

A Monthly Newsletter

Celebrate Your Dad on the 16th!

June 2019

8TH ANNUAL GMDM CHARITY CLASSIC GOLF TOURNAMENT



THE WINNING TEAM IN 2019!

The first place winners in the 8th annual GMDM Charity Classic golf tournament, with a score of 54, are (left to right): Bob Kober, Dr. Pete Kwiatkowski, Dr. Mark Yates and Steve Anderson.

Second and third place winners, with a card playoff and a score of 56, are:



SECOND PLACE TEAM

Randy Ector, Ron Brady and Matt Gammon.
Not pictured: Tommy Chandler.



THIRD PLACE TEAM

David Lane, Preston Dembowiak, Scott Baker and Tom Sullivan.

Eighteen foursomes competed in the tournament on May 30 at Greensboro Country Club's Irving Park course.

Tournament proceeds will be donated to Victory Junction, a year-round camp for children with chronic medical conditions and serious illnesses, and to the GMDM Scholarship Fund, which awards scholarships to area students in the medical and dental fields.

Many thanks to all of our sponsors. Major sponsors listed on Page 3.

FOR YOUR INFORMATION

ABOUT THE PROGRAM

TOPIC: "Transform Your Stress for Improved Professional Performance"

Stress impacts your brain, body and behavior. When cycles of stress continue without interruption, they can lead to professional impairment – a risky reality for medical and dental practices. Cheri Timmons will highlight the ramifications of stress and introduce strategies you can use to transform your stress for improved performance in and out of the workplace.

ABOUT THE SPEAKER

CHERI TIMMONS, LCSW, CHC, RYT, is the founder of Cheri Timmons Coaching – a local health coaching practice focused on the wellness, growth and connection of our Greensboro community.



Cheri Timmons
LCSW, CHC, RYT

She is a Licensed Clinical Social Worker, a certified health coach and a yoga teacher in Greensboro.

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, June 19, 2019
11:30–1:00 p.m.

Buffet line opens at 11:20 a.m.

Meeting Place:

Starmount Forest Country Club

Speaker:

Cheri Timmons
LCSW, CHC, RYT
Founder of Cheri Timmons Coaching

Program:

Transform Your Stress for Improved Professional Performance

Cost: \$20.00 for a guest



MESSAGE FROM THE PRESIDENT

Jamie Alston

June is the month that is solar-driven and high-powered. A month that is high voltage for potential in love, family and creative expression. A time to let your guard down and take a leap into something exciting and adventurous. This got me thinking about how fortunate we are to live in North Carolina, where exploration and adventure are endless. We have the benefit of the coast and mountains right at our fingertips.

Every few years, my family skips our annual beach trip for a stay-cation. We spend the week at home and take day trips exploring our great state. This year is one of those years. We will explore waterfalls, visit our state capital, take in mountain views and then probably end on a beach somewhere for the day. I do this because I want my children to love where they live. With cities like New York, Los Angeles and Miami being commercialized in the movies or television shows, places like Cashiers, NC, can seem boring. Until you visit there.

Cashiers is the home of falls. Whitewater Falls is the tallest waterfall east of the Rocky Mountains. It is a series of waterfalls totaling 811 feet. The first portion, Upper Falls, is an enormous 411 feet. Of course, we share this waterfall with our neighbors, with the lower portion at a different access point in South Carolina. While our state is the home to 250 waterfalls, I would dare to say this one is the most majestic.

Let me challenge you all to explore



Upper Whitewater Falls, NC

and be adventurous. When you are sitting down to plan your vacation, take a walk on the wild side. And as

I always tell my children, take the path less traveled – it's not that busy there.

GETTING TO KNOW YOU – ASSOCIATE MEMBER



NAME AND PRESENT POSITION:

MYRNA ANGLE, CPA, is the owner of HealthCare Management Group, Inc.

GMDM COMMITTEES/JOINED:

Joined GMDM in 1989. Served on Scholarship Committee and Community Service Committee.

EDUCATION: BS, Business Administration, UNCG, 1982; NC CPA license, 1992.

HOMETOWN: Born and raised in Greensboro; husband, Stan; 2 cats.

ONE THING I'VE LEARNED: It is always better to listen before you speak.

WAYS TO RELAX: Reading and binge-watching old TV shows on Netflix.

COMFORT FOOD: Chips and salsa or mac 'n cheese.

FAVORITE AUTHORS: James Patterson, Kathy Reichs and David Baldacci.

COMMENTS ABOUT GMDM: I have been a member since 1989 and have been impressed with the managers in this group and their commitment to excellence in their medical and dental practices every day. It is a pleasure to be involved with such a dedicated group.

