

Tarheel Tandem



Volume 73 | Fall 2019

2019-2020 Board of Directors

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NCMS Alliance

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President's Message

Welcome to NCMSA 2019-2020 – REIGNITE

By Barbara Savage, NCMSA President, savageba0823@gmail.com



I am proud and honored to serve as your 2019-2020 president. Eighteen years ago I held this same position in Iowa. Some things have remained the same and much has changed. I look forward to serving our members to the best of my ability this year.

Our theme this year is **REIGNITE!**—borrowing the title of Dr. Clark Gaither's book. Dr. Gaither was our guest speaker at our annual meeting last May. In his speech Dr. Gaither focused on physician

burnout, but much of what he said applies to any type of burnout.

We live in challenging times. How many times have we all heard that? It almost seems chaotic at times. As physician families and Alliance members we share a common mission—to improve the health and well-being of our communities. Yet the health needs of our communities persist – hunger, homelessness and access to care, addiction, mental illness, just to name a few. It is overwhelming and exhausting to think about and easy to feel burned out.

But there is good news? Our Alliance and other nonprofit groups with the same commitment have become a driving force behind community change. Our financial support, our advocacy and our volunteerism have helped to raise awareness and create positive changes in our communities.

The Alliance has a pivotal role to play in creating change in our communities. Having a seat at the table and a voice in the discussion is at the core of our mission. But to have a seat we need to have active members supporting our efforts and also joining us at the table. Our membership is declining. Like many volunteer organizations, many of our members are just burned out. We must work to stop the membership bleed and the burnout. So, my vision is to REIGNITE enthusiasm in this Alliance. I have a dynamic board

continued on page 2

It Takes a Village ...

By Gina Becherer, NCMSA Program Development Vice President; gmbecherer@gmail.com

This expression has been rolling around in my head over the last several months. The Why? **Healthy North Carolina 2030**.

Healthy North Carolina 2030 is a state-wide initiative led by the North Carolina Institute of Medicine (NCIOM) designed to identify areas of focus that would lead to a measurable improvement in the health of North Carolinians. With the help of a group of experts from healthcare, law enforcement, housing, education, state government and community organizations, followed by hours of meetings and discussions, the NCIOM developed a plan. This provides the basis for the state's Community Action Plan which is used to prioritize public health activities and funding.

I was fortunate to have had the opportunity to sit in on many of these meetings. If you thought navigating the healthcare system was complex, factor in the many social elements that prevent so many from accessing the system at all,

especially in North Carolina where approximately 1 in 5 live in a rural area.

Widely publicized measures of personal health such as what we eat, how much we weigh, our cholesterol level or our blood pressure do not tell the story when evaluating the health of our communities.

The measures of a healthy community are access to healthcare services, access to healthy food and water and affordable housing, to name just a few. The current framework for healthy communities is built around these (and many other) **social determinants of health**.

Why is this important to the Alliance and organizations like ours? Because it takes a village and we are the village.



Grant Money Available; Applications Due Nov. 30

By Barbara Savage, NCMS Alliance President; savageba0823@gmail.com

One way the NCMS Alliance supports the good work of county Alliances is through our Health Promotion Grant funds. These monies are for grants and not sponsorships. 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. If you need a paper copy of the application, please contact NCMSA Executive Director, Tracy Steadman, at 919-573-1316 or 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.

President's Message

continued from page 1

that will work to get the embers blazing. They are on fire! Let's get the members to the table.

We have much to offer. I look forward to working with each of you to reignite the mission of the Alliance. We will focus our efforts on creating partnerships with statewide organizations that share our commitment to serve North Carolina communities. We welcome your participation as members and as volunteers to continue our work.

Last year we spent many hours reviewing our strategic plan and have designed a Six System format similar to that of the AMA Alliance. We have also drafted a Plan of Work for the year. The Six Interfacing Systems are Governance, Finance, Membership, Communications, Programs/Resource Development, Events. The board is going to implement these and see how they work this year. Please feel free to contact us with questions, concerns or feedback in terms of how, as a state organization, we can help serve you and your Alliance.

