

THE Bulletin



February 2020 Volume 97, Number 2

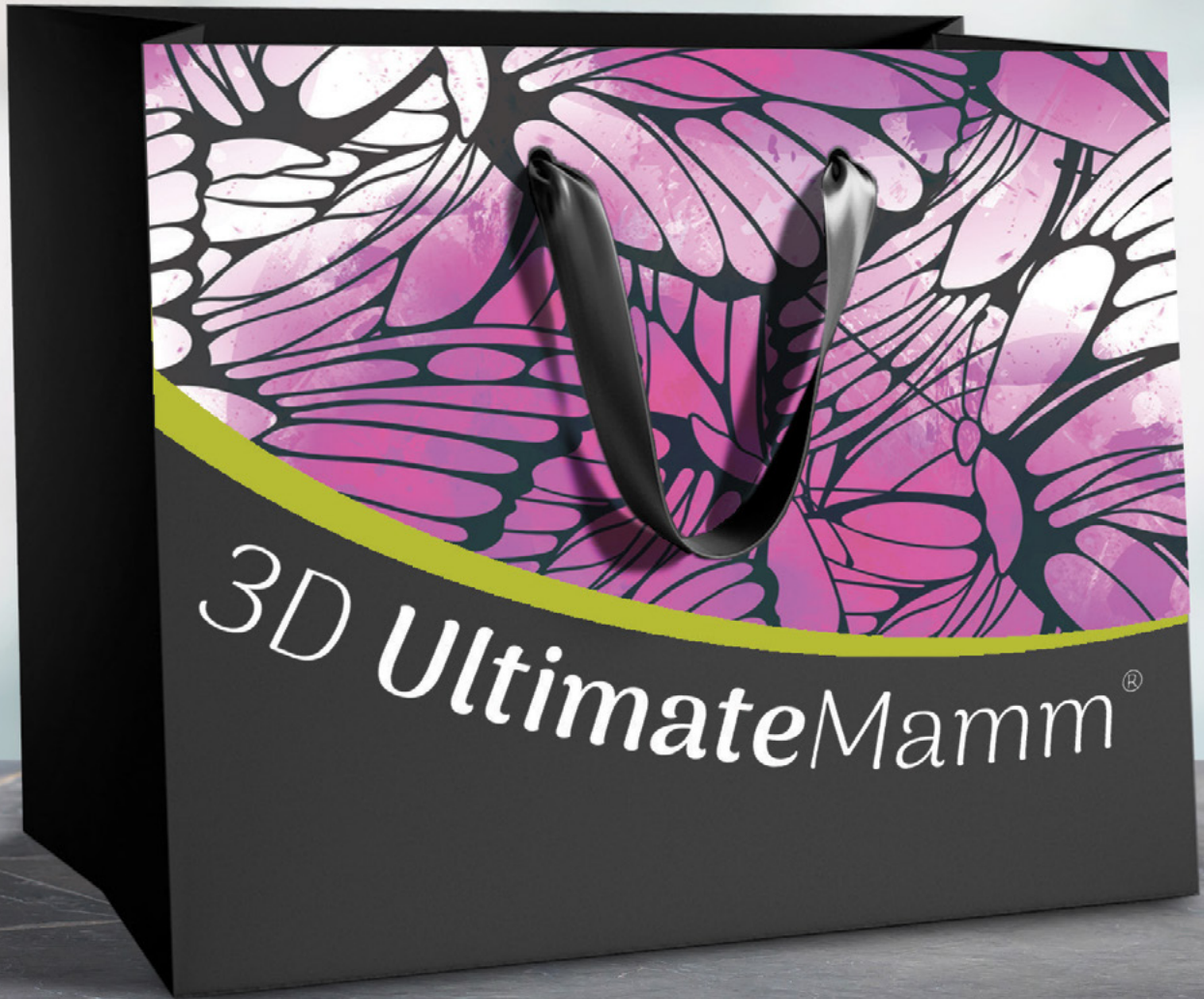


**Legal Advisor:
Trust Administration –
A Basic Overview**

**Raising Awareness
About Cervical Health**

**February Is
American Heart Month**

February 6th Town Hall- POSTPONED



Your one stop shop for all her breast health needs.

Everything your patient needs for optimal breast screening in one convenient package – 3D UltimateMamm®.

3D Mammography

Provides a better look at breast tissue by creating a circular image which can be viewed from many angles.

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Royal Oak Area (248) 543-7226
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THE Bulletin

Read by 96% of GCMS members.

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Cover Photo *Cyrus Farrehi, 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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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.

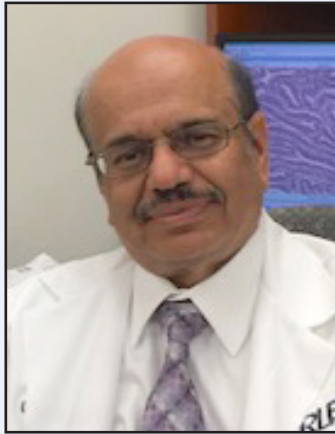
Raising Awareness about Cervical Health

Every year nearly 13,000 women across the US are diagnosed with cervical cancer and about a third of them die. Worldwide, it is estimated that over 500,000 women will be diagnosed with cervical cancer this year. Despite the available tools to prevent and treat cervical cancer, due to the lack of awareness or insufficient health care facilities, it is diagnosed in many women only in the later stages when it is difficult to treat.

While January is designated as Cervical Health Awareness Month to raise awareness of cervical cancer and to fundraise for research into its cause, prevention, diagnosis, treatment, survivorship and cure, it's still vital to encourage your patients to have regular Pap smears to check for cervical cancer as well as have the human papillomavirus (HPV) vaccine if they are eligible.

The US Preventive Services Task Force (USPSTF) recommends the following:

- Pap smear screening for cervical cancer in women age 21 to 65 years with every 3 years or, for women ages 30 to 65 years who want to lengthen the screening interval, screening with a combination of Pap smear and HPV testing every 5 years.



Qazi Azher, MD

- Against screening for cervical cancer with HPV testing, alone or in combination with Pap smear, in women younger than age 30 years

- Against screening for cervical cancer in women younger than age 21 years (available studies show that precancer or cancer of the cervix is rare in women younger than age 20 and approximately 90 percent of HPV infections in girls and young women spontaneously clear within two years).

- Against screening for cervical cancer in women older than age 65 years who have had adequate prior screening and are not otherwise at high risk for cervical cancer.

Because preventing HPV infection can also help to prevent or reduce all HPV-attributable cancers, including cervical cancer. The CDC recommends HPV vaccine for routine vaccination at age 11 or 12 years (can be started at age 9). Vaccination is recommended for females aged 13 through 26 years and males aged 13 through 21 years not adequately vaccinated previously and through age 26 years for gay, bisexual, and other men who have sex with men, transgender people, and for immunocompromised persons (including those with HIV infection) not adequately vaccinated previously.

