

Join Us at the July Luncheon



PHILLIP JONES
Self-Defense Instructor

▶ **THE PROGRAM** **Staying Safe on the Job** **Practical Self-Defense for Healthcare Professionals**

Healthcare professionals often face unpredictable and high-stress situations that can escalate quickly. This interactive session is designed specifically for those working in medical and caregiving environments. Participants will learn how to recognize and respond to unwanted contact, use practical tools like pepper gels and tactical pens, and apply simple, effective techniques to de-escalate or escape common physical threats.

▶ **THE PRESENTER**

With 49 years of experience teaching Korean martial arts and self-defense in Saudi Arabia, Kuwait, Arizona and North Carolina, Phillip Jones has developed a unique approach to personal safety. His work focuses on simplifying self-defense techniques for real-world scenarios. He volunteers his expertise to Guilford County nonprofits, offering pro bono training that empowers healthcare workers to feel safer and more confident.

▶ **THE LUNCHEON**

WHEN: 11:45 – 1:00 p.m., Wednesday, July 16, 2025

WHERE: Meeting Room 3, Special Events Center, Greensboro Coliseum Complex (See details at right and on Maps, Pages 9–10)

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

NEWS YOU CAN USE FOR GMDM MEMBERS!

▶ **NEW LOCATION FOR GMDM LUNCHEON**

The July–September GMDM luncheons will be held in the Special Events Center, Meeting Room 3, at the Greensboro Coliseum Complex. [See Maps, Pages 9–10](#), for details.

▶ **JOIN US JULY 17 FOR A GMDM BOARD SOCIAL**



The GMDM board invites members who are interested in getting more involved in GMDM to an informal, after-work get-together with wine, appetizers, and information about opportunities!

WHEN: 4–6 p.m., July 17

WHERE: Abbotswood at Irving Park, 3504 Flint St., Greensboro, NC 27405

▶ **JULY CLOTHING AND HOUSEHOLD GOODS DRIVE**

[See Story, Page 7, and Flyer, Page 8](#), for details.

▶ **GOLF TOURNAMENT**

[See Pages 2, 4–6](#)

▶ **PUZZLER QUESTION, [Page 4](#)**

MESSAGE FROM THE PRESIDENT

by Jody Clayton



I am thrilled to share that the 2025 GMDM Charity Classic golf tournament was a resounding success!

The dedication and hard work of our Golf Committee truly shone through, as they invested countless hours to ensure every detail was perfect. From the stunning course to the engaging activities, the event not only raised significant funds for our charitable initiatives but also fostered camaraderie among our members and supporters.

Looking ahead, I am excited to announce that the GMDM board will be hosting a social on July 17 to discuss our vision for the future and seek a new slate of board members. This is a fantastic opportunity for those interested in shaping the direction of our organization. See details for this event on Page 1.

Additionally, we are pleased to welcome friends from the Greater Greensboro chapter of the Medical Group Management Association (MGMA), a fellow group of medical professionals, to some of our upcoming meetings. Collaborating with them will enrich our discussions and strengthen our community ties.

GMDM is on the move, and I encourage each of you to stay engaged as we continue to grow and make a positive impact in our field. Thank you for your ongoing support!

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



SEE STORY
AND MORE
PHOTOS,
Pages 4-6

THANK YOU TO SPONSORS,
Page 5

Thanks to All Who Played, Sponsored and Helped with the 2025 GMDM Charity Classic!



We couldn't have held GMDM's June 9 golf tournament without our amazing volunteers (left to right): Jarcee Hersey, Choice Care Navigators; Lisa Haymore, (volunteer coordinator), Guilford Orthopaedic and Sports Medicine Center; Jessie Pinnix (Lisa's daughter); Kristin Gilbert, Guilford Orthopaedic and Sports Medicine Center; Bruce Barton (our hard-working Golf Committee chair); Jeff Chaves, ComForCare Home Care; Bob Ring, MICA Information Systems; Sarah Barker, Pennybyrn; Jody Clayton (GMDM president), Kisco Senior Living; Jennifer Wilson, Labcorp; Deanna Thompson, Thompson Communications; Mark Cheek, Labcorp. Not pictured: Logan Rudisill, Piedmont Printing & Graphics.



