

Join Us at the August Luncheon



JERED YALUNG
Pharmacist/Agency Director,
Options for Senior America

▶ **THE PROGRAM** **Fewer Scripts, Better Outcomes** **The Challenges of Prescribing for Older Adults**

As a long-term care pharmacist, Jered Yalung spent years supporting seniors in skilled nursing and assisted living facilities – ensuring safe medication practices and coordinating with care teams behind the scenes. In this presentation, he shares the significant challenges that face older adults taking multiple prescriptions, discusses the dangers of prescribing cascades, and details how “deprescribing” can have positive results.

▶ **THE PRESENTER**

Jered Yalung, PharmD, is a licensed doctor of pharmacy who worked for six years as a pharmacist serving residents in senior living communities and skilled care. While he loved the clinical side of medicine and continues to apply that expertise today, he felt a growing need to work more directly with families and the individuals receiving care. Today he serves as agency director for the local franchise of [Options for Senior America](#), a GMDM member organization.

▶ **THE LUNCHEON**

WHEN: 11:45 – 1:00 p.m., Wednesday, Aug. 20, 2025

WHERE: Meeting Room 3, Special Events Center, Greensboro Complex
(See details at right and on Maps, Pages 7–8)

COST: Free with membership; \$35 for guests

RSVP: Click [here](#) to log in and register for the luncheon

RESERVATIONS REQUIRED; PLEASE NOTE ANY DIETARY RESTRICTIONS

NEWS YOU CAN USE FOR GMDM MEMBERS!

▶ **LOCATION FOR GMDM LUNCHEON**

The July–September GMDM luncheons will be held in the Special Events Center, Meeting Room 3, at the Coliseum Complex (formerly the Greensboro Coliseum Complex). [See Maps, Pages 7–8](#), for details.

▶ **SEPTEMBER SCHOOL SUPPLIES DRIVE**

\$600 - \$1,000! That’s the amount of money the average teacher spends out of their own pocket each year for school supplies.

The Guilford Education Alliance works to reduce that cost through its Teacher Supply Warehouse, a place where teachers can shop for needed supplies at no charge.

In our third community service event of the year, GMDM will host a School Supplies Drive for the Teacher Supply Warehouse at our Sept. 17 meeting.



[See Flier, Page 6](#), for details on needed items.

▶ **PUZZLER QUESTION** [See Page 4](#)

MESSAGE FROM THE PRESIDENT

by Jody Clayton



It's hard to believe we're already in August! This year has truly flown by, filled with incredible energy and momentum for our beloved organization.

From our successful golf tournament to our time at the Greensboro Complex (formerly the Greensboro Coliseum Complex), it's clear that GMDM is thriving. I'm especially proud to announce that we've welcomed several new members in recent months – this growth is truly the jewel in GMDM's crown.

To celebrate, I hosted a social gathering for our members and guests last month at Abbotswood at Irving Park, where we enjoyed great conversations about both professional and fun topics. It was wonderful to see familiar faces and meet new ones!

During our gathering, we also discussed the future leadership of GMDM. I'm excited to share that we have identified candidates for the roles of president and president-elect in 2026. Stay tuned for more details on this important transition.

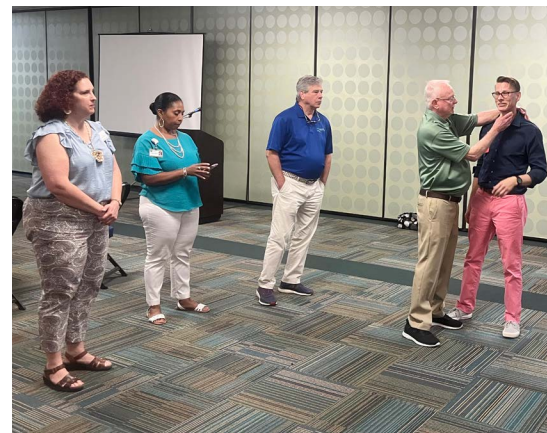
As we move forward, let's keep this momentum going. Together, we can continue to strengthen our community and achieve great things. Thank you for your ongoing support and dedication to GMDM!

