

THE Bulletin

August 2018 Volume 95, Number 8

GCMS Practice Managers and Blue Cross Work Together on Key Issues

Updated Information on Opioid Laws

Slate of Nominees for GCMS Officer Positions

The National Memorial for Peace and Justice



*Feroza
Raffee*
GCMSA President, 2018-19



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THE Bulletin

Read by 96% of GCMS members.

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**Apology – we inadvertently neglected to honor the incoming GCMSA President by placing her photo on the front cover of the July issue of The Bulletin.

Our Vision

That the Genesee County Medical Society maintain its position as the premier medical society by advocating on behalf of its physician members and patients.

Our Mission

The mission of the Genesee County Medical Society is leadership, advocacy, education, and service on behalf of its members and their patients.

PLEASE NOTE

The GCMS Nominating Committee seeks input from members for nominations for the GCMS Presidential Citation for Lifetime Community Service. The Committee would like to be made aware of candidates for consideration.

THE BULLETIN

Published by the Genesee County Medical Society Publication Office

4438 Oak Bridge Drive, Suite B, Flint, Michigan 48532
Phone (810) 733-9923 Fax (810) 230-3737

By subscription \$60 per year. Member subscription included with Society dues. Contributions to

THE BULLETIN are always welcome. Forward news extracts or material of interest to the staff before the 5th of the month. All statements or comments in THE BULLETIN are the statements or opinions of the writers and are not necessarily the opinion of the Genesee County Medical Society.

Climate Change And County Health

Cities and nations worldwide are setting temperature records almost daily with extreme heat events. This underscores the change this planet's climate is taking. Genesee County is geographically situated at 43 degrees latitude, relatively high within the northern hemisphere and would seem to be protected from experiencing many of the effects of Earth's warming. The truth of the matter is, it is not excluded. Even the two coldest places on earth the Arctic and Antarctic find themselves in the same unfortunate predicament with melting ice, exposed land and populations of people and animals forced to endure harsh change. Outside of having to experience rising coastal waters and melting icecaps, most everything else the rest of the world experiences, Genesee County will potentially suffer as well.

Extreme heat can impact one's health in multiple ways. As the temperatures warm each year there will be more infections reported. Gastrointestinal and respiratory diseases, especially, will stand out in Genesee County, secondary to human, animal and vector-borne dissemination. Coliforms and parasites in the food and water and Legionella in the water supply are more commonly found in the warmer months. Excrement in water from animals or humans is enough to create serious illness in the lakes or food chain. Warming temperatures with disruptions in water distribution, coupled with inadequate levels of antiseptic such as chlorine to thwart diseases such as those caused by parasites and Legionella, can lead to serious illness. Bacteria such as Lyme disease, according to the Centers of Disease Control (CDC), now are believed to be at least 10 times more common than previously reported possibly due to increases in the insect populations. Other examples include Bartonella, Babesia and Ehrlichia which are relatively common co-infections spread by vectors that thrive in warmer temperatures.

The CDC also states that harmful air pollutants



***Gerald D. Natzke,
DO, FAAEM, DIBEM***

increase with higher atmospheric temperatures and contribute to widespread respiratory and cardiovascular illness. It has been well established that chronic respiratory disease sufferers, such as those with COPD and asthmatics, incur more illness with air pollution. Now it is widely accepted within the scientific community and espoused by the American Heart Association that air pollution with small particulates create significant inflammation leading to heart disease and strokes.

Due to the increased severity of storms predicted in global warming, there could be significant flooding and wind damage lending itself to mold overgrowth concerns. Mold can directly impact the occupants of buildings creating a sick building leading to increased allergic manifestations and/or myotoxicity affecting many organ systems. Mold already is a common cause of chronic illness and is being set up by meteorological upheaval (such as that which was seen by last year's storms and hurricanes) to be even a larger player in the cause of disease.

It must be noted that those who are environmentally or socially disadvantaged are at greater risk. Extreme heat like what has been recorded in this area recently, contributes widely to heat exhaustion and heat stroke which increases death rates of especially those who are disabled by chronic disease, small children and the elderly.

Alas, an ounce of prevention is worth a pound of cure. As carbon dioxide continues to build in the atmosphere of this planet and the climate continues to warm, diseases related to it will continue to unfold. Wisdom dictates that healthcare providers who are knowledgeable and prepared will have a decided advantage in care of those most affected. Ultimately, this can result in the reduction of illness created and perpetuated by a world in climactic flux.

The Genesee County Medical Society cordially invites you to a Quarterly Dinner Business Meeting
and a **Medical Community Town Hall**
sponsored by the **United Way of Genesee County** and the **Sovita Credit Union**

September 6, 2018

“Health Systems Update”

Physicians and spouses of GCMS and GCMSA, Practice Managers and other interested professionals and guests are invited to hear the Presidents of our three health systems provide and update on current and future directions.

- **\$40.00 - GCMS Members, Spouses, Practice Managers, Staff, & Guests**
- **\$60.00 - All Non-Member Physicians, Practice Managers, & Staff**
- **\$25.00 - Residents & Students**

GCMS Physicians, spouses, GCMSA, family members, practice staff and other interested professionals are encouraged to attend!

Presentations by:



**Chris Palazzolo, President
Genesys Regional Medical Center**



**Chad M. Grant, President
McLaren Flint**



**Melany Gavulic (invited)
President of Hurley Medical Center**

Meeting Location

**Flint Golf Club
3100 Lakewood Drive
Flint, MI 48507**

Evening Schedule

**6 pm, Registration & Social Hour
6:30 pm, Dinner
7 pm, Meeting
7:15 pm, Presentations**

Space is limited!

Please register by August 29, 2018

Please mail your reservation payment to:

Genesee County Medical Society
4438 Oak Bridge Drive, Suite B
Flint, MI 48532

Email Sherry at ssmith@gcms.org
to register your attendance or call
810-733-9923 for more information.

Please invite your fellow physicians, practice managers, and health care professionals to this meeting!

Read This Issue in Depth!

This issue of *The Bulletin*, contains a very important article from the last practice managers meeting. The article describes the type of work that is done on a regular basis with third-party payers. The practice managers and GCMS staff have developed very strong relationships with several payers. The managers group is functioning as a focus group for several of them and are actually achieving change on your behalf. It's not just little things. If your practice managers or designees are not attending, you are missing out on a major benefit of GCMS membership. The interactions that take place are valuable to individual practices as well as the entire state of medicine.

This issue also contains some important information relating to the opioid law changes. It is material that you



Peter Levine, MPH

will want to absorb and share with your staff.

This issue contains the list of nominees for GCMS offices. Please take a look and see who is representing you!

There's also some interesting reflections from a couple of medical students. It is refreshing to see what they're thinking.

There is a photo spread from Dr. Soderstrom. The photos are of the National Memorial for Peace and Justice. This is a place we probably should all visit.

If you are interested in writing for *The Bulletin*, others would probably be interested in your reflections, your photographs, reports on your trips, thoughts about medicine.

Announcement

**GCMS members now entitled
to a 15% discount on automobile
and homeowners insurance.**

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Save the date
November 10th
2018 GCMS/GCMSA
President's Ball

MSMS saves Michigan Physicians \$2,000,000+

MODIFIER 25

*BCBSM cancels modifier 25 payment adjustment
for evaluation and management services*



JOIN THE MOVEMENT!

Join the GCMS/MSMS by clicking [HERE](#).
or join through MSMS directly by clicking [HERE](#).

When the Michigan State Medical Society (MSMS) learned Blue Cross Blue Shield of Michigan (BCBSM) was going to pay evaluation and management (E&M) services billed with modifier 25 at 80 percent, MSMS took action.

During several conversations with BCBSM, MSMS provided tangible evidence proving there was no overlap in services when an E&M is billed with office procedures. As a result, BCBSM canceled the implementation of the policy, restoring it back to 100 percent and saving Michigan physicians more than \$2 million.

"This is a tangible benefit for MSMS members," said MSMS President Betty S. Chu, MD, MBA. "Without MSMS at the table representing Michigan physicians, we would've lost more than \$2 million in care services. I strongly urge all Michigan physicians to join MSMS because we need them to be our voice, tell our story and support us."

The Genesee County and Michigan State Medical Societies have been advocating on behalf of physicians and their patients for more than 177 years and 150 years, respectively. Become a member today! Help affect change in the practice of medicine.

Establishing Fees For Treating Physician Testimony In Legal Matters

By Timothy H. Knecht, Esq., Cline, Cline & Griffin, P.C.

