

8TH ANNUAL GMDM CHARITY CLASSIC GOLF TOURNAMENT THANKS TO OUR ACTIVITY AND TEE SPONSORS

LONG DRIVE SPONSOR: • Hilco Transport

SHORT GAME PRACTICE RANGE SPONSOR: • Home Instead Senior Care

BEVERAGE CART SPONSOR: • Graham Personnel Services

PUTTING CONTEST SPONSOR: • Pennybyrn Transitional Rehab

DRIVING RANGE SPONSOR: • Medical & Dental Communications

ACCURATE DRIVE SPONSOR: • Guilford Medical & Dental Managers

CLOSEST TO THE PIN SPONSORS: • Vascular & Vein Specialists • Piedmont
 Orthopedics • Cox Family Practice • Greensboro Imaging • Triad Internal Medicine Associates

TEE SPONSORS:

- Turf Masters Lawn Care, LLC • Bill Strickland • Greater Greensboro Society of Medicine
- LabCorp • Cone Health • Guilford Orthopaedic and Sports Medicine Center
- The Kolada Family • MICA Information Systems • Piedmont Printing & Graphics
- Triad Clinical Trials • Nicole Reynolds & Pamela Olson • Triad HealthCare Network
- DMJ & Co., PLLC • Alliance Urology Specialists • Realty Trust Group

WELCOME TO OUR NEW MEMBERS



Left to right: Jodi Kolada, Director of Business and Caregiver Outreach, Well•Spring Solutions; Mike Meitl, Business Banker, First Citizens Bank; Kristin Gilbert, Billing Supervisor, Guilford Orthopaedic and Sports Medicine Center; Lisa Hmiel, Owner, Home Helpers Home Care.

FOR YOUR INFORMATION

ABOUT THE PROGRAM

Scholarship recipients will be presented, and a former GMDM scholarship recipient will speak about her career.

GMDM AUGUST TEACHER SUPPLY WAREHOUSE DRIVE

MEMBERS:

Please bring your school supplies to the August meeting.

Most requested items are:
 pencils, copy paper, construction paper, colored pencils, markers, post-it notes, scissors, scientific calculators, hand sanitizer, tissues and marble notebooks.



NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, July 17, 2019
 11:30–1:00 p.m.

Buffet line opens at 11:20 a.m.

Meeting Place:

Starmount Forest Country Club

Program:

Presentation of
 GMDM
 Scholarship Recipients

Cost: \$20.00 for a guest



MESSAGE FROM THE PRESIDENT

Jamie Alston

Happy birthday, America! While many are using their earned vacation time spending hours by the pool or at the beach, others are in the office holding down the fort. As managers and supervisors, you may begin to find it difficult to keep your staff engaged while they dream of tropical islands.

A blog post at wheniwork.com has some great ideas for keeping your employees engaged. Here are some of my favorites (and hopefully yours):

- 1. Make the schedule more flexible.** If you want to keep employees from calling in sick or using excuses to avoid work on beautiful days, make Fridays (or other days) more flexible. Have summer hours or shifts, if possible. You might do this by letting them work remotely, by having different rules for employees who want to swap schedules, or by simply closing a bit earlier in the summer to let employees go home.
- 2. Sponsor or create summer teams and competitions.** Set up sports teams or other types of activities where they need to engage and connect with their coworkers while having a good time. Your employees don't have to be athletes for this to be fun. Team sponsorships can range from cornhole to kickball to softball, with all skill levels welcome.
- 3. Let them pretend for their selfies.** Set up a backdrop with tropical or exotic imagery, with props, so employees can have fun taking selfies and posting to social media about their "amazing vacation." Switch it out during the summer, and let employees help you. It gives them a chance to "travel" even while at work. Consider catering a meal in occasionally that fits with the faux travel vacation.

Remember, if you are on vacation during a GMDM luncheon, send an alternate in your place; we would love to meet your team members!

