



Annual Report 2022-2023



MESSAGE

from the Board President

Dear Friends and Members,

Improving the health and quality of life for all Mecklenburg County residents is our guiding star. We are grateful for you as you join us as we further this monumental work of health education, philanthropy and volunteerism.

- Health education programs - We inform members and the community around timely and important health issues.
- Philanthropy - We provide impactful, unrestricted grants to local health nonprofits, in which our investment priorities align with the greatest needs of our community.
- Volunteerism - We open doors to help other nonprofits and foster connection between members and their personal interests and passion.

Together, we will improve the health and quality of life for all people of Mecklenburg County.

Sincerely,

Karen Chandler
Board President
Healthy Charlotte Alliance



MISSION



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

Health Education Programs



Untangling the Anxious Brain

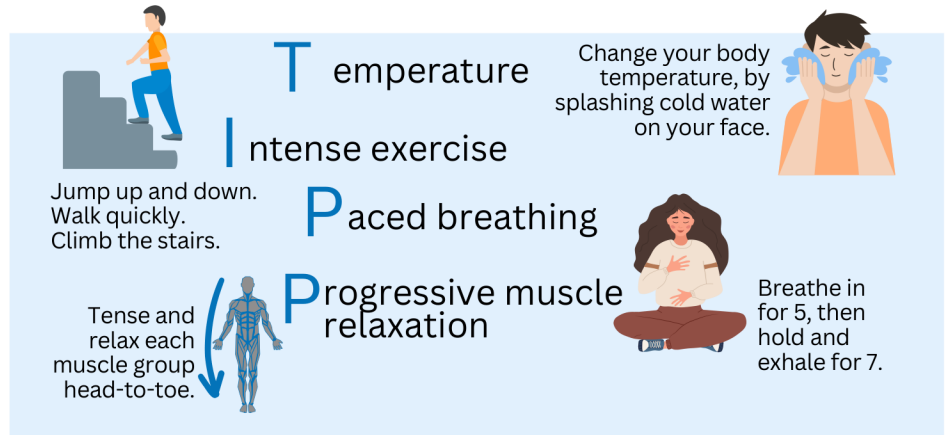
with  HOPEWAY


Generously sponsored by





On September 15th, 47 members and general community members participated in an informative program on Untangling the Anxious Brain. Dr. Taren Coley, Psychiatrist - Director of Outpatient Services, [HopeWay](#), discussed the differences between anxiety, which is a normal, natural reaction to stress, having a starting point and an endpoint as compared to an anxiety disorder, which can include constant worry or an irrational fear, that's ongoing and interferes with daily life.


Music therapist, Kaitlin Wightman-Ausman, noted our tendencies to *catastrophize* situations, mentally jumping to the worst case scenario, and shared techniques to practice to better cope in situations of heightened anxiety.



Temperature
Change your body temperature, by splashing cold water on your face. 

Intense exercise
Jump up and down. Walk quickly. Climb the stairs. 

Paced breathing
Breathe in for 5, then hold and exhale for 7. 

Progressive muscle relaxation
Tense and relax each muscle group head-to-toe. 

Instead of Saying:

Think positively. You have so much to be thankful for!

It could always be worse.

Just relax!

Try:

Your feelings are valid. I am here to listen.

What you are going through is difficult and I am here for you.

I am here for you.



Improving Sleep Quality and Sleep Health

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On November 9, 30 Alliance members and friends enjoyed an informative and entertaining program on *Improving Sleep Quality and Sleep Health*. Enterprise Lead and Medical Director of Sleep Medicine, Atrium Health, [Dr. Douglas Kirsch](#) outlined correlations between sleep restriction, obesity and heart disease, explained common sleep disorders, and shared tips to achieve 7-8 hours of quality sleep for better emotional and physical health.

Dr. Kirsch's top tips for quality sleep



Create an environment that is dark, quiet, cool and comfortable.



Get up at the same time every day, even on weekends.



Napping should be carefully timed and limited.



