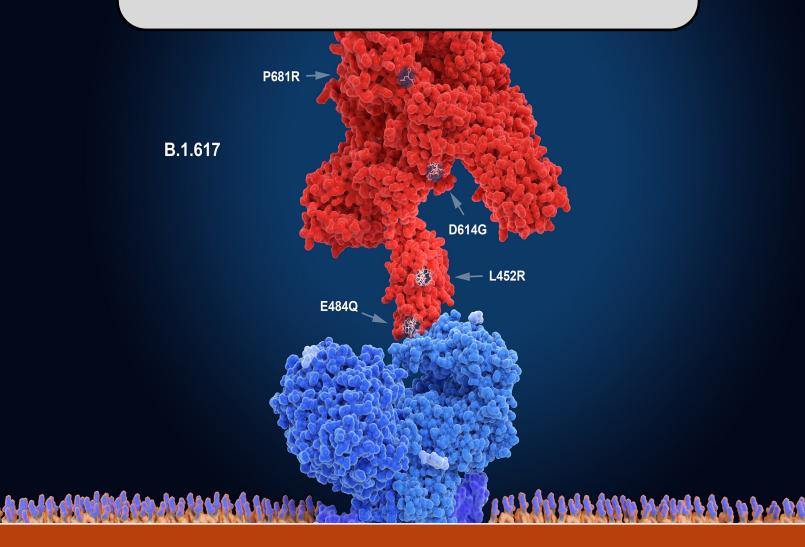
# THE BULLETIN

**SEPTEMBER 2021 VOLUME 98, NUMBER 9** 

- Delta Variant
- Save the Date: GCMS/GCMSA President's Ball November 20, 2021
- Commit to Fit– 2021 Fall 4 Fitness Challenge



#### THE BULLETIN is published monthly by: The Genesee County Medical Society

#### **GCMS OFFICERS 2021**

Sunilkumar Rao, DO, President Khalid Ahmed, MD, President Elect Qazi Azher, MD, Immediate Past Pres. Paul Kocheril , MD, Secretary

Ethiraj Raj, MD , Treasurer

#### MSMS OFFICERS 2021

Pino Colone, MD

President

S. Bobby Mukkamala, MD

Immediate Past President

John Waters, MD

Treasurer

#### DISTRICT DIRECTOR VI

Nita Kulkarni, MD

#### **DELEGATES**

Qazi Azher, MD

Ed Christy, MD

Deborah Duncan, MD

John Hebert, III, MD

Venkat Rao, MD

Tarik Wasfie, MD

#### **ALTERNATE DELEGATES**

Macksood Aftab, MD

Khalid Ahmed, MD

Mohammed Alasbahi, MD

Scott Garner, MD

Asif Ishaque, MD

Sunil Kaushal, MD

Paul Kocheril, MD

Rama Rao, MD

Elhamadi Saeed, MD

Brenda Rogers-Grays, MD

Ehab Youssef, MD

#### OTHER BOARD MEMBERS

Michael Giacalone, Jr., MD Pamela Hackert MD, JD, MPH Gary Johnson, MD

#### **EXECUTIVE DIRECTOR**

David Hoff, MA, CCP

#### **EXECUTIVE ASSISTANT**

Jennifer Sanders

#### September 2021 VOLUME 98, NUMBER 9

# THE BULLETIN

#### READ BY 96% OF GCMS MEMBERS

#### **FEATURE ARTICLES**

#### **Guest Editorial:**

Israel, The Biblical Holy Land	16
Commit To Fit	26
COVID-19 Resources	29
Safe Haven: Physician and Provider Well Being Program	34

#### REGULARS

President's Message	4
GCMS Meetings	5
Executive Director's Message:	
My Journey with GCMS	6

#### 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.

\_\_\_\_\_

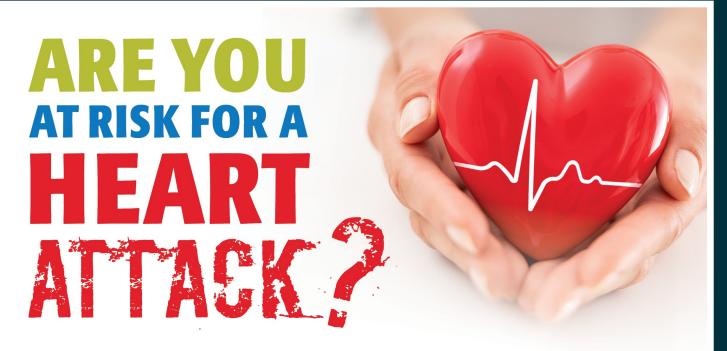
#### PLEASE NOTE

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

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 1st 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.



There are more than 3 million cases of heart disease diagnosed in the U.S. each year.

**Coronary artery disease** is the "silent killer," but some warning signs are apparent. They include unusual pain in the left armpit, arm and upper chest; unexplained heartburn; and malaise, tiredness or "just not feeling right."

Why be uncertain?

RMI is helping everyone stay healthy by offering CT Cardiac Scoring exams for



## CT CARDIAC SCORING

could give you the answers you need

Scans for evidence of coronary artery disease

Fast, painless alternative to invasive or physically demanding tests

Effective screening method for patients at higher risk of heart disease

Easy, flexible scheduling, convenient hours and compassionate care

Genesee County **(810) 732-1919** Novi **(248) 536-0410**Royal Oak **(248) 543-7226** Southgate **(734) 281-6600** 

#### PRESIDENT'S MESSAGE

Greetings,

As the delta variant spreads, Michigan continues to see a rising number of "breakthrough" cases, with a quarter of the most recent new infections hitting those who were fully vaccinated.

