



# THE Bulletin

February 2019 Volume 96, Number 2

**2/7 Town Hall:  
How to Stay Out of Trouble  
with the New Opioid Laws!**

**2/25 New Lawmakers Reception**

**Elected Officials Contact Information**

**Practice Managers Learn About SIM and  
Social Determinants of Health**

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# THE Bulletin

Read by 96% of GCMS members.

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Cover Photo: "Goat in Archaic Wall" (Greece, July 2017) by Evan Levine

### 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.

## Snake Oil of 20th Century! Now Classified as Schedule V

Michigan joins a growing number of states that have scheduled gabapentin as a controlled substance. Kentucky became the first state to classify Gabapentin as a controlled substance after the drug showed up in a third of the state's fatal overdoses in 2016. Other states which are enforcing the Schedule V status are including Ohio, West Virginia, Kentucky, Massachusetts, Tennessee and Minnesota.

To combat the opioid epidemic in Michigan, the Department of Licensing and Regulatory Affairs (LARA), on January 4th 2019, modified its pharmacy rule to categorize Gabapentin as a Schedule V controlled substance.

The Board of Pharmacy Controlled Substance Rules (R 338.3162b) require all dispensing practitioners, veterinarians and pharmacies to report dispensing of controlled substances schedule II through V, in excess of a three-day supply, to the Michigan Automated Prescription System (MAPS).

LARA has yet to clarify on the validity of current prescriptions with authorized refills. The Michigan Pharmacy Association suggests that pharmacists practice professional judgment during the next couple of days/weeks, until LARA issues further clarification. To minimize the likelihood of unforeseen violations, pharmacists may consider obtaining new prescriptions and thus avoiding the potential for problems.

Long considered safe and non-addictive, gabapentin is increasingly showing up in the bodies of people who overdose on heroin and prescription opioids. Researchers are now finding that the alternative painkiller has become a drug of abuse.

Doctors who are cutting back on prescribing opioids increasingly are opting for gabapentin, a safer, non-narcotic drug recommended by the Centers for Disease Control and Prevention. By doing so, they may be putting their opioid-using patients at even greater risk. Recently, gabapentin has started showing up in a substantial number of overdose deaths in hard-hit Appalachian states. The neuropathic pain reliever was involved in more than a third of Kentucky overdose deaths last year.

Gabapentin is an anticonvulsant that comes in



*Edward Christy, MD*

a capsule, tablet, and oral solution. It is used to manage certain seizure disorders, as well as the neuropathic pain phenomenon known as post-herpetic neuralgia (lasting nerve and skin pain caused by an attack of shingles). An extended-release formulation of gabapentin is used to treat restless leg syndrome (RLS).

Concerns have arisen in recent years over increasing instances of gabapentin abuse. According to the Drug Abuse Warning Network (DAWN), the number of emergency room visits involving non-medical use of gabapentin has increased by 90% in the United States since 2008.

There are numerous reports of off-label and unapproved uses of gabapentin. This is partly because the manufacturers of gabapentin promoted the drug for at least 10 off-label medical conditions, including bipolar disorder, diabetic neuropathy, complex regional pain syndrome, attention deficit disorder, migraine and treating onset of seizures caused by alcohol withdrawal.

When taken alone and as prescribed, there is little potential for abuse or addiction. However, when a person takes gabapentin with other medications, such as muscle relaxants, opioids, or anxiety medications, it can produce euphoria.

The effects of gabapentin intoxication have been variously described as relaxation/ sense of calm, euphoria and getting high similar to that of marijuana.

Studies of illicit gabapentin users found, that 56% were taking it with an opioid; 27% were taking it with an opioid, muscle relaxant or anxiety medications; 8.6% were using it with other illicit substances and alcohol.

As with opiates, you can fatally overdose on gabapentin. However, unlike opiates, there is no antidote that you can administer in the case of an overdose emergency to quickly revert the condition. Because of the drug's long half-life, immediate medical attention is necessary to manage the complications associated with a toxic amount of this drug. Most overdose with multiple substances.

Signs of gabapentin overdose include: ataxia, dyspnea, diarrhea, ptosis, hypo activity, excitation, double vision, marked sedation, slurred speech, drowsiness and lethargy.

**CONTINUED ON PAGE 5**



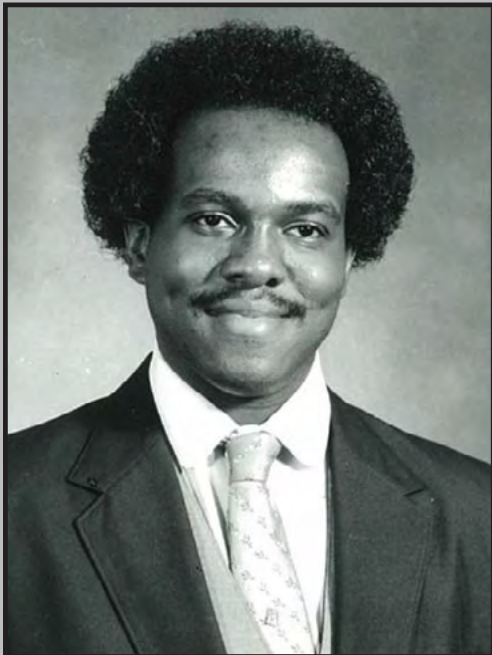
# Snake Oil

CONTINUED ON PAGE 29

If a person has overdosed on gabapentin, the drug can be removed from their system only through a process of hemodialysis.

Abruptly stopping gabapentin can increase the likelihood of seizures, so it's important to seek help when looking to quit. If a patient is getting treatment for a gabapentin abuse problem, the patient should start with detox so that he or she can slowly eliminate the drug from their body in a controlled manner. After completing detox, the will need medical clearance before transitioning into an inpatient or outpatient treatment program. Inpatient treatment for gabapentin addiction is severe for co-occurring mental health or medical issues. This may include individual and group therapy, family counseling, relapse prevention classes, support groups and aftercare planning. After completing detox and/or inpatient treatment, a patient may move on to an outpatient treatment.

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



Look for the Answer inside!

## REFERENCES:

Mack, A. (2003). Examination of the evidence for off-label use of gabapentin. *Journal of Managed Care Pharmacy*, 9(6), 559-568.

Food and Drug Administration. (2011) Neurontin.

Smith, B. H., Higgins, C., Baldacchino, A., Kidd, B., & Bannister, J.

(2012). Substance misuse of gabapentin. *The British Journal of General Practice*, 62(601), 406-407. <http://doi.org/10.3399/bjgp12X653516>.

Middleton, O Subside by garbapentin overdose. *Journal of forensic sciences*, 56(5), 1373-1375.

Medscape. (2015). Gabapentin New Drug of Abuse?

## GCMS MEETINGS

### FEBRUARY 2019

#### **Legislative Liaison Committee, 2/4**

8 a.m., GCMS Office

#### **Community & Environmental Health Committee, 2/6**

12:30 p.m., GCMS Office

#### **Practice Managers, 2/7**

8 a.m., GCMS Office

#### **GCMS Town Hall**

2/7/19, 6pm, Flint Golf Club

#### **“How to Stay Out of Trouble with the New Opioid Laws”**

Space is Limited – Please RSVP immediately

#### **GCMS/MSMS**

#### **New Lawmakers Reception**

6 p.m., GCMS Office

#### **Finance Committee, 2/26**

5:15 p.m., GCMS Office

#### **Board of Directors, 2/26**

6 p.m., GCMS Office

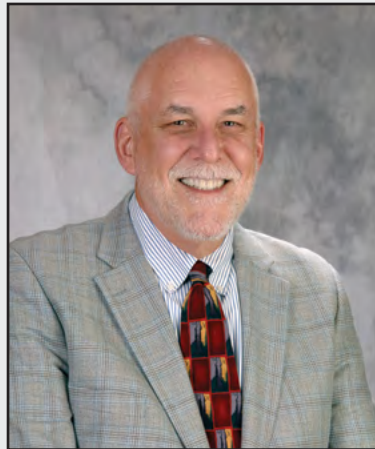
# Legislative Agenda and Community Approach to Opioids

The legislative world is a complicated one for physicians. MSMS and GCMS are extremely active in this realm of legislative and regulatory issues. Sometimes the wins are not as apparent as they should be, because they take place through quiet conversations or during Legislative Liaison Committee meetings, phone calls, letters or sidebars, rather than in the press.

