

A Monthly Newsletter

Celebrate Your Mom with Love!

May 2022

GMDM ANNUAL FOOD DRIVE



Left to right: Tyler Hmiel, chair of the Community Service Committee, which organized the food drive; Teresa Rakestraw, chair of the Resumé Resources Committee; Deanna Thompson, associate member representative; and Kevin Pearce, President-elect of GMDM.

GMDM held its annual food drive to fight hunger, collecting donations for the Greensboro Urban Ministry Food Bank at the April meeting. Members donated all kinds of food, including canned goods, oatmeal, dry milk and baby formula, to name a few.

ABOUT THE PROGRAM

“It’s Not About Work ... Create a Business Experience Where You and Others Thrive!”

What if work is bigger than tasks, products, profitability and bonuses? What if the alarming rate of disengagement and burnout is a symptom of focusing on the wrong things? What if work is really about things more important than the work itself? This relevant, inspiring and thought-evoking presentation gives participants permission to focus on what makes work meaningful – sustainable.

ABOUT THE SPEAKER

Rich Schlentz, Consultant, Speaker, Leadership Coach and Author

Rich is the founder of EXTRAordinary, Inc. a movement dedicated to reviving your work. In his partnerships with companies, teams and individuals, Rich provides the tools to create breakthrough performance.



He helps organizations develop strategies to increase employee engagement, commitment and productivity. His area of expertise is guiding leaders to create and foster engaging cultures resulting in improved loyalty, creativity, innovation and profitability. His book is: *QUIT LEFT ... Knowledge isn't power; application is.*

Members – Please Read:

GOLF COMMITTEE NEEDS YOUR HELP

The 10th annual GMDM Charity Classic Golf Tournament will be June 21, at the Greensboro Country Club Carlson Farm Course.

The Golf Committee needs promotional items to put in the golf goody bags which each golfer receives. This is a great way to advertise your practice or business.

We need 100 of each item donated. Suggested items might be:

Golf goody bags	Golf towels	Chapstick	Mini first aid kits	Snacks
Lip balm	Band-aids	Gum	Pens/pencils, pads	Toothpaste
Mints	Ice/heat pads	Divot repair tools	Tees	

Bring items to the May Luncheon meeting or drop off at:

Wendover OB/GYN & Infertility
1908 Lendew Street, Greensboro, NC 27408

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, May 18, 2022
11:45–1:00 p.m.

Buffet line opens at 11:30 a.m.

Meeting Place:

Starmount Forest Country Club

Program:

“It’s Not About Work ... Create a Business Experience Where You and Others Thrive!”

Speaker:

Rich Schlentz, EXTRAordinary. Consultant, Speaker, Leadership, Coach, and Author

Cost: \$25.00 for a guest

MESSAGE FROM THE PRESIDENT



Djuana Parker

According to the National Day Calendar, May's monthly medical observations include:

- ALS Awareness
- Celiac Disease Awareness
- Ehlers-Danlos Syndrome Awareness
- National Dental Care Awareness
- National Stroke Awareness
- Sturge-Weber Syndrome Awareness
- National Mental Health Awareness
- National Brain Cancer and Brain Tumor Awareness
- National Blood Pressure Education
- National Cystic Fibrosis Awareness
- National Lyme Disease Awareness
- Melanoma Awareness
- Skin Cancer Awareness

Some of these I am familiar with, and others I am not; however, each observance is important. These observances were most likely, created by individuals who were somehow affected or passionate about the cause. They cared and desired to bring attention to help make a change or a solution.

I pause to ask, what is your "care" passion? What moves you to action? Do you know someone who may be suffering from one of the illnesses listed or one not listed? Or maybe someone who suffers from depression, anxiety, panic attacks, an eating disorder, or an illness that stifles their life? What about unbearable grief?

It can be tough to have continued sympathy or empathy for others who experience long suffering. It can be challenging "living" alongside others who have extreme sadness, pain, anger and helplessness because it is an emotional battle that often includes mental health struggles. But can I encourage you to try? No, you do not need to create an awareness month, but what about sending an "I am thinking of you" card, ordering a delivered meal, giving an experience that will create a smile, sending a "checking on you" card, attending an awareness function, making a donation in someone's honor, or just dropping by to cut grass, dust, vacuum, wash dishes or extend a listening ear or shoulder to lean on.