There are nearly 2,500 breakthrough cases were reported in Michigan for the week ending Aug. 17, up from 1,900 the week before.

The number of infections among the fully vaccinated has doubled in the past four weeks, mirroring the jump in overall new cases spurred by the more virulent delta variant of the coronavirus.

But public health and hospital officials say those infections do not mean the vaccines are not working. They note that the infection rate remains far lower among people who are already fully vaccinated and that very few of these people end up in the hospital or dying.

Even so, the recent rise in breakthrough cases has flummoxed some who have gotten vaccinated. There are early indications that vaccines' efficacy has waned as the more virulent delta variant gains a toehold. Researchers are still trying to determine how much can be attributed to delta, versus a reduction in long-term effectiveness of individual vaccines. That uncertainty is part of the reason for the greater urgency to provide booster shots.

I humbly request all medical staff to encourage your patients and families to get the vaccine immediately and to maintain all the precautions, including mask wearing, to fight this pandemic with COVID-19, moreover with the delta variant.

Until next time, stay safe and healthy!

Sincerely, Sunilkumar Rao, DO, MHA, FACC, FACP





Medical Society Foundation September 21, 2021 6:00 p.m.

Board of Directors
September 28, 2021 6:00 p.m.
Via Zoom

Practice Managers
October 14, 2021 8:00 a.m.
Via Zoom

Save the Date Legislative Liaison November 1, 2021 8:00 a.m.

#### Announcement

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

For details, contact:

# POTTER & ROOSE INSURANCE

810-767-8590

Providers of insurance for the GCMS & its members for 50 years.

906 Mott Foundation Bld., Flint MI 48502

# Your HEALTH CARE LAW FIRM



Wachler & Associates represents healthcare providers, suppliers, and other individuals in Michigan and nationally in all areas of health care law, including:

- Provider Contracting
- RAC, Medicare, Medicaid and Commercial Payor Audits
- Billing and Reimbursement
- Stark Law, Anti-Kickback Statute, and Fraud & Abuse Compliance
- Licensure, Staff Privilege and Credentialing
- Physician and Physician Group Issues
- Corporate and Transactional Matters
- Regulatory Compliance
- · Healthcare Litigation
- Healthcare Investigations
- Fraud and False Claims Defense
- Provider Participation/ Termination Matters
- HIPAA and HITECH Compliance



SERVING HEALTHCARE PROVIDERS FOR OVER 30 YEARS

248.544.0888 • wachler.com

#### My Journey With GCMS

I have spent the last 36 years working in the operating room as a cardiovascular perfusionist at McLaren Flint. In 2015 the decision was made to branch out and learn QuickBooks Online accounting software, achieving the level of QuickBooks Online Certified Pro Adviser. In 2019 I initiated an LLC and began obtaining accounts to manage. in September 2019 GCMS hired me to manage the finance and bookkeeping.

It is hard to believe I have just completed my first year as Executive Director of the Genesee County Medical Society. What began as a hobby job in finance guided me into the Executive Director position.

It has been an extremely challenging but rewarding year as Executive Director. I have met so many members and staff eager to help me succeed. The GCMS President, Dr Sunil Rao has been very supportive and a tremendous resource, and a pleasure to work with.

I am very fortunate and blessed to have been offered the Executive Director position of GCMS. My first year is now behind me. It is my hope that through the combined efforts of the board members and myself, the GCMS is in an improved position within the community and stronger within itself.

It is an honor and privilege to serve as the Executive Director for the Genesee County Medical Society. My relationships in medicine over the past 36 years have been a tremendous benefit in this position. Thank you GCMS for providing me a wonderful opportunity.





DAVID HOFF, MA, CCP



# Important Updates to Lung Cancer Screening Recommendation & Coverage

On March 9, 2021, the USPSTF (U.S. Preventive Services Task Force) updated its recommendation on lung cancer screening:

- USPSTF lowers age to 50 and smoking pack years to 20.
- Private insurance and Mediciad expansion plans must refelect this change in plan years that begin one year after the new recommendation was published.
- Check with insurer to verify coverage for your patient before ordering CTLS, as some patients may not be covered until 2022.

#### New Lung Cancer Screening Eligibility



Private Insurance Coverage for Annual CTLS Based on 2013 USPSTF Recommendation

55 - 80 years old (Covered by most commercial insurance providers) Currently smoking or quit smoking in the last 15 years

Have a smoking history of at least 30 pack years

Centers for Medicare & Medicaid Services (CMS) Coverage Eligibility Criteria
(To be documented in a written order for lung cancer screening)

55 - 77 years old NOTE: Age requirement differs from USPSTF recommendation Currently smoking or quit smoking in the last 15 years

Smoked 30 pack years or more Asymptomatic for Lung Cancer

Pack Year = # of Years Smoked x # of Packs Per Day

Example: 10 years smoking x 2 packs/day = 20 pack years Example: 20 years smoking x ½ pack/day = 10 pack years



Call 810.262.9309 to Schedule a Lung Screening for Your Patients.

Source: American Cener Society, Cancer Facts and Figures 2021

Lung Cancer is the leading cause of ALL CANCER DEATHS nationally.

Low-dose computed tomography lung cancer screening (CTLS) scans can vastly improve survival rates.

