



APRIL 2019

## Introducing The Ledger

Welcome to the introductory issue of *The "Ledger"*, the Wake County Medical Society quarterly newsletter. *The Ledger* is the successor to the Wake County Physician Magazine, which offered long form articles. *The Ledger* is intended to keep you up to date with Society activities and news in a simple and

straight forward fashion. In addition, the Ledger will also report events sponsored by the Wake County Medical Society Alliance, our partner in activities for Wake County physicians and their families. Members are invited to submit news of events open to and attended by local physicians and their families.

### WAKE COUNTY MEDICAL SOCIETY EXECUTIVE COUNCIL

*President*  
Douglas Holmes, MD

*Past President*  
Robert Munt, MD

*Secretary/Treasurer*  
Marilu Thordsen MD

*Executive Council Members*  
Warner Hall, MD  
Ken Holt, MD  
Assad Meymandi, MD  
Eric Rappaport, MD  
Derek Schroder, MD  
Mike Thomas, MD, PhD  
Brad Wasserman, MD

**PLEASE NOTE OUR NEW  
MAILING ADDRESS BELOW**

WAKE COUNTY  
MEDICAL SOCIETY  
3434 Edwards Mill Road  
Suite 112  
Raleigh, NC 27612  
Phone 919-923-2442  
www.wakedocs.org



## INTRODUCING Our New President, Douglas Homes, MD

Douglas Holmes, MD, has over 30 years experience providing expert ENT care in the military (retired USAF Colonel), academic (UNC-Chapel Hill), and private practice. After UNC-CH undergraduate and medical school, Dr. Holmes did his formal ENT training in Iowa and an intense fellowship year in

pediatric ENT at Cincinnati Children's. He has been in private practice in Raleigh since 1993. He brings the highest level of dedication and expertise to his adult and pediatric patients and to the Wake County Medical Society as its 2019 president once again. Dr. Holmes also served as president during calendar year 2004.

APRIL 2019 .....

**Sunday, April 7-2pm**  
**Tour of the**

**Sarah P. Duke Gardens**

Please join us for a joint gathering of the Wake County Medical Society and Wake County Medical Society Alliance for a luncheon at the Kirby Conference Room at the Garden and tour of the Sarah P. Duke Gardens.

RSVP or contact Paul Harrison at [pharrison@wakedocs.gov](mailto:pharrison@wakedocs.gov)

**Thursday, April 25, 8pm**  
**and Sunday, April 28**

**Raleigh Little Theatre –**  
**Comedy Canteen V.**

**Sutton Theatre**  
**(Reserved Seating)**

Ken Ludwig's *Baskerville*:

A Sherlock Holmes Mystery

The male heirs of the Baskerville line are being eliminated one by one. To find their ingenious killer, Sherlock Holmes and Dr. Watson must brave the desolate moors before a family curse dooms its newest heir. Watch as the intrepid investigators try to escape a dizzying web of clues, silly accents, and elaborate disguises. Full of humor, horror, and plenty of stage magic, this kooky and spooky caper will have you howling with laughter.

We have secured a discount for purchases by members of the Wake County Medical Society or WCMS Alliance. Please quote "**MED10**" when purchasing your ticket via email or at the box office. Raleigh Little Theater, 919-821-3111, <https://raleighlittletheatre.secure.force.com/ticket/>

For more information, contact Zohra Osman at (919) 720-1797 or email [zohra.wcmsa@gmail.com](mailto:zohra.wcmsa@gmail.com).

## Wake County Medical Society Alliance

We are a volunteer nonprofit organization of physicians' spouses and physicians' residing in Wake County, with the objective of cultivating friendly relations and promoting understanding among physicians' families while working in close association with the Wake County Medical Society.

Membership provides many opportunities such as social gatherings, service opportunities and to participate in programs to improve the quality of life for the community- through health education and services. Feel free to join us at any of our Events.

Visit <http://www.wakecomedicalalliance.com> to learn more about us and view updated calendar.



Photo by Orla Swift

## WCMS & WCMS Alliance Luncheon and Duke Gardens Tour

The Wake County Medical Society sponsored a luncheon and guided Duke Garden tour on the afternoon of April 7, 2019. The Garden is in full bloom at this very time of the year and is breathtaking to behold. A luncheon was served in the Duke Gardens elegant meeting complex with catering by Saladilia of Durham prior to the tour. Medical Society members and members of the WCMS Alliance attended the event along with their family members. A trolley vehicle was available for those needing assistance. It was a beautiful day for all.

## Proclamation from the City of Raleigh



### PROCLAMATION

**WHEREAS**, the practice of medicine is a special calling, and those who have chosen the medical profession serve their communities with a reverence for human life and individual dignity; and,

**WHEREAS**, physicians, from the specialist to the general practitioner engage in years of study and training, endure long and unpredictable hours and often cope with conflicting demands of work and family life to serve the needs of their patients and communities; and,

**WHEREAS**, physicians practicing in Wake County serve millions through private practice, in hospitals, in research and other health care facilities; and,

**WHEREAS**, many retired physicians in Wake County continue to serve communities in education and other areas; and,

**WHEREAS**, research done by physicians can produce tremendous breakthroughs in treating and curing life-threatening diseases; and

**WHEREAS**, students attending North Carolina's medical schools train to become the next generation of leaders in medicine are instilled with the drive to address some of the greatest health care challenges facing medicine today; and

**WHEREAS**, we recognize and appreciate current and future physicians who strive every day to improve the health of Wake County's residents; and

**NOW, THEREFORE**, do I, Nancy McFarlane, Mayor of the City of Raleigh, North Carolina, do hereby proclaim March 30, 2019 in the City of Raleigh as

### DOCTORS DAY

IN WITNESS THEREOF, I have hereunto set my hand and caused the Great Seal of the City of Raleigh, North Carolina, to be affixed this 30th day of March 2019.