Do you have questions or comments about GMDM? Email President Jody Clayton at Jody.Clayton@kiscosl.com.



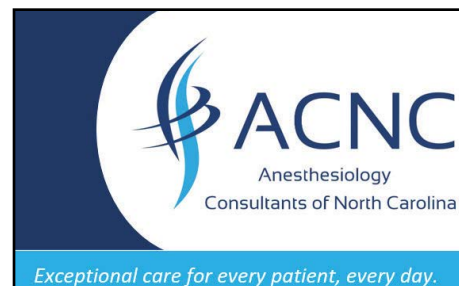
Self-Defense Tips at July GMDM Luncheon

Phillip Jones, our July speaker, demonstrates self-defense techniques on Jeff Shell (above) and Jody Clayton (right). All attendees had an opportunity to practice the maneuvers in a hands-on simulation.



BELOW: Congratulations to the July GMDM luncheon winners:

Myrna Angle (left) of Healthcare Management Group, winner of the Puzzler Prize, a \$50 gift card from Vascular and Vein Specialists; and **Deb Frisbee** of Seniors Helping Seniors, winner of the 50-50 Raffle and the Member Table prize, an Amazon gift card from PACE of the Triad.



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GMDM associate member Bill Strickland worked in health care administration for nearly 20 years with Cone Health, Cornerstone Health Care, and Greensboro Imaging before joining Brown in 2004, where he specializes in medical, dental and general office property sales and leasing.

More Information

Contact Bill at 336-340-6780 or bstrickland@bipinc.com to discuss how he can help you save money. Learn more at www.bipinc.com.



Bill Strickland
GMDM Rep

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Getting to Know You: New GMDM Member



JAMES "JIM" KAPPELMAN,
CO-OWNER (WITH WIFE AMY
KAPPELMAN)
Senior Care Authority of Central NC

BEGAN ATTENDING GMDM WHEN:
March 2025.

EDUCATION: BS, Biochemistry, University of Wisconsin–Madison; MBA, Worcester Polytechnic Institute.

HOBBIES: Gardening and being a full-time Green Bay Packers fan.

HOMETOWN: Manitowoc, Wisconsin.

FAVORITE MUSIC: Classic country and western.

FAVORITE TRAVEL SPOT: Hilton Head, SC.

WAYS TO RELAX: Gardening or light yard work for mental clarity.

COMFORT FOODS: Sweetheart Chicken and banana pudding.


I WOULD LIKE PEOPLE TO REMEMBER ME AS: A compassionate professional and a reliable resource.

SOMETHING YOU MAY NOT KNOW ABOUT ME: I spent 30 years working in biopharmaceutical operations before transitioning into senior care.

GMDM COMMITTEE YOU ARE INTERESTED IN JOINING:

Membership Outreach & Hospitality.

COMMENTS ABOUT GMDM: The combination of networking, continuing education, and community service makes GMDM incredibly well-rounded.



Senior Care Authority of Central NC offers compassionate, expert eldercare consulting and placement services for families across Guilford, Alamance and surrounding counties. Co-owned by Jim and Amy Kappelman, the firm simplifies transitions to in-home care, assisted living, memory care, and skilled nursing. With a focus on education rather than sales, they empower clients to make informed decisions about Medicare, Medicaid and private-pay options. Through community talks and collaborative partnerships, SCA is a trusted local guide – helping seniors and caregivers navigate each step with dignity and peace of mind.

More info: Click [here](#).

The Puzzler???



What year did "Saturday Night Live" debut on television?

Look for the answer in one of the ads. Then click [here](#) to email the answer and the ad in which the answer appears to newsletter editor Deanna Thompson (deanna@thompsononline.biz).



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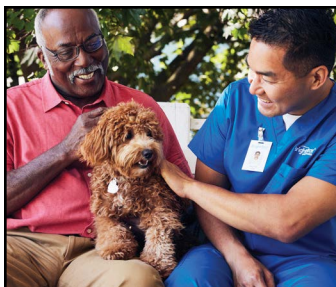
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Wow! Thanks, Members, for Your Generous Donations for the WRC!

