

Tarheel Tandem



Volume 71 | Spring 2017

2016-2017 Board of Directors and Committee Chairs

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Tracy Steadman, Executive Director

NCMS Alliance

1500 Sunday Drive, Suite 102
Raleigh, NC 27607

www.ncmsalliance.org

Phone: (919) 573-1316

Fax: (919) 787-4916

President's Message

By Sheila Josilevich, NCMS Alliance President

This will be my final Tarheel Tandem Article as your State Alliance President. I want to thank the board for their help and guidance over the past year, along with a big thank you to Tracy Steadman our Executive Director for keeping all of us on track.

Over the past year I have visited many of our local alliances and have gotten to know our members and the terrific work they do in their counties. It has been a wonderful experience for me personally and I urge all our members to volunteer to be on the State board and take advantage of the experiences it can share.

This year the board has continued its efforts in bringing awareness to mental health issues throughout the State and its effect on physical health. We have worked with The National Alliance on Mental Illness (NAMI) and offered our members the opportunity to attend the NAMI annual meeting and conference in September 2016. For the second year the State Alliance will be fielding a team under our Captain Mary Tyrey to take part in the annual NAMI Walk to be held at The Dorothea Dix Park in Raleigh on May 6th where we hope you can all join us for what will be a grand day out with friends both old and new. If you cannot take part in the walk please support the State Alliance team by donating to the cause.

We have had over 15 entries to the Caring Cards "competition" from across the state and 4 have been selected. Cards will be available for sale at the Annual Meeting to be held in Cabarrus County 16th May. (Information on the meeting will be sent out shortly.) During the meeting we will be rolling out a new program on the growing opioid epidemic across our country and in particular North Carolina. The program is in partnership with the Poe Center in Raleigh and will be delivered in several counties across the state. We look forward to discussing this at the Annual Meeting with our membership and

continued on page 2

Proposed Bylaws Changes

Submitted by the NCMSA Bylaws Committee: Susan Edens Hammer, Chair; Racheal Kunesch; Kirby Sheridan; Sheila Josilevich

The NCMS Alliance Board of Directors approved proposed bylaws changes will be voted on by NCMSA members at our Annual Meeting on May 16, 2017.

Our current bylaws, effective May 8, 2014, showing the proposed changes and rationales can be accessed at the following link: https://ncmsa.memberclicks.net/assets/docs/ncmsa_proposedchangestomay2014_bylaws-final.pdf

These proposed changes include the following:

- Update the requirements of component alliances to reflect a previous definition change of NCMSA regular members
- Change the name of the House of Delegates to Annual Meeting
- Change 'delegate' to 'voting member'
- Eliminate references to regions
- Delete the Life category of membership
- Move the nomination submission for a Friends and Family membership from the Resource Development Committee to the Membership Development Committee
- Decrease the board of directors size to 'at least 11 and no more than 15'
- Decrease the number of various committee members
- Include interaction with contracted service workers, similar as to personnel, under the Personnel Committee
- Delete the Mental Health Research Endowment Fund to reflect its move to the Health Education Opportunity Fund years ago
- Add 'unrestricted' to describe the Health Education Opportunity Fund and 'restricted' to describe the Anne Holmes Hubbard Memorial Lectureship Endowment Fund. These designations reflect the long standing nature of these funds as determined by the Finance Committee.

Membership Tidbits

By Wanda Smith, VP of Membership

The NCMS Alliance offers a wonderful opportunity to become involved in and make a difference in our community, state and beyond. We continue to support NAMI which focuses on Mental Health Awareness and many issues. Our Alliance also offers education and information about Opioid Abuse which is rampant in our nation. We provide a network of support for physicians' spouses and families. You are always encouraged to participate in Alliance events, however if you cannot, please know that your financial support allows our organization to help so many in need. Thanks to everyone including many physicians' spouses who have joined our State Alliance.

