

Join Us at 5:30 p.m., Thursday, Oct. 26 for  
**GMDM's Annual Celebration!**

**T**his event, which takes the place of the October GMDM luncheon, is our largest social gathering of the year. Join us after work for drinks, networking, dinner and a short program to celebrate accomplishments and recognize sponsors. It's a great opportunity to get to know your fellow GMDM members in a relaxed atmosphere. You are encouraged to invite providers and leaders in your organization to attend this special event.

In the past, this event was called Bosses' Night, and it was scheduled around the date of National Bosses' Day. Some years, it had a theme, ranging from *M\*A\*S\*H* to *The Addams Family*, with various types of entertainment. We've always enjoyed socializing and making business connections. *(Fun photos at right.)*

Join us on Oct. 26 for our 2023 celebration!

► **WHO should attend**

This event is free for GMDM members and leadership of GMDM member organizations/practices. Other guests may attend for \$35.

► **WHAT to expect**

You'll enjoy great food, drinks, socializing and a short program recognizing event sponsors, GMDM members and the organization's accomplishments in 2023.

► **WHERE to go**

Greensboro Regional Realtors Association Building  
23 Oak Branch Drive, Greensboro, NC 27407

► **WHEN to arrive**

5:30 p.m., Thursday, Oct. 26, 2023

► **HOW to RSVP or become a sponsor**

Reservations are required. RSVP by Oct. 12 to Nedra Baldwin at [nedra.baldwin@pacetriad.org](mailto:nedra.baldwin@pacetriad.org). Sponsors are still needed. Amounts range from \$250 to \$2,000. Email Nedra or call her at 336-550-4054 to sign on as a sponsor.

**REMINDER: NO LUNCHEON THIS MONTH**

**Remembering the Fun  
at Past Celebrations**



2009: The Addams Family visits our celebration.



2010: The M\*A\*S\*H crew reports for duty.



2019: It is hard to resist a good photo booth.

## MESSAGE FROM THE PRESIDENT

by Kevin Pearce



"Ask not what your country can do for you – ask what you can do for your country."

I remember hearing those words from President John F. Kennedy on a scratchy black-and-white TV recording of his Presidential Inaugural Address in November 1963. Regardless of one's political views, his words are a powerful reminder that what we offer is more important than what we receive in life.

October is when our Nominating Committee moves into full swing, and GMDM will be looking to fill open leadership positions for 2024.

First, if you are already serving, will you consider serving again if your position allows it?

Second, if you are new to GMDM, will you consider bringing your gifts and talents to bear here? (See story, Page 5, for information on available positions.)

What you bring to the table is far more important than what you will take away, and when we all bring our gifts to the table, there is more than enough to go around.

Finally, thanks to Tyler Hmiel for his leadership on our August service project gathering teacher supplies. GMDM again made a difference in children's education.

*Do you have questions or comments about GMDM? Email President Kevin Pearce at [Kevin.Pearce@authoracare.org](mailto:Kevin.Pearce@authoracare.org).*

## Getting to Know You: New Member



**MICHAEL STONE, DIRECTOR OF OPERATIONS**  
BrightStar Care of S. Greensboro

**JOINED GMDM WHEN:** March 2023.

**WHAT PROMPTED YOU TO JOIN:** To establish connections with industry peers.

**EDUCATION:** BA, Business Administration, Mercy College, Dobbs Ferry, NY.

**HOMETOWN/FAMILY:** Valhalla, NY. Married to my husband Jonathan for 23 years; three very spoiled dogs: Bella, Toto and Sophie.

**CLUBS/ORGANIZATIONS OUTSIDE GMDM:** Triad Retirement Living Association (TRLA), Healthcare Industry Professionals Serving Seniors (HIPSS), Mission Roll Call (Veteran Support).

**HOBBIES:** Estate sales, anything on the water, cleaning up dog hair.

**WAYS TO RELAX:** Hiking, spending time at the beach.

**FAVORITE TRAVEL SPOT:** Thailand.

**FAVORITE MUSIC:** '90s hip-hop.

**I WOULD LIKE PEOPLE TO REMEMBER ME AS:** A person of integrity.

**COMMENTS ABOUT GMDM:** The guest speakers have always been interesting and informative. The members have all been very welcoming.

**SOMETHING YOU MAY NOT KNOW ABOUT ME:** I am a US Navy veteran.



BrightStar Care of S. Greensboro opened in 2015 and recently added a Winston-Salem office. They provide companion care, personal care, medication management and skilled nursing. Services are nurse-led, allowing for diagnosis-based care plans, which has been correlated with lower rates of healthcare utilization for clients with certain chronic conditions.

