

Sexual Harassment

Resolution Regarding Water and Flint Schools

GCMS Town Hall on "Mindfulness," February 1st

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.

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.



THE BULLETIN is published monthly by The Genesee County Medical Society.

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Read by 96% of GCMS members.

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Front cover photo: Japan 2017, Robert M. Soderstrom, MD

Our Vision

That the Genesee County Medical Society maintain its position as the premier medical society by advocating on behalf of its physician members and patients.

Our Mission

The mission of the Genesee County Medical Society is leadership, advocacy, education, and service on behalf of its members and their patients.

PLEASE NOTE

The GCMS Nominating Committee seeks input from members for nominations for the GCMS Presidential Citation for Lifetime Community Service. The Committee would like to be made aware of candidates for consideration.

THE BULLETIN

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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.

IS THEIR NEW YEARS **RESOLUTION TO QUIT SMOKING?**



TALK TO YOUR AT-RISK PATIENTS ABOUT OUR

CT LUNG SCREENING

TO HELP IMPROVE THEIR SURVIVAL RATE

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SYMPTOMS

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CT screenings are offered at 6 of our 9 locations: Lennon Rd, Flint - Fenton - Grand Blanc - Novi - Royal Oak - Southgate

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The Genesee County Medical Society cordially invites you to a Quarterly Dinner Business Meeting

and a Medical Community Town Hall

sponsored by the United Way of Genesee County

February 1, 2018

SAVE THE DATE!

for a GCMS Town Hall

MINDFULNESS SESSION

in conjunction with the CRIM Foundation

Please invite your fellow physicians, practice managers, and health care professionals to this meeting!

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

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

\$25.00 - Residents & Students

\$75.00 - All Non-Member Guests

GCMS Physicians, spouses, GCMSA, family members, practice staff and other interested professionals are encouraged to attend!

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

Space is limited!

Please register by January 25, 2018

Please mail your reservation payment to: Genesee County Medical Society 4438 Oak Bridge Drive, Suite B Flint, MI 48532 Watch for more info!

5



Email Sherry at ssmith@gcms.org to register your attendance or call 810-733-9923 for more information.

PRESIDENT'S MESSAGE

The Smart Choice

As a physician, being a member of the county and

state medical organizations should be a high priority and a painless decision. GCMS and MSMS membership dues are among the best investments that you make on a yearly basis. In this county and state, we are blessed with two separate but similar organizations that are well-oiled machines, the Genesee County and Michigan State Medical Societies. They both have experienced staff who are skillful and hard working. Their proficient Board and committee members freely donate their time and effort toward the betterment of their peers and patients.

Multiple members work, from local level to the national level. effecting change that is beneficial for ALL physicians, not just those who have

paid dues, regardless of specialty. These representatives from our area improve this profession in many ways by making the practice of medicine less onerous and more rewarding. They often assist in the creation of medical policies that are followed by those who make law. They accomplish these tasks by cutting red tape, connecting members and their needs to legislators who create change,

decreasing practice risks and improving communication with those with whom physicians need to communicate. In many ways they protect you and enhance your professional life. As our sage GCMS Executive Director Pete Levine would proudly say, "we are your warriors!"

This is not just a quick note written in a half-earnest way to fill space and recruit a few members. This is a genuine plea for you, and every physician you know, to join and participate in something bigger than your practice—something that helps all of medicine. If you know non-member physicians, please ask them to join!

Examples can often be helpful. Let me be more specific about the advantages of membership. Here are some of the highlights of what has been



Gerald D. Natzke, DO, FAAEM, DIBEM

and is being done for physicians in both county and state organizations:

> GCMS and MSMS represent and defend physicians in all venues.

GCMS and MSMS constantly advocate, aggressively and effectively, on your behalf with legislators, Congress and regulators. Their relationships with regulators and legislators are remarkable and irreplaceable.

While every other organization or institution seeks to divide physicians further, there is only one entity that provides a united front for physicians: organized medicine. GCMS and MSMS frustrate your opponents because your opponents' strategy is to divide and conquer you.

When the POs and other organizations that you are members of experience trouble,

GCMS and MSMS are where they turn.

Imagine if GCMS and MSMS had not been there to deliver the swing votes that stopped the Physician Tax in the State of Michigan. For every \$33,000 in gross receipts for your practice, you would have paid nearly \$1,000 in taxes. That means that you have saved taxes which are multiples of the \$880 in annual dues for both the GCMS

HURLEY MEDICAL CENTER PEDIATRIC ONCOLOGY UNIT

Coordinated Care, Close to Home

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 Medullobastoma in 2011. She received her brain radiation. at Vict<mark>oria C</mark>hildren's Hospital a<mark>nd nee</mark>ded 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





and MSMS.

This state is one of the most positive medical liability states in the United States. This saves you a fortune in premiums and a fortune in good use of your time when you avoid malpractice cases. It was organized medicine that accomplished this. At one point, Michigan was the worst state in the country from a liability standpoint. Premiums were rising at 20%-30% a year. This was stopped several years ago with the reforms pushed by GCMS and MSMS.

GCMS and MSMS have worked aggressively to elect Supreme Court Justices who would protect malpractice reform. Those reforms would have been lost immediately if the trial lawyers' candidates were to win. The fact is, we have beaten back the trial lawyers every year in the Supreme Court races, and that allows the malpractice laws to stay in place.

There have been times when physicians have come to GCMS because they have been dropped by one of the major payers. On many occasions, we have been able to get them back on the panels after intervening to avoid catastrophes for those practices.

GCMS has been and is still, very aggressive in support of International Medical Graduate rights. It was this community that spawned the first State Medical Society International Medical Graduates Section, which then in turn initiated the AMA IMG Section. This has allowed International Graduates to be treated as equals.

Innumerable changes have been made in the State of Michigan and in the United States, because of resolutions that have come from the Genesee County Medical Society.

Education about everything from liability to required practice guidelines and even CME credits are offered at discounted prices through MSMS. By serving on a committee or board for the county or state CME credits are available, according to new guidelines.

There you have it in a nutshell. Some excellent points as to why these organizations both continue to not only exist, but steadfastly provide something special and very necessary for the membership they represent. Your inclusion contributes in many ways to making these organizations functional, effective and relevant. Imagine for a moment if neither of these organizations were available to represent you. Your practice of medicine would enter a very dark time. Support of these organizations is a must. Do not let yourself, your patients or your peers down. Be a part of these dynamic organizations, not only today, but so long as you actively practice in this distinguished profession.



EXECUTIVE DIRECTOR'S MESSAGE

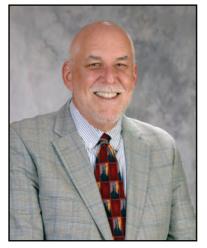
Your Involvement is Encouraged

This issue of *The Bulletin* contains a list of GCMS committees and committee members. We would like to invite member physicians who are interested in serving on one or more of the committees to let us know. Some of the committees are extremely active, and some only meet when needed. Just to orient membership about the committee process, we are always looking for folks. If you are interested in working on the electronic magazine entitled The Bulletin, which you receive each month, we would love to have your involvement. It is read by significant percentages of you. There are many opportunities to write, or to edit.

The Community and Environmental Health Committee is meeting on a regular basis, approximately semimonthly. This Committee deals with community, environmental, and public health issues of importance to

the county, and/or to physicians. The Legislative Liaison Committee meets most months on the first Monday of the month at 8 AM at the GCMS offices. This group meets with our state and federal legislative delegation and their key staff. These meetings are always fascinating, and reflective of





Peter Levine, MPH

the needs of the physician community, and the public. The Mediation Sub-Committee meets as needed. It is a Sub-Committee which deals primarily with complaints against physicians. Along with the Ethics Sub-Committee and the Aid to Impaired Physicians Sub-Committee, they are part of the Peer Review Committee. They all meet as needed. The Constitution and Bylaws Committee also meets as needed. The Nominating Committee is elected and meets mid-summer once a year.