Pay attention to what you're doing in the last hour before bedtime. Focus on winding down. (Less electronics, less stress.)



Don't look at the clock in the middle of the night!

Integrative Medicine's Role in a Traditional Medicine Model

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On December 1st, 30 Alliance and general community members participated in an informative program with [Dr. Chasse Bailey-Dorton](#), Atrium Health, to learn about integrative medicine, which is



- evidence-based,
- complimentary to conventional medicine (*not instead of*),
- individualized to treat the whole person (mind, body, spirit), and not just the disease.

Dr. Bailey-Dorton affirmed that 30% of aging issues are genetic while 70% can be mitigated by healthy lifestyle choices. Approximately 40% of all cancers can be related to diet, lack of exercise and obesity. Dr. Bailey-Dorton offered applicable strategies to cancer prevention and taking control of year health!

Hot Topics in Nutrition

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THE JVEY
BRAIN HEALTH SOLUTIONS

On January 12, [Pat Fogarty](#), outpatient wellness dietician with Levine Cancer Institute, presented a phenomenal program on Hot Topics in Nutrition! We learned why fad diets likely don't have a real impact on weight loss or health, and practical, applicable tips to infuse more vegetables, fruits, proteins, and good bacteria into our daily diet!



Putting DNA to the Test: What Your Genes Can – And Can't – Tell You About Your Ancestry and Health



Do you sneeze when you go out in the sun? Do you think cilantro tastes like soap? It's because of your genetic makeup!

On February 23, Alexa Klimas Corcoran, Archway Genealogy, shared a fascinating program about our DNA's impact on our health and the process of genetic recombination. Alexa compared and

contrasted various DNA tests on the market and noted those best for seeking ancestry information vs. health information, cautioning that the accuracy of these DNA tests are only as good as corresponding reference panels, demonstrating how different companies and tests may provide you with different results.



Healthy Living and Alcohol, All Life Long!

Special thanks to our generous partner, the Mecklenburg County Alcoholic Beverage Control (ABC) Board, for making this program possible!



On March 29, 85 Alliance and community members joined us for tons of fun learning all about how alcohol impacts us differently as we age. Media personality, Brigida Mack, served as our emcee, ensuring this educational and serious program was still FUN!



Dr. Jennifer Woodward and Dr. Deanna Mangieri-Ross, Atrium Health, discussed how alcohol overuse impacts our brain cell growth, sleep quality, memory, and judgement also offering **useful tips for healthy drinking.**



Do not drink on an empty stomach; have a glass of water after each drink.



Avoid drinking when you are angry or upset.



Try mocktails when out with others.



Reward yourself for *not* drinking! Use the time/money to do something you enjoy!

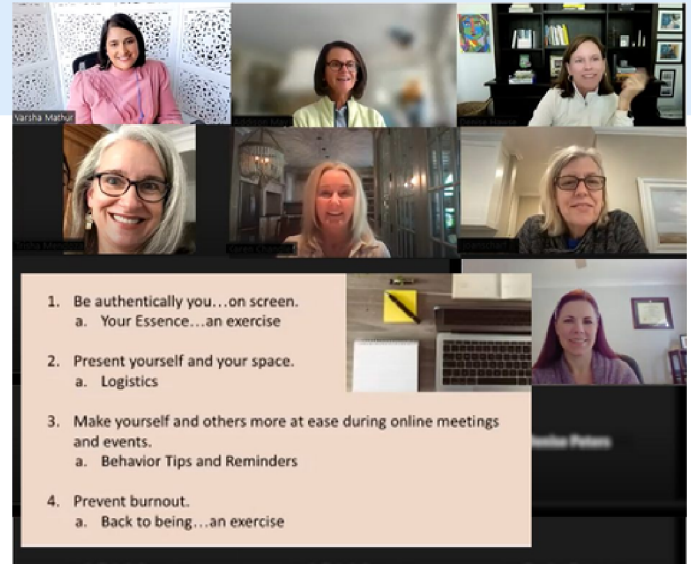


Novant Health Pharmacist, Dr. Sloan Ware, shared risks of alcohol misuse when mixed with common medications and how alcohol can potentially interfere with treatment and/or diagnosis of illness. Ask questions and be honest with your medical care team!



