

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.

35th Annual Dr. Robert H. Joseph Memorial Lecture

RIVERSIDE MEDICAL CLINIC
CHARITABLE FOUNDATION

presents

Teepa Snow LIVE webinar and Q&A

Activity, Engagement
and Importance of
Maintaining a Routine

"Until There's a
Cure for Dementia...
There's a Positive
Approach to Care!"

Positive
Approach
to Care®
www.TeepaSnow.com

Thursday, October 8th, 2020 • 5 - 7:00 pm PDT



Admission is FREE • Sign Up At RMCcharity.org

Upcoming Free Educational Webinars: Prioritize a Healthy 2020 Holiday Season

We look forward to seeing and connecting with you online at our upcoming webinars. Topics include:

- Dementia and Alzheimer's
- Caregiving and Memory Care
- Bullying Prevention and Cyberbullying
- Endometriosis

As we head into the holiday season, make sure to take opportunities to prioritize and manage the daily stressors in front of you. As a parent, caretaker, healthcare professional, or an individual with a chronic disease, you will learn practical strategies and techniques you can apply to your daily routine. FREE and open to the public. Register at RMCcharity.org.

Thanks for supporting our mission!



Inland Empire
Community
Foundation
where giving grows

RMCCF sends our biggest thanks to the Inland Empire Community Foundation for our recent grant award of \$10,000 for our health education and bullying prevention programming!

Learn about our FREE programs at RMCcharity.org.

World-Renowned Dementia Expert Teepa Snow: Free Training Oct 8

Happy Fall, friends! We invite you to Join us for a FREE dementia educational webinar and Q+A with one of the world's leading dementia experts, Teepa Snow!

Teepa Snow is one of the world's leading advocates and educators for anyone living with dementia. Teepa Snow is an occupational therapist with 40 years of rich and varied clinical and academic experience. She presents with extraordinary expertise and humor to audiences large and small throughout the world.

During this interactive and informative webinar, Teepa will provide demonstrations and caregiver role-play scenarios and answer participant questions.

Target Audience: Caregivers, Senior Community Professionals, Healthcare Professionals, and anyone in the Dementia and Alzheimer's community.

This webinar will be hosted on ZOOM. Questions for Q&A may be submitted during registration. FREE and open to the first 500 participants. Sign up now at RMCcharity.org.

OCTOBER 8th 5-7 PM PDT	35th Annual Dr. Robert H. Joseph Memorial Lecture Presents Activity, Engagement and Importance of Maintaining a Routine Teepa Snow "Until There's a Cure for Dementia... There's a Positive Approach to Care!"	
OCTOBER 14th 6:30 PM PDT	Stress Management for Caregivers Support Group Presentation featuring Darlene Merkler Education/Outreach Coordinator for Inland Caregiver Resource Center	
OCTOBER 19th 2:00 PM PDT	NATIONAL BULLYING PREVENTION MONTH Special TAKE 30 Presentation featuring Cyberbullying, Cyber Safety, & Other Online Trends Karyna Gonzalez Certified in Domestic Violence, Sexual Assault and Human Trafficking	
OCTOBER 26th 1:00 PM PDT	Endometriosis & Informed Consent Support Group Presentation featuring Jeff Arrington, MD, FACOG, ACCE Surgeon, Center for Endometriosis Care, Expert in Endometriosis & Pelvic Pain Gynecopathologies	
OCTOBER 28th 10:00 AM PDT	Making Home Safe for the Person with Alzheimer's Support Group Presentation featuring Efren Moreno, Jr. Sr. Manager, Community Education & Outreach	
NOVEMBER 6th 10:00 AM PST	Holiday Tips for Caregivers Support Group Presentation featuring Alzheimer's LOS ANGELES 844.HELP.ALZ AlzheimersLA.org	
NOVEMBER 9-13th VARIOUS TIMES	BULLYING PREVENTION CONFERENCE UNITING OUR COMMUNITY AGAINST BULLYING Kindness Empathy Inclusion Sign up for FREE Webinars	

15 18 19
22 23 24 25 26

OCTOBER
NATIONAL BULLYING PREVENTION MONTH
STOP BULLYING

ANTI-BULLYING INSTITUTE
AntiBullyingInstitute.org

FREE SOCIAL MEDIA KIT & PRINT RESOURCES

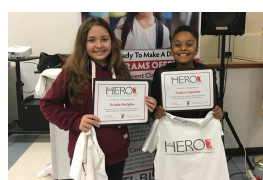


Recognize a HERO: Help Create a Kinder, More Inclusive Community For All

Do you know an individual, school, or community group who has shown exceptional efforts in being kind, inclusive, and aiding to end bullying in their school, place of work, and/or community?

Help recognize their incredible efforts by nominating them for the Anti-Bullying Institute's HERO Awards! Promotional materials, certificates and special recognition will be awarded to the winners.

Submit your nomination online no later than November 2, 2020 at 5 PM, PST at AntiBullyingInstitute.org.