Top photo: Volunteers check in some of the 68 golfers who played in the tournament. **Above:** The trophies. **Left:** Logan Rudisill presents cash to Jeff Powell, winner of the 50-50 raffle.

BrightStar Care Provides Home Care and Skilled Nursing Services, with a Passion Spurred by the Owner's Personal Experience

BrightStar Care is a healthcare company that provides both non-medical support (home care) and skilled nursing services, which include wound care, IV infusions, lab draws, physical therapy, occupational therapy, medication management, medical staffing and more.

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We serve adults of all ages, children, veterans and businesses. BrightStar's services are nurse-led, which enables us to provide clients with diagnosis-based care plans in their homes, which has been correlated with lower rates of emergency room visits, inpatient admissions, and skilled nursing facility utilization for clients with certain chronic conditions. Our agency staff takes a proactive approach in our communication with vendors, physicians and families alike. We are Joint Commission-accredited, meaning that we meet the highest standards within the healthcare industry.

While we are private pay, we work with all long-term care insurances and VA benefits. In addition, we are contracted with a hospital at-home program and routinely work with Workers Compensation and specialty pharmacies.

A Company Built on Passion

BrightStar has over 390 independently owned and operated locations throughout the U.S. Our agencies in Greensboro and Winston-Salem are owned by GMDM members Jill and Todd Starceвич.

Jill's father had ALS, and during that journey with her parents, she realized the importance of having professional support in place. This sparked a passion for serving both the senior and the disabled populations. Eventually, Jill even got her CNA certification, and not long after that she and Todd began exploring the best way to get involved.

Providing Care Where Needed

After researching franchises, Jill and Todd purchased BrightStar of Greensboro and later expanded to Forsyth County. Jill is very involved in the day-to-day operations and on occasion has provided hands-on care for clients to ensure they had the help they needed. Whether temporary or long-term services are needed, BrightStar is here to assist patients, clients and families.

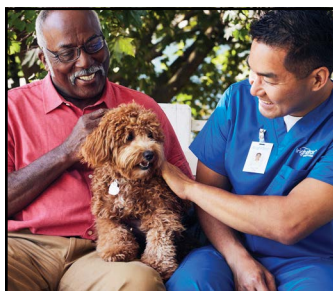


Jill Starceвич
GMDM Rep

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Why Do We Play? GMDM Golf Tournament Raises Money for Charity and GMDM Scholarships



Tyler Dixon of the Heroes Center, the charity that will receive proceeds from the tournament, speaks to golfers about the organization, as golf tournament chair Bruce Barton prepares to finish his instructions to golfers.

On a sunny Monday in June, 68 golfers teed up for the 13th annual GMDM Charity Classic golf tournament at the Greensboro Country Club's Carlson Farms course.

For the golfers, it was a day filled with fun. But the impact of their rounds of golf on June 9 will be felt for much longer than a single day in the Triad. Proceeds from the tournament will go to support two charitable endeavors:

- The Heroes Center, a nonprofit in High Point that provides support for veterans as they transition to civilian life.
- GMDM scholarships. Each year, GMDM awards a scholarship to one or more students pursuing healthcare-related careers at area colleges and universities.

The amount of the awards will be announced later this summer.

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ComForCare is a licensed, bonded, and insured home care agency proudly supporting the Triad, GMDM, and seniors since 2007.

The Puzzler???



Where in 1777 was the first official July 4 fireworks display held?

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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2025 GMDM Charity Classic Winners



1st MICA Information Systems team (left to right): Jeremy Rudock, Drew Davis, Frank Peplowski and Scott Yingling, with a score of 18 under par.



2nd Browne and Co. team (left to right): Tyler Olson, Trey Hudson, Kevin Shifflett and Patrick Dempsey, with a score of 17 under par.



3rd Home Helpers Home Care of Jamestown team (left to right): Peyton Woody, Adam Firestone, Tyler Hmiel and Jeremy Webb, with a score of 17 under par. After tying for 2nd place, they lost the scorecard playoff to the Browne and Co. team.



