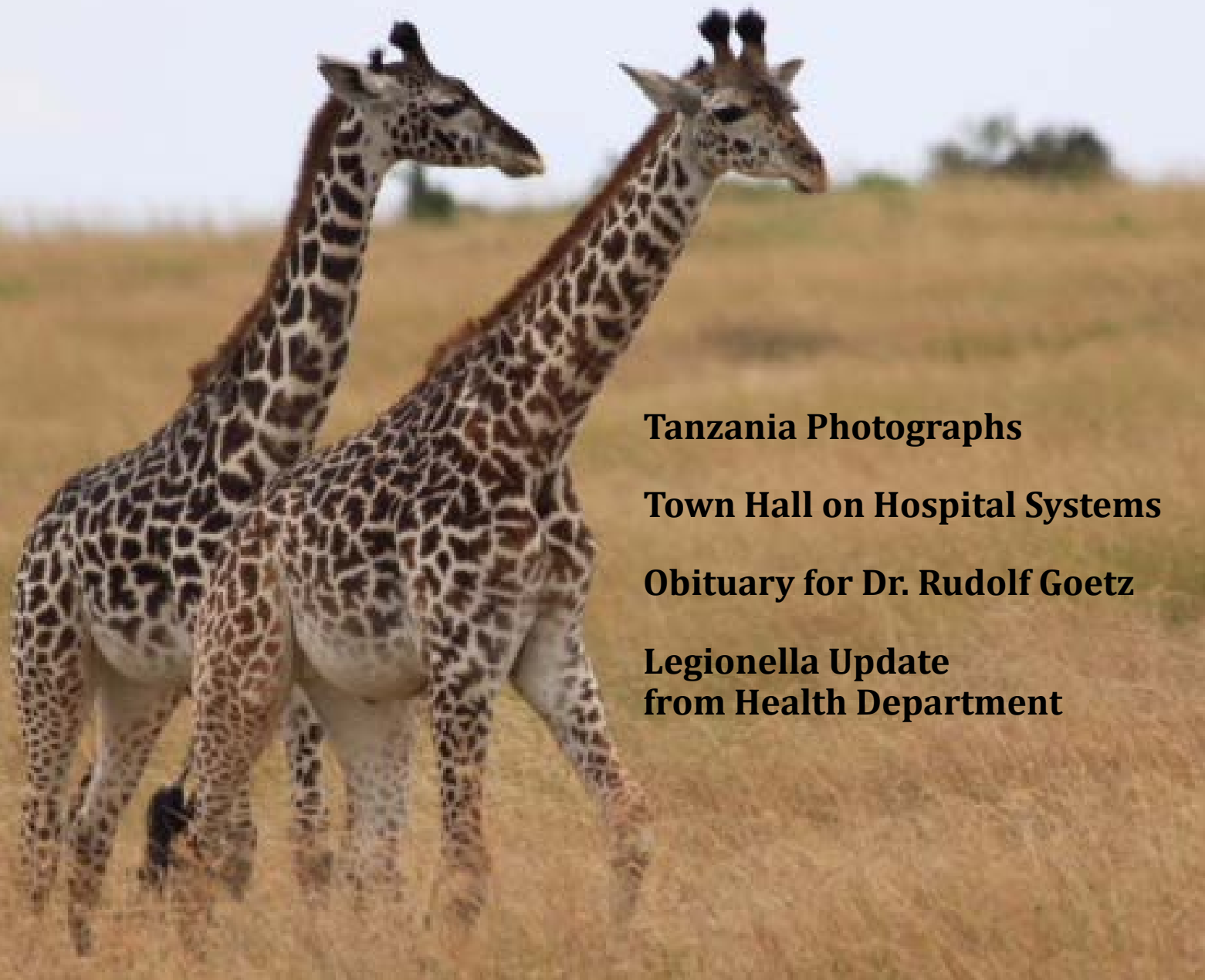


# THE Bulletin

October 2018 Volume 95, Number 10



**Tanzania Photographs**

**Town Hall on Hospital Systems**

**Obituary for Dr. Rudolf Goetz**

**Legionella Update  
from Health Department**

**GENESEE COUNTY MEDICAL SOCIETY**

*Organized Medicine's Leading Edge*

# DON'T GET THE FACTS TWISTED

**40 is still the age to start having annual mammograms**, according to the *American Cancer Society* recommendation. RMI stands by this recommendation by providing UltimateMamm<sup>®</sup>, a comprehensive exam to better assess and monitor each women's risk. It includes her:

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A recent study published in the *Journal of the American Medical Association* found:

- Those with the BRCA1 mutation had, on average, a 72% risk of developing breast cancer by age 80
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- To attest for Meaningful Use as a radiology facility



\*There is a 4% margin of error. See more at <http://jamanetwork.com/journals/jama/article-abstract/2632503>

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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**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.

