

# Tarheel Tandem



Volume 72 | Fall 2018

## 2018-2019 Board of Directors

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tsteadman@ncmsalliance.org

### NCMS Alliance

1500 Sunday Drive, Suite 102  
Raleigh, NC 27607

[www.ncmsalliance.org](http://www.ncmsalliance.org)

Phone: 919-573-1316

Fax: 919-787-4916

## President's Message

*By Uma Avva, NCMS Alliance President*



For our family, fall means pumpkin chocolate chip muffins, birthdays, and Thanksgiving. As immigrants, we fully embraced the idea of Thanksgiving including the tradition of voicing our gratitude. Personally, I am thankful for many things . . . my family, the incredible people I have met and worked with while on the NCMSA Board, and safely weathering Hurricane Florence as it flooded my hometown of Fayetteville and damaged a childhood respite where three generations of my family enjoyed lazy, sunny days at the beach.

After personally seeing the destruction and hearing stories from people around the state, the most pressing question for me became, "How can the Alliance help those impacted by the storm?" After speaking to Pam Highsmith, the Director of Development at the North Carolina Medical Society Foundation, the answer was simple. **Help Get North Carolina Health Care Practices Back on Track after Hurricane Florence.** If you are like me, I was a bit skeptical. After all, I wanted to help people who might not have resources to get back on their feet.

As Pam and I talked, we discussed access to health care and the importance of existing medical practices getting back to business especially in an underserved, highly impacted area. Our mission at the Alliance at both the state and local level is twofold; promote the health of our community and support our medical families. In a nutshell, I believe supporting this effort furthers both objectives.

Please consider giving a tax-deductible donation to support the newly established Disaster Relief Program, administered by the NC Medical Society Foundation to provide grants to rebuild or repair damaged practices. I was astounded by our sister New York State Alliance and Medical Society reaching out wishing to help NCMS Alliance members, fellow physicians, and the people of Eastern North Carolina. I know we have that capacity for giving as NCMSA as well.

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# President's Updates

By Uma Avva, President

## Tours, Dinner, Discussions and More

The NCMS Alliance 95th Annual Meeting was held at the Greensboro Country Club on May 2. The preceding afternoon was filled with tours to Fellowship Hall, a Drug Rehabilitation Facility, and the International Civil Rights Museum. A fun dinner at 1819 was a great way to cap the day and connect with those who could not attend the daytime activities and meeting the next day.

During the Annual Meeting, we were fortunate to have Kim Moser, the 2017-18 AMA Alliance President give us an update on national Alliance priorities and to install our 2018-19 Board. This year, we included two new components to our program: 1) a keynote speaker, Elizabeth Page, a health care advocate and 2) a panel discussion comprised of County Alliance leaders to address membership. Our Hubbard Luncheon speaker was Steve Cushman, a local author, who talked about his book *Hopscotch* that describes the impact on both patients and staff of the mysterious appearance of this chalk drawn game in front of a hospital.



Festivities at dinner, eve of Annual Meeting, Greensboro: Left to right: Darlene Young, Gay Bowman, Racheal Kunes, Ann Faris.



Enjoying dinner at 1812, eve of Annual Meeting, Greensboro: Left to right: Lynn Takla, Kirby Sheridan, Rene Kikel, Mary Tyrey, Debbie Gessner.



Attendees, NCMSA Annual Meeting, Greensboro



## Orientation, Assessment, Lunch and Learn, and Recommended Books

The NCMSA Summer Board retreat was held in Raleigh this year on August 20, 2018 at Paragon Bank. The theme for the retreat was organizational and personal development. After the Board orientation, an organizational assessment was completed and the communication survey data was reviewed. All this information will be used to guide us in the next step of our strategic planning.

In addition, we kicked off our *Lunch and Learn* Series at the retreat with a lecture given on Leadership Development by Jim Booth, Director of Operations & Business Development, FirstPoint Management Resources. Some books recommended by Jim include: *7 Habits of Highly Effective People* by Stephen Covey; *Thinking Fast and Slow* by Daniel Kahneman; *The Tools*

by Phil Stutz and Barry Michaels; *Tao Te Ching* – Stephen Mitchell translation; *Delivering Happiness* by Tony Hsieh and *Start With Why* by Simon Sinek.



August Board Retreat Lunch and Learn with Jim Booth.

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## President's Updates

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### Advocacy, Partnership and Visibility

The NCMSA focus for the 2018-19 Alliance year is threefold: advocacy, partnership, and visibility. Maintaining strategic partnerships is one way that we will be able to address all three focus areas.

NCMSA is committed to continue advocating and partnering this year with the Poe Center for Health Education to prevent opioid abuse by youth through heightened awareness of family members and National Alliance on Mental Illness-North Carolina to help de-stigmatize mental illness.

- We partnered with the Poe Center for the past three years in their mission to educate and empower NC children, youth and their families to make choices that increase positive health behaviors. In early 2018, NCMSA granted the Poe Center \$10,000 to deliver ten *Drugs Uncovered* programs. See article on page 6 for a list of scheduled programs. Our partnership was acknowledged at the June 2018 AMA Alliance Annual Meeting in Chicago during the *Hometown Heroes* presentations.
- We partnered with NAMI NC during the past four years to help de-stigmatize mental health issues by participating in the NAMI Walks NC. NCMSA contributed \$1000 for the 2018 Walk and helped raise other funds by recruiting sponsors and walkers. See article on page 8 for 2018 results and 2019 NAMI Walk NC information.

We will strengthen our partnership with NC Medical Society Foundation as they address the needs of medical practices that were impacted by both hurricanes. See article on page 4 for details. We will also look to the lead of the AMA Alliance as they

cultivate new partnerships this year that may in turn filter down to the state and local levels.

Beyond advocacy and partnership is our third goal of visibility. To that end, we will explore and create more opportunities to interact and communicate with our local Alliances. This year, we will have at least two to three *Lunch and Learn* opportunities and two networking calls for local Alliance presidents are scheduled on our calendar. We also hope to continue the tradition of accepting invitations to events in each of the county Alliances.

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### Grant Money is Available – Applications Due November 30

One way the NCMS Alliance supports the good work of county Medical Alliances is through our Health Promotions Grant funds. Grant money is available each year to support projects that promote the development of and participation in programs and projects that address health and health education issues.

Grant application deadlines are November 30 and February 28. The grant application process is easily accessible on the NCMS Alliance website. From the homepage, click on the tab for Resources and Grants and find a link to apply for a Health Promotions Grant. If you need a paper copy of the application, please contact NCMSA Executive Director, Tracy Steadman, at 919-573-1316 or [tsteadman@ncmsalliance.org](mailto:tsteadman@ncmsalliance.org).