Save the Date

GCMS President's Ball
November 7th, 2020

The Genesee County Medical Society cordially invites you to a

Quarterly Dinner Business Meeting & Medical Community Town Hall

sponsored by

Sovita Credit Union

POSTPONED

Flint, MI 48507

Health Can't Wait

It's a reality that physicians understand and patients experience. Tragically, insurance company bureaucracy too often stands between patients and the medicine, treatment, or testing their physicians believe they need. Prior authorization, step therapy, and fail first requirements hamstringing treatment, drive up prescription nonadherence and lead to diminished health.

GCMS is part of the Health Can't Wait coalition, an exciting partnership of patients, health care providers, and patient advocacy associations dedicated to putting Michigan patients first and ending delays in patients' access to health care. Join us to discuss these costly, onerous, and dangerous payer practices and how the HCW coalition is fighting to end them.

Please invite other physicians and practice managers to this meeting! GCMS physicians, spouses, GCMSA, family members, GCOA members, practice staff and other interested professionals are invited to attend!

Meeting Agenda

6:00 pm Registration & Social Hour

6:30 pm Dinner

7:00 pm Meeting

7:15 pm Health Can't Wait Presentation



Kevin McFatridge
Senior Director of Marketing &
Public Relations
Michigan State Medical Society

Registration Fees

**\$40.00 GCMS Members, Spouses,
Practice Managers & Staff**

**\$40.00 Genesee County Osteopathic
Association Physician
Members & Spouses**

\$25.00 Residents & Students

\$75.00 All Non-Member Guests

Register Today

Space is limited!

Please register by January 24, 2020

Mail your reservation payment to:

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

Questions? Email Sherry Smith at ssmith@gcms.org or call 810-733-9923.

February is American Heart Month

Heart disease is the leading cause of death in Michigan. High blood pressure is one of the key risk factors for heart disease. One in three adults in the United States has uncontrolled high blood pressure.

This year, the CDC's Division for Heart Disease and Stroke Prevention (DHDSP) will use American Heart Month to focus on how people can control high blood pressure and protect their heart.

Here are some resources for you and your patients to help address blood pressure control:

Target:BP™ (<https://targetbp.org/>)

A joint AMA/American Heart Association initiative that works to reduce the number of Americans who suffer heart attacks and strokes by urging physicians and care teams to prioritize blood pressure control. Target: BP is the go-to source for information and guidance on how to improve blood pressure control rates and recognizes practices for their commitment to this effort. A physician who registers for Target: BP, will receive guidance and support from the AHA field staff, as well as a newsletter providing the latest cardiovascular news and information.

Hypertension Communications Kit (https://www.cdc.gov/bloodpressure/communications_kit.htm)

Use these shareable messages and graphics to help your patients understand what hypertension is and why managing blood pressure is important for reducing the risk of cardiovascular disease.

High Blood Pressure Fact Sheets (https://www.cdc.gov/bloodpressure/materials_for_patients.htm)

Print and share these resources with your patients to help them learn about the risk factors, prevention, diagnosis, and treatment of high blood pressure

Supporting Your Patients with High Blood Pressure (https://millionhearts.hhs.gov/files/TipSheet_HCP_Checklist.pdf)

Download this checklist as a guide during visits with patients who are working to control high blood pressure.

Self-Measured Blood Pressure Monitoring

Guidance for using out-of-office BPs is not new. Medical evidence and clinical guidelines published over the last decade have showcased the importance of 24-hour ambulatory monitoring as the reference standard, and self-measured blood pressure monitoring (SMBP) as an

acceptable alternative for obtaining BPs to diagnose and treat hypertension. A 2015–2016 DocStyles survey of more than 1,500 primary care physicians and nurse practitioners suggests that close to 97% of the survey respondents reported using SMBP with their patients.



Angie Kemppainen, CAE

Beginning January 1, 2020, physician practices that educate patients to perform self-measured blood pressure (SMBP) monitoring can submit claims using CPT codes associated with clinical services. The two new codes—99473 and 99474—support home blood-pressure monitoring, which provides useful information physicians can use to better diagnose and manage hypertension. Home BP monitoring also helps patients to take an active role in the process.

This is how the two CPT codes will work for using SMBP to help physicians better care for their patients:

- Training, patient education, and device calibration- CPT code 99473 can be submitted when physician practice staff provide training, device setup and calibration of SMBP devices validated for clinical accuracy for patients, and patients are instructed to properly monitor their BP at home. This code can only be submitted once.
- Ongoing treatment decisions- Physicians can also submit CPT code 99474 once a month for ongoing treatment decisions. This code can be used when patients and/or caregivers report their BP readings back to the practice—whether it is done electronically or in person with a SMBP recording log—which then allows the physician to make ongoing treatment decisions based on the average of the patient's BP readings.

Click here (<https://www.ama-assn.org/practice-management/cpt/new-year-new-cpt-codes-self-measured-bp>) for more information on SMBP and a chance to earn CME credit from AMA.

Click here (<https://millionhearts.hhs.gov/tools-protocols/smbp.html>) for guides, videos, and success stories to help you implement SMBP in your practice.



Issues of Serious Concern for Medical Practices!

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

GCMS Practice Manager meetings are held on the 1st Thursday of each month from 8am to 10am



**ATTENTION:
GCMS
Practice
Managers**

The following topics are tentatively scheduled and subject to change

February 6, 2020

Presenter(s)

"Meridian Health"

Kristen Gasieski, Manager of Network Development
Valerie Southall, Provider Network Development Representative
Jeffrey A. Holzhausen, Director of Network Development

March 5, 2020

Presenter(s)

"What's New with MIPS?"

Bruce Maki, Regulatory Analyst, Project Manager
M-CEITA, Center for Appropriate Care, ALTARUM, Ann Arbor

April 2, 2020

Presenter(s)

"McLaren Health Plan"

Trish Smith, Network Development Supervisor

May 7, 2020

Presenter

"Health Alliance Plan"

Director, Provider Network Management

June 4, 2020

Presenter

"Roundtable Discussions"

Stacie J. Saylor, CPC, CPB. Reimbursement Advocate
Health Care Delivery, Michigan State Medical Society

Please email Sherry at ssmith@gcms.org or call 810-733-9923 to RSVP!

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

There is Strength in Numbers

Each issue of MSMS' "Michigan Medicine" is publishing the names of physicians who have joined MSMS since the previous issue. To my delight, I am finding the names of colleagues who had opted not to join our ranks until now. I am delighted when anybody joins but these names give me special delight because when I was President of GCMS increasing membership was my focus - the goal for my term in office. Whereas the campaign was successful many opted out.

Membership is the skeleton of our society providing GCMS (and by association MSMS) with the undergirding for financial stability and a strong voice. As President of GCMS, I had been invited to attend the GCOA for their annual event. I was one of about thirty to attend. I saw an opportunity to enhance both organizations so I invited the President of our local osteopathic physicians to join us at our Board of Directors meetings with the hope that we could mesh our organizations into one thereby strengthening both organizations.

The latest "Michigan Medicine's" list of new members carried 20 names of osteopathic physicians from all over Michigan. Our GCMS is enhanced with a growing number of our osteopathic colleagues. The transition is slow but steady. I had hoped to see a big influx of our osteopathic colleagues when Gerald Natzke was our



Peter S. Thoms, MD

president. It did not happen. But the trend is gaining momentum. I look forward to the time that we become unified.

