



## 2019 COMMITTEE CHAIRS

SIGN UP TO SERVE ON A COMMITTEE BY EMAILING THE CHAIR



### EDUCATION PROGRAMS

**Wayne Ford** – Innovative Financial Solutions  
Plans programs for luncheon meetings.  
wayne.ford@lpl.com



### COLLABORATIVE EVENTS

**Nedra Baldwin** – PACE of the Triad  
Plans healthcare seminars and teaching sessions with other associations/organizations.  
nedra.baldwin@pacetriad.org



### COMMUNITY SERVICE

Allocates funds for worthy community projects.



### CO-CHAIRS

**Jill Vonderhaar** – Cone Health  
jill.vonderhaar@conehealth.com

**Hope Jensen** – Cone Health  
hope.jensen@conehealth.com



### COMMUNICATIONS

**Shay Rumsey** – Medical/Dental Communications  
Publishes monthly newsletter/contracts advertising.  
shayrumsey@northstate.net



### GOLF

**Bruce Barton** – Cone Health Medical Group  
Plans annual golf tournament.  
bruce.barton@conehealth.com



### BOSSSES' NIGHT

**Kimberly Mikaelian** – Dentistry Revolution  
Plans annual event honoring our bosses.  
kimberly@dentistryrevolution.com



### SOCIAL MEDIA/WEBSITE MAINTENANCE

**Bob Ring** – MICA Information Systems  
Maintains website /connects members to upcoming activities.  
bring@micamedical.com



### SCHOLARSHIP

**Allison Peschell** – Triad HealthCare Network  
Searches for candidates for area medical/dental scholarships.  
allison.peschell@conehealth.com



### RESUME RESOURCES

**Teresa Rakestraw** – Wendover OB/GYN  
Retains resumes for distribution to GMDM members seeking to fill office positions.  
ta.rakestraw@wendoverobgyn.com



### MEMBERSHIP/HOSPITALITY

**Sherri McMillen** – Cone Health Physician Liaison  
Seeks out new members/encourages member retention.  
sherri.mcmillen@conehealth.com

## FOR YOUR INFORMATION

### ABOUT THE PROGRAM

**H**olding Your Team Members Accountable – with Empathy

### ABOUT THE SPEAKER

**Shawn Straub, MA, SPHR**, is the co-founder and principal partner of ALT HR Partners. While providing insight and assistance with legal compliance and risk mitigation, Straub helps companies navigate terminations and layoffs with dignity, respect and empathy. She is a fierce advocate for treating all employees equally and fairly.



Shawn Straub

Straub has been providing employee relations expertise for nearly 20 years to healthcare, retail and nonprofit organizations. In her role as director of human resources at multiple corporations, she has created strategic solutions for employee development and provided tactical expertise in employment law.

## NEXT MEETING

### RESERVATIONS ARE REQUIRED

#### Date and Time:

Wednesday, March 20, 2019  
11:45–1:00 p.m.  
Buffet line opens at 11:30 a.m.

#### Meeting Place:

Starmount Forest Country Club

#### Program:

Holding Your Team Members Accountable – with Empathy

#### Speaker:

Shawn Straub  
ALT HR Partners

Cost: \$20.00 for a guest

## THANKS TO OUR 2019 BOSSES' NIGHT SPONSORS

### PLATINUM

**WELL • SPRING SOLUTIONS**  
Nicole Reynolds

### GOLD

**CONE HEALTH**  
Bruce Barton  
**LAB CORP**  
Mark Cheek  
**GUILFORD ORTHOPAEDIC AND SPORTS MEDICINE CENTER**  
Lisa Hamore

### SILVER

**PENNYBYRN AT MARYFIELD**  
Pamela Olson  
**BARBER CENTER FOR PLASTIC SURGERY**  
Nicole Barber  
**GREENSBORO IMAGING, THE BREAST CENTER**  
Mary Jean Nelson & Allison Fuqua

### BRONZE

**HOME INSTEAD**  
Debi Bryant



## MESSAGE FROM THE PRESIDENT

Jamie Alston

The luck of the Irish. Is that really a thing? According to Edward T. O'Donnell, an associate professor of history at Holy Cross College:

*"During the gold and silver rush years in the second half of the 19th century, a number of the most famous and successful miners were of Irish and Irish American birth. Over time, this association of the Irish with mining fortunes led to the expression 'luck of the Irish.' Of course, it carried with it a certain tone of derision, as if to say, only by sheer luck, as opposed to brains, could these fools succeed."*

Well, I don't know about you, but I don't try to make it in life "only by sheer luck."

