



## MD Connection

### Newsletter of the Wake County Medical Society Alliance February 2017

#### Message from our Co-Presidents

Greetings,

What's the mission of WCMSA and are our activities in line with that mission? That has been the guiding question for the board this year. We are proud to have built on the solid foundation created by our officers in prior years and are excited about the progress of our year. We seek to create a network of support for our members and to increase public understanding of health related issues. To that end our activities this year included:

- **Fashion for F.I.G.S** - is our upcoming major fundraiser for benefit of this year's partner charity.
- **Opioid Abuse Education program** - we partnered with the Poe Center and NCMSA to use AMA Alliance education materials as the basis for incorporating Opioid Abuse Education into their Drugs Uncovered Program. We will be funding several sessions throughout Wake County in the next year. See the more detailed information later in this newsletter.
- **General Meetings, LNO, Book Club** and **Global Flavors** are ongoing opportunities for our members to socialize and build a support medical community.
- **Eldercare Seminar** - which educated the community about health related issues.

We hope we can count on you to support the Fashion Show with your attendance or a donation if you can't attend. Please see the article later in the newsletter for details but let us tease you with a few details: a delicious luncheon, fashions from North Hills merchants, a Silent Auction with many desirable items and an appearance by Miss North Carolina. Many thanks to all of the alliance members who have helped plan and organize this event.

We're looking forward to Art in Bloom, the NAMI walk and the Applause luncheon later this spring. Look for details in the newsletter calendar on page 9.

In early April, we will vote on a partner organization for our 2017-18 program year. Each year our membership nominates and votes on the organization to be the recipient. We will be accepting recommendations for partner charities through March 31. The Fashion Show promises to be a successful and fun way to raise funds for a local health related organization and we hope that it will become our signature fundraiser for the next few years. If you have an organization to suggest, please send information about the charity to [MedicalAllianceWakeCounty@gmail.com](mailto:MedicalAllianceWakeCounty@gmail.com) or contact Jane Patterson 919-844-1528.

And finally, as we look forward to the end of the year, we are working to identify members to fill board positions next year. Susan Boone, our President-elect, is a great leader and motivator and will bring new excitement in the coming year. Many of you may now find yourselves with an empty nest or a little more free time and we would love to have you

volunteer with us, making new friendships and re-establishing old ones. We have a wonderful group of active members and have worked hard to keep sight of our mission and remain a viable and meaningful organization. If you have found value in the events you've attended, please consider volunteering to serve either on the board or as a committee chair. Contact Marilu Thordsen, Nominating Committee Chair ([mjthordsen@yahoo.com](mailto:mjthordsen@yahoo.com), 253-278-8726) for more information. Really, please do contact her, it's rewarding and fun and a great way to build relationships with some wonderful women!

We thank you for your membership and look forward to seeing you soon!

Dorothy and Jane



*Buy your Tickets Now!*

<https://www.eventbrite.com/e/fashion-for-figs-tickets-31559117169>

**Fashion for F.I.G.S – Filling in Gaps**

Thursday, March 16, 2017 – 11:30am

**Fashion Show to Support F.I.G.S**

Ruth's Chris Steak House

4381 Lassiter at North Hills Ave.

Tickets are \$60/person including Lunch

We encourage you to invite your family and friends!

(We will have a limited number of tables seating 4 or 8 that may be reserved)

For questions or to volunteer to help with the fashion show email

[MedicalAllianceWakeCounty@gmail.com](mailto:MedicalAllianceWakeCounty@gmail.com)

Join us for a fun Fashion Show and elegant luncheon while helping to support a good cause! Our Fashion Show will feature the latest spring styles from our very own North Hills boutiques.\* In addition, you can participate in our Silent Auction\*\* with chances to bid on gift cards from North Hills boutiques and restaurants, spa treatments, accessories, and more.

- Featured guest: 2016 Miss North Carolina, McKenzie Faggart.
- Special music by Andrea Blanchfield, harpist
- Silent Auction
- Elegant Ruth's Chris luncheon
- Spring Fashion Extravaganza
- Swag Bag (value worth more than price for ticket!)

All proceeds will go to F.I.G.S\*\*\* (Filling in Gaps) a local non-profit which provides prescription drug assistance to low income and uninsured or under-insured Wake County residents.

