

Sonoma County Medical Association Alliance & Foundation

connecting medical families building healthy communities



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

SUMMER 2013

www.scmaa.org

**Sonoma County Medical Association
Alliance & Foundation
P.O. Box 1388, Santa Rosa, CA 95402**



Nancy & Harold Nygaard garden, Petaluma



Garden Tour 2013 A Resounding Success!

Petaluma was the place to be on Friday and Saturday, May 17 and 18, with the beauty and diversity of six gardens on display for our 22nd annual Garden Tour. This year had a lot of “firsts” and changes to previous procedures and customs. We had never had a Tour in Petaluma before, and it appeared to draw some new people from the town as well as Marin County, and our faithful attendees for years seemed for the most part to enjoy exploring new territory! Preliminary estimates put our attendance greater than last year, possibly 1,100. Our garden hosts were all the sole creators and maintainers of their gardens, and as a group were wholeheartedly invested in the Tour - present in their gardens for both days receiving guests, answering questions, and even offering plant cuttings! Attendees really appreciated the inspiration and ideas from “hands on” gardens of all sizes.

Due to a smaller Garden Tour committee, with some members not even present for GT weekend due to out of town commitments, at times we were stretched fairly thin. Even so, thanks to the dedicated individuals involved we had our invitations and program, a beautiful painting for the art raffle, a robust wine and dine raffle offering, delightful music from the young musicians, and raised a record sponsorship amount of \$40,000 and net proceeds of \$54,000! On Tour days we had less directional signs and less staffing in the gardens, and it all worked out just fine. (One gentleman was actually overheard expressing great relief that he was not constantly being reminded “watch your step!” at every irregularity of terrain.)

A deep heartfelt thanks to all of you who contributed to and participated in Garden Tour 2013- we could not have done it without you!

*Gail Dubinsky MD
Chair, Garden Tour 2013*

Garden Tour 2013 Beneficiaries

<i>Community Programs:</i>	<i>Award:</i>
Committee on the Shelterless (COTS):	
<i>Mental Health Care for Homeless</i>	\$7,500.00
Hope Counseling:	
<i>Alliance Fund for Hope</i>	\$7,500.00
LifeWorks:	
<i>Choices for Change</i>	\$4,400.00
National Alliance on Mental Illness (NAMI):	
<i>Youth and Older Adult Outreach</i>	\$5,000.00
Petaluma People Services:	
<i>Low-Income Counseling</i>	\$6,500.00
SCMA Alliance Foundation Programs:	
Safe Schools	\$5,000.00
Health Careers Scholarship	\$5,000.00
Health Promotions/JourneySafe	\$3,000.00
Foster Children’s Give-a-Gift	\$10,000.00

Submitted by Lisa Sugarman, Chair, Grant Review

In Appreciation

SCMAAF Garden Tour salutes the Garden Owners, Committee Members, Sponsors, Volunteers & Community Partners who have generously supported our mission.

Sponsors

Garden \$5000 and up

Press Democrat (ad value in-kind)

Orchid - \$2,500 and up

Kaiser Permanente (ad value in-kind)
Sonoma County Medical Association

Rose- \$1,000 and up

California Med. Assoc. Alliance Foundation
Shawn and Patrick Devlin
Exchange Bank
Pat and Cindy Gallaher
Karen and Ralph Hanahan
Annette Hutchinson
Madeleine Mount
North Bay Vitreoretinal Consultants
Schulz Museum
St Joseph Health-Sonoma County
In Honor of Erica Shane (Anonymous)
Lisa and Jeffrey Sugarman

Tulip - \$500 and up

Annadel Medical Group
Pat Anderson
Coddling Foundation
Dr. Michael and Lynn Davis
John and Patricia Devlin
Devlin Medical Group
Joanne and Gordon Dow
4th Street Laser and Surgery Center
Joan Gates and Steve Marlowe
Sheela Hodes and Tammra Borrall
Marcia Luisi, MD and Richard Strunin, MD
Petaluma Health Care District
Pardini Wulbrecht Group Wells Fargo Advisors
Barbara and William Ramsey
Santa Rosa Orthopaedics
Sudha Schlesinger
W Real Estate

