

# Tar Heel Tandem

THE NEWSLETTER OF THE NCMS ALLIANCE: MAKING A DIFFERENCE!

Volume 60 Number 3

Winter 2010

The progress of the world will call for the best that all of us have to give.

Mary McLeod Bethune

## 87th NCMS Alliance Annual Meeting and Awards Program

**April 29-30, 2010 • Concord, NC**

Alliance members are invited to participate in the 2010 NCMS Alliance Annual Meeting on April 29-30. This year's conference will be held at the Embassy Suites Charlotte-Concord Golf Resort & Spa in Concord, NC right down the street from the legendary Charlotte Motor Speedway, Concord Mills and the zMax Drag Way,

The conference revs up on Thursday, April 29 featuring a line-up of dynamic workshops and opportunities to network with members. The program offers a range of resources and ideas for building effective health promotion, advocacy, and fundraising projects

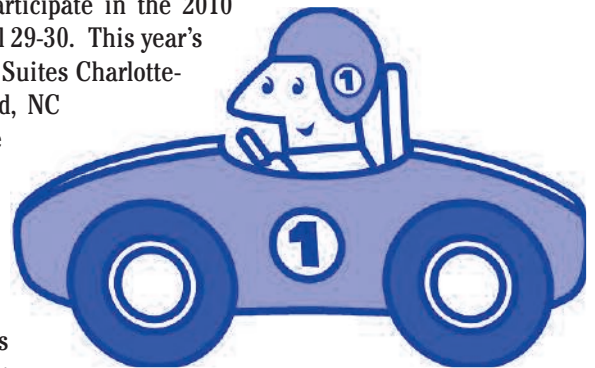
Former Carolina Panthers Defensive End Mike Rucker "kicks-off" the meeting with a presentation on the importance of teamwork and communication in achieving success whether on the football field, at home or in your community. After retiring from football in 2008, Rucker, along with former teammates Mike Minter, Stephen Davis, and Muhsin Muhammad co-founded Ruckus House, a child development and learning facility in North Carolina.

AMA Alliance Director, Jo Terry from Knoxville, TN, follows with an interactive and fun workshop on boosting Alliance membership recruitment and retention efforts at all levels. In addition to serving a second year as an AMAA Director, she has previously served as Chair of the Health Promotion Committee and is currently representing the organization on the AMA National Advisory Council on Violence and Abuse.

The program also includes a spotlight on several county Alliance projects from around our state. Alliance members will share the "nuts and bolts" behind their Alliance health promotion and fundraising efforts in their community. The session will provide time for questions and answers to help participants gather tips and tools to help with local projects.

The NCMS Alliance House of Delegates convenes the morning of Friday, April 30. Please note that all NCMS Alliance members are welcome to attend and eligible to vote during the House of Delegates session. County Alliances are no longer asked to designate representatives to vote on behalf of their county.

The House of Delegates session is followed by the 2010 County Reports and Awards Program. During this session, representatives from each County Alliance will deliver a brief report regarding their county activities. The Awards Session and the NCMS Alliance will recognize



**North Carolina  
Medical Society Alliance  
2009-10 Board of Directors**

Anne O. Kahn, President  
Gastonia

Holly Anderson, Chapel Hill  
Tamara Bridges, Charlotte  
Cheryl Ermini, Lumberton  
Teresa Forrester, Wilmington  
Carolyn Green, Greensboro  
LaRinda Huntley Kaplan, Raleigh  
Teresa John, Greensboro  
René Kikel, Hickory  
Kathy Kobs, Raleigh  
Racheal Kunesh, Concord  
Julie Newman, Raleigh  
Charlene Slaughter, Charlotte  
Patricia Udekwu, Raleigh  
Rebecca Williford, Charlotte  
Maya Zumwalt, Raleigh

Angie Wainwright, Executive Director

PO Box 27167  
Raleigh, NC 27611-7167  
919-833-3836  
800-722-1350  
Fax: 919-833-2023  
[www.ncmsalliance.org](http://www.ncmsalliance.org)

## From Your President

**Anne Kahn**  
NCMS Alliance President



The third annual regional meeting was held in Raleigh last month. Mother nature made it difficult but the enthusiasm and the hard work from the planning committee made it a wonderful experience. We need to thank Julie Newman and her committee for all of the hard work. We are proud of Julie and her dedication to the Alliance.

### Angie's Notes



It was a special honor to have the NCMS Alliance host the Southern Regional Alliance Conference in January. The regional conference which began just three years ago is proving to be an effective way to deliver resources and connect Alliance members committed to improving health in their communities. It also makes it possible to tap into the incredible talents and expertise of Alliance members as we did during this past conference.

