

# THE Bulletin

July 2017 Volume 112, Number 40



## *Special Alliance Issue!*

**The Legislative Liaison Committee Does Its Job  
Practice Managers Meet with McLaren Health Plan  
and Blue Cross regarding PCMH and PGIP**

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

(Musculoskeletal) Ultrasound

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a crushed finger, cut hand, or a rheumatoid arthritis issue

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injuries in the knee, usually due to athletic activities

**Rotator cuff, biceps tendon:**  
shoulder and arm injuries

**Snapping Hip:**  
inflamed tendon from injury or overuse

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hip pain from inflammation of a fluid-filled sac near the joint

**Gluteus minimus and medius tendons:**  
pain in the hip & upper thigh muscles

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sprained or twisted ankle

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# THE Bulletin

*Read by 96% of GCMS members.*

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### 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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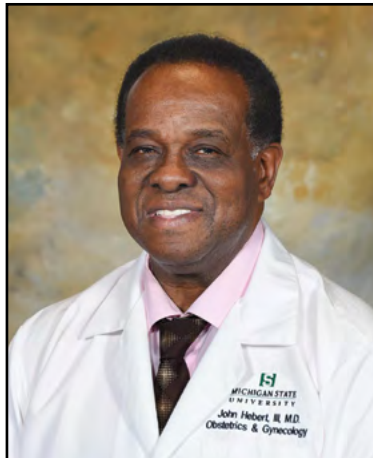
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# OBSERVATIONS ON POLIO ERADICATION

"Polio, Eliminated: Former CDC Directors are optimistic that the complete eradication of the disease is close." The above headline caught my eye this morning as I scanned the news online. This was of particular interest to me as a physician who strongly advocates for the universal acceptance of vaccine proven efficacy in preventing numerous formerly common highly infectious diseases. It was also of interest to me as a Rotarian. Rotary International has been a long-term partner along with the United Nation's agencies (WHO and UNICEF) and the United States CDC in the global effort to eliminate polio.



*John Hebert, MD*

The collaborative efforts of these agencies have produced a global movement that has reduced cases of polio by 99% since 1998. This equates to more than 2.5 billion children who have been protected from acquiring the paralyzing disease. According to the latest data available, polio is found only in Pakistan, Afghanistan, and Nigeria. In 2016, only 37 cases were reported worldwide. This is the smallest number of new cases in history. The polio success story is striking as an example of what vaccine efficacy coupled with collaborative efforts to achieve near universal immunization can achieve.

I, like most physicians in the United States, have never seen a case of polio. I am of an age that I can recall family members of my parents and grandparent's generation referring to the fear of contracting the "paralysis" after an upper respiratory tract infection. Fortunately, by the time my siblings and I were in elementary school the polio vaccine was available and was given as a priority.

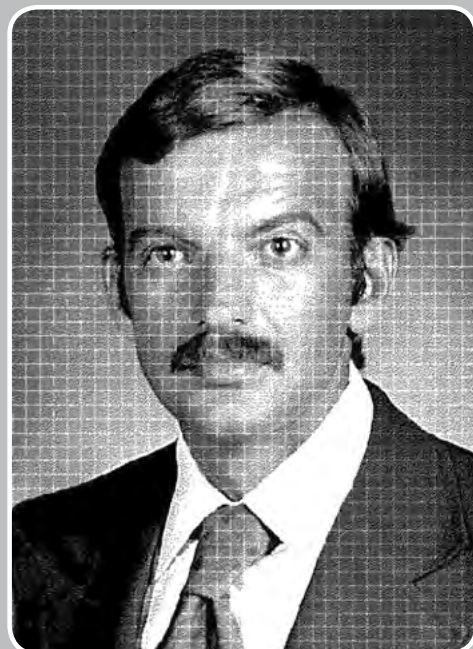
Polio should soon become the second disease, after smallpox, to be completely eradicated from the world. As a Rotarian, I have been closely followed the global efforts to eradicate this disease over the past 20 years. We witnessed setbacks and disappointments at achieving the goal of eradication, often causing set deadlines to have to be adjusted forward. Rotary International, in partnership with the United Nations agencies and the CDC, is celebrating the fact that this disease, which once paralyzed 1,000 children daily, is now nearly history. This celebration is the highlight of the Rotary International Convention currently underway in Atlanta Georgia.

This celebration should be a time to reflect on the efficacy and safety of vaccines for a variety of highly contagious childhood diseases that are still associated with

significant morbidity and mortality. According to the CDC, more than half a century of immunizations have saved more than a billion lives worldwide and prevented countless illnesses and disabilities in the United States. Vaccine-preventable diseases such as measles, mumps, and whooping cough are still a threat. They needlessly continue to infect children in the United States resulting in hospitalizations and some deaths every year. Unfortunately, much of the vaccine-preventable morbidity and mortality is due to widespread unfounded views held by many on adverse vaccine-related associations. As

we approach the eradication of polio, let us not forget that we have the tools (vaccines) to prevent many of these childhood diseases. A child should certainly not be more likely to die from mumps, measles or whooping cough than being paralyzed by contracting polio.

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



**Look for the Answer inside!**

# Easy Ways to Donate to the Medical Society Foundation:

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

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

To make a gift, simply use these words:

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

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

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



**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).

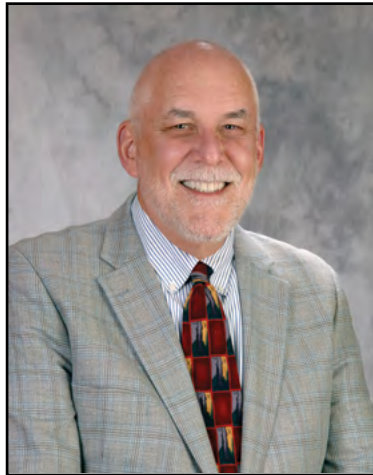
## EXECUTIVE DIRECTOR'S MESSAGE

### WE LAUD OUR ALLIANCE/GCMS MEMBERSHIP APPEAL

This is our annual issue of The Bulletin in which we showcase the Genesee County Medical Alliance activities, and we laud them for their work on behalf of this medical community.

