

THE BULLETIN

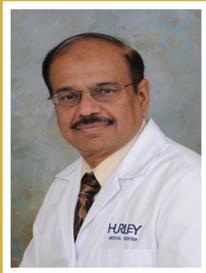
NOVEMBER 2020 VOLUME 97, NUMBER 11

Thank you and Farewell!

Saying Goodbye to

GCMS President

Qazi Azher , MD



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The Genesee County Medical Society

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NOVEMBER 2020 VOLUME 97, NUMBER 11

THE BULLETIN

READ BY 96% OF GCMS MEMBERS

FEATURE ARTICLES

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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

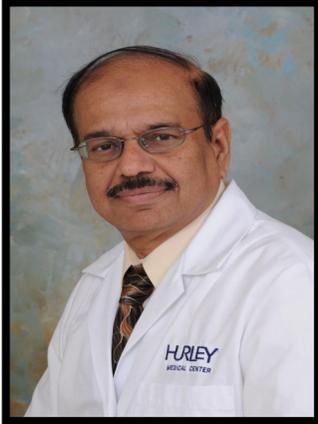
The GCMS Nominating Committee seeks input from members for nominations for the GCMS Presidential Citation for Lifetime Community Service. The Committee would like to be made aware of candidates for consideration.

THE BULLETIN

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By subscription \$60 per year. Member subscription included with Society dues. Contributions to **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.

PRESIDENT'S MESSAGE



Qazi Azher , MD

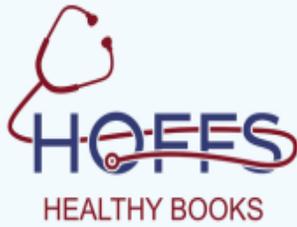
Often November is seen as a month of Gratitude, and I can only join in and express the gratitude I have for Genesee County Medical Society. When I was elected GCMS President last fall, I viewed it as an honor to be the representative for such a great institution. In the year I served Genesee County, I came to know what it really means to be thankful for the services provided to physicians in GCMS membership. GCMS is an institution that often is the lead for organized medicine today. They advocate for medical practices throughout Genesee County and partnered with Michigan State Medical Society, GCMS provides the latest legislative information available to our physicians and medical practices. The members of our board have a voice that they demand be heard.

This year, as GCMS President, I served as a voice during unprecedented times. This Covid-19 pandemic has proven to be vicious and unbiased. It was an honor to serve along side some of Genesee Counties finest physicians and provide the latest information on this pandemic, as to not create fear, but scientific knowledge.

As this year in service ended, I reflected on the true gratitude of what lies before us. Gratitude of who stands up for physicians as a whole, and gratitude for what is to come. If we all gather together to fight this pandemic together, use the tools and great minds GCMS has to offer, we can certainly prevail!

Thank you to those who believe in GCMS, who fight for GCMS and who serve in GCMS! I also want to thank all the board members and executive directors who guided me in many difficult situations to sail through the muddy waters in achieving many great results. Being GCMS President for this last year truly was a blessing and I look forward to advocating for GCMS for many years to come!

Photo submitted by Dr. Cyrus Farrehi



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November 24, 2020
6:00 pm, Zoom

Legislative Liaison Committee

December 7, 2020
8:00 am, Zoom

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December 10, 2020
9:00 am, Zoom

Medical Society Foundation

December 16, 2020
6:00 pm, Zoom

Community and Environmental Health

December-Recessed

Board of Directors

December-Recessed

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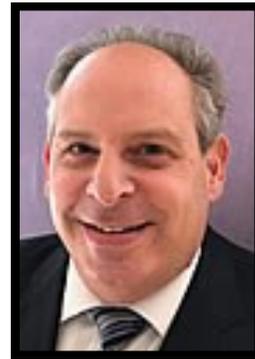
What can you do to boost your immune system so that you strengthen it to help fight off disease? There are many answers. Whether it be Superfoods, supplements or getting enough sleep, it is an important task to undertake! Even having control of your stress levels will play a role in bettering your immune system. There is a strong link between your immune health and your mental health because when your body produces stress hormones it suppresses your immune system. There are a few “must do’s” if you are serious about tackling your immune system:

- Eat a diet high in fruits and vegetables.
- Exercise regularly.
- Stop smoking.
- Maintain a healthy weight.
- Drink alcohol only in moderation if you drink at all.
- Keep clean, and infection free by washing your hands frequently and eating food cooked properly.
- Minimize anxiety and stress.
- Get adequate sleep.

Diet and Age play a factor in a healthy immune system, it is important to stay well nourished and even supplement with multi-vitamin’s if needed. As we age, our immune system reduces, so it is very important to pay attention to our food intake and life activities to give our bodies a fighting chance to beat infection, young and old.

Having a supercharged immune system will lead to a better quality of life, but also could be an amazing tool during this COVID -19 pandemic and flu season.

To read more from Harvard Medical School about boosting your immune system, click [HERE](#).



DAVID HOFF, CCP, MA





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HAPPY
Diwali



Millions of people around the world celebrate Diwali.

Diwali or Deepavali, which is the festival of light indicates the triumph of light over darkness, good over evil. It falls on the day of ‘amavasya’ or new moon in the Hindu month of Kartik.

The five-day celebrations of Diwali begin with Dhanteras and conclude with Bhai Dooj. On the third day, people collectively participate and partake in the celebrations of Diwali.

This year the celebration started on Thursday, November 12th and goes for five days. The main celebrations happened on the darkest night of the festival — that was on Saturday, November 14th.

Diwali begins at the end of the cropping season and is often associated with wealth and happiness. According to mythology, the festival is mentioned as *Deepapratipadutsava* in the seventh century Sanskrit play *Nagananda*, where newlywed couples were given gifts and lamps in remembrance of Lord Vishnu and goddess Lakshmi’s marriage.

Deepavali is also referred to as *Dipamalika* in the famous Sanskrit poet Rajasekhara’s ninth century work *Kavyamimamsa*, where traditions of homes being cleaned and decorated with lights are mentioned. Hence, during this time, it is a ritual to clean rooms and offices and adorn houses with lights.

Like many Hindu festivals, there isn’t just one reason to celebrate the five-day holiday. The ancient celebration is linked to multiple stories in religious texts, and it’s impossible to say which came first, or how long-ago Diwali started.

Many of these stories are about the triumph of good over evil. In northern India, a common tale associated with Diwali is about King Rama, one of the incarnations of the god Vishnu. When an evil king in Sri Lanka captures Rama’s wife Sita, he “builds up an army of monkeys” to rescue her. The monkeys “build a bridge over from India to Sri Lanka, and they invade Sri Lanka and free Sita and kill that evil king. As Rama and Sita return to the north, “millions of lights are spread out across the city Ayodhya just to help them come back home, just to welcome them.” Lighting lamps has long been one of the ways that Hindus celebrate Diwali.

Other religions like Buddhism, Jainism, and Sikhism use Diwali to mark important events in their histories, too.

It’s an official holiday in India, Pakistan, Nepal, Sri Lanka, Malaysia, Singapore, Trinidad and Tobago, Myanmar and Fiji — just to name a few.

In India, families will clean their homes and buy new clothes. Businesses settle up their accounts and get their finances in order for the new year.

The fireworks became a major part of the Diwali celebrations. These aren’t the large-scale fireworks that American cities deploy on the 4th of July. But during Diwali, individual families all set off their own fireworks which admittedly goes on in some parts of the United States too.

In places like Melbourne, Australia and Leicester, England, there are traditionally fireworks and street festivals attended by tens of thousands of people.

This year’s celebrations will be a little different so that people can still participate in social activities with COVID-19 restrictions.



the celebrations will be a little different so that people can still participate in social activities with COVID-19 restrictions.

During the festival, complicated designs called Rangolis are made on floors or the ground using colored rice or powder to bring good



luck. During the festival, designs called Rangolis are made on floors or the ground using colored rice or powder to bring good





Families also visit each other bringing gifts and sweets. This year they may not visit each other physically but might do it virtually so they can social distance. Many functions are organized virtually thorough out the world.

A festival of lights that stretches back more than 2,500 years!!



