

# THE Bulletin

March 2017 Volume 112, Number 36

**Cranes of Japan**

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**GCMS Supports  
Genesee County  
Tobacco 21 Regulation**

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**Elected Officials  
Contact Information**



**GENESEEE COUNTY MEDICAL SOCIETY**  
*Organized Medicine's Leading Edge*

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Peter S. Thoms, MD

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Immed. Past Pres. – Pino Colone, MD  
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Sunil Kaushal, MD  
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Lawrence Reynolds, MD  
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**Executive Secretary** – Sherry Smith

# THE Bulletin

*Read by 96% of GCMS members.*

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### *Cover Photo, Robert Soderstrom, MD*

#### **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**

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## ELECTIONS HAVE CONSEQUENCES

"Elections have consequences." President Obama famously stated this after beginning his first term as president in 2009. Politicians and pundits have since quoted it endlessly. It is undoubtedly applicable to the consequential changes that are readily becoming apparent in the early weeks of the new presidential administration. Major changes affecting health care are playing out and will continue for the near future.

Among the consequential changes ushered in by the new presidential administration, are the policies pertaining to immigration in general, and the proposed immigration bans in particular. The merits of the ban are certainly the topic of ongoing vigorous debate. Regardless of any merits of the immigration ban, there are unintended consequences that negatively impact health care in this country.

It is a fact that the health care system in the United States is heavily reliant on foreigners, including doctors and nurses who often work in inner cities and remote places where American-born doctors are reluctant to go. According to the Migration Policy Institute, nearly 30% of the doctors and surgeons in the United States in 2015 were immigrants. Specifically, immigrants make up one-fifth of all health care workers in the United States. Twenty-three percent of nurses and home health care aids are immigrants. The Migration Policy Institute further confirms that the health care industry has the largest percentage of foreign-born and trained workers of any industry in the country.

In the brief period since the Presidential Executive Order, (ban) limiting immigration from seven Middle Eastern and African countries, unintended consequences have become apparent. These consequences have negatively affected health care. Their impact will certainly become even more problematic if the restrictions are broadened and extended to additional countries. According to data from the American Medical Association, more than 8,400 doctors working in the United States are from Syria and Iran, two of the countries listed in the Executive Order.

It is a known fact the United States has a doctor shortage. The American Association of Medical Colleges (AAMC) estimates that the United States will face a shortage of up to 94,700 doctors by 2025. Bans such as the Immigration restrictions of the Presidential Executive Order



*John Hebert, MD*

can only worsen the U.S. doctor shortage. The ban has already created considerable anxiety and angst among International Medical School Graduates (IMGs) and medical students.

Our Genesee County physicians provide the highest quality of medical care to the patients of this community. The high level of quality care provided to this community is heavily reliant on the significant contributions of the International Medical Graduates who practice and were trained in this community.

As a residency program director in Flint for nearly 20 years, I can attest to the quality of the many IMGs who have trained in our community. Many of these physicians have gone on to become fellowship-trained subspecialists and have returned to practice in the community. Residency programs including mine have just completed the perennial interview season with the preponderance of very well qualified candidates interviewed being International Medical Graduates. Candidates interviewed include candidates from some of the countries on the ban list. I have just submitted my rank list of highly qualified candidates to fill residency positions beginning July 1, 2017. This highly competitive process known as "the match" means that it is possible that a well-qualified candidate from a country listed in the ban could "match" and then be denied entry into the country. Such a match could create a void that would be difficult to fill under the rules of the Accreditation Council for Graduate Medical Education (ACGME) resulting in a shortage of residents to train as they provide patient care. I hope that this will not be the case.

Indeed, these unintended consequences also extend to IMGs currently in our training programs from the seven countries listed in the ban and to other countries, which may later be included. There is a sense of general unease and apprehension among these physicians in training. They are now being advised not to leave the country even for a visit home. They may be denied reentry into the country.

I usually try to avoid political commentary. However, I fail now to see how the consequential changes occurring to health care or the unintended consequences of the proposed immigration ban will make health care "great again" in America.