Your involvement is encouraged. These meetings are never a waste of time. They are only held when there are issues of importance, or if a complaint

has been filed. Please do not hesitate to contact myself or Sherry Smith if you are interested in talking further about participating, or if you wish to participate. We look forward to hearing from you.



GCMS 2018 List of Committees

The Bulletin

Peter Thoms, MD, Associate Editor Peter Levine, MPH, Executive Director Sherry Smith, Executive Assistant

Community & Environmental Health

Gerald Natzke, DO, Co-Chair Gary Johnson, MD, Co-Chair Laura Carravallah, MD Eyassu Habte-Gabr, MD John Hebert, III, MD Rima Jibaly, MD Sayed Osama, MD Rama Rao, MD Lawrence Reynolds, MD

Constitution & Bylaws

Ed Christy, MD, Chair Shafi Ahmed, MD Deborah Duncan, MD John Hebert, III, MD Gerald Natzke, DO

Finance

John Waters, MD, Chair Lawrence Reynolds, MD Raymond Rudoni, MD Deborah Duncan, MD EJ Raj, MD, Treasurer

Legislative Liaison

Cathy Blight, MD, Chair
Deborah Duncan, MD, Vice-Chair
Paul Lazar, MD
Beth Mack Gentner, PA-C
Gary C. Paavola, MBA, CMPE, MT
Venkat Rao, MD
Lawrence Reynolds, MD
Jawad Shah, MD
John Waters, MD
Rachel Young, DO

2017 Nominating Committee

Shafi Ahmed, MD, Chair Mehmet Agabigum, MD Ed Christy, MD Raouf Mikhail, MD Sayed Osama, MD EJ Raj, MD Sania Zainuddin, MD Peer Review Laura Carravallah, MD, Chair Paul Musson, MD Rima Jibaly, MD Aid to Impaired Physicians (Subcommittee of Peer Review) Paul Musson, MD, Chair Allen Ebert, DO Laura Carravallah, MD Samuel Dismond, Jr., MD Sunil Kaushal, MD Michael Kia, DO Seif Saeed, MD Mike Zarr, MD Rama Rao, MD

Ethics

(Subcommittee of Peer Review)
Laura Carravallah, MD, Chair
Suresh Anné, MD
Walt Griffin, Attorney
Ronald Hunt, MD
Ravikumar Peddireddy, MD
Rabbi Salimi, MD
Tommy Stevens, MD
Michael Zarr, MD
Rima Jibaly, MD

Mediation

(Subcommittee of Peer Review)
Rima Jibaly, MD, Chair
Shafi Ahmed, MD
Abd Alghanem, MD
Laura Carravallah, MD
Walt Griffin, Attorney
Sunil Kaushal, MD
Ravikumar Peddireddy, MD
Venkat Rao, MD
Elmahdi Saeed, MD
Tommy Stevens, MD
Tarik Wasfie, MD
Barina Zado, MD
Michael Kia, MD

Announcement

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

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LEGISLATIVE LIAISON COMMITTEE DECEMBER REPORT









On December 4th, the Genesee County Medical Society Legislative Liaison Committee met with Senator Ken Horn, as well as staff to Representatives Pam Faris, and Sheldon Neeley. Several physicians and staff persons were also present.

On the agenda to discuss were two pieces of legislation, Senate Bills 166 and 274, which address how physicians address drug diversion. MSMS is opposed to the bills as written, but is working with the legislature on better solutions. GCMS members actively expressed opposition to the wording of the bills because of the impact on practice, and the sense that all physicians would be impacted, not only those that the legislation is designed to change.

Auto no-fault reforms have been voted down in the House of Representatives. The issue of reform is very

complicated. The legislature is still trying to determine how to move forward. MSMS is working with the legislature to identify workable solutions.

Intense discussion ensued regarding the maintenance of certification legislation which is designed to forbid hospitals and insurance companies from using MOC as sole criteria for keeping a physician off of a panel or medical staff. It was announced that there is a national meeting of the ABMS to attempt to determine how to make MOC work better.

The next meeting of the Legislative Liaison Committee will take place on February 5th, 2018, at the GCMS offices. If interested in attending these fascinating meetings, please email Sherry Smith at ssmith@gcms.org, or phone 810-733-9923.





Registration is Now Open







Advance Care Planning (ACP) Project

Respecting Choices® ACP Courses

ACP Facilitator Training Course – Register early to complete pre-requisites

Wednesday, January 24, 2018

8:00 a.m. - 5:00 p.m.

Location: TBD

This training course provides participants with a thorough understanding of Genesee County's ACP infrastructure, as well as the skill set and knowledge to assist others with facilitating an advance care planning conversation and completing the *Your Health Your Choice* advance directive. Attendance is recommended for those who work directly with patients or families and will be assisting them with advance care planning and the completion of an advance directive. Upon course completion, participants will be certified as a *First Steps®* ACP Facilitator. **Continuing education credits available for RNs and SWs.**

The cost for the ACP Facilitator Training Course is \$175. Payment to the Greater Flint Health Coalition must be paid in full prior to attending the training.

Participants will have to complete several prerequisites prior to attending the training:

- Complete online training modules (approximately 4-5 hours)
- Complete the Your Health Your Choice advance directive
- Engage in an advance care planning conversation with a friend or loved one

Register for an Upcoming ACP Facilitator Training Today!

Registration is quick and easy. To register for an ACP training course, simply fill-out the information below, include payment (checks may be made payable to the Greater Flint Health Coalition), and return to:

Greater Flint Health Coalition 519 S. Saginaw Street, Suite 306 Flint, MI 48502

Flint, MI 48502		
Name:	Title:	
Organization:		
Address:		
Phone:		
Training Date:		
Training Payment (Check Box)		
☐ Check Included (payable to Gre	ater Flint Health Coalition)	
☐ Please Invoice		

Questions? Contact Jenn Sesti at the Greater Flint Health Coalition (810) 232-2228 or gfhc@flint.org.











ADV-8D10 ACP.facilitator.training.012418.jenn

health care coverage COUNTYWIDE.

YOU KNOW THEM - your friends, family and neighbors make up our members that we have provided health care coverage to for over 16 years.

Now that Open Enrollment for the Affordable Care Act has passed, there are still available health care options. We provide members with doctor visits. outpatient surgical procedures, lab tests, x-rays, prescriptions, mental health services, dental, women's health programs and so much more.

Hear from our members on how we have helped them with their health care needs:

"I felt like the weight of the world had been lifted off me. To have insurance that I knew could help me manage my thyroid medication and maintain my health meant so much." - Coreena, Fenton

"My mom was able to see a doctor, receive medication and we all got the peace of mind we needed to get through this."

- Tari, Grand Blanc

"I remember the woman that helped me with GHP. She was kind, non-judgmental and was absolutely able to navigate the program and was reassuring. At the time, I had massive anxiety and she was able to calm me." - Naomi, Flint

We are here to help you like we helped Coreena, Tari and Naomi. Find out how by calling us today at 1.844.232.7740.



From Clio to Fenton, Swartz Creek to Davison, the Genesee Health Plan helps Genesee County residents live healthier lives.

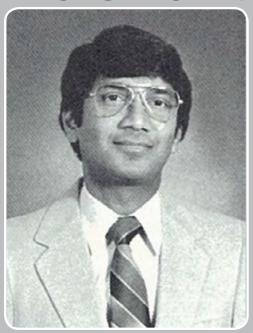


Your Plan for Better Health

2171 S. Linden Road | Flint, MI 48532 www.geneseehealthplan.org 1.844.232.7740



Do you recognize this DOCTOR?



Look for the Answer inside!



For sale. Medical suite condominium at 5111 W. Bristol Road, Linden Bristol Square, Flint Township commercial district. Conveniently two blocks from I-69 ramps. Has 6 rooms (including offices) with possibility of adding more rooms. Reception and conference room, and much storage area.

For more information, call Karen Cape, Cooper Commercial Group, LLC.

