

Tar Heel Tandem

THE NEWSLETTER OF THE NCMS ALLIANCE: MAKING A DIFFERENCE!

Volume 62 Number 1

Summer 2011

*Your Dues Make
a Difference*

2011-12 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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Rebecca Williford, Charlotte
Maya Zumwalt, Raleigh

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Get Fit NC Road Race

10K • 5K • Kids' Fun Run
December 3, 2011

Make plans to join the NCMS Alliance and walk, jog or run with physician families to help children develop healthy habits to last a lifetime. The Get Fit NC Road Race will take place on December 3, 2011 in Wake Forest, NC and this year is expanding to include a 10K, 5K and Kids' Fun Run.



Participants from the 2010 Get Fit NC Race

Kids across North Carolina represent a distressing statistic: they are among the most overweight children in the nation. According to the 2010 report from the Trust for America's Health, North Carolina ranks 11th in the nation for obesity in young people ages 10 - 17 (F as in Fat: How Obesity Threatens America's Future 2010). As a result, our children are exhibiting signs of heart disease, diabetes, arthritis, and other "adult" diseases at increasingly younger ages.

Schools are on the front lines in teaching proper nutrition and encouraging physical activity for students. However, many physical education programs lack the equipment and funding to introduce kids to the joys of exercise and lifelong fitness. The Get Fit NC Road Race is dedicated to increasing awareness of the

nutritional and physical needs of children and raising money to purchase equipment for physical education programs in our state that are in need.

Increasing physical activity at home and at school plays a critical role in combating the obesity epidemic. Because of continued support by race sponsors and participants, Get Fit NC has reached more than 6,000 students in 28 public schools in North Carolina providing help in the form of jump ropes, pedometers, and exercise balls.

In addition to hosting the Get Fit NC Road Race, the NCMS Alliance is also collaborating with the Wake County Medical Society Alliance to launch the Get Fit Great Kids Marathon project this fall. The Get Fit Great Kids Marathon will provide a great opportunity for parents, teachers and volunteers to get involved and demonstrate to kids how important increased physical activity and nutrition are to improving health. The project will feature a "marathon" challenge for students to log 26.2 miles of running/walking during the two month program. Children completing the challenge will receive a special Get Fit Great Kids medal following the Get Fit NC race on December 3. The Get Fit Great Kids Marathon is based on several model programs in place throughout the country.

For more information on the Get Fit NC Road Race and the Get Fit Great Kids Marathon, visit www.ncmsalliance.org. You can also register today for the race as a runner or run with us in spirit as a phantom runner. Register online at www.runtheeast.com or download a registration/donation form at www.ncmsalliance.org. Hope to see you there!

From Your President

Pat Udekwu



Greetings Alliance members! I hope this issue of the 2011 *Tar Heel Tandem* finds you and your family well, and you are finding effective and ways to stay cool in this record heat. In just a short while, summer will be over, at least according to the calendar. Kids will return to school and the county alliances will kick off various projects and events. As you begin your year, please make sure you include opportunities to socialize and have some fun. I believe the social aspect helps us to reenergize ourselves for the year ahead.



Angie's Notes

Greetings from your NCMS Alliance state headquarters! I hope that everyone is doing well and looking forward to a wonderful Alliance year.

Now is the time to get ready for the 2011-12 Get Fit NC County Alliance Challenge. The six-month challenge begins on October 1. There is no minimum or maximum number of members that can participate on your county team. Everyone is encouraged to take part in this year's challenge to increase physical activity and improve health. Be sure and visit the NCMS Alliance web site for county challenge details and monthly report forms. We have also posted a calendar you can print at home and use to track your miles of exercise.

We are really looking forward to this year's Get Fit NC Road Race on December 3 which will now include a 10K, 5K and a kids fun run. You do not want to miss this event! The newsletter includes information on how to register or donate to Get Fit NC. Registered participants and our "phantom" runners will also receive a special race shirt to help show your support.

