

# The Grapevine



Will You Be An Alliance Sweetheart?

February 2016

## Our Website

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

## Email Address

[alliance@scmaa.org](mailto:alliance@scmaa.org)

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## PLEASE READ THIS NOTE ABOUT THE 2015-2016 DIRECTORY

We were so pleased to be able to provide our most recent Directory to you in our last communication.

*Please remember these items about our Directory:*

1. Do not duplicate the information contained in the Directory or distribute to other parties.
2. Distribution of the Directory is limited to only members unless prior written consent of the Board of Directors.
3. Use of the Directory is limited to Alliance organizational use unless expressly permitted by the member.

## Calendar of Events

### April 22, 2016

Whisky & Cheese Buy-In party at Mayacama

### May 5, 2016

Hidden Talents at Paradise Ridge Winery in Santa Rosa

### May 21, 2016

Crawfish Boil at the home of Linda Casey and Jesse Rael



## Garden Tour Update

by Pat Anderson and Barbara Ramsey  
Co-Chairs Garden Tour Committee

Thank you all for your past participation and volunteerism for the past 24 years of our garden tours!

Many of you may be asking, is the Alliance having a Garden Tour this year?

The Alliance and Board of Directors are gearing up for a **25th Anniversary celebration and Garden Tour, next spring 2017**. Given the size, efforts and magnitude of

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this event, we will be taking the year off of hosting this annual event this May. We will be working hard on garden selections, sponsorships, and special events to surround this wonderful milestone in the history of the Alliance.

If you are interested or considering a position within the Alliance, and would like to participate on the Garden Tour Committee, please contact [Pat Anderson](#) or [Barbara Ramsey](#).



## Give-a-Gift's New Initiative: Foster Youth Textbook Fund

by Laura Robertson and Carol Lynn Wood  
Co-Chairs Give-A-Gift Program

Getting to college is one of the biggest challenges foster youth face, but financial challenges should not be what keeps them from succeeding! In January, Laura Robertson & Carol Lynn Wood presented a check for \$5,000 to the Seawolf Scholars Program at Sonoma State University. This money will be used exclusively to fund textbooks for qualifying students. An application process was rolled out that accessed class schedules, books needed and most importantly, each student's degree of financial need.

We have received personal letters of thanks and can't wait to share some expressions of gratitude:

*"I want to start by thanking you for the support you are giving me and the other Seawolf Scholars at SSU. I am a single mom working while going to school. So as you can imagine my finances are super tight. I am very blessed to be able to attend school. It is because of organization's like yours and scholarships I receive that allows me to do so. Without the support from the college and community members I would not be able to keep going. Being a former foster child, I push myself very day to better than what I was shown. Again, I would like to sincerely thank you for your generous support." ---- April Holmes*

*"I am very lucky to be able to attend SSU; once I graduate, I will be the first in my biological family to do so from any college. Your offer to help purchase books this semester is extremely appreciated. I am so glad I was given the opportunity to qualify for this book fund. I'm a liberal studies major and have a lot of books to read this semester- so every little bit helps and I appreciate the generosity." ---- Joseph Keikhaefer*

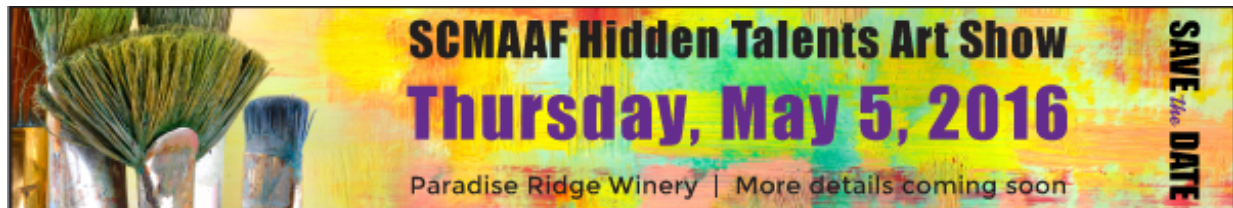
We wish to thank our donors and the Alliance Board for the ability to offer this much needed financial resource!

Contact info:

[Laura Robertson](#)

[Carol Lynn Wood](#)

*Carol Lynn Wood, Danielle Hansen, & Laura Robertson celebrating the Alliance's support of the Seawolf Scholars Foster Youth Textbook Fund.*



## Hidden Talents Art Show

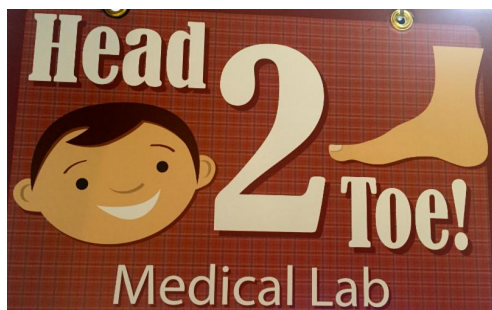
by Cecile Keefe and Sally Ebrahim  
Co-Chairs Hidden Talents

### CALL FOR ARTISTS

Bring out your inner talent and share them with Alliance members and friends on Thursday, May 5th, at the "Hidden Talents Art Show" hosted by SCMAAF. The committee is looking for Physicians and their spouses or partners who engage in artistic pursuits. We are looking for first time and experienced exhibitors to display a diverse selection of visual and performing artwork. This will be a non-juried art show.

Details and entry forms are available online at: [www.scmaa.org](http://www.scmaa.org) or you may contact co chairs Cecile Keefe or Sally Ebrahim at [hiddentalents@scmaa.org](mailto:hiddentalents@scmaa.org). Deadline for entry is **April 5th**.

