

Tarheel Tandem



Volume 79 | Spring 2025

2024-2025 Board of Directors

Kirby Sheridan, President

Susan Edens Hammer, Secretary

Barbara Lupton, Treasurer

Meeti Nigam, Immediate Past President

Uma Avva, Past President

Barbara Savage, Past President

Cathy Ingram, Greater Greensboro

Anne Krishnan, Greater Greensboro

Zohra Osman, Wake

...

Vicky Elia, Executive Director
velia@firstpointresources.com

NCMS Alliance
3739 National Drive, Suite 202
Raleigh, NC 27612

www.ncmsalliance.org

Phone: 919-573-1316

Fax: 919-787-4916

...

In This Issue

Focus on Grant-making	2
Physician Mental Health Event in Wilmington.....	3
County News	4-5
Annual Meeting Info and Registration.....	6-7

President's Message

By Kirby Sheridan, NCMS Alliance President; kirbypsheridan@gmail.com



Dear Members and Friends of the NCMS Alliance:

Lately, I have been reflecting on the purpose and accomplishments of the Alliance. Working on the Centennial Celebration gave me the opportunity to delve into the history of the North Carolina Medical Society Alliance and appreciate the thousands of hours many volunteers have dedicated to health-related projects and physician family support over the years. So many physician spouses and physicians worked as members of the NCMSA to solve issues that affected the people of North Carolina such

as providing sanatorium beds for TB patients, working to pass legislation mandating health education in the public schools, sponsoring opioid misuse education programs, and promoting mental health care awareness to the public and among physician families. It is impressive to think that our organization today stands on the shoulders of these volunteers who came before us and their efforts. It makes a strong foundation.

As we have entered our second century the NCMSA Board of Directors has worked hard to examine the direction of our organization and how we can remain relevant and honor those volunteers who came before us. What is our purpose and how will we work toward it? We have interviewed other organizations that have similar missions, looking for nonprofit models for the NCMSA in this day and time. We have settled on a pathway that continues to fund healthcare efforts in the state and uses funds that we have raised over the years to do so, with our members suggesting entities that align with our mission and encouraging them to apply for grants, as well as spreading the word about who we are and helping us attract donors. I am so grateful to our hard-working board of directors that has taken on the tasks needed to research and deliberate how to transform our organization. This is an excellent and committed board.

Please watch for more communication about this new direction and an opportunity to give your input at the annual meeting. I hope you will make time to attend the meeting in Greensboro and look forward to seeing you there.

New Mailing Address for the North Carolina Medical Society Alliance

PLEASE NOTE: The mailing address and phone number of the NCMSA will change after May 15. Please look out for a notice of the new phone number and address.

NCMS Alliance Focuses on Grant-making

By Anne Krishnan, NCMS Alliance Board of Directors member;
annekrishnan@gmail.com

Over the past year, our board has looked critically at our ongoing operations in light of declining membership affecting the Alliance at the local and state levels.

In our January meeting, we voted to focus on offering grants to nonprofits directly advancing the health of North Carolinians. These streamlined operations will allow the Alliance to best respond to the needs of our state's citizens by supporting established efforts to improve people's health and quality of life.

This decision also honors the hard work of thousands of Alliance members over the decades. We are privileged to be able to utilize their fundraising success to facilitate these nonprofits' operations with major grants.

We are eager to partner with our members in this exciting transition. Please email ncmsa1923@gmail.com to tell us about the health-related nonprofits that you support in your county and community.

The board also voted in January to establish a fund with the North Carolina Community Foundation with a gift of \$25,000 to seed our first grants. The fund will be established by the end of April. We are excited to benefit from the NCCF's familiarity with nonprofits across the state as we undertake our new grantmaking process.

National Doctors' Day 2025: Honor the Commitment and Service of Physicians

By Susan Edens Hammer, NCMSA Secretary; sjehammer@att.net

We invite you to recognize physicians and physicians in training by donating in their honor or memory to your NCMSA Health Education Opportunity Fund. A donation for Doctors' Day will help the NCMS Alliance advance the health of all North Carolinians.

Celebrate all physicians but especially those who took that extra time to answer your questions or made a lasting impression on you. Provide us with the email and/or postal mail addresses of honorees and families of memorials so we can notify them of your donation. Honorees and memorials will also be recognized online and in the fall *Tarheel Tandem*.

