

Hi, just a reminder that you're receiving this email because you have expressed an interest in Sonoma County Medical Association Alliance Foundation. Don't forget to add alliance@scmaa.org to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

The Grapevine



E-newsletter of the SCMAA Foundation

Autumn 2014

Our Website

www.scmaa.org

Like us on Facebook 

Email Address

alliance@scmaa.org

In This Issue

[President's Message](#)

[Fun Fall Events](#)

[Give-a-Gift Program updates](#)

[Health Promotions needs You](#)

[Learn about MICRA](#)

[Jobs for you](#)

[Anti-bullying education](#)

[Health Careers Scholarships awarded](#)

Please join us in
welcoming our 2014-2015
Executive Board of
Directors:

President -

[Shawn Devlin](#)

Secretary -

[Elizabeth
Krainer- Huang](#)

Treasurer-

[Janet Lakshmanan](#)

VP Development (acting)

[Shawn Devlin](#)

VP Events -

[Sally Ebrahim](#)

VP Governance -

[Joni Schmidt](#)

VP Marketing and



Building Community and Connections

Community, a feeling of fellowship with others who share common interests and goals, *that's what the Alliance is all about*. A group, a body of people that come together to collectively make progress is exactly what we are striving to do. **Our goal is to enhance this experience for our membership by creating more opportunities for collaboration, socialization and stewardship.**

At our recent board retreat, we endeavored to brainstorm new ways of thinking about membership and think we will provide a memorable and valuable experience for you this year!

Please join me in welcoming our new VP of Membership, Sheela Hodes. Sheela brings with her a sense of passion and enthusiasm for recruiting and retaining members and is excited the year is underway so she can get started!

Watch for exciting new ways to participate and connect with fellow members in the year ahead!

In Good Health,
Shawn Devlin

SCMAA & Foundation President

Communications -

[Maria Pappas](#)

VP Membership -

[Sheela Hodes](#)

VP Health Promotions -

[Cindy Popovich](#)

VP Information

Technology - Please contact [Joni Schmidt](#) if you are interested in learning more about this position

Calendar of Events

Monday,

October 6, 2014

Alliance Book Club at
Thelma W's home

Tuesday,

October 14, 2014

Safe Schools Program mini-
grant applications due

Wednesday,

October 15, 2014

Your donation and Reply card
due for Give-a-Gift Program

SCMAA&F Board meeting

Tuesday,

October 21, 2014

Pilates class at Montecito
Heights Health and Racquet
Club as Breast Cancer
Awareness activity

Wednesday,

October 29, 2014

85th Birthday and New
Member Luncheon at
Mayacama Golf Club

SAVE THESE DATES:

Friday,

November 21, 2014

Alliance After 5 to be held at
Margaret and Scott Peterson's
home

Saturday,

December 6, 2014

Alliance Holiday Cocktail Party

Saturday,

February 28, 2015

gala85 - Celebrating a

"Join the Alliance!
A growing community of
medical spouses coming
together to make a difference."

Sheela Hodes
Alliance member and
Membership Chair



SAVE THE DATE

gala85

Celebrating a tradition of
service to Sonoma County
for 85 years.

Proceeds benefit Foster Children's
Give-a-Gift, Health Careers Scholarships,
Safe Schools and JourneySafe.

**Saturday,
February 28, 2015**

DeTurk Round Barn
in Santa Rosa

Park Avenue Catering

Kendall Jackson Wines



Fun Fall Events and More!

by Sally Ebrahim

Happy Birthday to Us!

In honor of our 85th Anniversary, SCMAA is hosting a Birthday Celebration Fall Luncheon on Wednesday, October 29th at Mayacama Golf Club. We will honor SCMAA member Frances Lones, who celebrated her 100th Birthday in September. In addition to a wonderful lunch, we will have a slideshow and presentation, highlighting the last 85 years of the Sonoma County Medical Association Alliance. Invitations will be going out soon. You won't want to miss this special event!



Alliance After Five becoming a 'not-to-miss' event

Our September Alliance After Five was a fun and very relaxing way to start of our Alliance Events. Many thanks to Jeff and Lisa Sugarman for hosting and to new member Melissa Kelley for being our speaker.

We will have our Alliance After Five on Friday, November 21st at Scott and Margaret Peterson's home. We'll have a local Dog expert come and help us understand what goes on in our dogs world! More info coming soon. Once again, childcare will be provided.

