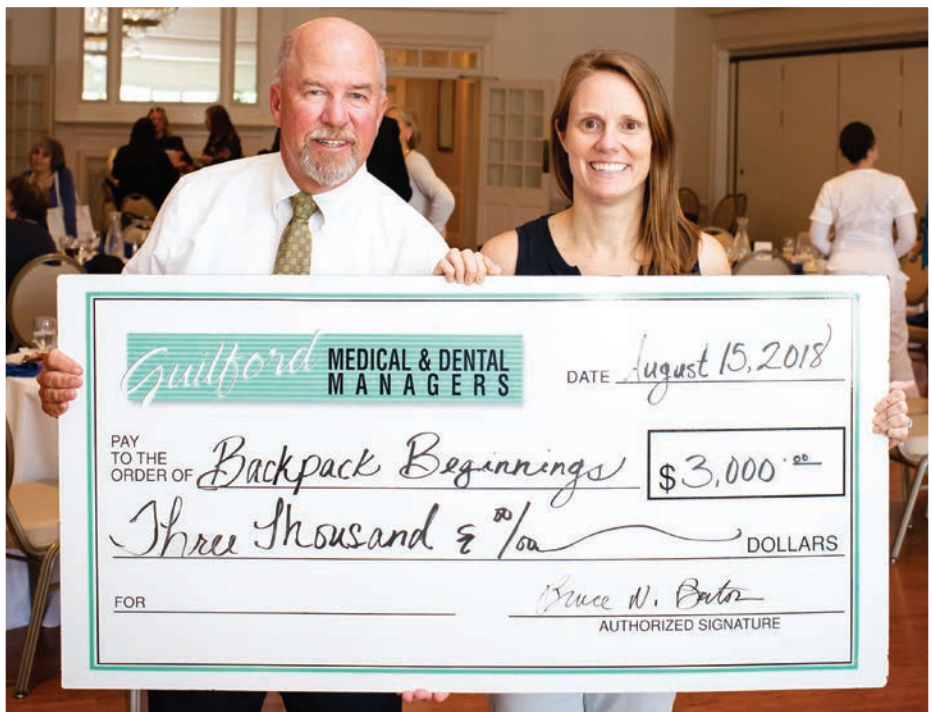


A Monthly Newsletter

Fall is in the air!

September 2018

2018 TOURNAMENT DONATION



Left to right: Bruce Barton, golf tournament chair, and Parker White, founder of Backpack Beginnings.

BackPack Beginnings received a check for \$3,000 from the 2018 GMDM Charity Classic golf tournament proceeds at the August GMDM luncheon. Backpack Beginnings' mission is to deliver child-centric services to feed, comfort and clothe children in need. Money raised through the tournament also benefited GMDM's Scholarship Fund. (Look for more on the scholarship winners in the October issue.)

Over the past six years, proceeds from the annual charity golf tournament were donated to: ARC of Greensboro, Make-a-Wish Foundation, Big Brothers Big Sisters, Guilford Community Care Network, Cone Health Adult Dental Clinic, Smile for a Lifetime, After Gateway, and Hospice and Palliative Care of Greensboro's Kids Path.

FOR YOUR INFORMATION

ABOUT THE PROGRAM

How Do I Manage Stress in My Life:
A Focus on a Proactive Lifestyle

ABOUT THE SPEAKER



Allison Kelly, NBC-HWC

National Board-Certified Health and Wellness Coach

Allison Kelly is a National Board-Certified Health and Wellness Coach and the founder of Stepwise Health, a health coaching practice based in Winston-Salem, NC. She graduated from the University of Georgia with a BS in microbiology.

After nearly 18 years in the clinical research industry testing new drugs in development, she felt a call to support others with the challenging process of implementing lifestyle change to help manage chronic conditions along with drug therapy.

Allison is a second-degree black belt in Tae Kwon Do and enjoys tennis, golf, strength training and nature walks with her dog, Pepper. She also loves making simple, fresh meals for her husband, Will, and two children, Luke and Reese.

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, September 19, 2018

11:45–1:00 p.m.

Buffet line opens at 11:20 a.m.

