



## PROGRAMS

### HEALTH EDUCATION

Our lectures and events address various medical subjects that are relevant in our community, such as Childhood Wellness, Sleep Disorders and Autism. Our presenters are recognized nationally or internationally for their work. Our hope is that they will initiate courageous and purposeful discussions within our community concerning critical and contemporary issues.

### SUPPORT GROUPS

Our Foundation offers monthly support group meetings for Prostate Cancer, Alzheimer's, Endometriosis, and Brain Injury and Stroke. Speakers address various issues such as diagnosis, symptom management, and other important subjects. Sign up online for monthly notifications of speakers and meeting topics.

### SCHOLARSHIPS

We offer scholarships to individuals who have chosen health care as their field of study, families needing help caring for a loved one, and children or adults with special needs or special circumstances. Applications, requirements and deadlines available online.

### TRAVELING TRIPLETS

Our staff will bring our memory care triplets for a visit, where we will work with your staff to introduce the babies to individuals that you think will benefit the most.

### BULLYING PREVENTION

The Anti-Bullying Institute offers hands-on programs which are designed to empower children, parents, schools and youth organization personnel to effectively deal with the issue of bullying. We offer parent classes, kindness events and professional education throughout Riverside County.

**7177 Brockton, Suite 220**  
**Riverside, CA 92506**  
**RMCcharity.org**

7th Annual Dr. Herman H. Stone Memorial Event

**Join us for a live virtual lecture with**  
**Nephrologist and New York Times**  
**best-selling author Jason Fung.**

## An Intro to Intermittent Fasting

**Thursday, May 13, 2021**  
**9:15 AM, PDT**



**Dr. Jason Fung**  
 Nephrologist and Co-Founder  
 of The Fasting Method



NYT best-selling author of The Obesity Code, The Diabetes Code,  
 The Cancer Code, The Complete Guide to Fasting, and more.

**Did you know Intermittent Fasting can help with lowering insulin resistance, boosting cellular repair, and achieving healthy weight loss?**

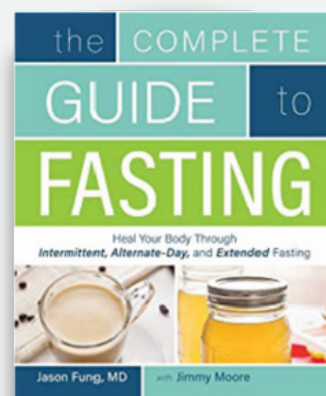
The rate of many chronic illnesses continues to rise - diabetes, cancer, Alzheimer's, and PCOS - just to name a few. Utilizing the power of intermittent fasting to lower insulin resistance, experience cellular repair, and achieve healthy weight loss - individual for every person - can be an extremely effective solution.

Learn more about Intermittent Fasting from a world-renown expert. Join us next month on Thursday, May 13, 2021, at 9:15 AM, PDT, for a live virtual lecture with nephrologist and NYT best-selling author, Dr. Jason Fung!

Just for registering, you are entered to win one of 10 copies of Jason Fung's best-selling books on intermittent fasting!

**Save Your Virtual Seat!**  
**[bit.ly/jasonfung-rmccf](https://bit.ly/jasonfung-rmccf)**  
**or RMCcharity.org**

Book giveaway valid for US residents only. Webinar open to the first 500 registrants. Must tune in live as the presentation will not be recorded.



**GIVEAWAY!**  
 All who register are entered to win one of 10 copies of Jason Fung's "The Complete Guide to Fasting". Valid for US residents only.



# Riverside Medical Clinic CHARITABLE foundation



**RMCCF COLLEGE SCHOLARSHIP NOW OPEN**

## \$500 Scholarships Available

The RMCCF College Scholarship provides recognition and financial support to Riverside County high school graduating juniors and seniors (Class of 2021) who want to pursue a career in any healthcare field within Inland Southern California.