\*Fashion Show boutiques include: Peter Millar, Lily Rain, Anthropologie, Uniquities, Charlotte's, J. McLaughlin, Gena Chandler, Lou & Grey, Madison, Fleur, Scout & Molly

\*\*Fashion Show Auction items include: Kate Spade Earring from Charlotte's, GenaChandler Champagne Shopping Party, J. McLaughlin Duffel Bag, Scout and Molly's Shopping Party, Zankhna Fashion item, BodyLase laser hair removal package, Cameron Clothing \$250 gift card, Cowfish \$50 gift card, hat and shirt, Honora drop pearl earrings w/silver (Fink's Jewelers), Painting (Helen Majors), Jarrett Bay Boatworks Shirt and sunglass holders, Lululemon Yoga mat with strap, Midtown Olive Oil gift basket, Midtown Grill \$50 gift card, Quail Ridge Books latest best sellers gift basket, Ruth's Chris gift card, Sur La Table Cooking Class, Vineyard Vines \$300 gift card, Handmade Jewelry (Kimberly Durland)

\*\*\*F.I.G.S Facts:

- More than 98% of donations go for essential medicines and medical supplies
- F.I.G.S is the only non-profit organization in Wake County that fulfills this need
- Funds go to Wake County residents, many who have chronic illnesses
- F.I.G.S is administered by a small board of interdenominational volunteers with no paid staff

**Buy tickets via online at <https://www.eventbrite.com/e/fashion-for-figs-tickets-31559117169>**

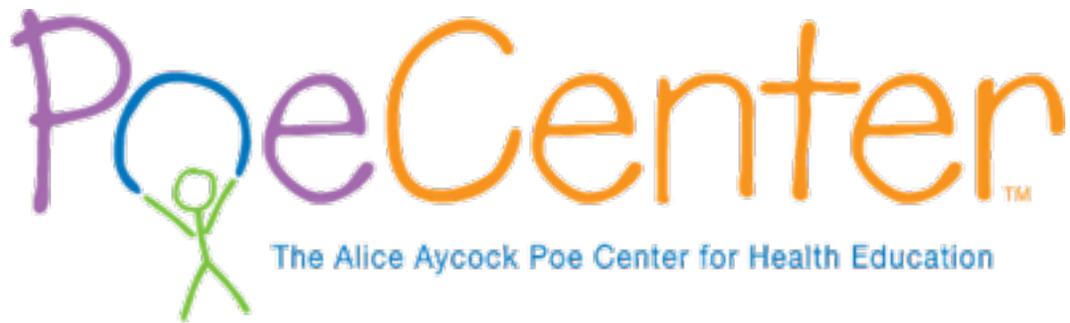
## Building our Membership

"Alone we can do so little; together we can do so much"  
Helen Keller



One of the greatest difficulties to building our membership is identifying physicians' spouses that we can reach out to join our Alliance. Whether you are new to our community or not, we welcome you to join us as we work to improve the health and quality of life of our local community through our fundraising efforts in support of a chosen charity each year, to enjoy a ladies' night out with friends, to join our book club, to attend an ASPIRE (Alliance Spouses and Physicians in Retirement Enthusiastically) breakfast, or simply to pay your dues to support our efforts, we have something for everyone.

If you know of a spouse that you would like to encourage to join, we have a small gift for them that includes information about our group, a calendar of events for the year and a koozie for their favorite beverage. You can email their information to [MedicalAllianceWakeCounty@gmail.com](mailto:MedicalAllianceWakeCounty@gmail.com).



WCMSA 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. With Wake County Medical Society Alliance's support, the Poe Center will enhance the science-based curriculum to include the AMAA opioid prevention video and print material, and expand and deliver the substance abuse prevention programs for adults and youth in Wake County.

In North Carolina and Wake County prescription opioid followed by heroin use contributed to the highest number of deaths in recent years. There were 35 deaths from prescription opioid overdoses in Wake County in 2015.

The objectives of the program are:

- Promote the Wake County Medical Society Alliance throughout Wake County through educational events and initiatives conducted by the Poe Center.
- Raise awareness about Rx drug abuse, provide strategies to reduce harm, and encourage family and community conversations about the related issues.

