

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

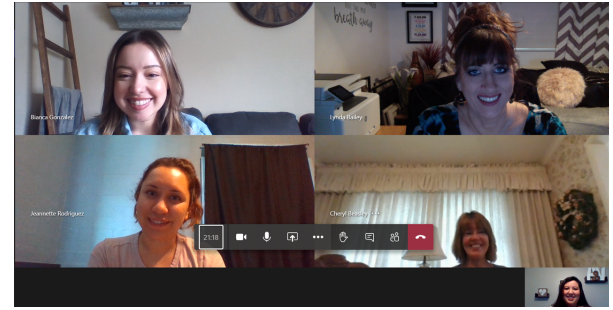
The Anti-Bullying Institute offers hands-on programs which are designed to empower children, parents, schools and youth organization personnel to effectively deal with the issue of bullying. We offer parent classes, kindness events and professional education throughout Riverside County.

RMCCF is Here for You

Dear Friend of RMCCF,

We hope you are in good health and spirits. During these unprecedented times, the way we work has changed, however we continue to operate at full capacity for the needs of our community.

Visit our website at RMCcharity.org to register for free virtual educational events and access other resources.



**Sending you a virtual hug!
- Team RMCCF**

Calling Tech - Savvy Superhero Volunteers! RMCCF seeking Virtual Interns

Virtual Internships

**RIVERSIDE MEDICAL CLINIC
CHARITABLE FOUNDATION**

RMCCF is seeking virtual (fully-remote) volunteer interns for the following programs:

- Bullying Prevention
- Foundation Programs
- Marketing & Events

Apply online at RMCcharity.org/internships



Congrats on 10 Years of Service!

Join us in congratulating our Administrative Coordinator/ Executive Assistant extraordinaire, Cheryl Beasley, for 10 impressive years with Riverside Medical Clinic Charitable Foundation!

Cheryl has over 15 years of experience working at for-profit and non-profit organizations. Since 2010, Cheryl has assisted with the Foundation's administrative operations, performing a wide range of duties and responsibilities.

She enjoys providing support for the Foundation's programs and initiatives, and has an undeniable passion for helping others. Cheryl possesses excellent communication and organizational skills, and has a B.A. degree in English from the University of San Diego.

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

Brett Cherry, M.D., President*
Riverside Medical Clinic

Karina Romero, Vice President*
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Debbi Guthrie, Treasurer*, Guthrie Companies

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Mischa Routon, Ph.D.,
California Baptist University

Lauree Sierra, Citrus Place

*Executive Committee

Michael Marlatt, Esq., Immediate Past President,
Thompson & Colegate LLP

Steven Larson, M.D., Emeritus
Retired, Riverside Medical Clinic

STAFF

Lynda E. Bailey, Executive Director

Cheryl Beasley, Administrative
Coordinator/Executive Assistant

Alina Cota, Marketing and Events
Coordinator

Bianca Gonzalez, Bullying Prevention
Program Coordinator

Jeannette Rodriguez, Foundation
Program Coordinator

Constance Hartling, Business Intern

Let's Talk About Mental Health

May was Mental Health Awareness Month, and RMCCF was honored to join the much-needed conversation to help end the stigma surrounding mental illness through our Annual Dr. Stone Memorial Event.

Named for one of the 19 founding physicians of the Riverside Medical Clinic Charitable Foundation (RMCCF), the Dr. Herman H. Stone Memorial Event is held each year to bring education and awareness on various health issues such as Diabetes, Managing Sleep, Dementia, and Autism.

This year's 6th Annual Dr. Stone Memorial Event was a four-part webinar series featuring expert presenters from Cal Baptist University Sport & Performance Psychology Program, Artisan's Palate, Safe Harbor Counseling Center, and Riverside University Health System - Behavioral Health.

Watch the entire series on our YouTube Channel and subscribe [here](#).

