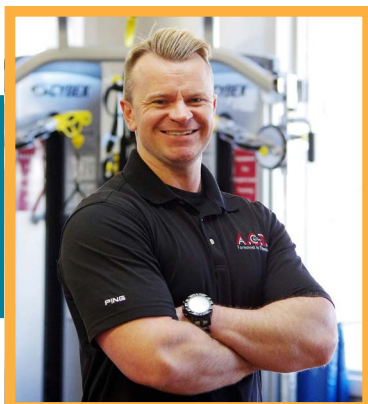


## Join Us at the April Luncheon



**JOSHUA PREVETTE, PhD**  
 Master Trainer,  
 A.C.T. Fitness Center  
 and GTCC

### ▶ THE PROGRAM

#### **Working with Seniors, People Who Are Disabled and Individuals Who Are Physically Impaired**

This program will explore how to work with special needs individuals in a variety of ways: First, how to work with them from a fitness perspective. Second, how to engage and mitigate their needs in a simple yet effective way. Third, how to push the patient/client, while also keeping them safe and free from injury.

### ▶ THE PRESENTER

Joshua Prevette has worked with hundreds of clients over a 23-year career, including professional/collegiate athletes, special needs individuals and general clients. He is a Master Trainer with the American Sports & Fitness Association (ASFA) and an instructor with the W.I.T.S. program at Guilford Technical Community College. He has a PhD in Adult Education from UNC-Greensboro.

### ▶ THE LUNCHEON

WHEN: 11:45 – 1:00 p.m., Wednesday, April 17, 2024

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



### HELP A NEIGHBOR!

#### Bring Food to April Meeting

The GMDM Community Service Committee is holding a food drive for Greensboro Urban Ministry at the April Luncheon.

#### MOST-NEEDED ITEMS

##### **Canned fruits & vegetables, low sodium & low sugar:**

- Sweet peas, green beans, mixed vegetables, corn
- Spaghetti sauce
- Applesauce, other fruit

##### **Protein/entrees:**

- Canned chicken, tuna
- Canned soups, stews
- Mac & cheese, chili w/meat

##### **Other supplemental products:**

- Rice, pasta, dry beans
- Peanut butter (18 oz.)
- Crackers
- Oatmeal, ramen noodles
- Baby formula, food, diapers

**No glass containers or #10 cans**

### Can't Attend the Luncheon?

Watch the program via livestream! The link will be included in your luncheon reminder email from President Jody Clayton.

## MESSAGE FROM THE PRESIDENT

by Jody Clayton



As we welcome the arrival of April showers, we are reminded of the promise of May flowers and the growth and renewal they bring.

Just like nature, our organization, GMDM, has been flourishing in remarkable ways.

Our membership has expanded, and we have successfully transitioned our newsletter to an electronic format, embracing modernity and efficiency.

However, our journey toward excellence is far from over. We still require assistance in areas such as hospitality and membership engagement.

Additionally, let us not forget the upcoming GMDM Charity Golf Classic in June, a vital event that supports our community outreach efforts. (See story on Page 5 about the charity that will benefit from the GMDM Charity Classic this year.)

I urge each and every one of you to share this newsletter with individuals beyond our GMDM community. By spreading the word, we can continue to cultivate a vibrant and inclusive environment for all.

Together, let us sow the seeds of progress and watch as our collective efforts bloom into something truly extraordinary.

Do you have questions or comments about GMDM? Email President Jody Clayton at [Jody.Clayton@kiscosl.com](mailto:Jody.Clayton@kiscosl.com).

## Getting to Know You: New Member



**MARY WAGNER**  
COMMUNITY LIAISON  
Griswold Home Care

**JOINED GMDM WHEN:** November 2023.

**WHY YOU JOINED:** I was prompted to join based on growing my network with medical professionals in the greater Greensboro area, and also getting more involved in the community.

