



## 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

March 29th: Joy of Medicine: Family and Medicine, a Balancing Act (see flyer below)

April 2nd @ 9:30 am: Board Meeting at the Medical Society Kitchen

April 3rd: Book Club @ 1 pm

May 14<sup>th</sup>: Past Presidents/ General Meeting Luncheon (see flyer below)

### PRESIDENT'S MESSAGE

As of this writing, I expect you have received the biennial CEF solicitation letter. Donations to the Community Endowment Fund (CEF) of the Sierra Sacramento Valley Medical Society Alliance directly support community grants, nursing scholarships and health education programs. I would like to thank you for your past support and continued assistance with the CEF. Last year we were able to award over \$50,000 to community health projects. Additionally we awarded over \$22,000 in nursing scholarships and contributed \$6,000 to the Medical Student scholarship fund. The Alliance cannot continue to do the great work we do without your support.

Speaking of grants – The grant committee has received a record 31 grants for review with a total of \$263,815 asked. The committee will meet in late March to make the difficult decision on which grant requests to fund.

Again, I thank you for your past generosity and encourage you to consider contributing to the SSVMSA Community Endowment Fund.

All the best,

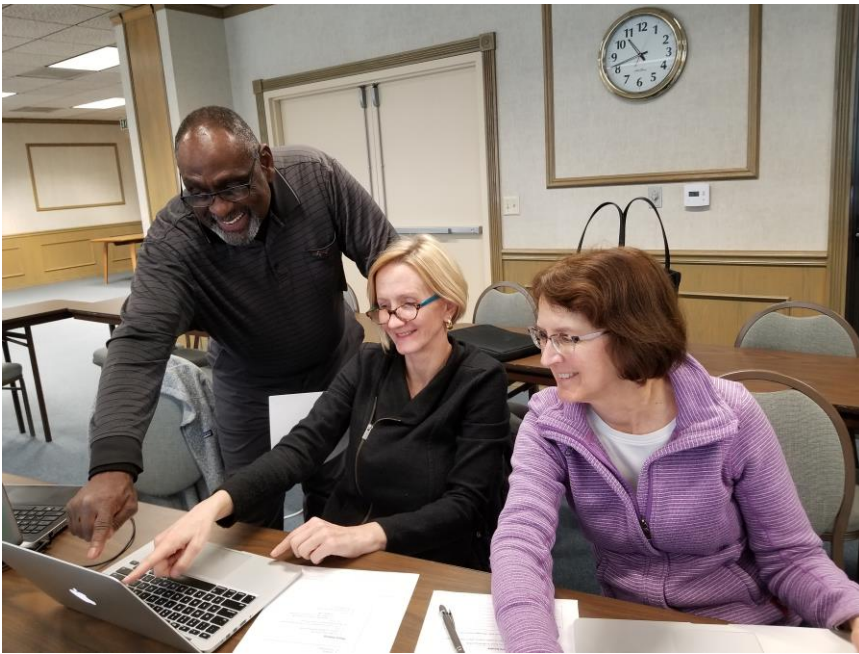
Mary

## **ALLIANCE NEWS**

### **Computer Class**

Joseph Jacobs presented the first, in what we hope will be many, computer training classes on Monday, March 11. He presented a step by step guide on the capabilities of and how to use Google Photos. Joseph walked the class through how to upload photos from devices or the cloud to Google Photos, how to edit photos, and how to create albums and share photos. A few key tips included: selecting the high quality setting instead of the original photo setting because storage is FREE with high quality, using the assistant because it gets smarter on identifying people, places and objects in your photos, and creating albums make super picture stories. He also mentioned Google organizes photos in chronological date order but the capability to change the date exists. This is really important when a scanned photo has a current date even if the photo was taken a decade ago! Kathy, Jerilyn and Diane attended the class. Our hats off to Joseph for sharing his time, expertise, and especially his patience! We hope he schedules more in the future. We all definitely learned something!

(Submitted by Diane Vanderpot)



Joseph Jacobs instructing Diane Vanderpot and Kathy Greenhalgh

## Joy of Medicine



# Find Your Joy of Medicine

Sierra Sacramento Valley Medical Society Alliance Presents:

## Procrastination: What are you waiting for? Family & Medicine- A Balancing Act, Group Sessions

When: 12pm-1:30pm,  
Friday, March 29, 2019  
Location: Sierra Sacramento Valley  
Medical Society  
Lunch will be provided.



Join other spouses/partners of physicians where participants will explore the joys and challenges for a family involved in the medical world. Attendees will share and discover tools that are proven to be successful in bringing balance to their world.

This group is a safe place for those who want to gather and develop a relationship that will support their growth on their journey. Anyone may attend this session.

RSVP with Kim Majetich  
via telephone at (916) 539- 6425  
or email at [kmaj@comcast.net](mailto:kmaj@comcast.net).

Program funded by CMA Alliance Grant.



## **Member Profile – Joan Rice**

Joan Rice has been my very good friend since the early 1960's- more than 50+ years! Her husband John and I were Anesthesiology residents at Harbor General Hospital in Torrance, CA. She and John moved with her family to Sacramento with her around 1964 and I lived with them for a short time when I came here looking for a place --not LA to raise 4 children. My husband and I bought a house over the weekend near the Rices. Joan and I were both kept pretty busy- she has three children a little older than our four, eventually her daughter Jodi did some babysitting for us.

Joan introduced me to Fortune Cookies- an Investment Club, gave advice on schools, grocery stores, cleaners-etc. She was also playing golf at Del Paso CC .She worked for a while at I. Magnin in the jewelry store. She has always been a devoted worker for International Recovery and made many trips to Chicago when she was president. Joan has a beautiful singing voice and she and John were both musicians.

