

Tarheel Tandem



Volume 76 | Spring 2022

2021-2022 Board of Directors

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President's Message

By Gina Becherer, NCMS Alliance President; gmbecherer@gmail.com



The focus of our work this year has been to improve testing for the diagnosis and management of diabetes among the uninsured. Through our partnership with

the North Carolina Association of Free and Charitable Clinics (NCA FCC), we identified fifteen clinics in the most rural counties of NC as a starting point. Routine blood tests remain the cornerstone of the diagnosis and management of diabetes. Without health insurance this routine test would not be available if not for the system of free and charitable clinics operating across our North Carolina.

Not long after COVID-19 began to spread across our country, the medical community observed people with diabetes were at higher risk for long-term illness and overall had poorer health outcomes. But even before the pandemic, diabetes was a significant health issue facing our nation and our state. More than one million people (11.3%) were uninsured in North Carolina prior to the pandemic (2019) and an additional 723,000 were uninsured as a direct result of the pandemic (2020). As

members of the NCMSA, we should all be very proud of our commitment to reach our most vulnerable communities across the state.

But don't take my word for it. I recently received an email from one of the free and charitable clinics who directly benefited from our donation.

Dear Gina,

Please share my sincere appreciation to everyone involved in the funding for the Diabetes Project. My clinic is benefitting from their generosity. The grant is allowing me to expand testing in this clinic. The grant will cover the cost of the A1c testing supplies and free up a little extra money to begin microalbumin testing, which we have not done in the past due to cost. I do believe that frequent A1c testing helps people to see how behaviors influence diabetes outcomes. Thank you for supporting NCA FCC and the John P. Murray Community Care Clinic in our effort to improve the health of the people we serve.

Sincerely,
Chris Vaughn

Editor's Note: NCA FCC is a nonprofit organization of 72 member clinics and 88 clinic sites throughout NC. These clinics are part of a network that is providing quality care and improving the health and well-being of the uninsured and underinsured in North Carolina. To find a clinic in your area to visit or volunteer. <https://ncafcc.org/our-clinics/>

Know Someone Awesome? Yeah You Do! Nominate Them ... Or Yourself!

By Barbara Savage, NCMSA Immediate Past President and Board Development Chair; Savageba0823@gmail.com

Have you ever considered the opportunity of state service for the North Carolina Medical Society Alliance? Is there someone you know who would be a great asset to the future of our organization? We are looking for members such as yourself to help extend our healthcare efforts across the state.



This year we are continuing our access to rural care focus. We are partnering with the North Carolina Association of Free and Charitable Clinics. The NCMSA has made an initial investment of \$50,000 (NCAFCC) to provide Hb A1c machines and supplies to the rural health clinics with the greatest need to monitor patient glucose. We are working with the Association

to create a public awareness campaign around the important services these clinics provide to the communities in our most rural counties.

We need representation from all areas of the state to help continue our efforts, and hope that you will consider joining the NCMSA Board of Directors to carry out these projects.

Please contact me for more information and details about our board and projects. As the saying goes, “many hands make light work.”

— Barb Savage

919-267-5158 (h)

515-556-9676 (c)

Anonymous Donor Announces Matching Gift Challenge for Doctors' Day 2022 – Join the Challenge!

Doctors' Day is celebrated on March 30 of each year. Did you know that Doctors' Day began in 1933 in the town of Winder, in Barrow County, Georgia? Doctors' Day was started by a single physician spouse who chose to recognize and honor doctors' service by sending cards to all the doctors she knew and placing flowers on the graves of deceased ones. Here are some Doctors' Day facts:

- March 30 was chosen because it was the day that Dr. Crawford W. Long first used an ether anesthetic during surgery in 1842, in Barrow County, Georgia.
- It took until 1991 before Doctors' Day became a national day of recognition when Congress passed Proclamation 6253.
- The red carnation was used on the graves that first day and is still used now for Doctors' Day recognitions.

Doctors' Day continues to be an opportunity to recognize the incredible work of physicians and their contributions to medicine and service in their communities.