Jamie

GETTING TO KNOW YOU – ASSOCIATE MEMBER



NAME AND PRESENT POSITION:
KRISTIN GILBERT is the billing supervisor at Guilford Orthopaedic and Sports Medicine Center.

GMDM COMMITTEES/JOINED:
 Joined GMDM in 2019. Serve on Scholarship Committee and volunteer at the GMDM Charity Classic.
HOMETOWN: Raised in Reidsville, NC, but have lived in Greensboro for over 13 years. Boyfriend: Johnny.
HOBBIES: Love to shop, design jewelry and visit vineyards.

ONE THING I'VE LEARNED: : I find the speakers each month to be very informative to managing work and everyday life.

I WOULD LIKE PEOPLE TO REMEMBER ME AS: Happy, loyal, determined and fashionable.

FAVORITE QUOTE: Look for something positive in each day, even if some days you have to look a little harder.
WAYS TO RELAX: Watching "Southern Charm" and having a nice glass of wine.

COMFORT FOOD: Cupcakes and coffee.

FAVORITE TRAVEL SPOT: The beach.

FAVORITE MUSIC: Enjoy listening to all types of music.

COMMENTS ABOUT GMDM: Love

OUR SPOTLIGHT THIS MONTH IS ON:



At Guilford Orthopaedic and Sports Medicine Center, we offer same-day appointments for a comprehensive range of treatments and services. We implemented the same-day appointment benefit because we know that your time is important to you and most likely limited.

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

We simply want to accommodate your schedule and accessibility.

Another area of distinction is our staff. As a group, our notable and professional doctors possess expertise in every facet of orthopaedic diagnostics, treatments and service. We want a relationship with you that will stand the test of time, and you'll see that the first time you walk through our door. Lastly, because of our commitment to the best and most thorough care available, we offer to stay in contact with your referring physician or clinician to keep everyone informed and on the same course toward your complete healing.

The staff includes:
 Melissa Strickland, Office Administrator
 Vincent Paul, MD (Retired)
 Frank Rowan, MD Justin Chandler, MD
 Peter Dallforf, MD David Thompson, MD
 John Graves, MD Dominic Mckinley, MD
 Mark Dumonski, MD Hao Wang, MD

Services provided include:

- Orthopaedic Surgery
- Therapy Services
- Diagnostic Services
- Worker's Comp/IME
- Sports Medicine
- Sports Physicals
- Industrial Rehabilitation



Ask The Lawyer

By Karen McKeithen Schaeede

Have a question about the law?

Send your questions to

KSchaede@ConnorsMorgan.com

Q: What is the difference between a healthcare power of attorney and a durable power of attorney?

A: To understand the difference between a healthcare power of attorney and a durable power of attorney, it is helpful to first understand how the two are the same. Because both documents are a form of power of attorney, they both allow the person appointed in the document (the agent), to make legal decisions and act on behalf of the person who is creating the document (the principal).¹

The difference between a healthcare power of attorney and a durable power of attorney is that a healthcare power of attorney only allows the agent to make health care decisions on behalf of the principal when the principal is unable to make or communicate decisions on their own behalf. For example, if the principal becomes unable to make decisions for himself due to mental illness, unconsciousness, etc., then the agent may step in and begin making healthcare decisions for him.²

Unlike the healthcare power of attorney, the durable power of attorney allows an agent to make business, financial and legal decisions for the principal. Instead of waiting until the principal becomes unable to make decisions for himself, the agent may start acting for the principal as soon as the document is signed. However, the principal can always choose for it to take effect at a later time (ex: when he/she becomes unable to make his/her own decisions).³

¹See, e.g., N.C.G.S. §32C-1-102 (2017).

²Matthew Bender & Co., Inc., Murphy's Will Clauses § 20.08 (2019).

³See, e.g., N.C.G.S. §§32C-1-109, 32C-1-103, 32C-1-104 (2017).

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.

