



2019 SCHOOL SUPPLY DRIVE BENEFITS TEACHER SUPPLY WAREHOUSE



GMDM Community Service co-chairs Jill Vonderhaar (left) and Hope Jensen (right), both with Cone Health, are shown with Louise P. Courts (center), of the Guilford Education Alliance.

ABOUT THE PROGRAM

“Cybersecurity – Protect Your Company Against the Latest Cyber Threats.” Learn about cybersecurity risks that exist in today’s business world and what steps your organization can take to protect itself.

ABOUT THE SPEAKER

MIKE FARLOW, CEO - ComTech, is a founding partner and chief executive officer at ComTech. With offices in Graham and Greensboro, ComTech is in its 30th year of providing exceptional IT support and state-of-the-art phone systems to businesses throughout central North Carolina. Mike excels at helping customers improve their productivity through technology. He spends most of his time working on network design and developing innovative solutions to meet client needs.



Mike Farlow, CEO

“Supply drives like the one held by GMDM help us stock the warehouse shelves with much-needed supplies.”

Crayons, notebooks, markers, pencils, backpacks. Members of the Guilford Medical and Dental Managers (GMDM) stepped up to help teachers equip their classrooms this fall, bringing a wide array of items to the group’s August meeting for a supply drive benefiting the Teacher Supply Warehouse.

“The average teacher spends \$1,000 or more out of their own pockets each year on classroom supplies,” explains Louise Pinckney Courts, development director for Guilford Education Alliance, which sponsors the Teacher Supply Warehouse.

The warehouse is open year-round, and Guilford County Schools (GCS) teachers are able to shop there up to four times a year for supplies – all at no cost.

“Supply drives like the one held by GMDM help us stock the warehouse shelves with much-needed supplies,” says Courts. “Every GCS teacher that shops with us is always so grateful when they see how much the community cares and wants to support them.”

In its tenth year, the annual Teacher Supply Warehouse drive is a project of GMDM’s Community Service Committee.

GMDM SOCIAL

October 10, 2019

Café Pasta on State Street • 5-7 p.m.
 A great opportunity to network!

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, September 18, 2019
 11:30–1:00 p.m.

Buffet line opens at 11:20 a.m.

Meeting Place:

Starmount Forest Country Club

Program:

Cybersecurity – Protect Your Company
 Against the Latest Cyber Threats

Speaker:

Mike Farlow, CEO - ComTech

Cost: \$20.00 for a guest



MESSAGE FROM THE PRESIDENT

Jamie Alston

With the arrival of September, we are reminded that a seasonal change is upon us. While some of us are excited for the longer days, crisp and cooler temperatures and changing of the leaf colors, others may not be so enthusiastic. While change is inevitable, how we approach it can make the experience better or worse.

Healthcare is in a fast-paced, forward-moving change pattern at this very moment. Patients across the state of North Carolina are suddenly being forced to make decisions about their healthcare that they probably weren't ready for. They are being hit with a change that can make a huge impact on their quality of life. Making a change can cause stress on the body and tension in your mind. It can overwhelm you if you let it.

I think it's important to remember, that no matter what season of our life we are in, the patients that we serve are also in a season. Let me challenge you to show extra compassion and patience, and don't forget to offer a listening ear. You could be the key to getting them through their difficult moments. You could be the one that offers that small piece of advice to help them make a better decision about their healthcare options. And in helping them with a smile, you may also find help in your moments of change.

Jamie

GETTING TO KNOW YOU – ACTIVE MEMBER



NAME AND PRESENT POSITION: JODI KOLADA, MGS, is the director of Business and Caregiver Outreach with Well-Spring Solutions.

GMDM COMMITTEES SERVED ON/ JOINED: Re-joined in 2019 when my role changed at Well-Spring Solutions. Glad to be back!

CLUBS/ORGANIZATIONS OUTSIDE

GMDM: Triad Retirement Living Association (TRLA).

EDUCATION: Bachelor of Arts, Rutgers College, NJ; Master of Gerontological Studies, Miami University, OH.

HOMETOWN/FAMILY: Born and raised in New Jersey. I have lived in Greensboro for over 12 years with my husband Mark, son Spencer and daughter Sally. Our family grew last summer when we adopted our dog Rocky.

HOBBIES: Reading, listening to music, travel, walking and trying new recipes.

I WOULD LIKE PEOPLE TO

REMEMBER ME AS: Kind, loyal, fun to be around and reliable.

WAYS TO RELAX: Reading; watching HGTV and Food Network.

COMFORT FOOD(S): Mostly any carbs and cheeses!

FAVORITE TRAVEL SPOT: The beach and mountains both bring me peace.

FAVORITE MUSIC/BOOK: I am so grateful for music and books! My favorite bands include Foo Fighters and Rush. I read a lot and especially enjoy historical fiction.

