

A Monthly Newsletter

Happy St. Patrick's Day



March 2018

## BOSSSES' NIGHT HIGHLIGHTS



**BOSSSES' NIGHT COMMITTEE:** Bruce Barton, Nicole Reynolds, and chair of Bosses' Night, Kimberly Mikaelian.



**WELL•SPRING STAFF ATTENDING BOSSSES' NIGHT:** Alan Tutterow, Executive Director, COO, Well•Spring Life Plan Community; Jason Roghella, Controller; Judy West, Funding Director; Nicole Reynolds, Navigator (also GMDM president); Rob French, Business Development; Chip Cromartle, Executive Director, Well•Spring Solutions.

GREENSBORO SCIENCE CENTER

## ABOUT THE PROGRAM

*Struggling Employees: Know When to Hold 'Em, and Know When to Fold 'Em.*

## ABOUT THE SPEAKER

**MARK MOSER** spent 14 years in operations, sales and sales management roles before shifting his focus to human resources (HR) and organizational development, spending 10 years as the top HR executive in two organizations.



Mark Moser, MBA

He specializes in strategic HR for small and mid-size firms, helping them ensure that their HR processes are compliant and aligned with the company's strategy.

Mark is also an adjunct faculty member at UNCG, teaching HR and management courses in the Bryan School of Business.

He also holds several professional designations including SHRM-SCP, SPHR, CPBA and CCP.

## NEXT MEETING

**RESERVATIONS ARE REQUIRED**

### Date and Time:

Wednesday, March 21, 2018  
11:30–1:00 p.m.

Buffet line opens at 11:20 a.m.

### Meeting Place:

Starmount Forest Country Club

### Speaker:

**Mark Moser,**  
Partner and Senior Consultant with  
The Davidson Group

### Program:

*Struggling Employees: Know When to Hold 'Em, and Know When to Fold 'Em.*

**Cost: \$20.00** for a guest

## THANKS TO OUR 2018 BOSSSES' NIGHT SPONSORS

### PLATINUM

#### **WELL•SPRING**

Nicole Reynolds, Judy West

### GOLD

#### **CONE HEALTH**

Bruce Barton

#### **LAB CORP**

Brett Danby

#### **GUILFORD ORTHOPAEDIC and SPORTS MEDICINE CENTER**

Lisa Haymore  
Virginia Johnson

### SILVER

#### **PENNYBYRN AT MARYFIELD**

Pamela Olson

#### **BARBER CENTER FOR PLASTIC SURGERY**

Nikki Barber

#### **FIRST CITIZENS BANK**

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#### **TRIAD INTERNAL MEDICINE**

Misti Sellers



## MESSAGE FROM THE PRESIDENT

Nicole Reynolds

WELL, HELLO, MARCH!

As a girl who grew up in New York, I love Winter, but I know many of you are ready for warmer days. With Spring approaching quickly, many are looking forward to getting out of the office more. What better reason to get out than to attend GMDM membership meetings?

The GMDM board recently met with old and new board members to discuss goals for the upcoming year. A huge thank you to all GMDM board members for your continued efforts and involvement.

The board's focus this year is on membership, attracting new members and retaining old. Did you know that you can invite a potential member to a meeting at no charge to you or them? Showing someone what GMDM is all about is better than telling them.

We meet people every day that we know would benefit from this amazing organization. I encourage you to invite them to a meeting and show them what they are missing: education, networking and fun!

The board is always open to suggestions as to how to market our organization and would love to hear your ideas. You can also get involved by joining the membership committee. For more information, contact membership committee chair **Wayne Abraham**.

Happy Spring to all!

Nicole

## GETTING TO KNOW YOU — ASSOCIATE MEMBER



### NAME AND PRESENT POSITION:

DEBI BRYANT is a home care consultant for Home Instead Senior Care.

### GMDM

**COMMITTEES:** I am a member of the Membership and Hospitality Committee.

**EDUCATION:** B.A., Communication Studies, University of North Carolina at Wilmington.

**HOMETOWN/FAMILY:** I have been married for 25 years. Our daughter, Olivia, is a senior in college and our son, Graham, is a junior in high school.

**HOBBIES:** I love watching my son play sports! I also enjoy a really good yoga class, long walks and a great book.

**COMFORT FOOD:** Chocolate.

**FAVORITE TRAVEL SPOT:** Anywhere with sand and an ocean.

**COMMENTS ABOUT GMDM:** I have been a member of GMDM for a little more than a year, I am happy to say I have made some amazing contacts, and I have thoroughly enjoyed the variety of speakers who join us each month!

### SOMETHING YOU MAY NOT

**KNOW ABOUT ME:** I was a real estate broker before I entered the marketing industry.

## OUR SPOTLIGHT THIS MONTH

IS ON:



**Home Instead Senior Care®** was created to help seniors remain safely in the comfort of home and to provide support to the family and friends who love them. We are devoted to providing the highest quality senior home care while reducing stress and reestablishing personal freedom for their families.