Poppy - \$250 and up

Baddeley, Olikier and Sartori
Barbara Chown, MBA, CFP
Empire Eye Doctors Med Grp

Joel and Karen Erickson
Andrea Learned and Donna Main
Meta and Dan Lightfoot
Maryl and Wayne Lindahl
Larry Marianella, M.D., P.C.
Nordby Signature Homes
Richard E. Powers, MD
Jim and Peggy Price
Psych Strategies
Al and Mary Schroeder
P. Jacqueline Senter and John J. Gnam
Peter and Trish Shapiro
Jan Sonander and Olesia Korin
Wright Contracting
Yoga for Gardeners

Forget Me Not - \$100 and up

Anonymous
Mollie Blades
Donna Born
Cercone Wear and Solomon Orthodontics
Audrey and Ron Chapman
Dr. and Mrs. Lawrence Cooper
Brad and Pam Drexler
Sally Ebrahim
Richard and Barbara Ferrington
Anne Fishbein
Dave and Louisa Fraser
Darcy Honick
Mary and Greg Johnson
Jane Kennedy
Kathryn Koh
Louanne Labbe
Steve and Patty Levenberg
Virginia Merwin



Garden Owners - Photo from Garden Tour Appreciation Event, May 23, 2013 L to R: Leslie & Don Goodrich, Diane Lowe, Harold & Nancy Nygaard, Ron & Sara Malone, Tom & Cheryl Feuerborn (slightly hidden), Jan & Don Curry

Ellen Mundell
Newton Medical Group
Pacific Foundation for Medical Care
Cindy Popovich
Lynn Rambach
Laura Robertson
Santa Rosa Strength and Wellness
Debra Schneider
Betty Sherer
Charlene and David Staples
Sandra Sugarman
Mary Lou Sullivan
Jean Turner
Dotty and Jim Walters
Annette Wilber
Adam Wolpert and Katy Mamen
Matt and Patresa Zwerling

In Memory of Shirley Hutchinson

Virginia Norman
Beth and Robert Salisbury
Peg Gobar Wilson
Diane Clendenin
Eugenia Brown

Please excuse any omissions or incorrect listings. These errors are unfortunate and they do not reflect our level of appreciation.



Santa Rosa Memorial • Petaluma Valley

A Member of Real Living
SHEELA HODES &
TAMMRA BORRALL

Pardini Wulbrecht
Financial Group of Wells
Fargo Advisors

Baddeley,
Olikier and
Sartori

2013 Garden Tour Committee

Gail Dubinsky MD, chair; Pat Anderson, Lynn Rambach, Sally Ebrahim, Cindy Garrett, John Gnam, Darcy Honick, Tricia Hunstock, Meta Lightfoot, Margaret Peterson, Barbara Ramsey, Sudha Schlesinger, Mary Schroeder, Janet Shane, Charlene Staples, Lisa Sugarman, Nancy Sumida

Garden Tour Captains: Shawn Devlin, Gina Merwin, Ann Hurd, Joni Schmidt, Patty Levenberg, Joan Gates, Michael Spielman, Anne Seeley



The Pride Family Trio at the Lowe Garden.
From left: Rachel, Daniel and Jordan.