!! Happy Diwali to ALL!!

By: Edward Christy MD, CMD, FACP, AGSF, FAAHPM, MBA
Medical Director



The Michigan Doctors' Political Action Committee (MDPAC) is the political arm of the Michigan State Medical Society. We are a bipartisan political action committee made up of physicians, their families, residents, students and others interested in making a positive contribution to the medical profession through the political process. MDPAC supports pro-medicine candidates running for the State legislature, Michigan Supreme Court and other statewide positions. **Join today!**

HEALTH CAN'T WAIT

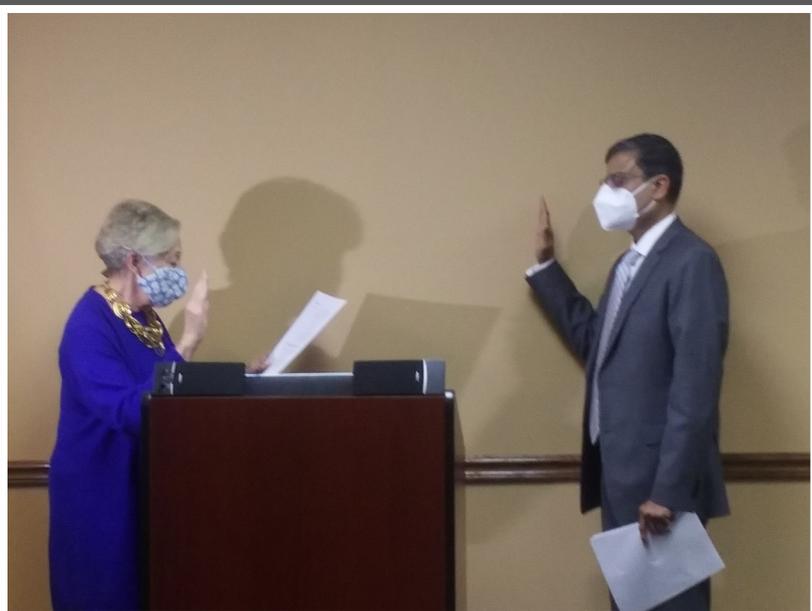
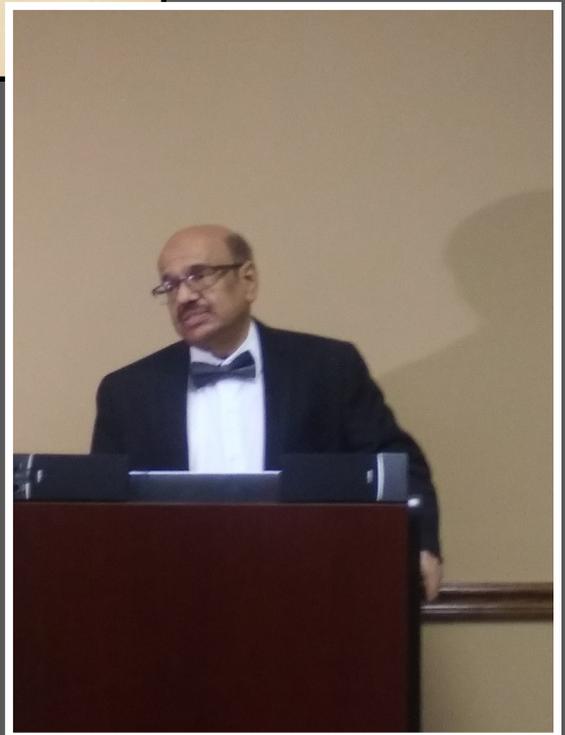


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Thanks you for your Generosity!

Dr. Ernesto Saldana Duterte

June 4, 1946 ~ November 5, 2020 (age 74)



DUTERTE, Dr. Ernesto Saldana , 74 of Flint, Michigan, passed away peacefully on November 5, 2020, with family by his side. Ernie, as he is fondly called, is survived by his loving wife of 50 years, Clarinda Soriano Duterte a registered nurse, daughters Michelle (Stephen) Galbraith and Lorelei (Robert) Grabarsky, son Ernesto, Jr. and four grandchildren whom he adored, Mia, Rhea, Olivia and Dylan. He leaves behind loving cousins, nieces and nephews, countless loved ones and friends whose lives he touched. He had trusting, loyal patients that had been under his care thru the years for whom he refused to retire. Known for his kindness, gregariousness and generosity, he was beloved by family, friends and community. He led a life defined by compassion, charity, integrity and he always made every effort to be there for a birth, graduation, game, meet or performance. He is preceded in death by his parents Emilia and Filomeno Jr. and brothers Filomeno III, Raphael and Eduardo Duterte. Dr. Duterte, emigrated from the Philippines to the United States as a young man after graduating from the University of the East Ramon Magsaysay Memorial Medical Center College of Medicine. He specialized in Internal Medicine, after residencies at McLaren Medical Center and Hurley Medical Center. He founded a solo practice caring for patients in the greater Flint area for 43 years. Dr. Duterte was an Assistant Clinical Professor at Michigan State University College of Medicine for 25 years. He helped train and prepare the next generation of physicians in Michigan. He served as the Vice Chief of Staff for a number of years at McLaren Regional Medical Center, as Chairman of the Credentials Committee, as Member of the Executive Committee, Ethics, Bylaws and the Professional Conduct Committee, Utilization Management Committee as well as many others. He also served the Michigan State Medical Society as Chairman of the Orientation and Policy Committee and was an active member of the Genesee County Medical Society. These were just some of the many ways he gave back to the community in his profession. Ernie was about living life to the fullest and sharing that zest with everyone. He strived for perfection, but what he truly believed, was doing your absolute best and inspired everyone around him to do the same. If he wasn't in the office, doing rounds at the hospital or in board meetings, he'd be on the golf course with his buddies competing for skins or winning the championships at Flushing Valley Country Club and GCMS Invitational Tournaments. Ernie was a master juggler; from doting on his private practice patients for over four decades, to fundraising for his alma matter UERMMM for over a decade, to hitting the greens with his cronies, to fostering his cultural roots by being active with the Philippine American Association of Greater Flint as folk dancer and as a seasonal Philippine Medical Association of Michigan choir member. He was an avid fan of the Michigan State Spartans, Detroit Pistons and the Detroit Lions. Dr. Duterte was a devout member of St. Pius X Catholic Church. His highest priority in life was his faith in God and his family. He enjoyed spending quality time with loved ones, taking great pleasure traveling near and far and creating long lasting memories. His love was shared not



Two Dr. Duterte, Clarinda Soriano Duterte, Michelle Galbraith, Lorelei Grabarsky, Ernesto, Jr., Mia, Rhea, Olivia, Dylan, June 4, 1946 ~ November 5, 2020 (age 74)



Ranunculus acris L. *Ranunculus acris* L. *Ranunculus acris* L. *Ranunculus acris* L.

only with his immediate family, but also with his extended family all over the world. He made it a point to bring families together and was looked up to for advice by all. He made everyone he touched feel important. His laughter, storytelling and singing will be sorely missed by his family and those who knew and loved him and his company. This is why it is so difficult to let him go. His passing is an incredible loss not only to our family, but to our whole community. We are going to miss you so much "Grandpa Doctor" and though you left this earth, we know that you are watching over us from above.



In Memoriam



ATTENTION

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**ATTENTION: PRACTICE MANAGERS
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**Genesee County Medical Society addresses issues of concern
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Please join GCMS and SOVITA in monthly meetings for
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NEXT MEETING DATE: December 10, 2020

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Kelsey Lawrence, MD

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Kelsey Lawrence, MD, FAAD founded Greater Michigan Dermatology to provide comprehensive, expert dermatological care to her hometown of Grand Blanc and beyond. Dr. Lawrence is a board-certified dermatologist and the only female dermatologist in Genesee County.

