



Healthy
CHARLOTTE ALLIANCE

Building a Healthier Charlotte.

Annual Report

FY2023-24



MESSAGE

from the Board President

Dear Friends and Members,

I am delighted to take on the role of your new Board President. I feel privileged to lead this outstanding organization that has made a measurable impact in our community over the past 83 years.

We continue in our steadfast mission to improve the health and quality of life for all Mecklenburg County residents. We are excited about our vibrant educational and social programs, offered regularly between September and May, and our Community Health Classroom that will occur in October.

We are updating our brand with the new tagline, *Building A Healthier Charlotte*. We hope that with increased branding and marketing we will grow awareness of our wonderful organization and attract more new members than ever before.

Whether you are seeking friendship, philanthropy, service opportunities or just want to be part of a community that shares a passion for making Charlotte a healthier place to live, we hope you will join us as we continue our legacy of decades of impact and a future of opportunity!

Your Partner In Building A Healthier Charlotte,

Jennie Carruth
Board President
Healthy Charlotte Alliance



Intro to Mindfulness and Yoga for Stress Reduction

Generously sponsored by



In September, we stretched, we
breathed, we moved, we
meditated!

Through a high-level introduction to yoga with the amazing, Suzanne Bergen, we learned wonderful techniques for stress reduction and managing anxiety.



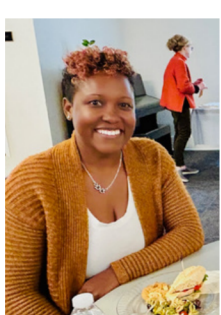
Ask *Anything* About Women's Health ...Anonymously!

Generously
sponsored by



We had a blast with [Dr. Alyse Kelly-Jones](#), Tryon Women's Center, as she answered our most intimate questions about women's health!

She tackled the three most common discussions she has with her patients: low libido, menopause, and the truth about hormone therapy.



Obesity, Weight Loss Drugs, and the Food-Mood Connection

Generously
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BRAIN HEALTH SOLUTIONS



Dr. Carmen Teague, Atrium Health, delivered a phenomenal program on Obesity, Weight Loss Drugs, and the Food-Mood Connection, describing the GLP-1 agonists on the market as having significant results for weight loss, but also possible side effects.



Screening at Teen Health Connection

Healthy Charlotte Alliance had the opportunity to preview video vignettes of "The Big Picture" at Teen Health Connection. These vignettes were written and performed by teens, offering candid discussions about the daily challenges teens face, along with the new obstacles confronting this generation.



Betsy Thompson, LCMHC, Manager of Behavioral Health Services at Teen Health Connection, shared the importance of an ongoing, open, healthy dialogue with teens to support them in making healthy choices...especially honest conversations about the consequences of risky behaviors, with a goal of determining the "why" and root cause.



Nutrition and Cancer

Stephen Hursting, PhD, UNC Nutrition Research Institute, presented a session on Nutrition and Cancer. He highlighted how certain risk factors like diet, obesity, smoking, sun exposure, and alcohol intake are most often preventable and controllable. He emphasized the scientifically proven connections between following a healthy diet, managing weight, and lowering the risk of cancer.



Pharmacogenomics

Clinical pharmacogenomics specialists from Atrium Health Levine Cancer Institute, **Sarah Morris, PharmD** and **Grace Nguyen, PharmD**, presented a fascinating program on pharmacogenomics, the study of how a person's inherited genetic makeup may affect how their body processes certain medications.



Community Partner Site Visits

Members engage in informational and hands-on projects with nonprofit partners, gaining first-hand insight as to the greatest health needs in our community.

Members were inspired during their visit to [Mitchell's House](#), a facility that offers therapy services to children with terminal illnesses and their families. They explored the vibrant and captivating playrooms utilized for counseling sessions and engaged in an art therapy session.



