



AMM patient Aida Castex

## A Family Affair

Aida Castex has been associated with Alliance for seven years. Her connection first began when her parents became patients at Alliance and her father was diagnosed with jaw cancer. Castex found employment with flexible hours, moved her parents into her home, provided them with 24-hour care and reached out to AMM for help. She says, "Alliance was able to connect her family with the appropriate resources that offered her father the best medical care, which ultimately led him into remission." Her parents still live with her today.

In January of this year, while Castex' father recovered from open heart surgery and her mother from knee replacement surgery, she herself was diagnosed with diabetes and high blood pressure. Her current employer does not offer health insurance and she and her husband cannot afford monthly premiums and still make ends meet, so they, too, turned to AMM as their medical care home. Alliance doctors prescribed the necessary medicine and follow-up care to help Aida manage her diseases and her physical health improved.

However, the stress of being a care-giver began to take its toll. Alliance's pastoral staff stepped in to help. Aida says, "AMM intentionally paid, and continues to pay, attention not only to my physical being, but to my soul. When I visit Alliance, I do not feel like an object. I am valued and I feel important." Castex was experiencing caregiver burnout, marital issues, and depression. She remembers the day her doctor asked, "What are you doing to care for yourself?" Now both Aida and her husband participate in AMM's pastoral care and counseling program. She is very grateful for the compassionate and holistic care that Alliance offers. Today, her parents are healthy and her own health and marriage have been restored. Aida's hope for the future? "To live a healthy and happy life, thanks be to God."



## Band Together Selects AMM

Band Together NC, a Triangle-based organization committed to raising funds and awareness for select charities through events that showcase and support musical talent, has announced Alliance Medical Ministry as its 2011 charity recipient and Urban Ministries of Wake County as its 2012 charity recipient. This year more than

40 charities submitted applications. Final selections were made on October 12th.

"The decision this year was the toughest ever, with so many deserving charity applicants in the community who need our help raising the bar," said Danny Rosin, president and co-founder of Band Together NC. "Both of these organizations work to improve the well-being of thousands of Wake County residents, and we knew that by partnering with them through this two-pronged approach to healthcare, we have a chance to make a real impact in the Triangle."

Band Together has donated more than \$1 million to local nonprofits since its inception in 2001. This year's Band Together event helped raise \$358,000 for StepUP Ministry, an interfaith nonprofit organization that teaches low-income and homeless people to become self-sufficient. Band Together ensures that 100 percent of net proceeds goes to the selected charity.

For more information about Band Together and their monthly networking socials leading up to the spring 2011 event, visit [www.bandtogethernc.org](http://www.bandtogethernc.org).



## No One Chooses To Get Sick

Serious chronic diseases and everyday acute illnesses affect everyone. For the uninsured it often also brings difficult financial choices. Simply put, the uninsured cannot afford to be sick. They can't afford to go to the doctor, but they also can't afford to miss work. If they can't work, they don't get paid; if they don't get paid, they can't take care of their family.

Alliance Medical Ministry believes that you shouldn't have to choose between providing for your family and caring for yourself. We strive to provide accessible, appropriate and affordable healthcare to the working uninsured. By caring for these adults, we are, in turn, strengthening their families.

Please join Alliance in strengthening families by making your 2010 "Love Thy Neighbor" gift today.

This coming holiday season, will you shop for friends or family members who have all they need? Or do you have clients and colleagues you'd like to thank? Simplify your life and celebrate the true spirit of giving by recognizing those important to you with a special honorary gift to Alliance. Your gift will help the working poor enjoy a healthier, happier and more productive new year.

For your convenience, we've enclosed a return envelope and honorary form or you can visit our website at [www.alliancemedicalministry.org](http://www.alliancemedicalministry.org) for easy online donating. Please contact Loree Idol at 919.250.9254 with any questions or to discuss other giving opportunities.

Federal employees can designate support for Alliance Medical Ministry through the Research Triangle Area Combined Federal Campaign by using the code 89394.