This year, the Alliance will be run by a Committee. The level of activity that they provide as a group of volunteers is amazing. This is not your grandmothers' Alliance. These are serious community organizers and they represent physicians in a totally positive way.

We have just completed Maria McCann's year as President. She did a great job, through some trying personal times. She never flinched and she abdicated nothing. We could all learn something from her strength. Her speech, which she gave at this year's Geranium Luncheon, was very touching, and descriptive of why the Alliance is so valuable as a support system for spouses and as a community resource. The speech is reprinted in this issue. Please take a moment to consider engaging your spouse in the countless benefits of the Alliance, or become a member yourself, for a mere \$25 annually.



*Peter Levine, MPH*

We are in the process of putting together another Town Hall meeting, "A Conversation with Health Plan Chief Medical Officer's." We have done this in the past, and those who have attended, found it extremely productive. This is an opportunity to hear what is new with each of the major plans, and to engage these key decision-makers in conversation. The date for the meeting is September 7. Please think about coming, it is for your benefit!

If you know anyone who is not a member, please invite them to join! The following links lead to writable applications.  
To join: <https://www.msms.org/Membership/OnlineMembershipApplication4.aspx>  
To renew: <https://www.msms.org/Membership/RenewYourMembership.aspx>



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# Issues of Serious Concern for Medical Practices!

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



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

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

**June 27th**  
**Presenter(s):**

**No meeting, enjoy your summer!**

**August 24th**  
**Presenter(s):**

**"Molina Healthcare"**  
Molina Faculty - TBD

**September 28th**  
**Presenter(s):**

**"Meridian: Updates & Feedback"**  
Jacqueline Kirejczyk, Director of Network Development  
Erica D'Ambrosio, Provider Network Development Representative

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

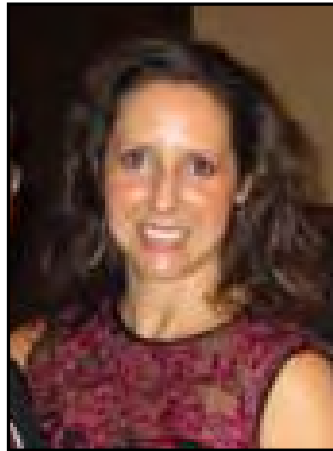
# 2017 Geranium Luncheon Exaugural Speech

Maria McCann, Outgoing GCMSA President, 2016-17

As I have completed my second term as President of the Genesee County Medical Society Alliance, I feel like I am walking away with some good life lessons. I have been a member of the Medical Alliance for four years and was fast-tracked through the Alliance Executive Board. I was quickly nominated as Secretary and then as President-Elect. It was quickly my turn to start my duties as Co-President with my sister Raquel Yapchai. I was quite frustrated in the beginning, by what I thought the Alliance was supposed to be. I couldn't understand why membership was down and attendance was low. I said to my Co-President and sister, "what have we done and how do we get out of this?" By nomination time of the following year, we had lost our current President-Elect and were in a situation with no incoming President.

I was asked to repeat my term. The ladies of the Alliance can be very persuasive and I agreed to take on another year. I thought to myself, this year should be easier, as I now knew what to expect. As President, I was encouraged to attend the National AMAA convention in Chicago. I was reluctant to go, but a couple of our other Board members were also attending, and they said it had been a good experience for them. While at the convention, I realized that numbers were down across the country and maybe our little Genesee County Alliance wasn't failing as badly as I had initially thought. I came back home with renewed inspiration for our Alliance.

In the midst of this, I was having some personal life changes which made me start to rethink my involvement with the Alliance. I questioned whether I still wanted to, or even should still be, a member, much less President. When I confided my situation to my fellow Board members, I was touched by the concern



Maria McCann

and support that they all expressed. They encouraged me to stay on and offered to assist me in any way that they could.

As the year progressed, there were many months that I felt like not participating, but after every event, I came home with a warm feeling and happy that I had attended. I began to realize I actually had friends in the Alliance. I cannot thank these women enough for their friendship and support through my terms as President. So, as I walk away from my duties as President, I have a new outlook on what the Alliance means to me.

We might not have the big numbers like in years past, and we might not be out saving the world with all of our philanthropy work, but we do have a group of amazing women that are there for each other when things get tough, through this unique and sometimes difficult life of being "married to medicine." I think that these friendships and bonds are really what makes being a member of the Genesee County Medical Alliance worthwhile and I encourage all of you to continue your memberships or consider joining if you are not already a member.

## HURLEY MEDICAL CENTER PEDIATRIC ONCOLOGY UNIT

### Coordinated Care, Close to Home

**KH** was a 12-year-old girl living in Ontario, Canada with her father. Her parents were divorced and her mother moved to Pinconning, Michigan. KH was diagnosed with cerebellar Medulloblastoma in 2011. She received her brain radiation at Victoria Children's Hospital and needed to start chemotherapy. It was agreed that her mother in Michigan could provide the most supportive care throughout her treatment so KH moved to Pinconning. She was registered on the Children's Oncology Group (COG) Protocol and that is how she came to be treated at Hurley Medical Center and counseled periodically by a child psychologist. KH received the same level of quality care much closer to her new home.

hurleychildrens.com







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**

## GCMSA 2017-18 Secretary, Walaa Awad

My name is Walaa Awad. I am 39 years old, and the mother of three beautiful children. Currently, I am a part-time faculty at Baker College - Owosso, MI, teaching several classes for our Health Department, such as Medical Terminology, Introduction to Disease, Professionalism in Healthcare, as well as Anatomy and Physiology classes including labs. I cannot deny that the best moments in my life, other than being with my family, are when I am with my students in class, teaching them human biology basics, moving gradually with them from easier to harder facts, answering their questions, and clarifying any and all strange and hard points with them, all for one purpose. That purpose is to motivate them to be the best givers of care, the best messengers in spreading health awareness and to stimulate their sense of responsibility and eagerness to support those patients and community members who are in need of their help.

