



EIGHT *Wonderful Gifts* THAT DON'T COST A CENT.

THE GIFT OF LISTENING

But you must really listen. No interrupting, no daydreaming, no planning your responses, no second-guessing. Just listen.

THE GIFT OF AFFECTION

Be generous with appropriate fist bumps and pats on the back. Let these small actions demonstrate the love you have for your family and close friends.

THE GIFT OF LAUGHTER

Clip and share cartoons and funny stories. Your gift will say, "I love to laugh with you."

THE GIFT OF A WRITTEN NOTE

It can be a simple "thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime.

THE GIFT OF A COMPLIMENT

A simple and sincere, "You look great in red," "You did a super job," or "That was wonderful," can make someone's day.

THE GIFT OF A FAVOR

Every day, go out of your way to do something kind.

THE GIFT OF SOLITUDE

There are times when you want nothing more than to be left alone. Be sensitive to that same need in others and give the gift of solitude.

THE GIFT OF A CHEERFUL DISPOSITION

The easiest way to feel good is to offer a kind word to someone. A cheery "Hello," or "How are you?" can go a long way.



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 2022.

This is our annual meeting, so we will have:

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



NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, December 15, 2021
11:45–1:00 p.m.

Starmount Forest Country Club
Buffet line opens at 11:30 a.m.

RESERVATIONS REQUIRED

Cost: \$20.00 for a guest

MESSAGE FROM THE PRESIDENT

Chanel McKethan



This is my final article as your GMDM president. As I began to write this article, I was unsure what I wanted to say and the appropriate tone to use. Then I thought, these are not just GMDM members, these are my colleagues and friends. With that in mind, I must say the last year has been an amazing experience for me. I enjoyed my role as president and getting to know each of you. GMDM is truly a phenomenal organization with extraordinary people as members.

GMDM upholds the mission of providing timely educational programs, strong networking support and personal growth opportunities for its members. The organization consistently sees ways to reach those in healthcare and dental communities through educational programs, scholarships, community service opportunities, resume building and other events. GMDM is without a doubt the premier professional organization for health care professionals in Guilford County and surrounding areas. It is for this reason that I am proud to say I had the opportunity to represent GMDM as its 2021 president.

A sincere thank you to the GMDM 2021 board members. I could not have made it without your dedication, hard work and support. It was a pleasure to serve with each of you. I am thankful for the tireless hours spent by the officers, committee chairs and committee members. I would also like to thank those who will serve another term in 2022. A special thank you to those who are rotating from the board. GMDM appreciates your time and service.

Lastly, it has been my honor to serve as your 2021 president. Now, join me in welcoming your 2022 president, Djuana Parker. Happy holidays to you all!

Many Blessings,
Chanel McKethan

GETTING TO KNOW YOU – ASSOCIATE MEMBER

NAME AND PRESENT

POSITION:

MYRNA ANGLE,
CPA, owner,
Healthcare
Management
Group, Inc.



EDUCATION: B.S. in
Business Administration,
UNC-G, 1982; NC CPA License, 1992.

HOMETOWN/FAMILY: Born and
raised in Greensboro; two very spoiled
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(s): Chips and salsa
or mac 'n cheese.

FAVORITE AUTHORS: James
Patterson, Kathy Reichs, 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 every day in their medical
and dental practices. It is a pleasure to be
involved with such a dedicated group.

OUR SPOTLIGHT THIS MONTH

IS ON:

HEALTHCARE MANAGEMENT GROUP

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 who have been with us for many years as well as to the newest of our clients recently seeking our help with their businesses. We welcome the opportunity to provide our services to others in the future.

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Danny Rudisill, President

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Getting to Know You

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Getting to Know You

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Thanks to AdvertiserShay Rumsey

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If you have an article of interest to
GMDM members, please submit to:

shayrumsey@northstate.net

Deadline is the 15th of the month prior
to the publication date.

MISSION STATEMENT

Guilford Medical and Dental Managers is the premier professional organization for medical and dental practices in Guilford County and surrounding areas, dedicated to providing timely educational programs, strong networking support and personal growth opportunities.



The Lawyer's Corner

By Karen McKeithen Schaede

KSchaede@Revolution.Law

Q: As an employer, what do I need to know about sexual discrimination policies?

A: On June 15, 2020, the United States Supreme Court issued a decision in *Bostock v. Clayton County* and held that gender identity and sexual orientation status is protected under the umbrella of Title VII's protections against sex discrimination.

