

## Join Us at the January Luncheon



**MARTHA KESLER**  
Executive Coach/Founder,  
Congruism



### ► THE PROGRAM

#### **Pivot to Thrive: How You Can Boost Personal and Team Effectiveness in 2026**

Pivot to Thrive explores why, in today's fast-paced and often turbulent environment, capable professionals can find themselves operating in survival mode rather than at their best. Attendees will learn how first reactions are formed, why they are not fixed, and how we can intentionally rewire our responses over time. The program includes a simple, practical practice participants can begin using immediately to move from reactivity to clarity and intentional action.

### ► THE PRESENTER

Martha Kesler is an executive coach, a keynote presenter and the founder of Congruism ([congruism.com](http://congruism.com)), an organizational consulting practice focused on helping individuals and teams grow, evolve and perform at their best. She holds advanced degrees in behavioral and organizational sciences, grounding her work in a deep understanding of human behavior and the dynamics that foster thriving workplaces.

### ► THE LUNCHEON

WHEN: 11:45 – 1:00 p.m., Wednesday, Jan. 21, 2026

WHERE: Ovations Lounge, Greensboro Complex (See Map, Page 4)

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

### ► DECEMBER PUZZLER WINNER

Congratulations to Sarah Barker of Pennybyrn, who won the Puzzler Prize at the December luncheon. Her prize was a \$30 gift card to Green Valley Grill, provided by Kisco.

### ► PUZZLER QUESTION

Read the question on Page 2, look for the answer in the ads, and you might be January's Puzzler winner!

### ► ADVERTISER FOCUS: AUTHORACARE COLLECTIVE

*See Story, Page 3*

### ► WHERE ARE WE MEETING IN JANUARY?

We are returning in 2026 to our original location in the Greensboro Complex: the newly renovated Ovations Lounge.

*See Map, Page 4.*

## MESSAGE FROM THE PRESIDENT

by Scott Reinecke



**A**s we begin 2026, GMDM is energized by both our progress and the opportunities before us. In the coming year, we are focused on expanding our membership base, welcoming new voices, and engaging professionals who are passionate about collaboration, service and leadership within our community.

We are also excited about the prospect of bringing new committee members onto our board. We will be explaining committee roles and signing up new committee members at our January meeting, and we hope you will get involved. Fresh perspectives, diverse skill sets, and innovative ideas are essential as GMDM evolves. We look forward to empowering members who are ready to take an active role in shaping our future.

Giving back remains at the heart of what we do. Our \$2,000 contribution to the Heroes Center from this year's golf tournament proceeds (see story above) is just one example of our commitment to our community.

Joining together, we can look forward to growth, service and continued momentum for GMDM in 2026.

*Do you have questions or comments about GMDM? Email President Scott Reinecke at [scott.reinecke@griswoldcare.com](mailto:scott.reinecke@griswoldcare.com).*

Expert guides focused on promoting independence, dignity, and quality of life to older adults and their families.



- Care management and advocacy
- Personalized care solutions
- Compassionate support
- Healthcare Power of Attorney
- Guardian of the Person

336-303-1419 [www.NavigateSeniorCare.com](http://www.NavigateSeniorCare.com)

## GMDM Gives Donation to Heroes Center

Tyler Dixon (left), executive director of the High Point-based Heroes Center, accepted a check for \$2,000 from GMDM President Scott Reinecke at our Dec. 17 GMDM meeting. Dixon shared brief information on the many important services provided to veterans by Heroes Center, the charity selected to benefit from the 2025 GMDM Charity Classic golf tournament.



## GMDM Dues Are Due Now: Here's How to Pay

If you have not paid your 2026 GMDM membership dues, please take a few minutes now to do so.

Simply log in to your GMDM account at [gmdm.org](http://gmdm.org). Click on "Manage Profile" and scroll down to find renewal options. Clicking the first box will give you the option to pay your \$395 annual dues by credit card. Clicking the second box will provide details on mailing a check

and printing an invoice.

Questions? Contact President Scott Reinecke at [scott.reinecke@griswoldcare.com](mailto:scott.reinecke@griswoldcare.com).

We look forward to seeing you at GMDM luncheons in 2026!

## The Puzzler???



What Roman god is the month of January named for?

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](mailto:deanna@thompsononline.biz)).

**ACNC**  
Anesthesiology  
Consultants of North Carolina

Exceptional care for every patient, every day.

ACNCHealth.com  
2102 N. Elm St., Suite H1 • Greensboro, NC 27408  
(336) 808-5135

**Helping Guilford County Families with Compassionate Care, at Home!**

Companion care, personal senior care and rehabilitation support. AI technology utilization to assist with providing the best possible care.

