



2021 ANNUAL FUNDRAISING EVENT FOR THE SALVATION ARMY



Left to right:
Tyler Hmiel,
 chair, Community
 Service Committee;

Chanel McKethan,
 outgoing president of
 GMDM;

Lt. Chris Raymer,
 corps officer with
 Salvation Army.

GMDM's annual fundraising event for the Salvation Army was held during November and December. Our community service committee members and chair **Tyler Hmiel** organized the event, and asked GMDM members to donate \$50 Walmart gift cards for children and \$25 food gift cards for seniors. As always, the membership responded generously.

Lt. Chris Raymer, corps officer with the Salvation Army, is new to Greensboro, having assumed his post in June 2021. He and his family have been involved with the Salvation Army for many years, going back to the days of his grandparents. His presentation gave an excellent historical account of the Salvation Army and its beginning.

ABOUT THE SPEAKER



EVELYN RICE
 with Rice & Associates,
 Inc. has worked as a
 management consultant
 for the past 35 years.
 Currently based in
 Greensboro, Rice

brings a diverse approach to organizational development and training through her broad-based knowledge of managing change, consultative skills, leadership development and precision communications. She has also consulted with executives, managers, team leaders and team members nationally and internationally.

ABOUT THE PROGRAM

Life today is more demanding and stressful than ever before. Professionals work longer hours, take work home thanks to high technology, and many are now experiencing the demands of working from home while parenting/homeschooling due to the worldwide pandemic. What is the key to success? Resilience! Resilience is "a person's capacity to respond to the pressure and the demands of daily life – in short, resiliency is about our ability to bounce back." At our January meeting, Evelyn K. Rice of Rice & Associates will present the first of a two-part series on understanding and applying practical tools and strategies that help us embody resilience. The second part of her program will be presented at the February GMDM meeting. In these sessions, Rice will provide a concrete, step-by-step approach to understanding how we consciously and unconsciously choose to create stress in our lives and how to change it. She will also provide ways to get in top shape mentally and emotionally and stay there! Through the use of interactive exercises, videos and gaining a deeper understanding of emotional intelligence, participants will have the opportunity to walk away with tools/skills to choose resilience over stress.

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, January 19, 2022
 11:45–1:00 p.m.

Meeting Place:

Starmount Forest Country Club

Program:

"Choose It or Change It: Strategies
 for Reducing Stress in an
 Ever-Changing World," Part I

Speaker:

Evelyn K. Rice
 Management Consultant

Cost: \$20.00 for a guest

MESSAGE FROM THE PRESIDENT

Djuana Parker



Happy New Year, GMDM members, associates and friends!

First and foremost, let me express my delight in being elected as your next GMDM president. I am looking forward to the new year and am optimistic about the many changes that await us.

We are blessed to see another year! A new year brings new hope, new life, new opportunities, new direction and new goals. Many opt to create New Year's resolutions, often broken or forgotten before January is over. However, may I solicit you to be intentional in celebrating your successes, no matter how great or small. Society would have you feeling like you are not where you should be, don't have what you should have, or even judge you as failing. But don't judge yourself against any other person because your journey is just that, yours. It is individual to you and what is most important is your happiness and quality of life. We often see lives lived out on social media that do not depict "real" life, the struggles, insecurities, or shortcomings, only the good dressed up in fine clothing. But looks are deceiving. So take pride in you, your victories and your failures, because you tried.

I leave you with this quote: "We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives, not looking for flaws, but for potential."

~ Ellen Goodman

This greeting is sent with love and prayers for God to bless and prosper you and that your year be filled with health, happiness and the understanding that you are enough!

Happy 2022!
Djuana

GETTING TO KNOW YOU – ACTIVE MEMBER

NAME AND PRESENT POSITION:

ALLISON FUQUA, business development manager, DRI (Diagnostic Radiology & Imaging, formerly Greensboro Imaging).



GMDM COMMITTEES SERVED

ON: Hospitality, Membership and Golf Tournament Committees.

CLUBS/ORGANIZATIONS OUTSIDE GMDM:

Kiwanis.

HOMETOWN/FAMILY: Greenville, NC. Married 37 years, with one daughter in Charlotte, NC, and one daughter, husband and granddaughter in Charleston, SC.

HOBBIES: Painting, playing with granddaughter.

I WOULD LIKE PEOPLE TO REMEMBER ME AS: Compassionate and caring.

COMFORT FOOD: Pasta.

FAVORITE TRAVEL SPOT: Mountains.

FAVORITE MUSIC: Jazz, contemporary Christian.

COMMENTS ABOUT GMDM: Professional organization where I made several personal friendships.

OUR SPOTLIGHT THIS MONTH

IS ON:



DRI (Diagnostic Radiology & Imaging, formerly Greensboro Imaging) is an outpatient facility for diagnostic and preventative screening services.

Procedures include: breast imaging, CT

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Danny Rudisill, President

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.

studies, diagnostic x-ray and fluoroscopy, DXA bone mineral density screening, interventional radiology, MRI studies, spine imaging and injections, ultrasound and vascular therapy.

