



2021-2022



MESSAGE

from the Board President

Dear Friends and Members,

It has been an honor and great privilege to serve Healthy Charlotte Alliance. I truly do get more than I give.

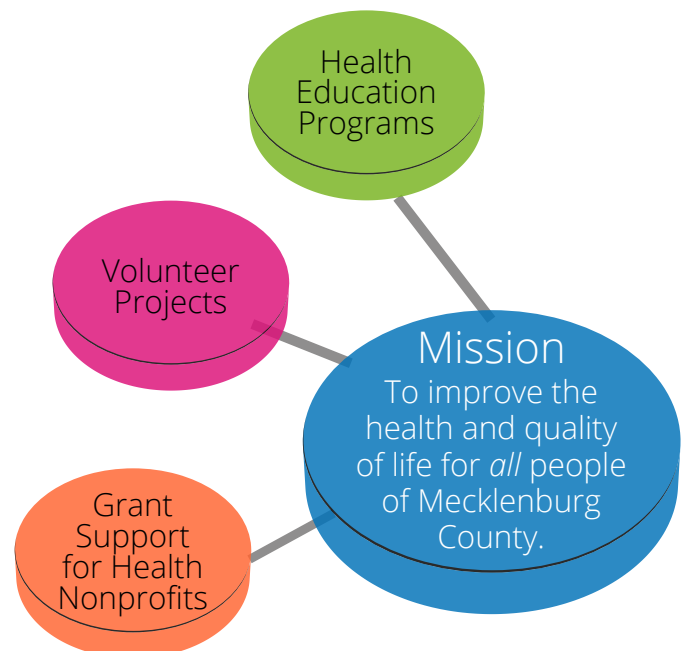
As I say at the top of every program "We couldn't do what we do if it wasn't for you, our members." And I couldn't do what I do without the board members I have been blessed with over the years. They have a passion for our mission, understand our business and have been thoughtful, bold and courageous.

We made a commitment to sustainability and to the future. We have an ambitious vision and strategic action agenda to shape and define the organization for years to come. We want Healthy Charlotte Alliance to have the resilience and grit to make the community a healthier place and to achieve the highest aspiration of its mission.

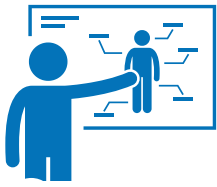
This amazing organization maintains the values and guiding principles that were created over 81 years ago and is poised to move forward, grow, evolve, change, and engage to survive and to thrive in a dynamic world and rapidly changing landscape.

I sincerely appreciate all that each of you bring to the organization and have enjoyed working with you to improve the health and quality of life for all Mecklenburg County residents.

Karen Chandler
Board President
Healthy Charlotte Alliance



Transformative health education programs, volunteerism, and philanthropy through grant-making continue to be hallmarks of Healthy Charlotte Alliance's mission.



9 lunch & learns



3 volunteer projects



1 Community Health Classroom



3 social programs

Health Education Programs

Question. Persuade. Refer. Training



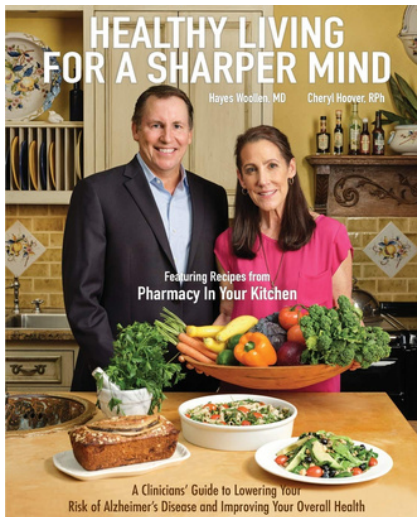
Kevin Markle, Mental Health America of Central Carolinas, delivered a powerful evidenced-based suicide prevention curriculum. Participants learned that stigma is a major barrier to gaining access to help and the importance of the language used when discussing mental illness and suicide, including what to look for, and how to make arrangements for someone in crisis to get help.