**More info:**  
[brightstarcare.com/s-greensboro](http://brightstarcare.com/s-greensboro)



### The Puzzler???

*What is a desert refuge?*

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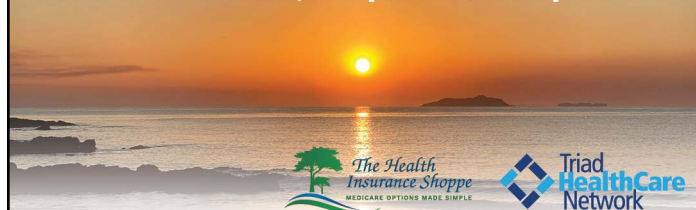
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## Work Harder on Yourself Than on Others

Today, the lines between work and home are more blurry than ever. As a result, it's easy to lose track of yourself.

To remedy that, let's transfer some corporate wisdom into our personal lives.

Jim Rohn, a forefather of professional development said, "Work harder on yourself than you do on your job."

Here's a slight modification. See how it lands:

- ◆ Work harder on yourself than you do on your partner.
- ◆ Work harder on yourself than you do on your children.
- ◆ Work harder on yourself than you do on your neighbor.

The same logic that applies at work applies at home.

A better you is a better partner, parent and neighbor.

Today, turn the appropriate energy and attention toward making a better you.

You deserve it ... and everyone else will benefit.

**Rich Schlentz** is the founder of EXTRAordinary! Communication ([www.reviveyourwork.com](http://www.reviveyourwork.com))  
Contact him at [rich@reviveyourwork.com](mailto:rich@reviveyourwork.com) or 336-317-4603.

### MONTHLY ENCOURAGEMENT

by Rich Schlentz



## HEALTHCARE LAW & YOU

by Karen McKeithen Schaede



**Q: I did not hire someone recently because I just did not have a good feeling about them. Could this cause problems?**

**A:** Yes, it could. Candidates need to be hired based on objective data, not for subjective reasons.

While there is no law against hiring (or not hiring) someone based on a gut feeling, you will have to be prepared to defend your actions if a candidate who is not hired challenges your decision.

An example: Mary is Native American, and you do not hire her because you believe she has lied on her application. If she thinks she was not hired due to her skin color or ethnicity and files a charge with the Equal Employment Opportunity Commission (EEOC), you will have to support the decision you made not to hire Mary. That means presenting evidence showing how you came up with your decision. You will need proof that there was an objective reason Mary was not hired – that it was not just a gut feeling – in order to protect yourself and your business or organization.

**Karen McKeithen Schaede**, a principal in Revolution Law Group ([www.Revolution.Law](http://www.Revolution.Law)), can be reached at [KSchaede@Revolution.Law](mailto:KSchaede@Revolution.Law). This article is for informational purposes only, not for the purpose of providing legal advice, and does not create an attorney-client relationship between Revolution Law Group and the reader.

## 3 Things You May Not Know About The Health Insurance Shoppe

You may be aware that The Health Insurance Shoppe specializes in Medicare and under-65 insurance plans to fit each individual's needs. But here are three things you might not know:

- 1 They are the only local insurance company that is a referral partner for Triad Healthcare Network (the state's largest Accountable Care Organization).
- 2 They have independent agents who cover all 100 of North Carolina's counties.
- 3 They represent every major North Carolina Medicare and Health Insurance Marketplace plan equally and charge no fees for services.

Provided by The Health Insurance Shoppe – Jeff Shell, GMDM Member

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# Would You Like to Get More Involved in GMDM?

## We're Looking for 2024 Officers, Committee Chairs

As GMDM looks ahead to another year of serving the medical-dental community, we would like to invite you to get involved in the organization.

Chairing a committee or taking on an officer responsibility is a great way to network with your fellow members while gaining valuable leadership experience.

We need to finalize our slate of officers and committee chairs soon, and we would love to include you on the list.

Which of these openings might be of interest to you?

◆ **Secretary:** Duties include taking minutes at board meetings, recording board attendance, sending minutes out for review and corrections, and sending final minutes for approval at the next meeting.

◆ **Treasurer:** Duties include bookkeeping responsibilities, collecting funds during monthly meetings, handling bank functions, handling vendor transactions, reconciling monthly accounting using Quickbooks, and providing financial statements to the board.

◆ **President-Elect:** Serves as 2025 President. In 2024, assists President with various duties, such as tracking membership, creating events in Membership Works, sending emails to members with details about luncheons, and keeping track of member nametags.

◆ **Community Service Committee Chair:** Leads our community outreach efforts, working with a committee to arrange opportunities for members to donate time or resources to charitable organizations. Regular events include our food drive, clothing drive, teacher supply drive and holiday toy drive.

◆ **Hospitality/Membership Committee Chair:**  
Duties include leading our

efforts to recruit new members, encouraging member retention, and coordinating socials.

### Interested in Serving or Learning More?

To learn more about any of these positions or to volunteer for a position on the 2024 board, please email President Kevin Pearce at [Kevin.Pearce@authoracare.org](mailto:Kevin.Pearce@authoracare.org).

