

Tarheel Tandem



Volume 69 | Spring 2016

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Susan Hammer, Wake

Richard Savage, MD, Wake

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Tracy Steadman, Executive Director

NCMS Alliance

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Raleigh, NC 27607

www.ncmsalliance.org

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President's Message

By Deborah Harrell Meehan, NCMSA President



What would you do if your friend became sick with the flu or broke an arm? You would probably want to do something to help that friend feel better. What would you do if you found out your friend was having mental health challenges? Or that your friend had a family member with a mental health challenge? You would probably still want to help him or her feel better. People with mental health challenges need help from their friends and family just as much

as if they had a broken bone or physical illness. Frequently, it takes action and support from friends and family stepping in to help a person with mental illness navigate a complex system and receive the help they need.

On May 7th, we will have the opportunity to act on behalf of those affected by mental illness. As a part of our three year commitment to improve the access to mental health resources across North Carolina and fight to remove the stigma of mental illness here in our State, I ask you to join me, your State Board and your local Alliance Chapter in supporting NAMI Walks - The National Alliance on Mental Illness. Whether as a virtual walker or you decide to join us at the Dorothea Dix Campus in Raleigh that Saturday, we call on you to be a part of this effort! Registration is FREE, but I ask you to please lend your financial support to this worthy cause. Together, we can and will make a difference!!!

Looking for Programming Ideas?

If your Alliance is looking for a project that will improve the health of the citizens in your area, please think about ways to improve the mental health of your community. You local NAMI (National Alliance on Mental Illness) representative can share with you the state of mental health services and what the needs are in your area. The NAMI North Carolina website lists the names and contact information of the local NAMI representatives in the state. That website is NAMINC.org.

Membership Moments

By Wanda Smith, 2015-2016 Vice President of Membership Development



Spring is FINALLY here and with it comes renewal, and rededication to getting out and planting and nurturing our gardens and our commitments to taking better care of ourselves with exercise and fresh air and pursuing our mission of a healthier self. The same type of renewal can apply to our dedication

and commitment to our NCMS Alliance. This time of year we have the opportunity to invest of our time and energy with renewal of spirit and desire to make North Carolina a healthier better place to live because we care and we believe in and support the mission of our State Alliance. As we all know, mental health issues continue to be at the forefront of our concerns in NC and beyond. Our State Alliance will continue the mission of supporting NAMI for years to come.

Membership renewal notices for the NCMS Alliance Year 2016-2017 will be mailed out in early June. Please be on the lookout for them and take care of joining or renewing at your earliest opportunity. Our organization offers so many ways to give back to our local communities and on the state and national levels as well. Please join on the State and County Level and encourage your spouses to join as well. If you are unable to participate on a personal level, your financial support is greatly needed to continue to support our mission.

The benefits of membership are great. It gives all of us an opportunity to belong to and support the family of medicine and to form lifelong relationships with others with the same interest, goals, concerns and spirit of giving back. Please contact Wanda Smith, VP of Membership Development at 704-630-9586 or Tracy Steadman, Executive Director at 919-573-1316.

Calendar of Events

May 7

NAMI Walk

May 24-25

NCMS Alliance
Annual Meeting
Jacksonville, NC

June 1

Membership Renewals
will be due

June 12-14

AMA Alliance
Annual Meeting
Chicago, IL

The North Carolina Medical Society Alliance Wishes to Thank our 93rd Anniversary Annual Fund Contributors:

Champion

Kirby Sheridan

Mentor

Richard & Barbara Savage
Racheal Kunesh
Susan Hammer
Mrs. Louis Wilkerson

Advocate

Wanda Smith
Deborah Harrell Meehan
Dr. & Mrs. Steven Hendrickson
Sheila Josilevich
Gay Bowman

Friend

Patricia Udekwu
Joan Dilworth
Betty Madry
Charlotte Burney
Elizabeth Ramos
Kitty Felts
Linda-Lee Hanrahan



Share Your Programs and Projects

We know that local Alliances in North Carolina are leading efforts to improve the health of citizens in their communities. You are getting together to learn from interesting programs during your meetings. Please share what you are doing so that other Alliances can reap ideas and be inspired by your experiences. Share your programs and projects with the rest of the state via the North Carolina Medical Society Alliance website or the Tarheel Tandem. Please share photos of events and projects, also. They add to the excitement over your successes and efforts in your communities.