COMMENTS ABOUT GMDM: GMDM offers quality education programming, and great opportunities to network and serve the community.

OUR SPOTLIGHT THIS MONTH

IS ON:

Well-Spring SOLUTIONS

Well-Spring Solutions, a member of The Well-Spring Group, offers a continuum of home- and community-based care services for older adults in Greensboro and High Point and throughout Guilford County, including The Memory Care Center (a comprehensive day program for seniors with a dementia diagnosis); four Connections sites (group respite memory clubs); home care; and Caregiver Support. Caregiver Support regularly provides important

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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.

educational opportunities on a variety of different topics and three monthly support groups to families in the community who are caring for a loved one with a chronic illness. Caregiver Support also includes staff to present to faith, civic and community organizations about caregiving issues. In addition, our Just1Navigator program offers a free assessment and customized care recommendation by a social worker to older adults and their families who are not sure what their best options are – whether that service is provided by Well-Spring or not.

Leadership in the organization includes:
President/CEO of The Well-Spring Group,
Steve Fleming

Executive Director of Well-Spring Solutions,
Chip Cromartie

Director of The Memory Care Center and Connections
Anita Brock-Carter



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 power of attorney and a conservatorship?

A: Timing is critical in understanding the difference between these two legal concepts. Both a power of attorney and a conservatorship provide an individual with the authority to make decisions regarding the financial matters of another person. However, a power of attorney is executed before a person becomes incapacitated, while a conservatorship is granted by a court after a person has become incapacitated.

When an individual has not yet become incapacitated, he may draft a legal document, called a power of attorney, to give authority to another individual to act on his behalf regarding his financial matters. Note that a power of attorney is created while the person is still competent. Through this document, he may designate a person (the “agent”) to handle his financial affairs and may limit the agent’s authority to certain financial activities if he wishes.

When the individual later becomes unable to make decisions for himself, the power of attorney may remain in effect for the agent to continue making decisions. On the other hand, if an individual has become incapacitated and never executed a power of attorney, the court may choose someone to manage the finances of the individual by granting a conservatorship.

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.

REMINDER:
**PLEASE REFER TO INSERT IN THIS NEWSLETTER REGARDING
UPCOMING COLLABORATIVE EVENTS WORKSHOPS ON
OCTOBER 2, 2019, AND NOVEMBER 6, 2019. SIGN UP NOW!**



Cone Health Women’s Hospital Welcomes

Ravi Shankar, MD

Board certified in maternal-fetal medicine, obstetrics and gynecology, Dr. Ravi Shankar specializes in providing high-risk pregnancy care.

The Cone Health Center for Maternal Fetal Care team includes perinatologists, genetic counselors, sonographers and registered nurses specially trained in providing care for both mother and fetus in complicated pregnancies. Our specialists partner with obstetricians and midwives to provide the best possible outcome for your patients.

