

**JOIN US FOR
A VIRTUAL MEETING
WEDNESDAY, JUNE 17, 2020
12 - 1 P.M.**

Due to the continued impact of COVID-19, the June GMDM luncheon has been cancelled.

A virtual meeting will be held instead, covering the timely and important topic outlined on the right column of this page.

Watch your email for more information on how to participate from your desk in this free meeting. Hope you will join us.



MEDICAL TEAMS HAVE A SAFER WAY TO TRANSPORT COVID-19 PATIENTS

A Greensboro company converts ambulances into rolling negative pressure rooms.

Thanks to a bit of ingenuity and a Greensboro company, Cone Health has two specially equipped ambulances for transporting people with COVID-19. The CareLink vehicles were modified by ServPro of Greensboro North.

ServPro installed HEPA filtration systems that clean the air in the confined 587 sq. ft. patient care area in the back of an ambulance and safely vent it outside. "We are right here with our staff and patients. Using this type of ambulance has decreased staff anxiety in transporting COVID-19 positive patients," says Mark Young, RN, director, Cone Health CareLink.

The innovation boosts confidence in caring for COVID-19 patients, but CareLink team members and teams in other ambulances use full protective equipment for their safety and the safety of all patients.

The negative pressure ambulances have been used in more than 60 transports since they arrived in April.

JUNE VIRTUAL MEETING

TITLE:

"Six Sleep Secrets That Will Boost Your Productivity"

ABOUT THE PROGRAM:

A bad night's sleep is doing more than making you tired. It is costing you in the form of reduced productivity, lack of focus and decreased energy. During this discussion, you will learn how to pinpoint lifestyle patterns that are sabotaging your sleep – and develop strategies to get the sleep you need, so you can feel energized, focused and productive every day!

ABOUT THE SPEAKER:

Cheri M. Timmons, LCSW, CHC

CHERI TIMMONS is a licensed clinical social worker, certified health coach and yoga teacher in Greensboro, NC. She is the founder of Cheri Timmons Coaching – a local health coaching practice specializing in helping mothers feel



energized, focused and connected by offering customized sleep coaching, access to yoga instruction and personalized goal-setting support.



Get the good night's sleep you've always wanted.

Online coaching to help you get better sleep, so you can feel energized, focused and productive every day!

Schedule a free online consultation: www.chericoaching.com

MESSAGE FROM THE PRESIDENT

Pamela Olson



Hello, fellow members! I hope that you and your loved ones are staying healthy during this time. I continue to be amazed by the kindness and generosity being displayed in our community.

Recently, I had the opportunity to participate in a parade for our healthcare residents at Pennybyrn. It was a very humbling experience. As I watched hundreds of family members and friends come through our campus, exchanging well wishes and “I love you’s” with their loved ones, I was amazed.

The mandated COVID-19 restrictions have taught me to slow down and to embrace the spontaneity. For me, this looks different every day. One day it may be participating in a parade; the next day it may be building a DIY slip-and-slide for my kids. The common emotion shared is having a grateful heart – appreciating each day and making the most of it. I encourage you to find spontaneity in your days and, most importantly, to embrace it.

I look forward to being reunited as soon as it is deemed safe to do so. Until then, please take care and be safe.

Love,
Pamela

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.

GETTING TO KNOW YOU – ACTIVE MEMBER



NAME AND PRESENT POSITION:
DARLENE HOFFMAN, sales, *Guilford Woman* magazine.

GMDM COMMITTEES:

Hospitality, Scholarship.

EDUCATION: Westminister Senior High, Westminister, MD; pottery instructor, Prince Georges County Community College, Maryland; pre-school and after-school teacher.

HOMETOWN/FAMILY: Westminister, MD. Raised on a beef cattle farm owned by James Bruce of New York City, ambassador to Argentina under JFK.

HOBBIES: Family, dog rescue, art, crafting, cooking, gardening, collecting cookbooks, theatre, Japanese art, soaps.