It is important to participate in the legislative activities of organized medicine. But if one can't participate, it would be very helpful for members to at least become familiar with the issues that GCMS and MSMS are working on, on your behalf. The Michigan State Medical Society legislative and regulatory platform, as well as its 2019 MSMS legislative priorities are on facing pages elsewhere in this issue of The Bulletin. But you should know, that the Genesee County Medical Society's delegation to the Michigan State Medical Society House of Delegates, as well as our MSMS Board members, S. Bobby Mukkamala, MD, Chair; and John Waters, MD, Treasurer, are very active legislatively on your behalf, as is the GCMS Legislative Liaison Committee and Board of Directors. The priorities are set by democratic process. Maintenance of certification, prior authorization, graduate medical education, scope of practice, auto no-fault reform and substance abuse are major foci. There are many other issues which are worked on as well.

One thing that everyone can do, is to consider attending the MSMS/GCMS New Legislators Reception on Feb. 25 at 6 p.m. at the GCMS offices. Come to welcome new Sen. Ruth Johnson, and new state Reps. Cheryl Kennedy, John Cherry, and Mike Mueller. They will be there to listen and to learn. We will be there to communicate and to develop relationships. The meeting will feature a discussion of MSMS' legislative priorities. A lively discussion is likely to ensue.

GCMS Legislative Liaison Committee meetings occur on a regular basis on the first Monday of most months



*Peter Levine, MPH*

at 8 a.m. To attend either the New Lawmakers Reception on Feb. 25, or for future Legislative Liaison Committee meetings, please contact Sherry Smith via email at [ssmith@gcms.org](mailto:ssmith@gcms.org) or phone her at 810-733-9923.

Genesee County is experiencing an opioid crisis on par with any place in Michigan. The community has coalesced to form a countywide task force under the aegis of the Greater Flint Health Coalition. As part of the communitywide approach to the opioid issue, the Medical Society will be creating a tool kit for providers to help practices have opioid materials and solutions at their fingertips. Part of this communitywide strategy is to

pre-test and post-test surveys of knowledge with a broad range of providers. A link to the pre-survey is contained elsewhere in this issue of The Bulletin. Please complete pre-survey. it will only take a minute, if that.



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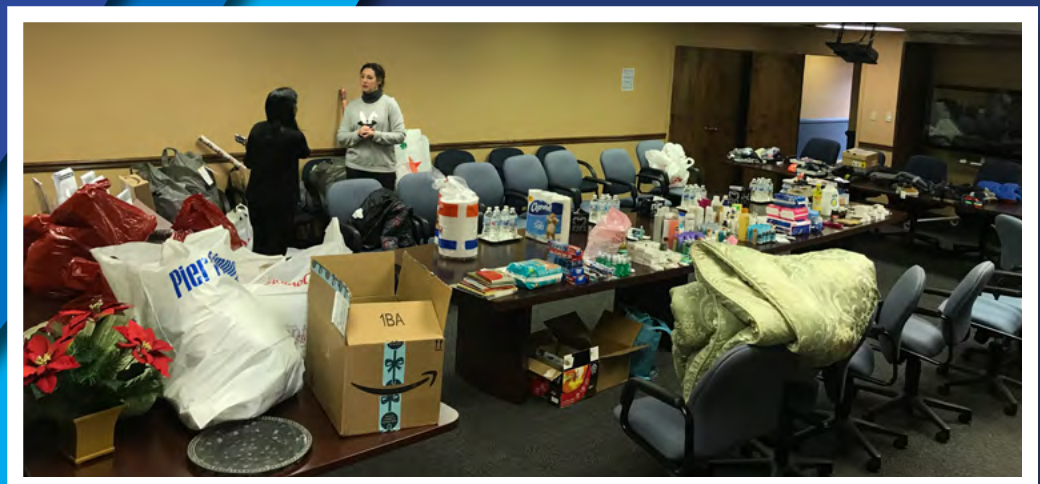
In the Fall of 1928, Howard D. Cline and Francis J. George, both recent graduates of law school, formed a partnership Cline & George and secured a small office on the 10th floor of the Mott Foundation Building. That partnership remained until the mid-fifties when Earl J. Cline, son of Howard D. Cline, joined the firm which became Cline & Cline. In the early sixties, Howard D. Cline, Jr. joined the law firm. Howard Cline, Sr. died in 1965. Walter P. Griffin joined in the mid-seventies and in the late seventies the present law firm of Cline, Cline & Griffin, P.C. was formed. That entity expanded with the acquisition of the entire 10th floor of the Mott Foundation Building. Since that time, Timothy H. Knecht, José T. Brown, and J. Brian MacDonald have become shareholders. Currently, Cline, Cline & Griffin, P.C. has twenty employees, including eight attorneys. We look forward to the next 90 years.



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# The GCMISA, Doctors & Their Families Make a Difference & Hispanic Technology Center of Flint, Annual Children's Program



# Election Wrap-Up in Genesee County

Fifth District Congressman Dan Kildee, a Democrat, was re-elected.

Voters elected 34th District House Rep. Sheldon Neeley, 49th District House Rep. John Cherry, and 50th District House Rep. Tim Sneller. 48th District House Rep. Sheryl Kennedy, and 51st District House Rep. Mike Mueller.

Voters also re-elected 27th District Sen. Jim Ananich and 32nd District Sen. Ken Horn. Former Secretary of State Ruth Johnson, was elected as new senator for the 14th District.

Contact information for each elected official:

*U.S. House - District 5*

**Dem. Dan Kildee**

Flint Office

111 East Court St. #3 B

Flint, MI 48502

Phone: 810-238-8627

Email: <https://dankildee.house.gov/contact/email>

*State House - District 51*

**GOP Mike Mueller**

PO Box 30014

Lansing, MI 48909

Phone: (517) 373-1780

Email: [MikeMueller@house.mi.gov](mailto:MikeMueller@house.mi.gov)

*State House - District 34*

**Dem Sheldon Neeley**

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*State Senate - District 14*

**GOP Ruth Johnson**

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*State House - District 48*

**GOP Sheryl Kennedy**

P.O. Box 30014

Lansing, MI 48909-7514

Phone: (517) 373-7557

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*State Senate - District 27*

**Dem Jim Ananich**

PO Box 30036

Lansing, MI 48909-7536

Phone: (517) 373-0142

Email: [senjananich@senate.michigan.gov](mailto:senjananich@senate.michigan.gov)

*State House - District 49*

**Dem John Cherry**

PO Box 30014

Lansing, MI 48909-7514

Phone: (517) 373-7515

Email: [JohnCherry@house.mi.gov](mailto:JohnCherry@house.mi.gov)

*State Senate - District 32*

**GOP Ken Horn**

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Phone: (517) 373-1760

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*State House - District 50*

**Dem Tim Sneller**

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Email: [TimSneller@house.mi.gov](mailto:TimSneller@house.mi.gov)



The Genesee County Medical Society cordially invites you to a Quarterly Dinner Business Meeting  
*Medical Community Town Hall*

**February 7, 2019**

# *How to Stay Out of Trouble with the New Opioid Laws*

The newly implemented opioid laws represent significant changes in the responsibilities of physicians. Contracts, MAPS checks, personal prescribing patterns, patient demand and public perception will all have an impact on the practice of medicine. Come hear **Patrick Haddad, MSMS Legal Counsel** and **Kathleen Westfall, Corporate and Health Care Attorney** present an overview of the legal regulations relating to opioid prescriptions as well as best practices. **Jose' Brown, JD Partner, Cline, Cline & Griffin, and GCMS' legal counsel**, will present on what happens if you were notified of an investigation by Licensing and Regulatory Affairs. **Stacey Hettiger, MSMS Director of Medical & Regulatory Policy** will discuss what is being heard from state regulators about implementation.



