

HEALTH & WELLNESS

Healthbeat

New Senior Services Board

New members recently elected to three-year terms on the Senior Services, Inc. Board of Directors are Candice Wooten Brown, senior director and HR strategic partner at RAI Service Companies; Linda Garrou, former NC state senator and community volunteer; B. Hofler Milam, senior vice president for Finance and Administration and CFO at Wake Forest University; Ellen C. Parsley, community volunteer; and Win Welch, vice president at I. L. Long Construction Company, Inc.

The elected officers are James T. Brewer, chair; Sandra Adams, chair-elect; Betsy Hoppe, secretary; David R. Smelcer, treasurer; and Philip R. S. Waugh Jr., immediate past board chair.

New members have also been elected to serve on the board of directors of the Senior Services Foundation, Inc., a supporting organization of Senior Services, Inc. Elected to three-year terms were David L. Cotterill, retired executive vice president at Wachovia Corporation; RaYonda Dalton-Rann, executive assistant to the chancellor and secretary of the university at Winston-Salem State University; Lynn B. Eisenberg, community volunteer; and Suzanne Taylor Ramm, a realtor at Taylor Development Group.

Officers for the 2014 Senior Services Foundation, Inc., Board of Directors are Elizabeth L. Quick, chair; Veronica C. Black, secretary; Richard N. Davis, treasurer; and Victor I. Flow Jr., immediate past board chair.

Senior Services, Inc. is a nonprofit, charitable organization that provides and coordinates creative, quality services that allow senior adults to live with dignity, remaining as independent as possible for as long as possible.

Swim meet to benefit troops

Greensboro College's men's and women's swim teams are turning their Jan. 24 swim meet into a "Salute the Troops" fundraiser for a nonprofit that helps wounded combat veterans.

The Pride swim teams will host Guilford College, Hollins University and Hampden-Sydney College at 6 p.m. at Greensboro College's Reynolds Center, 1015 W. Market St.

Proceeds and sponsorships will benefit the Wounded Warrior Project. Sponsors to date include Wahoo's Tavern, The **WOUNDED WARRIOR PROJECT** Source, Lindley Park Filling Station and Emma Key's Flat-Top Grill. Sponsorships start at \$100. If you or your business is interested in helping sponsor the event, contact Emma Phillips, assistant swim coach, at 919-357-6069 or email her at emma.phillips@greensboro.edu. Donations also can be made online at <https://support.woundedwarriorproject.org/individual-fundraising/GCSaluteTheTroops>.

Biotech leader joins Hall

In his career spanning six decades, Norris Tolson has earned some distinguished titles, executive, representative, secretary, president and CEO among them. Last month, the head of the North Carolina Biotechnology Center added one more: North Carolina Business Hall of Fame Laureate.

Tolson joined Alan E. Gant Jr., president and CEO of Glen Raven, Inc., and Stephen P. Zelnak Jr., chairman of the board of Martin Marietta Materials and chairman and majority owner of ZP Enterprises, in receiving the honor.

"This year's laureates are business heroes for the next generation to look up to and have made outstanding contributions in defining and reshaping the North Carolina business landscape," said North Carolina Chamber President and CEO Lew Ebert.

Tolson has led the Biotechnology Center for six years, strengthening the Center's job creation and economic development activities. The state leads top biotech clusters in employment growth over the past decade, increasing jobs by 23.5 percent.

Prior to coming to the Biotech Center, Tolson served North Carolina governors in three cabinet positions: secretary of revenue, secretary of transportation and secretary of commerce. He served two terms in the North Carolina House of Representatives after retiring from 28 years of service to E. I. du Pont de Nemours and Company. With DuPont, he held various domestic and international research, marketing and sales responsibilities.

Grant to help create local healthy solutions

CHRONICLE STAFF REPORT

Winston-Salem-based Gramercy Research Group has been awarded a Centers for Disease Control and Prevention grant through the UCLA Healthy-by-Default REACH (Racial and Ethnic Approaches to Community Health) Project. The funding will be used to identify policies and strategies to promote healthy eating and physical activity that can help eliminate health disparities.

"Sometimes our environment makes it hard to make healthy choices -- not everyone in our community has access to fresh fruits and vegetables or opportunities to get up and move during the day," said Gramercy President and CEO Dr. Melicia Whitt-Glover. "This grant will bring together a multi-sector coalition of community organizations that will focus primarily on churches, schools and daycares in East Winston-Salem. The coalition will develop a community action plan and work with organizations to implement and evaluate changes to policies and the environment that support healthy eating and physical activity."

The coalition will include the Forsyth County Department of Public Health, the YMCA of Northwest North Carolina, Winston-Salem/Forsyth County Schools (WS/FCS), Cancer Services, Inc., Smart Start of Forsyth County, Inc., the Ministers' Conference of Winston-Salem and Vicinity, and Winston-Salem Safe Routes to School.

"Our hope is to help Gramercy in whatever way possible through our relationships, our presence and our service as we move towards a goal of healthier communities," says Tyler Jenkins of the Forsyth County Department of Public Health.

Some strategies being considered to increase access to healthy food include helping organizations adopt policies to ensure that appealing healthy options are accessible anytime that food is served, encouraging stores and restaurants to carry and promote healthy food and beverage selections and helping organizations to establish healthy food fundraising policies when selling foods/snacks as a way to raise money. Physical activity strategies might include promoting a community-wide physical activity campaign, encouraging more active commuting (walking, biking) among community residents and encouraging organizations to integrate short bouts of physical activity during organizational activities. Final strategies will be chosen during a one-day planning meeting with community representatives, and the coalition will provide technical assistance to help organizations adopt these strategies and policies.

