



A Monthly Newsletter

February 2020

2020 COMMITTEE CHAIRS

SIGN UP TO SERVE ON A COMMITTEE BY EMAILING THE CHAIR



EDUCATION PROGRAMS

Wayne Ford – Innovative Financial Solutions
 Plans programs for luncheon meetings.
 wayne.ford@lpl.com



BOSSSES' NIGHT

Nedra Baldwin – PACE of the Triad
 Plans annual event honoring our bosses.
 nedra.baldwin@pacetriad.org



COLLABORATIVE EVENTS

Lisa Hmiel – Home Helpers Home Care
 Plans healthcare seminars and teaching sessions with other associations/organizations.
 lhmiel@homehelpershomecare.com



SOCIAL MEDIA/WEBSITE MAINTENANCE

Bob Ring – MICA Information Systems
 Maintains website /connects members to upcoming activities.
 bring@micamedical.com



COMMUNITY SERVICE

Tyler Hmiel – Home Helpers Home Care
 Allocates funds for worthy community projects.
 thmiel@homehelpershomecare.com



SCHOLARSHIP

Jennifer Arrington – Vascular and Vein Specialists
 Searches for candidates for area medical/dental scholarships.
 jennifer.arrington@conehealth.com



COMMUNICATIONS

Shay Rumsey – Medical/Dental Communications
 Publishes monthly newsletter/contracts advertising.
 shayrumsey@northstate.net



RESUME RESOURCES

Teresa Rakestraw – Wendover OB/GYN
 Retains resumes for distribution to GMDM members seeking to fill office positions.
 ta.rakestraw@wendoverobgyn.com



GOLF

Bruce Barton – Cone Health Medical Group
 Plans annual golf tournament.
 bruce.barton@conehealth.com



MEMBERSHIP/HOSPITALITY

Kevin Pearce – Hospice and Palliative Care of Greensboro
 Seeks out new members/encourages member retention.
 kpearce@hospicegso.org

FOR YOUR INFORMATION

ABOUT THE FEBRUARY PROGRAM AND SPEAKER

PROGRAM TITLE:

“How to Harness Your Brain Power and Increase Your Productivity”

(See Date and Time of Meeting on Page 2.)

DR. KAREN POLLARD earned her doctorate in clinical psychology from University of La Verne in Los Angeles, California. She then specialized in clinical neuropsychology at the University of Virginia.



Dr. Karen Pollard

Pollard has worked with thousands of people to help them gain a greater understanding of how their brain works and offer them individualized suggestions for how to maximize their brain's potential. About a year ago, she founded Brain Power Advisors, which uses a 3-step process to help people unlock the unique processing power of their brain in order to increase efficiency and reduce stress.

In her personal life, Pollard is the married mother of two young daughters. She is also an adventurer; she was recently part of a group that raised funds to start a cervical cancer screening clinic in Tanzania and, while there, she and her team climbed Mt. Kilimanjaro. In her spare time, she enjoys swimming, playing the piano and playing poker.

THANKS TO OUR 2020 BOSSES' NIGHT SPONSORS

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PENNYBYRN AT MARYFIELD
 Pamela Olson
GREENSBORO IMAGING, THE BREAST CENTER
 Mary Jean Nelson
 Allison Fuqua

BRONZE

HOME INSTEAD
 Debi Bryant



MESSAGE FROM THE PRESIDENT

Pamela Olson

February is known to many as the month of “love.”

One of the many reasons I love being a GMDM member is our dedication to philanthropic efforts. GMDM actively supports several organizations throughout the year, offering members the opportunity to donate time, goods or money to Guilford County residents.

In 2019, GMDM provided support to the following initiatives:

- Urban Ministry Food Bank*
- Teacher Supply Warehouse*
- Guilford Medical & Dental Managers Scholarship Fund*
- Salvation Army Toy Drive*

A special thank you to our 2019 Community Service Committee co-chairs Hope Jensen and Jill Vonderhaar for their commitment and dedication to community service efforts last year.

If you are interested in playing a more active role, please consider joining the Community Service Committee. Opportunities are arranged for members to donate time and/or resources to charitable organizations. You can contact our 2020 Community Service chair Tyler Hmiel to learn more.

