

TARHEEL TANDEM

State News

The NCMS Alliance would like to welcome our 2013/2014 Board of Directors..

Rene Kikel-President

Charlene Slaughter, President-elect

Carolyn Green, Immediate Past President

Kirby Sheridan, Secretary

Barbara Savage, Treasurer

Debbie Gessner, V.P. of Program Development

Beth Hill, V.P. of Membership Development

LaRinda Huntley-Kaplan V.P. of Resource Development

Shonette Charles

Beth Parker-Janeway

Teresa John

Romell Johnson

Kimberly Kossover

Deborah Harrell-Meehan

Wanda Smith

Maya Zumwalt

2013-2014 Board of Directors
and Committee Chairs

Rene Kikel, President

Charlene Slaughter—
President-Elect

Carolyn Green—Immediate
Past President

Kirby Sheridan—Secretary

Barbara Savage—Treasurer

Beth Hill—VP Membership
Development

Debbie Gessner—VP Program
Development

LaRinda Huntley Kaplan—
VP Resource Development

Romell Johnson—Cabarrus

Teresa John—Greensboro

Deborah Harrell Meehan—
Wake

Beth Parker Janeway— MAP

Maya Zumwalt—Wake

Wanda Smith—Salisbury

Shonette Charles—Wake

Tara Keegan

Executive Director

NCMS Alliance

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From Your President Elect

NCMS ALLIANCE

Charlotte, NC

91st ANNUAL MEETING

May 7-8, 2013

Duke Mansion
400 Hermitage Rd



www.dukemansion.com

Special Guest Speaker
Charla Muller



author of
365 Nights: A Memoir of Intimacy
www.charlamuller.com

Tara's Corner



Over the past year as Executive Director of this compassionate organization, I have had the distinct pleasure to work with our dynamic Board of Directors our tireless executive leadership team , and hundreds of dedicated professionals who work selflessly to provide help and hope to those we serve.

As we move into 2013, the Alliance can **celebrate** incredible accomplishments and advancements:

Our economic impact in North Carolina is far reaching. We have been privileged to serve over 60 high poverty schools with adequate PE equipment to promote healthy lifestyles. Our 2013 Race was the most successful race yet. We are only getting better!

D'Vine Wine has continued to be a successful event. In the last four years, we have donated automated external defibrillators (AEDs) to over fifty schools in Guilford County. The Alliance is grateful for the incredible support and the contributions that helped reach the goal to have an AED in every public school in the county. The *Heroic Hearts* program will expand on these critical efforts and reach out to provide valuable training and lifesaving resources to improve access and the ability to respond quickly to a cardiac emergency.

Our Membership Team has been so dedicated to increasing the growth of our organization and worked diligently in securing our new database, Memberclicks. Memberclicks is a comprehensive database that allows us to manage, retain, recruit and perform a myriad of functions to improve our communications and abilities.

Our Website Committee has been an incredibly responsive and talented group of women who are leading me with our website overhaul. It is an exciting time! Expect excellent changes in the months ahead!

And last, but certainly not least, **YOU , our members**— thank you for your dedication to our vision!

Thank you for being an incredible support this past year through my transition. I am looking forward to leading our organization to great places this year.

Get Fit 2013

2013 Get Fit NC Road Race .. Saturday, December 7th.

10K, 5K and 1.2 mile Kids' Run

Get FIT 2012 was an amazing success!!

Incredible sponsorship, hard working volunteers and team of unbelievable leaders.....

Register Today!!!

<http://runtheeast.com/calendardetail.php?id=247>

Location: The Start/Finish area is located at Wake Forest Elementary School at 136 W. Sycamore Street. Wake Forest , NC 27587.

Parking: Parking will be available at Wake Forest Elementary School. Signage will direct participants where to park.

Entry Fees: The Get Fit NC 10K registration fee is \$30.00 before November 2013. Registration from November through the day of the race is \$35. The Get Fit NC 5K registration fee is \$25.00 before November, 2013. Registration from November, 2013 through the day of the race is \$30. The Get Fit NC Kids' Fun Run registration fee is \$10 before November, 2013. Registration from November, 2013 through the day of the race is \$15. Only those registered by November 2013 will be guaranteed an official Get Fit NC race shirt.

The County Challenge begins soon.. Updates to Follow!

MEMBERSHIP DEVELOPMENT

A Message from the Membership Committee:

Don't forget to send in your membership dues as soon as you receive your reminder. I'll bet we can each remember the person who invited us along to a Fall Coffee or monthly get-together when we were young or new to the medical "spouse" profession. It was because someone invited you that you are a member. Who needs a gentle nudge or a "come lets go together" among those in your community?