On the first Doctors' Day, March 30, 1933, a physician's spouse in Barrow County, Georgia sent cards to all the doctors she knew and placed red carnations on the graves of those deceased. Doctors' Day continues to be an opportunity to recognize physicians and their contributions and commitment to medicine and service in their communities.

You may make your donation online by April 30 at <https://ncmsalliance.org/Donate>. If you are giving in honor or memory of someone, please let us know in the comment section. Also, you may mail a note and check payable to the NCMS Alliance, 3739 National Drive, Suite 202, Raleigh, NC 27612, postmarked by April 30.

Remember 988: Suicide & Crisis Lifeline

By Laura Pinto, MHSA, MS, RN

In July 2022, the Substance Abuse and Mental Health Services Administration launched the 988 Suicide and Crisis Lifeline, which replaced the National Suicide Prevention Lifeline. This lifeline is a national network of more than 180 local crisis centers in all 50 states. According to 988lifeline.org, "People experiencing suicidal ideation, substance use, and/or mental health crisis, or any other kind of emotional distress can call, chat, or text 988 and speak to trained crisis counselors." This lifeline is available 24 hours a day, 7 days a week, and provides free confidential support and resources.



Sharing Card Raises \$1450 to Aid Community Outreach

With Appreciation for Your Donations Benefiting the NCMS Alliance Health Education Opportunity Fund

Karen Holleman
in fond memory of NCMSA Past President Genie Hayes
and in honor of Susan Edens Hammer

...

In Honor of 2024 Doctors Day

Barbara Lupton
Susan Edens Hammer

2024 Holiday Sharing Card Donors

Susan Edens Hammer
Cathy and Haywood Ingram
Ginger and Ken Karb
Anne Krishnan
Ben and Racheal Kunesch
Fred and Barbara Lupton

Mukesh and Meeti Nigam
Valerie and Dan Paterson
Dr. and Mrs. Richard Savage
David and Kirby Sheridan
Ann Siva
Mary A. Tyrey

Physician Mental Health Discussion Held in Wilmington in February

988 SUICIDE & CRISIS
LIFELINE

By Kirby Sheridan, NCMSA President; kirbysheridan@gmail.com

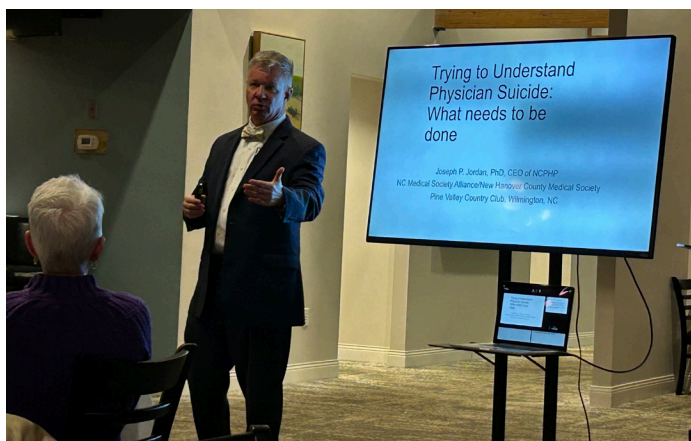
On February 26, author and speaker Betsy Gall and Joseph Jordan, PhD, CEO of the North Carolina Professionals Health Program spoke to members of the New Hanover Pender County Medical Society and their guests about physician mental health and resources available to help physicians deal with the stress that comes with their careers. Meaningful discussion followed the presentations with some audience members pointing out the value of connection and mentors among physicians and the usefulness of doctors' lounges in hospitals and gatherings, such as those medical societies provide, in offering connection and fellowship among physicians.

Members of the audience included area hospital administrators and several residents attending with their attending physician. The North Carolina Medical Society Alliance enjoyed partnering with the New Hanover Pender County Medical Society and their executive director, Amber Neisler to make this program happen.

Physicians commit suicide in the U.S. at the rate of about one per day. It is so important to talk about this among physicians and physician families and discuss why it happens and what to do about it. If you know of a medical society or other organization that would be interested in hosting this program please reach out to Kirby Sheridan.



Dr. Jordan and Betsy Gall taking questions.



Dr. Joe Jordan discussing physician suicide.



Betsy talking with attendees after the presentations.



