



12th Annual GMDM Charity Classic Monday, June 17, 2024

Location: Greensboro Country Club's Carlson Farm Course
5121 Hedrick Drive, Greensboro, NC 27410

Registration/breakfast: Begins at 7:30 a.m.

Shotgun start tee-off time: 9 a.m.

Lunch/winners announced: After all golfers have finished.

All GMDM members are invited to stop by and enjoy some time at the GMDM Charity Classic. A special thanks to all of the members who signed up to volunteer at the event!

REMINDER:

There Is No GMDM Luncheon This Month

Announcing

GMDM's

HEALTHCARE HERO

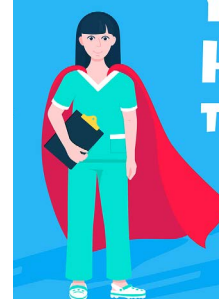
Recognition Event

Do you know a nurse who goes above and beyond, providing exceptional care?

This year, we will be selecting a nurse to be honored as a HEALTHCARE HERO at our Annual Recognition Event, which will be held Wednesday, Oct. 16, during our regular luncheon time.

All GMDM members are invited to nominate candidates for this award. We hope you will help us put the spotlight on an individual who is making a major difference locally in patients' lives. Finalists also will be recognized at the event.

Look for more information soon via email and in the July newsletter. Questions? Contact event chair Nedra Baldwin at nedra.baldwin@pacetriad.org.



**YOU ARE
HEROES!
THANK YOU!**

MESSAGE FROM THE PRESIDENT

by Jody Clayton



As June arrives, our association is gearing up for an exciting lineup of events that showcase our commitment to supporting the medical field and our community.

The annual GMDM Charity Classic golf tournament in June not only serves as a networking opportunity with other businesses and organizations, but also as a crucial fundraiser for a charity (Freedom House) and for GMDM, enabling us to provide scholarships to students pursuing health-related studies. It's a wonderful way to give back and invest in the future of healthcare.

Please note that our June meeting will be replaced by our support for the golf tournament.

In July, we are organizing a clothing drive to support those in need in our community. Your donations can make a real difference in someone's life.

Looking ahead to October, our annual recognition event will shine a spotlight on an exceptional nurse and honor the unsung heroes in the medical field. It's a chance for us to express our gratitude and appreciation for their hard work and dedication.

Let's come together to make these events successful and impactful for our organization and the causes we care about.

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

Getting to Know You: New Member



SHEILA J. ROBINSON, DIRECTOR OF TRANSITIONAL SERVICES

Adams Farm Living & Rehab; Heartland SNF JOINED GMDM WHEN: 2023.

EDUCATION: Attended North Carolina A & T State University.

HOMETOWN/FAMILY: I grew up in Greensboro, then married and moved to Florida, then moved to Brentwood, TN, for 20 years. Returned home to take care of elderly parents, who have since passed. I have two beautiful adult children, Devin and Kayla.

WAYS TO RELAX: Watching movies and listening to music.

SOMETHING YOU MAY NOT KNOW ABOUT ME: I love water and can't really swim.

HOBBIES: Long walks, shopping and spending time with family and friends.

FAVORITE MUSIC: R&B, and a little country.

I WOULD LIKE PEOPLE TO

REMEMBER ME AS: Something my parents always quoted: "You have two hands – one to help yourself and one to help others."

COMMENTS ABOUT GMDM: It's not just a networking group, it's a teaching experience, always learning something!

Adams Farm
LIVING & REHABILITATION

Adams Farm Living & Rehab's comprehensive, multi-disciplinary Transitional Rehabilitation program specializes in short-stay recovery in private rooms after surgery or other illness. Physicians, nurses, and physical, occupational and speech-language pathologists provide highly personalized care that translates to quicker recovery. Adams Farm also offers long-term skilled nursing care.

More info: www.adamsfarmliving.com

The Puzzler???



What's the last name of our fabulous golf tournament chair? (Thanks, Bruce!)

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).

Is Your EHR Driving You Crazy?

Call us today to discover the MICA difference.



Fully-Certified EHR and Billing Solutions

800-344-6422, Option 4 • www.micamedical.com
1580 Westbrook Plaza Dr • Winston-Salem, NC 27103

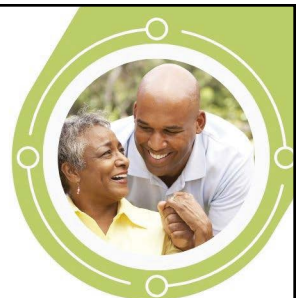


Person-centered health plan with focused patient support, including:

- Medical and dental care
- Adult day program (full day)
- Medical transportation
- Home care
- Rehab therapy and more.