Another missing faction is the cohort of resident physicians. In the recent past, perhaps four years ago, the Residency Directors all gave us access to and encouraged their residents to join our ranks as members of GCMS and MSMS. The cost was minuscule, and the application forms simplified. Unfortunately, that has changed eliminating over 100 members and removing an important entry to organized medicine and the added strength that numbers afford us.

This is a membership segment that we will be focusing on, providing young physicians with an important entry point to organized medicine and adding strength and new voices to our Society.

The good news - WE ARE GROWING AGAIN!! But growth is not automatic. The GCMS Board has made it a priority. Dr. Azher is focused on it. Our Executive Director, Angie Kemppainen, is making contacts. Each one of us needs to review the printed list to identify colleague friends who are not members and encourage them to help strengthen our voice.

If you have any suggestions, please contact Sherry Smith in the GCMS office at (810) 733-9923 or ssmith@gcms.org.

January 2020 New/Reinstated Members

Nigel Bramwell, MD

Laxmi Devisetty, MD

Jeffrey Diskin, MD

Gary Keoleian, MD

Omari Young, MD

Renewals

Mostafa Abuzeid, MD

Paul Adams, MD

Mehmet Agabigum, MD

Okezie Aguwa, MD

Saqib Ahmad, MD

Sana Ahmed, MD

Shafi Ahmed, MD

Syed Ahmed, MD, FACC

James Aills, MD

Mustafa Akpınar, MD

Abd Alghanem, MD, FACS

Raad Al-Khouri, MD

S. Peter Almeida, MD

Amro Almradi, MD

Evelyn Alumit, MD

Mohamadalli Amlani, MD

Daniel Anbe, MD

Mark Anderson, MD

Suresh Anne, MD

Ahmed Arif, MD

George Arnold, MD

Sudhir Arumanla, MD

Lawrence Ashker, DO

Bala Aysola, MD

Qazi Azher, MD

Julio Badin, MD

Duane Bailey, MD

Edgardo Balde, MD

Amitabha Banerjee, MD

Walter Barkey, MD

Nil Barua, MD

Joseph Batdorf, MD

John Bauer, MD

Michael Beer, MD

Maria Bernabe, MD

Gerald Berner, MD

Daniel Bernstein, MD

Jagdish Bhagat, MD

Brian Bhagat, MD

Kumbla Bhakta, MD

Cathy Blight, MD

Virgilio Bonet, MD

Steven Boskovich, MD

Rao Botta, MD

Wayne Breece, MD

Frederick Bruening, MD

Stephen Burton, MD

Mark Camens, MD

Vicente Carino, MD

James Chambers, DO

Alexander Chan, MD

Cheng-Yang Chang, MD

Maurice Chapin, MD

Eugene Chardoul, MD

Ryan Chartrand, DO

Cathy Chen, MD

January 2020 New/Reinstated Members

Lavanya Cherukuri, MD	Michael Gedwill, DO	Joseph Kingsbury, DO	Sudarsan Misra, MD
Minoo Chinoy, MD	Dilraj Ghumman, MD	Alison Kinning, MD	Jeffrey Mitchinson, MD
Edward Christy, MD	Michael Giacalone, Jr, MD	Wayne Kinning, MD, FACS	Behrouz Moghtassed, MD
Pino Colone, MD	James Gibbons, MD	James Knaggs, MD	Mousa Mohamed, MD
Douglas Congdon, DO	Alan Goldberg, MD	Paul Kocheril, MD	Ali Mohammed, MD
Christopher Conlin, MD	Christopher Goltz, MD	Prasad Kommareddi, MD	Robert Molnar, MD
Clifford Cox, MD	Edward Gomez-Seoane, MD	Alpesh Korant, MD	Peter Moody, MD
Robert Cross, MD	Silvia Gomez-Seoane, MD	Sylvia Kosciolk, MD	Edilberto Moreno, MD
James Culver, MD	James Graham, MD	Fayez Kotob, MD, MBA	Alan Morgan, MD
Harris Dabideen, MD	George Greidinger, MD	Kristin Krizmanich-Conniff, MD	Paul Morin, MD
Carlo Dall'Olmo, MD	Manjit Grewal, MD	Terry Krznarich, MD	Meaghan Mormann
Niketa Dani, MD	Edwin Gullekson, MD	Fook Kuet, MD	John Morrison, DO
Michael Danic, DO	Lisa Guyot, MD, PhD	Nita Kulkarni, MD	Susan Mosier-LaClair, MD
Ishwar Dass, MD	Eyassu Habte-Gabr, MD	Manulal (Michael) Lala, MD	S. Bobby Mukkamala, MD
A. George Dass, MD	Melissa Hamp, MD	Martin Lapa, DO	Sumathi Mukkamala, MD
Stephen DeFriez, DO	Mona Hanna-Attisha, MD, MPH	Paul Lauber, MD	Bradford Murphy, DO
Dilip Desai, MD	Philip Hardy, MD	Kelsey Lawrence, MD	Christopher Murray, DO
Louise Desgranges, MD	Kamal Hasan, MD, FAAP	Linda Lawrence, MD	Paul Musson, MD
Kiran Devisetty, MD	Yaseen Hashish, MD	Wendy Lawton, MD	Marigowda Nagaraju, MD
Manmeet Dhillon, MD	Abdul Moqtadir Hasnie, MD, FACC, FSCAI	Chang Lee, MD	Puroshottam Naik, MD
Giovanni DiGiannantonio, MD	Shawky Hassan, MD	David Lee, MD	Nathaniel Narten, MD
Samuel Dismond, Jr, MD	Fikria Hassan, MD, PhD	Alexey Levashkevich, MD, FCOG, AAGL	Jack Nettleton, MD
John Dobson, MD	Abdul Hassan, MD	Lily Lim, MD	James Neubeck, MD
Ranjith Dodla, MD	Randy Hicks, MD, MBA	Tjin Lim, MD	Katie Nolen, MD
Sharon Dowd, MD	Edward Holden, MD	Frederick Lim, MD	Crumsan Nundkumar, MD
Clinton Dowd, MD	Virgil Hooper, MD	Edmund Louvar, MD	Dong-Wha Ohm, MD
John Doyle, MD	Cynthia Horning, MD	Eleuterio Lumaque, MD	Harvey Olds, MD
Deborah Duncan, MD	Robert House, MD	Joseph Luna, MD	Tolutope Oyasiji, MD, MRCSI
Katikuti Dutt, MD	Rachel Hulén, MD	Marcos Machado, MD	Damayanthi Pandrangi, MD
Allan Ebert, DO	Christian Hyde, MD	John MacKenzie, MD	J. Rajkumer Pandyan, MD
Huda Elhawairis, MD	Gregorio Imperial, Jr, MD	Albert Macksood, MD	Rajeevi Pandyan, MD
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Cyrus Farrehi, MD	Leroy Johnson, MD	Nitin Malhotra, MD	Prajesh Patel, MD
Theodore Fellenbaum, MD, FCOG, ASCCP	Abdelmajid Jondy, MD	Eranio Malto, MD	Joseph Paulisin, DO
Linval Fleetwood, MD	Kenneth Jordan, MD	Mary Marshall, MD	Ravikumar Peddireddy, MD
Jami Foreback, MD, PhD	Robert Joynt, MD	John Martin, DO	Miriam Pellerito, MD
James Forshee, MD, MBA	Roger Jump, III, DO	James Martin, MD	Miguel Perez-Pascual, MD
Gregory Forstall, MD	Tomy Kalapparambath, MD	KV Mathew, MD	Lee Perry, MD
Gregory Fortin, MD	Tai Kang, MD	Mark Mattos, MD	Carlos Petrozzi, MD
Alicia Franco-Imperial, MD	Paul Karr, Jr, MD	Stacey McEwen, DO	Boleslaw Pietruszka, MD
Leon Friedman, MD	Jerome Kastle, MD	John McIluff, MD	W Archibald Piper, MD, FACS
Neil Friedman, MD	Farhan Khan, MD	Peter McLeod, MD	George Politis, MD
Gerald Fulton, MD	Sami Khan, MD	Shady Megala, MD, FACP	Sergio Ponce, MD
Kevin Gaffney, MD	Shah-Naz Khan, MD, FRCSC	Ankur Mehta, MD	George Predeteanu, MD
Balvant Ganatra, MD	Michael Kia, DO	Barbara Mercer, MD	Venkata Puttagunta, MD
Bhadrabala Ganatra, MD	Jae Kim, MD	Kurt Mikat, MD	Abdullah Raffee, MD
Scott Garner, MD	Adrienne Kimler, MD	Raouf Mikhail, MD	Ethiraj Raj, MD
Omar Gayar, MD		Anthony Miltich, MD	Amit Rama, DO
Hesham Gayar, MD			Venkat Rao, MD
			Rama Rao, MD