- Early diagnoses can be achieved up to 85% of the time in screen-detected lung cancers.
- Among those early-stage cancers, the cure rate approaches 80%.
- Only 17% of lung cancer cases are found at localized stage. The fiveyear survival rate for lung cancer patients diagnosed with localized disease is more than 59%. Imagine the possibilities if more patients were diagnosed at this stage.
- New Lung Cancer screening permanent CPT Code is 71271 (replaced G0297).





#### **HURLEY MEDICAL CENTER REFERRAL GUIDE**

#### HURLEY-AFFILIATED SERVICES INCLUDED:

Adolescent Medicine, Developmental-Behavioral Pediatrics, Child/Adolescent Mental Health, Pediatric Neuropsychology, and Pediatric Psychology



REFERRAL REASON	WHO TO CONSULT
<ul> <li>12- 20 YEARS OLD</li> <li>ADHD medication management - (after diagnosis is substantiated)</li> <li>Anxiety and depression - mild (pharmacologic management; relaxation-focused breathing techniques/self-hypnosis techniques)</li> <li>Stress management (relaxation-focused breathing techniques/self-hypnosis techniques)</li> <li>Chronic headaches or abdominal pain (relaxation-focused breathing techniques/self-hypnosis techniques to manage pain)</li> <li>Eating disorder concerns</li> <li>School problems, school failure, academic problems</li> <li>Sleep disorders - assessment and management</li> <li>Substance experimentation leading to possible abuse</li> <li>Teen/parental conflict</li> </ul>	Adolescent Medicine Hurley Children's Clinic Anju Sawni, MD 300 E. First St. Suite 201 Flint, MI 48503 Phone: 810-262-9773 Fax: 810-262-7308
O-12 YEARS OLD  ADHD – Complex presentation, differential diagnosis (<12yo); failed initial management or complex pharmacologic management (<12yo)  Autism spectrum disorder - diagnosis for patients with non-Medicaid insurance or Medicaid insurance with parallel referral to GHS Autism Evaluation Center; symptom management (pharm initiation & stabilization)  Pharmacologic management of behavioral issues associated with developmental conditions – ID, ASD, genetic syndrome  Sleep disorders – pharmacologic management, differential diagnosis	Developmental-behavioral Pediatrics (DBP)  Lauren O'Connell, MD 300 E. First St, Suite 201 Flint, MI 48503 Phone: 810-262-9773 Fax: 810-262-7308
ASSESSMENT & INTERVENTION FOR MENTAL HEALTH DIFFICULTIES (Including individual & family therapy, psychiatric evaluation, and medication management)  Examples:  • Anxiety, depression, bipolar, trauma (PTSD; trauma history)  • Self-injurious behaviors, psychotic behaviors  • Aggression, oppositional defiant disorder, conduct disorder  • Bereavement and grief/loss	Hurley Mental Health Associates 1085 South Linden Rd Suite 150 Flint, MI 48532 Phone: 810-262-2100

#### **HURLEY MEDICAL CENTER REFERRAL GUIDE**

#### HURLEY-AFFILIATED SERVICES INCLUDED:

Adolescent Medicine, Developmental-Behavioral Pediatrics, Child/Adolescent Mental Health, Pediatric Neuropsychology, and Pediatric Psychology



REFERRAL REASON	WHO TO CONSULT
O-17 YEARS OLD (18 years old permissible if enrolled in high school):  Neuropsychological evaluation for diagnosis, determination of neurocognitive functioning, recommendations for intervention and treatment planning.  Services only for patients with acute and chronic CNS presentation or CNS-impacting medical presentations.  Examples:  Brain injury (traumatic, hypoxic, non-accidental)  Stroke  Epilepsy  Infections  Brain tumor/cancer  Demyelinating disorders  Sickle cell disease  Cerebral Palsy, prematurity/low birth weight  Prenatal substance exposure  Genetic presentations  Endocrine or metabolic disorders  Congenital heart, liver or kidney disease	Pediatric Neuropsychology at Advanced Neuropsychology and Pediatric Psychology Services Shannon Dennis, PhD 1125 S. Linden RD, Suite 200 Flint, MI 48532 Phone: 810-262-2320 Fax: 810-239-1281
O-17 YEARS OLD:  Evaluation and non-pharmacologic, evidence-based intervention (e.g., cognitive-behavioral therapy, behavioral therapy, skills training) for the following:  Adaptation to new onset chronic illness Adherence to treatment regimens Chronic or recurrent pain Conversion disorder Failure to thrive, obesity, feeding disorders Attention-Deficit/Hyperactivity Disorder Maladjustment, depression, anxiety secondary to chronic illness Maladjustment, depression, anxiety exacerbating chronic illness Physical problems or complaints without a clear medical explanation Sleep disorders Social /emotional problems affecting a medical condition or recovery Somatic symptoms and complaints Elimination disorders (enuresis, encopresis)	Pediatric Psychology at Advanced Neuropsychology and Pediatric Psychology Services Rebecca Ellens, PsyD Natalie El-Alam, PsyD 1125 S. Linden RD, Suite 200 Flint, MI 48532 Phone: 810-262-2320 Fax: 810-239-1281



**FOR IMMEDIATE RELEASE** September 8, 2021

## Governor Whitmer Applauds School Districts and Local Health Departments Implementing Smart Mask Policies

More than 60% of Michigan students covered by a mask requirement, ensuring safe, in-person learning

**LANSING, Mich.**—Governor Gretchen Whitmer issued the following statement after more Michigan public school districts, including Mount Pleasant Public Schools just recently, and local health departments continue to implement smart mask policies, bringing the total number of school districts in Michigan opting for face coverings to 229, protecting more than 757,904 students, or 60.5% of students in Michigan.

