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.

**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.
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.

**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.
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.

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.

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.
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.
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

Visionary Sponsors
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Futurist Sponsors
Dr. John & Becky Williford

Table Host Sponsors
Dr. Stephen & Trisha Mendoza
Dr. and Mrs. Simon Ward, III
Mrs. Mitzi Yount
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!

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.

**Legacy Society & Investing Members Luncheon**

**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.
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

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.

"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 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.

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.

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!

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Dr. Scott & Julie Adams
Leslie Aronovitz ◊ & Ted Gearhart
Dr. Marc & Jennie Carruth
Karen Chandler ◊++
Mimi Compton+
Erin Edwards
Lynn Erdman
Carolyn Gaskin
Louise Hanfodor*
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Sophie Wachter*
Sherry Ward ◊*
Dr. John & Becky Williford+
Mitzi Yount ◊*

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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

LIABILITIES AND NET ASSETS

<table>
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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

With donor restrictions: $900

Total Net Assets: $1,937,313

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