Our organization continues to make a difference in so many ways. Please contact Tracy Steadman, Executive Director at 919-573-1316 or Wanda Smith, Vice President for Membership Development at 704-213-4171 for further information. Again, much thanks for your continued support of Our Alliance. Together we can achieve great things!

President's Message

continued from page 1

eventually working in collaboration with local alliances in promoting the program.

On 16th May I will have the honor of passing the baton of our 94 year old North Carolina Medical Society Alliance to Kirby Sheridan. Kirby is a wonderful woman who, along with her board, will do great things to keep our Alliance relevant and strong. But she cannot do this alone.

I urge you all to become involved in your local and state alliances. Help support those who in turn assist and support the mental and physical health of the citizens of North Carolina and the medical profession.

NCMS Alliance 94th Annual Meeting and Awards Program

May 15-16, 2017

**Cabarrus Country Club • 3247 Weddington Road
Concord, North Carolina**

(Click here to register online or see the registration form on page 10.)

Proposed Agenda

Monday, May 15

- 4:30pm** **UNC Nutrition Research Institute Tour**
- 6:00pm** **Cocktails & Appetizers** (Cash Bar)
Restaurant 46
- 6:30pm** **NCMS Alliance Dinner Social**
Restaurant 46

Tuesday, May 16

- 9:00am** **Registration Opens**
- 9:00am-9:30am** **C2 Coffee & Conversation**
- 9:30am-11:45am** **Opening Session**
Welcome and Opening Remarks
Honoring Past NCMS Alliance Presidents
and 2016-2017 County Leadership
County Reports

- AMA Alliance Update
Rosemary Xavier
- Opioid Abuse Awareness Project Video
Barbara Savage
- Bylaws & Budget Review
- Recognition of 30 and 50 year members
Memorials

12:15pm-2:30pm **Hubbard Luncheon**

- Installation of 2017- 2018 Officers
- Inaugural Remarks of the 2017-2018
NCMS Alliance President
Kirby Sheridan
- Anne Hubbard Memorial Lecturer
Frank Schwalbe, MD
- Closing Remarks
Kirby Sheridan



**Cabarrus
Country Club**

Photos courtesy of the Cabarrus Country Club



Opioid Abuse Awareness Project

By Barbara Savage

NCMSA is thrilled to announce our partnership with the Poe Center to address the urgent need to increase opioid abuse prevention education. With a shared interest in ending the opioid epidemic, partnering will greatly leverage resources, outreach and impact, ultimately resulting in healthier children and families.

“A new report mapped out the top 25 worst cities in the US for opioid abuse and North Carolina shows up four times on that list. The report, from Castlight Health, analyzed up-to-date anonymous health data from nearly a million people covered by employer-based insurance. The worst city in America for opioid abuse according to the study was Wilmington. Hickory was the 5th, followed by Jacksonville at 12th and Fayetteville at 18th.”

The NCMSA board unanimously voted to support this project with \$20,500 from the NCMSA Health Education Opportunity Fund.

The objectives of the program are:

- Raise awareness about prescription drug use, provide strategies to reduce harm, and encourage family and community conversations about the related issues.

- Promote NC Medical Society Alliance across the State of North Carolina through community and regional educational events provided by the Poe Center.

Partnering with the NC Medical Society Alliance would allow the Poe Center to accomplish the following in one year: deliver two regional conference events, September 14-15, 2017 with Sam Quinones, author of *Dreamland*, a speaker renown in the field of opioid research with NC Medical Society Alliance as a presenting sponsor; enhance the Poe Center’s science-based curriculum to include opioid prevention data and utilize American Medical Association Alliance’s research, video, and print material; and, expand and deliver substance abuse prevention programs for adults and youth in towns with the greatest and most urgent need.

As a partner, the NC Medical Society Alliance’s marketing materials will be included in supplemental packets for teachers and chaperones, program packets for students, and will be recognized as a partner organization at the regional conferences and on all advertisements and media outreach.

