

# The Grapevine



Frightfully Fun Tidbits to Nibble On

October 2015

## Our Website

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

## Email Address

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

Like us on Facebook 

## Calendar of Petrifying Events

### Wednesday,

**November 4, 2015**

Membership Luncheon at Wild Oak Saddle Club (RSVP by OCT 30th)

### Friday,

**November 13, 2015**

Alliance After 5, at the home of Barbara and William Ramsey.

### Sunday,

**November 15, 2015**

Updated deadline for the Give-a-Gift Campaign. Your generosity is much appreciated!

### Saturday,

**December 5, 2015**

**SAVE THE DATE!**

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



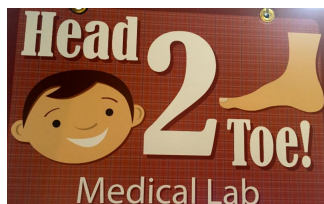
*Jackie Senter and Cecile Keefe*

## Spine-chilling Cheers to our Newest Members!

Dear Lisa,

We're so happy to welcome our new members and welcome back those who are returning. This month and next are all about bringing new folks into our medical family and catching up with those we've known for such a good long time! I hope you'll enjoy reading about some of the important health information around Breast Health and know that we'll be keeping an eye out for the latest (should we all be moving to a paleo diet?). The Give-a-Gift Campaign is in full swing now and we hope we can count on your support and perhaps the support of the folks in your office.

As always, you are invited to join us in November: the upcoming Fall Luncheon is going to be just lovely as we venture out to the Saddle Club; and the next Alliance After 5 will be right in the heart of Fountaingrove (thanks Barbara and Bill!)





We look forward to hearing what's new with you!

In Good Health,  
Shawn Devlin

Sonoma County Medical Association Alliance Foundation  
President



## **Zombies? Goblins? No, it's our our Newest Members!**

by Sheela Hodes

I'm so pleased to introduce The Lindenbaums! They are fresh transplants from the Midwest and are beyond excited about winters without snow and ice (who wouldn't be!).

### **Larry**

has taken a position with AAMGI in Anesthesia and Critical Care, and comes via an extensive background in Information Technology and Telephony.

### **Alex**

(14) loves math, gaming, Doctor Who, and Martial Arts.

### **Lauren**

(12) enjoys Manga, cosplay, and all things creative.

### **Liza**

juggles all the balls all the time, and will get back to making art, food, and clothing if she's able to find and unpack the appropriate boxes. This move has taken a bit more out of her than the other ten (!!).

### **Rescued dogs Bogart and Walter**

complete our crew and fill our lives with laughter (and all too much fur)!

We are a silly, offbeat bunch and look forward to making new friends.



### MEMBERSHIP IS JUST A CLICK AWAY...

Still need to renew your membership or perhaps you'd like to refer a medical spouse or physician to join the Alliance? - [Just click HERE](#)

## Alliance Events are off to a Spellbinding Start!

by Sally Ebrahim

We began our year with Alliance After Five at the home of SCMAAF member and CMAA President Tricia Hunstock and her husband Allan. We had a lively group and everyone enjoyed meeting our new members Cecile Keefe and Linda Casey, there with her husband Jesse Rael. There were a lot of connections made and some great brainstorming for new ideas for the Alliance. It looks like we are in for a great year.

If you missed this event, our next Alliance After Five will be a "New Members Reception" to introduce our new members. All members and their spouses or partners are invited. Mark your calendars for Friday, November 13th. Barbara and William Ramsey will host. Invitations will be sent out in the next week. Child care will be provided.

Our annual Membership Luncheon will be on Wednesday, November 4th with a welcome reception beginning at 11:30 at Wild Oak Saddle Club. E-vites have been emailed to all of our



members. We've got a great program and we'll highlight our programs and upcoming events. Cost of the luncheon is \$35.00. Deadline for RSVP is October 30th. Please mail your check made payable to: SCMAAF c/o Sally Ebrahim, 3576 Lake Park Drive, Santa Rosa, Ca. 95403 or you may [pay on line](#). For more information contact me at: [sasjo54@aol.com](mailto:sasjo54@aol.com) or 318-458-0955.

We look forward to seeing you soon!

### Membership Luncheon: Nov 4th

Wild Oak Saddle Club will be the location of our Membership Luncheon on **Wednesday, November 4th**. Look forward to a delicious lunch menu and an exciting program!

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**WILD OAK  
SADDLE CLUB**

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ESTABLISHED 1974



### Alliance After 5: Nov 13th



You and your spouse are invited to join us for

**Alliance After Five  
and  
New Member Welcome Reception**

at the home of  
William and Barbara Ramsey

**Friday, November 13, 2015  
6:00-8:00 p.m.**

3966 Hansford Court  
Santa Rosa, CA 95404

Heavy Hors d'oeuvres by Eli Grace Catering  
Wine and beverages

Please respond by Monday, November 9th at  
[sasjo54@aol.com](mailto:sasjo54@aol.com) or check your e-mails for evite.  
For more information call Sally at 318-458-0955.  
Child care provided, please provide names and ages.

## Holiday Cocktail Party: Dec 5th



Save the Date for this wonderful get-together  
at the home of Kathryn Koh and Peter Chang-Sing.

More details will follow...



