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!!!
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.

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**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.
Congratulations 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 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 Udewku**
- 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
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.

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.

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.

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.

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 Directors Meeting

9:45am  Registration Opens

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

10:15am-11:45am  Opening Session

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 Moye

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:

☐ In honor/memory (circle one) of:

__________________________________________________________

☐ In honor/memory (circle one) of:

__________________________________________________________

☐ In honor/memory (circle one) of:

__________________________________________________________

☐ In honor/memory (circle one) of:

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☐ In honor/memory (circle one) of:

__________________________________________________________

☐ 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.