



JOIN US FOR A LIVE MEETING

FOR YOUR INFORMATION

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time: Wednesday, Nov. 18, 2020, 11:30–1:00 p.m.
Meeting Place: Starmount Forest Country Club
Program: *Strategies for Overcoming Anxiety, Procrastination and “I Don’t Wanna” Syndrome*
Speaker: Felicia Brown, licensed massage therapist
 Owner of A to Zen Massage, Greensboro

Cost: \$20.00 for a guest

ABOUT THE PROGRAM:

Strategies for Overcoming Anxiety, Procrastination and “I Don’t Wanna” Syndrome

Times have changed in a whirlwind. And though we all still have things to accomplish in our days, weeks and lives, some of us may find it more difficult than before to get motivated to start, let alone finish what we’ve set our sights on. Join award-winning author, speaker and entrepreneur Felicia Brown to learn simple ways to overcome the common “coronablocks” which keep you from achieving your goals. You’ll leave feeling ready to take action on your “have to” and “want to” lists ONE small step at a time.

ABOUT THE SPEAKER:

FELICIA BROWN is an author, speaker and consultant for businesses, as well as owner of A to Zen Massage in Greensboro. She is also a licensed massage and bodywork therapist.



Felicia has maintained a regular massage therapy clientele since 1994. She provides business and marketing coaching, as well as continuing education to massage, spa and wellness professionals and businesses. Additionally, she is a frequent speaker at industry conferences around the U.S. on topics including marketing, business practices, professional ethics and client communications. She has also consulted with hundreds of students and clients about serious workplace issues, including harassment/sexual harassment and embezzlement.

INSTRUCTIONS REGARDING SEATING, MASK WEARING AND MORE

- Guests will be seated in tables of three using 72-inch round tables.
- A plated lunch will be served. (No buffet.)
- Starmount staff is required to report if they have any symptoms of COVID. If they are symptomatic, they must quarantine immediately. Contact tracing is used to determine other staff and any members or guests they had contact with.
- A vacation clause is used for Starmount staff. If any staff member goes out of town to an unfavorable location with high COVID cases, Starmount requires employees to take a test upon returning home and stay out of work until they receive a negative test result. Starmount requires a written letter to verify.
- No mingling is allowed; guests must be seated at their tables upon arrival.
- All guests are required to wear a mask when in the building’s common areas, restaurant and meeting rooms, other than at their meeting tables.
- GMDM is responsible for asking each guest in attendance at our event to answer the following:
 - Have you tested positive or preemptively positive for the coronavirus or been identified as a potential carrier of the COVID-19 virus or similarly communicable illness within the last 14 days?
 - Have you experienced any symptoms commonly associated with the coronavirus in the last 14 days?
 - Have you been in direct contact with or in the immediate vicinity of any person you knew and/or now know to be carrying the coronavirus within the last 14 days?
- GMDM will conduct temperature screenings of all guests.



COMMUNITY SERVICE PROJECT FOR THE SALVATION ARMY

Please bring a gift card to benefit a child or senior to the November meeting. A suggestion is to give a \$50 Walmart gift card for a child and a \$25 food gift card for a senior. If you are unable to attend, you may send your gift cards directly to the Salvation Army.

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**MESSAGE
 FROM THE
 PRESIDENT**

Pamela Olson



Happy November! I hope our monthly newsletter finds you and your family doing well. It was great seeing many of you in person at our October meeting.

I hope you will make plans to join us in person on Wednesday, Nov. 18, at Starmount Country Club or virtually via our GMDM Facebook Live Stream. All health and safety protocols remain in effect. Refer to the front page of the newsletter for details.

November brings cooler temperatures, trees changing colors, and Thanksgiving. It is a time to reflect on thankfulness. 2020 has brought many uncertainties to us all, both personally and professionally. My hope for you is that you can reflect on what you are truly thankful for.

One thing that stands out to me is how thankful I am for GMDM's commitment not only to members, but also to those in need. We will hold our annual Community Service effort benefiting the Salvation Army at the November meeting.

Please bring a gift card to benefit a child or senior. You can provide a \$50 Walmart gift card for a child or \$25 food gift card for a senior. Your assistance is needed this year more than ever.

