



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

December 4th: Book Club @ 1pm
(see information below)

December 5th: AOM Meeting @
3:30 pm at Linda Meyers

December 11th: SSVMS Seasons
Winter Social at El Macero Country
Club (see flyer)

December 12th: Holiday Luncheon
At Zinfandel Grille (see flyer)

January 24th: Balance of Family
And Medicine (see flyer)

February 29th: SSVMS Honors
Medicine at Elks Tower (see flyer)

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

PRESIDENT'S MESSAGE

Dear SSVMSA:

I had the honor of representing our county Alliance at the recent CMA-A Annual Session. Among the CMA-A board and other county Alliances, we shared ideas of how we are connecting and growing our organizations. "Growing and Connecting" is also the AMA-A national theme this year.

Please join us at our Holiday Luncheon on December 12th, noon, at Zinfandel Grille. We are humbly asking for donations for the Art of Medicine Auction.

Let's connect and grow together! The best way for our community to grow is through word-of-mouth. Please bring a friend to join us our community in celebration of the holidays.

In this season of thanks and giving, THANK YOU for your generous support our SSVMSA!

Warmly,

- Alice

ALLIANCE NEWS

Art of Medicine Update



Our Art of Medicine committee has been working tirelessly to gather wonderful auction items for the big event on April 18th!

We want to thank our generous donors who have contributed wonderful auction items. A sampling of the art can be seen above. We also have live auction items awaiting you such as: A one week stay at an historic home in Ireland, An exclusive Russian River Valley Wine Tasting weekend, a one week stay at a beautiful home with ocean view in Maui....the list goes on.

Please be sure to save the date for the 2020 AOM: **April 18, 2020**

Our next committee meeting is scheduled for **December 5th at 3:30** at the home of Linda Meyers: 3208 Kadema Dr. Everyone is welcome!

Please contact us with any thoughts or questions

Mary Sosa

Linda Meyers

Masosa5@icloud.com

linda.meyers@comcast.net

916-718-2568

916-213-3208

BOOK CLUB All are welcome, please contact host to RSVP

December 4th: LEADERSHIP by Doris Kearns Goodwin, Shirley Griffin reviewing.

January 8th: Our holiday luncheon, possibly at Thai Terrace

February 5th: BROAD STROKES by Bridgette Quinn, Glo Fong reviewing

March 4th: LINCOLN'S LAST TRIAL: The Murder Case That Propelled Him to the Presidency by Dan Abrams, Jerilyn Marr reviewing

April 1st: THE ISLAND OF SEA WOMEN by Lisa See, Liz Battaglia reviewing.

SIERRA SACRAMENTO VALLEY MEDICAL SOCIETY ALLIANCE
PRESENTS:

BALANCE OF FAMILY & MEDICINE SMALL GROUP SESSIONS



January 24, 2020 - Jump Start the New Year: Exercise and Nutrition

Facilitated by Annie Kaplon, Pilates Instructor and Alex Gallus, Nutritionist

March 27, 2020 - Meditation: The "Menu" and the "Meal"

Facilitated by Dr. Ian Koebner, Director of Integrative Pain Clinic, UC Davis

May 8, 2020 - Resolving Regrets

Facilitated by Angela Trapp, Executive Life Coach

All sessions are held
at the SSVMS offices
5380 Elvas Blvd,
Sacramento, CA 95819

Register at ssvmsa.org

Seating is limited

REGISTER NOW!

Kim Majetich - (916) 539-6425 or kmaj@comcast.net

Program funded by CMA Alliance Grant



SIERRA SACRAMENTO VALLEY
MEDICAL SOCIETY ALLIANCE

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.





SSVMSA Holiday Luncheon

Thursday, December 12, 2019 at 12:00 Noon

Zinfandel Grille: 2384 Fair Oaks Blvd, Sacramento
\$35 per person

Please feel free to invite friends!

RSVP by December 5th to: linda.meyers@comcast.net or 916-213-3208

Pay by check or online at www.ssvmsa.org
Checks should be made out to SSVMSA and mailed to D. Vanderpot
5380 Elvas Avenue, Suite 101, Sacramento, CA 95819

*This year's charitable recipient is the SSVMSA Art of Medicine
If you would like to contribute, our wish list includes:*

Make a pledge (payment not due until 2020)

Gift certificates for \$100 or more to restaurants

Wine donations (value of \$30+ please)

Winery tours and tastings

Tickets to Golden 1 events, the symphony, etc.

Art (any media) and Photography

Membership addendum:

Let us welcome new members: Halaine Rose and Heather Somers. We look forward to meeting you at our event soon!



CELEBRATE THE SEASON!

Wednesday, December 11, 2019

6:00 - 8:00 pm

El Macero Country Club

44571 Clubhouse Drive

El Macero, CA 95618

Join SSVMS and your
physician colleagues for
appetizers, drinks, and good company!



Please RSVP by Friday, December 6
Contact Sam Mello at 916-452-2671 or
smello@ssvms.org, or online at
tinyurl.com/SSVMS-Celebrate2019



SSVMS | SIERRA SACRAMENTO VALLEY
MEDICAL SOCIETY

29TH
FEBRUARY
6 - 9 PM

ELKS TOWER
SACRAMENTO

HONORS MEDICINE

**SAVE THE
DATE**

Join us for Drinks, Dinner and Live
Entertainment from Peter Petty as we
Honor the 2019 Recipients of the Golden
Stethoscope, Medical Honor, and
Medical Community Service Awards.
*Proceeds to benefit SSVMS' Medical
Student Scholarship Fund.*