Opioid Epidemic: Know the Facts

Excerpted from "When a Cause Captures My Heart", by Cami Pond, AMA Alliance Immediate Past President

In an effort to address the growing number of teens misusing opioids, the AMA Alliance (AMAA) has partnered with the national Parent Teachers Association (PTA) to produce preventative educational materials targeted at middle school parents regarding the dangers of opioid misuse.

We are dedicated to putting an end to stigma and helping individuals who suffer from a substance use disorder get the help they need and deserve. We are two groups of concerned professionals, coming together for a common purpose: to help prevent and end this epidemic. We cannot stand by while individuals and families are devastated by the disease of addiction. Addiction is a long-term,

chronic, potentially fatal, yet preventable disease. Changing attitudes and lives happens with education and advocacy. We are a voice in our communities, states and nation in changing the course of the disease of addiction.

The AMA Alliance directed our Health Literacy Consultant, Barbara Savage of North Carolina and the Opioid Task Force to create an original PowerPoint presentation to be used in schools across the country. Additionally, an accompanying fact sheet and webinar were produced. In addition to the webinar there is a presentation packet that gives more detailed information on how to present this program.

This year, **Opioid Epidemic: Know the Facts 2.0** is focusing on getting this program out to all middle school PTAs. We need your help to get the information out to your PTA and put an end to this national epidemic.

All materials are free and available on the public page of the AMA Alliance website, amaalliance.org, to download for use in areas such as: PTAs, schools, church youth groups, medical society meetings, doctors' offices, Rotary or other community service clubs or Alliance gatherings.

Make a difference! Please contact Barb Savage, savageba0823@gmail.com for additional information on how you can get involved!

Seeking 96th Anniversary Annual Fund Donations

You can receive the set of four Love and Caring Cards!

Donors to the NCMS Alliance Annual Fund will receive the set of four Love and Caring Cards. 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 NCMS Alliance which focuses on improving the health of our communities in North Carolina.

Please use the Annual Fund donation form on page 9 or online [HERE](#) for details on how to donate.

96th Anniversary Annual Fund Recognitions

In honor of Dr. H. Boyd Watts
In honor of Dr. David N. Smith
In honor of Kirby Sheridan
In honor of Tracy Steadman
by Wanda Smith

In honor of Barbara Savage
In honor of Susan Hammer
In honor of 2018-2019 NCMSA Board
In honor of 2018-2019 County Alliance Presidents
In honor of Dr. Chrystal Harris
In honor of Harsha Mirchandani
by Uma Avva

What's In It for Me?

By Uma Avva, NCMSA Nominating Chair, uavva@triad.rr.com

Perhaps this is the first question that comes to mind when you are asked to serve on the NCMSA Board or a committee. For me the answer has always been threefold: purpose, fun, and fellowship. It is not too late to join an NCMSA Committee. We need extra hands and creative minds to help with communication, fundraising, and programs this year. If you have other passions or skills that you would like to contribute



or are interested in serving on the NCMSA Board next year, don't hesitate to contact me at uavva@triad.rr.com.

County News

Greater Greensboro Alliance News

By Alisha Maynard and Mary Sears Truslow, Co-Presidents

We are so happy to report that the Greater Greensboro Medical Alliance has gotten off to a great start by welcoming our new Co-President, Mary Sears Truslow!

Our Mini-Medics kicked off the year with a bang at their annual fall gathering at the pumpkin patch. This group supports young parents who are spouses of physicians and builds lasting relationships not only for the parents, but also the children.



Our KITS (Keeping In Touch Socially) group has scheduled their fall gathering, the Men's Interest Group is planning an indoor rock climbing adventure, and the book club is up and running with their current reading of *She Named Me Bruce* by Bruce Shook.

Last month, we held our first Bunco of the year and were thrilled to see some old friends as well as some new.



