

Tarheel Tandem



Volume 73 | Spring 2019

2018-2019 Board of Directors

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Tracy Steadman, Executive Director
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NCMS Alliance

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President's Message

By Uma Avva, NCMS Alliance President



Spring brings with it a message of renewal and hope. Despite a year of fire, flood, hurricane, and a reduction in membership, NCMS Alliance and our local affiliates are still making a difference. I thank all of you for your ongoing commitment and donations (p. 2) to improve the health of North Carolinians and support our medical families across county lines. As NCMSA President, it has been an honor to work with this year's board and local leaders across the state.

Please join us for the **NCMSA Annual Meeting and Hubbard Luncheon** on May 1 in Wake County (pp. 6-7). In hopes of increasing attendance, the planning committee listened to your feedback and reduced our registration cost. The Annual meeting is a wonderful place to reconnect with friends, network, and celebrate the accomplishments of NCMSA and our local Alliances.

Barbara Savage will be installed as the 2019-2020 NCMSA President during the Hubbard Luncheon along with the other 2019-2020 officers. Barbara brings incredible leadership experience to the table. She was president of the Iowa Medical Society Alliance, Co-President of the Wake County Medical Society Alliance twice, and is currently the AMAA National Initiatives, Opioid Initiative, Chair. I wish next year's board much success in steering our organization forward!

NCMS Political Pulse – Legislative Video Update

Have you ever wondered what is going in the General Assembly in terms of health issues, but felt that you didn't have enough time to investigate? Watch North Carolina Medical Society staff, Chip Baggett and Sue Ann Forrest give a video summary. These short videos can be found on youtube.com and the NCMS website, www.ncmedsoc.org.

NCMSA Hurricane Relief Impact

By Uma Avva, NCMS Alliance President

As part of our hurricane relief efforts, the NCMSA Board voted to allocate \$1,000 for the NCMS Disaster Relief Fund to provide grants to rebuild or repair practices damaged by Hurricane Florence. We were pleased that our call to action in the Fall Tandem also encouraged fundraising by Alliance members and Allies to help provide financial support to areas impacted by the storm.

In particular, we would like to thank Dhruva Ghosh, a Georgia high school junior whose father attended UNC Medical School. Dhruva worked with the NCMS Alliance to raise funds for the Disaster Relief Fund and for Onslow House, a nursing home in Jacksonville, NC. Dhruva is still collecting checks as we speak.



We hope to have a grand total in the next few weeks for this initiative. Thank you to the following for their personal donations to NCMSA for hurricane relief.

NCMS Foundation Disaster Relief Fund

Dr. Ravi and Uma Avva in honor of Dhruva Ghosh	\$100
Dr. Ibrez Bandukwala and Dr. Claire Parker in honor of Dhruva Ghosh	\$100
Dr. N.K. and Meena Ghosh in honor of Dhruva Ghosh	\$100
C. Sekhar Ghosh in honor of Dhruva Ghosh	\$500
Dr. Michael and Ginnie Leone	\$50
Anne-Bee Van Meter	\$100

Onslow House

Mona Dodia in honor of Dhruva Ghosh	\$25
Wab Kadaba in honor of Dhruva Ghosh	\$50
Svathi Reddy and Rohit Khanna	\$150
AJ Boykin and Jennifer Robinson	\$100

Unfortunately, the NCMS Disaster Relief Fund and other organizations were not able to track donations given to them in response to our initiative. A big thank you to the following individuals and organizations for letting us know about their contributions in response to our NCMSA hurricane relief initiative.

NCMS Foundation Disaster Relief Fund

Deb Meehan and the Wild, Wacky, Wonderful Women of the World	\$5,500
Louisiana Medical Society Alliance	\$1,000
Kirby Sheridan	\$100
Dr. Edward and Joan Bryan in honor of Uma Avva	

Onslow House

Dhruva Ghosh, Andrew Mao and Westminster Upper School, Georgia	\$220
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We Value Your Membership! Why Attend the Annual Meeting?

By Barbara Lupton, NCMS Alliance VP Membership Development

Our Annual Meeting is coming up soon ... April 30 - May 1

It is a great time to:

- reconnect with old friends, plus make new friends,
- review and learn about the activities our fellow Alliances have been involved in this past year,
- attend the annual Hubbard Luncheon,
- tour Highlights of the Collection Tour at the North Carolina Museum of Art,

- re-energize for the coming year by brainstorming and sharing ideas with fellow Alliance members, and
- move forward with exciting plans for the coming year.