My belief and passion is the follow-through. I believe you will have more "luck" in your life if those around you know you are dependable. They can count on you. When we learn to keep our word, follow through with plans and show up for others, doors around you will open. People around you will want you in their life more. They will desire to have your input, have you on their team, because they know they can count on you. You will have "good luck."

So, in this month of drinking green beer, or even a Shamrock Shake, make it a point to follow through. Go the extra mile for your patients, for your staff, for your friends and family. Show them your word is your bond and watch your "luck" begin to change.

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long."

Jamie



## GETTING TO KNOW YOU – ACTIVE MEMBER



### NAME AND PRESENT POSITION:

JILL VONDERHAAR has been a physician liaison for Cone Health for 11 years.

**GMDM COMMITTEES:** Co-chair, Community Service Committee and co-chair, Golf Committee.

**EDUCATION:** BS, Nursing, Virginia Commonwealth University.

**HOMETOWN/FAMILY:** Originally from Cincinnati, OH. Lived in Pittsburgh, PA, Kingsport, TN, and Richmond, VA, for 30+ plus years. Only child, no children, single, and mom is going strong at 91.

**HOBBIES:** Working out. I love walking, running, golf, tennis, pilates, bike riding, travel and UNC basketball.

### ONE OF THE THINGS I'VE LEARNED

**THROUGH GMDM:** GMDM brings outstanding leaders to its membership. The educational opportunities are wonderful, and I'm impressed with the commitment to the community.

### I WOULD LIKE PEOPLE TO

**REMEMBER ME AS:** A loyal friend, honest, kind and fun-loving.

**WAYS TO RELAX:** Spending time with my kitties, time with friends, reading, working out and getting an 80-minute massage.

**COMFORT FOOD(S):** Soft ice cream – McDonald's or Dairy Queen. Vietnamese food.

**FAVORITE TRAVEL SPOT:** Sedona, AZ, Amalfi Coast of Italy. Traveling to Spain and Portugal in September 2019.

**FAVORITE MUSIC/BOOK:** Enjoy contemporary jazz and rock and roll. Any fun music to dance to.

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Danny Rudisill, President

## MISSION STATEMENT

GMDM is the premier professional organization for medical and dental practices in Guilford County, dedicated to providing timely educational programs, strong networking support and personal growth opportunities. Join. Connect. Grow.

## OUR SPOTLIGHT THIS MONTH

IS ON:



**CONE HEALTH**  
The Network for Exceptional Care  
**PHYSICIAN LIAISONS**

Physician liaisons provide a two-way communication link between Cone Health and referring physicians. The Physician Liaison program staff keeps referring physicians abreast of specialty services and programs available throughout Cone Health. Our liaisons can help facilitate convenient times to meet with our specialists. They also work to establish and strengthen the relationships between new providers in the community and established providers in the health system.

## THE JOY OF CARING A TO Z

**A**chieving a sense of fulfillment  
**B**rightening the days of others  
**C**hanging the world for the better  
**D**iscovering the joys of helping others  
**E**arning respect and admiration  
**F**eeling good about yourself  
**G**iving back to others  
**H**earing "thank you" time and again  
**I**nspiring others with your dedication  
**J**oining the community of caring people  
**K**nowing you give your best each day  
**L**ifting spirits  
**M**aking great use of your time and talents  
**N**oting the difference your efforts make  
**O**pening your heart to others  
**P**utting compassion into action  
**Q**uieting others' concerns and fears  
**R**eaching out to those in need  
**S**preading smiles wherever you go  
**T**ouching lives  
**U**nderstanding the importance of giving  
**V**aluing everyone you meet  
**W**arming hearts  
**EX**pressing your generosity  
**Y**ear-round appreciation  
**Z**eroing in on what's important –  
**CARING!**

*By a former GMDM president, Marion Attaway*

## UPCOMING COMMUNITY SERVICE DRIVES FOR 2019

MARK YOUR CALENDARS NOW!