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Ms. Kay Doerr  
Chairperson  
Genesee County Board of Health  
630 S. Saginaw St, Suite 4  
Flint, Michigan 48502-1540

January 23, 2017

**Re: Tobacco 21 Regulation**

Dear Ms. Doerr,

This letter represents support by the Genesee County Medical Society Executive Committee on behalf of the Board of Directors, for the proposed Tobacco 21 regulation. We unequivocally support the concept of a regulation in Genesee County which would forbid the sale of tobacco products to anyone under the age of 21. From a medical standpoint, any other position is indefensible.

Sincerely yours,

John Hebert, MD  
President

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Organized Medicine's Leading Edge

Mission - Leadership, advocacy, and service on behalf of its members and their patients.  
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.

# VALUABLE, INTERESTING AND HIGHLY BENEFICIAL

The Genesee County Medical Society has been holding some very interesting meetings. If you have attended any of them, you know it to be true; if you haven't been coming, you are missing out!

Our recent General Membership Business Meeting focused on the future of the Affordable Care Act and MACRA. Approximately 140 were in attendance, mostly physicians. Presentations were provided by J. James Rohack, a Past President of the AMA who has become a specialist in MACRA, and Stacey Hettiger from Michigan State Medical Society. Both were compelling presenters.



*Peter Levine, MPH*

The January practice managers meeting revolved around communication between primary care and specialist physician practices. There was also an in-depth discussion of Great Lakes Health Connect. This is a tool which can provide automatic two-way communications between referring physicians and specialists.

The February practice managers meeting focused on MACRA from the practice managers' perspective. The practice manager's meetings topics are established by the practice managers, to best serve our members. The meetings are from 8 to 10 AM on most fourth Thursdays. Keep track of them in the GCMS Bulletin.

## Meeting the Health Needs of Genesee County's Children

### Child & Adolescent Dentistry

- Dental Exams & Preventive Care
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### Child & Adolescent Health/Psychiatry

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- Audiology
- Nutrition Education
- Psychiatric Consultation
- Medication Management
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# FEBRUARY LEGISLATIVE LIAISON COMMITTEE MEETING

On Feb. 6 the GCMS Legislative Liaison Committee meeting featured updates from Senator Dave Robertson, Senator Ken Horn and Representative Tim Sneller. Nicole Derusha-Mackey from Representative Faris' staff was also present. Dr. Blight brought a pediatric resident Allison Sheppard. Joe Neller of the Michigan State Medical Society was also in attendance

Dr. Cathy Blight introduced Representative Tim Sneller. This was his first meeting as a State Representative, but he has been coming for 30 years as a staff person for other elected officials.

Joe Neller reviewed several pieces of legislation. He noted that the CRNA scope of practice bill will likely be reintroduced. Advanced practice nurse legislation did pass with cooperation from MSMS. Auto no-fault reform legislation will be brought back up as well. The Greer Fix, which was a technical repair

for a malpractice loop hole, passed. Neller noted that the MAPS updates have produced a much better system for physicians to use to help reduce opioid diversion. It will go live in April.

Senator Horn continues to serve on the Economic Development, Energy and Transportation Committees. Senator Robertson will continue to Chair the Elections and Government Reform Committee. Representative Sneller will serve on the House Agriculture and Financial Liability Committees.

Neller presented MSMS concerns about the future of the Healthy Michigan Plan. Similar concerns were relayed by Committee members.

The next meeting of the GCMS Legislative Liaison Committee will take place March 6.

If interested in attending, please contact Pete Levine at [plevine@gcms.org](mailto:plevine@gcms.org).

*Do you recognize this*  
**DOCTOR?**



**Look for the Answer inside!**

## *January Practice Managers Meeting Report*

### **Medicare Access and CHIP Reauthorization Act**

On Jan. 26, a large group of practice managers met for an open discussion on communication between specialists and primary care practices.

The purpose of the meeting was to figure out how to enhance communication between practices and enhance continuity of care. The group focused on the utility of using Great Lakes Health Connect to enhance communication between practices.

The February practice managers meeting will focus on an update on MACRA. The March session is to be determined by a consensus of the practice managers to make sure that it is accommodating their needs on behalf of our members.

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# The **ONLY** organizations advocating for **ALL** physicians and their patients.



The Genesee County Medical Society and the Michigan State Medical Society, for more than 150 years, has had a leadership role in Michigan. From standing up for patients' rights to working with lawmakers for sensible legislation to advocating insurance companies to negotiating with hospitals to lessening administrative hassles, GCMS and MSMS are the **ONLY** organizations advocating for **ALL** Michigan physicians.



