

# Three Pillars

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**W**ow, it's March, and the days are getting longer. How did February, even with an extra day, pass by so quickly? MCMS has had a very productive winter, and we're ready to spring into a new season.

We are thrilled to announce we have a **new Executive Director, Kiki Koufaliotis**, a Charlotte Native who is happy to be back home. She studied Healthcare Management at Appalachian State University and holds an MBA. She has vast experience in the healthcare arena and her enthusiasm for *what's possible* is on point. We are very excited to have Kiki on board to continue to steer MCMS in the direction we want it to go!

The Board had its weekend retreat in January and, with so much energy in the room, we fleshed out more fully our ideas for who we want to be as a group of physicians passionate about patient care and what we want to do in 2024. We came together from across healthcare systems and medical specialties, and we pinpointed exactly what we want to accomplish.



Board Retreat 2024





My husband and I are taking a financial course to help us prioritize how we want to save and spend over the next five to 10 years. This is difficult! We are deciding our “negotiable” and “non-negotiable” expenses, which is not fun, but it allows us to be intentional about our choices as we invest our money (and time!) as a family.

MCMS as a whole too, and individually as doctors and physician assistants, is now working to see how we can *intentionally* contribute to the goals we identified in January.

Last month I mentioned **three pillars**:

- ▶ community
- ▶ connection/collaboration
- ▶ education



### ***We are making progress in all areas.***

The Sip and Stretch event for women, with yoga (so relaxing!) and friendly catching up/chit-chat/networking — whatever you want to call it — afterward was fantastic. I think we all learned that Laura Pridemore’s talent with crystal singing bowls takes a yoga class to a whole new level of “ahhhhh.”



Recently, we joined the NC Medical Society at their advocacy/informative event in lieu of our usual Third Thursday social. (I was in Vegas enjoying U2 in concert and all the city has to offer, but the evening was informative, collaborative, and fun for members.)

Our President-Elect, Chirag Patel, MD, will participate in NCMS’s Advocacy Summit in Raleigh, in March, where healthcare leaders and policy experts will share legislative updates, and physician attendees will learn the ins and outs of the legislative and political process, and the dos-and-don’ts of meeting with legislators.

MCMS wants to connect with as many physician groups as possible, to help support one another with potential mutual goals. Even if you are not a member presently, we hope you will consider joining us in these upcoming opportunities:

**WATCH** for volunteer dates coming soon: We will be announcing a MCMS Habitat for Humanity work date, as well as a day to help at the MedAssist Free pharmacy.

**SUPPORT** the 2024 Physician Impact Fund benefit coming up. MCMS is honored to help coordinate and promote the evening this year. Details forthcoming on our social media outlets.

Yes, we are working on our social media accounts (Instagram and Facebook), as well as updating our website, to better connect with you. We want to start a members-only online space and a directory to help facilitate patient-care referrals and to promote mentorship opportunities.

If any of these ideas sound interesting to you, please let us know. One of our Board members is volunteering to be the direct lead for each of our three pillars so we can help Kiki keep these goals alive and be ***implemented!***

MFGK