Up to ten (10) \$500 scholarships will be awarded. The application deadline is Friday, May 7, 2021, at 5:00 PM, PDT.

View scholarship requirements, and easily apply online in minutes at [RMCcharity.org](http://RMCcharity.org).



### Kindness Kits Alert!

Last month our Anti-Bullying Institute provided over 35 kindness kits to students at Sierra Middle School!

These kits included items like stuffed bears, water bottles, notebooks, positive notes written by Ramona High School students, and more!

Our goal was to lift their spirits and provide some hope during these unprecedented times. **THANK YOU to Provident Savings Bank Charitable Foundation and Riverside County Nonprofit Assistance Fund** for your continued support in spreading kindness within our community!



## A heartfelt thank you to our annual sponsors!



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## Technology Aids for Caregivers

Wednesday, May 12, 2021 | 10:00 AM, PDT

As a caregiver, you have your hands full – quite literally at times! Join Jennifer S. Lee, Field Project Coordinator & Trainer at Front Porch, on Wednesday, May 12th @ 10 am, to learn about innovative uses of technology to assist you as a caregiver and beyond.

All caregivers are invited to learn about Voice First Technology, such as Amazon Alexa and Google Home Hub, Virtual Reality, hearing and vision assistive devices, and more! Register now at [RMCcharity.org](http://RMCcharity.org).

Can't make it? All signups will get a recording of the webinar. Webinars are FREE and participants are welcome from all medical groups.



Jennifer Lee  
Field Project Coordinator  
& Trainer, Front Porch



Do you have a question about our Alzheimer's, Brain Injury and Stroke, Prostate Cancer, or Endometriosis Family & Caregiver Support Groups?

Contact us at [rmccf.info@RMCcharity.org](mailto:rmccf.info@RMCcharity.org) or 951-682-2753. View our current event calendar at [RMCcharity.org](http://RMCcharity.org).





# ABOUT US

## VOLUNTEER

There are many ways to get involved with RMCCF, and our new online volunteer application makes it easy to get started.

## INTERN

If you are interested in becoming an intern with RMCCF, fill out our online application, and submit your resume and cover letter describing your interests.

## BOARD OF TRUSTEES

Karina Romero, President\*, HRBC Insurance

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Shari Chun, Treasurer\*, Community Member

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\*Executive Committee

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## STAFF

Lynda E. Bailey, Executive Director

Cheryl Beasley, Administrative Coordinator/ Executive Assistant

Alina Cota, Marketing and Events Coordinator

Bianca Gonzalez, Bullying Prevention Program Coordinator

Constance Hartling, Business Intern

Serenity Patterson, Foundation Intern

Sheilla O'Neil, Foundation Intern

Kristina Lopez, Student Ambassador

Shivam Vachhani, Student Ambassador

## Making a Difference in our Community

### Intern Spotlight



**Shivam Vachhani**  
Foundation Student Ambassador

Riverside Medical Clinic  
CHARITABLE  
foundation

Thinking about volunteering or interning at a local non-profit? Did you know that, according to the University of Maryland's Do Good Institute, the value of one hour of a volunteer's time is calculated to be \$27.20! That's a huge cost-savings to local, non-profit organizations!

You're likely aware that there are many benefits of giving your time and talents to a cause close to your heart. But what exactly are those benefits?

### 7 Benefits of Volunteering:

1. Connects you with others - forge new, meaningful relationships and network.
2. Builds self-confidence and self-esteem - feel good mastering new skills.
3. Boosts your physical health - studies show those who volunteer are healthier.
4. Contributes to your mental health - counteracts anxiety, depression, and loneliness.
5. Increases your sense of purpose - become the change you wish to see in the world.
6. Helps you forget your own problems - focus on serving others minimizes suffering.
7. Enriches your career - learn real-world skills, gain first-hand professional experience, and gain new contacts in the local community!

