

Tarheel Tandem



Volume 72 | Spring 2018

2017-2018 Board of Directors and Committee Chairs

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Mary Tyrey, VP Program Development

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...

Tracy Steadman, Executive Director

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President's Message

By Kirby Sheridan, NCMS Alliance President



Happy Spring to my fellow members of the North Carolina Medical Society Alliance! When I think of spring, I think of renewal and of familiarity as spring bulbs and native trees start to bloom and spring holidays give us a chance to relax and spend time with family. I see my experience with the North Carolina Medical Society Alliance in a similar way. There is time for renewal of friendships and commitment to working on health improvement projects for our

North Carolina citizens and time for familiarity as I work with people I have come to know as dear friends, and meet new friends that I will see every so often at local Alliance meetings or our NCMSA Annual Meeting. I hope you and your Alliance are having a successful year and you are able to renew and expand friendships as you work together. I urge you to stay involved on both the local and state level, as well as the national level, to help address health care issues and enjoy fellowship.

I know that growing and maintaining membership can be a challenge when potential members have many other demands competing for their time. We are offering a panel discussion on membership at the Annual Meeting this year so that Alliances can share issues they are facing and what is working for them. Please plan to join us at the Annual Meeting to participate in this discussion. We would love to hear your ideas and questions. The NCMSA Annual Meeting will take place on May 2 at the Greensboro Country Club. Come to Greensboro the day before, on May 1, and enjoy a tour of several significant sites in Greensboro and dinner at 1618 Downtown Restaurant. (See page 6 for more details.)

I am honored to work with the Board of Directors of the North Carolina Medical Society Alliance. They are a hard-working and committed group. We continue to focus on the opioid abuse epidemic and mental health awareness in North Carolina. Most recently,

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Membership Tidbits

By Wanda Smith, VP of Membership



Spring is in the air and it is wonderful. Letting go of the cold days of winter and enjoying the warm weather is going to be great. Another thing that is great about spring is enjoying our Alliance meetings and special events – to name a few, the Rowan County Alliance 20th

Annual “Fashions for a Cause” on April 10, the “NAMI Walks North Carolina” in Raleigh on April 14 and our NCMSA Annual Meeting in Greensboro on May 1-2. It is the time for renewal of friendships and commitments that we have made to help others through our Alliance.

It is also the time in June, to renew our Membership in our Alliance on the local, state and national levels so that we can continue to help those in need and to help ourselves through giving back and showing we care. Being an Alliance member at the County, State and National levels has enriched my life and blessed me in so many ways. The friendships made have sustained me and so many of my Alliance “Family” in times of great joy, sickness and sorrow. **Watch your mail in early June and be among the first to return your dues payment!**

The State Alliance’s partnership with the Poe Center in Raleigh has strengthened our awareness of the “Opioid Epidemic”

throughout our state and nation and enlightened us on how our efforts can and do make a difference. Additionally, our partnership with NAMI North Carolina helps strengthen communities by continuing the efforts to defeat the stigma and improve the lives of those affected by mental illness.

Many of us may be at a place in our lives where we do not have time to give, but we can offer our financial support by joining. Our dollars help so many people in so many ways. I urge you to join and offer your financial support to show your belief in OUR ALLIANCE and the many organizations we help. Please encourage your spouses to join, as well. My husband is a member and is serving on our NCMSA Board of Directors. He believes in our Alliance and all those who work so hard to help others, so he gives of his time and financial support.

In closing, please join our Alliance today. You can call or email Tracy Steadman, our NCMSA Executive Director at 919-573-1316, tsteadman@ncmsalliance.org. or go to our website to join online.

Our Alliances are blessed to have so many talented and amazing members who give unselfishly of their time and financial resources to help those in need. Please join/renew your Membership today!

Let Your Ideas Be Heard!

We want voices from across North Carolina and look forward to hearing from you.

