



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.



- Support Groups
- Bullying Prevention
- Health Education
- Scholarships

New Look, Same Mission! Have You Seen Our New Logo?

As we settle into 2021, we thought there was no time like the start of this new year to unveil our new, updated logo! We look forward to another year of growth, overcoming obstacles, and serving you and this community we love. While we offer many different programs and services, we

seek to promote health and spread kindness in all we do. Cheers to remaining connected, being more inclusive and staying strong!

For over thirty-five years, the Riverside Medical Clinic Foundation, which was incorporated in 1984 by 19 Riverside Medical Clinic physicians, has pursued a mission of providing health education. The mission of RMCCF is improving health and the quality of life in Inland Southern California through advocacy, education, and service. Learn more at RMCcharity.org.

Spreading Kindness through RivCo for RAK Week!

Join us for our 32nd Annual Dr. Richard N. Boylan Memorial Event. This year we are excited to spread kindness throughout RivCo during the month of February in celebration of Random Acts of Kindness Week (Feb 15-19)!

In collaboration with our community partners, we have many activities planned, including:

- Delivering kindness activities to over 30,000 local Riverside County students
- Awarding an At Home Hero Award to a nominated local teacher, inclusive of Kindness Kits for their classroom
- A virtual yoga and SEL class on Wednesday, Feb 17th @ 3:15 PM, PST
- Other digital activities and more

Spreading the message of kindness and inclusivity is more important than ever and we can't thank our partners and supporters enough for helping us further that message across Inland SoCal. Consider joining as a sponsor now at RMCcharity.org! ♥

RANDOM ACTS OF
KindnessWeek
February 15-19 | 2021

32nd Annual Dr. Richard N. Boylan Memorial Event



**KINDNESS
ACTIVITY
GUIDE**

AVAILABLE ONLINE BY
Feb 5th



Recognizing At Home Kindness Heroes

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. *2021 Q1 winners will be awarded Kindness Kits for their classrooms! See website for details.*

Submit your nomination online no later than February 26, 2021 at 5 PM, PST at 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, or email Bullying Prevention Program Coordinator, Bianca Gonzalez, at Bianca@RMCcharity.org, for more info.



Cyberbullying 101 with ABI

keep
CALM
& be
KIND



Bullying Awareness with ABI
What Parents Need to Know



VIRTUAL YOGA CLASS



James Woods
"Dat Yoga Dude"
M.F.T. Masters in Counseling &
R.Y.T. Registered Yoga Instructor



Powerful Practices for Engaging Youth in Social Emotional Wellness/Learning

Wednesday, February 17, 2021 | 3:15 PM, PST

Join @DatYogaDude on RAK Day 2021 as he breaks down "SEL" into fun and engaging steps towards FREEDOM! *Please keep in mind that this class will be in a "meeting" format on ZOOM and will be recorded. Turning on your camera is optional but encouraged. Register now at <https://tinyurl.com/Boylan2021>.



**UNITING OUR
COMMUNITY
AGAINST BULLYING**
Kindness | Empathy | Inclusion

REWATCH ON YOUTUBE



Legendary Care

Thank you to our generous sponsors!



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ABI's Annual Bullying Prevention Conference: YOU helped us create a kinder Inland SoCal!

Thank you to all who joined us for our Annual Bullying Prevention Conference - our first ever virtual format - this past November! Virtually, we were able to reach a much larger audience than ever before! Prior years saw ~350 attendees; this year saw over 1,100 registrations! Plus, all conference sessions were recorded and are viewable on our YouTube Channel - [@RiversideMedicalClinicCharitableFoundation](https://www.youtube.com/channel/UCRiversideMedicalClinicCharitableFoundation).

A huge THANK YOU to our engaging and informative conference speakers, and generous sponsors! ♥ And congratulations to our Kindness Kit Give-a-way winner, Sherman Indian High School, who will be receiving their kits in time for Random Acts of Kindness Week 2021! We appreciate your support in uniting us to be a community against bullying through Kindness, Empathy, and Inclusion!

To learn more about our bullying prevention programming, visit AntibullyingInstitute.org, or call us at 951-682-2753.

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.

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Serenity Patterson, Foundation Intern

Kristina Lopez, Student Ambassador



Serenity Patterson
Foundation Intern



Kristina Lopez
ABI Student Ambassador



Brandi Jones
Marketing and Events Intern

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

Serenity Patterson | Foundation Intern

- I am a senior majoring in Biomedical Sciences at California Baptist University.
- I intern at RMCCF because I want to give back and help provide health resources and education to the community!
- My biggest accomplishment is being a first-generation college student and working towards my bachelor's degree and being the first in my family to pursue a career in medicine.
- Favorite type of food/cuisine: I love all Italian food!
- Favorite COVID activity/hobby: Yoga and trying new recipes.

Kristina Lopez | ABI Student Ambassador

- I plan to attend a four-year university and major in Neuroscience.
- I volunteer at RMCCF because my passion for our mental health and advocacy in social-emotional awareness runs deep. RMCCF provides a sense of community to all those in Riverside and that is something I want to be a part of.
- My proudest accomplishment is that I have grown to open my heart up to the experiences of others. I continuously work to amplify historically marginalized student voices to provide equitable opportunities within education.
- Favorite type of food/cuisine: I love chicken with rice and veggies. You can prepare it in so many amazing ways!
- Favorite COVID activity/hobby? My favorite hobbies are baking and painting! They have become great forms of self-care for me.

