

2022 EXECUTIVE COMMITTEE



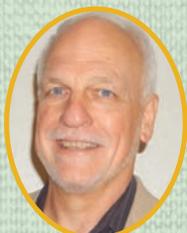
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A VERY SPECIAL THANK YOU

TO ALL OUTGOING OFFICERS AND CHAIRS FOR A JOB WELL DONE!

ALSO, THANKS TO OUR NEW OFFICERS FOR YOUR SERVICE

ABOUT THE PROGRAM

Workplace Policies Under the Biden Administration: What Is Old and What Is New?

ABOUT THE SPEAKERS



BETH LANGLEY has over 25 years of experience counseling employers of all sizes on a wide range of law issues. Law issues include workplace employment compliance, executive

compensation, trade secret protection and employment agreements. Beth also counsels clients on discrimination and harassment issues related to Title VII.



JESSI THALLER-MORAN focuses her practice on employment law and litigation, counseling employers on compliance with state and federal laws. She conducts employment

policy reviews and training on workplace inclusivity.

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, March 16, 2022
11:45–1:00 p.m.
Buffet line opens at 11:30 a.m.

Meeting Place:

Starmount Forest Country Club

Program:

Workplace Policies Under the Biden Administration: What Is Old and What Is New?

Speaker:

Beth Langley and Jessi Thaller-Moran
Attorneys with Brooke Pierce Law Firm

Cost: \$20.00 for a guest

MESSAGE FROM THE PRESIDENT



Djuana Parker

While writing this article, I observe how beautiful it is today. The sun is shining, and the weather is a blissful 60 degrees. It is a no-stress kind of day. Some are still wearing coats while others have shorts and flip-flops on, and all is good. The tune playing in the background is “The Rubberband Man.” The first verse of this song is:

*“Hand me down my walkin’ cane
Hand me down my hat
Hurry now and don’t be late
‘Cause, we ain’t got time to chat.”*

The song references “a short fat guy stretching a band between his toes.” I soon forgot about how beautiful this day was. The stretch triggered thoughts of how much I had to do and not enough time to do it all. I also felt an overwhelming sense of weight, and my mind started rambling on what to do first. The pressing things, of course!!

I suddenly remembered that I have the power to make it good for me again, and to do that, I need to remain in the present, right now, focus on right now.

Are you guilty of this behavior? Our thoughts can be “loud” from one duty or project to the next, and our minds may drift and wander, making it hard to pay attention to conversations or recall what we were just doing. Have you ever reached your destination and thought, “how did I get here?” because you had no recollection of the drive? That is scary, and we are definitely not present in that situation! Although I do my best to be mindful and live in the present, I am guilty. Catherine Beard at theblissfulmind.com states that “Being present allows us to appreciate the little things in life instead of worrying about the struggles of tomorrow. When life is moving too quickly, being present ensures that we can still enjoy life fully.”

Back to the present, the day is still beautiful, the sun is still shining, and people are still wearing coats, shorts and flip-flops. Music is still playing, and all is good. Be present for your loved ones, be

present for friends, be present for your well-being. Enjoy the little things, and love every minute of them. Make being present your lasting impression.

“Life becomes more meaningful when you realize the simple fact that you’ll never get that same moment twice.”
www.ourpositive.com

GETTING TO KNOW YOU – ACTIVE MEMBER

NAME AND PRESENT POSITION:

DIANE TURNER, practice administrator for Piedmont Family Medicine.



GMDM COMMITTEES

SERVED ON/JOINED WHEN?:

Re-joined in 2021. I have recently joined the Bosses’ Night Committee.

CLUBS/ORGANIZATIONS OUTSIDE

GMDM: Local church; I am also a director on the Health Share Credit Union Board.

EDUCATION: Alamance Community.

HOMETOWN/FAMILY: I have been married to John Turner for 40 years. We have two adult children and two grandsons.

HOBBIES: Being a “nana” to my wonderful grandsons is my biggest hobby right now. I enjoy reading and learning new things.

ONE OF THE THINGS I’VE

LEARNED THROUGH GMDM: It is all about connections. GMDM is a great place to connect and learn.