Top Row, L-R: Annette Williams, Harsha Mirchandani, Ginny Leone, Kasheena Hollis, Barbara Savage (our very own NCMSA President), Shelly Polite, Jocelyn Williams.
Bottom Row, L-R: Nancy Edwards, Tia Opyd, Alisha Maynard

On the agenda is the 30th Annual New Physician Social, at which we welcome physicians and physician assistants to their new community and celebrate those physicians who have been a member of the Greater Greensboro Society of Medicine for 30+ years at Revolution Mill on November 15th.

We will continue to reach out to our community with our participation in Alliance Angels where we sponsor children in the foster care system for Christmas. Also, we are excited that applications for college scholarships will be rolling in very soon from UNCG nursing school students as well as students from local high schools in the medical programs.

We look forward to all of these events as well as starting new activities and rewarding projects in the upcoming year.

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Healthy Charlotte Alliance Presents CBD Oil Discussion

By Karen Chandler, President

We are grateful for the support of our *sold-out*, kick-off program for the year, **CBD Oil: Why and Why Not?**

Sixty-two Healthy Charlotte Alliance members and guests heard from Nicole Burnette as she shared the origins of hemp, why Queen Hemp Company intentionally chooses to grow in an indoor, environmentally controlled setting, and underscored the importance of purchasing CBD products from a trustworthy source.

Dr. Farrukh Sair, Providence Anesthesiology Associates' interventional pain specialist, shared a vital medical perspective on pain receptors, the research and limited conclusive evidence to date on the interactions with CBD.



continued on page 5

County News

continued from page 4

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Wake County Begins with September Social

By Gina Becherer, President

The summer months were spent planning for the coming year. In September, we celebrated the end of summer with the Wake County Medical Society at our annual picnic held at the North Hills Club in Raleigh.

Our members gathered in early October for a breakfast social to catch up from summer vacations. At this event, we took on the 'Peanut Butter Challenge'. We collected and donated 51 lbs. of peanut butter to the Inter-Faith Food Shuttle which serves Wake County.

Our focus charity for this year is the Open Door Clinic which is part of the Urban Ministries. The Open Door Clinic provides healthcare to low income and uninsured residents of Wake County.

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Cabarrus County Benefits School Nurses for 15th Year

By Kirby Sheridan, NCMSA Resource Development Vice President;
kirbypsheridan@gmail.com

The Cabarrus County Medical Society Alliance completed its fifteenth annual "Swing for the Kids" golf tournament on Monday, October 14th. With 74 golfers and 44 volunteers the event involved many people coming together to make a successful day. However, after fifteen years, many of the steps of planning and preparing for the day happened smoothly and, with the beautiful weather, the tournament went very well.

The Cabarrus County Alliance is smaller than it once was so members recruited their friends and family to help make this big event happen. Volunteers said the fellowship and the feeling of making a difference were rewarding. The Cabarrus Alliance welcomed North Carolina Medical Society Alliance president and golfer, Barbara Savage (Wake Co.) to the tournament this year. We appreciate her support.

The beneficiaries of "Swing for the Kids" are the public school nurses in Cabarrus County and Kannapolis City Schools and the county health department—the Cabarrus Health Alliance—which administers the school nurse program. County residents, including the students, are fortunate that each public school in these two school systems has a full-time nurse. "Swing for the Kids" helps meet the needs of these nurses and their students during a time when the school system is expanding rapidly to keep up with residential growth. The Cabarrus County Medical Society Alliance expects to net \$45,000 from this year's tournament. The total donated to date from the tournament is over \$468,000.



'Swing for the Kids' golf tournament committee members, L-R: Carolyn Farris, Racheal Kunes, Lynn Takla and Kirby Sheridan with NCMSA president, Barbara Savage

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 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.

Why Join the North Carolina Medical Society Alliance?

By Barbara Lupton, NCMSA Membership Vice President; bvlupton@gmail.com

As fall arrives, our state Alliance is gearing up for an exciting year and we want YOU to be a part of us! We are all members of our local Alliances and as members of our local Alliances, we actively contribute our time and talents to our local community by providing support to our physicians and health projects that benefit our medical community.

