



NO MEETING IN JULY

Out of an abundance of caution while respecting restrictions in place, we will not hold our July 23 Social. As a reminder, the July 23 Social was replacing our July Membership Meeting.

We look forward to reconnecting in August. We hope that you and your family remain safe and healthy.

Please feel free to reach out to GMDM President **Pamela Olson** regarding any questions you may have. Email: polson@pennybyrnliving.org

NOTICE TO MEMBERS

The printed newsletters are mailed to members at their place of employment.

If you are not going in to your office, you can print the digital copy at: www.gmdm.org

Click on the newsletter dated "July" and print.

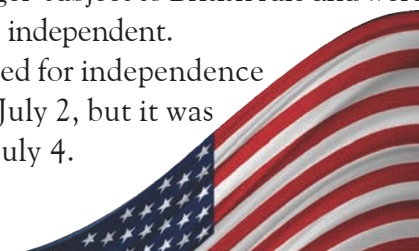


INDEPENDENCE DAY

Independence Day (also called the Fourth of July or July 4th) is a federal holiday in the United States commemorating the Declaration of Independence of the United States on July 4, 1776.

The document declared that the 13 American colonies were no longer subject to British rule and were now united, free and independent.

The Congress voted for independence two days earlier on July 2, but it was not declared until July 4.



LIFE'S LEARNED LESSONS

- Our background and experiences may have influenced who we are, but we are responsible for who we become.
- Even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.
- We are responsible for what we do, no matter how we feel.
- Either you control your attitude or it controls you.
- Maturity has more to do with the types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.
- No matter how bad your heart is broken, the world doesn't stop for your grief.
- You should never tell a child their dreams are unlikely or outlandish. Few things are more humiliating, and what a tragedy it would be if they believed it.
- Sometimes the people you expect to kick you when you're down will be the ones to help you get back up.
- Just because someone doesn't love you the way you want them to doesn't mean they don't love you with all they have.
- No matter how much I care, some people are incapable of caring back.
- It takes years to build up trust, and only a few seconds to destroy it.
- You can get by on charm for about 15 minutes. After that, you'd better know something.
- You can do something in a second that will give you heartache for the rest of your life.

**MESSAGE
FROM THE
PRESIDENT**

Pamela Olson



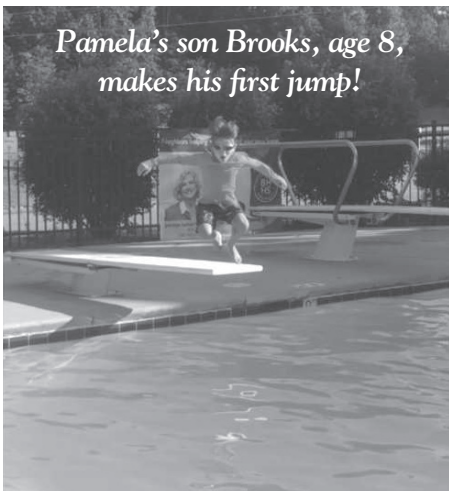
Welcome to Summer 2020! I am sure we can agree that this summer will look a bit different. As we continue to navigate our days, I hope this finds you and your family doing well.

I recently watched my son Brooks, who is 8, jump off a diving board for the first time. Being a witness to someone overcoming a fear is something I cannot describe. As I watched him step onto the diving board, my heart was racing. I encouraged him from the side and before I knew it, he took the jump! There are many unknowns as we continue during these uncertain times. In a way, we all have a personal diving board in our lives. Are you taking the jump? Or can you be someone's personal cheerleader?

As an organization, we remain committed to supporting our members. While we do look forward to being together, we must continue to abide by current restrictions. It remains unclear at what point we will be able to host our membership meetings in person. Until we can, please continue to engage with us via our virtual meetings. Education chair Wayne Ford continues to do an amazing job providing top-notch speakers monthly.

I hope you have a wonderful month, I look forward to reconnecting – soon!

Pamela



*Pamela's son Brooks, age 8,
makes his first jump!*

**GETTING TO KNOW YOU
– ACTIVE MEMBER**



NAME AND
PRESENT
POSITION:
NEDRA
BALDWIN,
Director of
Community
Engagement,
PACE of the Triad.

