than different when it comes to changes in our lives. We are resistant or blind to the benefits and the beauty that change can bring. Some of us have experienced change that is not welcome; unemployment, mental or physical impairment, hunger and homelessness are difficult and seemingly hopeless changes.

Valley View Health Center provides primary and preventative medical, dental and mental health care for 18,000 of our friends, neighbors, co-workers and loved ones who experience change in their lives. We provide these services regardless of ability to pay. Spanish speaking services are available at all of our seven clinics. Visit our website [www.vvhc.org](http://www.vvhc.org) for our history, mission, community events, services and more.

### November is Diabetes Awareness Month

And time for all of us to be mindful of what we eat. Here is an easy, inexpensive and healthy recipe.

**Club Wrap - Prep time:** 10 minutes

**Ingredients:**

whole wheat tortilla, low fat, 7" diameter  
2 tbsp. light cream cheese  
1 oz. lean and low-sodium turkey slice  
1 oz. lean and low-sodium ham slice  
1 oz. Swiss cheese slice  
1 iceberg lettuce leaf  
2-3 tomato slices

Spread cream cheese on one side of tortilla. Layer lettuce, turkey, ham, cheese, and tomato on top. Bring the sides of the wrap in and then roll up. Wrap each in plastic wrap until ready to serve.

**Serving size:** 1 sandwich - [perfect for school lunches!](#)

33 g carbs, 25 g protein, 3 g fiber per serving

*FREE Nutrition Workshops!  
See back page*



There are **182 health and wellness** videos on Diabetes, Asthma, Depression and Cardio Health at the Community Health Plan of Washington (CHPW) Health and Wellness Video Library at:

<http://www.chpw.org/member-benefits/wellness/health-and-wellness-videos/>

Visit our website, [www.vvhc.org](http://www.vvhc.org) and you will find VVHC history, our mission statement, clinic locations, photos, event flyers and event information, news and testimonials, and how you can help us make a difference!

### Holidays 2011

#### Valley View Health Center Locations:

**2690 NE Kresky, Chehalis**  
**(360) 330-9595**  
Medical, Dental and Mental Health

**Morton Dental**  
**(360) 496-5101**

**Onalaska (360) 978-6600**  
Medical

**Raymond (Pacific County)**  
**(360) 942-3040**  
Medical and Dental

**Toledo (360) 864-4400**  
Medical

**Winlock (360) 785-9400**  
Medical

#### Medical Walk-in

**1800 Cooks Hill Road, Suite F**  
**736-3042**

**Hours: Noon - 10:00 p.m.**  
**7 days a week - closed holidays**

[www.vvhc.org](http://www.vvhc.org)

#### Moms and Dads Quiz:

- For every \$1 invested in early education, what amount is returned in socio-economic benefits during child's lifetime?
  - \$3
  - \$5
  - \$7
- Some babies love peek-a-boo because:
  - Babies love getting all of the attention.
  - Who wouldn't laugh at grown-ups being fun and ridiculous?
  - It teaches babies the concept of object permanence: even if something is out of sight, it still exists.
  - All of the above.
- Diaper changing speed: who is faster, moms or dads?  
The answers will surprise you:  
[www.vvhc.org/Answers.html](http://www.vvhc.org/Answers.html)

**Do you know someone with diabetes?  
We are offering two FREE Diabetes Nutrition Workshops!**

*Raymond:* **Thursday, November 3<sup>rd</sup>, 2:00 - 4:00 p.m.**

Open to all Valley View Health Center patients and a family member  
*Workshop taught by Pam Drake, NTP, Shoalwater Bay Wellness Center*

*East Lewis County:* **Wednesday, November 9<sup>th</sup>, 6:00 p.m.**

Workshop will be held at our Onalaska Clinic, 1810 Hwy. 508, Onalaska.  
Funding provided by Lewis Mason Thurston Area Agency on Aging (LMTAAA).  
Workshop available only to Seniors age 60+.

*Workshop taught by Paige Evans, CDE, Providence Health System*

*Please call (360) 330-9557 with questions and to RSVF*

*Cold and Flu Season is here. Don't Go To Work or School. . .*

If you awake with a sore throat, headache or coughing, you're probably coming down with a seasonal cold which is the most contagious during the first two days, but **can be contagious for several days**. If you also have a fever of 100 degrees or more, its likely your fever will spike during the day. If you're feeling sick, you're going to have a hard time functioning at your normal level. **Get lots of water, juice or tea and go back to bed.**

Compared to colds, flu symptoms are more severe and tend to come on abruptly. The flu also penetrates deeper into the respiratory tract and comes with chills. Fever is common in the first few days, and a fever may rise. Muscle aches, headache, a runny nose, sore throat, cough, weakness, and fatigue are signs of the flu. Even if you're on medication but symptoms are still present, **you risk affecting others. Stop and rest.** You may be pushing yourself to the point where you are a lot sicker then you would have been if you had taken the first day off and let your body fight the infection. If you have more serious symptoms, such as pain radiating down the leg, muscle weakness, intolerable back pain or shortness of breath, call your doctor immediately.

While you're sick and before you return to work, **wash your hands often.**



We welcome Medicare, Medicaid, the uninsured, underinsured, low-income individuals and families.  
Most insurances are accepted. A sliding fee scale program also available.

See reverse side for list of Valley View Center locations  
Medical Walk-In open 7 days a week at 1800 Cooks Hill Road, Suite F, Centralia

*Bilingual Services available at all clinics*

[www.vvhc.org](http://www.vvhc.org)