

Join Us at the March Luncheon



LESLIE SPEAS
 Founder and President,
 InfluenceHR Consulting

▶ THE PROGRAM 7 Habits of Less-Stressed People

Stress levels in America are at an all-time high. While some stress can be motivating, prolonged or unmanaged stress can lead to serious mental and physical health challenges. The good news? Your daily habits play a crucial role in how effectively you manage stress.

In this engaging, interactive workshop, you'll uncover the 7 key habits practiced by people who handle stress successfully. You'll leave with practical strategies and personalized action steps to integrate these habits into your own life – helping you reduce stress and thrive.

▶ THE PRESENTER

Leslie Speas is a seasoned executive with more than 30 years of experience in human resources and organizational development. She is the founder and President of [InfluenceHR Consulting](#), a firm dedicated to helping leaders and HR teams attract, retain and develop talented employees. She also is the author of the book, *7 Habits of High-Retention Managers*.

▶ THE LUNCHEON

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



Congratulations to the February GMDM luncheon winners: Bill Strickland (right) of Brown Investment Properties, winner of the Table Prize from AuthoraCare; and **Deb Frisbee** (left) of Seniors Helping Seniors, winner of the Puzzler Prize: a \$25 Target gift card and other goodies from Options for Senior America. Deb also won the 50-50 Raffle – but generously donated the money to help a former student of **Skylar Maddox's** who lost his mother to homicide. Want to help? Story and QR code for the [GoFundMe](#) are on Page 5!

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MESSAGE FROM THE PRESIDENT

by Jody Clayton



As we embrace the vibrant spirit of Spring, I'm thrilled to share that it's all sunshine and shamrocks here at GMDM!

We are finalizing our exciting lineup of speakers for the year, covering a diverse range of topics from personal growth to the ever-evolving landscape of our healthcare industry. GMDM's membership remains stable, and we're now ready to actively recruit new members to join our thriving community.

Our much-anticipated 13th annual GMDM Charity Classic golf tournament will be held at the Greensboro Country Club's Carlson Farm course on June 9! This event is just around the corner, and we invite our members to sponsor a hole on the course. It's an affordable opportunity to showcase your support while gaining visibility among various organizations across the Triad. (See details at right.)

And stay tuned for August – there's a big surprise in store that I can't reveal just yet!

I am continually inspired by how our group leads the way in professional growth and education. Thank you for your ongoing commitment to GMDM. Together, we're making a difference!

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

13th Annual GMDM Charity Classic Scheduled for June 9 at Carlson Farm

Mark your calendar now for the 2025 GMDM Charity Classic golf tournament on Monday, June 9, 2025. This event raises money for a charity and for GMDM scholarships, which are provided to students pursuing careers in healthcare fields.

It also offers a great opportunity for fun, golf, networking and sponsorships! Here are some ways to get involved:

◆ Sponsor the tournament.

Sponsorships range in price from \$100 to \$5,000 (see list at right). All sponsors receive signage on the course, and the higher levels also receive other perks, including a 4-person team in the tournament.

◆ Sponsor an individual or team from your organization.

You can send a four-person team to the tournament for \$500. Or if you, or just one person at your company, wants to play, the cost is \$150.

◆ Join the Golf Committee.

The GMDM Charity Classic is a completely volunteer-run event, led by longtime golf chair Bruce Barton. More volunteers are welcome! If you would like to get involved, contact Bruce at bbarton57@gmail.com.

◆ Provide giveaways for the golfers' goody bags.

Get your company's name in front of golfers by donating items with your company's branding, from small items such as chapstick to larger items. More information: contact Lisa Haymore at lisa.haymore@sosbonedocs.com.



Date: Monday, June 9, 2025

Place: Greensboro Country Club's Carlson Farm course
5121 Hedrick Drive
Greensboro, NC

Registration/breakfast:
7:30 a.m.

