

**WAKE COUNTY MEDICAL SOCIETY ALLIANCE**  
**CALENDAR 2018-19** (Updated March 24, 2019) DRAFT

**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](http://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**

**17<sup>th</sup> 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 sign up 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](http://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](http://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 2**

**10:30 am – 1:00 pm - Personal Development –  
*Effective Communication – Meaningful Conversations-Active Listening*  
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 or a bag of canned foods are welcome. 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.

The art of meaningful conversation: We talk to people every day. But do we really feel like we are communicating? We may not **listen** as well as we could or sometimes should, **we may hear only the words not what is being said.**

**Enter a skill called “active listening.”**

Active listening involves the listener observing the speaker’s behavior and body language. Having the ability to interpret a person’s body language lets the listener develop a more accurate understanding of the speaker’s message.

**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.



## Spring 2019

A new attraction is blooming in Raleigh. A spectacular ribbon of yellow sweeping through Flowers Field at Dorothea Dix Park with the Raleigh skyline as a backdrop. The story behind the wave of daffodils is as unexpected as the blooms themselves. Visit the Dorothea Dix website [www.dixpark.org](http://www.dixpark.org) for more information about the Spring Jazz Brunch and other event offerings.

The Alliance welcomed spring with the Fashion for Fund\$ fashion show on the first day of Spring. We thank all our members, physicians, friends and sponsors for making this a very successful fundraising event benefiting the Poe Center for Health Education programs for Substance Use Prevention. To date, we have raised more than \$17,000 before expenses.

With the long history that the WCMS Alliance and Poe Health Education Center share and with Poe being our focus philanthropic organization for the year 2018-2019, we have an opportunity to volunteer at Poe:

Please choose a day you prefer on the survey if you wish to serve.

During the first shift or two, volunteers can expect hands-on training.

We envision two types of volunteer roles:

Customer Care Representative - assisting with school groups, etc.

and Administrative Assistant - answering phones, greeting guests and assisting with correspondence, etc.

Monday morning or Wednesday morning from 10am-to noon.

<https://goo.gl/forms/u3PpQoJ2cNDndoEj2>

For more information, contact [medicalalliancewakecounty@gmail.com](mailto:medicalalliancewakecounty@gmail.com).

## Doctors' Day March 30

**We celebrate physician families on Doctors' Day and throughout April with family friendly offerings of the theatre and outdoors.**

### March 30

#### **5:00pm Raleigh Little Theatre - Musical**

Gaddy-Goodwin Teaching Theatre (General Admission)

Bob Marley's Three Little Birds

Meet Ziggy, a shy boy who would rather stay at home and watch television than explore the island of Jamaica. Over the course of his onstage journey, with some help from his friend Nansi, he realizes that the real adventures can be found outside, amid the birds and jungles and beaches. Their worldly adventure is enlivened by the fantastic songs of renowned Reggae artist, Bob Marley.

We have secured a discount for purchases by members of the Wake County Medical Society or WCMS Alliance. Please quote "MED10" when purchasing your ticket via email or at the box office.

Raleigh Little Theater, 919-821-3111,

<https://raleighlittletheatre.secure.force.com/ticket/>

For more information, contact [medicalalliancewakecounty@gmail.com](mailto:medicalalliancewakecounty@gmail.com).

### March 31

**1:00 pm SWAG:** Physician families serving a meal at Oak City Outreach.

Come join us at the Soup Kitchen at Oak City Outreach in this most gratifying opportunity of serving a meal to our community in need.

Minimum age of volunteers is 14 years. Must be accompanied by an adult.

For more information, contact [medicalalliancewakecounty@gmail.com](mailto:medicalalliancewakecounty@gmail.com).



## **APRIL 2019**

**April 7**

### **2:00 pm Tour of the Sarah P. Duke Gardens**

For more information, contact [medicalalliancewakecounty@gmail.com](mailto:medicalalliancewakecounty@gmail.com).

**April 22 -**

### **Earth Day**

Remember to conserve energy and celebrate the Earth.

