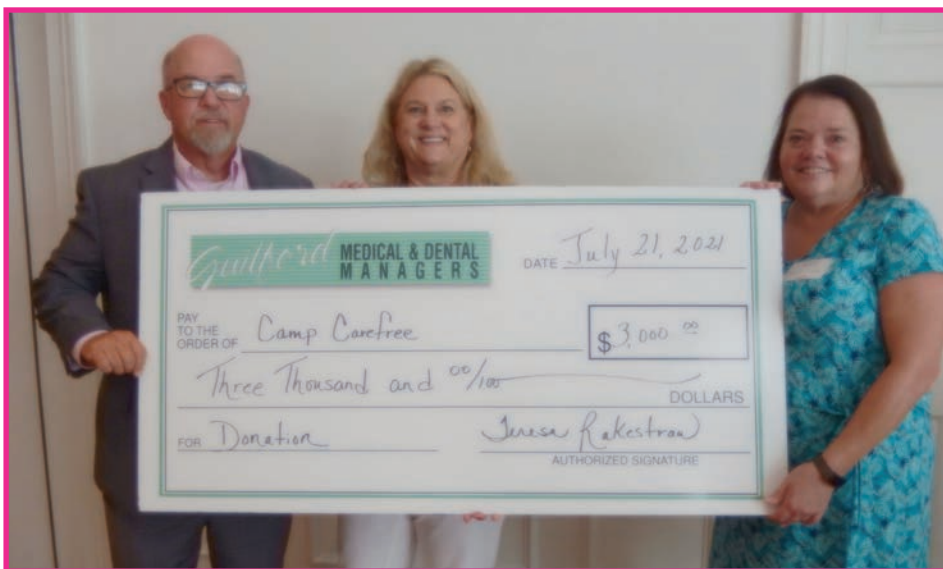


A Monthly Newsletter

HELLO
August

August 2021

PRESENTATION OF PROCEEDS FROM THE CHARITY CLASSIC GOLF TOURNAMENT



Left to right: Bruce Barton, chair of golf tournament; Teresa Rakestraw, chair of golf tournament volunteers; and Annette Joyce, board member of Camp Carefree. A check in the amount of \$3,000 was presented to Camp Carefree at the July luncheon.



Left to right: Scholarship recipient Genesis Orellana, with Jen Arrington, chair of GMDM's Scholarship Committee.

SCHOLARSHIP:

CONTINUED ON PAGES 3 AND 4

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, August 18, 2021
11:45–1:00 p.m.

Meeting Place:

Starmount Forest Country Club

Program:

“The ABCs of Long-Term Care
and How LTC Insurance Works”

Speaker:

Marshall Clement, CLTC, LTCP
GPS Agency

Cost: \$20.00 for a guest

PROGRAM TITLE

“The ABCs of Long-Term
Care Planning and How LTC
Insurance Works”

ABOUT THE SPEAKER

Marshall Clement, CLTC, LTCP, is director of long-term care insurance sales for the GP Agency, headquartered in Raleigh.



He is certified as a long-term care insurance specialist and has the most highly regarded designations in the industry – Certified Long-Term Care Specialist (CLTC) and Long-Term Care Professional (LTCP).

Clement has been recognized by the American Association of Long-Term Care Insurance as one of the top 100 long-term care insurance agents in the U.S.

He is also certified by the Association of Health Insurance Plans (AHIP) as a certified trainer for agents seeking to become licensed for the long-term care partnership plans.

GMDM AUGUST TEACHER SUPPLY WAREHOUSE DRIVE

MEMBERS:

Please bring your school supply donations to the August meeting.

Most-requested items are:
pencils, copy paper, construction paper, colored pencils, markers, post-it notes, scissors, scientific calculators, hand sanitizer, tissues and marble notebooks.



MESSAGE FROM THE PRESIDENT

Chanel McKethan



Welcome to the month of August! It has been great seeing each of you at the monthly luncheons. Let's try to enjoy our time together and continue to engage in GMDM activities throughout the remainder of this calendar year. This year we will celebrate 40 years of existence at the annual Bosses' Night celebration, which will be held on October 14, 2021. The location of the event will be shared soon. Please contact Nedra Baldwin at nedra.baldwin@pacetriad.org if you are interested in joining the Bosses' Night Committee.