Physicians are often asked to provide testimony concerning their patients in a variety of legal matters. As established by the Michigan Court Rules, any party to litigation may obtain the testimony of a non-party treating physician, whether as a lay witness or an expert witness. MCR 2.302(B)(4)(a)(ii); MCR 2.302(B)(4)(d).

With this in mind, depositions are increasingly common prospect for physicians, as they are often very important to the development of a given legal case and may, in some circumstances, take the place of courtroom testimony by the physician. Whether it be a deposition or live testimony in court, having to appear and provide such testimony can involve a serious disruption to a physician's practice. Therefore, physicians should be mindful to ensure they will be compensated appropriately for their testimony – within the bounds of Michigan law.

A non-party treating physician who has been asked to testify as a "lay witness" is entitled to a statutory witness fee of \$12.00/day and \$6/half day, or may be paid for his or her loss of working time, but not more than \$15.00 for each day shall be taxable as costs as his or her witness fee. MCL 600.2552(1). Any fee awarded to a physician pursuant to the loss of working time provision should be for the purpose of making the physician whole, not to punish the subpoenaing party. *Spurling v Battista*, 76 Mich App 350, 355, 256 NW2d 788 (1977).

Notwithstanding the above, most often a treating physician is asked to provide something more than mere lay witness testimony without expert interpretation. In such instance, the physician should be considered an expert and entitled to be paid a "reasonable fee" for his or her testimony. If asked to provide testimony in on-going litigation, the party requesting the testimony from the treating physician is responsible for paying a "reasonable fee" for the physician's time spent in deposition only. Thus, the reasonable fee compensation does not include a physician's time spent preparing for his

or her testimony. MCR 2.302(B)(4)(c)(i).

If there is a dispute over the reasonableness of a fee charged by a treating physician, Michigan law provides for the court of jurisdiction to set the fee for the requested testimony. MCL 600.2164. However, as a practical matter, reasonable fees for testimony from treating physicians are routinely paid without court intervention, and it is best practice for the treating physician to come to an agreement with the attorney requesting the testimony without application to the court.

In sum, if a treating physician is asked to provide deposition and/or trial testimony, in most circumstances they will be entitled to a reasonable fee for his or her time spent in the deposition.

If you have been requested to provide testimony in a legal matter, the attorneys at Cline, Cline & Griffin will be able to guide you in order to ensure that you are being compensated appropriately.

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Save the date

**November 10th
2018 GCMS/GCMSA
President's Ball**



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Feroza Raffee

GCMSA President, 2018-19

***Apology – we inadvertently neglected to honor Feroza Raffee, 2018-19 GCMSA President by running her photo and bio in the July issue of The Bulletin.*

Feroza Raffee was born and raised in Carnarvon, a small semi-desert town in apartheid-ravaged South Africa. She left home at the age of 12 to attend high school in Cape Town because the apartheid system instituted by the government divided the races and placed cruel restrictions on people of color.

Her aspiration was to become a physician, however the apartheid government made it nearly impossible for people of color to reach their professional goals due to restrictive quotas. As a young woman though she was determined to work in the medical field and in spite of these obstacles, Feroza was among a very small number of non-white candidates chosen to be an X-Ray technician and worked in one of South Africa's biggest medical centers, Tygerberg hospital in Cape Town.

While there, she was chosen from a group of many xray technicians to care for a very special patient, a still-incarcerated Nelson Mandela. This unique experience was an amazing one because few people had ever seen, let alone met, Mr. Mandela. The South African government had even banned his picture.

Eventually escaping the tyranny of apartheid, she immigrated to the United States in 1988 and continued to raise her family in Flint Township. For the past thirty years Feroza has managed her husband's medical practice. She has been a member of the GCMS Alliance for many years and previously served as treasurer for multiple terms. She and her husband have four children and one grandchild.

Outside of medicine, Feroza is an avid gardener and cook. She loves animals and over the years has shared her home with many pets including foster kittens. She also maintains an active interest in politics, having worked

diligently for numerous presidential campaigns. Besides the Alliance, Feroza has lent her volunteer efforts to various charities around Flint for the needy.

With the help of GCMSA members and board members, Feroza is looking forward to leading the Alliance to becoming an even more effective and beneficent organization.

Do you recognize this
DOCTOR?



Look for the Answer inside!

MAPS



The Michigan Automated Prescription System (MAPS) is the state's Prescription Drug Monitoring Program.

- ▶ **MAPS provides prescribers** with a user-friendly portal to obtain information of Schedules 2 through 5 controlled substances that have been dispensed.
- ▶ **MAPS utilizes Appriss Health's PMP AWA_Rx_E and NarxCare software tools**, which puts Michigan at the forefront of prescription drug monitoring technology.
- ▶ **A dashboard provides patient** alerts, recent request history and the ability to maintain delegate user activity within the prescriber's main account.
- ▶ **Patient report requests include** seamless interstate data sharing, prescription history, including prescriber and dispenser information that can all be provided in a complete summary.
- ▶ **As of June 1, 2018**, licensed prescribers are required to register to MAPS before prescribing a controlled substance to patients.

MAPS helps detect overprescribing, over dispensing and possible drug diversion. The system is used by providers to assess patient risk to highly abused and addictive drugs and assists with maintaining patient safety.

MAPS

michigan.gov/mimapsinfo
BPL-MAPS@michigan.gov

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CUSTOMER DRIVEN. BUSINESS MINDED.

Michigan's New Prescribing Laws: Timeline Summary

March 2018

- ◆ When treating patients for an opioid- related overdose, **provide information** on substance use disorder services.
- ◆ Dispensing prescribers are to **report to MAPS** (check exceptions).
- ◆ **Query MAPS** when prescribing/dispensing buprenorphine or methadone to a patient in a substance use disorder program.
- ◆ **Report to MAPS** when dispensing buprenorphine, or a drug containing buprenorphine, or methadone, to a patient in a substance use disorder program if permissible under federal law.
- ◆ **Follow-up care** is to be provided by the prescriber or by referral to the patients' PCP.

June 1, 2018

- ◆ **Register with MAPS** prior to prescribing controlled substances.
- ◆ **Query MAPS** first when prescribing/dispensing more than a 3-day supply of a controlled substance (check exceptions).
- ◆ When prescribing a controlled substance that is an opioid, **provide information** and **obtain a patient signature** on MDHHS consent form (exception if prescribed for inpatient use).
- ◆ **Minor patients** – prior to prescribing a controlled substance containing an opioid, discuss the required information on danger and risks and **obtain a signed “start talking consent” form** (check exceptions).

Note: MDHHS combined the two forms noted above into a single, one-page form which is available at: msms.org/BeAWARE

July 1, 2018

- ◆ **Limit prescriptions of opioids** for “acute pain” to a maximum of a 7-day supply within a 7-day period.

Note: “Acute pain” is defined as pain that is the normal, predicted physiological response to a noxious chemical or thermal or mechanical stimulus and is typically associated with invasive procedures, trauma, and disease and usually lasts for a limited amount of time.

March 31, 2019

- ◆ **Only prescribe Schedule 2-5 controlled substances** if a bona fide prescriber-patient relationship exists and follow up care is established.

Note: Pursuant to Public Act 101 of 2018 signed by the Governor on April 2, 2018, the effective date of this provision is March 31, 2019, or upon the promulgation of administrative rules if before March 31, 2019.



