

News from the Foundation

THE SONOMA WEST MEDICAL CENTER IS NOW OPEN!



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(707) 823-8511

Expanding the Centers of Excellence: Announcing the New Sonoma West Medical Foundation Research Institute

UPCOMING EVENTS

PDHC District Board Meeting	11/2 5:30PM
SWMF Board Meeting	11/10 6:30PM
SWMC Board Meeting	11/16 6:00PM
Governing Board Meeting	11/23 6:00PM

*All meetings held in the Conference Room at SWMC

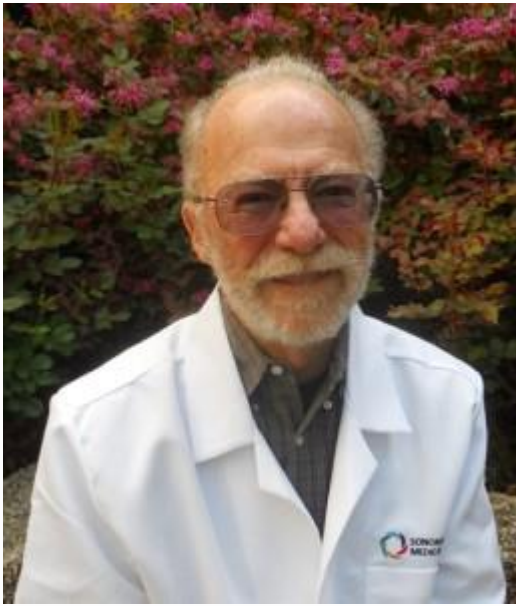


ABOUT THE SONOMA WEST MEDICAL FOUNDATION

Sonoma West Medical Foundation is a 501(c)(3) corporation committed to energizing the community in support of Sonoma West Medical Center as the center of wellness and disease prevention as well as clinical and emergency medical care for all Western Sonoma County Residents. For more information, please visit our website by clicking [here](#).

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Pictured: Dr. Allan Bernstein, Medical Director, Sonoma West Medical Foundation Research Institute

The Foundation is pleased to announce the opening of the Sonoma West Medical Foundation Research Institute (SWMFRI) under the guidance of Dr. Allan Bernstein as Medical Director. The Research Institute is designed to bring innovations in medicine to the local communities.

The **RESEARCH INSTIUTE**, as a part of the Foundation, is engaged in providing major medical information through clinical drug trials, new techniques, while exploring and encouraging the best medical and healing practices in a center of excellence. To date there are research programs being explored for Alzheimer's studies, stroke, and for international telemedicine building on the stroke protocols used at this hospital.

As a center for medical innovation and study, SWMFRI is looking at projects in sports medicine, in a range of successful aging protocols, memory disorders, sleep disorders, and migraine. The Research Institute will help train people in research methodology and attempt to match needs with funding sources. Future interests include exploring better outcomes in medical care for Parkinson's patients and we will actively encourage programs in behavioral medicine, nutrition, life style changes, herbal medicine as well as new uses of older and traditional treatments.

COMMUNITY EDUCATION is a part of the entire program including support groups, lectures and information sessions, and publication. Using the hospital conference room, the physicians

and practitioners engaged in patient care and in research will be sharing information with the public in a variety of educational forums.

DR. ALLAN BERNSTEIN is internationally recognized as a leading research medical scientist in neurology. He is published in major medical journals and is a member of the [American Academy of Neurology](#), the [American Headache Society](#), the [San Francisco Neurological Society](#) and the [International Headache Society](#). He has conducted and published findings on over 29 major studies on subjects ranging from Alzheimer's, Stroke, Headache, and Parkinson's Disease and has over 79 publications to his credit. The initial research studies have been contracted for the Research Institute under Dr. Bernstein include drug trials for Alzheimer's and Stroke.

SONOMA WEST MEDICAL FOUNDATION is building for the community. We will reach out to assess needs. We will collaborate with the local universities as much as possible to set up satellite programs, allowing university levels of care close to home. We will be sharing our information locally, nationally, and globally through telemedicine and publication.

Moving forward, the Research Institute will bring grant funding to the Institute to support local providers, our local hospital, imaging center and laboratory. We look for support from local donors, local and regional organizations, national organizations, the pharmaceutical industry, the NIH, and international foundations. Financial and volunteer support of the Medical Center, the Research and Education programs, and the entire complex is welcome. We encourage people with good ideas to talk to us about them. We also are looking for people with research experience who want to work close to home to contact us as well. Please visit our [website](#) or connect with us on [Facebook](#) to keep up on the latest news.

Sonoma West Medical Foundation Welcomes Two New Members to the Board of Directors

Please join us in welcoming Chris Castro and Philena Chantha to the Sonoma West Medical Foundation Board of Directors! Both

Chris and Philena bring extensive experience and enthusiasm for the mission to the Board.



Chris Castro joined the Sonoma West Medical Foundation in July of 2015 after learning that the Medical Center was in need of support from the community. Chris is a Sonoma County native, growing up in Santa Rosa and later relocating to West County where his wife Nicole and family have lived in the area for generations. Chris is a graduate from Sonoma State University and UCLA. He has been in the financial industry for over 5 years and works as a Financial Advisor at Merrill Lynch Wealth Management in Santa Rosa.

Chris brings new ideas and energy to the foundation that will assist in the ongoing process of supporting the Sonoma West Medical Center and our community. On his free time you can find him with his family and dog Teddy, on the golf course, or enjoying some good food and drinks with friends.



Philena Chantha joined Sonoma West Medical Foundation Board of Directors in July of 2015. She brings a wealth of experience in financial services and banking to the Foundation, and currently

works as VP Branch Manager for Bank of the West in Sebastopol. With a great dedication to local community service, Philena also serves as a member of the Sebastopol Kiwanis Club and the Sebastopol Chamber of Commerce.

Bay Area Young Survivors Awarded \$4,500 as Part of the SWMF Medline Pink Glove Dance Win



2015 marks the fifth anniversary of the Medline Pink Glove Dance Video Competition, and Sonoma West Medical Foundation went away with the third place prize for their entry, set to the Bruno Mars song, “Uptown Funk.”

In total, the Foundation awarded \$4,500 to the Bay Area Young Survivors (BAYS), a local organization made up of women diagnosed with breast cancer before the age of 45. The funds will go towards the expansion of community-building events, education, and support groups to the North Bay and Sonoma Counties. In case you missed it, you can watch the video on the Medline site, [here](#).

Pictured: Check Presentation to BAYS Representative, Jennifer Page by Foundation President, Gail Thomas, SWMC CEO Raymond Hino, and SWMF Staff, Lara Morgan.

2015’s Zombie Run a Success



For the second year in a row, Kaia FIT Sebastopol and Santa Rosaselected the Sonoma West Medical Foundation/Sonoma West Medical Center as the beneficiary of their annual Zombie Run fundraiser event. An excited community rallied for the 3 mile race to raise nearly \$900 toward the Medical Center. Following the race, participants were treated to a spooky good time at a party hosted by Aubergine After Dark & Vintage Emporium.

Support the Sonoma West Medical Center by Donating Today

A new standard of excellence in medical care and services is being born in Sebastopol, thanks to generous donations from community members like you.

Help transform the lives of others by giving today!

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