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## With Gratitude

Time goes by ever so quickly. We all have thought it, usually referring to something that has been enjoyed through some seemingly brief period of time and often fondly remembered. My life has been blessed and I am no stranger to these thoughts. Working with the Genesee County Medical Society (GCMS) and through this past year as its president has passed quickly. I am sincerely thankful that I have had the opportunity to experience working with many caring people and wonderful community support organizations.

Initially, as I must be honest, I had reservations about accepting the position. In reflection, I am sure that I have not been alone in thinking that same thought. Most everyone asked probably wonders how they will fit this extra responsibility into their already busy schedule? It certainly was an issue for me and that is even before other somewhat predictable issues had unfolded. Sixty-two years of life experiences should have reminded me of that possibility. Despite that, it was manageable, but with everyone's help. During the transition at the beginning of my term it initially seemed odd that an Osteopathic physician in a traditionally Allopathic organization was asked to fill this position. To everyone's credit I was never treated as being different. Everyone needs to know that it is not yesteryear's organization any longer. It now appeals more to the larger body of physicians who want to become involved and influence the future of healthcare and their profession.

There are many good people that make up the GCMS Board, its administration, its community, as well as those in the peripheral support organizations. First, let me acknowledge the individuals of the GCMS Board and its committees. Every member of the board and/or committee that serves does so as a volunteer. They are participating for the sole purpose of helping the community and/or the medical profession as a whole. Many of them have been doing so for many years involving themselves in medical, political, and community issues like the physicians relationships with payers and regulators, legislators and all four levels of government, Genesee County Free Medical Clinic, the Flint Water Technical Advisory Committee, the Greater



*Gerald D. Natzke,  
DO, FAAEM, DIBEM*

Flint Health Coalition, Legislative affairs, MSMS projects and offices, Flint water lead and Legionella issues, charitable organizations and much more. They are all special people and Genesee County is better because of them. I would name many who are more significantly contributing but would fear the inadvertent failure to recall someone who deserves recognition. Instead I offer as a whole, my pride and pleasure to have worked side by side with each and every one of them this year.

The front office consisting of Pete Levine as GCMS Executive Officer and Sherry Smith as the Executive Secretary, are truly gems. The Medical Society owes its existence to Pete's contributions and guidance. That is not an exaggeration. Many, even within the Board, know little of what he has done to keep the Medical Society afloat through the years. Suffice it to say he has gone above and beyond the duty of his position. It is also important to mention that he has truly been a pleasure to have worked with and I call him a friend. Sherry Smith is dependable, conscientious, and hard working. She serves as the yin to Pete's yang, giving balance and efficiency to that office. Together they make it all happen.

Lastly, the support organizations such as the Greater Flint Health Coalition with Kirk Smith, the Genesee Health Plan with Yvonne Lewis and Jim Milanowski, the United Way's Jamie Gaskin, US representative Dan Kildee and State Representatives Jim Ananich and Tim Sneller and more, all have my sincere thanks for their contributions to this Medical Society as well as the great work they do for the community.

As this year of service winds down, it has been easy to find an attitude of gratitude with the many who have stepped up to support this office, the Medical Society as well as the community at large. This area is blessed with many people who want to make Flint, Genesee County and the State of Michigan a healthier and a happier place to live. Because of their generous donation of time, effort and monies, it will continue to happen.