Of course, we are now busy preparing for the 87th NCMS Alliance Annual Meeting scheduled for April 29-30. The meeting and the luncheon honoring our past state presidents will take place at the Embassy Suites Resort & Conference Center. President-elect Racheal Kunesh and the planning committee have worked very hard to deliver a conference that will be educational, fun and very interactive. You will not want to miss it!

The annual meeting is a valuable opportunity to meet Alliance members dedicated to working together for the benefit of their communities, their families and the profession of medicine. Members attending the annual event find potential projects, develop helpful resources and share their passion and energy as part of the Alliance.

We also want to encourage each County Alliance to send in your annual report and county project submissions to the NCMS Alliance. Reports forms have been sent out to county Presidents and posted on the web site at [www.ncmsalliance.org/Awards.htm](http://www.ncmsalliance.org/Awards.htm). Be sure to submit the report and forms by April 5.

We look forward to seeing you in April and celebrating all the achievements at the county and state levels over the past year. As always, please feel free to contact our office with your suggestions and ideas. You can reach me by e-mail at [ncmsalliance@ncmedsoc.org](mailto:ncmsalliance@ncmedsoc.org) or call 919-833-3836 x124.

February is Go Red for Women month. This campaign headed by the American Heart Association continues to help increase awareness of the fact that the number one killer of American women is heart disease. I hope you were all wearing red on February 5th to show your support of this important effort and giving the attention that is needed to fight this preventable disease. The Go Red For Women web site has a tremendous number of resources to offer and I recommend that we all take a look at [www.goredforwomen.org](http://www.goredforwomen.org)

The NCMS Alliance is developing a portion placemat focused on teaching us all the importance of knowing how to measure a serving size for each food group. It is critical that we not only eat a balanced, healthy diet and get exercise to improve our health, but we also need to make sure that we are not "supersizing" our own meals. We plan to first introduce the new placemat at the North Carolina General Assembly in May 2010 to bring awareness to our legislators the importance of portion control and in turn make them aware of our advocacy for obesity problem in our state. We are very grateful for the support of the NC Medical Society as a partner with us on this project. The placemat and other resources will be coming soon to the NCMS Alliance web site.

With such a cold winter, I know we are all looking forward to spring and the 2010 NCMS Alliance Annual Meeting taking place on April 29-30 in Concord. It is going to be a phenomenal line-up of presenters and resources that you will really enjoy. You will definitely want to come for the friendship and stay for the fulfillment of learning and meeting so many wonderful people during this conference.

Soon afterward, we will be heading to Chicago for the AMA Alliance Annual Meeting scheduled for June 13-15. We had such a large delegation last year and we hope to have as many join us this year. Please contact our office or any member of our board if you are interested in attending as a member of the NC Delegation. We do have stipends available to help offset travel and registration expenses.

I want to thank our outstanding NCMS Alliance Board of Directors for all of their hard work and dedication to our Alliance. I enjoy working with each one of you. Your friendship, dedication and support are my inspiration and will stay with me for a lifetime.

### County Alliance Web Sites and Blogs

*Cabarrus County Medical Society Alliance*  
[www.ccsalliance.com](http://www.ccsalliance.com)

*Greater Greensboro Society of Medicine Alliance*  
[www.ggsma.org](http://www.ggsma.org)

*Haywood Medical Society Alliance*  
[www.haywoodalliance.org](http://www.haywoodalliance.org)

*Mecklenburg Medical Alliance and Endowment*  
[www.mmae.com](http://www.mmae.com)

*Medical Alliance of the Piedmont*  
[www.medicalallianceofthepiedmont.com](http://www.medicalallianceofthepiedmont.com)

*Onslow County Medical Society Alliance*  
[www.ncmsalliance.org/onslow.htm](http://www.ncmsalliance.org/onslow.htm)

*Wake County Medical Society Alliance*  
<http://www.ncmsalliance.org/wcmsa.htm>

*Triangle Medical Spouse Alliance Blog*  
(previously Medical Auxiliary of UNC Hospitals)  
<http://trianglemdspouses.blogspot.com>

## Tar Heel Tandem

*Tarheel Tandem* is published  
four times a year by the  
North Carolina Medical Society Alliance.

**Next Deadline: April 23, 2010**

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

# 2010 Southern Region Alliance Leadership Development Conference

The NCMS Alliance hosted more than 50 Alliance members representing eleven states during the 2010 Southern Region Alliance Conference on January 29-30 in Raleigh. Even with wintry weather making an appearance during the meeting, the conference was very successful and provided participants with a variety of educational sessions and opportunities to meet members from around the region.