Don't forget to keep us updated on your upcoming county Alliance events and fundraisers. We will post state and county events on our web site as well as our Facebook page. If you have any questions or need any assistance, please contact me at 919-833-3836 x124 or email at ncmsalliance@ncmedsoc.org

Tar Heel Tandem

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

Next Deadline: November 11, 2011

Please send submissions by email at
editor@ncmsalliance.org

North Carolina was well represented in Chicago at the 2011 AMA Alliance Annual Meeting. We had 9 attendees from North Carolina among whom were Rachael Kunesh, Carolyn Green, Beverly Wright, Wanda Smith, Debbie Gessner, Julie Newman, Gaye Bowman, Paige McLaurin, and Pat Udekwu. After all of the voting, it turns out we are well represented at the National level with Beverly and Julie serving as Directors, and Racheal serving on the nominating committee.

The format of the annual meeting has changed slightly in that the AMA Alliance now allows any paid member who registers for the meeting to participate in any discussion and decisions made at the national level. Voting is no longer based on the size of a states delegation. This approach was voted on and approved by the 2010 House of Delegates and put into effect this year. Therefore, any AMAA member who attends the annual meeting has full voting rights. For more information on the AMA Alliance Annual Meeting please visit the AMAA website: www.amaalliance.org.

On August 4th and 5th the board of directors met in Raleigh for the annual retreat where we discussed plans for our annual meeting, strategies to increase membership, exchanged ideas regarding our portion control placemat in light of the new USDA guidelines. We are also preparing for the Fall on-line auction and Get Fit race. Get Fit has expanded, it now includes a 5K, fun walk/run and a 10K. We have also added a kids component to the race as well. More information on the Get Fit race will be coming your way soon. Remember, the Get Fit county challenge begins in October, and we want your miles to count. But in order for your miles to count you must be registered at the state level.

As you kick off your Alliance year, remember there are resources available to you at the state level. These resources include the speaker's bureau, where we have recently added topic of Health Literacy. Our Executive Director, Angie Wainwright, is available to provide workshops on Power Point, Excel, as well as Social Media training. Just tell us your topic! Speaking of social media, tell us about your county alliance and we will put that information on our Facebook link.

From Your President *continued on page 4*



2011 NCMS Alliance Board of Directors at the August Board Meeting/Retreat in Raleigh

2011 AMA Alliance Annual Meeting Highlights

The AMA Alliance held its 88th Annual Meeting and House of Delegates in Chicago on June 19-21, 2011. Participants from North Carolina included NCMS Alliance President Patricia Udekwu and President-elect Carolyn Green along with Racheal Kunesh, Julie Newman, Debbie Gessner, Paige McLaurin, Wanda Smith, Beverly Wright and Gay Bowman.

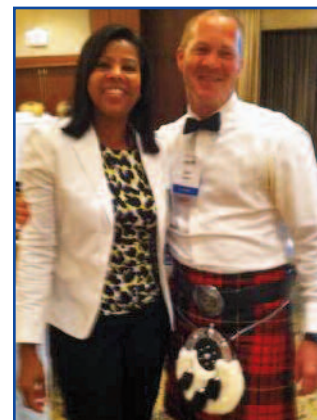
During the meeting, the officers and directors were elected for 2011-12. Emma Borders from Louisiana was installed as the AMAA President. Officers elected included President-elect Pat Hyer (Texas), Secretary Jo Terry (Tennessee), Treasurer Sarah Sanders (Illinois).

Beverly Wright and Julie Newman from North Carolina were elected to serve on the AMAA Board of Directors. The other directors elected include Pat Klettke (Utah), Mary Rice (Colorado), Debbi Ricks (California), Mary Shuman (Missouri) and Rosemary Xavier (Florida).

Also serving on the national level this year, NCMS Alliance Immediate Past President, Racheal Kunesh, was elected to the 2011-2012 AMA Alliance Nominating Committee.

The NCMS Alliance and Cabarrus County Medical Society Alliance were also proud to receive the Membership Development Project Award for collaborative efforts to increase membership. Congratulations to those members that worked to reach out to potential and returning members as part of this project.

