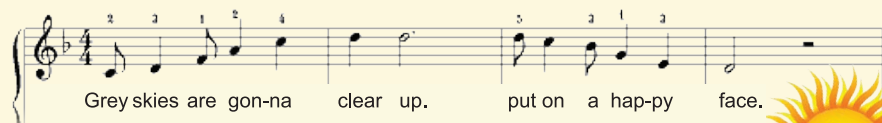


A Monthly Newsletter

Spring is in the air!

April 2018

PUT ON A HAPPY FACE!



GMDM EVENTS spread sunshine all over the place...



Membership Social

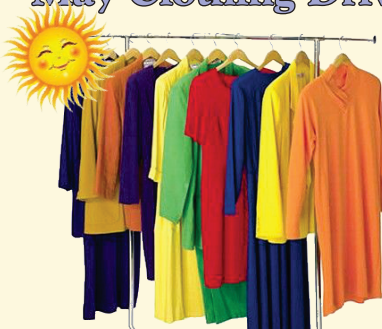
Connect...Network!



April 19 – 5-7 p.m.
Print Works Bistro

Sponsor: Pennybyrn at Maryfield
GMDM member – Pamela Olson

May Clothing Drive



Bring clothes to
May 16th Luncheon.

2018 Golf Tournament



LAST YEAR'S CHAMPS!
THE BARTON BROTHERS TEAM

June 13, 2018 – Starmount Country Club
A BENEFIT FOR AREA CHARITIES



So Put On A Happy Face!



ABOUT THE PROGRAM

*“Learn to Listen and Communicate
More Effectively.”*

ABOUT THE SPEAKER

NIGEL G. ALSTON is a well-known business and community leader in the Triad. He is the former executive director for university engagement at Winston-Salem State University, and also a former executive with GMAC Insurance (formerly Integon).



Nigel G. Alston

Alston has also served as interim director of the Forsyth County Department of Social Services, and he currently serves as executive director of the North Carolina Black Repertory Company – producers of the National Black Theatre Festival.

Nigel is well-known as a motivational speaker and columnist. He is a longtime Dale Carnegie trainer who has been recognized as one of the leading trainers in the United States. Nigel is also a graduate of Leadership Winston-Salem, the Triad Leadership Network and Leadership North Carolina.

A 1974 graduate of Livingstone College with a B.S. degree in business administration, Nigel also received a Doctor of Humane Letters from the college in 2002.

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, April 18, 2018
11:30–1:00 p.m.

Buffet line opens at 11:20 a.m.

Meeting Place:

Starmount Forest Country Club

Speaker:

Nigel G. Alston
Motivational speaker and columnist

Program:

*Learn To Listen and Communicate
More Effectively*

Cost: \$20.00 for a guest



MESSAGE FROM THE PRESIDENT

Nicole Reynolds

It's hard to believe the first quarter of 2018 is over. Working with older adults reminds me that the older you get, the faster time seems to pass – and boy, is it true!

One of the perks of being a member of GMDM is the monthly educational programs offered at our membership meetings. We do a survey every year to see what topics are important to you and plan our speakers based on the results.

I know it can be difficult to break away from the office but I encourage you to attend our monthly meetings. It's a great opportunity to network, learn and have fun.

Wayne Ford is our education chair. If you have any ideas for future education programs, please let him know. Even better, join his committee. Email for Wayne: wayne.ford@lpl.com

We are also gearing up for our annual golf tournament. A portion of the money raised is donated to a charity chosen by the Golf Committee, and the remainder of the funds are donated to our Scholarship Fund. We are looking for volunteers to help the day of the tournament. If you are interested in helping on June 13, contact Bruce Barton at bruce.barton@conehealth.com.

Here's to a successful second quarter of 2018.

Nicole

GETTING TO KNOW YOU – ACTIVE MEMBER

NAME AND PRESENT POSITION:



BRUCE BARTON is the director of business development and practice enhancement for Cone Health Medical Group.

GMDM COMMITTEES: I believe I have served on, or at least visited, every committee. My passions are the Golf Committee,

Membership/Hospitality and Bosses' Night. I've been in GMDM since the 1990s, on and off, depending on whether I'm a good boy. **CLUBS/ORGANIZATIONS OUTSIDE GMDM:** Project Challenge, NC Juvenile Services Association, Community Alternatives for Alternatives.

EDUCATION: UNC-Chapel Hill (WHOOOP WHOOOP).

HOMETOWN/FAMILY: Rutherfordton, NC. My mother is 90, and I have three sons and two grandchildren.