We hope to see you there. More information is available on page 6.

As Membership Chair, I am happy to share that groundwork is being laid to start an Alliance in the Greenville area. This is an exciting development as there is a trend of decreased

membership around the country. It is important to remind all that you can be a member of the State Alliance even if there is not a local Alliance in your county. We welcome all to our State Alliance home, whether you have an active local Alliance or feel like an "orphan" without your local Alliance. We value your membership to NCSMA.

If you have questions, please feel free to contact me at bvlupton@gmail.com or 336-288-4284.

NCMS Alliance Supports Poe Center *Drugs Uncovered* Program

By Susan Edens Hammer, NCMS Alliance Secretary

In the spring of 2018, NCMS Alliance awarded the Poe Center \$10,000 to support ten *Drugs Uncovered* programs in highly impacted areas. Our funding assists in preventing opioid use through education which is one essential component in combating an ongoing trend of drug overdose deaths. Included below are completed sessions showing the number of attendees as well as sessions rescheduled due to hurricane and ice issues.

Drugs Uncovered is an interactive program that will raise awareness about prescription drug use, provide strategies to reduce harm, and encourage family and community conversations about the related issue. The program targets parents of upper elementary, middle school and high school students; and professionals within community and government organizations that work with children and youth in North Carolina.

For the Health of It is an interactive program that focuses on “showing and not telling” youth how their brains are affected by alcohol and drug (inhalants, marijuana) use. Real life scenarios are used to help students analyze how a “drugged” brain affects their actions and decision making skills. Students will also engage in role-play reinforcing refusal skills.

Completed funded programs showing the number of attendees:

May 2, 2018, Martin Co.

Drugs Uncovered for Parents (17)
For the Health of It for Youth (5)

June 7 & 25, 2018, Buncombe Co.

Drugs Uncovered Lite (#Youth Culture) for Parents (42)

October 18, 2018, Wilson Co.

Drugs Uncovered for Parents (25)

January 17, 2019, Vance Co.

Drugs Uncovered for Parents (125)
For the Health of It for Youth (4)

January 29, 2019, Richmond Co.

Drugs Uncovered for Parents (55)
For the Health of It for Youth (17)

February 2, 2019, New Hanover Co.

Drugs Uncovered for Parents (17)
For the Health of It for Youth (7)

Rescheduled Programs:

Alamance Co.

Drugs Uncovered for Parents
Date: April 4, 2019
Dinner 6:00-6:30 | Program 6:30-8:30
Location: Alamance Co. Community College
1247 Jimmie Kerr Rd, Graham, NC 27253

Register [HERE](#).

Davie Co.

Drugs Uncovered for Parents
For the Health of It for Youth
Date: April 29, 2019
Time: 6:00-8:00
Location: Davie County High School
180 War Eagle Drive, Mocksville, NC 27028

To Be Scheduled:

Drugs Uncovered for Parents
For the Health of It for Youth

- New Hanover/Pender Co. - Cape Fear Coalition for a Safe and Drug Free Tomorrow
- Guilford Co. - Healthy Guilford Coalition
- Western Youth Network in partnership with Watauga County Schools

Drugs Uncovered Lite (#YouthCulture) for Parents

- Orange County Partnership



Awarded the Order of the Longleaf Pine

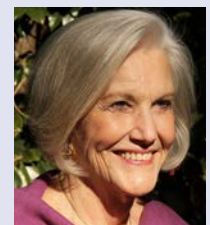
Congratulations to NCMSA Past Presidents, Carolyn Niemeyer (1988-89) and Connie Parker (1991-92) who were awarded the Order of the Longleaf Pine. This is the highest award a North Carolina citizen can receive and is awarded by the North Carolina General Assembly and signed by the governor.



Carolyn Niemeyer of Gastonia was honored in April 2018 for her work over the past five years in founding, organizing and managing the Gaston County Weekend Backpack Food Program. This program now feeds a thousand children every weekend and

other days that meals are not available through the school system.

Connie Parker of Wilmington was honored in October 2007 on the occasion of stepping down as the founding Executive Director of Wilmington Health Access for Teens. The award focused on her work in establishing much needed access to physical and mental health care for young people in a community health center and in school-based health centers in New Hanover County high schools.