Prescribing Checklist for Controlled Substances

June 2018

BEFORE PRESCRIBING	WHILE PRESCRIBING	AFTER PRESCRIBING
<ul style="list-style-type: none"> <input type="checkbox"/> Obtain a valid Michigan Controlled Substance License (physicians and physician assistants). <input type="checkbox"/> Obtain a valid DEA Registration (All health professionals). <input type="checkbox"/> If dispensing controlled substance, obtain a valid Michigan Drug Control License (unless exception applies, e.g., dispensing within emergency department, etc.) <input type="checkbox"/> Register with MAPS. <input type="checkbox"/> If delegating prescribing authority to an eligible APRN, execute a collaborative agreement or other written authorization; written practice agreement if a physician's assistant will be prescribing. <input type="checkbox"/> Have a bona fide prescriber-patient relationship (effective the earliest of March 31, 2019 or when LARA promulgates rules addressing this requirement. <input type="checkbox"/> Conduct at least one in-person medical examination if prescribing through the Internet as required by federal law*. <input type="checkbox"/> Ask the patient about other controlled substances the patient may be using. Record the patient's response in the patient's medical record. <input type="checkbox"/> If prescribing buprenorphine or a drug containing buprenorphine or methadone to a patient in a substance abuse disorder program, obtain and review the patient's MAPS report. <input type="checkbox"/> Obtain and review patient's MAPS report if prescribing a quantity that exceeds a 3-day supply, unless dispensing and administering to patient within hospital or freestanding surgical outpatient facility. <input type="checkbox"/> If prescribing an opioid, provide the patient with statutorily required information (e.g., dangers of opioid addiction, etc.) and obtain signed acknowledgment on the MDHHS Opioid Start Talking form** and include the signed form in the patient's medical record. <input type="checkbox"/> If prescribing opioid to a minor, discuss additional statutorily required information (e.g., risks of addiction and overdose associated with a controlled substance, etc.) with the minor and the minor's parent, guardian or another adult authorized to consent to the minor's medical treatment, and obtain the signature of the minor's parent, guardian or authorized adult on a start talking consent form.** Include the signed form in the minor patient's medical record. 	<p style="text-align: center;">1</p> <p>If prescribing an opioid to a minor and the start talking consent form is signed by another adult authorized to consent to the minor's medical treatment, must limit prescription to no more than 72-hour supply.</p> <p style="text-align: center;">2</p> <p>If treating a patient for acute pain, must not prescribe patient more than a 7-day supply of an opioid within a 7-day period.</p> <p style="text-align: center;">3</p> <p>A physician may not authorize an APRN to issue a prescription for a schedule 2 controlled substance with a quantity greater than a 30 day supply.</p> <p style="text-align: center;">4</p> <p>Comply with all applicable state and federal laws regarding contents and transmission of prescription.</p>	<p style="text-align: center;">1</p> <p>If dispensing controlled substances, MAPS reporting is required unless an exception applies (e.g., dispensing to inpatient at hospital, etc.).</p> <p style="text-align: center;">2</p> <p>If prescribing a controlled substance, provide follow-up care to patient (e.g., schedule a follow-up appointment) or refer patient to his or her primary care provider or another geographically accessible provider if the patient does not have a primary care provider for such follow-up care.</p> <div style="text-align: right; margin-top: 20px;">  </div>

* Federal law requires an in-person medical examination before prescribing a controlled substance by means of the Internet. Notwithstanding, federal guidance suggests that the lack of an in-person medical examination before prescribing a controlled substance (even by written prescription) raises a "red flag" for potential diversion. MSMS recommends that non-covering practitioners perform at least one in-person medical examination on a non-covering practitioner regardless of the means of prescribing (e.g., e-prescribing or written prescription).

** MDHHS has combined these requirements into one form which is available at www.msms.org/

Quick Reference Referral Guide for Substance Use Treatment

July, 2018



As a Genesee County provider encountering changes in legislation regarding utilization of the Michigan Automated Prescription System (MAPS), and navigating the substance use treatment system with your patients, the Greater Flint Health Coalition and its Mental Health & Substance Use Task Force offer this referral guide as an introductory resource.

The First Step: Accessing Substance Abuse Treatment

1) If an individual has **Medicaid, is uninsured, and/or has general questions** they may call or visit (during business hours) the **Genesee Health System Access Center** at:

- 810-257-3740 (crisis line available 24/7)
- TTY 810-232-6310
- Toll-Free 877-346-3648
- 420 W. Fifth Avenue, Flint, MI 48503 – Open Monday through Friday, 8 a.m. to 5 p.m.

Please have the following information available when calling to expedite the process:

- Name, date of birth, social security number
- Medical insurance card or numbers, including Medicaid (if applicable)
- Names of current medicines and doctors
- Guardianship or court papers (if applicable)
- Special education or other school records (if applicable)
- Drug (quantity, frequency)
- Services needed (detox, inpatient, outpatient)

Fees for services are based on a person's ability to pay; therefore, staff will need to know the household income and number of dependents of the person seeking help. A coverage determination will be made at the time of the screening. Staff will let you know if you can expect to have any cost for your services. No one will be denied services based on their inability to pay.

2) If an individual has **insurance other than Medicaid**, call the insurance plan directly to determine covered services and providers.

Substance Use Treatment Centers in Genesee County and Surrounding Areas

Genesee County Residential Centers	
<p>Above the Water House 4105 Keyes Street, Flint, MI 48504 (810) 877-2907 Women's recovery housing for females with addiction/alcoholism with mild to moderate psychological impairments.</p>	<p>Life Challenge Ministries Life Challenge of Southeastern Michigan Detroit - 17667 Pierson Street, Detroit, MI 48219 Flint - 1230 Dupont St, Flint, MI 48504 (844) 355-LIFE INFO@LCMINISTRIES.ORG One-year residential program for men and women with drug, alcohol, and other life-controlling addictions. Affiliated with Teen Challenge USA, International, our goal is more than rehabilitation, Faith based program.</p>
<p>Flint Odyssey House 529 M.L. King Avenue, Flint, MI 48503 (810) 238-5888 Withdrawal management, long-term residential treatment, outpatient services, recovery housing, women's specialty services, adolescent treatment services.</p>	<p>New Paths Inc. 765 E. Hamilton Avenue, Flint, MI 48505 (810) 233-5340 newpaths.org Short and long-term residential treatment, withdrawal management, outpatient services, recovery housing, 23-hour sobering facility, Court ordered treatment programming.</p>
<p>Kairos Health Care, Holy Cross 8218 N. Jennings Road, Mt. Morris, MI 48458 (844) 452-4767 Corcoran House Residential Treatment for Women</p>	<p>Salvation Army Adult Rehabilitation - Men Only 2200 N. Dort Highway, Flint, MI 48506 (810) 234-2678 Long-term residential program, spiritual base, work therapy, group and individual counseling, leisure time activities.</p>

Genesee County Outpatient Centers & Support Services	
<p>Bio-Med Behavioral Health Care INC.- Flint 1044 Gilbert Road, Flint, MI 48532 810-733-7623 Outpatient, integrated treatment, medication assisted treatment</p>	<p>Hope Network 1110 Eldon Baker Drive, Flint, MI 48503 (810) 232-2766 Free family and addiction services.</p>
<p>Catholic Charities 901 Chippewa Street, Flint, MI 48503 810-232-9950 Outpatient SUD treatment, Court ordered treatment programming</p>	<p>New Oakland Family Center 2401 South Linden Road, Flint, MI 48507 (810) 957-4310 Intensive outpatient counseling (dual diagnosis – mental health and substance use disorder)</p>
<p>Families Against Narcotics – Genesee County Chapter (810) 397-7175 www.familiesagainstnarcotics.org Information regarding prescription drug abuse, local resources, family support network. Available to answer questions regarding substance use and steps to seek treatment.</p>	<p>Remedy Exchange Programs (outreach services) 12745 S. Saginaw, Suite 806-144, Grand Blanc, MI 48439 (810) 449-0159 remedyexchange@gmail.com PRIME for Life is a program that helps youth and adults learn how to reduce their risk of alcohol and other drug related problems throughout life.</p>

Genesee County Outpatient Centers & Support Services

<p>Genesee Community Health Center 422 W. 4th Avenue, Flint, MI 48503 (810) 496-5777 Integrated health care, treatment services for co-occurring disorders, medication assisted treatment (Suboxone, Vivitrol)</p>	<p>Sacred Heart - Flint 2091 Professional Drive, Flint, MI 48532 (810) 732-1652 Outpatient, integrated treatment, medication assisted treatment (Methadone, Vivitrol), women's specialty.</p>
<p>Hamilton Community Health Center Multiple locations. (810) 406-HCHN (4246) Outpatient, substance abuse counseling, Vivitrol program.</p>	<p>Sacred Heart - Burton 1096 Belsay Road, Ste. C, Burton, MI 48509 (810) 392-2167 Outpatient.</p>
<p>Holy Cross Services 3500 Flushing Road, Flint, MI 48504 (810) 249-9924 Outpatient SUD treatment, recovery housing.</p>	<p>The Serenity House of Flint 954 Church Street, Flint, MI 48502 (810) 893-1276 Informational, holistic options for recovery from addictions.</p>