Remember that if you are going to participate in the NC Get Fit Challenge you must be a member at the state level. This is only ONE of the reasons to keep your membership dues up to date.

You are the reason we are here.!

You are the NCMS Alliance. Your membership at the State level means that we are able to work together to improve the health of all North Carolinians. You know how your County dues are spent – frugally – it's the same at the State and National levels. Our State dues support education, health initiatives, and maintains our State office - just check out the web page to see the latest news at ncmsalliance.ncmedsoc.org

And, a HUGE thank you to those who have already renewed or joined for this year remember – bring someone along who would enjoy the friendship and fun!

Fondly,

Beth Hill, Vice President for Membership Development

NCMS 90th Annual Meeting

Our 90th Annual Meeting was held at the beautiful, Rock Barn Resort and Spa in Hickory.

We were also privileged to attend a personal tour of the historic Hart Square.

For more than thirty years, Dr. Robert Hart of Hickory has rescued and restored Carolina life of the nineteenth century, recreating an entire village, Hart Square—the largest collection of original historic log buildings in the United States.



90th Annual AMA Alliance Meeting
June 16-18, 2013
“The Volunteer Voice for Physicians Families”
(Beth Hill’s version)

What a privilege to attend the AMA Alliance 90th Annual Meeting. I have wanted to attend this meeting for several years and am so glad I was finally able to go. How exciting to find the Alliance alive and well and moving forward. It is hard to summarize in a few words the whole experience but I will try.

I arrived on Sunday and the first person I met and talked to was the President, Pat Hyer. She greeted me in her wonderful Texas drawl (an accent is something you don’t get in publications and e-mails!) Like a good Alliance friend she helped me get into a breakout session that was just getting started. I was able to meet and hear Pat Troy, the President of Next Wave Group. How exciting to have them taking care of our executive duties. We’re in good hands. What a smart move by the past Alliance Board to hire this company.

The afternoon session on Communicating Effectively by Marsheila DeVan was perhaps one of the most enjoyable and memorable sessions. Marsheila is an effective speaker and taught us many tips on speaking to a crowd, like how to use our hands and speak up, and connect with people we are speaking to by looking them in the eye. Her teaching method of bringing volunteers up and having them try it out made a long-lasting and humorous impression. That evening at the awards presentation, many of the speakers receiving awards mentioned “this is not a good day to give a speech” referring to how we were just learning all the things we’ve been doing wrong. It was a great time of seeing each other be brave and try to work out side of our comfort zone. I felt connected to women from around the country. Michelle Kalish, assisted by Pat Udekwu presented the myriad awards at the evening Welcome Reception. I was honored to be able to speak about the Doc-O-Lantern Contest that won first place for fundraising out of 28 applicants.

I tried to remember Marsheila’s advice while telling everyone how much fun we had getting 10 doctors to each carve a 24” pumpkin in 45 minutes and be judged by Conrad the Crowdad our local baseball team mascot. Our publicity chairman from Catawba County, Robin Parish, had sent pictures of the contest which were used in the power point which ran several times. The pictures reinforced the fun that was had and showed the doctors in Halloween costumes, kids in costume breaking open a piñata, and Conrad crowning the winner. This was also a great time to meet and hear from many winners around the country about their projects and accomplishments.

90th Annual AMA Alliance Meeting Cont..

On Monday I was nearly bored to death by the keynote message from the Psychiatrist talking about PTSD (just throwing that in to see if you're reading) It was a tragic message which taught me concepts I'd never heard before. Specifically, that PTSD can be treated and in many cases cured. Sharon Chontos facilitated roundtables, which was different than I thought it would be. She helped us work through a problem solving model and coached us on how to use this in our own groups. She reinforced the importance of not only discussing issues and listening to each other but also taking the time to identify root causes and choose 1 or 2 solutions to try. Interesting to know that most of the time we do not identify what it will cost to implement solutions and provide dollars to do so. She encouraged us to create a timeline, follow-up and do evaluations of how our solutions are working. Not only was this session a great interactive learning time, many, many great ideas were spoken from the floor. And, again, it was encouraging to hear others struggling with the same issues AND hear some solutions to try.

Charlene arranged for all the North Carolina members present to have lunch at the most beautiful uptown eatery, the RL! Wow! Thanks again Charlene! I was also able to share some table talk at other meals with women from Alabama, South Dakota, Illinois and Tennessee.

Hearing from our own Julie Newman, the AMA Alliance treasurer that we have a sound financial footing was great news. It was encouraging to meet many women who were younger than me. It was equally as inspiring talking in an elevator with a past Alliance President about the challenges of life alone after losing her spouse to complications of Alzheimer's. I commented to Jo Terry my pleasure at finding the meeting quite diverse in ages. I'll always remember Jo Terry's words, **"no matter what we are facing, we are better facing it together"**

Pat Graham from the Land Of Lincoln Alliance in Illinois (Springfield) gave a first hand report of a very effective results proven approach to preventing bullying. I learned that parents are the best resource.

