

Tarheel Tandem



Volume 71 | Winter 2017

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President's Message

By Sheila Josilevich, NCMS Alliance President

It seems only yesterday that we sent out our Fall Tarheel Tandem! First of all I want to thank all those members who sent in articles for this edition. I really enjoy reading about what is going on around our state and in our Alliances

I would also like to thank Anne Krishnan (Greensboro), Karen Chandler and Mimi Compton (Mecklenburg), Deborah Meehan (Wake) and her Wackies for being such great hosts during my "Crossing Carolina" adventure. See article.

Your NCMS Alliance Board of Directors has leaders with wide and different business and financial skills that could be useful to your local Alliance in helping to organize, fundraise and run programs. Please contact me at sjosilevich@ec.rr.com with any questions.

NCMSA will continue to offer opportunities for leadership and members to attend health related and education programs in the New Year and I urge you all to take advantage of this. We also have grants available. You can find out more about these by visiting our website or by contacting our Executive Director, Tracy Steadman tsteadman@ncmsalliance.org.

In the New Year we hope to receive materials from AMAA for the Opioid Awareness Program they rolled out this fall. We will be in touch with local Alliance leaders to discuss how we wish to use the materials and move forward with a united awareness program here in NC.

I'm looking forward to seeing you all again at the Spring Annual Membership Meeting and also working with and visiting local Alliances over the next few months. Until then may you and your families have a wonderful holiday season and a happy and healthy new year. Love and Peace.

MMAE Holiday House

Mecklenburg Medical Alliance & Endowment (MMAE) has selected some of Charlotte's finest interior designers, florists, landscape designers and home décor retailers for its 2016 Holiday House. All proceeds from the tour of the historic Queens Road West home of Robert and Dr. Elizabeth Rostan Nov. 4-6 will fund grants to local nonprofits focused on building a healthier community.

"Proceeds from the Holiday House will directly fund community health grants for local nonprofits," said MMAE President Karen Chandler.

Among those participating in the design of the home are Bedside Manor; B.home; Discovered Traditions Gift Shop at Temple Beth El; Flowers Plus; Frontgate; Holidazzle'em; Kathy Smith Interiors; Pottery Barn; Pottery Barn Kids; The Royal Gardens; Scott Sistaire Landscaping and Design; and, Tim Bagwell, interior designer.

The presenting sponsor of the Holiday House is Whole Foods. Novant Health is a gold sponsor. Charlotte Magazine, Horizon Eye Care and Rankin OB/GYN are silver sponsors. Bronze sponsors include Carolina Skin Surgery Center, Carroll Financial, Charlotte Radiology, Charlotte Eye Ear Nose & Throat Associates, P.A., Coca-Cola Bottling Co, Consolidated, Linden Thomas, Providence Anesthesiology Associates, and REACH are bronze sponsors. Bragg Financial Advisors is a contributing sponsor.

The stately Georgian/Colonial home at 1870 Queens Road West was built in 1951 by James Castanas, an immigrant from Greece who founded the Epicurean Restaurant. Before it closed in the



1990s, the Epicurean was known as one of the oldest restaurants in Charlotte, having operated for five decades continuously. One of the elements that Mr. Castanas had installed in select rooms was ornate Greek key plaster molding. It remains today and is a key feature in the living and dining rooms.

In 1956, Mr. Castanas sold the house to Dr. Bill Berkely and his family who

lived there for 40 years. Dr. Berkely was one of the founders of Charlotte Plastic Surgery.

In 2006, Robert and Dr. Elizabeth Rostan purchased the home and oversaw extensive remodeling and expansion. Today, the home is 5,100 square feet and features four bedrooms and five and a half baths. It was recognized with the Myers Park Homeowner's Association Preservation Award in 2009.

Holiday House proceeds directly fund annual community health grants through the MMAE Endowment. In May, MMAE distributed \$69,000 to 11 Charlotte-Mecklenburg agencies including Care Ring, the Hospitality House, N.C. MedAssist and The Relatives. For a complete list of grant recipients and additional information about the showhouse, please visit mmaeonline.com. Find MMAE on Twitter @MeckMedAlliance, and on Facebook at facebook.com/mmaeonline.

Wild Wacky Wonderful Women of the World

By Deborah Harrell Meehan

Happy Holidays, my fellow Alliance members and friends! Many of you know that I am the founder of the Wild Wacky Wonderful Women of the World, a women's networking and service group based in the Triangle, but inclusive of women everywhere.