Source: [www.happiness.com](http://www.happiness.com)

- I am currently a freshman at Eleanor Roosevelt High School. My future goals include attending UC San Diego or Stanford. After college, I would like to apply for medical school and eventually become a physician.
- The reason I joined RMCCF is because I wanted to give back to the community by helping others out in any shape or form.
- My proudest accomplishment was when I won the Principal's award the first year I came to America from India (my origin).
- My favorite food is Indian food, especially Dosa!
- My favorite hobbies are basketball and chess.



## Interested in volunteering or interning with RMCCF?

We currently have several internship positions open! Apply online at [www.RMCcharity.org/internships](http://www.RMCcharity.org/internships). For questions, contact us at (951) 682-2753 or email us at [rmccf.info@RMCcharity.org](mailto:rmccf.info@RMCcharity.org).

P.O. Box 2605  
Riverside, CA 92516  
[RMCCF.info@RMCcharity.org](mailto:RMCCF.info@RMCcharity.org)

**YOUR GENEROSITY KEEPS US MOVING!** Riverside Medical Clinic Charitable Foundation is a 501(c)(3) nonprofit organization and all of our programs are funded entirely by donations. All donations are tax-deductible to the extent allowed by law. (Federal Tax ID #30-0796418).



The operations of HRBC Insurance are at the direction of Karina Romero. Karina is responsible for the development & management of all HRBC operations, working alongside her husband, Henry Romero. Karina works closely with her team of agents and clients, maintaining a strong vision of their needs while delivering superior products on behalf of the company. While managing the operations of HRBC, Karina also focuses much of her attention on customer service, working diligently with the entire team to provide superior customer satisfaction to all.

In addition to her position managing the operations at HRBC, Karina is also a full-time mother and has a great sense of balancing her duties as a wife, mother, and leader of this growing organization.

Karina joined the RMCCF Board of Trustees in 2015 and has been serving on the Executive Committee of the Board since 2018, first as Vice President, and as of January 2021, as President.

### **What makes you excited about contributing to RMCCF's mission of improving the health and quality of life in Inland SoCal as a BOT member?**

I'm extremely excited to be a part of the many community-based programs that RMCCF offers. I believe wholeheartedly in everything that RMCCF provides for our community, and as someone who has experienced bullying firsthand, I know the importance of the RMCCF bullying prevention program for our kids, parents, and schools.

### **What is something you would like the community to know about RMCCF?**

I'd like for people to know that RMCCF offers many amazing programs and support groups for all ages - from children to seniors. These programs are essential to keeping our community informed about important topics that affect everyone. Without the support of RMCCF, I believe that Inland Empire families would be missing out on much-needed education and assistance.

### **RMCCF offers many free programs, including support groups, bullying prevention, health education, scholarships, and the Traveling Triplets program. What is your favorite program?**

It's definitely hard for me to pick just one program as my favorite. I'd have to say that the Traveling Triplets program is really close to my heart.

As a health insurance provider for seniors, the program reminds me of my grandfather and how aging affected him. Seeing the seniors interacting with the babies is incredible. It is so wonderful to see such kindness and compassion offered to our seniors.

### **Why should others join the mission of RMCCF and become a donor, volunteer, or community partner?**

Being a part of such an amazing foundation is not only fulfilling, but also necessary. RMCCF not only cares about our community and the people who live here, but they are dedicated to making an impact on the lives of everyone involved.

### **What other community organizations are you involved with?**

I am currently involved with the Janet Goeske Foundation and the Janet Goeske Senior Center, Christmas in the Classroom, the Bautista Foundation, and Riverside Poly Girls Lacrosse.

### **When you are not giving your time, treasure, and talents to RMCCF or other organizations, what are your favorite activities, pastimes, or hobbies?**

When I do find some extra time, I love to cook and spend time with family. One of my passions includes decorating my home for the holidays. Spending time at Christmas decorating the house with my husband and my daughters always gives me such joy.



