

Join Us at the January Luncheon



BRIAN DEFORD
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▶ THE PROGRAM Mentoring, Coaching and Building Effective Teams

How can you craft your organization into a high-performing team? How can you understand and leverage your team dynamics? Learn the importance of cultivating your culture, trust, collaboration and support in this informative presentation. Bring your key team leaders to this luncheon so that you can learn together how to build on your strengths – and develop a high-performing team.

▶ THE PRESENTER

During his 33 years in the retail automotive industry, including a decade with the fifth largest public auto retailer in the U.S., Brian DeFord specialized in maximizing dealership performance and implementing process-driven strategies to revitalize underperforming operations. Now a certified business coach, he is focused on sharing his passion for building high-functioning organizations with other professionals, organizations and businesses.

▶ THE LUNCHEON

WHEN: 11:45 – 1:00 p.m., Wednesday, Jan. 15, 2025
 WHERE: Ovations Lounge, Greensboro Coliseum Complex (map, Page 7)
 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



Student Receives GMDM Scholarship at Luncheon

Reagan England (left) received the 2024 GMDM scholarship, awarded to a student pursuing a healthcare-related degree, from Scholarship Committee chair Jennifer Arrington at the December GMDM luncheon.

Reagan spoke briefly at the meeting, thanking GMDM for providing the \$1,000 scholarship to assist her in finishing her degree in respiratory therapy at Forsyth Technical Community College. She chose this career field due to its importance.

“The more I read about respiratory therapy, the more I realized how needed it was and how I could really make a difference to those who desperately need help,” she wrote in her scholarship essay. “I love that I could be giving the No. 1 essential thing that people need, which is oxygen.”

▶ Meet the new physician at Guilford Orthopaedic and Sports Medicine Center in an advertising insert on Page 5.

MESSAGE FROM THE PRESIDENT

by Jody Clayton



As the season of merry merriment and *auld lang syne* ends, I want to take a moment to reflect on the year we shared in 2024.

I am incredibly proud of all that GMDM accomplished – from our successful golf tournament to our community service activities. We all should feel proud of the difference we have made for so many with our clothing donations in May to support the work of the Women’s Resource Center and our classroom supply donations to the Guilford Education Alliance in August.

On top of that, our golf tournament made it possible for us to provide \$2,000 to help women recovering from addiction at Freedom House. We also supported career growth in healthcare with our \$1,000 scholarship to help a student pursuing education as a respiratory therapist.

However, 2024 also brought moments of sorrow. We mourn the loss of our dear friend and longtime member Danny Rudisill, whose absence is deeply felt. We are grateful that Wayne Ford is still with us, thanks to the quick actions of EMS heroes.

As we begin the new year, I ask each of you to introduce GMDM to a potential member. I’m looking forward to seeing you back at GMDM in 2025!

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



Members Honored at GMDM Meeting

Logan Rudisill (right) displays a plaque presented to him and his mother, Donna Rudisill, at the December GMDM luncheon by President Jody Clayton in memory of the late **Danny Rudisill**. The president of Piedmont Printing & Graphics and a longtime GMDM member, Danny passed away in November.



Wayne Ford (middle) poses with his wife, Myra, and President Jody Clayton after receiving a crystal paperweight at the luncheon in honor of his many years as a GMDM member and his recent service as chair of the Education Committee. Wayne is leaving GMDM this month, but will continue working part-time as a financial advisor.



Winners of GMDM’s Holiday Bingo game and other prizes at the December luncheon were (left to right): Skylar Maddox, Options for Senior America, \$50 Village Tavern gift card; Rafe Martin, ComTech, \$25 Quaintance-Weaver Restaurants gift card; Kristin Gilbert, Guilford Orthopaedic and Sports Medicine Center, \$25 Tripps Restaurant gift card, \$50 Puzzler prize from Thompson Communications; Howard Driggers, ComForCare, \$100, 50-50 raffle; Nedra Baldwin, PACE of the Triad, \$25 Tripps Restaurant gift card; and Rachael Holden, Choice Care Navigators, \$25 Quaintance-Weaver Restaurants gift card. GMDM thanks the restaurants for their donations.



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With a steadfast commitment to enhancing the lives of clients and their families, Tina has built FirstLight into a trusted provider of companion care, personal senior care, and rehabilitation support.

Under Tina's leadership, FirstLight Home Care has redefined what it means to age with dignity and independence. The organization's focus on providing high-quality, personalized care ensures seniors feel supported while maintaining their comfort and safety at home.

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FirstLight Home Care also embraces cutting-edge technology to ensure the safety and well-being of loved ones. By incorporating AI-driven solutions, FirstLight offers families an added layer of security and peace of mind, enhancing the quality of care and making daily living safer and more manageable for clients.

"Our mission is to provide care that allows families to feel confident their loved ones are not only safe but also thriving in the comfort of their own homes," Tina shares.

Through her 25 years of visionary leadership and dedication to innovative care, Tina Glenn continues to lead FirstLight Home Care as a beacon of trust and excellence in senior care services.



Tina Glenn
CEO and President,
FirstLight Home Care

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Learn more about FirstLight Home Care at (336) 652-3522 or www.guilford.firstlighthomecare.com.

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The Puzzler???



The month of January is named after _____, the Roman god of beginnings, endings and transitions.

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).

- Personal care
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Getting to Know You: New Member



SKYLAR MADDOX
COMMUNITY RELATIONS COORDINATOR,
LIAISON AND OFFICE ASSISTANT
Options for Senior America

JOINED GMDM WHEN: Options for Senior America joined GMDM in early 2024, and I attended my first meeting in October 2024.