The purpose of NCMSA Health Promotions Grants is to provide seed money for programs and projects. Those applying for a grant of \$500 or less must provide a 25% matching grant. Those applying for grants over \$500 must match at 100%. Plan now to meet the first grant application deadline of November 30 if you are developing a program that may be eligible.

## FirstPoint Recovers

The Raleigh office of FirstPoint Management Resources suffered a fire in late July. Renovations will not be complete until later this year during which time FirstPoint is using temporary offices in Cary. The postal mail service to the Sunday Drive address was not interrupted. Telephone service continuation required some enhancement. If you have concerns about NCMSA receiving your dues payment or any other communication with FirstPoint, please contact NCMSA Executive Director Tracy Steadman at 919-573-1316 or [tsteadman@ncmsalliance.org](mailto:tsteadman@ncmsalliance.org) or NCMSA President Uma Avva at [uavva@triad.rr.com](mailto:uavva@triad.rr.com).

# Help Get Physician Practices Back on Track after Hurricane Florence

## The NCMS Foundation Establishes the Disaster Relief Program to Address the Needs of Health Care Practices Impacted by the Hurricane

We've all watched with horror – or worse, experienced the horror firsthand – as Hurricane Florence brought death and destruction to our beloved North Carolina. We are very proud of everything physicians and PAs have done to continue to heal and mend in this traumatic situation.

And even though the flood waters have not yet receded everywhere, the rains thankfully have stopped, and the sun is shining. Now we must begin to look forward to the long and difficult task of rebuilding what Florence destroyed.

No doubt you have, and will continue to, receive many solicitations in the coming days to help meet the needs of the thousands of North Carolinians forced out of their homes, and we hope you find it in your heart to support worthy causes.

But as physicians and friends of medicine, we also hope you will help the North Carolina Medical Society (NCMS) and NCMS Foundation reestablish patient care in the disaster zone. We don't know yet how many physician practices were damaged or demolished by Florence, but the widespread damage throughout eastern and southeastern NC tells us that number will be high. Too high. Much too high.

**Your tax-deductible donation today will support our newly established Disaster Relief Program, administered by the NCMS Foundation and provide grants to rebuild or repair damaged practices.**

**DONATE**  
TO THE  
RELIEF FUND

The NCMS Foundation Disaster Relief Program helps cover expenses (not covered by insurance or other funding) related to relocating or rehabilitating a medical practice damaged by the current disaster, Hurricane Florence. This may include replacing equipment, aiding essential medical practice staff, rebuilding patient records, telephone system replacements, signage, medical laboratory supplies and other similar costs – all with the goal of helping physicians begin treating their patients again as soon as possible. **The application process to receive an NCMS Foundation Disaster Relief Program grant is available on this website: [www.ncmedsoc.org/disaster](http://www.ncmedsoc.org/disaster)**

**Please give today to the NCMS Foundation Disaster Relief Program.**

Thank you for donating to the **NCMS Foundation**, the philanthropic arm of the NCMS, when your colleagues most need your support! I also encourage you to visit the **NCMS Disaster Preparedness and Resource Center** for practical information for physicians and PAs who are dealing with the devastation wrought by Hurricane Florence. Bookmark it and come back often for the latest updates.

**Lisa P. Shock, Dr.PH(c) MHS, PA-C**  
*President, NCMS Foundation*

**John Reynolds, MD**  
*President, NC Medical Society*

North Carolina Medical Society  
PO Box 27167, Raleigh, NC 27611  
Phone: 919-833-3836 • Fax: 919-833-2023  
Email: [ncms@ncmedsoc.org](mailto:ncms@ncmedsoc.org)

## Share Your Programs and Projects

We know that local Alliances in North Carolina are leading efforts to improve the health of citizens in their communities. You are getting together to learn from interesting programs during your meetings. Please share what you are doing so that other Alliances can reap ideas and be inspired by your experiences. Share your programs and projects with the rest of the state via the North Carolina Medical Society Alliance website or the *Tarheel Tandem*. Please share photos of events and projects, also. They add to the excitement over your successes and efforts in your communities.

To share what is going on in your Alliance, email the NCMSA Executive Director, Tracy Steadman, at [tsteadman@ncmsalliance.org](mailto:tsteadman@ncmsalliance.org) with photos and a description of your recent activities. You can send an outline or write an article. We will follow up with you for more details, if needed. What you do to improve the health of your communities will inspire others so please share.

# Shining a Light on Physician Burnout, Depression, and Suicide

By Chrystal B. Harris, MD, CLC, Physician Coach & Medical Expert, Crystal Violet Solutions, LLC

Imagine a first-year medical school class full of excited students eager to learn to be skilled doctors. Until this year, the third week in September may have meant the week after their first grueling round of exams. Now it takes on a greater meaning as Monday, September 17, 2018, became the first National Physician Suicide Awareness (NPSA) Day.

Started by the Council of Emergency Medicine Residency Directors, the goal of NPSA Day is to begin to improve the culture of medicine to protect against physician suicide. Their movement, Vision Zero, unites physician groups and suicide prevention organizations to “shine a light” on the issue and decrease the number of suicides to zero. The actual number of physician suicides is unknown partly due to well-meaning doctors neglecting to document their colleagues’ deaths as suicides. However,

it is estimated between 300-400 suicides occur each year or the equivalent of a large medical school class.

Tackling physician suicide means destigmatizing mental health issues and encouraging treatment without career backlash. Depression and burnout are two such issues that are being addressed through national and local initiatives and programs. One local program, the North Carolina Physicians Health Program (NCPHP), provides confidential assessment and multi-faceted treatment. Yet, it is a challenge to get physicians to engage in early intervention.

My experience with burnout began during my second year of residency. At the time, I didn’t know what it was. My energized, cheery disposition flipped off to unremitting exhaustion. Soon after, my focus diminished, my patients were

sometimes just items on a checklist, and I ruminated on the idea that I wasn’t helping anyone.

These occurrences were the classic signs of burnout. According to the gold standard provided by Dr. Christina Maslach, physician burnout is characterized by emotional exhaustion, patient depersonalization, and a decreased feeling of personal accomplishment. Although half of physicians experience burnout and/or depression, I felt alone, particularly when the suicidal ideation began. It took work but I found a path out, but not everyone does. Now I work with other physicians to manage their careers and burnout. The NPSA Day, NCPHP, and other initiatives give hope that struggling physicians will know that they are not alone and, thus, seek help.