Join the NCMSA Board of Directors

The North Carolina Medical Society Alliance is looking for members to serve on the NCMSA Board of Directors. The group guides the efforts of the NCMSA to address health issues in North Carolina and provide valuable experiences for our members. Ask current NCMSA board members for feedback on their experiences serving in this capacity. A list of current board members can be found on the first page of this *Tarheel Tandem*. Their contact info can be provided by Tracy Steadman (tsteadman@ncmsalliance.org or 919-573-1316).

If you are interested in serving on the NCMSA Board of Directors, please contact Immediate Past President Sheila Josilevich at Sjosilevich@ec.rr.com by April 15. The new board

members will be elected at the May 2 NCMSA Annual Meeting in Greensboro.

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Join the NCMSA 2018-2019 Board Development Committee

Kirby Sheridan is seeking two NCMSA members to serve with the June 2018-May 2019 NCMSA Board Development Committee. This group will develop the slate of officers for the following year as well as fill open board director seats. The 2018-2019 Board Development Committee will be elected at the May 2 NCMSA Annual Meeting. If you are interested in serving in this capacity, contact Kirby at kirbypsheridan@gmail.com.

NAMI Walks North Carolina – CHAMPION 2018 Stigma Free

**Saturday, April 14 • North Hills Midtown Park, Raleigh • Festivities begin at 8:30am, NAMI Walk at 10am
NCMSA, Family and Friends! Join Us! Find us by our NCMSA banner, purple bandanas and balloons**

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans impacted by mental illness. When you walk with NAMI North Carolina, you join the movement to raise awareness of mental illness and raise funds for our mission to help individuals and families **right here in our region.**

Join the Team: North Carolina Medical Society Alliance with Team Captain: Mary Tyrey.

Simply register online, join us in person or virtually and donate at www.namiwalks.org/northcarolina. With a \$1000 donation from the NCMSA Health Education Fund and team members' generous donations, the funds raised by our NCMSA team increases daily.

So many personal stories
One Voice Together
As we bring Awareness
Drop away Stigma
Advocate

Make it possible for every individual and family to receive mental health care and recovery in Wake County and across North Carolina.

Family, Friends, Children and Pets!

New York's Doug

Middleton named Week 15 NFLPA Community MVP will serve as the leader of the 14th Annual NAMI Walks North Carolina!

Food Trucks! Raffles! Yoga, Dress up your Pet Contest and More!



NAMI Walks NC NCMSA participants

Find your local NAMI at:

**[https://www.nami.org/Find-Your-Local-NAMI/
Local-NAMI?state=NC](https://www.nami.org/Find-Your-Local-NAMI/Local-NAMI?state=NC)**

Opioid Awareness Project Continues

By Barbara Savage

The Opioid Awareness Project is continuing forward this year, after a successful program last year, partnering with the Poe Center for Health Education in Raleigh. Last year we sponsored nine Drugs Uncovered events throughout North Carolina that included the resource materials developed by our national AMAA. We also sponsored the "Opioid Epidemic Uncovered: Finding the Prescription for Recovery" with keynote speaker Sam Quinones, author of *Dreamland*.

The NCMSA Board of Directors voted at the January Board meeting to once again support ten more Drugs Uncovered programs throughout North Carolina with a \$10,000 award from our Health Education Fund to the Poe Center. We are very happy to be able to partner with the Poe Center in fighting to end this horrific health issue. We will share information on the location of these programs when they are determined.

National Institute of Mental Health Workshop

Teen Depression: What Parents Need to Know

(As found on NAMI NC website)

**Thursday, April 19, 2018 • 7:00-8:30 PM EDT •
Fishers Lane Conference Center, 5635 Fisher Lane,
Rockville, MD 20852**

Join Kathryn DeLonga, PsyD for a workshop on depression and teenagers. You will learn about:

- The prevalence of major depressive disorder
- How to identify depression in teenagers
- A brain-based understanding of depression in teenagers
- Elements of recovery and strategies for treatment
- Things parents can do

** Please note that this event will take place in Rockville, Maryland. It will not be recorded. A webinar with similar content will be available on the NIMH YouTube channel after the event.*

This event is free and open to the public. No CEUs will be offered.