"After 19 months of COVID, the science is clear: vaccines and masks keep kids safe and help them continue learning in person.

"On vaccines, the message is simple: every eligible Michigander 12 and older should get their safe, effective, and FDA-approved, vaccine to protect themselves, their loved ones, and their community.

"On masks, both the Michigan Department of Health and Human Services and the CDC have provided strong guidance to encourage school districts and local health departments to make the choice to put in place smart mask policies for students, teachers, and staff in schools regardless of vaccination status because it will allow everyone to stay safe while continuing to learn and grow in-person. I agree with our top health experts.

"As of today, 229 districts totaling over 60.5% of Michigan students, are covered by smart mask policies implemented by their school district or local county health department. That number continues to increase, and we expect to see that trend continue.

"In other states, school and local authorities have been pressured, threatened, or outright banned from taking action to protect their students, teachers, and staff. Instead, in Michigan, we are working closely with local health departments schools and supporting school districts to make sure prepared to protect are students this academic year. With 60.5% of our students and counting protected by smart mask policies, Michigan's local leaders are taking COVID seriously and their actions are helping to control the spread of the virus while allowing kids to continue learning in class.

"Districts and local public health leaders should keep working together to implement mask guidelines and create buy-in at the community level, which leads to better outcomes and better adherence to policies that keep kids, teachers, staff, and parents safe.

"Together, we can protect ourselves from COVID and ensure kids keep learning in-person."



## **Keep Genesee County Safe!**

- 1. Require Masks in your Practice
- 2. Practice Social Distancing in your Office
- 3. Educate your Patients on Vaccinations



# Why GCMS??

#### **Genesee County Medical Society**

Organized Medicine's Leading Edge



#### MEMBERSHIP

Membership in the Genesee County Medical Society (GCMS) gives you the opportunity to share resources, discuss ideas, and network with some of the most active and respected physicians in the state. You will receive news and information via The Bulletin magazine, meetings, faxes, and emails. Because GCMS is politically aggressive, it can provide its members with myriad opportunities to shape the future of medicine locally, as well as on a state and national level.

When you join GCMS you also join the Michigan State Medical Society (MSMS). MSMS has experts to assist you with practice management, business strategies, third party reimbursements, and contracting issues.



**CLICK TO LEARN MORE AND JOIN** 

#### **TOP 7 REASONS TO JOIN**

- GCMS is an aggressive advocate on behalf of member physicians with thirdparty-payors.
- GCMS is an aggressive advocate on behalf of its members physicians and their patients with state and federal legislatures.
- When specific issues arise that require immediate action, email lasts are institute to communicate directly with members.
- GCMS convenes monthly meetings with Practice Managers in an effort to head off problems for physician practices and to find solutions to those that are identified.
- GCMS is a national leader by providing leadership at the state and federal level through volunteer physicians, staff, and Alliance member involvement leadership positions.
- GCMS is disproportionality influential on behalf of its member physicians and their patients.
  - GCMS holds monthly meetings with federal and state legislators, and communicates with them at other times on as as-needed basis.

PHONE: (810) 733-9923

ADDRESS: 4438 OAK BRIDGE DRIVE, SUITE B, FLINT, MI 48532



## A STATE OF THE ART MENTAL HEALTH SCREENING PLATFORM.

#### 89% DIAGNOSTIC ACCURACY (PROVEN)

- HIPPA COMPLIANT CLOUD BASED!
- ASSESSES 17 DISORDERS IN ADULTS 24 IN CHILDREN!
  - IMPROVES HEALTH OUTCOMES!
- ADDS AN ADDITIONAL REVENUE STREAM DURING THESE CHALLENGING TIMES!
- MINIMAL TO NO OUT OF POCKET START-UP COST!
- STANDARD ICD-10 CODES FOR BILLING PURPOSES
- SUPERIOR TO THE PHQ-2 AND PHQ-9 IN QUALITY AND REIMBURSEMENT

WITH THIS EASY TO IMPLEMENT, EASY TO USE INDUSTRY
VALIDATED, CLOUD-BASED, FULLY-INTEGRATEABLE BEHAVIORAL
HEALTH PLATFORM YOU CAN IMPROVE PATIENT OUTOMES AND
ADD VALUE TO THE PRACTICE IN A VARIETY OF WAYS! (Including
financially!)

#### CONTACT US AND LET'S DISCUSS THE BENEFITS! FREE CONSULTATION

JESSIE G. RUCKES, V.P.
DJB HEALTH MGMT, INC.
EMAIL: <a href="INFO@DJBHEALTH.COM">INFO@DJBHEALTH.COM</a>
PHONE: 248-508-9204

WEBSITE: WWW.DJBHEALTH.COM





### DAVID HOFF CEO

(810) 407-4921 hoffshealthybooks@gmail.com

hoffshealthybooks.com

Certified QuickBooks
Online ProAdvisor

- Provide bookkeeping and general ledger entry input for QuickBooks Online.
- Generate income reports as needed.
- Perform budgeting and fixed cost analysis.
- Offer payroll services.
- Provide QuickBooks Online set up and consulting.



2337 Stonebridge Dr., Building F, Flint, MI 48532

Phone 810-733-6600
Fax 810-733-0262
f fb.com/completewa

kendall@completewa.com

Securities offered through Cambridge Investment Research Inc., a broker/dealer, member FINRA/SIPC. Investment Advisor services through Cambridge Investment Research Advisors Inc., a Registered Investment Advisor. Cambridge and Complete Wealth Advisors are not affiliated.