**Patrick Haddad**  
MSMS Legal Counsel  
Kerr Russell



**Jose' Brown**  
JD Partner  
Cline, Cline, & Griffin



**Kathleen Westfall**  
Corporate & Health Care Attorney  
Kerr Russell



**Stacey Hettiger**  
Director, Medical & Regulatory Policy  
Michigan State Medical Society

## **Presenters:**

## **Meeting Location:**

Flint Golf Club  
3100 Lakewood Drive  
Flint, MI 48507

## **Evening Schedule:**

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

Please mail your reservation payment to:

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

**Space is limited!**

**Please register by January 25, 2019**

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

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

**\$40.00 – Staff & Special Guests of Greater Flint Health Coalition  
& Saginaw County Medical Society**

**\$25.00 – Resident Physicians & Medical Students**

**\$75.00 – Non-Member Physicians, Spouses, Practice Managers, & Staff**

Email Sherry at [ssmith@gcms.org](mailto:ssmith@gcms.org) to register your attendance or call **810-733-9923** for more information.



# Dr. S. Bobby Mukkamala Campaigns for MSMS President-Elect at Saginaw County Medical Society

As part of his campaign for President-Elect of the Michigan State Medical Society, Dr. S. Bobby Mukkamala has visited several counties around the state. He will visit more in advance of the House of Delegates. In mid-January, Dr. Mukkamala attended the Saginaw County Medical Society Delegates Meeting to answer questions. He was greeted very warmly.





# WE NEED YOUR INPUT

## Help develop the Genesee County Opioid Provider Toolkit

On behalf of the Greater Flint Health Coalition's Mental Health & Substance Use Task Force you are invited to help inform and guide the development of a Genesee County Opioid Provider Toolkit. The Toolkit is one part of Genesee County's Community-Wide Strategy to Address the Opioid Epidemic and will be an important resource for local providers. Please complete the Genesee County Providers' Opioid Prescribing Pre-Survey by following the link below:

---

**[www.surveymonkey.com/r/opioid-prescriber-pre](http://www.surveymonkey.com/r/opioid-prescriber-pre)**

---

Please complete the survey by March 1, 2019 to help ensure your voice is heard. Feel free to share with your provider colleagues as well. Thank you.



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

519 South Saginaw Street, Suite 306  
Flint, MI 48502  
810.232.2228

# MSMS Legislative & Regulatory Platform



## Insurance and Regulatory Advocacy

- ◆ Support mental health parity
- ◆ Advocate for adequately sized physician networks
- ◆ Regulate narrow networks
- ◆ Appropriate access to telemedicine
- ◆ Advocate regulation of silent PPO/rental networks
- ◆ Reduce unnecessary administrative costs

## Public Health and Prevention

- ◆ Restore Michigan's helmet law
- ◆ Support vaccine availability and oppose efforts to weaken Michigan's vaccine laws
- ◆ Reduce prescription drug diversion
- ◆ Ensure appropriate access to pain medication
- ◆ Reduce childhood environmental hazards
- ◆ Support efforts to reduce unintended pregnancies
- ◆ Support school-based nutrition and exercise standards
- ◆ Reduce gun violence through health screening, patient counseling and expanded access to mental health services

## Medicaid

- ◆ Seek funding parity with Medicare
- ◆ Oppose taxes that are limited only to physicians
- ◆ Seek funding sources that are fair and sustainable
- ◆ Support state funding for the Healthy Michigan Plan
- ◆ Ensure access to primary care physicians and sub-specialty physicians

## Professional Liability

- ◆ Preserve existing tort reforms
- ◆ Advocate for higher negligence thresholds in medical liability cases
- ◆ Eliminate the lost opportunity doctrine
- ◆ Restore legislative intent of tort reforms related to meaningful caps on non-economic damages
- ◆ Restore legislative intent of tort reforms related to court rules and procedures to level the playing field for physicians
- ◆ Seek pilot projects of medical courts and other non-judicial alternatives to the tort system
- ◆ Advocate liability relief for legislatively mandated standards of practice

## Physician Supply and Training

- ◆ Increase graduate medical education funding at state level
- ◆ Minimize burden of medical school debt

## Insurance Contracting Reform

- ◆ Limit retroactive audit timeframes
- ◆ Support adequate disclosure of fee screens
- ◆ Support appeals process that includes independent reviews
- ◆ Prohibit down-coding in purposes of determining medical necessity

## Scope of Practice

- ◆ Support education over legislation as the means of increasing scope of practice
- ◆ Oppose independent prescriptive authority by non-physicians
- ◆ Support the physician-led team-based approach to health care
- ◆ Support patient right-to-know/health professional credentials disclosure



# 2019 MSMS Legislative Priorities

*The following are the legislative issues the medical society is prioritizing in 2019.*

*The majority of our resources and efforts will be dedicated to action on these issues.*

## **Prior Authorization Reform**

The prior authorization process diverts valuable resources away from direct patient care, can delay the start or continuation of necessary treatment and can negatively impact patient health outcomes. MSMS will work closely with the legislature, regulators and stakeholders on ways to streamline, standardize and make the prior authorization process more transparent and evidence-based.

## **Graduate Medical Education (GME)**

Studies repeatedly demonstrate that one of the best ways to recruit and retain physicians is via local medical schools and residency programs. GME helps fill the gap in under-served areas by providing extremely low-cost care to those most in need. Michigan has been a leader in expanding medical school class sizes to address the projected demand for physician services, it is imperative that we continue to fund GME slots to allow these future physicians to learn here in Michigan, train here in Michigan, and stay here in Michigan.

## **Team-based Care/Scope of Practice**

Patients are best served by a team-based approach that provides the maximum amount of choice for their care while ensuring that they benefit from the additional training and expertise having a physician on the team. A highly functioning health care team is the best way to serve patients while addressing access issues, rather than legislation that creates silos. MSMS will continue to promote the role of the physician as the leader of the health care team and oppose any efforts to expand allied health professionals scope of practice that may put patients at risk.

## **Auto No-Fault Reform**

Michigan has been a leader in providing care to those injured in auto accidents by virtue of our no-fault statute. For 40 years, Michigan has required drivers to purchase coverage in the unfortunate event of a catastrophic injury. Unlike other states that burden taxpayers by allowing the injured to be shifted to the Medicaid program or increase uncompensated load on physicians and facilities. That said, reforms to the current system are needed. MSMS will continue to work with its partners in the Coalition for Protecting Auto No-Fault (CPAN) on reforms that bring fairness to insurance rates, increase transparency, crack down on fraud, reduce lawsuits and lower health care prices for accident victims.

## **Addressing Substance Abuse in Michigan**

In late 2017, Michigan passed a series of opioid laws in an effort to address the state's opioid epidemic. Several unintended consequences emerged as the laws took effect, some of which could negatively impact patient care and access to legitimate pain medication. Moreover, the laws failed to adequately address barriers to treatment.

The rise of prescription drug abuse is a growing concern among the physician community, however, it is important that solutions do not have the unintended consequence of denying access to pain patients. MSMS will be working to pursue solutions that focus on all areas of illicit prescription drug use, not just the interaction between the patient and the physicians.

On November 6, 2018, Michigan voters approved a ballot initiative making recreational marijuana use legal in Michigan. In the face of changing societal attitudes and relaxing state and local policy, the need to raise awareness around the dangers associated with the normalization of marijuana use has never been greater. MSMS will seek to partner with lawmakers, state regulators and other stakeholders to ensure the proper laws, rules and regulations are in place to protect the public.



# 100th Legislative Session **Lawmakers** *Reception*



MSMS

Join MSMS and GCMS as we invite local lawmakers and their staff to attend our welcome reception kicking-off Michigan's 100th Legislative Session. GCMS physicians and elected officials will be treated to hors d'oeuvres and spirits, as well as a stimulating discussion on legislative priorities and partnership opportunities.