January 2020 New/Reinstated Members

Vikram Rao, MD
Sridhar Rao, MD
Naraharisetty Rao, MD
Harun Rashid, MD
RC Ravikumar, MD
Gwendolyn Reyes, MD
Eduardo Reyes, MD
Lawrence Reynolds, MD
Alan Rice, MD
Wilfredo Rivera, MD
Geeta Rode, MD
Gary Roome, MD
Robert Rosenbaum, MD
Don Rubino, MD
Harold Rutila, MD
Daniel Ryan, MD
Elmahdi Saeed, MD
Charles Safley, MD
Vaibhav Sahni, MD
Celso Samaniego, MD
Sarah Sanchez, MD
Siva Sankaran, MD
Jon Santiago, MD
Syed Sattar, MD
Samiullah Sayyid, MD

Nelson Schafer, MD
Paul Schroeder, MD
Fidel Seneris, MD
Jawad Shah, MD
Krishna Shah, MD
Brian Shapiro, MD
My Le Shaw, MD
Frederick Sherrin, MD
PC Shetty, MD
Yazdi Sidhwa, MD
Genevieve Sierminski, MD
Ravinder Singala, MD
Kunal Singh, MD
T Trevor Singh, MD
Christopher Singh, MD
Elisea Singson, MD
J. Bernard Sloan, MD
Roderick Smith, MD
Jolanta Sobotka-Czarnecki, MD
Robert Soderstrom, MD
Alex Solik, MD
Edward Stack, MD
Tommy Stevens, MD
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Randall Sturm, MD

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Vernon Urich, MD
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James VanBrocklin, MD
Frederick VanDuyne, MD
Vishwas Vaniawala, MD
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Siavosh Varjavandi, MD
Sasikala Vemuri, MD
Koteswararao Vemuri, MD
Rosario Villareal, MD

Nikhil Vora, MD
Daniel Walter, MD
Bonita Wang, DO
Stephen Wang, MD
Tarik Wasfie, MD
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Mark Weiss, MD
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Melinda Wheatley, MD
Seann Willson, MD
Dale Wilson, MD
Melvyn Wolf, MD
Thomas Wright, DO
Robert Yochim, MD
Ehab Youssef, MD, FRCR,
MBA, PhD
Barina Zado, MD
Michael Zarr, MD
Daniel Zelko, MD
Michael Zerafa
* Bolded names denotes
new members for 2020

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GCMS MEETINGS

FEBRUARY

Legislative Liaison Committee, 2/3

8:00am, GCMS Office

GCMS Town Hall, 2/6

POSTPONED

Practice Managers, 2/6

8:00am, GCMS Office

**Community & Environmental
Health Committee, 2/19**

12:30pm, GCMS Office

Finance Committee, 2/25

5:30pm, GCMS Office

Board of Directors, 2/25

6:00pm, GCMS Office

MARCH

Legislative Liaison Committee, 3/2

8:00am, GCMS Office

Practice Managers, 3/5

8:00am, GCMS Office

**Community & Environmental Health
Committee, 3/18**

12:30pm, Location TBD

Finance Committee, 3/24

5:30pm, GCMS Office

Board of Directors, 3/24

6:00pm, GCMS Office

Save the Date
2020
President's Ball
November 7th, 2020

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- **Licensure, Staff Privilege and Credentialing**
- **Physician and Physician Group Issues**
- **Corporate and Transactional Matters**
- **Regulatory Compliance**
- **Healthcare Litigation**
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- **Fraud and False Claims Defense**
- **Provider Participation/Termination Matters**
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TRUST ADMINISTRATION – A BASIC OVERVIEW

By ERIC M. FROATS, Cline, Cline & Griffin

Maybe you have been asked by a family member or friend to be the trustee for their trust. Or maybe you agreed to be a trustee and the day has finally come for you to step into your role. Whatever the case may be, the trustee’s job is the key role in administering the trust. Trust administration is the duty of the trustee to manage and distribute trust assets pursuant to the terms of the trust.

What is a Trust?

There are many different types of trusts and trusts can do many things. A commonly used estate planning tool is called a revocable grantor trust. This is a trust that is established during the lifetime of an individual, called the settlor or grantor. The grantor is also the initial trustee and the sole beneficiary of the trust during the grantor’s lifetime. The grantor can also change the trust during his/her lifetime and for the most part, the trust sits in the background until a death occurs. Once the grantor is deceased, a successor trustee takes over and administers the trust. The benefit of this kind of trust is that it helps avoid probate as assets of the grantor pass to the trust upon the grantor’s death. Think of a trust like setting up a small company. It can hold property, have its own bank account, etc.

The Trustee

A trustee’s job is to administer the trust pursuant to the terms of the trust. An important responsibility of the trustee is that the trustee is considered a fiduciary. This means the trustee has a duty of loyalty to the trust beneficiaries and must administer the trust in that manner for their benefit. The trustee should be familiar with Michigan law dealing with trusts, such as the Michigan Trust Code, and should also read and fully understand the trust document.

Administering the Trust

Trusts are as unique as the individuals that established them. For that reason, a trust can be simple or complex. The task of administering the trust will not be the same for everyone. However, there are components of administering the trust that will be common for most trustees.