Wow, I need to leave room for someone else to tell about their trip to Chicago. But I must say, the talks and speeches by outgoing and incoming officers were inspiring and informative but my favorite parts were meeting so many inspiring people from around the country and learning relevant helps for leadership.

Thanks for sending me, I truly enjoyed it!

90th Annual AMA Alliance Meeting Cont..



D'Vine Wine 2013

Fifth Annual D'Vine Wine Event

The Greater Greensboro Society of Medicine Alliance hosted the 5th Annual D'Vine Event on April 27 at the beautifully renovated Revolution Mills Studio.

Total Wine provided a variety of wines for guests to sample while enjoying delicious treats prepared by Exclamations! Catering. Entertainment was provided by the always popular band Windfall. Alliance members locally and around the state gathered treats and treasures for the silent auction. Guests were lured to the bidding sheets with vacation homes, rare wines, local services and art.

The focus of the D'Vine Wine Event has been to raise funds to purchase 55 Automated External Defibrillators (AEDs). Because of the Greater Greensboro Society of Medicine Alliance (GGSMA), every public school in Guilford County has an AED on its campus. Once this goal was reached, the GGSMA has now turned to helping community organizations who could benefit from having an AED, but who don't have the resources to purchase one.

The success of the D'Vine Wine Event is dependent on corporate sponsors, businesses and individuals who donate silent auction items as well as guests who purchase tickets and bid on auction items .

D'Vine Wine 2013



County News

Catawba County

Greetings from Catawba County! Last year CCMSA created a mission statement: to promote fellowship and fundraising among physicians and their families. This year we are working on not only raising money for the causes we believe in, but also focusing on creating a community of support and friendship for physician's spouses in our area. Our first event of the year certainly was a hit! Eighty folks of all ages gathered at Crowdad's stadium to watch the game and enjoy a picnic that was co-sponsored by CCMSA and CCMS.



(shown left: The Harline Family; shown right: The Getty-Dy Family and Friends at Crowdad's Baseball Game and Family Picnic)

In effort to welcome out newest members, we have scheduled a meeting for just those who are *new* to Catawba County or CCMSA. It's an opportunity for them to ask questions of a few experienced members and meet other newcomers. A member-wide coffee will also be held this fall where we reacquaint with old friends and meet new ones. In the mean time, planning is already underway for our annual Doc-O-Lantern Pumpkin Carving Contest and the Auction at the Winter Ball. As well, our Busy Bees and Book Club have ongoing activities. We continue maintain communication with our members through our web page <http://ccmsalliance.net>.

County News Cont..

We're here for YOU!

Hey, Doc...Show this article to your spouse or partner!

It 's a pretty fabulous thing when you find new friends with whom you have lots in common...especially, when you move into a new and unfamiliar city, you have no one you trust...other than your real estate agent... and no one to ask all those all-important questions about everything! Oh, sure, you can check online, reach out to neighbors...(do people do that anymore???)...talk to someone you just met at your new office...hope the Welcome Wagon drives down your street...or maybe even search the local newspaper for ideas. But, there 's just something amazing when you meet that person or those people who really GET you! They understand what you're going through and there 's an unmistakable bond. They 've really walked in your shoes and they are more than willing to help you through the rough patches and happy to celebrate the small victories as you settle into your new life. Those folks are precious and few...but they can be found!

For medical Families moving into the Triangle, that 's the kind of friendship that the Wake County Medical Society Alliance offers to spouses and partners of physicians. We are here for you. Yes, there are modest membership dues, but I can promise you that the rewards of the friends you make and relationships you build will far exceed any financial obligation.

Whether you have a professional career, you're a stay-at-home mom or dad, a student or perhaps a partner who just wants to learn more about coping in a medical family, the WCMSA can make your journey so much easier and definitely more FUN! Trust me...WE GET YOU! And...WE WANT YOU to become ONE OF US! And, it doesn 't matter if you are male or female...Your relationship as a spouse and/or partner is the ONLY requirement to join! □

Louise Wilson and I are the Co-Presidents of the WCMSA this 2013/2014 year. We are committed to building our organization by reaching out to the Triangle medical community, introducing ourselves and our wonderful organization and creating new and lasting friendships. We hope YOU will consider becoming our 'new best friend ' and sharing the joys of being an Alliance member! Your spouse and/or partner are welcome to join, too!!!

Feel free to call or text me anytime at 919.333.3914 or reach out to Louise at 919.737.5544. We would be happy to meet you for coffee or drinks...Our treat! Looking forward to meeting YOU and welcoming you to our organization!