Mental Wellness in a COVID Weary World

In the midst of emerging COVID variants, behavioral health experts, Dr. Javier Santos-Cubina and Dr. Luis Betancourt, Novant Health, delivered an interactive discussion around the psychological impacts of the pandemic, COVID-related stress, and shared strategies to build resilience and perseverance.



Healthy Living For a Sharper Mind



Dr. Hayes Woollen and registered pharmacist, Cheryl Hoover, presented on their book *Healthy Living For a Sharper Mind*. While there is currently no cure for end-stage Alzheimer's disease, research has shown that we can prevent, and sometimes reverse, the progression of Alzheimer's disease through lifestyle changes.



Good vs. Bad

Things that are **GOOD** for the Hippocampus:

- Good Nutrition
- Daily Exercise
- 7-8 hours of sleep
- Meditation/Stress Reduction
- Lifelong Learning
- Social Interaction
- Be positive!
- Stay fit!
- Get a check-up

Things that are **BAD** for the Hippocampus:

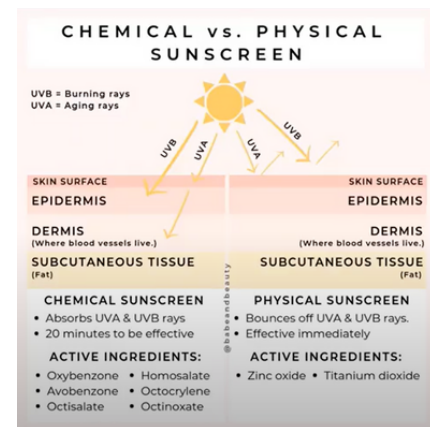
- Hypertension
- Elevated Cholesterol
- Obesity
- Diabetes
- Metabolic syndrome
- Chronic inflammation
- Stress/Anxiety
- Sleep Apnea
- Isolation
- Decreased Hearing
- Head Trauma

Hippocampus

The failure of the food pyramid

Protecting Your Skin: Healthy Skin for a Lifetime

Dr. Elizabeth Rostan, Charlotte Skin & Laser, delivered an informative program on maintaining healthy skin for a lifetime. Dr. Rostan reviewed the basics of anti-aging skin care as well as advanced anti-aging products.



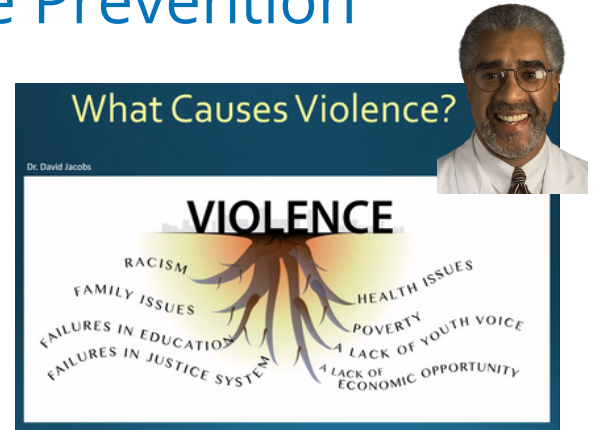
The Science Behind Conflicting Personalities and How to Forge Better Relationships with Others

Karissa Krapf, LCSW and psychotherapist with Atrium Health, shared that personality is shaped by genetics, temperament, and countless other environmental impacts, with "conflict" developing from the clashing of all of these things.



Community Violence Prevention

Dr. David Jacobs, trauma surgeon with Atrium Health, delivered a data-filled and inspiring program, sharing that violence in America is a disease of young and poor men of color, with the handgun serving as the most common disease vector. He investigated root causes of violence in our communities, trends and statistics related to race and gender, and shared strategies everyone can implement to prevent youth violence.