MEDICAL

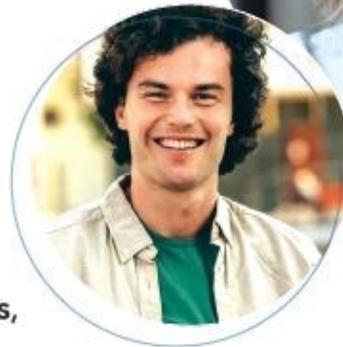
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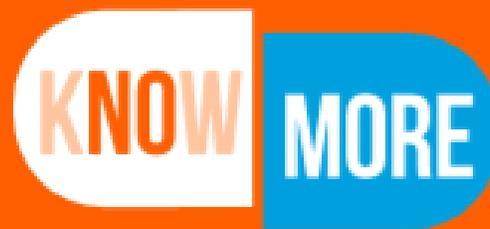
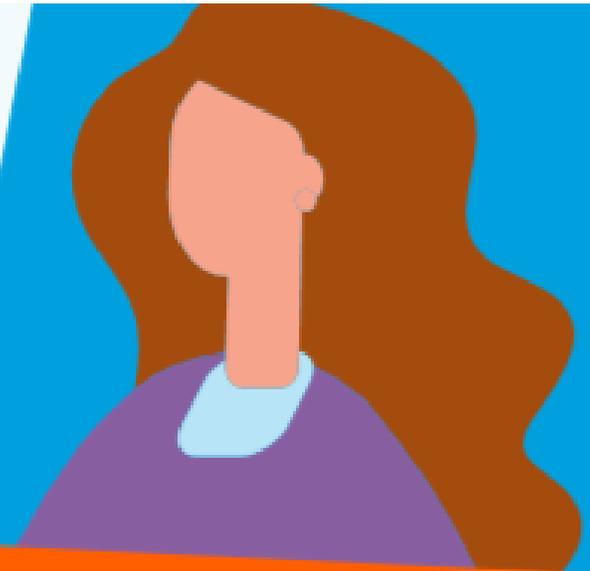
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COMMUNITY TOOLKIT

OPIOIDS: WHAT YOU NEED TO KNOW



ABOUT OPIOID ADDICTION

Genesee County Opioid Prevention Project



GREATER FLINT HEALTH COALITION



KnowMoreGenesee.org

OPIOIDS: WHAT YOU NEED TO KNOW

If you have recently been prescribed an opioid, are concerned about or struggling with opioid addiction or know somebody that is, this resource will help you better understand opioids. Know more about opioids and get help if needed.

Opioid Epidemic

The opioid epidemic, a growing nationwide public emergency, does not discriminate the individuals and communities that it impacts. Genesee County is no exception. According to the Michigan Department of Health and Human Services, 131 Genesee County residents died of an opioid overdose in 2017, up from 120 in 2016¹.

Many more are treated for an opioid overdose. As community members, parents, neighbors, and friends, there is an opportunity to become better informed and help those struggling with addiction.

What are Opioids?

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin[®]), hydrocodone (Vicodin[®]), codeine, morphine, and many others.² While many people benefit from using prescription opioid pain medications to manage pain under a health care provider's

direction, there is a risk of dependence and addiction. There is also a risk to the community when prescription drugs are diverted for improper use by others.

Know the Risks and Side Effects of Opioid Use

Prescription opioids have a serious risk of addiction and overdose, especially with long term use. The use of prescription opioids can have a number of side effects even when taken as directed. They include:

- Tolerance – meaning you might need to take more of a medication for the same pain relief
- Physical dependence – meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness

- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating³

Know the Signs and Symptoms of Opioid Addiction or Overdose

Opioid addiction is a disease that affects your brain and your behavior. At first you have control over your choice to start using drugs, however over time your brain actually changes in certain ways creating an urge to use the drug. There are many signs and symptoms of opioid misuse and addiction. They can include: poor coordination, drowsiness, shallow or slow breathing rate, nausea, vomiting, constipation, physical agitation, poor decision making, abandoning responsibilities, slurred speech, sleeping more or less than normal, mood swings, euphoria (feeling high), irritability, depression, lowered motivation, and anxiety attacks.⁴



¹ "The Opioid Epidemic in Michigan." Michigan Substance Use Disorder Data Repository, mi-suddr.com/opioids/.

² "What Are Opioids?" HHS.gov, www.hhs.gov/opioids/prevention/index.html.

³ "Prescription Opioids: What You Need to Know." CDC, www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf

⁴ "Opioid Addiction - Pain Relief - Signs of Addiction." Familydoctor.org, www.familydoctor.org/condition/opioid-addiction/.

It is important to recognize the signs and symptoms of an opioid overdose and act fast to help save a life. Signs of an overdose include:

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

An opioid overdose requires immediate medical attention. If you think someone is experiencing an overdose, even if you aren't sure, it is best to treat it like an overdose. Follow these steps:

- Call 911 immediately
- Administer naloxone, if available
- Try to keep the person awake and breathing
- Lay the person on their side to prevent choking
- Stay with him or her until emergency workers arrive⁵

Know Naloxone and the Law

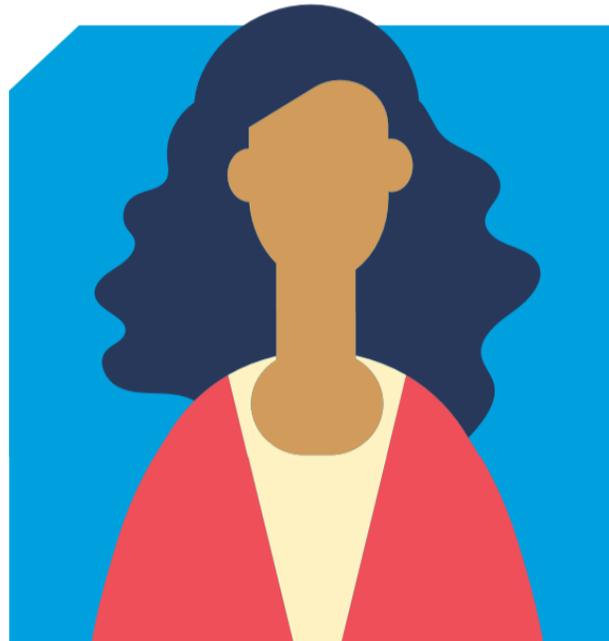
Naloxone is a medicine that rapidly reverses an opioid overdose. It can quickly restore normal breathing to a person if their breathing has slowed or stopped due to an opioid overdose. Naloxone has no effect on someone who does not have opioids in their system, and it is not a treatment for opioid use disorder. Naloxone should be given to any person who shows signs of an opioid overdose or when an overdose is suspected. If you or a loved one is at risk for an opioid overdose, it is important that you have naloxone on hand. Talk to your physician or pharmacist about naloxone when receiving a prescription for opioids.⁶

During a drug overdose, a quick response can save a life. However, people illegally using drugs sometimes do not seek medical

attention during an overdose for fear of alerting police of their illegal drug use. In order to prioritize saving lives, Michigan passed a Good Samaritan law in 2016. Michigan's Good Samaritan law prevents drug possession charges against those that seek medical assistance for an overdose in certain circumstances. This law makes saving lives the priority during a drug overdose, not criminal prosecutions of illegal drug users.⁷

Know that You Have Treatment Options for Managing Pain

Although prescription pain medications can be effective at treating certain types of pain, there are different treatment options and



therapies available. Opioids are not the first-line treatment for chronic pain, with the exception of cancer treatment, palliative care, and end-of-life care. Nonopioid treatments can provide relief to those suffering from chronic pain and are safer. Talk to your doctor about your options to best manage your pain. Alternative treatments may include:

- Acupuncture
- Chiropractic care
- Cognitive behavioral therapy
- Massage therapy
- Meditation and relaxation
- Physical therapy
- Yoga⁸

Know How to Practice Responsible Use of Opioids

Whether you are currently taking opioids or considering opioids to treat (acute) pain after surgery or for chronic pain, it is important that you take steps to protect yourself, your loved ones, and your community.

- Be proactive to learn about your options and communicate with your doctor.
- Be honest with your doctor about your health, drug, and alcohol history, as well as your family history.

⁵ "Preventing an Opioid Overdose." CDC, www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf

⁶ National Institute on Drug Abuse. "Naloxone." NIDA, 1 Jan. 2019, www.drugabuse.gov/publications/drugfacts/naloxone.

