

## GMDM SALVATION ARMY PROJECT



**Left to right:** Jeff Schell, GMDM associate member; Sarah Clark, medical consultant and speaker at the November meeting; Tyler Hmiel, Community Service chair; and Nedra Baldwin, GMDM active member.

Members brought gift cards for children and adults associated with the Salvation Army to the November GMDM meeting. In addition to gift cards, members also wrote checks to provide funds for seniors in need of fuel this winter.

For the past several years, GMDM has focused on helping the Salvation Army and the people they serve at holiday time.

### MEMBERS: PLEASE NOTE

Your annual GMDM membership dues are due by January 2023.

The preferable ways to pay your dues are:

In person at monthly luncheon meetings or by mail to GMDM mailbox.

**Address to:**

Guilford Medical & Dental Managers

PO Box 10735

Greensboro, NC 27404-0735

## 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 2023.

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 21, 2022

11:45–1:00 p.m.

Starmount Forest Country Club

Plated Lunch at 11:30 a.m.

RESERVATIONS REQUIRED

**Cost: \$20.00** for a guest

## MESSAGE FROM THE PRESIDENT

*Djuana Parker*



And just like that, it is December! And, wow, this is my last president's article. As I reminisce on this past year, I am very proud of this organization and honored to have served in my role. Being president of GMDM this past year has been a tremendous joy! I am so delighted by the impact GMDM members make in the community. The organization's works are remarkable.

I appreciate all who have worked throughout the year to continue GMDM's great efforts. Thank you to all the 2022 Board members. Your commitment, support and dedication are second to none. I am thankful for the time you have sacrificed to complete and promote the work of this wonderful organization. I also extend a special thank you to Kevin Pierce, the 2022 president-elect, for his outstanding leadership and standing in the gap during my medical leave. He has not complained once, and his work is stellar! We are blessed to have Kevin as our 2023 president!

As we are thrust into the holiday season, be intentional about taking time to be with and love your families. It is not the hustle and bustle that makes the holiday, but instead, those that you hold near and dear to your heart. Quality time is worth much more than monetary gifts. Gifts are great, but we cannot place a value on the gift of time. Our time is so short and valuable. We should be aware of how few days we have, so please use your time celebrating the ones you love.

May your days be merry and bright and may all of your Christmases be white. Have a Merry Christmas and a Happy New Year!

Djuana "DJ" Parker

### My Christmas blessing for you:

*The Lord bless you  
And keep you  
Make His face shine upon you  
And be gracious to you  
The Lord turn His  
Face toward you  
And give you peace.*

## GETTING TO KNOW YOU – ASSOCIATE MEMBER

### NAME AND

### PRESENT

### POSITION:

JODI KOLADA

MGS, Director of  
Caregiver Outreach  
and Non-Clinical  
Team Member  
Education, Well-Spring  
Solutions



### GMDM COMMITTEES:

Bosses' Night Committee

### EDUCATION:

BA, Rutgers College, NJ; Master of  
Gerontological Studies, Miami University,  
OH.

**HOMETOWN/FAMILY:** Born and raised in New Jersey. I have been living in Greensboro for over 16 years with my husband Mark, son Spencer and daughter Sally, and our dog Rocky.

**HOBBIES:** Reading, listening to music, travel, walking, trying new recipes, spending time with family and Rocky

### WOULD LIKE TO BE REMEMBERED

**AS:** Kind; loyal; fun to be around; a good mom, wife, daughter and friend

**WAYS TO RELAX:** Read, watch TV, walk.

### FAVORITE BOOKS/AUTHORS:

Any and all Colleen Hoover books

**COMFORT FOOD:** Pretty much any potato dish, warm bread and cheeses. Carbs!

**COMMENT ABOUT GMDM:** GMDM offers great opportunities to network and serve the community.

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Danny Rudisill, President

## OUR SPOTLIGHT THIS MONTH

IS ON:



Well-Spring Solutions, a member of The Well-Spring Group, offers a continuum of home- and community-based care services for older adults in Greensboro and High Point and throughout Guilford County, including The Memory Care Center (a comprehensive specialized day program for seniors with a dementia diagnosis); four Connections sites (group respite memory clubs); and Caregiver Support. Caregiver Support regularly provides important educational opportunities on a variety of different topics and three-monthly support groups to families in the community who are caring for a loved one with a chronic illness.

## THANKS TO OUR 2022 ADVERTISERS

The following advertisers help to make this newsletter possible financially. Their advertising fees help pay for the cost of newsletter production. Please support these advertisers when you have a need for their services. Contact numbers are available in their ads.