Members visited \$25,000 grant recipient, [Dilworth Center](#), which has supported more than 15,000 individuals suffering from alcoholism and substance use disorder, unlock their recovery. With outpatient treatment programs offered in the evenings and weekends, patients and their families are able to maintain their home, school, and work routine while working their individualized treatment plan.

Members were moved touring [Foster Village Charlotte](#)'s two quaint homes on Monroe Road, which serve as an important hub to meet the urgent needs of foster families, including providing ongoing support groups, workshops and one-on-one clinical support. Healthy Charlotte Alliance supported FVC with a \$15,000 grant in 2023 to support their efforts to equip foster families with immediate resources and connect them to a village of support!



Members were able to see first-hand, the impact of last year's \$50,000 grant when touring [Camino](#)'s health clinic, food pantry, thrift store, soccer pitch, and Camino Vida, which provides one-on-one coaching and support to Clinic patients with a chronic

disease to help establish consistent exercise routines and nutritional meals that fit their cultural needs.

Community Health Classroom



Steve Martin Jr., MD



Craig VanDerVeer, MD



JoAnn Holzinger, FNP

In October, 160 members of the community, ***Boned Up On All Things Orthopedic!***

Attendees rotated through informative breakout sessions, learning how best to manage



back pain,



joint replacements, and



bone health!



thank you

Platinum Sponsors



Gold Sponsor



Silver Sponsors

CharlotteRadiology®



Kelly Graves | Steve & Beth Purdy

Bronze Sponsors



Dr. & Mrs. Simon Ward, III

Member Sponsors

Dr. & Mrs. Scott Adams | Leslie Aronovitz & Ted Gearhart
Karen Chandler | Dr. Ken & Mimi Compton | Mrs. Mitzi Yount

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



Annual Meeting

We are grateful for our generous sponsor, **NOVANT HEALTH**

On May 15, Healthy Charlotte Alliance celebrated the successes from the year and awarded **\$95,000** in high-impact grants at the annual meeting!



Sherry Ward was presented with the 2024 Genie Hayes Distinguished Service Award to honor her leadership and selfless investment of time and talents in support of Healthy Charlotte Alliance.



The Alliance awarded a \$1,000 grant to Veterans Bridge Home in honor of 2024 James Gray Cannon award recipient, **Patty Norman's** tireless volunteer efforts in the Charlotte community, including co-founding Veterans Bridge Home.



Members and guests heard from Cardiologist and Well-Being Leader, **Jonathan Fisher, MD**, on *Why Love, Laughter, and Kindness are Vital Medicines for the Heart*. Pick up his book, [Just One Heart](#), to learn about heart breakers, heart wakers, and how to be like the coronaries!



We thanked **Karen Chandler** for her 8 years of Board leadership and the countless hours she has invested to make Healthy Charlotte Alliance stronger.



We celebrated the passing of the gavel to incoming Board President, **Jennie Carruth**, and look forward to her fresh ideas and the year ahead! *Our future is bright!*

Impact: Community Health Grants

In 2022-23, Healthy Charlotte Alliance invested **\$90,000** to support health programs in our community. Check out the impact over the past year as a result of this important investment!

CAMINO vida \$50,000



With the investment of \$50,000, Camino was able to support 202 individuals through its Camino Vida program, including providing 6 cooking classes, 125 nutrition consultations, and engaging with 39 individuals through fitness programming.

Camino Vida offers culturally sensitive individualized wellness plans that include behavioral and clinical treatment options, fitness strategies, and targets for healthy eating.

Cecilia, a 54-year-old with diabetes, initially did not take her condition seriously. After a COVID diagnosis, she struggled with worsening symptoms. Her physician recommended insulin, leading her to Camino Vida for support. Through healthy eating and a fitness program, Cecilia improved her A1C blood sugar level from 12% to 7.5%. She now sees diabetes management as achievable through lifestyle changes, crediting Camino Vida for her health transformation.