The program included several workshops from Alliance members including "The Medical Marriage" presented by Holly Anderson from North Carolina and "FUNdraising" with Karen Morris from Mississippi. NC Medical Society Vice President and CEO Robert Seligson helped welcome participants to Raleigh and shared information regarding the current focus areas for the state medical society.

Denise Price Thomas presented a session on the critical role that effective communication plays in our lives each day. She returned later in the session as "Gladys Friday" reminding the participants how it helps to find the humor in life by sharing a number of entertaining stories about funny moments in health care during her presentation "Health, Hope & Humor."



Gladys Friday delivers her message of "Health, Hope & Humor" to all.

The 2011 Southern Region Alliance Conference will be hosted by the Florida Medical Association

(FMAA) Alliance. The conference will take place on January 15 and 16, 2011 in Orlando, Fl. Be sure to mark your calendars and look for more details in the next few months.



Sandy Chamyan (FL) poses a question to a presenter.

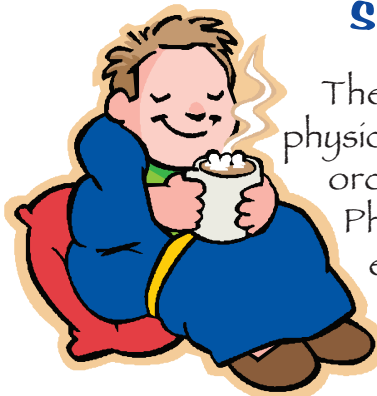


Oh, Snow! Raleigh experienced its first significant snow in years during the conference.

Southern Regional participants (top from left to right) Janice Galbreath (NC), Emma Borders (LA), and Louise Lampton (MS) and (lower from left to right) Christy Lemyre (MS) and Karen Morris (MS).



## The NCMS Alliance's cozy "Honoring Physicians" stadium blanket is a perfect Doctors' Day gift for a special physician or medical family!



These unique blankets designed to honor North Carolina physicians feature the NCMS Alliance logo. Quantities are limited so order your blanket today! The NCMS Alliance "Honoring Physicians" blanket is available for \$50 plus shipping. (\$20 of each purchase is tax deductible).

To download an order form or to order online, please visit [www.ncmsalliance.org](http://www.ncmsalliance.org)

# COUNTY NEWS

## Onslow County Medical Society Alliance Establishes Traditions that Warm the Heart

Although the Onslow County Medical Society Alliance is still in its infancy after rejuvenating the chapter just three years ago, the members have worked hard to gain a footing within the medical community and their county. The early success stories are largely the result of the strong commitment of county Alliance officers, especially President Lee Ann Thomas. The Onslow Alliance has also received support from the Onslow Medical Hospital Administration which has been critical to the success and advancement of projects and events. The Onslow Alliance has also realized a role in reaching out to recognize the good works of hospital staff and in the process a year tradition has developed with the Emergency Department staff.

Knowing that the Emergency Department physicians and staff are tireless angels of mercy 365 days a year, the Onslow County Medical Society Alliance decided to inject a bit of Christmas cheer for the staff, patients and families. Taking care of patients is both physically and emotionally taxing at any time of year, but more so during the holidays. The Onslow Alliance began the tradition of collecting unwrapped toys or gifts during the annual Medical Staff/Alliance Christmas party. Alliance family members and their children get together to wrap the donated gifts labeling them for a boy or a girl and the suitable age range for the gift. Then the gifts arrive in a gigantic box "Santa-style" on a stretcher into the Emergency

Department. The staff help deliver the goodies to children in need of a little extra TLC. Often, the gift not only delivers a smile, but helps calm an anxious child about to receive sutures or some other procedure.

During the recent holidays, on the very day the toy box arrived in the Emergency Department, an unusual situation presented itself. A family arrived with an ill grandmother and was very distraught. During the time the grandmother was being treated, the family received a call alerting them that their home was on fire. Sadly, there was so much damage that most of their belongings including their gifts for the children were lost. The nursing staff presented the family with several gifts from the box and the family was completely overwhelmed. Although the toys couldn't replace the loss of



Children of Onslow Alliance Members Help Wrap Donated Gifts for the Emergency Dept. Toy Box

a home, the concern and care demonstrated by the staff provided some needed comfort in a time of need.

This is just one of the wonderful stories that the Alliance tradition has helped to make possible. The Onslow Alliance is very proud of their tradition that they helped bring to life and look forward to many years of continuing this important effort.