Being a dedicated member of the Alliance and the leader of the Wackies, the W5ers once again selected the NCMSA as the beneficiary for the Raffle at our annual Holiday Vendor Fair held Saturday, November 5th at the gorgeous Mayton Inn in downtown Cary NC. We had a fabulous time with 14 vendors, a terrific luncheon, a presentation by our State Alliance President, Sheila Josilevich ... all netting \$400 to donate to the cause! Thanks so much for all who were able to join us and make this a successful event!

BTW ... We welcome YOU to become a member of the Wackies! No Rules (except that you must be a woman 😊) and No Dues ... Just another great way to make a difference in our communities while staying connected to Wonderful Women of the World! Again ... Together we can make a difference!

www.wildwackywonderfulwomenoftheworld.org

Crossing Carolina

By Sheila Josilevich

I felt like a middle schooler on a 7th grade trip when I started out in early November to drive across Carolina to visit our local Alliances! I plugged in my GPS, switched on NPR and I was away!

First stop . . . Campbell University to say hello to JJ my daughter . . . then back on I-40 to Greensboro! Ann Krishnan, President of Greensboro Medical Society Alliance had invited me to a wine tasting, meet and greet new members and medical families. The event was held in a wine bar in downtown Greensboro and it was just terrific. The weather was wonderful so we could sit outside to eat some yummy appetizers while getting to know the members and friends of the NCMS Alliance. Everyone was so nice and very enthusiastic about their Alliance and what they had planned for the upcoming year. Greensboro Medical Society Alliance is in good hands with Ann and her leadership team.

The next morning I left early and drove down I-85 to Charlotte to meet with

Karen Chandler and the Mecklenburg Alliance at “The Holiday House” fundraiser they have every two years. The house is on Queens Road West and is the home of Dr. Elizabeth and Robert Rostan. Karen was at the front door of the house greeting visitors and moving folks through – she was doing a great job! Mimi was in the kitchen answering questions and doing a great job as well. The house was just gorgeous! Beautifully decorated and ready for the holidays. Mecklenburg had out done themselves!

After meeting friends old and new and taking some photos of the house I got back on the road making my way back to Raleigh, where the next day I attended a luncheon and Holiday Shopping Extravaganza organized by the Wonderful Wacky Women of the World (read article). They are a wonderful group of female



business owners who for the second time donated the proceeds of this particular event to NCMSA. We are so very grateful Ladies . . . Thank you!

That evening I drove back to Onslow County after what had been a whirlwind trip but one very much worthwhile. I got to meet up with old friends and make new ones, learn more about local Alliances and the work they do and the help they need to be more successful.

All Alliances – like politics – are local. NCMSA is here to help.

Let me know if you have an event planned and I along with other board members would love to come and take part.

NCMSA Board Members Attend NAMI-NC Conference

By Kirby Sheridan

In an effort to better understand current issues in mental illness in North Carolina, members of the NCMSA Board, Sheila Josilevich, Kirby Sheridan and Mary Tyrey, attended one day of the two-day 2016 NAMI NC Annual Conference held on October 7-8 in downtown Raleigh. Hurricane Matthew blew in as an uninvited guest but the meeting went ahead as planned. Over 200 people attended this event, which included two days of workshops and presentations. The speakers covered an array of subjects, addressing a diverse population. From brain injury to suicide prevention to healing arts and mindfulness, this conference was an educational and beneficial experience for providers and advocates alike. NCMSA members were given the opportunity to attend the conference with fees reimbursed by the NCMSA.

NCMSA representatives, Sheila, Mary and Kirby spread out among the different workshops to listen and learn more about what issues

those dealing with mental illness face. Talking with advocates for better understanding of mental illness and its treatment and coverage was a stimulating and enlightening experience.

Sheila Josilevich noted, “This was not the first time I had attended the conference and each year seems to be better than the last. After a rousing speech by NAMI NC President, Victor Armstrong, attendees broke away to take part in workshops and discussions. I chose to listen to a discussion on Traumatic Brain Injury (TBI). I live and work in Jacksonville, in Onslow County, which is home to the United States Marine Corps Base—Camp Lejeune. The problem of TBI is very much present in town and among my friends and neighbors. I found the discussion of interest and a great help. I did some networking and was able to find resources to assist those friends and neighbors looking for help. I will certainly attend again next year.”