**EDUCATION:** Southwest Missouri State University.

**HOMETOWN/FAMILY:** Springfield, MO.

**HOBBIES:** Hiking, reading, yoga, cooking.

**COMFORT FOOD(S):** Soup.

**FAVORITE MUSIC/BOOK:** I like too many to choose one.

**WAYS TO RELAX:** Working out, hot bath, reading.

**FAVORITE TRAVEL SPOT:** Haven't been to enough places to decide yet!

### CLUBS/ORGANIZATIONS OUTSIDE

**GMDM:** Triad Retirement Living Association (TRLA), Greensboro Chamber of Commerce.

### I WOULD LIKE PEOPLE TO

**REMEMBER ME AS:** A kind and loving person!

**G**riswold Home Care is one of the oldest home care companies in the United States. They have been in business for over 40 years and operate in 33 states, with over 170 locations. The local office provides care in six counties in the Greensboro and Burlington areas. They focus on quality of care, with no weekly minimums. They also offer an AI technology program that is included in their hourly rates.

**More info:** [griswoldhomecare.com/greensboro](http://griswoldhomecare.com/greensboro)

## The Puzzler???



What do many people try to get 10,000 of every day?

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](mailto:deanna@thompsononline.biz)).

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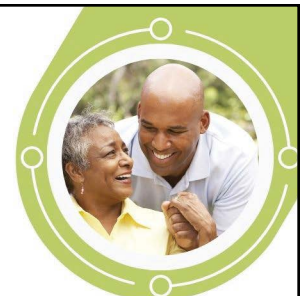


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## Today, a Love Song Was Written

There's a voice playing on loop in the back of your mind: "I don't have any new or important ideas."

Its goal is to prevent you from speaking up and adding value.

The next time that self-limiting thought rises up, consider this reality: Today a love song was written.

Over the centuries, millions have been written.

Yet we're still intrigued by unique perspectives about love.

So, we keep listening.

In the same way, at work, and at home, we need fresh vantage points on timeless topics.

We need to see and hear the things that only you have seen and heard.

That's the value you bring.

Replace self-consciousness with self-confidence.

Now is not the time to shut down. It's your time to speak up.

*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 have an employee claiming a religious exemption for their flu shot. Do I have to honor it?**

**A:** A new case was decided recently related to religious exemptions, Kennedy v. PEI-Genesis. This was a result of an employer refusing to accommodate an employee's request for exemption for religious reasons from a COVID vaccine requirement.

The employee was told when he accepted a job that all employees must receive the vaccine. When asked to provide proof of the vaccine, he refused, saying it was unsafe and ineffective. He said nothing about religious beliefs. A week later, he requested religious accommodation, which was denied. He was fired.

Then, he sued. The court granted summary judgment, which is dismissal of the suit. The judge stated the employee did not establish that he held a sincere religious belief that conflicted with a job requirement.

This [decision](#) opens the door just a little bit on some possible arguments against religious accommodation. As always, confer with your attorney on your specific situation.

*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.*

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# NOW HIRING

**POSITION:**

Full-time Staff Accountant  
32 hrs/wk, May-Dec;  
40 hrs/wk, Jan-April

**EMPLOYER:** Healthcare Management Group, Inc.


**QUALIFICATIONS:** Must have at least 3 years of recent experience in accounting and payroll processing.

**DUTIES:** Data entry, bank reconciliation, payroll processing, general ledger, accounts payable; utilize accounting software to input and organize financial data; telephone.

**TO APPLY:** Send resume to Myrna Angle at msangle@hcmgi.com

Ads in the "Now Hiring" column are free for GMDM members. Send your ad to [deanna@thompsononline.biz](mailto:deanna@thompsononline.biz).

# Get Involved in the GMDM Charity Classic!



Monday, June 17, 2024  
Greensboro Country Club,  
Carlson Farm Course

**A BIG THANKS TO OUR  
NEWEST GOLD (\$2,500)  
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There are lots of ways to participate in this fun event:

- ◆ **Sponsor the tournament.** Sponsorships range from \$100 to \$5,000.
- ◆ **Sponsor an individual or team from your organization, or play yourself.** Cost of a four-person team is \$500. Cost is \$150 for one individual.
- ◆ **Provide giveaways for the golfers' goodie bags.** Each player receives a goodie bag. Get your company's name in front of golfers by donating items with your company's branding, from small items such as chapstick to larger items, such as golf towels. For more information, contact Lisa Haymore at [lisa.haymore@sosbonedocs.com](mailto:lisa.haymore@sosbonedocs.com).

# 3 Things You May Not Know About Kisco



## ADVERTISER FOCUS



Jody Clayton is Kisco's GMDM member.