Building Relationships in a Virtual World

In April we enjoyed an interesting program with certified relationship coach and founder of Coaching By Varsha, [Varsha Mathur, JD](#), on how to Build Relationships in a Virtual World. We learned how to present yourself and your space, how to make yourself and others feel more comfortable, how to embrace your personal essence words, and how to be authentically *you*, on screen!



Volunteer project with



Members toured community partner and grant recipient, Shelter Health Services. Located adjacent to the Salvation Army's Center of Hope Shelter, Shelter Health Services supports the women and children staying in the shelter to get healthy and back on a path to stability. Alliance volunteers helped with administrative tasks, including shredding documents, OTC medicine inventorying and cleaning, in order to lift just a bit of the burden off of the remarkable staff.

Tour of Samaritan House

Members enjoyed a tour of the peaceful and sparkly clean Samaritan House, offering a safe place of recuperation for people who are experiencing homelessness and in need of short term care following a hospital or ER stay. Staffed 24/7, guests are provided transportation to and from doctors' appointments and supportive case management services to help get back on their feet.

Community Health Classroom

On October 12, 2022, 150 Alliance and general community members, convened for an important program on **Community Violence Prevention: A Public Health Crisis**. Experts, Dr. David Jacobs and Dr. Sam Pullen, examined community violence as a disease and explored treatment and prevention strategies, as well as the impacts of mental health



on community violence. CMPD School safety expert, Lt. Stephen Flatt, shared strategies and actions to prevent violence in our schools.



*We are grateful for our generous sponsors.
Your investment strengthens our community.*

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Prevention Sponsor



Wellness Sponsors

Kelly Graves | Steve & Beth Purdy



Partnership Sponsors

Leslie Aronovitz & Ted Gearhart | Karen Chandler | Dr. Ken & Mimi Compton

Dr. Carl & Joan Scharf | Dr. John & Becky Williford | Mrs. Mitzi Yount



Table Host Sponsors

Dr. Addison & Kendra May
Dr. & Mrs. Simon Ward, III



Annual Meeting

On May 17, Healthy Charlotte Alliance awarded **\$90,000** in high-impact grants at the annual meeting!



Camino Community Development - \$50,000



Dilworth Center - \$25,000



Foster Village Charlotte - \$15,000

The Alliance awarded a \$1,000 grant to Teen Health Connection in honor of 2023 James Gray Cannon award recipient, **Dr. Ryan Klimer**'s tireless volunteer service in support of vulnerable children and families in our community.



Lois Benjamin was presented with the 2023 Genie Hayes Distinguished Service Award to honor her leadership and selfless investment of time and talents in support of Healthy Charlotte Alliance.



Members and guests heard from **Susan Yaguda, MSN, RN**, Nurse Manager, Integrative Oncology at Levine Cancer Institute on the 'Blue Zones' and learned intentional habits to live a happier, healthier and longer life!



Impact: Community Health Grants

Last year, Healthy Charlotte Alliance invested **\$92,000** to support vital health programs in our community. Check out some of the direct community impact!



Twenty seven year old mom, Debbie, was staying at the Center of Hope Shelter and came to Shelter Health Services as an uncontrolled diabetic and not feeling well. Her insulin levels were dangerously high as she had run out weeks prior and did not have the funds to purchase more. Shelter Health Services obtained the needed insulin and provided her with a glucose monitor, needles, alcohol wipes, and test strips so she could monitor her levels. SHS' nurse discussed with her a diet plan and offered to provide pre-packaged proper diabetic food when the Shelter meals did not meet her diabetic requirements. The nurse also found patient assistance companies that were willing to accept Debbie as a client, providing her with the insulin she would need when she left the Shelter.



