

A Monthly Newsletter

*Happy Holidays*

December 2019



Left to right: Mary Jean Nelson, GMDM Community Service Committee member; Captain Matt Hedgren, Salvation Army Corps officer; Allison Fuqua, GMDM Community Service Committee member

The annual GMDM toy drive for The Salvation Army was another huge success under the direction of the Community Service Committee. The toys are distributed to children of all ages who are served by The Salvation Army and who have no presents to open on Christmas. Thanks to all for your generosity in providing toys for children in need.

**FOR YOUR INFORMATION**

**LUNCHEON RSVP**

Please RSVP via the website at [www.gmdm.org](http://www.gmdm.org). Select Log In, enter your password or request a new password, click on Events, select Calendar and register.

**ABOUT THE PROGRAM**

*Don't Miss The Fun!*

PLEASE JOIN US AT OUR UPCOMING DECEMBER LUNCHEON FOR THE KICK-OFF OF ANOTHER GREAT GMDM YEAR!

★

Come and enjoy lunch and networking in a festive atmosphere while making plans for 2020.

This is our annual meeting, so we will have:

- Elections
- Sign-up for committees
- Various advertising opportunities
- Interactive games
- Prizes
- Music

★

**NEXT MEETING**

RESERVATIONS ARE REQUIRED

Date and Time:  
 Wednesday, December 18, 2019  
 11:45-1:00 p.m.  
 Buffet line opens at 11:30 a.m.

RESERVATIONS REQUIRED

Cost: \$20.00 for a guest

**BOSSSES' NIGHT REMINDER!**



January 22, 2020

at



**SPARE TIME**

ENTERTAINMENT

5502 Hornaday Road

Cocktails • Heavy Hors d'Oeuvres

Mark your calendars

NOW!

*Join • Connect • Grow*



## MESSAGE FROM THE PRESIDENT

Jamie Alston

As I write my last president's article, I can't help but sit back and think, "Where did the time go?" I know the saying – time flies when you're having fun – but I believe time flies whether it's fun or not! What is important about time flying is finding the small pleasures, adventures and memories in each of those passing moments.

Being president this year of GMDM has been a moment in time that I have thoroughly enjoyed and will hold close for a very long time. I love the giving hearts of our GMDM members. Whether it's your generosity in donating teacher supplies, professional clothing for young adults beginning their careers, or a toy for The Salvation Army, you never cease to amaze me. I love your willingness to show up for events like our annual Charity Golf Classic and Bosses' Night, and for our scholarship winners. GMDM members, you are the real MVP!

I hope that each of you finds a fleeting moment this holiday season to capture and hold tight to your heart. Enjoy your time with family, friends and co-workers. Take the pictures that annoy everyone; they will thank you later. Share a long conversation over a cup of hot chocolate; you will not regret it. Make sure you are enjoying this ride on Time Flies Airline. Grab a window seat and enjoy your view.

It has been my honor to serve as your president this year, and I can only pray that you will continue in your good will with your 2020 president, Pamela Olson.

Happy holidays to you all!

Jamie

## GETTING TO KNOW YOU – ACTIVE MEMBER

### NAME AND PRESENT POSITION:

**WAYNE FORD** is a risk management insurance advisor with the Greensboro firm of Innovative Financial Solutions, LLC.



### GMDM

### COMMITTEES SERVED ON/ JOINED:

Associate member for 18 years. Served on the Bosses' Night Committee for 13 years. Chaired or

co-chaired the Bosses' Night Committee for 7 years. Currently serves as chair of the Education/Program Committee.

### OTHER CLUBS/ORGANIZATIONS:

Member of and past president of both the Greensboro Estate Planning Council and the Greensboro chapter of the Society of Financial Service Professionals. Active in the Greensboro Kiwanis Club and First Lutheran Church.

**EDUCATION:** B.A. from Wake Forest University with a major in political science/pre-law.

**FAMILY:** Married to Myra Mayse of Boone for 8 years. I have one daughter, Sandy, and she lives in Columbia, SC, with her family. Since marrying Myra, I also now have three stepchildren, and, between us, we are blessed with 6 grandchildren.

**HOBBIES:** Spending time with our grandchildren, playing strategy board games and working out.

### I WOULD LIKE PEOPLE TO REMEMBER ME BY MY LIFE'S

**MOTTO:** "Dance like no one is watching; Sing like no one is listening; Love like you've never been hurt; and Live like it's heaven on earth." - Mark Twain

**WAYS TO RELAX:** Going to movies. Watching college and pro football and basketball.

**COMFORT FOOD(S):** All seafood – fish, shrimp, lobster and crab.

**FAVORITE TRAVEL SPOT:** Sanibel Island, FL.

**FAVORITE MUSIC/BOOK:** Christian contemporary music and oldies from the Sixties. Some favorite books are those written by Brad Sugars of Action Coach.

**COMMENTS ABOUT GMDM:** A great organization of true professionals and good friends.

### ONE THING WE DO NOT KNOW

**ABOUT YOU:** I was a passionate racquetball player for 25 years, until I tore the rotator cuff in my right shoulder.

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Danny Rudisill, President

### OUR SPOTLIGHT THIS MONTH

IS ON:



Innovative  
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### A Financial Plan Crafted for You:

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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:** Is Google Drive HIPAA-compliant?

**A:** With rapidly advancing technology, companies are now storing their proprietary information online. Google Drive is a file storage service which allows users to not only store files, but also synchronize files across devices and share them with other parties electronically. But is this efficient method compliant with the law?