Before administration, there are some preliminary steps the trustee should take. First, the trustee must accept the job as trustee. The trust will identify the process for acceptance and might require the trustee to take some action such as giving a written acceptance. Once the job has been accepted, the trustee should gather up the important documents of the deceased grantor. The trustee should also receive all the mail of the deceased grantor. This helps to identify and value the assets as well as identify any potential claims against the estate. A trustee should also get an EIN from the IRS before administering the trust.

Another important step is to fully review the trust document to determine the plan of administration and establish who the trust beneficiaries are and what rights they have. The beneficiaries can be anyone such as a spouse, children or a complex chain of children, grandchildren, nieces, nephews, friends, etc. The trustee should ascertain who these individuals are, get contact information, and give notice to the beneficiaries. Under Michigan law, a trustee must give notice to beneficiaries within 63 days of accepting the trusteeship.



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Next, if no probate estate will be opened, the trustee should notify creditors of the deceased grantor. A notice should be published notifying creditors that they have four months in which to present their claims. A trustee is also required to give notice to any known creditors.

The trustee must also locate and account for all the trust assets. Again, this might be anywhere from a residence and personal items to many different types of properties or even a business. The process of finding all the assets may not be straightforward. Some investigative work by the trustee might be necessary. The trustee should look at documents, check with family or other professionals to determine what assets are out there. There may even be a case where an asset is titled solely in the name of the deceased grantor and the property will need to go through probate proceedings. The trustee will also need to establish a value for each of the trust assets for distribution and to determine the size of the taxable estate.

The job of a trustee can be overwhelming and for that reason a trustee should reach out to a professional if they need guidance in administering the trust. This article is not a complete list of all the tasks and responsibilities required of a trustee. If you have questions about trust administration, contact Eric M. Froats, Estate Planning attorney, at Cline, Cline & Griffin, P.C.

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

We place your interests first and strive for your success and satisfaction above all.

Trust us to provide payment solutions to your payment challenges.

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**Genesee County Medical Society
Annual General Membership Meeting
Presidents' Ball Minutes - October 18, 2019**

I. Call to Order

The meeting was called to order in the grand ballroom of Genesys Banquet & Conference Center at 8:00 pm, by Ed Christy, MD, President.

Dr. Christy introduced the 2019 Ball Committee Chair, JoyDawn Hardman. She did a wonderful job. Dr. Christy thanked her for her wonderful work and for making such a nice evening for the medical community. Dr. Christy then recognized the GCMS and GCMSA Boards of Directors each of which received an ovation.

Dr. Christy also took a moment to thank each of the following:

2019 GCMS/GCMSA Presidents Ball Sponsors

Platinum - \$5,000 Level

Hurley Medical Center

Sovita Credit Union

McLaren Flint

Genesys | Ascension

Gold - \$2,500 Level

Great Lakes Family Dental Group,

C. Patrick Gray, DDS, PC

Professional Medical Corporation (PMC)

Health Alliance Plan

Silver Level Fenton Medical Center

Regional Medical Imaging

Bronze - \$750 Level

Genesee Community Health Center

Rama Rao, MD

Genesee Health System

The Doctors Management Company

Copper Level - Generous Donation

Absolute Home Health & Hospice

Complete Eye Care

Cathy O. Blight, MD

Dr. & Mrs. Suresh Anne`

II. Alliance Remarks

Dr. Christy introduced JoyDawn Hardman, Alliance President. Mrs. Hardman briefly reviewed the activities of the Alliance and invited spouses to become more involved.

III. Elections

Dr. Christy introduced the Slate of Nominees as published in the October GCMS Bulletin and ratified by the membership at the September Dinner Business Meeting.

2019-2020 SLATE OF NOMINEES FOR GCMS OFFICES

PRESIDENT: Qazi Azher, MD

TREASURER: EG Raj, MD

PRESIDENT-ELECT: Randy Hicks, MD

SECRETARY: Niketa Dani, MD

FINANCE COMMITTEE:

John Waters, MD, Chair

Ed Christy, MD

Randy Hicks, MD

DELEGATES:

Laura Carravallah, MD

Venkat Rao, MD

Gerald Natzke, DO

Tarik Wasfie, MD

**Genesee County Medical Society
Annual General Membership Meeting
Presidents' Ball Minutes - October 18, 2019**

ALTERNATE DELEGATES:

Robert Soderstrom, MD
Farhan Khan, MD
Brenda Rogers-Grays, DO
Amanda Winston, MD
Asif Ishaque, MD

Khalid Ahmed, MD
Paul Kocheril, MD
Sunilkumar Rao, MD
Elmahdi Saeed, MD

INTERNATIONAL MEDICAL GRADUATES DELEGATION:

Shagufta Ali, MD
Qazi Azher, MD
Ed Christy, MD
Hytham Fadl, MD
Ayman Haidar, MD
Mona Hardas, MD
Rima Jibaly, MD
Ahmad Kaddurah, MD

Kavitha Kesari, MD
VJ Naraparaju, MD
Rama Rao, MD
Venkat Rao, MD
Mahesh Sharman MD
Parul Sud, MD
Tarik Wasfie, MD
Sania Zainuddin, MD

YOUNG PHYSICIANS SECTION:

Amanda Winston, MD – Delegate

Sherry Cavanagh, MD – Alternate Delegate

PRESIDENT FOR A DAY AWARD: Paul Lazar, MD

HERO OF MEDICINE AWARD: Brian Nolan, MD

MSMS COMMUNITY SERVICE AWARD: Brenda Rogers-Gray, MD

Motion: that the Slate of Nominees for GCMS offices ratified at the September General Membership Meeting, after publication in the October Bulletin be accepted by acclamation. The motion carried.

IV. Installation of New President

Dr. Christy invited Dr. Cathy Blight, a senior Board member and Past President of GCMS, to the podium to install Dr. Qazi Azher, as President. Dr. Blight issued the oath of office to Dr. Qazi Azher and declared him President of the Genesee County Medical Society.

V. Presentation to Immediate Past President

Dr. Azher called Dr. Christy back to the podium and presented him with the plaque on which his gavel can be presented to visitors in his home or office, as a representation of recognition for his leadership role in an organization which leads to other organizations.

VI. Adjournment

Dr. Azher introduced Angie Kemppainen, who recognized Vogt's Flowers for their decorations, the Ball Planning Committee, and the staff of Genesys Conference & Banquet Center. She then introduced the Past-Presidents of the Genesee County Medical Society Alliance and the Medical Society.

From the Alliance, JoyDawn Hardman was thanked once more, and Beth Schumacher was introduced. From the Medical Society, Drs. Shafi Ahmed, Cathy Blight, S. Bobby Mukkamala, Ed Christy, Gerald Natzke, Venkat Rao and Peter Thoms were introduced.

The meeting was adjourned with a dessert buffet, and the beginning of dancing.

Respectfully submitted,

Sherry Smith
Executive Assistant

Genesee County Medical Society
Board of Directors
October 22, 2019 Minutes

I. Call to Order

The meeting was called to order in the Rapport Conference Room at 6:05 pm, by Qazi Azher, MD, President. Dr. Azher reminded Board members that all comments should be directed to him as chair of the meeting.