Cheers!

Deborah Harrell Meehan

Co-President, Wake County Medical Society Alliance

County News Cont..

Wake County

Some great things are happening in Wake County!

Benefit Yard Sale

Saturday & Sunday

August 17th & 18th

8am until 4pm

LOADS OF BARGAINS!!!

Cash & Carry!!!

Proceeds go to [Get Fit NC](#) and [FIGS – Filling in the Gaps for prescription medication](#)



County News Cont..

Mecklenburg County



Caption. At our annual meeting in May, representatives of eleven Mecklenburg County agencies received a total of \$55,000 from the Mecklenburg Medical Alliance and Endowment (MMAE). The grants range from \$1000 to \$12,500, and are awarded to applicants whose programs support MMAE's mission to promote a healthier community.

County News Cont..

Onslow County



Alliance Fall Breakfast

Top photo: left to right, Judy Frink, Holly DeBeck, Paula Patselas, Lee Ann Thomas, Mitzi Ros

Bottom photo: left to right sitting: Barbara Hofmann, Holly DeBeck, Smitha Zayaram, Sheila Josilevich- left to right Standing: Paula Patselas, Lee Ann Thomas, Mini Mital



County News Cont..

Cape Fear

The Cape Fear Medical Alliance partnered up with the United Way to build the Born Learning Trail at Portia Hines Park in Wilmington in 2013. We were a White Level sponsor at the American Red Cross fundraiser this year. We continue to make financial contributions to the Hospitality House in Wilmington which serves as a place to stay when families must come to town and seek medical treatment.



County News Cont..

Gaston County

The Gaston County Medical Society Alliance, in partnership with our local hospital, presented 13 new AEDs along with training and cabinets to Gaston County Middle schools wrapping up a multi-year placement program designed to save lives in ordinary places outside the hospital. We look forward to sharing news of upcoming events.



County News Cont.

Greater Greensboro



Greater Greensboro recognizes scholarship recipients at spring brunch.

Pictured: Jacob Watkins, Laura Ferguson and Amanda Snuggs.

County Challenge Conversion Chart

Activity Level	Description	Sample Activities (CDC & ACSM guidelines)	Energy Conversion
Level 1	<u>Light Activity</u> (less than 3.5 kcals per minute)	golf (with cart), slow treading in pool, conditioning exercise, light stretching or warm-up	20 minutes of activity = 1 mile
Level 2	<u>Moderate Activity</u> (3-7 kcals used per minute)	golf (without cart), softball, weightlifting, racquetball, tennis (doubles), volleyball, skiing easy, handball, yoga, dancing, ice skating recreational, swimming recreational	20 minutes of activity = 2 miles
Level 3	<u>Vigorous Activity</u> (7.5 + kcals used per minute)	exercise classes: i.e. (spinning, step, kickboxing, circuit training) basketball, soccer, cross country skiing, hard mogul skiing, martial arts, tennis (singles), swimming laps	20 minutes of activity = 3 miles
Running & Walking		Report Actual Miles	
Biking		Biking 3:1 Ratio (Report 1 mile for every 3 biked)	

NCMS Alliance 2013-2014 Calendar

2013

June 16-18	AMA Alliance Annual Meeting, Chicago, IL
July 15	County Alliance Financial Report Deadline
August 7	NCMS Alliance Board Meeting & Retreat
August 30	Summer Tandem Deadline
September 26@ 10 am	County Alliance Teleconference
September 26 @11 am	NCMS Alliance Fall Board Meeting - Teleconference
October 1	2013 Get Fit County Alliance Challenge Begins
October 25-26	NCMS Annual Meeting – Raleigh, NC
November 10	Fall Tandem Deadline
November 30	NCMS Alliance Health Promotion Grant Deadline
December 7	Get Fit NC Race, Wake Forest, NC

2014

March 21-22	Southern Regional Alliance Conference hosted by TBD
February 6 @ 10 a.m.	County Alliance Teleconference
February 6 @ 11 a.m.	NCMS Alliance Winter Board of Directors Meeting - Teleconference
February 15	Winter Tandem Deadline
February 28	NCMS Alliance Grant Deadline
March 30	Doctors' Day
March 31	Get Fit County Challenge Ends
May 7-8	NCMS Alliance Annual Meeting, Charlotte, NC



NCMS ALLIANCE

PO BOX 27167

Raleigh, NC 27611-7167

Organized in 1923, the NCMS Alliance is a statewide network of physician spouses and physicians committed to advancing the health of North Carolinians through advocacy and action

The Volunteer Voice for Physician Families.

Alliance membership is open to spouses and physicians throughout North Carolina.