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Brown Investment Properties  
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## *The Lawyer's Corner*

By Karen McKeithen Schaeede

KSchaede@Revolution.Law

### *Q: Is cannabis legal in the US?*

**A:** Medical cannabis and cannabis in general have become legal in many states in the United States. Last week, the Senate passed the Medical Marijuana and Cannabidiol Research Expansion Act. It now just needs to be signed by President Biden. Cannabis is still considered a Schedule 1 drug and believed to be at high likelihood for abuse. This bill just streamlines the ability to obtain medical research for cannabis. The bill also sets up protocols for how to manufacture cannabis to be used for medical research. The attorney general controls the process for both the research and the manufacturing of the product. This bill will allow medical schools and other institutions to now engage in this research and to allow providers to discuss with patients risk and benefits of cannabis for their treatment. In the past, this was a punishable offense under federal law. Providers can now have a more frank and open conversation with patients, especially in states where medical cannabis is now legal. The hope is this research will open doors to better treatment for a wide range of conditions where cannabis is believed to be a benefit. For more information see <https://www.congress.gov/bill/117th-congress/house-bill/8454/text>.

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.

## WHY SHOULD YOU ADVERTISE IN THE GMDM NEWSLETTER?

### 1. Your ad will reach a key demographic:

- Medical office managers
- Dental office managers
- Hospital administrators and office personnel
- Assisted living, home health and nursing home administrators, staff and sales executives

### 2. The cost of advertising is low.

- Business-card size ad: \$520/ year
- 5" wide x 3" tall ad: \$1250/year
- Back cover ad: \$700/year, full-color, vertical ad, 3.63" tall x 2.33" wide



### 3. The perks for advertising are high.

- You have an opportunity for a 150-word feature about your business in the newsletter.
- You receive extra exposure for your ad through the GMDM Puzzler contest, which requires members to look for an answer to a question in all ads in order to win a prize.
- You receive a free 2-minute info-mercial about your business at a GMDM luncheon meeting when the Puzzler answer is hidden in your ad.

For more information or to order an ad, contact Rita Smith at [rsmith@firstpointresources.com](mailto:rsmith@firstpointresources.com) or Shay Rumsey at [shayrumsey1018@gmail.com](mailto:shayrumsey1018@gmail.com).



## MONTHLY E-COURAGEMENT

PROVIDED BY RICH SCHLENTZ, FOUNDER OF EXTRAORDINARY! INC.  
VISIT RICH AT [WWW.EXTRAORDINARYINC.COM](http://WWW.EXTRAORDINARYINC.COM)  
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## THANKS TO OUR ADVERTISER

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## TWO LIES THAT HINDER HAPPINESS

They're born as thoughts and mature into beliefs.

Fully grown, they have the power to influence our attitude and behavior.

Lies.

Two of the most prevalent lies that trap us are the conditional proclamations structured in the form of:

### "If/then" and "When/then"

- "If I was in charge, then things would improve around here."
- "When I get a bigger house, then I'll feel successful."

Here's how these lies work: "if" and "when" exist in the future. We, however, exist in the now. Believing these lies causes us to live in a constant state of deferred happiness.

There will never be a golden day or a magical circumstance that has the power to make us happy. It is simply a choice offered to us in the current moment.

Be happy now; or place it on hold until later. It's up to you.



WATCH YOUR THOUGHTS: *they become words.*

WATCH YOUR WORDS: *they become actions.*

WATCH YOUR ACTIONS: *they become habits.*

WATCH YOUR HABITS: *they become character.*

WATCH YOUR CHARACTER: *it becomes your destiny.*

-Lao-Tze, Chinese Philosopher

When we say "WE DO IT ALL!" we mean it. Piedmont Printing & Graphics, Inc., is a printing and promotional products distributor that has been in business since 1990. We can produce virtually any and all types of printed materials available on the market today, as well as any type of promotional product that you might envision for your next marketing project. With our complete graphic capabilities, we can take what you have envisioned to the end product. We also provide mailing services to get your marketing pieces out to existing or potential clients quickly.

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Please keep us in mind for your next printing or promotional project! Please contact GMDM member **Danny Rudisill** at 336-273-2120.



## THE PUZZLER???

*In what country is The Hague located?*

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 [shayrumsey1018@gmail.com](mailto:shayrumsey1018@gmail.com)

## WHO ARE YOU?

**A**re 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 in-service for your staff, contact  
GMDM Member, Nedra Baldwin:

1471 E. Cone Blvd.  
Greensboro, NC 27405

336-550-4040

[www.pacetriad.org](http://www.pacetriad.org)  
[info@pacetriad.org](mailto:info@pacetriad.org)

## THE BENEFITS OF POSITIVITY



- Positive people live longer. In a study of nuns, those that regularly expressed positive emotions lived an average of 10 years longer than those who didn't.
- Positive work environments outperform negative work environments.
- Positive leaders are able to make better decisions under pressure.
- Positive people who regularly express positive emotions are more resilient when facing stress, challenges and adversity.

## THE COSTS OF NEGATIVITY



- Ninety percent of doctor visits are stress-related, according to the Centers for Disease Control and Prevention.
- A study found that negative employees can scare off every customer they speak with – for good.
- At work, too many negative interactions compared to positive interactions can decrease the productivity of a team.
- Negativity affects the morale, performance and productivity of your teams.

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