Love and Caring Cards Artwork Contest

By Marilu Thordsen

The North Carolina Medical Society Alliance once again is proud to return the Love and Caring Cards. Last year we had great participation from alliance members and their families resulting in some beautiful drawings and pictures. Four winners were selected including the two cards seen at right. This year we will be accepting the entries from **November 1, 2016-January 31, 2017**. We will still be accepting entries from you or members of your immediate family with original artwork of a picture or drawing.

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



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's 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.

The North Carolina Medical Society Alliance Walks with NAMI

The North Carolina Medical Society Alliance is focused on mental health awareness in North Carolina. Since 2015 the NCMSA has made one of its missions to increase awareness among its members of mental health and mental health challenges in North Carolina. As part of that effort, NCMSA members participated in NAMI Walks on May 6, 2016 on the Dorothea Dix campus in Raleigh. We joined more than 1200 people walking to support mental health and fight the stigma attached to mental illness. Our bright green bandanas distinguished our group and added to the fun. Those members who participated could feel the excitement of banding together with others with a similar goal. It was a powerful feeling to walk alongside those receiving mental health services and see their efforts to improve those services and shed the stigma. If you could not join us in May, we hope you will look for details of our plans to walk in 2017.

There is something special about being a part of an effort that is bigger than we, as individuals. If you cannot walk with us in NAMI Walks, be a sponsor and contribute funds online to support NAMI (National Alliance on Mental Illness). Half of what you donate goes back to your individual county's NAMI affiliate. The other half supports NAMI of North Carolina. Look for details in 2017 about how you can support the NCMSA NAMI Walks team. Let the NCMSA help you make a bigger impact on mental health services in your county. Join us. We make a bigger impact as a group than as individuals in our efforts to improve and expand mental health services in North Carolina.



County News

Cabarrus County

By Kirby Sheridan

For a dozen years on Columbus Day, golfers have come out to the Cabarrus Country Club to enjoy a beautiful day of golf and help raise funds for the School Health program in the Cabarrus County and Kannapolis City Schools. Organized by the Cabarrus County Medical Society Alliance, the golf tournament has raised over \$342,000 in those 12 years to support the nurses that work at each public school in the two systems. The School Health Program is administered by the Cabarrus Health Alliance.



Cabarrus County is one of the few North Carolina counties to have a nurse in every public school. These nurses handle routine tasks, such as dispensing medications, as well as emergencies that arise. Some schoolchildren would not be able to attend school if there were not a nurse present to monitor their chronic diseases. They are invaluable to the school community.



This year's 12th Annual Swing for the Kids Tournament took place on October 10th. The weather was beautiful, as it has been almost every year for the tournament. Some of the local schools sent golf teams to represent their schools so team spirit and school colors could be seen on the course. It was a fun event that raised \$29,500 for the School Health Program.

The Cabarrus Medical Society Alliance is proud to partner with the Cabarrus Health Alliance to support the School Health Program. As Cabarrus County grows and more public schools are built, funding a nurse in every school becomes more of a challenge. The CCMSA enjoys the challenge of raising money to benefit the nurses who help the school children of Cabarrus County.



Gaston County

By Anne-Bee VanMeter

Seasons greeting from Gaston County!

It is clear that in the ever changing world that we live in, that non-profit organizations are struggling to maintain membership. That is true for the Medical Alliance, but also many others. There may be many reasons why and I can only venture to guess at some: more families where both spouses work, ever increasing commitments to multiple organizations, and certainly for the medical alliance, our local physicians now belong to so many different hospital organizations that the close knit community that once was...is no more.

A little more than a year and a half ago, our county decided to take a long, hard look at ourselves and decide if we were still relevant. We know that the Alliance has a great reputation of doing fantastic work in the community and is a reliable resource for other organizations, but we, as so many others, have struggled to maintain membership and getting new folks involved. So a vote was taken whether to go inactive or not. The thought of our local Alliance not being there anymore was devastating to me. I was President of the Gaston County Alliance about 8 years ago when my two children were young, and it did become increasingly difficult to stay involved as they got to be teenagers, but I could not imagine it not being there. I once again volunteered to become president to keep our doors open. Two other magnificent ladies also committed to serving as president in the following years (Annie Anthony and Sandy Lefler)

Why was it so important to me, and others, to continue to have an active Alliance?

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FRIENDSHIP. First and foremost, the friendships I have formed in the Alliance are some of my most treasured relationships. These ladies I would not have gotten to know had it not been for my involvement in the Alliance. They are some of the most dynamic, forward thinking and generous people I know. There is always a “can do” attitude.