WS/FCS Program Specialist Nancy Sutton is excited about the possibilities the partnership could yield.

"Many times ... there are not enough safe places for children and families to play and be physically active. Winston-Salem/Forsyth County Schools are committed to the successful futures of each and



Whitt-Glover



Mitchell



The Wake Forest Biotech Place.

WFU Innovation Quarter growing

SPECIAL TO THE CHRONICLE

Two of Wake Forest Baptist Medical Center's preeminent School of Medicine programs will move to Wake Forest Innovation Quarter in the spring.

The Medical Center has announced that its nationally recognized Division of Public Health Sciences (PHS) and its nationally rated Physician Assistant (PA) program will relocate approximately 450 staff, faculty and students to state-of-the-art education and high-tech research space in the newly developed 525@Vine building, located downtown across Vine Street from Wake Forest Biotech Place. The move is expected to begin in March 2014.

"The move of Public Health Sciences and the Department of PA Studies to our downtown campus is part of our overall strategy to create synergies between our world-class research and education programs

embodied in the School of Medicine and our commitment to public-private partnerships to advance the economic development of the region," said Dr. John D. McConnell, chief executive officer of Wake Forest Baptist Medical Center.

The Division of Public Health Sciences received more than \$74 million in fiscal year 2013 in external research funding. Historically, the division has been ranked among the top two of similar groups nationally in National Institutes of Health funding. More than 260 of the division's staff, faculty and students currently based in the Wells Fargo Building in downtown Winston-Salem will relocate to the third, fourth and fifth floors of 525@Vine.

Wake Forest Baptist's Physician Assistant Studies program, which is rated by U.S. News & World Report

See Medical on A7

Lupus support groups

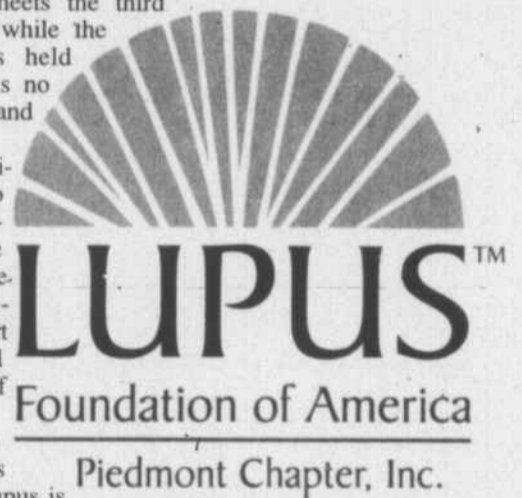
SPECIAL TO THE CHRONICLE

The Lupus Foundation of America, North Carolina Chapter (LFANC) will host support groups for those living with lupus, their families and caregivers on Wednesday, Jan. 15 from 6-7:30 p.m. at Hemphill Branch Library, 2301 West Vandalia Rd. in Greensboro, and Sunday, Jan. 26 from 2:30-4 p.m. at Highland Presbyterian Church, 2380 Cloverdale Ave. in Winston-Salem.

The Greensboro group meets the third Wednesday of each month, while the Winston-Salem gathering is held every fourth Sunday. There is no charge to attend the meeting, and drop-ins are welcome.

This group provides participants with an opportunity to receive introductory information about lupus, encourage the expression of concerns, provide an opportunity to share experiences, encourage and support positive coping strategies, and emphasize the importance of medical treatment. Meeting programs vary from guest speakers to DVD presentations and open group discussion. Lupus is an unpredictable and misunderstood autoimmune disease that ravages different parts of the body. It is difficult to diagnose, hard to live with and a challenge to treat. Lupus is a cruel mystery because it is hidden from view and undefined, has a range of symptoms, hits out of nowhere and has no known cause and no known cure. Its health effects can range from a skin rash to a heart attack. Lupus is debilitating and destructive, and can be fatal, yet research on lupus remains underfunded relative to its scope and devastation. An estimated 45,000 North Carolina residents and 1.5 million Americans are estimated to have a form of lupus.

Contact the LFANC at patientservices@lupuslinks.org, call 877-849-8271, ext. 2, or go to www.lupusnc.org for more information.



Fundraiser helps women fight cancer

SPECIAL TO THE CHRONICLE

The Tanger Outlet Center in Mebane recently raised \$35,492 for the battle against breast cancer.

The Pretty In Pink Foundation (www.prettyinpinkfoundation.org) and the Alamance Regional Norville Breast Care Center (www.armc.com/norville-breast-care-center) were among the recipients of the funds. Tanger personnel visited both places recently to make the donations.

"It takes all of us working together with a common focus and determination to find a cure for this terrible disease," stated Steven B. Tanger, president and CEO of Tanger Factory Outlet Centers, Inc. "I am proud of our Tanger Team members in Mebane for their continued hard work in fighting breast cancer and I thank our shoppers for supporting Tanger's mission to find a cure."

Tanger raised the money through its annual Pink Style Campaign, which ran from Sept. 12 - Oct. 25. For a \$5 donation to local breast cancer beneficiaries, Tanger customers received five special pink savings cards that provided 25 percent bonus savings at participating Tanger Outlet



Jeff Johnson, GM of Tanger Outlets in Mebane, makes a presentation to Barb Fields of the Pretty In Pink Foundation.

stores. In addition to the sale of Pink Cards, Tanger raised money to fight breast cancer through internal contests with the stores, street teams, and through promotions at more than 30 major local events in the two months. Since 1994, Tanger has donated

over \$13.5 million to fight breast cancer nationally.

For the Pretty in Pink Foundation alone, Tanger's donation helped to pay, in full, for the care of eight North Carolina women battling cancer.