Meeting Place:

Starmount Forest Country Club

Program:

How Do I Manage Stress in
My Life: A Focus on a Proactive
Lifestyle

Speaker:

Allison Kelly, National Board-Certified
Health and Wellness Coach

Cost: \$20.00 for a guest

Join • Connect • Grow



MESSAGE FROM THE PRESIDENT

Nicole Reynolds

One of the many benefits of being a member of GMDM is the networking opportunities offered at membership meetings and events.

We were recently approached by the Greater Greensboro Medical Group Managers Association, which wanted to collaborate on a few events. Of course, I thought: What a great way for us to have an opportunity to network with their members! They have invited our members to attend their OktoberFest Social on October 11 at Spare Time in Greensboro. We hope you will join us. We will send a flyer with more details soon.

GGMGMA members will also be joining us for our membership meeting in January. The more opportunities we have to network with individuals in the medical field, the better ... right? If you know of any other organizations with a similar mission to ours that may want to collaborate on events, please let me know.

Please refer to the detailed OktoberFest announcement on Page 5.

Nicole

GETTING TO KNOW YOU – ACTIVE MEMBER



NAME AND PRESENT POSITION:
HOWARD DRIGGERS
is the owner of ComForCare Triad.

GMDM

COMMITTEES/JOINED WHEN?:

New member.

CLUBS/ORGANIZATIONS OUTSIDE

GMDM: VP of TRLA (Triad Retirement Living Association)

EDUCATION: MBA from UNC-Wilmington, NC.

HOMETOWN/FAMILY: Lake City, SC; wife: Christine McCuen; two daughters: Raegan and Parker.

HOBBIES: Tennis.

ONE OF THE THINGS I'VE LEARNED THROUGH GMDM:

Whenever you think that your business has a lot of regulation and compliance, just speak with someone else at your table ☺.

I WOULD LIKE PEOPLE TO REMEMBER ME AS:

Someone who is willing to help.

COMFORT FOOD(S): Sushi, pizza, burgers, chipotle.

FAVORITE TRAVEL SPOT: Too many to name. There are so many great spots.

FAVORITE MUSIC/BOOK: My music tastes change, but I'm currently listening to Jack Johnson's new album and reading Michael Pollan's new book, How to Change Your Mind.

COMMENTS ABOUT GMDM: It's nice to come to the meetings where everyone is friendly and is doing interesting work.

OUR SPOTLIGHT THIS MONTH
IS ON:



I am Howard Driggers and the owner of ComForCare Triad. The focus of our practice is home care, and I want to say one thing: I love what I do. I really, truly do. It has been quite a journey to get here, but I know in my heart that I made the right choice when I decided to buy ComForCare.

Previously, I worked for a large corporation, flew from city to city, and spent far too much time away from home and family. I knew that wasn't in line with my personal values. I wanted a career

PIEDMONT
PRINTING & GRAPHICS, INC.

We do it all!



**Printing,
Graphics,
Apparel &
Promotional
Products**

- Great personal service
- Free typesetting on any existing business form

317 S. Westgate Dr. • Ste. A
Greensboro, NC 27407
(off Dundas near Pomona)

(336) 273-2120

Danny Rudisill, President

which would allow me to help people and provide me the opportunity to do the right thing. That is what I am most passionate about. That's why we are committed to doing the right thing for both our clients and caregivers. We won't treat you any differently from how we treat our own family, and we take great pride in that.

Our services include:

- Grooming care and general hygiene
- Showering/bathing assistance
- Help with bathroom visits
- Preparing daily meals
- Providing transportation (errands/outings)
- Help/reminders for medications
- Safety and supervision
- Light cleaning/housekeeping
- Companionship and comfort
- Respite care

With hospital-to-home transition care, our caregivers can assist with transportation, as well as getting an individual settled in with meal preparation, light housekeeping and more. We understand it's important to provide individuals with supervision and assistance around the clock after a hospital discharge. That's why our caregivers are happy to help get your loved ones feeling like themselves again once they are home.

Contact a ComForCare representative at 336-617-6001.

THE BENEFITS OF POSITIVITY

- Positive people live longer. In a study of nuns, those that regularly expressed positive emotions lived an average of 10 years longer than those who didn't.
- Positive work environments outperform negative work environments.
- Positive leaders are able to make better decisions under pressure.
- Positive people who regularly express positive emotions are more resilient when facing stress, challenges and adversity.