What You Need To Know as a Parent/Guardian: Recognizing Bullying and the latest on 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 Riverside County 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 you or your child's specific situations. Book now at AntiBullyingInstitute.org, or email Bullying Prevention Program Coordinator, Bianca Gonzalez, at Bianca@RMCcharity.org, for more info.

End Bullying, Promote Kindness in October: Celebrate #NBPMwithABI

Join the Anti-Bullying Institute during the month of October in observing National Bullying Prevention Month! Our goal is to assist youth, schools, and organizations in providing awareness on all forms of bullying impacting youth of all ages.

Be part of the solution and help spread awareness all month long. Download your free social media toolkit, including social media posts, posters, kindness cards, an Anti-Bullying Pledge, and more! Don't forget to use the hashtag #NBPMwithABI. Download now at AntiBullyingInstitute.org.

UNITING OUR COMMUNITY AGAINST BULLYING

Kindness | Empathy | Inclusion

NOVEMBER 9-13, 2020

FREE VIRTUAL EDUCATION

Thank you to our generous sponsors!

RIVERSIDE MEDICAL CLINIC
KAISER PERMANENTE
Alliant
HUB
IEHP
LabCorp
SingerLewak
UnionBank

Register at RMCcharity.org
951.682.2753

The Anti-Bullying Institute is a program of the
RIVERSIDE MEDICAL CLINIC CHARITABLE FOUNDATION

Don't Miss ABI's Virtual Conference - Nov 9 - 13

Our Bullying Prevention Conference has gone virtual as a free week-long online educational event for professionals, parents/guardians, and youth! Our theme is "Uniting our Community Against Bullying" and we look forward to your attendance in aiding to spread Kindness, Empathy, and Inclusion!

Every year, our conference is designed to raise awareness, promote workable solutions, and create exceptional opportunities for professional development. Leading experts present the latest research and evidence-based strategies to participants who are committed to addressing and ending the bullying epidemic in our community.

- Conference target audience:
- Educators or Administrators
 - School Counselors/Psychologists
 - Social Workers
 - Healthcare and Mental Health Professionals
 - Law Enforcement Officials and Probation Officers
 - Community Organizations and Youth Development Professionals
 - Parents/Guardians
 - Students and Youth (grades 6th and up recommended)

Learn more and register at AntiBullyingInstitute.org. For questions, contact Bullying Prevention Program Coordinator, Bianca Gonzalez, at Bianca@RMCcharity.org, or call 951-321-6512.

POST it POSITIVE

download • print • post

Download for FREE at AntiBullyingInstitute.org

RIVERSIDE MEDICAL CLINIC CHARITABLE FOUNDATION

Post-it Positive cards with affirmations like: 'My feelings and needs are valid', 'Always do your best', 'I am a great kid', 'You are a leader', 'I am powerful, confident and capable of reaching my dreams', 'You are amazing', 'I am confident in myself', 'You are a good friend', 'You deserve love and compassion from others', 'Choose resilience over anything else', 'I accept myself as I am', 'My life is...', 'You should be proud of yourself.', 'You're more helpful than you realize.', 'You have a great sense of humor.', 'You are making a difference.'

Introducing Post it Positive • FREE ABI Resources

Did you know the Anti-Bullying Institute offers FREE printable and digital kindness cards?

Now available for download are the new 'Post It Positive' cards! Encourage positivity and kindness at your child's school-at-home work station today. Download today at AntiBullyingInstitute.org.

CONNECT WITH US

Now more than ever, RMCCF and the Anti-Bullying Institute is active on social media!

We want to connect with you as we share health educational and bullying prevention resources and content.



@RMCharitableFoundation

@AntiBullyingInstitute.org

@EndometriosisFamilySupportGroup



@RMCharity

@AntiBullyingInstitute

@EndoFamilySupportGroup



@RMCFound

@ABI_Bullying



'Riverside Medical Clinic
Charitable Foundation'



'Riverside Medical Clinic
Charitable Foundation'

7177 Brockton, Suite 220
Riverside, CA 92506
RMCharity.org

RIVERSIDE MEDICAL CLINIC CHARITABLE FOUNDATION
There's No Place Like Home
Virtual Fundraiser

Still Time To Register! | Aug 17 - 22 | Sponsor. Give. Bid.

Monday AUGUST 17th 12:00 PM PST	FREE Raffle Giveaway Hundreds of dollar's worth of local Riverside restaurants just sign up!	Thursday AUGUST 20th 7:00 PM PST	Trivia Night Bonus questions with prizes and cash prizes - \$20 donation
Tuesday AUGUST 18th 7:00 PM PST	Game Night Fun games with prizes \$20 donation	Friday AUGUST 21st 7:00 PM PST	Online Silent Auction View our exciting items, bid all week!
Wednesday AUGUST 19th 6:30 PM PST	HERO Awards Presentation Join us in honoring our annual award winners	Saturday AUGUST 22nd 12:00 PM PST	Trivia Night Bonus questions with prizes and cash prizes - \$20 donation

Saturday Tribute - Thank you to our generous sponsors!

Accepting Applications thru Nov 20!