Your N.C. State Alliance is an important component to your local Alliance. We provide statewide programs and support to the local Alliances. We continue to partner with the Poe Center with a focus on fighting opioid misuse. We also work with the AMA Alliance in their new partnership with the National PTA to help address opioid misuse in middle-schoolers by educating parents, teachers and students about the hazards of both prescription and street opioids. We will continue our partnership

with NAMI NC to help destigmatize mental health issues. We offer a grant program that local Alliances or individual members can access to help in the development of community programs to address local health issues or challenges.

Please show your support for the state Alliance by joining or renewing your membership today! We can all participate at a level that fits our lifestyle and we do need your financial support.



Here's how:

- If you were a member last year and have not renewed, you should have received a dues notice by mail this fall. You can return your check by mail, or
- Go to our website www.ncmsalliance.org to pay your dues online, or
- Call Tracy Steadman at 919-573-1316 or email her at tsteadman@ncmsalliance.org.

New members can join online at ncmsalliance.org 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 or 336-288-4284.

If you have already submitted your dues for the 2019-2020 year, THANK YOU for your support of our Alliance. Looking forward to a successful year with all of our Alliance friends, both old and new.

HAP, LEAP and Social Media Awards News

By Elaine Hale, AMA Alliance Awards chair; brase@bellsouth.net

Awards Submissions Accepted Starting November 1, 2019

Has your county or state already started and finished a project or will do so during the fall? You can submit project entries starting November 1, 2019. Final due date for submissions is January 20, 2020.

New Timeline for HAP, LEAP and Social Media Awards

We are changing the timeline for awards projects. Entries must be held and completed between **January 1, 2019, and December 31, 2019**. Entry forms and project summaries may be submitted between November 1, 2019, and January 20, 2020. Due date for entries is **January 20,**

2020. The new timeline gives winners of awards more time to make arrangements to travel to Chicago for the annual meeting. If you submitted a project for the March 16, 2018 to March 15, 2019 year you may not submit it again this year.

New Categories for HAP Award

We are excited to add two new categories to HAP Awards: Physician Family Day and Doctors' Day. These celebratory days, honoring our physician families and physicians, make a positive impact on the overall health of our physician and physician family community.

If you have any questions or comments please contact Elaine Hale at brase@bellsouth.net.

Take On the Peanut Butter Challenge

Excerpted from "The President's Update" in the July 2019 AMAA LINK
By Mary Beth Ellison, AMA Alliance President; president@amaalliance.org

For those of you who were not at the AMA Alliance annual meeting in June, I have suggested Alliances do a special service project this year involving **peanut butter**. I envision this as a fun project for your county, state, national, and members-at-large to embrace. When you have a meeting, bring a jar of peanut butter. Having a meet and greet? Bring a jar of peanut butter. Doing a fundraiser? Ask for a donation of a jar of peanut butter. Now, you say, what am I going to do with all this peanut butter? You can choose a worthy cause to donate to in your area—a food bank, church pantry, hunger center—you make the decision. There is a catch. We would like pictures. Fun pictures.



Volunteers at the Cabarrus County Alliance "Swing for the Kids" golf tournament collected 40 pounds and 4 ounces of peanut butter for the peanut butter challenge.

Let us know how many jars you've donated. Send your photos to socialmedia@amaalliance.org. You may even see yourselves in an upcoming AMAA LINK online newsletter! You will make connections in your community and, who knows, find a new member or two because they connect with your project. Those of you having state meetings coming up, ask your members to bring a jar of peanut butter.



NCMSA board members taking on the peanut butter challenge at the annual board retreat in August at the Poe Center CookWELL Kitchen in Raleigh. From L-R: Deborah Harrell Meehan, Susan Edens Hammer, Chrystal Harris, Gina Becherer, Barbara Savage, Uma Avva, Barbara Lupton, Kirby Sheridan

If Your Physician Spouse is Struggling, Don't Go it Alone

By Joseph P. Jordan, PhD, CEO, North Carolina Professionals Health Program; jjordan@ncphp.org

Your spouse or significant other is a physician. For some time now, you've noticed something has changed. They are not the same. Perhaps they are not as happy, caring, or present as they once were.