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

SPONSORSHIP OPPORTUNITIES

Platinum Sponsorships:
\$5,000

Gold Sponsorships:
\$2,500

Silver Sponsorships:
\$1,000

Activity Sponsorships:
\$300

Beverage Sponsorships:
\$250

Driving Range Sponsorships:
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Tee Sponsorships:
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Click [here](#) to book your sponsorship or ask a question. Tournament brochure out soon!



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Getting to Know You: New GMDM Representative



LOGAN RUDISILL
PRESIDENT
Piedmont Printing & Graphics

JOINED GMDM WHEN: I joined in December 2024, but my father, Danny Rudisill, was our GMDM rep prior to that. Our company, Piedmont Printing & Graphics, has been a member since November 2004.

EDUCATION: Associate degree, Guilford Technical Community College; currently working on my bachelor's degree in entrepreneurship at UNC Greensboro.

GMDM COMMITTEES YOU HAVE JOINED: I am a member of the Golf Committee.

HOMETOWN/FAMILY: I was born and raised in Greensboro and have one brother. I will be getting married this May and look forward to starting a family of my own.

HOBBIES: I enjoy hunting, cycling and reading.

FAVORITE BOOK: *The Lord of the Rings: The Return of the King.*

FAVORITE TRAVEL SPOT: Puerto Rico.

COMFORT FOOD: Zuppa Toscana.

WAYS TO RELAX: Reading a good book or watching a great movie.

I WOULD LIKE PEOPLE TO REMEMBER ME AS: A kind person who is approachable and fun.

COMMENTS ABOUT GMDM: I have enjoyed all of the meetings and getting to know all of the GMDM members. Everyone is very friendly, and I look forward to the 3rd Wednesday of every month.

PIEDMONT
PRINTING & GRAPHICS, INC.
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Piedmont Printing & Graphics was started by my father, Danny Rudisill, in 1990. We produce printing, promotional products and embroidered and screen-printed apparel items. Being a printing and promotional products distributor gives us the ability to produce virtually everything in the printing and promotional products business. We have our own graphic artists that can create or duplicate anything that you can think of. Please keep us in mind for your next printing, promotional products or apparel projects.

More info: ppgonline.net

The Puzzler???

What is the national flower of Ireland?

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

GMDM Food Drive Is in April

GMDM will hold its annual food drive to benefit the **Greensboro Urban Ministry's Food Bank** at our luncheon meeting on **April 19, 2025**.

GUM's Food Bank provides vital assistance to families in need. Please bring donations of food and other requested items to the luncheon. **See the flyer on Page 6 for details on the Food Bank's most pressing needs.**

Don't have time to shop? You can make a monetary donation by clicking [here](#) or by scanning the QR code on Page 6.



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.

Help for a Child Who Lost His Mother to Homicide



GMDM member **Skylar Maddox**, a former preschool teacher, shared the following heartbreaking story, along with the QR code at left for a GoFundMe to benefit her former student:

"On February 11, 2025, in Burlington, NC, there was a murder-suicide that has completely turned upside down the life of 6-year-old Ezra. Whitney Huston, his loving mother (*shown at left with Ezra*), was fatally shot by someone it is said she was in a domestic relationship with. Then the shooter took his own life. Unfortunately, Ezra was in the home and heard it happen. The 6-year-old FaceTimed his biological father images from the scene, and his father then called the authorities.

I taught Ezra in past years and knew Whitney well. She was Ezra's whole world and best friend, as Ezra was the world for her. A GoFundMe has been started that will help with his therapy moving forward. To contribute, scan the QR code or click [here](#). As Whitney often said, 'Don't cry when the sun is gone, because the tears won't allow you to see all the stars.'"

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- CANNED FRUIT
- APPLESAUCE
- RICE
- DRY BEANS
- CANNED MEAT
- RAMEN NOODLES
- PASTA
- CANNED SOUP
- OATMEAL
- PASTA SAUCE
- PEANUT BUTTER
- BOXED MAC & CHEESE

INFANT FORMULA AND DIAPERS ARE ALSO NEEDED
NO GLASS, PLEASE. THANK YOU

**Bring your donations to the
April 19 GMDM Luncheon.**

No time to shop? Donate money via the QR code below!



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