FAVORITE BOOKS/AUTHORS: Stephen King, Charlaine Harris, dog-and rescue related-books.

COMFORT FOOD(S): Chocolate, Maryland steamed crabs and crabcakes, homemade black raspberry ice cream, pickles.

COMMENTS ABOUT GMDM: Very nice group of people; always willing to help others with great teamwork and fun.

SOME THINGS YOU MAY NOT KNOW ABOUT ME: I barely survived a life-threatening case of septic shock three years ago, but I did survive, thanks to the amazingly dedicated medical staff at Cone Hospital!

I’m a Mickey Mouse fanatic.

I couldn’t wait to leave the farm where I grew up, and now I would love to return there.

I managed and sold advertising for 15 years for the *Jamestown News* and the *Adams Farm Gazette*.

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

OUR SPOTLIGHT THIS MONTH

IS ON:



Guilford Woman magazine has been published for over 14 years and is distributed county-wide as a free publication. The magazine celebrates the success of women, highlighting professional women in Guilford County. *Guilford Woman* can be found in medical professionals’ waiting rooms, Cone and Novant and affiliates’ locations, beauty salons and spas, restaurants, and virtually anywhere you’d find a woman who has to sit and wait for any length of time.

Guilford Woman appreciates the thousands of dedicated readers of its printed magazines and online editions.



Ask The Lawyer

By Karen McKeithen Schaede

Send your questions to
KSchaede@ConnorsMorgan.com

Q: My employees are working from home. What can we do to protect ourselves from data breaches?

A: There are some ways employers can limit their liability with employees working from home.

Make sure laptops are provided, whether they are business or professional grade. This can be done by purchasing from a manufacturer rather than a retailer. Make sure they have Windows 10 Pro and are 64-bit.

It may be that you need to purchase an on-site warranty for the first two to three years. That way, if there are problems, someone will come to you instead of you trying to ship equipment to the company.

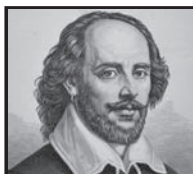
If you want your employees to access their work computers, this must be done by virtual private network or Remote Desktop Protocol.

To access files, SharePoint can be used or Google OneDrive.

If phone calls are needed, Google Voice can be used to forward them to personal phones so that a person can make and receive calls on his/her computer or with a headset.

These are just a few suggestions to get your office up and running at home.

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.



Just a reminder that when Shakespeare was quarantined because of the plague, he wrote *King Lear*.

– Singer Rosanne Cash

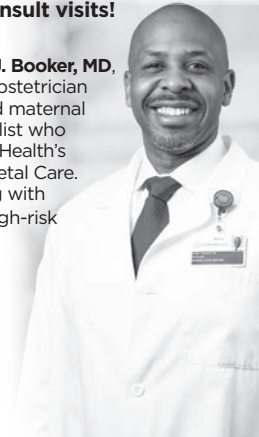
Exceptional Care for High-Risk Pregnancies

Available for same-day and/or scheduled virtual consult visits!



Ravi Shankar, MD, is board certified in maternal fetal medicine, obstetrics and gynecology. Dr. Ravi Shankar specializes in providing high-risk pregnancy care. He is Medical Director for Cone Health Center for Maternal Fetal Care.

Corenthian “Corey” J. Booker, MD, is a board-certified obstetrician and gynecologist and maternal fetal medicine specialist who recently joined Cone Health’s Center for Maternal Fetal Care. He enjoys connecting with families to address high-risk pregnancy needs.



CONE HEALTH
 Center for Maternal Fetal Care

For scheduling, call **(336) 832-6986**.
 Visit ConeHealth.com for more information.

520 N. Elam Avenue, Second Floor, Suite B, Greensboro, NC | Hours: Monday - Friday, 8 a.m. - 5 p.m.

The care between questions



Our preventive and diagnostic care helps give patients a clear idea of what’s next, so they can move forward with confidence.