Thank You to All



## GCMS MEETINGS

— October 2018 —

### Legislative Liaison Committee

8:00am, GCMS Office, 10/1

### Community & Environmental Health Committee

12:30pm, GCMS Office, 10/17

### 2018 Ball Committee, TBD

3:30pm, GCMS Office

### Finance Committee

5:15pm, GCMS Office, 10/23

### Board of Directors

6:00pm, GCMS Office, 10/23

### Practice Managers

8:00am, GCMS Office, 10/25

## Announcement

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

For details, contact:

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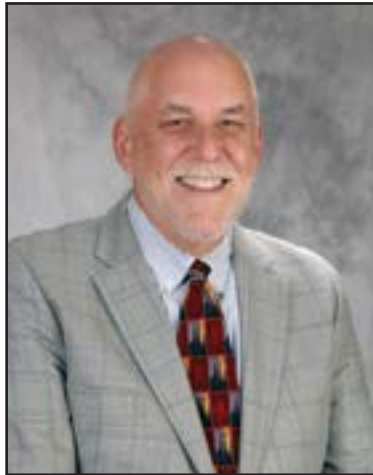
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## Support the Organization That Represents You

On November 10, 2018, the President's Ball will be held to honor Past Presidents of the Genesee County Medical Society and the Medical Society Alliance. In addition to honoring the individuals who have done so much for these respected organizations, it is the Medical Society's biggest fundraiser for the year. As we have mentioned on several occasions on these pages, the Medical Society has not had to dues increase since 1989. We could really use member help in finding sponsors, as well as attendees.

I just recently looked at a fundraising blurb from another not-for-profit in the community. They are expecting to raise over a half million dollars at a single event with funders providing as much as \$25,000 apiece. Now it is true that GCMS is



*Peter Levine, MPH*

not a charitable institution. It is a professional society representing physicians. We need sponsors to help us survive. Facing this page is a list of sponsorship levels for the Ball. Please consider sponsoring, and please talk to vendors about doing so as well. Our sponsorship levels are very low in comparison to those of other organizations and we don't need it any less than they do. The difference is we advocate for you every day all day with payers, legislators, and regulators, etc. We work directly with your practice managers. If you are engaged, we work directly with you.

Come to the Ball and enjoy yourself. It is really nice to get together with peers to just have a nice evening. Please contact Sherry Smith at [ssmith@gcms.org](mailto:ssmith@gcms.org) or call 810-733-9923.

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# A Masquerade Ball

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**2018 GCMS/GCMSA President's Ball**  
**November 10<sup>th</sup> at 6:00 o'clock in the evening**  
**Genesys Conference & Banquet Center**

---

## **Premiere - \$10,000 Level Sponsor**

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## **Platinum - \$5,000 Level Sponsor**

Includes seating at one table of 8, *One Full-Page Ad\** in the January 2019 GCMS Bulletin, a link to your website from your ad, special mention in advertising and promotions relating to the Presidents' Ball, and acknowledgment in the event program and at the podium.

## **Gold - \$2,500 Level Sponsor**

Includes seating for 6, *One Half-Page Ad\** in the January 2019 GCMS Bulletin, special mention in advertising and promotions relating to the Presidents' Ball, and acknowledgment in the event program and at the podium.

## **Silver - \$1,500 Level Sponsor**

Includes seating for 4, *One Quarter-Page Ad\** in the January 2019 GCMS Bulletin, special mention in advertising and promotions relating to the Presidents' Ball, and acknowledgment in the event program and at the podium.

## **Bronze - \$750 Level Sponsor**

Includes seating for 2, *Business Card Size Ad\** in the January 2019 GCMS Bulletin, special mention in advertising and promotions relating to the Presidents' Ball, and acknowledgment in the event program and at the podium.

## **Red Rose - Generous Donation**

Includes seating for 2 (over \$500), special mention in advertising and promotions relating to the Presidents' Ball, and acknowledgment in the event program and at the podium.

*\*GCMS will place ads at its discretion upgrading to premium placement if possible.*



# Hot Topic in the Law: Breastfeeding

By: Nancy K. Chinonis

Breastfeeding is a topic that comes up in employment and business practices consultations. At one time or another, most employers find themselves in a situation where one or more employees are lactating. Likewise, most businesses will likely encounter breastfeeding patrons. How an employer responds to reasonable requests for time to pump or express breast milk can be significant. At the same time, business owners may unknowingly subject themselves to liability when they communicate (either verbally or in writing) that a woman's presence is unwelcome, unacceptable, or undesirable because she is breastfeeding a child.