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

#### Volunteer Spotlight: Will Durland



Will Durland, son of WCMSA member, Kimberly Durland, was the featured Spotlight Volunteer of the Poe Center in the December 2016 Newsletter, "What's New at Poe?". Will is a member of Troop 395 at White Memorial Presbyterian Church and built two elevated garden beds for his Eagle Scout project. The garden beds are in the Poe Center PlayWELL Park. The elevated beds expand Poe's gardening opportunities with individuals in wheelchairs and offer more comfortable garden experiences for others with limited mobility, such as seniors.





Past President's Luncheon at the Woman's Club





WCMSA Adventure

WCMSA Co-President, Jane Patterson, just returned from a ski vacation out west. She and her husband are avid skiers and spent time in Vail, Breckenridge and Utah, where they met up with their two daughters. During Jane's first week in Vail, she found out that fellow alliance member, Kimberly Durland, and her husband were in Beaver Creek for a meeting. Jane and Kimberly had a lot of fun skiing together at Beaver Creek. Jane had never skied at Beaver Creek before and got to add a new patch to her ski backpack that is covered with all the places she has ever skied. Kimberly managed to not break any limbs while trying to keep up with the expert ski level of Jane and her husband!



## Mark Your Calendar

March 2 @ 9:30am – ASPIRE Interest Group

ASPIRE gets together the first Thursday of every month at Big Ed's, downtown Raleigh

Contact: Ginny Pierson 919.781.4796 or [ginnypierson48@yahoo.com](mailto:ginnypierson48@yahoo.com)

March 8 @ 10am – Book Club Interest Group

Book: Colleen Lee will review *An Irish Country Doctor* by Patrick Taylor and the February book, *The Orphan Master's Son*, by Adam Johnson. Nancy Nutt, Hostess, 2631 Fairview Road, Raleigh. Book Club meets the second Wednesday of every month from 10-12 noon

Contact: Katherine Keener 919.571.8181 or [kokeener@att.net](mailto:kokeener@att.net)

March 16 @ 11:30am – Fashion Show Fundraiser for F.I.G.S

Ruth's Chris Steak House 4381 Lassiter at North Hills Ave, Raleigh Time. Tickets are \$60/person including lunch. We encourage you to invite your family and friends! There will be a viewing of fabulous spring fashions while supporting our target charity this year, F.I.G.s of Wake. Contact:

Dorothy Nance 919.614.4445 or [dorothy16@gmail.com](mailto:dorothy16@gmail.com)

March 23 @ TBA - Ladies Night Out

Bowling! Look for Evite

LNO meets the third Thursday night of each month (note change of date due to fashion show)

Contact: Zee Parekh 919.444.1597 [zparekh@gmail.com](mailto:zparekh@gmail.com)

March 30 Doctor's Day

March 30 @ 11am -Art in Bloom

North Carolina Museum of Art | 2110 Blue Ridge

Road, Raleigh. Our annual docent guided tour of Art in Bloom. The numbers are limited this year so please call Zohra Osman to secure your spot. Optional lunch with friends after the tour. Friends and family are welcome. Contact: Zohra at 919.720.1797

April 1 @ 3:00pm Art in Bloom

North Carolina Museum of Art | 2110 Blue Ridge Road, Raleigh. This time has been popular with families to come and enjoy the exhibition and explore the park. It will be a docent guided tour. The numbers are limited this year so please call Zohra Osman to secure your spot. Friends and family are welcome. Contact: Zohra at 919.720.1797

April 6 @ 9:30am – ASPIRE Interest Group

ASPIRE gets together the first Thursday of every month at Big Ed's, downtown Raleigh

Contact: Ginny Pierson 919.781.4796 or [ginnypierson48@yahoo.com](mailto:ginnypierson48@yahoo.com)

April 12 @ 10am – Book Club Interest Group

Judy LeGrand will review *An Age of Desire* by Jennie Fields. Karen Coates, Hostess, 318 Weston Estates Way, Morrisville. Contact: Katherine Keener 919.571.8181 or [kokeener@att.net](mailto:kokeener@att.net)

April 20 @ TBA - Ladies Night Out

Yoga in the park! Look for Evite

LNO meets the third Thursday night of each month

Contact: Zee Parekh 919.444.1597 [zparekh@gmail.com](mailto:zparekh@gmail.com)

