

A Monthly Newsletter

Happy VALENTINE'S Day

February 2023

2023 GMDM OFFICERS



Left to right: Kevin Pearce, President; Jody Clayton, President-elect; Misti Sellars, Treasurer; Valen Canoy, Secretary; Jeff Shell, Associate Member Representative; Djuana Parker, Past President

ABOUT THE PROGRAM

In this month's program, Ben Hunter explains the importance of cybersecurity for all of us. You may think, "They aren't going to come after us." Being a large or small company doesn't mean you are safe; it just means it will be much harder to recover when you are attacked.

Weak cybersecurity threatens your bottom line more than most people realize. Cybercrime has evolved into an actual business model that involves selling services, customer service agents, and message boards among providers. There are even ransomware franchises! Think of it as a modern-day Mafia.

ABOUT THE SPEAKER



BEN HUNTER is the chief information security officer for BRC (Bernard Robinson & Company) and is a principal in the firm's Risk Advisory Services

Practice. He specializes in cybersecurity and information technology audits and assessments. Hunter began his cybersecurity career in the US Marine Corps. After becoming a Certified Public Accountant, he continued his cybersecurity and IT audit training.

NEXT MEETING

RESERVATIONS ARE REQUIRED

Date and Time:

Wednesday, February 15, 2023
11:45–1:00 p.m.

Meeting Place:

Starmount Forest Country Club

Program:

"Cybersecurity: Why You Should Care"

Speaker:

Ben Hunter
Bernard Robinson & Company

Cost: \$25.00 for a guest

2023 GMDM COMMITTEE CHAIRS



EDUCATION PROGRAMS

Wayne Ford – Innovative Financial Solutions
Plans programs for luncheon meetings.
wayne.ford@lpl.com



BOSSSES' NIGHT

Nedra Baldwin – PACE of the Triad
Plans annual event honoring our bosses.
nedra.baldwin@pacetriad.org



COMMUNITY SERVICE

Tyler Hmiel – Home Helpers Home Care
Allocates funds for worthy community projects.
thmiel@homehelpershomecare.com



SOCIAL MEDIA/WEBSITE MAINTENANCE

Bob Ring – MICA
Information Systems
Maintains website, connects members to upcoming activities.
bring@micamedical.com



COMMUNICATIONS

Deanna Thompson – Thompson Communications
Publishes monthly newsletter, contracts advertising.
deanna@thompsononline.biz



SCHOLARSHIP

Jennifer Arrington – Vascular and Vein Specialists
Searches for candidates for area medical/dental scholarships.
jenniferarrington@conehealth.com



MEMBERSHIP/HOSPITALITY

Lisa Hmiel – Home Helpers Home Care
Seeks out new members, encourages member retention.
lhmiel@homehelpershomecare.com



GOLF

Bruce Barton
Plans annual golf tournament.
bbarton57@gmail.com

MESSAGE FROM THE PRESIDENT

Kevin Pearce



A new year stretches before us, a clean slate. I had a good Canadian farmer friend who used to say he loved it when the first “snow of winter” fell and covered up all “the sins” of the past year.

We all have things we wish we could have done differently or better. The real blessing of a new year is a clean slate, the “snow has covered up” the past, and we have a brand new opportunity to start afresh.

Your GMDM Board met recently for our annual retreat and attempted to gain a “new vision” for GMDM that will lead us into the new year. It was exciting to hear the ideas, the energy and the enthusiasm, as we spoke about what we had accomplished, but more importantly, what we want to accomplish.

We realized that we have to have a “new vision” – that an old vision will not take us into the new year. It will only take us where we have been. We discussed our challenges, identified some possible changes and looked at what it will take to implement those changes.

What would be your “new vision” for GMDM? What would you like to see different? What would you like to see remain the same? What will you be willing to do to accomplish the above... and what do you need from GMDM to make that happen?

We stand ready to listen to you, hear your “new vision” and support you in any way we can as we all seek to implement what we “dream about” for GMDM.

Please reach out to me at kevin.pearce@authoracare.com. We would love to hear from you.