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Closest to the Pin Sponsors: Triad Internal Medicine Associates; Bayada Home Health Care; Pierce-Jefferson Funeral Home; Carr, Riggs, Ingram; Cox Family Practice

Tee Sponsors:

Abbotswood at Irving Park; ACNC; Bayada Home Health Care; Bill Strickland; Choice Care Navigators; Cone Health; Greater Greensboro Society of Medicine; Guilford Orthopaedic and Sports Medicine Center; Medical Dental Communications; MICA Information Systems; Piedmont Printing & Graphics; Stanley Benefits; Triad HealthCare Network; Thompson Communications; Tuggle Duggins, PA

More Scenes from the 13th Annual GMDM Charity Classic



Join us for the fun
next year
at the 14th annual
GMDM Charity Classic!

Bring Clothing and Household Donations to the July GMDM Meeting to Help Clients of the Women's Resource Center

Your donations will help provide women facing challenges – such as divorce, health problems or financial difficulties – with needed clothing and household goods for their families. [See the list of needed items in the flyer on the next page.](#)

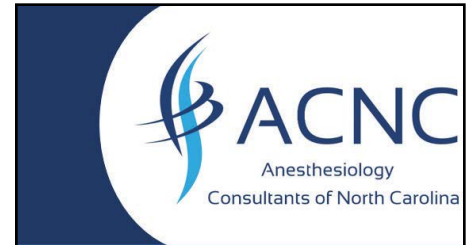
Here's how it works: The items you bring to the July 16 GMDM meeting are donated to the Junior League's Bargain Box, which in turn issues a credit voucher to the Women's Resource Center in the amount of your donation. WRC then gives the vouchers to clients, who use the vouchers to shop for clothing and household goods for themselves and their families at the Bargain Box.



Congratulations to the June GMDM luncheon winners (left to right): **Deb Frisbee** of Seniors Helping Seniors, winner of the 50-50 Raffle; **Jarcee Hersey** of Choice Care Navigators, winner of the Member Table prize, a gift card from Kisco Senior Living; and **Bob Ring** of MICA Information Systems, winner of the Puzzler Prize: an Amazon gift card and thermal bottle from ComForCare Home Care.

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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.

Advertising and Inserts: Display ads start at \$600 annually and inserts start at \$250.

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



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Needed items include:

- Gently used or new clothing- women's, men's or children's
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- Small appliances
- Shoes/purses
- Jewelry or accessories
- Toys

