

WCMSA Newsletter

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Substance Use Prevention in Partnership with the Poe Center

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*WCMSA 2018-19 Focus Charity:
Poe Center for Substance Use Prevention Education*

The Poe Center offers substance use prevention programs to school-age children, elementary school to high school. Students who participate in these programs demonstrate significantly lower rates of substance use compared to their peers who have not participated.

In addition, the Drugs Uncovered Program, designed to educate parents on how to recognize signs of substance abuse in children has become an integral element in the effort to reverse the trend in opioid abuse among young people in our communities.

Our commitment to The Poe Center will help Poe sustain year-round substance use prevention programming. A \$25 donation funds program participation for one child and a \$250 donation will fund an entire class.

If you would like to learn more about other programs offered at The Poe Center or would like to volunteer visit www.poehealth.org

Suggested reading:

Dopesick: Dealers, Doctors, and the Drug Company that Addicted America (2018)
by Beth Macy

Dreamland: The True Tale of America's Opioid Epidemic (2015) by Sam
Quinones

*A Common Struggle: A Personal Journey Through the Past and Future of Mental
Health and Addiction* (2016) by Patrick J. Kennedy



Barbara Savage, MT(ASCP), Health Literacy Consultant & President-elect North Carolina Medical Society Alliance Recipient of the 2018 Faye L. Miller Distinguished Service Award, presented by outgoing Board President Chad Seastrunk — at [WakeMed Health & Hospitals](#).

Member Spotlight: Barbara Savage

As a thirty year member of an Alliance, Barbara Savage has served on multiple boards and in multiple roles at the county, state, and national level and is our current North Carolina Medical Society Alliance President-Elect. Barbara first joined the Alliance after moving back to her home town of Buffalo from Cleveland where her husband was employed with the Cleveland Clinic. A letter and a follow up phone call from an Alliance member lead to her joining and she was almost immediately being on the board. After ten years in Buffalo, Barbara was dreading a move to Des Moines, but credits the Alliance in Des Moines with welcoming her in with the friendships and fellowship she needed to make that transition. Having a welcoming peer group already in place was key to her thriving there and again when she and her husband retired to Raleigh eight years ago.

Barbara's relationship with the Alliance is not just about friends and fellowship, however, she is dedicated to service to the greater community and has played a key role in developing and implementing a number of events and programs from the national to the local level. Health Literacy and the Opioid Awareness programs are two of her proudest accomplishments.

Health Literacy was inspired for Barbara by an event that is still sharp in her memory. It was the night her 14 year old daughter was hit by a car and was facing major surgery to salvage her leg. The young orthopedic surgeon who successfully put her back together approached Barbara and her husband after the surgery to give them instructions on how to care for their daughter in the following days. After giving his instructions, he asked "Do you understand?" When Barbara responded that they would figure it out, he responded, "that's not good enough, you need to understand so you can help your daughter heal as best she can".

That surgeon's refusal to leave them until they fully understood how to care for their daughter, lead Barbara to work with the AMA Alliance and the AMA to develop and teach a Health Literacy program to hundreds of doctors, residents, medical students, and health care professionals in multiple states. Health Literacy is a simple, but powerful program that empowers health care providers to communicate effectively with their patients. When patients understand their treatment plan and medications, they are far more successful in managing their own healing and health.

Barbara was familiar with the Opioid Awareness program from serving on the national alliance board, but after a friend lost a son to an opioid overdose, she wanted to bring it home to Wake County. Working with Ann Rollins, executive director of the Poe Center, they were able to integrate the program into the Drugs Uncovered presentation and also received funds from WCMSA to support 4 sites within Wake County for the Opioid Awareness multi-media presentations and 10 additional sites around the state with funding from NCMSA.

Barbara is often asked by her friends when she is going to stop volunteering and enjoy her retirement, but she has no plans to. Service to others and supporting the health of the community is what keeps her going. The Alliance provides her with the opportunities to fulfill this commitment and also with the fellowship of others who understand the unique challenges of the life of a physician's spouse. Together, Barbara and the Alliance have a lot more to accomplish and we are grateful to have her as a member of the Wake County Medical Society Alliance.