We invite you to celebrate our spouses, family members, and others in the medical community by donating to our Health Education Opportunity Fund. A gift for Doctors' Day will help the North Carolina Medical Society Alliance promote health care to our citizens statewide. This year our focus is access to rural care. The NCMSA gave a sizable gift to the NC Association of Free and Charitable Clinics to help patients with diabetes, especially in rural areas. However, there are so many other community health needs that are not being met. We, as an organization, can help. But we need your help.

Please consider giving in honor, or in memory of a physician that has had a significant impact in your life. This year, **the first \$500 donated to Doctors' Day will be matched**, so your gift will do twice as much good for our statewide community health.

It is simple:

Go to our website, <https://www.ncmsalliance.org/donate> and complete the form. If you are giving in honor or memory of a particular person, please let us know in the comment section found at the bottom of the page. Or, if you wish, you may send a check made payable to the NCMSA and mailed to P.O. Box 30939, Raleigh, NC 27622. We will put the names of the honorees or memorials on our website.

And remember, your donation will do twice the good for our community because an anonymous donor will match the first \$500 donated to our Doctors' Day celebration.



Thank You for Your Support and Confidence

By Meeti Nigam, 2021-22 NCMSA President-elect and Membership Development Chair; nigammeeti@gmail.com

Dear Members and Potential Members:

We would like to take the opportunity to thank you for your support. We value all contributions, and memberships make up the strength of our organization. These contributions, both monetary and volunteer, help with the work we are doing to support diabetic care in free clinics throughout the state. They also support the grants we give to local Alliances for work to improve their local communities. Your involvement is important and very much appreciated. As our immediate past president, Barbara Savage likes to say, "Many hands make light work."

We know people have busy lives, so we wanted to remind you that, if you have not done so, you can still renew your membership for the

year June 2021-May 2022 which will help the NCMSA immensely. We hope that you will remain part of our Alliance community. It couldn't be easier – just click this [link](https://www.ncmsalliance.org/page-1075598) to renew your membership, or go to <https://www.ncmsalliance.org/page-1075598>.

Your financial contributions are important and so is your membership.

Take a moment to let us know what else we can do to make the North Carolina Medical Society Alliance a partner in your efforts to improve your community's health. Visit [ncmsalliance.org](https://www.ncmsalliance.org) and look under the Home tab for ways to contact us. We appreciate your feedback.

Thanks for your confidence and support.

98th Annual Fund Recognitions

Donations

by Susan Shereff

by Mary Tyrey

by Karen Holleman

In Honor of Giving Tuesday

by Barbara Lupton

by Kirby Sheridan

North Carolina Medical Society Alliance Turns 100 in 2023

Want to help plan a birthday party? The NCMSA is looking for people to serve on a Centennial Celebration committee for the North Carolina Medical Society's 100th anniversary. Do you have mementos or historical highlights to share? Time to help plan the celebration? Contact Kirby Sheridan at kirbypsheridan@gmail.com to join the effort. Thanks for contributing to this special occasion.



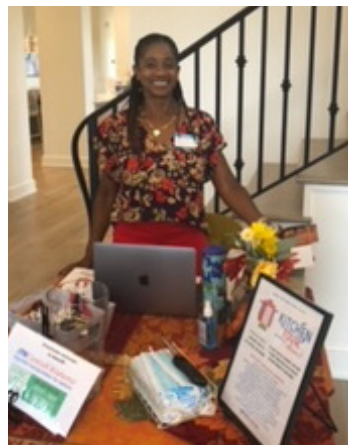
Kitchen Tour Makes Fun, Effective Fundraiser

Reprinted with Permission from the AMA Alliance LINK newsletter, March 2022

Looking for a fundraiser for your Alliance? Learn about this successful Oklahoma project

Each fall for the past thirty years, the Oklahoma County Medical Society Alliance has held a kitchen tour fundraiser. Participants tour kitchens in private homes. This fundraiser is the glue that holds the Alliance together. Depending on the number of homes on the tour each year, 25-50 members get involved. Volunteer time commitments run from two hours to many hours. The Alliance utilizes teens who need community service hours in order to meet the volunteer commitments of the project. An indemnity plan is in place for added protection.

The 2021 tour raised \$16,000, which was distributed to Shepherd's Watch and the Independent Transportation Network. One surprising expense during this tour was the need for a security guard at one home.