## Exceptional Service, Dedication and Commitment

Barbara Savage, MT(ASCP), Health Literacy Consultant and NCMS Alliance President-elect is the recipient of the Poe Center for Health Education 2018 Faye L. Miller Distinguished Service Award. This award was established to honor a board member or volunteer who demonstrates exceptional service, dedication, and commitment to the Poe Center. The first Distinguished Service Award was presented to Faye L. Miller of Wake County for her commitment to the health and well-being of North Carolina’s children.

Barb has been a longtime supporter of the Poe Center and has been instrumental in rekindling relationships with the Wake County Medical Society Alliance and NC Medical Society Alliance. The Poe Center staff describes Barb as a force of nature! She helped write proposals, supported Poe financially and introduced the Center to many other supporters. Congratulations to Barb for a well deserved recognition!

Barbara Savage, recipient of 2018 Poe Center Distinguished Service Award



# NCMS Alliance Continues Supporting the Poe Center *Drugs Uncovered* Program

By Barbara Savage, President-elect

NCMS Alliance awarded the Poe Center another \$10,000 to support 10 additional *Drugs Uncovered* programs in highly impacted areas. Our funding assists in preventing opioid use through education which is one essential component in combating an ongoing trend of drug overdose deaths.

Chuck Rosenberg, acting administrator of DEA noted “Drug overdose deaths have become the leading cause of injury death in the United States, surpassing the number of deaths by motor vehicles and by firearms every year since 2008. Overdose deaths, particularly from prescription drugs and heroin, have reached epidemic levels.”

***Drugs Uncovered* is an interactive program that will raise awareness about prescription drug use, provide strategies to reduce harm, and encourage family and community conversations about the related issue. The program targets:**

- parents of upper elementary, middle school and high school students; and
- professionals within community and government organizations that work with children and youth in North Carolina.

**The funded programs completed in May, June, and September 2018 include:**

- Martin County – TeleCenter - *Drugs Uncovered* for Parents, *For the Health of It* for Youth
- Buncombe County – Francis Asbury United Methodist Church - *Drugs Uncovered Lite* for Parents

- Buncombe County – Montmorenci United Methodist Church - *Drugs Uncovered Lite* for Parents, *For the Health of It* for Youth
- Chowan County – Chowan County Schools - *Drugs Uncovered* for Parents
- Hertford County – Hertford County Schools - *Drugs Uncovered* for Parents, *For the Health of It* for Youth

### **Funded upcoming programs:**

- October 2018 – Wilson County - Greenfield School - *Drugs Uncovered* for Parents
- November 2018 – Vance County - South Henderson Pentecostal Holiness Church - *Drugs Uncovered* for Parents
- November 2018 – Richmond County - Richmond County Drug Endangered Families Task Force - *Drugs Uncovered* for Parents, *For the Health of It* for Youth

### **Tentative programs for this fall with dates to be announced:**

- Avery County – Avery County 4-H Youth Development - *Drugs Uncovered* for Parents, *For the Health of It* for Youth
- Cabarrus County – Healthy Cabarrus - *Drugs Uncovered* for Parents, *For the Health of It* for Youth
- Rowan County – *Drugs Uncovered* for Parents, *For the Health of It* for Youth
- Guilford County – Healthy Guilford Coalition - *Drugs Uncovered* for Parents, *For the Health of It* for Youth
- New Hanover County – Cape Fear Coalition for a Safe and Drug Free Tomorrow - *Drugs Uncovered* for Parents, *For the Health of It* for Youth (Postponed due to hurricane)
- Albemarle County – Albemarle Regional Health Services - *Drugs Uncovered* for Parents, *For the Health of It* for Youth (Postponed from September Date)



# Language, Stigma and Advocacy: Looking Beyond the Opioid Epidemic

By Gina Becherer

Last year The Poe Center for Health Education put a spotlight on the opioid epidemic with its presentation *The Opioid Epidemic Uncovered*. This year the Poe Center reasserted its commitment to educating North Carolinians about the impact of this crisis on our state and our communities with this year's program associated with its September Annual Meeting, *Language, Stigma and Advocacy: Looking Beyond the Opioid Epidemic*.

NCMSA Board Members Barb Savage and Mary Tyrey co-chaired the Planning Committee for the program with sessions in Greensboro and Raleigh. Both events were well attended and well received. Thanks to Barb and Mary for a job well done.

## What we learned from this year's program *Language, Stigma and Advocacy: Looking Beyond the Opioid Epidemic*?

- "Stigma" emerges when people are uncomfortable or embarrassed to talk about difficult situations. Stigma fuels

misinformation and fear. This is especially true with addiction-related conditions.

- Stigma has a profound effect on whether or not those struggling with addiction seek help.
- Creating supportive community environments for those suffering from substance abuse disorder and their families can change the conversation from suffering to recovery.

More than 115 people die of an opioid overdose every day in the United States. North Carolina remains among the states with the highest death rates due to opioid overdose. The battle continues but NCMSA members can be proud of the commitment our organization has pledged to support the Poe Center's mission to educate our communities.



Keynote Speaker Patrick Conway of BCBS, Poe Center Annual Meeting



Volunteers and Quail Ridge Books Display of Mental Health Resources, Poe Center Annual Meeting



Poe Center Annual Meeting Luncheon, Andrews Conference Center, WakeMed

## Resources:

<https://www.drugabuse.gov/drugs-abuse/opioids/opioid-summaries-by-state/north-carolina-opioid-summary>

<https://www.cdc.gov/drugoverdose/epidemic/index.html>

# NAMI Walks North Carolina – CHAMPION 2018 Stigma Free

By Mary A. Tyrey, BSN, RN, NBC-HWC, NCMSA VP for Program Development

## Congratulations Team NCMSA! Your passion, determination and commitment to impact mental health care across North Carolina made it possible to beat our goal, raise over \$5000 and be the 5th Top Team Fundraiser Overall!

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Since 2015 the NCMSA has made one of its missions to increase awareness among its members of mental health and mental health challenges in North Carolina. For the 4th year in a row, in order to make a bigger impact across the state, NCMSA members, family and friends joined together to take part in the 14th anniversary of NAMI NC Walks.

On April 14th, 2018, the largest and most successful mental health awareness and fundraising event in the country, NAMI Walks NC was held in the center of Raleigh at North Hills Midtown Park.

Wow! What an amazing experience - representing NCMSA, being surrounded by over 1100 people and 'busting stigma!' Over 50 of our NCMSA members, family and friends either donated and/or walked in support of raising awareness, dropping away stigma and raising funds for those needing mental health care across North Carolina.

