



Sierra Community Medical Foundation (SCMF) needs your help.



On November 30<sup>th</sup>, we will be participating in Giving Tuesday. Giving Tuesday is a “**global generosity movement unleashing the power of people and organizations to transform their communities and the world.**” SCMF facilitates programs for the residents of Placer, Nevada, Yuba, Sutter and Colusa Counties with the goals of creating happier, healthier communities. By donating you can help us work towards these goals. Read the quote below from **Dr. Craig Corp (pictured left), a leading pediatrician in our community, about the importance of ACEs education.**

“Adverse childhood experiences (ACEs) - things like abuse, neglect, the negative effects of poverty or prejudice, or having a parent addicted to drugs or alcohol, lead to children’s brains and bodies adapting to a hostile environment. That can drastically affect their physical and mental health for the rest of their lives. In fact, five of the ten leading causes of morbidity and mortality in the US can be linked in part to the effects of ACEs.

SCMF has a broad, community-based, ACEs coalition in our region. **The goals of the coalition are to:**

- **Address issues in our communities to prevent ACEs from happening in the first place**
- **Educate healthcare providers and the public about ACEs**
- **Teach and support providers to screen for ACEs in children and adults, and**
- **Develop a centralized referral network to connect families and individuals with community organizations that can help them address the various issues that are leading to trauma in their lives.**

**This is a huge, multi-year effort that will eventually have an enormous impact on the health and wellbeing of our local communities. I hope you can find it in your heart to help support SCMF this Giving Tuesday. I can think of no better way to help our communities become happier and healthier.”**

As stated by Dr. Corp, children cannot thrive educationally, socially, physically, or mentally, without basic needs met first. One of the SCMF's final projects of the year will be providing coats to children in our communities. We invite you to help us kick off this initiative, which will be active until the end of 2021, by donating to our fundraiser on Giving Tuesday.

SCMF is committed to making a difference in our communities with our programs. We can make this difference with the help of all of you.

**Get ready** to support the health, comfort, and happiness of children in our community this Giving Tuesday with Sierra Community Medical Foundation.

- Mark your calendar for November 30<sup>th</sup> and join the Giving Tuesday movement that is so important to nonprofits in our community.
- Make a donation through [our website](#).
- Engage and connect with others: the spirit of Giving Tuesday relies on the efforts of our large support network. Please share widely as you support the [mission of SCMF](#) this Giving Tuesday.
- Stay tuned for additional information regarding our coat drive for children which will last through the end of 2021.

Together, we can work towards a healthier community.

Learn more at <http://www.scmfoundation.org/>.

With gratitude,

Sierra Community Medical Foundation