



Sierra Sacramento Valley Medical Society

Alliance

Dedicated to a Healthy Community

Bulletin

June/July 2020

ALLIANCE CALENDAR

July 8, 2020 at 10 am:

Book Club

(see below)

July 16, 2020 at 12 pm:

Physician Family Workshop

Meditation: The Menu and The Meal
Presented by Dr. Ian Koebner

August 4, 2020 at 12 pm:

Board Meeting
Email SSVMSAlliance@gmail.com

for ZOOM Link

September 26, 2020:

SSVMS Joy of Medicine Summit

November 7-11, 2020:

Art of Medicine

Gala Week on GiveSmart

(more information to follow)

Co-Presidents' Message

From the desks of Alice Huang and Tricia Hunstock

Co-Presidents of SSVMSA

My name is Tricia Hunstock and I recently moved from Santa Rosa, and the Sonoma Alliance. I was born and raised in Sacramento, so it was nice for me to move back. It is my honor to be your Co-President with Alice Huang. I am proud to be a part of SSVMSA, and to celebrate our 90th year anniversary next May 2021.

The new Board of Directors was welcomed by the outgoing board at the annual meeting on June 9th, utilizing Zoom. The Alliance Board has been working on plans for the upcoming year and we welcome your ideas of programs or presentations. Please email your ideas to: ssvmsalliance@gmail.com

So far our plans include: A much needed blood drive is planned for July, and we will need 40 people/volunteers to participate. If you would like to support the drive, please email Sue at sue_bee@surewest.net. There will also be a Physician Family Workshop on Zoom, and the Art of Medicine Auction will be in November on the GiveSmart virtual platform. More information to follow.

The board is looking forward to a productive year. We are asking that all members renew their membership, which can be done easily online. Also, if you know of any prospective members, please invite them to join us.

Thank you,

Tricia Hunstock

Alliance News

It's time to renew your membership! Membership letters are in the mail! As a membership organization, your dues are important source of our organizational funding. We strive to keep operational costs low, and we all serve the organization as volunteers. You can renew online by clicking

on [the link](#) below or by mailing back your renewal form. Thank you for your continued support and playing a vital role in the support of our community.

<https://ssvmsa.org/membership>

COVID-19 Special Initiative

SSVMSA BLOOD DRIVE

SSVMSA is partnering with SSVMS and Vitalant to hold a blood drive in response to the urgent need for blood in our community.

Vitalant lost 24,185 red cell donations due to business, school, and church closures. The blood drive will be held at the SSVMS office (5380 Elvas Ave, 95819.) The date will be finalized soon, but we are anticipate it to be the end of July.

For those unable to donate, please encourage family members and friends to donate. We will need a small number of volunteers to take temperatures, help monitor social distancing, etc...

To schedule the blood drive we need to demonstrate a show of interest. Though you may have scheduling conflicts when a date is set, please email Sue below if you are willing to donate if your schedule allows. All Alliance members, friends, and family members are encouraged to join us for this important opportunity to support our community. If you are interested or have questions, please contact Sue Brownridge sue_bee@surewest.net

Vitalant will follow the following guidelines:

1. Donors will schedule appointments in advance to ensure that social distancing will be maintained throughout the donation process.
2. Donors must be feeling well and free of respiratory illness symptoms, including fever.
3. Donors will need to meet certain travel and other at-risk criteria for coronavirus infection are deferred from donating. If you have questions on your recent travel, please do not hesitate to ask.
4. The blood drive set-ups will demonstrate social distancing. The staff wear masks and will wipe down donor-touched areas often and after every collection using a disinfectant.

AOM Update



THE ART OF MEDICINE GALA WEEK

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 November 7th - 9th with (as conditions permit) a casual, by-appointment reception and exhibition at the Medical Society building 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

MEET A LOCAL ARTIST FROM THE ART OF MEDICINE!

After sheltering in place for weeks on end, Kathy Dana invites you to take a road trip.

Please visit Sparrow Gallery, July 10-31.

Enjoy more than twenty new works. “Road Trip” is dedicated to the splendor one can only experience when gliding down highways, over bridges, through small towns and backcountry roads.



Kathy Dana

ROAD TRIP

July 10-31

SPARROW  GALLERY

1021 R Street, Downtown Sacramento
916-639-0436

Tuesday - Saturday
10am - 4pm

Contact gallery
For current hours
Schedule an appointment



Acrylic on canvas

HEADER
"Desert Wildlife"
12x16 inches

TOP
"Trucking"
24x24 inches

MIDDLE
"Pedal on Metal"
12x16 inches

BOTTOM
"Passin' Through"
36x48 inches



www.kathydanaArt.com

Community Health

PHYSICIAN FAMILY WORKSHOP: MEDITATION & THE MEAL

Presented by Dr. Ian Koebner

- Join us on Jul 16, 2020 at 12:00 PM (PST) for this introduction to meditation workshop focused on helping participants establish their own meditation practices.
- Content will include:
 - Basic meditation instruction
 - Setting up your meditation space (how to transform your house/office/etc.)
 - Setting up an appropriate altar
 - Taking your seat (exploring different sitting postures)
- The objective of this workshop is to give participants a grounded understanding of what meditation is and is not, along with resources and basic meditation instruction so that they feel able to establish or strengthen their own meditation practice.

This workshop is made possible by a grant from the [CMA-A](#).

RSVP to Kim Majetich for Zoom link

kmaj@comcast.net

YOUR FEEDBACK IS IMPORTANT TO US

Please email us with your suggestions!

- Which community health workshops or events have you attended?
- What were your favorite parts?
- Which topics would you like to see through the SSVMSA?
- Could you recommend speakers for us to reach out to help plan community health events?
- What format do you enjoy, e.g. small groups workshops, conference series, CME credits?

Please email your feedback to ssvmsalliance@gmail.com

We need your help to plan for workshops this year!

Book Club

The June Book Club with 7 attendees included an excellent discussion of the ISLAND OF THE SEA, lead by Liz Battaglia.

Thank you to Jerilyn Marr for hosting, and to Mariann Fisher for baking yummy cookies.

As Jerilyn's backyard is in a central location which allows for a lively socially distanced discussion, we are meeting there again in July.

Space is limited to 10 attendees.

RSVP to Jerilyn Marr

(916) 484-5490

Upcoming Books

July 8th at 10am:

A WOMAN OF NO IMPORTANCE by Sonia Purnell, Shirley Griffin reviewing.

August 5th:

THE ONLY WOMAN IN THE ROOM by Marie Benedict, Marilyn Skinner reviewing.

September 2nd or 9th:

UPSTAIRS AT THE WHITE HOUSE by J.B. West Mariann Fisher or guest reviewing.

October 7th:

Any Mystery by Donna Leon. Choose any of her 28 books. All are set in Venice and have the same inspector.

November 4th:

One of Alexander McCall-Smith Books. His new one is titled THE TALENTED MR. VARG. Book one is THE DEPARTMENT OF SENSITIVE CRIMES.

Amazon Smile

SSVMSA is on Amazon Smile

- Open the Amazon Shopping app on your device.
- Go into the main menu of the Amazon Shopping app and tap into 'Settings.'
- Tap 'AmazonSmile' and follow the on-screen instructions to complete the process.
- For help, please email ssvmsalliance@gmail.com

Turn on AmazonSmile in
the Amazon app to
generate donations.

amazonsmile



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