**CLOTHING DRIVE**  
**May 15, 2019**  
**For the Women's**  
**Resource Center**



**TEACHER SCHOOL**  
**SUPPLY DRIVE**  
**August 21, 2019**  
**Supplies go to**  
**Guilford Education Alliance**



**HOLIDAY TOY DRIVE**  
**November 20, 2019**  
**Toys go to The Salvation Army**



## SCRABBLE WORDS

**PRESBYTERIAN:**

When you rearrange the letters:  
**BEST IN PRAYER**

**ASTRONOMER:**

When you rearrange the letters:  
**MOON STARER**

**DESPERATION:**

When you rearrange the letters:  
**A ROPE ENDS IT**

**THE EYES:**

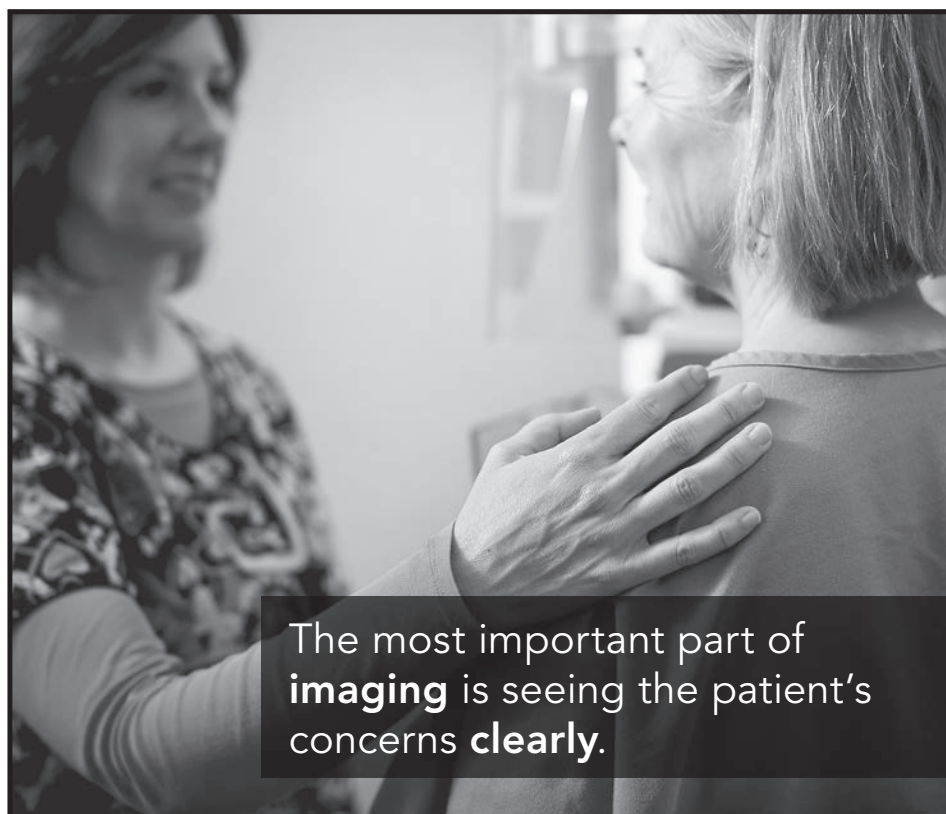
When you rearrange the letters  
**THEY SEE**

**GEORGE BUSH:**

When you rearrange the letters:  
**HE BUGS GORE**

**THE MORSE CODE:**

When you rearrange the letters:  
**HERE COME DOTS**



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## MONTHLY E-COURAGEMENT

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CONTACT HIM AT [RICH@EXTRAORDINARYINC.COM](mailto:RICH@EXTRAORDINARYINC.COM)  
336-317-4603



### THE TRUTH ABOUT “TELLING IT LIKE IT IS”

The phrase sounds bold and confident: “I just tell it like it is.”

Truth is, when this practice morphs into an unbridled fault-finding communication style, bodies are left in its wake.

