

Join Us at the February Luncheon



JEANNE DOHERTY
 Dietitian and Owner,
 Nutrition Care of the
 Piedmont

▶ THE PROGRAM What the Gut?

The Key to Wellness and Healthy Aging

How does your digestive tract impact your overall health? As the main portal for nutrient entry into our bloodstream, the digestive tract does much more than digest food for us! Learn why this pivotal organ is the key to mood, weight management, immunity and cognition.

▶ THE PRESENTER

Jeanne Doherty, owner and founder of Nutrition Care of the Piedmont, has a master of science in nutrition and is a licensed clinical dietitian. Before starting her private practice, she worked as a provider at CoreLife Novant, helping patients achieve sustainable weight loss without counting calories or restricting foods. Now in private practice, she provides evidence-based guidance on food therapies for improving health outcomes, including lower blood sugars, decreased fat in the abdominal area, improved cholesterol and cognitive resilience. You can get more information [here](#).

▶ THE LUNCHEON

WHEN: 11:45 – 1:00 p.m., Wednesday, Feb. 19, 2025

WHERE: Ovations Lounge, Greensboro Coliseum Complex (map, Page 6)

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



Congratulations to the January GMDM luncheon winners:

Bob Ring (third from left) of Mica Information Systems, winner of the Puzzler Prize, a \$25 Starbucks gift card from AuthoraCare Collective; **Logan Rudisill** (second from left) of Piedmont Printing and Graphics, winner of the Member Table prize, a \$50 Visa gift card and a lunch box from Guilford Orthopaedic and Sports Medicine Center; **Scott Reinecke** (left) of Griswold Home Care and **Jeff Chaves** (right) of ComForCare, winners of additional lunch boxes from Guilford Orthopaedic.

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MESSAGE FROM THE PRESIDENT

by Jody Clayton



As the seasons shift and the weather turns chilly, I can't help but think of the 10,000 Maniacs song, "Like the Weather." It's that time of year when staying in bed feels all too tempting. But here at GMDM, we give you a reason to rise and shine!

After a year of change, our association is reenergized and ready to tackle new challenges – and we need your support.

First and foremost, when you seek resources or inspiration, remember to lean on your fellow GMDM members. Their dedication is what makes our community strong, so let's take a moment to thank them for their commitment.

We also need your time and talents! With several charity events on the horizon, including our much-anticipated annual golf tournament, your participation is crucial.

Lastly, I'm excited to share that I'm developing an outreach strategy to identify potential new members. My goal is to add to our membership, and I would love to hear your thoughts or ideas on this initiative. Thank you all for being my best resource.

Together, let's make this season one of growth and connection.

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



Parking Deck Mural Reminds Us of the Power of Art in Healing

Cone Health recently announced that installation is complete on this 5,835-square-foot work of art called "Treasure the Moment," which many of us have watched going up on the new parking garage on Wendover Avenue near Church Street. The parking deck is adjacent to the new Cone Health Heart & Vascular Center tower.

The mural features local flora, red and blue lines representing the cardiovascular center, and community imagery symbolizing forward momentum. It is the largest public artwork in the area, designed to promote healing and well-being for patients and the community alike.

"'Treasure the Moment' encapsulates the essence of Cone Health's connection with the community," says Cone Health Chief Philanthro-

py Officer Michelle Schneider. "It is a great example of the beauty and emotional power that art can bring to healing."

A selection committee chose "Treasure the Moment" from among 31 proposals submitted by artists.

The design by Charlotte artist Monique Luck (shown above in front of the mural) was inspired by an 1846 letter from Joseph Rosengart to Herman Cone, part of the family that Cone Health traces its lineage to. The letter emphasized the importance of cherishing simple joys and giving to the community – values central to Cone Health's mission.

"It's a tribute to our shared spirit and a reminder to cherish every moment. I'm incredibly grateful to share this artwork with the community," says Luck. "I want people to be able to see the message in the piece. Maybe not the small details if they're just driving past, but it's enough of an impact to have people remember to just treasure the moment."

The art was made possible through a philanthropic partnership with the Public Art Endowment. The Endowment is part of the Community Foundation of Greater Greensboro - Story and photo courtesy of Cone Health



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Embracing Community: The Benefits of Senior Living at Abbotswood at Irving Park and Heritage Greens

As we age, the importance of community and support becomes increasingly evident. Abbotswood at Irving Park and Heritage Greens stand out as premier senior living communities that offer not just a place to reside, but a vibrant lifestyle filled with opportunities for connection, engagement and well-being.