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[www.joinmsms.org](http://www.joinmsms.org)





# Cranes of Japan

Article and Photos by  
Robert M. Soderstrom, MD

Cranes are among the most beautiful creatures in the world of ornithology. Their majesty in flight and their elegant stature on the ground are legendary. Michigan has its own Sandhill cranes which bordered on extinction in the 1930's but have now recovered to number in the tens of thousands. They are a common site here in Genesee County in the spring, summer, and fall.

Perhaps the most stunning member of the species is the red-crowned, or Japanese, crane. Unlike our Sandhills, the red-crowned crane does not migrate. It remains year-round on Japan's northernmost island of Hokkaido, nesting and raising young in the summer and dancing in the deep snows in the winter. It is a marvelous spectacle and this year Susan and I decided to go see it.

The red-crowned crane has its own miraculous survival story to tell. Like our Sandhills, it was hunted virtually to extinction by farmers and hunters in the early part of the 20th century. It is estimated that the world's population of red-crowned cranes was reduced to a number less than 20 by 1925, all of them surviving precariously in the distant wild areas of Hokkaido. A census conducted after World War II put the population at 35. The bird has been protected since, recognized as Japan's national bird and pictured on everything from kimonos to wine bottles. It is at least as much an icon of Japan as Mt Fuji. By 1959 there were 150 birds, by 1990 750, and now the population is estimated at 1300 – a most remarkable recovery.

In Japan, the birds are considered a symbol of long life and happiness. It has been

an enduring legend there that cranes live to be 1000 years old. One who folds and strings together 1000 origami cranes is said to be granted a special wish by their divinity.

Sadako Sasaki, the little girl who was exposed at age 2 to the A-bomb dropped on Hiroshima, made this legend world famous. Having developed leukemia a few years after her radiation exposure, she determined to fold 1000 cranes in a wish for life. She died at age 12, having missed the mark, folding 644 before the disease claimed her. Yet today the memorials at Hiroshima and Nagasaki are covered with origami cranes.

While the red-crowned cranes disperse in the spring and summer for nesting, they collect in large groups on their wintering grounds. Susan and I flew north from Tokyo and landed in Kushiro, Hokkaido. The ground was covered in snow and the temperatures were Arctic, but the cranes were perhaps the most spectacular birding event we have ever witnessed. Trumpeting, dancing, and strutting in the snow they put on a display like nothing we had ever witnessed. We only had a few days to view this extraordinary scene, but each minute was enchanting and we could have stayed for weeks.



# Save the Date!

*“Shared Grief is Grief Diminished” – Shelly Miller*

## **2017 Hospice Teleconference** **“When Grief is Complicated”**



When: May 17, 2017

Time: 8:00 a.m. Registration  
8:30 a.m.-12:30 p.m. Program  
***\*\*Full breakfast to be provided\*\****

Where: Genesys Conference & Banquet Center  
Grand Blanc, MI

**For registration information contact:**

**McLaren Hospice  
Attn: Carolyn Stubbs  
1-810-496-8625**

**Funded by a grant from The Community Hospice Foundation Fund  
of The Community Foundation of Greater Flint in cooperation with  
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Brown Funeral Home, Hill Funeral Home and Reigle Funeral Home.**



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support SHARING HOPE abundance community FRIEND  
inspire COMPASSION GIFT  
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vision THANK YOU blessings  
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purpose DONATE

## 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](mailto: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**

# Genesee County Medical Society Dinner Business Meeting

## February 2, 2017 Minutes

### I. Call to Order

The meeting was called to order at 6:40 p.m. by John Hebert, III, MD, President, in the Flint Golf Club dining room. Dr. Hebert welcomed everyone to this very important Town Hall meeting on ACA & MACRA in the New Political Environment: How to Thrive in Value-Based Health Care.

### II. Introduction of Guests

Dr. Hebert introduced distinguished guests for the evening: Dr. James Rohack, Past President of the American Medical Association; Stacey Hettiger, Director of Medical and Regulatory Policy of Michigan State Medical Society; Lori Kunkel, Vice President of Programs, Greater Flint Health Coalition; Paul Natinsky, Publisher and Editor of Health care Michigan; Karen Smith Publisher and Editor of Innovative Health Magazine; Dr. Cathy Blight, former President of the Michigan State Medical Society and AMA Delegate; Dr. S Bobby Mukkamala, MSMS Chairman of the Board and AMA Delegate; Dr. Venkat Rao, AMA Delegate.