Resources Outside of Genesee County

<p>Brighton Center for Recovery 12851 Grand River Road, Brighton, MI 48116 (810) 227-1211 brightonrecovery.org Inpatient and intensive outpatient. Provides residential, outpatient, dual diagnosis and detox services. Will accept private insurance, cash, and Medicare.</p>	<p>Sacred Heart – Memphis 400 Stoddard Road, Memphis, MI 48041 (888) 804-7472 Admissions (888) 802-7472 Admin Adult residential, detox inpatient, case management, early intervention, integrated treatment, peer recovery and support, screening assessment referral and follow-up, Methadone. Residential admissions: (888) 804-7472 or (734) 284-0070 Monday-Friday 8:30am-5:00pm Emergency admissions: (888) 804-7472, ext. 266, weekdays, weekends, and holidays. Sliding fee scale, Medicaid, ABW, and most health insurance.</p>
<p>Dawn Farms 6633 Stoney Creek Road, Ypsilanti, MI 48197 (734) 485-8725 Adolescent (17+) and adult residential, outpatient. Non-medicated, 12-step based detox is FREE to anyone, even if they do not stay for residential treatment. Transitional housing.</p>	<p>Salvation Army Harbor Light 42590 Stepnitz Drive, Clinton Township, MI 48036 (586) 954-1838 Adult residential/outpatient, case management, detox, screening assessment referral and follow-up.</p>
<p>Grace Centers of Hope 35 E. Huron Street, Pontiac, MI 48342 (855) HELP-GCH Adult residential, family and life-skills programs.</p>	<p>Serenity Therapy Center 745 Barclay Circle, #305, Rochester Hills, MI 48307 (586) 219-7010 serenityhelp.com Outpatient, addiction counseling, family therapy, and interventions.</p>
<p>Henry Ford Maplegrove Center 6773 W Maple Road, West Bloomfield, MI 48322 (248) 661-6100 henryford.com Outpatient and inpatient for adults. Outpatient only for adolescents.</p>	<p>Teen Challenge of Western Michigan 440 Pontaluna Road, Muskegon, MI 49444 Men's Phone: (231) 798-7927 Women's Phone: (231) 798-2702 Email: info@wm-tc.com www.wm-tc.com/contact-us One year residential program. Faith based.</p>
<p>Kairos Healthcare Adolescents 3400 South Washington Road, Saginaw, MI 48601 (989) 755-1072 Adolescent and adult residential, integrated treatment, informational, prevention and problem assistance, outpatient screening assessment referral and follow-up.</p>	<p>Vision Quest Recovery Port Huron, MI info@visionquestrecovery.com Program Director (810) 937-6279 Assistant Program Director (248) 421-8143 Transitional housing program, 12-step program, structure, guidelines.</p>
<p>Meridian Health Services 1255 N Oakland Blvd, Waterford, MI 48327 (248) 599-8999 Detox, adult residential, inpatient and outpatient care, integrated treatment, and family therapy.</p>	

Disclaimer: Resource details provided by Families Against Narcotics. All information was accurate at time of printing. Information is subject to change.



Coming To Terms With Our Nation's History . . .

Robert M. Soderstrom, MD

For 20 years my two brothers and sister and I have taken a “sib trip” weekend somewhere. We go without spouses or children, and it is usually a weekend of many laughs and revisits of old memories. Last month, my younger brother took us all to Montgomery, Alabama, to visit the newly opened National Memorial for Peace and Justice, informally known as the National Lynching Memorial. It made for a sobering weekend.

The museum is divided in two parts: an indoor exhibition exploring the vicious racism that was enslaved peoples, Reconstruction and the era of Jim Crow and an outdoor memorial that silently but effectively presents the horror of lynching.

The indoor museum follows in detail the evil of slavery in the southern states and the remnant of it that polluted the northern ones. Since African slaves were considered to be a “subhuman” class they had no “human” rights anywhere. There were no laws that encumbered the white population: no laws against punishment, no laws against rape, no laws against summary execution. Even those few blacks who could achieve freedom in the United States were constantly subject to being kidnapped and resold into slavery. Many southern states had laws against allowing free blacks to live within their boundaries at all. It is a harsh look at the United States, founded in slavery and managed by slaveholders in the White House and on the Supreme

Court for 80 years. It is the story as told by David Walker and Frederick Douglass, not the “happy slave” caricature of Gone with the Wind.

The story of Reconstruction, the time really of President Ulysses S. Grant’s Administration, from 1868 to 1876, is covered in detail. Grant, who personally witnessed his African-American soldiers fighting and dying on the battlefield, pushed hard for voting rights for all citizens after the war. Frederick Douglass pleaded: “Just give us the right to vote and we’ll take care of the rest.” Grant sent federal troops south and placed the whole former Confederacy under martial law, but the pushback was intense, relentless and lethal. White terrorism fostered by the Ku Klux Klan and other groups led to the murder of thousands of blacks trying to exercise their right to vote. An exhausted President Grant left office in 1876 and the United States did not pass Civil Rights legislation again until the 1960s.

Then the era of “Jim Crow” is detailed at length. The “separate but equal” policies enshrined by the laws of the various state legislatures and upheld by the courts led to much separation even down to the entrances to movie theaters and bus stations, but never anything approaching equality. And, of course, the right to vote, that basic American right we have sent our troops all around the world to foster, was never available throughout the south and in many places in the north.

Finally, there is the focus on lynching, that most horrible stain on the American tapestry. The museum confronts the ongoing mythology that claims it was the result of black male predation on white women: less than one-sixth of the 2,500 African Americans lynched from 1889 to 1918 were even accused of rape. As Ida Wells pointed out as long ago as the 1890s, lynching was overwhelmingly directed against black males, but some women, too, and even children sometimes, who dared to stray outside the strict Jim Crow boundaries. It singled out voter rights activists, labor union organizers, vocal educators



and even African American entrepreneurs who just got too far ahead of their white neighbors. It was an ongoing regime of white terrorism that persisted for nearly a century. It is to the great shame of the United States that a federal anti-lynching law was never passed in deference to “states’ rights,” the rights of white citizens to carry out vicious summary judgment when the perceived need arose.

The outdoor museum is powerful, sobering and heartbreaking. Each county across America where a single or multiple lynching occurred is represented by a hanging rectangular block, about the size of a human body, which lists the names and dates of those lynched. Some counties list just one or two, but others list 10 or 15 or 20; obviously a regular way of life in such places. As one walks through the memorial the floor gradually slants downward so that at the end of the monument the blocks are suspended above one, solemn row upon solemn row.

These new exhibits in Montgomery are powerful and maybe not for the fainthearted, but I would recommend a visit by everyone, by every American. It is a part of our history we gloss over much too readily and ignore completely in our formal education, but it lives with all of us today. Much of it reminded me, frankly, of the similarly sobering but effective memorials of the Holocaust I have seen in Berlin.

Martin Luther King Jr. said the arc of the moral universe bends toward justice. I want to believe that hopeful premise. Certainly, it has in my lifetime in the United States, but sometimes the arc flattens out and sometimes it can bend backward again. It is a never-ending struggle and as I left Montgomery I thought of my children and grandchildren. I need to bring them here.



YOUR \$\$\$ AT WORK

- GCMS worked with Blue Cross Blue Shield of Michigan to solve a significant prior authorization issue impacting multiple specialties
- GCMS held a Legislative Liaison meeting with state legislators to express concerns regarding prior authorizations, Medicaid, GME, and auto no-fault issues
- GCMS continued work to support the practices and patients of the State Innovation Model and the Child Health Access Project
- GCMS continued to work with payers on issues of concern to individual and group practices
- GCMS continued to work with MSMS on the MSMS Remodeling efforts



Congressman Kildee

WASHINGTON UPDATE

Congressman Dan Kildee provided his Annual Washington Update to GCMS in mid-July. These updates have been presented for over 40 years to the Genesee County Medical Society. Each time, they are extremely engaging.

The primary conversation revolved around the health care repeal and replace legislation which was in the Senate. Mr. Kildee reviewed the tactical and policy driven problems with the legislation, and the impact it would have on Genesee County if passed. Genesee County has significant numbers of individuals on the Medicaid expansion program. The county would be impacted disproportionately in comparison with the rest of the country. He noted that the bill was constantly adjusting in an effort to accumulate 50 votes in the Senate. He encouraged GCMS to ask MSMS to work with

Republican members of Congress to insist on a bipartisan conversation about how to move the health care issue forward rationally.

The issue of International Medical Graduates visas was raised. Congressman Kildee's staff will endeavor to help the individuals who were discussed at the meeting.

Mr. Kildee was also presented with the outline and budget for the Flint Area Chelation Trial (FACT) project being planned in conjunction with faculty from Columbia University.