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Danny Rudisill, President

OUR SPOTLIGHT THIS MONTH

IS ON:

HEALTHCARE MANAGEMENT GROUP, INC.

Healthcare Management Group is a management consulting, tax and accounting business specializing in the needs of medical and dental practices. Our purpose is to continue providing excellent service to the clients we have been with for many years as well as to the newest of our clients recently seeking our help with their practices. We look forward to helping other practices in the future.



Thanks to our GMDM Charity Classic volunteers! Above, golfers are ready to leave in their carts to tee off.

Golf Committee: *Chair*-Bruce Barton; *Volunteers*-Pamela Olson, Teresa Rakestraw, Sherri McMillen, Mary Jean Nelson, Allison Fuqua, Danny Rudisill, Rita Smith, Bob Ring, Nicole Reynolds, Greer Bigham, Scott Whitt, Kristin Gilbert, Roget Berendes, Jill Vonderhaar, Barbara Peebles (honorary GMDM member) and Shay Rumsey.



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Ask The Lawyer

By Karen McKeithen Schaeede

Have a question about the law?

Send your questions to

KSchaede@ConnorsMorgan.com

Q: Can an employee talk about their employer in a negative manner on social media, even if they don't mention the employer by name?

THE FOLLOWING ANSWER WAS WRITTEN BY KAREN MCKEITHEN SCHAEDE AND JON PARISI, ASSOCIATE WITH CONNORS MORGAN PLLC.

A: There's no question that the workplace environment can sometimes experience tension and hostility – that's the nature of a challenging job. But not even the nicest, hardest-working and highest-performing employee can escape the barb wire of work politics.

With a vast expansion in technology and the growth of internet platforms across the nation, social media has become an outlet for users to share each and every bit of their lives. Whether it's posting a photo of your dish at a five star-restaurant or requesting a diagnosis for your recently-acquired rash, social media has become a medium for oversharing and sometimes divulging very personal information about our lives.

Due to the dedication and commitment you put into your employment, sometimes working well over 40 hours weekly, your job is a huge part of who you are. The workplace environment may push your boundaries and create a level of frustration, especially during busy seasons, but here's why expressing your dissatisfaction on social media is a bad idea:

It's Unprofessional. Despite the inevitable tension that the workplace may bring, taking your complaints to social media doesn't reflect well on you as an individual or employee. Even if you are not using your employer's name, presumably your social network knows (or can at least easily find out) where you work. You wouldn't bad-mouth a client publicly, so why would you do the same to your boss?

It Creates a Negative Work Environment. Nobody likes a complainer. Gathering around the coffee machine and whining about an assignment your boss gave you reflects that you are not a team player

2019 GMDM CHARITY CLASSIC GOLF TOURNAMENT

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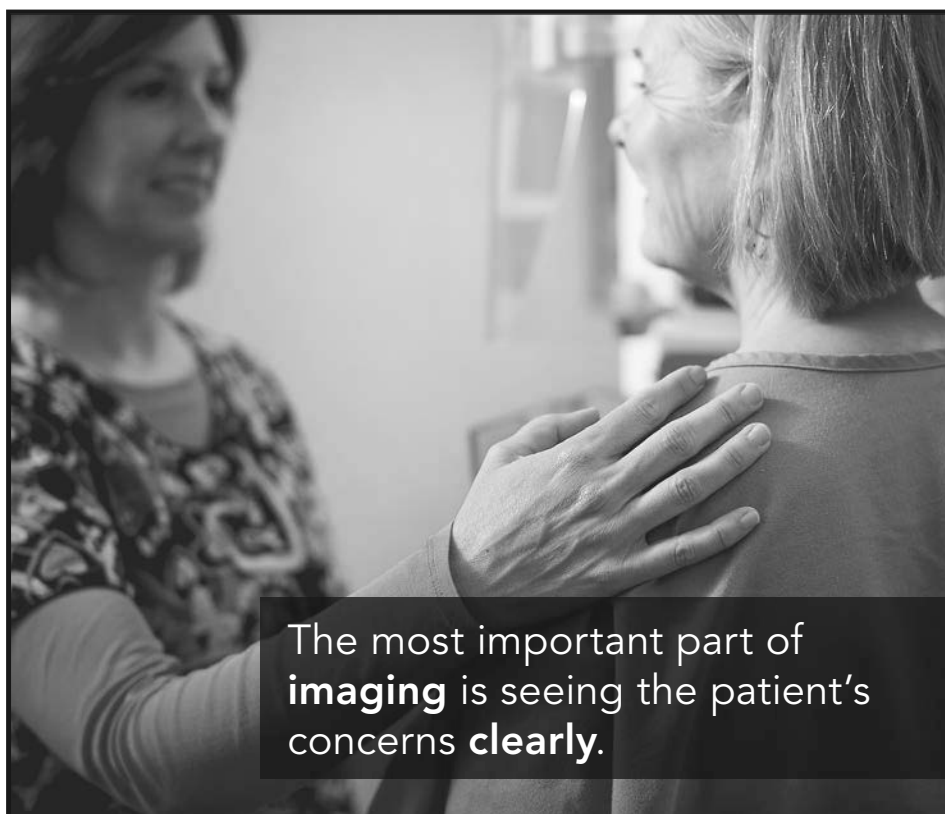
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WORKING LESS WON'T CURE BURNOUT

Burnout is at epidemic proportions.

