

A Monthly Newsletter



Happy St. Patrick's Day

March 2021

GMDM MEMBERS AT RETREAT



Front row, left to right: Kevin Pearce, Nedra Baldwin, Djuana Parker, Lisa Hmiel, Misti Sellars and Tyler Hmiel.

Back row, left to right: Wayne Ford, Bob Ring, Chanel McKethan and Bruce Barton.

ABOUT THE PROGRAM

“How To Protect Your Medical and Dental Practice from Cyber Attacks”

Cyber breaches are a dangerous threat to businesses. In fact, it is more likely that your business will be affected by a cyber breach than a natural disaster. Hackers are looking to hit medical and dental practices because they are typically vulnerable.

The costs of cleaning up a breach can be devastating, both from a financial and a PR standpoint. But beyond the expenses, in an industry that is responsible for advising and managing people’s financial security, Total Computer Solutions has an obligation to create a culture of network security that your patients can trust.

ABOUT THE SPEAKER

ANDY PURCELL is the business consultant at Total Computer Solutions. He has over 20 years of IT and security consulting experience. He is a graduate of the University of North Carolina at Chapel Hill.



Additionally, Andy has held certifications from VMware, Citrix and EMCI, and is a Cisco Business Value Specialist. This invaluable combination of education and experience helps Andy find TCS clients the right solutions to grow their medical and dental practices.

MISSION

STATEMENT



Guilford Medical and Dental Managers is the premier professional organization for medical and dental practices in Guilford County and surrounding areas, dedicated to providing timely educational programs, strong networking support and personal growth opportunities.

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, March 17, 2021
11:45–1:00 p.m.

Buffet line opens at 11:30 a.m.

Meeting Place:

Starmount Forest Country Club

Program:

How to Protect Your Medical and Dental Practice from Cyber Attacks

Speaker:

Andy Purcell, Business Consultant
Total Computer Solutions

Cost: \$20.00 for a guest



MESSAGE FROM THE PRESIDENT

Chanel McKethan



Welcome to the month of March! There is a great deal to celebrate this month. First and foremost, we should be thankful for each other and the continued success of GMDM. Members of GMDM are dedicated to ensuring those who serve in medical and dental fields have access to resources, while providing a path for networking with professionals in our community.

Due to the diligent community service efforts of GMDM members, the organization continues to show its commitment to the community. A special thank you to Tyler Hmiel for a successful food drive at the February 2021 GMDM luncheon. The food drive collection was donated to the Greensboro Urban Ministry. Thank you to everyone who donated!

March is Bleeding Disorders Awareness Month. According to Hemophilia Federation of America, "If you have a bleeding disorder, your blood does not clot properly. This could be due to having no or a decreased amount of a protein called a clotting factor. Bleeding disorders can also be caused by a platelet defect, either a lack of platelets or a problem that causes your platelets to not 'stick' together or to the injured blood vessel properly." For more information on bleeding disorders, please visit www.hemophiliafed.org.

International Women's Day is observed on March 8, 2021. International Woman's Day "not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to ongoing struggles for equality around the world." For more information on International Women's Day, please visit www.internationalwomensday.com.

GMDM members, thank you for all you have done and continue to do to serve the organization and the community. Your dedication and commitment are greatly appreciated. Also, please do not forget March 14 is the start of daylight savings time and March 20 is the first day of Spring.

Many thanks,
Chanel

GETTING TO KNOW YOU – ACTIVE MEMBER

NAME AND PRESENT POSITION:

DJUANA PARKER,
Practice Administrator of Community Care Clinics, which



include Community Health and Wellness Center, Renaissance Family Medicine, and Primary Care at Elmsley Square; Interim Practice Administrator for the Cone Health Mobile Health Program.

GMDM COMMITTEES/OFFICERS:

President-elect, 2021.

CLUBS/ORGANIZATIONS OUTSIDE GMDM:

Christian Camp and Conference Association; Camp Maranatha Executive Director; Communities in School Board of Directors; Medical Group Management Association; The Arielle Parker Foundation, President.

EDUCATION: Studied business administration at High Point University; currently attending Liberty University.

HOMETOWN/FAMILY: High Point, NC. Husband James Parker; daughter Ashtenne; daughter Arielle (living in heaven); sons Shaed and Stone.

HOBBIES: Making memories with my family.

ONE OF THE THINGS I'VE LEARNED THROUGH GMDM:

Impactful networking.

I WOULD LIKE PEOPLE TO REMEMBER ME AS:

Doing right, trusting God and fearing no man.

WAYS TO RELAX: I love to pamper myself with spa days.

COMFORT FOOD: Chicken wings.

FAVORITE MUSIC/BOOK: Worship music, especially by Lauren Daigle. I have many favorite books. However, "When a Woman Overcomes Life's Hurts" has been very instrumental in my life.

COMMENTS ABOUT GMDM: I have truly enjoyed being a part of GMDM. I feel it is a community of support, offering growth in varied topics that affect my business and personal life. Oh, and we have a lot of fun and laughter, too!

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Danny Rudisill, President

OUR SPOTLIGHT THIS MONTH

IS ON:

CONE HEALTH
The Network for Exceptional Care

COMMUNITY CARE CLINICS

Community Care Clinics, which include Community Health & Wellness Center, Renaissance Family Medicine and Primary Care at Elmsley Square, are patient-centered practices. They are committed to providing quality, safe, efficient, compassionate, comprehensive and integrated medical care that is easily accessible, embracing diverse communities, edifying and empowering patients with all available resources, regardless of the ability to pay.

Who are the physicians/owners?
Cone Health

Services you provide?