Joan and I still get up very early on Mondays- when it's not cold or rainy , and play 18 holes of golf on our private course- Arcade- we see turkeys , hawks , squirrels and our buddies Charlotte and Charlie , the coyotes.

Plus all her many talents she has written a children's book-"A ZOO for You". It's a wonderful book you can read to your children, grandchildren or great grands! It's sold through Amazon and when I checked there are a few copies available!

(Submitted by Francine Gallawa, M.D.)

## **SSVMS Invite**

Join SSVMS and Crumley & Associates from Ameriprise Financial on Thursday, March 21<sup>st</sup> from 6pm-8:30pm to learn about the new tax laws. Dinner will be provided and the workshop will be held at SSVMS. For more details or to register

visit: <https://events.r2o.constantcontact.com/register/eventReg?oeidk=a07eg5c8ubme3966963&oseq=&c=&ch=>

## SSVMSA PAST PRESIDENTS CELEBRATION & GENERAL MEETING



Tuesday, May 14th noon

Please come help us celebrate the amazing, talented people who keep our organization alive, relevant, and important to our members and our community. Join us at

Del Paso Country Club  
3333 Marconi Avenue

Please RSVP to Liz Battaglia 916-382-4657 or [lizabattaglia@gmail.com](mailto:lizabattaglia@gmail.com) or [SSVMSA.org](http://SSVMSA.org) and send \$30 check payable to SSVMSA 3955 L Street Sacramento, CA 95816.

**BOOK CLUB** All are welcome, please contact host to RSVP

- **April 3<sup>rd</sup>:** News of the World by Paulette Jiles (Host: Ann Parsons  
H: (916) [488-3534](tel:9164883534)/[aparsons@surewest.net](mailto:aparsons@surewest.net))
- **May 1<sup>st</sup>:** Educated by Tara Westover (Host: Glo Fong  
H: (916) 359-6992/[glo4it@comcast.net](mailto:glo4it@comcast.net))
- **June 5<sup>th</sup>:** One Summer: America 1927 by Bill Bryson (Host: Liz Battaglia  
H: (941) [320-0304](tel:9413200304)/[lizabattaglia@gmail.com](mailto:lizabattaglia@gmail.com))  
No meeting in July
- **August 7<sup>th</sup>:** Good Neighbor Fred Rogers by Maxwell King (Host: Mary Rogers H:  
(916) [359-7832](tel:9163597832)/[marymallory@gmail.com](mailto:marymallory@gmail.com))
- **September 4<sup>th</sup>:** Hero of the Empire by Candice Millard or Hiking with Nietzsche: On Becoming Who You Are by John Kaag (Host: Diane Vanderpot  
C: (401) 243-7353/[dvanderpot@rocketmail.com](mailto:dvanderpot@rocketmail.com))
- **October 2<sup>nd</sup>:** The Hundred Year Old Man Who Climbed Out of the Window and Disappeared by Jonas Johnson (Host: Marilyn Skinner  
H: (916) [638-5234](tel:9166385234)/[rlybrd2@aol.com](mailto:rlybrd2@aol.com))
- **November 6<sup>th</sup>:** Gracelin O'Malley by Ann Moore (Host: Ann Parsons  
H: (916) [488-3534](tel:9164883534)/[aparsons@surewest.net](mailto:aparsons@surewest.net))

March 2019

Dear Friends and Supporters of the Medical Society Alliance:

As the Sierra Sacramento Medical Society Alliance begins a new year we are seeking your continued support for our programs. Your past generosity has made it possible for us to give charitably to local organizations that enhance healthy living, to award scholarships to exemplary nursing students and to help us continue our good works, as we have for 88 years. We have remained a grass roots organization of all volunteers, where 100% of your donated dollars goes to the cause. We thank you, and the community thanks you!

**In 2017-18, the Alliance’s Community Endowment Fund helped meet community needs by:**

- Granting **\$58,100** local non-profit organizations for health related projects.
- Raising **\$18,850** for SSVMS Medical Student Scholarship Fund, and the Alliance’s Community Endowment Fund with our unique **Holiday Sharing Card**.
- Awarding **\$22,750** in scholarships to 8 exemplary nursing students.
- Updating and distributing 5,000 copies of the ever popular guide, Community Resources for Older Adults.

We are proud of our efforts to give back to our community. We know you share our concern for those with less opportunity and resources to grow and live in a healthy environment. Once again, we are asking you to invest in your community by supporting SSVMSA’s Community Endowment Fund. By making a **tax-deductable** contribution today, you will be making a difference in our community.

<b>Platinum Alliance Benefactor</b>	<b>\$1,000 or more</b>
<b>Golden Alliance Patron</b>	<b>\$ 500 - \$999</b>
<b>Silver Alliance Supporter</b>	<b>\$ 100 - \$499</b>
<b>Bronze Alliance Friend</b>	<b>\$ 50 - \$ 99</b>

**Thank you for your generous contribution!**

Your support is truly appreciated,

Mary Sterner-Sosa, M.D.  
President, SSVMSA

**Please complete the information below and mail your check or credit card information to Kathy Greenhalgh, 39304 Black Hawk Place, Davis, CA 95616 or make a contribution online, SSVMSA.org**

Name: \_\_\_\_\_ Telephone \_\_\_\_\_

Address: \_\_\_\_\_

Donation Amount payable to SSVMSA \$ \_\_\_\_\_

Card # \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_ CCV \_\_\_\_\_

Name as it appears on credit card (please print) \_\_\_\_\_

