

# Tar Heel Tandem

THE NEWSLETTER OF THE NCMS ALLIANCE: MAKING A DIFFERENCE!

Volume 62 Number 4

Spring 2012

*Your Dues Make  
a Difference*

## 2012-13 Dues

Notices are now being sent.  
Prompt payment helps.  
Please send in your dues today.



### North Carolina Medical Society Alliance 2011-12 Board of Directors and Committee Chairs

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Charlene Slaughter, Charlotte  
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Patricia Udekwu, Raleigh  
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Angie Wainwright  
Executive Director  
NCMS Alliance  
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Raleigh, NC 27611-7167

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## 89th NCMS Alliance Annual Meeting



NCMSA President Patricia Udekwu (left) presents the one of the County Alliance of the Year Awards to Beth Hill from Catawba County.

The NCMS Alliance hosted the 89th Annual Meeting and House of Delegates on May 3-4 at the Greater Greensboro Country Club.

The meeting began with a luncheon and workshop with Lucy Wellmaker, M.Ed., a professional life coach from Greensboro. Her presentation, "Blessed Are The Balanced/Life In the Balance" focused on providing the support, encouragement and the accountability needed to begin to create more a more balanced life.

AMAA Director, Debbi Ricks, led a workshop that included helpful tips for building a versatile and stylish wardrobe on the go.

The session featured the unique clothing designs from Mack and Mack as well as beautiful shoes and jewelry from Lilo Bella and Preeya Creations. Mack and Mack's Robin Davis narrated the fashion show with Alliance member models providing great ideas on how to use accessories, jackets and scarves to enhance your wardrobe.

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The 2012-13 NCMS Alliance officers were installed during the luncheon on May 4. Carolyn Green was installed as the NCMS Alliance President along with Rene Kikel (President-elect), Charlene Slaughter (Secretary), Maya Zumwalt (Treasurer), Teresa John (VP of Resource Development), Barbara Savage (VP of Program Development) and Wanda Smith (VP of Membership Development). The 2012-2015 Class of Directors included Debbie Gessner, Beth Hill, Kimberly Kossover, Cathlene Miner, Beth Parker-Janeway, and Kirby Sheridan.



Left to right: Dorry Tooke, Becky Crenshaw and Debbie Gessner help celebrate during a reception for incoming NCMSA President Carolyn Green.

For additional information, photos and videos from the meeting, please visit our website at [www.ncmsalliance.org](http://www.ncmsalliance.org) or visit the NCMS Alliance on Facebook at [www.facebook.com/ncmsalliance](http://www.facebook.com/ncmsalliance).

## Tar Heel Tandem

# Annual Meeting Remarks

*from Patricia Udekwu, 2011-12 NCMS Alliance President*



Wow! This has been quite a year for me. Things started off kind of slow but the pace picked up very quickly. And that's how the year has been. A little lull and then bam! To be honest, it seems as if it's ending much too soon. I feel as if I finally got the hang of things, like running meetings where we reach a consensus quickly and actually ending the meetings on time or even early, and now I get to pass on the gavel. I want you to know it has been a privilege to serve as your State Alliance President.

We have had a pretty good year and I am pleased to give you snapshot of the year. At the August board retreat we examined

the mission statements of other nonprofit organizations and decided we need to modify our mission statement to state *who* we are, *what* we do and *how* we do it. Most nonprofits that seek to do serious fundraising have mission statements that define themselves in this way. Therefore, the board voted to change our mission statement to reflect these 3 things. Our new mission statement is *"The North Carolina Medical Society Alliance is a nonprofit organization of physician spouses and physicians dedicated to advancing the health of North Carolinians through advocacy and action"*.

Also, at the retreat the nominating committee conducted a Board orientation session where we reviewed and signed a new Board Commitment form. While it's an honor to serve on the Board with this honor comes certain basic board responsibilities such as supporting our fundraising efforts and participating in meetings and conference calls. It seems a no-brainer, but we thought it was important to spell it out.