Monday, February 25  
6:00 - 7:00 p.m.

at

**Genesee County Medical Society**  
4438 Oakbridge Drive, Suite B | Flint, MI 48532



**RSVP to Sherry Smith at Genesee County Medical Society**  
**[ssmith@gcms.org](mailto:ssmith@gcms.org) or by phone at 810-733-9923 .**

Should you have any questions, please contact Christin Nohner, Director,  
State and Federal Government Relations, at 517-336-5737.





**FOR LEASE**

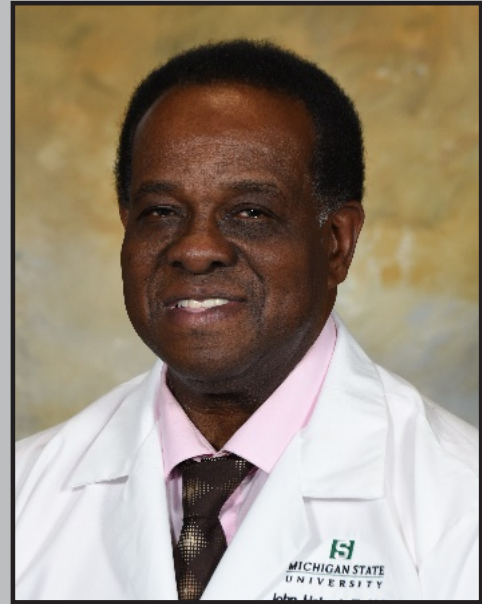
Linden Rd. visibility in versatile suite with 8 - 9 offices plus waiting and storage. 2,879 SF can be expanded by up to ±1,500 SF. Two private offices with large bay windows, lots of windows that open throughout. Well lit, ample parking in professional office park. Convenient location to expressways and the Linden, Miller and Corunna Rd. corridors.



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# OBESITY INTERVENTION

## PROGRAM DESCRIPTION

Commit to Fit! Families is a FREE six-week child and family intervention that will include: nutrition education, healthy meal preparation, physical activity, and mindfulness. As part of the program, all children over the age of 12 will be provided with a wearable fitness device to track physical activity.

By participating in this program, individuals will also have access to free fitness classes, health education materials, and online health behavior tracking!

## WHO IS ELIGIBLE?

Medicaid covered children who are obese. (Obesity is defined as a BMI at or above the 95th percentile for children and teens of the same age and sex)

## HOW CAN PATIENTS BE REFERRED?

Patients can be referred utilizing the Community Referral Platform, choose Genesee CHAP and select health education.

— OR —

Interested patients may contact the Commit to Fit! Office directly at 810-232-2228 or fill out an interest survey at [www.surveymonkey.com/r/familiesC2F](http://www.surveymonkey.com/r/familiesC2F)

## WHAT HAPPENS ONCE PATIENTS ARE REFERRED?

Commit to Fit! staff will reach out to the patient and/or their guardian within 3 business days to enroll them in an upcoming session.



## UPCOMING SESSIONS

WEDNESDAYS FROM 5:30-7:30 PM

JANUARY 23 - FEBRUARY 27

Classes are held at the  
**FLINT CHILDREN'S MUSEUM**

Visit [www.commit2fit.com](http://www.commit2fit.com)







# OBESITY INTERVENTION

## PROGRAM DESCRIPTION

Commit to Fit! Adults is a FREE six-week adult intervention that will include: nutrition education, healthy meal preparation, physical activity, and mindfulness. As part of the program, all participants will be provided with a wearable fitness device to track physical activity.

By participating in this program, individuals will also have access to free fitness classes, health education materials, and online health behavior tracking!

## WHO IS ELIGIBLE?

Medicaid covered adults (aged 18+) who are obese. (Obesity is defined as individuals with a BMI of 30.0 or higher)

## HOW CAN PATIENTS BE REFERRED?

Patients can be referred utilizing the Community Referral Platform, choose Genesee CHAP and select health education.

— OR —

Interested patients may contact the Commit to Fit! Office directly at 810-232-2228 or fill out an interest survey at [www.surveymonkey.com/r/adultsC2F](http://www.surveymonkey.com/r/adultsC2F)

## WHAT HAPPENS ONCE PATIENTS ARE REFERRED?

Commit to Fit! staff will reach out to the patient within 3 business days to enroll them in an upcoming session.



## UPCOMING SESSIONS

THURSDAYS FROM 5:30-7:30 PM  
FEBRUARY 21 - MARCH 28

Classes are held at the  
**UNIVERSITY OF MICHIGAN-FLINT REC CENTER**

Visit [www.commit2fit.com](http://www.commit2fit.com)



# Practice Managers Discuss State Innovation Model of Care

On January 10<sup>th</sup>, Lori Kunkel, MHSA, Greater Flint Health Coalition Vice President of Programs, presented to the GCMS practice managers on the State Innovation Model Initiative.

The Greater Flint Health Coalition serves as the backbone organization for the Genesee Community Health Innovation Region (CHIR), one of five CHIRs selected by the Michigan Department of Health and Human Services to address population health for the Initiative. Michigan's State Innovation Model (SIM) is seeking to provide better care coordination, lower costs, and improved health outcomes for Medicaid beneficiaries by focusing on the upstream factors or social determinants of health (SDOH), that affect health status.

Ms. Kunkel noted that Flint is a community with a 45% poverty rate, the highest in the nation. 104,333 Genesee County residents are covered by Medicaid. The SIM project focuses on Medicaid patients.

The priority population for the SIM project is emergency department (ED) utilization. Locally, Greater Flint Health Coalition (GFHC) partners have defined several subpopulations for ED utilization: High, "Inappropriate", Preventable and Prospective. High ED utilizers, having five or more visits in a month, are identified by reports developed for the GFHC by Great Lakes Health Connect using hospital Admission, Discharge, Transfer (ADT) notifications. Medicaid Health Plans provide the GFHC with monthly reports for "Inappropriate" and Preventable ED use. GFHC staff aggregate these reports by primary care provider and distribute them to

partnering practices for follow up care coordination.

A broad group of partners is working together to improve the care coordination system and reduce ED utilization. The local GFHC SIM project involves three Accountable Systems of Care, 62 PCMH practices, 150 providers, 41,144 Medicaid covered lives, and six Medicaid health plans.

Clinical-Community Linkages are a large component of the SIM Initiative. SIM PCMH practices in Genesee County are screening patients in their practices for social determinants of health (SDOH) needs using a standard tool developed by the GFHC

and its SIM partners. Practices are submitting the screens into the GFHC's central repository hosted by Great Lakes Health Connect. The GFHC is analyzing and reviewing the screening data on an ongoing basis to identify on a community level needs, available resources, and gaps in services. The Social Determinants of Health screening data shows that the top needs among patients are depression, clean water, food, and transportation.

SIM PCMH practices, when they identify patients with SDOH needs, have embedded care coordinators working to solve those needs by linking patients to resources in the community. For needs that are many, complex, or they do not know how to address, practices may refer patients to the GFHC's Clinical-Community Linkage (CCL) Hub. The CCL Hub is composed of four Specialty Hubs: Genesee CHAP, Genesee Health Plan, Genesee Health System and New Paths. Each works to address the SDOH needs of referred patients linking them to community resources and providing feedback which allows practices to know outcomes of the referrals made to social service agencies. The GFHC is implementing a Community Referral Platform that allows the referrals between partners to be made electronically.

The GFHC's Clinical-Community Linkage Hub is based upon its Children's Healthcare Access Program or CHAP. CHAP focuses on the barriers to patients' utilization of their medical homes.

**CONTINUED ON PAGE 19**







## Model of Care

*CONTINUED FROM PAGE 18*

Evaluation of CHAP has shown a significant drop in hospitalizations and emergency room use for its clients. The goal of the State Innovation Model and CHAP is to expand the practices involved, as resources become available.

Ms. Kunkel also described a set of fitness and nutrition programs (Commit to Fit Families and Commit to Fit Adults) that physicians may refer to in hopes that they will make a positive impact on the health of the community.

