

2019 GMDM CHARITY GOLF TOURNAMENT THURSDAY, MAY 30, 2019

The 2019 GMDM Charity Classic will be held at the Irving Park Course at Greensboro Country Club, 410 Sunset Drive, Greensboro, NC 27408.

Format: Captain's Choice

Registration & breakfast: Begins at 7:30 a.m.

Shotgun start tee-off time: 9:00 a.m.

Each golf package includes:

Breakfast and Lunch, Goody Bag, Green Fees, Range Balls

50/50, Mulligan and Red Tee Package available for purchase at registration.

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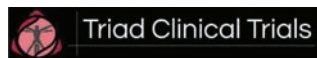
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**MORE INFORMATION
ON PAGES 4 & 5**



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CLOTHING TO THE
MAY LUNCHEON.
DETAILS ON PAGE 5.**

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, May 15, 2019

11:45–1:00 p.m.

Buffet line opens at 11:30 a.m.

Meeting Place:

Starmount Forest Country Club

Program:

“It’s Not About the Work”

Speaker:

Rich Schlentz, EXTRAordinary! Inc.
Consultant, Speaker, Leadership Coach, Author

Cost: \$20.00 for a guest

FOR YOUR INFORMATION

ABOUT THE PROGRAM

“It’s Not About the Work.” This relevant, inspiring and thought-provoking learning experience gives participants permission to focus on what makes work meaningful – the human interaction. Ultimately, it’s not about the work.

ABOUT THE SPEAKER

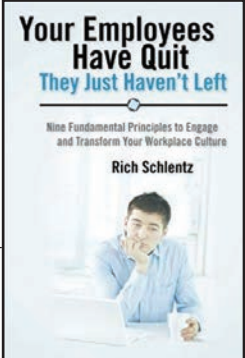
RICH SCHLENTZ

is a consultant, speaker, leadership coach and author. He is the founder of EXTRAordinary! Inc., a movement dedicated to



Rich Schlentz

reviving your work. In his partnerships with companies, teams and individuals, Rich provides the tools to create breakthrough performance. With an emphasis on relationship principles, he helps organizations develop strategies to increase employee engagement, commitment and productivity. His area of expertise is guiding leaders to create and foster engaging cultures resulting in improved loyalty, creativity, innovation and profitability. His debut book is Your Employees Have Quit – They Just Haven’t Left.





MESSAGE FROM THE PRESIDENT

Jamie Alston

If April showers bring May flowers, what do Mayflowers bring? Pilgrims! HA. But in seriousness, we all know it takes more than rain/water to make our gardens flourish. They need your time, attention, fertilizer, weeding and harvesting. In other words, you must care for the whole plant from dirt to bloom. Kind of like caring for our patients or our staff.

When a patient arrives at your office, it may be to check on one specific thing. But often we will find that the issue is much deeper. You must ask questions, use your motivational interviewing skills, and get to the root of the problem. Many times, you will find that the issue they came in for really isn't what needed your attention the most. Be patient. Even in this money-and time-driven atmosphere, your patience with them may save you money in the end. Same with our staff.

If you have a member of your team that seems to always have something "going on," engage them in conversation. Without getting too personal, be a leader and a problem-solver. Help that team member see how their situation is affecting their work and encourage them to find a resolution. Offer support if needed, but don't take over the problem. Keep your end goal in mind – to help them be the best possible fit for your team. While letting your team member know you are on their side may seem like a small task, I guarantee you will see a difference in their commitment and work ethic.

When we focus on helping those around us find a solution, a resolution or even an open dialog, it will open our eyes to what may be needing extra attention in our lives. I have learned that by listening, offering advice or problem-solving, I have had breakthroughs in my life where I felt I was against a brick wall. Being a trusted colleague or provider shouldn't be a burden. We all should be thankful that we are able to offer light, a shoulder or our expertise to those who need it most.

Let me encourage you to share your knowledge – and your listening ear.

Jamie

GETTING TO KNOW YOU – ACTIVE MEMBER



NAME AND PRESENT POSITION:
JESSICA THOMAS, MSW, LCSW, is a clinical social worker with Cone Health Movement

Disorders/LeBauer Neurology.

GMDM COMMITTEES: Social media.

CLUBS/ORGANIZATIONS OUTSIDE GMDM: Healthcare Advisory Committee for the National MS Society.