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LEGAL ADVISOR

EMPLOYMENT HOT TOPIC: SEXUAL HARASSMENT

By: Nancy K. Chinonis

Sexual Harassment has been a "hot topic" in the news lately. Numerous high-profile individuals have been accused of engaging in workplace sexual harassment with alleged victims going public and sharing their story via the news media. Given the number of public conversations regarding the topic, it is important to understand what constitutes sexual harassment and how it can affect you. If you are an employer, this is a great time to make sure that harassment and discrimination are addressed in your Employee Handbook and that your Handbook has been reviewed to make sure it is brought up-to-date by an attorney who specializes in employment law.

Sexual harassment in the workplace is not limited to unwelcome touching or demands for sexual acts. Sexual harassment can include, but is not limited to: sexting; forwarding images or videos via cellphone or e-mail; e-mail forwards, inappropriate or offensive social media posts; offensive touching; crude jokes (even if everyone laughs); or posting images, cartoons, or icons that are pervasive, obscene, dirty, or sexually related. Sexual harassment does not always have to be specifically about sexual behavior or directed at a specific individual. For example, negative comments about women (or men) as a group may be a form of sexual harassment in certain circumstances.

Federal and state anti-discrimination statutes protect Michigan employees from workplace harassment in both the private and the public sectors. Michigan's Elliott-Larsen Civil Rights Act (ELCRA) and the federal Title VII of the Civil Rights Act of 1964 (Title VII) both recognize workplace harassment as a form of employment discrimination.

The ELCRA defines sexual harassment as unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct or communication of a sexual nature when:

- 1) submission to the conduct or communication is made a term or condition either explicitly or implicitly to obtain employment,
- 2) submission to or rejection of the conduct or communication by an individual is used as a factor in decisions affecting the individual's employment, and
- 3) the conduct or communication has the purpose or effect of substantially interfering with an individual's employment or creating an

intimidating, hostile or offensive employment environment.

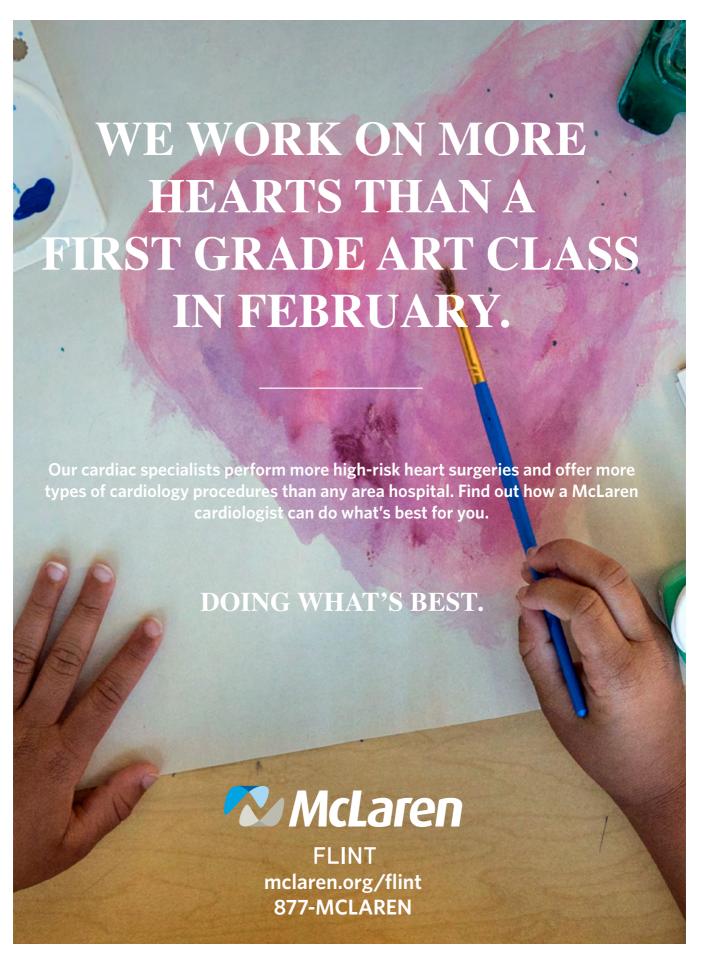
Both federal and Michigan courts recognize two types of sexual harassment: (1) quid pro quo harassment, where submission to or rejection of sexual conduct or communication is used as a factor in decisions relating to an individual's job benefits, and (2) harassment that creates an offensive or hostile environment.

An employer is strictly liable for quid pro quo harassment of an employee. An employer is liable for coworker harassment only if the employer was negligent in failing to stop the harassment after receiving actual or constructive notice. Additionally, an employer's responsibility to prevent future harassment is heightened where it is dealing with a known serial harasser, and is therefore on clear notice that the same person has engaged in inappropriate behavior in the past. An employer must take prompt remedial action when it has knowledge that illegal harassment has occurred. A prompt termination of the alleged offender has been held to be a sufficient means of avoiding sexual harassment liability. However, termination is not necessary where the employer's alternate actions are sufficient to prevent continued harassment. An employer faced with a pattern of harassment complaints must both respond appropriately and take increasingly effective steps designed to end the harassment. An employer's failure to do so suggests indifference and permissiveness of the harassment on the part of its management.

If you are an employee and believe that you have been a victim of sexual harassment or harassment based on any protected status you should consult with an employment attorney promptly. If you believe that you are being harassed, say "NO" to the harasser. Be direct.

If you are an employer who has either actual or constructive notice of harassment in the workplace, you must take prompt action to stop the harassing behavior and are strongly encouraged to consult with an employment attorney.

If you have additional questions regarding sexual harassment or other instances of harassment and/ or discrimination in the workplace, contact Nancy Chinonis at Cline, Cline & Griffin P.C.: (810)232-3141; nchinonis@ccglawyers.com.



Genesee County Medical Society Annual General Membership Meeting Presidents' Ball November 18, 2017 Minutes

I. Call to Order

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

Dr. Hebert welcomed the guests and thanked the Ball Committee for putting together such a wonderful event. The 2017 Committee included Maria McCann, Nelda Hebert, Ruqsana Ahmed, Feroza Raffee, Lisa Natzke, Amita Desai, Peter Levine, and Sherry Smith. Dr. Hebert also recognized the GCMS and GCMSA Boards of Directors, as well as the honored guests which included Dr. Cheryl Gibson Fountain, President of the Michigan State Medical Society and Dr. S. Bobby Mukkamala, Chair of the Michigan State Medical Society Board of Directors and a Trustee of the American Medical Association.

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

2017 GCMS/GCMSA Presidents Ball Sponsors

Pretty Perennial - \$5,000

Genesys Regional Medical Center **Hurley Foundation** McLaren Flint

Botanical Beauty - \$2,500

Blue Cross Blue Shield of Michigan

Koi Pond - \$1,500

Asthma, Allergy & Immunology Center Fenton Medical Center Flint Area School Employees Credit Union Genesee County Medical Society Alliance Hamilton Community Health Network Michigan Vascular Center

Fresh Bouquet - \$750

Genesee Health System Health Alliance Plan Meridian Health Plan Regional Medical Imaging Robert M. Soderstrom, MD

Gardeners Thumb - \$500+

Dr. & Mrs. Shafi Ahmed Complete Eye Care, PC Cathy Blight, MD The Doctors Company Genesee Health Plan Greater Flint Health Coalition Dr. & Mrs. Gerald NatzkeSingh & Arora Oncology/Hematology, PC

II. **Alliance Remarks**

Dr. Hebert introduced Maria McCann, Genesee County Medical Society Alliance Executive Board member, and Immediate Past-President. Maria thanked those assembled for attending and invited all spouses to join the Alliance. She noted that the Alliance has had a bump in membership recently, which has allowed them to make contributions to several good causes, including sponsorship of the 2017 Genesee County Medical Society President's Ball.

III. Elections

Dr. Hebert introduced the Slate of Nominees as published in the August GCMS Bulletin and ratified at the September Dinner Business Meeting.