County News

Cabarrus County Medical Society Alliance

By Kirby Sheridan, CCMSA Vision Screening Chair;
kirbysheridan@gmail.com

The Cabarrus County Medical Society Alliance is excited to receive permission, in February, to go back into the elementary schools to perform vision screenings. We will move forward with a much smaller volunteer force and a Welch Allyn spot screener that allows for social distancing during testing. COVID-19 protocols challenged us to design a new approach to this project. While at first, we will limit the number of students screened to those exhibiting vision issues in the classroom, we hope to go back to testing all second and fifth graders in Cabarrus County Schools and expand to Kannapolis City Schools as we become proficient with the new machine and procedures. We are grateful to receive a grant from the North Carolina Medical Society Alliance to help fund this new project. Our hope is to purchase a second spot screener in the coming months so that we can expand vision screening efforts and take this task off of the list of many that the school nurses perform each day.

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Greater Greensboro Society of Medicine Alliance

By Tia Opyd, GGSMA Co-president; tiabrooks25@gmail.com

It's been so long since members have comfortably been able to welcome people into their homes for salad parties and game nights, or even host a KITS meeting or Book Club discussion. As co-presidents, it has been hard for Swati and me to gauge whether our members are interested, but afraid to socially interact due to COVID-19, or simply not interested in virtual shindigs. There must be a happy medium between being examples of hand washing, socially distant, mask wearers, and continuing the Alliance's reputation for creating a social safe space for our families.

Recently, we've had to postpone this year's New Physicians Social due to the rising number of COVID-19 cases. In lieu of the annual New Physicians Social, GGSMA decided to send out New Physician Packets which included a welcome letter, an application, and a resource guide for those new to the Greater Greensboro area. In addition, the welcome letter contained an invitation to a virtual interest meeting for those who may be interested but would like more information about our organization. I'd be interested to know what other chapters are doing to encourage membership and participation.

In November of 2021 the Greensboro chapter decided to volunteer in the Healing Gardens at Wesley Long Hospital. This is a two-acre sanctuary located next to the Cancer Center outside of Wesley Long Hospital in Greensboro. Since 2015, the gardens have helped to bring many facets of support



and wellness to cancer patients, their families, and hospital staff. The Healing Gardens, as implied by its name, hosts a multitude of therapeutic possibilities, whether it's a stroll along the garden's protected wetlands, a few minutes in the meditation garden, or an introduction to the vegetable garden where a nutritionist teaches people about the importance of nutrition for cancer patients. The grounds are supervised by Richard Mansell who invites volunteers of all ages to help maintain the garden grounds. One of the great things about this volunteer experience was that we were able to incorporate the younger members. One high school student was able to gain experience, get volunteer hours and learn a valuable life skill. In addition, novice gardeners like myself were able to acquire knowledge about horticulture and experience the restorative therapy that comes with gardening, all while contributing to the community. My favorite part of the day was when Richard taught everyone how to propagate succulents. I potted the leaves in my front yard, and I'm proud to say that the succulents have made it through the winter. The Greater Greensboro chapter is looking forward to warmer days and can foretaste the ability to comfortably gather again.

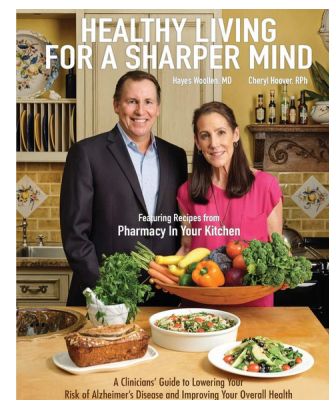


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Healthy Charlotte Alliance

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

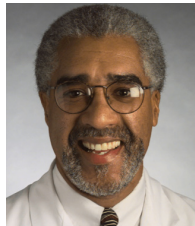
Healthy Charlotte Alliance began the new year with a virtual interactive presentation on January 6 entitled, *Healthy Living for a Sharper Mind*. Dr. Hayes Woollen discussed the rise in Alzheimer's disease and the fact that there are steps we can take to prevent, and sometimes reverse the progression of Alzheimer's through lifestyle changes. He went on to say that while there are genetic factors that predispose us to Alzheimer's, we are not prisoners of our genetic destiny. Next, Cheryl Hoover, RPh, shared the importance of eating more nutrient dense food and encouraged everyone to become nutritarians. Her demonstrations in her kitchen created enticing foods for participants to make at home. Cheryl encouraged participants to eat our vitamins, minerals, antioxidants and fiber so that we can stay out of the pharmacy.



