

The Grapevine

All volunteer organization dedicated to the promotion of health in Sonoma County through education, community service programs and advocacy.



November 2015

Newsletter of the Sonoma County Medical Association Alliance Foundation

Calendar of Events

**Wednesday,
December 2, 2015**

Give-a-Gift WRAP DAY at the Sonoma County, Family, Youth and Children Services office.

**Wednesday,
December 2, 2015**

SCMA Awards Dinner where Holiday Greeting Card will be honored.

**Thursday,
December 3, 2015**

Pilates Class - Breast Cancer Awareness Activity will be held at the Studios of Montecito Heights Health Club in Santa Rosa.

**Thursday,
December 3, 2015**

JourneySafe at Ridgway School in Santa Rosa.

**Friday,
December 4, 2015**

Last day to have your name included on the 2015 Holiday Greeting Card - make your donation by today.

**Saturday,
December 5, 2015**

Holiday Cocktail Party at the home of Kathryn Koh and Peter Chang-Sing.

January 7, 2016

JourneySafe at Rincon Valley Christian School.

February 17, 2016

JourneySafe at Sonoma Academy

A Message from the President

As I prepare my tables, polish the silver, get my shopping lists and recipes ready for Thanksgiving with my family, I am given to pause about this special time of year. I think about the wonderful year we have shared together as Alliance members and all the good work that we have accomplished together this year. I think about how grateful I am to have the blessing of leading such an esteemed group of committed volunteers and members. Yet, I'm most grateful for the friendships and stewardship that we have been able to share together over the many years.

Please join me in this "Season of Gratitude" by considering a donation to the foster children's Give-a-Gift drive, or a gift to the Health Careers Scholarship Holiday Greeting card. Consider dropping by the beautiful home of Kathryn Koh and Dr. Peter Chang-Sing to toast the holiday season with your Alliance members. Or join us for some exercise with a Pilates class! I'd love to share some gratitude with you this season!

I wish each of you a very happy Thanksgiving with your family and friends. With much gratitude this holiday season.

In Good Health,
Shawn Devlin

President, Sonoma County Medical Association Alliance Foundation



Sally Ebrahim with a new friend at the Fall Luncheon

You can do your holiday shopping through Amazon and help the SCMAAF all at the same time!

Just sign on to smile.amazon.com and indicate the "Sonoma County Medical Association Alliance Foundation" as the charitable organization you would like a portion of your purchases to be directed to.

Thank You!

amazonsmile
You shop. Amazon gives.



You're invited to help the Alliance celebrate an extraordinary year at our Holiday Cocktail Party! It would be fabulous to have your RSVP so that we can make the preparations for this special evening. RSVP by Tuesday, December 1st at 318-458-0955. We look forward to seeing you soon!

Holiday Cocktail Party

Saturday, December 5, 2015

This wonderful get-together will be held
at the home of Kathryn Koh and Peter Chang-Sing,
3605 Fir Ridge Drive in Santa Rosa from 6pm - 9pm.



Give-a-Gift Wrap Day is Approaching!

Kick off your holiday season with coffee and treats while wrapping gifts for foster youth in our community!

Help us complete our gift giving process by trimming and wrapping over 200 gifts to brighten the lives of deserving children.

Bring wrapping paper, or extra large gift bags, scissors and tape or ribbon. Contact Laura Robertson to RSVP by November 30th at (707) 478-5657.

We Wish You A Wonderful Thanksgiving! 2015-6 Board of Directors

Shawn Devlin, Elizabeth Krainer-Huang, Janet Lakshmanan,
Sally Ebrahim, Joni Schmidt, Cindy Popovich, Maria Pappas, and
Sheela Hodes



Add your name to this year's special Anniversary Edition of the Holiday Card with a Golden Gift. A high bar goal has been set...\$50,000 for 50 years! Please make your donation today (check payable to SCMAAF, c/o Barbara Ramsey, 3966 Hansford Ct, Santa Rosa, CA 95403) - you have until Dec. 4th to ensure that your name will be added to the Card.

