

WAKE COUNTY MEDICAL SOCIETY ALLIANCE
CALENDAR 2018-19 (Updated January 5, 2019)

SEPTEMBER 2018

September 21

7:30 pm Couples Night Out - Hurricanes vs Washington Capitals
Pre-Season Hockey Game, PNC Arena Box Seats
Many thanks to First Citizens Bank for their generous donation.

September 26-28

The Poe Center for Health Education Annual Meeting and Luncheon Conferences,
Language, Stigma and Advocacy: Looking Beyond the Opioid Epidemic.
Visit www.poehealth.org for details.

OCTOBER 2018

October 3

6:30 - 8:30 pm - Vegetarian Cooking Class
Chef Arthur Gordon, Chef Emeritus of the Irregardless Cafe, will be working his miracles with fresh produce. Join us as he takes us on a garden tour & outdoor cooking class using seasonal vegetables.

October 6

4:00 - 7:00 pm – Annual Picnic on the Pavilion
Hosted by WCMS Alliance and Wake County Medical Society

October 12

17th Annual NAMI North Carolina Statewide Conference,
360 of Wellness, Greensboro-High Point Marriott Airport, Greensboro, NC

October 13

10:00 am - 12:30 pm SWAG Volunteering Opportunity. Join us to beautify the Poe Center for Health Education, then enjoy complimentary Mac & Cheese, courtesy of the Cabot Farmers' Gratitude Grille! Volunteers will help with tasks like pruning, mulching, landscaping and more. Ages 10+ welcome with adult supervision.

October 13

8:30 am Wellness Hike at Umstead Park/Cary - Finding Wisdom in Nature Series.
Wear comfortable clothing and shoes. Bring water. Beginners, children and pets are welcome. It will be an easy Trail lasting an hour.

October 17

10:30 am – Annual Java Jumpstart Brunch
Celebrate New and Old Friends at the home of a Generous Member
Please invite a physician spouse new to the Alliance.

October 27

9:00 am – 4:00 pm - WakeMed Safe Sitter® Class for teen boys and girls, ages 11-17.
Participants will be taught cell phone and internet safety, infant/child CPR and basic first aid. Have your babysitter take this class as well.
WakeMed Corporate Center, 3128 Smoketree Court, Raleigh

October 27

10:00 am - 1:00 pm - Art in the Garden, Experience the good life through an outdoor guided watercolor class with integrative leadership coach Annelies Gentile of Conduit for Change, followed by a light vegetarian picnic lunch. No experience required. Watercolor kit provided. Limited space.

NOVEMBER 2018

••Through Our Eyes Raleigh – THE CAMERAS ARE DISPOSABLE. PEOPLE ARE NOT.

Exhibition Location: Contemporary Art Museum, 409 W. Martin Street, Raleigh

The exhibit will remain on display throughout the month of November.

•An Alliance arranged visit to exhibition date to be determined.

107 people struggling with homelessness in Raleigh were given cameras, a voice and a chance to share their lives with the community. More than 100 youth wrote notes of love and encouragement to accompany the photographers on their week-long journey. 20 photographs out of a pool of 880 have been selected for an exhibit. We invite you to see their stories and witness life on the streets of Raleigh through their eyes.

November 3

11 a.m. - Tour and Talk on Misuse and Abuse of Opioids and Drugs,
Poe Center for Health Education. **This event is open to the public.** Last year's event was very successful and we are adding a component **for middle schoolers this year.** **We encourage our members to share this link** with your families, friends, and any organizations you feel would benefit from the program.
Please note there are two programs -Middle schooler and Adult only.
This event is open to the public. Learn more and register at Eventbrite.

November 4

6:00 – 8:00 pm - Through Our Eyes Raleigh Celebration
Contemporary Art Museum, 409 W. Martin Street, Raleigh.
100% of funds received through ticket sales will go to serve the needs of those experiencing homelessness in our community through Love Wins, Oak City Outreach, and the Round Table at Pullen Memorial Baptist Church.

November 8

10:00 am – Annual Best Book Recommendations
Quail Ridge Books, North Hills, 4209-100 Lassiter Mill Road, Raleigh.
Join us for coffee and to learn about this year's best book recommendations delivered in an engaging manner by the staff at Quail Ridge for yourself and your gift list. This event is always a favorite of our members.

November 9

Event previously planned at Goodnight's Comedy Club will be rescheduled.

November 17

SWAG. Craft for a Cause, 1053 E. Whitaker Mill Rd, Raleigh.
What You'll Do: This event is part of Activate Good's Annual Family Volunteer Day! Volunteers will complete various craft-related tasks to benefit local causes.
***Important:** Two (2) separate hour-long volunteer shifts are posted for this event; please signup for the one that suits your family best.
Sign up at :<https://activategood.org/opportunity/4170>

November 18

3:00 - 4:30 pm SWAG Volunteering Opportunity
Oak City Outreach, Person Street, Raleigh.
SWAG opportunity to serve a meal at the Soup Kitchen. Minimum age of 14 years. Must be accompanied by an adult. 7 servers are requested.

November 29

5:00 – 6:00 pm – UNC REX Healthcare - Dessert Makeovers for the Holidays, NC Heart & Vascular Hospital, 4420 Lake Boone Trail, Raleigh.
Indulge without the guilt! Participants will enjoy sampling of the foods and leave with both the recipes and skills to prepare these desserts on their own.