It isn't industry- or job-specific.

Symptoms include: emptiness, lethargy and that feeling Sunday night when your stomach clenches in anticipation of the workweek.

Sometimes it can feel like despair.

Excessive exertion is only a piece of the equation.

The core catalyst of burnout is prolonged effort without meaning.

We are amazingly productive and resilient when there is meaning behind what we do.

Does your work matter?

Does your role make a difference?

Is there meaning behind what you do?

The longer these questions go unanswered, the quicker you lose your drive.

The cure to burnout isn't less work; it's more meaning.



Ask The Lawyer – continued from Page 3

and not willing to embrace your work. This negativity often drags down company morale and can ultimately affect performance, thus leading to even bigger problems.

The World is Small. Even in the largest of cities, overlap with previous colleagues and employers is very common. And with the evolution of the internet, it has made the world very small. Therefore, preserving your relationship with your employer is vital to your existing job and the potential for a different job in the future. Let's say you bash your employer on Facebook for "overworking you and paying you squat." Although it appears unfair, the chances that your employer will want to retain you and that similar employers will want to hire you decrease substantially. People you work for now could become potential clients, business partners or fellow committee members, so don't burn your bridges.

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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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. He specializes in medical and dental office properties.

Contact Bill at 336-369-5974 or bstrickland@bipinc.com to discuss how he can help you save money.



THE PUZZLER ???

Bear down under?



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



Kimberly Mikaelian | GMDM Member
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Do You Have Difficulty Sleeping?

By KEITH G. KORDSMEIER, DDS

Do you have difficulty falling asleep? Do you snore? Are you frequently tired during the day? Are you aware or have you been told you stop breathing during sleep? Is your sleep non-refreshing?

What is OSA (Obstructive Sleep Apnea)?

This sleep disorder is a partial or complete blockage of the airway during sleep (American Academy of Sleep Medicine [AASM], 2019). Those with OSA experience breathing patterns that become shallow or cease entirely (apneic episodes) for approximately 10 seconds to one minute or even longer. These episodes may occur hundreds of times each night. However, sufferers are often unaware of this diagnosable condition. Therefore, this chronic condition may go undiagnosed for long periods of time (American Academy of Dental Sleep Medicine [AADSM], 2015).

Symptoms of OSA include snoring, gasping or choking during sleep, which contributes to fragmented sleep. This condition contributes to daytime sleepiness, sleep deprivation,

memory problems and delayed reaction time, and increases the risk of accidents, including those in the workplace and while driving (AADSM, 2015). OSA not only interferes with healthy sleep cycles, but also, if left untreated, increases the risk of hypertension, stroke, heart disease, diabetes and chronic acid reflux (AADSM, 2015).

Example treatment options for OSA:

- *Continuous positive airway pressure (CPAP)
- *Weight loss
- *Positional therapy
- *Dental appliances (in some cases when CPAP is not tolerated or to be used in combination with CPAP)

If a sleep provider recommends an oral appliance, this appliance is used to reposition the lower jaw in a forward position for improved airway opening. These appliances have been demonstrated through research as effective options for treatment of snoring and sleep apnea (AADSM, 2015).



SHARE HELPFUL INFO FROM YOUR PRACTICE OR COMPANY!

We welcome submissions of articles from member and non-member organizations about health care topics or services that may be of interest to GMDM members. These articles should be informational in nature, not sales-oriented promotions for products or services. For an example of the types of articles we will publish, see the story above. There is no charge for publishing these stories.

Have an article you would like to share? Email shayrumsey@northstate.net. Have an idea but need help with writing? GMDM member Deanna Thompson of Thompson Communications (deanna@thompsononline.biz) can assist for a reasonable fee.



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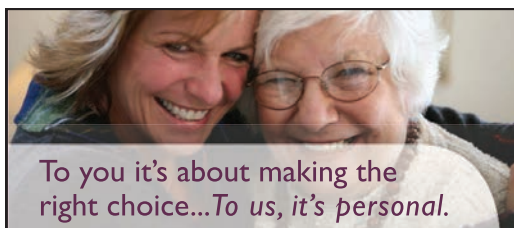
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