

HEALTHY CHARLOTTE ALLIANCE

ANNUAL REPORT 2019-2020

Improving the health and quality of life for *all*
people of Mecklenburg County since 1941.



Healthy
CHARLOTTE ALLIANCE



Dear friends and members,

Thank you to this year's board of directors for their gift of time and talent in service to Healthy Charlotte Alliance. Thank you to Erin Edwards for championing our mission and heading us in a new strategic direction.

With an attitude of gratitude and a focus on philanthropy, Healthy Charlotte Alliance will continue to build a healthier Charlotte community by allocating our resources prudently and to our highest priorities: health education and grant making. We will be bold in the pursuit of the goals set many years ago, capitalize on our strengths and dream beyond what we have today.

We are committed to elevating our standing in the community and to becoming a player in the philanthropic world. We are a big deal, but we want to be an even bigger deal.

My hope for us today is that we will always possess the generous spirit of giving, love and compassion for each other. We wish you health, peace and a quick return to everything that makes your heart beat with love and gratitude.

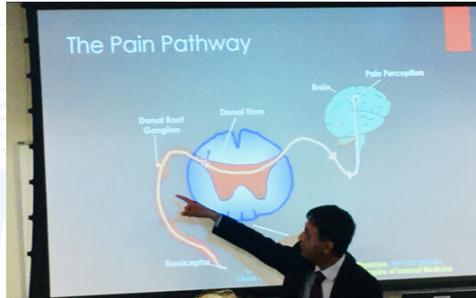
We are grateful for your support and your enthusiasm.

Karen Chandler
Board President
Healthy Charlotte Alliance



HEALTH EDUCATION PROGRAMS

CBD Oil: Why and Why Not?



Healthy Charlotte Alliance kicked off the year with sold-out program, *CBD Oil: Why and Why Not?*

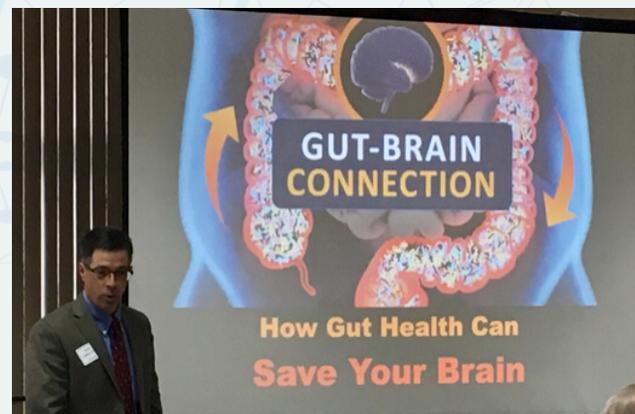
More than 60 members and guests heard from Nicole Burnette as she shared the origins of hemp, why Queen Hemp Company intentionally chooses to grow in an indoor, environmentally controlled setting, and underscored the importance of purchasing CBD products from a trustworthy source.



Dr. Farrukh Sair, Providence Anesthesiology Associates' interventional pain specialist, shared a vital medical perspective on pain receptors, the research and limited conclusive evidence to date on the interactions with CBD.

Healthy Gut, Healthy Brain

On November 13, 65 Healthy Charlotte Alliance members and community members heard from Brian Jerby MD, an integrative GI specialist and surgeon, on the connection between the gastrointestinal system and the development of Alzheimer's disease and other neurologic disorders. We learned we are an overfed, yet malnourished society.



Still, our genes do not have to define our future. Dr. Jerby shared practical ways to prevent or reverse cognitive decline.

Cleaning Out Your Inner Junk Drawer

Lorree Riley, Licensed Professional Counselor, spoke to members and guests about ways to reduce feelings of being overwhelmed, removing limiting beliefs and moving into more values-driven action. Values are what we find meaningful in life and are different for everyone. It is important to take intentional action based on our own, personal values.