Air Force Veteran Travis volunteered to become a 'Battle Buddy'. After learning about the suicide of a veteran friend, he took the basic training and went on to complete a two-hour suicide prevention course, QPR Training (Question, Persuade, Refer). Since taking that course, he has reached out to VBH staff for support in navigating mental health resources for a son and a colleague willing to disclose suicidal ideations during stressful seasons of life. Travis is engaged in a corporate business resource group and is working with VBH to bring Battle Buddy training opportunities, specifically Mental Health First Aid and Psych Armor Training, to his corporate colleagues.



This testimonial from VTL's Dispense Visit at MLK Middle School is just one snapshot of how Healthy Charlotte Alliance's grant helped 167 students in underserved communities... "The dispensing optician dispensed glasses to two middle school students. Eddie was fitted for his glasses first and enthusiastically put them on, expressing gratitude for the intervention. Angel showed a modest reaction, quietly thanking the optician and putting the glasses in the case and into his pocket. As the two students exited the dispense room, Eddie stopped Angel and said, "You should put on your glasses, you know you need them." Peer influence kicked in; Angel removed the glasses case from his pocket, put them on, and his eyes lit up. He looked around the media room taking it all in. He coolly stated, "Woow," then his pitch went soprano as he continued to scan the room, "Wow!"



With nowhere to go after his eye surgery, Tom was sent to an extended stay hotel for recovery. He woke up completely blind and alone and wound up back in the Emergency Room. The ER social worker made a referral to Samaritan House. Tom had hot meals, someone to pick-up his prescriptions, and help schedule and ensure that he had transportation to his follow-up appointments. Samaritan House connected Tom, a veteran, to the VA hospital, with access to even more resources, helping him get back on his feet!

Social Events

Past Presidents' and Loyalty Circle Tea

On May 24, long-time friends enjoyed catching up and celebrating the contribution and commitment of those who have been members for more than 30 years!



Annual Fashion Program

Members socialized, shopped around, and enjoyed the annual fun, fashion program at Sherrard Style!

Legacy Society and Investing Member Reception

We had a blast at our second annual Legacy Society and Investing Member reception. Investing members enjoyed a night of fun at Rooster's with complimentary food and drinks, and a fun mini program by Dr. Brian Jerby on



the "Health Benefits of the Occasional Glass of Wine", as an expression of gratitude for their generous investment in Healthy Charlotte Alliance this past year!



FY2022-23 Members

You are the heart of all we do!

Investing Members

Dr. Scott & Julie Adams⁺

Leslie Aronovitz^{♦+} & Ted Gearhart

Karen Chandler^{♦+^}

Dr. Peter & Ana Clark

Mimi Compton^{+^}

Erin Edwards⁺

Lynn Erdman

Carolyn Gaskin

Louise Hanford

Lynn Ivey

Kathy Klimas^{*}

Boxley & Jane Llewellyn^{*^}

Dr. Addison & Kendra May⁺

Trisha Mendoza^{+*}

Sam Ryburn & Tina Weinberg

Libby Safrit

Dr. Carl & Joan Scharf^{+^}

Mary Stokes

Sophie Wachter^{*}

Sherry Ward^{♦+^}

Dr. John & Becky Williford⁺

Mitzi Yount^{♦+}

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Lois Benjamin^{*}

Debbie Bennett

Barbara Boehm

Doris Breckenridge, MD

Kara Carroll

Jennie Carruth

Gina Clegg[^]

Lisa Duggins

Karen Dunaway

Sandy DuPuy

Paula Evangelist

Mary Ann Falciani

Anne Fehring[^]

Gail Crowell Fernandez

Lois B. Fisher

Marian Fort^{*}

Renita Fowler^{*}

Linda Guilford

Karon Hauch

Patricia Haworth

Maureen Highley

Kathy Howe

Vikki Hunley

Catherine Hunter

Denise Hurley

Mary Kameron

Linda Kramer

Ginette LaPierre

Margaret Larrea

Janet Lefkowitz

Dr. Bill & Joni MacDonald

Morris & Janice McIntosh

Debra Miller

Meeti Nigam

Jan Rapisardo

Eileen Ray

Patsy Reames

Craig & Paula Reutlinger

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Kirby Pfeiffer Sheridan[^]

