

A Monthly Newsletter



February 2019

2019 GMDM OFFICERS



From left to right: Deanna Thompson, Associate Member Representative; Pamela Olson, President-elect; Jamie Alston, President; Lisa Haymore, Treasurer; Nicole Reynolds, outgoing President; Kate Murr, Secretary.

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FOR YOUR INFORMATION

ABOUT THE PROGRAM

Understanding the Cause of Cognitive Impairment

ABOUT THE SPEAKER

Dr. Karen Pollard has over 10 years of experience as a clinical neuropsychologist. She recently founded Brain Power Advisors, which focuses on the prevention of memory loss. In her work at Brain Power Advisors, Karen uses a 3-step process to help people unlock the unique processing power of their brain – in order to increase efficiency and reduce stress.



Dr. Karen Pollard

Dr. Pollard earned bachelor's degrees in psychology and deaf studies from California State University, Northridge, and her master's and doctorate degrees in clinical psychology from the University of La Verne in Los Angeles, CA. She then specialized in clinical neuropsychology at the University of Virginia.

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, February 20, 2019
11:45–1:00 p.m.
Buffet line opens at 11:30 a.m.

Meeting Place:

Starmount Forest Country Club

Program:

Understanding the Cause of Cognitive Impairment

Speaker:

Dr. Karen Pollard
Clinical Neuropsychologist

Cost: \$20.00 for a guest



GMDM ANNUAL FOOD DRIVE
FEBRUARY 20, 2019
SHOP TO HELP STOP HUNGER!

Please bring canned or nonperishable food items, such as tuna, salmon, beef stew, spam, corned beef, peanut butter, canned fruits and vegetables, soups, sugar, dry milk, oatmeal, dry beans, rice, baby formula, baby food, diapers (all sizes) and dietary supplements (Ensure).

Help others in our community fight hunger by donating to the
Urban Ministry Food Bank.

Join • Connect • Grow



MESSAGE FROM THE PRESIDENT

Jamie Alston

A month devoted to love. While February 14 is the actual day of recognition, we really use all of the month to shower the ones around us with love. The easiest way to express our love is the giving of our time. Have you ever had a loved one, a friend, a spouse or your children say, "I don't need more time with you?"

Since time seems to be moving faster than ever, how we spend our moments says a lot about what we love. GMDM feels the same way. This is why we have so many committees dedicated to giving back – to spending our time doing what we love.

During the month of February, we kick off our giving for the year. We start showing our community love, right from the beginning. The community we are showering with love this month is our underserved. Our homeless. Our brothers and sisters who have fallen on hard times. Greensboro Urban Ministry works to meet the needs of individuals and families in crisis in the greater Greensboro area, specifically residents of the city of Greensboro. They offer care and support, housing, emergency assistance and a food pantry. As you can imagine, they do this because of generous supporters who believe in their mission.

Every day and night at Greensboro Urban Ministry, they will pack bags of groceries in their food pantry to feed more than 100 households who need their help. All because that is what they love to do. Let's continue to show this worthy organization some GMDM love by bringing your nonperishable food items to our February meeting. I know this will be time well-spent.

Let all you do this month, and all year, be done with that little bit of extra love it deserves.

Jamie

GETTING TO KNOW YOU – ACTIVE MEMBER

NAME AND

PRESENT

POSITION:

BOB RING
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GMDM COMMITTEES: Chair, Social Media Committee; member, Golf Committee.

EDUCATION: BS, Physical Education, Wake Forest University.

HOMETOWN/FAMILY: Originally from Cleveland, OH. My son, Win, is a junior at UNC-Chapel Hill; my daughter, Leah, is a freshman at the University of San Diego. I have been happily divorced for 10 years.

HOBBIES: Bluegrass guitar, Carolina Hurricanes hockey, Wake Forest sports, gourmet cooking. (A secret: Women love men who can cook.)

COMFORT FOOD(S): All kinds of ethnic foods, including Mexican, Indian, Thai and Cajun. In other words, pretty much anything spicy.

COMMENTS ABOUT GMDM: In addition to the numerous educational and networking opportunities provided through GMDM, I have made many new friends. I have found that GMDM members will do what they can to help each other whenever there is a need ... be it professional or personal.

SOMETHING YOU MAY NOT

KNOW ABOUT ME: I have spent a lot of energy bringing people together for reunions of different types over the years. Five years ago, I organized a reunion for my Sigma Pi fraternity brothers who graduated in the late '70s. Thirty-five brothers came back from all over the country, including one who flew in from the Philippines.

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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.

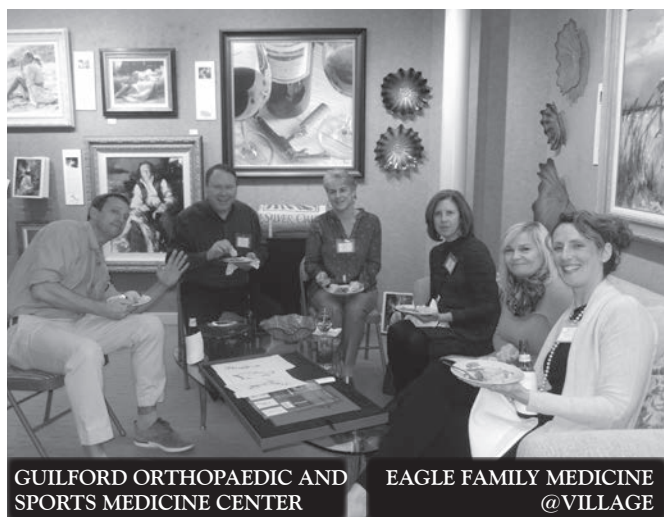
OUR SPOTLIGHT THIS MONTH

IS ON:



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BOSSSES' NIGHT HIGHLIGHTS



GUILFORD ORTHOPAEDIC AND
SPORTS MEDICINE CENTER

EAGLE FAMILY MEDICINE
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BOSSSES' NIGHT COMMITTEE



Left to right: MRS. & MR. ANDY McAFEE,
ART SHOP OWNERS, WITH WAYNE AND
MYRA FORD



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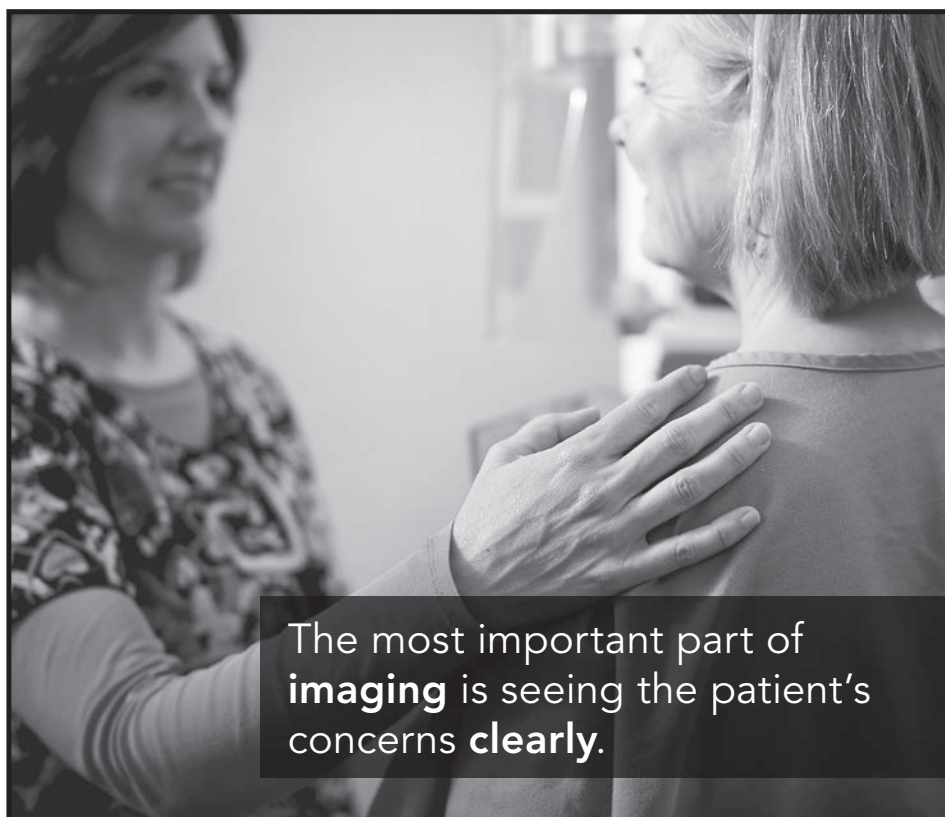
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CHOOSE LEARNING OVER KNOWING

Answers: It's what we think people need.

Ideas: We're convinced that's how we provide value.

Solutions: We're certain it's what we get paid for.

This thinking can be shortsighted and is a heavy yoke to bear. Rather than having all the right responses, what if we:

- Ask what others think.
- Learn someone else's perspective.
- Become curious about contrasting opinions.

More asking. Less telling.

More learning. Less knowing.

More curiosity. Less certainty.

Give it a shot.



CAPSULES OF WISDOM

- The best way to get rid of an enemy is to turn him or her into a friend.
- If it wasn't for monthly payments, months would seem a lot longer.
- Don't expect anything original from an echo.
- Think positive: the less money you have, the more there is to get.
- Laughter comes naturally. Hate must be taught.

THE PUZZLER ???

Who are
Agnetha, Bjorn,
Benny and Anni-Frid?



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



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.

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- Flexible scheduling

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

Novant Health Imaging Triad

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To schedule an appointment:

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Q: What do I need to do to manage vendors who have access to our PHI?

A: In 2017, a \$31,000 settlement was paid by a covered entity due to a vendor (a record storage company) when the Office of Civil Rights (OCR) discovered that the parties did not have a Business Associate Agreement (BAA) in place. OCR determined that the covered entity transferred personal health information (PHI) of at least 10,000 patients to its vendor prior to executing a BAA.

Some lessons learned are to make sure you:

- Have a template BAA for the covered entity.
- Figure out who should complete BAAs for the entity.
- Designate an individual to make sure the BAAs are executed.

Often, documents are sent but no one follows up to make sure they get signed. Make sure they are signed BEFORE transferring PHI.

Review with staff what needs to be sent and what should not be transferred. Make sure you comply with the HIPAA record retention requirements by keeping agreements for at least six years following termination.

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.



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STRENGTHEN RELATIONSHIPS BECOME A FRIENDLIER PERSON



1. Don't criticize, condemn or complain.
2. Give honest, sincere appreciation.
3. Arouse in the other person an eager want.
4. Become genuinely interested in other people.
5. Smile.
6. Remember that a person's name is to that person the sweetest sound in any language.
7. Be a good listener. Encourage others to talk about themselves.
8. Talk in terms of the other person's interests.
9. Make the other person feel important – and do it sincerely.



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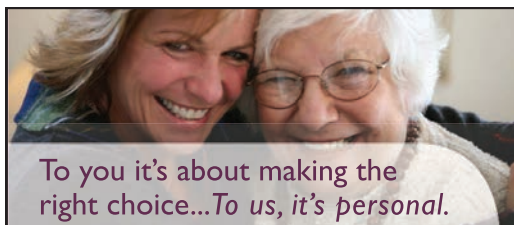
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