PRESENTING  
**TAKE 30**  
free bullying prevention webinars

LOVE YOURSELF

**ANTI-BULLYING INSTITUTE**  
RIVERSIDE MEDICAL CLINIC CHARITABLE FOUNDATION



**Jericho Bulaun**  
Transformational  
Coach & Speaker

## Stepping out of Character (and into ourselves)

Wednesday, May 5, 2021 | 12:00 PM, PDT

How would it feel if we could tap into who we are on the inside...behind all the external things we identify with? In this presentation, transformational coach and speaker, Jericho Bulaun, will address this and give you a different perspective on authenticity and confidence. Open to Middle & High School students. Register now at [AntiBullyingInstitute.org](https://AntiBullyingInstitute.org).



## What You Need To Know as a Parent/Guardian: Recognizing Bullying and Cyberbullying

If you are a parent or guardian of a child who is struggling with bullying and desire proven strategies to combat bullying, the Anti-Bullying Institute offers FREE virtual parent classes to RivCo residents.

You will receive valuable information on bullying and learn how to effectively address bullying issues. The information provided includes an in-depth overview of traditional bullying and cyberbullying; identifying cues that your child is being bullied or is a bully; talking about bullying and maintaining open lines of communication with your child; and keeping kids connected, protected and safe online.

Classes are offered in English and Spanish. Time is allowed during each session for questions related to your child's specific situation. Book now at [AntiBullyingInstitute.org](https://AntiBullyingInstitute.org), or email Bullying Prevention Program Coordinator, Bianca Gonzalez, at [Bianca@RMCcharity.org](mailto:Bianca@RMCcharity.org), for more info.

**Have you downloaded your  
FREE Kindness Activity Guide?**



Download our Kindness Activity Guide - A printable student activity sheet with QR codes to access additional digital kindness activities such as a scavenger hunt and online puzzle! Access your's today at [AntiBullyingInstitute.org](https://AntiBullyingInstitute.org).

While you're there, check out our other print resources including posters, post-it positive cards, and kindness cards!

## Interactive Virtual Teen Workshop: Creating the Ripple Effect

Creating the Ripple Effect is an interactive virtual bullying prevention workshop intended for Middle and High School students. Teens will learn what bullying and cyberbullying is, as well as the long-lasting effects it can have on both the Target and Aggressor. The information provided emphasizes the importance of advocating for yourself, others, and practicing empathy in hopes of creating a ripple effect of kindness in your school and community. Videos, resources, and interactive activities will be provided during the workshop. Teens are encouraged to participate, and time is allowed for questions during the session.



**Recommended for: Middle to High School Students**  
**Group Size: Up to 45 participants**  
**Length: 45 min - 1 hour**

\*Due to COVID-19, this 45-minute workshop is presented in a virtual format until further notice.

Book a virtual workshop now at [AntiBullyingInstitute.org](https://AntiBullyingInstitute.org)!



## Congrats to our Q1 2021 HERO Award Winners!

Thank you to all those who participated in our first quarter HERO Award Nominations! As part of this year's Random Acts of Kindness Week, we received over 135 nominations! What an inspiring community! Congrats to...

### Canyon Lake Middle School PLUS Group

CLMS PLUS Group consists of over 32 students who have made a true positive impact on their campus. The group has implemented a diversity week where they created educational topics about racial equality, LGBTQ safety, discrimination against special ED students, and how to be respectful. They also have done inspirational and interactive posts for their campus. Other inspiring weeks they've created include Kindness Week and Thankful Week.

They have reached out to students through social media, such as Instagram, by making daily posts and interactive polls for their peers. By doing this, they have made people smile and have given them something to look forward to during these rough times.

### Shannon Bagley, ASB, Dance, & PE Teacher at Canyon Lake Middle School

The Anti-Bullying Institute (ABI) received an overwhelming number of nominations from students and staff explaining all the amazing things Shannon has done for her school. According to her many nominators, Shannon always goes out of her way – especially during this time - to make her students feel welcome, whether it was on campus or virtually. She is an advocate against bullying and consistently teaches vital lessons regarding this topic to her students.