This isn't the way of an engaging leader.

Ask yourself: *Does my ‘telling it like it is’ build people up or leave them wounded?*

If your words deflate and discourage ... change that. It takes more discipline and skill to build than to demolish.

Even with difficult conversations, decide how people can leave your interactions feeling optimistic and confident.

Next time you aim your truth at someone, check your motives.

Choose your words and tone carefully. Use them for the power of good.



## Imaging care on your schedule

### Novant Health Imaging

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## THANKS TO OUR ADVERTISER



PACE of the Triad is a nonprofit health and human services agency committed to the wellness of seniors and to improving the autonomy and quality of their lives. PACE is a Program of All-inclusive Care for the Elderly that provides community-based care and services to individuals who need nursing home-level care, but want to remain at home. Available services include, but are not limited to, an adult day health program, medical care, rehab therapies, transportation, home health, medications and supplies.

PACE of the Triad accepts Medicare, Medicaid and private payment. With the exception of emergency care, all services must be approved in advance by PACE of the Triad. Participants may be fully and personally liable for the costs of unauthorized or out-of-PACE program agreement services.

To enroll in the PACE program, participants must be 55 or older, residents of Guilford or Rockingham counties, able to live safely in the community and determined by the N.C. Division of Medical Assistance to be eligible for a nursing home level of care.

For more information, call 336-550-4040 or visit [www.pacetriad.org](http://www.pacetriad.org).



## THE PUZZLER ???

What is a cryptographer?

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 name the ad in which the answer appears to Shay Rumsey at [shayrumsey@northstate.net](mailto:shayrumsey@northstate.net)



## Ask The Lawyer

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**Q:** What are some things I need to worry about in our practice when it comes to employees?

**A:** We often just think about wrongful termination and employment discrimination when it comes to employees. Over the next few months, I am going to write about some topics that a practice needs to think about but often overlooks when it comes to employee claims.

### One of these topics is Assault and Battery:

First, look at the definition of assault. It is "intentionally putting someone in reasonable fear of imminent harmful or offensive contact." Battery is "harmful or offensive touching."

Claims of assault and battery may be asserted when an employee is being harassed or bullied in the workplace. If an employee asserts this claim, it should be taken seriously and investigated. The investigation may be internal, but an outside party may be needed also.

Consult your Human Resources Department or your attorney to decide what is needed for a thorough and objective investigation.

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 Connors Morgan PLLC and the reader.



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**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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Greensboro, NC 27405

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www.pacetriad.org  
info@pacetriad.org

## EIGHT WAYS TO CONTROL ANGER IN YOURSELF

1. **Recognize that rarely does anyone's mind get changed in an angry exchange of words.**  
*Neither side is listening well enough for this to happen.*
2. **Become analytical about the behavior of others.**  
*Everyone has what he or she believes is a good reason for behavior that to you looks irrational, childish or worse. Ask yourself what the other person's justification might be. It will help you deal with the situation.*
3. **Admit that no one can make you angry; you get angry.**  
*You are the only person who should be in control of your emotions. To relinquish that control to others, by getting angered in situations where you are sorry afterwards, is a putdown to yourself.*
4. **Recognize that the longer you remain calm and in control, the more likely you are to win.**  
*Anger gets in the way of rational thinking and prevents you from seeing opportunities for gain.*
5. **Learn to be an observer in your own life.**  
*View what happens to you objectively. Evaluate your responses. Determine to do better next time.*
6. **Begin responding to people; stop reacting to them.**  
*Think with your head, not your gut.*
7. **Distance yourself from those who seem to be able to get your goat and who are bent on doing it as often as they can.**
8. **When a person earns your rejection, give it.**  
*No longer allow this person access to you.*

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**Thursday, May 30, 2019**  
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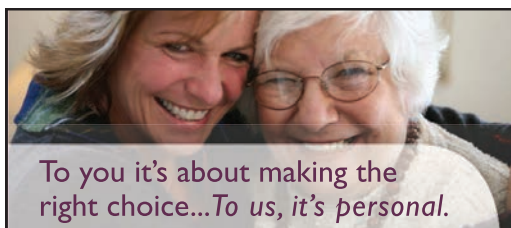
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