I WOULD LIKE PEOPLE TO

REMEMBER ME AS: A person of integrity. I am a faith-filled Christian and am truly blessed.

WAYS TO RELAX: The beach is my happy place, and let’s not forget SHOPPING!

COMFORT FOOD: Ice cream or chocolate.

FAVORITE TRAVEL SPOT: Carolina or Kure Beach.

FAVORITE MUSIC/BOOKS:

70’s music. Favorite books are by Dr. Robert Leslie. He is a great, inspirational writer. He tells of true stories in the ER and in life.

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Danny Rudisill, President

OUR SPOTLIGHT THIS MONTH

IS ON:



CONE HEALTH
The Network for Exceptional Care

PIEDMONT FAMILY MEDICINE

Piedmont Family Medicine cares for patients their entire life. We practice family medicine and are proud to say we make a difference in people’s lives. We treat you like a family friend and build relationships. Our providers and staff are awesome. When I looked for a primary care office, I tried to find one like ours. I want to be treated like we treat our patients. I am so proud to be a part of Piedmont Family Medicine.

The physicians and staff include John C. Lalonde, MD, Eve A. Knapp, MD, David Shane Tysinger, PA-C, and Vickie Henson, NP-C.

The services provided include complete physicals, diabetes management, high blood pressure, sore throats, COVID, cuts and scrapes, medication management, gout, gyn, sutures, procedures, hospital follow up and GERD. We treat the entire person.



The Lawyer's Corner

By Karen McKeithen Schaede

KSchaede@Revolution.Law

Q: Where do you go if you have Medicare-related questions?

A: Many of us in the real world must keep abreast of changes in billing systems, and Medicare is one of the primary payers for many practices.

A great place to get information is through Medicare Manuals. These are filled with policies and procedures on administering the Medicare program. They provide the interpretation of the Medicare “statutes, regulations, guidelines, models and directives.”

MAC websites are another source. These are private healthcare insurers that have been awarded contracts to process claims. There is usually a wealth of information on these websites that can answer many questions quickly.

The Centers for Medicare and Medicaid Services website can also help with information on particular coverage questions. There is usually a short overview, which may shed light on a specific issue.

Last but not least, you can check the actual statutes or regulations. A good place to start is Title XVII of the Social Security Act and 42 C.F.R. Parts 400-424 and 482-494. These are the laws that cover Medicare and state what the law really is.

These are just a few resources to assist with answering your Medicare questions.

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.

LUNCHEON REMINDER:

Please note any dietary restrictions when RSVPing for GMDM luncheons. There is a place at the bottom of the RSVP form on the GMDM website where these can be noted. Starmount Country Club will do its best to accommodate you.





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EXECUTIVE DIRECTOR OF CONE HEALTH MEDCENTER GREENSBORO

AARON SAUNDERS has been named executive director of Cone Health MedCenter Greensboro at Drawbridge Parkway. The 160,000 square-foot facility opens this spring.

Saunders joined the Cone Health Strategy & Planning team in 2008. He has worked on the Cone Health Ambulatory Network team for nearly 10 years, most recently as a director.

Saunders is a graduate of Appalachian State University and holds a Master of Business Administration degree from Elon University. He is a member of the American College of Healthcare Executives.

The facility features the latest exercise equipment, a walking track, group exercise opportunities, personalized fitness assessments and consultations, a 4-lane lap pool, nutrition education and more.

In addition to the medical fitness center, Cone Health MedCenter Greensboro at Drawbridge Parkway will include an emergency department, imaging and lab services, pharmacy services, medical specialists, primary care doctors, and other medical services.



Aaron Saunders



MedCenter Greensboro



MONTHLY E-COURAGEMENT

PROVIDED BY RICH SCHLENTZ, FOUNDER OF EXTRAORDINARY! INC.
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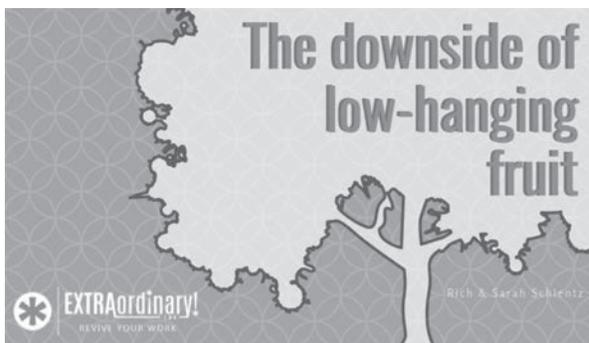
THE DOWNSIDE OF LOW-HANGING FRUIT

“Let’s identify and go after the low-hanging fruit.”

