







## Join Us for a Festive and Fun Holiday Luncheon!

### THE PROGRAM

We look forward to seeing you at our December luncheon, where we will network with fellow members, play a game, and celebrate another year of GMDM making a difference in our community.

At the luncheon, you will:

-  **Hear from our 2025 scholarship winner, Reagan England**, who will share how GMDM's support is aiding her healthcare journey.
-  **Learn from a representative of Freedom House**, the charity benefiting from this year's GMDM Charity Classic golf tournament, about the agency's work with women recovering from addiction.
-  **Vote on officers and play a fun game of holiday bingo**, where members will have an opportunity to **WIN PRIZES** as they learn about ways to get involved in GMDM. We encourage all members to join a committee! (See sidebar at right.)
-  **Honor Wayne Ford as he leaves GMDM** after 22 years as a member, including a number of years as program chair. Wayne is not retiring from his work as an insurance advisor but is "slowing down" on his cardiologist's recommendation after a congestive heart failure diagnosis and a recent pacemaker implant. "I will miss the many friends I have made over my years as a GMDM member," Wayne said. His last luncheon meeting will be in January 2025.

### THE LUNCHEON

**WHEN:** 11:45 – 1:00 p.m., Wednesday, Dec. 18, 2024

**WHERE:** Ovations Lounge, Greensboro Coliseum Complex (map, Page 5)

**COST:** Free with membership; \$35 for guests

**RSVP:** Visit the website at [www.gmdm.org](http://www.gmdm.org) to register for the luncheon

**RESERVATIONS REQUIRED; PLEASE NOTE ANY DIETARY RESTRICTIONS**

### PLAY HOLIDAY BINGO AND SIGN UP FOR GMDM COMMITTEES

Visit committee tables at the luncheon to learn how you can get involved in GMDM. Those who visit all the tables will have a chance to win a gift card! Here are the committees and their needs:

**SOCIAL MEDIA:** Looking for someone who enjoys Facebook to post GMDM news there. Also need someone with WordPress experience (or willing to learn – we'll teach you) to help manage our website.

**EDUCATION:** Need a chair for this committee, which plans the luncheon programs.

**COMMUNITY SERVICE:** Need a chair and members for this committee, which plans community service events.

**MEMBERSHIP-HOSPITALITY:** Need a chair and members for this committee, which recruits and supports GMDM members.

**SCHOLARSHIPS:** Need members to help vet applications for GMDM's annual scholarship.

**GOLF TOURNAMENT:** Need members to help with GMDM's annual charity golf tournament.

**COMMUNICATIONS/MEMBER TABLES:** Sign up here to provide a Puzzler prize, have a table display, and/or book a newsletter ad.

## MESSAGE FROM THE PRESIDENT

by Jody Clayton



As we embrace the holiday season, I find myself reflecting on the incredibly positive journey we've shared this year at GMDM. As we look forward to the New Year, I want to express my heartfelt gratitude to each of you. Our organization thrives because of your dedication and passion.

We are excited about the 2025 leadership of GMDM. Our nominees include a newcomer to the board: Skylar Maddox, from Options for Senior America, as treasurer. I am also thrilled to welcome back our returning board members: Jennifer Arrington, Nedra Baldwin, Bruce Barton, Bob Ring and Deanna Thompson. In addition, I will continue as your president. We are seeking additional members to fill leadership roles, including secretary and program chair. Contact me at 336-209-1189 to nominate yourself or someone else.

A special thank you for years of unwavering service goes out to two longtime members – Wayne Ford (see Page 1) and the late Danny Rudisill (see Page 4).

As we celebrate this season of gratitude, I wish you and your loved ones the happiest of holidays. Together, let's continue to build a vibrant future for GMDM in 2025 and beyond! Thank you for all you do!