RMCCF offers three scholarship opportunities to the community. We are currently accepting applications for:

- **Community Impact Scholarship** - A fund to assist Inland SoCal residents in improving their daily lives and wellbeing. It supports local health and wellness program assistance and other related needs for special programs.
- **Founder's Scholarship** - provides recognition and financial support to students currently enrolled in the health care field in the Inland Southern California area.

Learn more and apply today at RMCharity.org.



Connecting with the Memory Care Community

RMCCF values the work of our local memory care facilities. We offer our support and partnership in enriching the lives of our senior community.

Resources we provide include:

- Resident Kindness Cards (download + print or schedule delivery)
- Staff Appreciation Cards (download + print or schedule delivery)
- Alzheimer's, Brain Injury/Stroke, and Prostate Cancer Support Groups

Learn more at RMCharity.org. For questions, contact Program Coordinator, Jeannette Rodriguez, at Jeannette@RMCharity.org.

We Made It Over The Rainbow at our first Virtual Fundraiser!

Thanks to the generosity and support of our sponsors and our community, we have raised over \$50K to fund our health education, scholarship, bullying prevention, Traveling Triplets, and support group programs. Didn't have an opportunity to participate this year? You can still make a gift towards our programming at RMCharity.org.

Click [here](#) to watch our special thank you tribute video from members of RMCCF's Board of Trustees and Executive Director, Lynda E. Bailey.



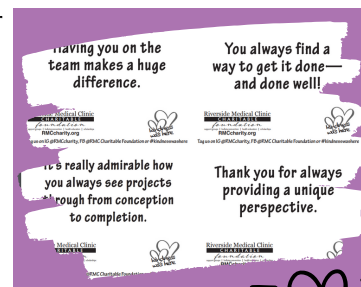
Free Support Groups for Chronic Illnesses and Diseases

As the latest updates regarding COVID-19 monitoring and progress continue, make sure you are subscribed to our email newsletter to ensure you receive our regular updates.

RMCCF's Alzheimer's, Prostate Cancer, Brain Injury and Stroke, and Endometriosis Support Groups are FREE, available to the public, and currently offer:

- Weekly well-check calls
- Webinar presentations and videos
- Other resources and support via mail/email

Learn more at RMCharity.org.



MISSION: Riverside Medical Clinic Charitable Foundation is dedicated to improving health and the quality of life in Inland Southern California through advocacy, individual and professional education, and service.

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

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Coordinator

Bianca Gonzalez, Bullying Prevention
Program Coordinator

Jeannette Rodriguez, Foundation
Program Coordinator

Constance Hartling, Business Intern



RIVERSIDE MEDICAL CLINIC
CHARITABLE FOUNDATION

October is National Down Syndrome Awareness Month

Did you know that Down Syndrome remains the most common chromosomal condition diagnosed in the US today? (Source: www.cdc.gov)

Join RMCCF in raising awareness and sharing resources to our community during the month of October for Down Syndrome Awareness Month. Make sure to subscribe to our newsletter and follow us on FB and IG for facts and resources all month long. Also, be on the lookout for a special webinar presentation. Learn more at RMCcharity.org.

Making a Difference, Virtually • Get to Know RMCCF's Virtual Interns!



Karla DeLoera
Foundation Intern
RIVERSIDE MEDICAL CLINIC
CHARITABLE FOUNDATION



Hector Morales
ABI Intern
RIVERSIDE MEDICAL CLINIC
CHARITABLE FOUNDATION



Saba Dilshad
Marketing & Events Intern
RIVERSIDE MEDICAL CLINIC
CHARITABLE FOUNDATION

Karla DeLoera • Foundation Intern

- I study at the University of California Riverside, and I am majoring in Sociology and have a minor in Spanish.
- I joined RMCCF to continue to grow and learn from others around me and have a positive impact on someone's life and in my community.
- As a first generation college student, being at the finish line of receiving my bachelor's degree is one of my biggest accomplishments.
- Favorite COVID activity/hobby? Hiking and listening to podcasts.

Hector Morales • Anti-Bullying Institute/Bullying Prevention Intern

- I study at UCR and I am majoring in Sociology.
- I joined RMCCF because I want to bring transformative change to students, educators, and communities by working alongside individuals that share the same mission.
- As a first-generation college student, being close to obtaining my bachelor's degree is one of my biggest accomplishments.
- My favorite type of food would have to be teriyaki chicken or anything that involves chicken.
- Favorite COVID activity/hobby? Going back to drawing, reading sci-fiction, and working out.

Saba Dilshad • Marketing and Events Intern

- I study Business Administration at the University of California, Riverside.
- I joined RMCCF because I always wanted to work for a non-profit organization and I was also interested in learning more about marketing. It was a two-in-one opportunity!
- Working while being a full-time student is my proudest accomplishment because I never thought I would be able to do that.
- Favorite COVID activity/hobby? Going on drives and picking up iced lattes.

Interested in volunteering or interning with RMCCF? View current openings and learn more to apply online at RMCcharity.org. For questions, contact Foundation Program Coordinator, Jeannette Rodriguez, at Jeannette@RMCcharity.org, or call 951-321-6513.

P.O.Box 2605
Riverside, CA 92516
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).