Thanks to everyone who brought clothing and household goods donations to the July GMDM meeting. We had what may be the largest amount of donations GMDM has ever collected to support the Women's Resource Center. Our donations will make a major difference in the lives of WRC clients facing life challenges, with the total value of our contributions transformed into credit vouchers clients can use to purchase needed items at the Junior League's Bargain Box.



GMDM Giving Back
to Our Community

See Flier on Page 6 About Our September Community Service Event a School Supplies Drive for the Teacher Supply Warehouse



PO Box 10735, Greensboro, NC 27404-0735
www.gmdm.org

Pulse, the newsletter of Guilford Medical & Dental Managers, is published online monthly for members and other interested individuals.

News Submissions: We welcome submissions from members of news they would like to share.

Advertising and Inserts: Display ads start at \$600 annually and inserts start at \$250.

More Info: Visit gmdm.org/advertising or email editor Deanna Thompson at deanna@thompsononline.biz.



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Most-Needed Supplies

Purchase new supplies or donate gently used items - teachers can use it all!

Always in Demand

Markers & Pens

Colored, Dry Erase, Sharpie & Ink

Pencils & Erasers

No.2 & Colored

Paper

Copy, Graph, Construction

Notebooks

Composition & Spiral

Scissors

Adult & Child

Tape & Glue

Scotch, Masking, Glue Sticks

Pencil Sharpeners

Electric & Individual

Two-Pocket Folders

Post-It Notes & Index Cards

Binder Clips & Staplers

Extras Teachers Love

Office Supplies

Desk Trays, Calculators, Lanyards, Keyboards, etc.

Arts & Crafts

Paint, Stickers, Fabric, Yarn, Buttons, Seashells, etc.

Science Supplies

Beakers, Safety Goggles, Hot Plates, etc.

Holiday/Party Decorations & Costumes

Puzzles, Games & Small Toys

Plastic & Tin Containers

Letterhead, Envelopes & Notepads

Desk Chairs, Rolling Carts & Stacking Bins

Leftover Copy Paper

Help Teachers Equip Their Classrooms!

