



Sierra Sacramento Valley Medical Society Alliance

Bulletin

The Sierra Sacramento Valley Medical Society Alliance is a non-profit service organization dedicated to improving the quality of health in our community through education, fundraising, and volunteer support.

Alliance Calendar

August 6th @ noon: Board Meeting at Medical Society

August 7th @ 1 pm: Book Club Marilyn Skinner's (see below)

August 14th @ 9:30: AOM Meeting At Linda Meyers'

September 14th: AOM Gift Gathering Party at Alice Huang's

October 12th: Bus trip to Napa (see flyer below)

April 18th 2020: Art of Medicine at Del Paso Country Club

PRESIDENT'S MESSAGE

President's Message

On June 18th, we had our annual board meeting with both the old and new board of directors. It was great kick-off to our new 2019-2020 year.

Welcome to Tricia Hunstock, who is new to the SSVMSA Board this year. She is a longtime member of the Alliance, and on the leadership team of the CMA-A. It is fantastic to have new ideas and perspectives to the Board!

At our general meeting, we were honored to say that we've been busy this year in philanthropy. We've given \$13,000 in nursing scholarships, \$6,000 in Medical Student Scholarships, and \$50,000 in Community Grants. More details can be found here: <https://ssvmsa.org/grants>

We are also busy preparing for the Art of Medicine (AOM) 2020. Pei-Hsiu and I cordially invite you to join us for a Gift Gathering Party, on September 14th, 2019 (details in the bulletin.) Please save the date for

AOM on April 18th, 2020 for an evening of giving together. Thank you in advance for your support of our biennial fundraiser!

We want to thank the California Medical Association-Alliance for awarding us a grant to fund activities for our own SSVMSA community. With the help of Kim Majetich and Mary Sterner-Sosa, we rolled out these workshops in the past year, and received great participation and feedback. We are planning some great topics and activities this year, e.g. Burnout and Life Balance, Meditation, Nutrition/Exercise, No More Regrets, and a family-friendly picnic. More details and event information will be announced in upcoming bulletins and social media.

In the meantime, please send in your SSVMSA membership renewals! The renewals have come to you in the mail in paper format, and they are now available online as well at www.ssvmsa.org (special thanks to Joseph Jacobs, our technology guru.)

Please help us grow and strengthen our community by connecting with us. Also connect us with your friends and social networks, e.g. bring a friend to our events. It is going to take all of us to keep the Alliance connected and thriving, so that we may continue our heritage of philanthropic work in the Sierra Sacramento Valley Community! Thank you for your ongoing support of the SSVMSA!

All the best,
Alice

ALLIANCE NEWS

Sierra-Sacramento Valley Medical Society Alliance 2019-2020 Board of Directors

President- Alice Huang
President-elect -
VP Membership -Sue Brownridge
VP Community Health - Kim Majetich
VP Public Relations - Joseph Jacobs
Recording Secretary - Tricia Hunstock/Mary Sterner-Sosa
Treasurer - Diane Vanderpot
Treasurer-elect -
CEF - Celeste Chin
Holiday Sharing Card - Paula Cameto/Debbie Wills
Bulletin Editor - Jerilyn Marr
Long Range Planning - Gabby Neubuerger
Parliamentarian - Kathy Greenhalgh
Past President - Mary Sterner-Sosa
Scholarships - Ann Parsons
Programs/Reservations - Mary Sterner-Sosa/Linda Meyers
Roster - Joseph Jacobs
Senior Service Director - Wylyd Lian
Book Club Rep - Mariann Fisher

THE ART OF MEDICINE 2020

The next meeting for The Art of Medicine is Wednesday, August 14th, 9:30 AM, 3208 Kadema Drive, Sacramento, 95864. If you are already chairing a sub-committee or if you are interested in working on a committee, please join us. Coffee, tea, and pastries will be served.

The lovely home of Dr. Pei-Hsu and President Alice Huang is the setting for our first Gift Gathering party on September 14th. Invitations will be mailed; in the meantime, please save the date!

Early Bird pricing for the Art of Medicine 2020 is \$100 per person. Early Bird pricing continues through the Gift Gathering Party on September 14th.

SSVMSA COMMUNITY GRANTS 2018-2019

Mental Health California as awarded \$10,000 by our grants committee. Mental Health First Aid™ will provide training to Sacramento area boys and men of color. The training and education program will deliver clinical and holistic prevention and early intervention strategies while increasing awareness opportunities for treatment and linkages to care.

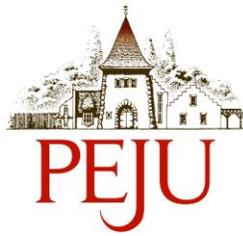
This work focuses on boys and men of color who have experienced and are still experiencing such forms of structural and systemic trauma. A term related to trauma is "adversity," which helps to clarify what people of color experience in the United States. It includes not just experiences outside usual human experience, but those that have become all too much a part of everyday existence.



Ingrid Hart, President of the Board of Directors, Kristine Smith, Founder and CEO, Joseph Jacobs, Kim Majetich

BOOK CLUB All are welcome, please contact host to RSVP

- **August 7th:** The Hundred Year Old Man Who Climbed Out of the Window and Disappeared by Jonas Johnson (Host: Marilyn Skinner H: (916) 638-5234, C: (916) 825-8649/rlybrd@aol.com)
- **September 4th:** West of the Night by Beryl Markham (Host: Mariann Fisher H: (916) 443-5409, C: (916) 835-1767/mafish42@surewest.com. Reviewer: Diane Vanderpot)
- **October 2nd:** Good Neighbor Fred Rogers by Maxwell King (Host: Mary Rogers H: (916) 359-7832/marymallory@gmail.com)
- **November 6th:** Gracelin O'Malley by Ann Moore (Host: Ann Parsons H: (916) 488-3534, C: (916) 802-9524/aparsons@surewest.net)
- **December 4th:** Leadership by Doris Kearns Goodwin



SSVMSA Napa Valley Wine Trip



Saturday October 12th, 2019

Trip includes round trip transportation on a private bus, lunch, wine tasting, and art tour of the beautiful sculpture garden at Peju (named “The Best Winery in North America”). Only 50 spots are available for this once in a lifetime experience, and friends are welcome. Below is a taste of the day’s itinerary.

Arrive at Peju at 11 o’clock AM: In the heart of Rutherford, a warm welcome awaits you and your guests in the courtyard, and your day begins.

Unique Tasting Experience: The grape to glass tasting will highlight first the fruit, the juice, and finally the finished wine. This unique experience will provide the opportunity to compare the fruit to the award-winning finished product.

Harvest Fare luncheon experience: After sampling some wine, a delicious lunch will be ready for your enjoyment, prepared in the Peju kitchen.

Guided garden tour and walkabout: Following lunch, you will gather, glass in hand to tour the grounds of Peju gardens. Enjoy exploring the variety of sculptures and vegetation surrounding the tasting tower.

Reservations: Contact Mary Sosa at masosa5@icloud.com or (916) 718-2568. **\$125 Per guest.** Checks made payable to SSVMSA can be mailed to 3540 Autumn Point Lane, Carmichael, CA 95608 or contact Mary to pay via credit card. Please meet at SSVMS Parking lot at 5380 Elvas Avenue, Sacramento, CA 95819, at 9:30 on Saturday October 12th. Return approx. 5:00 p.m.