6th Annual Dr. Herman H. Stone Memorial Event
4-PART EDUCATIONAL WEBINAR SERIES
MENTAL HEALTH AWARENESS

The Power of Reframing & Positive Self Talk
featuring
Dr. Kristin Mauldin, PhD
Director, Assistant Professor Sport and Performance Psychology, College of Social and Behavioral Sciences
CBU

How Your Gut Impacts Immunity & Mental Health
featuring
Pia Maffei
Owner of Artisan's Palate
ARTISAN'S PALATE

Balance in Times of Upheaval & Uncertainty
featuring
Elaine Romero
LMFT and Executive Director of Safe Harbor Counseling Center
SAFE HARBOR

Strategies to Change Attitudes and Behaviors Regarding Mental Illness, Accessing Services and Suicide Prevention
featuring
Keith Engber, Program Coordinator
Ron Hoffman, Recovery Services Administrator
Riverside University Health System Behavioral Health

Congrats to our '19- '20 School Year HERO Award Recipients

The HERO Program is a bullying prevention recognition program of the Anti-Bullying Institute.

HEROs are individuals, schools, or community groups that reside in Riverside County, CA who have shown exceptional efforts in being kind, inclusive, and aiding to end bullying in their school, place of work, and/or community. View this year's award winners [here](#).

be a **HERO**
ANTI-BULLYING INSTITUTE
Riverside Medical Clinic Charitable Foundation

We're Thankful for You!

RMCCF is deeply thankful for our incredible volunteers and community partners!

Click below to watch a thank you video to our volunteers and our largest supporter, Riverside Medical Clinic.

[Volunteer Video](#)

[RMC Video](#)

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).

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'

Congrats to our **2020** RMCCF College Scholarship Recipients

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

RIVERSIDE MEDICAL CLINIC CHARITABLE FOUNDATION Learn more about our scholarships at RMCharity.org

Congrats to These Future Healthcare Heroes

After receiving a record-breaking amount of scholarship applications this year, these ten hardworking Riverside County juniors and seniors have each been awarded \$500 to further their education in the healthcare field in Southern California!

Learn more about our other scholarship opportunities here.

Anti-Bullying Institute's Virtual Resources

The Anti-Bullying Institute (ABI) continues to serve the needs of students, educators, and parents by providing kindness and bullying-prevention resources. During these virtual times, ABI has introduced several new virtual programs and activities, including an IGTV and YouTube mini video series, dropping every Friday, as well as virtual kindness and shout-out cards.

ABI also offers the following bullying prevention resources:

- Take 30 Webinars, a professional development webinar series on various bullying prevention topics.
- Online resources, including free printable materials, like our kindness affirmation cards.
- Virtual parent and cyber-bullying classes. | Learn more at AntibullyingInstitute.org.

ALL ABOUT ABI
How to Share a Virtual Kindness/Shout-Out Card
ANTI-BULLYING INSTITUTE
no ACT of KINDNESS however small, is ever wasted.

ABI PRESENTS TAKE 30
free bullying prevention webinars
SUBSCRIBE

Virtual Kindness/Shout-Out Card
TO: _____
FROM: #ABIVIRTUALKINDNESS

Congrats to Executive Director, Lynda E. Bailey!

The Greater Riverside Chambers of Commerce Leadership Riverside Class of 2020 celebrated its graduation on Friday, June 12. As part of their project, LR Class of 2020 introduced its S.T.A.Y. (Supporting Transition Age Youth) Campaign.

Desired outcomes for this community engagement campaign include raising funds for non-profits serving older teens/young adults in foster care, as well as promoting volunteerism, such as CASA or foster parenting.

To learn more about the S.T.A.Y. Campaign, contact RMCCF Executive Director, Lynda E. Bailey, here.

Supporting Transition Age Youth
LEADERSHIP RIVERSIDE
GREATER RIVERSIDE CHAMBERS OF COMMERCE



Congratulations to the Class of 2020!