## AMM Supports Breast Cancer Awareness

AMM celebrated Breast Cancer Awareness month in October through two major community outreach events. On October 2nd at North Hills Mall in Raleigh, 19 AMM walkers participated in the Making Strides Walk and collectively raised more than \$1,000 for the American Cancer Society. Then on October 9th, AMM hosted its fifth annual breast cancer screening event in partnership with Rex Healthcare. More than 60 uninsured women received a free clinical breast exam and educational materials on mammography and breast health resources for the uninsured. Participants expressed their appreciation for this free screening opportunity. Alliance is grateful to all the providers, volunteers and community partners who help make this event possible each year.



AMM staff walks for breast cancer

Additionally, in September, Alliance hosted its first Mobile Mammography event sponsored by Rex Cancer Center. Sixteen uninsured women of Wake County were screened and received information on breast cancer health, all free of charge. Both screening events were organized by Alliance Outreach Director Regina Heroux, RN, MS, OCN in conjunction with Rex.



Dear Friends,

This year the demand for medical care in Wake County has continued to increase and the status quo was inadequate. In response to this need, change was necessary.

So, we changed by growing the physician and nursing staff even in a very tight fiscal environment. As a result more than 1,100 patients see *their* doctor in *their* medical home each month. We changed the pharmacy staffing level and prescription management systems and increased the volume of medications dispensed by 3 times the 2009 levels. We changed the way our diabetic patients managed their disease and now they have the knowledge to effectively test their blood sugar, select and prepare healthy food, and modify behaviors to improve long term outcomes.

We changed the hours of the acute care clinic to accommodate patients who need to be seen immediately but due to work or family restrictions can only be seen early in the morning, while still maintaining hours for those who work a full day and the late afternoon is their only option. We changed the size and scope of our community garden and have 4 times the fresh vegetables for patients to share at home with their family and to use in the many cooking classes here at Alliance.

We changed the way our patients with underlying emotional, mental, economic, or spiritual challenges receive counseling and support by adding a staff chaplain that is always here or very close by. We changed our outreach to the faith community by reconnecting with many old and new congregations through our "Sowing Seeds of Hope" program. We are blessed by their love and support for our neighbors in need.

But change is not always easy and often requires several iterations to get it right. Change is a means to an end, with Alliance's end being to provide outstanding medical care in a true medical home environment, ultimately worthy of God's call to love thy neighbor.

Your partnership, service and support is the key to making that happen. Thank you.

Happy Thanksgiving, Merry Christmas and Happy Hanukah.

Sean Harrison, Co-Founder & Executive Director

## Alliance Director of Outreach Named One of the Great 100

Regina Heroux, RN, MS, OCN, Director of Programs & Outreach at Alliance Medical Ministry was selected as one of the 2010 Great 100 Nurses of North Carolina. Each year 100 nurses across all practice settings are recognized for nursing excellence. Recipients are nominated by their peers and must have demonstrated a strong commitment to the nursing profession. Regina was the only community-based clinic nurse chosen out of more than 88,000 applications. Congratulations to Regina for her impact at Alliance and throughout our community. A complete listing of this year's recipients can be viewed at [www.great100.org](http://www.great100.org).

## Duke Raleigh Hospital COO Rick Gannotta Joins AMM Board

Alliance Medical Ministry is pleased to announce that Rick Gannotta has joined the Board of Directors. Rick is the Chief Operating Officer for Duke Raleigh Hospital. His past healthcare experience includes serving as a Senior Vice President/Administrator, Chief Nursing Officer and Heart Center Executive Director.

Rick received his Doctorate in Healthcare Administration from the Medical University of South Carolina. He completed his Masters of Business Administration from Campbell University and earned a Bachelor of Science in Nursing and Nurse Practitioner from Florida International University.