continued on page 5

County News *continued from page 4*

On January 20, Healthy Charlotte Alliance offered a virtual program with Dr. David G. Jacobs of Atrium Health-Carolinas Medical Center's Division of Acute Care Surgery entitled, *Community Violence Prevention*. Dr. Jacobs shared that violence in America is a disease of young and poor men of color, with the handgun serving as the most common disease vector. Dr. Jacobs further discussed addressing community violence through a public health approach, treating violence as a disease. He concluded with strategies everyone can do to prevent youth violence.



Between these two engaging programs, seven Healthy Charlotte Alliance volunteers participated in a project at Care Ring on January 13. Care Ring is a nonprofit organization dedicated to providing health services for the uninsured, underinsured or those lacking access to affordable, high quality preventive health care. Healthy Charlotte Alliance is a long-time supporter of Care Ring, most recently investing \$23,333 in grant funding in 2020.



North Carolina Medical Society Alliance Has Moved

The North Carolina Medical Society Alliance has a new address!

3739 National Drive, Suite 202
Raleigh, NC 27612

Please note, the NCMSA mailing address has changed also:

North Carolina Medical Society Alliance
PO Box 30939
Raleigh, NC 27622

Our phone and fax numbers are the same.



The Burden of Diabetes in North Carolina

Diabetes is growing at an epidemic rate in the United States. According to the Centers for Disease Control and Prevention (CDC), nearly 30 million Americans have diabetes and face its devastating consequences. What's true nationwide is also true in North Carolina.

North Carolina's diabetes epidemic:

Approximately 1,075,855 people in North Carolina, or 13.1% of the adult population, have diabetes.

- Of these, an estimated 247,000 have diabetes but don't know it, greatly increasing their health risk.
- In addition, 2,624,000 people in North Carolina, 36.1% of the adult population, have prediabetes with blood glucose levels higher than normal but not yet high enough to be diagnosed as diabetes.
- Every year an estimated 53,000 people in North Carolina are diagnosed with diabetes.

Diabetes is expensive:

People with diabetes have medical expenses approximately 2.3 times higher than those who do not have diabetes.

Diabetes affects multiple areas of the body and can lead to serious complications including: heart disease and stroke, hypertension, hearing loss, blindness and other eye problems, kidney disease, nerve damage.

Diabetes and prediabetes cost an estimated \$10.9 billion in North Carolina each year.

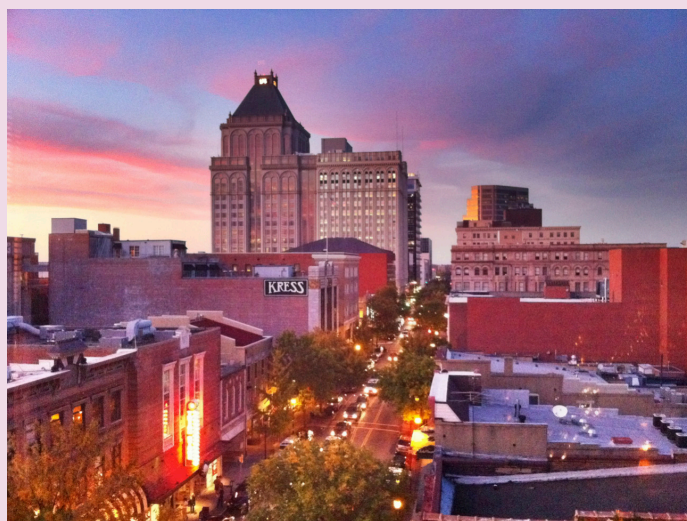
The serious complications include heart disease, stroke, amputation, end-stage kidney disease, blindness — and death.

Source: American Diabetes Association

Annual Meeting to Be Held in Greensboro on May 17

The North Carolina Medical Society Alliance will hold its annual meeting at the Starmount Forest Country Club in Greensboro on May 17, 2022. This will be the NCMSA's first in-person meeting in three years and members look forward to seeing each other face-to-face. President, Gina Becherer says, "While I am grateful that technology allowed us to meet virtually in a safe setting during the pandemic, I am so happy to meet in person once again. Creating alliances and friendships is much more effective when people can interact in person."