She always explains the importance of self-love and acceptance in her classes. A student shared, "She has helped end bullying at our school by the meaningful lessons she has/does teach. Each one I can relate back to something I can work on individually. I would not be who I am today without her."

### Amanda Niaves, School Counselor at Cottonwood School

Amanda developed a week-long KINDNESS Curriculum that was shared with all the students, as well as counselors in her district, to take the campaign district-wide. The lessons allowed students to hear stories of Kindness, engage in conversations of Kindness, and do one activity each day with a central focus on Kindness.

Amanda also launched messages of Kindness using the school's social media accounts to let the community know of the campaign. The digital resources were also shared county-wide and on international digital platforms allowing students across the nation and around the globe to participate in this week-long campaign.

Know a HERO? Nominate an individual, school, or community group that resides in Riverside County, CA who has shown exceptional efforts in being kind, inclusive, and aiding to end bullying in their school, place of work, and/or community at [AntiBullyingInstitute.org](https://AntiBullyingInstitute.org).

For questions, contact Bullying Prevention Program Coordinator, Bianca Gonzalez, at [Bianca@RMCcharity.org](mailto:Bianca@RMCcharity.org), or (951) 321-6512.





## CONNECT WITH US

RMCCF and ABI are active on social media!

Connect with us as we share health educational and bullying prevention resources and content! Have any questions for us? DM us or comment how we can be of service to you.



@RMCcharitablefoundation  
@AntiBullyingInstitute.org  
@EndometriosisFamilySupportGroup



@RMCcharity  
@AntiBullyingInstitute  
@EndoFamilySupportGroup



@RMCFound  
@ABI\_Bullying



'Riverside Medical Clinic  
Charitable Foundation'



'Riverside Medical Clinic  
Charitable Foundation'

P.O. Box 2605  
Riverside, CA 92516  
RMCCF.info@RMCcharity.org



## Bullying Tips for Parents Now Available in Chinese!

ABI is thrilled to partner with the Asian Pacific Counseling and Treatment Centers (APCTC)! APCTC is equipping parents with the necessary skills to have the Cyberbullying conversation with their child(ren) through virtual workshops.

In addition to these workshops, ABI and APCTC have collaborated to provide specific translated material in Chinese and other languages geared to the AAPI community, now available for download at [AntiBullyingInstitute.org](https://AntiBullyingInstitute.org)!

We are beyond grateful to be partnering with our friends over at APCTC to unite our community against bullying and spread kindness!



## High Blood Pressure Education Month

An estimated 103 million U.S. adults have high blood pressure, according to the American Heart Association. How can you lower your blood pressure?

- Exercise regularly. Strive for a minimum of 20 minutes of movement a day.
- Eat a healthy diet inclusive of several servings of fruits and vegetables.
- Reduce sodium – read your labels!
- Reduce and manage stress in your life.
- Lose extra pounds – Register for “An Intro to Intermittent Fasting”, May 13, at 9:15 AM, PDT at [bit.ly/jasonfung-rmccf](https://bit.ly/jasonfung-rmccf).
- Regular visits with your doctor. Don't let time pass between your regular check-ups. Source: [www.mayoclinic.org](https://www.mayoclinic.org)

## May is Stroke Awareness Month

Every year, more than 795,000 people in the U.S. have a stroke. About 610,000 of these are first or new strokes. 87% of all strokes are ischemic strokes, in which blood flow to the brain is blocked.

What are the symptoms of Stroke? “F.A.S.T.” is an acronym to notice the signs of a stroke and when to call 911.

**F: Face Drooping**  
**A: Arm Weakness**  
**S: Slurred Speech**  
**T: Time to call 911**

RMCCF offers a brain injury/stroke support group to our community. Meetings are free, and participants are welcome from all medical groups. Learn more at [RMCcharity.org](https://RMCcharity.org).