Marijuana: Medicinal Benefits vs. Impacts on the Developing Mind



Dr. Chasse Bailey-Dorton, Atrium Health, presented on the medicinal benefits, and research limitations, of marijuana, while Kris Hawkins and Amber Jones, health educators with Teen Health Connection, presented the impacts of marijuana on the developing brain.

Combating Seasonal Allergies

Just in time for pollen season, Dr. Emily Langley, Carolina Asthma & Allergy Center, detailed what causes seasonal allergies, related symptoms, and the best ways to combat seasonal allergies.



Impacts of Social Media on Mental Health

Dr. Amii Steele, Atrium Health, outlined the signs of an unhealthy relationship with social media, impacts of social media on our mental health, and provided tips to reduce screen time and digitally detox.



Health Education Program Sponsors

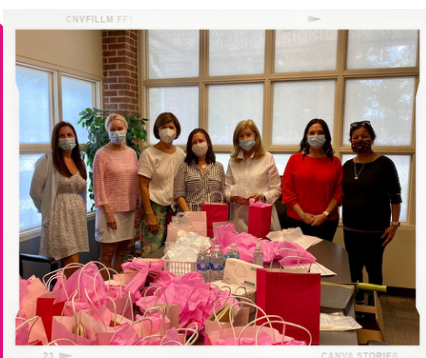
Healthy Charlotte Alliance is deeply grateful to our program sponsors for their generous support!



Thank you for your partnership and investment!

Volunteer Service Projects

Alliance volunteers assembled bags with PPE and reminders for patients to schedule their mammogram, in support of Matthews Free Medical Clinic's annual patient recertification.



Volunteers assembled resource packets for Care Ring's Community Healthcare Workers to distribute to clients participating in the maternal child health initiative.



Volunteers sorted and packed over-the-counter medicines in preparation for NC MedAssist's mobile free pharmacy event.



Community Health Classroom



Dr. Graca Almeida-Porada
Wake Forest Institute for
Regenerative Medicine



Colleen Hole, BSN, MHA, FACHE
Atrium Health



Dr. Eric Eskioglu
Novant Health



Dr. Robyn Stacy-Humphries
Charlotte Radiology



The Future of Medicine



Entering an age of remarkable potential for medicine to save and improve lives like never before, we heard from renowned medical experts on cutting-edge, life-enhancing advances in medicine.



Thanks to our generous sponsors and members, the Community Health Classroom raised more than **\$16,000** to support the Alliance's mission and programming.

Revolutionary Sponsors

Steve & Beth Purdy



Futurist Sponsors

Dr. John & Becky Williford

Visionary Sponsors



Innovation Sponsors



Leslie Aronovitz & Ted Gearhart
Karen Chandler

Dr. Ken & Mimi Compton
Dr. Carl & Joan Scharf



CharlotteRadiology®



Table Host Sponsors

Dr. Stephen & Trisha Mendoza
Dr. and Mrs. Simon Ward, III
Mrs. Mitzi Yount

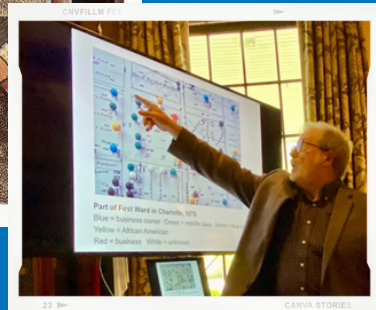
Social Programs

Members enjoyed a fun, fashion program at Paul Simon Women.



Legacy Society & Investing Members Luncheon

As an opportunity to thank our major donors, the Alliance welcomed the Legacy Society and Investing Members for a complimentary luncheon at Quail Hollow Club with a presentation from Charlotte Historian, Dr. Tom Hanchett.



Long-time members (30+ years) had the opportunity to catch up with old friends and hear the latest updates on Healthy Charlotte Alliance programs, grants and community impact!

