



## An Evening to Remember

*"The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning."*

- Mitch Albom

It was an evening to remember. On Saturday, February 28, 160 guests in cocktail attire arrived at the beautifully decorated DeTurk Round Barn for the SCMAA's Gala85: a celebration of the Alliance's 85th anniversary and benefit for its Foundation programs. Guests sipped champagne and nibbled on hors d'oeuvres, while signing up for a wide array of unique buy-in parties hosted by physician families. Later, a four-course dinner was served during which time the Alliance's impressive

history of service to our community was presented, followed by a video in which individuals who benefit from Alliance Foundation programs --- Give-a-Gift, Health Careers Scholarships, Safe Schools, and JourneySafe --- gave first-person accounts of the impact of these programs in their lives. When it came time for guests to raise their paddles to support these programs, did they ever! And then we danced. In total, the evening raised \$135,000! It was lovely to witness overwhelming support for the Alliance and its mission, and wonderful to know that this mission will carry well into the future.

My sincerest thanks to all the volunteers, donors, community

members, buy-in party hosts, and table captains who made this event possible. A deep well of gratitude to the dream team **Gala85 Committee:** Shawn Devlin, Sally Ebrahim, Sheela Hodes, Kathryn Koh, Maria Pappas, Laura Robertson, and Joni Schmidt. **Volunteers:** Laurie Pousman, Kelly Botelho, Joan Gates, John Gnam, Cindy Popovich, Sophie Johnson, Brendan Borrall, Tanya Bruno, Lexy Pappas, Gina Merwin, Ann Hurd, Sam Hodes, Marcus Schmidt, Alexandria Schmidt. **In-Kind Donors:** Ring Raffle - Scott & Margaret Peterson, North Bay Photographers, Kendall Jackson, Lagunitas Brewing Company, Korbel Sparkling Wine. *Lisa Sugarman, Gala85 Chair*





Gala85  
“An Evening to Remember”







## Garden Tour 2015

**Our 24th annual!**  
**Friday & Saturday**  
**May 15 & 16**  
**10am - 4pm**



Spring means fresh beginnings, warmer weather and flowers blossoming - it also means time to come together as Garden Tour volunteers to help set up the detailed planning we need for the event to run as smoothly as possible. *How can you help?*

### Volunteering

This year we are preparing to take a step into online volunteer sign-ups to make it easier than ever for you. You'll get directions on how to sign up to help by covering a shift or two at one of the gardens - watch for the notice which will be coming to you shortly. (P.S. Not only do you get the distinct pleasure of greeting all our Garden Tour guests when you volunteer to staff a garden, but you also get access to the special Volunteer Event Ticket price of only \$30 per ticket!)

### Sponsoring

Another way you can help is to sponsor this community-wide fundraising event. Choose the level that fits best for you! You can peruse the special perks at our Sponsor webpage. Do you know of an individual or business who might be interested in becoming a sponsor? Just pass along the name and contact information to Chair Gail Dubinsky.

### Advertising

New this year we are offering nurseries and garden-related businesses an opportunity to be listed in our Garden Tour Program for a nominal fee. Do you have a great connection to a nursery or gardening-related business? That personal connection can make a difference! Contact Gail to let her know and she'll be sure to follow-up.

### Learning about our community Beneficiary

In addition to raising funds to support our own Foundation programs, we are pleased to direct funds to support the Forestville Wellness Center, part of the West County Health Center. Learn more about them at [www.wchealth.org](http://www.wchealth.org).



### Merging Together as One

You should have received a mailing from the Alliance in the last few days. We hope that you will take the time to read through this paperwork and respond as soon as possible (no later than April 17, 2015).

The paperwork pertains to the merge of the Sonoma County Medical Association Alliance (the "Alliance") into the Sonoma County Medical Association Alliance Foundation, Inc. (the "Foundation") in order to reduce the work involved with managing the organization.

Thank you for taking part in the important vote and we look forward to answering any questions you might have. Please feel free to contact Shawn Devlin or Joni Schmidt.



### Laptop Computers help SSU students

By Laura Robertson

Thanks to the initiative of former laptop computer recipient and Sonoma State University student Danielle Hansen, the Seawolf Scholars program which she coordinates for foster youth is thriving. Ms. Hansen has done an impressive job and is proud of the students who are looking to give back to the community by forming their own service club. By emulating Ms. Hansen's aspirations to "pay it forward", students are

### Sonoma County Medical Association Alliance Foundation

actively looking for opportunities where they can help the community. With the generous help of Alliance and community supporters, the laptop computers donated for the Seawolf Scholars program are constantly in use. Looking ahead, Ms. Hansen seeks to establish



an emergency funds account for these youth with the help of a grant from the John Burton Foundation.

### Independent Living Program continues on at VOICES Sonoma

Our foster youth certainly have a whole host of challenges to face as they embark on adulthood. In an effort to try to teach them the skills needed to become independent adults, youth have an opportunity to enroll in the Independent Living Program (ILP). Graduates of this program have been the former foster youth who have received laptop computers from our Give-a-Gift Program as they transitioned into college. Unfortunately, the ILP which had been offered at Santa Rosa Junior College was cancelled this past semester. Luckily, the organization VOICES Sonoma was able to step in and offer ILP workshops to help fill this gap.