Understand the ‘Why’ Behind the Change

By Karen Chandler, Erin Edwards and Sherry Ward

Like all North Carolina County Alliances, Healthy Charlotte Alliance, formerly Mecklenburg Medical Alliance and Endowment (MMAE), was established by the Mecklenburg County Medical Society as a service organization for spouses of physicians. For many years Healthy Charlotte Alliance welcomed members who were not spouses of physicians. These members were called “friends” but didn’t have full privileges afforded to physician spouse members. In 2016, to remain vital and sustainable, there needed to be a change in the membership model to

make all members equal members and therefore attract the best new members and potential future leadership.

After the board’s approval, there was a convening of past-presidents and informal leaders to elicit feedback and support. Not only was full support enthusiastically provided for the new membership model, it was suggested that the name be changed to make an even greater impact on membership and the community. Rebranding was a way to honor our history by preserving the essence of our organization while providing a fresh new



spin on our name. In other words, “We’re established and forward thinking”.

Refreshing a 77-year-old organization can be rewarding if there is a clear direction, communication and involvement. Members and stakeholders need to understand the “why” behind the change; and, if it is compelling, they will get behind it and become advocates for the change themselves.

Share Your Programs and Projects

We know that local Alliances in North Carolina are leading efforts to improve the health of citizens in their communities. You are getting together to learn from interesting programs during your meetings. Please share what you are doing so that other Alliances can reap ideas and be inspired by your experiences. Share your programs and projects with the rest of the state via the North Carolina Medical Society Alliance website or the *Tarheel Tandem*. Please share photos of events and projects, also. They add to the excitement over your successes and efforts in your communities.

To share what is going on in your Alliance, email the NCMSA Executive Director, Tracy Steadman, at tsteadman@ncmsalliance.org with photos and a description of your recent activities. You can send an outline or write an article. We will follow up with you for more details, if needed. What you do to improve the health of your communities will inspire others so please share.

Seeking 96th Anniversary Annual Fund Donations

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

Donors to the NCMS Alliance Annual Fund will receive the set of four Love and Caring Cards. Donations may be made in honor or memory of special people in your life who will be recognized in the next issue of *Tarheel Tandem*. The proceeds from the distribution or sale of these cards support the NCMS Alliance which is currently focusing on Community Health in North Carolina.

Please use the Annual Fund donation form on page 5 or online [HERE](#) for details on how to donate.

Extended Deadline of April 8 for the 2018-19 Love and Caring Cards Contest

Image of your artwork or photography could be featured on one of the Love and Caring Cards received by every donor to the NCMSA Annual Fund!

The NCMS Alliance has extended the deadline to **April 8** for the Love and Caring Cards Contest, accepting photographic entries of original artwork or photography from NCMS Alliance members and their immediate family. The past three years we had great participation but this year the submissions were too few to determine four winners by the original deadline. 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.

NCMS Alliance 96th Anniversary Annual Fund

Donor's Name _____
Print your name as it should appear for recognition in the NCMSA Tarheel Tandem newsletter

Check here if you prefer your donation be anonymous

Address _____ City _____ State _____ Zip _____

Annual Fund Donor Levels (please check one box below)

- Sadie McCain Circle** (includes ten packs of 4 cards each and ten acknowledgements in the Tarheel Tandem)\$500 & above
- Champion** (includes six packs of 4 cards each and six acknowledgements in the Tarheel Tandem)\$300
- Mentor** (includes four packs of 4 cards each and four acknowledgements in the Tarheel Tandem)\$200
- Advocate** (includes two packs of 4 cards each and two acknowledgements in the Tarheel Tandem)\$100
- Friend** (includes one pack of 4 cards each and one acknowledgement in the Tarheel Tandem)\$50
- Surprise us with a donation level of your choice**..... \$_____

I want to honor these special people for the NCMS Alliance Annual Fund

These special people will be recognized in the next issue of the NCMSA Tarheel Tandem newsletter.

