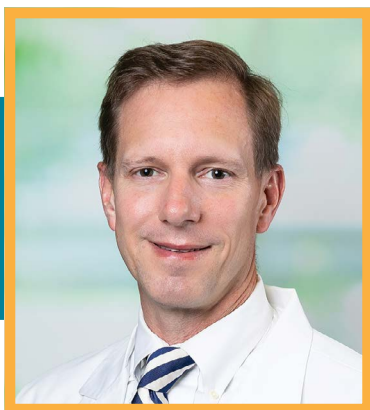


## Join Us at the July Luncheon



**V. Wells Brabham IV,  
MD - FACS**

Vascular & Vein Specialists

### ► THE PROGRAM

#### **Saving Limbs and Lives: Early Detection of Peripheral Artery Disease**

Peripheral artery disease (PAD) affects millions of people every year. Left untreated, PAD can lead to amputation. Dr. Brabham will discuss PAD risk factors and symptoms, how PAD is diagnosed, and how it is treated both medically and procedurally.

### ► THE PRESENTER

V. Wells Brabham IV, MD, is a board-certified surgeon who specializes in vascular surgery. His professional interests include complex aortic repair, carotid disease, minimally invasive and surgical treatment of peripheral vascular disease, and venous disease (DVT). Communicative and caring, he strives to treat each patient as if they were a member of his own family. He offers his patients the full spectrum of disease management: lifestyle changes, medical management, minimally invasive interventions, and surgical procedures. In addition, he is involved in clinical trials in order to bring cutting-edge technology to his patients.

### ► THE LUNCHEON

WHEN: 11:45 – 1:00 p.m., Wednesday, July 19, 2023

WHERE: Starmount Forest Country Club

COST: Free with membership; \$25 for guests

RSVP: Visit the website at [www.gmdm.org](http://www.gmdm.org) to register for the luncheon

RESERVATIONS REQUIRED; PLEASE NOTE ANY DIETARY RESTRICTIONS

Thanks for donating to our  
**CLOTHING DRIVE**  
at the June 21 Luncheon



Tyler Hmiel, GMDM's Community Service Committee chair, poses (above) with men's and women's dress clothes, shoes and other items that GMDM members brought to our Clothing Drive at the June meeting, for donation to the Bargain Box and the Interactive Resource Center to help women and men in need.

#### **COMING IN AUGUST:**

Our annual School Supply Drive to benefit the Guilford Education Alliance's Teacher Supply Warehouse.



**Highlights  
from the  
2023 GMDM  
Charity Classic:  
See Pages 4-5**

## MESSAGE FROM THE PRESIDENT

by Kevin Pearce



Each One, Bring One. Djuana Parker, our former GMDM President, began using this slogan at GMDM. And it can change the world.

In 1800: Thomas Jefferson was elected President by one vote in the House of Representatives after a tie in the Electoral College.

In 1824: Andrew Jackson won the Presidential popular vote but lost by one vote in the House of Representatives to John Quincy Adams.

In 1845: The U.S. Senate passed the convention annexing Texas by two votes.

In 1867: The Alaska purchase was ratified in the Senate by two votes, paving the way for future statehood.

While you may be happy or sad at the above results, I think you would have to agree that one person can make a difference just by what they choose or choose not to do.

When you choose to sign up to attend the GMDM luncheon, it makes a difference. If you didn't, your place would be empty, the conversations you might have would not happen, and others would not experience your presence.

And if you bring another person with you, you've doubled your impact. I bet you know someone to bring. See you at the July luncheon.

*Do you have questions or comments about GMDM? Email President Kevin Pearce at [Kevin.Pearce@authoracare.org](mailto:Kevin.Pearce@authoracare.org)*

## Getting to Know You: Active Member



**SARAH BARKER, DIRECTOR OF DEVELOPMENT AND PUBLIC RELATIONS**

**Pennybyrn**

**JOINED GMDM WHEN:** August 2022.

**WHAT PROMPTED YOU TO JOIN:** Our previous GMDM representative left Pennybyrn, and I was happy to fill our spot in this worthwhile group.