Brandi Jones | Marketing & Events Intern

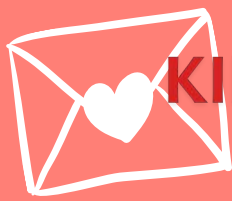
- I am currently majoring in Public Policy with concentrations in Health and Economics at UC Riverside.
- I intern at RMCCF to grow my professional skills and learn more about how to actively serve the local community.
- My proudest accomplishment is being a first-generation college student from a small town in the Central Valley. Being able to pursue my Bachelor's degree at a 4-year university has so far been my proudest accomplishment.
- Favorite type of cuisine/food? Any Italian food is by far my most favorite!
- Favorite COVID activity/hobby? My favorite activity to do at home is binge-watching Netflix and working out.

Interested in volunteering or interning with RMCCF?

View current openings and apply online at www.RMCcharity.org. For questions, contact us at (951) 682-2753 or email us at rmccf.info@RMCcharity.org.

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).



KINDNESS KITS



Your Kindness Kits are on the way!

Congratulations to all our ABI Conference Kindness Kits Give-a-Way Winners! If you want to win Kindness Kits for your class, join us for Random Acts of Kindness Week! Learn more at AntiBullyingInstitute.org.

Congrats to our RMCCF College Scholarship Recipients

2020

Alejandro Palomares Desert Mirage High School	Daniela Castillo Cathedral City High School	Isabela Carmela Tan Martin Luther King High School	Jadyn Gomberg Santiago High School	Kanika Shandel Cathedral City High School
Karen Ma Eleanor Roosevelt High School	Linda Le Eleanor Roosevelt High School	Natalie Lopez Galindo Cathedral City High School	Samantha Garcia Palm Desert High School	Yamileth Sanchez Rubidoux High School

Fund Your Future with an RMCCF Scholarship!

RMCCF offers three scholarship opportunities to the community including:

- RMCCF College Scholarship - **Opens February 1, 2021!**
- RMCCF Founders Scholarship
- Community Impact Scholarship

We are currently accepting applications. Learn more and apply today at RMCcharity.org.



We Love Our Support Group Members! Virtual Holiday Party & Bingo Night Was a Blast!

We had a great time with our wonderful (and hilarious) Alzheimer's, Brain Injury and Stroke, and Prostate Cancer support group members at this year's virtual holiday party!

A special THANK YOU to our community partners who contributed to the mailed care packages. Thank you for helping add a sprinkle of kindness and cheer to our members' holiday season! We appreciate your support!

[CLICK HERE](#) to view our Thank You Video

RMCCF Support Group Valentine's zoom

Virtual Bingo Night

Thursday, February 11, 2021
6:00 PM, PST

BINGO

RMC CHARITABLE FOUNDATION

Virtual ZOOM Bingo Mixer: Everyone Welcome!

Join us for another evening of virtual Bingo! Please RSVP by Wednesday, February 10, 2021 to Alina@RMCcharity.org, or call 951-682-2753. You will receive the ZOOM link once you RSVP! Details at RMCcharity.org.

A heartfelt thank you to our annual sponsors!





CONNECT WITH US

RMCCF and ABI are active on social!

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

february is **Age-Related Macular Degeneration (AMD) / Low Vision Awareness Month**



How's your vision doing in 2021?

Are you experiencing blurry vision? Blurry or fuzzy vision and difficulty recognizing familiar faces are common symptoms of AMD. So are straight lines appearing wavy, empty areas or blind spots appearing in the center of vision, and loss of central vision necessary for tasks like reading or driving. (source: www.hopkinsmedicine.org)

Anyone can develop AMD, but lifestyle and diet are major factors in an individual's risk. Studies show genetic factors have a lot of influence on when AMD might start and how it progresses. (source: www.aao.org).

Support Groups: You Are Not Alone On Your Journey

RMCCF's Alzheimer's, Prostate Cancer, Brain Injury and Stroke, and Endometriosis Support Groups are FREE and open to the public. Family members and caregivers are also invited! Groups currently offer:

- Weekly well-check calls
- Webinar presentations + videos
- Resources via mail/email

Learn more at RMCcharity.org.

Riverside Medical Clinic CHARITABLE foundation



Click here to register!



Sadikah Behbehani, MD
University of California Riverside School of Medicine
Reproductive Endocrinology and Infertility, Minimally Invasive Gynecologic Surgery, Division of Obstetrics and Gynecology, Assistant Professor
UC RIVERSIDE HEALTH
Women's Health

Atypical Locations of Endometriosis

Wednesday, February 24, 2021 | 3:00 PM, PST



Did You Know?

An act of kindness inspires those who witness the act to pay-it-forward.



Fast Kindness Facts

Kindness uplifts you and increases happiness! Kindness stimulates the production of serotonin and this feel-good chemical heals your wounds.

The healing of wounds and its calming sensation makes you happy!

Kindness lessens pain! Engaging in random acts of kindness produces endorphins which are the brain's painkiller.

Kindness strengthens the immune system and enhances social-emotional and physical resilience. You are resilient!