⁷ "Michigan's Good Samaritan Law." MDHHS, www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871_79584_79585_79587_79590-409680--,00.html

⁸ "RX Pain Medications, Know The Options, Get the Facts." SAMHSA, <https://store.samhsa.gov/system/files/sma17-5053-1.pdf>

KNOW MORE ABOUT OPIOID ADDICTION

- Always follow your pain care plan and keep your appointments for follow-up care.
- Never take opioids in higher amounts or more often than prescribed.
- Do not combine opioids with alcohol or other drugs that cause drowsiness, such as: benzodiazepines, muscle relaxants, and sleep aids.
- Never share or sell prescription opioids.⁹

Know How to Properly Store and Dispose of Opioids

Learn how to properly store and dispose of unused medications. Always keep your opioids in a safe, locked place, out of reach of family, children, visitors, and pets. Always keep your opioids in their original labeled container, even when you travel. Remember your children and grandchildren! Keep them safe.

If you have unused opioids at the end of your treatment, take steps to safely dispose of them to protect your family and community. Find an approved prescription drug collection site near you, find a medication Take Back event, or properly use your household trash as a last resort. Prescription drug drop boxes can be found at the following Genesee County locations:

- Burton City Police Department, 4090 Manor Drive
Mon-Fri 9:00am-5:00pm
- Clio City Police Department, 505 W. Vienna Street
Mon-Fri 8:00am-4:00pm
- Davison City Police Department, 200 E. Flint Street
Mon-Fri 8:00am-12:00pm & 1:00pm-4:00pm
- Fenton City Police Department, 301 S. Leroy Street
Available 24 hours
- Flint Police Department, 210 E. Fifth Street
Mon-Fri 10:00am-6:00pm
- Flint Township Police Department, 5200 Norko Drive
Available 24 hours
- Flushing City Police Department, 725 E. Main Street
Mon-Fri 9:00am-4:30pm
- Genesee Township Police Department, 7244 N. Genesee Road
Mon-Fri 9:00am-5:00pm
- Grand Blanc Township Police Department, 5405 S. Saginaw Street
Available 24 hours
- Mott Community College Public Safety, 1401 E. Court Street
In front of Public Safety Building
- Metro Police Authority, 5420 Hill 23 Drive
*Mon-Fri 9:00am-5:00pm*¹⁰



Know That There is Support Available

Remember that opioid addiction is a disease and those suffering should be treated with care and compassion as with any other disease. It is a chronic brain disease that can be managed with medical treatment. Talk to your doctor for help and refer to the **Quick Reference Referral Guide for Substance Use Treatment** locations. Consider finding a support group to come together with others facing addiction and the road to recovery. It may be helpful to learn from the experiences of others and receive emotional and social support.

- Genesee County Families Against Narcotics holds weekly Nar-Anon support meetings every Thursday evening at 7pm. 3515 North Belsay Road, Flint, MI 48506. All are welcome to attend. www.familiesagainstnarcotics.org/genesee
- Additional Genesee County Narcotics Anonymous meeting sites and times can be found online at www.michigan-na.org/flint-area/meetings/

Take the next steps to seek treatment for yourself or your loved one. There is help.

⁹ "RX Pain Medications, Know The Options, Get the Facts." SAMHSA, <https://store.samhsa.gov/system/files/sma17-5053-1.pdf>

¹⁰ "Proper Disposal: Stop Prescription Abuse." Proper Disposal | Stop Prescription Abuse, www.stopprescriptionabuse.com/proper-disposal.html

April 2019

Quick Reference Referral Guide

*for Substance
Use Treatment*

KnowMoreGenesee.org



ABOUT OPIOID ADDICTION

Genesee County Opioid Prevention Project



KNOW MORE ABOUT OPIOID ADDICTION

As a Genesee County provider encountering changes in legislation regarding utilization of the Michigan Automated Prescription System (MAPS), and navigating the substance use treatment system with your patients, the Greater Flint Health Coalition and its Mental Health & Substance Use Task Force offer this referral guide as an introductory resource.

The First Step: Accessing Substance Use Treatment

1 If an individual has **Medicaid, is uninsured, and/or has general questions**, they may call or visit (during business hours) **the Genesee Health System Access Center** at:

- 810-257-3740 (crisis line available 24/7)
- TTY 810-232-6310
- Toll-Free 877-346-3648
- 420 W. Fifth Avenue, Flint, MI 48503 – Open Monday through Friday, 8 am. to 5 p.m.

Please have the following information available when calling to expedite the process:

- Name, date of birth, social security number
- Medical insurance card or numbers, including Medicaid (if applicable)
- Names of current medicines and doctors

- Guardianship or court papers (if applicable)
- Special education or other school records (if applicable)
- Drug (quantity, frequency)
- Services needed (detox, inpatient, outpatient)

Fees for services are based on a person's ability to pay; therefore, staff will need to know the household income and number of dependents of the person seeking help. A coverage determination will be made at the time of the screening. Staff will let you know if you can expect to have any cost for your services. No one will be denied services based on their inability to pay.

2 If an **individual has insurance other than Medicaid**, call the insurance plan directly to determine covered services and providers.

Substance Use Treatment Centers in Genesee County and Surrounding Areas

GENESEE COUNTY RESIDENTIAL CENTERS

Above the Water House

4105 Keyes Street, Flint, MI 48504
(810) 877-2907
Women's recovery housing for females with addiction/alcoholism with mild to moderate psychological impairments.

Flint Odyssey House

529 M.L. King Avenue, Flint, MI 48503
(810) 238-5888
Medication assisted treatment, withdrawal management, long-term residential treatment, outpatient services, recovery housing, women's specialty services, adolescent treatment services.

Kairos Health Care, Holy Cross

8218 N. Jennings Road
Mt. Morris, MI 48458
(844) 452-4767
Corcoran House Residential Treatment for Women

Life Challenge Ministries

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

One-year residential program for men and women with drug, alcohol, and other life-controlling addictions. Affiliated with Teen Challenge USA, International, our goal is more than rehabilitation, Faith based program.

New Paths Inc.

765 E. Hamilton Avenue, Flint, MI 48505
(810) 233-5340
newpaths.org
Short and long-term residential treatment, withdrawal management, outpatient services, recovery housing, 23-hour sobering facility, Court ordered treatment programming.

Salvation Army Adult Rehabilitation (Men Only)

2200 N. Dort Highway, Flint, MI 48506
(810) 234-2678
Long-term residential program, spiritual base, work therapy, group and individual counseling, leisure time activities.





GENESEE COUNTY OUTPATIENT CENTERS & SUPPORT SERVICES

**Bio-Med Behavioral Health
Care INC. - Flint**

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

Catholic Charities

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

**Families Against Narcotics –
Genesee County Chapter**

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

**Genesee Community
Health Center**

422 W. 4th Avenue, Flint, MI 48503
(810) 496-5777
Integrated health care, treatment
services for co-occurring disorders,
medication assisted treatment
(Suboxone, Vivitrol).

**Hamilton Community
Health Center**

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

Holy Cross Services

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



Hope Network

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

Insight Wellness Center

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

Meridian Health Services

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

New Oakland Family Center

2401 South Linden Road,
Flint, MI 48507
(810) 957-4310
Intensive outpatient counseling
(dual diagnosis – mental health and
substance use disorder).

**Remedy Exchange Programs
(outreach services)**

12745 S. Saginaw, Suite 806-144
Grand Blanc, MI 48439
(810) 449-0159
remedyexchange@gmail.com
PRIME for Life is a program that helps
youth and adults learn how to reduce
their risk of alcohol and other drug
related problems throughout life.

Sacred Heart - Flint

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

The Serenity House of Flint

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

KNOW MORE ABOUT OPIOID ADDICTION

RESOURCES OUTSIDE OF GENESEE COUNTY

Brighton Center for Recovery

12851 Grand River Road
Brighton, MI 48116
(810) 227-1211
brightonrecovery.org
Inpatient and intensive outpatient.
Provides residential, outpatient, dual diagnosis, and detox services. Will accept private insurance, cash, and Medicare.