## Give-a-Gift Program ready to reach Unearthly Goals

by Laura Robertson & Carol Lynn Wood

The 2015 fundraising campaign for Give-a-Gift is happening NOW!!

Did you know in addition to toys and books, many gifts provide essential items such as winter coats, clothing, backpacks and school supplies? Yes, your support helps on many levels!

Did you know that getting to college is one of the biggest challenges foster youth face? But for too many, financial challenges keep them from succeeding. Your support can help fund a computer and help foster youth who got to college...stay in college!

Give-a-Gift is the only program in our community to offer this kind of support to foster youth.

PLEASE SEND IN YOUR REPLY CARD TODAY OR [CLICK HERE TO DONATE ON LINE.](#)

QUESTIONS: contact Laura Robertson at: [giveagift@scmaa.org](mailto:giveagift@scmaa.org) or (707)478-5657



## Boo-tiful Head-2-Toe Medical Lab at the Children's Museum

Just before the Children's Museum of Sonoma County's "Time to Wonder" Luncheon on Tuesday, September 22nd, Alliance members got a chance to check out the long-awaited "Head-2-Toe" Medical Lab chock full of all things medical. From the drum beating our your heartbeat to the friendly skeleton ready to help children "see" what's under their skin, the lab is all that and more! With the help of Alliance member and nurse, Colleen Meseroll, the lab is an extraordinary place of discovery and comfort. Children's curiosity will certainly be stimulated as they try on white coats and listen with stethoscopes!





*Shawn Devlin and Colleen Meseroll*



*Pam Loman, Sheela Hodes, Sally Ebrahim and Jill Zechow*



*Sally Ebrahim listening to the drum beating her heartbeat!*



*Your Medical Alliance Cares for You*

**Let's Kick Breast Cancer Outta Here!**

by Cindy Popovich, RN

Breast cancer is the most common form of cancer among women except for skin cancer. 1 in 8 (or 12%) of women will develop some form of breast cancer in their lifetime. It is estimated 231,840 new cases of invasive breast cancer will be diagnosed in 2015 alone.

About 40,000 women will die of breast cancer this year making it the second leading cause of cancer death. The number one cause of death in women is lung cancer. All women have a 1 in 36 (or 3%) chance of dying from breast cancer. Death rates due to breast cancer have been on the decline since 1989, with greatest decreases in women under 50. Early detection, screening and awareness as well as better treatments is thought to be the reason for these declining rates. The U.S. has more than 2.8 million breast cancer survivors. This includes women in treatment now and those who have completed treatment. When detected and treated early, 5 year relative survival for localized breast cancer is 99%.

**Risk factors:**



Gender- 100 times more common in females

Age- risk of developing breast cancer increase with age

Race/Ethnicity-Caucasians more likely to develop, African Americans more likely to die from the disease

Family history of breast cancer-more relatives with breast cancer especially before the age of 50, the higher the women's risk

Genetic factors-An estimated 5% to 10% of all breast cancers are directly attributable to inherited gene mutations, most often to mutations in the BRCA1 or BRAC2 genes

Benign breast conditions

Personal history of breast cancer-increased chance of disease developing in the other breast

Dense breasts- increases the risk, and cancer becomes more difficult to detect on mammogram

Reproductive history- the age when you give birth to your first child and the number of childbirths, a first pregnancy increases short term risk and lowers long term risk of breast cancer, women 35 or younger when giving birth tend to get a protective benefit from pregnancy

Weight- over weight increases risk

Alcohol- more than 1 drink/day increases risk

Height- Risk 20% greater in women 5'9" or taller compared to women less than 5'3". Thought to be related to hormones as teen during growth spurt or that a taller women has more cells, experts still trying to figure this one out

#### **Risk Reduction:**

Regular physical activity- especially in postmenopausal women 25% risk reduction compared to sedentary

Diet-Diet rich in fruits and veggies, some poultry, fish and low fat dairy

Breast feeding-For every year a reduction of 4%



### **American Cancer Society Breast Cancer Screening New Recommendations**

1. Women with average risk of breast cancer (most women) should begin yearly mammograms at 45.  
Women should be able to start screening at age 40 if they want to.
2. Starting at 55, women should have mammograms every other year, though women who want to should be able to have one every year.
3. Continue regular mammograms as long as the woman is in good health.
4. Breast exams either by a medical provider or self exams are no longer recommended.

5. Women at high risk because of family history, breast condition or any other reason need to begin screening earlier and more often. Talk to your doctor to be sure.

Resources:

[ww5.komen.org](http://ww5.komen.org)

[cancer.org](http://cancer.org)

[gap.sdsu.edu](http://gap.sdsu.edu)



## Ghoulishly Great Health Promotions

by Cindy Popovich, RN

### Safe Schools Program

If our grant requests to a local bank and local hospital foundation are approved our Safe Schools program will be stronger and have more funding power than ever. Many Sonoma County Schools have submitted applications and with a deadline extension we expect to receive even more.



### JourneySafe

CHP Officer Jon Sloat and I are ready to kick off another year of distracted driving assemblies. Our goal is to increase the program by three schools this year.

### Breast Cancer Awareness

We plan to host an Alliance Breast Cancer Awareness Pilates class sometime in November. We will publicize it to the Alliance when we have a firm date.



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