Whether you are looking for someone to help an aging parent a few hours a week or need more comprehensive assistance, Home Instead will be by your side. Home Instead CAREgivers can provide a variety of services. Some include:

- *Companionship Care*
- *Personal Care*
- *Meals and Nutrition*
- *Medication Reminders*
- *Respite Care*
- *Alzheimer's and Dementia Care*

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Danny Rudisill, President

## MISSION STATEMENT

GMDM is the premier professional organization for medical and dental practices in Guilford County, dedicated to providing timely educational programs, strong networking support and personal growth opportunities. Join. Connect. Grow.

## 2018 DATES OF OUR WEDNESDAY LUNCHEON MEETINGS

March 21

April 18

May 16

June 20

July 18

August 15

September 19

October 17

November 28

December 19



## BOSSSES' NIGHT FUN!



From left to right: Linda Parham, Noelle Redmon, PA, and Dr. Kimberlee Shaw, with Eagle Family Medicine @ Village; Nedra Baldwin, with PACE of the Triad; and Robin Upton, with Cone Health Medical Group - Pediatric Specialists.

All five of the providers at Eagle Family Medicine @ Village attended the event. **YOU GO, LINDA!**



One of the many penguins in the Aquarium at the Greensboro Science Center.



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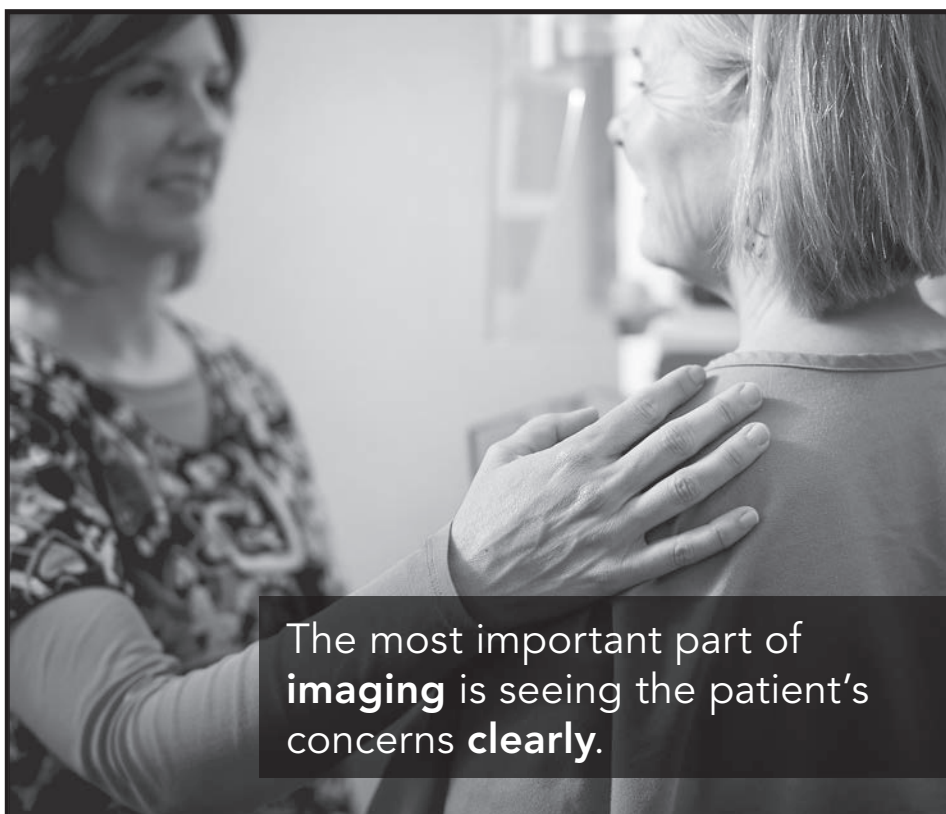
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## MONTHLY E-COURAGEMENT

PROVIDED BY RICH SCHLENTZ, FOUNDER OF EXTRAORDINARY! INC.  
VISIT RICH AT [WWW.EXTRAORDINARYINC.COM](http://WWW.EXTRAORDINARYINC.COM)  
CONTACT HIM AT [RICH@EXTRAORDINARYINC.COM](mailto:RICH@EXTRAORDINARYINC.COM)  
336-317-4603



### WHY YOU NEED TO FIRE EYORE

Every team has one. Most teams have several. They tend to travel in packs.

#### Eyores.

Eyores are people who choose to see things from a negative perspective. They delight in reciting phrases like:

- *We work harder than anyone here.*
- *Oh, we tried that before.*
- *Nope, that will never work.*
- *This is how we've always done it.*



What makes the Eeyore mentality believable (and addictive) is that their nay-sayings are sprinkled with specks of truth.

Below the problems they promote is the real issue: Eyores don't want to fix things. They don't want to solve problems, because wallowing in problems is what fuels them. Their struggle is part of their identity.

Eeyore's negativity is contagious. It spreads like a virus.

A Harvard-based study tells us that a negative mindset hinders sales, innovation, loyalty, resilience ... and productivity.