Next, we turned to membership and set the goal of increasing our membership numbers for the coming year and re-doing our membership brochure once we ran out of hard copies. Speaking of membership numbers, like everyone else, including the AMA Alliance, we were beginning to see a decrease in membership. We quickly rallied and not only sent out membership reminders, but the board members took on the task of sending personal notes with the membership reminders and following up with phone calls. I contacted a member, who was sure she had renewed, but then remembered the reminder was in her car! She sent it in right away. It goes to show that reaching out and making the personal touch makes a difference.

Once again, we assigned Board members to a county to provide mentoring and support. We continued with our County Leaders conference calls where County Leaders share information with each other and make connections. Our AMA Alliance Director, Debbi Ricks also joined in on these calls. I also

*Annual Meeting Remarks continued on page 5*



## Angie's Notes

The 2012 NCMS Alliance Annual Meeting in Greensboro was well-attended by members across the state.

We were pleased to also welcome AMAA Director Debbi Ricks from California and Southern Medical Association Alliance President-elect Kathy Johns from Florida. We have included the highlights in the newsletter and would encourage everyone to visit our Facebook page for even more photos and video from the event ([www.facebook.com/ncmsalliance](http://www.facebook.com/ncmsalliance)).

Plans are already underway for the 2013 NCMS Alliance Annual Meeting which will also include a special celebration commemorating the NCMS Alliance's 90th Anniversary. Dates and details will be available soon and we look forward to sharing them with you and hope you will join us.

We are also busy getting preparations in place for the 6th Get Fit NC 5K, 10K and Kids' Run which is scheduled for December 1 in Wake Forest, NC. Last year, we expanded the run to include a 10K and a kids' run. The NCMS Alliance also partnered with the Wake County Medical Society Alliance to introduce a new program encouraging kids to get involved in an exercise challenge and look forward to building on that effort this year. Race registration information will be available later this summer.

Please be sure to keep us in the loop on what your county Alliance is working on or if we can help in anyway. You can reach me at 919-833-3836 x124 or email at [ncmsalliance@ncmedsoc.org](mailto:ncmsalliance@ncmedsoc.org)

## Tar Heel Tandem

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**Next Deadline: August 3, 2012**

Please send submissions by email at  
[editor@ncmsalliance.org](mailto:editor@ncmsalliance.org)

***In her own words . . .***

## **Carolyn Green, 2012-13 NCMS Alliance President**

### ***A Little about me!***

I have been an active member of the Greater Greensboro Medical Society Alliance, the North Carolina Medical Society Alliance, and the AMA Alliance since 1986 . . . soon after marrying my husband Art. We have a 'blended' family of five children, three girls (Kim, Karisse, Jessica) and two boys (Gill and Chet). We really wanted our children to understand that they are citizens of the world . . . now, one is in Japan, one in British Columbia, one in Austin, TX, one VA and one here in NC!!! We wish all were a little closer to home, but we are very proud of their accomplishments. Art and I feel so fortunate to have such a wonderful family! All five are graduated from college, three have advanced degrees, one just started a Master's program at NC State this month! Four are married and we have four grandchildren, two in Japan (Kai and Aya) and two in Harrisonburg, VA (Atticus and Parker). Now we are alone at home with our great dog, Patch!

I first learned about the Alliance when I received a call from Sue Stafford, then GGSMA President, welcoming me to the medical community and urging me to join. She was really very special as told me that she and Bill are also a second marriage and assured me I would be warmly welcomed in the Alliance . . . I was, so I joined. For many years, I worked in marketing for a large corporation and traveled frequently. With five children at home, I only had time to do bits and pieces with the Alliance. But *every year*, I participated in at least one project (fund raiser, Doctor's Day, or other event). As my professional life slowed I became more actively involved and joined the local Alliance board. I was President of Greater Greensboro Medical Society Alliance from 2008-2010 and I became active with the state board four years ago.