Practicing Gratitude for Better Health

Gina Bescherer

Gratitude is something we practice on a daily basis. After all it is a common courtesy to express thanks or appreciation. But **GRATITUDE** is so much more. Simply put, Gratitude is a “shifting of our thoughts and emotions” from what stresses us out to what we value.

Many researchers have found mental and physical health benefits associated with gratitude when we take the time, consciously and deliberately to think about the simple things that happen to us in our everyday lives for which we are truly grateful. It is difficult sometimes, especially at the holidays when our lives suddenly become more hectic and more stressful to appreciate the little things.

Practicing Gratitude

According to experts the practice of gratitude may be different things to different people. The real take-away is do what feels right.

Sending a written thank-you note. Acknowledging and appreciating a gift or a note of appreciation for their help and support. It not only makes you feel good but also the recipient of the note.

Counting your blessings Literally, reflect on your day or week and pick three to five things that went right or what you are grateful for.

Praying Many people practice gratitude through prayer. Use the quietest time of your day. It can be the early morning before any of your household are awake or before bed.

Mindfulness. Focus on the present moment without judgment. Start by choosing a word or phrase (such as "peace" or "peace on earth"), or a moment like sun shining or a pleasant sound or smell.

Keep a gratitude journal. Taking the time to write down what you are grateful for. Don't rush. Journaling is not simply a list it is as much about why you feel grateful as much as it is and about what you feel grateful for.

Whatever way you choose to practice gratitude, overtime you may begin to notice positive changes in your mood and your health. You may find yourself sleeping better, exercising more, eating healthier.

Fall Recap!

Annual Picnic: The annual picnic was a great success with over 60 in attendance. It was held at the North Hills club with food provided by Rex catering.

Java Jumpstart: Our first general meeting of the year was held at the home of Ginny McKay on October 17th The Welcome Coffee is always a great way to kick off the year. We enjoyed meeting new members, catching up with old friends, and hearing about all the fun plans for the coming year!

Quail Ridge: Our general meeting at Quail Ridge Books took place on November 8th.

Recommended Reading List:

NON-FICTION

- 1000 Books to Read Before You Die by James Mustich
 - Almost Everything by Anne Lamott
 - At Work by Annie Leibovitz
 - Barracoon by Zora Neale Hurston
 - Becoming by Michelle Obama (11-13-18)

- Cook Like a Pro by Ina Garten
- Design & Style by Carolyne Roehm
- In the Hurricane's Eye by Nathaniel Philbrick
- The Month of Ripening by Georgann Eubanks
 - Native Places by Frank Harmon
 - Pie by Sara Foster (11-13-18)
- The Power of Love by The Right Reverend Michael Curry
 - Southern Snacks by Perre Coleman Magness

FICTION

- French Exit by Patrick de Witt
- Kingdom of the Blind by Louise Penny (11-28-18)
 - Last Stories by William Trevor
 - Sea Prayer by Khaled Hosseini
- Unsheltered by Barbara Kingsolver
- Vinegar and Char ed. by Sandra Beasley

CHILDREN'S AND YOUNG ADULT

- The Dress and the Girl by Camille Andros
 - The Snowy Nap by Jan Brett
- We Don't Eat Our Classmates by Ryan T. Higgins
 - The Vanderbeekers by Karina Yan Glase
 - The Wizards of Once by Cressida Cowell
 - A Blade so Black by L. L. McKinney
 - Brave Enough by Kati Gardner
 - The Fault of Our Stars by John Green

Upcoming Events

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 5 11:30 am – Annual Holiday Luncheon

18 Seaboard Private Dining Room, Shops at Seaboard Station.

Pre-registration required. Be on the lookout for Evite and instructions on the switch exchange gift (cost of gift no more than \$20.00) game planned.

SWAG: Please bring Hats, Gloves and Scarves to gift to those in need 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 TBA Personal Development - Assertive Communication with Rebecca Leonard Ph.D.

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

Location, date and time to be announced.

January 24 6:30 pm - Dare to be Great! Peace, Health and Happiness

How to nourish your body and incorporate healthy habits in a busy life. Location to be announced.