We are looking forward to working with the Poe Center to move this project forward.

Love and Caring Cards Artwork Contest

Congratulation to the Winners!

Congratulations to the winners of our NCMSA Love and Caring Cards artwork contest. Sets of these four cards are available when donations are made to the NCMSA Annual Fund. 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. Please use the order form on page 9.

The winners include:

- **Jessica Simmons-Josilevich** of Onslow County for a painting, “Pelican”
- **Marilu Thordsen** of Wake County for a photo, “Cliff House” a photo of a house overlooking a cliff.
- **Nivedita (Mini) Mittal** of Onslow County for a painting, “Beach Scene”; and
- **Meredith Sheridan** of Cabarrus County for a photo, “Possibiites”



North Carolina Medical Society Alliance Walks with NAMI

Alliance family and friends the NCMS Alliance has formed a team to take part in the annual NAMI fundraiser walk on May 6th 2017 at the Dorothea Dix complex in Raleigh. We would love for all our members, your family and friends to join us. It's a full day out! Lots of fun events and food for us all to enjoy. Hopefully we will meet at the Zumba stage as I personally love to Zumba! Mary Tyrey is our Captain and she will be in touch with all Alliance members to give dates, times and place of meeting.

Please use the link below to sign up for the team and/or to donate.

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.team&teamID=14591>

Get Your Walking Shoes Ready!

The North Carolina Medical Society Alliance is focused on mental health awareness in North Carolina. Since 2015 the NCMSA has made one of its missions to increase awareness among its members of mental health and mental health challenges in North Carolina. As part of that effort, NCMSA members

participated in NAMI Walks on May 6, 2016 on the Dorothea Dix campus in Raleigh. We joined more than 1200 people walking to support mental health and fight the stigma attached to mental illness. Our bright green bandanas distinguished our group and added to the fun. Those members who participated could feel the excitement of banding together with others with a similar goal. It was a powerful feeling to walk alongside those receiving mental health services and see their efforts to improve those services and shed the stigma. If you could not join us in May, we hope you will look for details of our plans to walk in 2017.

There is something special about being a part of an effort that is bigger than we, as individuals. If you cannot walk with us in NAMI Walks, be a sponsor and contribute funds online to support NAMI (National Alliance on Mental Illness). Half of what you donate goes back to your individual county's NAMI affiliate. The other half supports NAMI of North Carolina. Let the NCMSA help you make a bigger impact on mental health services in your county. Join us. We make a bigger impact as a group than as individuals in our efforts to improve and expand mental health services in North Carolina.

Calendar of Events

April 28, 2017

NCMSA Board Meeting

May 6, 2017

NAMI Walk



May 15-16, 2017

NCMSA 94th Annual Meeting
Concord, NC

June 11-13, 2017

AMAA Annual Meeting
"Journey to Success"
Chicago, IL

Need Programming Ideas?

If your Alliance is looking for a project that will improve the health of those in your area, please think about ways to improve the mental health of your community. Your 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 names and contact info of the local NAMI representatives in the state. That website is NAMINC.org.

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.

County News

Cabarrus County

By Kirby Sheridan

The Cabarrus County Medical Society Alliance gathered at the home of Paula Galvin on April 2nd for a spring social. During the meeting members watched the AMAA sponsored video on the Opioid Abuse Epidemic as part of the new Opioid Abuse Awareness program. The CCMSA looks forward to hosting the NCMSA at the annual meeting May 15th and 16th.



Cabarrus County Social

Greater Greensboro

By Anne Krishnan

Greensboro's medical and legal communities came together for a great cause at the first-annual Scrubs vs. Suits MD/ JD Challenge basketball game, organized by the Greater Greensboro Society of Medicine Alliance.

The Scrubs took the victory at the event on February 26, but the game's true winner was Mustard Seed Community Health, which received \$18,000 to assist its diverse, international patient population. Mustard Seed is a new clinic serving uninsured and underinsured patients in East Greensboro.

