

A Monthly Newsletter

Hello **SEPTEMBER** Back to School

September 2021

TEACHER SUPPLY WAREHOUSE DONATIONS



Left to right: Pamela Olson, past president, GMDM; Rebecca Buffington, board member, Guilford Education Alliance; and Tyler Hmiel, chair of GMDM Community Service Committee, with school supplies donated by GMDM Members.

The Community Service Committee's Teacher Supply Warehouse drive was highlighted at the August luncheon on August 18, 2021. Members brought needed school supplies for the Guilford Education Alliance's Teacher Supply Warehouse, which provides school supplies for students in Guilford County. Board member Rebecca Buffington explained that prior to the Guilford County schools opening, over 2,000 teachers visited the warehouse to gather supplies for their classrooms. So many children are not able to provide needed supplies themselves. The warehouse fills this gap for students as well as for teachers, who have had to pay for supplies out of their own pockets.

GMDM members were most generous in their school supply donations and also contributed online with financial donations.

WELCOME TO OUR NEW MEMBERS



Left to right: Tiffany Pearson, Cone Health Patient Care; Sharon Powers, RN, director of Cone Health Internal Medicine Center; and Doris Solomon, practice administrator, Cone Health Internal Medicine Center. These new members were introduced at the August 18, 2021 luncheon.

PROGRAM TITLE

"The Ugly Truth About Medicare and What You Don't Know ... But Should"

ABOUT THE SPEAKER

Jeff Shell, is a certified, licensed, independent insurance broker who helps individuals simplify their Medicare, health and prescription drug insurance needs. He is partnered with the locally owned Health Insurance Shoppe, located in Greensboro's historic Revolution Mill.



Jeff has been a licensed North Carolina insurance agent since 2012. Before that, he marketed vascular access products to North Carolina hospitals and could be found in operating rooms and interventional radiology suites throughout the state!

He believes that educated healthcare consumers make the best decisions and regularly conducts educational seminars to help individuals understand the ABC's and D of Medicare.

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, September 15, 2021
11:45-1:00 p.m.

Meeting Place:

Starmount Forest Country Club

Program:

"The Ugly Truth About Medicare and What You Don't Know ... But Should"

Speaker:

Jeff Shell, Insurance Broker

Cost: \$20.00 for a guest

MESSAGE FROM THE PRESIDENT-ELECT

Djuana Parker



In this very difficult season we are living in, I wanted to share some encouraging words to inspire you. At times, it may seem that our society is hopeless, sad and full of trouble. Division is widespread. Whether it is over masking, vaccinations or politics, we are experiencing national unrest like never before. Loved ones and friends are being lost to sickness and mental illness, and some are, sadly, choosing, in increasing numbers, intentional measures to bring themselves relief.

Yes, it seems that we are living in unprecedented times, and we may feel that we cannot do anything to bring about change. I beg to differ. The one thing we can all choose to do is to **BE KIND**. Kindness is the quality of being friendly, generous, considerate and treating people with respect. Best of all, it is free!

In a recent conversation, my son shared a quote with me. He said, "Mom, honesty without kindness is brutality." Too often, when we feel we are right, we share how right we are at the expense of being rude. We would rather be right, at any cost.

I encourage you to practice random and occasional acts of kindness as an intentional, purposeful, routine part of your lives. We should go about every day of our lives, alert to opportunities to practice kindness – to be friendly, generous, considerate and respectful. This is not a request to abandon truth, but a means of laying the foundation for creating connections that allow our communications to grow and our engagements to increase.

As a leader in the healthcare community, I was intrigued by what Brittany Feldott, pastoral associate at Cape Cod Church in East Falmouth, MA, noted in a recent sermon. She said that "those who gave love either through volunteering, or random acts of kindness or financial giving – had improved health outcomes. In many cases, they outweighed the benefits of those who received that care. A variety of studies have noted that kindness stimulates the production of serotonin, which is associated with happiness; produces endorphins, which are the body's natural painkiller; and reduced amounts of cortisol, the hormone associated with stress. Kindness also releases oxytocin, which helps lower blood pressure. Some studies found that participating in random acts of kindness for a month led to fewer symptoms of severe anxiety. Kindness and generosity led to reduced pain, increased

happiness, decreased stress and decreased blood pressure. And if that weren't enough to practice kindness, studies have found that kindness can even prevent the acceleration of aging at the cellular level – that is, kindness protects folks from an early death."

The age-old medicine we call kindness is critically needed in our communities and our society. Know that you will never regret sharing it.

Blessings to you all, Djuana

GETTING TO KNOW YOU – ACTIVE MEMBER

NAME AND PRESENT

POSITION:

DEBI BRYANT

is a marketing/home care consultant for Home Instead®.