All proceeds benefit SCMAAF programs. We'll have some wonderful food and entertainment at the beautiful Paradise Ridge winery, as we browse and enjoy the many talents of our local medical community.



## Head 2 Toe Lab at the Children's Museum of Sonoma County: Ready for Your Help!

by **Colleen Meseroll**  
Alliance Liaison to the Children's Museum

The support from donors like you has allowed the SCMAA Foundation to take a leading role in the development of the Head 2 Toe Medical Lab at the Children's Museum of Sonoma County - we are so thankful to you!

The Lab is up and running with lots of children and their parents-grandparents-caregivers actively engaging with the many health-related items available (using a stethoscope, listening to a large drum beat our their heartbeats, caring for a baby - an adorable doll!). As we move into the next step of our involvement with the Museum, we are now ready to find just the right Alliance members (& Alliance member spouses) who are interested in **becoming speakers at the Lab!**

Your audience of 3-4 year old kiddos and their parents-grandparents-caregivers is ready to hear about your knowledge of the human body and how its various systems function. The Museum will likely be open to other ideas should you want to present them. The scheduled day and time are the third Monday of the month at 10 am.

If this intrigues you, please contact me for more details.

Contact info:  
[Colleen Meseroll](mailto:Colleen.Meseroll@scmaa.org)  
(707) 579-4843

**Safe Schools: Helping our Students Help Themselves**





by Linda Casey, MD  
Safe Schools Program Chair

The SCMAA Foundation Safe Schools Program is pleased to have funded a total of 24 public schools, supporting anti-bullying and anti-violence programs for the 2015-2016 school year. The Safe Schools Program provides mini-grants to schools to support programs preventing emotional and physical bullying and creating Safe Schools by improving

school climate. The feedback from schools receiving our funding has been overwhelmingly positive.

Contact info:

[Linda Casey](#)

*Students from Petaluma High School's 2015-2016 Safe School Ambassadors Program, made possible by your generous contributions and a collaboration of the Alliance and Sonoma County Office of Education.*



## Whisky & Cheese Tasting at Mayacama

Back by popular demand - it's a  
Buy-In Party\*!

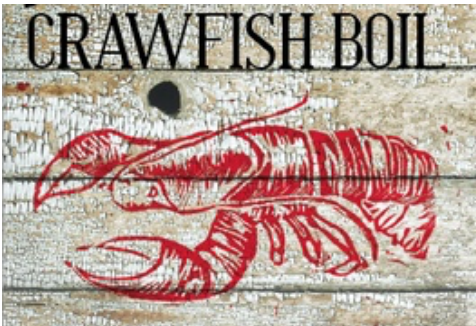
We are excited to present a "Whisky & Cheese Tasting Buy-In Party" in the Caves at Mayacama with Michael Traverso in Santa Rosa.



Save **Saturday, April 22, 2016**, if you are interested in participating. It will be limited to 40 people. What a fantastic way to raise some funds for our Alliance programs while enjoying the company of our Alliance friends! More details will follow.

**\*What's a Buy-In Party?**

A Buy-In Party is an activity with a set price and date. Any Alliance Member can buy-in -- it's first-come, first-serve.



**"Laissez les bons temps"**

Saturday, May 21st is the date we have set for a Crawfish Boil at the home of new member **Linda Casey and her husband Jesse Rael**. Of course, we'll have some other entrees for those that are too squeamish to try these delicious crustaceans! Look for details in April!



**February is  
American Heart Month**

by **Cindy Popovich, RN**  
VP, Health Promotions

We celebrate American Heart Month each year to educate people about the prevalence of heart disease in our country and what we can do to decrease it.

Heart disease is the number one cause of death for women in the United States. On National Wear Red Day, February 6th women wore red to raise awareness about

heart disease in women.

More than 795,000 Americans have a stroke each year making it the 4th leading cause of death in people under 60 and actually the leading cause of long term disability. Strokes can occur when there is a narrowing and then a blockage in a blood vessel in the brain. Women are more likely than men to die from a stroke and have a higher lifetime risk than men because they live longer.

### **HEART DISEASE IN WOMEN FACTS:**

1. Nearly 425,000 US women die of heart disease making it the leading cause of death in women.
2. Close to the same number of men and women die of heart disease each year, yet many Americans think of it as a man's disease.
3. Obesity, diabetes, poor diet, lack of exercise and excessive alcohol use increase a person's chance for heart disease.
4. High blood pressure, high LDL cholesterol and smoking all increase ones chance of developing heart disease.

### **SYMPTOMS:**

1. Heart Attack- chest pain or discomfort/upper back pain, upper body discomfort, shortness of breath, indigestion, heartburn, nausea/vomiting , extreme fatigue
2. Heart Failure- shortness of breath, fatigue, swelling of extremities and abdomen
3. Arrhythmias/Palpitations- feeling fluttering in chest
4. Stroke- sudden weakness, paralysis/numbness in face or extremities especially on one side of the body, sudden severe headache, confusion, trouble speaking or understanding speech, vision changes one or both eyes, dizziness/loss of balance, loss of consciousness

### **WAYS TO LOWER RISK OF HEART DISEASE:**

1. Eat a healthy diet such as lowfat Mediterranean diet.
2. Keep a healthy weight.
3. Regular exercise.
4. Be smoke free.
5. Limit alcohol. No more than 1 drink a day in women.
6. Talk to your doctor about daily aspirin.
7. Know your levels: Blood Pressure, Cholesterol, Family History

Sources:

[cdc.gov](http://cdc.gov)

[nih.gov](http://nih.gov)

American Heart Association

Contact info:

[Cindy Popovich](#)

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