## 2nd Annual D'Vine Wine Event

*hosted by the*

*Greater Greensboro Society of Medicine Alliance and the NCMS Alliance*

Sample, sip and savor a wonderful wine tasting experience while supporting the Alliance during the 2010 D'Vine Wine Event.

The event includes wine tasting, a silent auction and live music from Windfall, one of the area's premier variety bands.

Proceeds from the event are dedicated to Alliance health promotion projects, nursing scholarships and purchasing defibrillators for Guilford County Schools.

**April 17, 2010, 4:00 p.m. to 6:30 p.m.  
Revolution Mill Studios, Greensboro, NC**

For tickets call the NCMS Alliance office at **919-833-3836 x124** or order online at **[www.ncmsalliance.org](http://www.ncmsalliance.org)** or **[www.dvinewineevent.org](http://www.dvinewineevent.org)**



# Michael Malone to Deliver the Hubbard Memorial Lecture



Michael Malone, author

The NCMS Alliance is pleased to announce that author Michael Malone will join the organization during the 2010 Annual Meeting and deliver the Anne H. Holmes Memorial Lecture during the leadership luncheon.

Malone is the author of 11 internationally acclaimed novels, including the classic "Handling Sin" "Uncivil Seasons," "The Last Noel," and the NYT bestseller "The Killing Club." His new novel "The Four Corners of the Sky" was also a national bestseller. He is currently at work on "Dark Winter," the fourth book in his "Hillston" quartet.

He has also written plays, television programs for ABC, NBC and Fox, a collection of short stories "Red Clay, Blue Cadillac: Stories of 12 Southern Women," and two books of non-fiction, one on film, one on Jungian typology. His many essays and literary reviews have appeared in such magazines and journals as Harper's, the New York Times, the Washington Post, Partisan Review, Yale Review and the Wilson Quarterly.

Among his prizes are the O Henry, the Edgar, the Writers Guild Award and the Emmy for ABC's "One Life to Live," where he was head-writer for much of a decade. He has taught at Yale, the University of Pennsylvania and Swarthmore and is currently a professor in Theater Studies at Duke, where he teaches film, television and theater. He lives in Hillsborough, N.C. with his wife Dr. Maureen Quilligan, R Florence Brinkley Professor of English.

---

## Annual Meeting continued from page 1

members and county Alliances for outstanding achievements as well as honor 30 and 50 year Alliance members.

The meeting concludes with the annual Leadership Luncheon and the installation of the 2010-2011 officers and board members. This year's Anne H. Holmes Memorial Lecturer is Michael Malone, Emmy Award-winning writer and author. Malone has written eleven internationally acclaimed novels as well plays, television programs for ABC, NBC and Fox.

The full schedule and registration form are included on page 6 and 7 of the newsletter. Information and online registration is also available at [www.ncmsalliance.org](http://www.ncmsalliance.org).



**EMBASSY SUITES  
HOTEL®**

**Charlotte-Concord**

### *Hotel and Meeting Site Information:*

**Embassy Suites Charlotte-Concord  
Golf Resort and Spa**

5400 John Q. Hammons Drive NW,  
Concord, NC 28027

Tel: (704) 455-8200 Fax: (704) 454-1719

Conference Room Rate: \$129.00

Reservation Deadline: March 30, 2010

A limited number of rooms are available at the Embassy Suites Charlotte-Concord Golf Resort and Spa. The hotel is located just down the road from Lowe's Motor Speedway and Concord Mills Mall, the largest visitor attraction in North Carolina, is located right out the door. Guests enjoy a spacious, two-room Charlotte hotel suites with a complimentary cooked-to-order breakfast and nightly Manager's Reception. High-speed Internet access, free parking, fitness center, onsite casual dining in the Rocky River Grille, golf at the Rocky River Golf Course and the full-service Spa Botanica are available daily.

Please make reservations by calling the hotel directly at (704) 455-8200 or Embassy Suites Brand Reservations number, 1-800-EMBASSY. You must indicate that you are with the NC Medical Society Alliance event at the time the reservation is made in order to receive the group rate.

**You Are Cordially Invited to Attend  
the 87th Annual Meeting of the  
North Carolina Medical Society Alliance**

**Thursday, April 29**

11:00 a.m. - 1:00 p.m.

**NCMS Alliance Board of Directors Meeting**

1:00 p.m.

**Opening Session**  
Anne Kahn, NCMS Alliance President  
Jo Terry, AMA Alliance Director

1:30 -2:00 p.m.

