

Join Us at the January Luncheon



ALYSON BEST
Public Health Preparedness
Manager, Guilford County

▶ THE PROGRAM

How the County Health Department Is Prepared for a Community Emergency

What would the Guilford County Health Department's response be if another pandemic or widespread emergency occurred? How was Guilford County prepared in 2020 to handle the COVID-19 pandemic for the county's 540,000 citizens – including 70,000 students in the Guilford County School System? Learn about the county's public health emergency operations plan, including isolation and quarantine protocols.

▶ THE PRESENTER

As the Guilford County public health preparedness manager, Alyson Best, REHJS, provides training and education in the areas of public emergency preparedness and public health emergencies to a staff of 400. She worked with the private and public K-12 schools and the eight institutions of higher learning in Guilford County to ensure staff and student safety during the 2020 pandemic. Best earned a degree in public and community health from Southern Connecticut State University.

▶ THE LUNCHEON

WHEN: 11:45 – 1:00 p.m., Wednesday, Jan. 17, 2023

WHERE: Starmount Forest Country Club

COST: Free with membership; \$35 for guests

RSVP: Click [here](#) to log in and register for the luncheon

RESERVATIONS REQUIRED; PLEASE NOTE ANY DIETARY RESTRICTIONS

Welcome to the Online GMDM Newsletter!

We hope you will enjoy this first edition of the GMDM newsletter delivered online.

Now you can easily click on links in the newsletter to register for the luncheon, get more information about an event, email the Puzzler answer, or learn more at an advertiser's website.

The online newsletter also is easy to share. Feel free to forward it to others in your organization, as well as to colleagues at other businesses. We are happy to have our news shared, and we welcome any readers who might be interested in hearing our speaker each month.

Did you receive an email linking you to this newsletter? If you did not, please check your spam folder for an email from GMDMnewsletter@gmail.com. To ensure that you receive emails going forward, please mark that as a safe email address.



Did You Make a Resolution?

See Page 6 for what the research says!

MESSAGE FROM THE PRESIDENT

by Jody Clayton



I hope you all have a fantastic New Year! I want to take a moment to express my gratitude for being chosen as president of our amazing association. It is truly an honor. I also extend sincere thanks to Kevin Pearce for the leadership he has provided to this organization!

GMDM has achieved great success in providing educational and community support programs. I believe that together we can build on these achievements and reach even greater heights.

One of my main goals this year is to expand our membership. Through growth, we can foster collaboration, share best practices, and create a stronger community of healthcare and adjacent professionals. I encourage each of you to invite your colleagues to join our organization.

I also am eager to explore new opportunities for educational and community support programs. Our members are at the forefront of their fields, and it is crucial that we stay up to date with the latest trends and advancements.

Let's work together to grow, bring back our medical office professionals, and provide valuable insights that will enhance our professional growth.

Do you have questions or comments about GMDM? Email President Jody Clayton at Jody.Clayton@kiscosl.com.

Getting to Know You: New Member



MATTHEW JOHNSTON, ADMINISTRATIVE MANAGER AND A CARE MANAGER
Choice Care Navigators

JOINED GMDM WHEN: November 2023.

WHY YOU JOINED: For the excellent networking opportunities as well as the educational component.

EDUCATION: BA, Sociology, Appalachian State University; MS, Gerontology, UNC Greensboro.

HOMETOWN/FAMILY: I was born in Greensboro, but moved around while growing up. I've lived in Rock Hill, SC, Gastonia, NC, Boone, NC, and Washington, DC. I now live in Greensboro.

CLUBS/ORGANIZATIONS OUTSIDE OF GMDM: Starting this month, I will be the vice president of TRLA (Triad Retirement Living Association).

HOBBIES: I love listening to music, being outdoors in nature, reading, painting and cooking. I think a whole day spent with dinner in the smoker and listening to


music is a day well spent.

FAVORITE TRAVEL SPOT: Italy, Spain, France and the American Southwest.

COMFORT FOODS: Homemade spaghetti from scratch, smoked pulled pork, Chicken Francese, anything that is grilled.