## AMM Wish List of Needs

### Office supplies:

Black ballpoint pens  
White printer/copy paper  
Card stock (multicolored)  
Sticky post-it notes  
Postage stamps  
File folders (3 tab)

### Over-the-counter medicines and supplies:

Neosporin cream or ointment  
Hydrocortisone 1% cream  
Toothbrushes (soft)  
Dental floss  
Toothpaste (travel-size)  
Prilosec OTC  
Prevacid  
Zegerid  
Zyrtec  
Claritin  
Zaditor drops  
Artificial Tears  
Delsym  
Mucinex and Mucinex DM  
Sudafed PE

### Medial supplies and equipment:

Blood pressure cuffs (large)  
Pill cutters and organizers  
Diabetes test supplies  
- Walmart Relion test strips  
- Syringes  
- Pen needles  
Pulse oximeter (portable)  
Nebulizers (new or used)  
CPAP machines (new or used)  
Vinyl/plastic covered pillows

### Volunteer needs:

Experienced clinical volunteers (RN, CNA, MD, Interpreter)  
Data entry volunteers  
Dentists/dental assistants  
Saturday healthcare providers (MD, PA, NP)  
Gardening/landscaping

## Mission of Alliance Medical Ministry

Alliance Medical Ministry is a faith-led medical ministry serving the uninsured working poor in need of affordable primary medical care.

Alliance is a registered 501 (c)(3) nonprofit charitable corporation that relies on donations from individuals, corporations, the faith-based community, and foundations to serve the uninsured working people of Wake County.

## AMM Recognizes Friends and Partners

During this season of thanksgiving, we would like to express our heartfelt gratitude to some of our many friends who help make the wonderful work of Alliance possible throughout the year. The following community partners work collaboratively with us or share their time and talents on behalf of our patients. Thank you all!

### Volunteer Providers and Nurses:

Brittany Allen, CNA  
Dr. Theresa Amerson  
Dr. Ayodele "Sunday" Amodu  
Dr. Gregory Appert  
Ashima Aneja, PA  
Dr. David Becker  
Pilar Berg, PA  
Dr. Robert Bilbro  
Dr. Josh Bloom  
Dr. Jim Blount  
Linda Brett, CNA  
Sharon Burnett, RN  
Jude Carr, PA  
Dr. Stephen Chiavetta  
Erica Cho, CNA  
Judy Conway, RN  
Joy Cooper, RN  
Norma Cyrus, RN  
Lindsey Denning, CNA  
Kelly Duffy, CNA  
Dr. Allan Eure  
Debbie Fallen, NP  
Dr. Ben Fischer  
Dr. Carolina Fonseca  
Dr. Mary Forbes  
Dr. Brett Foreman  
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Rick Gannotta, NP, DHA, FACHE  
Dr. Sandeep Gavankar  
Dr. James Gentry  
Jennifer Germain, PA  
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Dr. Lynda Pollock  
Dr. David Recuor  
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Dr. Charlotte Sweeney  
Dr. Samer Taj-Eldin  
Dr. Teresa Terezis  
Elizabeth Wallace, CNA  
Dr. Susan Weaver  
Dr. Charles Wehbie  
Anne Yerby, NP

### Care Partners:

Blue Ridge Dermatology  
Boylan Healthcare  
Carolina Cardiology  
Carolina Endocrine  
Carolina Family Practice and Sports Medicine

Duke Raleigh Diabetes Center  
Duke Raleigh Hospital  
Encore Plus  
Mann Ear, Nose and Throat  
Person Street Pharmacy  
Raleigh Foot and Ankle  
Raleigh Medical Group  
Rex Healthcare  
Triangle Medical Professionals  
UNC School of Medicine  
UNC School of Nursing  
Urban Ministries/Open Door Clinic  
Wake County Human Services  
WakeMed Health & Hospitals  
Wake Radiology