HOBBIES: Golf, more golf and additional golf, spoiling grandkids and reading.

ONE OF THE THINGS I'VE LEARNED THROUGH GMDM:

Everyone is unique and has good qualities. Life is tough, and GMDM is a bright spot for me.

COMFORT FOOD: Fried chicken and rice and gravy!! Bam!!

FAVORITE TRAVEL SPOT: To the hearts of all you wonderful people.

FAVORITE MUSIC/BOOK: All music (I can dance a little) and all books about the horned tree frog of Texas.

COMMENTS ABOUT GMDM: We will be the best! Life is good for GMDM. And put pepper on your toes to keep moving.

oxymorons

Definition:

A combination of contradictory or incongruous words.

Good grief
Almost exactly
Sanitary landfill
Legally drunk
Living dead
Business ethics
Butt head
New classic
Sweet sorrow
"Now, then..."
Passive aggression
Peace force
Computer jock
Plastic glasses
Computer security
Tight slacks
Pretty ugly
Diet ice cream
Exact estimate

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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.

GMDM Spring Social

Thursday, April 19, 2018
5-7 p.m.

Print Works Bistro

Sponsored by Pennybyrn
at Maryfield, represented
in GMDM by Pamela Olson

A Great Way
to End the Day!

It's time to
Join • Connect • Grow!

THANKS TO OUR ADVERTISER



CONE HEALTH
The Network for Exceptional Care

Cone Health Medical Group (CHMG) was formed in 2009. Bruce Barton joined the group in 2010 and had the task of coordinating medical practices with the health system. The goal of CHMG is to assure the best medical care for the community while providing medical practices with help and guidance through Cone Health.

Today, CHMG includes 140 practices that employ approximately 575 providers and 1,800 employees. The future of healthcare is uncertain, and CHMG's goal is to provide support for the community over the coming years. Please contact Bruce if you have any questions about the possibility of aligning with CHMG.

"Thanks to GMDM for the last 38 years of providing a forum and organization where medical practices can share and learn from each other," Bruce says. "I am proud to be a member of this wonderful group."

FOOD DRIVE FOR URBAN MINISTRY

Thanks to all for the food donations collected at the March luncheon.



Left to right:
Jill Vonderhaar, co-chair;
Judy West, Allison Fuqua,
Hope Jensen, co-chair.



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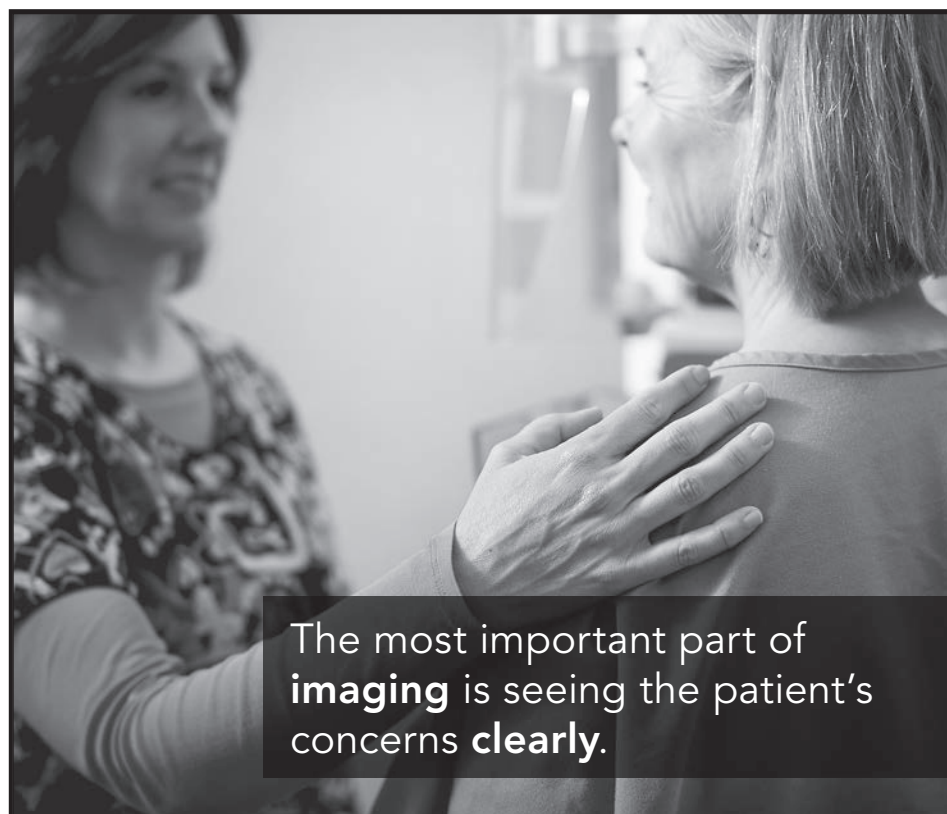
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HOW LEADERS CONTAMINATE THE CONVERSATION

It's the all-too-common meeting scenario.