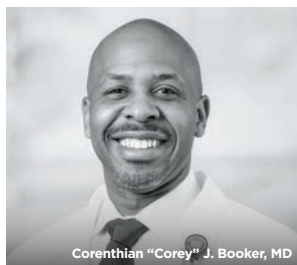
If you are an employer with 15 employees or more, Title VII applies to you. There are policies that should be in place to protect against unlawful sex discrimination. Make sure your equal opportunity and anti-discrimination policy is up to date.

- Policies should be gender-neutral in order not to disparately impact an individual or a particular sex.
- An employer should create an environment that allows for the free and unpressured reporting of sex discrimination.
- There should be training for all managers on sensitivity and anti-discrimination of all types.
- If you have a sexual harassment complaint, be responsive. It should be investigated and addressed immediately.
- Employers who are proactive can make sure they stop problems before they happen.

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.

REMINDER:

Join us for our upcoming December 15 luncheon.
Interactive games • Prizes • Music
Don't miss the fun!



Corenthian "Corey" J. Booker, MD



Ravi Shankar, MD, Medical Director



Yu Ming Victor Fang, MD

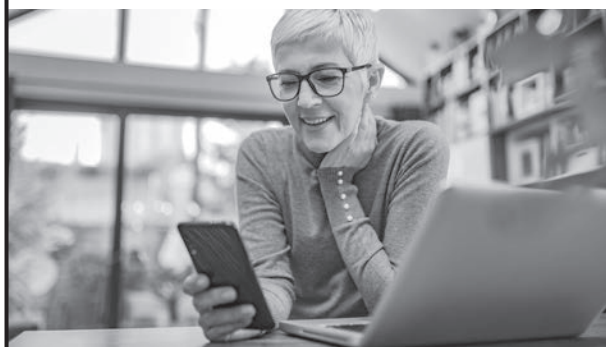
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Just4Fun

Outpatient..... A person who has fainted.
Pelvis..... Second cousin to Elvis.
Post OperativeA letter carrier.
Recovery Room..... Place to do upholstery.
Secretion..... Hiding something.
Seizure.....Roman emperor.
Tablet A small table.
Terminal Illness..... Getting sick at the airport.
Tumor.....One plus one more.
Urine..... Opposite of your're out.

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WHAT VACATIONS TEACH US ABOUT VISION

What's the first step in planning a trip? Select your destination. It's so clear in your mind, you can see the vacation unfolding.

What you've done is create a vision – a compelling reason to get you through the hard work before the fun begins.

At work, it's often backwards. You focus on the details of doing instead of the delight of your destination. That's like packing for your vacation without knowing where you're going. The result is discouragement and confusion.

So, the next time you set a new goal, pause before you pack and:

- 1) Create an inspiring vision of where you're headed.
- 2) Provide powerful details of what your successful destination looks like.
- 3) Anticipate the positive benefits you'll experience once the journey is complete. Just like you would for a vacation, share your excitement about where you're going.

If the destination doesn't motivate you, why make the trip?



THE PUZZLER???

What is a noted Washington, DC address?

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

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 away 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?

**At the December meeting,
make plans to sign up for a committee
in the new year. You will make new friends,
have fun and even learn something.**



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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:

1471 E. Cone Blvd.
Greensboro, NC 27405

336-550-4040

www.pacetriad.org
info@pacetriad.org

A SHARED VISION THROUGH NETWORKING

The strength of any professional organization is reflected through the shared vision of its membership.

Guilford Medical & Dental Managers (GMDM) is focused on management development, up-to-date issues in the medical/dental field and networking opportunities for its members in a constantly changing healthcare environment. Managers in the healthcare field are confronted with the challenges of perplexing regulations, potential litigation and unstable economic conditions every day.

One of the main goals of GMDM is to equip its members with the necessary knowledge to effectively manage their healthcare establishments. It is imperative that they stay abreast of the issues which impact their businesses/practices to strengthen their position. The monthly luncheons feature speakers on timely subjects to keep our members up-to-date.

Throughout the 42 years of its existence, Guilford Medical & Dental Managers, a nonprofit organization, has strived to educate and develop leaders and staff members in the healthcare field.

Networking at Bosses' Night



Seated left to right: Kevin Pearce, AuthoraCare Collective; Mary Jean Nelson and Allison Fuquae, Greensboro Imaging; Bruce Barton, Cone Health Medical Group; Pamela Olson, Pennybyrn; Debi Bryant, Home Instead; Wayne Abraham, Personal Care, Inc.

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