Dr. Aaron Kline, President and Amber Neisler, Executive Director of the New Hanover Pender County Medical Society.



NCMSA Secretary Susan Hammer and President, Kirby Sheridan with author and speaker, Betsy Gall.

County News

Cabarrus County Medical Society Alliance

By Kirby Sheridan; kirbypsheridan@gmail.com

For many years, the Cabarrus County Medical Society Alliance and the Cabarrus County Medical Society have awarded a joint scholarship annually to a student at the Cabarrus College of Health Sciences. This scholarship originally was awarded to nursing students only, but now students in any healthcare degree program at the college may apply. Applicants must meet certain GPA requirements and must write an essay as part of their application.

This year's scholarship recipient is Brooke Dominguez, an ADN student who is a mom and a certified surgical technologist. Congratulations, Brooke!

• • •

Healthy Charlotte Alliance

By Erin Edwards, Healthy Charlotte Executive Director;
eedwards@healthcharlottealliance.org

2024 Community Health Classroom – The Impact of the Arts on Brain Health and Healing

On October 23, Community Health Classroom participants delved into the *Impact of the Arts on Brain Health and Healing*. Jessie Colavita Hoskins, PA-C from Memory & Movement Charlotte, explained how listening to music triggers neurotransmitters like serotonin and dopamine, boosting our happiness, motivation, and memories among other health benefits.



Observing art is great, but creating it is even better! Marianne Huebner, Art Therapist at HopeWay, shared research showing that 15 minutes of daily coloring can change your brain chemistry. She then led a calming “Drawing

Your Breath” exercise, stretching our breath from 3 seconds to 11, melting away stress. She reminded us, “when words fail, art speaks.”

Meg Stanley Johnson and Dr. Yu-Ling Chen of Queens University of Charlotte engaged us in fun music therapy exercises. We listened to the piano and stretched, and without verbal direction, moved faster as the beat changed, showing how music guides us. It was a day filled with discovery, relaxation, and creativity!

Members visited two 2024 grant recipients in December.

Present Age Ministry

We had the honor of sitting in on a group session with \$25,000 grant recipient, Right Moves for Youth, a school-based program aimed at helping teens succeed in school and life. By focusing on educational attainment, social and emotional well-being, career exploration/college readiness, and civic duty/leadership – students develop skills and build positive relationships to thrive.



Healthy Charlotte Alliance was deeply honored to have invested \$50,000 into the meaningful work of Present Age Ministries, dedicated to fighting the sexual abuse, exploitation, and trafficking of teen girls. PAM provides communities with tools for identifying at-risk girls through prevention and awareness education and offers survivors holistic, individualized support and care.

• • •

Wake County Medical Society Alliance

By Susan Edens Hammer; sjehammer@att.net

Leading up to our 2026 Wake County Medical Society Alliance Centennial, our board continues to spotlight organizations the Alliance has supported and medical families who volunteered with these organizations through the years.

Recognition continued at our December event. Our own Deborah Meehan, president of Meals on Wheels of Wake County (MOW), arranged for the WCMS Alliance members to have a tour and lunch at the MOW headquarters in early December. We learned more about the invaluable service provided by this organization celebrating its 50th anniversary. Our visit was extra special with WCMS Alliance 1985-86 Past President Shirley Lucey sharing memories of being part of a small group of Wake County folks who started Meals on Wheels of Wake County. Today the WCMS Alliance is responsible for MOW delivery once a month.



continued on page 5

County News

continued from page 4

We were excited to learn of a variety of ways volunteers can serve MOW. Blankets were on the MOW wishlist for Christmas. Our Alliance purchased these and decoratively wrapped fleece throw blanket



holiday gifts for the seniors attending a MOW Friendship Café Holiday Party. Alliance members made donations to Meals on Wheels and also towards the cost of the blankets.

We will offer Mental Health First Aid training with the Poe

Center for Health Education on April 26. Please contact us at medicalalliancewakecounty@gmail.com or the Poe Center directly if you or anyone you know may want to sign up, as space is limited. Participation is open to all above high school age.

Wake County Medical Society Alliance Book Club

By Kathy Chiulli, WCMSA Book Chair; my3on3rd@aol.com

The WCMSA Book Club held their final meeting of 2024 with a delicious holiday brunch and entertaining review of *The Wedding People* by Alison Espach.