Join in on the celebration as the Holiday Greeting Card receives the Recognition of Achievement Award at the Sonoma County Medical Association's annual Awards Dinner on December 2, 2015. This honor is celebrating the program's Golden Anniversary and is given in recognition of 50 years of raising funds for Health Careers Scholarships.

Thank you for your generosity of giving throughout the years. It has made a difference for over 800 local students whose dreams of a career in medicine became more of a reality through such financial assistance.



Fantastic Ways the Alliance Promotes Healthy Habits

Breast Cancer Awareness

Come join us for a fun Pilates workout with other Alliance members in honor of Breast Cancer Awareness. (This class is complimentary to Alliance members.) Our class will be held next Thursday, 12/3/15 from 12:30 - 1:30pm (please arrive by 12:20pm).

We'll be in the Studios of Montecito Heights Health Club and Spa & the class will be led by Cheri Shoults, Fitness Director. Please RSVP to Cindy Popovich by Monday 11/30/15. Wear pink (if you feel like it!)

JourneySafe

If you are interested in attending a JourneySafe Presentation, please contact me. It is informative and sobering and not just for our upcoming drivers! These are the schools and dates that have been scheduled so far:

- Ridgway High School, 12/3/15, 9:45-10:27am
- Rincon Valley Christian School, 1/7/16, 10:10-11:00am for their Jr. & Sr. High School Students
- Sonoma Academy, 2/17/16, 1:30-3:30pm



The 2015 Fall Membership Luncheon at the Wild Oak Saddle Club in Santa Rosa proved to be a spectacular way to welcome gorgeous fall colors! We're so pleased to have so many members meet one another.



Images from the Raku Buy-in Party held in October



*Thank You for your
Membership!*

2015-2016 Board of Directors

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Programs

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Health Careers Scholarship
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November is American Diabetes Month

Diabetes by the Numbers - Adults

In the United States almost 30 million adults and children have diabetes and another 86 million have prediabetes.

Prediabetes is present in 37% of all U.S. adults 20 or older, however, only 11.1% have been told they have prediabetes. Each year 1.7 million adults age 20 or over are newly diagnosed with diabetes, or one every 19 seconds.

Diabetes Stats about our Youth

Youth under 20 have diabetes at a rate of 1 in 400 or a .25% of all people in this age group. Currently, there are more than 18,000 youth who are diagnosed with type 1 diabetes annually and more than 5,000 are diagnosed with type 2 diabetes.

What's the Difference?

Type 1 diabetes

- Symptoms usually start as child or young adult
- Medical attention usually sought for sudden severe symptoms from high or low blood sugar levels
- It can't be prevented

Type 2 diabetes

- May not have symptoms before diagnosis
- Most commonly discovered as adult though there has been an increase in the number of children diagnosed with the disease

- No episodes of low blood sugar - unless taking insulin or certain diabetes drugs
- Can be prevented/delayed with healthy lifestyle (healthy weight regular exercise, and eating healthy)

Both types of diabetes increase the risk of serious complications - leading cause of blindness and kidney failure. Additionally, it is a major risk factor for stroke, heart disease and foot or leg amputation.

Risk Factors:

- > Men more likely than women to have undiagnosed diabetes.
- > Gestational diabetes or having diabetes during pregnancy increases a woman's chance of developing type 2 diabetes.
- > Family history can increase chance of developing type 2 diabetes.
- > High blood pressure can increase risk for type 2 diabetes.
- > Type 2 diabetes risk increases with age.
- > Increased risk of diabetes type 2 in certain racial and ethnic groups.
- > Inactivity increases your risk for type 2 diabetes.
- > Combining your height and weight gives your Body Mass Index or BMI. The higher your BMI the higher your risk for type 2 diabetes.