II. Review of Minutes

The minutes of the September 24, 2019, Board of Directors meeting were presented.

Motion: that the minutes of the September 24, 2019, Board of Directors meeting be approved as presented. The motion carried.

III. Reports

A) Financial Update

1. Finance Committee

There is currently \$64,000 in the bank. Transitional plans and the audit are continuing.

2. Balance Sheet

The most current profit and loss and balance sheets were presented.

3. Building Sale Update

Dr. Christy was successful in locating a physician who wants to purchase the building. An initial offer of \$525,000 was offered, contingent upon building inspection.

Motion: that the purchase order agreement be accepted with the addition of printed names above the signatures; that Dr. Christy be given authority to move forward in negotiating with the building sale and that any final offer is contingent upon approval by the executive committee and signature of the President. The motion carried.

D) Medical Society Foundation

The Foundation Board met, reviewed their finances and agreed to an audit by the same firm being utilized by GCMS. The Foundation Board is looking at ways to improve their investment strategy.

E) Membership Updates

1. 2020 Dues Received

Ms. Kemppainen reported that dues payments are on track compared to previous years.

2. Board Member Assignments

At the September Board meeting, Ms. Kemppainen had distributed a list of former members dropped for non-payment of dues. Board members were asked to choose at least five physicians on the list to contact and urge renewal for 2020. After that meeting, she uploaded an electronic version to Google Sheets. The Board members were asked to keep reviewing the list for NPDs to contact, to contact those that they knew and to either update the online list or send status reports to Ms. Kemppainen directly.

Dr. Azher reported that he and Ms. Kemppainen would be meeting with the local Indian and Islamic physician associations to solicit membership.

C) MSMS Update

Dr. Kulkarni reported that the MSMS Board met earlier in October. MSMS subsidiaries are not contributing as much revenue as they have in the past. Work is ramping up on the MSMS Health Can't Wait initiative, which addresses prior authorization and step therapy. A bill on the initiative is scheduled for release within the next week and an advocacy day is scheduled in Lansing on October 30.

Genesee County Medical Society
Board of Directors
October 22, 2019 Minutes

D) President's Report

1. President's Ball

The President's Ball was held on October 18, 2019, at the Genesys Banquet Center. Dr. Azher thanked everyone who attended and the sponsors who made it possible.

2. Future GCMS Practice Manager's Meeting Topics

A calendar outlining the Practice Manager's Meeting topics for the rest of 2019 was distributed.

C) Community & Environmental Health

Dr. Natzke reported on a recent article published in JAMA regarding the effects of fluoridated water during pregnancy. In Flint, these effects are compounded by the elevated levels of lead in the water as well. Dr. Natzke also reported that the Michigan Department of Environment, Great Lakes, and Energy had a test now for PFAs in the water- he asked staff to send out an email blast with that information.

D) Greater Flint Health Coalition

1. Board of Directors

The Board met on October 21, 2019. The Coalition is heavily influenced by GCMS. Grant extensions of up to \$23,500 may be offered to GCMS.

2. SIM Update

The SIM project is winding down. It has been very successful but no additional funding has been offered.

3. Opioid Toolkit and Flint Registry Update (FLExR)

Contracted Bulletin advertising and email blasts are continuing for these projects.

IV. Other Business

Doctor Waters expressed his concerns about the State of Michigan budget, specifically line-item vetoes and funding shifts away from health-related funding, including deep cuts to graduate medical education.

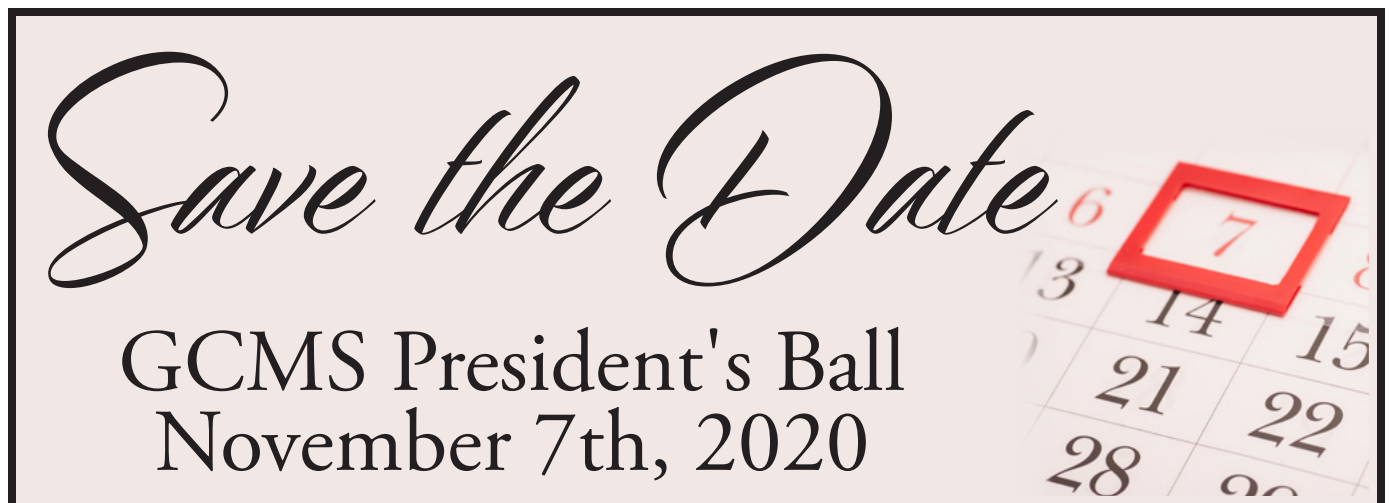
V. Next Meeting

The next meeting of the Board of Directors will take place on November 25, 2019, at 6:00 pm.

VI. Adjournment

No further business appearing, the meeting was adjourned at 6:55 pm.

Respectfully submitted,
Angie Kemppainen, CAE
Executive Director



A RESOURCE FOR YOUR PATIENTS



Get Connected. Get Supported. Get Counted.

flintregistry.org

The Flint Registry is a resource to see how the people of Flint are doing and provide support for those impacted by the water crisis. After completing a survey, individuals are referred to services that promote health and development such as education, health and nutrition programs. Support, especially for children, includes referral to Genesee Health System Neurodevelopment Center of Excellence – a new, no-cost child development assessment center.

The Flint Registry is modeled after other public health registries like the World Trade Center Disaster Registry. The Flint Registry is for anyone who was exposed to lead-contaminated water because they worked, lived, went to school, or daycare identified as an address on the Flint water system from **April 25, 2014 – October 15, 2015**, including children who were prenatally exposed. The Flint Registry is for all ages.

WHAT IS THE LOGO ALL ABOUT?



The logo represents the Sankofa bird, a mythical African bird from the Akan tribe in Ghana. The bird is flying forward, yet looking back, and carrying an egg in its mouth. It is symbolic of always needing to move forward, but never forgetting what happened in the past, and prioritizing the young. The logo suggestion was made by a Flint resident.