If you or any member you know would like to host in January 2015, please contact Sally and she will give you the details. SCMAA provides the food and drinks...



Alliance After Five event at the home of Lisa and Jeff Sugarman enjoyed by Charlene Staples, Lisa Sugarman, Aaron Groves and Judith Groves. Enjoying the beauty of Sonoma County while meeting up with friends and colleagues!

Too Early to think about the Holidays?!?

On the positive side, we all look forward to the gathering of friends and family at this time of year. We will have our annual Holiday Cocktail Party on Saturday, December 6th. This year we will gather at the Children's Museum of Sonoma County. There will be heavy appetizers, cocktails and beverages as well as a great opportunity to see firsthand the progress made in the past year. Invitations will be mailed in November.



Give-a-Gift Program looking forward to a record year

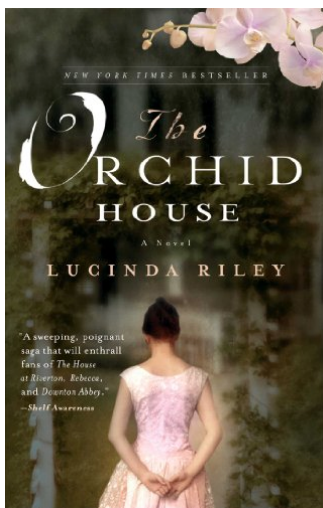
by Laura Robertson & Carol Lynn Wood

Give-a-Gift Fundraising Campaign off and Running

Did you know a foster youth changes where they live and who they live with an average of 7 times before they are 18? It's no surprise they face a unique set of challenges - in school and in life. You can help, and you have. Because of your support over the years, our program has helped brighten lives during the holiday season, an especially difficult time for foster children. Because of your support, computer donations have strengthened the chances of success for youth striving to continue their education.

The Give-a-Gift response card presents the new sponsorship levels that will benefit this worthwhile cause and helps you determine which level to support. *Perhaps this might be an opportunity for your office to come together to support a foster child.*

[Make your donation today.](#)



Time for BOOK CLUB again!

Thelma W. is hosting the Book Club this month. [RSVP here](#) to get directions to her home. According to Thelma, "if any husbands want to accompany you Monday night, they can hang out with Dale in the "mancave" and watch football (*and maybe baseball?*) on the big screen."



We Need You ... to promote healthy activities

by Cindy Popovich, RN

Breast Cancer Awareness activity for all members

NEW to the Alliance, in honor of Breast Cancer Awareness Month, the Alliance is sponsoring a Pilates class at Montecito Heights Health and Racquet Club on Tuesday, October 21st at 12:30pm. We are doing this to make a point that regular exercise can reduce your risk of most types of cancer. Participants need to be there by 12:15 to register and sign in.

There will be no charge to Alliance members for this class.

The class will be taught by Cheri Shoults Fitness Director. An email will be sent out prior asking for RSVP's. Incentives will be given out! Hope you can make it!



Make an Impact: Join the newly formed Prescription Drug Abuse Committee

Tricia Hunstock and Victoria Soto are seeking interested Alliance members for the formation of a committee to address Prescription Drug Abuse focusing on the teenaged population. Please contact Tricia to find out more information.

Bringing the JourneySafe message to High School students

During the past week letters offering our JourneySafe Teen Distracted Driver Training Program were sent to local High School Principals. This will be our fifth year of bringing this valuable program to high schools in Sonoma County. We look forward to sharing this program with all high school students and exposing them to tools they can use to stay safe while driving and/or riding in cars.

Handy monthly tips in "Healthy News You Can Use"

Check out the once-a-month "*Healthy News You Can Use*" e-mail for tips and health related information. With a focus on one monthly topic, we hope you'll be able to read through and use these tips the very same day!

Alliance Spring Lake walks to begin again

Look for announcements regarding Alliance Spring Lake Walks. We will start them up later this Fall. As always, we welcome your four-legged friends!



Who wants to go for a WALK ? ;0)

Learn more about MICRA and Proposition 46

Alliance members are encouraged to gain a better understanding of Proposition 46, the Medical Injury Compensation Reform Act (MICRA), from information made available by the California Medical Association. The Sonoma County Medical Association has informational packets which Alliance members can distribute to physician offices to help educate the community.