## Our members change futures.

We're happy to return the favor.

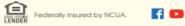


Sovita is the only credit union dedicated to serving healthcare and education workers. The people who move our community forward count on us to understand their unique financial needs and walk alongside them.

Join with other healthcare workers who are saying YES with Sovita.

- Virtual or on-site visits during any shift
- · Payroll deposits hit before the night shift is up
- · Financial products and services designed to fit the unique needs of healthcare employees
- Ongoing sponsorship of causes that are important to your healthcare community

To become a member, call 810.720.8300, visit a branch office or go to sovitacu.org





#### **GUEST EDITORIAL**

#### Israel, the Biblical Holy Land

They say, "Everything happens for a reason" and how true! After having read about Israel during my school days and taught about the Bible and Gospel in the missionary schools—attended, I always had a fascination for the Holy Land. Had to wait for more than half a—century to visit one of the most important destinations on my travels. Better now since Jawahar is with me to share the experience and so are my thirteen other friends who will keep me great company for the fortnight.

We arrived this evening in Tel Aviv. It has been one of the top places to see on my bucket list. As one of the nations in the confluence of religions where Christians, Jews and Muslims live, it is also the most strategic area in the political arena. Situated on the Mediterranean coast, Tel Aviv is a relatively young town. It is the second largest city in the country and boasts as one of the largest per capita economies in the region. After a long flight here, we spent the evening just walking along the streets near the hotel, taking in all the activity of the weekend in the bustling city.



Like in all metropolitan cities, the vendors in the market streets were busy selling all kinds of food and clothing items as well as toys and souvenirs. Shoppers were busy haggling with them to get the best for their hard earned shekels. The others were entertained by singers at major intersections. Too tired, we hit the sack pretty early to get ready for the next day's sight seeing.

Next on our itinerary was Jerusalem. Our first day helped cover many interesting sights. As one of the oldest cities in the world, the city is claimed as capital by both Israel and Palestine. It is situated between the Mediterranean and Dead Seas. Over the years, the city was attacked and captured several times. Walls were built and re-built around the old city which is an important UNESCO World Heritage Site. It is divided into four quarters, the Christian, Jewish, Armenian and Muslim quarters.

#### Inside David's tomb





The room where the last supper was had



#### The mosaic map of Jerusalem

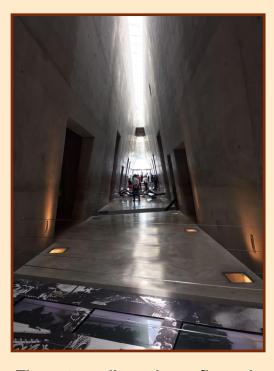
First on the itinerary was the Garden Tomb where Jesus was believed to have been buried. From there, we proceeded to the old city of Jerusalem. We walked through the gates and the streets where Jesus had passed carrying the crucifix. The Temple Mount, the Western Wall, Dome of the Rock and the Church of the Sepulcher are the most important sites here.

Although an entire day was spent sightseeing, there is so much more to see in this historical city which has been a constant place of conflict. I would strongly encourage all to visit the Holy Land if your time and wallet permit you to. However, there is so much walking and climbing stairs to do that it is not for those with weak knees since we logged in more than three miles and climbed over thirty floors.

The following day's visits will stand out in my memory forever. First stop was at the Museum of the Dead Sea Scrolls where copies of the scrolls and other related archaeological finds are on display. Next was Yad Vashem. located on Mount Herzl. It is also known as the Mount of Remembrance and is a memorial dedicated to the Jews who have fought the Nazis and suffered genocide. Spread over forty acres, the Children's Memorial, Holocaust History Museum, Remembrance Hall and Museum of Holocaust Art are the important structures. The Museum, shaped as a triangular prism, stands tall in the landscape. It is visited by over one million people annually.



The Holocaust Remembrance Museum



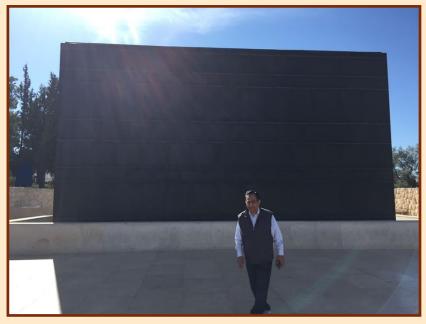
The extraordinary inner floor plan of the Hall of Remembrance



A model of victims of the Holocaust

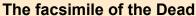


The structure showing the darkness against light recited opposite this one



**Light of Optimism** 

There are over two thousand exhibits of pictures, memorabilia and videos narrating the atrocities faced by the victims of the anti-Semitism. Although I was very eager to see the place, it left an indelible mark on my mind. I can never forget the heavy heart with which I left the memorial. It is a must see for all visitors to Israel.







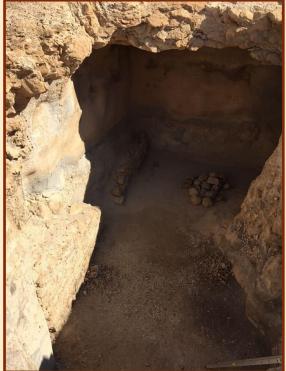
The Museum of the Dead Sea Scrolls





**Jerusalem** 

Our next important visit was to the famous Masada. The UNESCO World Heritage Site is situated on a plateau in the Judaean Desert, overlooking the Dead Sea. A cable car ride takes us to the historical site. Once a battle ground for the Romans and the Jews, the three rock terraces are now in ruins. Notable among them are King Herod's palace and other quarters. The on site Masada Museum displays archeological finds of the ancient times. It was a surreal feeling to walk along the ruins and reminiscing about the Masada movie starring, Peter O'Toole.

