



San Ramon Valley Newcomers & Friends FEBRUARY 2025

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Camille Thompson-Editor

FEBRUARY LUNCHEON

Where: The Hopyard Alehouse & Grill, 3015 -H Hopyard Rd., Pleasanton

When: Thursday, February 20, 2025

Time: 11:30 Social: Luncheon and meeting at noon

Entrees: \$29.00 PER PERSON including entree, beverage, tax and gratuity

ENTREES:

1. Fish & Chips - served with Hand-cut Hop Yard fries and tartar sauce.
2. Gyro - Specially seasoned lamb and pork served in a pita bred with lettuce, tomato, onion & cucumber dressing
3. Chinese Chicken salad Grilled chicken, romaine, red cabbage, green cabbage, cilantro, mandarin oranges, sliced almonds, sesame seeds, tossed in a ginger garlic vinaigrette



PROGRAM Stroke Awareness - Back by popular demand and in time for February Heart Awareness Month

Stephanie Lara - Stroke/Sepsis Coordinator at San Ramon Regional Medical Center

Christine Donohoe – Marketing Manager, San Ramon Regional Medical Center



Stephanie Lara

Stephanie was born and raised in Ventura County, CA. She is the proud mother of two college age children and recently re-located from Southern California to the East Bay.

She has enjoyed a nursing carrier for over 35 years with a clinical specialty in Emergency Nursing. She worked in the Emergency Department over 25 years, became an educator, Department Manager, Mobile Intensive Care Nurse, Critical Care Transport Nurse, Quality Coordinator, Search and Rescue Nurse, and has been a Stroke Program Coordinator for the last 12 years.

Stephanie expanded her academic studies and received a Bachelor's of Science in Organizational Management; she subsequently went on to earn a Masters of Science degree in Healthcare Administration. She is credentialed by the American Association of Neuroscience Nurses as a Stroke Certified RN. Stephanie has participated in many research projects and is proud to have published many of her works over the years, including an international study on Covid and stroke.

She is active in physical fitness, home improvement projects, gardening, loves spending time with family and friends. She lives in San Ramon with her best friend, Baily a 10-year-old Maltese, and is currently the Stroke/Sepsis Coordinator at San Ramon Regional Medical Center.

Non-member guests are invited to attend our luncheons. Please contact Cindy @cindy444@sbcglobal.net for information. Reservation deadline is February 15, 2025.