- 1 Kisco Senior Living, founded in 1990 by former professional tennis player Andrew "Andy" Kohlberg, provides exceptional senior living communities.
- 2 Abbotswood at Irving Park and Heritage Greens – Kisco's communities in Greensboro – offer a range of month-to-month living options including independent living, assisted living, memory care, and cottages.
- 3 Supported living services at Abbotswood at Irving Park and Heritage Greens empower residents to thrive independently in their own homes within the community.



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# Spotlight on GMDM Charity Classic Beneficiary: Freedom House

This year's GMDM Charity Classic golf tournament will raise money for GMDM scholarships and for Freedom House, a local recovery program that provides help both to women who have struggled with addiction and to their children.

## How did Freedom House begin?

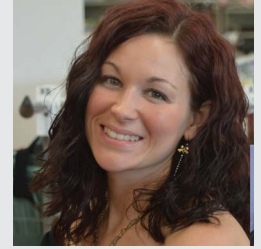
Ann Reilly was working as a substance abuse counselor in 2005 when she felt called to create a long-term addiction recovery program that rescues, restores and redeems the lives of women and their children in a Christ-centered, family environment. In July 2006, Freedom House admitted its first residents. Since then, more than 300 have graduated from the program.

## What kind of help does Freedom House provide?

The women accepted at Freedom House take part in a 12-month Residential Program. Often, their children reunite with them at Freedom House, where they live with others and work to overcome their addictions. Graduates may enter the Freedom House Aftercare Program, where they can live rent-free in a Freedom House home for up to one year. They can remain connected to the support needed to maintain their recovery as long as they wish.

Learn more: [helpfreedomhouse.org](http://helpfreedomhouse.org)

Before I came to Freedom House, I was living in a world of despair. I began experimenting with drugs and alcohol when I was 13. When I was 25, I discovered Oxycontin, a highly addictive, powerful opiate. I fell in love with this medication that provided a means of escape. My tolerance level soon escalated and I switched my addiction to heroin. Heroin took over my life and owned my soul. ...



**JULIA**  
A Success Story

Chasing that high eventually took everything from me. I lost my children, my home, my family, my car, and all respect for myself. I was completely hopeless and then ended up in jail. When the numbness went away and I had no choice but to take a look at myself and the mess I created, I hated myself and wanted to die! ... After one year in jail, God answered my prayers and, with the help of my mother, I came to Freedom House.

Freedom House has literally saved my life. Not only am I physically healthy and sober but without Freedom House I would never have found God. ... Freedom House has rejoined me with my children. ... My new life is a miracle. ... The three things that are different about Freedom House are that it incorporates God, your children, and the opportunity to remain a part of the Freedom House community for as long as you want after graduation. That is what separates Freedom House from any other recovery center in the world.



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

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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](http://gmdm.org/advertising).

**Questions about News Submissions, Ads or Inserts:**

Email editor Deanna Thompson of Thompson Communications at [deanna@thompsononline.biz](mailto:deanna@thompsononline.biz).



## March's Luncheon Prize Winners

*At each monthly luncheon, one lucky member receives half the pot collected in our 50-50 Raffle (with the other half going to the GMDM Scholarship Fund), and another member receives a prize in the Puzzler Contest drawing. In the months that we have Active and Associate Member Tables, the organizations with those displays also hold drawings for prizes.*

Above, left to right, are **Bob Ring** of Mica Information Systems, who won the Puzzler Contest drawing, receiving a \$50 Fresh Market gift card and a box of cookies, provided by Labcorp; **Lisa Haymore** of Guilford Orthopaedic and Sports Medicine Center, who won the March 50-50 Raffle; and **Bill Strickland** of Brown Investment Properties, who received a \$50 Total Wine gift card from Kisco Senior Living, which had the March Active Member Table.

**How to enter the 50-50 Raffle:** Purchase raffle tickets at the luncheon meeting.

**How to enter the Puzzler Contest:** Read the question on Page 2 of this newsletter. Look in the ads for the answer. Email the answer and the ad where it appears to [deanna@thompsononline.biz](mailto:deanna@thompsononline.biz). Those answering correctly are entered in a drawing, with the winner announced at the monthly GMDM luncheon.

**How to enter the Table Drawings:**

Visit the Active and/or Associate Member Tables at the luncheon and take a few minutes to learn about the business. You then can place your business card in their collection container. You need to visit the table to enter the drawing.



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### UPCOMING COMMUNITY SERVICE EVENTS

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**AUGUST:** School Supply Drive