Those wishing to attend the GCMS Legislative Liaison Committee meeting as scheduled on the first Monday of most months may contact Sherry Smith at ssmith@gcms.org to be added to the notification list.

The next meeting of the Legislative Liaison Committee will take place on Monday, October 2nd.



Easy Ways to Donate to the Medical Society Foundation:

The Medical Society Foundation is engaged in a Capitol Campaign. The purpose of the Campaign is to grow the corpus to support the charitable activities of the Genesee County Medical Society. Those activities include public and community health, support for the underserved, and wellness initiatives.

To continue its good work, the Medical Society Foundation is asking you to consider leaving a legacy gift to the Foundation. If all, or even a significant portion of our membership left just a small part of our estates to the Foundation, the Foundation could continue helping this community in so many ways, by supporting the Medical Society.

To make a gift, simply use these words:

In your Trust, *"Grantor directs Trustee to distribute ___% of all assets then held in Trust or later added to this Trust to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing board of directors in furtherance of the purposes of the Foundation"*

In your Will, *"I give, devise and bequeath ___% of my Estate to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing Board of Directors in furtherance of the purposes of the Foundation"*

While this is not a subject that is comfortable to broach, it is an opportunity to support the Foundation which supports the Medical Society's charitable activities on behalf of the membership. Please give. You can give via a trust or will. You can give from your IRA. You can give appreciated stock, and you can give cash. Please support the organization which does so much on behalf of the medical community and the patients we serve.

**Please feel free to contact Peter Levine, Executive Director
at 810-733-9925 or plevine@gcms.org.**



**Don't
Forget!**
Donations
are tax
deductible!

**Please feel free to contact Peter Levine, Executive Director
at 810-733-9925 or plevine@gcms.org.**

Genesee County Medical Society
Board of Directors
April 24, 2018 - Minutes

I. Call to Order

The meeting was called to order in the Rapport Conference Room at 6:30 pm, by Gerald Natzke, DO, President.

II. Review of Minutes

Motion: that the minutes of March 27, 2018, Board of Directors meeting be approved as presented. The motion carried.

III. Reports

A) Community & Environmental Health

1) Flint Adult Chelation Trial (FACT) Update

Dr. Natzke reviewed the efforts to find funding for the FACT study. We know that Senator Ananich is seeking monies for a pilot from the State of Michigan. GHP and the Community Foundation of Greater Flint are listening to ideas and are willing to consider a small pilot.

2) WIC Formula Update

Dr. Natzke reviewed a letter from the State of Michigan indicating that they are agreeing to follow GCMS recommendation to provide premixed formula for WIC patients.

B) Finance

Motion: that the budget to actual report for the period ending March 31, 2018, be approved as presented. The motion carried.

C) Membership

1) Updates regarding NPD's of 2016-17 and 2018

Peter Levine reviewed the list of non-paid former members from 2016-17, as well as the updated list for non-paid members for 2018. He noted that he has reached out via email and phone to each person on the list and will do so again.

D) Legislative Liaison

Dr. Cathy Blight reported that the next meeting of the Legislative Liaison Committee meeting will take place on May 7th at 8 AM. She encouraged Board members to attend.

E) Greater Flint Health Coalition

Pete Levine reported that the only major update from the Greater Flint Health Coalition is that the initial Children's Health Access Project data has been shown to the Health Coalition Board of Directors. The data reflects a substantial drop in hospitalizations and ER visits for the effected population. It is expected that the same results will be found with the State Innovation Model for adults.

F) Presidents' Report

Dr. Natzke encouraged attendance of Board members at the May 3rd meeting on Suboxone.

Levine reported that all 10 resolutions approved by the Board, have been sent to MSMS for the House of Delegates.

Motion: that each member of the Board of Directors be tasked with recruiting three people to bring to the May 3 meeting on Suboxone. The motion carried.

IV. Other Business

Pete Levine reported that the March 22nd practice managers meeting with Blue Cross was remarkable with two practices resolving substantial problems.

Genesee County Medical Society
Board of Directors
April 24, 2018 - Minutes

Health Alliance Plan (HAP) is the scheduled topic for the April practice managers meeting. HAP will be reporting back to the practice managers what changes they have made a result of the Focus Groups that were held here.

V. Next Meeting

The next meeting of the Board of Directors will take place on May 22 at 6 PM.

VI. VI. Adjournment

No further business appearing, the meeting was adjourned at 7:30 pm.

Respectfully submitted,

Peter Levine, MPH

Executive Director

Flint Area School Employees
Credit Union is now

SovitaSM
CREDIT UNION

We serve Education and Healthcare Workers, their Families
and their Communities with a sincere desire to say YES.

To learn more or become a member, visit sovitacu.org

EDUCATION UPDATE

New Requirements

MSMS has the new CME requirements available at the Annual Scientific Meeting – MSMS.org/ASM – this fall; and, CME On-Demand modules are available at MSMS.org/OnDemandWebinars.

In December 2016, the Michigan Department of Licensing and Regulatory Affairs announced revised Medical Rules. With these new rules came new requirements for Continuing Medical Education. Significant changes to be aware of include:

- **Training Standards for Identifying Victims of Human Trafficking** – This is a one-time training that is separate from continuing education. Licensees renewing for 2017 must complete training by renewal in 2020; renewals for 2018 by 2021, and renewals for 2019 by 2022. Beginning in 2021, completion of the training is a requirement for initial licensure.
- **Education on Pain and Symptom Management** – Starting in December 2017, a minimum of three hours of continuing education shall be earned in the area of pain and symptom management.
- **Medical Ethics** – A minimum of one hour of continuing education shall be earned in the area of medical ethics.

New Categories of CME

The Board of Medicine has updated the previous six Categories of Credit into two categories. As before, each medical doctor is required to complete 150 hours of continuing medical education approved by the board of which a minimum of 75 hours of the required 150 must be earned in Category 1 activities. The following is a breakdown of the two Categories for licensure:

Category 1

- A. Activities with accredited sponsorship - Maximum 150 hours
- B. Passing specialty board certification or recertification – Maximum 50 hours
- C. Successfully completing MOC that does not meet requirements of (A) or (B) above. – Maximum 30 hours
- D. Participation in a board approved training program - Maximum 150 hours

Category 2

- A. Clinical instructor for medical students engaged in postgraduate training program – Maximum 48 hours
- B. Initial presentation of scientific exhibit, poster or paper - Maximum 24 hours
- C. Publication of scientific article in a peer-reviewed journal - Maximum 24 hours
- D. Initial publication of a chapter or portion of a chapter in a professional health care textbook or peer-review textbook - Maximum 24 hours
- E. Participation in any of the following as it relates to the practice of medicine: –Maximum 18 hours
 1. Peer review Committee dealing with quality of patient care
 2. A Committee dealing with utilization review
 3. A health care organization committee dealing with patient care issues
 4. A national or state committee, board, council or association
- F. Until December 6, 2019, attendance at an activity that was approved by the Board of Medicine prior to December 6, 2016 - Maximum 36 hours
- G. Independently reading a peer-reviewed journal prior to December 6, 2016, that doesn't satisfy the requirements of Category 1, subdivision (A) - Maximum 18 hours
- H. Prior to December 6, 2016, completing a multi-media selfassessment program that doesn't satisfy the requirements of Category 1, subdivision (A) - Maximum 18 hours



GCMS Practice Managers Meet With Blue Cross Blue Shield Of Michigan

In late June, the practice managers met with Donna LaGosh, Director of Provider Outreach of Blue Cross Blue Shield of Michigan. She came to report on progress made on issues raised at her last meeting with the practice managers, three months previously. She reported on efforts to improve effective and efficient provider servicing processes and triage across specialty types and practices throughout the state. She reviewed the updated servicing model, which will include specialty specific consultants in addition to consultants who work with medical care groups and physician organizations. As the new system goes into effect there will be opportunities for feedback and evolution by practices. She also reported that the major topics raised at the last meeting, including a large radiation oncology issue, have been largely taken care of with work ongoing.

During this meeting, the vascular, cardiology and radiology practices reported that they were faced with a serious problem beginning on 7/1. BCBSM is requiring prior authorizations for treatment of a blockage during a diagnostic catheterization. Ms. LaGosh agreed to take this issue back immediately to ensure senior leadership and aligned staff understood and considered expressed

concerns related to this policy. She noted that if the change is made, she will let all the managers know immediately. This would impact PCP practices as well.