Motion: that the Slate of Nominees for GCMS offices be accepted by acclamation. The motion

IV. Retiring Board Member, New Board Members

Dr. Hebert welcomed Dr. Ed Christy as President-Elect, as well as Drs. EJ Raj, Khalid Ahmed, and Sayed Osama, as new members of the GCMS Board of Directors. Dr. Hebert also thanked Drs. F. Michael Jaggi and Mona Hardas for their years of service on the Board.

Genesee County Medical Society Annual General Membership Meeting Presidents' Ball November 18, 2017 Minutes

V. Installation of New President

Dr. Hebert invited Dr. Cathy Blight, a senior member of the GCMS Board of Directors, and Past President of MSMS, to the podium to install Dr. Gerald Natzke, as President. Dr. Blight administered the oath of office to Dr. Gerald Natzke and congratulated him on his installation as President of the Genesee County Medical Society.

Dr. Natzke thanked the membership for the honor of serving as President. He noted that years ago Dr. Reynolds had told him that he would one day become President. At that time, he had not understood the breadth of the Medical Society's activities. Now that he better understands the breadth, he is humbled by it.

VI. Presentation to Immediate Past President

Dr. Natzke called Dr. John Hebert back to the podium and presented him with his gavel and plaque so that he can display his Presidential gavel with pride. He said that it is a small representation of the recognition from his peers for his leadership role of an organization which leads other organizations.

Dr. Hebert thanked his family, the Board of Directors, Committee's, and staff. He noted that he is thankful for the all the opportunities that he has had. He also thanked those who have mentored him.

He spent some time discussing the Flint Water Crisis, legionella, lead, and the breadth and scope of GCMS involvement.

VII. Adjournment

Following entertainment by the Jumbie's, a steel drum band from the Boys and Girls Club of Flint, Pete Levine invited a few children from the audience to choose numbers in order to select the winners of the \$2,000 Youthful You Med Spa gift certificates, the Hebert family gift basket, and the Levine/Day wine basket.

After thanking the Ball Committee, and Vogt's Flowers, the meeting was adjourned following the recognition of Past Presidents.

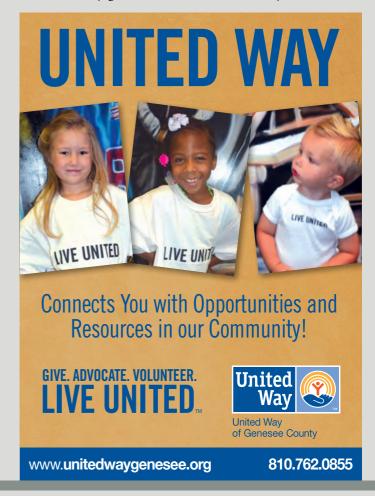
From the GCMS Alliance, the honorable, Ruqsana Ahmed, Elizabeth Jordan, PhD, Velynda Makhene, and Maria McCann.

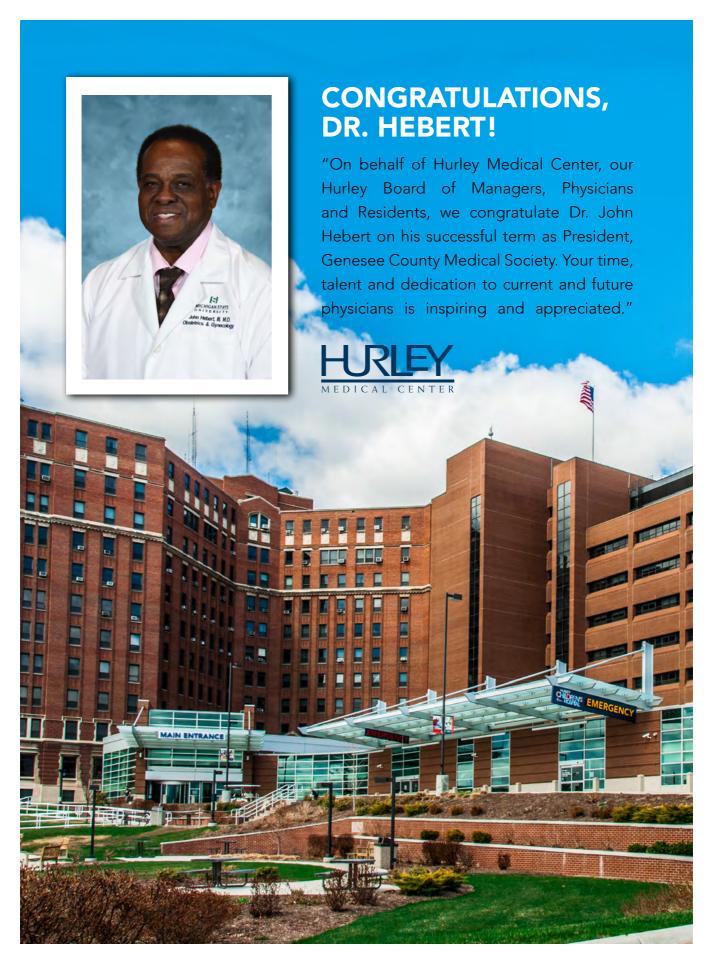
From the Medical Society, Levine introduced Past Presidents, the honorable Drs. Shafi Ahmed, Suresh Anne, Cathy Blight, Pino Colone, Sam Dismond, Deborah Duncan, John Hebert, III, Kenneth Jordan, S. Bobby Mukkamala, and Venkat Rao.

The meeting was adjourned with a dessert buffet, and the beginning of dancing, at 9:55 PM.

Respectfully submitted,

Peter Levine
Executive Director





Say. Dr.?

"Say What, Dr?" is a book recently written by Ted and Naomi Reynolds, who worked as physician's transcribers for many years. GCMS will periodically share these enjoyable "lapses" dictated into medical records. This is simply published in fun.

- "Patient feels fine except for pain "
- "Patient had near respiratory failure yesterday, but improving greatly tomorrow"
- "The patient is homeless...he will be discharged home today"
- "At the time of discharge, she is doing much better, breathing okay without oxygen"

- "She has had an excision of a lump in the right arm pit on the left side "
- "slight involuntary gardening"
- "This 7-month-old baby is alert and bushy-tailed"
- "...arrived unaccompanied on a stretcher "
- "At around 3 PM the next day, her husband found her face in her baby's crib"

YOUR *\$\$\$* AT WORK

- GCMS and MSMS held a Legislative Liaison Committee meeting with members
 of the State legislature to express concerns regarding auto no fault reform,
 federal health reform initiatives, MAPS requirements legislation, and other
 topics.
- GCMS met with the Islamic Medical Association to invite membership and to explain what GCMS and MSMS are doing on behalf of physicians.
- GCMS continued to meet with other key components of the community to represent physicians in the Greater Flint Health Coalition's CHAP and State Innovation Model settings.
- GCMS continued to represent physicians and patients in public health meetings related to Flint water and other issues.

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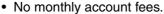
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Branch Office 5399 E. Court St. N. Burton, MI 48509

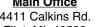
Branch Office 1005 University Ave.

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Flint, MI 48504

GENESEE COUNTY MEDICAL SOCIETY

Past Presidents

(Names in Red indicate Presidents of MSMS)

1841 J.A. Hoyes 1866 R.D. Lamond 1867 H.C. Fairbank 1871 D. Clarke 1878 H.P. Seymour 1879 A.A. Thompson 1890 B. Cogshall 1902 C.S. Wheeler 1903 J.F. Rumer 1904 A.S. Wheelock 1905 H.W. Graham 1906 A. Goodfellow 1907 L.J. Locy 1908 N. Bates 1913 M.S. Knapp 1914 B.E. Burnell 1916 J.W. Handy 1917 J.G.R. Manwaring 1918 C.H. O'Neil 1919 H.E. Randall

1920 J.W. Orr 1921 F.B. Miner 1922 C.D. Chapell 1923 W.H. Winchester 1924 A. Patterson 1925 F.E. Reeder 1926 W.H. Marshall 1927 O.W. McKenna 1928 J.C. Benson, Sr.