- Chronic disease management
- Disease prevention, diagnosis and treatment
- On-site point-of-care laboratory testing
- Health education and prevention programs
- Physicals and immunizations

Our on-site resources include:

- Behavioral health
- Social work
- Case management
- Medication management
- Financial assistance
- Pharmacy
- Laboratory
- Stratus machines for interpreting needs



The Lawyer's Corner

By Karen McKeithen Schaede

KSchaede@Revolution.Law

Q: Are there proposed changes to HIPAA privacy rules?

A: Yes, on January 21, 2021, the Department of Health and Human Services (HHS) published proposed changes to HIPAA and HITECH. This was done to promote the push to value-based healthcare by making sure healthcare providers and health plans can better coordinate patient care. HHS is trying to amend regulations that may be a barrier to care and care management. Comments about the changes must be submitted by March 22, 2021.

Changes include eliminating the requirement that patients acknowledge receipt of the Notice of Privacy Practices. The NPP would also be revised to include how individuals can access their health information and for a covered entity to have a designated individual for patients to direct questions.

Protected Health Information could be disclosed to ancillary and health-related services – such as social services agencies, home-based services and other third parties – without having to get a direct consent.

Individuals' rights to access to their own PHI would be expanded so a patient could retrieve their own PHI, decreasing the time they must wait for information. It would be a 15-day deadline instead of the current 30-day deadline for a covered entity to provide information.


Fees for copying and providing records would also have to be posted on the website or provided upon request of the patient. This would clarify what is being charged by the covered entity.

If these rules are modified, this would be the first substantive change since 2013 and would affect all covered entities and some business associates.

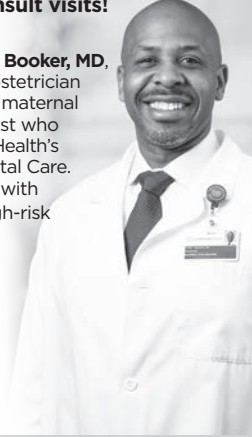
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Ravi Shankar, MD, is board certified in maternal fetal medicine, obstetrics and gynecology. Dr. Ravi Shankar specializes in providing high-risk pregnancy care. He is Medical Director for Cone Health Center for Maternal Fetal Care.



Corethian “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.
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For scheduling, call **(336) 832-6986**.
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GMDM URBAN MINISTRY ANNUAL FOOD DRIVE



GMDM members collected 220 pounds of food for Urban Ministry for their annual food drive. Pictured: Chanel McKethan, GMDM President (on left) with Tyler Hmiel, Community Service chair.

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



AUTHORITY IS OVERRATED

Authority.

How many important actions are put off because you think it's required?

So, you wait ... and wait.

Only to discover that what you've been waiting for is an illusion.

Instead of **waiting** for authority, start **taking** responsibility.

Here's a list of game-changing choices that don't require outside approval:

- Choose an optimistic point of view.
- Provide someone with sincere praise and appreciation.
- Commit to joyful movement.
- Improve a professional skill.
- Devote time to something (or someone) you love.
- Move out of your comfort zone.
- Show genuine interest in others.
- Give yourself permission to rest.
- Ask for help.
- Write down your vision and goals.
- Eat food that energizes your body and soul.
- Resist gossip.
- Smile.

Wait for authority or take responsibility.

The choice is yours.



DAYLIGHT SAVINGS TIME: SUNDAY, MARCH 14

Wonder why you have to turn your clocks ahead and lose an hour? It's complicated. Americans first tried changing times in 1918. One reason was World War I. It was thought we'd save fuel and encourage more evening commerce with an extra hour of light at night. Farmers hated it, and the idea wasn't fully revived until World War II. After 1945, states and cities could choose whether to comply – so the hour might change back and forth several times in a matter of miles. Congress finally made clock changes permanent in 1966, but states still can opt out. Set your clocks ahead one hour on March 14.



HOW TO MAKE THE MOST OF THOSE MEETINGS

1. Have and share an agenda. Keep everyone informed.
2. Request input and ideas in advance.
3. List the agenda in order of importance and go in that order.
4. Don't rehash what's been covered for latecomers. Let them catch up on their own time.
5. Be prompt about starting and progressing on schedule.

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Home Instead is represented in GMDM by Debi Bryant.

THE PUZZLER???



What is the name of the international group of countries with headquarters in Belgium?

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

GMDM BOARD RETREAT

The GMDM Board did not let the challenges of the pandemic hinder the mission of this organization. President Chanel McKethan and President-elect Djuana Parker hosted the Annual Board Retreat at Café Pasta in February 2021 with officers and committee chairs.

With appropriate safety measures in place, the group enjoyed an interactive team-building activity and reflected on 2020 successes, including:

- Monthly meetings with dynamic speakers virtually and in person.
- Awarding a GMDM scholarship.
- Charitable giving and community support to the Salvation Army, Teacher Supply Warehouse, food donations and more.
- Bosses' Night at Sparetime Bowling.
- Publishing a high-quality monthly newsletter.
- Membership recruitment events resulting in new and returning members.



Misti Sellars and Kevin Pearce discuss recruitment strategies.

Chanel led a group analysis of GMDM's strengths, weaknesses, opportunities and threats (SWOT) to help generate ideas. The primary identified focus was to attract new members and retain current members. Board members left the retreat energized and recommitted to GMDM projects. Chanel urges all members to invite a guest to attend GMDM meetings and join a committee, if not already serving.

NEWSLETTER STAFF

- Editor..... Shay Rumsey
 Proofreader Deanna Thompson
 Getting to Know You
 Active Member Bill Strickland
 Getting to Know You
 Associate Member Shay Rumsey
 Thanks to Advertiser Shay Rumsey
 Advertising Sales..... Rita Smith

If you have an article of interest to GMDM members, please submit to:
 shayrumsey@northstate.net
 Deadline is the 15th of the month prior to the publication date.



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