GETTING TO KNOW YOU – ACTIVE MEMBER

NAME AND PRESENT POSITION:

JODY CLAYTON
Brand Ambassador,
Kisco Senior Living



GMDM COMMITTEES

SERVED ON/JOINED WHEN?

Committee: Bosses’ Night. Member, 2016-2017. Rejoined in 2022.

CLUBS/ORGANIZATIONS

OUTSIDE GMDM: Carolina Aging Alliance, Guilford Merchants Association, area Chambers of Commerce

EDUCATION: BA, Public Relations, UNCG, ’99; MA, Community Counseling, UNCC, ’08

HOMETOWN/FAMILY: Bohanon, Clayton clans/Roxboro, NC

HOBBIES: Star Trek, Olivia Newton-John, Sherlock Holmes, and true crime!

LEARNED THROUGH GMDM:

You can’t say “no” to Nedra Baldwin or Bruce Barton.

I WOULD LIKE PEOPLE TO

REMEMBER ME AS: Funny, kind, reliable, and ... those suits!

WAYS TO RELAX: Travel, especially to the beach!

COMFORT FOOD: Pizza

FAVORITE TRAVEL SPOT: NC

beaches (Emerald Isle, Carolina, Wilmington)

FAVORITE MUSIC/BOOK: Olivia, Robyn, Erasure (music); The Adventures of Sherlock Holmes (book)

PIEDMONT
PRINTING & GRAPHICS, INC.

We do it all!



Printing,
Graphics,
Apparel &
Promotional
Products

Great personal service

317 S. Westgate Dr. • Ste. D
Greensboro, NC 27407
(off Dundas near Pomona)

(336) 273-2120

Danny Rudisill, President

OUR SPOTLIGHT THIS MONTH

IS ON:



For over 30 years, Kisco has specialized in developing and managing full-service senior living communities that provide an enriched lifestyle. Our unique philosophy and approach for safety and security, trust and transparency, and five-star service delivery have always been our top priorities. Kisco leads the way in ensuring associates and residents have peace of mind, knowing that our communities deliver on the promise of Kisco Confidence.

Kisco is owned by Andrew “Andy” Kohlberg, who also is co-owner of the Phoenix Suns and Mallorca Futbol Club.

COMING NEXT MONTH:

A NEW LOOK FOR THE NEWSLETTER!

The GMDM newsletter is getting a new design and a new editor. Longtime GMDM member Shay Rumsey is retiring and stepping down from her role as editor, effective with this issue. Deanna Thompson of Thompson Communications is the new editor. She’ll be creating a new design that will include full color throughout the newsletter. GMDM sends best wishes and a big thanks to Shay for her hard work on behalf of this organization for more than 40 years!



THE PUZZLER???

What is a dog controller?

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 Deanna Thompson at deanna@thompsononline.biz



The Lawyer's Corner

By Karen McKeithen Schaefer

KSchaede@Revolution.Law

Q: What changes are coming for noncompete agreements?

A: The Federal Trade Commission (FTC) has kicked 2023 off with a proposal to invalidate future and past noncompete agreements. This recent announcement may not be entirely unexpected. As President Biden campaigned and came into office, he challenged the FTC to make changes to noncompete agreements.

Noncompete agreements tend to prevent employees from working for other businesses in the same field as their current employer, during and/or following employment. Such agreements can extensively limit an employee's ability to take their experience elsewhere for better wages, benefits or location.

The FTC's proposal will remain open for comment for 60 days before a ruling is issued. If accepted, there would be a six-month period before businesses would have to comply, making the earliest it could come to fruition eight months. If your company regularly utilizes noncompete agreements, make sure your files are up-to-date and accurate, for both current and former employees. If this proposal goes into effect, current and former employees will have to be formally notified of release from their noncompete agreements.

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.

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



HOW'S YOUR REST ETHIC?

Language provides insight into culture.

Our Western culture places high value on a person's willingness to work long and hard. The phrase we use to represent that quality is: work ethic. As in, "She demonstrates a strong work ethic."

We start early by heaping praise upon children who demonstrate this valued quality. As adults, it's often mentioned as part of annual performance evaluations.