*Nancy McFarlane*  
Nancy McFarlane  
Mayor

Municipal Building 222 West Hargett Street Raleigh, North Carolina 27601  
City of Raleigh (mailing address) Post Office Box 590 Raleigh, North Carolina 27602-0590

**Tuesday, April 30**  
We are invited to join the **Wake County Medical Society** at their Book Club discussion of *Dopesick* by Beth Macy.

*Dopesick* explores the lives of young heroin users and their long-suffering parents, and takes an intimate look at drug dealers and the cops, judges, doctors and health activists struggling to fight the epidemic. Macy also details the actions of executives of a pharmaceutical company that aggressively marketed opioids.

*A light dinner will be served. Please RSVP to pharrison@wakedocs.org for details.*

### **Tuesday, April 30** **North Carolina Medical Society Alliance Annual Meeting**

Social Activities ~  
Afternoon visits to local areas of interest and dinner

### **MAY 2019** .....

### **Wednesday, May 1** **North Carolina Medical Society Alliance Annual Meeting**

Devils Ridge Golf Club,  
5107 Linksland Drive,  
Holly Springs, NC.  
Hubbard Luncheon  
Speaker: Dr. Clark Gaither,  
NC author of *Reignite: Transform from Burned Out to On Fire and Find New Meaning in Your Career and Life.*

### **Friday, May 3** **Raleigh First Friday - Explore Downtown in The Spring**

*For more information, contact Zohra Osman at (919) 720-1797 or email zohra.wcmsa@gmail.com.*

### **Thursday, May 16, 11:30 am** **Applause luncheon** at Seasons 52 Crabtree Valley Mall, 4325 Glenwood Avenue, Raleigh

*Watch emails and postal mail for registration details.*

**Saturday, May 18  
NAMI Walks NC -  
Dorothea Dix Park**

Check in time 9:30 am;  
start time 10:30 am.

In 2019, NAMI is celebrating 17 years of NAMIWalks, the nation's largest mental health awareness and fundraising event. NAMIWalks is a fun, family-friendly event and there is no cost to register for the 5k walk.

Contact Mary Tyrey for more information 919-219-5386.

Join Team - NCMS Alliance with Team Captain, Mary Tyrey.

Simply register online, join us in person or virtually and donate at [www.namiwalks.org/northcarolina](http://www.namiwalks.org/northcarolina).

**Saturday, May 18  
11am - 2pm  
Dorothea Dix Park -  
The Big Field**

Bring your picnic lunch and listen to music at Raleigh's Central Park after the NAMI walk! Leashed, friendly dogs are welcome. This event is free and open to all!

For more information visit the website: [www.dixpark.org](http://www.dixpark.org).

**JUNE 2019 .....**

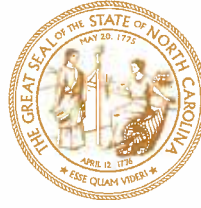
**ASPIRE: Alliance Spouses and Physicians In Retirement Enthusiastically**

Retired physicians and spouses meet over breakfast at a local restaurant. Meets 1st Thursdays **monthly** at 9:30 a.m.

Contact: Ginny Pierson, [ginnypierson48@yahoo.com](mailto:ginnypierson48@yahoo.com)

**For more information,** please contact Zohra Osman at (919) 720-1797 or email [zohra.wcmsa@gmail.com](mailto:zohra.wcmsa@gmail.com)

**Proclamation from Governor Roy Cooper**



**State of North Carolina**

**ROY COOPER  
GOVERNOR**

**NATIONAL DOCTORS DAY**

**2019**

**BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA**

**A PROCLAMATION**

**WHEREAS**, the practice of medicine is a special calling, and those who have chosen the medical profession serve their communities with a reverence for human life and individual dignity; and

**WHEREAS**, physicians, from the specialist to the general practitioner to those who have served or are serving in the Armed Forces, are dedicated to providing for the medical and health needs of every family and individual under their care; and

**WHEREAS**, physicians practicing in our state serve millions of North Carolinians through private practice, hospitals, research, and other health care facilities; and

**WHEREAS**, many physicians in North Carolina who are retired from practice continue to serve their communities in education and other areas; and

**WHEREAS**, physicians have engaged in years of study and training, often at great financial cost; most endure long and unpredictable hours, yet devote themselves to serving patients in hospitals and other facilities during some of the most critical moments of their lives; and

**WHEREAS**, research done by physicians produces tremendous breakthroughs in treating and curing life-threatening diseases; and

**WHEREAS**, students who attend North Carolina's medical schools train to become the next generation of leaders in medicine, instilled with the drive to solve even the greatest health care challenges in medicine; and

**WHEREAS**, the State of North Carolina recognizes and commends current and future physicians who strive every day to improve the health of all North Carolinians;

**NOW, THEREFORE**, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim March 30, 2019, as "NATIONAL DOCTORS DAY" in North Carolina, and commend its observance to all citizens.



  
\_\_\_\_\_  
Roy Cooper  
Governor

**IN WITNESS WHEREOF**, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this twentieth day of March in the year of our Lord two thousand and nineteen and of the Independence of the United States of America the two hundred and forty-second.