We are grateful for the decades of support from these talented and dynamic individuals who have shaped Healthy Charlotte Alliance into the strong and resilient organization it is today!

Past Presidents' & Loyalty Circle



Kathy Klimas, Becky Williford, Mitzi Yount,
Marian Fort, Joni MacDonald
Genie Hayes Award Recipients

Annual Meeting

Healthy Charlotte Alliance awarded \$93,000 in high-impact grants!

Shelter Health Services-\$27,000



Veterans Bridge Home-\$25,000



Vision to Learn-\$25,000



Samaritan House-\$15,000



Matthews Free Medical Clinic- \$1,000



The Alliance also awarded a \$1,000 grant to Matthews Free Medical Clinic in honor of 2022 James Gray Cannon award recipient, Dr. Lou Ann McAdams' tireless volunteer service to the clinic over 19 years.



Members and community partners heard from Gibbie Harris, former director of Mecklenburg County Public Health, on lessons learned from a global pandemic and the county's greatest community health needs.



Becky Williford (left) was presented with the 2022 Genie Hayes Distinguished Service Award to honor her leadership and selfless investment of time and talents in support of Healthy Charlotte Alliance.



Karen Chandler (far right) was honored with the Jean Gaskin Vision Award, awarded just two previous times in the history of Healthy Charlotte Alliance, and the *highest* award the Alliance can bestow. Karen was honored for her exceptional vision and outstanding leadership, which has positively impacted the community and future of Healthy Charlotte Alliance.



Impact

Last year, Healthy Charlotte Alliance invested **\$80,000** to support vital health programs in our community.

"Thanks to the generous grant received from Healthy Charlotte Alliance, we were able to expand our programs and services to hire a full-time Nurse Practitioner to provide additional continuity of care for our patients. Hundreds of patients have benefited from this grant."

- Amy Carr, Matthews Free Medical Clinic



\$52,000



During the height of the pandemic, one of MFMC's primary care providers had been exposed to COVID and unable to work at the clinic. Fortunately, the NP was able to step in and see the patients scheduled for the day.

One patient had been experiencing chest pain with respiratory distress. The NP evaluated the symptoms and immediately sent the patient to the Emergency Department. The patient had COVID which had turned into pneumonia and remained in the hospital for more than one week.

If not for the grant from Healthy Charlotte Alliance, that patient would have had to have been rescheduled for another day, not receiving the immediate care needed.



\$28,000

"With the grant from Healthy Charlotte Alliance, Teen Health Connection was able to fund a second triage position to administer assessments, interventions, and make referrals for vital services. The triage team has delivered 175% more consultations in 2022 as compared to 2019, underscoring the increased demand for adolescent-focused behavioral health services."

- Libby Safrit, Teen Health Connection

Chanda Scott, LCMHC, triage team member, met with a patient who had been a victim of domestic violence and abuse. The patient had never tried to seek help before because she felt ashamed for having stayed in the relationship and feared she would be judged by the professionals trying to help her. This time, she was desperate to start therapy but didn't have insurance and was blocked by extensive waitlists across behavioral health providers.

Chanda provided the patient with immediate psychoeducation on interpersonal violence and the cycle of abuse, and remained in close contact over the next week, frequently checking in. She successfully scheduled an intake appointment with Mecklenburg County Community Support Services, where the patient was able to access individual and group therapy specialized in domestic violence at no charge.



The patient will continue her medical care at Teen Health Connection, where Chanda will regularly check in and support her ongoing journey toward safety and wellbeing.

FY2021-22 Members

You are the heart of all we do!

