

# Sonoma County Medical Association Alliance Foundation

Physician families connecting to create a healthier Sonoma County  
by improving the lives of those in need



## EXECUTIVE BOARD 2017-2018

Patty Lyn Tweten	President
Janet Lakshmanan	Treasurer
Ann Hurd	Secretary
Tricia Hunstock	VP Governance
Margaret Peterson	VP Information Technology
Meta Lightfoot	VP Membership
Sheela Hodes	Immed. Past President

## PROGRAMS

Foster Children's Give-a-Gift

Garden Tour

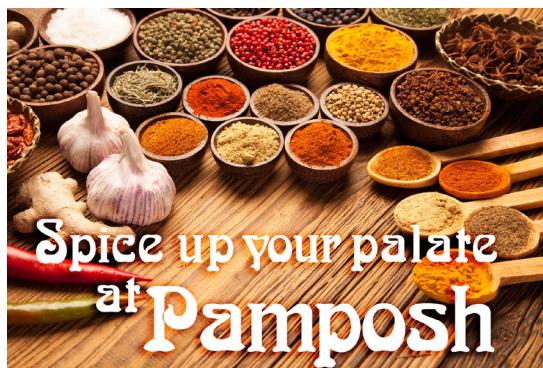
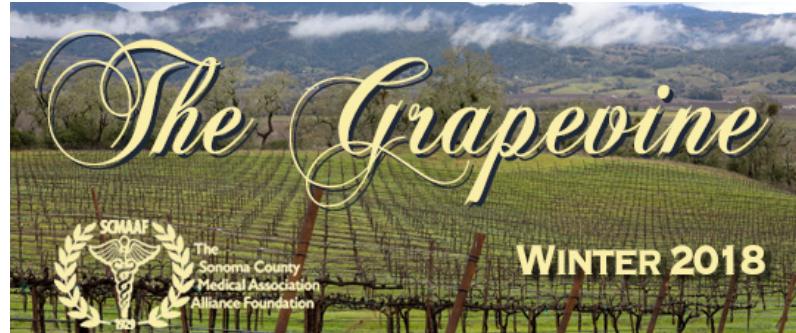
Health Careers Scholarship

Health Promotions:

Children's Museum of Sonoma County  
Health & Science Lab

JourneySafe

Safe Schools Program



**Have a little nosh at Pamposh!  
Wednesday, February 7, 2018**

Come and spice up your winter doldrums with a lovely, flavorful lunch at Pamposh, an Indian Restaurant owned by Alliance member, Mona Dhar.

Enjoy lunch with fellow Alliance members in an intimate environment.

Menu:

- Chicken in Apricot sauce
- Baigan Bartha
- Aloo Gobi
- Fish Tikka Kebab
- Pamposh Naan
- Rice

Tickets are \$30 per person. Reserve early as attendance is limited to 20 people.

To reserve your spot or if you need a ride, call Meta Lightfoot, (707) 478-0960.

See you there!

**Pamposh Restaurant  
52 Mission Circle  
Santa Rosa**



**Next Pub Night:  
Monday, February 12  
6-7:30 PM**

**Bear Republic Brewing Co.  
5000 Robert's Lake Road  
Rohnert Park**

Join fellow Alliance members and their spouses at Bear Republic Brewing Company in Rohnert Park. The first drink is on us!

No RSVP required, just show up.

But, if you happen to know you'll be there, it helps to let us know!

If you need a ride, call Meta Lightfoot, (707) 478-0960.

SCMAA Foundation is a 501(c)3 non-profit organization  
Tax ID # 02-0542304

[www.scmaa.org](http://www.scmaa.org)  
[alliance@scmaa.org](mailto:alliance@scmaa.org)

Post Office Box 1388  
Santa Rosa, CA 95402

*From the President:*

## 2017: A Year in the Rearview Mirror

For most of us, the memories of 2017 will condense down to a week in October when so many lives changed, and all were affected. We may be fatigued by repetitive stories of the fires, and the temptation to put this behind us is great. But, for our friends and neighbors who lost their homes, this experience and the recovery is ongoing.

Your Alliance board recognizes this. We've prioritized the needs of our membership and the physician population in Sonoma County for the remainder of the year. Here are some things that we have done, and things we plan to do in the next several months:

### Wine Country Fire Relief:

Many generous donors across the country have contributed to this fund of nearly \$15,000. Our inaugural committee meeting is Wednesday, January 31 to discuss disbursement of these funds to our community. If you are interested in participating in this effort, please contact me at patty@tweten.com, 707-799-8427.

### Free SCMA Alliance Memberships are offered to Physician Fire Families:

In November, the Board coordinated with the CMAA to offer free memberships to

any Sonoma County physician spouse who lost their home in the October fires. If you have friends who are going through this, please encourage them to join our community. We're here for all physician families. You can download our brochure from the membership page on our website and send it to your physician friends and associates who have lost their homes.

### Monthly Informal Social Events:

Fellowship with peers and friends can be the most healing activity for those who have gone through loss. With that in mind, the Alliance's first Pub Night was Friday, January 19. Over 30 Alliance members and spouses attended. The board plans to hold an event like this one evening every month to encourage members, spouses and friends to come together. We understand that not everyone can make some of our one-of-a-kind events. Pub Nights are something you can decide to attend last minute, with the knowledge that, if you miss this one, there's one next month. We'll even buy the first round! February's Pub Night is at Bear River Republic on the 12th. Details on Page 1.

### Other Scheduled Events for members, couples and families:

Beginning with a February



Alliance Members and Spouses gathered at our first Pub Night

lunch at Pamposh (see story Page 1), we'll be offering regular social and informative events. In March, watch the calendar for a couple's event. In April, we'll present a "Disaster Preparedness" seminar to discuss how best to preserve information about important documents in your home in case of an emergency. We're also planning family events in April and May, perhaps to in-

clude an afternoon at Epicenter in Santa Rosa.

Our most valuable asset of the Alliance is our own members. We're looking forward to investing in all of you as we move through the remainder of the year.

*Patty Lyn Tweten*

*President*

*The Sonoma County Medical Association Alliance Foundation*



### Give-a-Gift Holiday Gifts: It's a Wrap!

*By Laura Robertson,  
Committee Chair*

The Foster Children's Give-a-Gift committee is pleased to report another very successful year.

We are grateful for the continued support we receive from our dedicated donors. This year's fundraising brought in between \$25-29,000. (Some checks were lost in the fire and continue to be resubmitted.)

We are humbled that after the dust settled from the fires, people continued to donate to our program. We were very worried that our donors would re-evaluate their giving decisions and our fundraising efforts would suffer; this was not the case!

258 foster youth received gifts this year — an increase of 9%. The ages ranged from newborn to 21 years of age. Requests included everything from basic essentials to gift

cards and bikes. We had 9 large bike requests. Interestingly, many bikes were requested for basic transportation. What seems like a fun toy for us is an essential vehicle for others. As always, our amazing shoppers matched every child's request with a unique and special gift.

Austin Creek Elementary School's "Gift Tree" is a bright light in supporting the program. The school's families provided gifts for 16 children and 8 gift cards. Liz Restel continues to spearhead this effort and will expand upon her efforts next year.

Wrap Day continues to be a great opportunity for our Alliance members to get a real sense of our program and is truly inspiring to see 258 gifts beautifully wrapped and organized for pick up. 11 Alliance members (and one mom) attended Wrap Day December 1st.