These types of gestures demonstrate love and care. You don't have to know the answer or have a solution. Most times that

is not expected by those who are hurting. Extending yourself will take you out of your comfort zone, and it is worth it to touch a life that needs a little extra care. Mother Teresa said, "I see somebody dying; I pick him up. I find somebody hungry; I give him food. He can love and be loved. I don't look at his color; I don't look at his religion. I don't look at anything. Whether Hindu, Muslim, or Buddhist, every person is my brother, my sister."

GETTING TO KNOW YOU – ASSOCIATE MEMBER

NAME AND PRESENT POSITION:
ANGELA LILLY, COHA, Patient Care Coordinator with Aim Hearing and Audiology.



GMDM COMMITTEE SERVED ON/JOINED WHEN?: I joined GMDM in December 2021.

EDUCATION: Surry Community College, Georgia Baptist College.
HOMETOWN/FAMILY: I grew up in Mt Airy, NC (Mayberry). I lived in Newnan, GA for 15 years and have lived in Kernersville, NC for 1½ years. I have a very close family and three beautiful children. I also have a sweet beagle named Macy.

HOBBIES: I love to travel ... anywhere. I enjoy playing piano. I love gardening, and I enjoy listening to live music.

I WOULD LIKE PEOPLE TO REMEMBER ME AS: A respected person of integrity. A kind, loyal friend. A "non-quitter".

WAYS TO RELAX: My most relaxing place is on the sand listening to the waves crash.

COMFORT FOOD: A hot bowl of homemade chicken and dumplings.
FAVORITE TRAVEL SPOT: The beaches of Hawaii, Bahamas and Florida.

AN INTERESTING FACT ABOUT ME: I was a piano teacher for several years. I have played piano since I was 10 years old.

COMMENT ABOUT GMDM: GMDM is a great organization to be a part of. I have greatly enjoyed the meetings and the correspondence thus far.

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Danny Rudisill, President

OUR SPOTLIGHT THIS MONTH

IS ON:



When Drs. Emil and Shannon Frymark opened the doors to Aim Hearing & Audiology Services in 2009, they had three goals in mind: to deliver the best hearing healthcare in North Carolina, to develop lasting connections with patients, and to build a team of professionals who share their passion for providing excellent care.

With three Doctors of Audiology, and a hearing instrument specialist on board, they have become trusted and respected by physicians and families throughout the state.

The practice provides expertise in comprehensive audiologic evaluations, tinnitus assessments, hearing aids and cochlear implants. A collaborative clinic with several universities and physicians, their office provides the highest caliber of audiologic care.

Combining family-focused care with industry-leading best practices, Aim Hearing & Audiology Services ensures patients are provided with a highly individualized plan based on experience and compassion.



The Lawyer's Corner
By Karen McKeithen Schaede

KSchaede@Revolution.Law

Q: *Is there guidance for website accessibility standards for businesses?*

A: In March 2022, the Department of Justice (DOJ) published new guidance on website accessibility for businesses. But many are concerned as to whether the new guidance provides clarity or creates even more confusion relating to accessibility standards. Website accessibility continues to be a hot-ticket litigation issue with over 2,000 lawsuits filed in federal court since 2018. Why? There is little guidance in this area, which often leaves businesses in the dark.




An Advance Notice of Proposed Rulemaking was issued by the DOJ in 2010 in response to an overflow of questions about the scope of website accessibility regulations. However, rulemaking efforts were put on the back burner and were officially set aside by the Trump Administration in 2017. Last month, the DOJ attempted to revisit these issues by providing a guide for website accessibility compliance standards. Yet their attempt fell short on clearly defining expectations for businesses.

Currently there are no official regulations concerning website accessibility. The DOJ referenced the Web Content Accessibility Guidelines (WCAG) when writing that the existing guidelines are helpful in providing direction for businesses. Although businesses must follow the accessibility requirements of the Americans with Disabilities Act (ADA), the DOJ states that businesses have "flexibility" to choose how they comply. This new update has only further blurred the line of how closely businesses need to comply with the set standards.

Unfortunately, businesses remain uncertain about how to code their websites in compliance with the WCAG and the ADA. It is reasonable to conclude that there will continue to be increased litigation in this area until the DOJ further clarifies how much compliance is enough. Despite the flexibility standard being unclear, the DOJ continues to hold businesses to a high standard of compliance when settling legal disputes.