Sara Fleming, author of the book *Fitness Without Fear*, will speak at the Hubbard Memorial luncheon. Meeti Nigam will be installed as the 2022-2023 North Carolina Medical Association president. More details and registration information will come via email in the next few weeks. We hope you will join us.



Author Sara Fleming to Speak at Hubbard Memorial Luncheon

Did you know that sixty percent of Americans do not exercise? Or, that those who join a gym stop going within six months? "There is a reason for this," says Sara Fleming, author of *Fitness Without Fear*. "The high intensity approach pushed by many in the fitness industry does not motivate people for the long term." Sara Fleming, who is also a trainer educator, writer, mom to three awesome kids, and pie enthusiast, will speak at the Hubbard Memorial luncheon during the annual meeting. She shows people how to ditch the "no pain, no gain" mentality for a more approachable strategy for living a fit lifestyle. Sara is a former medical research biochemist who finds fun and unique ways to stay fit, including participating in Scottish highland games. Please join us at the NCMSA annual meeting Hubbard luncheon to hear more from Sara Fleming.



Physicians Volunteering to Better Their Communities

The North Carolina Medical Society Fall 2021 Bulletin featured inspiring stories of physicians volunteering to better the health of their communities in North Carolina. They saw needs among their patients and in their work environment and searched for solutions to those needs. Working with community partners, co-workers, members of the legislature, and their own families, these North Carolina physicians made an impact in their communities in many ways and are still doing so. Please read more about their contributions in this issue, entitled *Outside the Clinic Walls*. Use this [link](#) or go to the ncmedsoc.org and search Fall 2021 Bulletin.



PO Box 30939, Raleigh, NC 27622

MEMBERSHIP FORM

Contact Information

Prefix	First Name	Last Name	<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> M.D.	Medical Specialty
Spouse/Partner	First Name	Last Name	<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> M.D.	Medical Specialty
Address		City	State	Zip		
*Mobile Phone		Home Phone	Email Address			
May NCMSA contact you using the NCMSA *text message system? (Rates may apply)						<input type="checkbox"/> Yes <input type="checkbox"/> No
County of Residence			County Alliance Name*			
*If there is no County Alliance in your area, are you interested in forming or reactivating a County Alliance?						<input type="checkbox"/> Yes <input type="checkbox"/> No

Annual Membership Type & Dues

Individual Membership

- ☐ Regular Member or Spouse/Partner - \$50
- ☐ Medical Student Member or Spouse/Partner - \$10
- ☐ Resident Physician Member or Spouse/Partner - \$10

Couples Membership

- ☐ Regular Member Couple - \$100
- ☐ Medical Student Couple - \$20
- ☐ Resident Physician Couple - \$20

Donation to NCMSA

Added to my due's payment is my tax-deductible donation of \$_____ to the Health Education Opportunity Fund which will support Alliance programs.

Add County Membership

- ☐ _____ \$_____
- County Alliance Name

Add AMAA Membership

- ☐ AMAA Dues - \$65

TOTAL AMOUNT ENCLOSED: \$_____

- ☐ Check # _____
- ☐ Credit Card ☐ Visa ☐ MasterCard

Name on Card: _____

Card Number: _____ Exp. Date: _____ CVV: _____

Please visit our website to join or renew online <https://www.ncmsalliance.org/Member-Benefits>

NCMS Alliance is a 501 c3 charitable organization.

Information

Share your talents and interests:

- o Areas of Talents/Expertise: _____
- o Interests/Hobbies: _____

Indicate your interest in serving with a group of other Alliance members in the following areas. Some meetings are via Zoom.

- ☐ Membership Development
- ☐ Program Development

Physician families advocating for the health of our communities



PO Box 30939
Raleigh, NC 27622

CENTENNIAL CELEBRATION ***JUNE 12, 2022***



Enjoy dinner, music, Alliance history and
camaraderie with Alliance friends.
Don't miss this historical event.

Hyatt Centric Chicago Magnificent Mile