More info: <https://teendepression.eventbrite.com>

95th Anniversary Annual Fund Love & Caring Cards Contest

Congratulation to the Winners!

Congratulations to the winners of our 2018 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 95th Anniversary Annual Fund will receive these four card sets.

The 2018 Love and Caring Cards Winners are:

- Joanie Tiska Kennedy of Wake County for “Follow the Light,” an acrylic on canvas painting.
- Lee Ann Thomas of Onslow County for a photo “Harmattan (Dry Season)” taken in Ghana.



- Marilu Thordsen of Wake County for a photo “Venice” taken in Venice, Italy.
- Paige McLaurin of Wake County for “Road to the Beach,” a pastel.

Seeking 95th Anniversary Annual Fund Donations

Donors to the NCMSA Annual Fund will receive these four card sets. Donations may be made in honor or memory of special people in your life who will be recognized in the upcoming *Tarheel Tandem* issue. 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 use the Annual Fund donation form on page 5 or online [here](#).

NCMSA Wishes to Thank Our 94th Anniversary Annual Fund Donors

Champion

Kirby Sheridan

Mentor

Uma Avva

Susan Edens Hammer

Racheal Kunesh

Advocate

Gay Bowman

Jessica Goglin

Sheila Josilevich

Deborah Harrell Meehan

Wanda Smith

Marilu Thordsen

Patricia Udekwa

Friend

Carol Burke

Paula Patselas



94th Anniversary Annual Fund Recognitions

In honor of Carolyn Green

In honor of Sheila Josilevich

In honor of Deborah Harrell Meehan

In honor of Barbara Savage

by Uma Avva

In memory of Betsy Ivey Sawyer

by Carol Burke

In memory of Sylvia Ann Goglin

In memory of Catherine L. Ryan

by Jessica Goglin

In memory of Ruby Byrum

In memory of Elizabeth Jones Edens

In honor of Kelly Edens Archambault

In honor of Betty Griffin

by Susan Edens Hammer

In honor of Kirby Sheridan

In honor of Wanda Smith

by Sheila Josilevich

In memory of Clara Walljasper

In honor of Sheila Josilevich

In honor of Judy Kunesh

In honor of Kirby Sheridan

by Racheal Kunesh

In honor of Margaret T. Harrell

In honor of 2016-17 NCMSA Board

by Deborah Harrell Meehan

In memory of John Graham

In memory of Helen Cherry

by Paula Patselas

In honor of Susan Hammer

In honor of Sheila Josilevich

In honor of Deborah Harrell Meehan

In honor of Barbara Savage

In honor of Mary Tyrey

by Kirby Sheridan

In honor of Benjamin P. Kunesh, MD

In honor of David N. Smith, MD, FACP

by Wanda Smith

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:

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.

Join NCMSA members from across North Carolina to share successes,
learn from their experiences, and make friends!

NCMS Alliance 95th Annual Meeting and Awards Program

May 1-2, 2018 • Greensboro, NC

(Attend one day or both days)

[\(Click here to register online or see the registration form on page 7.\)](#)

Proposed Agenda

Tuesday, May 1

Tours of Greensboro and Dinner Social

- 1:00pm** Fellowship Hall Tour, Drug and Alcohol Recovery Center
- 4:30pm** The International Civil Rights Center & Museum
- 6:30pm** NCMS Alliance Dinner Social at 1618 Downtown

Wednesday, May 2

Annual Meeting, Greensboro Country Club

- 9:00-9:30am** Registration Opens
C2: Continental Breakfast and Conversation
- 9:30am-12:00pm** Opening Session
Health Advocacy
Keynote Speaker Elizabeth Granger Page
County Updates - Panel discussion
Partnership with Poe on Opioid Awareness Project across NC
Business Meeting
- 12:00-2:30pm** Hubbard Luncheon and Awards Ceremony
Recognition of Past Presidents
Recognition of 30-Year & 50-Year Members
NCMSA Awards Ceremony
Installation of 2018- 2019 Officers
Inaugural Remarks
2018-2019 NCMSA President Uma Avva
Anne Hubbard Memorial Lecturer
Steve Cushman, Greensboro author

What is an Annual Meeting? What will we do?