GMDM

COMMITTEES

SERVED ON: Membership and Hospitality Committee.

EDUCATION: B.A., communication studies, University of North Carolina at Wilmington.

HOMETOWN/FAMILY: I have been married for 29 years. Our daughter is 25 and recently relocated to Nashville, TN, for a new job. Our son is a junior at UNC-Chapel Hill, where he is an economics major.

WAYS TO RELAX: Yoga, PiYo (a combination of pilates and yoga), walking, and I love to read a great book. As a family, we enjoy spending time outdoors and going to sporting events.

COMFORT FOOD: Chocolate frosting – yes, straight from the container!

FAVORITE TRAVEL SPOT: A tropical spot where there is water, sand and sun.

COMMENTS ABOUT GMDM:

GMDM is a great networking tool. I have connected with so many people in the industry who are always willing to share their knowledge and resources. We are so lucky to have speakers who have their finger on the pulse of recent happenings in the medical and dental field. I usually take something useful away from each meeting.

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Danny Rudisill, President

OUR SPOTLIGHT THIS MONTH

IS ON:



There really is no place like home. Home Instead® was created to help seniors remain safely in the comfort of home and to provide support to the family and friends who love them. We are devoted to providing the highest quality senior home care while reducing the stress and reestablishing personal freedom for their families.

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- respite care
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The Lawyer's Corner

By Karen McKeithen Schaede

KSchaede@Revolution.Law

Q: What is the new HIPAA Guidance on Disclosure of PHI Related to Opioid Abuse and Mental Health?

A: The U.S. Department of Health and Human Services, Office for Civil Rights published guidance on disclosing protected health information related to overdose victims. If a patient has capacity to make decisions regarding their health care, generally the provider must follow the patient's wishes. If a provider feels there is serious and imminent threat of harm to the patient's health and the provider believes in good faith the person they would disclose the information to would help to prevent this threat, they may disclose this information.

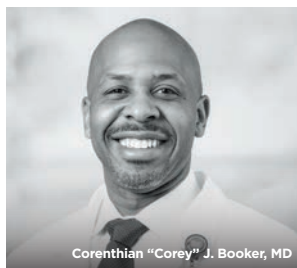
If a patient is incapacitated, the information can be disclosed to the individuals who are involved in the care of the patient, if the provider believes it is in the best interest of the patient and it is shared directly with the family or friend involved in the patient's healthcare.

These are guidelines and can be superseded by state law, but the hope is to help prevent more overdoses and provide better care for this type of patient.

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 Revolution Law Group and the reader.

BOSSSES' NIGHT 2021 WILL BE POSTPONED UNTIL 2022

With the uncertainty of the Delta variant and other COVID-19 variants that may be forthcoming, the GMDM board decided to postpone this year's Bosses' Night.



Corethian "Corey" J. Booker, MD



Ravi Shankar, MD, Medical Director



Yu Ming Victor Fang, MD

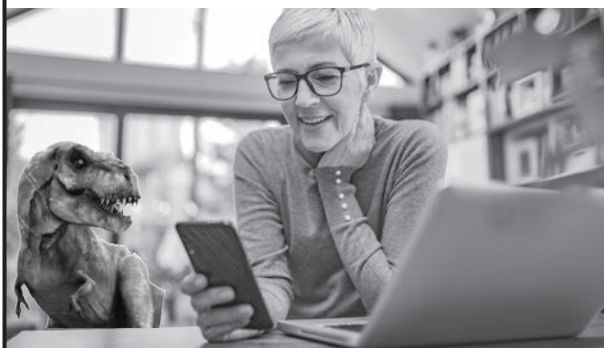
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CONE HEALTH TO OPEN GREENSBORO FACILITY IN EARLY 2022

New location features health network's second free-standing emergency department.

Cone Health MedCenter Greensboro at Drawbridge Parkway opens early next year. The facility will be home to a variety of health and wellness services.

The \$97-million project is located at the intersection of Battleground Avenue and Drawbridge Parkway – just off Interstate 840. While it is Cone Health's fifth MedCenter, it is the first 2.0 version of the concept. The 160,000-sq.-ft. facility features three on-site swimming pools for aquatic therapy. A teaching kitchen will give families more confidence in preparing healthy and nutritious meal options. A café will be open for breakfast, lunch and catering needs. Supervised recreation services for children, including an indoor playground, will be available while parents are in appointments or attending classes.

The MedCenter also features a "front-door" parking deck to make it easier for people to find the closest parking option to enter on the same level as their appointment.



MONTHLY E-COURAGEMENT

PROVIDED BY RICH SCHLENTZ, FOUNDER OF EXTRAORDINARY! INC.
VISIT RICH AT WWW.EXTRAORDINARYINC.COM
CONTACT HIM AT RICH@EXTRAORDINARYINC.COM
336-317-4603



CHOOSE PEOPLE OVER PROCESS

It had been several challenging years since an unexpected and necessary career transition.