A special thank you to Jennifer Arrington and the GMDM Scholarship Committee for making this year's scholarship awards and presentation a huge success! Scholarships in the amount of \$1,000 each were presented to three students in Guilford County during the July GMDM luncheon. Please contact Jennifer Arrington at jennifer.arrington@conehealth.com if you are interested in becoming a member of the Scholarship Committee.

The July luncheon was a great success. Dr. Kevin Ford, dean of the Congdon School of Health Sciences at High Point University, presented information on the education of our future medical heroes. He shared a wealth of knowledge and answered questions to expand the knowledge of everyone in attendance. Please contact Wayne Ford at wayne.ford@lpl.com if you are interested in joining the Education Committee.

Did you know that August is Gastroparesis Awareness Month? The International Foundation for Functional Gastrointestinal Disorders (IFFGD) "works to focus attention on important health messages about gastroparesis diagnosis, treatment and quality of life issues. Gastroparesis is a condition where symptoms occur and the stomach empties too slowly. No blockage is evident. The delayed emptying is confirmed by a test. While the incidence and prevalence of gastroparesis are not well-defined, it is estimated to affect up to 5 million individuals in the United States." For more information on gastroparesis, please visit <https://aboutgastroparesis.org/living-with-gastroparesis/gastroparesis-awareness-month/>
Let's continue to be thankful and meet

the GMDM mission of being "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." Please invite your colleagues to join, connect and grow with GMDM.

Many Blessings,
Chanel

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

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Danny Rudisill, President

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 an 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.

OUR SPOTLIGHT THIS MONTH

IS ON:



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The Lawyer's Corner

By Karen McKeithen Schaede

KSchaede@Revolution.Law

Q: How important are background checks and risk management?

A: Doing background checks should be an important part of the hiring process. Background checks are authorized under the Fair Credit Reporting Act (FCRA). However, since background checks include consumer or credit reports, employers must follow the guidelines in the FCRA to avoid lawsuits.

Employers must be careful when obtaining consumer reports from third parties and make sure that they follow FCRA guidelines. The employer must keep the consumer reports confidential and dispose of them when no longer needed.

Before running a background check, the employer must have written permission from applicants and inform them that the report may be used in employment decisions. If an employer wants to do background checks on an ongoing basis, they must clarify that to the applicant by explaining it in the hiring process.

Once an employer receives the report and before making any employment decisions, the employer must provide the applicant with a copy of the report and give the potential employee a chance to dispute any incorrect information. If the employer decides not to hire the applicant based on the report, the applicant must be informed of the reason and be allowed to dispute any of the information.

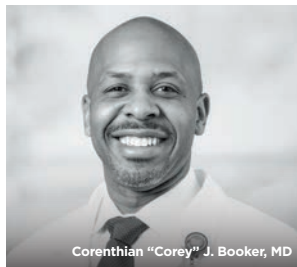
In summary, before doing background checks involving credit reports, make sure you know the legal guidelines.

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.

~AUGUST SCHOOL SUPPLY DRIVE ~

SEE FRONT PAGE FOR DETAILS.

Bring supplies to August luncheon.



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SCHOLARSHIP: CONTINUED FROM PAGE 1

Genesis Orellana, pictured on the front page of this newsletter, was one of the scholarship recipients who received \$1,000 at the GMDM July luncheon. She begins her second year of nursing school in the fall of 2021 at the University of North Carolina at Greensboro. Her awards include Dean's List, Fall 2019 and Spring 2021; Chancellor's List, Fall 2020 and Spring 2021; and Tau Sigma Honors Society, Fall 2020 and Spring 2021.

Another \$1,000 scholarship was awarded to **Heather Stroud**, a second-year dental hygiene student at Guilford Technical Community College. She has worked in the medical field since she graduated from high school and now plans to work in an orthodontist's office after becoming a registered dental hygienist.



Heather Stroud

"I would like to take a moment to express my sincere appreciation for the opportunity that you all have provided from this scholarship," Stroud said. "I am a mother trying to do her very best to make her son proud and conquer one of my ultimate goals: becoming a dental hygienist. Unfortunately, when you are in a major program like I am now, there is not much time for work or to make money due to being in school full-time and, at the end of the day, I am still a mother as well. This helps take some of the financial burden off me as I navigate my way through school. Thank you from the bottom of my heart."