This is a once-a-year opportunity to join other NCMSA members from across the state – to make new friends, to share experiences in your county alliances, and to learn from other alliance leaders.

Tuesday offers opportunities for education and socializing for all Alliance members.

Wednesday morning includes keynote speakers and a business meeting. All regular members - voting members - shall elect officers, directors for the corporation and the Board Development Committee and approve the budget for the new fiscal year.

Wednesday afternoon the Hubbard Luncheon and Awards Ceremony are open to all interested persons. The registration form provides a place to register only for this luncheon.

The NCMSA Annual Meeting is usually held in the hometown of the President- elect who will be installed at this event, making attendance easy for her local county alliance membership.

Lodging Opportunities

A small block of NCMSA rooms has been reserved and are available until April 21 at the **Proximity Hotel**, 704 Green Valley Rd, Greensboro, (336) 379-8200.

Other options include the following hotels. Rooms have not been reserved at these locations.

Greensboro Marriott Downtown, Greensboro
304 North Greene Street, Greensboro, (336) 379-8000

Double Oaks Bed & Breakfast
204 N Mendenhall St, Greensboro, (336) 763-9821

Wingate by Wyndham Greensboro
6007 Landmark Center Blvd, Greensboro, (800) 337-0070

Sheraton Greensboro at Four Seasons
3121 West Gate City Blvd, Greensboro, (336) 292-9161

NCMS Alliance 95th Annual Meeting Registration Form

May 1-2, 2018 • Greensboro, NC

Registration Deadline: April 20, 2018

Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

Dietary Restrictions (circle): Yes No Please Describe _____

Registration Fees (please check box below)

- Full Member Registration** – (includes Continental breakfast, Hubbard Luncheon & Annual Meeting) \$125
Wednesday, May 2, 9:00 am-2:30 pm, Greensboro Country Club, 410 Sunset Drive

Registration Fees: \$ _____

Meal/Event Reservations (please check box and provide number attending below)

- Reserve _____ place(s) for the Dinner Social (choose one dinner for each person)**

Tuesday, May 1, 6:30 pm, 1618 Downtown Restaurant, 312 S. Elm Street

All entrees include a spring mix salad – local beets, balsamic pearl onions, pepperoncini, shaved carrots, blackened mozzarella, herb red wine vinaigrette, herb croutons

- 1) **Five spice ahi tuna pho** – mussels, charred baby bok choy, rice noodles, Asian pesto, house chili oil, daikon sprouts # _____ @ \$40 each = _____
2) **Pan seared ribeye** – crispy pancetta risotto cake, blackened grilled shrimp, blue cheese sautéed spinach, tabasco onions, demi glace # _____ @ \$40 each = _____
3) **Buttermilk fried chicken** – Szechuan purple potato gnocchi, sautéed baby bok choy, candied carrots, crispy leek radish salad # _____ @ \$40 each = _____
4) **Grilled quinoa burger** – brussel sprouts slaw, pickles, tomato, whole grain mustard, French roll, garlic & truffle pommes frites # _____ @ \$30 each = _____

**Price includes tax & gratuity

- Reserve _____ place(s) ONLY for the Hubbard Luncheon and Installation** – Featuring author Steve Cushman

Wednesday, May 2, 2018, 12:00 pm, Greensboro Country Club, 410 Sunset Drive

**This entry is for registrants attending ONLY the luncheon on Wednesday. **Provide dietary restrictions above.

_____ @ \$45 each = _____

Meal/Event Fees: \$ _____

Tuesday Afternoon Tour Options (please check box and provide number attending below)

- Fellowship Hall Drug & Alcohol Recovery Center**, 5140 Dunstan Road, 1:00-2:00 pm # _____ @ no fee = 00.00
 The International Civil Rights Center and Museum, 134 S. Elm Street, 4:30-6:00 pm # _____ @ \$12 each = _____

Tour Fees: \$ _____

Total Due (Registration Fee + Meal/Event Fees + Tour Fees): \$ _____

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, email or fax your completed registration form by April 20, 2018:

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

Office: 919-573-1316 • Fax: 919-787-4916 • Email: tsteadman@ncmsalliance.org

County News

Cabarrus County

By Kirby Sheridan

A look at Cabarrus County Medical Society Alliance activities is a look at numbers. With less than 20 paid members the CCMSA has accomplished so much because of dedicated volunteers and strategic partnerships with other groups. Our 13th Annual Swing for the Kids Golf tournament on October 9, 2017 raised the most ever - \$35,500 for the public school nurses program in the two school systems in the county. A small committee of Alliance members partnered with the Cabarrus Health Alliance, which runs the school nurse program and with members of the Cabarrus Country Club, where the tournament is held, to make the tournament happen.

Our much older project, performing vision screenings of all second and fifth graders in the Cabarrus County Schools has become a large undertaking as the school system has grown and CCMSA membership has decreased. Again, partnerships with other groups of volunteers, such as local nursing students, helped make the project run smoothly. We screened over 5000 students in 25 public schools, as well as students in several private and charter schools. Thirty volunteers took turns screening students at the various schools. Dedicated co-chair, Elizabeth Livingston, attended all but one of the screenings to make sure that screening stations were set up properly and the school nurses were prepared for the event. Cabarrus County Schools estimates that this project saves the school system more than \$400,000 each year.

Cape Fear Medical Alliance

By Jennifer Adams

Cape Fear Medical Alliance still sells cookbooks that were originally published over 30 years ago. We sell them wholesale to local bookstores and also at community events. In recent years, we have used the money to fund the United Way building "Story Walk" activity paths in parks, and the Jean Jordan Scholarship Fund (UNC-W Nursing School). In 2017 the United Way of the Cape Fear Area, Town of Burgaw and Cape Fear Medical Alliance built a Born Learning Trail at Burgaw Rotary Park. The Born Learning Trail is an educational opportunity for children to learn through play with their parents.

With the proceeds from the first edition of this cookbook, the Cape Fear Medical Alliance founded the Hospitality House of Wilmington, a home away from home for families and seriously ill patients in local hospitals.

Over the years, proceeds from our cookbook sales have supported numerous projects with the goal of improving the health of our community. These include: Sunrise Kids; Wilmington Health Access for Teens; Tileston Outreach Health Clinic; Domestic Violence Shelter; The Carousel Center; Straight Talk, an information and counseling hotline for middle and high school students; health career scholarships at UNC-Wilmington; support for education and research at medical schools; health education resources provided to schools; school-based head and spinal cord injury prevention program; community projects that address substance abuse and adolescent pregnancy prevention; and health fairs for both children and adults.

Greater Greensboro

By Anne Krishnan

In an epic match-up, Greensboro doctors and lawyers, coached by UNC legend Phil Ford and Duke star Gene Banks, tipped off in the second-annual Scrubs vs. Suits MD/JD basketball challenge on February 25.

The event, hosted by the Greater Greensboro Society of Medicine Alliance, raised more than \$34,000 for Sanctuary House, a local nonprofit organization that supports adults living with severe mental illness.



GGsMA members Elise Leger (left) and Dorrette Ibazebo (right) congratulate winners of the fourth-quarter sprint.

Scrubs vs. Suits featured a silent auction and children's activities, including pompoms, a magician and games on the court between quarters. Adding to the celebrity draw, UNC basketball alum David Noel emceed. More than 200 fans attended.

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County News

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“Mental illness is not something people generally feel comfortable talking about”, said Jodi Lorenzo-Schibley, Executive Director of Sanctuary House. Yet mental illness is the tenth leading cause of death in Guilford County, and one in five individuals experience its symptoms.

“Scrubs vs. Suits’ support raises awareness and brings a voice to this very important topic,” she said. “We are beyond grateful, as together we can rebrand mental illness to ensure that those who experience it don’t define their lives by a diagnosis.”

The event is organized by the GGSMa, the Greensboro legal community and the Greater Greensboro Society of Medicine. “This is a fun family event that not only invites the community to come together, but rallies everyone to support an important cause,” said Anne Krishnan, co-president of the GGSMa. “We are delighted to be able to raise awareness and funds for Sanctuary House and we had a great time doing it.”