### Community Partners, Volunteers and In-Kind Donors:

A Carolina Locksmith  
Adwoa Akwabi-Ameyaw  
Sophia Ali  
Mary Carr Allen  
Asbury United Methodist Church  
Baker Roofing  
Sonya Bankston  
Baptist Men of North Carolina  
Bob and Carol Barksdale  
Dr. Deb Baskett  
Bland Landscaping  
Boys and Girls Club of Wake County  
Linda Brett  
Jamal Brown  
Hai Ly Burk  
Beatriz Busch  
Kelly Cobb  
Bryan Conklin  
Dana Conte  
Crittenden Advertising  
David Crittenden  
Justin Cyrus  
Dorothy Debnam  
Rev. Claudette Delphino  
Lindsey Denning  
Alex Despotes  
Kate Dickson  
Duke Divinity School  
Barbara Dupree  
Wanda Easley  
Mary Catherine Eaton  
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Beverly Hester  
Robert Herrington  
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Helen Hudson  
Joan Huertas  
Interfaith Food Shuttle  
Grey Idol  
David Irvin  
Mike James  
Regine Jean-Baptiste  
Erica Johnson  
Louise Johnson  
Becky Jones  
Dorothy Jordan  
Juvenile Diabetes Research Foundation  
Katherine Kenyon  
Julia King  
Cindy Klaess  
Corbett Lawrence  
Kaley Lunsford  
Micah Mabe  
Carole Marcotte  
Ivan Martinez  
Anne Masich  
Maura Mayorga  
Brock Meyers  
Millbrook United Methodist Church  
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Juan Montas  
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Collin Mueller  
Jennifer Murphy  
Shirley Murray  
Hunter Nance  
NC Chapter of Asian American Professionals  
Suzanne Nelson  
Marc Newman  
Newcomb and Company  
Austin Newsome  
Sarah Nossier  
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Elizabeth Poulouse  
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Elizabeth Price  
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David Wilson  
Jamie Winston  
Melanie Wrest  
Olga Zapata  
Donna Zumpano

**Special thanks to Ron and Brenda Gibson for their continued support and generosity!**



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## AMM Recent and Upcoming Outreach Events

- September 25:** AMM's Regina Heroux recognized as one of the 2010 Great 100 Nurses of NC, Greensboro
- September 25:** Diabetes Management (series two) final class/graduation
- September 25:** Cary First Christian Church Community Outreach Day
- October 2:** AMM staff walks in Making Strides Against Breast Cancer for ACS, Raleigh
- October 9:** Annual Community Breast Screening at AMM
- October 26:** Raleigh Baptist Association Semi-Annual Meeting – "Mission Possible" theme recognizing AMM as ministry of the month
- October 26:** Special congregational breakfast forum at AMM on "Sewing Seeds of Hope" for community healthcare challenges
- November 5:** Silk Road Fundraiser to benefit Alliance, sponsored by National Assoc. of Asian American Professionals, Solas in Raleigh
- November 13:** Project Direct – "Day with Diabetes" Community Event (Panel Participation)
- November 13:** Wake County Medical Society Alliance Health Fest, Raleigh
- November 14:** First Presbyterian Church Mission Fair, Raleigh
- November 18:** Special congregational breakfast forum at AMM on "Sewing Seeds of Hope" for community healthcare challenges
- November 20:** Diabetes Management (series three) Graduation Celebration at AMM
- December 4:** Rex Mobile Mammography at AMM
- December 11:** New Bethel Baptist Women – Ladies breakfast and drive to benefit AMM, Garner
- January 15, 2011:** NC Baptist Men Dental Bus at AMM

## The Dental Bus is Coming to AMM

The Dental Bus is coming to Alliance on Saturday, January 15, 2011, from 8:30am-5pm. The bus is sponsored by the Baptist Men of North Carolina and is available to congregations and service organizations throughout North Carolina. The bus is equipped with all the necessary equipment for volunteer dentists and assistants to provide basic dental care at no charge for the uninsured, impoverished and homeless of our community. The host organization enlists volunteer dental staff and covers all bus and clinic costs (approximately \$500). Alliance anticipates serving at least 40 patients that day. Anyone interested in volunteering or making a monetary donation to help with the cost please call **250-9254** or email Loree Idol at **lidlol@alliancemedicalministry.org**.