Investing Members

Dr. Scott & Julie Adams
Leslie Aronovitz ♦* & Ted Gearhart
Dr. Marc & Jennie Carruth
Karen Chandler ♦*+
Mimi Compton+
Erin Edwards
Lynn Erdman

Carolyn Gaskin
Louise Hanford*
Kathy Klimas*
Boxley & Jane Llewellyn
Joni MacDonald
Dr. Addison & Kendra May
Sam Ryburn & Tina Weinberg

Libby Safrit
Joan Scharf
Mary Stokes+
Sophie Wachter*
Sherry Ward ♦*
Dr. John & Becky Williford+
Mitzi Yount ♦*

Supporting Members

Diane Adams
Jim & Mary Lou Babb
Lois Benjamin*
Cynthia Berrier
Barbara Boehm
Doris Breckenridge, MD
Angie Bush
Nancy A. Carlton
Kara Carroll
Cindy Chewning
Ana Clark
Gina Clegg
Lisa Duggins
Karen Dunaway
Sandy DuPuy
Mary Ann Falciani
Anne Fehring
Gail Crowell Fernandez
Julie Fields

Lois B. Fisher
Marian Fort*
Renita Fowler
Bill Fox
Alice M. Gavigan
Linda Guilford
Karon Hauch
Patricia G. Haworth
Maureen Highley
Karen Holleman
Kathy Howe
Catherine Hunter
Denise Hurley
Lynn Ivey
Pauline Jackson
Beth Jaszewski*
Maria Johnson
Mary Kameron
Linda Kramer

Ginette Lapierre
Elizabeth Lassiter
Janet Lefkowitz
Joan Martin
Cathy McBride
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Trisha Mendoza
Debra Miller
Meeti Nigam
Jen Olin
Leslie Perlik
Jan Rapisardo
Eileen Ray
Patsy Reames*
Craig & Paula Reutlinger
Louise Rice
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Robert Rostan
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Nancy Klein Tidwell*
Sally Underwood
Susan Vadnais
Gail VanDerVeer
Judy Verross
Dr. Jack & Anne Vesano
Laura L. Weisner
Lori Welke
Mrs. Hannah H. Wilson
Brenda Wing

Young Professional Members

Donequal Brown-Smith
Alex Compton
Vernisha Crawford
Lisa Holmes
Yesenia Howell
Jess Ludwig
Brandy Sims
Mary Margaret Williford

Emeritus Members

EJ Albergotti*
Martha B. Alexander
Gretchen Allen
Darlene Beard*
Pat Bryant*
Kay Farmer*
Marie T. Price*
Ann Rowe

2021-2022 Financials

ASSETS

Current Assets

Cash and Cash Equivalents	\$35,352
Investments	\$1,901,729
Sales tax receivable	\$185
Prepaid expenses	\$47

TOTAL ASSETS	\$1,937,313
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LIABILITIES AND NET ASSETS

Total Liabilities	\$0
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Net Assets

Without donor restrictions:

Undesignated	\$24,756
Board-designated	\$1,911,657

Total Net Assets Without Donor Restrictions	\$1,936,413
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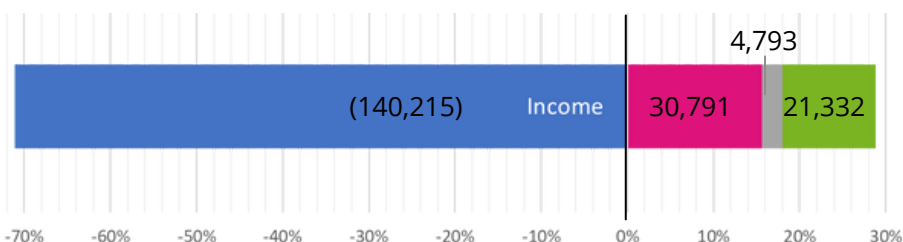
With donor restrictions	\$900
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Total Net Assets	\$1,937,313
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TOTAL LIABILITIES AND NET ASSETS	\$1,937,313
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2021-22 Income

■ Investment Income ■ Contributions ■ Program Fees ■ Special Events



2021-22 Expenses

■ Programs ■ Management & General ■ Fundraising