Want to learn more? Visit our website at flintregistry.org or call 833-GO-FLINT.



Michigan State University College of Human Medicine received funding for this work from the Centers for Disease Control and Prevention (CDC), Grant #NUE2EH001370.

FLINTREGISTRY



Get Connected.
Get Supported.
Get Counted.

People who used Flint water from April 25, 2014 to October 15, 2015 can participate in a voluntary secure registry that will refer them to programs and other resources aimed at minimizing the effects of lead on their health, while promoting wellness and recovery.

**SIGN UP
TODAY!**

Visit

www.flintregistry.org
or call 833-463-5468



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flintregistry.org

A p r i l 2 0 1 9

Quick Reference Referral Guide *for Substance Use Treatment*



KnowMoreGenesee.org



ABOUT OPIOID ADDICTION

Genesee County Opioid Prevention Project



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 Use 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

GENESEEE COUNTY RESIDENTIAL CENTERS

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.

Flint Odyssey House

529 M.L. King Avenue, Flint, MI 48503
(810) 238-5888

Medication assisted treatment, withdrawal management, long-term residential treatment, outpatient services, recovery housing, women's specialty services, adolescent treatment services.

Kairos Health Care, Holy Cross

8218 N. Jennings Road
Mt. Morris, MI 48458
(844) 452-4767

Corcoran House Residential Treatment for Women

Life Challenge Ministries

Life Challenge of Southeastern Michigan
17667 Pierson Street, Detroit, MI 48219
1230 Dupont St, Flint, MI 48504
(844) 355-LIFE
info@lcmministries.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.

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.

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.



GENESEE COUNTY OUTPATIENT CENTERS & SUPPORT SERVICES

Bio-Med Behavioral Health Care INC. - Flint

1044 Gilbert Road, Flint, MI 48532
(810) 733-7623
Outpatient, integrated treatment, medication assisted treatment.

Catholic Charities

901 Chippewa Street, Flint, MI 48503
(810) 232-9950
Outpatient SUD treatment, Court ordered treatment programming.

Families Against Narcotics – Genesee County Chapter

(810) 397-7175
familiesagainstnarcotics.org
Information regarding prescription drug abuse, local resources, family support network. Available to answer questions regarding substance use and steps to seek treatment.

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).

Hamilton Community Health Center

Multiple Locations
(810) 406-HCHN (4246)
Outpatient, substance abuse counseling, Vivitrol program.

Holy Cross Services

4318 Miller Road, Flint, MI 48507
(810) 249-9924
Outpatient SUD treatment, recovery housing.



Hope Network

1110 Eldon Baker Drive, Flint, MI 48503
(810) 232-2766
Free family and addiction services.

Insight Wellness Center

4400 S. Saginaw St., Ste. 1370
Flint, MI 48507
(810) 223-0199
Medication assisted treatment, outpatient SUD treatment, services for co-occurring disorders, pain management, physical therapy.

Meridian Health Services

1289-D S. Linden Road, Flint, MI 48532
(810) 620-7501
Outpatient care, integrated treatment, and family therapy.

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).

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.

Sacred Heart - Flint

2091 Professional Drive,
Flint, MI 48532
(810) 732-1652
Outpatient, integrated treatment, medication assisted treatment (Methadone, Vivitrol), women's specialty.

The Serenity House of Flint

954 Church Street, Flint, MI 48502
(810) 893-1276
Informational, holistic options for recovery from addictions.

RESOURCES OUTSIDE OF GENESEE COUNTY

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.

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.

Grace Centers of Hope

35 E. Huron Street, Pontiac, MI 48342
(855) HELP-GCH
Adult residential, family and life-skills
programs.

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.

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.

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.

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.

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.

Serenity Therapy Center

745 Barclay Circle, #305
Rochester Hills, MI 48307
(586) 219-7010
serenityhelp.com
Outpatient, addiction counseling, family
therapy, and interventions.

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
wm-tc.com/contact-us
One year residential program. Faith
based.

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.



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

This program is supported by the Michigan Health Endowment Fund.

HAPPY BIRTHDAY DOCTOR

FEBRUARY

Mark Weiss, MD.....3	Sharon Dowd, MD 14	Steven Boskovich, MD.....22
Cynthia Horning, MD.....3	Maurice Chapin, MD 15	Daniel Bernstein, MD.....22
Kumbla Bhakta, MD.....3	Jami Foreback, MD..... 15	Laura Carravallah, MD 24
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Evelyn Alunit, MD 5	Edward Gomez-Seoane, MD... 16	Pino Colone, MD 26
Bradford Murphy, DO 6	Nelson Schafer, MD..... 16	Omar Gayar, MD 26
Virgil Hooper, MD 8	Raymond Rudoni, MD 19	Thomas Wright, DO 27
Avery Jackson, III, MD 9	Dianne Trudell, MD 20	Wilfredo Rivera, MD 28
Gregorio Imperial, Jr, MD 12	Charles Safley, MD..... 20	Mark Anderson, MD 28
Jay Holmes, MD 12	Athear Alrawi, MD 20	
Frederick Lim, MD 12	David Wiese, MD 21	

MARCH

S. Bobby Mukkamala, MD 1	Dilip Desai, MD 9	Harold Rutila, MD 26
Nathaniel Narten, MD..... 1	Robert Rosenbaum, MD 9	James VanBrocklin, MD..... 26
Anju Sawni, MD 2	Madan Arora, MD 10	Clinton Dowd, MD 26
George Arnold, MD..... 2	Suresh Anne, MD 14	Gerard Surmann, MD..... 27
Christopher Singh, MD 2	Christie Samuels, MD..... 16	Chang Lee, MD 27
Joseph Varghese, MD 2	James Neubeck, MD 16	Tomy Kalapparambath, MD 28
Amro Almradi, MD 3	Omari Young, MD..... 17	Jawad Shah, MD 28
Elisa Coccimiglio, MD..... 3	Robert House, MD 19	Joseph Batdorf, MD 28
Paul Kocheril, MD 3	Yaseen Hashish, MD 20	Vikram Rao, MD 28
Wendy Lawton, MD 4	Joseph Paulisin, DO 20	Shawky Hassan, MD..... 28
Rama Rao, MD..... 4	Asif Ishaque, MD 21	Radhika Kakarala, MD 29
Vijay Naraparaju, MD 5	Hussein Mazloum, MD 22	Chaitanya Vemulapalli, MD..... 30
Rizwan Danish, MD 5	David Lee, MD 22	Almaas-Qamar Patel, MD 30
Kristin Krizmanich-Conniff, MD.... 6	Tjin Lim, MD..... 22	
Tolutope Oyasiji, MD 7	Susumu Inoue, MD 23	

Save the Date

GCMS President's Ball
November 7th, 2020

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 under-served, 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
Sherry Smith
at 810-733-9923 or ssmith@gcms.org.**