You remember when they were excited to practice medicine each and every day. You remember how positively they viewed their career and how often they would talk fondly about their job and the people they served. You remember the joy it once brought them.

Now, you have to remember those moments because it has been a very long time since you've witnessed them.

Maybe you've noticed they are drinking more than they should and you are becoming concerned. Or, maybe they seem too distant and depressed and you don't know what to do or how to help them.

You are not alone.

The changes and challenges faced by physicians and other healthcare providers are steadily increasing and not all of them are good. Rates of depression and suicide are on the rise. Physicians are retiring from medicine early because they just can't take it anymore.

We are losing our best and brightest providers at an alarming rate.

The mental and emotional challenges providers face has led too many to seek relief from their depression and personal pain with drugs, alcohol, or other self-destructive behaviors. This affects not just them but everyone around them.

When providers suffer, so do their families. Spouses may not know where to turn for confidential advice, understanding, and help.

The NCPHP has a 31-year track record of success with helping those you care about most. We have helped to salvage careers, licenses, marriages, practices, and most importantly, lives. If someone you love or care about is struggling, don't struggle with them alone in silence. Please call us at 919-870-4480.

96th Anniversary Annual Fund Love & Caring Cards Contest

Congratulations to the Winners!

Congratulations to the winners of our 2019 NCMSA Love and Caring Cards artwork contest. All entries are from NCMSA members or their immediate family. Images can be photographs or photographs of artwork. Donors to the NCMSA 96th Anniversary Annual Fund will receive these four card sets.

The 2019 Love and Caring Cards Winners are:

- **Ravi Avva** of Greater Greensboro for a photo of “House on Lake in New Zealand”.
- **Anne-Bee Van Meter** of Gaston County for a photo of “Waterfalls in NC”.



- **Wanda Smith** of Rowan County for a photo of “Poppies”.
- **Rebekah Oyler** of Wake County for “Flowers”, an acrylic painting.

Keep Up with Legislative Affairs with NCMS *Political Pulse*

Did you know that the North Carolina Medical Society produces an ongoing series on the latest in North Carolina legislative affairs called the NCMS *Political Pulse*? Visit their website at ncmedsoc.org, to watch the updates so that you can follow what is going on in the legislature related to health care for North Carolinians and yours or your spouse’s medical practice. The NCMS also produces a blog on the latest legislative affairs which can be found at ncmedsoc.org/currentsession.

Remaining 2018 Love and Caring Cards Available for Purchase

We have a few packages left of the 2018 Love and Caring cards which feature beautiful artwork and photography by NCMSA members and their families. Packages of 4 cards are \$20 each. Packages of 12 cards are \$50 each. All proceeds go to support the work of the North



Carolina Medical Society Alliance. To purchase card packages, please contact Tracy Steadman at tsteadman@ncmsalliance.org or 919-573-1316.

Calendar of Events

November 4, 2019

Local Alliance Leaders Networking Call with NCMSA President Barb Savage – 10am

November 8, 2019

NCMSA Board Meeting in Greensboro

November 13, 2019

Healthy Charlotte Alliance – “Alzheimer’s Prevention” with functional medicine expert Dr. Jerby – 12:00-1:30pm, St. Gabriel Catholic Church Ministry Center, Charlotte, NC

November 30, 2019

NCMSA Grant Application Deadline #1

January 20, 2020

AMAA Awards Submission Deadline

February 15, 2020

Spring 2020 Tarheel Tandem Submissions Deadline

February 28, 2020

NCMSA Grant Application Deadline #2

March 18, 2020

Wake County Alliance – Fashion for Funds North Hills Club, Raleigh, NC

March 30, 2020

Doctor’s Day

May 2020

NCMSA Annual Meeting

June 6-9, 2020

AMAA Annual Meeting in Chicago

NCMS Alliance 96th 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:

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| <input type="checkbox"/> In honor/memory (circle one) of:

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Payment

- Check (*Please make your check payable to NCMS Alliance*)
- Credit Card: Visa MasterCard
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- 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.