LOYALTY/SUPPORT. Beyond book club, laughing at socials, keeping up with what is going on in each other’s lives, these ladies are so incredibly loyal to each other. If anyone needs anything, this group of women is the first in line to provide for whatever need there is. Some I may not see often, but I never have to doubt that I will not be lonely when hard times hit.

UNDERSTANDING. The medical field is unique and with that comes a different set of challenges. Those of us who have been through medical school, residency, and fellowship with our spouses know that it all comes at a high price. And to those who came along a little later, we are just jealous of you :-). But every day practice is becoming increasingly difficult as well as placing more and more stress and hardship on our spouses. A side that many may not understand. Our fellow sisters do know what evening conversations with our spouses may sound like, and can commiserate.

LAUGHTER. As important as it is to have someone there during hard times, it is equally important to have some ladies you can just have fun with. And somehow these refined, sophisticated, knowledgeable ladies, are also some wild ones! I have had some crazy times attending the weddings of my Alliance friends’ children. We have traveled together, attended concerts together, nights on the town. I could go on!!!

VOLUNTEERING. Because of the many years of diligent work the ladies that have preceded us have done, and we continue to do, the Alliance is a trusted name and partner. People know that if we take on a project it is going to be an event not to miss. And that we are going to raise money for a wonderful cause. To volunteer in a meaningful way is rewarding, beyond works, and something we have to teach our children. The Alliance provides many opportunities for the entire family to participate.

So in summary, I wish I could figure out how to share these sentiments with all the sophists who are not joining the Alliance. They have no idea what they are missing! Lifelong friends that truly come at no cost to you. It is **THE BEST DEAL IN TOWN!** And they are missing out!!!!

Gaston County and I wish each and every one the Happiest of Holidays! Love and enjoy your families and friends!

Greater Greensboro

By Anne Krishnan

The Greater Greensboro Society of Medicine Alliance will host its first-annual Scrubs vs. Suits MD/JD Challenge in late February. This charitable basketball game will pit physicians from the Greater Greensboro Society of Medicine against attorneys from the Greensboro Bar Association’s Young Lawyers Section.

The game’s true winner will be the behavioral health program at Mustard Seed Community Health, a new clinic serving uninsured and underinsured patients in East Greensboro. With the community’s help, the GGSMA will establish a new play therapy room to expand mental health services to the diverse and international group of children who receive care at Mustard Seed.

The fun family event will include a silent auction, concessions and hijinks from the doctor and lawyer spirit squads. It will be held on Sunday, February 26 at 3:30 p.m. at Canterbury School, 5400 Old Lake Jeanette Road in Greensboro. To learn more or buy tickets, visit www.ggsma.org/blog/2016/12/scrubs-vs-suits.

Mecklenburg County

By Kirby Sheridan

Every other year, the city of Charlotte gains a beautiful and inspiring option for holiday entertainment – the Holiday House, put on by the Mecklenburg Medical Alliance and Endowment. Members of the MMAE organize sponsors, designers, home décor retailers, florists and landscape architects to transform a private home into a holiday show house. For one weekend in November the Holiday House is open for public tours.

Proceeds from the Holiday House directly fund annual medical community health grants through the MMAE Endowment. In May of this year, the MMAE awarded \$69,000 in grants to Charlotte area organizations dedicated to improving the health and wellness of the Charlotte Mecklenburg community. Over the years, the MMAE has supported more than 60 organizations and given more than \$1.5 million to the community.



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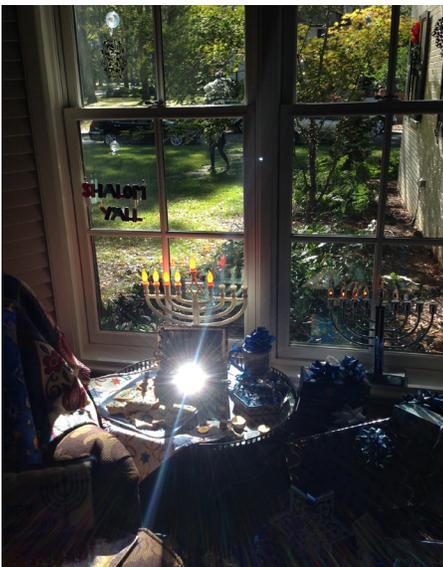
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Current MMAE President, Karen Chandler, along with Past Presidents Mimi Compton and Sherry Ward chaired the 2016 Holiday House. The weekend event required many volunteers to run smoothly. Members of the MMAE along with volunteers from agencies benefitting from past grant awards helped make the event a success.