Medical Society Foundation  
4438 Oak Bridge Drive  
Suite B  
Flint, Michigan 48532  
(810) 733-9923

Greetings from the Medical Society Foundation,  
Thank you for considering the Medical Society Foundation when you make your charitable donations. We are truly grateful for your kind generosity.

Should you desire to contribute, please consider giving a gift of cash, stock transfer, or IRA Charitable Rollover. If you are 70 ½ or older, you can use your IRA to support the Medical Society Foundation. Making an IRA charitable rollover gift to us will lower income and taxes from your IRA required minimum distribution this year.

For more information, please contact Peter Levine via email [plevine@gcms.org](mailto:plevine@gcms.org), or call 810-733-9923. We would love to hear from you.

We wish you all a wonderful year!

With warm regards,

Allen F. Turcke, MD  
President



**ATTENTION:  
GCMS  
Practice  
Managers**

# Issues of Serious Concern for Medical Practices!

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

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

**The following topics are tentatively scheduled and subject to change**

**February 7, 2019**

Presenter(s)

**"McLaren Health Plan"**

Amy Weigandt

Network Development Coordinator

**March 7, 2019**

Presenter(s)

**"Social Determinants of Health"**

Traci Kim, MA, CMPE, Lecturer, Public Health & Health Sciences,  
UM-Flint Administrator, Complete Eye Care

(This meeting will be followed by a roundtable on practice issues by the group as a whole)

**April 4, 2019**

Presenter(s)

**"Blue Cross Blue Shield of Michigan Update"**

Donna LaGosh, Manager

PGIP Field Team at Blue Cross Blue Shield of Michigan

**May 9, 2019**

Presenter(s)

**"Meridian Health Plan" (second Thursday)**

Amanda Herr, Network Development Representative

Kristen Gasieski, Manager Network Development

**Please email Sherry at [ssmith@gcms.org](mailto: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.**





# Michigan Loan Reimbursement and Employment Solution

## Participant Information

### About MiLES

The Michigan Loan Reimbursement & Employment Solution (MiLES) offers \$50,000 in loan repayment to resident physicians during residency in exchange for a 2-year post-residency service commitment in a medically underserved area of Michigan. The goal is to match employers with providers who would like to stay in the community beyond their 2-year service commitment.

### Eligible Disciplines and Specialties

You must be enrolled in the last 2 years of residency in one of the following specialties/disciplines:

#### *Specialties*

- Family Medicine
- Internal Medicine
- Pediatrics
- General Surgery
- Psychiatry
- OB-GYN

#### *Disciplines*

- Allopathic (MD)
- Osteopathic (DO)

### Participant Requirements

- Complete residency
- Complete and pass national licensing board examination
- Obtain a license to practice medicine in the State of Michigan
- Be a U.S. citizen (U.S. born or naturalized), U.S. national, or Lawful Permanent Resident
- Have unpaid government or commercial loans for school tuition
- Agree to forgo any subspecialty fellowship training for at least 2 years post-residency
- Agree to work in a medically underserved area of Michigan for 2 years post-residency

### Employment Match

The Michigan Health Council (MHC) will work with you to find an approved service site that you will enjoy. This service is at no cost to you. When applying to MiLES, you'll list your top three sites and/or geographic areas of preference. MHC will provide you with options based on your preference list.

### How to Apply

The MiLES application period is Jan 1 – Feb 28. Physician residents in their last 2 years of residency may apply. Visit [www.milesprogram.org](http://www.milesprogram.org) for more information and an application.

Reprinted from The Bulletin, November 1966 issue

## Would You Believe 20?

J. E. Wentworth, MD President

Would you believe that the private practice of medicine in 20 years will no longer exist as you and I know it today. At present, the Federal Government has assumed medical responsibility for 19,000,000 elderly Americans under Medicare; an additional 35,000,000 under Title XIX of the Medicare Law; and still another 22,000,000 under the Veterans Administration.

In 20 years, physicians will no longer concern themselves with the routine practice of medicine; this will be done by others whose training is more vocationally oriented.

The generalist or primary physician will become a biomedical engineer and director, directing people to superspecialists and system specialists. Physicians will be full-time employees of geographic medical complexes providing total care for residents of a community.

Medicine will be practiced on an assembly line basis. Physicians will be employed either on an annual fee

basis or as salaried employees of the Federal Government.

Diagnosis, with few exceptions, will be performed automatically and interpreted by computer systems.

Patients entire medical records from birth will be instantly available from computerized medical information centers.

A new category of medical personnel, "the clinical associate" will be established. These people will assume the functions performed by most practicing physicians today.

If this all be true – one wonders what the busy physician of today spends his time doing. It is estimated that 60 percent of your time is spent treating patients with psychosomatic problems with little or no organic basis; 25 percent treating psychosomatic complications of organic disease, and only 15 percent treating organic disease.

Our government has planted itself in the practice of medicine and every indication points to computerized medicine. Would you believe 30?

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## FOR LEASE

Linden Rd. visibility in versatile suite with 8 - 9 offices plus waiting and storage. 2,879 SF can be expanded by up to ±1,500 SF. Two private offices with large bay windows, lots of windows that open throughout. Well lit, ample parking in professional office park. Convenient location to expressways and the Linden, Miller and Corunna Rd. corridors.



**Karen Cape**

Cooper Commercial  
810-423-3775 [M]  
810-732-6000 [O]  
karen@coopercom.com

## Announcement

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

For details, contact:

## POTTER & ROOSE INSURANCE

**810-767-8590**

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

906 Mott Foundation Bld., Flint MI 48502

## Your HEALTH CARE LAW FIRM



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

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

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# WE NEED YOUR INPUT

## Help develop the Genesee County Opioid Provider Toolkit

On behalf of the Greater Flint Health Coalition's Mental Health & Substance Use Task Force you are invited to help inform and guide the development of a Genesee County Opioid Provider Toolkit. The Toolkit is one part of Genesee County's Community-Wide Strategy to Address the Opioid Epidemic and will be an important resource for local providers. Please complete the Genesee County Providers' Opioid Prescribing Pre-Survey by following the link below:

---

[www.surveymonkey.com/r/opioid-prescriber-pre](http://www.surveymonkey.com/r/opioid-prescriber-pre)

---

Please complete the survey by March 1, 2019 to help ensure your voice is heard. Feel free to share with your provider colleagues as well. Thank you.



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

519 South Saginaw Street, Suite 306  
Flint, MI 48502  
810.232.2228





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 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

# 4438 Oak Bridge Drive Ste A 15726LG

4438 Oak Bridge Dr, Flint, MI 48532



Listing ID:	30337937
Status:	Active
Property Type:	Office For Lease
Office Type:	Business Park
Contiguous Space:	2,879 SF
Total Available:	2,879 SF
Lease Rate:	\$12 PSF (Annual)
Base Monthly Rent:	\$2,879
Lease Type:	NNN
Nearest MSA:	Flint
County:	Genesee
Tax ID/APN:	07-21-651-009
Zoning:	GENERAL COMMERCIAL
Gross Building Area:	9,990 SF
Year Built:	1994



## Overview/Comments

Linden Rd. visibility in versatile suite with 8 - 9 offices plus waiting and storage. 2,879 SF can be expanded by up to  $\pm 1,500$  SF. Two private offices with large bay windows, lots of windows that open throughout. Well lit, ample parking in professional office park. Convenient location to expressways and the Linden, Miller and Corunna Rd. corridors.