I graduated in 2002 with honors from medical school in Egypt and earned a Master Degree in Health Education from the University of Michigan in 2010. I am now working on my Ph.D. in Health Education and Promotion, and my expected graduation is 2019. I am a Certified Health Education Specialist since 2011. At every step in my short educational and academic life, I am



*Walaa Awad*

always aiming and working hard to improve the lives of others, to generate a sequence of life-long self-esteem and desire to continue to be a life-long learner.

I held the position of Program Director and Patient Educator at a pulmonology clinic, where I was responsible for creating effective rehabilitation programs to monitor and improve the quality of life for our referred patients. Most of these patients are emphysema and COPD patients.

I have experience with designing health education programs for schools.

I have been invited to and regularly participate in community health events offered through our local and regional hospitals, by writing educational brochures about specific diseases such as diabetes, hypertension, and emphysema for patients in private clinics.

I have given health lectures and participated in community awareness programs about osteoporosis, smoking, and healthy eating habits to the local nursing association and radiology technician association events in Shiawassee County, where I work.

Joining the GCMSA is a great opportunity for me to expand my knowledge, enrich my professional network, and to serve my county and country in better ways.



*Rumana Rashid*

## GCMSA 2017-18 Treasurer, Rumana Rashid

My name is Rumana Rashid. I came to the USA in 2011. My husband, Dr. Harun Rashid, is a Psychiatrist.

I like to keep myself busy doing community and social work. I am proud to be part of the Genesee County Medical Society Alliance. I want to be active in the Genesee County Medical Society Alliance. My hobbies are cooking, gardening, and reading. I am a well-wisher of the Genesee County Medical Society as well.

## The GCMS Alliance is an Active, Highly Productive Organization



The GCMS Alliance has become an important right arm of the Genesee County Medical Society. It started out a century ago as a gathering of physician wives to socialize and have community support activities, GCMSA has been a dependable partner in promoting medicines' legislative agenda.

Annual events such as the International Luncheon offer an opportunity for members to congregate, to renew acquaintances, and to catch up on one another's family news. It is also an opportunity to invite new prospective members to our organization to enjoy a great lunch from all the different countries that our Alliance represents.

The annual Geranium Luncheon serves to honor Past Presidents who have each uniquely guided our Alliance into a driving force in our community and our state.

The annual Healing Hands 5k Run/Walk has been the main fundraiser for the Genesee County Free Medical Clinic.

Other meetings throughout the years have created friendships with fellow Alliance members who we would not have ever had met, had it not been for this special group. I know that I am very grateful to be a part of this terrific organization.

The Alliance has had a strong presence in the community doing various service projects. During the last two years, under the leadership of Jeanette Rivera and Sabita Tummala, we have provided, coats, gloves, sweatshirts, clothing, and toys to The Latino Center for their distribution to underprivileged children during the Christmas holiday.

GCMSA adopted a room in the Women's Abuse Shelter and completely refurbished it so when a woman is in need of help she and her children can come to a place that will give them some kind of comfort.

GCMSA also supports the Drs. & Their Families Make A Difference initiative. We collect toiletries and

other things needed by the shelter. When women come to the shelter, sometimes they have only the clothes on their backs.

We take books to schools every year in an effort to stop bullying and teach the children that "Your Hands Are Not For Hitting."

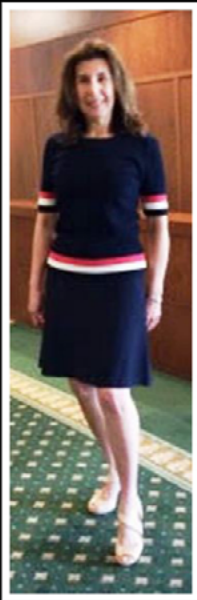
Working with community officials, the Alliance has brought awareness to the serious and growing concern about Human Sex Trafficking in this community. Jay Kommareddi has been instrumental in recruiting many organizations to make Genesee County a leading force to eliminate this horrible problem. Many of our Alliance members are a part of this effort. This project brings awareness to the legislation passed to implement laws which would educate and prosecute in an effort to end this scourge.

Over the last three decades, the GCMSA has taken a leadership role in promoting the physician legislative agenda whether promoting bills that enhance their work or helping debate bills that would curtail the practice of medicine. One or more Alliance members attend the monthly GCMS Legislative Liaison Committee meetings where local legislators come to discuss what is happening in Lansing and Washington. Whenever MSMS has organized a march on Lansing, GCMSA has always been well represented.

The GCMS Alliance is an integral part of medicine and we need to encourage our spouses to be members of this organization. The Alliance is very grateful to the many physicians who send in their dues each year to support us and the work that we are doing on their behalf. Please fill out the dues membership form in this Bulletin on page 20 and mail it in so the Alliance can continue our work in this community and state.

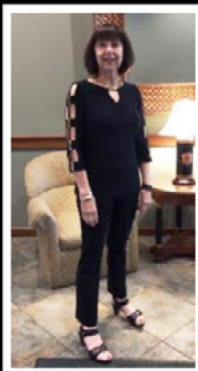
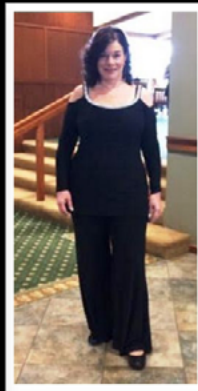


*Cheryl Thoms*



# Annual GCMSA Fashion Show

April 25, 2017 at the Flint Golf Club





ANNUAL GCMSA  
*Geranium Luncheon*

MAY 16, 2017  
AT THE WARWICK HILL  
GOLF AND COUNTRY CLUB



A Tribute to  
*Jeanette Rivera*  
 - By Jay Kommareddi -

As Membership Chair of the Alliance in the late 90s, I can honestly say that Jeanette Rivera was one of the finest members that I had ever recruited. Jeanette is one of those very special people who is as beautiful on the inside as she is on the outside. She is an exceptional volunteer who did an amazing job of everything she took on...anybody who has worked with her knows that she is a perfectionist who delivers with enthusiasm and grace!

