

Healthy Charlotte Alliance's mission is improve the health and quality of life for all people of Mecklenburg County.

We fulfill this mission through three main focus areas:

- 1) health education programming
- 2) volunteer service
- 3) financially investing in nonprofits demonstrating proven impact toward improving health outcomes in our community

Health Education Programming

Our health education programming kicked off with a powerful series of lunch & learns on various important health issues...



In September, Dr. Brian Jerby delivered a program, entitled **Healthy Gut, Healthy You**, informing members and guests on the relationship between chronic disease and gut dysfunction and how Functional Medicine works to address "root causes" through individualized treatment plans.



In November, speaker, writer and mental health advocate, Beth Purdy shared her incredible journey **Living, Surviving and Thriving with Mental Illness** and her personal mission to combat stigma around mental health.



In January, MEDIC, in partnership with Novant Health and Atrium Health, delivered a fun and engaging **bystander CPR training**, better preparing Alliance members, should a loved one experience cardiac arrest.



In March, we heard from personal trainer and adjunct professor of nutrition and health at Queens University, Marcy Luna, as she shared practical tips on **How To Stress Less in a Stressful World**.



In addition to our informative *lunch & learn series*, Healthy Charlotte Alliance was proud to partner with the **Charlotte Resilience Project** and **Mecklenburg County Medical Society** in April to deliver an evening program on ***Building a Healthier, More Resilient Community***.

Alliance members first screened the fascinating documentary *“Resilience: The Biology of Stress and the Science of Hope”* and then heard from a panel of experts, learning that strong, supportive relationships and a feeling of connection are critical factors to building resilience.



Healthy Charlotte Alliance hosted an incredibly successful (*sold-out!*) **Community Health Classroom** back in October 2018.



200 members and community members heard from keynote and author, Peter Wong, on the importance of ***Caring For the Caregiver***.

This signature program raised more than \$14,000 in net income to support Healthy Charlotte Alliance’s programming.

Volunteer Engagement

In addition to becoming more informed on various health issues, members spent the year rolling up their sleeves, supporting many different nonprofit partners in the community through their time and volunteer efforts.



Teen Health Connection hosted a tour and informational presentation to help us learn more about their efforts to provide for the physical and mental health of local teens.



Led by Terry Albanese, several Alliance members formed *The Memory Makers* team and participated in **The Walk to End Alzheimer’s**.



Leslie Aronovitz and Ted Gearhart represented the Alliance at **Camp Blue Skies** and led adult campers with developmental disabilities in several fun activities, including make-and-shake trail mix.



Mimi Compton led 15 Alliance members in coordinating a day of providing meals, and a sense of home, for overnight guests at **Hospitality House of Charlotte**.

HHOC is a 20-bedroom home which offers lodging to families of seriously ill or injured in-hospital patients.



Members toured **The Relatives Youth Crisis Center**; a safe place for children who have run away from home, are homeless, or simply going through a rough family situation with nowhere else to turn.

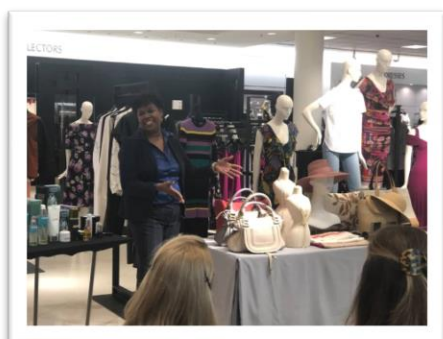
We learned, first-hand of the impact of the Alliance's financial investment made to support the **Neighbor Care** program, which works to find safe, temporary care for children when their parent experiences a medical emergency.



We also have a little fun too.

Members jingled and mingled at a festive holiday party at the beautiful home of Judy Verross.

...and learned a few fashion tips for transitioning into spring at Nordstrom.



Through the Past Presidents' Luncheon and the Loyalty Circle Tea (for 30+ year members), hosted at the beautiful home of Mitzi Yount, we were able to **honor the tremendous legacy** of this organization and the **ladies who have built and strengthened the Alliance over the years.**



Investing in nonprofit partners



In May 2019, we celebrated the incredible year at our 2019 Annual Meeting.

Healthy Charlotte Alliance was pleased to award **\$69,000** in grant funding to support 11 nonprofit organizations working to improve the health and quality of life for *all* people of Mecklenburg County.

LEGACY GRANT AWARDS

Hospitality House of Charlotte - \$3,000 – To support the overnight lodging program.

NC MedAssist - \$3,000 – To support Mecklenburg County Free Pharmacy patients.

Teen Health Connection - \$3,000 - To fund a national speaker at the 2019 Empower Teen Leadership Summit.

2019 COMMUNITY HEALTH GRANTS

Ada Jenkins Center - \$5,000 – To support Community Health Nursing at the AJC Free Clinic.

Carolina Refugee Resettlement Agency - \$8,000 – To support the Refugee Health Promotion Project to help individuals and their families to overcome health access and insurance barriers and educate groups on mental health and social service resources.

Charlotte Speech and Hearing Center - \$10,000 – To support deeply discounted hearing instruments to those in need on a sliding fee scale based on income.

ChemoCars - \$7,700 – To support the elimination of transportation barriers for cancer patients by providing free round-trip rides to treatment using Uber and Lyft.

Samaritan House, Inc. - \$10,000 - To provide short term recuperative care for homeless men and women following a hospital or emergency room stay.

Shining Hope Farms - \$1,700 - To support the purchase of an AED for the Charlotte farm.

UrbanPromise Charlotte - \$12,000 - To support the Counseling Program, in which 11th and 12th grade StreetLeaders receive year-round counseling from licensed professional counselors in order to improve their emotional and psychological well-being to build healthy and resilient lives.

YWCA Central Carolinas - \$5,600 - To support a pool lift for the YWCA indoor pool, making it more accessible to the elderly and those with disabilities.