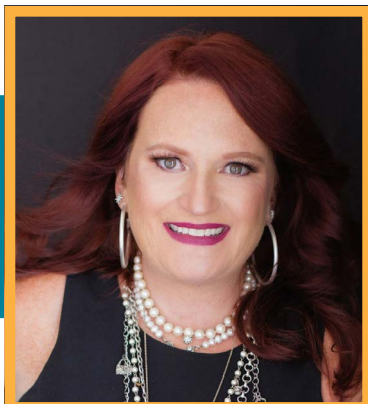


Join Us at the May Luncheon



ALLISON SHAW
 Author, Motivational
 Speaker and Business
 Owner



Copies of Allison Shaw's book will be available for purchase (cost: \$25) at the luncheon.

▶ THE PROGRAM A Guide to Mental Health Resources & Self Care – for Living your Best Life

This presentation will explore the intersection of mental health, personal development and professional success. All of us have been thrown “curve balls” in our lives. From her personal experiences, Allison will share resources for each of us to successfully treat trauma issues – such as anxiety and depression, grief and loss, addiction, low self-esteem and anger issues. Invite a friend or professional colleague who may be dealing with these challenges to join you at the luncheon.

▶ THE PRESENTER

Allison (Ally) Shaw is an author, motivational speaker and business owner. She is the author of *Chasing Tigers in the Dark: Life Lessons of a Fierce Survivor*, a nonfiction book sharing her personal story as a chronic trauma survivor. The owner of a restaurant franchise with 17 locations in Virginia and West Virginia, Allison launched her speaking career in 2016 and has spoken to groups of 100 to 10,000 over the last seven years.

▶ THE LUNCHEON

WHEN: 11:45 – 1:00 p.m., Wednesday, May 15, 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

GMDM June Luncheon CANCELLED

Please mark your calendar now! Our normal room at Starmount is not available on our scheduled date of June 19. Therefore, we have cancelled the June GMDM luncheon meeting.

In place of it, we will be holding a regular GMDM luncheon on Oct. 16, rather than having an evening Recognition Event that month. Look for more information in the coming months!

Can't Attend the May 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 May begins its transition into June, our association continues to blossom and bear fruit. I am thrilled to share that our recent support for Greensboro's Urban Ministry's Food Bank at our April meeting exemplifies our commitment to giving back to the community.

Looking ahead, mark your calendars for our highly anticipated GMDM Charity Classic golf tournament on June 17. This annual event promises not only a day of fun but also an opportunity to contribute to a worthy cause. (See Page 5 for details on how you can help.)

Our recent meetings have been packed with valuable insights on emergency preparedness, the impact of AI on our lives, cognitive aging processes, and inclusive practices for seniors. The wealth of knowledge shared is a testament to GMDM's commitment to you.

Therefore, I urge each of you to bring a friend to our next meeting who may be interested in becoming a future member. Additionally, consider stepping up to fill an open board position or join a committee. Your involvement is crucial as we head into the summer months. Let's shine together and make a difference!

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

Getting to Know You: New Member



FRAN MCMEEKIN, DIRECTOR OF SALES

BrightStar Care

JOINED GMDM WHEN: October 2023.

EDUCATION: BS, Nutrition, UNC Greensboro.

CLUBS/ORGANIZATIONS OUTSIDE GMDM: I'm a Realtor with Elite Realty Group/Keller Williams One.

HOMETOWN/FAMILY: I grew up in Hendersonville, NC, but have been in Greensboro since 2000. I have 2 amazing kids: Lillian, a sophomore at App State University; and Henry, a high school sophomore.

HOBBIES: Anything outside. I am currently training for an endurance hiking event called 29029 Everest. So I spend A LOT of time on the trails putting one foot in front of the other for miles and hours at a time.

SOMETHING YOU MAY NOT KNOW ABOUT ME: I toured with the Grateful Dead. When I was a sophomore at UNCG, I was a little dead-head ... may or may not have had dreadlocks.

I took the spring semester off and followed the Grateful Dead around NC/SC/TN/GA and went to as many concerts as I could. ... Had the time of my life and would do it again in a minute!

I would like people to remember me as: A strong Christian business woman whose legacy lies in those amazing kids she raised.

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More info: www.brightstarcare.com/s-greensboro

The Puzzler???



What's another name for a sand trap in golf?

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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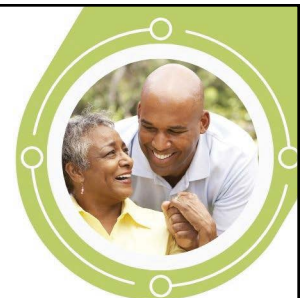


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The Problem With Your Team-Building

Playing a game (no matter how fun it is) isn't going to improve long-term team dynamic.

Gathering to sip wine and paint doesn't result in a cohesive and resilient team.