She has worked on an anti-smoking program in the schools, chaired the Healing Hands Run/Walk to benefit the Genesee County Free Medical Clinic for many years, started the Reach Out and Read program in the GCMS Alliance and was Committee Chair of the President's Ball for the Genesee County Medical Society for several years as well. For all her hard work, she was honored by the Michigan State Medical Society with the Community Service Award for making a difference in the community.

Despite some setbacks, Jeanette never lost her poise or indulged in self-pity. As a professional cake maker, her delicious confections were the ultimate treat. She also joined the workforce at the New Life Enrichment Center where she headed fund development. She then joined Mott Community College Foundation as Development/Special Projects Specialist, working on fundraising, event planning and development of programs.

Having a full-time job did not deter Jeanette from volunteering for the Jewish Community Services Annual "From Borscht Belt to Bollywood" Fundraiser to help senior citizens gain access to much-needed services.

Jeanette is a wonderful mother to her two children, an amazing volunteer, a valuable asset to the community, but to all of us in the GCMS Alliance, she is a very special friend. We will miss her dearly but wish her the very best as she moves to Arizona, where we know she will be successful at anything she tries.

Michigan's loss is Arizona's gain.





## GCMSA Book Review Club

A fun and lively group, the GCMSA Book Club enjoys diving into a new book each quarter. This group meets quarterly for casual discussion of each book they have just finished reading, enjoying refreshments, laughter, and fellowship together. Raquel Yapchai is the facilitator for questions.

**Current Book:** The Leisure Seeker

**Next Meeting:** July 11, 2017, 11:30am at the home of Cheryl Thoms

If you would like to participate in the GCMSA Book Review Club, please email Cheryl Thoms at [psclthoms@comcast.net](mailto:psclthoms@comcast.net) or phone 810-732-7719 with questions.

### *Announcement*

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

For details, contact:

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*Did you recognize...*  
**Carlo Dall'Olmo, MD**





## The GCMSA Friendship Group

By Cheryl Thoms

The Alliance Friendship Group was started in 2006 under Committee Chair, Marilyn Lindman. Marilyn was instrumental in getting me involved in the Alliance back in 1981 when I first became a part of this amazing group of ladies. Since that time, we have remained together and meet every other month at different restaurants to stay an integral part of this Alliance.

The Friendship Group is mostly made up of retired spouses or those who are over the age of 55. The participants have been a part of the Alliance for many years and want to stay in contact with one another. We have done our part over the years, but now just want to

stay on the fringes. Several of our group still are active in various activities of the Alliance, helping wherever they can.

The group meets at 12 o'clock on the third Wednesday of every even month. The restaurant is announced when we send out reminders of upcoming meetings. We order from the menu and pay for our own meal.

We would love to have others join us! If you have any questions or would like to be added to our mailings, please contact either Carole Hassan at [carolehass1018@aol.com](mailto:carolehass1018@aol.com) or Cheryl Thoms at [psclthoms@comcast.net](mailto:psclthoms@comcast.net).







**Are you feeling disconnected?**

**Would you like to reconnect with a fantastic group of friendly people your age?**

**You Are Invited to the GCMSA Friendship Group!**

Next gathering:

**12 o'clock noon on Wednesday, August 16<sup>th</sup>**

**Location - to be announced!**

- The GCMSA Friendship Group meets at noon on the third Wednesday of every other month, at a variety of restaurants.
- This group is mostly comprised of retired physician spouses over the age of 55, but retirement is not a prerequisite!
- If you would like more information, you may call Carole Hassan at 810-208-7144 or Cheryl Thoms at 810-938-1921
- If you have any questions or would like to be added to our mailings, please contact either Carole Hassan at [carolehass1018@aol.com](mailto:carolehass1018@aol.com) or Cheryl Thoms at [psclthoms@comcast.net](mailto:psclthoms@comcast.net)



## GCMSA Children's Program, December 2016 Genesee County Hispanic Latino Collaborative

In December of 2016, nine families were given gifts of coats, sweatshirts, warm shirts, toys and food, thanks to our Alliance and the St. Luke's Family Center.

GCMSA wishes to thank the following

**Organizers:**

Jeanette Rivera  
Sabita Tummala

**Contributors:**

Rula Ali-Bakr  
Subhadra Aysola  
Karen Boike  
Kathy Cox

Liesbeth Fernandez  
Martha Gadola  
Randa Gayar  
Srilata Gutta  
Mary Ryan

Sue Soderstrom  
Cheryl Thoms  
Sabita Tummala  
Peter Levine  
& Mamie Day





2016 GCMSA  
*International Luncheon*  
 hosted by *Walaa Awad*



*You are Invited to the  
 2017 GCMSA Annual  
 International Luncheon  
 Tuesday, September 26th*

Hosted by Ruqsana (Polly) Ahmed  
 at the beautiful Ahmed farm 171 Barron Road, Ortonville, MI 48462  
**11:00am – Social | 11:30am – Meeting | 12:00 – Lunch**  
 This is a potluck style luncheon, please bring an international dish of your choice to share.