Dr. Hebert also thanked the Flint Area School Employees Credit Union for sponsoring the meeting, and introduced Shawn Armbruster, Manager of Data Integrity and Compliance with the Rybar Group, which is an MSMS preferred vender.

### III. Review of Minutes from November 19, 2016 President's Ball Business Meeting:

**Motion:** That the minutes of the November 19, 2016 President's Ball Business Meeting be approved as published in The Bulletin. The Motion Carried.

### IV. Nominating Committee Election:

Dr. Hebert explained that five representatives from the general membership and two from the Board of Directors need to be elected to the GCMS Nominating Committee.

**Motion:** that Drs. Shafi Ahmed and Ed Christy be elected to serve as Board members on the 2017 Nominating Committee. The Motion Carried.

**Motion:** that Drs. Zainuddin, Raj, Agabigum, Mikhail, and Osama be elected to serve on the 2017 Nominating Committee as non-Board members. The Motion Carried.

### V. Announcements:

A) MSMS House of Delegates

Dr. Hebert announced that the MSMS House of Delegates will take place on May 6-7th at the Amway Grand Plaza Hotel in Grand Rapids. He reminded everyone that resolutions have to be received by February --- for the GCMS Board of Directors meeting, and submitted by 5 PM on Wednesday, March 1 to MSMS.

Dr. Hebert also solicited nominations of candidates for the GCMS Hero of Medicine Award candidates.

### VI. Introduction of Speakers, Town Hall Meeting

Dr. Hebert then introduced the speakers for the Town Hall Meeting on ACA & MACRA in the New Political Environment: How to Thrive in Value-Based Health Care.

First to speak was, Dr. J James Rohack, Past President of the American Medical Association, followed by Stacey Hettiger, Director of Medical and Regulatory Policy of Michigan State Medical Society.

### VII. Next Meeting:

The next general membership meeting will take place on May 4, 2017.

### VIII. Adjournment:

No further business appearing. The meeting was adjourned at 8:50pm.

Submitted by,  
Peter Levine, MPH  
Executive Director

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Contact Pete Levine at 810-733-9925.

CHECK OUT OUR WEBSITE [WWW.GCMS.ORG](http://WWW.GCMS.ORG)

## GCMS MEETINGS

— March 2017 —

### Community & Environmental Health Committee, 3/1

6pm, GCMS Office

### Legislative Liaison Committee, 3/6

8:00am, GCMS Office

### 2016 Ball Committee Wrap-Up, 3/7

12:00pm, GCMS Office

### Community & Environmental Health Committee, 3/15

12:30pm, GCMS Office

### Practice Managers, 3/23

8:00am, GCMS Office

### MSF Fundraising Committee, 3/23

6pm, GCMS Office

### Finance Committee, 3/28

5:15pm, GCMS Office

### Board of Directors, 3/28

6pm, GCMS Office

## HAPPY BIRTHDAY DOCTOR

MARCH

Nathaniel Narten, MD .....	1	Christie Samuels, MD .....	16
Srinivas Mukkamala, MD .....	1	Russell Sandberg, MD .....	17
Joseph Varghese, MD .....	2	Robert House, MD .....	19
Anju Sawni, MD .....	2	Yaseen Hashish, MD .....	20
Christopher Singh, MD .....	2	Asif Ishaque, MD .....	21
George Arnold, MD .....	2	Tjin Lim, MD .....	22
Paul Kocheril, MD .....	3	David Lee, MD .....	22
Rama Rao, MD .....	4	Abdul Alawwa, MD .....	22
Wendy Lawton, MD .....	4	Susumu Inoue, MD .....	23
Rizwan Danish, MD .....	5	James VanBrocklin, MD .....	26
Vijay Naraparaju, MD .....	5	Clinton Dowd, MD .....	26
Kristin Krizmanich-Conniff, MD .....	6	Harold Rutila, MD .....	26
Ghassan Bachuwa, MD .....	8	Chang Lee, MD .....	27
George Zureikat, MD .....	8	Joseph Batdorf, MD .....	28
Robert Rosenbaum, MD .....	9	Shawky Hassan, MD .....	28
Dilip Desai, MD .....	9	Vikram Rao, MD .....	28
Madan Arora, MD .....	10	Jawad Shah, MD .....	28
Karsten Fliegner, MD .....	13	Tomy Kalapparambath, MD .....	28
Suresh Anne, MD .....	14	William Shepard, DO .....	28
Dhiraj Bedi, DO .....	14	Radhika Kakarala, MD .....	29
James Neubeck, MD .....	16	Elfateh Seedahmed, MD .....	30

