

Join Us at the October Luncheon



ANTHONY SALI, PhD
 Assistant Professor of
 Psychology
 Wake Forest University

▶ THE PROGRAM

The Multi-Tasking Myth: Why Switching Gears Slows Us Down

You may feel productive juggling multiple tasks at one time, but what does the science reveal about efficiency in the workplace and beyond? Can you successfully multi-task in today's overloaded environment? Anthony Sali, PhD, will explain how our brains handle switching between tasks, what gets lost in the process, and how you can "train your brain" to adapt.

▶ THE PRESENTER

Anthony Sali earned his PhD in Psychological and Brain Sciences from Johns Hopkins University in 2015. He then completed a postdoctoral fellowship at the Center for Cognitive Neuroscience at Duke University before joining the Psychology Department at Wake Forest University as an assistant professor in the fall of 2018. He uses studies of human behavior, eye tracking, fMRI and EEG to investigate the neural mechanisms and behavioral consequences of attentional control.

▶ THE LUNCHEON

WHEN: 11:45 – 1:00 p.m., Wednesday, Oct. 15, 2025

WHERE: **Location TBA via email (see Page 7 for directions to Ovations Lounge, if renovations are complete in time for us to meet there)**

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!

▶ GMDM HOLIDAY CHARITY TO BE ANNOUNCED SOON!

We will have one more community service event this year - giving members an opportunity to help those in need have a happier holiday. Details



at the October luncheon and in the November newsletter.

▶ PUZZLER QUESTION See Page 2

▶ KNOW A HEALTHCARE STUDENT WHO COULD USE A SCHOLARSHIP? See Story, Page 2

▶ ADVERTISER FOCUS: PACE OF THE TRIAD See Story, Page 3

▶ MEET THE NEW MEMBER: ANGELA COON EQUITY HEALTH See Story, Page 4

▶ HAVE FUN AND NETWORK AT OUR OCT. 22 SOCIAL WITH TRLA

Come in costume – or not – to this gathering hosted by GMDM and the Triad Retirement Living Association. See Flier, Page 6.

MESSAGE FROM THE PRESIDENT

by Scott Reinecke



I am truly honored and grateful to begin serving this month as the new president of GMDM. During my time in the organization, GMDM has given me not only professional growth but also lasting friendships and a deep appreciation for the power of collaboration in healthcare. As I look ahead to this new role, my hope is to build on the strong foundation that so many members and past leaders have established.

One of my priorities will be to strengthen our connections within the broader healthcare community and ensure GMDM remains a trusted resource for professional development, networking and service. I also hope to expand opportunities for members to engage in meaningful ways – whether that’s through educational programs, mentorship, or community service projects.

Speaking of service, I want to thank everyone who contributed to the success of our school supplies drive at the September luncheon. Because of your generosity, we were able to provide much-needed support for local students, teachers and families.

I look forward to working together as we move into an exciting year ahead.

Do you have questions or comments about GMDM? Email President Scott Reinecke at scott.reinecke@griswoldcare.com.

Know a Student in a Health-Related Program? GMDM Offers \$2,000 in Scholarships

This year, thanks to the strong performance of the GMDM Charity Classic golf tournament, we are pleased to award two scholarships totaling \$2,000 to deserving students studying for careers in dental, nursing and other health-related programs in our area.

- **COMMUNITY COLLEGE**
One award of \$500 will be made to a student in a community college program.
- **FOUR-YEAR COLLEGE**
One award of \$1,500 will be made to a student in a four-year college program.

Help Us Help A Student!

Do you know someone enrolled in a health-related program who could use a little help with the cost of school? Please share this link with them and encourage them to apply: gmdm.org/committees/scholarship.

The Puzzler???



Which character in “It’s the Great Pumpkin, Charlie Brown” believes in the Great Pumpkin?

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).



Application Deadlines:

Friday, Oct. 31 (postmark deadline for mail applications)

Monday, Nov. 3 (receipt deadline for emailed applications)

Details and Application:

Visit gmdm.org/committees/scholarship



More Information

Applicants must:

- be participating in an accredited program
- have 50% of the program completed.

Detailed guidelines are available at the link above. Questions? Contact Jen Arrington, the committee chair, at gmdmscholarship@gmail.com.

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What Is PACE? And What Makes PACE Different?

PACE is an acronym for Program of All-Inclusive Care for the Elderly, available locally through PACE of the Triad. PACE stands apart as a proven model that blends medical, social and supportive services into one seamless program. Unlike traditional health coverage, PACE is both the provider and the insurer – responsible for coordinating all Medicare- and Medicaid-covered care, plus additional services that help older adults live safely at home.