**GMDM COMMITTEES SERVED
ON/JOINED WHEN?**

I joined GMDM in 2012 and served as president in 2017. During my tenure, I have served as president-elect, past president and chair for Collaborative Events and Scholarship Committees. I am currently the chair of Bosses' Night.

CLUBS/ORGANIZATIONS

OUTSIDE GMDM: Triad Retirement Living Association, Rockingham Service Providers, Alpha Kappa Alpha Sorority, Inc.

HOMETOWN/FAMILY: I grew up in Fayetteville, where my parents currently reside. I celebrated 28 years of marriage to my husband Lamont this year. We are the proud parents of three adult children, Avionna, Jadah and Logan.

I WOULD LIKE PEOPLE TO
REMEMBER ME AS: Positive and purpose-driven.

WAYS TO RELAX: Traveling, gardening and walking.

FAVORITE TRAVEL SPOT: Aruba, Jamaica and any beach in the South.

COMMENTS ABOUT GMDM: I really value my membership in GMDM. I am amazed at the way the organization has been able to pivot during the pandemic and continue to offer support and useful educational presentations.

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Danny Rudisill, President

**OUR SPOTLIGHT THIS MONTH
IS ON:**



PACE is an acronym for Program of All-inclusive Care for the Elderly, a federally funded, national model of care for older adults with serious medical needs. PACE of the Triad coordinates the care of each participant enrolled in the program. PACE helps individuals continue to live in the community through comprehensive medical services and support including primary and specialty medical care, an adult day health program, rehab therapy, medical transportation and more. The facility, located at 1471 E. Cone Blvd, Greensboro, serves residents of Guilford and Rockingham Counties. PACE continues to enroll new participants during the pandemic. For more information or to make a referral, call 336-550-4040 or visit the website www.pacetriad.org.



**CONNORS
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Ask The Lawyer

By Karen McKeithen Schaede

Send your questions to
KSchaede@ConnorsMorgan.com

Q: Can employers require their employees to take the COVID-19 antibody test?

A: On June 17, 2020, the Equal Employment Opportunity Commission (EEOC) announced that employers may not require employees to take a test to detect COVID-19 antibodies because it would be a violation of the Americans with Disabilities Act (ADA). According to this guidance, an antibody test is a medical examination covered by the ADA. The CDC has explained that these antibody tests “should not be used to make decisions about returning persons to the workplace.” Therefore, such tests do not satisfy the “job-related business necessity” standard that is required to avoid liability under the ADA. However, COVID-19 viral tests that search for active cases are permissible for employers under the ADA.

Therefore, employers should be careful when screening their employees to return to the workplace. COVID-19 viral tests can be required, but antibody tests should only at most be encouraged. Anything more will constitute a violation of the ADA.

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.

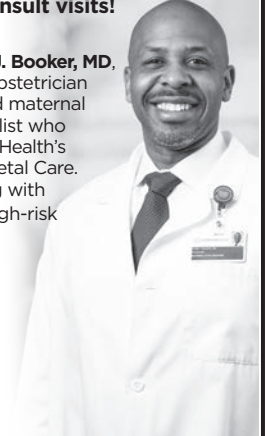
Exceptional Care for High-Risk Pregnancies

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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.



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WHO KNEW!

Who knew how many uses there are for coffee filters? And you can buy 1,000 at the Dollar Tree for \$1.00.

1. Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers.
2. Clean windows, mirrors and chrome. Coffee filters are lint-free, so they’ll leave windows sparkling.
3. Protect china by separating your good dishes with a coffee filter between each dish.
4. Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
5. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
6. Apply shoe polish. Ball up a lint-free coffee filter.



Oh, yeah! They’re great to use in your coffee maker, too!

MONTHLY E-COURAGEMENT

PROVIDED BY RICH SCHLENTZ, FOUNDER OF EXTRAORDINARY! INC.
VISIT RICH AT WWW.EXTRAORDINARYINC.COM
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EMBRACE YOUR DISCOMFORT ZONE

Your comfort zone is a great place to hang out.

It's where you feel cozy, confident and competent.

The downside? There's no room for growth.

Consider an area in your life where you'd like to improve:

- Communicating with impact
- Strengthening relationships
- Addressing conflict
- Navigating change
- Attracting feedback



Growth requires a journey into your discomfort zone, a space that feels ... well ...uncomfortable. (Not to mention scary and full of risk.)