I WOULD LIKE PEOPLE TO

REMEMBER ME AS: Someone who worked to enhance the lives of older adults and continually learn about the aging process.



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More info: NavigateSeniorCare.com



The Puzzler???

Where did the ball drop New Year's Eve?

Look for the answer in one of the ads. Then click [here](#) to email the answer and the ad in which the answer appears to newsletter editor Deanna Thompson (deanna@thompsononline.biz).

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The Best Conversation at Work

With excitement, they reported, "We had the best conversation. For the first time in years, we didn't talk about business."

The focus of their customer interaction was human rather than tactical, and the difference was palpable.

Let's consider what you could talk about at work that might make a significant impact:

- What dreams do you have?
- What life challenges have you overcome?
- What gets you excited?
- What scares you?
- What do we appreciate in each other?

The best conversations don't show up when you're on auto-pilot. They require the courage to be thoughtful and vulnerable.

What if you engaged in more conversations that were meaningful and memorable at work?

Why wait until you're left thinking, "I wish we could have talked about ..."

Rich Schlentz is the founder of EXTRAordinary! Communication (www.reviveyourwork.com) Contact him at rich@reviveyourwork.com or 336-317-4603.

MONTHLY ENCOURAGEMENT

by Rich Schlentz



HEALTHCARE LAW & YOU

by Karen McKeithen Schaede



Q: How can I protect myself so I don't misclassify independent contractors and employees?

A: The Department of Labor and the Internal Revenue Service work together to identify organizations misclassifying employees as independent contractors. Here are a few best practices to help protect you from fines.

An independent contractor should:

- ◆ be licensed and incorporated.
- ◆ have their own clients and other contracts besides yours.
- ◆ have a contract with you.
- ◆ be paid per project.
- ◆ provide an invoice on their own letterhead for services rendered.
- ◆ furnish their own equipment. If this is not possible, note what will be provided in the contract.

◆ not receive specific directions from you, nor should you have control over what they do to perform the job.

◆ not have hours set by you and should not receive any benefits.

◆ not have to clock in or out.

These are just a few guidelines. If your organization has any questions, check with your human resources department or your legal counsel.

Karen McKeithen Schaede, a principal in Revolution Law Group (www.Revolution.Law), can be reached at 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.

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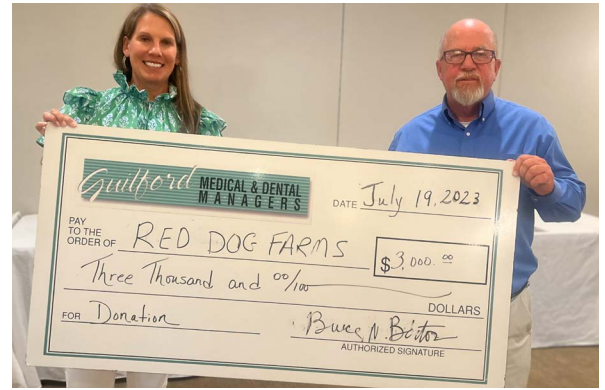
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GMDM Served the Community in Multiple Ways in 2023



Our community service activities included: Top row, left to right: **April** – Members contributed 140 pounds of food and other items for Greensboro Urban Ministry; **June** – We donated clothing to help women and men in need through the Bargain Box and the Interactive Resource Center. **July** – We presented a \$3,000 check to Red Dog Farm from money raised in the 2023 GMDM Charity Classic golf tournament. Bottom row, left to right: **August** – We made generous donations to the Guilford Education Alliance's Teacher Supply Drive. **October** – Timothy Isaiah Sellars received a \$1,000 scholarship from proceeds of the GMDM Charity Classic. **November** – We donated toys and gift cards to the Salvation Army's Angel Tree program.

Have You Paid 2024 Membership Dues?

If you haven't, now is the time to do so. The deadline for dues payment is Jan. 31. You should have received an invoice for your dues via email in late November. You can pay by check (preferred method) or credit card. Please be aware: If you do pay by credit card on our website or at a luncheon, the small processing fee we must pay for all credit card transactions will be added automatically to your bill.