BRING YOUR DONATIONS TO THE SEPTEMBER 17 GMDM LUNCHEON

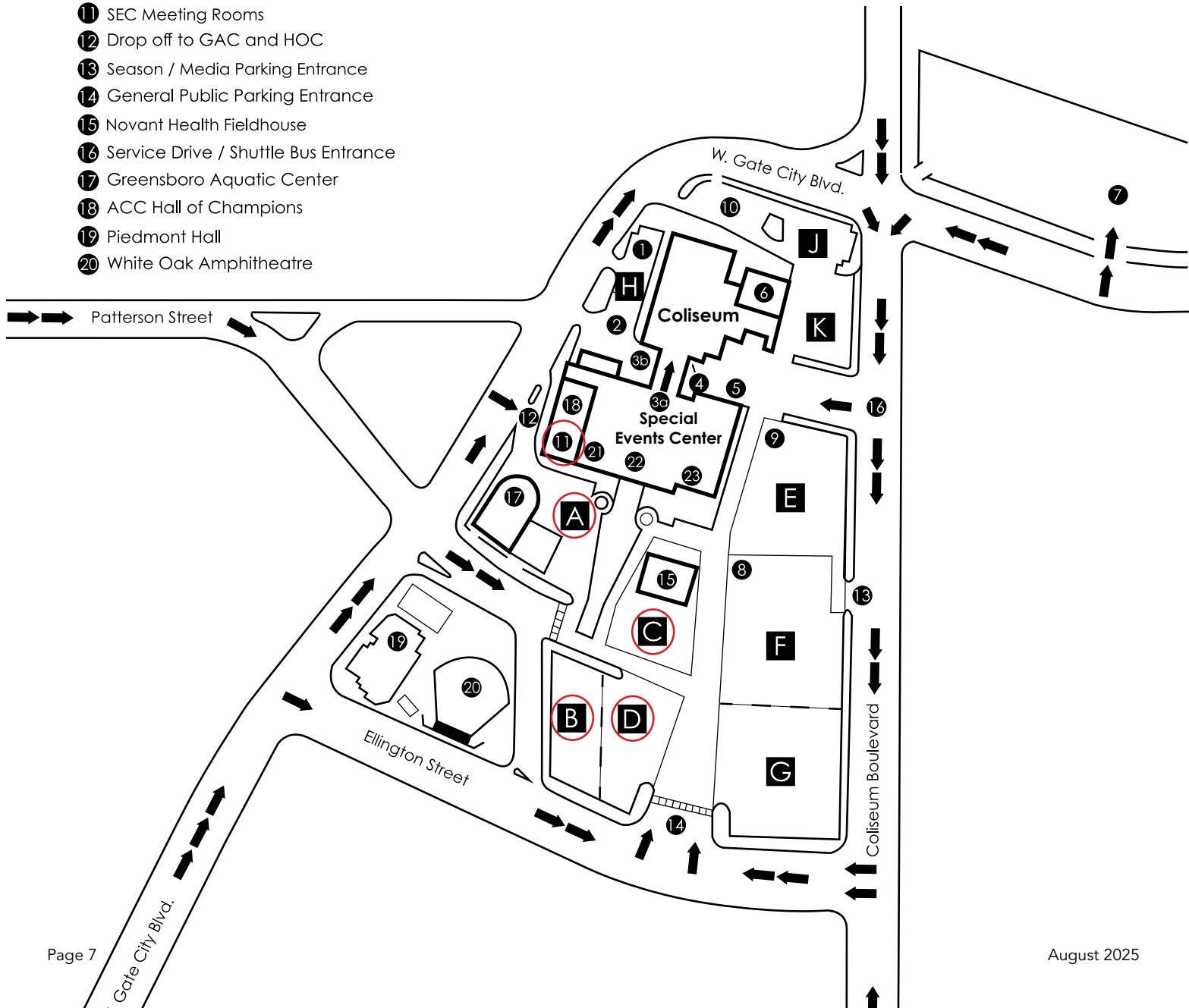
GMDM'S Luncheon location changed in June from Ovations Lounge to the Special Events Center in the Greensboro Complex (formerly the Greensboro Coliseum Complex). Below you can see the location of the SPECIAL EVENTS CENTER and NEARBY PARKING LOTS in the coliseum complex.



Greensboro Coliseum Complex | Parking

- | | |
|---|--------------------------------|
| 1 Coliseum Suite Parking | 21 Special Event Center Hall A |
| 2 Satellite / TV, Truck Parking | 22 Special Event Center Hall B |
| 3a Plaza Entrance | 23 Special Event Center Hall C |
| 3b Coliseum Load-In | |
| 4 Coliseum Operations Entrance | |
| 5 Backstage SEC Parking | |
| 6 The Terrace | |
| 7 UNCG Park n' Ride | |
| 8 Team / Cheerleading / Band Parking | |
| 9 Season Parking | |
| 10 VIP Parking | |
| 11 SEC Meeting Rooms | |
| 12 Drop off to GAC and HOC | |
| 13 Season / Media Parking Entrance | |
| 14 General Public Parking Entrance | |
| 15 Novant Health Fieldhouse | |
| 16 Service Drive / Shuttle Bus Entrance | |
| 17 Greensboro Aquatic Center | |
| 18 ACC Hall of Champions | |
| 19 Piedmont Hall | |
| 20 White Oak Amphitheatre | |

GMDM will be meeting in #11 on the map.
You should park in lots A, B, C, or D.



BELOW IS A MAP OF THE INTERIOR OF THE SPECIAL EVENTS CENTER, WHERE GMDM LUNCHEON MEETINGS WILL BE HELD FROM JUNE THROUGH SEPTEMBER.

The **RED ARROWS** show how to enter the SPECIAL EVENTS CENTER and find our rooms.

The **RED STARS** show our meeting locations.

JUNE: We met in the ACC Hall of Champions Board Room.

JULY–SEPTEMBER: We will be in Meeting Room 3, just a few feet away from our June meeting location.

