



MD Connection

**Newsletter of the Wake County Medical Society Alliance
May 2016**

From the President

Dear Friends:

Another year is coming to an end for our Alliance. As this year's president, I want to say thank you to everyone that made it easier for me to accomplish our goals. I learned so much from the ladies on the Board of Directors. They are a great group of ladies that continue to keep our Alliance as one of strength, hope, giving, and camaraderie.

We chose the Women's Center of Wake County as our focus group this year. During the year we were able to donate items such as feminine hygiene products, brushes, shampoo and toothpaste. At Christmas, we attended their holiday luncheon and provided 15 gift bags containing various toiletries and other essentials. It was a humbling and fulfilling experience. Our biggest event of the year, The Oscar Pre-Party, is our means to raise money for our focus group. This year we raised \$1,272 dollars with the Alliance matching it for a grand total of \$2,545. It was a very fun event!

Part of our mission statement is to also provide support for our members. We continue to accomplish this by offering different programs and events that keep the communication channels open. This included our book club, ASPIRE, LNO, Creatively Crafty as well as Global Flavors with Art in Bloom at the NC Museum of Art and a yoga class.

My plan is to continue to support the great women in our Alliance in any way they may need me. What I ask of everyone, is to continue to renew your membership each year not only at our county level, but also at the state and national level.

Thank you for a great year!

Marilu Thordsen, M.D.
WCMSA President

Mark Your Calendar

May 5 @ 9:30am – ASPIRE Interest Group
Contact: Ginny Pierson 919.781.4796 or ginnypierson48@yahoo.com

May 7 – NAMI Walk in support of NC Alliance
Dorthea Dix Campus
Contact: Mary Tyrey 919-219-5386 or mytyrey@aol.com

May 11 @ 10am – Book Club Interest Group
Book: *The Long Way Home* by Louise Penny
Contact: Katherine Keener 919.571.8181 or kokeener@att.net

May 13 @ 11:30am – APPLAUSE Luncheon
Mia Francesca in North Hills
RSVP to 253-278-8726 by May 10th

May 24-25 NCMS Alliance 93rd Annual Meeting & Awards Program
Jacksonville, NC

June 12-14 – AMA Alliance Annual Meeting
Hyatt Chicago Magnificent Mile
633 North Saint Clair Street
Chicago, IL 60611

Applause Luncheon - May 13th

Please join us at our annual Applause luncheon to celebrate our year of service, fun and fellowship. On May 13th at 11:30am, we'll enjoy a family style, three course luncheon at Mia Francesca in North Hills. Price is \$33 per person and includes gratuity and taxes.



In addition to celebrating the wonderful year we've shared, we will present the proceeds of the Oscar Pre-Party to the Women's Center of Wake County. We will also announce the WCMSA Board of Directors for next year.

We hope you can join us! Please RSVP to 253-278-8726 by May 10th.

Oscar Pre-Party - A Huge Success!

Our biggest event of the year, The Oscar Pre-Party, is a fabulous event to mix and mingle and raise money for our focus group, the Women's Center of Wake County. This year we rocked the Oscars and raised \$1,272 dollars. With the Alliance match, we are pleased to present a grand total of \$2,545 to the Center at our Applause luncheon this month.

Thank you for your support and generosity! We look forward to next year's celebration!



Calling All WCMSA Members - NAMI Walk

The National Alliance adopted NAMI as their non-profit mission this year. Funds raised by the State Alliance will be distributed across NC and funds raised by each county will directly impact that county as half of all funds raised will remain in that particular county.

Please join us as we work together with the State Alliance to bring awareness, support education of mental health needs, advocacy and support group programs and so help build better lives for people suffering from mental illness across North Carolina.

Together we can replace Stigma with Understanding!

Friends and family are invited to join us for this fun-filled morning and support a good cause. It is a great opportunity to involve the children in this event – bring a picnic lunch and continue the celebrations with face painting, corn hole and more. No pre-registration required.

NAMI WALKS

May 7, 2016

Dorothea Dix Campus, Raleigh

Check in time: 9:00am, Start Time 10:30am

Total Distance: 2.4 miles

Please support NAMI and choose one of the following ways to participate:

❖ Come walk with us – this is fun and easy!

