



H 8 0 lthy
CHARLOTTE ALLIANCE

Celebrating 80 years of improving health and quality of life for our community.

Annual Report 2020-2021



**A year of
small steps
toward a**

healthier you.

Health Education Programs

Due to the pandemic, Healthy Charlotte Alliance transitioned all programs to Zoom, maintaining frequent, timely, and high-quality programming.

ABCs of Medicare

with Board Treasurer and SHIIP Volunteer, Leslie Aronovitz

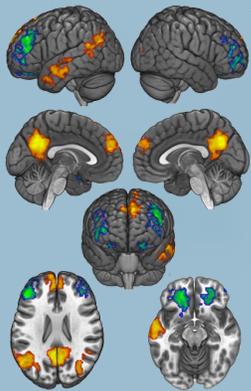
On September 10th, members participated in our first virtual program and learned all about the ABCs of Medicare.

Leslie, a Seniors' Health Insurance Information Program volunteer, presented on the structure of Medicare, including Part A (hospital), Part B (medical), Medigap supplemental insurance, and Part D (drug plan), and offered vital information on when and how to sign up.



The Biology of Politics

with Dr. John Allbert, Novant Health



On September 24, Dr. Allbert, shared that while life experiences play an important role in shaping our political outlook, we do have a genetic tendency to be conservative or liberal. Research shows show that when people are confronted with challenges to their deeply held beliefs, they engage brain structures known to support stimulus-independent, internally directed cognition. As Dr. Allbert said, conflict in itself is not bad, as it leads to innovation and solutions, however we must elevate democracy above the problem/conflict.

Improving Mental Wellness During COVID-19

with Dr. Amii Steele, Atrium Health

As we were all feeling the impacts of prolonged social isolation, stress, and anxiety from missing connection and routine, members Zoomed in to hear from Dr. Amii Steele on practical ways to improve our mental wellness while battling "quarantine fatigue."

Fuel

Eat more fruits and vegetables. Limit caffeine and alcohol.

Move

Get at least 21 minutes of activity per day to reduce anxiety and improve mood.

Sleep

Allow your body to repair and restore.

De-stress

Practice being mindful and consider what you are grateful for, daily.

Connect

Maintain virtual connections and offer support to others.

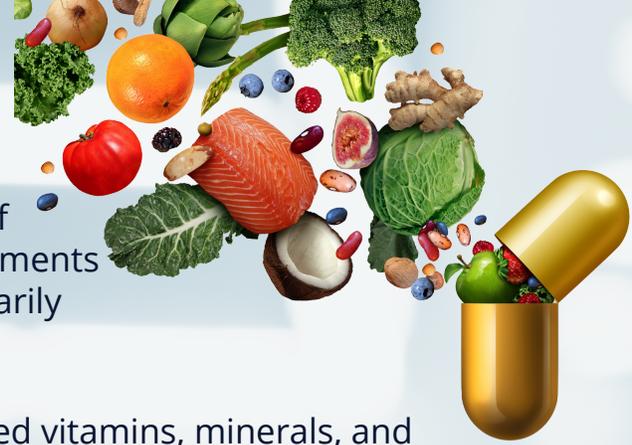


Nutritional Supplements

with Dr. Russell Greenfield, Novant Health

Dr. Greenfield, Physician Executive and Director of Integrative Medicine, discussed nutritional supplements and cautioned that what is “natural” is not necessarily synonymous with “safe.”

He affirmed that it is highly preferred to get needed vitamins, minerals, and nutrients through a healthy diet. However, should you consider taking supplements, Dr. Greenfield recommended doing your homework and consulting with your healthcare provider to determine a quality product that is right for you, based on your current health conditions and possible interactions with your medications.



COVID-19 and Vaccine Overview

with Dr. David Priest, Novant Health

Dr. David Priest, infectious disease expert and SVP, Chief Safety, Quality and Epidemiology Officer, shared updates on a forthcoming (at the time), COVID-19 vaccine and North Carolina's current plans for phased vaccine administration.