## MEMBERSHIP APPLICATION & RENEWAL FORM 2017-2018 GENESEE COUNTY MEDICAL SOCIETY ALLIANCE

Alliance Member's Full Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

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

Home Phone # \_\_\_\_\_

\*Cell Phone if desired \_\_\_\_\_

\*E-Mail Address: \_\_\_\_\_

Physicians Full Name: \_\_\_\_\_

Annual Dues:

GCMS Alliance \$30.00 NO DISCOUNT ON COUNTY DUES

MSMS Alliance \$32.00 -(\$25 State dues ONLY if retired)

**IMPORTANT: Check payable to GCMSA**

Total Remittance: \_\_\_\_\_

Mail to: Cheryl Thoms  
GCMS Alliance Membership  
1213 Carter Dr.  
Flint, MI 48532

Phone # 732-7719 if you have any questions

## YOUR \$\$\$ AT WORK

- GCMS advocated on behalf of member physicians individually and as a group with multiple third-party payers
- GCMS hosted a practice managers meeting to meet with McLaren Health Plan and Blue Cross on issues of import to practices
- GCMS has consistently represented positions in multiple arenas, legislative, economic, academic, public health, and policy

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# What Clinicians Need to Know about LEGIONNAIRES' DISEASE

*Legionnaires' disease is a sometimes fatal form of pneumonia that is on the rise in the United States. Unfortunately, this disease is also underrecognized and underdiagnosed. Clinicians are in a unique position to make sure cases are detected, allowing rapid investigation by public health officials and prevention of additional cases.*

## Diagnosis and Testing

Clinical features of Legionnaires' disease include cough, fever, and radiographic pneumonia. Signs and symptoms for Legionnaires' disease are similar to pneumonia caused by other pathogens; the only way to tell if a pneumonia patient has Legionnaires' disease is by getting a specific diagnostic test. Indications that warrant testing include:

- Patients who have failed outpatient antibiotic therapy for community-acquired pneumonia
- Patients with severe pneumonia, in particular those requiring intensive care
- Immunocompromised patients with pneumonia\*
- Patients with a travel history (patients who have traveled away from their home within 10 days before the onset of illness)
- All patients with pneumonia in the setting of a Legionnaires' disease outbreak
- Patients at risk for Legionnaires' disease with healthcare-associated pneumonia (pneumonia with onset  $\geq 48$  hours after admission)

\* Clinicians may also consider testing for Legionnaires' disease in patients with other risk factors for this infection (see page 2).

Testing for healthcare-associated Legionnaires' disease is especially important if any of the following are identified in your facility:

- Other patients with healthcare-associated Legionnaires' disease diagnosed in the past 12 months
- Positive environmental tests for *Legionella* in the past 2 months
- Current changes in water quality that may lead to *Legionella* growth (such as low chlorine levels)

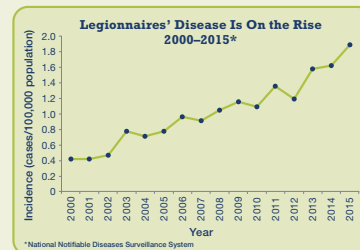
Infection control staff may have more information about these situations in your facility.

**The preferred diagnostic tests for Legionnaires' disease are culture of lower respiratory secretions (e.g., sputum, bronchoalveolar lavage) on selective media and the *Legionella* urinary antigen test.** Serological assays can be nonspecific and are not recommended in most situations. Best practice is to obtain both sputum culture and a urinary antigen test concurrently. Sputum should ideally be obtained prior to antibiotic administration, but antibiotic treatment should not be delayed to facilitate this process. The urinary antigen test can detect *Legionella* infections in some cases for days to weeks after treatment. The urinary antigen test detects *Legionella pneumophila* serogroup 1, the most common cause of Legionnaires' disease; isolation of *Legionella* by culture is important for detection of other species and serogroups and for public health investigation. Molecular techniques can be used to compare clinical isolates to environmental isolates and confirm the outbreak source.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

Order both a culture  
of a lower respiratory  
specimen and a urinary  
antigen test when testing  
patients for *Legionella*.



In the United States, reported cases of Legionnaires' disease have grown by nearly four and a half times since 2000. More than 6,000 cases of Legionnaires' disease were reported in 2015, but this number is likely an underestimate as the illness is thought to be underdiagnosed.

More illness occurs in the summer and early fall, but Legionnaires' disease can happen any time of year.

## Treatment

If your patient has Legionnaires' disease, see the most recent guidelines for treatment of community-acquired pneumonia (<http://bit.ly/CommunityPneumonia>) and hospital-acquired pneumonia (<http://bit.ly/HospitalPneumonia>). Macrolides and respiratory fluoroquinolones are currently the preferred agents for treating Legionnaires' disease.

## Reporting

Make sure your infection control department or lab are promptly reporting cases of Legionnaires' disease to your local health department. Timely identification and reporting of cases is important, as this allows public health officials to quickly identify and stop potential clusters and outbreaks by linking new cases to previously reported ones.

## Etiology

Legionnaires' disease is a severe form of pneumonia that often requires hospitalization and is fatal in about 10% of cases overall, and in 25% of healthcare-associated cases. Legionnaires' disease is caused by *Legionella* bacteria. There are at least 60 different species of *Legionella*, and most are considered capable of causing disease. However, most disease is caused by *L. pneumophila*, particularly serogroup 1.

## Transmission

While *Legionella* is found in natural, freshwater environments, it can become a health concern in human-made water systems (e.g., plumbing system of large buildings, cooling towers, certain medical devices, decorative fountains, hot tubs) where conditions allow it to multiply and come in contact with vulnerable persons. People contract *Legionella* by inhaling aerosolized water droplets containing the bacteria, or, less commonly, by aspiration of contaminated drinking water. *Legionella* is usually not transmitted from person to person; however, a single episode of person-to-person transmission has been reported. Fortunately, most people exposed to the bacteria do not become ill.

## Risk Factors

Risk factors for developing Legionnaires' disease include:

- Age  $\geq$ 50 years
- Smoking (current or historical)
- Chronic lung disease, such as emphysema or COPD
- Immune system disorders due to disease or medication
- Systemic malignancy
- Underlying illness, such as diabetes, renal failure, or hepatic failure

## Prevention

The key to preventing Legionnaires' disease is maintenance of the water systems in which *Legionella* may grow. If *Legionella* is found in a healthcare facility's water system, the facility should work to eliminate the bacteria. CDC encourages all building owners, and especially those in healthcare facilities, to develop comprehensive water management programs to reduce the risk of *Legionella* growth and spread. Learn more about how to develop a water management program at [www.cdc.gov/legionella/WMPtoolkit](http://www.cdc.gov/legionella/WMPtoolkit).