Dilworth Center UNLOCK YOUR RECOVERY \$25,000

Healthy Charlotte Alliance's \$25,000 investment provided high-quality substance use disorder assessments, comprehensive treatment services, case management and treatment placement services to a full range of adults, young adults, adolescents and family members at the Dilworth Center.



One young adult client shared, "My recovery means everything to me and would not have been possible if not for the time I spent at Dilworth Center. The treatment program literally saved my life...I am grateful for my two+ years of sobriety!"

Parents of a Dilworth Center client shared, "There is no known earthly value we can place on [our son's] recovery! Before the Dilworth family program we thought we had lost our son forever. It was devastatingly painful to watch all the potential he was wasting; most importantly, his LIFE! A literal near death experience brought us to Dilworth Center and we thank God every day for every moment we have with him!"

Foster Village CHARLOTTE \$15,000

With the the Alliance's grant of \$15,000, FVC was able to provide 71 *free* therapy sessions for 23 foster and kinship caregivers navigating a challenging fostering transition.

FVC hosted 7 workshops around building healthy attachments for children in foster care, sensory regulation to support trauma responses, navigating the DSS system, and grief and loss.



One client shared, "I always know that no matter what comes up, I have a place to go to talk and receive practical and supportive help. It's hard to talk to people who don't understand the system...However, Hannah [LCSW who provides counseling and is also a foster parent] gives support and reassurance with practical advice. I've had other therapists, and often felt like I spent most of the session explaining parts of the system. Having a therapist who understands foster care's intricacies is such a gift."

Social Events

Past Presidents' and Loyalty Circle Brunch



On May 30 we enjoyed a beautiful brunch, celebrating previous Alliance leaders and 30+ year members!

We heard important updates from incoming Board President, Jennie Carruth, and Treasurer, Leslie Aronovitz, as well as the vital community impact made through the endowment.



Fashion Programs

Members socialized, shopped around, and enjoyed some fun and fashion at two fashion programs at Sherrard Style and Scout & Molly's SouthPark.



Legacy Society and Investing Member Reception



We had a wonderful evening celebrating our Legacy Society and Investing Members at a reception at Quail Hollow Club.

We are grateful for their generous support, investment, and friendship.

Leave a Legacy

Consider leaving a planned gift as a way to *create a legacy for generations to come.*

Deciding on a planned gift is a very personal decision, but it does not have to be complicated.

Be sure to consult with your legal or financial advisor to determine how to best meet your individual goals for leaving your legacy.



FY2023-24 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+*^
Dr. Peter & Ana Clark
Dr. Ken and Mimi Compton+
Erin Edwards+
Lynn Erdman
Carolyn Gaskin

Dr. Jeff & Kathy Hagen
Louise Hanford
Lynn Ivey
Kathy Klimas
Boxley & Jane Llewellyn+
Dr. Addison & Kendra May+
Trisha Mendoza+
Libby Safrit

Dr. Carl & Joan Scharf+
Dr. Ed & Anne Shoaf*^
Teresa Starr
Mary Stokes
Cassandra Triggs-Tucker
Sophie Wachter*
Sherry Ward+*^
Dr. John & Becky Williford+
Mitzi Yount+

Supporting Members

Diane Adams
Julia A. Andrews
Joan M. Baeuerle
Lois Benjamin*
Robyn Benjamin
Debbie Bennett^
Sherie Bradshaw
Nancy Carlton
Gina Clegg*^
Diane Clinard
Lisa Duggins
Karen Dunaway
Sandy DuPuy
Lois B. Fisher
Renita Fowler*

Jeanne Gordon
Linda Guilford
Karon Hauch
Pat Haworth
Denise Hawse
Holli Helms
Maureen Highley
Vikki Hunley
Catherine Hunter
Denise Hurley
Mary Kameron
Linda Kramer
Ginette Lapierre
Janet Lefkowitz
Cristina Licari+