Going on a half-day field trip won't create a strong and aligned team.

Let's stop calling these team-building activities and call them what they really are: social activities. They aren't bad – but they don't build strong teams.

How do you forge a successful and resilient team?

- Build meaningful relationships.
- Identify and maximize individual strengths.
- Participate in purposeful and productive meetings.
- Provide and receive sincere praise and recognition.
- Celebrate individual and group achievements.

Team building isn't an activity. It's a culture. Building a strong team takes a long time and a lot of work.

That's why they're so rare.

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



HEALTHCARE LAW & YOU

by Karen McKeithen Schaede



Q: Does North Carolina's Medical Board have a guideline on telemedicine?

A: The North Carolina Medical Board (NCMB) recognizes the potential benefits of telemedicine – the practice of providing medical care using electronic communication or other means between a licensee and a patient in different locations – and recently updated its position statement. Key points include:

◆ **Standard of Care:** Licensees practicing telemedicine in North Carolina are held to the same established standard of care as those in traditional in-person settings.

◆ **Licensure:** Providers using telemedicine must be licensed in North Carolina unless specific exceptions apply, such as provider consultations across state lines and follow-up care for temporarily located patients.

◆ **Patient Identity Verification:** Licensees should verify patient identity/location to prevent fraudulent activity and maintain confidentiality.

For more information: View the full position statement on the NCMB website [here](#).

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.



Food Drive Donations

GMDM members display the many items contributed to our food drive for the Greensboro Urban Ministry Food Bank at the April luncheon! Thanks to all who donated. Your donations will make a difference in the lives of neighbors!

Photo by Bill Strickland

NOW HIRING

Do you have an opening at your company that might be of interest to other GMDM members? Share information in our "Now Hiring" column. Ads are free for GMDM members. Send your ad to deanna@thompsononline.biz.

Could You Be the First to Win a Car?

Are you playing in the 2024 GMDM Charity Classic? And would you like to drive home after the tournament in a new Lincoln?

Each year, Green Lincoln brings a new car to the GMDM Charity Classic golf tournament. You win the car if you are the first golfer to make a hole-in-one on the 8th hole.



Easier said than done? It hasn't happened in any of the 11 previous tournaments.

"We have never given one away, though some golfers have come close," says golf tournament chair Bruce Barton. "It would be wonderful if someone won the new Lincoln!"

Haven't signed up to play yet? There's still time. Details are in the golf tournament brochure [here](#).

3 Things You May Not Know About Thompson Communications



ADVERTISER FOCUS



Deanna Thompson is the GMDM member.

- 1 Owner Deanna Thompson is the author of *Greensboro: A New Metropolis*, a book published in conjunction with the Greensboro Chamber of Commerce. Working with a committee of city leaders, she also wrote the winning application that made Greensboro a finalist for the All-America City Award, which the city went on to win.
- 2 Thompson Communications creates much more than just content. Working alongside longtime partners, they provide all types of marketing services – from website development to online/print advertising. Recent project: a physician recruitment packet and digital flipbook for a Federally Qualified Health Center in Pennsylvania's capital city.
- 3 Have an idea for a book? In addition to marketing materials, Thompson Communications assists organizations with book editing, design and publishing. They have helped clients get a dozen books into print and readers' hands.

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Get Involved in the June 17 GMDM Charity Classic!

If you haven't signed up yet to help with the 2024 GMDM Charity Classic golf tournament, the clock is ticking! There's just a little over a month left before the tournament on Monday, June 17, 2024.

There are lots of ways to participate in this fun event:

◆ **Volunteer to help at the tournament.** Email Bruce Barton at bbarton57@gmail.com for details.

◆ **Sponsor the tournament.** Cost ranges from \$100 to \$5,000.

◆ **Sign up an individual or a team from your organization, or play yourself.** Cost is \$500 for a four-person team or \$150 for one individual. You might win that Lincoln! (See Page 4.)

◆ **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. For more information, contact Lisa Haymore at lisa.haymore@sosbonedocs.com.

Click [here](#) to view the brochure, register a team or book a sponsorship for the **2024 GMDM Charity Classic Monday, June 17, 2024 Greensboro Country Club Carlson Farm Course**



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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.



Photo by Bill Strickland

April'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 Maxie B's gift card, provided by ComTech; **Mary Wagner** of Griswold Home Care, who received a \$25 gift card from the Health Insurance Shoppe, which hosted the April Associate Member Table; **Kristin Gilbert** of Guilford Orthopaedic and Sports Medicine Center, who received a \$50 gift card from Griswold Home Care, which hosted the April Active Member Table; **Lisa Haymore** of Guilford Orthopaedic and Sports Medicine Center, who won the April 50-50 Raffle; and **Matthew Johnston** of Choice Care Navigators, who received a \$25 gift card from the Health Insurance Shoppe, which hosted the April Associate 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. 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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