#### ***Why do I value the Alliance?***

One of my favorite quotes is from Shirley Chisholm, who was the first Black Congresswoman. She said, ***"Service to others is the rent you pay for your room here on earth."***

I really love being around people who like to help improve their community; giving people who truly care about others and want to share their time and talent to make the world a better place! Alliance members certainly exemplify this quality in so many ways. Although I do not have an exact



Carolyn and Art Green on the slopes in Utah.

figure, our state and local alliances have given many hundreds of thousands of dollars for community health projects. Just to name a few, Support for School Nurses, Purchase of AED's for Schools and Non-profit organizations such as community centers and churches, Grants for the purchase of PE equipment for Schools, and support for Community Health clinics. We have given scholarships for nursing and other allied medical careers and we have given of our most cherished asset, time! Time to fundraise, time to help elementary children learn about managing anger, time for visual screening for children, time to advocate for anti-smoking laws and healthcare reform, and time for planning and organizing Doctors' Day celebrations to honor our spouses!

I really value the friendships I have made through the Alliance. I have made lasting friendships in Greensboro, across North Carolina, and around the country thru my participation in local, state, regional, and national Alliance meetings. If I named all my Alliance friendships in Greensboro, we would be here all day! Becky Crenshaw, Teresa John, Debbie Gessner, Beverly Wright, Kimberly Kossover, Gay Bowman, Darlene Young, Barbara Guest . . . all these women have been really positive and important influences on me!

The Alliance is **fun** . . . let's face it. We do have fun when we get together. What a great time we have shopping, celebrating, and dining together. What a wonderful way to make new friends and connect with 'old' ones!

"The NCMS Alliance is a statewide network of physician spouses and physicians committed to advancing the health of North Carolinians through advocacy and action." Community service and advocacy!

How can we advocate? We all need to be vigilant of the many changes affecting our physician spouses' careers. More and more practices are owned by or strongly affiliated with large

***In her own words . . . continued on page 5***

## **89th Annual Meeting Awards and Photos**

**Outstanding Health Promotion Project**  
Gaston County Medical Society Alliance  
Wake County Medical Society Alliance

**Outstanding Doctors' Day Project**  
Greater Greensboro Society of Medicine Alliance

**2012 Get Fit County Alliance Challenge Winner**  
Catawba Energizers

**Outstanding Service Awards**  
Cabarrus: Mabel Turner  
Catawba: Beth Hill  
Cumberland: Lisa Szwejbka  
Greater Greensboro: Sheri Cram  
Wake: Mary Tyrey

**President's Awards of Excellence**  
**County Alliance Members of the Year:**  
Sally Anderson, Catawba County  
Beth Hill, Catawba County

**State Alliance Member of the Year:**  
Barbara Savage, Wake County

**County Alliances of the Year**  
Catawba County Medical Society Alliance  
Onslow County Medical Society Alliance



Paula Patselas (left) and Sheila Josilevich accept the County Alliance of the Year Award on behalf of Onslow County.



Incoming President Carolyn Green shows off the clothing designs of Mack and Mack during the fashion show.



Past NCMSA Presidents (left to right) Rachel Pace, Gay Bowman and Julie Newman at the reception hosted by the Greater Greensboro Society of Medicine Alliance.



Left to right: Debbie Gessner, Beverly Wright and Mary Truslow model fashion and accessories at the "Easy Dressing: Good to Go" workshop.

**In her own words . . .** *continued from page 3*

hospital systems. This will have many benefits as well as present some issues. We can help our spouses by understanding the stress and challenges that EHR systems are causing in their lives, by staying up to date with the new regulations that CMS and Medicaid, and private insurance companies implement, and encouraging them to participate when the 'calls to action' come from the local and State Medical Societies.