1929 D.D. Knapp 1930 L.L. Willoughby 1931 R.S. Halligan 1932 J.C. MacGregor 1933 R.S. Morrish 1934 C.P. Clark 1935 R.D. Scott 1936 A. Thompson 1937 R. Mc.Arthur 1938 L.M. Bogart 1939 G.R. Goering 1940 C.W. Colwell 1941 D.R. Wright 1942 J.R. Curtin 1944 J.T. Connell 1945 D.R. Brasie 1946 W.Z. Rundles, Sr. 1947 F.D. Johnson 1948 H.H. Hiscock 1949 I.H. Gutow 1950 M.S. Chambers 1951 W.W. Stevenson 1952 A.C. Pfeifer 1953 Fleming Barbour 1954 E.P. Griffin, Jr. 1955 L.O. Shantz 1956 O.J. Preston 1957 C.K. Stroup 1958 Jackson Livesay

1959 G.E. Anthony 1960 F.W. Baske 1961 H.B. Elliott 1962 J.B. Rowe 1963H.E. Branch 1964 L.G. Bateman 1965 J.E. Wentworth 1966 J.C. Benson, Jr. 1967 H.M. Golden 1968 Donald Bryant 1969 A.R. Sirna 1970 J.F. Dooley 1971 R.L. Rapport 1972 G.E. Moore 1973 Walter Rundles, Jr. 1974 L.E. Simoni 1975 R.J. Rathburn 1976 Allen Turcke 1977 C.E. Hurd 1978 Vivian Lewis 1979 John MacKenzie 1980 Richard McMurry 1981 F.V. Wade 1982 Richard Dykewicz 1983 Edwin Gullekson 1984 George Greidinger 1985 Robert James, Jr. 1986 Willys Mueller, Jr. **1987 Charles Thompson**

1988 Archibald Piper 1989 Jack Tauscher 1990 Siavosh Varjavandi 1991 Cathy Blight 1992 Virgil Villarreal 1993 Robert Soderstrom 1994 AppaRao Mukkamala 1995 Robert Rosenbaum 1996 Samuel Dismond, Jr. 1997 Kenneth Jordan 1998 Ali Esfahani 1999 Cyrus Farrehi 2000 Michael Boucree 2001 Abd Alghanem 2002 Peter S. Thoms 2004 Lawrence Revnolds 2006 Prasad Kommareddi 2007 Hesham Gayar 2008 Suresh Anne 2009 John Waters 2010 Venkat Rao 2011 S. Bobby Mukkamala 2012 Laura Carravallah 2013 Raymond Rudoni 2014 Shafi Ahmed 2015 Deborah Duncan 2016 Pino Colone 2017 John Hebert, III

Past Prestilents For a Day

1959 H. Cook 1967 J.E. Leach 1976 C.J. Scavarda 1984 C.B. Kimbrough 1985 S.S. Gorne 1986 E.V. Golden 1990 A.L. Tuuri 1991 R. Ormond 1995 R.C. Gumpper 1996 J.R. Price

2002 John Reid 2003 Kalyani Misra 2004 Sudarsan Misra 2011 Billie Lewis 2013 Amitabha Banerjee 2014 Jagdish Shah Donald Canada 2016 Paul Schroeder

An Enchanted Garden

Please Join Us in Thanking Our Generous 2017 GCMS/GCMSA President's Ball Sponsors!

Pretty Perennial - \$5,000

Hurley Foundation McLaren Flint
Genesys Regional Medical Center

Botanical Beauty - \$2,500

Blue Cross Blue Shield of Michigan

Roi Pond - \$1,500

Asthma, Allergy & Immunology Center
Fenton Medical Center
Flint Area School Employees Credit Union
Genesee County Medical Society Alliance
Hamilton Community Health Network
Michigan Vascular Center

Fresh Bouquet - \$750

Genesee Health System Meridian Health Plan
Health Alliance Plan Regional Medical Imaging
Robert M. Soderstrom, MD

Gardeners Thumb - \$500+

Dr. & Mrs. Shafi Ahmed

Complete Eye Care, PC
Cathy Blight, MD
Dr. & Mrs. Gerald Natzke
The Doctors Company
Greater Flint Health Coalition
Singh & Arora Oncology/Hematology, PC



Past Presidents

(Names in Red indicate Presidents of MSMS)

1939 Lena Jenkins

1940 Loretta Curtin 1941 Marguerite Hubbard 1942 Grace Gelenger 1942 Florence Thompson 1943 Duffield Kretchmar 1944 Brenice Wright

1944 Brenice Wright
1945 Ellen MacDuff
1946 Helene Smith
1947 Betty Shantz
1948 Sarah Harper
1949 Rita MacGregor
1950 Evelyn McLeod
1951 Alice Branch

1952 Marian Barbour
1953 Berneda Farhat
1954 Rose Anthony
1955 Marie Griffin
1956 Ellen Sparks
1957 Stella Kaufman
1958 Kay Billings
1959 Mra Schultz
1960 Genevieve Baird
(Sandberg)
1961 Marge Eichhorn

1962 Elaine MacArthur

1963 Geneva Beyer

1964 Ida Dawson 1965 Janice Varney 1966 Mary Lou Schwartz 1967 Chastine Mangelsdorf 1968 Jean Livesay 1969 Mary Lou Mathias

1970 Betty Wade 1971 Evelyn Dykewicz 1972 Ruth Estfon

1973 Mary McAlindon

1974 Ann Coriasso 1975 Margaret Rabiah

1976 Margaret Bonet 1977 Beverly Price

1978 DeLourde LaVielle

1979 Mary Turcke

1980 Lesley Canada

1981 Mary Tauscher

1982 Marilyn Lindman 1983 Bobbi Schoolfield

1984 Judith McLeod

1985 Lila Esfahani

1986 Clarice James

1987 Lolly Stoler

1988 Sharon Bailey

1989 Karen Sherrin

1990 Kathryn Uebelhart 1991 Ginny Sturm 1992 Katie Moghtassed

1993 Zaria Simoni

1994 Lorraine Edelen-Stevens

1995 Carol Batdorf

1996 Deborah Pack

1997 Katherine Cox

1998 Carmen Villegas

1999 Jay Kommareddi

2000 Sunny Dass

2001 Susan Bhagat

2002 Tammy Bruening & Darcy Ojeda

2003 Lakshmi Tummala

2004 Marianne Almeida

2005 Kee Kang

2006 Cheryl Thoms

2007 Rula Ali-Bakr

& Liesbeth Fernandez

2008 Beth Schumacher

2009 Elizabeth Jordan

2010 Velynda Makhene

2011 Rosa Wang

2012 Oya Agabigum

2013 Ruqsana Ahmed & Vibha Kaushal

2014 Rugsana Ahmed

2015 Maria McCann

& Raquel Yapchai

2016 Maria McCann

An Enchanted Garden' The GCMS/GCMSA President's Ball, November 18, 2017

The evening started with social gaiety and mingling under the twinkling lights strung overhead in the beautifully decorated atrium of the Genesys Conference & Banquet Center. Then the grand ballroom doors swung open. Guests quickly found their seats amongst the flowers and colorful decorations that lent to the feeling of a colorful, but peaceful garden. With a babbling fountain splashing nearby in low, comforting tones, the meeting was called to order at 8:00 p.m. by GCMS President John Hebert, III, MD.