This year one of our goals was that individual team members band together to make a stronger voice be recognized. We asked each team member to bring information and products from their own personal and professional lives to network and

share information - recognizing we represent many voices from the community including local businesses, physicians and families. We had everything from Medical Practice Billing, Dental Implants, Poe Center for Health Education, Alpha Graphic Designs, Midtown Yoga to Juice Plus, Grabba Green, Ruth Chris, Brighton Jewelry, homemade Chocolate lollipop 'brains' made by one of our Rutgers NAMI volunteers and more - provided water, discount coupons and give a-ways! Sue Lynn Ledford, Director of Public Health in Wake County also joined in the walk with us!

We hope you will join us for NAMI Walks NC 2019 and share your story on **April 27, 2019 at North Hills Midtown Park** in Raleigh. Bring along what makes mental health care important for you. There is something special about being part of an effort that is bigger than we, as individuals. Let the NCMSA help you make a bigger impact on mental health services in your county as a group. Please join us as we improve lives and our communities, one step at a time.

Thank you everyone who made this such a successful and meaningful mission!

### Find your local NAMI at:

[http://www.nami.org/Find-Your-Local-NAMI/Local-NAMI?state\\_NC](http://www.nami.org/Find-Your-Local-NAMI/Local-NAMI?state_NC)



NCMSA Walkers – members, friends, and family – NAMI Walks NC May 2018



# Everyone Can Participate by Joining

By Barbara Lupton, VP for Membership Development

Fall is in the air and it is time to pull out our sweaters and our renewal/membership notices for the NC Medical Society Alliance. After our summer activities, we are now falling into our fall routines and catching up with our friends in the Alliance. Many of us actively participate in our local alliance activities. Some members are not able to participate with their time and volunteer spirit but have a fondness for our organization. We can *all* participate at the level that fits our lifestyle but we **do** need your financial support by joining.

**Please join or renew your membership today!** Our contributions to the Alliance help people in a variety of ways both locally, statewide and nationally. Your local alliance can apply for grants from the NCMSA to help with a health project geared to your community's need. On a state level, we are able to help with the disaster recovery relief to help practices in NC that have been affected by the recent hurricanes and with the opioid epidemic in our state and nation. There are so many projects that we, as an organization, can support and participate in to improve the health of our communities.

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## President's Message

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NCMSA would love to issue a challenge to all our local Alliances to raise funds for this worthy cause. Let us know if you make a donation to the NCMS Foundation or donate funds to us here at NCMSA earmarked for the Disaster Relief Program so we can tally the contribution of our Alliance Members. See page 4 for more information about the program and how to donate.

The road to recovery will be a slow process; I also look to our Alliances, especially those that were adversely impacted, to identify what is needed locally. Information on funds set up for the employees of Onslow Memorial Hospital and the hospital itself can be found on page 14. When we hear from other areas in need, we will share that information with you. NCMSA hopes to support those efforts as well. One way is to publicize local Alliance relief efforts and projects through our newsletter and emails to others across the state.

In closing, I would also like to extend my deepest gratitude to all our NCMSA members. Your membership supports statewide programs like Opioid Abuse Awareness, this newsletter, and leadership development. It also helps fund local Alliance projects and qualifies affiliate fundraisers to be tax-deductible. Thank you for generosity and support. Together, we can make a difference in our state!

Please show your support of the Alliance by joining or renewing your membership today. Remember your spouse may join as well.

Here's how:

- If you were a member last year and have not yet renewed, you should have received a second dues notice by mail in October, you can return your check by postal mail or
- Go to our website [www.ncmsalliance.org](http://www.ncmsalliance.org) to pay your dues online or
- Call Tracy Steadman at 919-573-1316 or email her at [tsteadman@ncmsalliance.org](mailto:tsteadman@ncmsalliance.org).

New members can join online as a New User on the Join Now page.

If you have questions, please feel free to contact Barbara Lupton, VP for Membership at [bvlupton@gmail.com](mailto:bvlupton@gmail.com) or 336-288-4284.

If you have already remitted your dues for the June 2018-May 2019 year, THANK YOU for your support of our Alliance. Looking forward to a successful year with all of our Alliance friends.

## Join Us On Facebook

By Gina Becherer

Go online to [www.facebook.com](http://www.facebook.com)

In the "Facebook Search" box at the top of the screen, type North Carolina Medical Society Alliance. Then Click "Join."

### What to expect from the NCMSA Facebook page:

- Current ALLIANCE news
- Details on upcoming events and
- Health topics and concerns of our communities.

### We want to hear from you:

- Post County Alliance events happening in your area.
- Share ideas for new programs and topics important to your community.
- Most importantly, how we can help you.

### Pass it on:

- Help us SHARE the message of the North Carolina Medical Society Alliance.
- Click "Share" to add a post to your News Feed.

# County News

## Cabarrus County

### 14th Annual 'Swing 4 the Kids'

By Lynn Takla

On Monday, October 8 the Cabarrus County Medical Society Alliance held their 14th annual 'Swing 4 the Kids' charity golf tournament at the Cabarrus Country Club in Concord. The beneficiary, since starting in 2005, has been the Public School Nurse Program managed and run by the Cabarrus Health Alliance. This valuable program allows Cabarrus County and Kannapolis City schools to have a full-time nurse in each public school; a 'luxury' not all counties enjoy. This relationship between the CHA and the CCMSA has proven to be a naturally easy one as our county alliance also provides vision screening to all second- and fifth-graders in Cabarrus County schools. Employees of the CHA have been valuable members of our 'Swing 4 the Kids' planning committee as well.

Last year's tournament brought in over \$33,000 in sponsorships and allowed the CCMSA's Alliance Health Fund to donate \$35,500 to the Public School Nurse Program. This was an all-time record for us and brought our 13-year total donated to over \$385,000. This year we shattered that record! Sponsorships for this year's 'S4TK' are over \$43,000!!! We will know our final amount to donate in the coming days, but we are VERY EXCITED at our current upward trend!

Five dedicated CCMSA members have coordinated this tournament since 2005 and rely on many additional Alliance members to volunteer throughout the day of the event. A full



Some School Hole Sponsor signs from S4TK 2018



Cabarrus Country Club S4TK 2018



Left to Right: Lynn Takla, Kirby Sheridan, Paula Galvin, Carolyn Farris, Racheal Kunesch

field of 80 golfers enjoyed a beautiful day on the course that concluded with a buffet dinner and awards ceremony. A few weeks after the tourney, we hold a 'Wrap Meeting' to discuss the event's pros and cons and are constantly looking at ways of improving our 'product'. We feel that this honest evaluation process helps contribute to the tourney's ability to keep the golfers, sponsors and donors engaged in this project.

