



## Board of Directors

### **Myron Jantzen, President**

9064 Rancho Drive  
Elk Grove, CA 95624  
Hm 916-686-4555 Cell 916-804-6497  
mpjantzen@aol.com

### **Chris Chediak, Vice President**

400 Capitol Mall, 11th Flr  
Sacramento, CA, 95684  
Off 916-558-6016 Cell 916-212-1200  
cchediak@weintraub.com

### **Ted Norris, Treasurer**

8184 Sita Ct  
Sacramento, CA 95829  
Hm 916-688-7471 Cell 916-396-5893  
wnorris383@gmail.com

### **Carolyn Loveridge, Secretary**

3209 Max Court  
Carmichael, CA 95608  
Hm 916-485-0150 Cell 916-548-9015  
carolyn.Loveridge@gmail.com

### **Susan Cobb-Paxton – Director**

10 St. Andrews Dr.  
Novato, CA 94949  
Cell 480-225-7164  
Susancobb63@gmail.com

### **Katelyne Epstein - Director**

6 Haven Ct.  
Moraga CA 94556  
Cell 650-207-8864  
katelyne@insightec.com

### **Vanessa Grenyion, Pharm D.– Director**

8141 Greenback Ln  
Fair Oaks, CA 95628  
Cell 916-844-8569  
vanessa@healthquesthme.com

### **Christine Grmolys, Director**

12301 Westwood Drive  
Auburn, CA 95603  
Cell 916-769-0449  
christine@seniorcs.com

### **Danielle Hand, Director**

3377 Shearwater Dr  
Sacramento, CA 95833  
Cell 916-837-5640  
daniellehand@surewest.net

### **Kristina Hart, D.O. Director**

3160 Folsom Blvd, Suite 2100  
Sacramento CA 95816  
Cell 541-405-6428  
Kmhart@ucdavis.edu

### **Kim Hawkins, Director**

6994 Riverland Dr  
Redding, CA 96002  
Hm 530-378-1845 Cell 530-945-7628  
rickiel2010@gmail.com

### **Chris McIlwain - Director**

8451 Friar Tuck Way  
Fair Oaks, CA 95742  
Cell 916-607-3043  
chris@mcilwainmobility.com

### **Ralph Sett, M.D., Director**

2402 Morley Way  
Sacramento, CA 95864  
Hm 916-616-6147  
ralph\_sett@yahoo.com

### **Harry Starkey – Director**

6674 Riptide Way  
Sacramento, CA 95831  
Cell 661-747-5983  
hostarkey@gmail.com

### **Jennifer Westoby, Director**

19404 Iron Mountain Dr  
Grass Valley, CA 95949  
Hm 530-268-2563 Cell 408-313-3524  
jennifer.westoby@gmail.com

## Medical Advisory Panel

### **Kaiser Permanente**

Suketu M. Khandhar, MD  
O 916-973-6860 Cell 415-595-4249  
Suketu.m.khandhar@kp.org

Miguel Ruvalcaba, MD  
miguel.a.ruvalcaba@kp.org

Meghan Anderson, NP  
Cell 858-229-1812  
MeghanAnderson@kp.org

Jeanine Perry, NP (Retired)  
Cell 916-595-4863  
girlscoutlifer@gmail.com

### **Kaiser Rehabilitation Svcs**

Christine Shade, PT, DPT, NCS  
Cell 916-316-2544  
christineshade@ymail.com

Erin Horning, PT, DPT, NCS  
erin.r.horning@gmail.com

### **Dignity Health**

Ehsan Hadi, MD  
Ehsan.hadi@dignityhealth.org

### **UC Davis**

Norika Malhado-Chang, MD  
nmalhadochang@ucdavis.edu

Jonathan Snider, M.D.  
jdsnider@ucdavis.edu

Lin Zhang, MD  
mdzhang@ucdavis.edu

Laura Sperry, FNP  
lmsperry@ucdavis.edu

### **Veterans Administration**

Mai Vuong, M. D.  
mai.vuong@va.gov

### **Sutter Medical Group**

Erica Byrd, MD  
ericabyrd@gmail.com

Steven Nakano, M.D.  
steven.nakano@sutterhealth.org

Nickleth Thakur, DO  
thakurN@sutterhealth.org

Fred Weiland, MD, FACNM  
weilandf@sutterhealth.org

Linda Ramatowski RN, FNP  
Off 916-454-6583 Cell 916-952-3437  
ramatol@sutterhealth.org