Dawn Farms

6633 Stoney Creek Road
Ypsilanti, MI 48197
(734) 485-8725
Adolescent (17+) and adult residential, outpatient. Non-medicated, 12-step based detox is FREE to anyone, even if they do not stay for residential treatment. Transitional housing.

Grace Centers of Hope

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



Henry Ford Maplegrove Center

6773 W Maple Road
West Bloomfield, MI 48322
(248) 661-6100
henryford.com
Outpatient and inpatient for adults.
Outpatient only for adolescents.

Kairos Healthcare Adolescents

3400 South Washington Road
Saginaw, MI 48601
(989) 755-1072
Adolescent and adult residential, integrated treatment, informational, prevention and problem assistance, outpatient screening assessment referral and follow-up.

Meridian Health Services

1255 N Oakland Blvd
Waterford, MI 48327
(248) 599-8999
Detox, adult residential, inpatient and outpatient care, integrated treatment, and family therapy.

Sacred Heart – Memphis

400 Stoddard Road
Memphis, MI 48041
(888) 804-7472 Admissions
(888) 802-7472 Admin
Adult residential, detox inpatient, case management, early intervention, integrated treatment, peer recovery and support, screening assessment referral and follow-up, Methadone.
Residential admissions:
(888) 804-7472 or (734) 284-0070
Monday-Friday, 8:30am-5:00pm
Emergency admissions:
(888) 804-7472, ext. 266, weekdays, weekends, and holidays. Sliding fee scale, Medicaid, ABW, and most health insurance.

Salvation Army Harbor Light

42590 Stepnitz Drive
Clinton Township, MI 48036
(586) 954-1838
Adult residential/outpatient, case management, detox, screening assessment referral and follow-up.

Serenity Therapy Center

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

Teen Challenge of Western Michigan

440 Pontaluna Road
Muskegon, MI 49444
Men's Phone: (231) 798-7927
Women's Phone: (231) 798-2702
Email: info@wm-tc.com
wm-tc.com/contact-us
One year residential program. Faith based.

Vision Quest Recovery

Port Huron, MI
info@visionquestrecovery.com
Program Director: (810) 937-6279
Assistant Program Director:
(248) 421-8143
Transitional housing program, 12-step program, structure, guidelines.

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

This program is supported by the Michigan Health Endowment Fund.



Join the thousands!



FLINTREGISTRY

Get Connected. Get Supported. Get Counted.

flintregistry.org

ENROLL TODAY!

4 EASY STEPS



**1. GO TO
FLINTREGISTRY.ORG**



**2. CLICK "START
HERE" BUTTON**



**3. COMPLETE PRE-
REGISTRATION FORM***



**4. BEGIN THE
ENROLLMENT SURVEY**

*After you complete the pre-registration form, you will receive a letter, text, or email from us with secure instructions on how to begin your enrollment survey.

Once you fully enroll, the Flint Registry will help connect you to services that will improve your health.

You will also get \$50 Thank You check in the mail.

If you have already completed the pre-registration form, call 833-GO-FLINT or email flintregistry@hc.msu.edu for your survey code.

You may also call us to fully enroll over the phone!

FOLLOW US!

 [@flintregistry.org](https://www.facebook.com/flintregistry.org)  [@flintregistry](https://www.instagram.com/flintregistry)  [@FlintRegistry](https://twitter.com/FlintRegistry)

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



FLINTREGISTRY

Get Connected. Get Supported. Get Counted.

flintregistry.org

Why are people joining?

**“One of the reasons I joined
the Flint Registry was because of
the education
and the connections.”**

– Pastor Read,
Joy Tabernacle Church

.....

**“Making people comfortable
enough to open up about their
concerns and feel free to share
their story; I feel like that’s one of
the biggest things helping people
heal in this city.”**

– Aaron Neeley,
Flint Registry interviewer and resident

 833-GO-FLINT

 flintregistry@hc.msu.edu

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 contact GCMS at 733-9923 or email executivedirector@gcms.org

HAPPY BIRTHDAY DOCTOR!

NOVEMBER

Gerald Berner, MD.....	1	Nikhil Vora, MD.....	15	John McIlduff, MD.....	24
Pacita Tanhehco, MD.....	2	Gerald Natzke, JR, DO, FAAEM.....	16	Mostafa Abuzeid, MD.....	25
Michael Zarr, MD.....	2	Manulal (Michael) Lala, MD.....	17	Daniel Anbe, MD.....	26
Roger Jump, III, DO.....	3	Shady Megala, MD, FACP.....	17	Rachel Hulen, MD.....	26
Manmeet Dhillon, MD.....	4	Vishwas Vaniawala, MD.....	18	Robert Joynt, MD.....	27
Jolanta Sobotka-Czarnecki, MD.....	6	Brenda Rogers-Grays, DO.....	19	Stephen Wang, MD.....	27
Daniel Walter, MD.....	9	Jamal Farhan, MD, FACS.....	19	Ali Mohammed, MD.....	28
Minoo Chinoy, MD.....	9	A. George Dass, MD.....	19	Chintanbhai Patel, MD.....	29
James Culver, MD.....	10	Dennis Pank, MD.....	20	K V Matthew, MD.....	30
Alison Kinning, MD.....	13	Alan Goldberg, MD.....	22		
Barbara Mercer, MD.....	14	J. Bernard Sloan, MD.....	23		

DECEMBER

Samiullah Sayyid, MD.....	1	Lily LIM, MD.....	10	Edgardo Paguio, MD.....	26
Sridhar Rao, MD.....	3	Randy Hicks MD, MBA.....	12	Paul Schroeder, MD.....	30
Sumathi Mukkamala, MD.....	4	John Martin, DO.....	14	Leon Friedman, MD.....	30
Paul Lauber, MD.....	5	Kelsey Lawrence, MD.....	16		
Randall Sturm, MD.....	5	Edward Stack, MD.....	17		
Eduardo Reyes, MD.....	7	Gagandeep Singh, MD.....	19		
Miriam Pellerito, MD.....	7	Nigel Bramwell, MD.....	21		
Vaibhav Sahni, MD.....	7	Siavosh Varjavandi, MD.....	22		
Stephen DeFriez, DO.....	8	Rao Botta, MD.....	22		
Mary Marshall, MD.....	9	Peter McLeod, MD.....	23		
Mona Hanna-Attisha, MD, MPH.....	9	Abd Alghanem, MD, FAC.....	25		



Do you have an advertising **NEED**?

- Are you a Physician **and** you are a member of GCMS and you have a new practice in Michigan?
- Do you have a medical practice **and** you are a member of GCMS and your office has relocated?
- Do you have a business that serves Michigan and business slow?

Let Genesee County Medical Society help!

Genesee County Medical Society Bulletin

(ONLINE MAGAZINE)

Your ad will be featured in the Genesee County Medical Society monthly bulletin that is provided to 1,500+ viewers. The Bulletin can also be found on the GCMS website, and is also published through Calameo virtual magazine. ([HTTPS://En.Calameo.com/](https://en.calameo.com/))

1/4-page ad \$100/month

1/2-page ad \$195/month

3/4-page ad \$290/month

Full page ad \$350/month

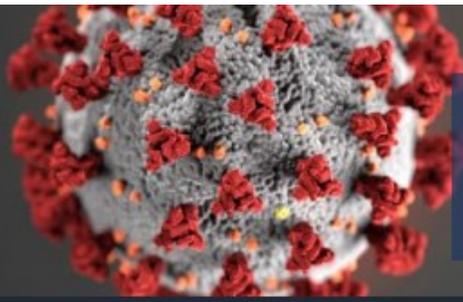
A link to the business website or email can be added for **NO** additional fee.

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to connect with GCMS, we can provide your advertising needs!



**all ads placed by Physicians or Medical Practices must have a GCMS membership.



Frequently Asked Questions and Resources

Abbot BinaxNOW Antigen Test

Michigan.gov/Coronavirus

What is the Abbot BinaxNOW™ antigen test?