Dr. Priest noted that all external interactions pose some risk of exposure to COVID-19 and recommended consideration of various factors when deciding personal participation in activities.

While vaccine distribution was pending at the time, Dr. Priest affirmed the vital importance of continued safety measures, including physical distancing, masking, and hand washing.



Immunology

with Dr. Brian Jerby, Legacy Health

Dr. Jerby shared how optimizing gut function can make significant progress toward improving health outcomes, including strengthening your immune system...which is now more important than ever. Most of us likely have some degree of immune dysfunction as "standard Americans" in our health, diet, stress level, weight, and exposure to toxins and pollutants. Dr. Jerby shared how the best defense against COVID-19, and any infectious process, is an optimally functioning immune system.



Heart Health

with Dr. Sandy Charles, Novant Health

Dr. Charles delivered an informative program on how to live a heart-healthy life, noting plaque can begin to build up in arteries as early as 10 years old, and recommended optimizing heart health early-on.

High blood pressure is frequently caused by high-sodium diets, so Dr. Charles encouraged participants to read labels and know what's in your food! She distinguished between "good" cholesterol (HDL) and "bad" cholesterol (LDL), cautioning that excess bad cholesterol leads to atherosclerosis.

Yet, consistent exercise (30 mins per day, 5 days per week) increases HDL and decreases LDL, and a healthy diet with lots of fiber can lower cholesterol and blood pressure.



Exercise Is Medicine

with David Bellar, PhD, Chair of the Department of Kinesiology, UNC Charlotte



Dr. Bellar shared that sedentary death syndrome, caused by lack of daily physical activity, is the 2nd greatest threat to US public health.

Too often, people become overwhelmed and give up. However, being fit is not as challenging as people think. Dr. Bellar encouraged members to adopt these practical guidelines.



Moderate intensity aerobic physical activity for 30 mins per day, 5 days per week

OR

Vigorous intensity aerobic physical activity for 20 mins per day, 3 days per week.

Bone Health

with Dr. Julie Woodside, OrthoCarolina

Dr. Woodside presented to members on how to keep our bones healthy and strong so they can support us throughout our lives.

While there are factors we cannot control, like aging, there are many factors we can control to boost bone strength, including diet, exercise, body weight, smoking, alcohol intake, and medications.

Further, calcium and vitamin D are vital to building strong bones. Bones are reactive, and the more weight they feel, through consistent exercise, the more pressure they feel to strengthen.



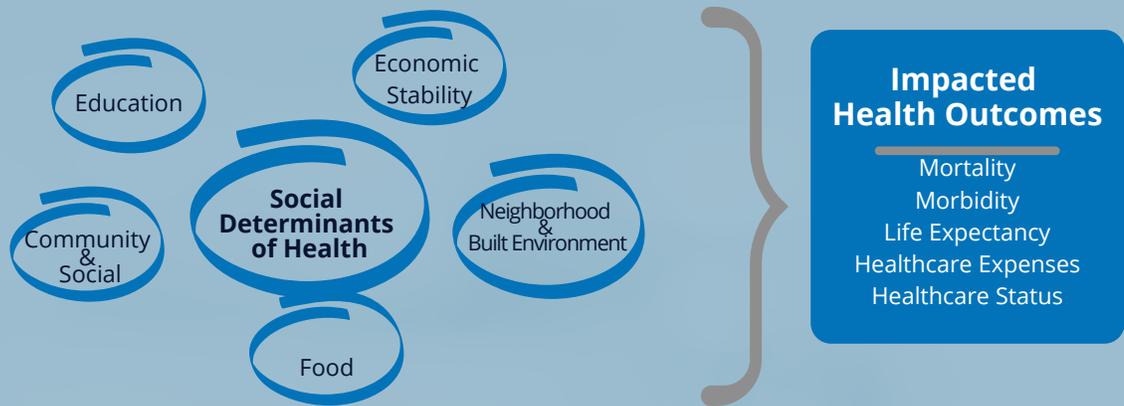
Health Disparities in Our Community and What We Can (and Are) Doing About It

with Dr. Janelle White, Atrium Health

Dr. White defined health disparities as the preventable differences in the burden of disease, injury, violence, or in opportunities to achieve optimum health experienced by socially disadvantaged racial, ethnic and other population groups and communities.