**GMDM COMMITTEES:** Scholarship Committee.

**HOMETOWN/FAMILY:** Hometown is Waynesville, NC.

Married to husband Joey for 27 years in August. Two

fur babies of the Dachshund variety – Coco and Olive.

**EDUCATION:** Associate of Arts, English, Haywood Community College; CFRE - Certified Fund Raising Executive.


**HOBBIES:** I think I'm solar-powered, because being outside recharges my batteries. In all but the coldest months of the year, I can be found outdoors

when I am not working – walking/exercising, gardening, reading, or simply enjoying the sunshine on my skin, the sound of the wind in the leaves, and the birds in the trees.

**COMFORT FOOD:** Melted dark chocolate with frozen cherries or blueberries – I call it chocolate soup!

**COMMENTS ABOUT GMDM:**

Everyone is genuinely warm and friendly – I love the welcome that GMDM members offer to new folks and to guests.



**P**ennybyrn is a continuing care retirement community that has approximately 450 residents residing in independent living apartments and cottages, assisted living, skilled nursing, and memory care accommodations. It also offers inpatient physical, occupational and speech therapy for Triad residents in the new, state-of-the-art Lillian Congdon Transitional Rehab Center. More info: Visit [pennybyrnliving.org](http://pennybyrnliving.org) or email [sbarker@pennybyrn.org](mailto:sbarker@pennybyrn.org).



### The Puzzler???

What is "wolf" in Spanish?

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](mailto:deanna@thompsononline.biz).



### Home Care You Can Count On.

- Meds admin & reminders
- Bathing & toileting lobo
- Bonded & insured
- Companion & personal

**336-265-3500**  
[brightstarcare.com/s-greensboro](http://brightstarcare.com/s-greensboro)

©BrightStar Care  
Independently Owned and Operated

### Medicare Choices, Simple & Uncomplicated



**Jeff Shell, Certified Licensed Broker**  
1175 Revolution Mill Dr, Studio 4, Greensboro  
(336) 763-0775 [HealthShopeNC.com](http://HealthShopeNC.com)

## Recognize Your Role

**M**y youngest daughter played volleyball in high school. She had great coaches. I wasn't one of them.

Sitting in the stands, I recognized the main benefit of knowing little about volleyball: I couldn't multi-role. I was laser-focused on my unique strength: Dad.

Trying to fill multiple roles can be a lot like multi-tasking – code for doing several things in a mediocre manner at the same time. It's an illusion to believe you can be "all things to all people."

It's time to hone in on your key role by identifying your innate strength:

- Encouragement.
- Strategy.
- Innovation.
- Listening.
- Showing empathy.
- Gathering resources.
- Steadfastness.

Focus on what you do best. Then, invite others to rise to the challenge of doing the same.

**Rich Schlentz** is the founder of EXTRAordinary! Communication ([www.reviveyourwork.com](http://www.reviveyourwork.com))  
Contact him at [rich@reviveyourwork.com](mailto:rich@reviveyourwork.com) or 336-317-4603.

### MONTHLY ENCOURAGEMENT

by Rich Schlentz



## HEALTHCARE LAW & YOU

by Karen McKeithen Schaede



### Q: What is the Pregnant Workers Fairness Act?

**A:** The Pregnant Workers Fairness Act (PWFA) is a new law that went into effect June 27, 2023. It expands federal protections for pregnant workers. Under PWFA, an employer:

- Must make reasonable accommodations for an employee who has limitations due to pregnancy, childbirth or other related conditions.
- Cannot deny employment based on the need to provide accommodation.
- Cannot require leave if there is another reasonable accommodation available.
- Cannot discriminate due to a request or use of an accommodation by an employee.

The act applies to employers with 15 or more employees. Reasonable accommodations can include such things as the ability to sit, flexible working hours and additional break times. If the PWFA is not followed, the employee has a right to a private action under the law.

**Karen McKeithen Schaede**, a principal in Revolution Law Group ([www.Revolution.Law](http://www.Revolution.Law)), can be reached at [KSchaede@Revolution.Law](mailto: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.

## 3 Things You May Not Know About Brown Investment Properties

**1** Brown Investment Properties has its roots from the 1940s and was originally chartered in 1960 as Barter Homes. The name was changed to Brown Realty in 1965.