Interestingly, our culture does not have similar language that honors someone's commitment to rest.

We have words that show our displeasure with people who take time off. We call them: lazy. We compare them to a sloth.

Perhaps our striving-based cultural programming has gone too far.

Fortunately, culture and its language are dynamic. There's still hope for us.

Let's start by recognizing the value in people who model healthy rest. Then, encourage them with a new phrase: "You demonstrate a strong rest ethic."

THANKS TO OUR ADVERTISER - PENNYBYRN

INTRODUCING THE LILLIAN CONGDON TRANSITIONAL REHAB CENTER



The Lillian Congdon Transitional Rehab Center is Pennybyrn's new, soon-to-be-completed, state-of-the-art facility serving all Piedmont Triad residents and surrounding areas. The Pennybyrn community is excited to offer outpatient rehabilitation services in addition to our existing inpatient offerings. At Pennybyrn, we take a multidisciplinary approach to healing and recovery by incorporating a personalized plan that includes physical, occupational and speech therapy. Therapy services are available seven days a week, and progress is monitored daily.

The Lillian Congdon Transitional Rehab Center will have 24 private, one-bedroom suites. Each will have a bathroom with a walk-in shower, which helps patients strengthen functional mobility in preparation for a return home. The brand-new facility will feature fine dining, a state-of-the-art gym, a grocery store simulator, Kore Balance for assessments, Never2Late for cognitive training and standing tolerance, outdoor therapeutic space, POcket Pro for exercises at home, a private treatment room, a virtual reality cyber cycle and more.



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:

1471 E. Cone Blvd.
Greensboro, NC 27405

336-550-4040

www.pacetriad.org
info@pacetriad.org

More choices. More to love.

Contact us to learn more about our Independent Living Expansion and the Lillian Congdon Transitional Rehab Center.

Call today
336-821-4050



PENNYBYRN
One trusted name. Many life-enriching choices.
Retirement Living · Assisted Living · Memory Care
Healthcare Households · Transitional Rehab
109 Penny Road • High Point, NC 27260
www.PennybyrnLiving.org

"This is advanced hearing healthcare with soul and heart!"

The Most Trusted Hearing Care Experts in the Piedmont Triad Area

- ✓ Pediatric and adult audiological services
- ✓ Expertise on all levels of hearing technology and assistive devices
- ✓ Specialty in Cochlear Implant evaluations, device selection, and programming
- ✓ Tinnitus assessments and individualized counseling
- ✓ Earwax removal



529 College Road, Suite B, Greensboro, NC 27410
www.aimhearing.com
(336) 294-9617

aim.
hearing
AND AUDIOLOGY



GMDM
Guilford Medical
& Dental Managers

PO Box 10735
Greensboro, NC 27404-0735

Does your marketing need a boost?



Contact us for a dose of creativity.



Thompson
COMMUNICATIONS



336-292-6041
deanna@thompsononline.biz
ThompsonOnline.biz



We're by your side so your loved one can stay at *home.*

Call (336) 294-0081 or visit
HomeInstead.com/311

 **Home Instead.**
To us, it's personal

PERSONAL CARE | MEALS & NUTRITION | MEMORY CARE

Each Home Instead® franchise is independently owned and operated. © 2020 Home Instead, Inc.

MEMORY CARE
— *Solutions* —

For every level of dementia and memory care, our experts provide the support you need.

WellSpring
SOLUTIONS



Choose the **CARE SOLUTION** that is best for your loved one:

THE MEMORY CARE CENTER

A full day of activities and cognitive stimulation in Greensboro

CONNECTIONS, A MEMORY CLUB

Available half-days at convenient locations in Greensboro and High Point

LEASH 336-545-5377 • well-springsolutions.org



BROWN INVESTMENT
PROPERTIES
ESTABLISHED 1980

Practicing Commercial Real Estate by the Golden Rule

Bill Strickland, CCIM
Commercial Real Estate Broker/
REALTOR®
bstrickland@bipinc.com
336.369.5974



 **www.bipinc.com** 