Dr. White challenged participants to be informed and remain up to date on critical issues impacting various populations, especially those historically marginalized.

Further, Dr. White encouraged us to use our voices to advocate and leverage whatever influence we have to support upstream, proactive initiatives that will ultimately have positive impacts on the social determinants of health.



Virtual Site Visits: Your Impact

In May 2020 Healthy Charlotte Alliance awarded three local health nonprofits with \$23,333.33 each in grant funding (\$70,000 total).

This past year, members participated in a virtual site visit with each organization to learn how the investment was used and positively impacted the health of our community.

Care Ring

shared how the Alliance's grant supported the Low-Cost Clinic, providing high-quality care to uninsured and underinsured individuals, and the Nurse-Family Partnership, helping new mothers gain the tools to provide their child a stable home and work to achieve self-sufficiency.

Mental Health America of Central Carolinas

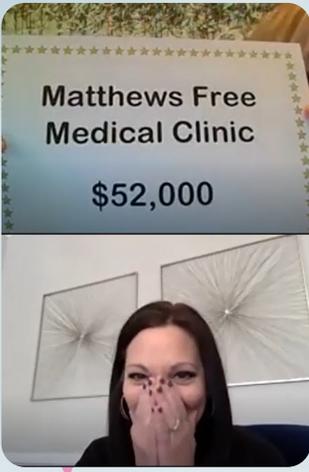
shared about their efforts to create a culture of mental wellness, advocating for mental health parity, and working to mitigate disparities in access to mental healthcare.

NC MedAssist

shared how the Alliance's investment supported the provision of prescription and over-the-counter medications, at no cost, to neighbors in need.

Grant-Making: \$80,000+ for 80 Years!

In celebration of 80 years of community impact, Healthy Charlotte Alliance awarded \$80,000 in high-impact grant funding.

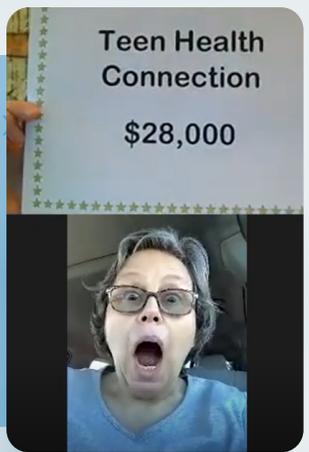


Matthews Free Medical Clinic (MFMC) provides free, quality healthcare to low income, uninsured patients.

The \$52,000 investment from Healthy Charlotte Alliance will support increased hours for the nurse practitioner on staff and the continued roll-out of the new "Fast Track" program, triaging patient needs.

Teen Health Connection is the leading provider of integrated medical and behavioral healthcare for adolescents and young adults ages 11 through 25.

Teen Health Connection will utilize the \$28,000 grant from Healthy Charlotte Alliance as seed-funding to hire a second triage staffer and support parenting training classes.



Check presentation with the Grants Committee and Amy Carr, Matthews Free Medical Clinic



Check presentation with the Grants Committee and Libby Safrit, Teen Health Connection

Healthy Charlotte Alliance also awarded \$1,000 each to Hospitality House of Charlotte and NC MedAssist, in recognition of our legacy partnership and commitment.

2020-2021 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.

2020-2021 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."

Paul Simon Fashion Event with Dress For Success

Despite the inability to meet in person, thanks to the incredible team at Paul Simon Women, members were still able to enjoy a fun fashion program, while learning more about an important nonprofit in our community.



Healthy Charlotte Alliance welcomed Kerry Barr O'Connor, Executive Director of Dress For Success Charlotte, to share about their mission to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life. In addition to suiting, they offer a full spectrum of workforce development services around job preparedness, job acquisition, employment retention, and career advancement.