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

**Please feel free to contact Sherry Smith at 810-733-9923
or ssmith@gcms.org.**



February 2020 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
FEBRUARY 2020						1 Yoga Flow U of M-Flint Rec 11:00am
	3 Enhance Fitness Hasselbring Senior Center 9:00am Senior Stretch YMCA Downtown 10:00am Pound Ascension Genesys Health Club 10:15am Arthritis Foundation Exercise Program Loose Senior Center 2:00-3:00pm Aqua Fitness UM-Flint Rec Center 5:30-6:30pm Mindful Monday Longway Planetarium 5:30-6:30pm	4 Enhance Fitness Berston Field House 10:00am Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Total Body Challenge 10:00-11:00am Brennan Senior Center Splash Fit U of M-Flint Rec 11:00am Chair Aerobics Brennan Senior Center 12:30-1:15pm	5 Enhance Fitness Hasselbring Senior Center 9:00am Arthritis Foundation Exercise Program Davison Area Senior Center 10:00-11:00am Community Yoga Educare 10:00-11:00am Arthritis Foundation Exercise Program Forest Township Senior Center 12:15-1:00pm Yoga Brownell Elementary 4:30-5:30pm Community Yoga Crim Fitness Foundation 5:30pm-6:30pm Zumba Ascension Genesys Health Club 6:45pm	6 Enhance Fitness Berston Field House 10:00am Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am Total Body Challenge 10:00-11:00am Brennan Senior Center Splash Fit U of M-Flint Rec 11:00am Chair Aerobics Brennan Senior Center 12:30-1:15pm Community Yoga Southwestern Academy 5:30-6:30pm Basic Yoga Insight Health & Fitness Center 6:45pm	7 Enhance Fitness Hasselbring Senior Center 9:00am Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am Arthritis Foundation Exercise Program Swartz Creek Senior Center 11:00am-12:00pm	8 Yoga Flow U of M-Flint Rec 11:00am
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February 2020 Fitness Calendar

FREE! Commit to Fit! Class Schedule

17	18	19	20	21	22
<p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Senior Stretch YMCA Downtown 10:00am</p> <p>Pound Ascension Genesys Health Club 10:15am</p> <p>Arthritis Foundation Exercise Program Loose Senior Center 2:00-3:00pm</p> <p>Aqua Fitness UM-Flint Rec Center 5:30-6:30pm</p>	<p>Enhance Fitness Berston Field House 10:00am</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am</p> <p>Total Body Challenge 10:00-11:00am Brennan Senior Center</p> <p>Splash Fit U of M-Flint Rec 11:00am</p> <p>Chair Aerobics Brennan Senior Center 12:30-1:15pm</p> <p>Community Mediation Civic Park Health and Wellness 5:30-6:30pm</p>	<p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Arthritis Foundation Exercise Program Davison Area Senior Center 10:00-11:00am</p> <p>Community Yoga Educare 10:00-11:00am</p> <p>Arthritis Foundation Exercise Program Forest Township Senior Center 12:15-1:00pm</p> <p>Yoga Brownell Elementary 4:30-5:30pm</p> <p>Zumba Ascension Genesys Health Club 6:45pm</p>	<p>Enhance Fitness Berston Field House 10:00am</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am</p> <p>Total Body Challenge 10:00-11:00am Brennan Senior Center</p> <p>Splash Fit U of M-Flint Rec 11:00am</p> <p>Chair Aerobics Brennan Senior Center 12:30-1:15pm</p> <p>Community Yoga Southwestern Academy 5:30-6:30pm</p> <p>Basic Yoga Insight 6:45pm</p>	<p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am</p> <p>Arthritis Foundation Exercise Program Swartz Creek Senior Center 11:00am-12:00pm</p>	<p>Yoga Flow U of M-Flint Rec 11:00am</p>
24	25	26	27	28	29
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Save the Date

GCMS President's Ball
November 7th, 2020

February 2020 Fitness Calendar

FREE! Commit to Fit! Class Schedule

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



Spin/hiit – Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for a calorie-burning dance fitness party. Designed for all fitness levels.

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.

Ascension Genesys Health Club

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



Each class includes **B**alance and Flexibility, **A**erobic Activity, **S**trength and Resistance Training, and **E**xercise Education

Chair Aerobics

Basic Seated functional fitness class for those who are overcoming mobility issues; includes aerobic activity, core work, and resistance training. Location: *Brennan Senior Center*

Total Body Challenge

Intermediate level workout which includes cardio, strength training, core work, balance and coordination, and flexibility training. Location: *Brennan Senior Center*

Hustle Aerobics

Advanced level workout that incorporates 45 minutes of non-stop cardio to the latest hustle songs followed 15 minutes bodyweight strength training. Location: *Brownell & Eisenhower*

IHFC Water Aerobics

A 1-hour class that will help you strengthen your muscles and cardiovascular system plus improve flexibility. Location: *Insight Health*

Class Descriptions & Locations

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

Yoga Flow: Learn yoga at a comfortable pace. Connect your mind's attention to your body's fluidity and movement -- promote strength, flexibility, coordination, agility, stamina and an overall experience of well-being.

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



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 10:00am – 11:00am

Swartz Creek Senior Center:

Fridays 11:00am – 12:00pm

Forest Township Senior Center:

Wednesdays 12:30pm–1:30pm

Burton Senior Center

Fridays 9:00am-10:00am

Loose Senior Center

Mondays 2:00pm - 3:00pm





faith care UNITE heart NOW
connect family give HELP
support SHARING HOPE abundance community FRIEND
inspire COMPASSION GIFT
humanity PEACE
vision THANK YOU blessings
kindness LOVE unconditional
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 Sherry Smith at (810) 733-9923 or at ssmith@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

The Genesee County Medical Society cordially invites you to a

Quarterly Dinner Business Meeting & Medical Community Town Hall

sponsored by

Sovita Credit Union

POSTPONED

Flint, MI 48507

Health Can't Wait

It's a reality that physicians understand and patients experience. Tragically, insurance company bureaucracy too often stands between patients and the medicine, treatment, or testing their physicians believe they need. Prior authorization, step therapy, and fail first requirements hamstring treatment, drive up prescription nonadherence and lead to diminished health.

GCMS is part of the Health Can't Wait coalition, an exciting partnership of patients, health care providers, and patient advocacy associations dedicated to putting Michigan patients first and ending delays in patients' access to health care. Join us to discuss these costly, onerous, and dangerous payer practices and how the HCW coalition is fighting to end them.

Please invite other physicians and practice managers to this meeting! GCMS physicians, spouses, GCMSA, family members, GCOA members, practice staff and other interested professionals are invited to attend!

Meeting Agenda

6:00 pm Registration & Social Hour

6:30 pm Dinner

7:00 pm Meeting

7:15 pm Health Can't Wait Presentation



Kevin McFatridge
Senior Director of Marketing &
Public Relations
Michigan State Medical Society

Registration Fees

**\$40.00 GCMS Members, Spouses,
Practice Managers & Staff**

**\$40.00 Genesee County Osteopathic
Association Physician
Members & Spouses**

\$25.00 Residents & Students

\$75.00 All Non-Member Guests

Register Today

Space is limited!

Please register by January 24, 2020

Mail your reservation payment to:

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

Questions? Email Sherry Smith at ssmith@gcms.org or call 810-733-9923.