SCMAA & FOUNDATION 2012-13

Meta Lightfoot, Alliance President

Shawn Devlin, Foundation President

John Gnam, SCMAAF Immed. Past President

Janet Lakshmanan, Treasurer

Meta Lightfoot, VP Membership, Nominating

Victoria Shieh, Secretary

Charlene Staples & Lynn Rambach, Programs

Lisa Sugarman, Grant Review

Joni Schmidt, Bylaws

Program Chairs

Health Promotions: **Cindy Popovich**

Holiday Card: **Barbara Ramsey**

Give A Gift: **Shawn Devlin, Lindsay Mazur**

Health Careers Scholarship: **Gina Merwin**

Safe Schools: **Kathleen Cortez**

Doctors Day: **Tricia Hunstock**

Website: **Margaret Peterson**



Meta Lightfoot

MESSAGE FROM 2011-2013 SCMA ALLIANCE PRESIDENT

Dear Alliance Members,

Here it is --- summer again. Gosh, this year has passed fast! It's hard to believe that Shawn Devlin (SCMAA-Foundation President) and I were getting sworn in this time last year. Some great changes and ideas have been implemented this year, thanks to Shawn's expertise. Our word of the year was "facelift." Examples of the facelift included the creation of new binders for each board member that provided much-needed, detailed information on how the Alliance and Foundation operate, along with a strategic plan for the next five years. **Thank you, Shawn!** A new facelift to the Membership Packet was also created – **Thank you, Maria!** Our website also got a facelift thanks to Margaret Peterson and Maria Pappas. Check it out – www.scmaa.org We had some great programs thanks to Lynn Rambach and Charlene Staples – you will learn about them in their report. Our goal now is to meet with the CEO's of the different medical groups in the county to see how we can recruit new members. We need to introduce ourselves and get our name out there.

We decided to have the **Allie Awards** return to its original format at the **Fall Member Luncheon**. **Save the Date! This year's Allie Awards/Fall Luncheon will be on Wednesday, October 23.** I would like to congratulate **Allie Award recipient, Gina Merwin, for her outstanding contribution to the Community.** Gina has chaired the Health Careers Scholarship Committee for the past six years! **Thank you, Gina!** And Congratulations to **Allie Award recipient, Lisa Sugarman, for her outstanding contribution to the Alliance.** Lisa was our Alliance and Foundation President in 2010-2011. She has served on many committees and has been our Grant Review Chair for the past three years! **Thank you, Lisa!** I hope to see all you at the Allie Awards and Fall Member Luncheon on October 23rd so we all can give these awe-inspiring women a big round of applause.

Thank you for allowing me to be your Alliance president these past two years. I have enjoyed my experience, met some pretty amazing members, and have learned to really appreciate what this organization stands for and how it has made, and continues to make, an impact our community in a very meaningful way. **THANK YOU.**

Respectfully Submitted,

Meta Lightfoot

Meta Lightfoot
SCMA-Alliance President, 2011-13

Programs

public art walk



From left: Charlene Staples' mom, Charlene Staples, Sheila Montemehor, Meta Lightfoot, Erica Carnahan, Nikki Santos, friend of Nikki. Back row: Lynn Rambach, Sudha Schlesinger

holiday party

Dr. Bob & Barbara Richardson



Laura Robertson, Kathryn Koh, Dr. Baer Rambach, Kim Klein

An Overview of the 2012-13 SCMA Alliance Year...

Fall Luncheon: Jessica Tekla Les, MD, a vibrant Medical Resident at Sutter, shared her experience as a young woman with breast cancer. It was a moving and educational presentation.

Annual Holiday Cocktail Party: It was a dark and stormy night, but attendance was high. Sudha and Tom Schlesinger, hosted the party and thanks to the reflective signage created by Meta Lightfoot everyone found the house. A wonderful time was had by all. There was much catching up with old friends and meeting new ones. It was a great party!

SCMAA Art Walk. This was a lively and informative docent led tour of public art in downtown Santa Rosa. It was impressive to see and to learn of the many pieces of art installed in Santa Rosa. Many are by world renowned artists and many are by local teens through the ArtStart program for teens. After the tour, we enjoyed socializing at **Flavor Bistro**.

Organizing for Sanity was a very entertaining, interesting and most useful presentation by Grace Brooke, Professional Organizer. Meta Lightfoot was our gracious host. Grace and her information was so well received, members asked if you could do a repeat program next year.