**** Bring items to our July
16th GMDM meeting**

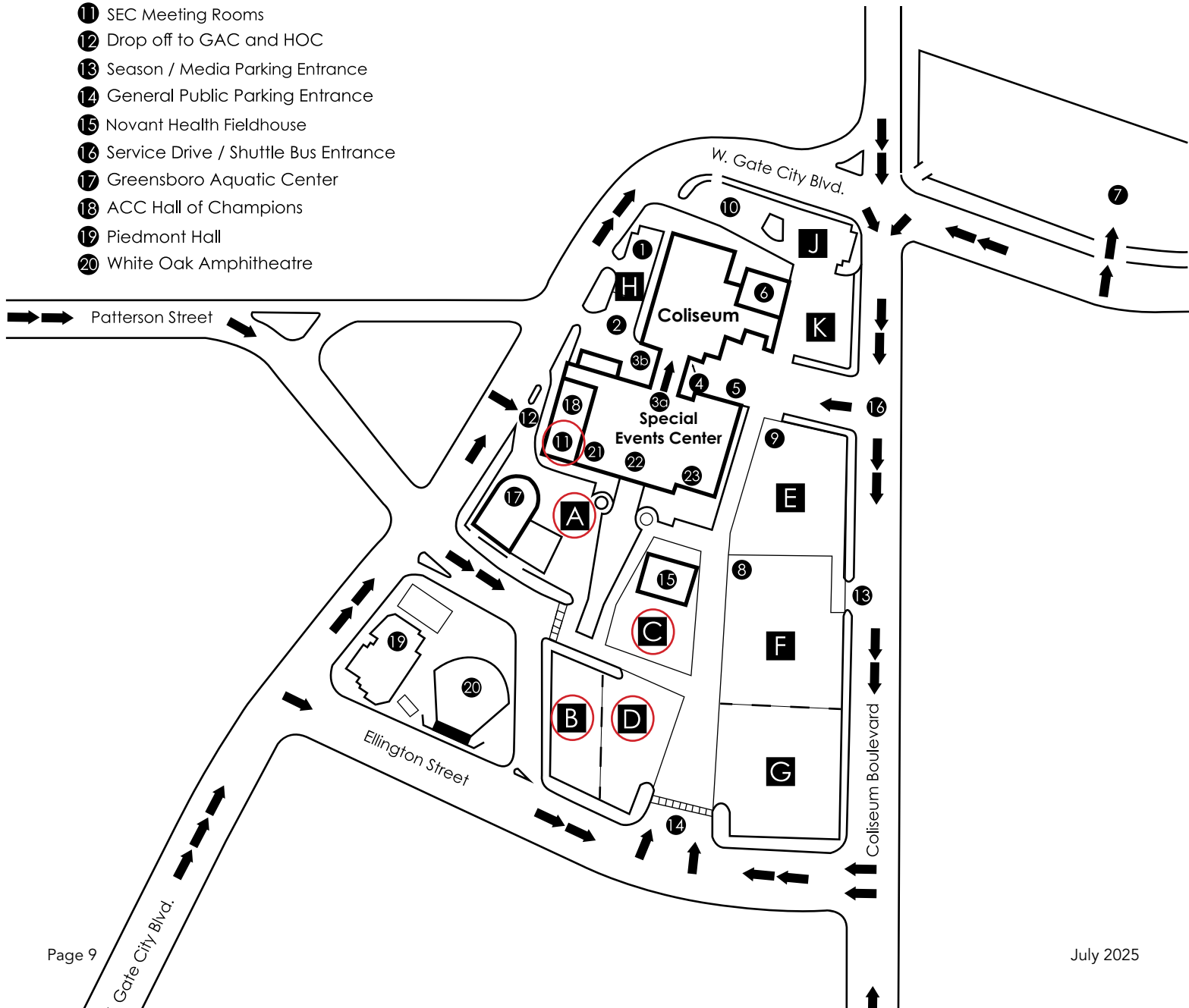
GMDM'S Luncheon location changed in June from Ovations Lounge to the Special Events Center in the Greensboro Coliseum Complex. Below you can see the location of the SPECIAL EVENTS CENTER and NEARBY PARKING LOTS in the coliseum complex.



Greensboro Coliseum Complex | Parking

- | | |
|---|--------------------------------|
| 1 Coliseum Suite Parking | 21 Special Event Center Hall A |
| 2 Satellite / TV, Truck Parking | 22 Special Event Center Hall B |
| 3a Plaza Entrance | 23 Special Event Center Hall C |
| 3b Coliseum Load-In | |
| 4 Coliseum Operations Entrance | |
| 5 Backstage SEC Parking | |
| 6 The Terrace | |
| 7 UNCG Park n' Ride | |
| 8 Team / Cheerleading / Band Parking | |
| 9 Season Parking | |
| 10 VIP Parking | |
| 11 SEC Meeting Rooms | |
| 12 Drop off to GAC and HOC | |
| 13 Season / Media Parking Entrance | |
| 14 General Public Parking Entrance | |
| 15 Novant Health Fieldhouse | |
| 16 Service Drive / Shuttle Bus Entrance | |
| 17 Greensboro Aquatic Center | |
| 18 ACC Hall of Champions | |
| 19 Piedmont Hall | |
| 20 White Oak Amphitheatre | |

GMDM will be meeting in #11 on the map.
You should park in lots A, B, C, or D.



BELOW IS A MAP OF THE INTERIOR OF THE SPECIAL EVENTS CENTER, WHERE GMDM LUNCHEON MEETINGS WILL BE HELD FROM JUNE THROUGH SEPTEMBER.

The **RED ARROWS** show how to enter the SPECIAL EVENTS CENTER and find our rooms.

The **RED STARS** show our meeting locations.

JUNE: We met in the ACC Hall of Champions Board Room.

JULY–SEPTEMBER: We will be In Meeting Room 3, just a few feet away from our June meeting location.