Any questions or comments can be directed to our planning committee members: Carolyn Farris, Lynn Hammers, Racheal Kunesch, Kirby Sheridan or Lynn Takla at [swing4thekids@gmail.com](mailto:swing4thekids@gmail.com).

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## County News

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### One of the Region's First Syringe Exchange Programs – Cabarrus County

By Kristin Klingsmith, MSPH, Cabarrus Health Alliance

In 2017, Cabarrus Health Alliance (formerly Cabarrus County Health Department) took a critical step in addressing substance use in Cabarrus County by opening one of the region's first Syringe Exchange Programs (SEP). This initiative required high-level collaboration and communication with not only the Board of Health but also local law enforcement. The program began with a private donation from a community member and is currently funded through the North Carolina Opioid Action Plan (NC OAP) grant awarded through the NC Division of Mental Health, Development Disabilities, and Substance Abuse Services until June 30, 2019. The SEP seeks to reduce opioid overdose deaths and reduce rates of HIV/HCV transmission among people who inject drugs (PWID) in Cabarrus County.

#### Participants of the program are provided free:

- Clean injecting supplies to reduce disease and infection
- Sharps containers for proper disposal
- Naloxone (medication used to reverse opioid overdoses)
- HIV and Hepatitis testing
- Resources on safer injecting practices, crisis support, and referrals to substance abuse and mental health treatment

#### Since June 2017, the SEP has:

- Served 197 participants and growing weekly,
- Provided 48,175 clean syringes,
- Collected 23,178 syringes for safe disposal, and
- Provided 2,136 Naloxone kits and have received 304 reports of overdose reversal.

The SEP has given Cabarrus Health Alliance the opportunity to meet people where they are in their journey and provide resources and tools that help PWID make safer choices. In an article by the Independent Tribune, a participant of the SEP stated: *“These resources are necessary. I implore the community not to think about it that we are helping them get high. We are helping a daughter, mother, sister, friend to stay safe until they can get the strength and resources they need in order to get back to recovery.”*

With the rapid growth of the program there is a need for funding that allows for the purchase of injection supplies, expanded service hours and satellite locations. With the NC OAP grant the program has been able to hire a Harm Reduction Coordinator and Peer Support Specialist. The positions will work together to expand outreach of the SEP and develop a post overdose response team which will prevent repeat overdose and connect those who have had a non-fatal overdose to harm reduction, and treatment and recovery supports. For more information on the syringe exchange program in North Carolina, visit <https://www.ncdhhs.gov/divisions/public-health/north-carolina-safer-syringe-initiative/syringe-exchange-programs-north>.

### Healthy Charlotte Alliance

From HCA Annual Report 2018

Healthy Charlotte Alliance is proud to announce that \$69,000 in grants was awarded to the following 12 organizations that support our purpose of building a healthier Mecklenburg County: Care Ring, Inc., Charlotte Community Health Clinic, Inc., Charlotte Mecklenburg Food Policy Council, Charlotte Neuroscience Foundation - Memory Center Charlotte, Dilworth Center for Chemical Dependency, Families Managing Media, Hospitality House of Charlotte, Let Me Run, NC Med Assist, The Relatives, Inc., Shelter Health Services and Teen Health Connection. Grant decisions are programmatic, outcome driven, and impactful in the community.

#### 2018 Genie Hayes Award Recipient:

Kathy Klimas held many board positions in her 40 years with Healthy Charlotte Alliance. She was President in 2006 and



served on the NCMS Alliance Board of Directors. Kathy remained active on the board and in leadership positions. She has contributed her creativity and marketing skills very generously toward website updates, press releases, brochure and invitation design, and ultimately renaming

and rebranding the Alliance in 2017. Kathy was instrumental in establishing community education as a priority for the Alliance with her “The Stigma Stops Here” event that attracted professionals and people from the community. She continues to be dedicated to this cause and created the Healthy Charlotte Alliance Classroom that has become an annual event. Kathy

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## County News

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has unwavering allegiance to the mission of the Alliance and a positive, enthusiastic attitude toward any project of which she is a part. She has dedicated countless hours and energy to making sure this organization not only continues to thrive but also evolves to meet the needs of our growing community.

### 2018 James Gray Cannon Award Recipient:

For the past 21 years, Suzy Garvey has served multiple terms on the Hospitality House of Charlotte board including serving as board chair. Suzy's passion for hospitality houses began when her husband's family started the first such house in Buffalo, NY. After the Garveys moved to Charlotte, every week since 1997, Suzy volunteers at Hospitality House, running the front desk and doing anything that is needed regardless of how menial the task.

### HCA Executive Director:

The Board of Directors is pleased to announce, Erin Edwards, the first Executive Director for Healthy Charlotte Alliance. Erin has served the Charlotte community for the past 12 years in various nonprofit fundraising and operational roles. She will work to enhance opportunities to engage members and further the mission of improving the health and quality of life for citizens of Mecklenburg County by initiating and funding health promotion projects and informing the community through educational programs.



Meet and Greet to introduce HCA Executive Director, Erin Edwards, to our membership, sponsors and grantees.

**In the Community Report for FY 2017-18**, Karen Chandler, President of the Board, shared the following milestones, among others already mentioned.

- Created a strategic plan with a new mission statement, vision, values and focus areas for our organization.
- Partnered with our grantees to offer service opportunities to our members, to develop a deeper understanding of their organizations and to maintain an active presence in the Charlotte community.

- Provided pertinent health education to the community with the Healthy Charlotte Alliance Classroom on “Striking a Healthy Balance in the Digital World.”
- Promoted our Planned Giving Program as a primary strategy for endowment growth and a vehicle to carry our fundraising efforts into the future.
- Maintained our Better Business Bureau accreditation.
- Received the 2017-18 President’s Award from the NC Medical Society Alliance “for being bold in transforming membership requirements to stay relevant and remain a viable Alliance.”

**Lunch & Learn – Healthy Gut, Healthy You**, was held at St. Gabriel Catholic Church Ministry Center on September 13. Sixty members and guests attended to hear Dr. Jerby, an accomplished board certified colon rectal surgeon with superior training and experience. More recently, he developed a passion for understanding how chronic diseases are related to gut dysfunction and believes in Functional Medicine and an integrative approach to the root cause of disease.