Or

❖ Contribute to the cause (also easy!)

1. Log on to: <http://namiwalks.org/northcarolina>
2. Click on "Donate to this event "
3. Search for Team: Mary Tyrey and donate your heart away. 😊
4. Feel good about yourself all day!

If you have any questions, please contact: Mary Tyrey 919-219-5386 or mytyrey@aol.com, Hetal Wasudev 919-720-5674 or Zohra Osman 919-720-1797.

Thank you Wake County Members for being a part of this incredible effort!

2016-17 Board of Directors

The Nominating Committee is pleased to report the following slate of officers for WCMSA 2016-17:

Co-Presidents – Dorthy Nance and Jane Patterson

President-Elect – Susan Boone
Treasurer – Karen Albright
Recording Secretary – Kimberly Durland
Corresponding Secretary – Kathy Chiulli

Thank you to this strong group of women for their willingness to serve!

NCMS Alliance Artwork Contest Winners

Congratulations to the winners of our first NCMS Alliance Annual Fund Love & Caring Cards artwork contest, including our own, Joanie Kennedy!

These gorgeous cards were designed using artwork by Alliance members and families. The winning artwork is available on sets of four cards when a donation is made to the NCMSA Annual Fund. Donations may be made in honor of or in memory of special people (who can be recognized in upcoming Tarheel Tandem issues). The proceeds from the cards support the NCMSA, which has chosen mental health as a focus for the next three years. To order cards, visit <https://ncmsa.memberclicks.net/annual-funds>.



Winners include:

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

Paula Patselas of Onslow County for a photo, "Starfish Surprise" taken at Hammocks Beach State Park.

2015-16 Alliance Board Members

President	Marilu Thordsen
Co-Presidents-Elect	Jane Patterson and Dorothy Nance
Recording Secretary	Susan Boone
Corresponding Secretary	Zankhna Parekh
Treasurer	Jan Garside
Past Co-Presidents	Karen Albright and Barb Savage
Parliamentarian	Susan Hammer
By-Laws Chair	Hetal Wasudev
Communications Committee Chair	Barb Savage
Membership Committee Chair	Zohra Osmon
Financial Development Chair	vacant
Nominating Committee Chairs	Karen Albright and Barb Savage

Annual Meeting

Mark your calendars for the 2016 AMA Alliance Meeting in Chicago. We look forward to seeing all the great work done in our alliances this year!

SAVE THE DATE
June 12 - 14, 2016
You won't want to miss this one...
Mark your calendars!

FOCUS on the FUTURE

AMA Alliance Annual Meeting 2016
Hyatt Magnificent Mile Hotel, Chicago, IL

FRIENDS - Reconnect with your friends and colleagues from around the country. If this is your first time, meet new people, grow new networks!

FOCUS - Learn about our new national health focus, the Opioid Abuse Epidemic, and what you can do in your community to educate friends and family about the issue.

FUTURE - Hear about the new strategic plan and how it will shape our direction moving forward. Be a part of the decisions that will drive the Alliance, and our membership, for the next three years!

Congratulations

The Wake County Medical Society Alliance sends congratulations to:

Grandparents Kathy and Rick Chiulli on the birth of their first grandson, Richard "Davis" Randa, born April 12 at 8:16am, weighing 6 lbs 15 ounces. Proud parents are Stephanie and Scott Randa.

Fun Photos



Global Flavors – Art in Bloom, NC Art Museum



Global Flavors – Yoga Class

MORE Fun Photos



Creatively Crafty – Paper Flowers



Past Presidents' Luncheon



Condolences

The Wake County Medical Society Alliance sends condolences to:

The Demick and Waldenberg families and friends on the death of Judith Ann Demick Waldenberg, of Raleigh on February 22.

Alliance Opportunities

Volunteer Opportunities?

If you have volunteer opportunities with which you need help, let us know so we can include them in our newsletter.

Interested in writing for the Alliance?

We have the opportunity to write articles in the WCMS magazine, deadlines for submissions are October 10, January 10 and April 10. Please contact Barb Savage if interested.

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.



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