NCMSA President Sheila Josilevich and President-Elect Kirby Sheridan toured the home on opening day and enjoyed talking with Karen, Mimi and Sherry about how the MMAE stages such a large and successful project. Eleven agencies benefitted from grants in May of this year. More grants will be awarded in 2017



thanks to this year's presentation of the MMAE Holiday House. Congratulations to the Mecklenburg Medical Society Alliance on staging their twenty-second Holiday Show house.

Onslow County

By Sheila Josilevich

Onslow County has been getting ready for the holidays! The Medical Staff will host a cocktail party on Wednesday, December 7th at the Jacksonville Country Club. It is always a fun evening with the opportunity for both medical staff and administration to get together in a more casual setting. The Onslow County Medical Society Alliance will be setting up a large "Toy Box" to collect gifts for patients, particularly children, who find themselves in the Emergency Department over the holidays. The Onslow County Medical Society Alliance has been playing Santa for quite a few years now and it has become very popular with families and staff.

On December 17th the Onslow County Medical Society Alliance Elves will once again be offering a holiday gift wrapping service with proceeds going to the

free clinic. This is another very popular fundraiser at the hospital.

The New Year begins with our Annual Oyster Roast down on the New River on January 21st, starting at 5pm.

Any Alliance member from across the State who would like to participate in any of our events is very welcome! Merry Christmas and Happy and Healthy New Year!

Wake County

By Jane Patterson

What a wonderful and busy fall we had! We started the year with our annual WCMS/WCMSA kickoff party at Tara Farm. A jazz trio provided lovely background music and the event was catered by Rex Hospital's award winning chef. Hospital food has certainly come a long way! It was a fun way to reconnect with our members and kick off the New Year. Our first general membership meeting of the year was held at the home of Ginny McKay on September 13. We had coffee and brunch and enjoyed visiting with long time members and prospective members.

How do I talk to my children about my wishes as I age? How do I convince my parents it's time to think about alternative living arrangements? These are just a few of the questions addressed at the Eldercare Seminar presented by WCMSA in October. The seminar, which was open to the community, was well attended and the feedback was very positive. Hosting the seminar was fantastic way to fulfill our mission of improving the health and quality of life of the local community.

Our second general membership meeting was held at Quail Ridge Bookstore on November 3. We had a brief business meeting and following the meeting

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Sandra from Quail Ridge Bookstore gave suggestions to us for books from a variety of categories that would make great gifts for others or ourselves. We have also hosted several Ladies Night Out (LNO) dinners and are looking forward to a special LNO in December which will include a 'Dirty Santa' gift exchange.

We're happy to announce our new fundraising event for 2017, FASHION FOR FIGS! WCMSA is partnering with North Hills Shopping Center for a spring fashion show and lunch to support our focus organization this year, F.I.G.S (Filling in Gaps). F.I.G.S provides prescription drug

assistance to low income and uninsured or under-insured Wake County residents. The Fashion Show will be held on March 16 at 11:30 at Ruth's Chris in North Hills. Also on the calendar for spring of 2017 are Art in Bloom, the NAMI walk and our annual Applause luncheon.



Tara Farms Picnic - L to R: Marilu Thordsen, Karen Albright, Kathy Kobs



L to R: Dorothy Nance, Margaret Douglas, MD, Mary Tyrey, Hetal Wasudev, Kimberly Durland, Karen Albright, Deborah Harrell Meehan, Marilu Thordsen



Java Jumpstart: L to R: Zohra Osman, Susan Hammer, Susan Boone, Rebecca Edwards, Sue Haberberger, Zahnkna Parekh, Helen Majors, Anna Hattaway, Robin Eisenbeis, Karen Coates, Kathy Chiulli, Kimberly Durland, Ann Ashburn, Karen Albright, Dorothy Nance, Diane Lambeth, Jane Patterson, Virginia Scanlan, Barb Savage



Quail Ridge Meeting: L to R: Elizabeth McMahon, Jan Garside, LaDonna Overcash, Susan Boone, LaRinda Huntley Kaplan, Ann Ashburn, Dorothy Nance, Barb Savage, K Keener, Jane Patterson, Zohra Osman

Calendar of Events

January 21, 2017
OCMSA Annual Oyster Roast

March 30, 2017
Doctors' Day

February 26, 2017
GGMSA Scrubs vs. Suits

May 7, 2017
NAMI Walk

March 16, 2017
WCMSA 2017 Fashion for FIGS

May 2017 – Day TBD
NCMSA 94th Annual Meeting

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.