**Teamwork - On and Off the Field**  
Mike Rucker  
Former Carolina Panther Defensive End and  
Co-Founder of The Ruckus House

2:00 p.m. - 3:00 p.m.

**Love 'Em or Lose 'Em: Membership from A to Z**  
Jo Terry, AMA Alliance Director

3:00 p.m. - 5:00 p.m.

**Keys to Health Promotion and Fundraising Success**  
*Featuring an in-depth look at several  
County Alliance projects and fundraisers*

5:00 p.m. - 6:30 p.m.

Free time for Participants

6:30 p.m. - 8:30 p.m.

**Alliance Reception and Dinner**  
Gianni's Trattoria

**Friday, April 30**

8: 00 a.m.

**Registration, Coffee, & Refreshments**

8:30 a.m. - 12:00 p.m.

**NCMS Alliance House of Delegates**  
Report from the NCMS Alliance President, Anne Kahn  
Presentation of the Proposed 2010-2011 Budget  
Report of the Board Development Committee

**County Reports & Awards Program**  
Introduction of County Presidents and County Reports  
Award Program and Recognition of 30 and 50 year members

12:00 p.m. - 2:30 p.m.

**Alliance Installation and Leadership Luncheon**  
Honoring Past NCMS Alliance Presidents and 2009-2010 County Leadership  
Michael Malone, Anne Hubbard Memorial Lecturer:  
  
Recognition of 2009-2010 Board and Committee Chairs  
Installation of 2010- 2011 Officers  
Inaugural Remarks of the 2010-2011 NCMS Alliance President, Racheal Kunesh

**87th NCMS Alliance Annual Meeting Registration Form**  
**April 29-30, 2010 • Concord, NC**  
 Registration Deadline: April 16, 2010

NAME:		
COUNTY ALLIANCE:		
ADDRESS:		
CITY, STATE, ZIP:		
PHONE:		
E-MAIL ADDRESS:		
DIETARY RESTRICTIONS (CIRCLE): YES NO		PLEASE DESCRIBE:
<b>Registration Fees (please check one box below)</b>		
<input type="checkbox"/>	One Day Registration (Thursday <b>or</b> Friday)	\$35.00
<input type="checkbox"/>	Two Day Registration (Thursday <b>and</b> Friday)	\$45.00
<b>Registration Fee:</b>		
<b>Meal/Event Reservations (Please check box and provide numbers below)</b>		
<input type="checkbox"/>	Reserve _____ place(s) for the Alliance Reception and Dinner on April 29, 2010	\$45.00
<input type="checkbox"/>	Reserve _____ place(s) for the Leadership and Installation Luncheon on April 30, 2010 featuring author Michael Malone	\$40.00
<b>Meal Fees:</b>		
<b>Book Pre-Order - Hubbard Memorial Lecture (Please check box and provide numbers below)</b>		
<input type="checkbox"/>	Order _____ copies of <i>The Four Corners of the Sky</i> by Michael Malone (paperback)	\$15.00
<b>Total Book Order Fees</b>		
<b>Total Due (Registration Fee + Meal Fees + Book Fees):</b>		

**PAYMENT**

CHECK: Please make your check payable to the NCMS Alliance

Credit Card: Visa MasterCard

Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

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

Signature \_\_\_\_\_

Please mail or fax your completed registration form: NCMS Alliance, P.O. Box 27167, Raleigh, NC 27611  
 Fax: 919-833-2023

**CALENDAR OF UPCOMING EVENTS**

2010

MARCH 30 DOCTORS' DAY

APRIL 5 COUNTY ALLIANCE REPORT AND  
AWARD SUBMISSION DEADLINE

APRIL 17 2ND ANNUAL D'VINE WINE EVENT  
HOSTED BY THE GREATER GREENSBORO  
MEDICAL SOCIETY ALLIANCE AND  
THE NCMS ALLIANCE  
GREENSBORO, NC

APRIL 29-30 NCMS ALLIANCE 87TH ANNUAL MEETING  
CONCORD, NC

JUNE 13-15 AMA ALLIANCE ANNUAL MEETING, CHICAGO, IL

AUGUST TBD NCMS ALLIANCE BOARD MEETING  
AND RETREAT

SEPTEMBER 25-28 AMA ALLIANCE LEADERSHIP DEVELOPMENT  
CONFERENCE, CHICAGO, IL

---

**Tar Heel Tandem**

North Carolina Medical Society Alliance  
PO Box 27167  
Raleigh, North Carolina 27611-7167

NON PROFIT  
U.S. POSTAGE  
PAID  
RALEIGH, N.C.  
PERMIT #537

***Celebrating 87 Years***