***NEW MSMS MEMBER BENEFIT:***

**LEGAL ALERT ON ELECTRONIC PRESCRIPTIONS FOR CONTROLLED SUBSTANCES**

Posted on February 07, 2017 09:16

The Drug Enforcement Administration's rule (the "Rule") permitting physicians to electronically prescribe controlled substances was issued on March 31, 2010, as an interim final rule with request for comment and became effective June 1, 2010. Since then, the Rule still has not been declared final and remains subject to change by Congress and/or the DEA.

The Michigan State Medical Society's (MSMS) latest legal alert explains the Rule as currently written and outlines steps that need to be accomplished prior to using an electronic prescribing application to electronically prescribe controlled substances.



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...so you're not **fair game.**

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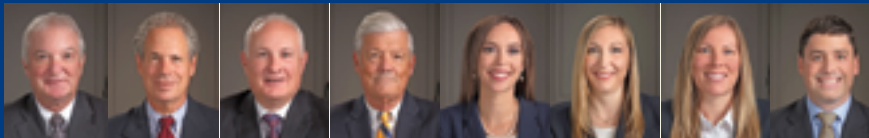
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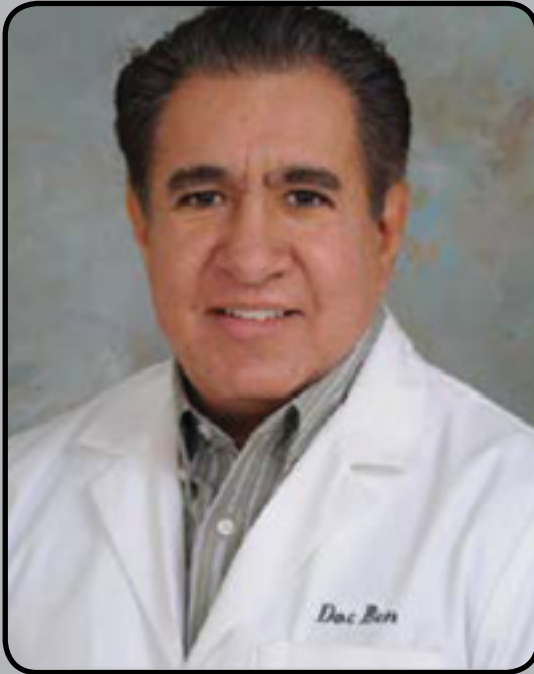
**Branch Office**  
3400 Regency Park Dr.  
Grand Blanc, MI 48439

**Branch Office**  
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Lapeer, MI 48446



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*Did you recognize...*  
**Benjamin Ramirez, MD**



## *Announcement*

**GCMS members now entitled  
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and homeowners insurance.**

For details, contact:

**POTTER & ROOSE  
INSURANCE**

**810-767-8590**

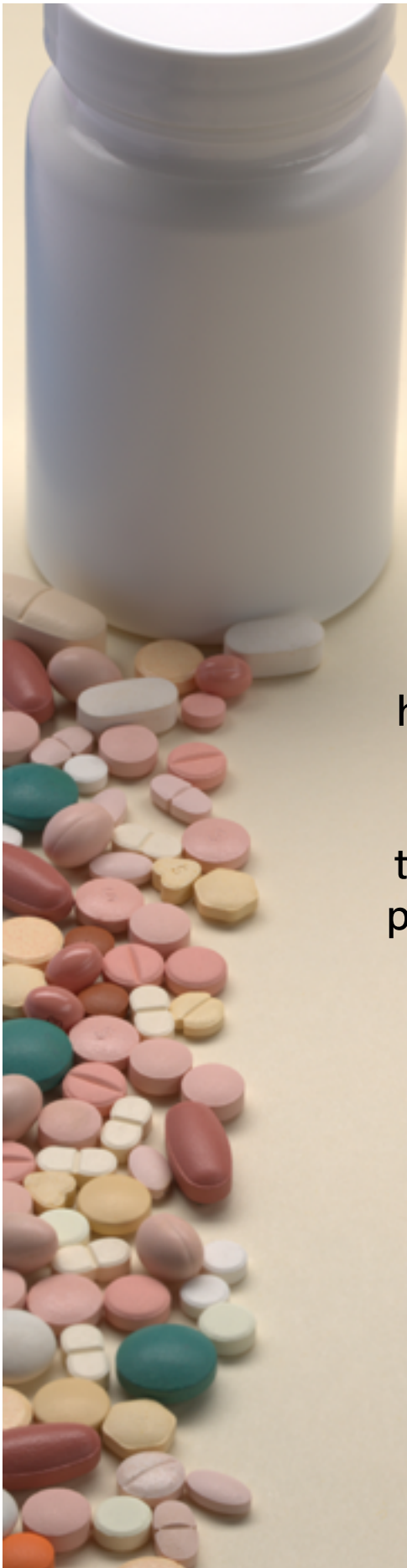
Providers of insurance for the GCMS & its  
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### **YOUR \$\$\$ AT WORK**

- Staff directly intervened on behalf of three practices with one third-party payer and on behalf of two practices with the second third-party payer, and one practice with the third third-party payer
- GCMS provided a MACRA meeting for physicians with the support of the Michigan State Medical Society and the American Medical Association. The session featured Continuing Medical Education credits, a free meal for members, and a presentation that no one wanted to leave
- GCMS hosted a session on MACRA for practice managers
- GCMS represented the physician community in meetings with the State of Michigan on the structure, integration, and funding for the State Innovation Model involving three ACO's.





# **DISPOSAL OF PILLS, TABLETS AND CAPSULES**

In an effort to reduce the diversion of prescription drugs to the street, the Genesee County Medical Society wishes to let the medical community know that the Michigan State Police have a Prescription Drop-Off program. They will take any pills, capsules, or tablets, which must be removed from the plastic prescription containers and placed loose in baggies. Those baggies can be dropped off between

**8:00AM AND 4:00PM,  
MONDAY THROUGH FRIDAY**  
in a special container located at the



**Michigan State Police Station,  
4481 Corunna Road, Flint, MI 48532.**

# ELECTED OFFICIALS CONTACT INFORMATION

## STATE OF MICHIGAN



### GOVERNOR RICK SNYDER (R)

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### REPRESENTATIVE JOSEPH GRAVES (R)

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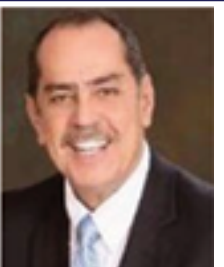
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Website: <https://www.peters.senate.gov/>

## OBITUARY



# *Felipe G. Videla, MD*

Dr. Felipe Videla passed away on February 21, 2017, in North Carolina at the age of 79 due to injuries sustained in an automobile accident. Dr. Videla was a resident of Grand Blanc and practiced psychiatry in the Flint area for over 50 years. He was board certified in neurology and psychiatry and was a member of the American Medical Association, American Psychiatric Association, Michigan State Medical Society, and the Genesee County Medical Society. He was affiliated with all hospitals in the Flint area. Dr. Videla was born in Argentina. He was a member of the Air Force National Guard and achieved the rank of Lieutenant Colonel while also serving as a flight surgeon. He was involved in Desert Storm. Dr. Videla retired from practice in 2013. He is survived by his wife, Nancy. Services will be held in North Carolina.

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# 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**