**Timely reporting of Legionnaires' disease cases is important for controlling clusters and outbreaks.**

## Commons Sources of Infection

Outbreaks of Legionnaires' disease are most often associated with large or complex water systems, like those found in hospitals, long-term care facilities, hotels, and cruise ships.

The most likely sources of infection include:



**Water used for showering (potable water)**



**Cooling towers (parts of large air conditioning systems)**



**Decorative fountains**



**Hot tubs**



### The Legislative Liaison Committee Does Its Job

The June Legislative Liaison Committee meeting resulted in significant discussion between legislators, their staff, and members of the Medical Society. Legislators present included Senator Dave Robertson, Representatives Joseph Graves, Phil Phelps, Tim Sneller and Clyde Edwards from Representative Sheldon Neeley's office. The June meeting was chaired by Dr. Deborah Duncan. Also present were Drs. M. Luay Alkotob, Lawrence Reynolds, John Waters, as well as Beth Schumacher of the Medical Society Alliance. On behalf of the Medical Societies were Colin Ford, MSMS, Peter Levine, and Sherry Smith, GCMS staff.

Of the many issues discussed were the state and the federal budgets, and the relative risk of significant deleterious change at the federal level. It was noted that the state budget is likely to be completed in June.

Maintenance of certification was discussed at length. Two pieces of legislation, House Bills 4134 and 4135, require that maintenance of certification not be used as sole criteria by health plans for licensure. The hearing was held recently. GCMS and MSMS are aggressively supporting the bills.

Prescription drug diversion legislation was discussed. One piece of legislation would provide for increased access to Nalixone and require increased use of the MAPS. MSMS is working with the legislature on these issues.

In the discussion of auto no-fault reform legislation, Mr. Ford noted that there is pressure on all parties to sit down together to find a solution.



Also discussed was Senate Bill 338, which would significantly increase the sentences for performing female genital mutilation.

Representative Phelps reported that he may introduce two pieces of legislation creating a commission to help deaf, deaf-blind, and hard of hearing citizens mental health needs.

Members who are interested in participating in the Legislative Liaison Committee are encouraged to contact Dr. Cathy Blight, Pete Levine at [plevine@gcms.org](mailto:plevine@gcms.org), or Sherry Smith at [ssmith@gcms.org](mailto:ssmith@gcms.org).

There will be a midsummer Washington Update provided by Congressman Dan Kildee. The date of the Washington Update is yet to be determined.

The Committee's next regularly scheduled meeting will be held at 8:00am on Monday, October 2, 2017, at the GCMS offices.



## HAPPY BIRTHDAY DOCTOR

JULY

Katikuti Dutt MD .....	1	Lawrence Irish MD .....	17
Barina Zado MD .....	1	Peter Rydesky MD .....	17
Louise Desgranges MD .....	1	Melinda Wheatley MD .....	19
Tarik Wasfie MD .....	1	Christopher Goltz MD .....	19
John Hebert, III MD .....	1	James Vyskocil MD.....	21
Leo Mercer MD.....	2	Shihab Rabh MD.....	21
Abdul Moqtadir Hasnie MD .....	2	Orestes Lung MD.....	22
John Morrison DO .....	2	Farhan Khan MD .....	22
John Waters MD.....	3	R C Ravikumar MD .....	22
Glen Sullenger MD.....	6	Nabil Zaki MD.....	23
Purushottam Naik MD .....	7	Allen Turcke MD .....	24
Kamal Hasan MD .....	7	Jae Kim MD .....	25
James Gibbons MD .....	8	Jon Santiago MD .....	25
Altin Miraka DO .....	8	Dong Whan Oh MD .....	25
Fikria Hassan MD .....	9	Lauren O'Connell MD .....	25
Bhadrabala Ganatra MD.....	9	James Knaggs MD .....	26
Niketa Dani MD .....	9	David Strahle MD .....	27
Kathleen Justice-Kirtek MD.....	10	Edward Holden MD.....	27
Katie Nolen MD.....	11	Eyassu Habte-Gabr MD.....	28
AppaRao Mukkamala MD .....	14	Seann Willson MD .....	28
Adebayo Akindele MD.....	14	Robert Cross MD .....	29
Frederick VanDuyne MD.....	15	Rachel Young DO.....	31
Koteswara Vemuri MD .....	15	Hafiz Khan MD.....	31

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**Genesee County Medical Society**  
**Board of Directors**  
**April 25, 2017 - Minutes**

**I. Call to Order**

The meeting was called to order in the Rapport Conference Room at 5:45pm, by John Hebert, III, MD, President.

**II. Review of Minutes**

**Motion: that the minutes of March 28, 2017, Board of Directors meeting be approved as presented. The motion carried.**

**III. Reports**

**A) Community & Environmental Health**

1. Press Release – Updated Position Regarding Flint Municipal Water

Dr. Carravallah reported that the GCMS Facebook page had 5,000 hits when the revised water position was published.

2. Updated on City of Flint Technical Advisory Council

Dr. Lawrence Reynolds reported that physicians need to take sputum samples on pneumonia patients to rule out legionella. It was noted that recent guidelines have been sent out advising the same.

**B) Finance**

**Motion: that the budget to actual report for the period ending March 31, 2017, be approved as presented. The motion carried.**

**Motion: that a letter be sent to each Board member requesting help with the fundraising for via donations and encouraging others to do so. The motion carried.**

**C) Membership**

Levine reviewed the list of non-paid individuals to date. He encouraged Board members to contact them. He noted that the March 28 NPD list has been reduced by 8 to 56. Levine also reviewed the trend report which shows an uptick in full dues paying members and a \$2,000 increase in dues received to date. There has been a drop of 26 resident members.

Dr. Hebert noted that he is working on the Hurley Medical Center residents.