The manager starts by highlighting the most recent problem, then offers a 5-step solution, turns to their team and asks, "Any other ideas?"

Crickets. Fingers stroking chin.

A collective corporate nod...

"Great. Let's move forward with the plan."

Leaders who speak first contaminate the conversation.

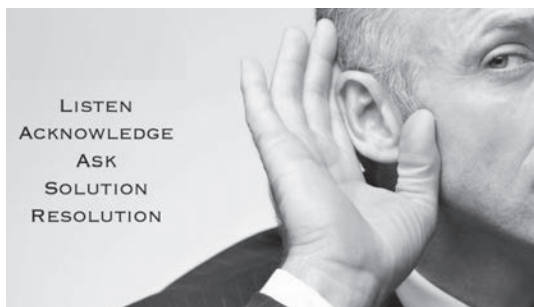
Engaging leaders need: innovative ideas, thoughtful insight, alternative perspectives and buy-in.

How do you achieve such things?

Stop talking. Start asking. Be curious. Listen intently.

What you'll hear and learn will transform your results.

Your words matter: Stop contaminating the conversation.



PEARLS OF WISDOM

USE SOFT WORDS

Sandwich every bit of criticism between two layers of praise. - Mary Kay Ash

KEEPING GOOD HEALTH

You can't lose weight by talking about it. You have to keep your mouth shut. - The Old Farmers Almanac

REWARD FOR WORK WELL-DONE

The reward of a thing well-done is to have done it. - Ralph Waldo Emerson

NEVER BE HAUGHTY

Never be haughty to the humble. Never be humble to the haughty. - Jefferson Davis



N!

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Join us

at the Seventh Annual



Starmount Forest Golf Club

June 13, 2018

Captain's Choice

Registration and breakfast: 7:30 a.m.

Shotgun start: 9 a.m.

SIGN UP TO BE A SPONSOR:

(contact Bruce Barton for details at 336-944-2969)

Title Sponsor 1 available
Platinum Sponsor 2 available
Gold Sponsor \$2,500
Silver Sponsor \$1,000
Activity Sponsor \$300
(closest to pin, longest drive, putting contest)
Beverage Station Sponsor \$250
Driving Range Sponsor \$250
Tee Sponsor –
Signage at assigned hole \$100

SIGN UP TO PLAY:

Team - \$400 Individual - \$125

Members: Please show your support by being a sponsor or playing.

Proceeds from this tournament will benefit:

1. **BackPack Beginnings:** An organization committed to feeding, comforting and clothing children in need.
2. **GMDM Scholarship Fund:** Provides scholarships to high-achieving, local college students pursuing medical and dental careers.

THE PUZZLER ???

What was the first nation to give women the right to vote?



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 Schaede

Have a question about the law?

Send your questions to
KSchaede@ConnorsMorgan.com



Q: What can I disclose under HIPAA related to opioid abuse and mental health?

A: Health professionals may share health information with a patient's loved ones in an emergency. HIPAA allows health care professionals to disclose some health information without a patient's permission under certain circumstances.

1. If a provider believes it is in the best interest of an incapacitated or unconscious patient, the information may be shared directly with family or a friend if they are responsible for the patient's care or payment of care.

2. A provider may inform a person to prevent or lessen a serious and imminent threat to a patient's health or safety.

3. If a patient has decision-making capacity, the provider must give the patient an opportunity to agree or object.

The provider also knows the decision-making capacity may change during the course of treatment. For more information refer to <https://www.hhs.gov/hipaa>.

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.



~ May Clothing Drive ~

Bring clothes to the May 16th luncheon.

~ GMDM Spring Social ~

April 19 – 5-7 p.m.

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Mark your calendars NOW!

WELCOME TO OUR NEW MEMBERS

Chanel McKethan

Cone Health Community Health & Wellness

Scott Whitt

Triad Clinical Trials



Cone Health Medical Group
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BRUCE BARTON

Cone Health | CHMG

Director of Business Development / Practice Enhancement

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