**April 25**

### **8:00 pm Raleigh Little Theatre – Comedy**

Cantey V. Sutton Theatre (Reserved Seating)

Ken Ludwig's Baskerville: A Sherlock Holmes Mystery

The male heirs of the Baskerville line are being eliminated one by one. To find their ingenious killer, Sherlock Holmes and Dr. Watson must brave the desolate moors before a family curse dooms its newest heir. Watch as the intrepid investigators try to escape a dizzying web of clues, silly accents, and elaborate disguises. Full of humor, horror, and plenty of stage magic, this kooky and spooky caper will have you howling with laughter. We have secured a discount for purchases by members of the Wake County Medical Society or WCMS Alliance. Raleigh Little Theater, 919-821-3111,

<https://raleighlittletheatre.secure.force.com/ticket/>

For more information, contact [medicalalliancewakecounty@gmail.com](mailto:medicalalliancewakecounty@gmail.com).

**April 28**

### **3:00 pm Raleigh Little Theatre – Comedy**

Cantey V. Sutton Theatre (Reserved Seating)

Ken Ludwig's Baskerville: A Sherlock Holmes Mystery

The male heirs of the Baskerville line are being eliminated one by one. To find their ingenious killer, Sherlock Holmes and Dr. Watson must brave the desolate moors before a family curse dooms its newest heir. Watch as the intrepid investigators try to escape a dizzying web of clues, silly accents, and elaborate disguises. Full of humor, horror, and plenty of stage magic, this kooky and spooky caper will have you howling with laughter. Raleigh Little Theater, 919-821-3111,

<https://raleighlittletheatre.secure.force.com/ticket/>

For more information, contact [medicalalliancewakecounty@gmail.com](mailto:medicalalliancewakecounty@gmail.com).

**April 30**

### **North Carolina Medical Society Alliance Annual Meeting**

**Social Activities** ~ Afternoon visits to local areas of interest and Dinner

## **MAY 2019**

**May 1**

### **North Carolina Medical Society Alliance Annual Meeting**

Devils Ridge Golf Club, 5107 Linksland Drive, Holly Springs, NC

Hubbard Luncheon Speaker: Dr. Clark Gaither, NC author of *Reignite:*

*Transform from Burned Out to On Fire and Find New Meaning in Your Career and Life.*

**May 3**

### **Raleigh First Friday - Explore Downtown in The Spring**

For more information, contact [medicalalliancewakecounty@gmail.com](mailto:medicalalliancewakecounty@gmail.com).

**May 16**

### **11:30 a.m. Annual Applause Luncheon - Seasons 52,**

Crabtree Valley Mall, 4325 Glenwood Avenue, Raleigh

Watch emails and postal mail for registration details.

**May 18**

### **NAMI (National Association on Mental Illness) Walks NC,**

Dorothea Dix Park, Raleigh (**Note change from previously publicized date & location**)

Check in time 9:30 am; start time 10:30 am.

In 2019, NAMI is celebrating 17 years of NAMIWalks, the nation's largest mental health awareness and fundraising event. NAMIWalks is a fun, family-friendly event and there is no cost to register for the 5k walk.

Join Team - NCMS Alliance with Team Captain, Mary Tyrey.  
Simply register online, join us in person or virtually and donate at [www.namiwalks.org/northcarolina](http://www.namiwalks.org/northcarolina).  
For more information, contact [medicalalliancewakecounty@gmail.com](mailto:medicalalliancewakecounty@gmail.com).

**May 18**

**11am - 2:00 pm | Dorothea Dix Park - The Big Field**

Bring your picnic lunch and listen to music at Raleigh's Central Park after the NAMI walk! Leashed, friendly dogs are welcome. This event is free and open to all!  
For more information visit the website: [www.dixpark.org](http://www.dixpark.org).

**JUNE 2019**

**June 8-11**

**American Medical Association Alliance Annual Meeting**, Chicago, Illinois

For more information on any event, contact [medicalalliancewakecounty@gmail.com](mailto:medicalalliancewakecounty@gmail.com)