



## 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

June 3<sup>rd</sup> @ 1 pm: Book Club  
(see below)

June 9<sup>th</sup> Board Meeting at 2 pm  
on Zoom

November: Art of Medicine  
(more information to follow)

### PRESIDENT'S MESSAGE

Dear SSVMSA Members:

Heartfelt thanks to the Board for all of their hard work and support this year! I would also like to thank all members, past leaders and continuing supporters who have paved the way for us, since 1931!! With this tradition in philanthropy, we are moving forward with creative ways to adapt to the new norm.

We are brainstorming ideas of how the Alliance can support the community in this pandemic. Thank you to Sue Brownridge for stepping forward to help with this initiative. Please feel free to email Sue if you know of ways that the Alliance can help!

We are also excited to announce the new format for the Art of Medicine. See below for exciting news from AOM co-chairs Mary Sosa and Linda Meyers. Your support is ever so important to the Alliance to continue our momentum of giving to the community.

Since this April, the Alliance is on Amazon Smile as a non-profit that benefits from your supporting purchases on Amazon. By designating the SSVMSA as your charity of choice and completing your Amazon purchases via [smile.amazon.com](https://smile.amazon.com), a percentage of your eligible purchase is donated to the Alliance. See below for more information.

Thank you for the privilege of allowing me to serve the SSVMSA. Welcome the new Board leadership! Their enthusiasm and hard work will carry us forward this year.

Most sincerely,

Alice Huang

## ALLIANCE NEWS

### ART OF MEDICINE UPDATE



AOM 2020 RE-ENVISIONED

We are excited to announce that AOM 2020 will take place in early November! We are planning an online event which will be presented as a “Gala Week”. The week will open with (as conditions permit) a casual, by-appointment reception and exhibition that will showcase the beautiful art, fine wine, jewelry, and other highly desirable auction items awaiting your bid. Then, for the next seven days guests can log-on to the auction website to bid on the items. We are working with the auction platform GiveSmart, a company well-known for its successful online events and bidder-friendly-easy-to-use platform. We know that you’re looking forward to learning more about the details, which we will provide in the very near future! In the meantime, stay well.

Mary and Linda

### BALANCE OF FAMILY & MEDICINE GROUP SESSION MAY 21, 2020

“**Finding Power and Peace midst a Pandemic... It is Possible!**” with facilitator Angela Trapp, Executive Life Coach, was conducted via Zoom on May 21<sup>st</sup>. Eight members were able to join in on this workshop, although at a distance. As we are learning to adapt (having Zoom meetings!) to this new normal during the Covid-19 Pandemic, Angela guided us through how we can better manage our emotions/feelings as we go through this unprecedented time.

At this time we may be feeling a cascade of emotional, physical and financial losses which are stressors that take us out of equilibrium or homeostasis where we felt safe. We are now trying to find our way back to that balance, whatever it may look like. Angela gave us three practices (**ACT**) to help us get back to homeostasis or “Home” (she gave us the analogy of Dorothy in the movie “Wizard of Oz” as Dorothy was trying to find her way home after being upended by the tornado).

#### Acknowledge Emotion

By acknowledging and accepting your negative emotions and fears, those emotions/fears become less permanent. You can lighten your load by sharing and voicing your fears and by asking yourself:

Is this true? Do you know beyond the shadow of a doubt that this is the absolute truth?

How do you feel when you hold this thought?

Who would you be without this thought?

### **Cultivate Compassion**

Learn to be more compassionate with yourself and understand that it is “OK not to be OK”. You can cultivate more self-compassion by doing activities like writing a letter to yourself about what you are feeling without blaming anyone or you can give yourself encouragement as you would to a friend. It is also important to be mindful of each other and to treat each other with grace. Everyone is grieving, worried, and fearful and yet none of them wear a sign like “I’m struggling. Be nice to me”. (Recommended book Self Compassion by Kristen Neff, Ph.D.)

### **Take Action**

You can take action (**Power**) by first understanding what is in your control and what is not. You can continue to take care of yourself by eating healthy foods, participating in physical activity, reaching out to friends and family and limiting how much news you watch. You can find **peace** by practicing mindfulness and be present in the moment. Also, never underestimate the power of gratitude to create a more positive attitude.

All of us had the opportunity to express some of our fears and emotions along with what activities we were doing to help us cope. It is wonderful to have a safe environment to have a discussion about what is happening in our world, both personally and beyond.

Angela ended with some quotes that hopefully will give all us inspiration as we traverse though this difficult time:

“Hope and fear cannot live in the same space, invite one to stay” – Maya Angelou

“What the caterpillar calls the end of the world, the master calls a butterfly” – Richard Bach

## BOOKCLUB

All are welcome, please contact host to RSVP.

**June 3<sup>rd</sup>:** ISLAND OF SEA WOMEN by Linda See (Liz Battaglia reviewing) in Jerilyn Marr's backyard observing social distancing (limited to 10, please call Jerilyn if attending (916) 484-5490).

**July 1<sup>st</sup>:** A WOMAN OF NO IMPORTANCE by Sonia Purnell, Shirley Griffin reviewing.

**August 5<sup>th</sup>:** THE ONLY WOMAN IN THE ROOM by Marie Benedict, Marilyn Skinner reviewing.

### **SSVMSA is on AMAZON SMILE**

When members and supporters shop on **Amazon Smile**, Amazon will donate 0.5% of eligible purchases to The Alliance by designating **The Sierra Sacramento Valley Medical Society Alliance** as the recipient of the Amazon donations. More information is available at [smile.amazon.com](https://smile.amazon.com).

For The Alliance to receive Amazon Donations, members should:

- (1) First, go to **smile.amazon.com**, and in with your usual Amazon.com credentials.
- (2) Under **Your Account**, scroll down to **Change Your Charity** to designate **Sierra Sacramento Valley Medical Society Alliance** as your recipient of choice,
- (3) Then complete your Amazon purchases the link **smile.amazon.com**.
- (4) Save **smile.amazon.com** in website bookmarks to complete your future Amazon purchases.



Welcome to  
**amazon smile**

**You shop. Amazon gives.**

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support your charitable organization by starting your shopping at [smile.amazon.com](https://smile.amazon.com)

sign

The

via

For help designating the SSVMSA as your supporting organization, please email Alice at [SSVMSAlliance@gmail.com](mailto:SSVMSAlliance@gmail.com). **Thank you for your support of The Alliance!**