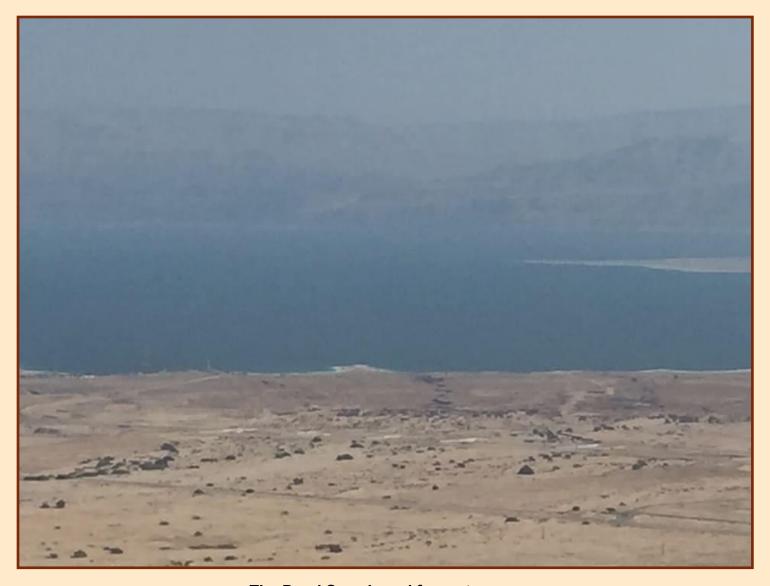


#### The cistern where the water was kept



The toilet

The bathroom



The Dead Sea viewed from atop

We, then, proceeded on to the famous Dead Sea. Due to the very high salt content in the water, it is easy to float on the surface. The mineral mud found in the beach is known for its cosmetic and therapeutic benefits. It is a major attraction where people from all over come to cover their body with the mud and float on the sea. Many of us experienced the feel. There was something in the water that kept our skin soft and glowing. I wonder if it was our imagination or it was really true!!!



Lakshmi Tummala



# ATTENTION: PRACTICE MANAGERS AND OFFICE STAFF!

# Genesee County Medical Society addresses issues of concern for medical professionals!

Please join GCMS and SOVITA in monthly meetings for practice managers and office staff of *all member physicians*.

Please email executivedirector@gcms.org to RSVP,

Due to the Delta Variant, the meeting will be held <u>via zoom</u>.

#### **NEXT MEETING DATE:**

October 14, 2021 @ 8:00 A.M.

You do not want your Practice Manager to miss out on these valuable meetings!







# 2021 GCMS/GCMSA Presidents Ball BOLLYWOOD NIGHT

Saturday, November 20, 2021 at 6:00 PM Atlas Valley Golf Club

\$85 per person
Sponsorship Opportunities Available



#### Premiere \$10,000 Level Sponsor

Includes two tables of 8 (16 seats). One Full-Page Ad\* in the January 2022 GCMS Bulletin, a special mention in advertising and promotions relating to the President's Ball, acknowledgement in the event program and at the podium and a sponsorship of a Dinner Business Meeting.

#### Platinum \$5,000 Level Sponsor

Includes seating at one table of 8, one Full-Page Ad\* in the January 2022 GCMS Bulletin, a special mention in advertising and promotions relating to the President's Ball, acknowledgement in the event program and at the podium.

#### Gold \$2,500 Level Sponsor

Includes seating for 6, one Half-Page Ad° in the January 2022 GCMS Bulletin, special mention in advertising and promotions relating to the President's Ball, acknowledgement in the event program and at the podium.

#### Silver \$1,500 Level Sponsor

Includes seating for 4, one Quarter-Page Ad" in the January 2022 GCMS Bulletin, special mention in advertising and promotions relating to the President's Ball,acknowledgement in the event program and at the podium.

#### Bronze \$750 Level Sponsor

Includes seating for 2,
Business Card Size Ad\* in
the January 2022 GCMS
Bulletin, special mention in
advertising and promotions
relating to the President's
Ball, acknowledgement in
the event program and at
the podium.

#### Popper Generous Donation

Includes seating for 2 (over \$500), special mention in advertising and promotions relating to the President's Ball, acknowledgement in the event program and at the podium.

\*GCMS will place ads at its discretion, if possible, upgrading to premium placement.

Online credit card payment is available. Please contact Executivedirector@gcms.org

#### **RSVP**

Or call 810-733-9923
Please include entree choice
(Chicken, Fish or Vegetarian)

# 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.





#### Do you have an advertising NEED?

- Are you a Physician **and** you are a member of GCMS and you have a new practice in Michigan?
- Do you have a medical practice **and** you are a member of GCMS and your office has relocated?
- Do you have a business that serves Michigan and business slow?

Let Genesee County Medical Society help!

## **Genesee County Medical Society Bulletin**

**(ONLINE MAGAZINE)** 

Your ad will be featured in the Genesee County Medical Society monthly bulletin that is provided to 1,500+ viewers. The Bulletin can also be found on the GCMS website, and is also published through Calameo virtual magazine. (HTTPS://En.Calameo.com/)

1/4-page ad \$100/month

1/2-page ad \$195/month

3/4-page ad \$290/month

Full page ad \$350/month

A link to the business website or email can be added for **NO** additional fee.