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



**KALEY COCHRAN**  
BUSINESS DEVELOPMENT MANAGER  
BrightStar Care of S. Greensboro

**JOINED GMDM WHEN:** BrightStar Care has been a member for some time. I began attending meetings in July.

**EDUCATION:** Dental assistant degree, EduDent School of Dental Assisting.

**HOMETOWN/FAMILY:** I live in Greensboro with my husband Trevor and our 2 boys: Oliver, who is 3, and Noah, who is 1 year old.

**FAVORITE TRAVEL SPOT:** Disney World.

**HOBBIES:** I like exercising and spending time with my family.

**COMMENTS ABOUT GMDM:** I have enjoyed attending GMDM luncheons. It is a wonderful group of people and an awesome way to network with others in the community.



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**More info:** [www.brightstarcare.com/s-greensboro](http://www.brightstarcare.com/s-greensboro)

## The Puzzler???



What real-life department store is featured in the holiday movie *Miracle on 34th Street*?

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)).

## REMINDER: DUES ARE DUE!

To pay your 2025 dues online, go to [GMDM.org](http://GMDM.org), click "Join", "Active Members", "To Renew by CC, Click Below", "Renew Now", enter your log-in information, scroll down, select your invoice, and enter your payment information. Questions? Email [Jody.Clayton@kiscosl.com](mailto:Jody.Clayton@kiscosl.com).



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# Why Can't Society View Seniors Like the Leaves of Fall?

I grew up in the Western North Carolina section of the Appalachian Mountains. On a recent trip home, the mountains looked like crazy quilts with their red/yellow/orange/purple/green colors covering the trees. I thought about the trees being in their glory at the end.

I compared this to humans being in their last chapters. Our colors are gray, silver and white. While people flock to the mountains for the leaves, wouldn't it be wonderful if we were held in the same esteem? We too have experienced a lifetime. There is beauty in seeing older people with sparkling hair, wrinkles, glasses. We are an example of life fully lived with scars/signs of a body that has experienced much. Why can't society view us as they do the leaves in the Fall?

I jokingly point to my hair at a store that offers senior discounts, saying that I earned the silver-gray-white mishmash that makes up my hair color. To have earned the color of my hair, the wrinkles on my face and the arthritis that affects my joints is not a negative. This is a beautiful time of life. I care less about what anyone thinks and have confidence to march to the beat of my own drum.

We should celebrate/be celebrated for our strength in adversity, perseverance and desire to keep going. I now look at older people – those in their upper 80s and 90s –



**Deb Frisbee**  
Seniors Helping  
Senior's  
GMDM rep

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For more information about Seniors Helping Seniors, contact Deb Frisbee at [SHSguilford@northstate.net](mailto:SHSguilford@northstate.net).

as heroes. Despite any challenges they keep moving and living their best life.

As we celebrate 10 years of operating Seniors Helping Seniors, I reflect on the spirit of the seniors that we have the privilege to care for. We provide companionship for all. Others receive light housekeeping, meal prep, med reminders and transportation. It is an honor to serve them.

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# Congratulations to Our Prize Winners

**Winners of the prizes given out at the November GMDM luncheon are:** (left to right) **Bill Strickland** of Brown Investment Properties, winner of the Puzzler Prize, provided by Vascular and Vein Specialists; **Jered Yalung** of Options for Senior America Burlington, winner of the Associate Member Table prize, provided by Thompson Communications; **Jody Clayton** of Kisco Senior Living, winner of the 50-50 drawing and winner of a Member Table gift card, provided by Anesthesiology Consultants of North Carolina; and **Wayne Ford** of Innovative Financial Solutions, also winner of a Member Table gift card, provided by Anesthesiology Consultants of North Carolina.



## IN MEMORIAM

Danny Rudisill, longtime GMDM member and president of Piedmont Printing & Graphics, passed away Nov. 19, 2024. If you would like to send a memorial for Danny, the family suggests contributions to Definition Church ([definition.church](http://definition.church)). His obituary ([click here](#)) notes that his son Logan "will honor Danny's legacy by continuing the family business."



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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.

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