



Tarheel Tandem



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President's Message

Kirby Sheridan, NCMS Alliance President
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Supporters of the North Carolina Medical Society Alliance:

Welcome to the Fall 2025 edition of *The Tarheel Tandem*. I am full of excitement about the roll out of our new grants program. Our call for grant requests yielded so many worthy applicants doing good work in communities across the state. Of course, that made the decision about grant recipients a challenge—a good and stimulating challenge that our hard-working board met well with research and informed and vigorous discussion. We are so proud to support the work of our first grant recipients in this new program—**Mustard Seed Community Health** in Greensboro and the **Asheville Buncombe Community Christian Ministry Doctor's Medical Clinic** (ABCCM) in Asheville—that each received \$25,000. You can read more about them [on our website](#).

When you launch a new program, there is some curiosity or even trepidation about what will happen next. In the case of the NCMSA, we wanted to honor the work that our past members had accomplished by using our funds to support efforts across the state that improve the health of North Carolinians. Would we have one or two applicants or more? We were happy with the response to our first grant cycle which was robust. We look forward to our second grant cycle in the spring which will award grants of \$10,000. These cycles will continue with your support. Thank you for your encouragement, your participation in the **Holiday Sharing Card** and your monetary contributions.

Thank you also to the members of the NCMSA board for the time and effort you invest in our mission. It is a pleasure to work with you.

With gratitude,

Kirby Pfeiffer Sheridan



2025 Grant Awards Announced

Our first round of major grant evaluations provided a wealth of options to fund important work improving the health and quality of life of people in North Carolina.

Food insecurity, housing modifications for seniors, prescription medication coverage, and supporting children with disabilities were just some of the themes that emerged from the 29 applications we received. There truly were no wrong decisions.

Ultimately, our board decided to award our first \$25,000 grants to two free clinics in recognition of the increasing difficulty low-income North Carolinians face in accessing and affording critical medical care. In addition, we felt that supporting direct medical care resonated with our identity directly adjacent to the medical profession.

Read more about our 2025 grant recipients [on our website](#).



Support our 2025 Holiday Sharing Card

Join us in lifting up more North Carolina healthcare organizations in the future! You can support our work by participating in our **Holiday Sharing Card** project. Donations will fund future grants to nonprofits in North Carolina who are working to improve the health of North Carolinians.

Our charitable fund is managed by the North Carolina Community Foundation, and 100% of your tax deductible gift will support our new focus of awarding grants. Visit [our giving page](#) to make an online gift. Checks should be written to **NC Community Foundation** with NCMSA in the memo line and mailed to North Carolina Community Foundation, 3737 Glenwood Ave, Suite 460, Raleigh NC 27512. If you send a check, [please send us an email](#) to let us know so we can include your name on our 2025 Sharing Card. Gifts received by midnight on **Dec. 2** will be included in our Holiday Sharing Card. **Thank you!**

GIVE NOW



Wake County Medical Society Alliance Centennial Celebration Lunch & Learn - A Virtual Event

The Wake County Medical Society Alliance invites you to join us for a virtual Lunch and Learn with Dr. Amna Shabbir on Dec. 4 at noon. **Join us for a thought-provoking session blending science, storytelling, and strategy - an opportunity to move from perfection to purpose.**

- Date & Time: Thursday, December 4 | 12:00–1:00 PM ET
- Topic: ***Rethinking Perfectionism in Medicine (and Beyond)***

- Format: 40 minutes of presentation + 20 minutes of Q&A (1 hour total)
- Read more about our featured speaker, Dr. Amna Shabbir, [on her website](#).



Dr. Amna Shabbir is a TEDx Speaker, Top Podcast Host, and Dual Board-Certified Physician with advanced training in integrative well-being, performance, and leadership development. She speaks and consults on perfectionism, sustainable success, and the well-being of high achievers. Her recent TEDx talk, "Perfectionism Has a Solution - It's Not What You Think," is sparking powerful conversations about redefining success and self-worth in medicine and beyond.

[Register Online](#)

Want to Help the NCMSA with our Grants Program? Join the Board!

The North Carolina Medical Society Alliance welcomes new members to our board of directors. We are looking for people who are current or former Medical Alliance members from any state or county Alliance who reside in North Carolina and can dedicate their time and talent to helping the NCMSA direct our grants program. Members of the board of directors will help promote our grants program to nonprofits in the state. We hope to help as many areas of the state as possible by funding healthcare projects that reflect our mission.

Terms on the NCMSA Board of Directors are two years. If you are interested, please [email Kirby Sheridan](#).

2025-26 NCMSA Board of Directors

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