### More Information Online

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### QR Code

Scan this image with your mobile device:



## Property Contacts

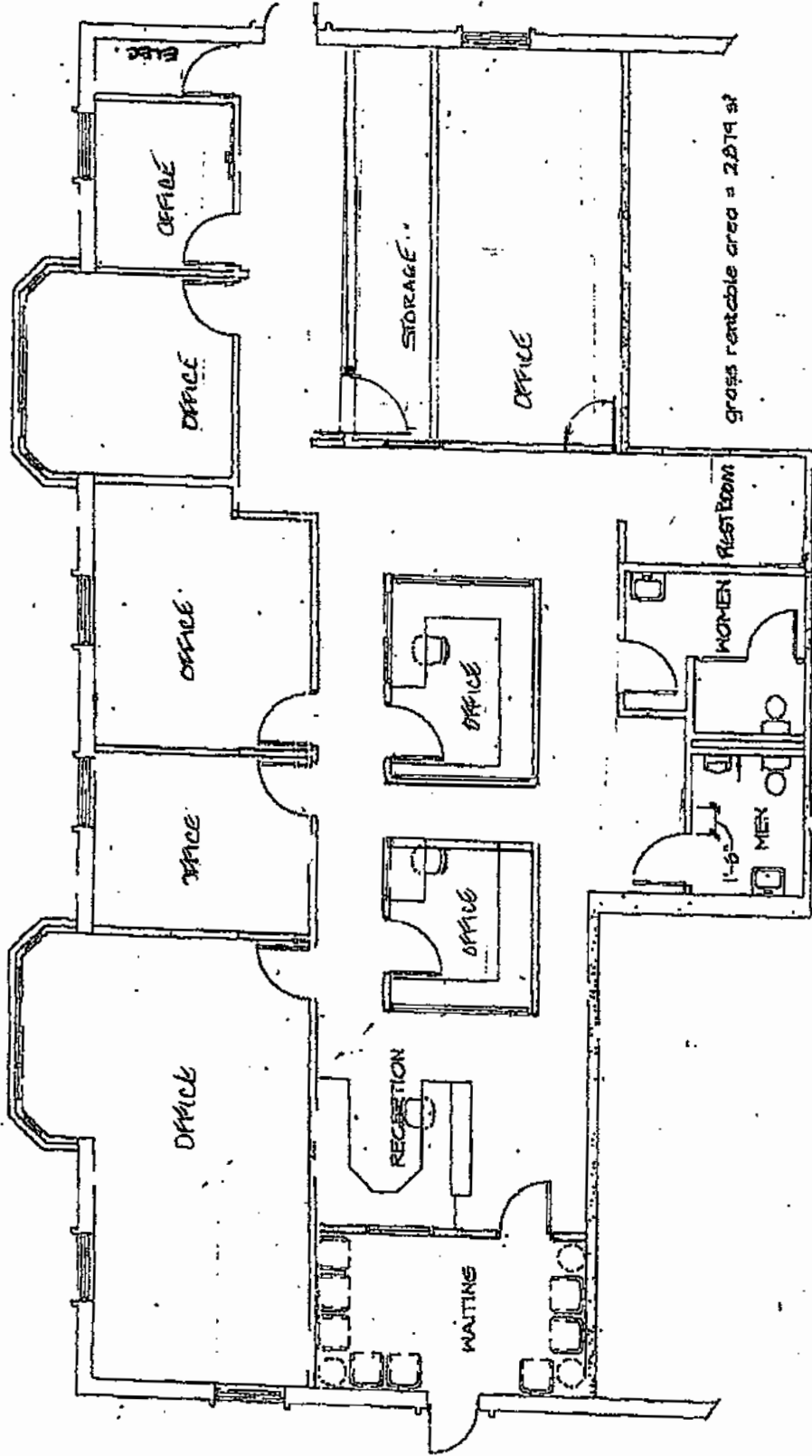


### Karen Cape


Cooper Commercial  
810-423-3775 [M]  
810-732-6000 [O]  
[karen@coopercom.com](mailto:karen@coopercom.com)



N.T.S.



gross rentable area = 2,874 sq'

 **NEW WORK PLAN**  
SCALE 1/8" = 1'-0"  
FIG. 5, 2000

# FOR ILEASFE

**Genesee County Medical Society**  
**Board of Directors**  
**October 23, 2018 - Minutes**

**I. Call to Order**

The meeting was called to order in the Rapport Conference Room at 6:00 pm, by Gerald Natzke, DO, President.

**II. Review of Minutes**

**Motion: that the minutes of the September 25, Board of Directors meeting be approved as presented. The motion carried.**

**III. Reports**

**A) Community & Environmental Health**

1. Report on 10/3/18 Pediatric Grand Rounds, Dr. Lanphear

Dr. Natzke reported that the Pediatric Grand Rounds on October 3 featuring Dr. Lanphear from British Columbia was of real value. Dr. Lanphear has new ways of looking at environmental toxins that are of real benefit both to healthcare providers and to the public.

2. Report on 10/5/18 Health Issues & Election, U of M Flint

Also, on October 3 was the Health Issues in the Election Forum at University of Michigan-Flint. It was reported that it was well attended and featured a presentation by Dr. Bobby Mukkamala.

**B) Finance**

1. Budget-to-Actual Report, Period ending 9/30/18

**Motion: that the budget to actual report for the period ending September 30, 2018, be approved as presented. The motion carried.**

**Motion: that the proposed budget for FY 18–19 be approved as presented. The motion carried.**

2. Suite A Available

Levine reported that Suite A is available and asked the Board for any help possible in identifying potential renters.

3. Opioid and SIM Contracts for New FY

Levine reported that the opioid and SIM contracts for the new fiscal year should total \$80,000 from the Health Coalition. Dr. Waters noted that the reason those contracts are being offered a Medical Society is to make sure that Peter Levine is available to attend to and represent physicians.

**C) Membership**

1. Report on Meeting with PMC Board of Directors

Levine reported that the meeting with PMC Board of Directors regarding it achieving 100% membership went very well. He noted that MSMS is fine-tuning the PMC proposal.

2. Discussion regarding Osteopathic Membership

Levine reported it is possible that the Osteopathic Association is moving towards coming to membership in GCMS and MSMS. A suggestion was made to invite their Board of Directors to meet, after determining the viability of the idea.

**D) AMA Update**

Dr. S. Bobby Mukkamala reported that the AMA policy has been in opposition to direct to consumer advertising. AMA is now asking the federal government to require drug pricing to be included in the advertisements.

**E) MSMS Update**



**Genesee County Medical Society**  
**Board of Directors**  
**October 23, 2018 - Minutes**

1. Remodeling Update

Dr. Mukkamala reviewed the remodeling proposal for MSMS. He stated that the remodeling update is the result of years of work on how to remodel MSMS. Julie Novak, CEO of MSMS, will attend next month's Board meeting to review the document. He noted in the proposal, the Board of Directors will stay the same size, with both geographic and practice setting representation. He noted that the House of Delegates does not seem to want to deal with internal MSMS issues. It wants to deal with the external medical policy issues. The Board, under this proposal, would deal with internal issues. District restructuring will reduce the number of districts under this proposal. Dr. Waters noted that this is not the Medical Society that we would design if working from start up. As a consequence, MSMS can't instantly change the entire organization. The House of Delegates process could be modernized, in his opinion.

2. GCMS Candidates for MSMS Positions

- a. S. Bobby Mukkamala, MD President Elect

It was noted that Dr. Mukkamala will be running for MSMS President Elect.

- b. Pino Colone, MD, AMA Delegate and Card Drop for President Elect

Pino Colone will be running for AMA Delegate re-election, and he will also drop a card for his run as President Elect in the year following Dr. Mukkamala's run for President Elect.

**F) Legislative Liaison**

Dr. Blight reported that the elections are coming on 11/6. She encouraged everyone to vote.

**G) President's Report**

Dr. Natzke stated that this is his last Board meeting as President. There is so much to do, and only a year to serve in this role. He stated that he loves working with the Board of Directors and the committees. He appreciates everyone for being caring individuals. He stated that the CHAP and the SIM have been fantastic for the medical community and for patients. He stated that although attendance was not great, the GCMS Town Halls were very good. He noted that GCMS has representation on the Governor's Task Force on Water and has had heavy involvement in MSMS and the AMA. GCMS is the trusted organization on water issues. It is the trusted authority on water in the schools. He stated his pleasure that medical students are involved in the organization. He stated that this is been a year where a lot of energy has been expended to attract new members, as well as to educate the community on critical issues. GCMS's legislative work has been very productive. Overall, he stated that he thought that this was a very good year, and appreciates the trust placed in him by his colleagues.

