

NCMS Alliance Annual Meeting, May 17, 2022
Inaugural Remarks by Meeti Nigam, President 2022-23

Hello everyone,

I am Meeti Nigam. I am honored to serve you as the next president of NCMS Alliance for the year 2022-23 . I have been a Board member of the Alliance for the last three years since my husband and I moved to Charlotte from Virginia where I was very active with Medical Society of Virginia Alliance / county alliance for a long time in various positions.

My husband is a practicing anesthesiologist with Atrium Health - and for the last 34 years he has been busy. There were sometimes stressful days, as a physician spouse and mother of three boys but my friendships through the Alliance gave me inspiration and energy to come out and meet with some amazing people.

My Alliance friends are those friends who understood why I participated at events and attended a few parties alone. They understood the loneliness of spending holidays without your other half and why we drove separately everywhere we went! We laughed at the craziness and supported each other through it all.

A bit more about my life. I was born in India, completed my Bachelors in Science and Masters in Sociology. I got married to a wonderful man who was working as cardiothoracic anesthesiologist in Caen (Normandy area) France. After wedding I moved and lived in France for 6 years and moved to the US in 1994 with our two older boys. My husband's medical career moved us to Augusta, Georgia in 1994; Boston in 1999; Danville, Virginia in 2002 and now Charlotte.

My oldest son became a plastic surgeon, lives in Texas now and his wife is a JD/MPH from Harvard and works for Hogan – Lovell International Law firm helping tomorrow's medications approval process. We have a beautiful granddaughter Shreya and I love to spend time with her.

My middle son is a Fourth year Surgery Resident at Georgetown , his fiancée is a heart, lung and kidney transplant P.A. They live in D.C. Their wedding is coming up next week in Charlotte so this is a very exciting and busy time for my family - and me! My youngest son was born in Boston and

now he is a Junior and premed student/ Economics @ University of Virginia.

As our children got older, my involvement in Alliance Leadership grew as the Alliance provided opportunities for personal growth that I would not have experienced elsewhere with the confidence of having served as a leader in the Alliance. My interest and involvement in community events, public health and advocacy helped me grow in my role as an Alliance leader. I was lucky to serve on several boards and organize many events for the Alliance and community, including health fairs for the public and charity events for a shelter for the sufferers of domestic abuse. These leadership roles will help me this year with the challenging role of president for the State Alliance.

As I have described from my own experiences, the Alliance supports the professional and personal goals of each one of our members. The Alliance provides opportunities for its members through community service projects, philanthropy, and educational programs. Next year as we celebrate our 100th year, our mission and goals will continue to promote friendship and support medical families, community health and education, and promote sound health care legislation.

The focus of our work this Alliance year has been to improve diabetic health among the uninsured. The NCMSA Board of Directors voted to support the North Carolina Association of Free and Charitable Clinics with a donation of \$50,000 which will purchase point of care HbA1C machines used in the diagnosis and screening of diabetes and prediabetes as well as to monitor blood sugar levels. These funds will also purchase supplies needed to run these tests. Routine blood tests remain the basis of the diagnosis and management of diabetes. Fifteen clinics in the most rural counties of NC were identified as a starting point. Our Alliance Researched the interactive map on the NC Association of Free and Charitable Clinics website to find the clinics closest to you where you can volunteer as an individual or as a group. In the coming year, we will continue our partnership with the Free and Charitable Clinics to create positive change across our state.

Another big focus this coming year is to grow our membership to achieve our goal of community work, as COVID-19 slowed membership development the last two years. But our leadership is now focused on taking advantage of our ability to finally come together and meet in person.

The Alliance will continue to support county medical society alliances, provide leadership opportunities and offer grants for health-related programs.

I wish to work collaboratively with all of you and uncover partnerships to reach our potential. Share and explore your passion, and join us in leadership through the Alliance. Answer the call to be in this extraordinary group of community volunteers. We will develop lifelong friendships. During this our 100th NCMS Alliance year, I invite you to enjoy this ride with me as we work together to explore ways to support our medicine families, our state and communities.

Thanks to all our guests today - Mr. Baggett, Miss Nancy, my friend Heather, and Sara, we appreciate all Alliance leaders, members and guests present here.

Looking forward for a successful and meaningful Alliance year.
Thank you, friends – let's see what we can accomplish together.

May 13, 2022