The Abbot BinaxNOW™ COVID-19 test is a minimally invasive nasal swab test that detects the presence of protein antigens from SARS-CoV-2. The test must be administered by a health professional, or staff who have completed training on its use, and yields results in 15 minutes without any additional equipment. The following documents provide much greater detail on the test:

- [U.S. HHS BinaxNOW fact sheet](#)
- [FDA BinaxNOW COVID-19 Ag Card](#)
- [CMS FAQ on Antigen Testing in Skilled Nursing Facilities](#)

Who can order an Abbot BinaxNOW™ antigen test?

Only licensed healthcare practitioners can order this point-of-care test. At a minimum, a licensed nurse may order the test. Facilities that do not have a licensed healthcare practitioner on site should contact their local health department's medical director for assistance.

Who can perform this test?

The test can be performed by health care professionals or individuals who have completed training on its use. This can include doctors, nurses, medical assistants and technicians, pharmacists, employer occupational health specialists, and other individuals who have completed training.

How can I get trained to use Abbot BinaxNOW™ tests?

Training videos, modules and FAQs can be accessed on [Abbott's website](#). The resources are designed to provide the training necessary to successfully test individuals using BinaxNOW™. The MDHHS Bureau of Laboratories has also created a [training video](#). At a minimum, a person who performs the testing must complete both the online training from Abbott and the MDHHS Bureau of Laboratories.

[Abbott BinaxNOW training materials](#)

[MDHHS Bureau of Laboratories BinaxNOW™ training video](#)



For more information, visit Michigan.gov/Coronavirus.

Is a laboratory license or certificate needed?

To use this test, a facility or site must receive a certificate of waiver under Clinical Laboratory Improvement Amendments (CLIA), which governs how laboratories operate. To receive a CLIA waiver, facilities should complete the [CLIA waiver application](#) and submit it to BCHS-CLIA@michigan.gov. No specific credentials are required to obtain a CLIA waiver. The site performing the testing must follow the guidelines specified under the waiver. The cost is \$180 for two years.

[Center for Medicare and Medicaid Services How to Obtain and CLIA Certificate](#)
[Michigan Department of Licensing and Regulatory Affairs CLIA Information](#)

When is it appropriate to use an antigen test?

- Antigen tests are most reliable when used on symptomatic individuals in populations with a high prevalence of disease. The goal is to quickly identify and isolate contagious individuals. A positive result would inform immediate clinical, infection control or public health action. In this setting, there is less concern about false positive results.
- Antigen tests are also useful in environments with a high prevalence of disease, in which repeated testing may be performed (e.g., congregate living settings, high-risk essential workers, work settings, particularly anywhere in health care, and in outbreak investigations).
- Antigen tests are well suited for areas with limited access to testing.
- Results from antigen tests should always be interpreted in the context of the exposure history and clinical presentation. Asymptomatic individuals may have a higher likelihood of a false positive or false negative result. This group has not yet been studied and therefore clinical discretion from medical professionals is invaluable in decision making for the asymptomatic group.

How do I interpret test results?

[The manufacturer's website has detailed information on how to read the Abbot BinaxNOW™ card results.](#) Clinical presentation and pre-test probability of COVID-19 should be carefully considered in evaluating results from point-of-care testing. When pre-test probability is low (e.g., no symptoms, limited COVID-19 circulation in the community, patient was not exposed to COVID-19, no outbreaks in the facility), there is an increased likelihood of false positives and an increased likelihood of true negatives. When the pre-test probability is high (e.g., symptoms, COVID-19 circulation in the community is high, patient exposed to COVID-19, outbreaks in the facility), there is an increase likelihood of true positives and an increased likelihood of false negatives. These