## **March Topic:**

**“BCBSM/BCN: Updates & Feedback”**

**Presenter: Dan Martin, Director, Provider Outreach  
Blue Cross Blue Shield of Michigan, Blue Care Network**

## **April Topic:**

**“HAP: Updates & Feedback”**

**Presenter: Greg Buran, MD, VP & Senior Medical Director  
Health Alliance Plan**

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



# March 2017 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. [Click HERE to Access the Nutrition Education & Resources Calendar](#)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:30–1:30pm	2 <b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m. <b>Basic Yoga</b> IHFC 6:45 p.m. <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am	3 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm <b>Zumba®</b> U of M-Flint 5:30-6:30pm
	6 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Senior Stretch</b> YMCA Downtown 10:00 <b>Aqua Fitness</b> U of M-Flint Rec Center 5:30-6:30 pm	7 <b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m. <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am <b>Fit Walking</b> U of M Flint-Rec 5:30 pm	8 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:30–1:30pm <b>Zumba Gold (Beginner)</b> GAC 5:30 p.m.	9 <b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m. <b>Basic Yoga</b> IHFC 6:45 p.m. <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am	10 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm <b>Zumba®</b> U of M-Flint 5:30-6:30pm
	13 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Senior Stretch</b> YMCA Downtown 10:00 a.m. <b>Aqua Fitness</b> U of M-Flint 5:30pm	14 <b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m. <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am <b>Fit Walking</b> U of M Flint-Rec 5:30 pm	15 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:30–1:30pm <b>Zumba Gold (Beginner)</b> GAC 5:30 p.m.	16 <b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m. <b>Basic Yoga</b> IHFC 6:45 p.m. <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am	17 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm <b>Zumba®</b> U of M-Flint 5:30-6:30pm
	20 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Senior Stretch</b> YMCA Downtown- 10:00 <b>Aqua Fitness</b> U of M-Flint Rec Center 5:30-6:30 pm	21 <b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m. <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am <b>Fit Walking</b> U of M Flint-Rec 5:30 pm	22 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:30–1:30pm <b>Zumba Gold (Beginner)</b> GAC 5:30 p.m.	23 <b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m. <b>Basic Yoga</b> IHFC 6:45 p.m. <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am	24 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm <b>Zumba®</b> U of M-Flint 5:30-6:30pm
	27 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Senior Stretch</b> YMCA 10:00 am <b>Aqua Fitness</b> U of M-Flint Rec Center 5:3-6:30 pm	28 <b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m. <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am <b>Fit Walking</b> U of M Flint-Rec 5:30 pm	29 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:30–1:30pm <b>Zumba Gold (Beginner)</b> GAC 5:30 p.m.	30 <b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m. <b>Basic Yoga</b> IHFC 6:45 p.m. <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am	31 <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m. <b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm <b>Zumba®</b> U of M-Flint 5:30-6:30pm

MIC-6C3 March.Fitness.Class.Calendar.022117.HB

# March 2017 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



**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.

#### Genesys Athletic Club (GAC)

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



## Active Schools Challenge!

### Challenge Goal for Participants:

Log 30 minutes a day of physical activity (900 minutes total) during the month of March. Every minute, whether in school or at home, counts!

### Challenge Focus

A challenge that focuses on promoting physical activity both in and out of local schools by giving K-12 students the chance to take part in "healthy" competition.

### Challenge Prizes

The school whose students log the HIGHEST average minutes of physical activity will be awarded a monetary donation to be used toward health and wellness within that school. Students from all schools that reach the challenge goal will be eligible to win great prizes including: sports equipment, gift cards and more!

Teachers and staff will also be eligible for prizes! The winning school will also be awarded the Active Schools Challenge traveling trophy.

### How to Participate

All schools in Genesee County are eligible to participate! Contact [commit2fit@flint.org](mailto:commit2fit@flint.org) to get started.



Questions?  
Email  
[commit2fit@flint.org](mailto:commit2fit@flint.org)

MIC-6C3 March.Fitness.Class.Calendar.022117.HB

**Zumba** – This class offers fun music to keep the excitement high while keeping the impact low  
Friday's 5:30-6:30pm in ADR.  
January 4<sup>th</sup>- April 28<sup>th</sup> 2017

**Aquafitness**- An invigorating water workout. Ideal for all fitness levels. No swimming required

**Fit Walking**- Tuesdays at 5:30 pm: Join us for a fun walking class on the track! Whether you're just getting your cardio started or want to complete a 5k, this class will help you reach your walking goals!



**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

**Carriage Town Ministries** 605 Garland St Flint, MI  
Tuesday 2:30-3:30 pm

#### Flint Farmers' Market- Tuesdays &

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



**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. 3<sup>rd</sup> Street  
Flint, MI 48503  
(810) 232-9622



**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

**Eastside Senior Center:** Wednesdays 10am – 11am

#### Forest Township Senior Center:

Wednesdays 12:30pm–1:30pm



# 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](mailto:plevine@gcms.org).**





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