Dr. Hebert welcomed guests and thanked the Ball Committee for its hard work and the long hours spent preparing for such a wonderful event. The 2017 Ball Committee included Maria McCann, Nelda Hebert, Ruqsana Ahmed, Feroza Raffee, Lisa Natzke, Amita Desai, Peter Levine and Sherry Smith. Dr. Hebert also recognized the GCMS and GCMSA Boards of Directors, as well as honored guests including Dr. Cheryl Gibson Fountain, President of the Michigan State

GCMS MEETINGS — January 2018 —

Legislative Liaison Committee Recessed

Community & Environmental Health Committee, TBD

12:30pm, GCMS Office

MSF Fundraising Committee, TBD 6:00pm, GCMS Office

> Finance Committee, 1/23 5:15pm, GCMS Office

Board of Directors, 1/23 6:00pm, GCMS Office

Practice Managers, 1/25 8:00am, GCMS Office

Medical Society and Dr. S. Bobby Mukkamala, Chair of the Michigan State Medical Society Board of Directors and a Trustee of the American Medical Association.

Each of the following Enchanted Garden sponsors were thanked for their generous support:

Pretty Perennial - \$5,000

Genesys Regional Medical Center Hurley Foundation McLaren Flint

Botanical Beauty - \$2,500 Blue Cross Blue Shield of Michigan

Koi Pond - \$1,500

Asthma, Allergy & Immunology Center Fenton Medical Center Flint Area School Employees Credit Union Genesee County Medical Society Alliance Hamilton Community Health Network Michigan Vascular Center

Fresh Bouquet - \$750

Genesee Health System Health Alliance Plan Meridian Health Plan Regional Medical Imaging Robert M. Soderstrom, MD

Gardeners Thumb - \$500+

Dr. & Mrs. Shafi Ahmed Complete Eye Care, PC Cathy Blight, MD The Doctors Company Genesee Health Plan Greater Flint Health Coalition Dr. & Mrs. Gerald Natzke Singh & Arora Oncology/Hematology, PC

THE GCMS/GCMSA PRESIDENT'S

BALL - NOVEMBER 18, 2017

The gathered crowd clapped in appreciation for the Ball sponsors.

At that time, Dr. Hebert introduced Maria McCann, Genesee County Medical Society Alliance Executive Board member and Immediate Past-President. Maria thanked those assembled for attending and invited all spouses of physicians to join the Alliance. She happily noted that the Alliance has had a bump in membership recently, which has allowed them to make contributions to several good causes, including sponsorship of the 2017 Genesee County Medical Society President's Ball.

Dr. Hebert then introduced the Slate of

to accept the Slate of Nominees for GCMS offices was carried by acclamation.

Dr. Ed Christy was welcomed as President-Elect and Drs. EJ Raj, Khalid Ahmed, and Sayed Osama were welcomed as new members of the GCMS Board of Dire2ctors. Dr. Hebert thanked Drs. F. Michael Jaggi and Mona Hardas for their many years of service on the Board.

Dr. Cathy Blight, senior member of the GCMS Board of Directors and Past President of MSMS, was

CONTINUED ON PAGE 26

























H E M G C M SR E E

CONTINUED FROM PAGE 25

invited to the podium to install Dr. Gerald Natzke, Jr. as President.

Dr. Blight graciously administered the oath of office to Dr. Natzke and congratulated him on his installation as President of the Genesee County Medical Society.

Dr. Natzke then thanked the membership for endowing him with the honor of serving as President, noting that years ago, Dr. Lawrence Reynolds had told him that he would one day become President. Although, at that time, he had very little understanding of the breadth of the Medical Society's activities; now he better



























understands, and is humbled to be asked to serve as President.

Dr. John Hebert was called back to the podium and was presented with his gavel and plaque so that he can display his Presidential gavel with pride. Dr. Natzke said it is a small

representation of the recognition from his peers for his successful year of leadership in an organization which leads other organizations.

Dr. Hebert took time to express his appreciation for CONTINUED ON PAGE 28





















H E G M G C M P R E S D E

CONTINUED FROM PAGE 27

the support of his family, the GCMS Board of Directors, Committee's, and staff. He also noted that he is very thankful for the all the opportunities that he has had and grateful for those who have mentored him. He spent a few moments discussing the Flint Water Crisis,

legionella, lead, and the breadth and scope of GCMS involvement.

To punctuate the evening, entertainment was provided by the Jumbie's, a steel drum band from the Boys and Girls Club of Flint, Led by Mr. James Coviak, percussionist, and director of the internationally

























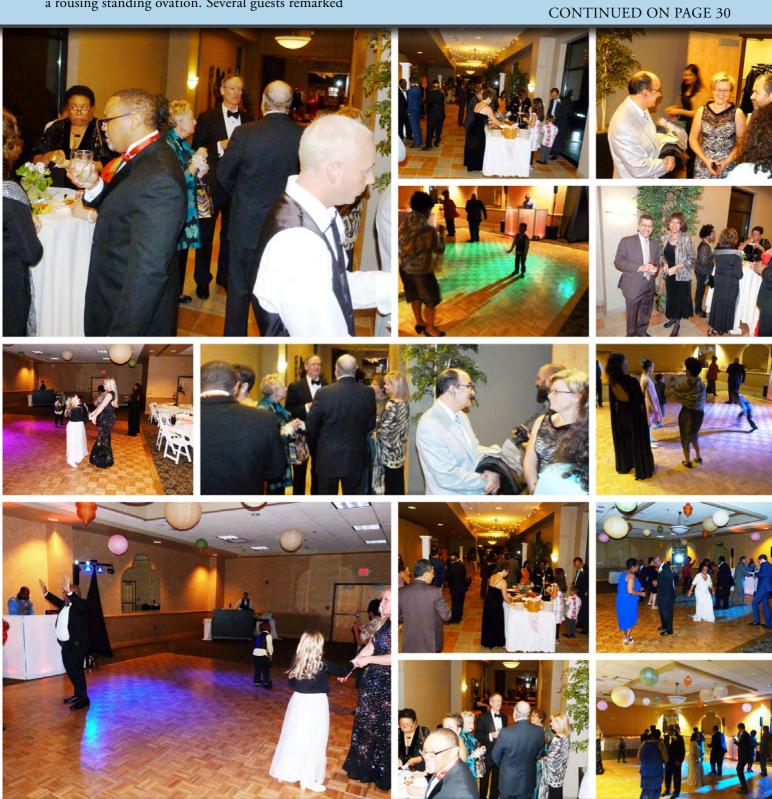
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B A L L - N O V E M B E R 1 8 , 2 0 1 7

acclaimed steel drum band, Steelheads. The five young musicians were energetic, and it was easy to see that they loved the music they were making and were genuinely excited to share it with such an esteemed crowd. At the end of their performance, the dynamic group received a rousing standing ovation. Several guests remarked

that the Jumbie's were the best entertainment yet at a GCMS/GCMSA President's Ball. Some even went so far as to say that they should be invited back again next year!

To wrap up the festivities, Peter Levine invited



THE GCMS/GCMSA PRESIDENT'S

CONTINUED FROM PAGE 29

three young children from the audience to each choose a number to select the winning individuals of the three door prizes. Prizes included Youthful You Med Spa gift certificates valued at \$2,000, an Hebert family wine and gift basket, and a Levine/Day wine basket. The Ball

Committee was recognized, along with Vogt's Flowers, which had provided the lovely "Enchanted Garden" décor for the gala. Past Presidents of both GCMSA and GCMS were recognized.

From the GCMS Alliance: the honorable, Ruqsana Ahmed, Elizabeth Jordan, PhD, Velynda Makhene,



























and Maria McCann. From the Medical Society, Levine acknowledged Past Presidents: the honorable Drs. Shafi Ahmed, Suresh Anne, Cathy Blight, Pino Colone, Sam Dismond, Deborah Duncan, John Hebert, III, Kenneth Jordan, S. Bobby Mukkamala, and Venkat Rao.

The meeting portion of the event was adjourned

and the evening ended with a lovely dessert buffet and dancing.

If you have not been to a GCMS/GCMSA President's Ball in a while, do yourself a favor and plan to attend the 2018 President's Ball, where we will honor Dr. Gerald Natzke's successful year of presidency!