THE COST OF NEGATIVITY

- Ninety percent of doctor visits are stress-related, according to the Centers for Disease Control and Prevention.
- A study found that negative employees can scare off every customer they speak with – for good.
- At work, too many negative interactions compared to positive interactions can decrease the productivity of a team.
- Negativity affects the morale, performance and productivity of your teams.



We work to find the perfect CNA for your loved one.



personal care inc.

Home care with a heart.

809 Green Valley Rd.
Greensboro, NC 27408

336-274-9200

personalcareinc.com

Local. Caring. Affordable.

TIME OUT ...FOR A LAUGH!

HOW TO GET A PERSON ON THE PHONE

A few tips for connecting with a real, live human being when an automated phone maze simply won't do.

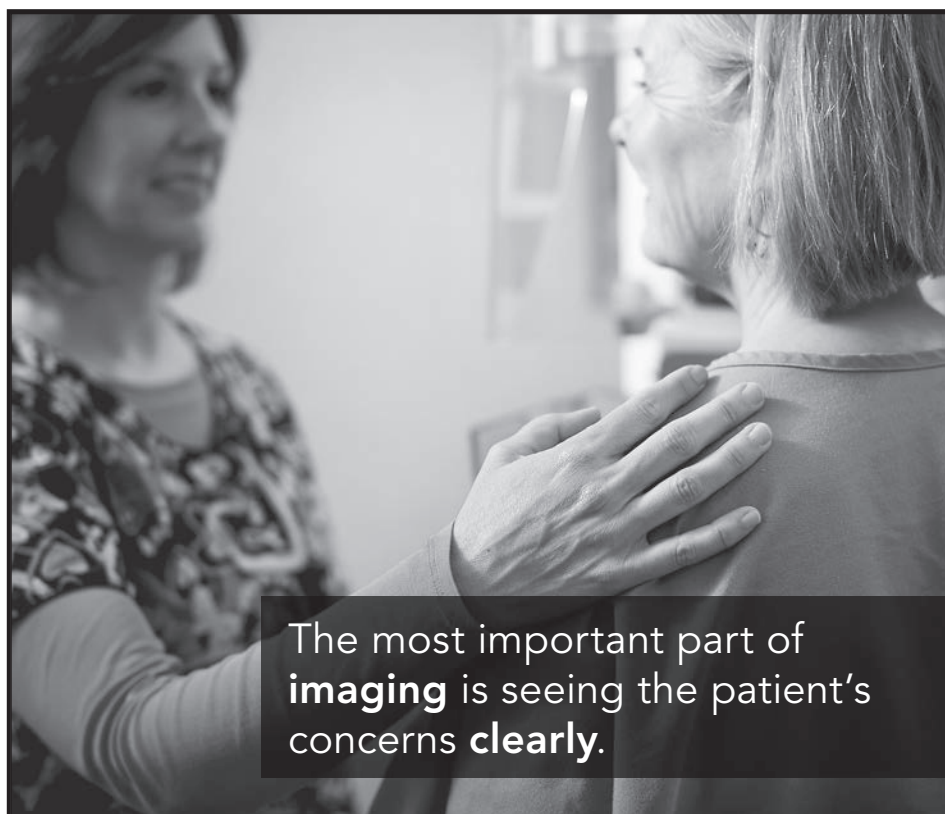


- **Press everything on your phone.** You may be able to trick systems into thinking that you're on a rotary phone – or that you're crazy. Either way, you're in.
- **Mumble.** If the system can't understand you, it has no choice but to connect you with a live person.
- **Speak nonsense.** See above.
- **Speak Spanish.** The Spanish option



often has a shorter wait time, and you'll probably get a bilingual operator.

- **Select the cancel-service option.** If a company thinks it's going to lose you as a customer, someone may try to convince you otherwise – in person.
- **Mention a competitor.** Systems sometimes monitor what you say while you're on hold. If you name a competitor, someone may help you sooner.
- **Swear.** Some systems put anyone who is using profanity at the front of the line.
- **Plan your call time wisely.** Avoid Monday, and call at an odd hour if you can.