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:
PROMOTIONAL ITEMS NEEDED for upcoming golf tournament on June 21, 2022. Details are on the front page of this newsletter.
Contact person:
Teresa Rakestraw (P) 336-273-2835 Email: ta.rakestraw@wendoverobgyn.com

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CONE HEALTH OPENS HEART CLINIC FOR CHILD-BEARING WOMEN

Heart disease is taking an increasing toll on pregnant women.

Cone Health has opened a heart disease clinic for women who are planning to have a baby, are pregnant or have recently had a baby. The Cone Health Medical Group HeartCare Cardio-Obstetrics Clinic is at MedCenter for Women in Greensboro.

According to a study by the American College of Obstetricians and Gynecologists, cardiovascular disease has become the leading cause of death for pregnant women and those who have recently had a child. "Health risks from heart disease have increased for pregnant women since 1990, in part due to the increasing age of women in pregnancy and increases in cardiovascular risk factors in all women," says Cone Health cardiologist Kardie Tobb, who will lead the clinic. Non-Hispanic Black women have more than double the chance of dying due to cardiovascular conditions during or shortly after pregnancy than white women and Hispanic women.



Cardiologist Kardie Tobb, MD with patient.

More women with heart defects are living into child-bearing years and more women with diabetes, obesity and high blood pressure are becoming pregnant. "Heart care has become an important resource for women before, during and months after pregnancy," adds Tobb.

The cardio-obstetrics clinic offers care and counseling for women before, during and after pregnancy, including those with known heart conditions and those at risk of developing heart conditions during pregnancy.

Tobb says that with proper care many women who are born with or who develop heart disease can have uncomplicated pregnancies. She advises women who are planning to become pregnant, or who already are, to talk with their doctor about their heart health.

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



WORTH REPEATING

Ben is a respected leader.

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Ben does get it. He understands that meaningful skills are developed through repetition. They need to be brushed up and honed over time. Learning is an ongoing process meant to be tweaked and improved.

Here's a strategy that provides little-to-no benefit: One.

- One workout.
- One counseling session.
- One healthy meal.
- One swing of the hammer.
- One coaching session.



If the outcome provides value to you, it's worth repeating.

What specific skill should you revisit and refresh this year?

THANKS TO OUR ADVERTISER



NEW RESIDENCES OPENING, BURLINGTON ACQUISITION SCHEDULED

Twenty-four new luxury apartments at the flagship operation, Well•Spring, A Life Plan Community, have just begun welcoming their first residents. Wildflower Square – a complex of 24 “hybrid” apartments – opened in early June. The new residences are 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 programming for older adults with memory care needs. The Memory Care Center on Henry Street serves seniors with more evolved diagnoses of dementia. In addition, our half-day group respite program – Connections – is located at faith-based organizations in Greensboro and High Point. Programming is rooted in evidence-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 will meet with the individual in need of service and/or their caregiver and 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.

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THANKS continued on Page 5

THANKS continued from Page 4

This could entail adult day care or independent or assisted living, among other strategies.

Finally, the long relationship between The Well•Spring Group and Cone Health evolved as of June 1 with Well-Spring’s acquisition of Cone-owned The Village at Brookwood, a life plan community in Burlington, which Well•Spring has managed on Cone’s behalf.

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

NEW EMERGENCY DEPARTMENT OPENS IN GREENSBORO

A new emergency department at Cone Health MedCenter Greensboro at Drawbridge Parkway has opened. The emergency department – off Battleground Avenue and the urban loop – has 16 treatment rooms. It is Cone Health’s second free-standing emergency department. (The other is at MedCenter High Point.)

Free-standing emergency departments are often more convenient to consumers than emergency departments attached to hospitals. Waits for care are usually shorter, and parking is easier. These emergency departments are also supported by 24/7 imaging, pharmacy and labs so they provide the same life-saving services as hospital-based emergency departments.

According to Becker’s Hospital Review, there are approximately 136 million emergency department visits in the U.S. each year. However, fewer than 12% of those visits result in the need for a hospital stay. If someone needs hospital

care, they are taken to the appropriate hospital from the free-standing emergency department via ambulance.

The \$97 million MedCenter Greensboro is Cone Health’s newest MedCenter. It combines and coordinates health care and wellness services under one roof. It features services such as Sagewell Health

& Fitness and a teaching kitchen to help people stay well, primary care and rehabilitation services to return people to health, and the emergency department to take care of life’s other surprises.



Resuscitation room at new Cone Health MedCenter emergency department.



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THE PUZZLER???



What is a powerful workstation?

(Hint#1: 2 words.)

(Hint#2: First word has 4 letters and begins with an “O”.)

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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