Please print:

In honor/memory (circle one) of:

In honor/memory (circle one) of:

In honor/memory (circle one) of:

In honor/memory (circle one) of:

In honor/memory (circle one) of:

In honor/memory (circle one) of:

In honor/memory (circle one) of:

In honor/memory (circle one) of:

In honor/memory (circle one) of:

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 96th Annual Meeting and Awards Program

April 30 - May 1, 2019 • Wake County, NC

(Attend one day or both days)

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

Proposed Agenda

Tuesday, April 30

Tour of NC Museum of Art and Dinner Social

- 2:00pm** **Docent tour Highlights of the Collection Tour – No Charge**
North Carolina Museum of Art,
2110 Blue Ridge Road, Raleigh
- 6:30pm** **NCMS Alliance Dinner – Dutch Treat**
Chef's Palette, 3460 Ten Ten Road, Cary



Wednesday, May 1

**Annual Meeting,
Devils Ridge Golf Club,**
5107 Linksland Rd, Holly Springs



- 8:45-9:15am** **Registration Opens**
C2: Continental Breakfast and Conversation
- 9:15am-Noon** **Opening Session**
Keynote Speaker, Mary Tyrey BSN, RN, National Board & Duke Certified Health and Wellness Coach
County Updates
AMAA Update – *Cami Pond, RN, President AMA Alliance*
Business meeting
- 12:15-2:30pm** **Hubbard Luncheon and Awards Ceremony**
President's Remarks
Recognition of Past Presidents
Recognition of new 30 and 50 year members
NCMSA Awards Ceremony
Installation of 2019-2020 Officers
Inaugural Remarks, *2019-2020 President Barbara Savage*
Anne Hubbard Memorial Lecturer, *Clark Gaither, MD, Author, Reignite with Passion and Purpose*



Mary Tyrey



Cami Pond



Clark Gaither

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 county and/or state 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 county and/or state Alliance members. The registration form on page 7 provides a place to register for this luncheon only.

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

Options include the following. Rooms have not been reserved at these locations.

Courtyard by Marriott

102 Edinburgh Drive South, Cary, 27511
919-481-9666

Hampton Inn by Hilton

201 Ashville Ave, Cary, 27518
919-859-5559

Residence Inn by Marriott

2900 Regency Pkwy, Cary, 27518
919-467-4080

NCMS Alliance 96th Annual Meeting Registration Form

April 30 - May 1, 2019 • Wake County, NC

Registration Deadline: April 20, 2019

Name _____
Address _____ City _____ State _____ Zip _____
Phone _____ Email Address _____
Dietary Restrictions (circle): Yes No Please Describe _____

Registration Fees (please check box and provide numbers below)

- Reserve _____ place(s) for All Inclusive Registration** @ \$100 each = \$ _____
(includes Deluxe Continental Breakfast, Hubbard Luncheon & Annual Meeting)
Wednesday, May 1, 8:45 am - 2:30 pm • Devils Ridge Golf Club, 5107 Linksland Rd, Holly Springs
Choose one entrée per person. All entrees include mixed green salad, fresh baked rolls & dessert.
1) Chicken Francaise with a lemon butter sauce, wild rice and vegetable medley # _____
2) Marinated Grilled Salmon, wild rice and vegetable medley # _____
3) Grilled Vegetable Ravioli with a roasted red pepper cream sauce # _____

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

- Reserve _____ place(s) for the Dinner Social** (Dutch Treat)
Tuesday, April 30, 6:30 pm • Chef's Palette Restaurant, 3460 Ten Ten Road, Cary • www.chefspalette.net
- Reserve _____ place(s) ONLY for the Hubbard Luncheon and Officer Installation** @ \$40 each = \$ _____
Featuring Clark Gaither, M.D., author of *Reignite with Passion and Purpose*
Wednesday, May 1, 12:15 pm • Devils Ridge Golf Club, 5107 Linksland Road, Holly Springs
Choose one entrée per person. All entrees include mixed green salad, fresh baked rolls & dessert.
1) Chicken Francaise with a lemon butter sauce, wild rice and vegetable medley # _____
2) Marinated Grilled Salmon, wild rice and vegetable medley # _____
3) Grilled Vegetable Ravioli with a roasted red pepper cream sauce # _____
This entry is for registrants attending **ONLY the luncheon on Wednesday. **Provide dietary restrictions above.

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

- Reserve _____ place(s) for the Docent led tour, Highlights of the Collection** **No Fee**
Tuesday, April 30, 2:00 pm • North Carolina Museum of Art, 2110 Blue Ridge Road, Raleigh
Number of attendees required to arrange for docents _____

Total Due: \$ _____

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, 2019:

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

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

County News

Healthy Charlotte Alliance

Health Education Initiatives included *Caring for the Caregiver*, the 2018 Community Health Classroom in October, featured Peter Wong, author of *The Caregivers Toolbox*. The program *Living, Surviving & Thriving with Mental Illness* was presented in November by Beth Purdy who shared her mission to help change how society views these often-misunderstood diseases.



