

The Grapevine



Enjoy this Wonderful Time of Year!

December 2015

Our Website

www.scmaa.org

Email Address

alliance@scmaa.org

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Calendar of Events

January 7, 2016

JourneySafe at Rincon Valley Christian School.

February 17, 2016

JourneySafe at Sonoma Academy



The Holiday Greeting Card celebrating its Golden Anniversary is within reach of meeting the goal of \$50,000 for 50 years. This is possible because of the generosity of donors raising the bar on their annual giving for scholarships. Three donors joined the Circle of Champions with \$1,000 gifts and an unprecedented seven donors gave gifts of \$500 each. To date, \$18,000 in donations

has been received. These funds will be added to the \$20,000 contribution from the SCMAAF resulting from Gala85 and the 2015 Garden Tour. Our investment with the Sonoma County Community Foundation will also factor in as well as a pending grant from the Pacific Foundation for Medical Care.

Thank you to all for gifts large and small as together the opportunity for local students to pursue a career in Medicine is now more than a dream.

Barbara Ramsey
Holiday Greeting Card Chair



National Impaired Driving Prevention Month is upon us



Drunk drivers kill more than 10,000 people a year. About a third of traffic deaths in the US involve a driver with a blood concentration above the legal limit. Driving under the influence of drugs, illegal or certain prescribed medications carries the same risks of driving drunk. In addition, distracted driving whether with cell phone use, loud music or multiple passengers all count as impaired driving. At this time of year more celebrations including alcohol occur.



Steps you can take to prevent impaired driving

- Speak out ... warn others about the dangers associated with impaired driving.
- Take keys from an impaired friend.
- Be a good passenger. Remind driver to stay focused on the road. Limit distractions.
- Wear seatbelts.

Drive Sober or Get Pulled Over Campaign

Law enforcement on a state and local level are working to prevent impaired driving. "The Drive Sober or Get Pulled Over Campaign", occurring from 12/16/2015 through 1/1/2016 seeks to raise awareness of the dangers associated with drunk and drugged driving, aiming to prevent tragedies before they happen.

Myth busters from Mothers Against Drunk Drivers (MADD)

Myth- Coffee can help to sober up a person who has had too much to drink.

Fact- Time is the only thing that sobers a person up. It takes about an hour to oxidize each drink.

Myth- Hard liquor is more intoxicating than beer or wine.

Fact- 12 ounces beer, 5 ounces wine, 12 ounces wine cooler can cause the same amount of intoxication as one and a half ounces hard liquor.

Myth- Someone who has had too much to drink will look intoxicated.

Fact- One's physical appearance can be misleading. One drink can impair driving skills causing poor judgment and impaired motor skills.

Hosting a Holiday Party? Check out these helpful hints...

- Plan Ahead.
- Designate a non-drinking driver.
- Take the keys.
- Don't let a friend drive if they're impaired.
- Be a helpful host.
- Remind guests to plan ahead and arrange a sober driver.
- Always offer alcohol-free beverages.
- Make sure your guests leave with a sober driver.

- Celebrate, but do so safely. Drive defensively and report anyone driving erratically to law enforcement. You may save a life.

Sources:

Distraction.gov

NHTSA.gov/DriveSober

WhiteHouse.gov/ONDCP/DruggedDriving

dmc-care.org

silverspringcenter.com



The Head-2-Toe Medical Lab is a Hit at the Children's Museum of Sonoma County!

We're so pleased to report that the Head-2-Toe Medical Lab is an overwhelming success. Here's what Kristyn Byrne, Development and Marketing Manager of the Children's Museum of Sonoma County, had to say:

"Just wanted to drop you a note to share how popular the Head-2-Toe Medical Lab exhibit is here at the Museum. You can see from the guest photos above that children love exploring all of the activities in the exhibit (and enjoy taking care of their "patients"!)

Thank you so much for your sponsorship of this valuable (and fun!) exhibit. The benefit to children and families goes way beyond the walls of our campus. Together, we are inspiring the next generation of medical professionals!"

Even Alliance member Barbara Ramsey is head-over-heels in love with the Museum:

"I can say from personal experience that this is a great hit as is the whole of the Children's Museum. It is a great place to take my 3 grandkids and 3 hours is the average visit. They call it the magical toy store!"

Please take some time over the holidays to check out the Museum if you haven't visited yet.



We are so pleased to announce that the SCMAA-Foundation will be able to fund 23 schools which applied for the mini grant funding this year. With contributions from our Gala85 and Garden Tour fundraisers along with donations from our fantastic community partners including Elly Werner and Leo Hoefer and the Sutter Medical Group of the Redwoods, we were able to raise a total of \$21,000. Funding will make its way to the various schools before the end of this year.

Stay tuned for the list of schools and programs which are helping our youth understand the critical importance of creating a safe environment at school and beyond through lessons in anti-bullying and violence prevention.

Linda Casey, MD
Safe Schools Program Chair



The founder of the JourneySafe program, David Sabet, MD, continues to bring the message of the dangers of distracted driving to young and inexperienced drivers. The next iteration of his informative and moving video is scheduled to arrive shortly so that we can ensure the program we present is up-to-date and relevant.

The next JourneySafe presentation will be held on Thursday, January 7, 2016, at Rincon Valley Christian School in Santa Rosa. Please contact [Cindy Popovich](#) for more details.

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