Dr. Cathy Blight stated that Dr. Natzke is to be complemented for many things. It is noteworthy that he is the first DO to serve as President of the Medical Society. Even more noteworthy is the fact that it was not noteworthy anymore. She complemented Dr. Natzke for providing an energetic and productive presidential year. On behalf of the Board, she thanked him for his service.

**H) Old Business**

**Motion: that Dr. Sherry Cavanaugh be appointed to the GCMS Board of Directors beginning with the November meeting as an Alternate Delegate. The motion carried.**

**I) Other Business**

Discussion was held regarding lack of quorum. It was noted that there are some Board members who have not been attending meetings. Following discussion the following motion was made:

**Motion: that the existing Nominating Committee be reconved to consider**

Genesee County Medical Society  
Board of Directors  
October 23, 2018 - Minutes

attendance issues and assess how to proceed with improving participation. The motion carried.

**Motion:** that those board members who are below 50% for the last two years in attendance be contacted by the President to ask them if they wish to continue on the Board. The motion carried.

Dr. Mukkamala described a proposed resolution that that relates to Social Security insurance/Medicaid records fee charges. The resolution would propose taking payment for the copying of records from the allocation of expenses before paying the patient, just like attorneys do.

**Directive:** staff was directed to directed to list Dr. Blight on this resolution as the author.

**IV) Next Meeting**

The next meeting of the Board of Directors will take place on November 27, 2018, at 6 PM.

**V) Adjournment**

No further business appearing, the meeting was adjourned at 8:02 pm.

Respectfully submitted,  
Peter Levine, MPH  
Executive Director

## FOR LEASE



Linden Rd. visibility in versatile suite with 8 - 9 offices plus waiting and storage. 2,879 SF can be expanded by up to ±1,500 SF. Two private offices with large bay windows, lots of windows that open throughout. Well lit, ample parking in professional office park. Convenient location to expressways and the Linden, Miller and Corunna Rd. corridors.



### Karen Cape

Cooper Commercial  
810-423-3775 [M]  
810-732-6000 [O]  
karen@coopercom.com



# FEBRUARY 2019 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
					<p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Burton Senior Center 9:00-10:00am</p> <p><b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm</p>	<p><b>Yoga Flow</b> U of M-Flint Rec 11:00am</p>
FEBRUARY 2019	<p><b>Water Aerobics</b><sup>4</sup> IHFC 9:00am</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00am</p> <p><b>Senior Stretch</b> YMCA Downtown 10:00am</p> <p><b>Pound</b> GAC 10:15am</p> <p><b>Arthritis Foundation Exercise Program</b> Loose Senior Center 2:00-3:00pm</p> <p><b>Aqua Fitness</b> U of M-Flint Rec 5:30-6:30 pm</p> <p><b>Water Aerobics</b> IHFC 6:00pm</p>	<p><b>Enhance Fitness</b><sup>5</sup> Berston Field House 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center</p> <p><b>Splash Bash</b> U of M-Flint Rec 11:00 am</p> <p><b>Enhance Fitness</b> Hamilton Health Clinic 12:00 pm</p> <p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Hustle Aerobics</b> 4:30-5:30pm Brownell STEM Academy</p>	<p><b>Enhance Fitness</b><sup>6</sup> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Davison Area Senior Center 10:00-11:00am</p> <p><b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:15-1:00pm</p> <p><b>Enhance Fitness</b> Hamilton Main Clinic 5:30 pm</p> <p><b>Community Yoga</b> Brownell Elementary 4:30-5:30pm</p> <p><b>Community Yoga</b> Crim Fitness Foundation 5:15-6:15pm</p> <p><b>Zumba</b> GAC 6:45 p.m</p> <p><b>Hustle Aerobics</b> 6:00-7:00pm Eisenhower</p>	<p><b>Enhance Fitness</b><sup>7</sup> Berston Field House 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10-11:00am</p> <p><b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center</p> <p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Basic Yoga</b> Insight Health &amp; Fitness center 6:45 p.m.</p>	<p><b>Enhance Fitness</b><sup>8</sup> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Burton Senior Center 9:00-10:00am</p> <p><b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm</p>	<p><b>Yoga Flow</b><sup>9</sup> U of M-Flint Rec 11:00am</p>
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# FEBRUARY 2019 Fitness Calendar

FREE! Commit to Fit! Class Schedule

<p><b>Water Aerobics</b> IHFC 6:00pm</p>	<p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Hustle Aerobics</b> 4:30-5:30pm Brownell STEM Academy</p>	<p><b>Zumba</b> GAC 5:45 p.m</p> <p><b>Hustle Aerobics</b> 6:00-7:00pm Eisenhower</p>	<p><b>Basic Yoga</b> Insight Health &amp; Fitness center 6:45 p.m.</p>		
<p>18</p> <p><b>Water Aerobics</b> IHFC 9:00am</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 am</p> <p><b>Senior Stretch</b> YMCA Downtown 10:00</p> <p><b>Pound</b> GAC 10:15am</p> <p><b>Arthritis Foundation Exercise Program</b> Loose Senior Center 2:00-3:00pm</p> <p><b>Aqua Fitness</b> U of M-Flint 5:30pm</p> <p><b>Water Aerobics</b> IHFC 6:00pm</p>	<p>19</p> <p><b>Enhance Fitness</b> Berston Field House 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center</p> <p><b>Splash Bash</b> U of M-Flint Rec 11:00 am</p> <p><b>Enhance Fitness</b> Hamilton Health Clinic 12:00 pm</p> <p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Hustle Aerobics</b> 4:30-5:30pm Brownell STEM Academy</p>	<p>20</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Davison Area Senior Center 10:00-11:00am</p> <p><b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:15-1:00pm</p> <p><b>Community Yoga</b> Brownell Elementary 4:30-5:30pm</p> <p><b>Enhance Fitness</b> Hamilton Main Clinic 5:30 pm</p> <p><b>Zumba</b> GAC 6:45 p.m</p> <p><b>Hustle Aerobics</b> 6:00-7:00pm Eisenhower</p>	<p>21</p> <p><b>Enhance Fitness</b> Berston Field House 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10-11:00am</p> <p><b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center</p> <p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Basic Yoga</b> Insight Health &amp; Fitness center 6:45 p.m.</p>	<p>22</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m</p> <p><b>Arthritis Foundation Exercise Program</b> Burton Senior Center 9:00-10:00am</p> <p><b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm</p>	<p>23</p> <p><b>Yoga Flow</b> U of M-Flint Rec 11:00am</p>
<p>25</p> <p><b>Water Aerobics</b> IHFC 9:00am</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 am</p> <p><b>Senior Stretch</b> YMCA Downtown 10:00</p> <p><b>Pound</b> GAC 10:15am</p> <p><b>Arthritis Foundation Exercise Program</b> Loose Senior Center 2:00-3:00pm</p> <p><b>Aqua Fitness</b> U of M-Flint 5:30pm</p> <p><b>Water Aerobics</b> IHFC 6:00pm</p>	<p>26</p> <p><b>Enhance Fitness</b> Berston Field House 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center</p> <p><b>Splash Bash</b> U of M-Flint Rec 11:00 am</p> <p><b>Enhance Fitness</b> Hamilton Health Clinic 12:00 pm</p> <p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Hustle Aerobics</b> 4:30-5:30pm Brownell STEM Academy</p>	<p>27</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Davison Area Senior Center 10:00-11:00am</p> <p><b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:15-1:00pm</p> <p><b>Community Yoga</b> Brownell Elementary 4:30-5:30pm</p> <p><b>Enhance Fitness</b> Hamilton Main Clinic 5:30 pm</p> <p><b>Zumba</b> GAC 6:45 p.m</p> <p><b>Hustle Aerobics</b> 6:00-7:00pm Eisenhower</p>	<p>28</p> <p><b>Enhance Fitness</b> Berston Field House 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10-11:00am</p> <p><b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center</p> <p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Basic Yoga</b> Insight Health &amp; Fitness center 6:45 p.m.</p>		

# FEBRUARY 2019 Fitness Calendar

FREE! Commit to Fit! Class Schedule

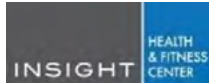
## Class Descriptions & Locations

### Basic Yoga (1 hour)

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

#### Insight Health & Fitness Center (IHFC)

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



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

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



#### Crim Fitness Foundation

452 Saginaw Street Downtown Flint

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

#### YMCA Downtown Flint

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



**Zumba**- A less intense version of the classic Zumba, this class offers fun music to keep the excitement high, while keeping the impact low.