The Health Insurance Portability and Accountability Act (HIPAA) provides healthcare organizations with standards for protecting and securing certain health information. These organizations have a duty to comply with HIPAA regulations and to ensure their procedures do not compromise information. In short, Google Drive is HIPAA-compliant, so long as certain measures are taken in addition to using the program. Some of those measures include:

- **Securing a Business Associate Agreement:** A BAA is a contract that states that both the organization and the vendor are HIPAA-compliant and each will bear the burden of their own non-compliance. Google offers a sample agreement for its paid version of the program.

- **Enabling Security:** Google only encrypts data that is on its server. Those downloading files to a device should implement certain safeguards to maintain protection, such as using distinctive passwords, implementing access controls and enabling 2-factor authentication.

Before pursuing technology to store information, explore the features of your particular software to ensure your organization is taking proper precautions to protect its confidential information.

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.

## BE A BOSSES' NIGHT SPONSOR

PLATINUM – \$2,000 GOLD – \$1,000 SILVER – \$500 BRONZE – \$250

Contact Kimberly at [kimberly@dentistryrevolution.com](mailto:kimberly@dentistryrevolution.com)



Cone Health Women's Hospital Welcomes

## Ravi Shankar, MD

Board certified in maternal-fetal medicine, obstetrics and gynecology, Dr. Ravi Shankar specializes in providing high-risk pregnancy care.

The Cone Health Center for Maternal Fetal Care team includes perinatologists, genetic counselors, sonographers and registered nurses specially trained in providing care for both mother and fetus in complicated pregnancies. Our specialists partner with obstetricians and midwives to provide the best possible outcome for your patients.



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801 Green Valley Road, Greensboro, NC

Hours: Monday - Friday, 8 a.m. - 5 p.m.



## Local Business Leader Joins Greensboro Imaging Mensa Team

Kelli Collins has been named the Chief Operating Officer for Greensboro Imaging.

Kelli has served as the VP of Operations for Surgical Care Affiliates (SCA) since 2005. Prior to this, she served as Director of Operations for SCA and an Administrator at HealthSouth Greensboro Specialty Surgical Center. Kelli is the Founder and President of the Ambulatory Surgery Center Association in NC.

**“We’re so glad to have Kelli here. She is an experienced healthcare professional and well-respected business leader who shares our commitment to patient care and the greater Greensboro community.”**

—Natalie Boner  
Director of Engagement at Greensboro Imaging

**GREENSBORO  
IMAGING**

[greensboroimaging.com](http://greensboroimaging.com)

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## ANONYMOUS FEEDBACK DOESN'T WORK

Employee feedback is often sought through anonymous surveys.

The default thought process concludes: "This way people will tell us what they're *really* thinking. They're more likely to tell the truth!"

Where else do we turn to an anonymous online tool to understand people's thoughts and feelings? Do you:

- Email your friends a link when you're curious about how the relationship is going?
- Ask your significant other to log in so you can better understand their perspective of your partnership?
- Expect your children to use an online survey to clarify the effectiveness of your parenting skills?

Things get better when people talk. Face-to-face. When dialogue ensues, understanding emerges, and relationships strengthen. People share their truth when they feel safe sharing their truth.

Here's some honest feedback: Anonymity doesn't feel safe, it feels secretive. Stop the surveys. Start the conversations.

## THE PUZZLER???

What is the name of the international society for people with high IQs?



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)



# Imaging care on your schedule

## Novant Health Imaging Triad

Finding time for an X-ray or CT scan can be hard to do — but Novant Health is making it easier with evening hours and walk-in appointments. At Novant Health Imaging Triad, you can schedule your scan during convenient weekday hours until 8 p.m., or opt for a same-day or walk-in visit. You'll also find lower prices than those at some competitors and board-certified radiologists who provide a remarkable experience at an unparalleled value.

To schedule an appointment, call 336-272-2162.



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GWS-305651

## WHO ARE YOU?

Are you an active member, the kind who would be missed?  
Or are you just content that your name is on the list?

Do you attend the meetings and mingle with the flock? Or do you stay at home and criticize and knock?

Do you take an active part to help the work along? Or are you satisfied to be the kind that just belongs?

Do you push the cause along and make things really tick? Or leave the work to just a few and talk about the “clique”?

Think it over. Each of you – you know right from wrong. Are you an active member, or do you just belong?

- Author unknown

**MAKE PLANS TO SIGN UP FOR A COMMITTEE IN THE NEW YEAR. YOU WILL MAKE NEW FRIENDS, HAVE FUN AND EVEN LEARN SOMETHING.**



## COMMUNITY RESOURCES AVAILABLE FOR PARKINSON'S DISEASE



**Cone Health Medical Group**  
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Jessica S. Thomas, MSW, LCSW  
Clinical Social Worker  
Cone Health | LeBauer Neurology



The power of community is incredible, and its place in healthcare is more important now than ever as we are usually not far away from someone who needs connected to a resource.

If you know of someone who is living with Parkinson's disease (PD) in our community, please let them know that they have a community filled with resources to help them live well with their disease!

Dr. Rebecca Tat, director of movement disorders for LeBauer Neurology, envisioned to not only educate patients on how to live well with their Parkinson's disease, but also to make sure that our community has the tools and resources to make this a reality. The Cone Health Movement Disorders Fund was established a few years ago to fund exercise, social and therapeutic programs for the Parkinson's community.

In 2019 alone, it has added:

- a PD caregiver support group.
- drumming classes.
- a new Parkinson's in the arts program.
- an atypical Parkinsonian support group.
- an expansion into High Point with a Parkinson's support group.

Anyone living with Parkinson's disease in our community can access these community programs at no charge.

To learn more about Parkinson's disease and movement disorders community programs, call 336-832-3070 or visit <https://www.conehealth.com/services/parkinsons-disease>



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For a tour or inservice for your staff, contact GMDM Member, Nedra Baldwin:

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