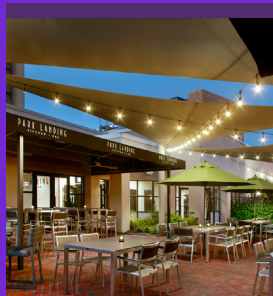
Our Book Club meets monthly at members' homes. Gatherings begin with a social time and delicious brunch. We review literary selections from different genres that lead to a lively discussion from the members. We share lots of laughs and learn from one another. This is quite a group of wonderful, special ladies!



AMA Alliance Annual Meeting Coming to Charlotte for First Time

After many years of annual meetings in Chicago, the AMA Alliance decided in 2023 to rotate these annual gatherings to different locations to make it easier for members from different parts of the country to attend. This year, the annual meeting will take place in Charlotte at the Marriott SouthPark, May 30-June 1. In an historic moment, Ron Jagers from Florence, SC will be installed as the first male president of the AMAA. Our own past state president, and immediate past president of the AMAA, Racheal Kunesh is leading the nominating efforts this year.

Please make plans to attend. The speakers, activities and chances to gather with other Alliance members make for an energizing and refreshing experience. Hotel prices are lower than in the past and parking is free. You will be glad you attended the AMA Alliance annual meeting.



JOIN US
IN CHARLOTTE, NORTH CAROLINA



AMA Alliance 2025 Annual Meeting

Marriott
SouthPark Hotel

MAY 30 - JUNE 01

EARLY BIRD
REGISTRATION OPENS
MARCH 10TH

**\$189/NIGHT
TAX
INCLUDED**

AMA
ALLIANCE

CONTACT:
ANNUALMEETING@AMAALLIANCE.ORG

NCMSA Annual Meeting will be May 13 in Greensboro

The North Carolina Medical Society Alliance's 102nd annual meeting will be in Greensboro at Starmount Forest Country Club on May 13. The NCMSA is grateful to Greensboro area members for their support in planning and hosting this annual gathering.

Tuesday, May 13

9:00-9:30am Continental breakfast and conversation
9:30-11:45am Annual meeting morning session with breaks
Noon-2:30pm Hubbard Memorial Lecture Luncheon and Installation of Officers

Nearby Hotels for May 13

- Marriott Greensboro Downtown, 304 N. Greene St.
- Hampton Inn & Suites Greensboro Downtown, 222 W. McGee St.
- Hyatt Place, 300 N. Eugene St.

• • •

Mustard Seed Community Health Executive Director Christine Odom Ringuette Will Give Keynote Address



Christine Odom Ringuette, a dynamic nonprofit leader with over 20 years of experience, serves as executive director of Mustard Seed Community Health. Her leadership has resulted in an increase in revenue and donor engagement, program expansion and infrastructure, and enhanced organizational branding.

She previously held leadership roles at Habitat for Humanity in Phoenix, Habitat for Humanity International, and she launched the state office and served as the first Executive Director of Habitat for Humanity of North Carolina.

Christine received the Outstanding Alumni Award from Wingate University and the Excellence in Strategic Partnerships award from Habitat Globally. She holds a bachelor's degree in communications & public relations from Wingate University and completed executive education at Harvard Business School. She enjoys art, gardening and spending time with her husband, Joe and their dog Baño.

Ron Jagers, AMA Alliance President-elect to Address the Morning Session and Install Officers



Ron Jagers is the President-Elect of the American Medical Association Alliance and will become the first male president in the organization's 203-year history on June 1, 2025. He is truly honored to serve in this role and looks forward to advancing the Alliance's mission while fostering new connections and friendships.

Ron brings a diverse background in leadership, ministry, and healthcare. He served as an Executive Pastor for 15 years, providing spiritual and administrative guidance to multiple churches. Additionally, he spent 17 years in hospital administration, combining his management and patient care operations expertise. Holding degrees in accounting and psychology, Ron has a strong business and human behavior foundation, which equips him to lead with wisdom and compassion.