Remember, the skills and abilities you have right now were, at one time, new and intimidating. Fear didn't stop you then. Don't let it stop you now.

Determine where you want to grow and why it's important to you.

Once you summon the courage to take your first step past everything you know, the adventure begins.

Don't get stuck in who you were or stay stuck in who you are.

Experience the freedom of who you are meant to be.

GROUP LAUNCHES NEW AMENITIES, ENHANCES FOCUS ON MEMORY CARE

The Well•Spring Group has broken ground on 24 new luxury apartments at its flagship operation, Well•Spring, A Life Plan Community, and offers a wide range of support for older adults with memory issues through its home and community-based services, Well•Spring Solutions.

Wildflower Square – a complex of 24 “hybrid” apartments – is slated to open in early 2022. Well•Spring is now accepting inquiries and deposits on the new units. The new residences will be located conveniently across from Well•Spring's Resident Activity Center, featuring the 350-seat Virginia Somerville Sutton Theatre, and in similar proximity to Well•Spring's dining venues and Aquatics & Fitness Center.

Wildflower Square will feature two floor plans – “Rosemary” and “Sage” units – both with two bedrooms and two bathrooms and ranging from about 1,700-2100 square feet. Spread over two buildings of three floors each, Wildflower Square will have covered parking beneath, balconies, high ceilings and open-floor concepts. Gas fireplaces are optional.

Meanwhile, another branch of the company, Well•Spring Solutions, has focused programming for older adults with memory care needs. The Memory Care Center on Henry Street serves 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 continue their partnership in which Well•Spring manages The Village at Brookwood, a life-plan community in Burlington owned by Cone.

For more information regarding any of Well•Spring's services, please contact the Navigator at (336) 545-5377 or visit www.well-springsolutions.org.



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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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GW5-305651

WOMAN AWAITS GRANDBABY FROM HOSPITAL LAWN

KIM LARRIMORE SAYS THIS IS THE SECOND-BEST THING TO BEING THERE.

“In this time of darkness, this is a blessing coming into our world,” said Kim Larrimore. And there was nothing – not a pandemic, riots or curfews – that was going to make her miss it. So, this grandma-to-be brought a chair, a tiara and a few signs to the front of the Cone Health Women’s & Children’s Center at Moses Cone Hospital to wait for the big event.

The idea came to Larrimore when she drove to the hospital on a false alarm. Knowing that visitors aren’t allowed inside because of the coronavirus risk, a large patch of grass in front of the building caught her eye, “Now that’s a thought,” Larrimore recalls thinking.

When her son Ben Overton and daughter-in-law Jordan Vines Overton came to the hospital June 1 from Winston-Salem, “I couldn’t stay at home,” Larrimore says. Around 5:30 the next morning, she put her plan into action. “I just asked the security guard if I could sit in the courtyard until the baby was born.”

A nurse saw her from the building and pointed the woman in a chair wearing a tiara and holding several signs out to Ben. “That would be my mom,” he said with a sigh.

Larrimore wasn’t alone. “The staff has been great. I can’t tell you how many people have asked if I needed anything, water or an umbrella. It’s been great.”

By early afternoon, family had joined her. Jordan’s parents, her grandmother and her sister arrived. Ben’s brother and a few friends came over. Larrimore’s homemade signs helped with communication. One asked the big question, “Girl or Boy?”

Just after 3 p.m., they got the answer – a boy: Roan Wallace Overton. The middle name is in honor of Larrimore’s late father. In the grass outside the hospital, she knew they were not alone. “We are surrounded,” she said, “by love.”



THE PUZZLER ???

What did Thomas Jefferson and John Adams have in common?

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 the name of the ad in which the answer appears to Shay Rumsey at shayrumsey@northstate.net



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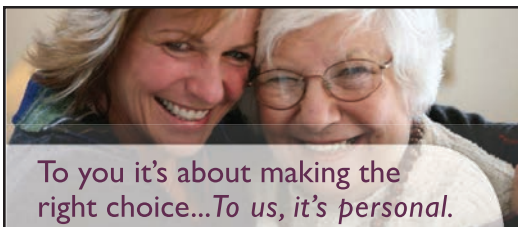
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Both died on July 4th

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