It’s a common phrase in the workplace.

We rarely pause to consider:

What makes this low-hanging fruit so attainable is its lack of value.



There’s little to celebrate from acquiring fruit that’s overripe and infested.

Instead of chasing low-value outcomes, make it your goal to pursue meaningful fruit that’s worth your effort and talent.

Have the courage to make the climb that others aren’t willing to make – so high up that your knees shake when you dare to look down.

That’s where the best fruit resides, and the view is spectacular.

Now that’s worth going after.

THANKS TO OUR ADVERTISER

There really is no place like home! Home Instead® has a mission to



enhance the lives of aging adults by providing supportive care to our clients, their families, and to all of those who love and care for them. Our purpose is to provide this support in order for them to remain safely in the comfort of their homes for as long as possible.

Since 1994, the Home Instead® network has been devoted to one task – providing the highest quality of care to those we serve. Our compassionate CAREGivers are an invaluable resource who help families eliminate worry, reduce stress and reestablish personal freedom. That singular focus results in a passion for quality in all that we do each day.

Since 2000, the Home Instead® Guilford County office has provided services that include companionship care, meal preparation, light housekeeping, medication reminders, assisting with personal care needs, taking care of errands, as well as Alzheimer’s care. Our training program for our employees is second to none in the industry. Our experienced staff works diligently to help others find the right solutions for the best possible quality of life.

Home Instead® is represented in GMDM by Lauren Chase. She can be reached via email at lauren.chase@homeinstead.com or at the office at 336-294-0081.

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1 in 3 women experience bladder weakness. Cone Health Urogynecology provides screening and support involving issues with the pelvic floor and bladder. We offer nonsurgical and minimally invasive surgical options based on the patient’s needs.

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 - Blood in urine
 - Poor healing post-delivery

We are right here with you so you can live life on your terms.

To make an appointment, call **(336) 890-3277.**

THE PUZZLER???



What is the car brand commonly known as “big wheels”?

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

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Date To Be Announced



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**CONTACT
BRUCE BARTON**
bruce.barton@conehealth.com

DAYLIGHT SAVINGS TIME: SUNDAY, MARCH 13

Wonder why you have to turn your clocks ahead and lose an hour? It's complicated. Americans first tried changing times in 1918. One reason was World War I. It was thought we'd save fuel and encourage more evening commerce with an extra hour of light at night. Farmers hated it, and the idea wasn't fully revived until World War II. After 1945, states and cities could choose whether to comply – so the hour might change back and forth several times in a matter of miles. Congress finally made clock changes permanent in 1966, but states still can opt out. Set your clocks ahead one hour on March 13.



GMDM ANNUAL FOOD DRIVE



April 20 Luncheon Meeting Shop to Help Stop Hunger!

Please bring canned or non-perishable food items such as:

- Tuna, Salmon, Beef Stew, Spam, Corned Beef,**
- Peanut Butter, Canned Fruits and Vegetables,**
- Soups, Sugar, Dry Milk,**
- Oatmeal, Dry Beans, Rice,**
- Baby Formula, Baby Food, Diapers (all sizes),**
- Dietary Supplements (Ensure).**

Help others in our community fight hunger by donating to the Urban Ministry Food Bank.



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BRUCE BARTON
Cone Health | CHMG

Director of Business Development / Practice Enhancement

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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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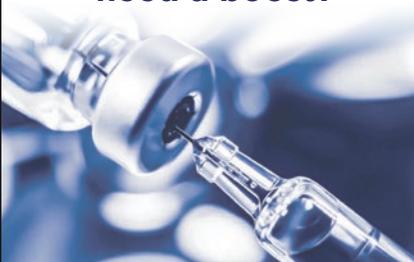
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