Ron married his high school sweetheart, Terri, and together, they have built a loving family with three daughters and seven grandchildren. They have been married for 45 years. Terri is a practicing Gastroenterologist. Ron's life and career have been dedicated to service, and he is eager to bring that same passion to his leadership of the AMA Alliance

Hubbard Luncheon Speaker is Sheri Castle, Host of The Key Ingredient on PBS



Sheri Castle is the host of The Key Ingredient, an Emmy-winning cooking show from PBS. She is also an award-winning professional food writer, recipe developer, and cooking teacher known for melding stories, humor, and culinary expertise. She's authored a tall stack of cookbooks and her writing and recipes

appear in a long list of publications, including her role as featured monthly columnist of Our State and Contributing Editor for Southern Living. In 2024, the Southern Foodways Alliance presented Sheri with their prestigious Keeper of the Flame Award given to a "foodways tradition bearer of note". The SFA also named her one of 20 Living Legends of Southern Food, calling her The Storyteller. Sheri grew up in Watauga County, North Carolina in her beloved Blue Ridge Mountains and now lives in Chatham County. Keep tabs on her through shericastle.com.



Credit: VShortPhotography.com

102nd NCMS Alliance Annual Meeting Registration

May 13, 2025 • Greensboro, NC • Registration Deadline: April 30, 2025

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

*Dietary Restrictions: ☐ Yes ☐ No If yes, please describe: _____

All Inclusive Member-Only Full Registration – Annual Meeting – Tuesday, May 13

Tuesday, May 13 • 9:00 am - 2:30 pm • Starmount Forest Country Club, 1 Sam Snead Drive, Greensboro, NC

Morning Keynote Speaker: Christine Odom Ringuette, Mustard Seed Community Health Executive Director

Morning Session Speaker: Ron Jaggers, AMA Alliance President-elect

Please check box and provide numbers below. Space is limited.

☐ Reserve _____ place(s) for All Inclusive Member-Only Full Registration \$115 per person
(includes Continental breakfast, Hubbard Luncheon & Annual Meeting)

Choose one entrée per person. All entrées include bread, iced tea, coffee, salad & dessert.

- ☐ 1. Pan-Seared Chicken Breast - gruyere custard potatoes, roasted leeks, vichy carrots, mushroom duxelles, pan jus
- ☐ 2. Flounder Roulade - two rolled flounder filets stuffed with wilted spinach, ricotta and sun-dried tomato with lemon cream sauce, cauliflower gratin & orange zested carrots
- ☐ 3. Roasted Vegetable Lasagna - ricotta, pasta, fresh mozzarella, pomodoro sauce

All Inclusive Registration Fees Total: _____

Hubbard Luncheon ONLY – Tuesday, May 13

Tuesday, May 13 • 12:00 pm • Starmount Forest Country Club, 1 Sam Snead Drive, Greensboro, NC

Featuring: Sheri Castle, Host of The Key Ingredient on PBS

Please check box and provide numbers below. Space is limited.

☐ Reserve _____ place(s) ONLY for the Hubbard Luncheon and Officer Installation \$55 member or \$75 non-member

Choose one entrée per person. All entrées include bread, iced tea, coffee, salad & dessert.

- ☐ 1. Pan-Seared Chicken Breast - gruyere custard potatoes, roasted leeks, vichy carrots, mushroom duxelles, pan jus
- ☐ 2. Flounder Roulade - two rolled flounder filets stuffed with wilted spinach, ricotta and sun-dried tomato with lemon cream sauce, cauliflower gratin & orange zested carrots
- ☐ 3. Roasted Vegetable Lasagna - ricotta, pasta, fresh mozzarella, pomodoro sauce

Hubbard Luncheon ONLY Fees Total: _____

GRAND TOTAL DUE: _____

Payment Information

☐ **Check** (Please make your check payable to NCMS Alliance)

Credit Card: ☐ Visa ☐ MasterCard

Credit Card # _____ CVV2# _____ Exp. Date _____

Name on Card _____ Signature _____

Please mail or email your completed registration form by April 30, 2025 to:

Barbara Lupton, NCMSA Treasurer, 5305 Sequoia Ct., Greensboro, NC 27455

Phone: 704-796-6175 • Email: admin@ncmsalliance.org



3739 National Drive, Suite 202
Raleigh, NC 27612

Join us in Greensboro on May 13 for the NCMSA Annual Meeting!

Keynote Speaker:

**Christine Odom Ringuette, Mustard Seed
Community Health Executive Director**

Morning Session Speaker:

Ron Jaggers, AMA Alliance President-elect

Hubbard Luncheon Speaker:

Sheri Castle, Host of The Key Ingredient on PBS

**See pages 6-7 for all the details
and to register!**