4438 Oak Bridge Dr., Suite B - Flint, MI 48532-5467 (810) 753-9923 - Fax: (810) 230-3737 - www.gcms.org

Resolution regarding School Drinking Water Quality Testing, Monitoring, and Maintenance and Associated Availability of Bottled Water Purified by Reverse Osmosis for School Children

Whereas, the Genesee County Medical Society is an association of physicians in Genesee County, whose mission it is to advocate on behalf of physicians and their patients and the people of Genesee County, and

Whereas, the Genesee County Medical Society has engaged in multiple discussions and reviewed detailed information regarding the state of the City of Flint's water supply and its potential health impacts on all residents, and

Whereas, evidence-based research indicates that even a small amount of lead in a child's body can cause serious health problems, and

Whereas, other studies have demonstrated lead's compromising effects on child health, the immune system, and association with impairments in neurobehavioral factors such as a child's learning skills, hearing, and self-regulatory ability resulting in delinquent behavior, and

Whereas, children may be more susceptible to the adverse health effects of chemical, physical, and biological hazards than adults, while having reduced immunity, immaturity of organs and functions than adults, and

Whereas, rapid growth and development can make children more vulnerable to the toxic effects of environmental hazards than adults, and

Whereas, during critical developmental stages, children spend much of their day within school environments, and

Whereas, the current action limit for lead in drinking water of 15 ppb is a regulatory measure, not a public health one, and

Whereas, research shows that there is no 100 percent "safe" level of lead in drinking water for school children, and

Whereas, the State of Michigan has committed to supporting the City of Flint in recovery from city-wide lead contamination of Flint's water supply, providing resources and financial support to ensure water quality improvements, pipe replacement, healthcare, food resources, educational resources, job training and creation, and more, and

Organized Medicine's Leading Edge

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

Vision - That the Genesee County Medical Society maintain its position as the premier medical society by advocating on behalf of its physician members and patients.

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Whereas, these committed resources include the availability, distribution, and warehousing of bottled water purified by reverse osmosis for local schools, made possible through a public-private partnership between the State of Michigan and a coalition of national corporations, therefore, be it

RESOLVED: that the Genesee County Medical Society Board of Directors recommends the State of Michigan continue to provide resources to ensure a robust protocol is both in place, implemented and sustained, that ensures school building water quality is free of contaminants and toxins, including lead and bacteria, and safe for the consumption of children at all times, prior to any discontinuation of State of Michigan supported availability of bottled water purified by reverse osmosis for school facilities and school children, and be it further

RESOLVED: the Genesee County Medical Society Board of Directors recommends the State of Michigan, its Department of Environmental Quality, and its Department of Education collaborate with the City of Flint, Flint Community Schools, School for the Deaf, and local private and charter schools to develop a sustainable protocol to ensure school water safety that includes detailed water monitoring and maintenance protocols and schedules, guidance on flushing of pipes and filter replacement/maintenance as deemed necessary given the condition of the water system, technical assistance, and both regulatory and independent oversight to ensure such protocols are sustained by associated state, local, and school system entities.

THIS RESOLUTION has been unanimously adopted by the GCMS Board of Directors effective November 28, 2017.

Gerald Natzke, Jr., DO GCMS President





January 2018 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	SAT
J	#HAF NEW	PPY YEAR	Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Forest Township Senior Center 12:30–1:30pm Community Yoga 5:15 PM - 6:15 PM Crim Fitness Foundation Zumba Gold	Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am Basic Yoga IHFC 6:45 p.m.	Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm	6
ANUARY 201	8 Enhance Fitness Hasselbring Senior Center 9:00 a.m. Senior Stretch YMCA Downtown 10am Aqua Fitness U of M-Flint Rec 5:30-6:30 pm	Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Let's Hike it Baby! For-Mar Nature Preserve and Arboretum 10-11am \$2 per person Splash Bash U of M-Flint Rec 11:00 am	GAC 5:30 p.m. 10 Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Forest Township Senior Center 12:30–1:30pm Community Yoga 5:15 PM - 6:15 PM Crim Fitness Foundation Zumba Gold GAC 5:30 p.m.	Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am Basic Yoga IHFC 6:45 p.m.	Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm	SCOUTING OUTING: SNOWSHOEING 101 For-Mar Nature Preserve and Arboretum 1-3:00pm \$5 per person
1 8	Enhance Fitness Hasselbring Senior Center 9:00 a.m. Senior Stretch YMCA Downtown 10:00 a.m. Aqua Fitness U of M-Flint 5:30pm	16 Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Let's Hike it Baby! For-Mar Nature Preserve and Arboretum 10-11am \$2 per person Splash Bash U of M-Flint Rec 11:00 am	Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Forest Township Senior Center 12:30– 1:30pm Zumba Gold (Beginner) GAC 5:30 p.m.	Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Basic Yoga IHFC 6:45 p.m.	Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm	BEEKEEPING 101 WITH JIM WITHERS For-Mar Nature Preserve and Arboretum 1pm-4pm

MIC-6C3 December.Fitness.Class.Calendar.112317.HB

January 2018 Fitness Calendar

FREE! Commit to Fit! Class Schedule

 FREE: Committee Fit: Class Schedule					
22	23	24	25	26	27
Enhance Fitness Hasselbring Senior Center 9:00 am Senior Stretch YMCA Downtown 10:00 Aqua Fitness U of M-Flint 5:30pm	Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Splash Bash U of M-Flint Rec 11:00 am	Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Forest Township Senior Center 12:30–1:30pm Zumba Gold (Beginner) GAC 5:30 p.m.	Enhance Fitness Flint Farmers' Market 10:00 a.m. Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Basic Yoga IHFC 6:45 p.m.	Enhance Fitness Hasselbring Senior Center 9:00 a.m. Arthritis Foundation Exercise Program Swartz Creek Senior Center 11am-12pm	GROUNDHOG DAY FUN! For-Mar Nature Preserve and Arboretum 12pm-3pm
Enhance Fitness Hasselbring Senior Center 9:00 am Senior Stretch YMCA Downtown 10:00 Aqua Fitness U of M-Flint 5:30pm	Splash Bash U of M-Flint Rec 11:00 am	Arthritis Foundation Exercise Program Forest Township Senior Center 12:30–1:30pm Zumba Gold (Beginner) GAC 5:30 p.m.			



New Year New You Healthy Habits Challenge!

The Commit to Fit! New Year, New You! Challenge is an eight week individual challenge to encourage individuals to practice daily activities to be more active, eat healthier, and promote wellness to others. Overall Wellness Score Drawing Each participant who reaches the eight-week goal of 3,000 Total Wellness Points will be entered into a drawing to win a Farmers' Market Gift Card.

CHALLENGE GOAL: Log 3,000 Total Commit to Fit! Wellness Points

How to Participate

Join the Challenge at commit2fit.com to get started! Beginning January 1st, track your activities on commit2fit.com, the Commit to Fit! mobile app, or by syncing your fitness apps/devices.

Log on to commit2fit.com. You can sign up anytime! Earn points for being active!

MIC-6C3 December.Fitness.Class.Calendar.112317.HB

January 2018 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. 3rd Street Flint, MI 48503 (810) 232-9622



Genesee County Parks and Rec

Visit the calendar at: http://geneseecountyparks.org/ to learn more about fun family events in Genesee County Parks!





MIC-6C3 December.Fitness.Class.Calendar.112317.HB

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

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



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



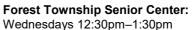
Arthritis Foundation Exercise Program (1 hour) A lowimpact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle rangeof-motion exercises that are suitable for every fitness level!

Grand Blanc Senior Center:

Tuesday & Thursdays 10am - 11am

Swartz Creek Senior Center:

Fridays 11am - 12pm





"You want that patient to feel like you're there for them and just them. It's not about you treating their disease, it's about you treating the patient who just happens to have a condition."

Dr. Saroj Misra, Family Medicine

Michigan, we're listening. You want even more compassionate care. That's why we've come together as Ascension. So we can give healthcare a better name.