**2** In the early 1980s, Brown Investment Properties purchased and renovated the Latham-Baker House, an early 1900s Prairie-style home on Fisher Park that is now listed on the National Register of Historic Places.

**3** Today, Brown Investment Properties is the largest commercial real estate brokerage firm in the Piedmont Triad, with a service area that includes North Carolina, South Carolina and Virginia.

Provided by Bill Strickland, GMDM Member, [Brown Investment Properties](http://BrownInvestmentProperties.com)

### ADVERTISER FOCUS



## PIEDMONT PRINTING & GRAPHICS, INC.

Printing, Graphics, Mailing, Apparel & Promotional Products



**We do it all!**

317 South Westgate Drive • Suite D  
Greensboro, NC 27407  
(off Dundas near Pomona)

**(336) 273-2120**

**Danny Rudisill, President**

**More choices. More to love.**

Contact us to learn more about our Independent Living Expansion and the Lillian Congdon Transitional Rehab Center

Call today  
**336-821-4050**



Retirement Living • Assisted Living • Memory Care • Healthcare Households • Transitional Rehab

109 Penny Road • High Point, NC 27260 • [www.PennybyrnLiving.org](http://www.PennybyrnLiving.org)





## A Big Thank You to the 2023 GMDM Charity Classic Sponsors

### Platinum Sponsor



### Gold Sponsor



### Silver Sponsors



### Various Sponsors

#### Beverage Station:

Graham Personnel Services

#### Closest to the Pin:

Cox Family Practice

FirstPoint Resources

Triad Internal Medicine

Vascular & Vein Specialists

#### Driving Range:

Kisco Senior Living

Hole-in-One: Green Lincoln

Longest Drive: Home Instead

Putting Contest: Pennybyrn

Breakfast: FirstLight Home Care

### Tee Sponsors

Clapp's Home Care; Cone Health;

Guilford Orthopaedic & Sports

Medicine Center; DRI Greensboro

Imaging; Labcorp; MICA

Information Systems; Redding

Communications; RTG Realty;

Bill Strickland; Thompson

Communications; Well-Spring

## 70-Plus Golfers Play in GMDM Charity Classic



Photos by Valen Rice

1<sup>st</sup>

The Matthews Specialty Vehicles team won 1st place with a score of 53. Left to right: Dennis Hoag, Brad Matthews, Cheyne Rauber and Tom Brondolo.

The 11th annual GMDM Charity Classic golf tournament was a huge success. A total of 76 golfers on 19 teams, representing a variety of companies, participated in the tournament on Monday, June 12, 2023, at the Greensboro Country Club's Farm Course.

Winners are pictured above and on opposite page. Also, Craig Bugbee of Labcorp made a hole in one, but not on the hole that would have won him a car!

Special thanks to Bruce Barton, chair, and the rest of the GMDM Golf Committee for their hard work, including Lisa Haymore, who headed up the volunteers. Lisa and her daughter also made GMDM 2023 koozies for all the golfers.

### Proceeds from Tournament Will Benefit:



One of the largest animal rescues in North Carolina, Red Dog Farm is dedicated to the rehabilitation, fostering and adoption of animals of all sizes.



The GMDM Scholarship Fund provides monetary assistance to help local students pursuing careers in medical and dental fields.

## COMTECH CAR GIVEAWAY IS BACK!

ENTER TO WIN A 2023 CORVETTE OR \$75,000 CASH!



Streamline your healthcare practice with ComTech, your HIPAA-compliant technology partner.

Refer your practice today!



Cybersecurity



IT Support



Phone Systems



HIPAA  
VERIFIED

[ComTechGiveaway.com](https://ComTechGiveaway.com)



**2<sup>nd</sup>** The MICA Information Systems team won 2nd place with a score of 54.  
Left to right: Drew Davis, Jeremy Rudock, Jim Price and Frank Peplowski.



**3<sup>rd</sup>** The TurfMasters Lawn Care, LLC team won 3rd place with a score of 55.  
Left to right: Ron Brady, Mike Rhodes, Chuck Smith and Ray Rocha.