Legacy Society



Leslie Aronovitz



Karen Chandler



Sherry Ward



Mitzi Yount

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.

2020-21 Members

Investing Members (\$500)

Julie Adams
Dr. Scott Adams
Leslie Aronovitz
Karen Chandler
Mimi Compton
Erin Edwards

Mrs. Lewis Gaskin
Kathy Klimas
Kendra May
Sam Ryburn
Joan Scharf
Mary Stokes

Sophie Wachter*
Sherry Ward*
Tina Weinberg
Becky Williford
Mitzi Yount

Supporting Members

Diane Adams
Lois Benjamin*
Barbara J. Boehm
Doris M. Breckenridge, MD
Angie Bush
Nancy A. Carlton
Kara Carroll
Jennie Carruth
Cindy Chewning
Ana Clark
Gina Clegg*
Lisa Duggins
Karen L. Dunaway
Mrs. David DuPuy
MaryAnn Falciani
Anne York Fehring
Gail Fernandez
Julie Fields
Carol Follmer
Marian Fort*
Renita Fowler
Bill Fox
Katie Garvey
Louise Hanford
Karon Hauch
Maureen Highley
Karen Holleman
Mrs. Harold R. Howe

Catherine Hunter
Denise Hurley
Pauline Jackson
Beth Jaszewski*
Mary Kamerer
Linda Kramer
Ginette Lapierre
Elizabeth Lassiter
Janet Lefkowitz
Caron Lye
Joni MacDonald
Cathy McBride
Janice McIntosh
Trisha Mendoza
Debra Miller
Carolyn Mullins
Meeti Nigam
Connie Ostrow
Jackie Palmer*
Karen Park
Leslie Phelps Perlik*
Eileen S. Ray
Patsy Reames*
Craig Reutlinger
Paula Reutlinger
Louise Rice
Anne Rogers
Robert Rostan
Marguerite Rupar

Christina Ryskiewich
Amy Scharf
Laura Schneider
Anita Shapiro
Kirby Pfeiffer Sheridan
Anne Shoaf
Dr. Ed Shoaf
Martha Short
Charlene Slaughter
Patty Smith
Susan Spaugh
Teresa Starr
Ingrid Steele
Robyn Stump
Jayne Thomas
Nancy Klein Tidwell*
Cassandra Triggs
Sally Underwood
Susan Vadnais
Gail VanDerVeer*
Judy Verross
Anne Vesano*
Dr. Jack Vesano
Diane Walker
Laura L. Weisner
Mary Margaret Williford
Hannah H. Wilson
Brenda Wing

Young Professional Members

Nan Mann
Jessica Yarzumbeck

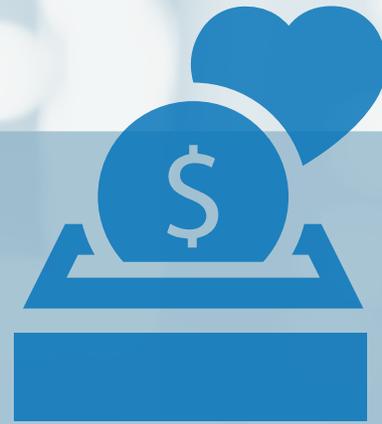
Emeritus Members

E.J. Albergotti
Martha Bedell Alexander
Gretchen Allen

Darlene Beard*
Pat Bryant*
Kay Farmer*
Beverly Keller

Pat Nesbit
Marie Price*
Helen C. Ritch*
Anne Rowe

2020-21 Donors



\$1,000+

Dr. Scott & Julie Adams
Leslie Aronovitz
Karen Chandler
Davita, Inc.
Sherry Ward
Rebecca Williford