A Financial Conversation for Women was an engaging presentation by Barbara Chown, Certified Financial Planner. Each of us learned something we didn't know before. Everyone had the opportunity to ask questions and to share experiences in financial matters. It was suggested that members might like the chance to attend another such session with Barbara.

Submitted by Charlene Staples & Lynn Rambach, Co-Chairs, SCMAA Programs

MESSAGE FROM 2012-2014 SCMAA FOUNDATION PRESIDENT



Shawn Devlin

As President of the SCMAA Foundation, it is my pleasure to write my concluding report of the year. Due to the tremendous support and hundreds if not thousands of ALL VOLUNTEER hours that this organization accomplished, we have a lot to be thankful for. As we end the year, it is time to reflect on our past year of our accomplishments, successes and uncover new areas for improvement for our organization for sustainable future in our community.

Most important, I'd like to thank the leadership of the board of the Alliance and Foundation for the incredible talent, foresight and leadership that I witnessed over the year. I have been grateful to be a member of this organization for over 16 years and have held a number of positions, but none as gratifying as working with this incredible team of leaders this past year. Each and every board member contributed their own expertise, with their own style and grace, while being open to new ideas and change with the eternal hope of progress for the future of our organization.

I am pleased to accept the nomination to lead the board again next year, as President of the newly restructured Sonoma County Medical Alliance and Foundation. We have formed a fantastic group of leaders to continue the success of the organization next year and I am looking forward to a fantastic year together! I will report in the fall Grapevine our goals and plans for the Alliance next year.

2012-13 Community Accomplishments

- **Raised over \$100,000 cumulatively through our various fundraisers!** This includes the very successful Garden Tour held in Petaluma, the foster children's Give-a-Gift program, Safe Schools anti-bullying campaign, and the Holiday Greeting Card donor program.
- Forged new relationships and **granted \$54,000 to local community organizations** from our Garden Tour (see page 1 for list of beneficiaries).
- Provide comprehensive **"Distracted Driving" education to over 5,000 local high school students.**
- Launched a very successful and fun Health Promotions "healthy tips" monthly email blast to our members in order to support healthy lifestyles.
- **Granted \$28,000 in scholarships** to students in our community seeking future careers in medicine.
- Shopped, wrapped and donated over **245 gifts to children in foster care** in Sonoma County.
- Served over 10,000 Sonoma County students by **granting over \$10,000 to implement anti-bullying programs** in local schools.
- **Donated 25 laptops and computer supplies** to the emancipated college-bound foster youth.

2012-13 Board Accomplishments

- Created a **three year strategic plan** to assist in planning for the future of our organization.
- Developed a condensed **marketing flier and brochures** for use in membership recruitment and community awareness.
- Launched a **new and improved website** to enable users' easier access to information regarding our programs and membership.
- Approved a **board restructuring plan** of the Alliance and Foundation in order to improve efficiencies and effectiveness of the organization. **Reduced the board size from 21 to 8** in order to improve communication, collaboration and decision-making.
- **Created board binders** in order for board members to locate Alliance materials more readily.
- **Established a "consent agenda"** format of board reporting in order to provide more time to work on long range planning.
- Held a **Christmas working lunch board meeting** with members of the State alliance.
- Hosted an **end-of-the year lunch for the membership** in order to communicate our accomplishments of the year and to provide a relaxing social environment for members.

SCMA Alliance & Foundation 2013-14 Board of Directors

President: Shawn Devlin

Treasurer: Janet Lakshmanan

V.P. Membership: Meta Lightfoot

V.P. Foundation: Barbara Ramsey

V.P. Communications: Maria Pappas

V.P. Programs: Sally Ebrahim

V.P. Governance: Joni Schmidt



Health Careers Scholarships

SCMA and SCMAA Health Careers Scholarships for 2013-2014

The following recommendations were made to Scholarships Sonoma and they were accepted. A total of \$28,000 is to be given to the following students.