For additional information regarding the AMAA Annual Meeting and upcoming national conferences, please visit www.amaalliance.org



NCMS Alliance President Patricia Udekwu (left) with Tom Swan, an Alliance member from Ohio, during the AMAA Annual Meeting



NCMS Alliance Immediate Past President Racheal Kunesh (middle) accepts the Membership Development Project Award from 2010-11 AMAA President Susan Todd (left) and 2011-12 AMAA President Emma Borders (right)



NC Attendees at the AMAA Annual Meeting (left to right): Racheal Kunesh, Carolyn Green, Beverly Wright, Wanda Smith, Patricia Udekwu, Debbie Gessner, Gay Bowman and Julie Newman

Help Support the AMA Alliance Grassroots Honor Fund and honor the memory of John Lovin

The AMA Alliance Grassroots Honor Fund has recently been established as a unique and permanently endowed Alliance scholarship in support of future generations of medical students. It has also been announced by the AMA Foundation that once the fund is endowed, the first scholarship awarded will be in memory of John Lovin.

The NCMS Alliance is asking our members to come together to support this effort. John Lovin was a wonderful friend and dedicated member of the Alliance for more than twenty years serving in many county, state and national leadership positions. He served as the NCMS Alliance President from 1998-1999 and on the national level as the AMA Alliance Treasurer in 2009 when he suddenly passed away.

The scholarship awarded will reflect John's determination to speak up for those without a voice of their own including women and children affected by domestic violence. The scholarship given in memory of John Lovin will go to a medical student with a commitment to women's and/or children's health through volunteer activities or research initiatives.

The Grassroots Honor Fund has currently surpassed the \$150,000 mark towards its \$250,000 goal. Our goal here in North Carolina is to reach \$10,000 to participate as a Charter Donor for the fund. We hope you will choose to join us in supporting this worthwhile project.

Please join us in making a donation to the AMA Alliance Grassroots Honor Fund. Your donation in memory of John Lovin may be sent to NCMS Alliance, P.O. Box 27167, Raleigh, NC 27611 by October 30, 2011. Please make your check payable to the NCMS Alliance so it may be included in our state donation and include "Honor Fund" in the memo section.

From Your President *continued from page 2*

Don't forget to register for the AMA Alliance Leadership Development Conference (LDC) in Chicago, September 30-October 2, 2011. Take advantage of the reduced rates and register for the early bird special, which ends August 31, 2011. The LDC is geared to upcoming and future leaders. However, anyone interested in developing their leadership skills can take advantage of the workshops and leadership training. The NCMS Alliance provides a stipend for those wishing to attend; however, the funds are limited, so apply early.

Here are some dates to keep in mind as the year progresses: County Leader Conference Call, October 6th; NCMS Alliance Annual meeting, May 3-4, 2012 in Greensboro; Get Fit County Challenge, October 1st; Get Fit Race in Wake Forest December 3rd, Fall On-line Auction, November 6-20, 2011.

As you can see, we have a lot on our plate. I am looking forward to working with everyone to pull all our events, projects and programs together successfully. Please feel free to email me with any questions, comments or suggestions.

Did you know. . .



- North Carolina ranks 11th in the nation for the greatest percentage of obese children ages 10-17 (Trust for America's Health, 2010 F as in Fat report)
- Young people exhibit risk factors for heart disease as early as third grade (Journal of Pediatrics, 128(6): 797-805)
- Estimated obesity-related medical expenses in North Carolina adds up to more than \$2.1 billion annually (Centers for Disease Control and Prevention)
- The NC Youth Risk Behavior Survey reports that only about half of high school and middle school youth are getting the recommended amount of physical activity. (2009 NC YRBS)
- Ten of the 11 states with the highest rates of diabetes are in the South, as are the 10 states with the highest rates of hypertension (Trust for America's Health, 2010 F as in Fat report).

3rd Annual

Bid for Better Health



*hosted by the
NCMS Alliance*

November 6-20, 2011

*Mark your calendars and make
a healthy bid in support of the
NCMS Alliance during the
Bid for Better Health, an on line
auction dedicated to supporting
Alliance health promotion
projects and community grants.*

Save the Date!

