

Coastal News

COASTAL ASSOCIATION OF HEALTH UNDERWRITERS

August 2007

President's Message *Connette Bradley*



As our planning continues, we have added a special public service project to our agenda. Eleven Russian insurance executives are coming to Wilmington for entrepreneurial and business training and would like our association to provide training on health insurance and the role of an association. We've selected Friday, October 5, for this public event and are in the process of forming our panel of experts. This began as a Rotary Club project and will definitely give our association heightened visibility in our community. Even though several board members have met periodically this summer, our official Strategic Planning Meeting with our full board and any members choosing to attend is August 24, 4-6 at the home of Dennis Stokley. Mark Waugh, president-elect, attended Region V Leadership in Memphis this month, and with all of our ideas and projects, we're going to "make waves" at Coastal!

Inside this issue:

- President's Msg
- Programs
- Public Service
- Sun Tips
- CAHU Officers/Board

Programs - Wilson's, 11:45 am, 4th Thurs monthly *Barbara Flemming*

September 27, 2006 - American Heart Assoc—James "Rob" Harper, MD

Dr. Harper will speak to us about heart disease and ways to prevent this. Heart disease is all around us and the number of heart attacks is on the rise. We will also have nurses from Cardiac Rehab providing "Free" blood pressure checks, plus Blue Cross will be giving out pedometers.

We will have a team walk in the 2007 AHA Heart Walk on October 20th. Dr. Harper is Co-Chair of this year's Heart Walk along with our very own, Robert McIver. **Come early to get a free blood pressure reading!**

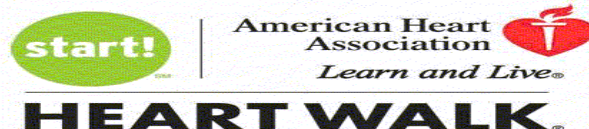
October 25, 2007— Pat Pane - Medical Insurance Assistance

Ms. Pane works with individuals who experience problems with filing health and Medicare claims. She has been featured on numerous talk shows and has written numerous articles for Kiplinger's Financial Magazine. Come hear how we are doing from her perspective and pick up tips on how to improve our process.

Public Service *Evan Sherbine*

American Heart Association—2006 Heart Walk:

Plan ahead for the upcoming Walk on **Saturday, October 14, Wrightsville Beach Loop.**



Domestic Violence Shelter:

Remember to collect the hotel soaps and shampoos for the Domestic Violence Shelter kits!



Basic Sun Safety Tips

- Limit outdoor activities between 10 a.m. and 2 p.m. in the summer months. Therefore, play golf, tennis, swim, etc., in the early morning or late afternoon.
- Wear a good pair of sun glasses to ward off the sun from your eyes and some kind of protection—the looser the better—on your head.
- Clouds and particulate matter in the air scatter sunlight. Therefore, you may receive a “surprise sunburn” even on a cloudy day.
- Some drugs & cosmetics—Tetracycline, diuretics, major tranquilizers—may increase susceptibility to sunburn because they contain substances that cause the sun to absorb more of the sun’s radiation. These “photosensitivity reactions” may also be caused by birth control pills. Your physician can advise you about medications that can cause problems in the sun.

Please Note: This information is provided as a guideline and not intended as medical advice. If complications arise due to a sunburn or sun exposure, contact your doctor immediately.

Your 2007/08 Officers and Board of Directors

President: Connette Bradley
 PO Box 3252
 Wilmington, NC 28406
 (910) 395-2600
 (910) 424-5768 Fax
chbradley@earthlink.net

Vice-President: Mark Waugh
 921 S. McPherson Church Rd
 Fayetteville, NC 28303
 (910) 323-0290 x320
mwaugh@ebenconcepts.com

Immediate Past President: Nick Ogden
 122 Yorkshire Ln
 Wilmington, NC 28409
 (910) 619-1598
 (910) 793-1471 Fax
ogde9581@bellsouth.net

Website: Dennis Stokley
Communication/Newsletter: Robert McIver
Education: Barbara Flemming
Legislation: Mark Waugh
Public Service: Evan Sherbine
HUPAC/NCPAC: Sam Carr
Awards: Dennis Stokley
Membership: Joyce Britt
Media Relations: Sherri Miller
Retention: Mike Smith