DECEMBER 2018

Some children of Alliance members will be participating in the City Ballet 26th anniversary of the holiday family favorite, Tchaikovsky's "Nutcracker Ballet". This full length, richly costumed and staged version" features guest artists from Carolina Ballet dancing alongside nearly 100 City Ballet student dancers to bring the story of Clara and her Nutcracker to life. Audiences will be mesmerized by the Snow Queen and her Snowflakes dancing amid real falling snow, a magical Christmas tree that grows 20 feet tall and toy soldiers that come to life to battle the evil mice.

City Ballet is thrilled to perform in the newly renovated Stewart Theatre, which offers an intimate, family friendly house for all ages to truly enjoy this holiday classic.

Performances will be held December 14th at 7pm and December 15th at 11am and 3pm.

Tickets on sale at www.city-ballet.com/tickets.

December 5

11:30 am – Annual Holiday Luncheon

18 Seaboard Private Dining Room, Shops at Seaboard Station.

Pre-registration required. Read Host Message on Evite for details.

SWAG: Please bring Hats, Gloves and Scarves to be distributed this winter.

December 7

6 pm - Raleigh First Friday - Explore Downtown in The Winter

Meet at the Contemporary Art Museum, 409 W. Martin Street, Raleigh.

Weather permitting.

December 12

11:00 am – 2:00 pm - Kendra Gives Back WCMSA Fundraiser,

20% of ALL Kendra Scott sales at North Hills donated to the Poe Center for Health Education Substance Use Prevention Programs. **Can't make it to the store?**

Then please go to www.Kendrascott.com, choose your pieces and call in the store on December 12 between 11am & 2pm. (919) 636-7700. **The 20% give back applies to all sales between 11am & 2pm. Please make your purchases then.**

Kendra Scott, an American accessories brand, 4321 Lassiter at North Hills Avenue, Raleigh. Tell your family, friends, and colleagues.

JANUARY 2019

January 9

12:00 – 1:00 p.m. - UNC REX Healthcare - Quick and Easy Heart Healthy Meals -

NC Heart & Vascular Hospital, 4420 Lake Boone Trail, Raleigh. New Year - new meal plans! During this one-hour class Shelly Wegman, RD, LDN will show participants how to make healthy recipes using various techniques including the Instant Pot™ and sheet pans to make meal prep hassle free. Participants will enjoy sampling of the foods and leave with both the recipes and skills to prepare these meals on their own. Cost \$20.

Register with UNC Rex Healthcare.

January 12

10:30 am – 12:30 pm - Personal Development –

Effective Communication with Rebecca Leonard Ph.D.,

NC Heart & Vascular Hospital, Innovation & Learning Center on Level 1, 4420 Lake Boone Trail, Raleigh.

This event is free and open to the public. Donations at the door appreciated.

Register on Eventbrite.

Rebecca Leonard, PhD is an Associate Professor Emerita of Communication at NC State University and currently teaches in the Osher Lifelong Learning Institute at NCSU.

Interpersonal problems frequently occur in our personal and professional relationships.

In this workshop, participants will learn about three approaches to interpersonal problem solving: passivity, aggression, and assertion.

“Assertiveness is the ability to communicate the full range of your thoughts and emotions with confidence and skill.” - Ronald Adler

January 20

SWAG Volunteering Opportunity rescheduled for March 31.

January 24

6:30 - 8:30 pm - The Peaceful Warrior: Daring Greatly –
Poe Center for Health Education, 224 Sunnybrook Road, Raleigh.
Yoga and mindfulness practice with Karen Coates, MD, 200 RYT.
Learn and practice tools to respond with grace and strength to everyday stress.
Members may bring one guest. RSVP on Evite.

January 30

5:30 – 7:30 pm – Preventing and Overcoming Physician Burnout:
Clark Gaither, MD, FAAP, author of *Reignite*.
This presentation is designed to help physicians in all stages of their careers to learn how to identify, mitigate, alleviate, and prevent job-related burnout. Dr. Gaither will share some real-life practical information that can be used to help prevent and restore damaged lives and careers due to burnout.

Young Moore and Henderson, P.A., in conjunction with Wake County Medical Society and Wake County Medical Society Alliance, offer a complimentary dinner and seminar designed for health care providers and their spouses.
Preregistration required. RSVP on Evite or Email.

FEBRUARY 2019

February 13

12:30 pm – SWAG Pay-It-Forward Opportunity
A Place at the Table, 300 W. Hargett Street, Raleigh.
Lunch and conversation with multiple options to pay-it-forward.

MARCH 2019

March 20

11:30 a.m. - FASHION FOR FUNDS Fashion Show, Luncheon, and Silent Auction
benefitting the Poe Center for Health Education Substance Use Prevention Programs.
North Hills Club, 4824 Yadkin Drive, Raleigh.

March TBA

Doctors' Day Family Time
Celebrate Physicians and Family
Location, date and time to be announced.
Watch your emails for communication.

March 31

3:00 - 4:30 pm SWAG Volunteering Opportunity
Oak City Outreach, Person Street, Raleigh.
SWAG opportunity to serve a meal at the Soup Kitchen. Minimum age of 14 years.
Must be accompanied by an adult. Seven servers are requested.

APRIL 2019

April TBA

Garden Tour at the Sarah P. Duke Gardens
Choice of walking or Trolley guided tour. Date and time to be announced.

April 27

NAMI Walk, Raleigh

MAY 2019

May 1

North Carolina Medical Society Alliance Annual Meeting, Raleigh, NC

May 3

Raleigh First Friday - Explore Downtown in The Spring

Location and time to be announced.

May 16

Annual Applause Luncheon

Location and time to be announced.

JUNE 2019

June 9-11

AMA Alliance Annual Meeting, Chicago, Illinois

For more information on any event, contact medicalalliancewakecounty@gmail.com