Healthy Gut, Healthy You Lunch & Learn Speaker, Dr. Brian Jerby



Sixty members and guests attended Healthy Gut, Healthy You Lunch & Learn

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## County News

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### Greater Greensboro

#### Vibrant and Thriving

By Harsha Mirchandani and Alisha Maynard, Co-Presidents

We are proud to report that the Greater Greensboro Society of Medicine Alliance is vibrant and thriving! In September, NCMSA and GGSMA members joined members of the community at the Poe Center for Health Education Luncheon and Panel Discussion, part of their *Language, Stigma & Advocacy – Looking Beyond the Opioid Epidemic Conference* at Fellowship Hall.

We are looking forward to quarterly nights of Bunco filled with much conversation and laughter, adventures with the outdoor club, monthly meetings of book club, KITS (keeping in touch socially), and much more. On the agenda is the New Physician Social, in which we welcome physicians and physician assistants to their new community at the Greensboro Children's Museum on October 25.

We are also thrilled to announce that on February 24, 2019, Fellowship Hall will be the recipient of our Scrubs vs. Suits fundraiser event at Page High School where our Greensboro doctors rematch the lawyers on the basketball court. Last year, the lawyers took home the trophy, but Sanctuary House was the true winner! Thanks to the hard work of so many, we raised over \$31,000 for rehabilitation services for adults with mental illness. We hope to make our fundraising event even more successful this year!

We will be continuing to reach out to our community to help in any way possible. We look forward to starting new traditions and introducing more fun activities and rewarding projects in the upcoming year.



Alliance members joined the community at the Poe Center for Health Education Luncheon and Panel Discussion in September

### Onslow County

#### KISS MY GRITS FLORENCE!

By Sheila Josilevich

KISS MY GRITS FLORENCE! Just one of the signs you can still see around Onslow County after Hurricane Florence came through September 14. Along with ... "Being hit by Florence was like being run over by a turtle," which it certainly felt like. Days of unrelenting rain of biblical proportions fell on our beautiful coast and farmlands, breaking river banks, all time flood records and people's hearts as it made its way up river and inland taking away homes, businesses, roads and essential services.



Mountains of debris lining the streets

Our own Onslow Memorial Hospital in Jacksonville took a terrible hit, losing part of the main building roof, and therefore, the several floors below. The Education Building was completely destroyed. Most patients had been moved to other hospitals around the state where they would be safe and could continue with treatment. Thank you to the excellent emergency plans and policies adapted by hospitals throughout the Great State of North Carolina.

Local physician practices also took a hit, but most were all up and running seven to ten days after the storm when electricity and water were restored. As you can imagine, many of the hospital and office staff had a lot to deal with in their own lives. Many had lost homes; everyone had some damage. Of course, schools were and still are closed and there is no one to look after the children at home.

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## County News

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Neighbors and friends all pitched in to get things moving again and to keep each other safe. Those who had generators took them to neighboring homes to 'top up' freezers. Those who had gas shared by giving rides and keeping the communal generator running along with make shift schools in neighborhood garages. All in all, it has been quite a month. Things are very slowly taking shape and looking more like Onslow - apart from the mountains of debris lining the streets. Folks are back to work, schools will open at the end of the month, and the hospital is full and gearing up for flu season!



Damaged cotton fields

I cannot imagine how the folks in the Florida Panhandle are managing with the lack of essential services, the lack of food and water. Our hearts truly go out to them.

My husband and I were not born in North Carolina, but we got here as soon as we could . . . and have never regretted it!

SO, FLORENCE AND MICHAEL, YOU CAN KISS OUR GRITS!

### We Can Help Onslow Memorial Hospital and Employees

Many Onslow Memorial Hospital employees did not weather the storm well. An Employee Disaster Relief Fund has been established to help them rebuild. Donations can be made by cash, check or online at the following link: <http://omh-employee-disaster-relief-fund.everydayhero.do>. Employees will apply for aid and a committee will determine distribution of funds.

An Angel Tree is located in the OMH cafeteria. If anyone is interested in helping out, please notify Lee Ann Thomas, ED, Onslow Memorial Hospital Foundation, 910-577-2651 or [LeeAnn.Thomas@onslow.org](mailto:LeeAnn.Thomas@onslow.org). Some of the many needs include:

clothes, kitchen items, washers and dryers, refrigerators, and furniture including sofas, beds, tables, etc. All employees who have applied have been endorsed by the managers as well. This is a great way to help out the OMH Family.

A fund has been set up to help Onslow Memorial Hospital with their hurricane related expenses as well. The link is as follows: <http://onslow-memorial-hospital-foundation-inc.everydayhero.do>.

## Rowan County

### Cheers to 20 Years! 20th Annual "Fashions for A Cause"

By Wanda Smith

The Rowan County Medical Society Alliance had the most successful "Fashions for A Cause" ever on April 10, 2018. After all expenses were paid, the total amount donated was \$21,217.49, the most ever raised for any one year. All proceeds benefit the Community Care Clinic of Rowan County. Each dollar provides \$8.00 worth of service. So this year alone, our donation provided almost \$170,000 worth of service to the clients at the Community Care Clinic. If you were one of our generous donors, or supported our efforts in any way, thank you for your part in making our effort a tremendous success!

The Community Care Clinic is a non-profit health, pharmaceutical and dental care clinic funded primarily by individual donations and grants. The clinic helps the uninsured working poor of Rowan County. Because of increasing problems in our local economy,



The Salisbury Post article photograph of Fashions for A Cause toast to 20 years.

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the number of underserved and needy is rising rapidly. We are sure you are aware of how expensive medical care has become. The clinic provides medications, health care, and dental services for those who are most deserving and can least afford it. Without this clinic, many would have to choose between needed health care and buying food for their families. Working together we can make a difference in the lives of those served by the clinic.

The show was a huge success for the community and sold out as always. It was held in the Crystal Lounge-Catawba College, Salisbury. The decorations were elegant, fitting our 20-year celebration. We began the Fashion Show with a champagne toast. It was actually sparkling cider but it was just as exciting for the 20 Year Celebration. The total money raised and donated to the Community Care



Betsy Fazia, Rowan County Medical Society Alliance President 2017-18



Event Committee members Krista Watts and Marlene Spencer, the "Hat Lady," with a \$100 bill pinned to the hat, raffled off during the Fashion Show.

Clinic for the past 20 years is over \$270,000. At \$8.00 worth of service for every dollar donated, that's over \$2 million in services since 1998.

We received many donations from other County Alliance members and State Alliance BOD members who could not attend and we thank you for your support of such a great cause. Kirby Sheridan, our NCMS Alliance President for 2017-18 attended along with Uma Avva who was President Elect at the time. We so enjoyed having them join us for such a momentous occasion.