PENNYBYRN EMBARKING ON MAJOR EXPANSION TO BENEFIT LOCAL RESIDENTS AND BROADER COMMUNITY

Pennybyrn, a senior living and healthcare community located between High Point and Jamestown, NC, will invest approximately \$35 million in a major expansion and enhancement project. Construction is anticipated to begin sometime next year.

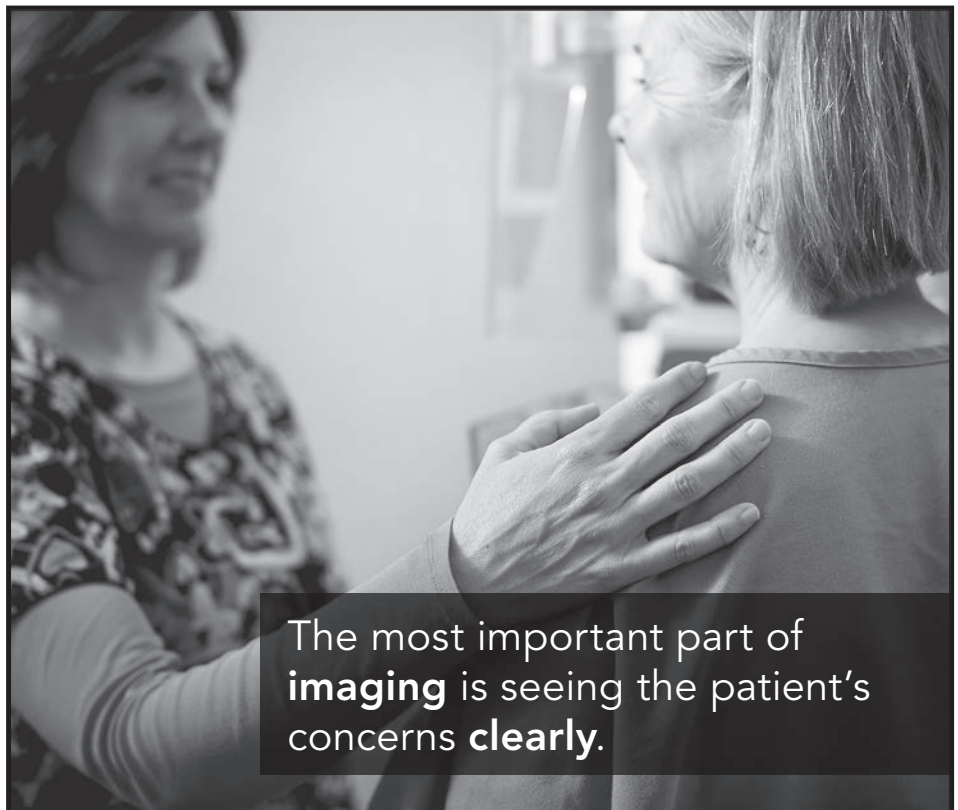
“This investment will enhance the services currently provided to our residents, and will also offer additional new services to the broader Triad community,” said Rich Newman, president, Pennybyrn.

Pennybyrn will develop a **stand-alone transitional rehab center**, to be known as the “Lillian Congdon Transitional Rehab Center.” This center will allow individuals to receive short-term rehab support with the care and hospitality experience that Pennybyrn has delivered for over 70 years.

An **adult day enrichment center** will also be added to the Pennybyrn campus as well as refurbishment of the healthcare households and assisted living areas of the community.

Due to continued and growing demand, the project will also include approximately 40 new

independent living apartments and enhancements to Pennybyrn’s dining venues, fitness center and other general areas of the Pennybyrn community.



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



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



ARE YOU REALLY LISTENING?

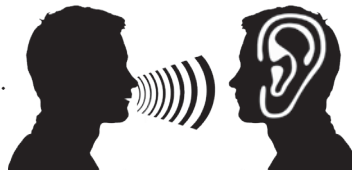
Listening is tough. It requires physical, emotional and intellectual presence. It is an authentic expenditure of time and energy and, truth be told, it can wear you out. For many, paying that caliber of attention costs too much. Have you ever tried to pass off counterfeit listening for the real thing?