*89th NCMS Alliance
Annual Meeting and
County Awards Program*

May 3-4, 2012

Greensboro, NC

Registration Opens in January!

*The North Carolina Medical Society Alliance wishes to thank
our 88th Anniversary Annual Fund Contributors*

Sadie McCain Circle

*Racheal Kunesch in honor of Judy Kunesch, Clara Walljasper, Linda Engstrom,
Holly Anderson, Tammy Bridges, Carolyn Green, Anne Kahn, Julie Newman, Charlene Slaughter,
Wanda Smith, Patricia Udekzvu and Beverly Wright*

*Julie Newman in honor Joan Newman, Jo Terry, Racheal Kunesch, Patricia Udekzvu, Debbi Ricks,
Ann Anderson, Emma Borders, Susan Todd, Pat Hyer, Judy Bernhardt, Nancy Kyler and Sarah Sanders
Maya Shenoy*

Mentor

*Jessica R. Goglin in honor of Mrs. Melide Normand and Mrs. Nada Fakfiri,
and in memory of Mrs. Sylvia A. Goglin, Mrs. Catherine L. Ryan, Mrs. Florence von Pressentin
and Mrs. Connie Grosse*

Advocates

*René and Stephen Kikel in honor of Marjory Kikel, Betty Ginex and Patricia Kuchy
Dr. and Mrs. James LeClair in honor of Beverly Hammond, Doris LeClair and Helen LeClair
Mrs. John L. McCain honor of Jean Brumson Herring and in memory of Mary Perrett Ray
and Sadie Lou McCain*

*Beverly Wright in memory of Mary Lou Wilson Brown and May Morgan Allman
Patricia Udekzvu in honor of Leslye Ann Edinburg and Julie Newman*

Friends

*Holly Anderson in honor of Amy Gamber
Gay Bowman in honor of Gaynelle Mastin
Kelliye Bradshaw in honor of Barbara Bradshaw
Ann Faris in honor of the NCMS Alliance Past Presidents
Carolyn Green
Linda Lee Hanrahan
Jamie Hosseinian in honor of Susan Evans
Rebecca Inglefield
Anne O. Kahn in honor of Patricia A. Orazem
David and Kirby Sheridan in honor of Patricia J. Phifer and Ethne Sheridan
Margi S. Shah in honor of Yogini Parikhi
Wanda Smith in honor of Racheal Kunesch
Lynn Takla
Darlene Young
Maya Zumwalt*

Get Fit NC Projects

It's Time to Spring Into Action With Kicking and Throwing

Do you remember what it was like as a child to participate in sports? Many of my students have never had the experience of participating in baseball/softball or soccer. The students are lacking the equipment not only at home but also at school.

The majority of my students come from low-income homes and have little adult supervision due to working conditions or various other problems. My school has a population that is 88% Free or Reduced Lunch. I have a very diverse population of students. The school is in ok shape, but with budget cuts continuing to eliminate both programs and funds for equipment we have been unable to purchase equipment for two years.

My students need foam balls to help with throwing and kicking to start introducing these motor skills since both soccer and baseball/softball are spring sports. The equipment at our school is run down and worn out. Many of balls are tape together and are losing rigidity. The lack of equipment is also a problem because during activities when each student needs a ball, we are unable to provide them with a good ball.

This equipment will help give my students a better opportunity to possibly find an activity that they truly enjoy. They can receive instruction from a teacher who wants them to succeed. This equipment can help the students learn the mechanics of throwing and catching in a safe environment and without the fear of getting hit in the face with a hard ball. Also, the students can use the balls to help develop soccer skills that can be used year around. This again is another activity that students can develop a life-long passion for and keep them physically active.