**Directive: staff was directed to contact McLaren to see if there's a way to generate resident members quickly.**

**IV. Adjournment**

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

Respectfully submitted,

Peter Levine, MPH  
Executive Director

## MAY PRACTICE MANAGER'S MEETING

# Practice Managers Meet with McLaren Health Plan and Blue Cross

The May practice managers meeting covered two topics; McLaren Health Plan, and a presentation by Blue Cross, PCMH & PGIP: Lifting the Veil.

Amy Weigandt provided an overview of what is new with McLaren Health Plan and received feedback from the practice managers regarding issues of concern. The issues ranged from a concern about charges for electronic fund transfers as well as the wait times on hold. Ms. Weigandt provided information about how practices can use the McLaren Health Plan portal to look up eligibility and provided a toll-free number for use in getting paid via check rather than using electronic fund transfer. To accomplish this, practices may contact Zellis Payments at 877-828-8770.

Lisa Wright, BJ Byers, and Penny Yost provided a detailed overview of patient-centered medical home (PCMH) and physician group incentive

program (PGIP) issues. There was a lively interchange between the practice managers and the Blue Cross presenters, resulting in a greater understanding of the process.

Peter Levine covered potential legislation relating to no-fault auto insurance issues, the Legionella project that the Medical Society is engaged in via Wayne State University.

Levine also reviewed the upcoming practice managers sessions which include:

August 24th, "Molina Healthcare"

September 28th, "Meridian: Updates & Feedback"

All GCMS member practice managers are welcome to attend these meetings. Please contact Sherry Smith at [ssmith@gcms.org](mailto:ssmith@gcms.org), or call 810-733-9923, to ensure that your practice manager is on the notification list.

## GCMS MEETINGS — July 2017 —

### **Legislative Liaison Committee**

Recessed

### **Washington Update with Congressman Kildee, 7/17**

8:00am, GCMS Office

### **Community & Environmental**

#### **Health Committee, 7/12**

12:30pm, GCMS Office

### **MSF Fundraising Committee, 7/20**

6:00pm, GCMS Office

### **2017 Ball Committee, 7/25**

12:00pm, GCMS Office

### **Finance Committee**

Recessed

### **Board of Directors**

Recessed

### **Practice Managers**

Recessed

### **Save the Date!**

### **2017 GCMS/GCMSA**

#### **President's Ball**

**11/18 at 6:00pm**

### **Genesys Conference & Banquet Center**



# July 2017 Fitness Calendar

FREE! Commit to Fit! Class Schedule

Commit to Fit offers fitness classes at **no cost** to all individuals who live or work in Flint and Genesee County. Fitness Centers require participants to be age 18 and older, other locations are open to all ages. See back side for details. [Click HERE to Access the](#)

## Nutrition Education & Resources Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 2017	<p>3</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Senior Stretch</b> YMCA Downtown 10:00</p> <p><b>Aqua Fitness</b> U of M-Flint Rec Center 5:30-6:30 pm</p> <p><b>Enhance Fitness</b> Bluebell Beach Senior Center 6:30 pm</p>	<p>4</p> <p><b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>WERQ</b> Linden County Park, Pavilion 4 7:00-8:00 pm</p> <p><b>iBikeParks!</b> Max Brandon Park 2, near MLK/Stewart Ave</p>	<p>5</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:30-1:30pm</p> <p><b>Zumba Gold</b> (Beginner) GAC 5:30 p.m.</p> <p><b>Enhance Fitness</b> Hamilton Health Network 5:30-6:30pm</p> <p><b>Belly Dance</b> Flushing County Park, Pavilion 5 7:00-8:00pm</p>	<p>6</p> <p><b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.</p> <p><b>Basic Yoga</b> IHFC 6:45 p.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>Enhance Fitness</b> Hamilton Health Network 2:30-3:30pm</p> <p><b>iBikeParks!</b> Bluebell Beach, Pavilion 1 6:00-8:00pm</p>	<p>7</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm</p> <p><b>Zumba@</b> U of M-Flint 5:30-6:30pm</p>	<p>8</p> <p><b>Invasive Plant Hike</b> For-Mar Nature Preserve &amp; Arboretum 10-11:30am</p> <p><b>Active Naturally: Avian Analysis</b> For-Mar Nature Preserve &amp; Arboretum 2-3:00 pm</p>
	<p>10</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Senior Stretch</b> YMCA Downtown 10:00</p> <p><b>Aqua Fitness</b> U of M-Flint Rec Center 5:30-6:30 pm</p> <p><b>Enhance Fitness</b> Bluebell Beach Senior Center 6:30 pm</p>	<p>11</p> <p><b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>WERQ</b> Linden County Park, Pavilion 4 7:00-8:00 pm</p> <p><b>iBikeParks!</b> Max Brandon Park 2, near MLK &amp; Stewart Ave</p>	<p>12</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:30-1:30pm</p> <p><b>Zumba Gold</b> (Beginner) GAC 5:30 p.m.</p> <p><b>Enhance Fitness</b> Hamilton Health Network 5:30-6:30pm</p> <p><b>Belly Dance</b> Flushing County Park, Pavilion 5 7:00-8:00pm</p>	<p>13</p> <p><b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.</p> <p><b>Basic Yoga</b> IHFC 6:45 p.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>Dancing through the Decades</b> Davison Road Park 7:00-8:00pm</p> <p><b>iBikeParks!</b> Bluebell Beach, Pavilion 1 6:00-8:00pm</p>	<p>14</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm</p> <p><b>Zumba@</b> U of M-Flint 5:30-6:30pm</p>	<p>15</p> <p><b>For-Mars Outdoor Skills Festival**</b> For-Mar Nature Preserve &amp; Arboretum 11am-3:00pm</p>
	<p>17</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Senior Stretch</b> YMCA Downtown 10:00 a.m.</p> <p><b>Aqua Fitness</b> U of M-Flint 5:30pm</p> <p><b>Enhance Fitness</b> Bluebell Beach Senior Center 6:30 pm</p>	<p>18</p> <p><b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>Let's Hike It Baby**</b> For-Mar Nature Preserve &amp; Arboretum 10-11am</p> <p><b>iBikeParks!</b> Max Brandon Park 2, near MLK &amp; Stewart Ave 6-8:00pm</p> <p><b>WERQ</b> Linden County Park, Pavilion 4 7-8:00pm</p>	<p>19</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:30-1:30pm</p> <p><b>Zumba Gold</b> (Beginner) GAC 5:30 p.m.</p> <p><b>Belly Dance</b> Flushing County Park, Pavilion 5 7-8:00pm</p>	<p>20</p> <p><b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.</p> <p><b>Basic Yoga</b> IHFC 6:45 p.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>Yoga In Nature**</b> For-Mar Nature Preserve 6-7:00pm</p> <p><b>iBikeParks!</b> Bluebell Beach, Pavilion 1 6:00-8:00pm</p> <p><b>Dancing through the Decades</b> Davison Road Park 7:00-8:00pm</p>	<p>21</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm</p> <p><b>Zumba@</b> U of M-Flint 5:30-6:30pm</p> <p><b>Bat Walk</b> Linden County Park, Pavilion 2 9-10:00pm</p>	<p>22</p> <p><b>Summer Wildflower Walk**</b> For-Mar Nature Preserve &amp; Arboretum 10-11:30am</p>