GMDM COMMITTEES YOU ARE INTERESTED IN OR HAVE JOINED: I have agreed to serve as treasurer of GMDM for 2025. I would love to get more involved in any way possible.

EDUCATION: I am a semester short of finishing my associate degree in early childhood education. I am currently working on finishing that degree online and then plan to pursue a bachelor's degree in the social work field.

HOMETOWN/FAMILY: I was born and raised in Sanford, NC. I have a pretty big family. I'm one of five children – second oldest, first girl.

HOBBIES: I like craft activities. I'm currently learning how to knit and crochet. (Attempting!)

FAVORITE MOVIE/BOOK: *A Walk to Remember* or *The Notebook*.

SOMETHING YOU MAY NOT KNOW ABOUT ME: I followed in the footsteps of my mother, who was a teacher and preschool director before she had my youngest sibling. I watched her growing up, which inspired me to pursue the same career. For 10 years, I taught three- and four-year-olds and loved every moment of it. I just made the big switch in July into the senior community, and I am excited to be able to continue helping people!

FAVORITE TRAVEL SPOT: Anywhere with a pretty view.

COMFORT FOOD: Potatoes.

WAYS TO RELAX: The best way to relax in my opinion is watching movies with my family on Friday night, with our family dog in my lap!

I WOULD LIKE PEOPLE TO REMEMBER ME AS: Someone who loves with their whole heart, even when it's hard. I try to put my whole self into everything I do.

COMMENTS ABOUT GMDM: I love being able to serve the community by helping in any way and cannot wait to meet everyone involved.

Options for Senior America has been providing non-medical personal care and companionship services since 1989. Dedicated to helping older adults by assisting in their activities of daily living, they service the Triad and come to wherever services are needed: your home, independent living, assisted living, rehabilitation center, hospital, and more!

More info: optionscorp.com

Pulse, the newsletter of Guilford Medical & Dental Managers, is published online monthly. Contact deanna@thompsononline.biz for advertising information.

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Bradley Wham, MD

- Arthroscopic surgery of the shoulder including rotator cuff repairs and shoulder stabilization
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- Joint replacement surgery including shoulder replacement



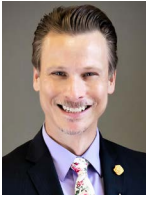
Dr. Bradley Wham is excited to join the team at Guilford Orthopaedic and Sports Medicine Center. As a native of Winston-Salem, North Carolina, he is looking forward to bringing his expertise in orthopaedic sports medicine back to serve the community of Greensboro and surrounding Piedmont area.

Dr. Wham is a graduate of the Wake Forest University School of Medicine. Following medical school, Dr. Wham completed his orthopaedic residency at the State University of New York Downstate Medical Center Department of Orthopaedic Surgery in Brooklyn, New York. His training in New York afforded him the unique opportunity to care for patients with vastly diverse backgrounds and complex orthopaedic needs. Following residency, he completed his Orthopaedic Surgery Sports Medicine fellowship with the world-renowned Dr. James Andrews and partners at the Andrews Research and Education Foundation in Gulf Breeze, Florida.

He is married to his high school sweetheart, Jessica, and has two children, Brooks and Wells. In his free time, he enjoys snowboarding, weightlifting, playing basketball and golf.

GuilfordOrtho.com

2025 Board Members Welcome Input, Committee Members



President:
JODY CLAYTON

Jody is the director of business development for Kisco Senior Living, which includes Abbotswood and Heritage Greens. Jody served as GMDM's president in 2024 and our president-elect in 2023. Send suggestions to Jody at: Jody.Clayton@kiscosl.com



Treasurer:
SKYLAR MADDOX

Skylar is the community relations coordinator/liaison for Options for Senior America's Triad location. She was elected as the next GMDM treasurer in 2024. Email Skylar at: nc.admin@optionscorp.com



Chair, Communications Committee:
DEANNA THOMPSON

Deanna is the owner of Thompson Communications. Previously the associate rep, she took over communications and editorship of the newsletter in 2023. Send story ideas to: deanna@thompsononline.biz



Chair, Golf Tournament Committee:
BRUCE BARTON

Bruce, retired CHMG business development director, is a past GMDM president and has led our golf tournament for more than a decade. Volunteer to get involved with our annual charity golf tournament at: bbarton57@gmail.com



Acting Chair, Education Committee:
NEDRA BALDWIN

Nedra is director of community engagement and outreach at PACE of the Triad. A former GMDM president, she is the acting chair of the education committee, which books our luncheon speakers. Volunteer to join this committee at: nedra.baldwin@pacetriad.org



Chair, Scholarship Committee:
JENNIFER ARRINGTON

Jen is the practice administrator at Vascular and Vein Specialists. A former GMDM president, she has guided our scholarship awarding process for four years. Volunteer to help recruit and vet nominees for GMDM's scholarship at: Jennifer.Arrington@conehealth.com



Chair, Social Media/Website Committee:
BOB RING

Bob is a product and services consultant at MICA Information Systems. He has overseen GMDM's website and online activity since 2016. Volunteer to help with Facebook posts and WordPress work on our website at: bring@micamedical.com

The board needs you! GMDM continues to seek a secretary, president-elect, community service chair and membership-hospitality chair for 2025. To volunteer, email Jody.Clayton@kiscosl.com.

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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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