How can you support our NC Alliance? One of the easiest ways to support our organization is through your membership. Working with Wanda Smith, VP of Membership Development, we hope to increase our membership this next year. This is the real key for our Alliance to continue to thrive in the years

ahead. We all know that people join organizations where they feel welcomed and maybe you already know someone so I challenge each of you to reach out this year and invite a new member or a lapsed member to join your Alliance and our State and national organization.

I hope to make it around the state this year and meet each of you face to face. Please invite me to events that your Alliance is planning or to one of your scheduled meetings. If at all possible, I will be there! I thank you again for putting your trust in me as your President. I will do my best to live up to that trust and lead the organization in a positive direction for the coming year.



Carolyn's dog Patch is an Alliance supporter and has participated in the Get Fit NC 5K.



Carolyn with her grandchildren Parker (left) and Atticus.



The Green's grandchildren, Aya (left) and Kai, living in Japan.

**Annual Meeting Remarks** *continued from page 2*

participated in the AMA Alliance State leaders calls where I shared what we were doing in here North Carolina and learned what some of the other states were doing as well.

There was a time during the year when I thought things were slowing down, but then we had the online Auction and the 5th Annual Get Fit Race, it seemed back to back! In the area of Health Promotion, we partnered with Wake County Alliance to host the Get Fit Great Kids Marathon in conjunction with our Get Fit race. We had 60 kids registered for the marathon, and 40 kids participate in the kid's run. Thanks to \$3,800.00 in grants, along with a \$500 donation, we were able to design and distribute a nutrition placemat which highlighted the new "Choose My Plate" initiative by the USDA. Since then we've had two county Alliances use the placemat at their local events. The grants also allowed us to provide pedometers, sports bags, water bottles for the kid's marathon as well as lunch bags for the onsite participants. It was really fun to see the kids run and be greeted by Santa and Mrs. Claus at the finish line. That's just the kid's portion of the race. We also expanded our Get Fit race to include

a 10K in addition to the 5K and Fun Run. There were a lot of 10K runners, and we are looking forward planning an even bigger and better race next year. Needless to say, this was a big event for us. We had a total of 28 volunteers, many from Wake County, but many members came from other counties to lend support race day. Thanks to our awesome volunteers!

As for legislative affairs, SGR was important this year and we passed on information from National to the County Alliances encouraging them to learn more about SGR and contact their representatives.

We were busy learning new Leadership Development skills this year as well. Several of us attended the Annual Meeting and LDC in Chicago. Many of us also attended the Southern Regional meeting in South Carolina. At this meeting we learned a lot about public speaking. How am I doing?

As you can see it has been a busy and exciting year and I thank you for entrusting me with the job of leading the Alliance. Having said that, I am also pleased to pass on the gavel to our new and most capable leader, Carolyn Green.

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# Save the Date!

Join the Alliance for the  
2012 Get Fit NC Road Race  
on December 1 in Wake Forest, NC.

The event includes a 10K, 5K and kids' run.  
Proceeds help provide equipment for  
physical education programs in need.

Check the NCMS Alliance web site  
and Facebook page for details!



## County Alliance Web Sites and Blogs

Cabarrus County Medical Society Alliance.....	<a href="http://www.ccmsalliance.com">www.ccmsalliance.com</a>
Cape Fear Medical Alliance.....	<a href="http://www.capefearmedicalalliance.org">www.capefearmedicalalliance.org</a>
Gaston County Medical Society Alliance .....	<a href="http://www.ncmsalliance.org/gaston.htm">www.ncmsalliance.org/gaston.htm</a>
Greater Greensboro Society of Medicine Alliance .....	<a href="http://www.ggsma.org">www.ggsma.org</a>
Mecklenburg Medical Alliance & Endowment .....	<a href="http://www.mmaeonline.com">www.mmaeonline.com</a>
Medical Alliance of the Piedmont.....	<a href="http://www.mapws.shutterfly.com">www.mapws.shutterfly.com</a>
Onslow County Medical Society Alliance.....	<a href="http://www.ncmsalliance.org/onslow.htm">www.ncmsalliance.org/onslow.htm</a>
Wake County Medical Society Alliance .....	<a href="http://www.ncmsalliance.org/wcmsa.htm">www.ncmsalliance.org/wcmsa.htm</a>
Triangle Medical Spouse Alliance Blog.....	<a href="http://trianglemdspouses.blogspot.com">http://trianglemdspouses.blogspot.com</a>