To share what is going on in your Alliance, please email the NCMSA Executive Director, Tracy Steadman, at tsteadman@ncmsalliance.org with photos and a description of your recent activities. You can send an outline or write an article. We will follow up with you for more details, if needed. What you do to improve the health of your communities will inspire others so please share.

Love and Caring Cards

Congratulation to the Winners!

Congratulations to the winners of our first NCMSA Love and Caring Cards artwork contest. Sets of these four cards are available when donations are made to the NCMSA Annual Fund. See the enclosed donation form. Donations may be made in honor or memory of special people who can be recognized in upcoming Tarheel Tandem issues. The proceeds from the distribution or sale of these cards support the NCMSA which has chosen mental health as a focus for three years.

The winners are:

- **Jessica Simmons-Josilevich** of Onslow County for a photo “Shrimp Haven,” taken on the Intracoastal Waterway in Hubert, NC across from Hammocks Beach State Park;
- **Joanie Tiska Kennedy** of Wake County for a print from an acrylic on canvas painting, “Walkway,” the walkway at the family 1950 oceanfront house on Topsail Island, in the village of Surf City, NC;
- **Nivedita (Mini) Mittal** of Onslow County for a chalk pastel, “My Snuggle Bugs,” of her Shelties; and
- **Paula Patselas** of Onslow County for a photo, “Starfish Surprise” taken at Hammocks Beach State Park.

Love and Caring Cards - 2016



Love and Caring Card Acknowledgements

Dr. Richard and Barbara Savage

- In honor of Cindy Savage
- In honor of Jeanie Owen
- In honor of Carolyn Plested
- In honor of Nancy Kyler

Racheal Kunesh

- In memory of Clara Walljasper
- In honor of Linda Simpson
- In honor of Kathy Crawford
- In honor of Ruth McDaniel

Patricia Udekwa

- In memory of Eva Mae Thompson

Charlotte Burney

- In honor of Dr. Elizabeth Burney Malinzak

Deborah Harrell Meehan

- In honor of Margaret Malinda Tuttle Harrell
- In honor of Emily Alice Keeler Wilkins

Kitty Felts

- In honor of Velma Martin Burrus

Wanda Smith

- In honor of Racheal Kunesh
- In honor of Carolyn Green

Susan Edens Hammer

- In memory of Judith Waldenberg
- In honor of Betty Griffin
- In honor of Kelly Archambault
- In memory of Elizabeth Edens

Sheila Josilevich

(Thank you for your friendship and support!)

- In honor of the Onslow County Medical Society Alliance
- In honor of the NC Medical Society Alliance

County News

Greater Greensboro

By Anne Krishnan

GGsMA Celebrates Greensboro's Youth

This is a celebratory time of year for the Greater Greensboro Society of Medicine Alliance.

On March 24, we honored three outstanding young people with scholarships for pursuing careers in the health sciences.

The scholarships were awarded to Brande Oakley and Keith Lansberry, both students at the UNCG School of Nursing, and Princess Collins, a graduating senior attending James B. Dudley High School. She will study biology and health administration at UNC-Chapel Hill.



Pictured are Brande, Keith and Princess and members of the Alliance's board of directors.

Earlier this spring, we recognized Title I middle school students who excelled in our annual anti-bullying writing contest.

This year's theme, "I have the power," encouraged students to think about bullying and use their power to help eliminate it in our schools and communities. Students could write a poem, essay or personal narrative (fiction or non-fiction) about a time they used their power to stand up for themselves, a friend, or even a stranger. Winners received a commemorative plaque, certificate, and monetary gift card from Target.