Can you lend a hand?



Big job or little job - we need your help!

Whether you have just a short amount of time to offer to the Alliance, or a bigger commitment of time, ***we truly appreciate the extra hands***. This is the time of year to get in on the beginnings of committees that will not only help you learn more about the task but also learn more about some great Alliance members. Take your pick of programs and projects to help with:

Events | Breast Cancer Awareness | Journey Safe | Safe Schools Program
Health & Science lab at the Children's Museum of Sonoma County
Marketing & Communications | Membership | Foster Children's Give-a-Gift | Garden Tour
Health Careers Scholarship | Holiday Greeting Card

Volunteer Opportunities for our Teens

As a non-profit organization, the Alliance is happy to provide middle school and high school students with opportunities to fulfill their community-based service learning hours. Those children younger than 16 must be supervised by a parent or guardian. Contact the Alliance today to determine which project would work best for your teen.



Educating our Students about anti-bullying is working

by Kathleen Cortez

Safe Schools Program Mini-grants are now available

With a deadline of October 10th fast approaching, schools are encouraged to apply for the Safe Schools Program mini-grant which is designated to purchase anti-bullying and anti-violence curriculum for schools.

Supporting Anti-bullying teaching for more than 10 years

We are humbled by the steady support that Elly Werner and Leo Hoefer have given to the [Safe Schools Program](#) for more than a decade. In appreciation for their focused attention to the issue of bullying in the schools a luncheon was held in their honor at the home of President Shawn Devlin in September.

"How can we expect our students to learn if they don't feel safe?" asked Ms. Werner. "Our students are stressed in every direction and every effort needs to be made to help them because they deserve it." We wholeheartedly agree and look forward to raising more awareness in our community. Funding for the successful continuation of this program can be made at any time of the year.

[Visit our website](#) to designate your gift to help Sonoma County students be able to learn in a safe environment.