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Judy Verross

Dr. Jack & Anne Vesano

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Brenda Wing

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Tsui Yang

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Tesha Boyd

Catherine Cole

Rosy Crumpton

Justine Dellinger

Erica Ellis

Cheryl Gates

Tisha Henderson Adams

Jess Ludwig

Nan Mann

Jen Olin

Madeline Petty

Anne Rogers

Becky Santoro

Sylvia Stitt-Smith

Jessica Williams

Emeritus Members

EJ Albergotti

Martha B. Alexander

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Pat Bryant^{*}

Jerusha Fadial

Kay Farmer^{*}

Marie T. Price^{*}

FY2022-23 Donors

\$11,000

Mecklenburg
County ABC Board

\$6,000-\$7,500

Karen Chandler

\$3,500-\$4,500

Lynn Ivey, The Ivey

\$2,500-\$3,499

Novant Health
Dr. Simon & Sherry Ward, III

\$1,500-\$2,499

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Kelly Graves
Boxley & Jane Llewellyn
Dr. Addison & Kendra May
Providence Anesthesiology Associates
Steve & Beth Purdy
Dr. Carl & Joan Scharf
Dr. John & Becky Williford
Mitzi Yount

\$1,000-\$1,499

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Atrium Health Foundation
Bragg Financial Advisors
Kathy Klimas
Trisha Mendoza

\$750-\$999

Dr. Peter & Ana Clark
Dr. Ed & Anne Shoaf
Sam Ryburn & Tina Weinberg

\$500-\$749

Alliance Health
Lois Benjamin
Carolina Asthma & Allergy
Tanya Blackmon
Erin Edwards
Lynn Erdman

\$500-\$749 continued

Carolyn Gaskin
Louise Hanford
Novare Capital Management
REACH
Teresa Starr
Mary Stokes
Teen Health Connection
Sophie Wachter

\$250-\$499

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Sophtrosyne Wellness
Robyn Stump
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Gail VanDerVeer
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Brenda Wing
Tsui Ying Yang

\$100-\$249

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Gretchen Allen
Mary Lou Babb
Joan Baeuerle
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Doris Breckenridge, MD
Pat Bryant
Care Ring
Kara Carroll

\$100-\$249 continued

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Laura Weisner
June Wise

*Your generous gift impacts the
health of our community.*



2022-2023 Financials

ASSETS

Current Assets

Cash and Cash Equivalents	\$33,536
Investments	\$1,857,126
Sales tax receivable	\$480
Prepaid expenses	-

TOTAL ASSETS	\$1,891,142
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LIABILITIES AND NET ASSETS

Total Liabilities	\$0
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Net Assets

Without donor restrictions:

Undesignated	\$19,915
Board-designated	\$1,871,227

Total Net Assets Without Donor Restrictions	\$1,891,142
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With donor restrictions

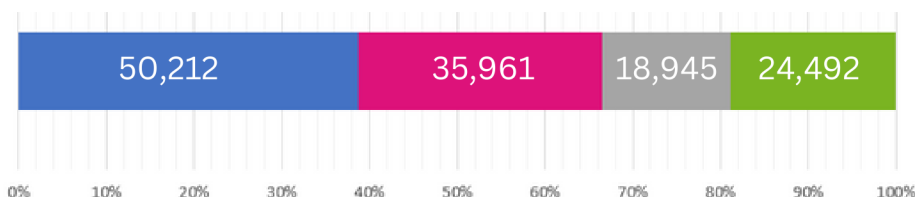
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Total Net Assets	\$1,891,142
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TOTAL LIABILITIES AND NET ASSETS	\$1,891,142
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2022-23 Income

■ Investment Income
 ■ Contributions
 ■ Program Fees
 ■ Special Events



2022-23 Expenses

■ Programs
 ■ Management & General
 ■ Fundraising