Overall winners included: First place - David Nguyen, Allen Middle School; Second Place - Joseph Solomon, Northeast Guilford Middle School; and Third Place - Selene Berry of Guilford Middle School.



Pictured are the three winners from Northeast Guilford Middle School: Kathelia Darby- honorable mention, Clayton Patterson- honorable mention and Joseph Solomon- 2nd place.

Onslow County

By Paula Patselas

COME EAST FOR THE STATE ANNUAL MEETING AND AWARDS PROGRAM! Time is drawing nigh, mark your calendars now and make plans to come to Jacksonville, NC for the May 24th and 25th Annual State Meeting. Onslow County members have worked hard to prepare a fun and fabulous meeting this year. Registration is open! Go to www.ncmsalliance.org; click on Annual Meeting to reveal the registration brochure with the agenda; print and send in right away with payment and selections. We have a relaxing and breathtaking sunset dinner cruise planned for Tuesday evening, May 24th. This will be casual and lively. Free transportation will be offered to and from the hotel. We will take great care of you here in Onslow County. Please make all efforts to register, attend and support the Onslow County Chapter. Please also note the deadlines for meeting registration as well as hotel, to assure the group rate. See you soon!

Rowan County

By Wanda Smith

April in Paris

And so it was! The Rowan County Medical Society Alliance Foundation held its 18th Annual "Fashions for a Cause" on Wednesday, April 6th, 2016 at the Crystal Lounge-Catawba College in Salisbury, North Carolina. All of the proceeds go to benefit the Community Care Clinic of Rowan County. This year over \$17,000 was raised. The Rowan Medical Society Alliance Foundation has donated well over \$200,000 to the Community Care Clinic over the years from proceeds benefitted from the Fashion Show.

The Community Care Clinic of Rowan County receives no federal or state funds. All money comes from private individuals and organizations and grants. For every dollar raised eight dollars' worth of medical and dental care and prescription assistance is given to our uninsured and underserved neighbors in our county.



Clara Misner, daughter of Rowan County Member, Fran Misner is pictured modeling a blue linen dress from Lora Belle Baby

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NCMS Alliance 93rd Annual Meeting and Awards Program

May 24-25, 2016

Jacksonville Country Club • 2201 Country Club Road • Jacksonville, NC

Hotel Information

Hampton Inn & Suites Jacksonville • 1032 Hampton Inn Way, Jacksonville, NC 28546 • Phone: (910) 347-3400

(See Registration Form on page 6 of this newsletter.)

Proposed Agenda

Tuesday, May 24

7:00pm **NCMS Alliance Social and Marina
Café Dinner Cruise**

Wednesday, May 25

8:30am-9:45am **NCMS Alliance Board of Direc-
tors Meeting**

9:45am **Registration Opens**

9:45am-10:15am **Coffee & Refreshments**

10:15am-11:45am **Opening Session**

Welcome and Opening Remarks

Remarks & Recognition of OCMSA
Founding Members
Dr. Ed Piper

AMAA Presentation
Julie Newman

11:45am-1:15pm

Hubbard Luncheon

Installation of 2016-2017 Officers

Inaugural Remarks of the 2016-2017
NCMS Alliance President
Sheila Josilevich

Honoring Past NCMS Alliance
Presidents and 2015-2016 County
Leadership

Anne Hubbard Memorial Lecturer
Mitzi Cherry Moyer

1:15pm-1:30pm

Break

1:30pm-2:30pm

NCMS Alliance Awards Program

Award Program and Recognition of
30 and 50 year members

Recognition of 2015-2016 Board and
Committee Chairs

2:30pm-2:45pm

Closing Remarks

County News *continued from page 4*

Ten stores showed off their fashions and there was something for everyone! Clara Misner, daughter of Rowan County Member, Fran Misner is pictured modeling a blue linen dress from Lora Belle Baby.

