



ACTIVE AGING LECTURE SERIES

Sonoma Valley Hospital
and Vintage House continue
the lively and informative
virtual series this Fall!

'Live Your Best Life Now'

Insight and information on how to get the most out of life in your later years.

Thurs, Sept 10, 17, 24 & Oct 1 • 1:30 pm - 3:00 pm



SABRINA KIDD, MD, FACS, FASCRS

September 10: "Sonoma Valley COVID-19 Update"

In this special session, **Sabrina Kidd, MD**, Chief Medical Officer and UCSF Medical Director for Sonoma Valley Hospital, will bring us up-to-date on the latest clinical information pertaining to COVID-19. She will share statistical trends and report on new developments in diagnosis, care and treatment. *Dr. Kidd is a dual board certified colorectal and general surgeon with a practice located at the Sonoma Valley Specialty Clinic on West Napa Street.*



CATHRA HALABI, MD

September 17: "Collaborative Diagnosis and Treatment of Stroke"

Cathra Halabi, MD, is an Assistant Professor of Neurology at UCSF and will discuss stroke warning signs and why it's critical to seek emergency care early even during the COVID-19 pandemic. She will highlight the value of collaboration throughout the arc of a stroke diagnosis with tools such as telemedicine and multidisciplinary care. *Dr. Halabi is board certified in Neurology and in Vascular Neurology. Dr. Halabi also founded and directs the UCSF Neurorecovery Clinic which evaluates patients recovering from acquired neurologic injuries such as concussion, other types of traumatic brain injury, or stroke.*



JASPER SCHMIDT, MD

September 24: "A Look Inside Our Emergency Department."

Jasper Schmidt, MD, Medical Director of Sonoma Valley Hospital's Emergency Medicine Department, will discuss what to expect when you come to the Emergency Department. He will speak about what typically happens when a patient is in the ED, including the protocols the medical team follows when presented with serious symptoms, such as for stroke or cardiac arrest. *Dr. Schmidt is dual board certified in Emergency Medicine and Preventative Medicine with a specialization in Medical Informatics.*



ELLEN BARNETT, MD

October 1: "What Moves You To Your Best Personal Health?"

Through an interactive process, **Ellen Barnett, MD**, Clinical Professor of Family and Community Medicine at UCSF School of Medicine, will discuss simple tools we can use every day on our path to our best health and best selves. You will leave having done the first step of new habit of self-care and support. *Dr. Barnett serves on several subcommittees of the Committee for Health Care Improvement of Health Action for Sonoma County. Dr. Barnett currently serves as the Director of Outreach and Program Development for the Integrative Medical Clinical Foundation based in Santa Rosa, CA.*

Registration: Register online as a Guest or as a Vintage House member at vintagehouse.org/events. You will receive a unique link for each talk. Call Vintage House for registration support at 707.996.0311.

Zoom Video Conferencing Info: The video sessions, require participants to have the **Zoom** video conferencing platform on their computer, cellular phone or tablet.



For more information about the Active Aging Lecture series or additional assistance, contact: Sonoma Valley Hospital's Community Outreach directly by phone 707.935.5257.