**DKMS**

WE DELETE BLOOD CANCER

## It's Easy to Do Good! Register as a Stem Cell Donor

**G**ive someone a renewed lease on life by registering to be a donor for stem cells. Stem cells are on the cutting edge of innovative treatments for blood cancers such as leukemia.

### How can you register to help?

If you're age 18-55, visit Abbotswood at Irving Park (3504 Flint St., Greensboro) Tuesday, July 25, starting at 10:30 a.m., and provide a saliva sample via oral swab. It will be added to a database, where it may match with someone who needs a stem cell donation.

### Where can you get more info?

Contact the GMDM members sponsoring the event: Jody Clayton of Abbotswood ([Jody.Clayton@Kiscosl.com](mailto:Jody.Clayton@Kiscosl.com)) and Lisa Hmiel of Home Helpers ([lhmiel@homehelpershomecare.com](mailto:lhmiel@homehelpershomecare.com)). They are hosting the event through DKMS ([dkms.org](http://dkms.org)).



**Home Helpers®**  
Making Life Easier®

**We're your extended family when family can't be there.**

**In-home services include:**

- ♦ Personal care
- ♦ Companion care
- ♦ Homemaker services
- ♦ 24-hour home care
- ♦ Alzheimer's and dementia care
- ♦ Respite care



**Home Helpers Home Care of Jamestown**  
4562 Pleasant Garden Rd.  
Greensboro, NC 27406  
[www.homehelpershomecare.com/jamestown](http://www.homehelpershomecare.com/jamestown)

**3 Free Hours of Care for the First 5 Callers**

First-time clients only  
Expires Aug. 30, 2023  
**336-240-8524**

## Is Your EHR Driving You Crazy? Call us today to discover the MICA difference.



Fully-Certified EHR and Billing Solutions

**800-344-6422, Option 4 • [www.micamedical.com](http://www.micamedical.com)**  
1580 Westbrook Plaza Dr • Winston-Salem, NC 27103



Person-centered health plan with focused patient support, including:

- Medical and dental care
- Adult day program (full day)
- Medical transportation
- Home care
- Rehab therapy and more.

**336-550-4046**

**[pacetriad.org](http://pacetriad.org)**







## The Most Trusted Hearing Care Experts in The Triad

Trusted by Thousands of Local People, Families, Physicians, and Organizations for Over 13 Years

- ✓ Pediatric and adult audiological services
- ✓ Expertise on all levels of hearing technology and assistive devices
- ✓ Speciality in Cochlear Implant evaluations, device selection, and programming
- ✓ Tinnitus assessments and individualized counseling



(336) 294 9617

[www.aimhearing.com](http://www.aimhearing.com)  
529 College Road Suite B  
Greensboro NC 27410



PO Box 10735  
Greensboro, NC 27404-0735

## Does your marketing need a boost?



Contact us for a dose of creativity.



336-292-6041  
[deanna@thompsononline.biz](mailto:deanna@thompsononline.biz)  
[www.ThompsonOnline.biz](http://www.ThompsonOnline.biz)



We're by your side so your loved one can stay at *home.*

Call (336) 294-0081 or visit  
[HomeInstead.com/311](http://HomeInstead.com/311)

 **Home Instead.**  
*To us, it's personal*

PERSONAL CARE | MEALS & NUTRITION | MEMORY CARE

Each Home Instead® franchise is independently owned and operated. © 2020 Home Instead, Inc.

## MEMORY CARE Solutions

For every level of dementia and memory care, our experts provide the support you need.

**WellSpring**  
SOLUTIONS



Choose the **CARE SOLUTION** that is best for your loved one:

**THE MEMORY CARE CENTER**

*A full day of activities and cognitive stimulation in Greensboro*

**CONNECTIONS, A MEMORY CLUB**

*Available half-days at convenient locations in Greensboro and High Point*

336-545-5377 • [well-springsolutions.org](http://well-springsolutions.org)



**Practicing Commercial Real Estate by the Golden Rule**

**Bill Strickland, CCIM**  
Commercial Real Estate Broker/  
REALTOR®  
[bstrickland@bipinc.com](mailto:bstrickland@bipinc.com)  
336.369.5974



  [www.bipinc.com](http://www.bipinc.com)   