We were proud to present a “big check” for more than \$34,000 to Sanctuary House Executive Director Jodi Lorenzo-Schibley. (Left to right) Scrubs vs. Suits Co-Chair Anne Krishnan, Co-Silent Auction Chair Jen Mlekush, Sponsorship Chair Katie Lockwood, Publicity Chair KaSheena Hollis, Scrubs vs. Suits Co-Chair Julie Wall. In background: David Noel and Phil Ford

Mecklenburg Healthy Charlotte Alliance

By Susan Edens Hammer

Since last fall the Healthy Charlotte Alliance has offered several interesting programs including visits to some of our recent grantees to see how the grants have made an impact in the community. Tours were offered at the Friendship Trays, Meals on Wheels and SafeAlliance.

Filling a request from members for hands-on volunteer opportunities, a volunteer group served breakfast, lunch and dinner at the Hospitality House of Charlotte that was established over 31 years ago, largely through the generosity of our members. The Hospitality House provides lodging for families in medical crisis.

An annual event, always well attended, is the Nordstrom Fashion Show at Southpark showing the upcoming fashions and colors for the spring season. A light continental breakfast was served. Attendees were asked to bring a pack of diapers to be donated to Safe Alliance.

Members were encouraged to support the Alliance when shopping for our Valentines at smile.amazon and Amazon donated to the Healthy Alliance.

The 2018 KITS Tea for 30+ year members was held in March at a member’s home helping them Keep In Touch.

Our Healthy Charlotte Alliance Annual Meeting is May 9 at Quail Hollow Club. Anne Neilson, a lifelong artist and passionate philanthropist will be speaking and \$70,000 in grants will be awarded.

Onslow County

By Sheila Josilevich

Onslow County Medical Society Alliance held its Annual Oyster Roast in the middle of January, and boy was it cold! The event was well attended and we all had a good time.

Our next event will be our Annual Bunco for a Cause, which will be held in May. Members and friends have a fun evening of food, wine and the dice game of Bunco - a real favorite around here. Door prizes and cash winnings are a real hit. We have been very successful over the past number of years with this fundraiser and we are looking forward to another fun and successful evening. Funds raised benefit our local Free Clinic!



Onslow County 2018 Annual Oyster Roast

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County News

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Wake County

By Susan Boone

Over 25 years ago, the Alice Aycock Poe Center for Health Education was brought to fruition by members of the Wake County Medical Society Alliance. The Poe Center is in the process of raising funds to add their sixth teaching theatre, the CookWELL Kitchen, which will consist of a fully equipped four station teaching kitchen providing hands-on cooking programs for an estimated 3600 students annually. In an effort to support the funding for the CookWELL Kitchen, the Wake County Alliance has pledged \$10,000 giving us naming rights to the Teaching Corner, the site of all digital and whiteboard presentations in the kitchen.

The WCMSA gathered at the home of Karen Coates on February 14, as Karen and fellow member, Gale Nichols, taught us how to eat healthier with a vegetarian cooking demonstration and lunch. They also shared with us healthy tips, tricks, and easy recipes for busy people.

Our second "Fashion for FIGS" fashion show and silent auction fundraiser was held March 15 at Ruth's Chris Steak House in North Hills. This popular event sold out again this year! The fashion show raised over \$12,000 for FIGS (Filling in Gaps), a local non-profit which provides prescription drug assistance to low income and uninsured and underinsured Wake County residents. Miss North Carolina, Victoria Huggins, was our special guest and one of our models at the event.

In March our members enjoyed a docent-guided tour of Art in Bloom at the N. C. Museum of Art that featured over 50 floral interpretations of art in the Museum's galleries. Our group also volunteered at the Food Bank. In April, our members will enjoy a docent-guided tour of the Governor's Mansion. Also, in April, our members will join in NAMI Walks NC which will be held in Raleigh at the North Hills Midtown Park as we continue our support to help raise funds for and awareness about mental illness.