\$750-\$999

Mimi Compton
Kendra May
Joan Scharf
Tina Weinberg & Sam Ryburn
Mitzi Yount

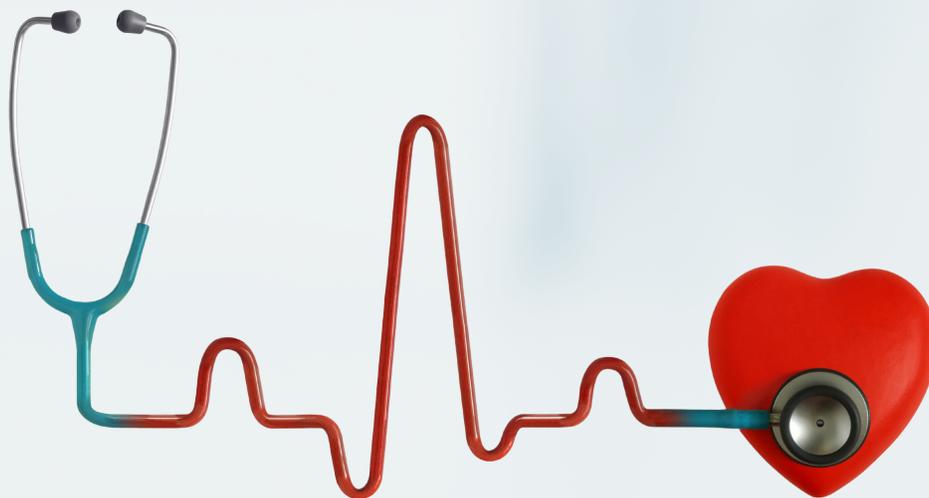
\$500-\$749

Atrium Health Foundation
Jennie Carruth
Erin Edwards
Carolyn Gaskin
Kathleen Klimas
Trisha Mendoza
Mary Stokes
Gail VanDerVeer
Dr. Jack & Anne Vesano
Sophie Wachter

\$250-\$499

Lois Benjamin	Eileen Ray
Gina Clegg	Patsy Reames
Marian Fort	Craig & Paula Reutlinger
Bill Fox	Kirby Pfeiffer Sheridan
Catherine Hunter	Dr. Ed & Anne Shoaf
Beth Jaszewski	Robyn Stump
Jackie Palmer	Nancy Klein Tidwell
Leslie Phelps Perlik	

You are the heartbeat of all we do!



2020-2021 Financials

ASSETS

Current Assets

Cash and Cash Equivalents	\$22,869
Investments	\$2,163,485
Sales tax receivable	\$86

TOTAL ASSETS	\$2,186,440
---------------------	--------------------

LIABILITIES AND NET ASSETS

Liabilities

Deferred Revenue	\$1,425
------------------	---------

Total Liabilities	\$1,425
--------------------------	----------------

Net Assets

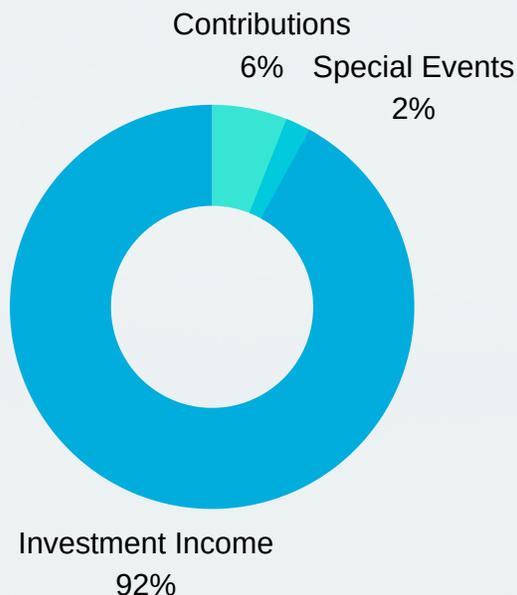
Without donor restrictions:

Undesignated	\$16,785
Board-designated	\$2,168,230

Total Net Assets	\$2,185,015
-------------------------	--------------------

TOTAL LIABILITIES AND NET ASSETS	\$2,186,440
---	--------------------

2020-21 Income



2020-21 Expenses