Alas, it seems many good things do come to an end. It is possible that the 20th Annual "Fashions for A Cause" may be our last. The Alliance has changed over the years and it takes a tremendous amount of time and hard work to put on this event. I will keep you updated as to the final decision. In the meantime, "Cheers to 20 Years!"

## Wake County

### Growing While Supporting Each Other

By Zohra Osman, WCMSA President

In seeking direction to write this, I went back to read what had been written for previous *Tandem* issues.

I discovered another soul sister in the Alliance, Anne-Bee Van Meter from Gaston County who put into words what the Alliance means to me. You can find her article in the Spring 2017 issue of the *Tarheel Tandem* on the NCMSA website.

The Alliance reminds me of the Sequoia trees in California that have survived many an adversity of nature, even though they do not have a deep root system, they still stand tall for decades. The sequoias have a lateral root system and so reach out and interlace with others, growing strong whilst supporting each other. In this unique Alliance we are much the same. Even though we may be new and not know each other, we are accepted in this interlacing root system to be nurtured and to develop individually but grow strong together. In all my travels, it is only in the Alliance that I found the sustenance for this bond to thrive as an individual and a whole.

The WCMS Alliance increased our visibility this year, by promoting our health education workshop not only through schools but on the online calendars of local magazines as well

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## County News

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as on social media. We invested in WCMSA personalized clip-on hand sanitizers as favors for members attending activities.

We introduced the following new groups, KITS and SWAG, to our established two - Book Club and ASPIRE (retired physicians breakfast group).

- KITS – Keeping in Touch Socially: an endeavor to keep in touch with members who are homebound or whom we have not seen in a while. These ladies built the Alliance. They are our roots and we celebrate them.
- SWAG – Service with an Attitude of Gratitude: organizes monthly volunteer (gratitude) opportunities to give back, with members and families.

Our website was created last year. We considered a brochure this year and decided we would be far reaching if we did the “brochure” on the webpage. We included our calendar as well as a FAQ. It stays fluid, as the Alliance grows and the calendar changes; we are able to update it at no financial cost.

How often is it, that we run out of time when promoting the Alliance to potential members? Enter the business card with the Alliance contact information. We distributed the cards to our members to give potential members so they can learn about and join the Alliance on our website. To give ease of accessibility to the website, we created a QR code.

The Poe Center Substance Abuse Prevention Program is our focus philanthropy organization this year.

Until I attended their Opioid conference last year and heard keynote speaker Sam Quinones, (author of *DREAMLAND: The True Tale of America's Opiate Epidemic*), I did not know about the severity of the crisis we are facing in North Carolina. Do watch his eye-opening video.

Our annual community education workshop this year is November 3, 11 am to 1 pm. With Substance Abuse Prevention our focus this year, we chose the Poe Center programs: *Drugs Uncovered* for adults and *For the Health of It!* for middle schoolers which offer two unique and exciting opportunities for growth, for both parent and child, encouraging better communication in families. Feel free to join us by registering here on Eventbrite. We are marketing this with our *Kendra Gives Back* event on December 12 where the Poe Center receives 20% of all purchases made between 11:00 am and 2:00 pm (even on call-in purchases).

Wake County Alliance members Barb Savage and Mary Tyrey chaired the Poe Center Conference: *Language, Stigma and Advocacy: Looking Beyond the Opioid Epidemic*. We are proud to announce that our WCMS Alliance Past President and NCMSA President Elect, Barbara Savage, was honored with the Faye L. Miller Distinguished Service Award by the Poe Center at their Annual Meeting.

The Poe Center continues to educate young people in making healthy life style choices. Last year we partnered with Poe and Helen Majors to raise funds for the CookWELL Kitchen, an educating theatre. Helen Majors, Past President of WCMS Alliance and one of the founding members of the Poe Center, did the honors at the CookWELL ribbon cutting ceremony.



Poe Center CookWELL Kitchen Ribbon Cutting - left to right: Ann Rollins, Bob & Helen Majors

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## County News

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Our annual Wake County Medical Society and WCMS Alliance picnic this year was changed up a bit: with the location, included the family, had lawn games, curated a music playlist, and had members serve food. The results included delicious food catered by Chef Ryan Conklin from Rex Hospital and great conversation and connections made; a 'great sense of fellowship' was the overall feel. Fellowship and lifelong friendships, a result of being associated with the Alliance ... could be synonyms of the Alliance!



WCMSA Family Picnic – left to right: Jane & Dwayne Patterson, Deb Meehan, Ginny McKay, Virginia & Jim Scanlan, Michael Steele



Members and families enjoying conversation at the WCMSA Family Picnic

Do visit our website and contact me, if you wish to join us for any activity. We invite our sister Alliances to visit us in Raleigh for lunch or coffee, affording us the opportunity of getting to know each other and growing together.

## 2018-19 Love and Caring Cards Artwork Contest

*By Marilu Thordsen, VP for Resource Development*

The NCMS Alliance once again is proud to return the Love and Caring Cards Contest. For the past three years we have had great participation from Alliance members and their families resulting in some beautiful notecards. The images seen here represent the four winners from the 2017-18 contest. This year we will accept photographic entries of original artwork or photography from NCMS Alliance members and their immediate family from **November 1, 2018 - February 15, 2019**.

You will find the guidelines for submission [HERE](#). If you have any questions or need more information, please contact Marilu Thordsen at (253) 278-8726 or [mjthordsen@yahoo.com](mailto:mjthordsen@yahoo.com).

Set of four cards, winners of 2017-18 contest, available with Annual Fund donation.



## Seeking 95th Anniversary Annual Fund Donations

Love and Caring Cards representing winning artwork from 2017-18 as seen on page 17 are available. These notecards are one of a kind and would make wonderful presents for birthdays or other special occasions. Donations may be made in honor or memory of special people in your life who will be recognized in the next issue of Tarheel Tandem. The proceeds from the distribution or sale of these cards support the NCMSA which is currently focusing on mental health awareness in North Carolina.

Please see the enclosed **2017-18 Annual Fund donation form** or online [HERE](#) for details on how to receive a pack of four cards and help the NCMS Alliance.