- **DISTRACTED** – engaging in an obsessive relationship with your phone or computer
- **PRETENDING** – trapped in your own head, fixating on what you might say next

Active listening is rare. Perhaps that's why it offers a huge return on your investment:

1. **Be present.**
2. **Seek to understand.**
3. **Resist judgement.**

When you gain insight, you gain respect. Try it at work.
 Or better yet, try it at home.
 Who will you actively listen to today?



THANKS TO OUR ADVERTISER

THE WELL•SPRING GROUP LAUNCHES NEW AMENITIES, ENHANCES FOCUS ON MEMORY CARE



The Well•Spring Group has opened new amenities at its flagship operation, Well•Spring, A Life Plan Community, and is enhancing services for those with memory needs through its home and community-based services, Well•Spring Solutions.

The new Resident Activity Center at the Life Plan Community features:

A new 340-seat theater, art studios, woodworking and hobby shop, rehearsal space and the Jo Safrit & Cathy Ennis Gallery, showcasing rotating exhibits of

artworks from the collection of UNCG's Weatherspoon Art Museum. In addition, the new Bauman Bistro, offering a more casual dining experience, complements the more formal Weaver Dining Room, which has been renovated.

Another branch of the company, **Well•Spring Solutions**, is enhancing programming for older adults with memory care needs. Its Henry Street location will transition to The Memory Care Center and serve seniors with a dementia diagnosis. Programming is rooted in evidenced-based research and today's best practices for dementia care. Services are person-centered and promote brain fitness.

Well•Spring also continues to help area residents and loved ones determine what their best care options are through its **Just1Navigator program**. Just1Navigator features a social worker who can be reached via one phone number. The Navigator will meet with the individual in need of service and/or their caregiver, provide – free of charge – an assessment of the person's situation, living environment and caregiver's abilities and recommend a strategy for addressing their new needs. This may include home care, adult day care, medication management and independent or assisting living, among other strategies.

Finally, The Well•Spring Group and Cone Health have extended their agreement for Well•Spring to manage The Village at Brookwood, a life plan community in Burlington owned by Cone, for another three years.

For more information regarding any of our services, please contact us through the Navigator at (336) 545-5377 or visit www.well-springsolutions.org.



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

GWS-305651

THE PUZZLER ???

What is the largest of seven?



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."

Relationships Can Either Increase or Decrease Your Stress

Here's how to use your relationships to minimize stress:

1) Learn to say NO.

Say no to people and things that drain you. Often, you don't set a boundary because you fear other people's responses. Maybe they will be angry or disappointed. Perhaps they will gossip about you or not like you if you don't help.

Yet, not taking on things that deplete you gives you space to fill your life with what nourishes you. And when you feel nourished, your stress level plummets. Remember, no is a complete sentence; you don't owe anyone an explanation for taking care of yourself.

2) Learn to say YES

Say yes to offers of support, or ask for help if you need it. You may resist, believing you don't deserve help, or nobody else will do it "right." Granting people who love you opportunities to assist you is a beautiful way to connect in your relationships. When you feel connected, you know that you are not alone and stress melts away.

3) Remember your oxygen mask.

When you fly, the flight attendants tell you to put your oxygen mask on before helping others. It's also true on the ground. If you are not resourced, you are no good to others. Fill your own cup first.

Otherwise, you end up exhausted and resentful.
Self-care is NOT selfish: YOU MATTER, TOO!




Cone Health Medical Group
Partnering for exceptional care.

BRUCE BARTON
Cone Health | CHMG
Director of Business Development / Practice Enhancement

Direct Dial: 336.663.5032 | Cell: 336.944.2969
Website: conehealth.com



May Clothing Drive Report

Thanks to each of you who so kindly participated in this year's event. The Women's Resource Center so desperately needed these items and will put them to good use. What a team!



PACE OF THE TRIAD

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




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



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 Asia.*

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

WellSpring
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 IR www.bipinc.com