Thank you all for your continued support of GMDM. Let’s continue to share love not just in February, but all year long.

Pamela

GETTING TO KNOW YOU – ASSOCIATE MEMBER

NAME AND PRESENT POSITION:

MIKE MEITL is a Business Banker II at First Citizens Bank.

GMDM COMMITTEES SERVED ON:

Membership Outreach and Hospitality.

EDUCATION: Shenandoah University, 1997; UNC-G, 2002, Bachelor of Science with a concentration in small business studies.

HOMETOWN/FAMILY: I was born in Springfield, IL, but grew up in Ellicott City,



MD. My mother was a sixth grade English teacher, and my father worked for HCFA, which became the Centers for Medicare and Medicaid Services. I met my wife, Heather, in school at UNCG, and we have been married for 11 years. I have two kids: Nick, 8, (my athlete) and Jacob, 10, (my technology kid).

HOBBIES: I love sports! I still play pickup basketball Tuesday and Thursday mornings at the YMCA and, in the summer, I play in the Triad Adult Men’s Baseball League. When I’m not playing sports, I am usually watching sports ... Go, Ravens, Cubs and the University of Maryland!

FAVORITE BOOKS/AUTHORS: Being the son of an English teacher, you would think I would read a lot of books, BUT – as my mother loves to point out – the last book I read was The Old Man and the Sea for my seventh grade book report.

COMFORT FOOD(S): Burgers, steaks and seafood.

COMMENTS ABOUT GMDM: What a blast! I was very nervous when I joined because I am extremely busy at work and do not have a lot of time, but everyone has been so nice and welcoming. I really enjoy the speakers, and Starmount is such a nice place.

SOMETHING YOU MAY NOT

KNOW ABOUT ME: Since this is a lunch meeting, I will share that I was in a all-you-can-eat, peel-and-eat shrimp competition sponsored by Old Bay Seasoning. My mom (the English teacher) entered a 100-word essay on how much I love Old Bay Seasoning, and they flew me to Florida, with a chance to win \$10,000. Unfortunately, I came in 2nd place, but it was a great experience.

OUR SPOTLIGHT THIS MONTH

IS ON:



First Citizens Bank

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Danny Rudisill, President



MEMBERS

The best way to network is to sign up for a committee. See Page 1 for committee information.

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, February 19, 2020
11:45–1:00 p.m.

Buffet line opens at 11:30 a.m.

Meeting Place:

Starmount Forest Country Club

Program:

“How to harness your brain power and increase your productivity”

Speaker:

Dr. Karen Pollard
Clinical Neuropsychologist

Cost: \$20.00 for a guest

THE PUZZLER???

What is a site for tying knots?

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: I have heard a great deal of discussion about advance practice nurses getting more autonomy in the work place. Is this true?

A: The Federal Trade Commission (FTC) is supporting bills by several states that would allow advanced practice registered nurses to treat patients without physician oversight. The FTC has identified research that indicates advanced practice RNs are as sage and effective as independent doctors. It is believed that the excessive restrictions on advanced practice RNs can hurt competition and increase the physician shortage.

Many physician groups have pushed back against proposals to broaden scope of practice for advanced RNs. Physician groups claim that patient safety is a factor. Twenty-two states and the District of Columbia currently permit independent prescribing by advanced practice nurses. Unfortunately, at this time, North Carolina is not one of them. North Carolina does allow nurse practitioners to write prescriptions, but they still must have a collaborative agreement with a physician.

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.



- Sign up for a committee and begin networking and serving our community!
- Send in your GMDM membership renewal



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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MEMBER NEWS



CONGRATULATIONS to GMDM member NIKKI BARBER, now NIKKI SWANSON, who was married recently to Matt Swanson at Elkin Creek Vineyard in Elkin, NC. Nikki is the practice administrator for the Barber Center for Plastic Surgery.

HAPPY ANNIVERSARY TO PIEDMONT PRINTING & GRAPHICS, INC., which is celebrating its 30th year in business.

Piedmont Printing is represented in GMDM by Danny Rudisill, owner of the printing company.

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



BUSINESS IS PERSONAL

It's business ... it's not personal."

This cliché has masqueraded as an acceptable opener to tough conversations for far too long.