**GREENSBORO
 IMAGING**

greensboroimaging.com

and answers.

REMEMBER YOUR FATHER ON FATHER’S DAY, SUNDAY, JUNE 21

- The most important thing a father can do for his children is to love their mother. - Theodore Hesburgh
- It doesn’t matter who my father was; it matters who I remember he was. - Anne Sexton
- My father always told me, “Find a job you love and you’ll never have to work a day in your life.” - Jim Fox
- Some may own castles on the banks of the Rhine and hire orchestras each morning at nine. But richer than I they will never be. I have a dad who spends time with me. - Becke Schindler



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



HOW TO GAIN THE MOST FROM INVESTING IN PEOPLE

Investing in people makes good business sense.

To gain the most from your learning and development commitment, be sure to make it:



1. **Cultural:** Professional development should be present at every level of your organization. It will be taken seriously when leaders first model the skills and behaviors they expect from others.
2. **Ongoing:** Learning is not a one-time event. It's a process that occurs regularly and over time. A tool can't transform into a skill without consistent practice.
3. **Applicable:** Ensure the skills being pursued are relevant to role success.
4. **Supported:** Reinforce and refresh your learning by holding yourself and others accountable with follow-up coaching.

It takes more than a budget to reap a strong ROI from developing your people.

It requires time, attention, and yes ... patience.

Having an engaged, loyal and skilled workforce is not only a huge payoff ... it's your ultimate competitive advantage.

THANKS TO OUR ADVERTISER



PACE of the Triad is a nonprofit health and human services agency committed to the wellness of seniors and to improving the autonomy and quality of their lives. PACE is a Program of All-inclusive Care for the Elderly that provides community-based care and services to individuals who need nursing home-level care, but want to remain at home. Available services include, but are not limited to, an adult day health program, medical care, rehab therapies, transportation, home health, medications and supplies.

PACE of the Triad accepts Medicare, Medicaid and private payment. With the exception of emergency care, all services must be approved in advance by PACE of the Triad. Participants may be fully and personally liable for the costs of unauthorized or out-of-PACE program agreement services.

To enroll in the PACE program, participants must be 55 or older, residents of Guilford or Rockingham counties, able to live safely in the community and determined by the N.C. Division of Medical Assistance to be eligible for a nursing home level of care.

For more information, call 336-550-4040 or visit www.pacetriad.org.

PACE of the Triad is represented in GMDM by Nedra Baldwin.



THE PUZZLER ???

What is a common British snack pair?

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 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.

To schedule an appointment, call 336-272-2162.



11 PROVEN WAYS TO GET ALONG BETTER WITH EVERYONE

1. Before you say anything to anyone, ask yourself three things:
 - 1) Is it true?
 - 2) Is it kind?
 - 3) Is it necessary?
2. Make promises sparingly and keep them faithfully.
3. Never miss the opportunity to compliment or say something encouraging to someone.
4. Refuse to talk negatively about others; don't gossip, and don't listen to gossip.
5. Have a forgiving view of people. Believe that most people are doing the best they can.
6. Keep an open mind; discuss, but don't argue. (It is possible to disagree without being disagreeable.)
7. Forget about counting to 10. Count to 1,000 before doing or saying anything that could make matters worse.
8. Let your virtues speak for themselves.
9. If someone criticizes you, see if there is any *truth* to what he is saying; if so, make changes. If there is no truth to the criticism, ignore it and live so that no one will believe the negative remark.
10. Cultivate your sense of humor; laughter is the shortest distance between two people.
11. Borrowing from the "Peace Prayer of Saint Francis," do not "seek so much to be consoled, as to *console*; so much to be understood, as to *understand*; so much to be loved, as to *love*."



FUN TIMES AT PAST GMDM BOSSES' NIGHT
Good times coming in the future!



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



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.

A Program of All-Inclusive Care for the Elderly



For a tour or in-service 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 personal.*

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
TEA AND CRUMPETS

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