<sup>\*\*</sup>all ads placed by Physicians or Medical Practices must have a GCMS membership.





# 1,000 Minutes in One Month! OCTOBER 1-31, 2021

#### CHALLENGE GOAL:

A one-month physical activity challenge that encourages employees to represent their organizations by being physically active. It is open to all area businesses, organizations, and community groups interested in bringing wellness to the workplace and competing with other organizations.

#### **CHALLENGE PRIZES:**

**ORGANIZATIONS** with the highest levels of participation and average minutes of physical activity will receive:

- Trophies and Bragging Rights
- Additional Raffle Chances for Cash Prizes

**INDIVIDUALS** who reach the challenge goal of 1,000 minutes of physical activity during October will be eligible for prizes including:

- Cash Prizes
- Wearable Fitness Devices
- Gift Certificates

Registration your team today at www.surveymonkey.com/r/Fall4Fitness2021



#### **GET STARTED:**

Participating in the Fall 4 Fitness Challenge is as easy as 1-2-3.

- Log on to commit2fit.com.
- 2 Earn points for being active! Begin tracking your activity – just 35 minutes each day – and you are automatically entered into the challenge. Remember: All activity counts!
- Participate in free fitness classes, work together daily with your team members, and track all your physical activity to be eligible to win both organizational and individual incentives.

**Visit** www.commit2fit.com









#### Commit to Fit!



Visit <u>commit2fit.com</u> to track all of your physical activity and keep track of your fitness goal!

University of Michigan - Flint



Click <u>HERE</u> for daily workouts!

Crim Fitness Foundation



Visit <u>crim.org</u> for a variety of yoga and mindfulness practices!

Ascension Genesys Athletic Club



Click <u>HERE</u> for intense & moderate workout videos!

YMCA - 360



Visit **ymca360.org** for fitness classes of all ages!

Arthritis Foundation



Click <u>HERE</u> for arthritis exercises!











#### **For Daily Genesee County Covid-19 Numbers**



COVID-19 Summary for Genesee County, Michigan

Coronavirus (COVID-19) Data Dashboard for Genesee County



#### **For Reporting**



# EMPLOYERS + SCHOOL ADMINISTRATORS:

Do you need to report a laboratory-confirmed positive COVID-19 case?

Click the button to email the Communicable Disease team at GCHD-CD@gchd.us or call (810) 257-1017



#### For State of Michigan Covid-19 Information

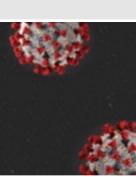








## COVID-19 VACCINE PROVIDER GUIDANCE & EDUCATIONAL RESOURCES



#### **COVID-19 VACCINE**

The COVID-19 pandemic demonstrates how diseases without vaccines can devastate economic and public health. Vaccines have reduced and, in some cases, eliminated many diseases. In the U.S., there is currently no approved vaccine to prevent COVID-19. MDHHS is working with the CDC and Michigan stakeholders to prepare and plan for when the vaccine is available. The initial draft of our state's plan is now available and will be updated often in the coming months. Visit regularly for the most recent information on the COVID-19 vaccine and Michigan's preparations.

**COVID-19 VACCINE PLAN** 



**COVID-19 VACCINE RESOURCES** 

**IMMUNIZATIONS DURING COVID-19** 

**CDC FAQS** 

PROVIDER GUIDANCE & EDUCATION



#### Medical Society Foundation

Consider a donation to the Medical Society Foundation for all of 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 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 GCMS at 733-9923 or email executivedirector@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 48532-5400

#### Symposium: Artificial Intelligence in Healthcare -Dr. Zia Uddin

Friday, October 8, 2021, Troy Marriott, Troy, MI.

Please note that there is **no registration fee** for this virtual meeting via Zoom.

It is with great pleasure we inform you that we have accomplished several healthcare projects and these are offered gratis to hospitals, medical schools, etc.

#### Symposium Agenda:

- Artificial Intelligence in Healthcare
- Artificial Intelligence Applications in Radiology
- Artificial Intelligence as an Emerging Technology in the Current Care of Neurological Disorders
- Artificial Intelligence System for Breast Cancer Screening
- Validating Artificial Intelligence for Pathology Practice
- Artificial and Real Intelligence in Healthcare
- emPOWERing Data and Artificial Intelligence Tools to Protect Community-Based at Risk Populations
- Innovating the Safety Net: Implementation of a Large-Scale
   Teleretinal Diabetic Retinopathy Screening Program in Los Angeles County
- Critical Illness Monitoring and Treatment Enhanced by Artificial Intelligence and Predictive Analytics
- . 3D Imaging Technology for Breast Cancer Screening, Diagnosis, and Treatment
- Artificial Intelligence in Breast Cancer Diagnosis
- Ethical and Legal challenges of Artificial Intelligence
- · Artificial Intelligence Algorithm-Diagnosis of Sleep Disorders
- Arterys Cardio DL: Software Analyzing Cardiovascular Images from Magnetic Resonance Scanners

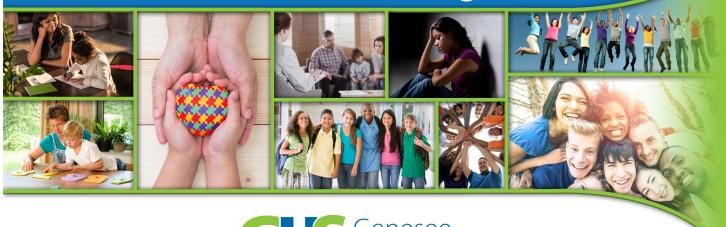
Moderators: Gregory Auner, PhD and Kenneth Tucker, MD