When people are on the receiving end of this phrase, they may have a poker face on the outside, but their heart is racing on the inside. They know things are going to get very personal. Suggesting that business isn't personal damages your credibility as a leader and convinces employees that you're out of touch.

Business has always been personal. Why? Because people are involved.

Work is intimately connected to our identity and our livelihood.

When it's time for the inevitable challenging conversation, don't default to insincere platitudes. Reciting them to settle your nerves frays the nerves of your listener.

Consider starting with honest words: *This will be a difficult conversation for both of us. Let's start by sharing our unique perspectives and then discuss how we can work towards a resolution.*

Align your words and actions with truth ... even when that truth is hard to share.

BOSSSES' NIGHT HIGHLIGHT

Mark Cheek of Lab Corp, a Gold Sponsor of Bosses' Night, with PACE of the Triad employees



Left to right: Nedra Baldwin, GMDM member; Dr. Lakeshia Entzminger, Mark Cheek, Quanda Fisher-Jones



Imaging care on your schedule

Novant Health Imaging Triad

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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Remarkable Care, with You in Mind

When it comes to healthcare, you deserve a team of providers committed to your every need. Novant Health Imaging Triad strives to provide the most remarkable patient experience in every dimension, every time. That's why we have designed our facility to provide patients with comfort and peace of mind, all while offering the most advanced technology in medical imaging.

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- Walk-ins welcome for CT and X-ray
- Lower out-of-pocket cost
- 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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 Greensboro, NC 27405
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To schedule an appointment:

Call 855-794-XRAY (9729)

Or fax an order to 336-659-2362

A HISTORY OF OUR EVENTS AND DONATIONS

Our **FIRST BOSSES' NIGHT** was held in 1985, five years after GMDM was officially organized in 1980. Bosses' Night has been held every year since.

SCHOLARSHIPS have been awarded to medical and dental students in the Triad since 2000.

SALVATION ARMY TOY DRIVE was first held in 2009 and has continued for the past 10 years.

CLOTHING DRIVE for the Women's Resource Center began in 2009 and continues as a major community service project.

SCHOOL SUPPLY DRIVE for the Teacher Supply Warehouse has provided generous donations of a variety of school supplies to our schools for the past 10 years.

GMDM CHARITY CLASSIC GOLF TOURNAMENT is in its ninth year in 2020. Proceeds from the event benefit various charitable organizations and provide funds for GMDM scholarships.

OVER THE YEARS, GMDM HAS MADE DONATIONS TO THE FOLLOWING ORGANIZATIONS:

Victory Junction
Arc of Greensboro
Big Brothers/Big Sisters
Camp CareFree
Kids Path
Guilford County Hospice
Out of the Garden Project

BackPack Beginnings
Cone Health Dental Clinic
Smile for a Lifetime
After Gateway
Make-a-Wish Foundation
Urban Ministry
Guilford Community Care

MORE BOSSES' NIGHT HIGHLIGHTS!



Left to right: Debi Rryant and Andy Womack, Home Instead Senior Care, Inc.; Lisa Haymore, Guilford Orthopaedic & Sports Medicine Center



Left to right:
Nedra Baldwin
Pace of the Triad;
Roger Roper,
Cone Health;
Chip Cromartie
Well•Spring
Solutions;
Kimberly Mikaelian,
Bosses' Night chair

Left to right:
Jodi Koloda and
Nicole Reynolds,
Well•Spring



Left to right:
Mary Jean Nelson
and Allison Fuqua,
Greensboro Imaging;
Teresa Rakestraw,
Wendover OB-GYN
& Infertility



Left to right:
Roger Roper and
Bruce Barton,
Cone Health;
Chip Cromartie,
Well•Spring Solutions

Left to right: Pamela Olson, president of GMDM,
and Vonda Hollingsworth,
Pennybryn



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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:

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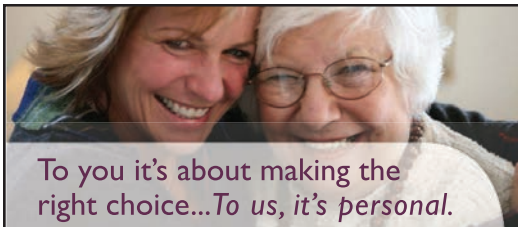


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