EDUCATION: Bachelor of Social Work, Appalachian State University; Master of Social Work, UNC-CH.

HOMETOWN/FAMILY: Hope Mills, NC, would be my hometown in North Carolina. Spent my childhood on both the East and West Coasts of the U.S. Presently, I live in High Point with my husband, son and two cats.

HOBBIES: Home renovation projects, crafting, sewing and spending tons of time on the baseball field watching my son.

ONE OF THE THINGS I'VE LEARNED THROUGH GMDM: This is a great group of people to make quality connections with. Also, they offer great education programs.

I WOULD LIKE PEOPLE TO REMEMBER ME AS: Authentic, caring, solution-focused and intentional.

WAYS TO RELAX: Exercise, spending time with my family or spending time alone.

COMFORT FOOD(S): I love all fruits and veggies, but when I am stressed I love candy.

FAVORITE TRAVEL SPOT: Boone or Asheville, NC.

FAVORITE MUSIC: Jack Johnson, Dave Matthews, Adele, Norah Jones and any acoustic guitar.

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Danny Rudisill, President

OUR SPOTLIGHT THIS MONTH

IS ON:



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The focus in our practice is on neurology disorders such as strokes, epilepsy, multiple sclerosis, Parkinson's disease and Alzheimer's disease. When something goes wrong with the nervous system, the entire body suffers and daily tasks become difficult. If you or a loved one has been diagnosed with a neurological disorder, our experienced neurologists can offer skilled care, comfort and hope.

With four board-certified providers, LeBauer's neurology team brings comprehensive care to the Piedmont Triad region. Our physicians are leaders in research and treatment of complex neurological disorders, applying today's most advanced medication and cures.

We dedicate a significant amount of our resources to research, training and technology in order to provide better care. Whatever your situation, you're looking for caring physicians who listen. Trust the most complex system in your body to none other than the expert physicians at LeBauer Neurology.

Our physicians include:
Karen Aquino, MD; Donika Patel, DO;
Adam Jaffee, DO; and Rebecca Tat, DO.



Have a question about the law?

Send your questions to KSchaede@ConnorsMorgan.com

Ask The Lawyer

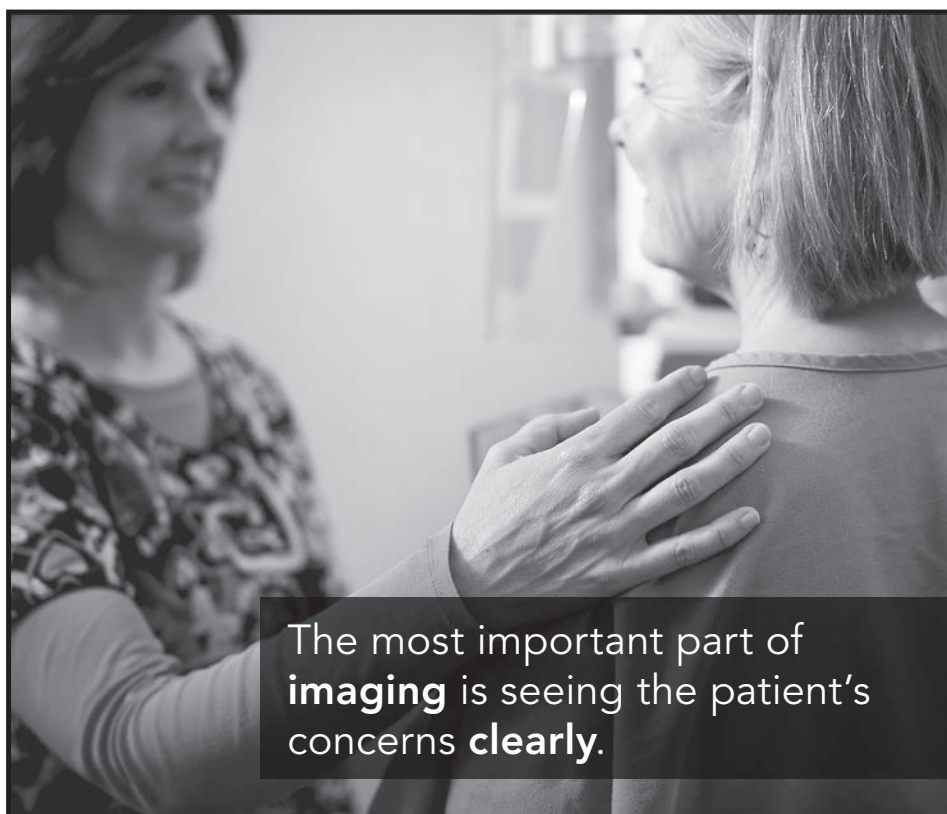
IMPROVING NORTH CAROLINA SECURITY BREACH SAFEGUARDS