As the year ends, you can renew your membership with GMDM and join a committee. If you are looking to play a more active role in our organization, joining a committee is a great way to start. GMDM committees include: Membership and Hospitality, Community Service, Collaborative Events, Communications, Golf Tournament, Scholarship, Education, Social Media, Resume Resources and Bosses' Night. To learn more about each committee, you can visit our website (gmdm.org) or ask a board member.

Love,
 Pamela

**GETTING TO KNOW YOU
 – ACTIVE MEMBER**

NAME AND PRESENT

POSITION:
 LINDA PARHAM

is the clerical supervisor for Eagle Family Medicine @ Village and has been employed by Village for 29 years.



GMDM COMMITTEES: Served as treasurer for two years and interim treasurer for one year. Served on the Community Service Committee several years.

HOMETOWN/FAMILY: Grew up in McLeansville, NC, and reside still in McLeansville. Married to Tommy Parham for 49 years and have three children: Tommy Parham II, Julie McKeown, and Elizabeth Parham Graff. I have seven grandchildren.

FAVORITE BOOK: *The Notebook* by Nicholas Sparks.

FAVORITE MOVIE: *The Blind Side*.

FAVORITE TRAVEL SPOT: The Bahamas.

FAVORITE COMFORT FOOD: Snickers and butter pecan ice cream.

I WOULD LIKE PEOPLE TO REMEMBER ME AS: Being kind, friendly and always thinking of others first.

WAYS TO RELAX: Reading, making wreaths and enjoying time with my grandchildren.

COMMENTS ABOUT GMDM: Have met a lot of nice people in this organization who are willing to help others in the community. The speakers have been knowledgeable and have had helpful information to share with our organization.

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Danny Rudisill, President

OUR SPOTLIGHT THIS MONTH

IS ON:



**EAGLE FAMILY
 MEDICINE @ VILLAGE**

Eagle Physicians and Associates, P.A., is a physician-owned and physician-led, multi-specialty medical group, governed by an all-physician board of directors. Because our physicians own the practice, they govern and lead with compassionate and committed awareness that patient-centered, quality-driven care is the number one goal of Eagle. Eagle has chosen to remain independent and physician-owned as we feel that our physicians themselves are best able to define, support and implement best-in-class quality patient care measures.

Founded in 1985, we have grown over the last 25 years to 10 sites across the Triad, providing Family Medicine, Pediatrics, Obstetrics & Gynecology, Gastroenterology, Endocrinology/Endoscopy, and Sleep Medicine. We are nationally recognized as a Level 3 Patient-Centered Medical Home. Achieving the National Committee of Quality Assurance's highest recognition is a statement of our commitment to our mission of providing high-quality, supportive and compassionate care. The physicians and staff of Eagle Physicians work daily to help the Triad Stay Healthy™.



Ask The Lawyer

By Karen McKeithen Schaeede

Send your questions to
KSchaede@Revolution.Law

Q: What is EEOC Issues Guidance On Teleworking and Reasonable Accommodations After Reopenings?

A: In September, the United States Equal Employment Opportunity Commission (EEOC) published new guidance pertaining to COVID-19 and equal employment laws. The updates included discussions about how the accommodation requirements under the Americans with Disabilities Act (ADA) apply to teleworking employees.

Both employers and employees should be innovative about how to make reasonable accommodations for employees who are now working from home. However, teleworking employees may not require the same level of accommodation they would need in an office environment if they already have equipment in their home to help them perform their jobs.

Employers are not required to allow disabled employees to continue teleworking after reopening following the lift of COVID-19 restrictions but should look at if this could be an accommodation for the employee.

If an employer exempted an employee from performing their essential job functions while teleworking, that does not mean those essential job functions should be permanently disregarded by the employee.

Employers are never required to eliminate essential job functions as a reasonable accommodation under the ADA. Employers are encouraged to view COVID-19 teleworking as a "trial period" to see if employees with disabilities who have previously requested to work from home can in fact accomplish the essential functions of their job while working from home. As always, employers and employees should engage in an interactive process that is both cooperative and flexible in response to accommodation requests.

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 Revolution Law Group and the reader.

REMINDER

Bring Gift Cards to November Meeting or Send to Salvation Army.
(see the details below on this page)

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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GMDM NOVEMBER 18TH LUNCH MEETING

Adopt-An-Angel and Adopt-A-Senior Gift Card Drive for the Salvation Army Angel Tree Program

Please bring a \$50 Walmart Gift Card to
Adopt-An-Angel

or

\$25 Food Gift Card to Adopt-A-Senior.