336-550-4046

pacetriad.org



Sometimes More Isn't Better

In some areas of life, we understand that more isn't always better:

- ◆ Two Tylenol relieve pain. Ten are harmful.
- ◆ Regular workouts improve conditioning. Nonstop exercise leads to injuries.
- ◆ One Krispy Kreme donut is delightful. A dozen is regretful.

When it comes to work, we seem to lack the same clarity. We behave as if more always yields better.

One more hour at our desk, two more projects, three more Zoom calls.

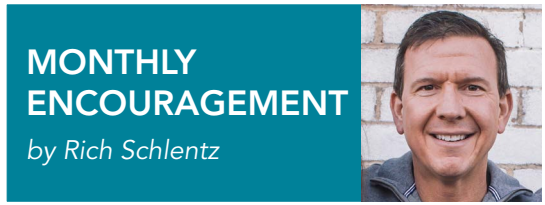
There's a point when the quantity of our demands negatively impacts the quality of our business results and personal well-being.

More work isn't always better. More work isn't always wise.

Know when to say: no more.

It's a rare and undervalued skill that will serve you well.

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: Are noncompete agreements now banned in North Carolina?

A: No, but they will be if a new federal rule goes into effect. On April 23, 2024, the Federal Trade Commission (FTC) voted to ban non-compete agreements for workers. Noncompete agreements typically prevent an employee from working for a competitor for a certain length of time after leaving a company.

The new rule does not go into effect for 120 days after it is published in the Federal Register. Two lawsuits have been filed, and an injunction likely will be granted to stay the rule from going into effect.

The ban affects most workers, with some exceptions. For example, it does not apply to senior key executives making over \$151,164 who have decision-making authority.

Employers will still be able to use nonsolicitation clauses and nondisclosure agreements.

Keep an eye out as this will be an ongoing battle, with more information to come via the courts.

For more information: Click [here](#) to view a fact sheet from the FTC.

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.

Start Getting Ready Now for Our July Clothing Drive!

It's time to check your closet for clothing items you haven't worn in months (or maybe years!) – and aren't likely to wear again. Someone would be thrilled to have them. GMDM will hold a men's and women's clothing drive at the July 17 luncheon to benefit individuals in need. Requested items include: clothing, shoes, jewelry, purses and accessories.



BROWN INVESTMENT PROPERTIES
EST. 1960

Practicing Commercial Real Estate by the Golden Rule

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

www.bipinc.com

BrightStarCare
A HIGHER STANDARD

Home Care You Can Count On.

- Meds admin & reminders
- Bathing & toileting
- Bonded & insured
- Companion & personal

336-265-3500
brightstarcare.com/s-greensboro

©BrightStar Care
Independently Owned and Operated

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.

Giveaways Still Needed for Golfer Goodie Bags

Do you have company-branded merchandise you would like to share with potential clients via the GMDM Charity Classic golf tournament?

Each player in the tournament receives a goodie bag, and we need more goodies! We welcome all types of giveaways, including pens, sunscreen, lip balm and hand sanitizer, plus golf-themed items from tees to golf towels.

We need 100 of each item. Deadline for submitting items is Thursday, June 13. Bring your giveaways to GMDM member Lisa Haymore at Guilford Orthopaedic and Sports Medicine Center, 1915 Lendew St., Greensboro, NC 27408.

Questions? Contact Lisa at lisa.haymore@sosbonedocs.com or Bruce Barton, chair of the golf tournament committee, at bbarton57@gmail.com.



3 Things You May Not Know About Piedmont Printing & Graphics



ADVERTISER FOCUS

PIEDMONT
PRINTING & GRAPHICS, INC.

Danny Rudisill is the GMDM member.

- 1 Piedmont Printing & Graphics, Inc. is a printing and promotional products distributor. They have been in business since 1990 and have been a member of GMDM since 2003. They have many customers across many different industries in the Triad area. They have many, many customers in the medical and senior care businesses.
- 2 They sell every type of printing there is, along with any and all promotional products. They also sell screen-printed and embroidered apparel items.
- 3 They are a family-owned business. Danny Rudisill is president, and his wife, Donna, is vice president and bookkeeper. Their son, Logan (retirement plan), also works for the company and hopes to take over some day.

Your call. Their hope.

Schedule a Call Today
ComTech will Donate \$250 in your honor

Learn more about what ComTech can do for your business technology while supporting Little Pink Houses of Hope.
Schedule a 15-minute Discovery Call Today!



