



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

May 8th @ noon at the Medical Society: No More Regrets (see Below for more information)

May 12th @ 11:30 am at Del Paso Country Club: Past Presidents' Luncheon

June 19th @ 1:45 pm at SafetyVille Safety talk for children (more Information to follow)

PRESIDENT'S MESSAGE

Dear SSVMSA Members:

Our hearts go out to everyone who has been impacted by the novel Coronavirus Disease 2019 (COVID-19.) With the recent developments of the outbreak, we find ourselves in unprecedented times of pervasive anxiety looming that largely stems from uncertainty.

This pandemic also reminds us of our interconnectedness and interdependence to one another. We see how events on the other side of the globe can have a profound effect on our lives here at home. It is a reminder that we are fortunate to have our Alliance community to count on.

Thank you to our dedicated board members and committee chairs, who are working hard to continue the work that supports our organization's mission for our community.

Social responsibility is a fundamental part of the Alliance's ethos. We ask our community to be vigilant in observing the social distancing recommendations and any updated guidelines from the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH.) Please remember that the hiatus from social gatherings is intended to reduce human contact and slow the spread of COVID-19. As information becomes available, we will notify our members of any postponed and rescheduled events.

Below you will find a letter from the Art of Medicine (AOM) Co-Chairs Linda Meyers and Mary Sosa with updates regarding the AOM Dinner and Auction. AOM is our greatest funding source for our grants and scholarships programs so we appreciate your continued support in any way possible!

To further support our community, please read about the *Ten Percent Happier* app, which is a helpful resource on mindfulness meditation. As healthcare workers battle the COVID-19 pandemic, *Ten Percent Happier* has given our physician family community free access to their subscription service for 6 months. Please see access information in the bulletin.

In the fall, California voters will vote on a new ballot measure that will drive up health care costs, restrict access to care for low-income patients and decimate the protections afforded to patients across California as part of the Medical Injury Compensation Reform Act (MICRA.) Please see the Sierra Sacramento Valley Medical Society (SSVMS) website www.ssvms.org for more information on the MICRA initiative, in addition to updated information regarding SSVMS events.

Sending best wishes for your health and safety!

Most sincerely,

Alice Huang

ALLIANCE NEWS

ART OF MEDICINE UPDATE



Given the latest CDC, State, City, and County recommendations regarding the COVID-19 outbreak the Art of Medicine Dinner and Auction is postponed. We do this without hesitation, as it is the right thing to do for our community, in light of good health and the abundance of caution.

We are working hard to establish a new date for the event and contact attendees and donors regarding our plan. In the meantime, we will work to maintain excitement for and interest in the Art of Medicine 2020.

Please let us know if you have any questions.

Stay Well,

Linda Meyers and Mary Sosa

Co-Chairs SSVMSA Art of Medicine

Linda Meyers:(916)213-3208 linda.meyers@comcast.net

Mary Sosa: (916)718-2586 masosa5@icloud.com

BALANCE OF FAMILY & MEDICINE SMALL GROUP SESSIONS 2020

Balance of Family and Medicine small group sessions continue for 2019-2020

Due to the popularity and a continuing grant from CMAA, the Balance of Family and Medicine small group sessions will continue! These sessions will be held at the Medical Society Conference Room, Fridays from Noon to 1:30 pm (except noted), lunch to be served with a facilitated discussion on:

May 8th – No More Regrets – Angela Trapp, Executive Life Coach

This session is open to all spouses of physicians and friends of the Alliance. We are also open to physicians as well. The session is limited to 20 participants, so if you are thinking about attending please sign up as soon as possible. Please contact **Kim Majetich** at kmaj@comcast.net to reserve your spot!

Rescheduled date to be determined – Meditation: The “Menu” and the “Meal” – Dr. Ian Koebner, Director of Integrative Pain Clinic, UC Davis

BOOKCLUB

All are welcome, please contact host to RSVP.

May 6th: THE ISLAND OF SEA WOMEN by Lisa See, Liz Battaglia reviewing.

June 3rd: A WOMAN OF NO IMPORTANCE by Sonia Purnell, Shirley Griffin reviewing.

July 1st: THE ONLY WOMAN IN THE ROOM by Marie Benedict, Marilyn Skinner reviewing.

TEN PERCENT HAPPIER APP

Access for Physician Families to Ten Percent Happier App, a meditation platform.

Ten Percent Happier is extending this free offer to healthcare workers, and to us as physician families, to help cope with the stress and anxiety from the COVID-19 pandemic. Below are instructions for how to claim this free subscription through the Ten Percent Happier website and app. Please do share this access with any other healthcare workers that you know who might also benefit. They send their deep gratitude for all that our medical families are doing to keep our communities safe and cared for.

Redeem Your Complimentary Subscription Code

To claim your complimentary subscription you'll *redeem the gift code (HEALTHCARE) on the Ten Percent Happier website* <https://redeem.tenpercent.com/>. Then log into the mobile app on your Apple or Android device using the same Ten Percent Happier account and all the subscription contents of the app will be unlocked.

If you don't yet have a Ten Percent Happier app account:

Create an account using one of these methods:

- Use an email and password that you'll use to log into the mobile app
- Tap [Sign up with Apple](#)
- Tap Sign up with Facebook
- Make a note of the way you registered your account - you'll need it when you sign into the app on your Apple or Android device.

Once You're Signed Into Your Account:

- **Enter your Gift Code: HEALTHCARE (capital letters count)**
- Tap or click Redeem.

Here are a few resources that you might find helpful:

- Our central [Coronavirus Sanity Guide](#) webpage highlighting various entirely free resources we are putting together to help you find some calm in this extremely difficult and stressful time.
- Our [Meditation FAQ](#) page for common questions about meditation.
- Our online [Help Center](#) for common technical support questions.
- This mailbox is not closely monitored so if you need any additional assistance regarding your Ten Percent Happier account please email us at support@tenpercent.com

CORONAVIRUS DISEASE 2019 (COVID-19) RESOURCES

Centers for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

California Department of Public Health:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

Sacramento County Alerts:

<https://www.saccounty.net/COVID-19/>