Lorree also taught attendees how to turn off your brain to reduce thinking errors and thought distortions.

One key take-away was to train yourself how to respond in a stressful situation. #STOP

- S** Stop.
- T** Take a break. Take a breath.
- O** Observe with curiosity. (What am I thinking? What is my body feeling?)
- P** Proceed with clarity and intention.



Stop the Bleed Training

Uncontrolled bleeding is the number one cause of preventable death from trauma.

On February 11, Healthy Charlotte Alliance members and guests participated in an engaging and informative hands-on *Stop The Bleed* training with Dr. Cynthia Lauer, Lori Gottlieb, RN, and Dr. Christina Riojas with Atrium Health. Participants learned before you offer any help, to first ensure your own safety. Then, proceed with the ABC's of bleeding...



- A** Alert. Call 911 or tell someone else to call 911.
- B** Bleeding. Find the source of bleeding by opening clothing over the wound so you can clearly see it.
- C** Compress. Apply pressure to stop the bleeding by covering the wound with a clean cloth and pushing directly on it with both hands, OR

Using a tourniquet



2019 Community Health Classroom

Mental Health, Help and Hope.

Vital Insights: Understanding Depression and Suicide.



One hundred sixty members, business leaders, healthcare professionals and general community members convened for the 2019 Community Health Classroom.

Dr. Elise Herman, Novant Health, debunked a widespread myth that talking about suicide will lead to suicide. In fact, talking about suicide reduces the stigma, and allows individuals to seek help, rethink their options and share their story.



Victor Armstrong, Atrium Health, shared the importance of making upstream investments to improve mental health in our community. He encouraged us to look to the challenges and trauma our youth face and ways we can mitigate those issues to improve mental health outcomes in the long-term.

Attendees were challenged to **Know One Mental Health Resource**. Armed with a mental health resource guide, guests left knowing what to look for, what to do and where to turn if they see someone exhibiting warning signs.

2019 Investors



Table Host Sponsors

Leslie Aronovitz & Ted Gearhart
Karen Chandler
Gina Clegg & Gail VanDerVeer
Dr. & Mrs. Thomas Keith Fehring
Robert & Dr. Elizabeth Rostan
Dr. & Mrs. Simon Ward, III
Becky Williford & Joan Scharf
Mrs. Mitzi Yount

Raised

\$28,000

to support Healthy Charlotte Alliance's mission and programs.

2019 Community Health Classroom



COMMUNITY ENGAGEMENT



Hope Way

In alignment with our mental health investment priority, and continuing the important conversation from the Community Health Classroom; on October 23, Healthy Charlotte Alliance members and guests toured HopeWay, a state-of-the-art, holistic mental health center for adults in Charlotte.

The Relatives

On January 7th, members of Healthy Charlotte Alliance volunteered their time and cooking skills, to provide a meal and a small sense of home for youth staying at The Relatives. The Relatives Youth Crisis Center is a safe place for children who have run away from home, are homeless, or are simply going through a rough family situation with nowhere else to turn. Healthy Charlotte Alliance supported The Relatives with a \$10,000 grant in 2018 and we were honored to partner with this important organization through a hands-on volunteer service opportunity.



Healthy Charlotte Alliance had also planned two additional community engagement opportunities with Samaritan House and Pat's Place Child Advocacy Center, however canceled due to COVID-19.

GRANT-MAKING

Each year, Healthy Charlotte Alliance awards grants to organizations who are demonstrating proven impact toward improving health outcomes in our community.

Healthy Charlotte Alliance's **Investment Priorities** align with Mecklenburg County's most recent Community Health Assessment.