Dear NCMS Alliance,

Mr. L., Lexington, NC

Thank you so much NCMS Alliance! I have been at this school for 2 years now and funding as in most areas has been very short. You have no idea how much this will mean to my students with having new equipment that is suitable to use! With these new balls, my students will be able to see success in both their kicking and throwing abilities! Due to the lack of quality equipment, my students have had to share balls, or take turns. With this gift each child in the class will be able to have a ball at the same time. You have truly been a blessing in helping my students.

With gratitude, Mr. L

Jump-Start Our Jump Rope Team!

Jump, Jump! Jump rope clubs are jumping up everywhere, and our school is no exception! Our students are eager to start a jump rope team and we are eager to lead one, but first our school needs the right resources to get us jumping!

The elementary students in the jump rope team are 3rd, 4th, and 5th graders who have earned their spot on the team through good grades and conduct. They are motivated to do their best in classes and that motivation carries over to their team activities as well. Our school is a public elementary school in North Carolina that serves K-5th grades.

With childhood obesity rates on the rise, it is so important to show our students how to lead active lifestyles and develop interests that keep them moving, motivated, and strong. The enthusiasm of the jump rope team will reach younger students to try out next year and energize the spectator student to try it at home. By offering this after school program at our school, we are helping these students understand the important connection between healthy bodies and healthy minds.

With your donation, we can get this jump rope team off of the ground and jumping! By helping us purchase the necessary equipment, you will be contributing to the health and fitness of our current students as well as future generations.

Dear NCMS Alliance,

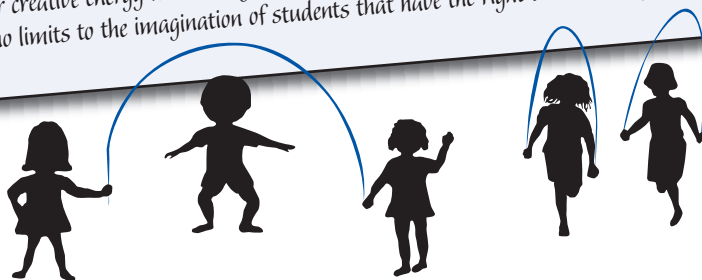
Mrs. H., Sedalia, NC

It is with joy and excitement that I express my heartfelt thank you for funding my project. I am grateful that you share my vision for the physical fitness of students as an exciting and energetic team.

The equipment you have funded will help my students develop motor skills, social skills and physical awareness. Moreover, you have given my students a creative way to encourage their families and peers to get moving and be active. Students love to move. With your help, my students now have the means to channel their creative energy which may inspire a life time of physical activity.

There are no limits to the imagination of students that have the right tools for the job. Thank you again for your generosity.

With gratitude, Ms. H.



Please visit
www.ncmsalliance.org
for a listing of additional
projects that have received
funding through Get Fit NC.

2011 Get Fit NC

Road Race and Fitness Walk

10K, 5K, and Kids' Fun Run

*Proceeds benefit physical education programs
in North Carolina public schools*

**December 3, 2011. 9 a.m.
Wake Forest, NC**

Entry Fees:

- \$30.00 (10K), \$25.00 (5K), \$12.00 (Kids' Run) for pre-registered participants
- Pre-registered participants guaranteed to receive an official GetFit NC Race Shirt

Awards:

- 1st and 2nd place overall male and female (10K/5K)
- 1st place male and female in each age division

Age Divisions:	19 and under	20-29	30-39
	40-49	50-59	60 and over

Sponsored by:

**North Carolina Medical
Society Alliance**



**Pre-register by: November 18, 2011
Register online at www.runtheeast.com**

For details visit:
www.ncmsalliance.org

Get Fit NC Registration Form

- | | |
|---|---|
| <input type="checkbox"/> 10K Registration ~ \$30 | <input type="checkbox"/> 5K Registration ~ \$25 |
| <input type="checkbox"/> Kids Fun Run Registration ~ \$12 | <input type="checkbox"/> Phantom Runner ~ \$25 Donation (\$20 tax-deductible) |

**Registration and Phantom Runner includes an official Get Fit NC Race Shirt*

Race Shirt Size (circle one) Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large Adult X-Large

First Name _____ Last Name _____

Address _____ City _____

State _____ Zip _____

Phone _____ Email _____

Age on Race Day _____ Sex: M F DOB _____ Month: _____ Date: _____ Year: _____

_____ Enclosed is my check payable to NCMS Alliance _____ Charge (please provide information below for credit card)

Name on the card _____

Visa/MasterCard No. _____ CVV2#: _____

Expiration Date _____

I have read and agree to the race waiver printed below. Parent or guardian must sign if applicant is under 18 years of age.