Alternately, your mind at positive is 31% more productive than negative, neutral, or stressed (The Happiness Advantage by Shawn Achor).

There's an emotional, intellectual, and bottom-line cost to negativity.

Get your Eyores the help they need to transform their point of view from negative to optimistic. Help them seek the "wows" instead of the "woes." It's imperative for their success and the success of your team.

It all comes down to this: Inspire them or fire them.

## THANKS TO OUR ADVERTISER

**N: NOVANT**  
HEALTH

### Remarkable Care, with You in Mind

When it comes to healthcare, you deserve a team of providers committed to your every need. Novant Health Imaging Triad strives to provide the most remarkable patient experience in every dimension, every time. That's why we have designed our facility to provide patients with comfort and peace of mind, all while offering the most advanced technology in medical imaging.

Novant Health Imaging Triad has ACR Accreditation for MRI and CT scan. All patients are scanned on state-of-the-art imaging equipment by certified technologists. Each scan is read by board-certified radiologists with subspecialty expertise. Novant Health Imaging Triad has the only open MRI in Greensboro, making us the preferred facility for claustrophobic patients. We also welcome patients involved in motor vehicle accidents and workers' compensation cases, and who are referrals from Veterans Affairs.

#### Our services:

CT scan — M-F, 9 a.m. to 5 p.m.

Diagnostic X-ray — M-F, 9 a.m. to 5 p.m.

Open MRI — M-F, 8:15 a.m. to 8 p.m.

Ultrasound — M-F, 8 a.m. to 4:30 p.m.

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- Same-day/next-day appointment availability
- Walk-ins welcome for CT and X-ray
- Lower out-of-pocket cost
- Flexible scheduling

We also understand that not knowing the cost of an exam can sometimes feel overwhelming. Our financial navigator is a free service that offers assistance in determining the patients' out-of-pocket imaging cost. To calculate medical imaging cost and to understand what payment options may be available, call the financial navigator at 336-277-7299 or 1-888-277-3901.

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To schedule an appointment, call 855-794-XYRAY (9729) or fax an order to 336-659-2362.



# N:

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To schedule an appointment, call us at 336-272-2162, ext. 5.  
Please reach out to your marketing manager with any other questions or needs.

**Kate Murr:** 336-423-4262 or [kmurr@medquestmail.com](mailto:kmurr@medquestmail.com) • **Mary Long:** 336-339-7498 or [mklong@medquestmail.com](mailto:mklong@medquestmail.com)

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HEALTH

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## Ask The Lawyer

By Karen McKeithen Schaede

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



**Q:** Are there any new laws proposed by the legislature in North Carolina that we should know about?

**A:** There is a new House Bill 789, The End of Life Option Act. This would allow certain terminally ill patients to end their lives in a "humane and dignified" manner with a physician-prescribed drug. A number of conditions must be met.

- (1) The patient must be a least 18 years old.
- (2) The patient must be a resident of North Carolina.
- (3) The patient must have capacity to make medical decisions.
- (4) The patient must have the physical and mental ability to self-administer the drug.
- (5) The patient's attending physician must be licensed in North Carolina.

The physician must verify the diagnosis, prognosis and mental capacity. A physician that practices separately is required to confirm all the items listed above.

Keep an eye out to determine if this bill is passed and becomes law in North Carolina.

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.

## DAYLIGHT SAVINGS TIME: SUNDAY, MARCH 11

Wonder why you have to turn your clocks ahead and lose an hour? Americans first tried changing times in 1918 to save fuel and encourage evening commerce, but farmers hated it, and the idea wasn't fully revived until World War II. After 1945, states and cities could choose whether to comply – so the hour might change back and forth several times in a matter of miles. Congress finally made clock changes permanent in 1966, but states still can opt out. Set your clocks ahead one hour on March 11.



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.  
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www.pacetriad.org  
info@pacetriad.org

## Billing & Coding



by Robin Upton

CPC Fellow

Billing and  
Collections  
Manager

CHMG –  
Pediatric Specialists

### COLLABORATIVE EVENTS ANNOUNCEMENT

Members: We need your input. Please read!

Robin Upton, chair of the Collaborative Events Committee, is organizing a coding workshop for late Spring or early fall. Robin is hoping to partner with the AAPC to offer CEU's to area coders.

**MEMBERS**, if you have any ideas, input on subjects of interest to you or any billers / coders / auditors in your office, please send them to me. Email: robin.upton@conehealth.com

More information will be forthcoming.

### THE PUZZLER ???

Who said: "Suppose you were an idiot ... and suppose you were a member of Congress ... but, I repeat myself"?



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



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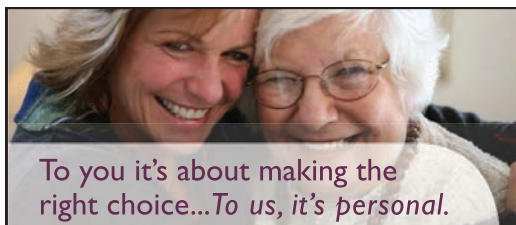


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