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3 Things You May Not Know About PACE of the Triad

1 PACE of the Triad is a health insurance plan that provides medical, dental and prescription coverage, medical transportation, in-home care, therapy (OT/PT/ST) and an interactive social center with activities, exercise and lunch.

2 Since opening in 2011, PACE has provided medical care and support services to over 800 Guilford and Rockingham county residents, ages 55 to 103. PACE has 90 employees and is located at 1471 E. Cone Boulevard in Greensboro.

3 PACE of the Triad plans to build an additional facility in the Winston-Salem area to serve Forsyth, Surry and Stokes counties in the next two years.



ADVERTISER FOCUS



Nedra Baldwin, Director of Community Engagement and Outreach at PACE, represents the organization in GMDM.

GMDM Needs YOU to Volunteer as an Officer or Committee Chair

As we begin another year at GMDM, we need to ask for your help. We have two officer positions unfilled for 2024, along with two committee chair positions.

We encourage you to consider how you might get more involved in GMDM. Officer and committee chair positions are a fun way to network, hone your leadership skills and give back to the community.

The open officer positions are:

- ◆ **President-Elect**
- ◆ **Treasurer**

The open committee chair positions are:

- ◆ **Hospitality-Membership Chair**
- ◆ **Community Service Chair**

Thanks to those who have committed to filling positions on the

executive committee in 2024:

President: Jody Clayton
Past President: Kevin Pearce
Secretary: Fran McMeekin
Associate Rep: Jeff Shell

Look for more information on our new officers and committee chairs in your February newsletter!

Interested in volunteering for a position? Click [here](#) to email President Jody Clayton for more info.



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Pulse, the newsletter of Guilford Medical & Dental Managers, is published online monthly for members and other interested individuals.

News Submissions:

We welcome submissions from members of news they would like to share with GMDM members.

Advertising and Inserts:

Interested in advertising in the newsletter? We offer display ads starting at \$600 annually. Ads have hyperlinks, allowing readers to go directly to your website.

Newsletter inserts are \$250 and offer a great way to get detailed news to GMDM members. Your full-page flyer with active links is not only inserted into the newsletter but also is printed and distributed at a GMDM luncheon.

Learn more about the costs and benefits of advertising at gmdm.org/advertising.

Questions about News Submissions, Ads or Inserts:

Email editor Deanna Thompson of Thompson Communications at deanna@thompsononline.biz.

Gifts to Celebrate the Holiday Season!



The GMDM luncheon on Wednesday, Dec. 20, provided an opportunity to mix and mingle, enjoy holiday music, sign up for committees and other options in an interactive game, and win some gift cards for participating in the game! Above, left to right, are: Gwyn Liner, Dr. Scott Jensen's office, Puzzler contest winner, \$50 gift certificate to Pastabilities; Deb Frisbee, Seniors Helping Seniors, winner of \$25 gift card; Rafe Martin, ComTech, winner of \$50 gift card; Victoria Evans, the talented singer who performed for us; Bob Ring, Mica Information Systems, winner of \$25 gift card; Kristin Gilbert, Guilford Orthopaedic and Sports Medicine Center, winner of \$25 gift card. Not pictured: Lisa Haymore, Guilford Orthopaedic and Sports Medicine, winner of \$100 in the 50-50 raffle.

Did You Kick Off 2024 with Some Resolutions?

A survey by Forbes Health/OnePoll of 1,000 U.S. adults in October found that 62 percent of participants felt pressure to make one or more New Year's resolutions. More women than men felt like they needed to make a resolution.

The most common resolutions were (respondents could name more than one):

- ◆ to improve fitness (48%)
- ◆ to Improve finances (38%)
- ◆ to improved mental health (36%)
- ◆ to lose weight (34%)
- ◆ to improve diet (32%)

Read more at: www.forbes.com/health/mind/new-years-resolutions-statistics



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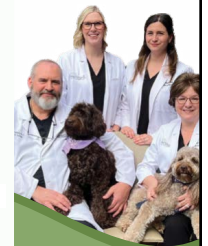
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