COMTECH    www.comtechn.com/littlepink



...A WAY TO GIVE AND TO RECEIVE®

Call us for an extra set of hands with shopping, cooking, chores, laundry, gardening, small repairs and so much more.

Home & Heart

Like getting a little help from your friends®

Experienced Loving Caregivers

336-823-6217

SHSGuilford@northstate.net
SeniorCareWesternGuilford.com

©2019 Each office is independently owned and operated.

Medicare Choices, Simple & Uncomplicated

Jeff Shell, Certified Licensed Broker
1175 Revolution Mill Dr, Studio 4, Greensboro
 (336) 763-0775  HealthShopeNC.com

PIEDMONT PRINTING & GRAPHICS, INC.

Printing, Graphics, Mailing, Apparel & Promotional Products

We do it all!

317 South Westgate Drive • Suite D
Greensboro, NC 27407
(off Dundas near Pomona)
ppgonline.net

(336) 273-2120

Danny Rudisill, President danny@ppgonline.net





GMDM Charity Classic Beneficiaries

GMDM's Scholarship Fund

Do You Know a Healthcare Student Who Could Use a Scholarship?



Each year, GMDM uses proceeds from the GMDM Charity Classic golf tournament to provide scholarships to students pursuing degrees in health-related fields at Triad colleges and universities.

Those who are eligible to apply for a scholarship include students currently attending school in nursing, dental assisting and hygiene, radiology and other health-related fields.

GMDM members are invited to share scholarship details with students they know who could benefit from the additional funds. Information about the scholarship is available on the GMDM website at gmdm.org/committees/scholarship.

More information on this year's scholarship, including the amount offered, will be provided after the golf course proceeds are tallied.

Postmark deadline for mailed documents (letters of recommendation, official transcripts, etc.) is Friday, Sept. 27, 2024. Emailed documents must be received by 11:59 p.m. on Monday, Sept. 30, 2024.

More information? Contact Scholarship chair Jen Arrington at Jennifer.Arrington@conehealth.com.

Freedom House

Providing Help to Woman Who Are Working to Overcome Addiction

Freedom House is the charity chosen this year to receive a donation from the golf tournament proceeds. This nonprofit organization is a faith-based, long-term residential program for women in addiction recovery. Freedom House specializes in sober living and aftercare services for adult women with children.



FreedomHouse

Rescuing Mothers. Redeeming Lives.

Dedicated programs are available for women with co-occurring mental health disorders, postpartum women, young adults, and women living with HIV/AIDS. The primary treatment modalities include addiction counseling, life skills training and holistic care. For more information, visit helpfreedomhouse.org.



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

Home Instead®

(336) 294-0081

HomeInstead.com/311

Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company. © 2023 Home Instead, Inc.



1st Place

Judge's Comment:
"Well-written. Striking and inventive layout and graphics."



Rebrand your communications with a national award-winning team.

- Strategic writing
- Creative direction
- Website content
- Healthcare marketing
- Nextdoor ads
- Brochures/flipbooks
- Online/print ads
- Online/print newsletters



336-292-6041

ThompsonOnline.biz

deanna@thompsononline.biz



Care Coordination | Palliative | Hospice
Grief Support | Kids Path

Our patients are always the author of their life story. During a challenging illness, AuthoraCare Collective can help you author more moments that matter, regardless of the stage of your illness or condition.



SERVING THESE COUNTIES

A Nonprofit Organization. Formerly Hospice of Alamance-Caswell and Hospice of Greensboro.



PO Box 10735
Greensboro, NC 27404-0735
www.gmdm.org

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.



May 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 **Jeff Shell** of The Health Insurance Shoppe, who received a \$50 gift card to Pastabilities from Labcorp, which hosted the May Associate Member Table; **Gwyn Liner** of Dr. Scott Jensen’s office, who received a \$25 restaurant gift card from Seniors Helping Seniors, which hosted the May Member Table; **Jody Clayton** of Kisco Senior Living, who won the April 50-50 Raffle; and **Bob Ring** of Mica Information Systems, who won the Puzzler Contest drawing, receiving a \$25 Target gift card, provided by Seniors Helping Seniors.

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.

The winner of the June Puzzler Contest will be announced at the July GMDM luncheon.



In Senior Living, Experience Matters

Experienced management teams build better communities. Our teams have over 180 years of combined senior living experience. We are trusted business partners in the community with financially stable ownership and proven experience.

Abbotswood at Irving Park
A KISCO COMMUNITY
336.282.8870
lifeatirvingpark.com

Heritage Greens
A KISCO COMMUNITY
336.299.4400
lifeaheritagegreens.com