Interdisciplinary Team Is at the Heart of PACE

This team brings together doctors, nurses, social workers, therapists and other professionals to design and carry out each participant's care plan. This team-based approach ensures continuity, prevents gaps in care, and reduces unnecessary hospitalizations.

PACE Addresses Social Determinants of Health That Impact Well-Being

Services can include transportation, meals, home modifications, personal care, and even support, such as over-the-counter health cards when approved by the care team. By addressing the full picture – medical, functional and social – PACE helps participants remain independent while easing the strain on families and caregivers.

Peace of Mind for Community Partners, Primary Care Providers

Once a person enrolls, PACE assumes responsibility for coordinating and delivering all necessary services. That means fewer fragmented referrals, stronger continuity of care, and better outcomes for patients. National studies consistently show that PACE reduces ER visits and nursing home admissions, while improving satisfaction for participants and families.

Not Just Another Option: PACE Is a Different Way of Delivering Care

It is whole-person, preventive and deeply collaborative. Together, we can help older adults thrive in the place they call home, remaining independent and in control of their health.

More Information

PACE of the Triad currently serves residents of Guilford and Rockingham counties at 1471 E. Cone Blvd., Greensboro. For more information, visit pacetriad.org, email info@pacetriad.org, or call 336-550-4054.



Nedra Baldwin
GMDM Rep

ADVERTISER FOCUS:



Learn more about PACE of the Triad [here](http://pacetriad.org).



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Getting to Know You: New GMDM Member



ANGELA COON
STRATEGIC ACCOUNT MANAGER
 Equity Health

JOINED GMDM WHEN: August 2025.
GMDM COMMITTEES YOU ARE INTERESTED IN JOINING: I have expressed interest in assisting with the Golf Committee in 2026.
HOMETOWN/FAMILY: I am originally from Millcreek, NC, which is a small town outside of Morehead City, NC – born and raised by the Newport River, surrounded by family.
FAVORITE MUSIC: By far, my favorite music is

country, but you can find me jamming to some rock also. My favorites range from Queen to George Strait and Blake Shelton!

FAVORITE TRAVEL SPOT: Gatlinburg/Pigeon Forge, TN.

HOBBIES: Baking any type of dessert. My husband says the pound cakes are the best ones I make!

WAYS TO RELAX: Riding on the back of my husband’s motorcycle, floating in our pool, and binge-watching a good show on TV.

COMFORT FOOD: Anything seafood.

I WOULD LIKE PEOPLE TO REMEMBER ME AS: Someone who is always there for my family and friends, willing to help anyone, and always trying to bring a smile to someone.

SOMETHING YOU MAY NOT KNOW ABOUT ME: I originally wanted to pursue a career in law enforcement. I graduated from Basic Law Enforcement Training and worked as an intern for a semester with a police department, where I was in a high-speed chase with my training officer.

COMMENTS ABOUT GMDM: I have found GMDM to be a very useful resource to reconnect and connect with new colleagues and professionals in our industry.

It’s time to renew or book your newsletter ad

Look for an email soon with details on advertising in the 2026 GMDM newsletter. Keep your organization top of mind with GMDM members!

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More info: Click [here](#).

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Congratulations to our September GMDM luncheon prize winners:
Kristin Gilbert (left) of Guilford Orthopaedic and Sports Medicine Center, winner of the 50-50 Raffle; and **Eileen McGuinness** of Home Helpers of Jamestown, winner of the Puzzler Prize, a \$30 gift card to Flame Broiler restaurant, provided by Cone Health.

Thanks for Your Generous Donations to the Teacher Supply Warehouse



GMDM members made a big difference for local teachers at the September luncheon, bringing a range of school supplies for the Guilford Education Alliance's Teacher Supply Warehouse, where teachers can shop for free to equip their classrooms. GEA's Louise Courts (second from left, front row) notes that teachers spend \$600-1,000 of their own money annually on supplies.



Didn't get a chance to contribute? Click on the special QR code above, created just for GMDM members to donate money and help a teacher.



PO Box 10735, Greensboro, NC 27404-0735
www.gmdm.org

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.



1st Place

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WEDNESDAY OCTOBER 22

4-6PM

AT THE CLUBHOUSE
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Directions to Ovations Lounge

If the renovations to Ovations Lounge are completed in time for our October GMDM meeting, we will meet there instead of in Meeting Room 3 of the Special Events Center (our location since June). Look for an email announcing the luncheon location. If we are able to meet at Ovations, please see the directions below for the location of Ovations in the Coliseum Complex and where to park.

DRIVING/PARKING DIRECTIONS FOR OVATIONS LOUNGE: 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.

