MD Connection

Wake County Medical Society Alliance January 2007

S.A.V.E. Event Recap

Alliance members: Sandra Simpson, Mary Tyrey, Claire Casey

Thank you to Claire and Raynor Casey for graciously hosting this fun event. Attendees brought delicious hors d'oeuvres and the wine was great!

The totals are still being tallied but this event is sure to be a great success thanks to the event organizers, Ginny McKay and Sandra Simpson.

President's Letter

I hope everyone had a fun and exciting holiday visiting with family and friends. As we look forward to the beginning of our 2007 Alliance year, I'd like to update you on upcoming events and board decisions.

At our last Board meeting, the Board voted to focus our fund raising efforts through May 2007 in support of the Hospice Capital Campaign. Our ultimate goal is to raise the funds to have the naming rights to the Child/Teen Grief Counseling Room. Being a part of the medical community, all of us are aware of the need for a Hospice facility and the important services it provides. In fact, just recently I found myself listening to the Hospice Chronicles on NPR and was deeply touched by the stories I heard, reinforcing our decision to concentrate our efforts on this goal.

The first of our fund raising efforts for Hospice will be the Gourmet Gathering Dinners taking place in February, March and April. Look for your invitations in the mail soon! We will culminate our work with a combined Gourmet Gala and Doctors Day celebration later in the spring. The Board looks forward to your support and participation in these upcoming events.

Here's to a great 2007!

Pat Udekwu

872-9471 pudekwu@nc.rr.com

Alliance Playgroup

Friday, January 19th (10:00 am)
Jasper's Place
Brier Creek Commons
(across from Brasa)

Come join us at Jasper's Place for a January play date! Jasper's is a great activity center for babies and toddlers. They will be having a music and movement class during our playgroup for those interested in participating or we can just let the kids play while we chat! The cost is $10 for a two hour period of free play. Call Kimberly if you have questions: 624-9505.

New Year's Fitness Resolution!

"How to Overcome the Excuse: I'm Too Busy to Exercise"

Thursday, January 18th (10:00 am)
WakeMed Health Park

How are your New Year's fitness plans coming along? If you are short on time and in need of fresh ideas, then please join us for a motivating presentation at the Wake Med Health Park. Fitness expert Kathryn Armentrout, a Certified Personal Trainer and Certified Group Exercise Instructor, will give us tips on how to incorporate exercise into our daily life and how to stay motivated. At WakeMed, Kathryn works with a variety of clients, from individuals training for a marathon to those recovering from strokes.

Kathryn herself is an avid cyclist and has trained for and participated in 14 marathons worldwide. With such a range of clients and expertise, Kathryn will have something that will motivate us all. As an added bonus we will receive a free one-day pass to the health park to be used the day of our meeting or at a later date. There is an exercise class taking place at 12:15, after our meeting, so if you want to participate or use the exercise equipment bring your work out clothes!

RSVP to Debbie Lane, debrnz4it@yahoo.com, or contact Pat Udekwu, pudekwu@nc.rr.com, if you have questions.

Parking Instructions: Once you arrive at WakeMed, you can park in the regular visitors parking deck and we will stamp each person's parking ticket. As you exit the parking deck/parking lot, take a right. Go to the last entrance, the Healthpark entrance. Healthworks is located there.

Book Club

Wed., January 10 (9:30 am)
Home of Betty Griffin
3910 Stratford Court
782-1803

This month's selection is ***The Good Life*** **by Markus Zusak.** We hope to see you there!

In our thoughts…

Susan Montgomery's husband, Steve, was diagnosed with pancreatic cancer a few weeks ago. He is recovering from surgery at Duke Hospital. Please keep Susan and her family in your thoughts at this time. If you would like to lend help to support Susan and her family, please contact Heather Mikles at 844-7347 or heathermikles@hotmail.com.

WELCOME

Allison Louise Clinton

Bill and Ginny Pierson are the proud grandparents of baby Allison, born December 7th. They now have four grandsons and one granddaughter. Congratulations!

We need technical support!

The Alliance is looking for a techie who can investigate setting up a free email account for the WCMSA. This account should allow email to be sent to multiple recipients without bouncing it back as SPAM and should allow possibly for attachments. If you can help, contact Pat Udekwu.

Yearbook Update

Please add our new member to your directory:
Patricia Ellenbogen moved here from Fayetteville. She is the widow of Dr. Charles Ellenbogen, an Internist.
1009-359 Wade Avenue, Raleigh, 27605
828-8794, armintarose@aol.com

Nominating Committee Update

The Nominating Committee members are responsible for selecting the slate of officers for 2007-2008. The current members are: Suzanne Zeok, Chair; Debbie Lane, Ex-officio; Linda Bruggers, Claire Casey, Susan Hammer, and K Keener. If anyone has individuals to suggest for 2007-2008 officer positions, please contact Suzanne Zeok (878-7846 or suzannesz@aol.com) as soon as possible.

Everyone interested in serving on the board in any capacity should contact the nominating committee. We are looking for new faces and faces we haven't seen in a while! If you are interested in a specific position, such as Pres-elect, Treasurer, Recording Secretary or Corresponding Secretary, please contact Suzanne Zeok as soon as possible.

Condolences

The Alliance sends heartfelt condolences to:

The family of Marybelle Simpson Jester, widow of Dr. Paul E. Simpson, upon her death on November 23, 2006. Mrs. Simpson is a veteran of World War II and was a nursing instructor at Portsmouth, Virginia, Naval Hospital and Rex Hospital School of Nursing. Marybelle served as president of the WCMS Alliance from 1960-61.

Ruby Byrum and family upon the death of her husband, Dr. Clifford Byrum, on December 22, 2006. A NC physician for over 40 years, Dr. Byrum began his obstetrics and gynecology practice in Raleigh in 1955.

Margaret Sanders and family upon the death of her husband, Dr. Lee Sanders, on December 15, 2006. Dr. Sanders began his pediatric practice in Raleigh in 1945 and continued to treat the diseases of children for 30 years before becoming Medical Director of the Student Health Services at NCSU.

Jerry Mannen and family upon the death of former Alliance member Barbara (Johnson) Mannen on December 25, 2006. Barbara was active for many years in the Raleigh community and served on the board of many non-profit organizations including the WCMS Alliance.

Jessie Robie, Linda & Nat Sparrow and Rebekah & John Chiavetta and family upon the death of Dr. Bill Robie on December 28, 2006. Dr. Robie retired from the Navy to Raleigh in 1964. He was a pediatrician in private practice for many years.

Benton and Emma Garnett Satterfield upon the death of their sister-in-law and former Alliance member, Joyce Satterfield, upon her death on December 26, 2006. Joyce volunteered for Interact and her church for many years and retired as registrar from the Pines of Carolina Girl Scout Council in 1998.

WCMSA Calendar

January 10 (9:30 am) – Book Club, Home of Betty Griffin
January 18 (9:30 am) – New Years Fitness Resolution
January 19 (10:00 am) – Playgroup, Jasper's Place

MD Connection Contacts: Kimberly Logel (544-1441, thelogels@yahoo.com); Claire Casey (781-2030, brunicasey@aol.com)

E-MAIL NOTICE: *Please do not use our newsletter e-mail distribution list to communicate with WCMSA members; it is only for distribution of the newsletter, invitations, and important notices. Thank you for your consideration.*