Mental Health



Access to Care



Chronic Disease Prevention

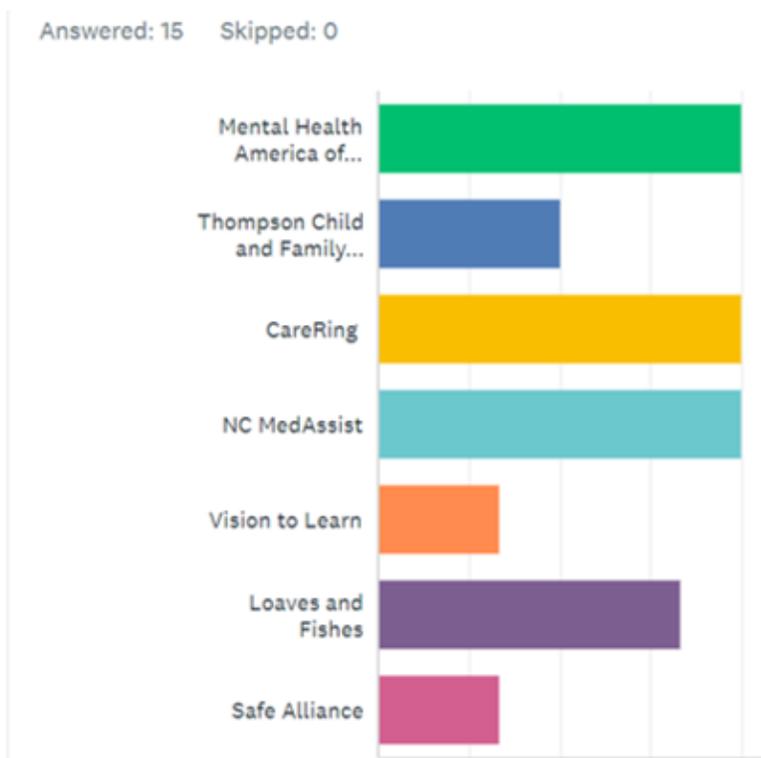


Violence Prevention

This year we received 43 outstanding grant applications, totaling more than \$660,000, representing all four of our investment priorities.

In an effort to transition to larger, high-impact grants, Healthy Charlotte Alliance funded five organizations this year, leveraging our resources to make the greatest impact in our community.

Upon review and vetting by the Grants Committee, Investing Members were presented with a slate of finalists to consider and cast their votes for their favorites...resulting in a three-way tie.



Thank You

FY2019-20

Investing Members

Julie Adams
Leslie Aronovitz
Jennie Carruth
Karen Chandler
Gina Clegg
Mimi Compton
Erin Edwards
Carolyn Gaskin
Beth Jaszewski
Kathy Klimas
Joan Scharf
Mary Stokes
Sherry Ward
Becky Williford
Mitzi Yount

Special thanks to the 2019-2020 Grants Committee for your thoughtful research and exceptional vetting of applications.

Jennie Carruth, VP, Grants
Karen Chandler
Erin Edwards

Trisha Mendoza
Eileen Ray
Sherry Ward

2020 Competitive Grant Awards

Care Ring (\$23,333) to empower individuals with limited resources to establish and maintain good health through the Low-Cost Clinic, Physicians Reach Out (PRO) and Nurse Family Partnership.

Mental Health America of Central Carolinas (\$23,333) to support advocacy, education, outreach and evidence-based programs that provide help, offer hope and promote mental wellness to thousands of vulnerable residents.

NC Med Assist (\$23,333) to provide free prescriptions and over-the-counter medications to the poor and uninsured in Mecklenburg County.



2020 Legacy Awards

Hospitality House of Charlotte (\$3,000) to support overnight lodging for patients and families in medical crisis.

Teen Health Connection (\$3,000) to improve the health of adolescents by providing physical and mental healthcare, education, advocacy and research through connections with teens, parents and the community.



Healthy Charlotte Alliance also awarded an additional **\$1,000 grant to Teen Health Connection** on behalf of 2020 James Gray Cannon Award winner, Jane Llewellyn.

YOUR IMPACT

Hospitality House of Charlotte

Maleah's mother was a guest at HHOC the entire time her newborn was in the NICU. Maleah's mother was young, financially strapped, and did not have transportation. Going home from the hospital would have meant that she would not have been able to see or nurse Baby Maleah during her entire hospital stay.