Dr. Bill & Joni MacDonald
Morris & Janice McIntosh
Debra Miller
Meeti Nigam
Paula Owens^
Jan Rapisardo
Eileen Ray
Patsy Reames*
Craig & Paula Reutlinger
Louise Rice
Robert Rostan
Christina Ryskiewich
Kirby Sheridan
Martha Short
Cynthia Sims

Patty Smith
Susan Spaugh
Michelle Davis Spreitzer
Ingrid Steele
Robyn Stump
Nancy Klein Tidwell*
Lisa Tomchin
Sally Underwood
Gail VanDerVeer
Sandy Wagner
Laura Weisner
Brenda Wing
Tsui Ying Yang*
Jessica Yarzumbeck

Young Professional Members

Daniel Alvarez
Rosy Crumpton
Justine Dellinger
Akeliha Hamilton-Stewart
Jessie Colavita Hoskins,
PA-C

Steve Marin
Paulina
Martinez
Sarai Ordonez
Hannah Rice
Reatna Taylor

Emeritus Members

EJ Albergotti*
Martha B.
Alexander
Gretchen Allen*
Darlene Beard*

Pat Bryant*
Jerusha Fadial
Kay Farmer*
Marie T. Price*
Helen Ritch*

FY2023-24 Donors

\$5,000+

Lynn Ivey, The Ivey
Foudation for a Healthy Carolina
Novant Health

\$4,000-\$4,999

Karen Chandler

\$2,000-\$3,999

Ted Gearhart & Leslie Aronovitz
Dr. Ed & Anne Shoaf
Sherry Ward

\$1,500-\$1,999

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Charlotte Radiology
Coca-Cola Consolidated
Kelly Graves
Boxley & Jane Llewellyn
Providence Anesthesiology
Steve & Beth Purdy
Dr. Carl & Joan Scharf
Southminster
Dr. John & Becky Williford

\$1,000-\$1,499

Alliance Health
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Dr. Ken & Mimi Compton
Erin Edwards
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TowneBank
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Lynn Erdman
Carolyn Gaskin

\$500-\$999 continued

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Mary Stokes
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Gail VanDerVeer
Judy Verross
Jack Vesano
Cassandra Wagner
Laura Weisner
Brenda Wing
Wendy Wallace Wright
Jessica Yarzumbeck

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



2023-2024 Financials

ASSETS

Current Assets

Cash and Cash Equivalents	\$47,788
Investments	\$2,010,493
Sales tax receivable	\$396

TOTAL ASSETS	\$2,058,677
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LIABILITIES AND NET ASSETS

Total Liabilities	\$0
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Net Assets

Without donor restrictions:

Undesignated	\$16,950
Board-designated	\$2,041,727

Total Net Assets Without Donor Restrictions	\$2,058,677
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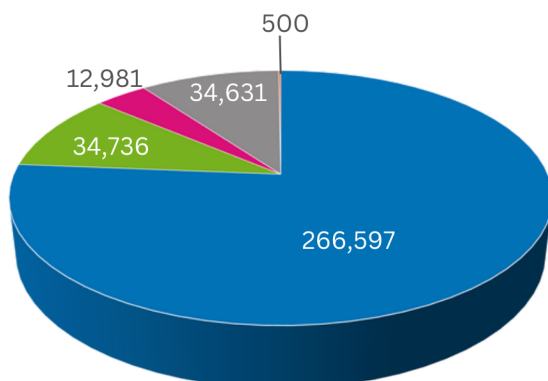
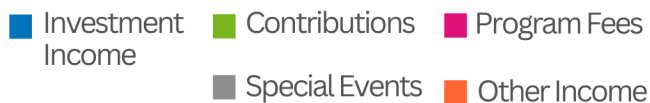
With donor restrictions

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Total Net Assets	\$2,058,677
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TOTAL LIABILITIES AND NET ASSETS	\$2,058,677
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2023-24 Income



2023-24 Expenses