"The funds provided to support our behavioral health program, most especially the clinic's play therapy room, will tremendously help us in our mission to provide high-quality, holistic, integrated healthcare to those in need, in an environment that dignifies and empowers the whole person," said Lee Kirkman, executive director of Mustard Seed. "We are truly thrilled, honored and humbled to be the first beneficiary of the 'Scrubs vs. Suits' game."



With a silent auction featuring experiences, art, jewelry and more; pompoms and games for kids; and food trucks for all, the event drew about 250 fans and supporters to Canterbury School's Haley Athletic Center. Former N.C. Chief Justice Henry Frye threw up the ceremonial tipoff, and broadcast legend Mike Hogewood was master of ceremonies.

"The game was a fun family event and an amazing opportunity to rally our community to support an important cause," said Anne Krishnan, president of the Alliance. "We were delighted to be able to raise awareness and funds for Mustard Seed, and we had a great time doing it."

Onslow County

By Paula Patselas

The Onslow County Medical Society Alliance is alive and well. Since the summer of 2016 our organization has managed primarily by committee, without an official president. Most Alliance members throughout the state, as well as the nation, know how difficult it is to annually recruit and sustain new leadership and membership. Certainly forcing the issue is not the answer, so our group decided to get creative and bring together a core group, or "Board" as we prefer to say, to meet regularly, re-visit our goals and mission, and plan an agenda for the year. We are all-inclusive, meaning, come one, come all, bring your ideas, complaints and suggestions to carry us forward and still have lots of fun. So far, we are doing well and have had an active and productive year since we hosted the 93rd Annual Meeting last May 2016. Certainly, core worker bees keep carrying the torch and we are most grateful for Mini Mittal,

continued on page 7

County News

continued from page 6

who has accepted the role of coordinating and dispatching communications, i.e., emails and group texts to remind us of meetings, lunch dates, special events and other happening news. Sheila Josilevich, current State Alliance President, remains actively and boisterously in the mix; other key cogs in the wheel are Lee Ann Thomas, Carol Smith, Penny Gopichand, Paula Patselas, Judy Frink and Smitha Jayaram, Vicki Kell and Mitzi Ros. Onslow remains committed to the Alliance.

Several of our fundraising events continue to benefit the Caring Community Clinic, a free clinic in Jacksonville, where the number of patients served there keeps growing and the need for donations and monetary assistance is always present.

Thus far in 2017, we have enjoyed getting together socially, including spouses, kids, and invited community guests for our annual January Oyster Roast, which was held on Saturday January 21 at the New River Yacht Club. The oysters were great as always and we had a nice turn-out with other potluck items, fire pit, music and catching up with everyone on holiday news.



Onslow Oyster Roast

On February 25, the medical community and community at large came together for a big bash: the Annual Onslow Memorial Hospital Foundation Fundraiser; this year known as the Onslow Derby. You guessed it – everyone showed up dressed for the derby scene with lots of gay and frilly hats and bright colors on the ladies and colorful sports jackets and handsome fedoras on the guys! There was a silent auction, bar, live auction, dinner and alas, a band to set the crowd swirling. This year, a portion of the proceeds raised will be dedicated to a major overhaul of the kitchen and food preparation and serving areas of the hospital cafeteria. Everyone is excited for this forthcoming update at Onslow Memorial Hospital. We thank and congratulate Lee Ann Thomas, OMH Foundation Executive Director for many months of tedious and committed effort to bring this major fundraising event to fruition successfully once again.



Onslow Derby

Coming up on April 20th, OCMSA will host our annual Bunco Fundraiser, which also will benefit the Caring Community Clinic. We invite friends and neighbors to join us and local folks have come to expect and look forward to this fun evening for a cause. All Alliance members and invited guests from around the state are welcome to join us this year, come on down!