The year was 2005. The iPhone and MacBook were still several years away. Instagram was nonexistent. Snapchat was not even a thought. And the state of North Carolina was one of the first states to enact legislation regarding identity theft and data breach notification procedures. By executing the North Carolina Identity Theft Protection Act (ITPA), the legislature sought to impose data protection obligations to minimize identity theft and to protect the security of personal information going forward. After North Carolina took the first leap, other states implemented similar breach notification statutes.

ITPA subjects businesses to many requirements regarding the collection and use of personal information from their customers by mandating that companies safeguard and handle such information very cautiously. Disclosing the identifying information or failing to adequately protect it carries potentially hefty damages and is likely to violate the state's Unfair and Deceptive Trade Practices Act.

As technology advances, the North Carolina General Assembly has recently introduced House Bill 904, which modifies the existing ITPA. In short, the bill seeks to clarify some of the provisions of its predecessor and enhances some of the requirements. For example, the bill eliminates the ability of consumer reporting agencies to collect fees for customers requesting a freeze on an account, implements notification deadlines for businesses that encounter a potential security breach, and further obligates consumer reporting agencies to provide appropriate identity theft prevention and mitigation services in the event that they release sensitive information about a client. These changes are accompanied by several others that will ensure that businesses are properly handling their consumers' information.

With the introduction of the new bill, the General Assembly seeks to combat the growing potential for identity theft and data breach by tightening the requirements and obligations of companies that hold such important information in hopes of safeguarding and protecting North Carolina consumers in their business transactions for years to come.



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Home Instead is represented in GMDM by Debi Bryant.



THE PUZZLER ???

What is a hairy arachnid?

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



STRESS MANAGEMENT

Candace Folden, MS, LPC
Visit Candace at Candacefolden.com
Contact Candace at 336-207-8921 or
candacefolden@yahoo.com

Candace Folden is a licensed therapist and women's empowerment coach. She founded Solstice Counseling, PLLC, and specializes in working with women and couples who are ready to do the work of transformation. Candace's motto is "Love Yourself First."

Stress Is Everywhere These Days

Since we can't escape it, let's look at how to manage it differently in key areas of our lives. Today's column will focus on our physical bodies and the realm of rest. Future columns will focus on "Stress and Relationships."

The Problem: Stress has a tremendous impact on our bodies and our health. The effects of chronic stimulation and our go, go, go lifestyle can lead to insomnia, hypertension, headaches and digestion issues. So, it is imperative to tend to our bodies.

The Anecdote: Nutrition. Become an ally to your body by feeding it nutritious food. What we ingest either supports us or tears us down. You don't have to overhaul your diet in one day. Think smaller. Add a green veggie to your plate at lunch. Over time, your mood will lift and your ability to deal with life will increase.

Get enough sleep: You try, but your mind runs through your endless to do list. Here's a tip: Keep a journal beside your bed. Write down everything that is distracting you before you go to sleep. This brain dump can clear enough space so that you settle into slumber.

Exercise: Move. Your. Body. That's it. Garden, dance, bowl, walk, etc. It does not have to be tedious, strenuous or boring. Need motivation? Enlist a friend. Your body will thank you for the release, and you will sleep better.

One last thing: Get your biology checked out. Go to the doctor, the dentist, etc. Many people put their bodies on the back burner because they don't have time. Make time. You are worth it.



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Clothing Drive

May 15, 2019
For the Women's Resource Center

**Bring clothes
to the
May 15 luncheon.**



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.

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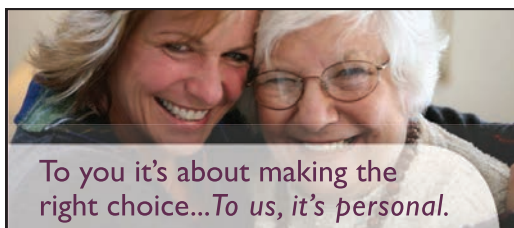
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