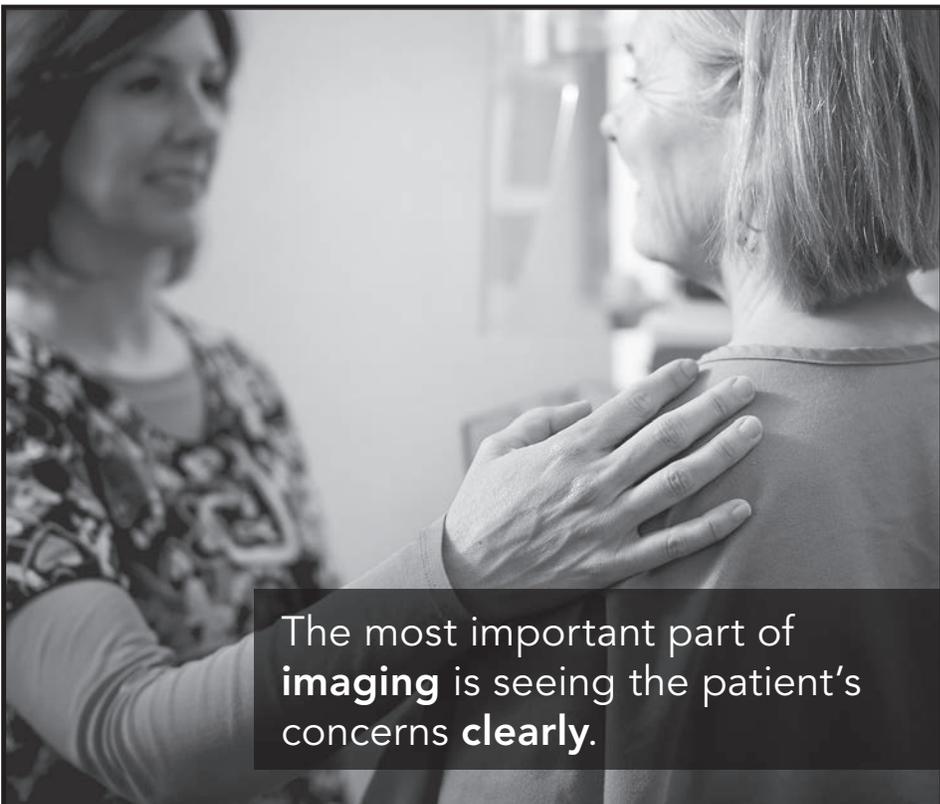


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IT'S NOT ABOUT THE WORK

What if work is better than tasks, products, profitability and bonuses?

What if work is really about things more important than the work itself?

What if the alarming rate of burnout is a symptom of focusing on the wrong things?

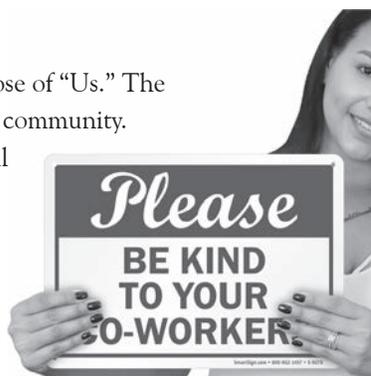
Give yourself permission to reclaim what's being neglected.

Focus on the right things:

1. **YOU:** Most of your adult life is spent at work. Transform it into a place where you can figure yourself out. Take responsibility for your individual growth, uncover your strengths, and look your shortcomings in the eye. Dare to ask yourself tough questions and receive honest feedback from a source you trust ... even if that source is the quiet voice in your heart you tend to ignore.
2. **THEM:** Coworkers are powerful teachers. Some serve as invitations, and others serve as warnings. Learn from them all. They'll teach you how to listen, gain understanding, compromise, negotiate and empathize. With and through others, you have the opportunity to follow, lead, make mistakes and resolve conflict. Without "Them," you won't become fully "You."
3. **US:** "You" vs. "Them" prevents the shared purpose of "Us." The magic of shared purpose is synergy, meaning and community. Success is much sweeter and failure is less painful when it's shared.

Stop worrying about the work.

Start caring for the people who make the work worth it.



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THE PUZZLER ???

What is the southernmost U.S. state?

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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YOUR EARS AND ALTITUDE

Shannon Frymark, Au.D.
Doctor of Audiology
Aim Hearing and Audiology Services

Dr. Frymark is licensed by the state of North Carolina, earned her certificate of clinical competency (CCC-A) from the American Speech-Language-Hearing Association, is a fellow of the American Academy of Audiology, and is a member of the North Carolina Speech, Hearing & Language Association as well as the Hearing Loss Association of America.

6 Tips for a Comfortable Flight

You're cruising at 39,000 feet, seat reclined, in-flight movie rolling along, when the pilot announces, "Ladies and gentlemen, we're beginning our descent. Please put your seats and tray tables in the upright position, and prepare for landing." Soon your ears are feeling full, you can't hear, and the flight can't end soon enough. What's going on? You're experiencing the common effects of altitude-related air-pressure changes in the middle ear, which can cause clicking and popping, ear pain or blockage, general discomfort, and even temporary hearing loss.

The good news? A few simple steps can go a long way toward preventing or limiting the problem.

Normally the eustachian tube, a narrow passageway from the ear to the back of the nose, helps keep pressure in the ear relatively equal. When external pressure changes quickly, however – like in air travel – your body might need a little extra help to get the ears back on track and help you feel like yourself again.

What Can You Do?

Try special earplugs specifically made for flying. These plugs are made to restrict airflow and stabilize pressure buildup in your eardrums.

You may need to postpone air travel if you're especially congested or experiencing intense allergies. Doing so could reduce the risk of severe discomfort or permanent damage to your eardrums and middle-ear systems.

Consider taking a decongestant pill or using nonprescription nasal spray as needed about an hour before descent to help ease ear popping. First, check with your doctor to ensure it's safe for you to take one of these medications.

Yawn, swallow, chew gum or suck on your favorite hard candy before the plane's ascent and descent. This helps the eustachian tube equalize air pressure inside the ear.

Hold your nose, close your mouth and softly blow without exhaling air, helping ease pressure within the ear – as long as you don't have a sinus infection.

If your ears don't return to normal after a few days, it's time to seek the help of an experienced professional who can examine your ears and determine the best solution.



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MEMBER NEWS

With Sympathy

Myrna Angle, a longtime GMDM associate member, lost her husband, Stanley B. Angle, Jr., on August 13, 2019. Our deepest sympathy is extended to Myrna and her family.



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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