Welcoming New Members



Mecklenburg - Past Presidents

The Healthy Charlotte Alliance welcomed 12 new members this year. Each one receives a welcome packet of upcoming events and programs, invitation to a new member orientation, personal phone call and a buddy who is a member. We aim to involve each new member on a committee or task force to increase their understanding of and engagement with our organization.

Past Presidents met Executive Director Erin Edwards and heard a State of the Alliance report. It is wonderful to have their years of wisdom and support behind us.

Greater Greensboro

By Alisha Maynard & Harsha Mirchandani

The Greater Greensboro Society of Medicine Alliance has had an incredible year full of Bunco, Book Club, Men's Interest Group, Mini Medics, KITS (keeping in touch socially), and our annual New Physician's Social!



Scrubs vs. Suits All Stars



Katie Lockwood and Julie Wall, Scrubs vs Suits co-chairs presenting Mike Yow, CEO and President of Fellowship Hall, with a check!

The Greensboro doctors vs. attorneys battled it out on the basketball court for the third-annual Scrubs vs. Suits MD/JD challenge on February 24. For the second year in a row, the suits were victorious on the court. The afternoon drew a crowd of over 200 fans who enjoyed a Silent Auction and children's activities. UNC basketball alum, David Noel, served as the emcee for the second year. This year's event raised more than

\$29,000 for the Partner Scholarship Fund at Fellowship Hall, a local nonprofit treatment center helping individuals who suffer from substance use disorder.

Mini Medics has been busy this year doing a variety of activities. In the fall, we had play dates at LeBauer Park and the Greensboro Science Center. Over the holidays, we had a cookie decorating party. We have a wide range of children participating, from our infants to school age, so we had a special event at the trampoline park for the younger children... which was a big hit! We also supported the Scrubs at the Scrubs vs Suits charity basketball game. Coming up, we plan to visit the Greensboro Children's Museum, Summerfield Farms and some other fun outdoor activities.



Mini medics at the trampoline park.

Since last October, the MIG (Men's Interest Group) has been working to create a group that offers activities for our male spouses of physicians. In February, we had a great time rock climbing at The Ultimate Gym in Greensboro. Some of the future activities we are considering include: Golf, Hiking, Paintball, Archery, Basketball or a group dinner. Our next meet up will be to play golf in April!

Rowan County

By Wanda Smith

21st Annual "Fashions For A Cause" – "Bonnets, Baskets And Brunch"

Sponsored by Rowan County Medical Society Alliance Foundation

The Rowan County Medical Society Alliance had the most successful "Fashions for a Cause" ever in April 2018. After all expenses were paid, the total amount donated was \$21,217 to benefit the **Community Care Clinic of Rowan County**. Each dollar provides \$8.00 worth of service. So this year alone our donation provided almost \$170,000 worth of service to their clients. If you were one of our generous donors or supported our efforts in any way, thank you for your part in making our effort a tremendous success!

The **Community Care Clinic** is a non-profit health, pharmaceutical and dental care clinic funded primarily by individual donations and grants. The clinic helps the uninsured working poor of Rowan County. Because of increasing problems in our local economy, the number of underserved and needy

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County News

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is rising rapidly. **Working together we can make a difference** in the lives of those served by the clinic.

And the show goes on. This year's show will be held on Wednesday, April 10, 2019 at Catawba College Crystal Lounge. We hope this Fashion Show will be even more successful as the needs are great for continued medical and dental assistance in our community. Many of our NCMS Alliance Board members have attended and/or sent donations in past years. Everyone has a great time and the show sells out fast every year. If you would like more information, please contact either of the Co-Chairs: Mary Goodman (cell 704-762-4772) or Joyce Goodwin (cell 704-293-8290).

Wake County

By Zohra Osman

With a focus on membership for several years, my driving force was to know our mission and retain membership. It is simply amazing what a few fresh ideas, combined with that spark of creativity from the Board can do to take your organization to the next level!

Our focus in January was Self Care. We offered a workshop on Effective Communication to members and the public. Later, members teamed up to offer their expertise on yoga, mindfulness and healthy living with funds raised going to NAMI of Wake County. We partnered with the Wake County Medical Society in offering the Physician Burnout seminar by Dr. Gaither.



Yoga, Mindfulness and Healthy Living

In February we celebrated friendship in the Alliance while supporting the community in visiting 'A Place at the Table,' where the founder, Maggie Kane, shared their mission.