Signature _____ Date: _____

Submit a completed form and registration fees to NCMS Alliance, P.O. Box 27167, Raleigh, NC 27611 or fax to 919-833-2023

2010 Get Fit NC 5K Race Waiver - I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or trail, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Town of Wake Forest, the Wake County Public School System, the North Carolina Medical Society Alliance, Run the East, all volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind raising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, roller skates or blades, animals and radio headsets are not allowed in the race, and I will abide by these guidelines.

If, for reasons out of our control (i.e. an ice storm or such), we are unable to hold the event on the scheduled day, the race will be cancelled and not rescheduled. However, we will make all t-shirts available to those that registered. We will make every effort to run the race as long as it is safe to do so.

2011-2012 NCMS ALLIANCE CALENDAR

2011	SEPTEMBER 30- OCTOBER 2	AMA ALLIANCE MEDICAL FAMILIES SUMMIT, CHICAGO, IL
	OCTOBER 1	2011 GET FIT COUNTY ALLIANCE CHALLENGE BEGINS
	OCTOBER 6	COUNTY ALLIANCE TELECONFERENCE
	NOVEMBER 6-20	2011 BID FOR BETTER HEALTH ONLINE AUCTION
	NOVEMBER 10	NCMS ALLIANCE FALL BOARD MEETING
	NOVEMBER 11	FALL TANDEM DEADLINE
	NOVEMBER 30	NCMS ALLIANCE HEALTH PROMOTION GRANT DEADLINE
	DECEMBER 3	GET FIT NC ROAD RACE, WAKE FOREST, NC
2012	JANUARY 14-15	SOUTHERN REGIONAL ALLIANCE CONFERENCE HOSTED BY THE SOUTH CAROLINA MEDICAL SOCIETY ALLIANCE
	JANUARY 19	NCMS ALLIANCE WINTER BOARD OF DIRECTORS MEETING
	JANUARY 26	COUNTY ALLIANCE TELECONFERENCE
	FEBRUARY 3	WINTER TANDEM DEADLINE
	FEBRUARY 28	NCMS ALLIANCE GRANT DEADLINE
	MARCH 30	DOCTORS' DAY
	MARCH 31	GET FIT COUNTY CHALLENGE ENDS
	APRIL 21	D'VINE WINE EVENT, GREENSBORO, NC
	MAY 3-4	NCMS ALLIANCE ANNUAL MEETING, GREENSBORO, NC
	MAY 4	SPRING TANDEM DEADLINE

County Alliance Web Sites and Blogs

<i>Cabarrus County Medical Society Alliance</i>	www.ccmsalliance.com
<i>Cape Fear Medical Alliance</i>	www.capefearmedicalalliance.org
<i>Greater Greensboro Society of Medicine Alliance</i>	www.ggsma.org
<i>Haywood Medical Society Alliance</i>	www.haywoodalliance.org
<i>Mecklenburg Medical Alliance & Endowment</i>	www.mmaeonline.com
<i>Medical Alliance of the Piedmont</i>	www.mapws.shutterfly.com
<i>Onslow County Medical Society Alliance</i>	www.ncmsalliance.org/onslow.htm
<i>Wake County Medical Society Alliance</i>	www.ncmsalliance.org/wcmsa.htm
<i>Triangle Medical Spouse Alliance Blog</i> (previously Medical Auxiliary of UNC Hospitals)	http://trianglemdspouses.blogspot.com

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. The NCMS Alliance will put together a page on its web site at no cost to your county Alliance.

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Celebrating 88 Years