

Join Us at the May Luncheon



Gerald Hutchinson
ActionCOACH
Business Coaching

▶ THE PROGRAM

Stress Is Not the Problem!

In this engaging and interactive program that focuses on achieving peak performance, we will examine the pros and cons of stress, the neurological fallout from being in a stressed state, and how to reduce both the causes of stress and the symptoms of stress.

▶ THE PRESENTER

Gerald Hutchinson has been a business and executive coach since 1993. He has served businesses of all sizes, from solopreneurs to Fortune 500 companies such as General Dynamics, Macy's and First Citizens Bank. He earned a bachelor's degree from UNC Chapel Hill and a doctorate in counseling with a subspecialty in management from UNC Greensboro. He is the principal author of three books: *Like Jam on Toast*, a book for job seekers; *Peeling the Polished Apple*, a book about ways to hire better management talent; and *Arrive. Drive. Thrive.*, a book for aspiring, emerging and growing leaders.

▶ THE LUNCHEON

WHEN: 11:45 – 1:00 p.m., Wednesday, May 17, 2023

WHERE: Starmount Forest Country Club

COST: Free with membership; \$25 for guests

RSVP: Visit the website at www.gmdm.org to register for the luncheon

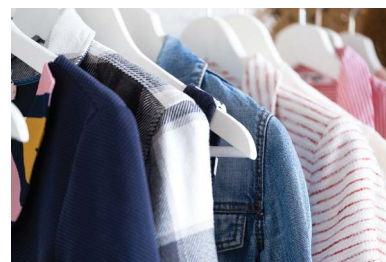
RESERVATIONS REQUIRED

Thanks for supporting our FOOD DRIVE



Community service chair Tyler Hmiel (shown above with items brought to the April GMDM luncheon) reports that those donations added up to 140 pounds of food and other items that Greensboro Urban Ministry will use to help those in need.

Get ready for our CLOTHING DRIVE



Start checking your closets now! We will have a clothing drive at the June GMDM luncheon to help men and women in need.

MESSAGE FROM THE PRESIDENT

by Kevin Pearce



One of my favorite quotes is: "We plant trees under whose shade we will never sit."

This speaks to community service, which is part of the mission for Guilford Medical & Dental Managers. There are many things we do that we will never personally benefit from...but others will.

Last year, the GMDM Charity Classic golf tournament contributed \$3,000 to the GMDM Scholarship Fund, which gave \$1,000 scholarships to three very deserving nursing students.

The GMDM Charity Classic also gave \$3,000 to The Rady Lady Foundation, which provides financial aid to individuals needing help with medical expenses.

Again, you as a member of GMDM are "planting trees under whose shade you will never sit."

But those nursing students will touch many lives, and you will touch many others you will never know who need help with medical expenses.

The 2023 GMDM Charity Classic is set for June 12 at Greensboro Country Club's Farm Course. See below for ways you can get involved. Contact Bruce Barton, committee chair, for more information.

Do you have questions or comments about GMDM? Email President Kevin Pearce at Kevin.Pearce@authoracare.org

Welcome to Our New Active Member



JILL STARCEVICH, OWNER
BrightStar Care of S. Greensboro

JOINED GMDM WHEN: 2023.

WHAT PROMPTED YOU TO JOIN: Connecting with industry professionals.

HOMETOWN/FAMILY: Originally from Royal Oak, MI. Lived in Chicago for nearly 10 years and London for two. Married to my husband, Todd, for 17 years. We have two boys, Camden (10) and Brock (8), two dogs (Scout and Walter), a horse and a lizard.

EDUCATION: BA, Oakland University; Certificates: Organizational Management, Northwestern University; Human Resources, DePaul University.


HOBBIES: Horseback riding and boating.

I WOULD LIKE PEOPLE TO REMEMBER ME AS: Kind, trustworthy, always willing to lend a hand or a shoulder to cry on.

SOMETHING YOU MAY NOT KNOW

ABOUT ME: I used to perform on horseback in performances at a dinner theatre when we lived in Chicago.

COMMENTS ABOUT GMDM: It has been wonderful connecting with others in the healthcare industry and learning how we can support each other. I always leave a meeting with a new piece of knowledge or connection.



Jill Starceвич has owned BrightStar Care of S. Greensboro since August 2020 and recently opened a second office in Winston-Salem. The agency provides everything from in-home companion and personal care up to skilled nursing – and soon will offer PT/OT as well. Because of the wide range of services, BrightStar can care for clients in their home through every step in their journey. For more information, contact Jill Starceвич at Jill.Starceвич@brightstarcare.com.

The Puzzler???



What is a very formal or very informal garment?

Look for the answer in one of the ads. Once you find it, email the answer and the ad in which the answer appears to newsletter editor Deanna Thompson at deanna@thompsononline.biz.

Get Involved in the GMDM Golf Tournament!



Monday, June 12
GCC's Farm Course

There's still time to sign up to play in the GMDM Charity Classic. Or, if you aren't a golfer, just about everyone can afford to support the tournament as a Tee Sponsor. Cost is just \$100, and you'll receive recognition at the tournament.

More info: bbarton57@gmail.com

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Danny Rudisill, President

The Greater Purpose of Failure

I was preparing for my first triathlon when a seasoned cyclist dropped some wisdom on me: "You haven't biked until you've hit the pavement."

In that moment, I didn't get it. Then one day I became intimately acquainted with the asphalt. The pain was both physical (bruises) and emotional (embarrassment).

Failure serves a greater purpose than momentary pain or shame.

It brings us face-to-face with these soul-searching questions:

How bad do I want this?

Is it worth the cost?

Failure isn't out to harm you. Its intent is to check in with your motives. If your answers to these questions aren't:

"Real bad."

"Yes."

...that's a good indication you should pursue something else.

Rich Schlentz is the founder of EXTRAordinary! Communication (www.reviveyourwork.com)
Contact Rich at rich@reviveyourwork.com or 336-317-4603.

MONTHLY ENCOURAGEMENT

by Rich Schlentz



HEALTHCARE LAW & YOU

by Karen McKeithen Schaede



Q: The National Labor Relations Board recently released a decision about severance agreements in the workplace. If we are an employer that does not have a labor union, does it apply to our organization?

A: Yes, it does. The Board found in the case McLaren Macomb, 37NLRB No. 58 (2023) that an employer violated the National Labor Relations Act (NLRA) by offering severance agreements to employees being furloughed that included very broad non-disparagement and confidentiality agreements.

This infringes on employees' rights, according to the Board. Severance agreements themselves are not unlawful – it is the broad non-disparagement and confidentiality provisions that violate the law.

In announcing the decision, NLRB Chair Lauren McFerran said "employers cannot ask individual employees to choose between receiving benefits and exercising their rights" under the NLRA. The decision applies to all employers, not just those with a labor union.

Karen McKeithen Schaede, a principal in Revolution Law Group (www.Revolution.Law), can be reached at KSchaede@Revolution.Law. This article is for informational purposes only, not for the purpose of providing legal advice, and does not create an attorney-client relationship between Revolution Law Group and the reader.

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