Imaging is critical as both a preventative measure and as a first step toward a treatment plan. As a provider of outpatient imaging, DRI sees you and helps you have the best information available to make health decisions. Whether it is in one of the existing locations in Greensboro, a new imaging center in the Triangle or a mobile mammography unit, DRI Greensboro is dedicated to serving our communities with state-of-the-art imaging, compassionate care and exceptional physicians and on-site radiologists to interpret scans quickly.



The Lawyer's Corner
By Karen McKeithen Schaede

KSchaede@Revolution.Law

Q: Are there new healthcare policies for 2022?

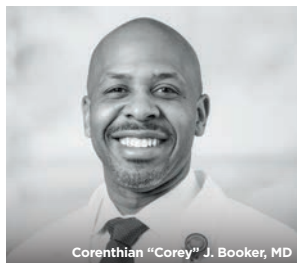
A: The government issued guidance on December 21, 2021, on permitting healthcare providers to disclose protected health information (PHI) for the purpose of extreme risk protection orders and to prevent someone from accessing firearms in a mental health crisis. These orders are done when an individual is in an extreme mental health crisis. Under the privacy rule, a health care provider may disclose PHI in support of obtaining an extreme risk protection order. This can only be done if the provider feels that the individual poses a danger to themselves or to others. It is a step the government is taking to help protect against gun violence. Healthcare providers may intervene if they feel it is necessary and in the best interest of the patient and others. For more information on HIPAA updates go to www.HHS.gov.

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BE SURE TO RSVP FOR THIS MONTH'S GMDM LUNCHEON!

Just click on the link in the email you receive, or register by logging in to your account on the GMDM website at gmdm.org.



Corenthian "Corey" J. Booker, MD



Ravi Shankar, MD, Medical Director



Yu Ming Victor Fang, MD

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GMDM PROJECTS CONTINUE DESPITE PANDEMIC

GMDM was not able to hold all of its normal events in 2021 due to the pandemic, but we still have accomplished a lot during this unsettled time. Let's take a look back to see what was accomplished.



THE GMDM BOARD RETREAT was held in February 2021 to plan an agenda for the year's service projects. Strict guidelines to keep us safe and healthy were adopted and applied in planning the events for the coming year.

(GMDM PROJECTS continued on Page 4)

GMDM PROJECTS CONTINUE DESPITE PANDEMIC (CONTINUED FROM PAGE 3)



MAY CLOTHING DRIVE

May Clothing Drive donations were delivered to The Bargain Box and Women's Resource Center.



TEACHER SUPPLY WAREHOUSE DONATIONS



SCHOLARSHIPS OF \$1,000 were awarded to three students studying in the healthcare field.



9TH ANNUAL GMDM CHARITY GOLF TOURNEY

On June 10, proceeds from the annual golf tournament were donated to Camp Carefree and the GMDM Scholarship Fund. A check for \$3,000 was presented to Annette Joyce, board member for Camp Carefree.



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SALVATION ARMY PROJECT

GMDM Members donated gift cards for seniors and children for the Holiday Community Service Project for the Salvation Army.



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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WHO STARTED IT?

Growing up, I spent my fair share of time in trouble (long before timeout was invented).

Since I was an instigator, fingers would point at me with the accusation, “He started it!”

As much pain as that caused me as a child, being an instigator has also blessed me.

“He started it” is how I became an entrepreneur.

“He started it” is how I launched my second career after getting fired.

“He started it” is how these blogs came into existence.

Instigation is what saves me from stagnation.

The trait that once seemed to curse me, now serves me.

Nothing happens until someone starts it.

What’s the thing that’s been waiting for you?



THANKS TO OUR ADVERTISER



Bruce Barton



CONE HEALTH
The Network for Exceptional Care

Cone Health Medical Group (CHMG) was formed in 2009. Bruce Barton joined the group in 2010 and had the task of coordinating medical practices with the health system. The goal of CHMG is to assure the best medical care for the community while providing medical practices with help and guidance through Cone Health.

Today, CHMG includes 170 practices that employ approximately 750 providers and 2,000 employees. The future of healthcare is uncertain, and CHMG’s goal is to provide support for the community over the coming years. Please contact Bruce if you have any questions about the possibility of aligning with CHMG.

“Thanks to GMDM for the last 40 years of providing a forum and organization where medical practices can share and learn from each other,” Bruce says. “I am proud to be a member of this wonderful group.”



Cone Health Urogynecology at MedCenter for Women offers expertise in areas that impact the female pelvic floor, including prolapse and incontinence. Michelle Schroeder, MD, is a fellowship-trained urogynecologist who is passionate about providing comprehensive care for women with these issues. She works to individualize treatment for each patient.



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Urogynecology
AT MEDCENTER FOR WOMEN

To make a referral, call **(336) 890-3277**



THE PUZZLER???

What “may be hidden”? (one word)

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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