One of the most significant benefits of moving into a senior living community like Abbotswood at Irving Park is the sense of belonging it fosters. Residents are surrounded by peers who share similar life experiences and interests, creating an environment where friendships can flourish. Social activities, from game nights to art classes, are designed to encourage interaction and camaraderie, helping to combat feelings of loneliness that can sometimes accompany aging.

Heritage Greens complements this with its focus on wellness and active living. With fitness programs tailored to various abilities, residents can maintain their physical health while enjoying group activities. Regular outings and events keep life exciting, ensuring that each day brings new experiences and opportunities for adventure.

Safety and convenience are also paramount in these communities. With 24/7 staff support, residents can enjoy peace of mind knowing help is always available if needed. Maintenance-free living allows individuals to focus on what truly matters – pursuing passions, nurturing relationships and enjoying life to the fullest.



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Jody Clayton
Business
Development
Director

ADVERTISER FOCUS:



Learn more about Abbotswood [here](#) and Heritage Greens [here](#).

Abbotswood and Heritage Greens offer a range of care options, from independent living to assisted living and memory care, ensuring that residents receive the appropriate support as needs change. This flexibility allows for a seamless transition within the community.

Moving into a senior living community like Abbotswood at Irving Park or Heritage Greens is not just about finding a new home. It's also about embracing a fulfilling lifestyle enriched by community, support and endless opportunities for growth.



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.

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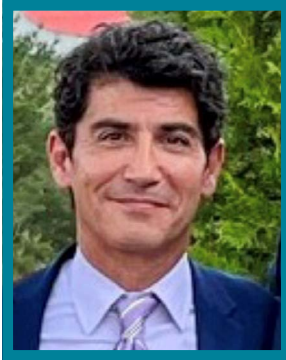
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Getting to Know You: New GMDM Representative



JEFF CHAVES
MARKETING DIRECTOR
ComForCare

JOINED GMDM WHEN: ComForCare joined a number of years ago. I attended my first GMDM meeting as the ComForCare representative in December 2024, shortly after joining the company.

EDUCATION: BS, Business Management, Auburn University/Gardner Webb University.

HOMETOWN/FAMILY: Winston Salem, NC. I have 3 beautiful daughters: Grace, Olivia and Anna.

HOBBIES: Sports, working out, playing bass, reading.

FAVORITE BOOK: *A Prayer For Owen Meany*, by John Irving.

FAVORITE MUSIC: The Pixies, Nirvana, The Clash, Tool.

FAVORITE TRAVEL SPOT: West Indies and the coast.

COMFORT FOOD: Breakfast food, Asian, Mom/Nana's cooking.

WAYS TO RELAX: Spending time with family, meditation/grounding, and going for a walk/run.

SOMETHING YOU MAY NOT KNOW ABOUT ME: One of my daughters is getting her PhD from Harvard University. My father was 100% Colombian (from Bogota).

I WOULD LIKE PEOPLE TO REMEMBER ME AS: A passionate and caring person that puts others before all else.

COMMENTS ABOUT GMDM: I have thoroughly enjoyed the meetings and look forward to joining a committee. Guest speakers have been excellent and provided valuable information. Looking forward to GMDM 2025!

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The Puzzler???



Who is known as the Mother of the American Valentine?

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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SERVING THESE COUNTIES

Are You Missing Your Margins?

In the name of efficiency, the team had been participating in back-to-back-to-back remote meetings.

All ... day ... long.

Gone were meetings separated by short and refreshing walks from one conference room to the next or hour-long car rides required to visit clients. The space where they once digested important ideas, brainstormed potential solutions, and allowed new thoughts to present themselves had vanished.

And they were feeling it.

If you're experiencing the loss of margins, it's time to take back your calendar. Block off buffer zones where you can:

- Get up from your desk after each meeting to stretch your legs and your mind.
- Eat lunch without looking at a screen.
- Walk outside, get some fresh air and savor the silence.

Give up some efficiency for the sake of effectiveness ... and your sanity.

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

MONTHLY ENCOURAGEMENT

by Rich Schlentz



Guilford Medical & Dental Managers
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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: Display ads start at \$600 annually and inserts start at \$250. All have hyperlinks, allowing readers to go directly to your website.

More Info: Visit gmdm.org/advertising or email editor Deanna Thompson at deanna@thompsononline.biz.

HAVE YOU PAID YOUR 2025 DUES?

If not, log in [here](#), then click on "manage account" and scroll down to view and pay your invoice.

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DRIVING/PARKING DIRECTIONS FOR OUR 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