The most important part of **imaging** is seeing the patient's concerns **clearly.**

Greensboro Imaging

336.433.5000

315 W. Wendover Ave.

301 E. Wendover Ave. at

Wendover Medical Center

The Breast Center of Greensboro Imaging

336.271.4999

1002 N. Church St., Suite 401

The Triad's leader in
outpatient diagnostic imaging.

Find us on 

GREENSBORO
IMAGING

greensboroimaging.com

MONTHLY E-COURAGEMENT

PROVIDED BY RICH SCHLENTZ, FOUNDER OF EXTRAORDINARY! INC.
VISIT RICH AT WWW.EXTRAORDINARYINC.COM
CONTACT HIM AT RICH@EXTRAORDINARYINC.COM
336-317-4603



MISERY HAS A MASCOT

7 out of 10 employees are moderately to fully disengaged.

Our workweek mascot – a camel – puts the data on display.

Wednesday isn't just any day. Wednesday is hump day.

The halfway point of the workweek struggle.

Monday and Tuesday mark the uphill battle. Wednesday restores hope that the weekend is within sight. Thursday and Friday are utilized to bully time into moving faster.

Have you ever looked forward to reaching Wednesday on a vacation week?

A workweek celebration becomes a vacation-week crisis as a twinge of panic accompanies the thought: "How is time going by so fast?! SLOW DOWN!"

If working for the weekend is the cadence of your career, you are wishing away 71% of your life.

Think back to when you first started pursuing your purpose.

Of all the dreams you had, you probably never dreamt that Sunday night could fill you with so much anxiety.

You deserve work that is meaningful.

You deserve work that is challenging.

You deserve work that is inspiring.

Life is too short to have your workweek feel too long.



Imaging care on your schedule

Novant Health Imaging

Finding time for an X-ray or CT scan can be hard to do — but Novant Health is making it easier with evening hours and walk-in appointments. At Novant Health Imaging Triad, you can schedule your scan during convenient weekday hours until 8 p.m., or opt for a same-day or walk-in visit. You'll also find lower prices than those at some competitors and board-certified radiologists who provide a remarkable experience at an unparalleled value.

To schedule an appointment, call 336-272-2162.

© Novant Health, Inc. 2018

NOVANT
HEALTH

GW5-305651

THANKS TO OUR ADVERTISER



Brown Investment Properties, Inc., has been around since the 1940s and is now one of the largest commercial real estate firms in the area. Brown is a full-service commercial real estate company, offering quality products and services for a fair profit in development, management and brokerage. We're committed to honesty, fairness and professionalism in our relationships with clients, tenants, employees and the general public.

We coordinate all aspects of the lease or purchase process, which may include working with the banker, appraiser, inspector, insurance agent or attorney, as well as helping you manage zoning issues, space planning and surveys.

We create a strategic plan that takes into account the current competition, market conditions and property amenities. We provide all signs, full-color brochures, marketing packages and website listings. We promote our clients' properties via NC Economic Development, direct mail, broadcast broker email, market studies, presentations, professional associations and many other approaches.

Associate member Bill Strickland worked in health care administration for nearly 20 years with Cone Health, Cornerstone Health Care and Greensboro Imaging before joining Brown in 2004. He specializes in medical and dental office properties.

Contact Bill at 369-5974 or bstrickland@bipinc.com to discuss how he can help you save money.

THE PUZZLER ???

What is thrombosis?



1. Look for the answer in one of the ads.
2. Identify the answer and the ad in which the answer appears.
3. Email the answer and name the ad in which the answer appears to Shay Rumsey at shayrumsey@northstate.net



Ask The Lawyer

By Karen McKeithen Schaefer

Have a question about the law?
Send your questions to
KSchaefer@ConnorsMorgan.com



Q: Since "encryption" is considered "addressable" under HIPAA, does that mean it is "optional" to implement?

A: The simple answer is no. It is true that entities may express and document why encryption is not feasible; however, once a potential risk is identified, entities must take action that is equivalent to encryption.

Failing to implement a safeguard will result in severe civil money penalties. In June 2018, an Administrative Law Judge (ALJ) granted summary judgment to the U.S. Department of Health and Human Services Office for Civil Rights (OCR) against The University of Texas MD Anderson Cancer Center in the amount of \$4.3 million.