Another issue that was raised is that there is a problem involving screening mammograms for breast cancer survivors requiring prior authorization. Sometimes they are paid for and sometimes not, usually not. Other problems raised were contrast not being approved for PET scans and use of Q codes.

Two bottom lines: Donna agreed to work with her team to respond to questions and concerns on the above referenced issues, all of which impact PCPs and specialists. Second, the practice managers felt that virtually all of the problems raised could have been avoided if they had used practice managers and billers as consultants. They offered to serve as consultants to BCBSM in the future to avoid inadvertent problems.

Beginning with the January meeting, the managers would like to standardize the sessions to the first Thursday of the month. The January session will involve a revisit by Ms. LaGosh.



Issues of Serious Concern for Medical Practices!

Don't let your practice manager miss these important meetings!



Held 4th Thursday of each month from 8am to 10am.

The following topics are tentatively scheduled and subject to change

“Meridian Health Plan Updates & Feedback”

Jacqueline R. Kirejczyk, Director of Network Development
Kristen Gasieski, Manager Network Development

August 28, 2018
Presenter(s):

“Compliance”

Lindsay Anderson, Chief Compliance Officer/Applications Administrator
Jessica Thomas, Billing Manager
Regional Medical Imaging

September 27 2018
Presenter(s):

“Molina Follow-Up from May Session”

Julie Hurst, Director Provider Contracting Services
Molina Healthcare

October 25, 2018
Presenter(s):

**Genesee County Medical Society | Rapport Conference Room
4438 Oak Bridge Drive, Suite B | Flint, MI 48532**

2018-2019 SLATE OF NOMINEES FOR GCMS OFFICES

To be presented for approval by the Board of Directors on June 26, 2018 and published for members' review and ratification at the September Dinner Business Meeting.

PRESIDENT- ELECT:

Asif Ishaque, MD

SECRETARY:

Qazi Azher, MD

DELEGATES:

Shafi Ahmed, MD
Laura Carravallah, MD
Mona Hardas, MD
Ed Christy, MD

Nita Kulkarni, MD
Gerald Natzke, DO
Raymond Rudoni, MD
Tarik Wasfie, MD

ALTERNATE DELEGATES:

Sunil Kaushal, MD
Rama Rao, MD
Venkat Rao, MD
Lawrence Reynolds, MD
Kiran Devisetty, MD

FINANCE

COMMITTEE:
Lawrence Reynolds, MD
Raymond Rudoni, MD

INTERNATIONAL MEDICAL GRADUATES DELEGATION:

Shagufta Ali, MD	VJ Naraparaju, MD
Qazi Azher, MD	Rama Rao, MD
Ed Christy, MD	Venkat Rao, MD
Hytham Fadl, MD	Jawad Shah, MD
Ayman Haidar, MD	Mahesh Sharman MD
Mona Hardas, MD	Parul Sud, MD
Rima Jibaly, MD	Tarik Wasfie, MD
Ahmad Kaddurah, MD	Sania Zainuddin, MD
Kavitha Kesari, MD	

YOUNG PHYSICIANS SECTION:

Amanda Winston, MD – Delegate
Sherry Cavanagh, MD – Alternate Delegate

President for a Day Award:

James Martin, MD

Hero of Medicine Award:

Nita Kulkarni, MD

MSMS Community Service Award:

Laura Carravallah, MD

Registration is Now Open



Advance Care Planning (ACP) Project *Respecting Choices*® ACP Courses

ACP Facilitator Training Course – Register early to complete pre-requisites

Wednesday, September 12, 2018

8:00 a.m. - 5:00 p.m.

Location: TBD

This training course provides participants with a thorough understanding of Genesee County's ACP infrastructure, as well as the skill set and knowledge to assist others with facilitating an advance care planning conversation and completing the *Your Health Your Choice* advance directive. Attendance is recommended for those who work directly with patients or families and will be assisting them with advance care planning and the completion of an advance directive. Upon course completion, participants will be certified as a *First Steps*® ACP Facilitator.

Continuing education credits available for RNs and SWs.

The cost for the ACP Facilitator Training Course is \$175. Payment to the Greater Flint Health Coalition must be paid in full prior to attending the training.

Participants will have to complete several prerequisites prior to attending the training:

Complete online training modules (**approximately 4-5 hours**)

Complete the *Your Health Your Choice* advance directive

Engage in an advance care planning conversation with a friend or loved one

Register for an Upcoming ACP Facilitator Training Today!

Registration is quick and easy. To register for an ACP training course, simply fill-out the information below, include payment (checks may be made payable to the Greater Flint Health Coalition), and return to:

**Greater Flint Health Coalition
519 S. Saginaw Street, Suite 306
Flint, MI 48502**

Name: _____ Title: _____

Organization: _____

Address: _____

Phone: _____ Email: _____

Training Date: _____

Training Payment (Check Box)

Check Included (payable to Greater Flint Health Coalition)

Please Invoice

**Questions? Contact Jenn Sesti at the Greater Flint Health Coalition
(810) 232-2228 or gfhc@flint.org.**





WHAT:

HEALTHYTOWN EVERYWHERE NON PROFIT HEALTH AND WELLNESS COMMUNITY OUTREACH PROGRAM
(FOR CONTENT OVERVIEW, PLEASE SEE OTHER SIDE OF THIS PAGE)

WHO:

LOOKING FOR VOLUNTEER RESIDENT/FELLOWS AND ATTENDING PHYSICIANS FOR MEDICAL STUDENT MENTORSHIP

WHEN:

SATURDAY AUGUST 18TH

9 A.M. TO 1 P.M.

WHERE:

HAMADY BROTHERS MARKET

2629 W. PIERSON ROAD

FLINT, MICHIGAN

CONTACT FOR MORE INFORMATION:

BRENDA ROGERS-GRAYS, D.O.-PHYSICIAN LEAD HEALTHYTOWN EVERYWHERE FLINT-810-241-1584

PAUL EHRMANN, D.O.-FOUNDER OF HEALTHYTOWN EVERYWHERE-248-563-0386

For more information please see our web site at www.healthytowneverywhere.org



Medical Society Foundation

Consider a donation to the Medical Society Foundation for all of your holiday giving. What a wonderful way of expressing your holiday sentiments while supporting important health related causes.

The Medical Society Foundation has been coordinating physician giving in Genesee County since 1987. This holiday season, why not use the Foundation to make sure your gifts to family, friends and colleagues help to improve the health and well-being of our community.

By giving to the Medical Society Foundation, you receive a great year-end tax benefit at the same time that you tell others how much their health – really means to you.

The Medical Society Foundation funds have been used to support the charitable activities of the Genesee County Medical Society.

Contributions can also be made in memory of an individual or to honor someone.

For questions or information on how your gift can help support the charitable activities of your Medical Society Foundation contact Peter A. Levine, MPH at (810) 733-9925 or at plevine@gcms.org.

Medical Society Foundation Mission Statement: The Medical Society Foundation is organized and does operate for the purpose of supporting continuing medical education and health-related charitable activities that further the cause of medicine.

Mail your donations to:

Medical Society Foundation
4438 Oak Bridge Drive, Suite B
Flint, MI 48532-5467



August 2018 Fitness Calendar

FREE! Commit to Fit! Class Schedule

Commit to Fit! offers fitness classes at no cost to all individuals who live or work in Flint and Genesee County. Fitness Centers require participants to be age 18 and older, other locations are open to all ages. See back side for details.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
AUGUST 2018			¹ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Davison Area Senior Center 10:00-11:00am Arthritis Foundation Exercise Program Forest Township Senior Center 12:15-1:00pm Community Yoga 5:15 PM - 6:15 PM Crim Fitness Foundation Enhance Fitness Hamilton Main Clinic 5:30 pm Zumba GAC 5:30 p.m.	² Enhance Fitness Berston Field House 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am Basic Yoga Insight Health & Fitness center 6:45 p.m. Yoga in Nature* For-Mar Nature Preserve 6:30-7:30pm	³ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm	⁴ Firefly Hike* For-Mar Nature Preserve 8:30-10:00pm
	⁶ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Senior Stretch YMCA Downtown 10:00am Pound GAC 10:15am Arthritis Foundation Exercise Program Loose Senior Center 2:00-3:00pm Aqua Fitness U of M-Flint Rec 5:30-6:30 pm	⁷ Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Splash Bash U of M-Flint Rec 11:00 am Enhance Fitness Hamilton Health Clinic 12:00 pm Avian Adventures Hike For-Mar Nature Preserve 6:00-7:30 pm	⁸ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Davison Area Senior Center 10:00-11:00am Arthritis Foundation Exercise Program Forest Township Senior Center 12:15-1:00pm Enhance Fitness Hamilton Main Clinic 5:30 pm Zumba GAC 5:30 p.m.	⁹ Skip into the Outdoors For-Mar Nature Preserve 10:00-11:15pm Enhance Fitness Berston Field House 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am Basic Yoga Insight Health & Fitness center 6:45 p.m. Yoga in Nature* For-Mar Nature Preserve 6:30-7:30pm	¹⁰ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm	¹¹ Photography Club* Flushing County Park 9:00-10:30am
	¹³ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Senior Stretch YMCA Downtown 10:00 a.m. Pound GAC 10:15am Arthritis Foundation Exercise Program Loose Senior Center 2:00-3:00pm Aqua Fitness U of M-Flint 5:30pm	¹⁴ Let's Hike it Baby!* For-Mar Nature Preserve 10:00-11:00am Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Splash Bash U of M-Flint Rec 11:00 am	¹⁵ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Davison Area Senior Center 10:00-11:00am Arthritis Foundation Exercise Program Forest Township Senior Center 12:15-1:00pm Enhance Fitness Hamilton Main Clinic 5:30 pm	¹⁶ Enhance Fitness Berston Field House 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am Basic Yoga Insight Health & Fitness center 6:45 p.m. Yoga in Nature* For-Mar Nature Preserve 6:30-7:30pm	¹⁷ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm	¹⁸ Maples, Maples Everywhere* For-Mar Nature Preserve 10:00-11:30am Butterfly Walk For-Mar Nature Preserve 1:00-3:00pm

August 2018 Fitness Calendar

FREE! Commit to Fit! Class Schedule

	<p>Enhance Fitness Hamilton Health Clinic 12:00 pm</p>	<p>Zumba GAC 5:30 p.m.</p> <p>Zumba Kids! For-Mar Nature Preserve 6:30-7:15pm</p>								
20	<p>Let's Hike it Baby!* For-Mar Nature Preserve 10:00-11:00am</p> <p>Enhance Fitness Flint Farmers' Market 10:00 a.m.</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am</p> <p>Splash Bash U of M-Flint Rec 11:00 am</p> <p>Enhance Fitness Hamilton Health Clinic 12:00 pm</p>	21	<p>Enhance Fitness Hasselbring Senior Center 9:00 a.m.</p> <p>Arthritis Foundation Exercise Program Davison Area Senior Center 10:00-11:00am</p> <p>Arthritis Foundation Exercise Program Forest Township Senior Center 12:15-1:00pm</p> <p>Enhance Fitness Hamilton Main Clinic 5:30 pm</p> <p>Zumba GAC 5:30 p.m</p>	22	<p>Enhance Fitness Berston Field House 10:00 a.m.</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am</p> <p>Basic Yoga Insight Health & Fitness center 6:45 p.m.</p> <p>Yoga in Nature* For-Mar Nature Preserve 6:30-7:30pm</p>	23	<p>Enhance Fitness Hasselbring Senior Center 9:00 a.m</p> <p>Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am</p> <p>Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm</p>	24	<p>Wildflower Walk* For-Mar Nature Preserve 10:30- 12:00pm</p> <p>Astro Nite* For-Mar Nature Preserve 8:00-10:00pm</p>	25
27	<p>Let's Hike it Baby!* For-Mar Nature Preserve 10:00-11:00am</p> <p>Enhance Fitness Flint Farmers' Market 10:00 a.m.</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am</p> <p>Splash Bash U of M-Flint Rec 11:00 am</p> <p>Enhance Fitness Hamilton Health Clinic 12:00 pm</p>	28	<p>Enhance Fitness Hasselbring Senior Center 9:00 a.m.</p> <p>Arthritis Foundation Exercise Program Davison Area Senior Center 10:00-11:00am</p> <p>Arthritis Foundation Exercise Program Forest Township Senior Center 12:15-1:00pm</p> <p>Enhance Fitness Hamilton Main Clinic 5:30 pm</p> <p>Zumba GAC 5:30 p.m</p>	29	<p>Enhance Fitness Berston Field House 10:00 a.m.</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am</p> <p>Basic Yoga Insight Health & Fitness center 6:45 p.m.</p> <p>Yoga in Nature* For-Mar Nature Preserve 6:30-7:30pm</p>	30	<p>Enhance Fitness Hasselbring Senior Center 9:00 a.m</p> <p>Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am</p> <p>Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm</p>	31		

August 2018 Fitness Calendar

FREE! Commit to Fit! Class Schedule

Class Descriptions & Locations

Basic Yoga (1 hour)

This class is a balanced flow of postures designed to build stamina, strength, and flexibility while promoting weight loss and general stress relief.

Insight Health & Fitness Center (IHFC)

Formerly Hurley Health & Fitness Center
4500 S. Saginaw St
Flint, MI 48507
(810) 893-6489



Community Yoga (1 hour) – This is a yoga class for all levels. Please wear comfortable and loose-fitting clothing. Some yoga mats will be available to borrow as well

Mindfulness@crim.org
(810)-235-7461

Crim Fitness Foundation

452 Saginaw Street Downtown Flint



Senior Stretch (1 hour) - This class will help improve overall strength and flexibility. The class is led by a certified senior fitness instructor who will guide you through the exercises at your own pace. This class is perfect for all ability levels.

YMCA Downtown Flint

411 E. 3rd Street
Flint, MI 48503
(810) 232-9622



Zumba Gold (1 hour) - A less intense version of the classic Zumba. This class offers fun music to keep the excitement high while keeping the impact low.

POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training.

Genesys Athletic Club (GAC)

801 Health Park Blvd
Grand Blanc, MI 48439
(810) 606-7300



Questions?
Email commit2fit@flint.org

MIC-6C3 August.Fitness.Class.Calendar.071918.TW

Aquafitness/Splash Bash- An invigorating water workout. Ideal for all fitness levels. No swimming required

University of Michigan-Flint Rec Center

401 Mill Street, Flint, MI 48502
(810) 762-3441



Enhance Fitness (1 hour) – A fun, energizing class geared toward improving overall functioning and well-being. Improve your cardiovascular fitness, strength, flexibility and balance!

TIMES & LOCATIONS:

Hasselbring Senior Center

1002 Home Ave. Flint, MI
(810) 766-7128 Mon, Weds, & Fri 9-10 am

Flint Farmers' Market- Tuesdays &

Thursdays 10:00-11:00 am
300 E. First St Flint, MI
(810) 232-1399

Berston Field House

3300 Saginaw St.
Flint, MI 48505
Thursdays, 10:00am

Main Clinic

2900 N. Saginaw Street
Flint, MI 48505
Wednesdays, 5:30 - 6:30pm



Genesee County Parks and Rec

Visit the calendar at: <http://geneseecountyparks.org/> to learn more about fun family events in Genesee County Parks!

For more information please go to:

- Geneseecountyparks.org or call 800-648-PARK
- Descriptions for classes such as Let's Hike It Baby, Yoga for Kids, Yoga for Families, and more can all be found at the online calendar on Commit2fit.com or geneseecountyparks.org

All programs are free unless noted with an asterisk () sign next to the title, when noted with a *, next to the title, programing ranges from \$2.00-\$5.00. Pre-Registration may be required.*



Arthritis Foundation Exercise Program (1 hour) A low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level!

Grand Blanc Senior Center:

Tuesday & Thursdays 10am – 11am

Swartz Creek Senior Center:

Fridays 11am – 12pm

Forest Township Senior Center:

Wednesdays 12:30pm–1:30pm



Reflections FROM MEDICAL STUDENTS

The Bulletin has on occasion featured reflections by medical students. These two thoughtful pieces are on the Genesee County Free Medical Clinic.

Free Clinic Experience Teaches Valuable Lessons

Haben Debessai

As I walk into the clinic I am greeted with smiles and “good afternoons!” It’s a shockingly hot and humid day at the Genesee County Free Medical Clinic (GCFMC) in Flint, MI. As I walk behind the front desk and enter the halls of the clinic I am immediately lost in a maze of hallways. One of the nurses gives me a thorough tour of the clinic, showing me the in-house pharmacy stocked through samples and donation-funded medications. I see a volunteer helping stock the shelves of the cabinets. I learn later that there used to be many more medications available and that the supply has vastly dwindled in the last year. I am then led through the patient room halls that are decked with framed inspirational quotes and artwork. The tour ends at the break room where she offers me cake (it’s a staff member’s birthday!). I happily enjoy my sugar rush while reading comical memos on the wall before meeting the rest of the resident team and Dr. Radhika Kakarala, who is in charge of running the clinic. Finally, I make my way to the physician workroom where more medications have been stored and paper charts fill the central table in the room. I find my resident with a large chart open in front of him and he gives me a thorough history of the first patient we will see that afternoon.

