

# Coastal News

## COASTAL ASSOCIATION OF HEALTH UNDERWRITERS

June 2008

### President's Message

*Connette Bradley*



Coastal made oceanic strides this year raising awareness for living a healthy life. With programs emphasizing proper exercise, good nutrition, and stress management for a healthy body and mind, we found new conviction to get our clients, and our families, involved in a healthy lifestyle.

Our largest project is our Annual Charity Golf Tournament, and the May 29 event turned out to be a huge success. With perfect weather, a packed course, and plenty of volunteers, this tournament received kudos from everybody involved! The golf committee was a tremendous help to chairperson, Evan Sherbine, in organizing and planning the event. Charlie Macgrooder's donated the boxed lunches for the 12:00 shotgun start. After the event we had volunteers cook hamburgers and hot dogs for the golfers. The dinner was provided by UnitedHealthcare. Nick Ogden won the 50/50 raffle and donated it back to Tileston Health Clinic! We had 27 hole sponsors which helped bring net revenues to just over \$12,000 and over half of the proceeds will be donated to Tileston Health Clinic.

As things wind down for the summer, several of us--Nick Ogden, Dennis Stokley, Hughes Waren, Tim Walsh, Mark Waugh, incoming president, and I are heading to San Diego for NAHU's National Convention June 29-July 2! We are rallying with hopes of bringing home another Pacesetter Award and a Website Award. In my heart, Coastal is a winning organization, with or without awards, thanks to the leadership of our 2007- 08 board and many dedicated members who participated in our meetings and events. Thank you to everyone who helped us achieve so much in one year...

As I move to the "past president" seat I am proud to pass the gavel to Mark Waugh who is already working with our new board and planning for next year's programs and sponsors. Mark made us all PROUD at our NCAHU Symposium when he sang our national anthem, and he will lead Coastal with the same enthusiasm and seriousness in which he hits those high notes. For me, working with our so many hard working and dedicated individuals in Coastal AHU has been so rewarding to me! I want to especially thank the wonderful Board members this past year for their help in making my year so enjoyable! I wish for you all a happy summer, without sunburn or heartburn, and remember our theme, "Ride the Waves to Better Health" by moving your body every day (ie walking 30 minutes each day) and making healthy life choices.

## Tileston Health Clinic

Doctors Circle and Cypress Grove Dr.  
Wilmington, NC 28403  
Trish Doyle, Executive Director  
(910) 343-8736

Coastal Assoc of Health Underwriters supports the Tileston Health Clinic as our primary beneficiary. We hold an annual Golf Tournament, donating \$5,000 to them last year and our members volunteer to help out in the office. A lot of our members assisted in painting the interior at their new location on Doctor's Circle last year. This is a wonderful service to our community and we are fortunate to have the opportunity to help them. For detailed information, check out their Website at [www.tilestonclinic.com](http://www.tilestonclinic.com). This Website will provide you with Clinic times, information about the Dental Clinic, Wish List, Diabetic Clinic, and much more!

### History and Background

The Tileston Outreach Health Clinic was established in 1991 to provide medical care to those in our community who have no form of health insurance and whose income falls within the federal poverty guidelines. Today the clinic provides acute and chronic care to those in a six-county area who otherwise would receive inadequate medical care or no health care at all. Our patient population is approximately 60% Hispanic, 20% African-American, and 20% Caucasian and other. We serve all who seek our services with no regard to ethnicity or creed. All our services are provided free of charge. Last year we were able to provide healthcare for 2,500 patients.

**Volunteers "Always" Needed!**

Without volunteers, the Tileston Clinic would not exist. To find out how to become a volunteer, please call **343-8736**.

# CAHU Charity Golf Tournament

## May 29, 2008



***WOW...Another record breaking 100+ players had a wonderful time!!!  
A portion of the proceeds benefit Tileston Outreach Clinic  
THANK YOU for your support!!!***

## Charities supported by CAHU

- Tileston Outreach Health Clinic
- Domestic Violence Shelter
- Yahweh
- The Carousel Center
- American Heart Association

*Save the date!*



***When: Saturday, October 18, 2008***

***Where: Wrightsville Beach Loop***

***Time: Registration—9:00am Walk Begins: 10:00am***

*Morning fun for the entire family!  
Be a part of the CAHU Walk Team this fall!*

***Contact Evan Sherbine, with any questions***

***[Evan\\_sherbine@uhc.com](mailto:Evan_sherbine@uhc.com)***

***(910) 392-3371 x2***

***Visit [www.startcapefearnc.org](http://www.startcapefearnc.org) for more info!***

# Have a fun & safe summer!!!