

## Join Us at the September Luncheon



**KRISTEN PELLEGRIN**  
Master Trainer  
Dale Carnegie NC

### ▶ **THE PROGRAM** **How to Create a Better Work-Life Balance**

You can't do a good job if a job is all you do. Work-life balance is a necessity for professionals in today's complex world, but it takes discipline and effort to achieve that balance. Being attentive to how you devote your time helps you pave a path toward a balanced, successful career and life. This presentation will empower participants to evaluate their work-life balance, define areas where they could spend more or less time, bring balance into their life, and take command of their role.

### ▶ **THE PRESENTER**

Kristen Pellegrin is a master trainer and head of sales enablement for Dale Carnegie NC, which she joined 12 years ago after completing an undergraduate degree in economics and a master's degree in business administration from Fordham University in New York, NY. Passionate about coaching and mentorship, she creates and delivers customized programs for corporate clients. Clients have included major corporations, including Bank of America, Google and MetLife.

### ▶ **THE LUNCHEON**

WHEN: 11:45 – 1:00 p.m., Wednesday, Sept. 18, 2024  
WHERE: Oventions Lounge, Greensboro Coliseum Complex (map, Page 5)  
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 UPDATES



### **DON'T FORGET!** **We Have a New Luncheon Location This Month!**

Our monthly luncheons are moving this month from Starmount Country Club to the Oventions Lounge at the Greensboro Coliseum. See the President's column, Page 2, for more details on this change.

#### **On Page 5 of this newsletter, you will find a map showing:**

- the Ovation Lounge's location in the Greensboro Coliseum complex;
- the best entrances to use into the complex;
- where to park.

Our lunch at Oventions Lounge will be served buffet style.

Please join us for a great speaker in our amazing new location on Wednesday, Sept. 18, 2024!

## MESSAGE FROM THE PRESIDENT

by Jody Clayton



As we enter September, a month symbolizing renewal and the opportunity to cultivate new aspirations, I am reminded of the vital role our organization plays in supporting individuals from all walks of life. Our recent initiatives have made a significant impact, and I am proud of what we have accomplished together.

I am particularly excited about our relocation this month to Ovations Lounge for our regular luncheon meetings. This new venue will enhance our ability to fulfill our mission of fostering networking and growth opportunities for members. Please see Page 1 for details and Page 5 for a map of our new location.

As GMDM continues to invest in your professional development, I encourage each of you to consider how you can further support our organization.

Would you be willing to serve as an officer or head one of our committees? Your engagement and contributions are essential to our collective success. Together, we can continue to create a vibrant community that empowers us all.

Thank you for your ongoing commitment to GMDM. I look forward to seeing you at our new location!

*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



**KAITLYN PEARSON, AGENCY DIRECTOR**  
**FirstLight Home Care of Guilford**

**JOINED GMDM WHEN:** FirstLight Home Care is a longtime GMDM member. I started participating in meetings after having an enjoyable experience at the GMDM Charity Classic golf tournament in June.

**WHAT PROMPTED YOU TO JOIN:** I was intrigued by the opportunity to meet professionals in my field, and after spending some time getting to know this group, I see its vision. I decided I wanted to be a part of the positive impact being made in our community.

**HOBBIES:** My family and I spend a lot of time around a basketball court! We enjoy watching my oldest son lead his team to victory, having a blast at Greensboro Swarm games, where we hold season tickets, or cheering as the Hornets face off against some of our favorite NBA teams. When we're not

watching or playing basketball, you may find us outside throwing a football or hitting a golf ball, but always spending time together.

**FAVORITE TRAVEL SPOT:** My family and I visit the beach as often as we can!

**SOMETHING YOU MAY NOT KNOW ABOUT ME:** Hablo Espanol! Most people would never guess it, but I am fluent in Spanish.



**F**irstLight Home Care of Guilford provides exceptional home care and elderly caregiver services in Greensboro, High Point and beyond. Their professional and compassionate caregivers are ready to help. FirstLight offers everything from companion care and personal senior care to rehabilitation care, and even leverages technology to help keep your loved ones safe.

**More info:** [firstlighthomecare.com/home-healthcare-guilford](http://firstlighthomecare.com/home-healthcare-guilford)

### The Puzzler???



*In September, the length of days and nights are almost equal, which is called the \_\_\_\_\_.*

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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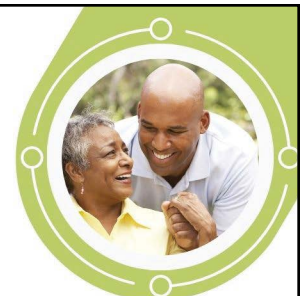


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We provide all signs, full-color brochures, marketing packages and website listings; and we promote our clients' properties via NC Economic Development, direct mail, broadcast broker email, market studies, presentations, professional associations and many other approaches.



**Bill Strickland**  
Brown  
Investment  
Properties'  
GMDM rep

## ADVERTISER FOCUS:



Bill Strickland, the company's GMDM rep, worked in health care administration for nearly 20 years with Cone Health, Cornerstone Health Care and Greensboro Imaging before joining Brown in 2004. He specializes in medical, dental and general office property sales and leasing.

Contact Bill at 336-340-6780 or [bstrickland@bipinc.com](mailto:bstrickland@bipinc.com) to discuss how he can help you save money. Learn more on the website at [www.bipinc.com](http://www.bipinc.com).



# It's Last Call for Applications for GMDM's \$1,000 Scholarship

Know a healthcare student who could use a \$1,000 scholarship? Send them a link to GMDM's Scholarship Application at [gmdm.org/committees/scholarship](https://gmdm.org/committees/scholarship). Each year, GMDM uses proceeds from the GMDM Charity Classic golf tournament to provide a scholarship to a student pursuing a degree in a health-related field at a Triad college or university. Application deadline is this month. **More information:** Contact Scholarship chair Jen Arrington at [Jennifer.Arrington@conehealth.com](mailto:Jennifer.Arrington@conehealth.com).

## Teacher Supply Drive!

Thanks to all who brought items for our August school supplies drive for the Guilford Education Alliance's Teacher Supply Warehouse, where teachers can shop for needed classroom items. Shown with the donations are (left to right) Mark Cheek, Labcorp, 50-50 drawing winner; Jody Clayton, GMDM president; Wayne Ford, active member table prize winner; Kaitlyn Pearson, FirstLight Home Care of Guilford, coordinator of the school supplies drive; and Louise Pinckney Courts, representing Guilford Education Alliance. Not pictured: Deb Frisbee, Seniors Helping Seniors, Puzzler Prize winner.

## Forgot to bring supplies?

You still can help teachers by clicking on the QR code at right and making a donation.



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## DRIVING/PARKING DIRECTIONS FOR OUR NEW LUNCHEON LOCATION:

Ovations Lounge at the Greensboro Coliseum Complex  
1921 W. Gate City Blvd., Greensboro, NC 27403

### WHICH COLISEUM PARKING ENTRANCE TO USE:

Ovations Lounge (entrance circled in **RED** on the map below) is located near the corner of Gate City Boulevard and Coliseum Boulevard, next to the Terrace Room in the Coliseum complex.

If you are traveling to the Coliseum on Gate City Boulevard, you may use the North Entrance (circled in **GREEN** on the map below).

If you are coming from Chapman Street/Coliseum Boulevard, you should use the Service Drive entrance (circled in **BLUE** on the map below).

### WHERE TO PARK:

You may park in any of the lots in front of, or to the side of, Ovations Lounge and the Terrace Room.

## GREENSBORO COLISEUM COMPLEX