[guilford.firstlighthomecare.com](http://guilford.firstlighthomecare.com)

Call (336) 652-3522 to discuss your loved one's needs today!

# AuthoraCare Collective Offers Hospice Care and Much More

## ADVERTISER FOCUS:



Learn more about AuthoraCare Collective [here](#).

**Kevin Pearce** (left) and **Channing Pizzuto** are the GMDM representatives for AuthoraCare Collective.

**A**uthoraCare Collective offers a range of healthcare services designed to provide seamless transitions as an individual's care needs change. Services include:

### Hospice Care

Compassionate care for those with life-limiting illnesses, focusing on comfort and quality of life. This can be provided at home, in long-term care facilities or at our inpatient facilities.

### Palliative Care

Support for managing symptoms and improving quality of life for those with serious illnesses, available from diagnosis and alongside curative treatments.

### Advanced Illness Care

Assistance for patients with conditions like cancer, COPD, CHF, kidney disease, liver disease, dementia, HIV/AIDS and more. This includes guidance, symptom management and practical support, such as in-home medical equipment.

### Home-Based Primary Care

Primary care services delivered right to the patient's home, perfect for those with mobility issues or severe illnesses who find it difficult to travel.



PO Box 10735,  
Greensboro, NC  
[www.gmdm.org](http://www.gmdm.org)

Pulse, the newsletter of Guilford Medical & Dental Managers, is published online monthly.

**More Info:** Email the editor at [deanna@thompsononline.biz](mailto:deanna@thompsononline.biz).

### Specialized Dementia Care with Home Health

Through the GUIDE program, AuthoraCare offers specialized dementia care, including comprehensive assessments, care planning and ongoing support to improve the quality of life for dementia patients and ease the burden on caregivers.

### Kids Path

A program specifically for seriously ill and grieving children from birth to age 18. It includes pediatric hospice care, home health services and family support.

### Caregiver Support

Workshops, events, articles and counseling to help caregivers manage the challenges they face.

### Grief Support

One-on-one counseling, support groups, workshops and educational programs for those coping with loss, available for both adults and children.



Discover how AuthoraCare empowers you to live more fully.

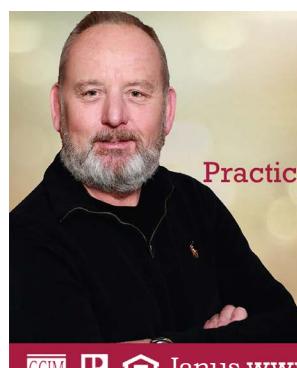
Burlington | 336.532.0100  
Greensboro | 336.621.2500  
Toll-Free | 800.588.8879  
[authoraCare.org](http://authoraCare.org)

A Nonprofit Organization. Formerly Hospice of Alamance-Caswell and Hospice of Greensboro.



Care Coordination | Palliative | Hospice | Grief Support | Kids Path

Our patients are always the author of their life story. During a challenging illness, AuthoraCare Collective can help you author more moments that matter, regardless of the stage of your illness or condition.



**B**  
**BROWN INVESTMENT  
PROPERTIES**  
EST. 1960

Practicing Commercial Real Estate  
by the Golden Rule

Bill Strickland, CCIM

Commercial Real Estate Broker/REALTOR  
336.369.5974 | [bstrickland@bipinc.com](mailto:bstrickland@bipinc.com)



Janus [www.bipinc.com](http://www.bipinc.com)



336-292-6041  
[ThompsonOnline.biz](http://ThompsonOnline.biz)  
Email: [Deanna@ThompsonOnline.biz](mailto:Deanna@ThompsonOnline.biz)



**Thompson  
COMMUNICATIONS**

Rebrand your communications with a national award-winning team.

- Strategic writing
- Nextdoor ads
- Online/video ads
- Healthcare marketing
- Brochures/flipbooks
- Online/print newsletters

View our updated portfolio [here](#).



Person-centered health plan with focused patient support, including:

- Medical and dental care
- Adult day program (full day)
- Medical transportation
- Home care
- Rehab therapy and more.

336-550-4046



[pacetriad.org](http://pacetriad.org)

# GMDM Has Returned to Ovations Lounge

Renovations to Ovations Lounge are now complete, and GMDM has returned to Ovations Lounge in the Greensboro Complex for its monthly meetings. Please see the directions below for the locations of Ovations and nearby parking lots within the Complex.

## DRIVING/PARKING DIRECTIONS FOR OVATIONS LOUNGE:

Ovations Lounge at the Greensboro Complex  
1921 W. Gate City Blvd., Greensboro, NC 27403

### WHICH COMPLEX 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 in the Greensboro 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.