If your county Alliance does not have a web site and would like to have a dedicated web page on the state Alliance site, please contact the office at 919-833-3836, ext. 124 or email [ncmsalliance@ncmedsoc.org](mailto:ncmsalliance@ncmedsoc.org). The NCMS Alliance will put together a page on its web site at no cost to your county Alliance.

## Alliance Facebook Pages



NCMS Alliance .....	<a href="http://www.facebook.com/ncmsalliance">www.facebook.com/ncmsalliance</a>
Get Fit Road Race .....	<a href="http://www.facebook.com/getfitnc">www.facebook.com/getfitnc</a>



Look for these County Alliances on Facebook:

- Cabarrus County Medical Society Alliance
- Cape Fear Medical Society Alliance
- Mecklenburg Medical Alliance & Endowment
- Catawba County Medical Society Alliance
- Greater Greensboro Society of Medicine Alliance
- Wake County Medical Society Alliance

If your county Alliance has a Facebook a page, please contact the NCMS Alliance at 919-833-3836 x124

# D'Vine Wine Event

## GOLD SPONSOR



## BRONZE SPONSORS



## D'VINE SPONSORS

- Bill & Gay Bowman
- Dan & Barbara Caffrey
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- Bio-Tech Prosthetics & Orthotics
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- Guilford Orthopaedic & Sports Medicine Center
- Home Instead Senior Care
- Leeper, Kean & Rumley, L.L.P.
- Piedmont Senior Care
- Well · Spring Retirement Community
- Wendover OB/GYN & Infertility

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## 2012-2013 NCMS ALLIANCE CALENDAR

### 2012

JUNE 17-19	AMA ALLIANCE ANNUAL MEETING, CHICAGO, IL
JUNE 28-29	NCMS ALLIANCE BOARD MEETING & RETREAT, GREENSBORO, NC
JULY 16	COUNTY ALLIANCE FINANCIAL REPORT DEADLINE
AUGUST 3	SUMMER TANDEM DEADLINE
SEPTEMBER 27 @ 10AM	COUNTY ALLIANCE TELECONFERENCE
SEPTEMBER 27 @11AM	NCMS ALLIANCE FALL BOARD MEETING - TELECONFERENCE
OCTOBER 1	2012 GET FIT COUNTY ALLIANCE CHALLENGE BEGINS
OCTOBER 26-27	NORTH CAROLINA MEDICAL SOCIETY ANNUAL MEETING, RALEIGH, NC
NOVEMBER 2	FALL TANDEM DEADLINE
NOVEMBER 30	NCMS ALLIANCE HEALTH PROMOTION GRANT DEADLINE
DECEMBER 1	GET FIT NC RACE (5K, 10K AND KIDS' RUN), WAKE FOREST, NC

### 2013

FEBRUARY 7 @ 10AM	COUNTY ALLIANCE TELECONFERENCE
FEBRUARY 7 @ 11AM	NCMS ALLIANCE WINTER BOARD OF DIRECTORS MEETING - TELECONFERENCE
FEBRUARY 1	WINTER TANDEM DEADLINE
FEBRUARY 28	NCMS ALLIANCE GRANT DEADLINE
MARCH 30	DOCTORS' DAY
MARCH 31	GET FIT COUNTY CHALLENGE ENDS
APRIL 27	D'VINE WINE EVENT, GREENSBORO, NC
MAY 10	SPRING TANDEM DEADLINE

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