Left to right: Fashion for FIGS: Mary Tyrey*, Dorothy Nance, Zankhna Parekh*, Karen Coates*, Paige McLaurin* — *designs by Zankhna Parekh



Left to right: Fashion for FIGS: Deborah Harrell Meehan, Joyce Killinger, Kathy Kobs, Gina Becherer

President's Message

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we have provided informational brochures for attendees at the Mecklenburg County Opioid Summit, held March 22. We have expanded the number of "Drugs Uncovered" seminars that we are sponsoring with the Alice Aycock Poe Center for Health Education in Raleigh. The excellent staff at the Poe Center is bringing this educational experience on substance abuse to more areas of the state, particularly concentrating on areas where a local Medical Alliance is working. Please check the NCMSA website for updated information. I highly recommend attending one of these seminars. They are eye opening for parents or any members of the community.

What a pleasure it is to serve as the NCMSA president this year. I wish Uma Avva, our next NCMSA president much success as she begins her year of service on May 2. Please feel free to email me with any questions or comments regarding the NCMSA. My address is kirbypsheridan@gmail.com. I would love to visit your alliance event.

Enjoy another spring season. I do hope to see you in Greensboro at the NCMSA Annual Meeting May 1 and 2.

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, please 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.

Calendar of Events

April 10

"20th Annual Fashion for a Cause"
Rowan County Alliance, Salisbury, NC
Contact Wanda Smith 704-213-4171

April 14

NAMI Walks North Carolina
North Hills Midtown Park, Raleigh, NC
See article on page 3

April 27

NCMSA Board Meeting
First Point Resources
Raleigh, NC

May 1-2

NCMSA Annual Meeting
Greensboro, NC
See article on page 6

June

Membership renewals are due
for June 2018 - May 2019
Watch your mail!

June 10-12

AMA Alliance Annual Meeting
Hyatt Chicago Magnificent Mile
Chicago, IL
Details: www.amaalliance.org

August 24-26

AMA Alliance Southern Regional Conference
Chattanooga Marriott Convention and Trade Center
Chattanooga, TN
Details: www.amaalliance.org

Need Programming Ideas?

If your Alliance is looking for a project that will improve the health of those in your area, please think about ways to improve the mental health of your community. Your local NAMI (National Alliance on Mental Illness) representative can share with you the state of mental health services and what the needs are in your area. The NAMI North Carolina website lists names and contact info of the local NAMI representatives in the state. That website is NAMINC.org.

NCMSA Offers Grants to Local Alliances

By Kirby Sheridan

The North Carolina Medical Society Alliance wants to support the good work of county Medical Alliances. One way the NCMSA does this 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 of each year.

This year the NCMSA awarded a grant to the Healthy Charlotte Alliance for their educational event entitled "Striking a Healthy Balance in the Digital World", which took place on October 26, 2017. We urge you and your Alliance to apply for an NCMSA grant if you are developing a program that may be eligible.

The grant application process is easily accessible on the North Carolina Medical Society Alliance website. From the homepage, look at the menu in blue on the right side of the page. Near the bottom of that menu is a tab for Resources and Grants. Click on that tab and you will find a link to apply for a Health Promotions Grant.

Please keep in mind that the purpose of 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 ahead to meet the deadline in order to receive funds when you need them, if your project is awarded a grant.

AMA Alliance Southern Regional Conference

August 24-26, 2018 • Chattanooga Marriott Convention and Trade Center • Chattanooga, Tennessee

Co-hosted by the Tennessee Medical Association Alliance and the Medical Association of Georgia Alliance

Where an opportunity for leadership growth awaits you!

This program will have lots of speakers, a riverboat dinner cruise and is perfect for all alliance members who serve in any capacity in their local or state organization! Chattanooga is a family friendly place with a fabulous fresh water aquarium, children's Discovery Place, lovely art museum, Civil War historic sites and nice shopping too!



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CHATTANOOGA MARRIOTT CONVENTION AND TRADE CENTER

— chattanooga, tn —

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For more information, visit www.amaalliance.org.