A Place at the Table

In March we held the second Effective Communication workshop, *Active Listening*. The workshops made such an impression that a physicians' office practice plans to offer these. I learned to **never doubt the impact one may be making on another. All is not about the numbers attending, but about connecting and touching lives.**

Calendar of Events

April 10

"21st Annual Fashion for a Cause"
Rowan County Alliance, Salisbury, NC
Contact: Mary Goodman (cell 704-762-4772)
Joyce Goodwin (cell 704-293-8290)

April 30 - May 1

NCMS Alliance Annual Meeting
Wake County
See article on page 4

May 18

NAMI Walks North Carolina
Dorothea Dix Park, Raleigh, NC
See article on page 10

June

Membership renewals are due
for June 2019 - May 2020
Watch your e-mail and postal mail!

June 8-11

AMA Alliance Annual Meeting
"Making a Difference"
Hyatt Centric Magnificent Mile Hotel
Chicago, Illinois
Details: www.amaalliance.org

Our focus shifted to fun and beauty with Fashion for Fund\$ on March 20 when we raised over \$16,000 for our focus philanthropic organization, the Poe Center Prevention of Substance Use Programs. Miss North Carolina, Laura Matrazzo, was our special guest and one of the models.



Fashion for Fund\$: Kimberly Durland, Zohra Osman, Miss North Carolina - Laura Matrazzo, Dorothy Nance.

We would love to hear how you are celebrating Doctor's Day. We are partnering with the Medical Society in visiting the Duke Gardens in April. We look forward to seeing you at the NCMS Alliance Annual Meeting in Wake County.

I just read this in the AMA Alliance Journal "The AMA Alliance is working to bridge the diversity gap and promote kinship among different communities from many different countries." Our Alliance has long worked at being culture sensitive and plans to visit a faith center with the Medical Society in June.

NAMI Walks North Carolina – CHAMPION 2019 Stigma Free

North Carolina Medical Society Alliance, Family and Friends! Join Us!

Saturday, May 18, 2019 • Dorothea Dix Park, Raleigh, NC (note the change in date and location from previous publication)

Festivities and Check-In begin at 9:30 a.m • NAMI Walks North Carolina begins at 10:30 a.m.

Find us by our NCMS Alliance 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.**

This year we are celebrating 17 years of NAMI Walks, **the nation's largest mental health awareness and fundraising event.**

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

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

Team NCMSA: we represent the entire state of North Carolina.

Please bring information, samples and goods that represent any organization and/or business that is important to you for our team table. Team NCMSA, we stand together as one voice in the effort to bring awareness, drop away stigma and advocate! Contact Mary Tyrey with questions 919-219-5386.

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 across North Carolina.

Did You Know?

20% of children ages 13-18 have, or will have, a serious mental illness.

43.8 million adults experience mental illness in a given year.

More Women, More Problem-Solving: How Women Can Change the Medical Culture for the Better

By Chrystal B. Harris, MD, CLC



For the first time in history, US medical schools are entering more female students than male. Currently, females make up a third of practicing physicians. With the increase, it will help the doctor shortage and place more females in positions of influence. As a female physician, I am encouraged by the prospects of this change positively impacting our profession.

Presently, medicine has seen increased rates of burnout and depression, more part-time physicians and early exits from the profession. I contend the changing face of medicine will force the culture to adequately address these issues by

transforming how they invest in physician longevity.

Consider this: we have guided more women than ever into the medical school pipeline through various successful initiatives. Some of these programs provide structured support systems that lead young women through paths to realize their dream of medical school matriculation. Unfortunately, the same level of fundamental support is not available for most medical students, residents, and practicing physicians.

Medicine is a rigorous lifestyle from premed to practice. Additionally, the current system inherently breeds burnout. I had my own challenges with burnout. Thankfully, now there are policies and strategies that affect specific work-life

contributors, such as a sense of control, fairness, personal values, and building community, that can protect against the negative effects of the stringent lifestyle. As higher percentages of practitioners are physician-wives & physician-mothers, there will be a greater emphasis to implement proven initiatives known to improve outcomes, increase performance, and promote career longevity.

The Alliance is in a unique position in that it already supports the physician family. Local Alliances can connect with nearby medical school and resident programs, provide a platform for guided discussion with doctors-in-training and spouses, and co-sponsor programs that address their specific challenges. Together we can help strengthen the physician family at all levels.