We look forward to the upcoming 94th Annual State Alliance Meeting in May and hope to have a battalion from Onslow County attend.

continued on page 8

County News

continued from page 7

Rowan County

By co-chairs Mary Goodman and Joyce Goodwin, *Fashions for a Cause*

“Hopping into Spring” 19th Annual “Fashions for a Cause”

Sponsored By Rowan Medical Society Alliance Foundation

The Rowan County Medical Society Alliance Foundation “Fashions for a Cause” to benefit the Community Care Clinic of Rowan County, was held on Wednesday, April 5, 2017 at the Crystal Lounge-Catawba College, Salisbury, NC. Nearly \$20,000 was raised making this the most successful year ever. The RMCSA Foundation has contributed well over \$250,000 to this cause over the 19 year span. As always, it was a beautiful show for such a wonderful cause.



Mary Goodman, Trish Brinkley and Betsy Fazia



Susan Boone, Dorothy Nance, Wanda Smith, Kirby Sheridan, and Mary Tyrey

The Community Care Clinic is a non-profit health, pharmaceutical and dental care clinic funded primarily by individual donations and grants. The clinic helps the uninsured working poor of Rowan County. Because of increasing problems in our local economy, the number of underserved and needy is rising rapidly. We are sure you are aware of how expensive medical care has become. The clinic provides medications, health care, and dental services for those who are most deserving and can least afford it. Without this clinic, many would have to choose between needed health care and buying food for their families. Working together we can make a difference in the lives of those served by the clinic.

Kudos to all the Alliance ladies who worked so hard for months getting this show together and much thanks to all the Sponsors, Merchants, Donors, Models and Attendees. Special thanks to NCMS Alliance BOD and County Officers Mary Tyrey, Dorothy Nance and Susan Boone who traveled all the way from Wake County to attend and to Kirby Sheridan, NCMS Alliance President-Elect who visited from Concord, NC.

Thanks to all for your support of the Rowan County Medical Society Alliance in our fund raising effort for the Community Care Clinic of Rowan County.



Ashley Black Currin and Charlotte Misner (daughter of Fran Misner)



Susan Shinn Turner (Salisbury Post Journalist) and Emcee David Whisenaut

NCMS Alliance 94th 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:

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.

NCMS Alliance 94th Annual Meeting Registration Form

May 15-16, 2017 • Cabarrus Country Club • 3247 Weddington Road • Concord, NC

Registration Deadline: May 5, 2017

Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

Dietary Restrictions (circle): Yes No Please Describe _____

Registration Fees (please check one box below)

- Full Member Registration (Tuesday) – (includes Hubbard Luncheon & meeting materials) – May 16, 2017 \$125
Registration Fees: \$ _____

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

Reserve _____ place(s) for the Monday Night Dinner (Choose One Dinner for Each Person)

1) Spinach, Sundried Tomato & Cheese Crepe w/ couscous and sauteed baby green beans #_____ @ \$30 ea. = _____

2) Honey Lavender Orange glazed French Chicken Breast w/ couscous and sauteed baby green beans #_____ @ \$33 ea. = _____

3) Parmesean Crusted Baked Salmon Filet w/ lemon caper beurre blanc sauce w/ couscous and sauteed baby green beans #_____ @ \$38 ea. = _____

**Dessert will be Chocolate Pecan Fudge Cake **Price includes dessert, tax & gratuity

Reserve _____ place(s) ONLY for the Hubbard Luncheon and Installation –

May 16, 2017, 12:00pm – (This is for the Luncheon ONLY) – Featuring author Frank Schwalbe, MD #_____ @ \$45 ea. = _____

Dinner and Luncheon Fees: \$ _____

Monday afternoon tour of the UNC Nutrition Research Tour – 4:30pm

- (Space is Limited - first come first serve - we will notify you if space has filled) \$0.00

Tour 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 5, 2017 to:

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

Fax: 919-787-4916