**Spring Forward and get the next "AA5" on your list of things to do**

By Sally Ebrahim

With all the fun we've had in our "Alliance After 5" socials this past year, we couldn't wait to set up another one. We're shooting for April and will give you a heads up as to exactly when and where we'll be headed. Plans are being set up now and with the help of Daylight Savings Time, we're sure to have a beautiful evening together.



**2014-2015 Board of Directors**

<b>Shawn Devlin</b> president@scmaa.org	President
<b>Elizabeth Krainer-Huang</b> secretary@scmaa.org	Secretary
<b>Sally Ebrahim</b> events@scmaa.org	VP Events
<b>Cindy Popovich</b> healthpromotions@scmaa.org	VP Health Promotions
<b>Joni Schmidt</b> governance@scmaa.org	VP Governance
<b>Maria Pappas</b> communications@scmaa.org	VP Marketing & Communications
<b>Sheela Hodes</b> membership@scmaa.org	VP Membership

**Programs****Foster Children's Give-a-gift**

Co-chairs: Laura Robertson,  
Carol Lynn Wood  
giveagift@scmaa.org

**Garden Tour**

Chair Gail Dubinsky, MD  
gardentr@scmaa.org

**Health Careers Scholarship**

Chair Gina Merwin  
healthscholarship@scmaa.org

**Holiday Greeting Card**

Chair Barbara Ramsey  
holidaygreetingcard@scmaa.org

**Safe Schools**

Chair Kathleen Cortez  
safeschools@scmaa.org

**Editor: Maria Pappas**

The Sonoma County Medical  
Association Alliance Foundation is a  
501(c) 3, non-profit organization  
Tax ID# 02-0542304

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

Post Office Box 1388  
Santa Rosa, California 95402

**We're privileged to have you as a Member**

Thanks to your commitment to the Alliance, we are now 157 members strong! What a wonderful way to celebrate our 85th year and show how much we care not only about our organization, but how much we treasure each other's friendship, support and generosity. This Family of Medicine is one that connects all individuals and families throughout the healthcare spectrum. From those just beginning their careers and are new to Sonoma County to those who are actively working in the healthcare field as well as those who are retired and still engaged with long-time friendships. We are truly privileged to have you all as Members.

**Scholarship makes higher education possible**

Scholarship applications for the 2015-2016 school year have been received by 10,000 Degrees, our collaborative partner in the administration of the Health Careers Scholarship. We look forward to reviewing all the applicant's work and awarding these high achieving students.

In preparing for our Gala fundraiser, we were very fortunate to have had an opportunity to work with scholarship recipient, Christina Gallerani, in hearing what the Health Careers Scholarship has meant to her. Christina will be continuing her post-medical school education at Harvard University where she will be pursuing a Masters in Public Health.

**Health Promotions****Journey Safe assemblies are making an impact**

Distractions while driving are not only the technological devices we use to communicate with one another, but also simple things like reaching for an item that fell off the passenger seat. Taking one's eyes off the road can happen in an instant with tremendously dangerous outcomes. That's the message of the Journey Safe assemblies with are making an impact on Sonoma County youth. We are honored to be a part of the solution when it comes to helping our children learn how to stay safe on our roadways.

Here are the upcoming assemblies in local high schools should you wish to attend:

**Technology High School** (Rohnert Park) is scheduled for April 17, 2015 from 8:30 am to 10:15 am.

**Ridgway High School** (Santa Rosa) will have the assembly the week of April 20, 2015 with the time to be determined.

**Rio Lindo Adventist Academy** (Healdsburg) will have the assembly on May 8, 2015 from 8:55 am to 9:45 am.

If you are interested in attending an assembly or would like to know how you can participate as part of the Health Promotions committee, please contact Cindy Popovich.

**Time for the Teddy Bear Project!**

Children undergoing medical treatment at our area hospitals will be comforted and charmed by the cuddly Teddy Bears that are on their way. This year the personalized "Alliance" ribbons will be tied onto these adorable stuffed animals by the Interact Club at Analy High School. Thanks to Alliance member Patty Lyn Tweten for suggesting her daughter's club to help with this assembly.

If you are interested in helping out with this project or would like to know how you can participate as part of the Health Promotions committee, please contact Cindy Popovich.

**March is National Colorectal Cancer Awareness Month**

Colorectal cancer is the second leading cause of cancer death in the U.S. and the third most common cancer in men and women. Over 136,830 cases will be diagnosed this year and an estimated 50,310 people will die from the disease this year as well.

Take the time now to have a conversation about colorectal cancer screening with your healthcare provider to determine when might be the best time to have this done.

Reduce your risk of colorectal cancer with these measures:

*Screening* - from colonoscopy to home stool test |  
*Eat a balanced diet* to maintain a *healthy weight* |  
*Know your family history* | *Daily exercise* | *Limit alcohol*.

**Alliance Book Club**

**April 13th 7pm**

**Location Anne M home**

**RSVP Lisa at [alliance@scmaa.org](mailto:alliance@scmaa.org)**

**Let the Great World Spin  
by Colum McCann**