Slater Middle School students create moving and impactful video about bullying

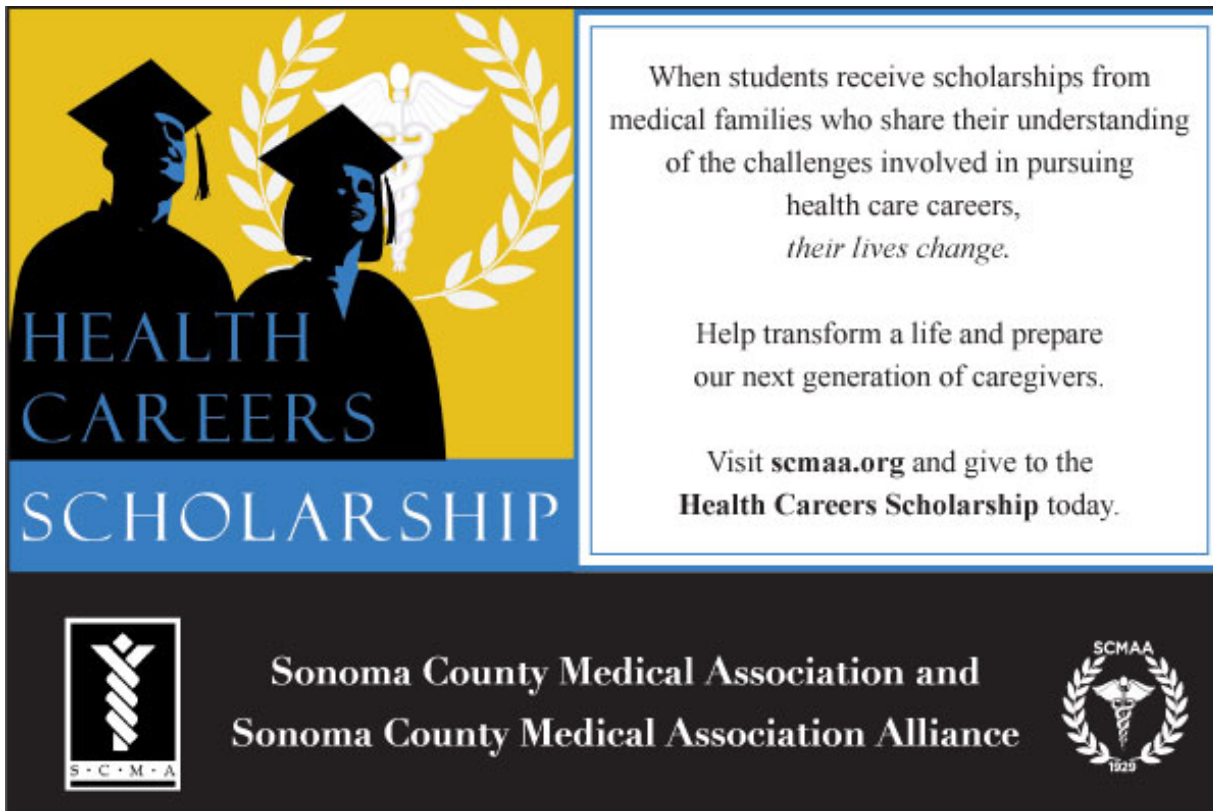


Every 7 Minutes: The Danger of Bullying

As part of their anti-bullying message, students from Slater Middle School and Montgomery High School worked together with a graduate from San Francisco State University to create "[Every 7 Minutes](#)". Shellie Cunningham, principal of Slater Middle School, described that the name comes from the fact that somewhere in the United States, a student is bullied every 7 minutes.

Media Smart Youth Teen Leaders Opportunity

The National Institutes of Health is now accepting applications from young adults ages 15 to 20 for its [Media-Smart Youth \(MSY\) Teen Leaders Program](#). MSY is a 10-lesson curriculum targeted for youth ages 11 to 13 that explores media, nutrition, and physical activity. Throughout the program, youth analyze advertisements and make media messages of their own, try healthy snack recipes, and discover fun ways to be physically active. MSY teen leaders commit to carrying out the program from start to finish. In return, they receive leadership experience, community service hours, and recognition from the NIH, plus training and \$1,000 for program expenses. **Applications are due October 24, 2014.**





When students receive scholarships from medical families who share their understanding of the challenges involved in pursuing health care careers, *their lives change.*

Help transform a life and prepare our next generation of caregivers.

Visit scmaa.org and give to the **Health Careers Scholarship** today.

HEALTH CAREERS SCHOLARSHIP

 **Sonoma County Medical Association and
Sonoma County Medical Association Alliance** 

Health Careers Scholarships give students a great start to their next school year

For the 2014-2015 school year, the Health Careers Scholarship committee has awarded \$27,500 to ten Sonoma County students. We have offered students the opportunity to continue to reapply as they continue their education. The seven students who are receiving these continuing awards include:

Cristal Chavez	Sophomore at Sonoma State University studying Pre Nursing
Christina Gallerani	Senior at UC Davis School of Medicine
Brianna Hitman	Final Year at University of the Pacific studying for her PhD in Physical Therapy
Megan Mullin	Final Year at Samuel Merritt University studying for her PhD in Physical Therapy
Carlos Pineda	Sophomore at UC Davis studying Psychology
Sahar Rosenblum	Junior at UCLA David Geffen School of Medicine
Jessica Spagnola	Final Year studying to become a Radiologic Tech at Gurnick Academy

Students who have been awarded scholarships for the first time include:

Daniel Chojnacki	Freshman at UC Santa Barbara studying Medical Informatics
Briga Mullin	Senior at UC Davis studying Pre-Medicine
Corey Stone	Senior at the University of Nevada, Reno studying Pre-Medicine



2014 Health Career Scholars in attendance at this summer's luncheon in their honor. Congratulations to Jessica Spagnola, Christina Gallerani, Corey Stone, Daniel Chojnacki, Briga Mullin, and Brianna Hitman.

Future dates to jot down for Scholarships

For those interested in applying for the Health Careers Scholarship, which is administered by 10,000 Degrees Sonoma County, online applications are available in January 2015. The deadline for submitting applications will be in March 2015.

Sonoma County Medical Association Alliance Foundation | alliance@scmaa.org | <http://www.scmaa.org>
P.O. Box 1388
Santa Rosa, California 95402

Copyright © 2013. All Rights Reserved.

[Forward this email](#)



This email was sent to lcsugarman@yahoo.com by alliance@scmaa.org | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Try it FREE today.

Sonoma County Medical Association Alliance Foundation | P.O. Box 1388 | Santa Rosa | CA | 95402