MIC-6C3 July.Fitness.Class.Calendar.061217.HB

# July 2017 Fitness Calendar

FREE! Commit to Fit! Class Schedule

24	<p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Senior Stretch</b> YMCA Downtown- 10:00</p> <p><b>Aqua Fitness</b> U of M-Flint Rec Center 5:30-6:30 pm</p> <p><b>Enhance Fitness</b> Bluebell Beach, Plaza in front of the Bath House 6:30-7:30pm</p>	25	<p><b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>Let's Hike It Baby**</b> For-Mar Nature Preserve 10-11:00am</p> <p><b>WERQ</b> Linden County Park, Pavilion 4 7-8:00pm</p> <p><b>Yoga for Kids</b> Linden County Park, Pavilion 3 7-8:00 pm</p> <p><b>Be Moved</b> Flushing County Park, Pavilion 5 7-8:00pm</p>	26	<p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:30-1:30pm</p> <p><b>Zumba Gold (Beginner)</b> GAC 5:30 p.m.</p> <p><b>Belly Dance</b> Flushing County Park, Pavilion 5 7:00-8:00pm</p> <p><b>Yoga For Families</b> Flushing County park Field in front of Pavilion 1 7:15-8:15pm</p>	27	<p><b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.</p> <p><b>Basic Yoga</b> IHFC 6:45 p.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>Yoga In Nature**</b> For-Mar Nature Preserve 6-7:00pm</p> <p><b>iBikeParks!</b> Bluebell Beach, Pavilion 1 6:00-8:00pm</p> <p><b>Dancing Through the Decades</b> Davison Roadside Park 7:00-8:00pm</p>	28	<p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm</p> <p><b>Zumba@</b> U of M-Flint 5:30-6:30pm</p>	29	<p><b>Firefly Hike**</b> For-Mar Nature Preserve &amp; Arboretum 10-11:30am</p>
31	<p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Senior Stretch</b> YMCA Downtown 10:00 am</p> <p><b>Aqua Fitness</b> U of M-Flint Rec Center 5:30-6:30 pm</p> <p><b>Enhance Fitness</b> Bluebell Beach, Plaza in front of the Bath House 6:30-7:30pm</p>										

CLASSIFIEDS

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Custom designed physician office. Available for rent or purchase in Stone Bridge office complex off Linden Rd. across from Genesee County Medical Society. New roof and heating/cooling.

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by not-for-profit urgent care center. Please contact Brenda at [bcraft@gcms.org](mailto:bcraft@gcms.org) or call (810) 232-2710.

## PHYSICIANS NEEDED

at the Emergency Medical Center of Flint Various shifts available for part-time, as well. Must be willing to do minor stitches, infants & children, splinting, and minor eye & ear procedures. This is a classic urgent care much like family practice. Hours of operation Mon, Wed: 10am-9pm, Tue, Thur, Fri, Sat: 12pm-9pm, closed on major holidays Located at 2284 S. Ballenger Hwy., Suite 2, Flint, 48503. **Contact Pete Levine at 810-733-9925.**

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

# July 2017 Fitness Calendar

FREE! Commit to Fit! Class Schedule

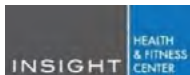
## Class Descriptions & Locations

### Basic Yoga (1 hour)

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

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

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



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

#### Genesys Athletic Club (GAC)

801 Health Park Blvd  
Grand Blanc, MI 48439



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

#### Hamilton Health Network

2900 N Saginaw St., Flint, MI 48505  
Thursday May 4<sup>th</sup> 2:30-3:30 pm &  
Wednesday May 10<sup>th</sup> 5:30-6:30pm

**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



### Genesee County Parks & Rec Programming

For more information please go to:

- Geneseecountyparks.org or call 800-648-PARK
- Descriptions for classes such as Be Moved, WERQ, Dancing Through the Decades, iBikeParks!, Yoga in Nature, Belly Dance, Let's Hike It Baby, Yoga for Kids, Yoga for Families, and more can all be found at the online calendar on Commit2fit.com or geneseecountyparks.org

All programs are free unless noted with an asterisk (\*\*) sign next to the title, when noted with a \*\*\*, next to the title, programming ranges from \$2.00-\$5.00



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

**Zumba** – This class offers fun music to keep the excitement high while keeping the impact low Friday's 5:30-6:30pm in ADR.

#### 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



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

#### Grand Blanc Senior Center:

Tuesday & Thursdays 10am – 11am

#### Swartz Creek Senior Center:

Fridays 11am – 12pm

#### Eastside Senior Center:

Wednesdays 10am – 11am



#### Forest Township Senior Center:

Wednesdays 12:30pm–1:30pm



Questions?  
Email  
commit2fit@flint.org

Join  
GCMS/MSMS