If you are unable to attend, you may send your gift cards
directly to the Salvation Army.

Please join us and finish the year strong!!

The help is needed more than ever this year!!



MONTHLY E-COURAGEMENT

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 CONTACT HIM AT RICH@EXTRAORDINARYINC.COM
 336-317-4603



WHAT'S BETTER THAN A NEW HABIT?

I recently evaluated my morning routine.

It seemed dull. I felt stuck.

I reflected back to a time when mornings felt more purposeful. The abandoned habit of reading an inspiring book for 15 minutes each morning resurfaced in my mind.

It used to be a vital part of jump-starting my day.

Over time, I let distractions edge this practice out of my routine.

I adopted the belief that starting work 15 minutes earlier was the better choice.

That lie (like all lies do) took its toll.

The illusion of efficiency was costing me effectiveness and encouragement ... a price higher than I was willing to pay.

Thought-provoking, soul-awakening reading made it back to my morning menu.

The solution to reviving my work wasn't finding a fancy new habit.

It was regaining the momentum of a trusted pattern from the past.

What old habit deserves an invitation back into your life?



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Please keep us in mind for your next printing or promotional project! Please contact GMDM member **Danny Rudisill** at 336-273-2120.



THE PUZZLER ???

What is the proverbial backbreaker?

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



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.



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GWS-305651

NEW PUZZLER DRAWING INFORMATION (CHANGES)

We will be drawing the winning Puzzler entries for all of the remaining months of 2020 at the November GMDM meeting.

If you have sent your entries in for the previous months, you do not need to send them again. We have a record for each month for those of you who have already sent in your entries.

We will be drawing the winning entries for the months of: March, April, May, June, July, August and November. The drawings will not include December.

Please send your entries by Monday, Nov. 16, to: shayrumsey@northstate.net

You do not have to be present to win.

COMMUNITY SERVICE CHRISTMAS PROJECT – SALVATION ARMY DONATIONS

Suggestions are:

\$50 Walmart gift card for a child

\$25 food gift card for a senior

Please bring your donations to the November 18th meeting. If you are unable to attend, you may send your gift cards directly to the Salvation Army.



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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:
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336-550-4040
www.pacetriad.org
info@pacetriad.org



STRAW

GRANT WILL BUILD HEALTHIER COMMUNITIES

The grant will help those most at risk for COVID-19 and other conditions and address the circumstances that make them high risk.

Food deserts, poor housing, hard-to-get-to health care and other factors lead to more illness and shorter lifespans. These are called social determinants of health. A new grant will put nursing students and area nurses to work helping local communities find and address these and other problems, thereby improving their health.

North Carolina A&T State University and Cone Health are among 10 organizations receiving \$25,000 for new or ongoing work that addresses nursing’s role in building health equity, well-being, and promoting a culture of health. The grants are part of the Future of Nursing: Campaign for Action, an initiative of AARP Foundation, AARP and the Robert Wood Johnson Foundation (RWJF). The grant is a matching grant, meaning \$50,000 will be put into the work.

Nursing students from NC A&T and nurses from Cone Health’s Congregational Nursing Program will partner with selected churches in communities that have historically had fewer opportunities to receive accessible and affordable health care. They will use what is called a Health Equity Toolkit, developed by Robert Wood Johnson Foundation and the AARP Foundation.

“The experiences our students will have through this grant will further position them to address health disparities and health inequities in health care,” says Dr. Lenora Campbell, dean, College of Health and Human Sciences, NC A&T. “Students will work in communities in Alamance, Guilford and Rockingham counties on issues that impact health care, including the challenges of COVID-19.”

The Health Equity Toolkit will develop partnership/coalition-building skills of nurses and pastors for promoting the health and well-being of communities. Nurses, pastors and congregations will get a better understanding of health equity and health disparities. They will also learn concepts and skills for assessing and responding to social determinants of health.



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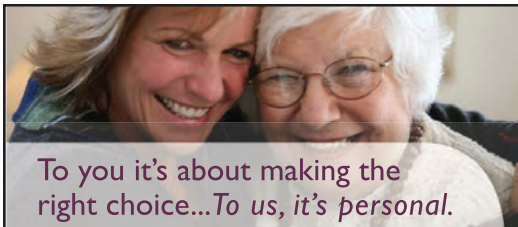


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