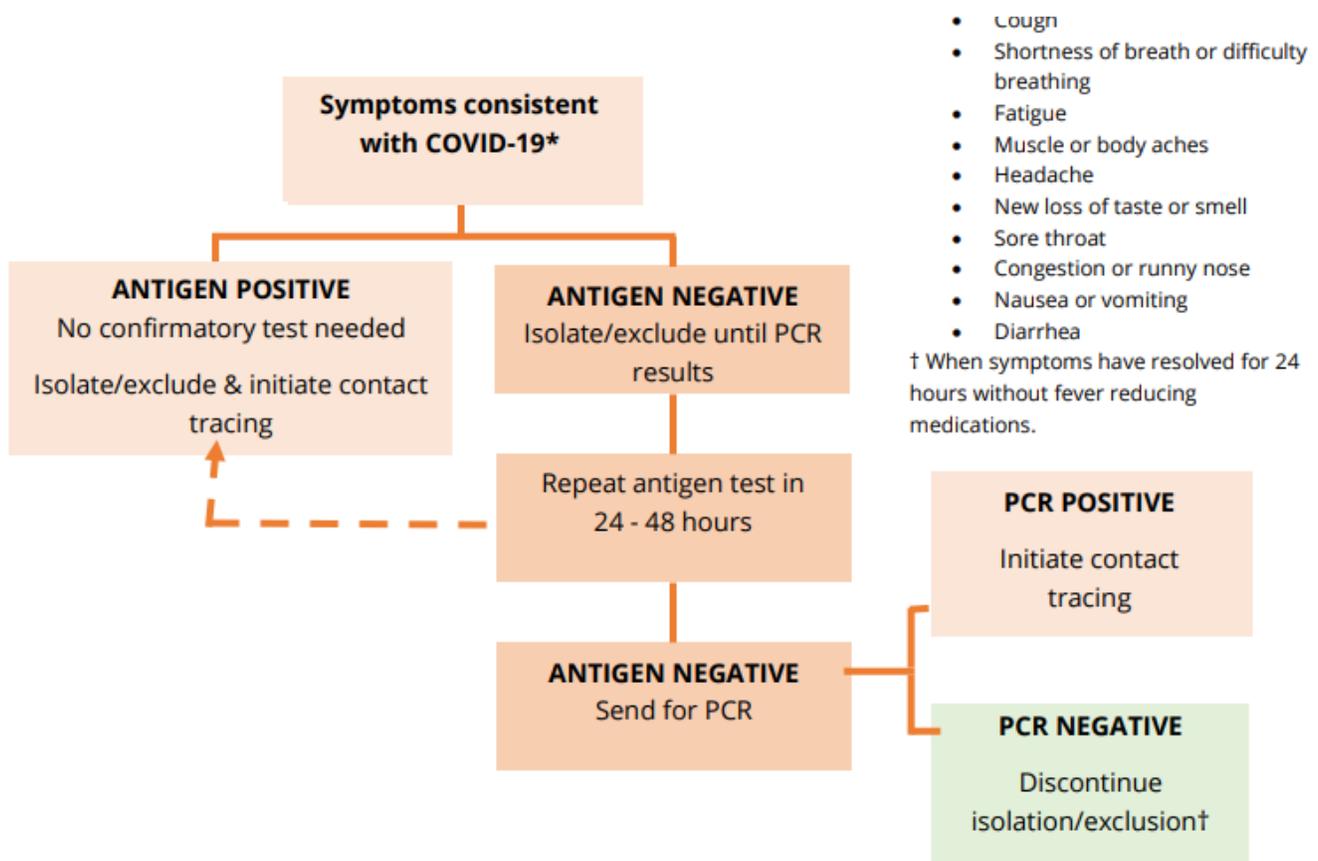


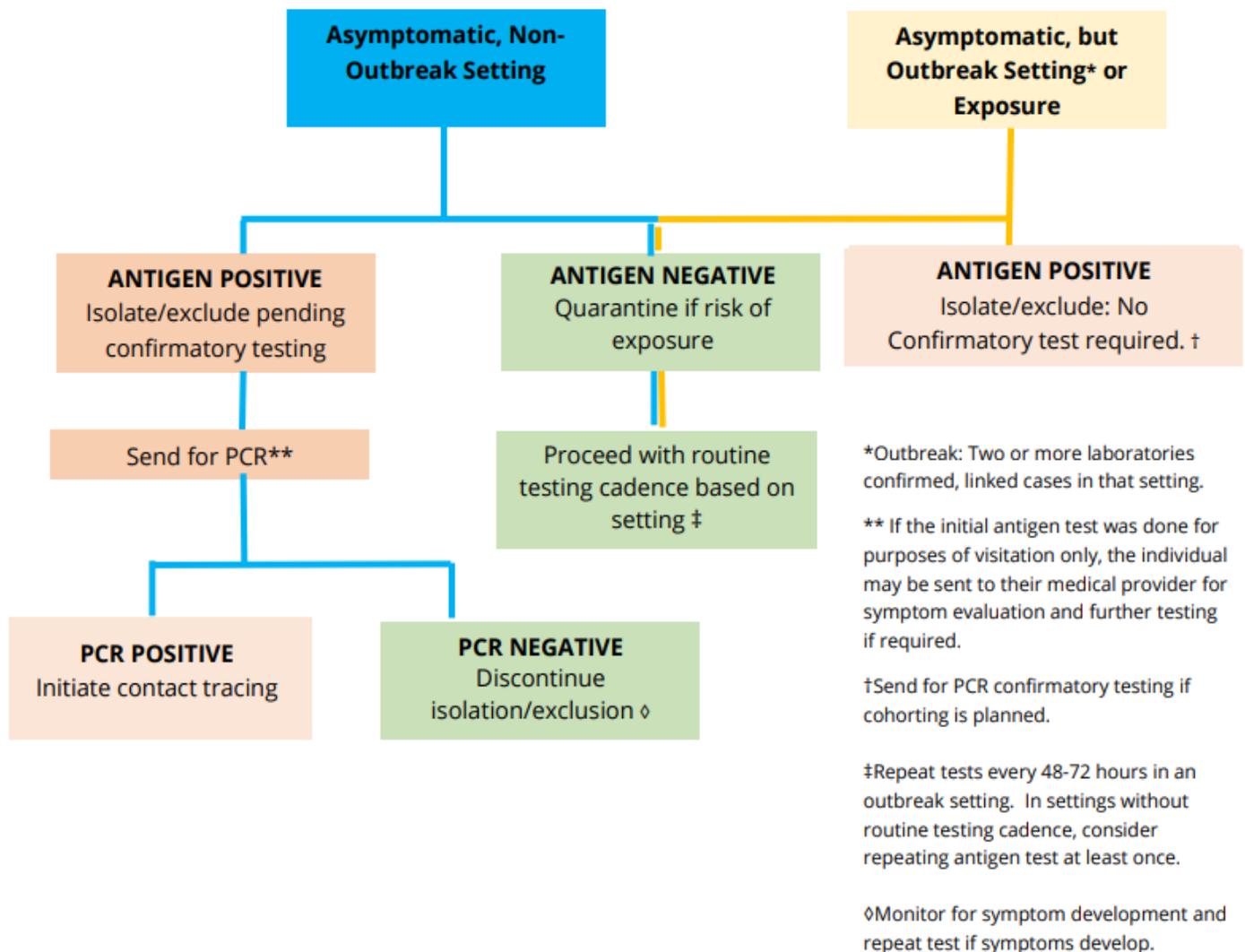
For more information, visit [Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus).

factors must be considered when interpreting antigen test results. In some circumstances repeat or confirmation testing may be appropriate to ensure accurate results.

When should I retest?

	Symptomatic (first seven days) or close contact/known exposure	Asymptomatic and no close contact
Positive Result	<ul style="list-style-type: none"> • COVID-19 case • Prompt isolation 	<ul style="list-style-type: none"> • Presumptive COVID-19 case • Prompt isolation • Confirm result with a PCR test
Negative Result	<ul style="list-style-type: none"> • Presumptive negative • An individual who is a close contact/known exposure must still complete a 14-day quarantine • Confirm result with a PCR test 	<ul style="list-style-type: none"> • Negative • No additional follow-up necessary • Reinforce prevention measures





How should I report the results of COVID-19 antigen testing?

All laboratory tests conducted for Novel Coronavirus, SARS-CoV-2, must be reported to the Michigan Department of Health and Human Services (MDHHS).

In the absence of an accepted and authorized alternative reporting mechanism, positive results are to be reported to the local public health department where the facility is located and can be delivered via the attached fax template form (see appendix). The reporting form may also be found at: www.michigan.gov/cdinfo in the Current Issues and Updates area at the top of the webpage. Once a reporting mechanism is in place with a web-based portal, positive and negative antigen test result reporting will be required.

Mandated reporting of test results must include the following information about the testing site and individual tested:

1. Facility name
2. Facility address
3. Provider name
4. Provider address and contact information
5. Date of testing event
6. First name of individual tested
7. Last name of individual tested
8. Middle name (if available) of individual tested
9. Date of birth of individual tested
10. Residence address of individual tested
11. Phone number of individual tested
12. Sex of individual tested
13. Race of individual tested
14. Ethnicity of individual tested
15. BinaxNOW card number

NOTE: This reporting does **NOT** replace any established reporting mechanism. For example, a long-term care facility that is currently reporting testing results for residents and staff through the CDC National Hospital Safety Network (NHSN), would not report those results via this mechanism as well. However, if visitor screening is implemented, this mechanism may be used for reporting those results.

What is the proper disposal method for the BinaxNOW test card and sample?

The Abbot BinaxNOW card and sample should be handled with gloves that are changed between each test. The card and sample must be disposed in standard biohazard waste disposal methods by placing the used cards in a red trash bag labeled with a biohazard symbol.

What if I have more questions?

Please contact checcdeptcoor@michigan.gov with questions.



For more information, visit Michigan.gov/Coronavirus.



COMMIT TO FIT!

Virtual Fitness Guide

Commit to Fit!



Visit commit2fit.com to track all of your physical activity and keep track of your fitness goal!

University of Michigan - Flint



Click [HERE](#) for daily workouts!

Crim Fitness Foundation



Visit crim.org for a variety of yoga and mindfulness practices!

Ascension Genesys Athletic Club



Click [HERE](#) for intense & moderate workout videos!

YMCA - 360



Visit ymca360.org for fitness classes of all ages!