### We Also Welcome Committee Members

Want to get involved but not as a chair or an officer? You'll have the opportunity to sign up for committees at the December GMDM luncheon.



*A big thank you to our 2023 officers (left to right): Kevin Pearce, President; Jody Clayton, President-Elect; Misti Sellars, Treasurer; Valen Rice, Secretary; Jeff Shell, Associate Representative; and Djuana Parker, Past President.*

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# Salvation Army Gift Drive Is Next Month

What will you bring to the November GMDM luncheon to help make the holidays brighter for a child or an older adult in need?

Like in past years, GMDM will celebrate the giving spirit of Christmas at our November luncheon by helping the Salvation Army help others through its Angel Tree Program.



We ask all GMDM members to consider bringing one of the following to the November luncheon:

- ◆ a new or gently used toy for donation to a child.
- ◆ a \$50 Walmart gift card to "Adopt an Angel."
- ◆ a \$25 food gift card to "Adopt a Senior."

"Please join us and finish the year strong!" said Tyler Hmiel, chair of GMDM's Community Service Committee.

# ComTech Announces Winner of Corvette Stingray Giveaway



Are you one of the many GMDM members who got a chance to view this 2023 Corvette Stingray when Rafe Martin, ComTech's GMDM member, brought the car to a GMDM luncheon? And are you one of those who entered their contest to win the car or \$75,000 in cash by referring your company or another company to ComTech?

The winner of the car was announced on Friday, Sept. 22, during ComTech's Fast and Furious Cybercon 2023 event: George Leloudis (above), director of administration at Morningstar Law Group in Raleigh. Did he decide to take the car or opt for the \$75,000? He took the car, Martin said.



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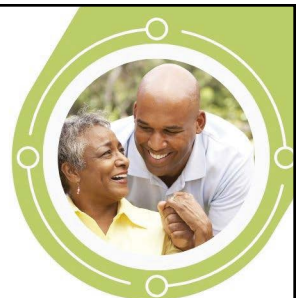
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# Murphy Wainer Orthopedic Specialists Welcomes New Doctor

**Bailey Meccariello, DO**, has joined Murphy Wainer Orthopedic Specialists as a physician specializing in sports medicine, non-surgical orthopedics and musculoskeletal ultrasound. A graduate of Edward Via College of Osteopathic Medicine in Blacksburg, VA, Dr. Meccariello completed a residency in family medicine and a fellowship in primary care sports medicine at Cone Health.

As part of her fellowship training, Dr. Meccariello worked alongside physicians at Murphy Wainer, and she is excited to have the opportunity to join the practice. She will primarily see patients that are active and having pain, especially people who want to avoid surgery.

## Helping the Body Heal Itself

Dr. Meccariello performs a number of procedures, including diagnostic ultrasound and therapeutic musculoskeletal ultrasound-guided injections for pain.

She also has advanced training in:

- extracorporeal shockwave therapy, which uses sound wave technology to increase blood flow and send growth factors to an area of injury; and
- platelet-rich plasma injections, which use growth factors and other substances in the patient's own blood to aid in the healing of chronic injuries.

"Both of those therapies really aim at targeting the body to heal itself," she says. "There are so many things in medicine that we can't fix. I'm lucky that, using the tools I have, I can help people fix themselves."

## Treating the Whole Person

A native of the Zanesville, OH, area, Dr. Meccariello grew up on a farm, where taking care of others was a natural part of her life. After she began working in a medical practice during high school, she knew she wanted to become a physician.

"I loved getting to know people and being a part of taking care of them," she says.

She chose osteopathic medicine for her training because of her desire to provide holistic care to patients.

"One of the physicians that I knew growing up was an osteopathic physician," she says. "And he, to me, was the epitome of what I thought a doctor should be. I wanted to approach medicine and patients the same way he did: seeing the patient as a whole person and thinking outside the box in providing care to them."

## Family and Interests

Dr. Meccariello and her husband Matthew, a pediatrician in Reidsville, welcomed their first child in August 2023. When she's not working, Dr. Meccariello enjoys golf, walking her dog, paddleboarding, gardening, baking and spending time with her family.



**Bailey Meccariello, DO**

## SPECIALTIES:

- Sports Medicine
- Non-Surgical Orthopedics
- Diagnostic and Therapeutic Musculoskeletal Ultrasound
- Extracorporeal Shockwave Therapy
- Platelet-Rich Plasma Therapy

## EDUCATION:

**Undergraduate degree:** Biology, Minor in Chemistry, Capital University, Columbus, OH

**Medical degree:** Edward Via College of Osteopathic Medicine, Blacksburg, VA

**Residency:** Family Medicine, Cone Health  
**Fellowship:** Primary Care Sports Medicine, Cone Health

## BOARD CERTIFICATIONS:

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