## NCMSA Wishes to Thank Our 95th Anniversary Annual Fund Donors

### Champion

Uma Avva

### Mentor

Susan Edens Hammer

Racheal Kunesh

Kirby Sheridan

### Friend

Judy Frink

Betty McCain

Rachel Pace

### Advocate

Gay Bowman

Jamie Hosseinian

Sheila Josilevich

Deborah Harrell Meehan

Ann Siva

George & Lee Ann Thomas

### Other

Linda-Lee Hanrahan

Susan Otteni

## 95th Anniversary Annual Fund Recognitions

**In honor of Greater Greensboro Medical Society Alliance**  
**In honor of NCMS Alliance Board of Directors**

**In honor of all NCMSA and Local Alliance Past Presidents**

**In honor of Susan Hammer**

**In honor of Barb Savage**

**In honor of Kirby Sheridan**

*by Uma Avva*

**In honor of Uma Avva**

**In honor of Darlene Young**

*by Gay Bowman*

**In honor of Kelly Archambault**

**In memory of Elizabeth Edens**

**In honor of Betty Griffin**

**In honor of Molly Hemphill**

*by Susan Edens Hammer*

**In honor of Paula Patselas**

*by Judy Frink*

**In memory of Clara Walljasper**

**In honor of Judy Kunesh**

**In honor of Kirby Sheridan**

**In honor of Wanda Smith**

*by Racheal Kunesh*

**In honor of Onslow County Medical Society Alliance**

*by Sheila Josilevich*

**In memory of Sadie McCain**

*by Betty McCain*

**In honor of Margaret Tuttle Harrell**

**In honor of Paul Edward Harrell**

*by Deborah Harrell Meehan*

**In honor of Kirby Sheridan**

*by Susan Otteni*

**In honor of Susan Hammer**

*by Rachel Pace*

**In honor of Uma Avva**

**In honor of Susan Hammer**

**In honor of Sheila Josilevich**

**In honor of Barbara Savage**

*by Kirby Sheridan*

**In memory of Raymond and Annalee Maxwell**

**In memory of Buck and J. B. McPhaul**

**In memory of K. C. Varkey**

*by George and Lee Ann Thomas*

# NCMS Alliance 95th Anniversary Annual Fund

Donor's Name \_\_\_\_\_  
*Print your name as it should appear for recognition in the NCMSA Tarheel Tandem newsletter*

Check here if you prefer your donation be anonymous

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## Annual Fund Donor Levels (please check one box below)

- Sadie McCain Circle** (includes ten packs of 4 cards each and ten acknowledgements in the Tarheel Tandem) .....\$500 & above
- Champion** (includes six packs of 4 cards each and six acknowledgements in the Tarheel Tandem) .....\$300
- Mentor** (includes four packs of 4 cards each and four acknowledgements in the Tarheel Tandem) .....\$200
- Advocate** (includes two packs of 4 cards each and two acknowledgements in the Tarheel Tandem) .....\$100
- Friend** (includes one pack of 4 cards each and one acknowledgement in the Tarheel Tandem) .....\$50
- Surprise us with a donation level of your choice**.....\$\_\_\_\_\_

## I want to honor these special people for the NCMS Alliance Annual Fund

These special people will be recognized in the next issue of the NCMSA Tarheel Tandem newsletter.

*Please print:*

In honor/memory (circle one) of:

\_\_\_\_\_

In honor/memory (circle one) of:

\_\_\_\_\_

In honor/memory (circle one) of:

\_\_\_\_\_

In honor/memory (circle one) of:

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In honor/memory (circle one) of:

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\_\_\_\_\_

In honor/memory (circle one) of:

\_\_\_\_\_

In honor/memory (circle one) of:

\_\_\_\_\_

## Payment

Check (*Please make your check payable to NCMS Alliance*)

Credit Card:  Visa  MasterCard

Credit Card # \_\_\_\_\_

CVV2 # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

## Please mail completed form to:

NCMS Alliance, 1500 Sunday Drive, Suite 102, Raleigh, NC 27607

**Donors will receive cards within three weeks of NCMSA receiving donations and their special people will be recognized in the next Tarheel Tandem.**

## Thank you for your support!

*NCMS Alliance is a 501(c)(3) charitable organization and donations are tax-deductible.*

# Calendar of Events

## 2018

### November 1, 2018 - February 15, 2019

Love & Caring Cards Artwork Contest  
See article on page 17.

### November 3, 11:00 am - 1:00 pm

*Drugs Uncovered: Substance Use Prevention Workshop*  
Poe Center for Health Education, Raleigh  
Sponsored by Wake County Medical Society Alliance  
Learn more and register on [EVENTBRITE](#).

### November 6, 12:00 pm - 1:30 pm

Healthy Charlotte Alliance *Lunch & Learn* –  
Living, Surviving & Thriving with Mental Illness,  
Beth Purdy, Speaker  
St Gabriel Catholic Church Ministry Center Room D  
Learn more and register at [REGISTER](#).

### November 13

10:00 am - 3:00 pm  
NCMSA Board Meeting,  
NC Medical Society Headquarters, Raleigh

12:30 pm - 1:30 pm  
Lunch and Learn includes County Alliance Leaders –  
“Providing for the Providers: How Families Navigate  
Physician Burnout & Stress,” Dr. Chrystal B. Harris  
RSVP to Tracy Steadman at  
[tsteadman@FirstPointResources.com](mailto:tsteadman@FirstPointResources.com)

### November 30

NCMSA Grant Application Deadline for programs occurring  
January 1 - December 31, 2019  
See article on page 3.

## 2019

### January 8

Local Alliance Leaders Networking Call with NCMSA Board  
at Lunchtime

### February 12

NCMSA Board of Directors Meeting

### February 24

Greater Greensboro Society of Medicine Alliance  
3rd Annual Scrubs vs. Suits  
Page High School, Greensboro  
See article on page 13.

### February 28

NCMSA Grant Application Deadline for programs occurring  
April 15, 2019 - June 30, 2020

### March 10

Spring *Tarheel Tandem* newsletter article submission  
deadline to Susan Hammer at [sjehammer@att.net](mailto:sjehammer@att.net)

### March 20

*Fashion for FUNDS*,  
Wake County Medical Society Alliance, Raleigh  
For information, contact Event Co-Chairs: Dorothy Nance  
at [dorothy16@gmail.com](mailto:dorothy16@gmail.com) or Kimberly Durland at  
[Kimberly.durland@icloud.com](mailto:Kimberly.durland@icloud.com).

### March 30

Doctor's Day

### April 9

NCMSA Board of Directors Meeting

### April 27

NAMI Walks NC  
North Hills Midtown Park, Raleigh  
See article on page 8.

### May 1

NCMS Alliance Annual Meeting  
Raleigh

### June 9-11

American Medical Association Alliance Annual Meeting  
Chicago, Illinois