Arthritis Foundation



Click [HERE](#) for arthritis exercises!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>Walk With Ease Max Brandon Park 9:00-10:00am <i>*Pre-Registration Required</i> Facebook Live Guided Meditation Facebook Live 2:00-2:30pm Harambee Wellness Zumba Virtual-Click here to register 6:00-6:50pm</p>	<p>3</p> <p>Slow Flow Yoga Live on Zoom 8:30-9:15am <i>*Pre-Registration Required</i> Total Body Challenge Facebook Live 8:30am Yoga Flow Virtual-Click here to join group 11:00am-12:00pm Hustle Aerobics Facebook Live 5:30-7:00pm Harambee Wellness Boot Camp Virtual-Click here to register 6:00-6:45pm</p>	<p>4</p> <p>Walk With Ease Max Brandon Park 9:00-10:00am <i>*Pre-Registration Required</i> Harambee Wellness Zumba Virtual-Click here to register 10:00-10:50am Power Yoga UM-Flint Rec Center 5:30-6:30pm Hustle Aerobics Facebook Live 5:30-7:00pm</p>	<p>5</p> <p>Total Body Challenge Facebook Live 12:30pm PIYo Virtual-Click here to join group 5:30-6:30pm Harambee Wellness Boot Camp Virtual-Click here to register 6:00-6:45pm</p>	<p>6</p> <p>Walk With Ease Max Brandon Park 9:00-10:00am <i>*Pre-Registration Required</i></p>	<p>7</p> <p>Yoga Flow Virtual-Click here to join group 11:00am-12:00pm</p>
<p>9</p> <p>Walk With Ease Max Brandon Park 9:00-10:00am <i>*Pre-Registration Required</i> Guided Meditation Facebook Live 2:00-2:30pm Harambee Wellness Zumba Virtual-Click here to register 6:00-6:50pm</p>	<p>10</p> <p>Slow Flow Yoga Live on Zoom 8:30-9:15am <i>*Pre-Registration Required</i> Total Body Challenge Facebook Live 8:30am <i>*Pre-Registration Required</i> Yoga Flow Virtual-Click here to join group 12:00-12:45pm Hustle Aerobics Facebook Live 5:30-7:00pm Harambee Wellness Boot Camp Virtual-Click here to register 6:00-6:45pm</p>	<p>11</p> <p>Walk With Ease Max Brandon Park 9:00-10:00am <i>*Pre-Registration Required</i> Harambee Wellness Zumba Virtual-Click here to register 10:00-10:50am Power Yoga UM-Flint Rec Center 5:30-6:30pm Hustle Aerobics Facebook Live 5:30-7:00pm</p>	<p>12</p> <p>Total Body Challenge Facebook Live 12:30pm PIYo Virtual-Click here to join group 5:30-6:30pm Harambee Wellness Boot Camp Virtual-Click here to register 6:00-6:45pm</p>	<p>13</p> <p>Walk With Ease Max Brandon Park 9:00-10:00am <i>*Pre-Registration Required</i></p>	<p>14</p> <p>Yoga Flow Virtual-Click here to join group 11:00am-12:00pm</p>
<p>16</p> <p>Walk With Ease Max Brandon Park 9:00-10:00am <i>*Pre-Registration Required</i> Guided Meditation Facebook Live 2:00-2:30pm Harambee Wellness Zumba Virtual-Click here to register 6:00-6:50pm</p>	<p>17</p> <p>Slow Flow Yoga Live on Zoom 8:30-9:15am <i>*Pre-Registration Required</i> Total Body Challenge Facebook Live 8:30am <i>*Pre-Registration Required</i> Yoga Flow Virtual-Click here to join group 12:15-1:00pm Hustle Aerobics Facebook Live 5:30-7:00pm Harambee Wellness Boot Camp Virtual-Click here to register 6:00-6:45pm</p>	<p>18</p> <p>Walk With Ease Max Brandon Park 9:00-10:00am <i>*Pre-Registration Required</i> Harambee Wellness Zumba Virtual-Click here to register 10:00-10:50am Power Yoga UM-Flint Rec Center 5:30-6:30pm Hustle Aerobics Facebook Live 5:30-7:00pm</p>	<p>19</p> <p>Total Body Challenge Facebook Live 12:30pm PIYo Virtual-Click here to join group 5:30-6:30pm Harambee Wellness Boot Camp Virtual-Click here to register 6:00-6:45pm</p>	<p>20</p> <p>Walk With Ease Max Brandon Park 9:00-10:00am <i>*Pre-Registration Required</i></p>	<p>21</p> <p>Yoga Flow Virtual-Click here to join group 11:00am-12:00pm</p>
<p>23</p> <p>Guided Meditation Facebook Live 2:00-2:30pm Harambee Wellness Zumba Virtual-Click here to register 6:00-6:50pm</p>	<p>24</p> <p>Slow Flow Yoga Live on Zoom 8:30-9:15am <i>*Pre-Registration Required</i> Total Body Challenge Facebook Live 8:30am <i>*Pre-Registration Required</i> Yoga Flow Virtual-Click here to join group 12:15-1:00pm Hustle Aerobics Facebook Live 5:30-7:00pm Harambee Wellness Boot Camp Virtual-Click here to register 6:00-6:45pm</p>	<p>25</p> <p>Walk With Ease Max Brandon Park 9:00-10:00am <i>*Pre-Registration Required</i> Harambee Wellness Zumba Virtual-Click here to register 10:00-10:50am Power Yoga UM-Flint Rec Center 5:30-6:30pm Hustle Aerobics Facebook Live 5:30-7:00pm</p>	<p>26</p> <p>PIYo Virtual-Click here to join group 5:30-6:30pm</p>	<p>27</p>	<p>28</p> <p>Yoga Flow Virtual-Click here to join group 11:00am-12:00pm</p>
<p>30</p> <p>Guided Meditation Facebook Live 2:00-2:30pm Harambee Wellness Zumba Virtual-Click here to register 6:00-6:50pm</p>					

November 2020 FITNESS CALENDAR

CLASS DESCRIPTIONS & LOCATIONS

University of Michigan-Flint Rec Center

Yoga Flow

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

PIYo

A blend of Pilates and Yoga low-impact workout that strengthens and sculpts the body and enhances flexibility.

Power Yoga

A form of yoga that is high-energy, fast-paced and cardio driven.

Items to bring with you to in person classes.

- Face Covering
- Water bottle filled
- Yoga mat for any yoga class

University of Michigan-Flint Rec Center

401 Mill Street
Flint, MI 48502
(810) 762-3441



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

Total Body Challenge

Intermediate level workout which includes cardio, strength training, core work, balance, coordination, and flexibility training.

Hustle Aerobics

Advanced level workout that incorporates 45 minutes of non-stop cardio to the latest hustle songs followed 15 minutes bodyweight strength training.

Total Life Prosperity

P.O. Box 353
Flint, MI 48501
(810) 293-3391



Questions? Email commit2fit@flint.org

Harambee Wellness

Zumba

A total body workout, combining all elements of fitness – cardio, muscle conditioning, balance, flexibility, and boosted energy.

Boot Camp

Reduce body fat, gain strength, and increase cardiovascular efficiency. Designed to push you further than you would normally push yourself in the gym alone, our boot camp consists of dynamic stretching, interval training, weight lifting, body weight conditioning, and/or plyometrics exercises.

Harambee Wellness

P.O. Box 13101
Flint, MI 48501
(810) 689-4378



Crim Fitness Foundation

Slow Flow Yoga

This class will be an intermediate slow flow class. Class will begin with a seated meditation and move into a series of yoga postures and gentle flows.

Guided Meditation

"Hauer You at 2: Breathe and Relax"

Crim Fitness Foundation

452 S. Saginaw Street
Flint, MI 48502
(810) 235-7461



Commit to Fit!

Walk With Ease

Join Commit to Fit! for a gentle walking program designed for ALL levels! Held in partnership with Arthritis Foundation and the Genesee County Parks

- Social distancing will be enforced.
- Masks are required by all participants.
- Masks will be made available.

Location: Max Brandon Park: 3606 Dupont St. Flint, MI 48504

Greater Flint Health Coalition

519 S. Saginaw St.
Flint, MI 48502
810-232-2228



2020
President's Ball
Sponsors



For giving to GCMS!



**IT'S
TIME**



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 mktg@TheRybarGroup.com
 www.TheRybarGroup.com

31 Years of Innovative Strategies. Exceptional Results.
Over the past 30 years, The Rybar Group has worked tirelessly with providers nationwide across the spectrum of healthcare management and compliance issues, strategizing, implementing, appealing, negotiating and successfully resolving engagements.



Medical Society Foundation

Consider a donation to the Medical Society Foundation for all of 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 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 **GCMS at 733-9923** or email executivedirector@gcms.org

Medical Society Foundation Mission Statement: The Medical Society Foundation is organized and does operate for the purpose of supporting continuing medical education and health-related charitable activities that further the cause of medicine.

Mail your donations to:

Medical Society Foundation
4438 Oak Bridge Drive, Suite B
Flint, MI 48532-5400

Application Code: _____

State and County Medical Society MEMBERSHIP APPLICATION

Join MSMS and your County Medical Society online at www.joinmsms.org

Join
GCMS/MSMS

Renew
Membership

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

Male Female

First (legal) Name: _____ Middle Name: _____ Last Name: _____ MD DO

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

Job Title: _____

W Phone _____ W Fax _____ H Phone _____ H Fax _____

Mobile: _____ Email Address _____

Office Address Preferred Mail Preferred Bill Preferred Mail and Bill

City: _____ State: _____ Zip: _____

Home Address Preferred Mail Preferred Bill Preferred Mail and Bill

City: _____ State: _____ Zip: _____

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

*Birth Date: ____/____/____ Birth Country _____ MI Medical License #: _____ ME #: _____

Medical School _____ Graduation Year: _____ ECFMG # (if applicable) _____

Residency Program _____ Program Completion Year _____

Fellowship Program _____ Program Completion Year _____

Hospital Affiliation _____

• Primary Specialty _____ Board Certified: Yes No

• Secondary Specialty _____ Board Certified: Yes No

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

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

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