It is a fun event for such a worthy cause. The show benefits the community by making them aware of the needs of the Community Care Clinic of Rowan County and all the lovely fashions

available to them as well. It also gives the stores an opportunity to offer discounts to those attending the show and the stores give back 10% of their profits made from sales at or soon after the show to benefit the Clinic. "Fashions for a Cause" is a great event and helps so many in need. It is sold out every year so if you missed it this year, be sure and put it on your calendar for next April!

NCMS Alliance 93rd Annual Meeting Registration Form

May 24-25, 2016

Jacksonville Country Club • 2201 Country Club Road • Jacksonville, NC

Registration Deadline: May 13, 2016

Name _____

Address _____ City _____ State _____ Zip _____

Phone _____

E-Mail Address _____

Dietary Restrictions: Yes No Please Describe: _____

Registration Fees (please check one box below)

One Day Registration (Wednesday) – (includes Hubbard Luncheon & meeting materials) – May 25, 2016 \$110.00

Registration Fees: \$ _____

Meal/Event Reservations (please check box and provide numbers below)

Reserve _____ place(s) for the Alliance Social and Marina Café Dinner Cruise at 7:00 pm – May 24, 2016 _____ x \$35.00

Reserve _____ place(s) only for the Hubbard Luncheon and Installation at 11:45 am – May 25, 2016, _____ x \$45.00
featuring author Mitzi Cherry Moye. (This is for the Luncheon Only.)

Meal/Event Fees: \$ _____

Limo Reservations

Reserve _____ place(s) for the Limo Ride to and from the Marina Café Dinner Cruise – May 24, 2016 \$0.00

Limo Fees: \$ _____ \$0.00

Total Due (Registration Fee + Meal/Event Fees): \$ _____

Payment

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 fax your completed registration form by May 13, 2016 to:

NCMS Alliance, 1500 Sunday Drive, Suite 102, Raleigh, NC 27607

Fax: 919-787-4916

NCMS Alliance 93rd Anniversary Annual Fund

Donor's Name _____
Print your name as it should appear for recognition in the NCMSA Tarheel Tandem newsletter

Check here if you prefer your donation be anonymous

Address _____ City _____ State _____ Zip _____

Annual Fund Donor Levels (please check one box below)

- Sadie McCain Circle** (includes ten packs of 4 cards each and ten acknowledgements in the Tarheel Tandem)\$500 & above
- Champion** (includes six packs of 4 cards each and six acknowledgements in the Tarheel Tandem)\$300
- Mentor** (includes four packs of 4 cards each and four acknowledgements in the Tarheel Tandem)\$200
- Advocate** (includes two packs of 4 cards each and two acknowledgements in the Tarheel Tandem)\$100
- Friend** (includes one pack of 4 cards each and one acknowledgement in the Tarheel Tandem)\$50
- Surprise us with a donation level of your choice**.....\$_____

I want to honor these special people for the NCMS Alliance Annual Fund

These special people will be recognized in the next issue of the NCMSA Tarheel Tandem newsletter.

Please print:

- | | |
|--|--|
| <input type="checkbox"/> In honor/memory (circle one) of:
_____ | <input type="checkbox"/> In honor/memory (circle one) of:
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| <input type="checkbox"/> In honor/memory (circle one) of:
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_____ | <input type="checkbox"/> In honor/memory (circle one) of:
_____ |

Payment

- Check (*Please make your check payable to NCMS Alliance*)
- Credit Card: Visa MasterCard
- Credit Card # _____
- CVV2 # _____
- Exp. Date _____
- Name on Card _____
- Signature _____

Please mail completed form to:

NCMS Alliance, 1500 Sunday Drive, Suite 102, Raleigh, NC 27607

Donors will receive cards within three weeks of NCMSA receiving donations and their special people will be recognized in the next Tarheel Tandem.

Thank you for your support!

NCMS Alliance is a 501(c)(3) charitable organization and donations are tax-deductible.