The investigation began after the Center reported three data breaches caused by the theft of an unencrypted laptop and the loss of two unencrypted USB drives. The fact there wasn't any actual knowledge that the stolen ePHI was viewed or downloaded was not significant in determining the penalty.

The Center knew of the potential risk of storing PHI on unencrypted devices but failed to implement a safeguard on the portable devices being used. The OCR will continue to focus on the failure to protect ePHI from identified risks.

This article is for informational purposes only and not for the purpose of providing legal advice. You should contact your attorney to obtain advice with respect to any particular issue or problem. The information contained in this article does not create an attorney-client relationship between Connors Morgan PLLC and the reader.



Cone Health Medical Group
Partnering for exceptional care.

BRUCE BARTON

Blood Clot | CHMG

Director of Business Development / Practice Enhancement

Direct Dial: 336.663.5032 | Cell: 336.944.2969

Website: conehealth.com



A Program of All-Inclusive Care for the Elderly



PACE of the Triad is a non-profit, community-based health and human services agency committed to the wellness of seniors and to improving the autonomy and quality of their lives.

For a tour or inservice for your staff, contact
GMDM Member, Nedra Baldwin:

1471 E. Cone Blvd.
Greensboro, NC 27405

336-550-4040

www.pacetriad.org
info@pacetriad.org



MYRA GETS TO RING THE BELL!

Longtime associate member Wayne Ford has some great news to share! Last October, his wife Myra was diagnosed with Stage II breast cancer and started on a 10-month journey of chemo, radiation, infusion and a lumpectomy. Recently, Myra's oncologist ordered a CT body scan for her, to make sure that the cancer is gone from her breast and lymph nodes – and has not spread to any other part of her body. The results were **NEGATIVE**, and Myra has now been released. She got to ring the bell at the Cone Cancer Center, to signify that she is totally in remission.

YOU ARE INVITED TO GGMGMA OktoberFest

DATE: October 11, 2018

PLACE: VIP Room at Spare Time

5502 Hornaday Road • Greensboro

TIME: 5:30 - 7:30 p.m.

GGMGMA Annual Social

Come join us for a night of social networking and FUN! Games • Food • Drinks

RSVP by September 30 to Jeff Hwang at kjwang@dmjwa.com
See President's column, Page 2, for more information.



PENNYBYRN
TRANSITIONAL REHAB

Restoring Strength & Returning Home

Schedule Your
PERSONAL TOUR

Call 336-821-6548

100%
of Patients

are very satisfied with their rehabilitation experience, the highest possible score.

1315 GREENSBORO ROAD • PENNYBYRNLIVING.ORG

ConeHealthyBaby.com

conehealthybaby.com



CONE HEALTH



PO Box 10735
Greensboro, NC 27404-0735



Targeted Marketing
for Your Company

- ▼ Advertising
- ▼ Websites
- ▼ Brochures
- ▼ Social Media
- ▼ Publicity
- ▼ Newsletters
- ▼ Logos



336-292-6041
deanna@thompsononline.biz
View an online portfolio at:
ThompsonOnline.biz



To you it's about making the
right choice...To us, it's personal.

Whether you are looking for someone to help you
or a loved one a few hours a week, or need more
comprehensive assistance, Home Instead can help.

- Companionship
- Meal Preparation
- Light Housekeeping
- Transportation/Errands
- Personal Care
- Dementia Care

Each Home Instead Senior Care franchise office is independently owned and operated. © 2014 Home Instead, Inc.

Call for a free, no-obligation appointment
366.294.0081

4615 Dundas Drive, Suite 101
Greensboro, NC 27407



To us, it's personal.
HomeInstead.com/311

SERVICES FOR ADULTS AT HOME

Well-Spring
SOLUTIONS

- ▶ In-Home Care
- ▶ Adult Day Care
- ▶ Caregiver Support



well-springsolutions.org • 336-545-5377



Practicing Commercial
Real Estate by the
Golden Rule

Bill Strickland, CCIM
Commercial Real Estate Broker/
REALTOR®
bstrickland@bipinc.com
336.369.5974



CCIM BR www.bipinc.com