Undergraduate Reapplicants

Teresa Hurtado-Diaz, 24 years old. Senior, Sonoma State University. **\$2,500**. Majoring in Biology with a minor in Mathematics. Her goal is to be a Pediatric Oncologist. She is the first in her family to go to college. Her parents do not have a high school education. This is the second year that we have funded her.

Ryan Powers, 21 years old. Senior, Univ. of Pennsylvania. **\$2,000**. His major is Molecular Biology. His goal is to be an MD. This will be the 4th year that we have funded Ryan. He is currently volunteering in a lab at the university. Last summer he had an amazing internship with the Buck Institute in Novato.

New Undergraduate

Jessica Spagnola, 25 years old. 1st year at Gurnick Academy of Medical Arts. **\$3,000**. She is pursuing a Radiology Technician profession. She has worked as a medical assistant for five years at Redwood Family Dermatology.

Reapplicant Graduate

Megan Mullin, 25 years old. Sophomore, Samuel Merritt University. Doctorate, Physical Therapy. \$2,000. This is the second year we have funded Megan. She has done well this first year of a three year Doctorate program.

Taylor Manton, 4th Year Medical student at USC Keck School of Medicine. \$3,000. This will be the 4th year that we have funded Taylor. Taylor has decided to specialize in Otolaryngology and will apply for residency in that field after her graduation.

New Graduate

Christina Gallerani, 26 years old. Sophomore, UC Davis Medical School. **\$4,500**. Christina is a graduate of UC Berkeley.

Brianna Hitman, 24 years old. 2nd year Univ. of Pacific Doctorate Physical Therapy. **\$4,500**. Graduate of Point Loma Nazarene University.

Sahar Rosenblum, 26 years old. 2nd year Medical Student, David Geffen School of Medicine, UCLA. **\$4,500**. Graduate of Cal Poly. After graduation, he spent 3 years pursuing new advances in stem cell research. He has 6 published scientific papers to his credit.

High School

Cristal Chavez –Graduated from Sonoma Valley High School and will be a Freshman at Sonoma State University. She wants to be an RN

Carlos Pineda – Graduated from Northwest Prep at Piner Olivet High School. He will be a Freshman SRJC. His goal is to become a physician.

Lisa Sugarman presented the certificate to Carlos Pineda and Sally Ebrahim made the presentation to Cristal Chavez.

A Grant request was submitted to the Pacific Foundation for Medical Care for \$10,000, however our request was denied.

The Scholarship Committee included Pat Anderson, Sally Ebrahim, Barbara Ramsey, Joni Schmidt, Lisa Sugarman, Ex Officio, Brad Drexler, MD, and Elise Sullivan, MD.

This report was submitted by Gina Merwin, Chair



Lisa Sugarman with scholarship recipient Carlos Pineda



Safe Schools Program

**Letter from Aracely Romo-Flores,
Principal, Biella Elementary
School Santa Rosa, CA**

I would just like to thank you all for the \$1000 mini-grant you provided Albert F. Biella Elementary School to help us fund the Toolbox Project, a social and emotional learning curriculum for elementary school children. As a result of your generous contribution we have been able to train our students, teachers, and families in how to use these tools to help us cope with difficult situations and to build resiliency.

One of the 12 tools we introduced is the “breathing tool” and an interesting thing occurred as a result. When the third grade teachers came together to review student assessment results earlier this school year, they noticed that the scores of approximately 10 students across the three classes were inconsistent with their classroom performance. The teachers thought that perhaps these students were under the weather when given the test and/or suffer from test anxiety. Consequently, we brought those students in to an alternate

setting to retest them. We told them that we believed they could do better than the score on the previous test indicated, and then led them to use their “breathing tool” to help them relax and be better prepared to do their best. Well, not only did these students do better, but they surpassed our expectations!

Over and over again, we have witnessed students use these tools to help them cope and deal with situations in a healthy manner. We can’t thank you enough for providing the needed funding to bring this wonderful program to our students and their families.