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

Announcements

NCMSA Love and Caring Cards Artwork/Photograph Contest

The North Carolina Medical Society Alliance once again is proud to return the Love and Caring Cards Contest. The past three years we had great participation resulting in sets of four beautiful notecards. Photograph entries of original artwork or photography from NCMS Alliance members and their immediate family will be accepted from November 1, 2018 through February 15, 2019.

You will find the guidelines for submission [HERE](#). If you have any questions or need more information, please contact Marilu Thordsen at [\(253\) 278-8726](tel:(253)278-8726) or mjthordsen@yahoo.com.

WCMSA event “The Peaceful Warrior: Daring Greatly”

Yoga and mindfulness practice with Karen Coates, M.D. 200 RYT. Learn and practice tools to respond with grace and strength to everyday stress.

January 24, 2019 6:30 PM to 8:30 PM

“Save the Date” to join us!

Location TBD

Enjoy your own practice while supporting mental wellness for others with your contribution to NAMI (National Alliance on Mental Illness)

Contact Mary Tyrey at m.tyrey@icloud.com if you would like a table to share your wellness expertise or products.

2019-2020 WCMSA Officers and Committee Chairs - Positions Open

Our organization, like any organization, needs more members to step forward and take an active role in running the organization. Our Committee Chairs have

become like musical chairs where the same people keep things running by taking on a different role each year. Like many of you, we all have more than one responsibility that pulls our lives in different directions. Being an officer or heading a Committee, is not a terrible strain on your time, but it takes many people to make the Alliance run. As current members of the Board step down, we need different members to become involved. Please thoughtfully consider serving as an officer or heading or serving on a Committee – we need you!

Susan Boone is our 2019-2020 Nominating Committee Chair. If you are interested in serving or would like to recommend a member to serve as a 2019-2020 officer: President-elect, Treasurer, Recording Secretary, or Corresponding Secretary; please e-mail Susan Boone – boone42@outlook.com or call at 919-210-0092.

If you are interested in serving as a 2019-2020 Committee Chair, contact Co-Presidents-elect Gina Becherer (insert her contact info) and Susan Boone (contact info above).

2018-2019 Yearbook Updates

Beth Alley: bethpalley@gmail.com

Barbara Brown: 4802 Westhall Court, Raleigh

Heather Mikles: 2905 Cone Manor Lane, Raleigh

Mary Tyrey: 2105 Glenwood Avenue, Raleigh, 27608

Fashion for Funds Fashion Show. Save the Date! Wednesday March 20th, 2019, 11:30 am, North Hills Club

Condolences

- Patricia Pearce, M.D. and family upon the death of her husband, David Lee Pearce of Raleigh on October 25, 2017.
- Dr. John and Cheryl Lang upon the death of their son, John Christopher Lang of Raleigh on November 4, 2017.

- Ned Yellig M.D. and Sylvia White upon the death of their son, Christopher White Yellig of Raleigh on December 30, 2017.
- The family of former member, Margaret Sherrod Jones Fountain, of Tarboro upon her death on January 1, 2018.
- The family of Nancy Dameron (Mrs. Tom), 50 plus year member, of Raleigh upon her death on March 28, 2018.
- The family of former member, Patricia Ellenbogen (Mrs. Charles) of Raleigh upon her death on April 4, 2018.
- The family of former member, Nancy Egerton (Mrs. Courtney) of Asheville upon her death on April 4, 2018.
- Ginny and Dick McKay upon the death of her mother, Frances McCommon, of Macon, Georgia on April 13, 2018.
- Dr. Susan Pate and family upon the death of her husband, Dr. Stephen Boone of Raleigh on May 3, 2018.
- Dr. Zaneta Strouch and family upon the death of her husband, Dr. Matthew Strouch of Raleigh on June 28, 2018.
- Sue Jenkins and family upon the death of her husband, Dr. Albert Jenkins of Raleigh on August 21, 2018.
- The family of Dr. William Farley of Raleigh upon his death on September 7, 2018.
- The family of former member Patt Sprunt (Mrs. William) of Asheville upon her death on September 12, 2018.
- Dr. William Ginn and family upon the death of his wife, former member, Peggy Ginn of Louisburg on September 24, 2018.
- The family of Lillian Greer (Mrs. Thomas), 50 plus year member, of Raleigh upon her death on October 20, 2018.

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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Our mailing address is:

WCMSA

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