Fortunately, the \$3,000 Legacy Grant allowed us to provide 100 nights of accommodations for patients and caregivers, like Maleah's mother, during their medical journeys.

- Candice Johnson

Samaritan House

Through the \$10,000 grant from Healthy Charlotte Alliance, Samaritan House was able to help guests with their recuperation by providing shelter, food, medicine, and transportation to and from their appointments. These funds helped us keep the homeless healthcare needs in Mecklenburg County down while making sure those sick and injured recovered quickly with little pain and suffering.

- Brad Goforth

YWCA

With a \$5,600 grant from Healthy Charlotte Alliance, we were able to install a pool lift in our indoor swimming pool, making our facility more accessible to everyone in our community. Murray was recovering from hip surgery and needed a pool for his rehabilitation therapy. The pool lift made it easier for Murray to enter and exit the pool. His wife shared how "Murray has made such wonderful progress since he began his exercises in the YW's pool." YWCA has fitness members living with chronic health issues or physical disabilities that were previously unable to use the pool. The lift has allowed us to provide increased opportunities for improved health and wellbeing.

-Kate Ansel

Shining Hope Farms

Through the financial investment of Healthy Charlotte Alliance we were able to purchase a defibrillator. Having the AED onsite is of particular importance during this time when COVID-19 is present in our community. Some of the children we treat have weakened immune systems and are more vulnerable to illnesses. The AED hanging on the wall has given our staff peace of mind and the confidence to treat even the most fragile patients. We are exceedingly grateful to Healthy Charlotte Alliance for their investment in our programs as well as the future of our nonprofit by enabling us to take care of the special needs population in our community, helping to save lives if presented with a situation of cardiac arrest.

- Milinda Kirkpatrick

Charlotte Speech & Hearing

With the \$10,000 grant from Healthy Charlotte Alliance we have been able to provide hearing healthcare, including identification and diagnostic services, and sustain our Hearing Services Bank for children and adults by providing equipment/devices. The consequences of untreated hearing loss are dire. If not treated at an early age children with hearing loss will not reach academic or social milestones. For adults untreated hearing loss can lead to unemployment and for older adults untreated hearing loss leads to social isolation, cognitive decline and an increased risk of falls.

- Pat Morgan

2020 GENIE HAYES AWARD



Joni MacDonald has been a dedicated member of Healthy Charlotte Alliance for 42 years. She has demonstrated her commitment to the Alliance by serving in a host of leadership positions but more significantly she has quietly served, as is her way, to contribute wherever the need is greatest. Joni has applied her writing skills for press releases, brochures and grant applications on behalf of the Alliance. She served on the inaugural Community Health Classroom committee and in leadership positions on many subsequent classrooms.

During her term as president, she impacted the lives of hundreds of women in Charlotte, by proposing that the Alliance underwrite the purchase of a DNA machine for the police department, which at that time was experiencing a significant backlog in the analysis of rape kits due to a lack of equipment. Combining resources with MEDIC on the Healthy Hearts Campaign, Joni represented the Alliance, awarding lifesaving AED equipment to schools, churches, and civic organizations across the County. Joni is currently donating her time archiving old scrapbooks to preserve significant events in the history of the Alliance.

2020 JAMES GRAY CANNON AWARD



Jane Llewellyn began serving the community at the young age of 12 with the Red Cross in her small hometown in Virginia. Teaching CPR, First Aid, and swimming, Jane began to recognize the importance of providing individuals with the tools to live healthy, successful lives. In 1993, Jane served as one of the first volunteers to help open the original location of Teen Health Connection. She recognized that providing youth with quality medical and mental health care, along with opportunities for leadership and life skill development, is critical for a lifetime of success.