May 3 @ 10am – Book Club Interest Group

Jane Patterson will review *Dept. of Speculation* by Jenny Offil. LaDonna Overcash, Hostess, 3616 Alamance Drive, Raleigh. Note – This is the first Wednesday of May; the Applause Luncheon is scheduled for the second Wednesday. Contact: Katherine Keener 919.571.8181 or

[kokeener@att.net](mailto:kokeener@att.net)

May 4 @ 9:30am – ASPIRE Interest Group

ASPIRE gets together the first Thursday of every month at Big Ed's, downtown Raleigh

Contact: Ginny Pierson 919.781.4796 or [ginnypierson48@yahoo.com](mailto:ginnypierson48@yahoo.com)

May 6 - NAMI Walk

Dorothea Dix Campus, Raleigh

When you walk with NAMI, you join the movement to raise awareness of mental illness and raise funds to support their mission to help individuals and families right here in our region. Contact:

Mary Tyrey 919.219.5386 or [m.tyrey@icloud.com](mailto:m.tyrey@icloud.com)

May 10 @ 11:30am - Applause Luncheon

Coquette Brasserie | 4351 The Circle at North Hills St., Raleigh

Contact: Susan Boone 919.210.0092 or [boone42@outlook.com](mailto:boone42@outlook.com)

## 2016-2017 Board and Committees

Co-Presidents	Jane Patterson and Dorothy Nance
President-Elect	Susan Boone
Recording Secretary	Kimberly Durland
Corresponding Secretary	Kathy Chiulli
Treasurer	Karen Albright
Past President	Marilu Thordsen
Parliamentarian	Susan Hammer
By-Laws Chair	Sue Haberberger
Financial Development Chair	Deb Meehan
State Alliance Chair	Mary Tyrey
Membership Recruitment	Zohra Osman, Barb Savage
Yearbook Chair	Susan Hammer
Newsletter	Kimberly Durland
Member Support Chairs	Louise Wilson and Helen Majors
Social Media/Historian	Marilu Thordsen
Nominating Committee Chair	Marilu Thordsen
Book Club Interest Group	K Keener
LNO Interest Group	Zankhna Perekh
ASPIRE Interest Group	Ginny Pierson
Global Flavors Interest Group	Zohra Osman

## Nominating Committee

Marilu Thordsen is our 2016-2017 Nominating Committee Chair. If you are interested in serving on the committee or would like to serve on the board for 2017-2018, please e-mail [MedicalAllianceWakeCounty@gmail.com](mailto:MedicalAllianceWakeCounty@gmail.com)

## Condolences

The Wake County Medical Society Alliance sends condolences to the family of Mae Robertson (widow of Dr. Ogburn), who died on January 20th.

The Wake County Medical Society Alliance sends best wishes for a speedy recovery to Kathy Kobs, who recently had surgery.

## Thank You

Thank you to all the members that have already sent donations to F.I.G.S this year so far: Kathy Chiulli, Marann Davis, Mary B Rollins, Suzanne Pollock, Holly Burger, Anna Hattaway and Lillian Poole.

## Member Support

Member Support Chairs, Louise Wilson and Helen Major are looking for members that may be interested in serving on their committee. The Member Support Committee helps fellow members by delivering meals, help take someone to their doctor's appointment or visit alliance members who are homebound. Please e-mail [MedicalAllianceWakeCounty@gmail.com](mailto:MedicalAllianceWakeCounty@gmail.com) if you are interested.

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## Our Mission

**The North Carolina Medical Society Alliance is a nonprofit organization of physician spouses and physicians dedicated to advancing the health of North Carolinians through advocacy and action.**

Organized in 1923, the North Carolina Medical Society Alliance (NCMS Alliance) is a 501 (c)(3) charitable volunteer organization of physician spouses and physicians dedicated to building healthy communities and supporting the family of medicine through community service. Membership is open to physician spouses and physicians as well as physicians in training and spouses of physicians in training.



[Visit WCMSA on Facebook!](#)

[MedicalAllianceWakeCounty@gmail.com](mailto:MedicalAllianceWakeCounty@gmail.com)

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