We are Ascension.





genesys.org



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

January 25th Presenter(s):

"Physician & Staff Burnout"

Julie Hardy, MSA, RHIA, CCS, CCS-P Lead Physician Services Consultant, Data Integrity & Compliance The Rybar Group

February 22nd Presenter(s):

"A Local Practices' Approach to Compliance" Carrie Berlin, Director Technology & Operations Regional Medical Imaging

March 22nd Presenter(s):

"Discussing BCBSM Service Issues" Dan Martin, Director II Provider Outreach Blue Cross Blue Shield of Michigan

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



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.

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.

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Contact Pete Levine at 810-733-9925.

Check Out Our Website www.gcms.org

HAPPY BIRTHDAY DOCTOR

<pre>Image: The content of the conte</pre>
7

Martin Lapa, DO 1	Shafi Ahmed, MD 10	Frederick Sherrin, MD 23
Robert Ormond, MD 1	Patrick Chang, MD 11	Alpesh Korant, MD 24
Abdelmajid Jondy, MD 1	Jagdish Bhagat, MD 12	Alan Morgan, MD 25
Surya Thota, MD 1	Syed Ahmed, MD 12	Roderick Smith, MD 25
Mousa Mohamed, MD 1	Philip Hardy, MD 13	Paul Karr, Jr., MD 26
Elmahdi Saeed, MD 1	Epifania Aranas, MD 13	Cyrus Farrehi, MD 26
Khalid Ahmed, MD 1	Ramesh Chheda, MD 13	Sandeep Grewal, MD 26
Muhammad Almansour, MD. 1	Samuel Dismond, Jr., MD . 14	<u> </u>
Fawaz Haddad, MD 1	Balvant Ganatra, MD 14	Rodolfo UyHam, MD 27
Faisal Mawri, MD 2	Harun Rashid, MD 14	Joseph Luna, MD 27
Jason Evans, MD 3	Ajay Srivastava, MD 14	George Politis, MD 28
Leena Jindal, DO 4	Boleslaw Pietruszka, MD 15	Eranio Malto, MD 28
Dorothy Mikat, MD 5	Nil Barua, MD 15	Nancy Kursik, MD 28
Cathy Chen, MD 5	Gary Roome, MD 15	Geeta Rode, MD28
Manjit Grewal, MD 5	Ravinder Singala, MD 15	Ronald Coriasso, DO 29
Muhammad Miran, MD 5	J. Rajkumer Pandyan, MD. 16	Joel Beene, MD 29
William Melton, MD 6	Tabrez Shaik Mohammed, MD 16	Parul Sud, MD29
Daniel Osborn, MD 8	Silvia Gomez-Seoane, MD 19	Ghanem Almounajed, MD . 29
Gwendolyn Reyes, MD 8	Heedong Park, MD 20	Anant Patel, MD29
Celso Samaniego, MD 9	Harris Dabideen, MD 21	Ahmad Kaddurah, MD 30
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Genesee County Medical Society **Board of Directors** September 26, 2017 - Minutes

I. Call to Order

The meeting was called to order in the Rapport Conference Room at 6:00 pm, by John Hebert, III, MD, President.

II. Review of Minutes

Motion: that the minutes of June 27, 2017, Board of Directors meeting be approved as presented. The motion carried.

Motion: that the Executive Committee look at attendance of Board members and consider a proposal for bylaws change to redefine the number of Board attendees that would reflect a quorum. The motion carried.

III. Reports

A) Community & Environmental HealthDr. Natzke provided an update on the Flint Adult Chelation Study. Letters have been sent to members of Congress, seeking their help in funding the project. In addition, the budget and project synopsis have been sent with those letters.

B) Finance

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

Membership C)

Consensus: that Board members make every effort to convince hospitals to pay resident dues because they reflect in the counts for delegates and also increases the likelihood of retaining residents in the community following completion of their programs.

Consensus: that Peter Levine, Dr. Blight, and Dr. Hebert meet with Melany Gavulic to recoup membership of all residents in the Genesee and Michigan State Medical Societies.

Motion: that GCMS talk with Dr. Lipscomb, Dean of the Flint campus. The motion carried.

Motion: that GCMS develop resolutions to the MSMS House of Delegates to facilitate transfer of third and fourth year student memberships to the counties in which they are serving. The motion carried.

D) MSMS Update

Dr. John Waters reviewed the staff leadership changes at MSMS.

Dr. Blight reported that she will not be running for reelection to the delegation to the AMA. She has been a delegate to the American Medical Association for 33 years and has served for 10 years as Chair.

> Directive: staff was directed to contact MSMS to let them know that Dr. Blight will not be running for reelection as an AMA Delegate.

The only other election with a Genesee County Society candidate is Dr. Venkat Rao's candidacy for Alternate Delegate to the AMA.

E) Legislative Liaison

Dr. Cathy Blight reported that the September Legislative Liaison Committee meeting was very well attended, and covered a broad range of issues. Discussed were the current state of MAPS, the Accountable Care Act, IMG issues, the opioid crisis and related legislation, reform of the auto no-fault structure, and maintenance of certification. She

Genesee County Medical Society Board of Directors September 26, 2017 - Minutes

invited the Board to attend the upcoming meeting of the Committee.

F) Greater Flint Health Coalition

Dr. Waters reviewed the most recent Greater Flint Health Coalition Board of Directors meeting. The major topic of the agenda was the State Innovation Model (SIM) project which will impact the large number physicians in this community. He noted that Dr. Farhan Khan and Pete Levine are attending a lot of meetings on the same project.

Dr. Khan reported that the SIM project is very exciting. Insurers are at the table with hospitals and physicians. The focus is on emergency room utilization. The Health Coalition is the backbone. He said the State of Michigan has diminished funding for the project even though it hasn't started yet. The Medical Society is playing a significant role with the State on these issues.

G) A Look Forward for GCMS

Dr. John Waters, as requested by the Board at its meeting in June, provided a presentation on the potential scenarios of how GCMS could function in the future

Dr. Waters noted that the Executive Director is representing physicians in many venues that are financially, politically and professionally of importance to physicians. A significant number of those meetings are held on Fridays. He also noted that Sherry is coordinating administrative responsibilities in a highly competent fashion. He noted that potential scenarios about how to move forward with the Medical Society depend on how MSMS reinvents itself.

Dr. Waters noted that gifts and grants can help support the Medical Society in the short run.

Consensus: that the Executive Committee begin to develop a plan for working with other counties to discuss how to move forward in light of the MSMS plan to remodel.

H) Presidents' Report

Dr. Hebert reported that the upcoming three meetings for practice managers include updates from Meridian, compliance issues, and physician and staff burn out. He reported that the last session, which focused on Molina, was a fantastic meeting.

Dr. Hebert also provided a synopsis of the GCMS Town Hall with the Chief Medical Officer's held on September 7th. He expressed the great satisfaction that individuals in attendance felt towards the meeting.

Consensus: that the next Dinner Business Meeting be a session on Mindfulness.

Dr. Hebert requested that everyone reserve for the President's Ball on November 18th, and endeavor to find sponsors.

Respectfully submitted,

Peter Levine, MPH

Executive Director

The Genesee County Medical Society cordially invites you to a Quarterly Dinner Business Meeting

and a Medical Community Town Hall

sponsored by the United Way of Genesee County

February 1. 2018

SAVETHE DATE!

for a GCMS Town Hall

MINDFULNESS SESSION

in conjunction with the CRIM Foundation

Please invite your fellow physicians, practice managers, and health care professionals to this meeting!

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

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

\$25.00 - Residents & Students

\$75.00 - All Non-Member Guests

GCMS Physicians, spouses, GCMSA, family members, practice staff and other interested professionals are encouraged to attend!

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

Snace is limited!

Please register by January 25, 2018

Please mail your reservation payment to: Genesee County Medical Society 4438 Oak Bridge Drive, Suite B Flint, MI 48532

Watch for more info!



Email Sherry at ssmith@gcms.org to register your attendance or call 810-733-9923 for more information.

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.



Donations are tax deductible!

Please feel free to contact Peter Levine, Executive Director at 810-733-9925 or plevine@gcms.org.