In 2007, Jane introduced an annual blood drive honoring her late son Drew, known as Drew's Day. She continues to honor the life of her son by contributing to research projects focused on stem cell research with the VCU Massey Cancer Center. Today, Jane is as committed to the work of improving the health of youth in our community as ever. Currently, she serves on the Women's Impact Fund and sponsors a number of kids in the Y-Readers program with the YMCA. She is also an active member of US Youth Soccer and the North Carolina Youth Soccer Association (NCYSA) and was recently honored as the Volunteer of the Year. Jane was also nominated as President of the Board of Directors for Teen Health Connection, continuing her decades-long commitment to youth in Charlotte. When asked what lessons she has learned from a lifetime of service, Jane remarks that "it doesn't take a trillionaire, but a lot of little people working together and adding up to make a change in their community."

PAST PRESIDENTS' LUNCHEON



We enjoyed friendship, fellowship and celebrating past Board Presidents of Healthy Charlotte Alliance.

We are grateful for their tremendous leadership and far-reaching impact! The Alliance is what it is today, because of them.



Seated: Anne Fehring (host), Mimi Compton
Standing: Lois Benjamin, Sherry Ward, Karen Chandler, Tammy Bridges, Patsy Reames, Darlene Beard, Marie Price, Becky Williford, Nancy Carter

FASHION EVENT AT PAUL SIMON



On February 27, Healthy Charlotte Alliance members enjoyed some fun and fashion at Paul Simon Women.

Several members modeled beautiful spring trends and there were fabulous give-aways!



2019-2020 MEMBERS

Investing Members (\$500+)

Julie Adams
Leslie Aronovitz◇
Jennie Carruth
Karen Chandler◇
Gina Clegg

Mimi Compton
Erin Edwards
Carolyn Gaskin
Beth Jaszewski*
Kathy Klimas*

Joan Scharf
Mary Stokes
Sherry Ward◇
Becky Williford
Mitzi Yount◇

Supporting Members (\$150)

Barbara Boehm
Doris Breckenridge, M.D.
Kara Carroll
Marian Fort*
Renita Fowler
Linda Guilford
Jennifer Gunn
Louise Hanford

Kathy Howe
Pauline Jackson
Linda Kramer
Joni MacDonald
Meeti Nigam
Paula Reutlinger
Kirby Sheridan
Anne Shoaf
Susan Spaug

Teresa Starr
Ingrid Steele
Robyn Stump
Gail VanDerVeer*
Anne Vesano*
Sophie Wachter*
Brenda Wing
Jim Yuhas

Members (\$100)

Martha Alexander
Kay Bianchi
Lois Benjamin*
Erin Brighton
Angie Bush
Nancy Carlton
Cindy Chewning
Elaine Craven
Dreda Debnam
Lisa Duggins
Karen Dunaway
Sandra Dupuy
Paula Evangelist
Mary Ann Falciani

Anne Fehring
Gail Fernandez
Julie Fields
Carol Follmer
Bill Fox
Sandy Gamble
Katie Garvey
Alice Gavigan
Trish Golembe
Norma Goodman
Karon Hauch
Pat Haworth
Maureen Highley
Karen Holleman
Catherine Hunter

Denise Hurley
Mary Kamerer
Barbara Kaye
Beverly Keller
Carol Kuester
Ginette Lapierre
Janet Lefkowitz
Barbara Lucas
Caron Lye
Beth Malak
Nan Mann
Joan Martin
Kendra May
Cathy McBride
Janice McIntosh

Trisha Mendoza
Debra Miller
Jackie Palmer*
Karen Park
Jane Pasquini
Leslie Perlik*
Eileen Ray
Patsy Reames*
Louise Rice
Marsha Rich
Joanna Roberts
Robert Rostan
Marguerite Rugar
Diane Schwartz
Kris Sheehan

Martha Short
Cynthia Sims
Patty Smith
Teri Spears
Debra Taylor
Jayne Thomas
Nancy Tidwell
Susan Vadnais
Judy Verross*
Sandy Wagner
Dianne Walker
Laura Weisner
Mrs. B. Hadley Wilson
June Wise