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

#### Genesys Athletic Club (GAC)

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



### Total Life Prosperity B.A.S.E. Fitness Series

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 and Fitness

**Aquafitness/Splash Bash**- 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 10am – 11am

#### Swartz Creek Senior Center:

Fridays 11am – 12pm

#### Forest Township Senior Center:

Wednesdays 12:30pm–1:30pm



### Questions?

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

# Tribute to *Doctor Latchana*

Marvin, as he used to introduce himself on the phone, has left us. Hard to believe but true. Hard to accept yet we must.

His service to the sick, including me, is no longer reachable, nor is his counsel, ethics, friendship, kindness, warm voice, or smile.

He reached high as a habit, at times too high, beyond where most of us, the ordinary, dare. So, the air was thin where he dwelled, and the vista grand, as I imagine his new abode to be in the company of saints and great.

We must all leave this place. That much is certain. Lucky those like Dr. Marvin Latchana, whose dreams and influence can continue through their families, friends, or countless others they helped to go on living. Many among us keep on breathing and walking—as he does not—thanks to his attention or expertise.

It was no error for him to have been created. He did not steal anyone's place; he made his own instead. When treating a patient, he had no other consideration. Dealing with a friend or relative—both dear to him—he cared not to fail. The world is better because he lived. No debate. And at the end, that is what matters.

Reward is his to come now from the minds of many and the hands of the One whom he believed in and obeyed. Blessed be Marvin.

With respect and tears,  
Cyrus Farrehi, MD  
Past President



## OBITUARY

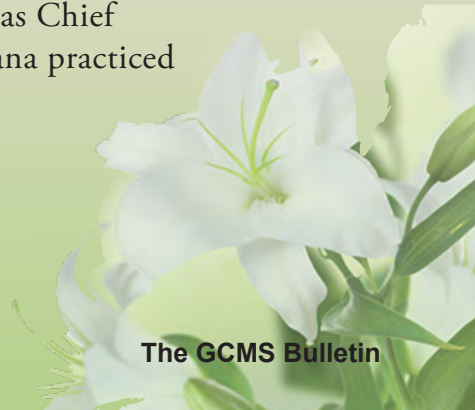


### *Marvin Latchana, MD*

Dr. Marvin Latchana passed away on December 24, 2018, at the age of 73.

Dr. Latchana was born in Fyrish, Guyana in 1945. After completing medical school in Dublin, Ireland and serving as Chief Resident at Hurley Medical Center, Dr. Latchana practiced internal medicine in Flint for 32 years until his retirement in 2010.

In addition to caring for his patients, he was an Assistant Clinical Professor at MSU Medical School and trained a number of physicians who continue to practice in the area.





## YOUR \$\$\$ AT WORK

- GCMS convened a meeting between an insurer and two practices which were having problems; problems were resolved
- GCMS finalized plans for the Feb. 7 Town Hall on “How to Stay out of Trouble with the New Opioid Laws”
- GCMS, in conjunction with MSMS, worked with legislators on key topics including: No Fault Auto Insurance, Prior Authorization, MOC
- GCMS hosted a practice manager’s meeting on the State Innovation Model which has successfully reduced ER Utilization by targeted individuals who use the ER five or more times per month
- GCMS and MSMS planned a Feb. 25 New Lawmakers Reception to be held at the GCMS Offices
- GCMS continues to represent physicians in critical venues

## HAPPY BIRTHDAY DOCTOR

**FEBRUARY**

Gul Sachwani Daswani, DO.....	2	Amy Wu, MD .....	17
Yaseen Rafee, MD .....	2	Shawn Wiggins, MD .....	18
Kumbla Bhakta, MD .....	3	Raymond Rudoni, MD .....	19
Mark Weiss, MD .....	3	Charles Safley, MD.....	20
Cynthia Horning, MD .....	3	Dianne Trudell, MD.....	20
Evelyn Alumit, MD.....	5	Athear Alrawi, MD.....	20
Gregory Fortin, MD.....	5	Daniel Bernstein, MD .....	22
Bradford Murphy, DO .....	6	Steven Boskovich, MD .....	22
Virgil Hooper, MD .....	8	Ali Esfahani, MD .....	24
Avery Jackson, III, MD .....	9	Laura Carravallah, MD.....	24
Gregorio Imperial, Jr., MD.....	12	Pino Colone, MD .....	26
Frederick Lim, MD .....	12	Omar Gayar, MD.....	26
Jay Holmes, MD .....	12	Thomas Wright, DO .....	27
Sharon Dowd, MD.....	14	Samuel DeNardo, MD .....	27
Maurice Chapin, MD.....	15	Mark Anderson, MD.....	28
Rajeevi Pandyan, MD.....	15	Mohammad Tabbah, MD.....	28
Nelson Schafer, MD .....	16		
Edward Gomez-Seoane, MD .....	16		

# 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 Peter Levine, Executive Director  
at 810-733-9925 or [plevine@gcms.org](mailto:plevine@gcms.org).**



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

**Please feel free to contact Peter Levine, Executive Director  
at 810-733-9925 or [plevine@gcms.org](mailto:plevine@gcms.org).**

Application Code: \_\_\_\_\_

# State and County Medical Society MEMBERSHIP APPLICATION

Join MSMS and your County Medical Society online at [www.joinmsms.org](http://www.joinmsms.org)

Join  
GCMS/MSMS

Renew  
Membership

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

Male     Female

First (legal) Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_ Last Name: \_\_\_\_\_     MD     DO

Nickname or Preferred Form of Legal Name: \_\_\_\_\_ Maiden Name (if applicable) \_\_\_\_\_

Job Title: \_\_\_\_\_

W Phone \_\_\_\_\_ W Fax \_\_\_\_\_ H Phone \_\_\_\_\_ H Fax \_\_\_\_\_

Mobile: \_\_\_\_\_ Email Address \_\_\_\_\_

Office Address     Preferred Mail     Preferred Bill     Preferred Mail and Bill

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Address     Preferred Mail     Preferred Bill     Preferred Mail and Bill

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\*Please base my county medical society membership on the county of my (if addresses are in different counties):  Office Address     Home Address

\*Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Birth Country \_\_\_\_\_ MI Medical License #: \_\_\_\_\_ ME #: \_\_\_\_\_

Medical School \_\_\_\_\_ Graduation Year: \_\_\_\_\_ ECFMG # (if applicable) \_\_\_\_\_

Residency Program \_\_\_\_\_ Program Completion Year \_\_\_\_\_

Fellowship Program \_\_\_\_\_ Program Completion Year \_\_\_\_\_

Hospital Affiliation \_\_\_\_\_

• Primary Specialty \_\_\_\_\_ Board Certified:  Yes     No

• Secondary Specialty \_\_\_\_\_ Board Certified:  Yes     No

Marital Status:  Single     Married     Divorced    Spouse's First Name: \_\_\_\_\_ Spouse's Last Name: \_\_\_\_\_

Is your spouse a physician?:  Yes     No    If yes, are they a member of MSMS?:  Yes     No

Within the last five years, have you been convicted of a felony crime?:  Yes     No    If "yes," please provide full information: \_\_\_\_\_

Within the last five years, have you been the subject of any disciplinary action by any medical society or hospital staff?:  Yes     No

If "yes," please provide full information: \_\_\_\_\_

I agree to support the County Medical Society Constitution and Bylaws, the Michigan State Medical Society Constitution and Bylaws, and the Principles of Ethics of the American Medical Association as applied by the AMA and the MSMS Judicial Commission.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

County Medical Society Use Only  
Reviewed and Approved by: \_\_\_\_\_