[In our] school newsletter, students share which tool they like/ use best. (see excerpts below)

With Gratitude,
**Aracely Romo-Flores
Principal
Albert F. Biella Elementary**

Ashley, 1st Grade, likes Garbage Can Tool. “Helps me throw problems away.”

Jonathan, 4th Grade, likes Quiet, Safe Place Tool. “You’re all by yourself and it’s quiet.”

Angelica, 5th Grade, likes Personal Space Tool. “I need personal space.”

Jonathan, 6th Grade, likes Breathing Tool. “When you are stressed, it helps you calm down.”

*The Sonoma County Office of
Education and SCMAA
Foundation send their warmest
thanks to Safe Schools donors
Elly Werner and Leo Hoefler for
their continued generous
support of Safe Schools!*

THANK YOU, ELLY & LEO!

*---Kathleen Cortez, Chair,
Safe Schools*



2012 JourneySafe Assembly, Montgomery High

JourneySafe Program

Piner High School, JourneySafe

More than 250 Piner High School students attended a JourneySafe assembly on May 8, 2013, which included the playing of the JourneySafe DVD and listening to CHP Officer Jon Sloat talk about distracted driving.

The students were engaged and had many good questions at the end of the presentation which Officer Sloat answered.

JourneySafe bookmarks with Five Tips to Survive were given to each student.

*Cindy Popovich, R.N.
Chair, Health Awareness &
Promotions*



Give-a-Gift Update

This year, the Give-a-Gift Committee raised over \$21,000 from our members and community. On December 3, 2012, we sponsored our 2nd annual "It's a Wrap" gift-wrapping day for our Alliance membership. We sorted, and wrapped over 245 gifts for foster children. Prior to our wrap day, we had a wonderful team of Alliance members who helped with shopping this year. We send a huge thank you to: Meta Lightfoot, Tracy Cooper, Patty Jones, Ann Hurd, Carrie Smith and Cindy Popovich. This team helped tremendously with the gift purchasing system!

This year, for the first time ever in the history of the Give-a-Gift program we collaborated with a local school to help support the giving and wrapping of



Give-a-Gift committee (from left): Carol Wood, Laura Robertson, Shawn Devlin, Kathryn Koh, Tracy Cooper and Lindsay Mazur

presents for the foster children. Austin Creek Elementary School set up a very detailed system for their students to purchase and wrap items to contribute to over 15 gifts for our program! We are very grateful to have this community support from Austin Creek and welcome like partnerships in the years to come!

Our next major event will be the ILP (Independent Living Program) picnic held by the Department Human Services to honor college bound youth who graduate from high school this year and have plans for college. This is the time we donate laptop computers to these inspiring young adults.

Our committee is working feverishly to revise our fundraising approach this year. We aim to build awareness of our community needs, enlighten our donors and appeal to our supporters to "Step up" to reach even more youth in the foster care system.

We encourage our members to be on the lookout for our new mailing, which will include a new sponsor/donor reply card. The first step in "Stepping up" to help our cause!!

With our warmest thanks from our Give-a-Gift committee!

---Laura Robertson, Give-a-Gift Committee Member

Give-a-Gift

\$200+ Donors

- Shawn Devlin
- Lindsay Mazur
- Susan Bedsole
- Marcia Hahn
- Barbara Richardson
- Karen Hanahan
- Jean Martin
- Patricia Jones
- Debra Dalton
- Karen Erickson
- Ann Hurd
- Belinda Soiland
- Kathryn Koh
- Regina Leoni
- Jacqueline Scheibel
- Margaret Ahern
- Julia Andolsen
- Lynn Davis
- Joan Gates
- Dr. Karen Leung-Chu
- Trish Shapiro
- Lisa Sugarman
- Cathy Trione
- Carol Wood
- Connie Marianella
- Katie Booth
- Patty Levenberg
- Colleen Meseroll
- Dr. Margaret Marquez
- Susanna Trasolini

Did you know this program has been serving youth in foster services for more than sixty years?

The SCMAA Foundation and Give-a-Gift sincerely thank all of our volunteers and donors for their support!