Young Professional Member

Vernisha Crawford

Emeritus Members (Members since 1969)

E.J. Albergotti
Gretchen Allen*
Darlene Beard*
Pat Bryant*

Mrs. Jesse (Jane) Craven
Jerusha Fadial*
Kay Farmer*
Jill Newman

Marie Price*
Helen Ritch*
Elizabeth Rowe
Carolyn Ruppenthal

LEGACY SOCIETY

The Legacy Society recognizes and honors the generosity of donors committed to providing for the future of the Alliance through a planned gift, helping to ensure our mission of *improving the health and quality of life for all people of Mecklenburg County*, lives on for years to come.

It is with sincerest gratitude, that we extend our deepest thanks to our Legacy Society.



*Leslie
Aronovitz*



*Karen
Chandler*



*Sherry
Ward*

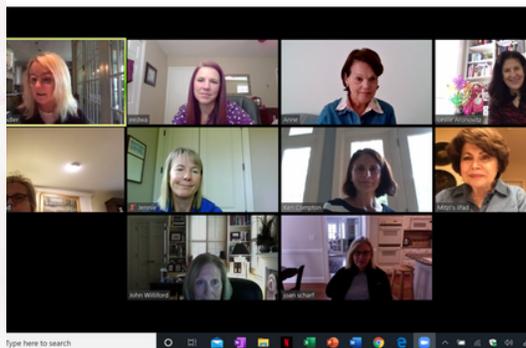


*Mitzi
Yount*

2019-2020 BOARD OF DIRECTORS



- Karen Chandler, President
- Mimi Compton, Past President
- Leslie Aronovitz, Treasurer
- Jennie Carruth, VP Grants
- Becky Williford, Co-VP Education & Programming
- Anne Shoaf, Co-VP Education & Programming
- Julie Adams, VP Membership
- Sherry Ward, VP Board Development
- Mitzi Yount, Parliamentarian
- Joan Scharf, Corresponding Secretary
- Erin Edwards, Executive Director (ex-officio)



2019-2020 FINANCIALS

ASSETS

Current Assets

Cash and Cash Equivalents	\$22,878
Investments	\$1,870,493
Sales tax receivable	\$175
Prepaid Expenses	-

TOTAL ASSETS	\$1,893,546
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LIABILITIES AND NET ASSETS

Liabilities

Accounts Payable and accrued expenses	-
Total Liabilities	-

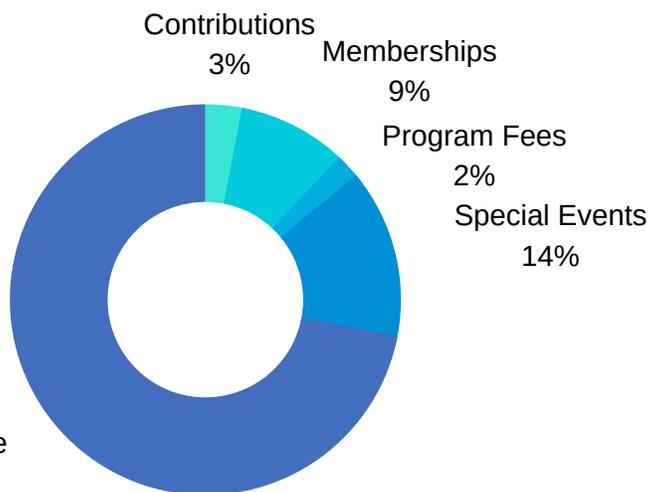
Net Assets

Without donor restrictions:

Undesignated	\$12,605
Board-designated	\$1,880,941
Total Net Assets	\$1,893,546

TOTAL LIABILITIES AND NET ASSETS	\$1,893,546
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2019-20 Income



2019-20 Expenses