(CONTINUED ON PAGE 4)

MONTHLY E-COURAGEMENT

PROVIDED BY RICH SCHLENTZ, FOUNDER OF EXTRAORDINARY! INC.
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3 RIDICULOUS THINGS WE SAY AT WORK

We say things at work that we'd rarely consider in other areas of our life.

Here are 3 of the most ridiculous:

1. **“It’s business, it’s not personal.”** Really? What might run through your mind when greeted by that phrase? Yeah, that’s right, brace yourself for things to get real personal! As long as people are involved, let’s embrace the reality that business is personal.
2. **“No news is good news.”** Let’s break this mantra down. When things are going great, you won’t hear a word. The minute something is lacking, wrong or late, you’ll hear about it – loud and clear. People want, and need, regular updates and feedback – preferably the constructive type. Remember, no news is bad news.
3. **“I have an open door policy.”** This one seems like a winner ... until we take a closer look. This message puts the responsibility to interact on others. Engaging leaders take responsibility for walking out of their open door and connecting with those they lead. They intimately understand that the open door policy is dead.



We can do better.

Pay closer attention to what you say.

SCHOLARSHIP: CONTINUED FROM PAGE 3

Erik Rankins, the third recipient of a 2021 GMDM scholarship, is a physical therapy assistant student at GTCC. He writes: “Members of the Guilford Medical and Dental Managers: Thank you for this great honor. I began this journey eight years ago, when my wife was diagnosed with stage 3 breast cancer. She has had 16 surgeries since then, but fortunately, she is alive and well today because of the herculean efforts of the people who cared for her. Over time, I felt called to do the same for others.

With your generous scholarship, I know that my final semester is taken care of, so that I can focus on performing at my best in my remaining time.

Once I graduate, I look forward to joining the team of medical professionals in and around Guilford County who saved my wife, who inspired me and who continue to provide the excellent care for which this region has become known.

Once again, I thank you.”

**BOSSSES’ NIGHT – OCTOBER 14, 2021
 MARK YOUR CALENDARS NOW!**

THANKS TO OUR ADVERTISER



The Well•Spring Group is constructing new residences, reopening Solutions services since COVID onset.

Construction is moving along on 24 new luxury apartments at Well•Spring, A Life Plan Community. Wildflower Square – a complex of 24 “hybrid” apartments – is slated to open in early 2022. The units have all been reserved. 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.

Meanwhile, Well•Spring Solutions – composed of our home- and community-based services – focuses on programming for older adults with memory care needs. During the onset and height of COVID, in-person memory programs were suspended, and the team pivoted to a slate of online virtual programming and support. Today, the Memory Care Center on

THANKS TO OUR ADVERTISER: CONTINUED ON PAGE 5



THE PUZZLER???

What is the name of the organization for women drivers?

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

THANKS TO ADVERTISER: CONTINUED FROM PAGE 4

Henry Street has reopened to care in-person for seniors with a dementia diagnosis. In addition, our half-day group respite program – **Connections** – continues reopening at the faith-based organizations that host them. 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 and independent or assisted living, among other strategies.

Finally, the Well•Spring Group and Cone Health continue their partnership through which Well•Spring manages The Village at Brookwood, a life-plan community in Burlington owned by Cone Health.

For more information regarding any of our services, please contact us through the Navigator at (336) 545-5377 or visit www.well-springsolutions.org.

AWARDS AND ACCOLADES



MEMBERS, PLEASE NOTE: This is a new column for members to keep us informed about any promotions, new services, awards, etc. Please submit articles to shayrumsey@northstate.net by the 20th of each month. *Don't be shy!!*

CONGRATS to the following:

Djuana Parker with Cone Health, has been promoted to assistant director for Community Care Clinics and the Mobile Health Program. DJ serves as President-elect in GMDM.



Chanel McKethan with Cone Health is a student in Liberty University’s Doctor of Strategic Leadership Program with a 3.8 GPA and was inducted into the Omega Nu Lambda National Honor Society on August 2, 2021. Chanel is President of GMDM.



GMDM associate member **Deanna Thompson of Thompson Communications** recently won 2nd place nationally in the annual communications contest held by the National Federation of Press Women (NFPW). Thompson won in the category “publication regularly edited by entrant – nonprofit, government or educational” for a magazine she edits and designs for a nonprofit organization that serves a national audience from its Greensboro base. Overall, there were more than 2,000 entries in the NFPW contest.





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