Success in my new role required certification as a presentation coach.

The final step of that long and rigorous journey hinged upon a pass or fail grade from our master instructor.

Confronted with this do-or-die reality, I was unable to conquer my nerves. Anxiety was visible on my face and audible in my voice.

I was trying too hard, and our master instructor sensed it.

He responded by sliding an index card under my binder.

I hesitated, shifted the binder, and read his handwritten note:

You are an excellent trainer! Relax, you passed.

My head dropped as tears filled my eyes. My shoulders relaxed and I breathed for, what felt like, the first time in years.

I was not supposed to have this information. Yet our instructor intuitively understood how this knowledge would ensure I gained the greatest value from our experience.

Our instructor chose me over the process. I'm grateful for his wisdom.

To this day, I keep his inspiring note close by.

Your commitment to the success of others may require you to wisely make them the priority.

The next time you're stalled at the intersection of people or process ... choose people.

**CHOOSE PEOPLE
OVER PROCESS**

WHAT LOVE MEANS TO CHILDREN

A group of professional people posed this question to a group of 4- to 8-year-olds. "What does love mean?" Here are some of the answers.

"When my grandmother got arthritis, she couldn't bend over to paint her toenails anymore, so my grandfather does it for her all the time – even when his hands got arthritis too. That's love." (Rebecca, age 8)

"Love is when a girl puts on perfume and a boy puts on shaving cream and they go out and smell each other." (Karl, age 5)

"Love is when mommy gives daddy the best piece of chicken." (Elaine, age 5)

"Love is when your puppy licks your face, even after you left him alone all day." (Mary Ann, age 4)

"You really shouldn't say, 'I love you,' unless you mean it. But if you mean it, you should say it a lot. People forget." (Jessica, age 8)

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs." (Chrissy, age 6)

THANKS TO OUR ADVERTISER



**Cone Health
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Cone Health

Medical Group

(CHMG) was formed in 2009. Bruce Barton joined the group in 2010 and had the task of coordinating medical practices with the health system. The goal of CHMG is to assure the best medical care for the community while providing medical practices with help and guidance through Cone Health.

Today, CHMG includes 170 practices that employ approximately 750 providers and 2,000 employees. The future of healthcare is uncertain, and CHMG's goal is to provide support for the community over the coming years. Please contact Bruce if you have any questions about the possibility of aligning with CHMG.

"Thanks to GMDM for the last 40+ years of providing a forum and organization where medical practices can share and learn from each other," Bruce says. "I am proud to be a member of this wonderful group."



THE PUZZLER???

What is a Jurassic Park terror?

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 the name of the ad in which the answer appears to

Shay Rumsey at
shayrumsey@northstate.net

WAYS TO TELL WHEN THE ECONOMY IS BAD

- I just received a pre-declined credit card in the mail.
- CEOs are now playing miniature golf.
- Exxon-Mobil laid off 25 Congressmen.
- Motel Six won't leave the light on anymore.
- A picture is now only worth 200 words.
- They renamed Wall Street, "Wal-Mart Street."
- McDonald's is selling the 1/4 ounce.

Revered American author Mark Twain said that humor is mankind's greatest blessing. Hopefully, it will help humanity to hold the helm strong.



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BRUCE BARTON

Cone Health | CHMG

Director of Business Development / Practice Enhancement

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ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN

All I really need to know about how to live, what to do and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sandpile at Sunday School.

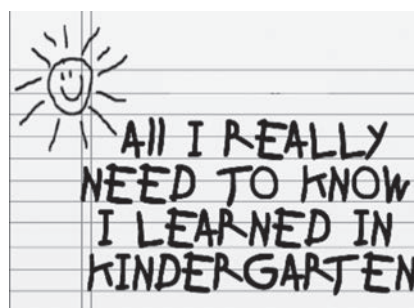
These are the things I learned:

- Share everything ... play fair ... don't hit people.
- Put things back where you found them ... clean up your own mess ... don't take things that aren't yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat ... flush ... warm cookies and cold milk are good for you ... live a balanced life.
- Learn some ... think some ... and draw and paint and sing and dance and play and work every day some.
- Take a nap every afternoon. When you go out into the world, watch for traffic, hold hands and stick together.
- Be aware of wonder.
- Goldfish and hamsters and white mice ... they all die ... so do we.

Think of what a better world it would be if we all – the whole world – had cookies and milk about three o'clock every afternoon and then lay down with our blankets for a nap. Or if all governments had as a basic policy to always put things back where they found them and to clean up their own mess.

And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together.

Excerpts from the book by Robert Fulghum,
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