Fifteen minutes later, and I am talking with my first patient about her uncontrolled hypertension. We talk about the medications that needs refilled and her co-morbid conditions she believes are having an adverse effect on her hypertension. I look around for a blood pressure cuff to redo her vitals after hearing that she is no longer in as much pain. I redo her readings, grateful for the chance to practice my clinical skills, and her reading remains heightened. We talk about her home life and the stresses she’s been under lately in her crowded home. I am in the room for over 30 minutes before I realize it and reassure her that I’ll be back to discuss next steps. Back in the workroom, I present the case with the resident physician and give him my impression on her current condition and we then both go in and discover more information to bring back to our attending. Finally, we all go back in, this time with Dr. Kakarala and we sit and

talk with our patient about ways to manage her stress and modify her lifestyle which will help lower her rising blood pressure in addition to adjusting her medications.

This is just one example of the many patient interactions I have had in the clinic where I am utterly amazed by the attentive care given to these patients that are arguably some of the most vulnerable in our population here in Flint. Some of them come in with fairly complicated and serious health conditions and I shudder to think about where they would go and how they would access their healthcare without this clinic. I am being challenged by not only the complex pathology of these patients, but also by their complex social situations. I have learned so much from watching the delivery of care from Dr. Kakarala and her team and I can see how much these patients trust her and want to share with her how they are struggling and succeeding in their lives. There is an innovation to how care is delivered at this clinic that I have enjoyed seeing. If we don’t have a certain medication, we think of ways in which we could get samples, or work with our resident clinic to obtain the necessary prescription. I have even been able to help in small ways like finding resources for a young woman we saw who had questions about preconception counseling. This utilization of resources can only happen once we as medical professionals educate ourselves about what resources are available. For instance, Dr. Kakarala gives each student that rotates through her clinic, an assignment to find a resource in the community that we see a need for in the clinic, formulate a brochure, and bring it to the clinic on our last day. I have volunteered over the past year with Master Gardeners all over the city and will be bringing a list of the local community gardens that will have harvest this coming season for the patients that can benefit from the fruits and vegetables available! I have thoroughly enjoyed my time in this clinic and I know that I am not alone in this – many of my cohort have also expressed their gratitude in being able to work with GCFMC. I definitely plan to be involved more in the near future.

The Gift Of The Free Clinic

Megan Masten

I feel really lucky to have had the opportunity to spend time at the Genesee County Free Health Clinic for an entire month. I appreciated this experience because I loved working with the patient population who receive their care at the clinic, as well as the hands-on teaching I was able to participate in during this time.

I am in an underserved medicine program through Michigan State University, and I have an interest in working with people who have characteristically been left out of healthcare. I love working with a diverse patient population and working with people who are medically vulnerable, such as patients with financial struggles or patients who do not speak English as their first language. I have loved working with the population who receive their healthcare services at the free clinic – I have been impressed with patient's willingness to feel vulnerable. I have spent my third year of medical school in a variety of medical settings – and my favorite type of patient interactions are the ones where patients are willing to be completely honest with me and share things about their life that they might be ashamed of or have complicated feelings about. I feel that I am doing what I'm meant to do when I get to have difficult discussions with people about medical and non-medical issues which affect their lives.

I spent time with a patient at the Free Clinic who opened up to me about his mental health concerns. He was recently started on a new antidepressant medication for depression and anxiety. I felt like he was open and honest about how he was feeling. It was a challenging topic for him to talk about. He shared with me that he was feeling really depressed and had frequent suicidal ideations – and he was quick to say, "I'm sure you don't struggle with depression, I'm sure your life is really good." It was such an important and unexpected conversation to be had; although I don't personally struggle with depression at this point in my life, I can't say that I never will, and I can't say that I don't understand why and how he feels. I shared this with him, and I shared with him the fact that I have family members who struggle with mental illness and who have been suicidal in the past. I think we are in a unique position as medical providers to be able to connect with people, show them that everyone struggles, and to tell them they're not alone. It was important to me to share something personal with this patient, to let him know that he can't look at me and assume my life is perfect and I have everything figured out; it's part of the human experience to struggle and go through a spectrum of emotions. At the same time, the depression that he's feeling is something that we can help mediate. I was lucky that he trusted me enough to talk to me openly. Sometimes we expect to spend the day examining other people's problems, and we don't expect to have to examine our own. But I find that it can be really meaningful for patient's when we are able to connect

with them about things that are happening in their life by showing them that we understand on a personal level.

In addition to the vulnerability patients are willing to feel at the Free Clinic, I really enjoyed how thankful they were. I felt like the patients I met with really appreciated being cared for at the clinic. I didn't find anyone with a sense of entitlement or with any negative feedback for the clinic, which I appreciated. I felt that my work at the clinic was extremely gratifying, and I enjoyed working with patients who really need medical care and are so pleasant to work with.

I also found that many patients at the free clinic were well informed about healthy lifestyle changes and were implementing major changes already. I worked with many patients who had already changed their diet and were eating less processed foods and eating more fruits and vegetables. Many patients were already on an exercise regimen. I had one patient who was running five times a week and biking on his off-days! It was rewarding to work with patients who were active in their care and wanted to change their lives. I think it was because they were in a supportive atmosphere which empowered them to do so.

I really loved the teaching I received at the clinic. Dr. Kakarala did a fantastic job of giving me tangible tasks to improve patient care. One project I worked on while at the clinic was creating a list of parks in the area to give to patients, since we noticed that it's hard for patients to find nice natural areas within the City of Flint. I really appreciated Dr. Kakarala's ability to turn one of my questions into a learning opportunity, and for a way for me to help patients at the clinic.

One of the most important things I learned at the clinic was motivational interviewing, incorporating lifestyle medicine into patient care. It's so interesting because motivational interviewing and understanding a patient's human experience is obviously so critical to their well-being, yet it is radically different from the classic medical model. I loved learning how to talk to patients about their motivation for change, and what inspired them to make healthier choices in their life. I enjoyed learning how to ask patients what it would take for a behavior to change or if they even really wanted something to change. I liked feeling like patient care was more of a team effort than the physician deciding what the patient should do.

Overall, I had a great time at the free clinic during the month that I spent there. I feel lucky that I was able to spend time at the clinic and learn about what the clinic offers and how it functions. I am thankful I was able to meet the patients I met and participate in their care. I am really grateful I had the chance to work with Dr. Kakarala. I hope to be the type of doctor who really gets to know my patients and understand them as people in my future practice.

HAPPY BIRTHDAY DOCTOR

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GCMS MEETINGS

— August 2018 —

Legislative Liaison Committee

Recessed (until October 1st)

Community & Environmental Health Committee

12:30pm, GCMS Office, 8/8

2018 Ball Committee, TBD

3:30pm, GCMS Office

Practice Managers

8:00pm, GCMS Office, 8/23

Finance Committee

Recessed (until September 25th)

Board of Directors

Recessed (until September 25th)

Did you recognize...
Abdelmajid Jondy, MD



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Medical Society Foundation

Consider a donation to the Medical Society Foundation for all of your holiday giving. What a wonderful way of expressing your holiday sentiments while supporting important health related causes.

The Medical Society Foundation has been coordinating physician giving in Genesee County since 1987. This holiday season, why not use the Foundation to make sure your gifts to family, friends and colleagues help to improve the health and well-being of our community.

By giving to the Medical Society Foundation, you receive a great year-end tax benefit at the same time that you tell others how much their health – really means to you.

The Medical Society Foundation funds have been used to support the charitable activities of the Genesee County Medical Society.

Contributions can also be made in memory of an individual or to honor someone.

For questions or information on how your gift can help support the charitable activities of your Medical Society Foundation contact Peter A. Levine, MPH at (810) 733-9925 or at plevine@gcms.org.

Medical Society Foundation Mission Statement: The Medical Society Foundation is organized and does operate for the purpose of supporting continuing medical education and health-related charitable activities that further the cause of medicine.

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