Please e-mail zia.uddin@telemededu.org the following information to process your registration for the Symposium:

- Name <u>and</u> Address of institution
- Name of Medical Director of the Residency Program
- Name, Phone Number and Email Address of Contact Person at the Institution

<sup>\*</sup>Once the registration information as been received, you will receive a Zoom link for the Symposium







Hope and health in the community

The GHS Children's Intensive Crisis Stabilization Team (ICSS) provides mobile crisis stabilization services, 7 days a week between 8:00am and 7:00pm to all children, youth, and young adults (ages 0-21) who reside in Genesee County. Calls during other hours are helped by our Crisis Line mental health professionals.

#### Reasons to call GHS:

- If you feel your child/youth is in a crisis
- The child/youth may hurt themselves or others
- The child is experiencing overwhelming confusion, anger, or emotional unresponsiveness

If you aren't sure if ICSS is needed, give us a call and we can help to explore options.

#### What happens when the GHS Intensive Crisis Team is called?

The team will provide an on-site intervention with the identified child or youth, and their support system. The team's main focus will be to help assess the crisis, utilize de-escalation techniques, help the child/youth and their family or support system to help with what is needed and to help determine next steps and long-term care.

#### Other services include:

- Crisis and Safety Planning
- Referrals to needed services
- Education on resources, diagnosis and services
- Collaboration and problem solving
- \* Psychiatric consults, as needed (does not include medication review for prescription)
- \*\* Intensive Crisis Stabilization services cannot be provided to individuals who are currently residing in inpatient settings: Jail/detention centers or residential settings (i.e. child caring institutions, crisis residential, etc.).

**GHS Intensive Crisis Stabilization Services for Children** 

810.257.3740 877.364.3648

#### 420 W. Fifth Avenue, Flint 48503 • www.genhs.org

Supported by funds from Substance Abuse and Mental Health Services Administration, Center for Mental Health Services through the Michigan Department of Health and Human Services.



# SAFEHAVEN™ PHYSICIAN AND PROVIDER WELL BEING PROGRAM

Rediscover meaning, joy, and purpose in medicine.

SafeHaven™ ensures that physicians and health care providers can seek confidential assistance and support for burnout, career fatigue, and mental health reasons.



In-the-moment telephonic support by a licensed counselor, 24/7



Peer Coaching—talk with someone who has walked in your shoes that can help you grow both personally and professionally

- Six sessions per incident
- Physician or provider chooses coach from a panel of coaches



WorkLife Concierge, a virtual assistant to help with every day and special occasion tasks, 24/7



Legal and financial consultations and resources, available 24/7



Counseling, available in either face-to-face or virtual sessions; addressing stress, relationships, eldercare, grief, and more

- Six sessions per incident
- Available to all extended family members



VITAL WorkLife App—Mobile access to resources, well being assessments, insights, and more

#### RESOURCES FOR YOU AND YOUR FAMILY MEMBERS

SafeHaven™ includes Well Being Resources from VITAL WorkLife—confidential and discreet resources designed to reduce stress and burnout, promote work/life integration and support well being for you and your family.

TO LEARN MORE, VISIT www.MSMS.org/SafeHaven

To support the needs of physicians and health care providers struggling with stress, burnout, and the effects of COVID-19, the Michigan State Medical Society (MSMS) and VITAL WorkLife have partnered to offer a comprehensive set of well being resources and confidential counseling services for their use, SafeHaven™.









# State and County Medical Society MEMBERSHIP APPLICATION

Join MSMS and your County Medical Society online at www.joinmsms.org



Membership

- O I am in my first year of practice post-residency.
  O I am in my second year of practice post-residency.
  O I am in my third year of practice post-residency.
  O I have moved into Michigan; this is my first year practicing in the state.
- O I work 20 hours or less per week.
  O I am currently in active military duty.
  O I am in full, active practice.
- O I am a resident/fellow.

O Male Female

First (legal) Name:	Middle Name:	Last Name	:		O MD	O D0
Nickname or Preferred Form of Legal Na	me:		Maiden Name (i	if applicable)		
Job Title:						
W Phone				H Fax		
Mobile:	Ema	ail Address				
Office Address O Preferred Mail	O Preferred Bill	O Preferred Mail and Bill				
City:			State:	Zip:		
Home Address O Preferred Mail	O Preferred Bill	O Preferred Mail and Bill				
City:			State:	Zip:		
*Please base my county medical society	membership on the co	ounty of my (if addresses are in o	different counties	): O Office Address (	Home A	ddress
*Birth Date:/ Bir	rth Country	MI Medical Licen	se #:	ME #:		
Medical School		Graduation Year:	ECFA	MG # (if applicable)		
Residency Program			Program (	Completion Year		
Fellowship Program			Program Completion Year			
Hospital Affiliation						
Primary Specialty				Board Certified:	O Yes	O No
Secondary Specialty				Board Certified:	O Yes	O No
Marital Status: O Single O Marrie	ed O Divorced Spo	ouse's First Name:	Spo	use's Last Name:		
Is your spouse a physician?: • Yes	○ No If yes, are the	hey a member of MSMS?: 🔾	Yes O No			
Within the last five years, have you beer	n convicted of a felony o	crime?: O Yes O No I	f"yes," please pro	vide full information: _		