In Michigan, nursing mothers are protected by the "Breastfeeding Anti-Discrimination Act," MCL 37.231 et seq. The Act states that a person with control over a place of public accommodation or public service "shall not deny the full and equal enjoyment of the goods, services, facilities, privileges, advantages, or accommodations of a place of public accommodation to a woman because she is breastfeeding a child." The statute goes on to say that a place of public accommodation "cannot post, mail, or cause a statement to be published that a woman's patronage of or presence at a place of public accommodation is objectionable, unwelcome, unacceptable, or undesirable because she is breastfeeding a child." The Act provides that a civil action can be brought for violation of the act in a court of appropriate jurisdiction for injunctive relief, actual damages, or presumed damages of \$200.00.

This means that if a woman is breastfeeding in your place of business, you cannot ask her to stop or leave because she is breastfeeding. While you may offer a private room or area, the nursing mother may decline the offer. Of note, public nudity laws do not apply to a woman breastfeeding a child. MCL 117.4(e)(i) states that public nudity does not include woman's breastfeeding of a baby whether or not the nipple or areola is exposed during or incidental to the feeding.

In the employment context, employers must comply with both state and federal pregnancy discrimination laws. Pregnancy discrimination involves treating a female employee unfavorably because of pregnancy, childbirth, or a medical condition related to pregnancy or childbirth. New mothers have the right to pump breast milk at work in a safe private place. A company may not fire or discriminate against a woman because she's lactating.

The Affordable Care Act requires employers to

provide reasonable breaks to new mothers to pump breast milk for up to one year after a child's birth. Employers are also required to provide a safe and private place other than a bathroom to do so. There is an exception for small companies. If a company with fewer than 50 employees can prove that offering breaks or a private space would cause "undue hardship" to the company, it may not have to offer this accommodation to its employees.

Business owners and management staff must consider many factors when determining how to provide both reasonable break times and space for nursing mothers. For example, factors such as the location of the space and the amenities nearby (such as the proximity to employee's work area, availability of sink for washing, location of refrigerator or personal storage for the milk, etc.) can affect the length of break an employee will need to express milk. Breastfeeding employees can reasonably expect a room or space that will:

- Not be a toilet stall or restroom;

- Have a door equipped with a functional lock. (If this is not possible, the room will have a sign advising that the room or location is in use and not accessible to other employees or the public);

- Ensure privacy from coworkers and the public;

- If multiple users share the room at the same time, provide a mechanism to ensure privacy between them; and

- Contain at a minimum a comfortable chair, small table, electrical outlet, and a counter or other flat surface for each nursing employee the space will support;

- Helpful, but not required, additions to the room might include:

- A location near a sink for washing hands and rinsing out breast pump parts;

- A refrigerator;

- Anti-microbial wipes; and/or

- A clock.

The key to dealing with lactating employees is that they are not to be singled out or treated unfairly compared to other workers and, particularly, other workers with medical conditions. Employers may not base employment decisions on assumptions about a lactating woman's capabilities and health concerns. The employer's interest should always be in the quality of the employee's work, without reference to her pregnancy.

If you have questions regarding best employment practices regarding breastfeeding at work, or any other employment law concern, please contact Nancy K. Chinonis (810) 232-3141 at Cline, Cline & Griffin P.C.



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## **Congratulations Cline, Cline and Griffin!**

Cline, Cline and Griffin has been the Medical Society's law firm since 1928, which is the year the firm was founded. Walt Griffin has been the Medical Society attorney for over 30 years. Thank you, Walt, for all you have done for the Genesee County Medical Society and the medical community as a whole, defending physicians in malpractice cases and handling their corporate issues.

# Members Move Medicine

## Serving the town that welcomed his parents

*The AMA "Members Move Medicine" series profiles a wide variety of doctors, offering a glimpse into the passions of women and men navigating new courses in American medicine.*

**On the move with:** S. Bobby Mukkamala, MD, who practices general otolaryngology in his hometown of Flint, Michigan.

**AMA member since:** 1992.

**What inspired me to pursue a career in medicine:**

My parents moved to this country with their medical education and not much else. I chose to go into medicine to expand on their success by going back to my hometown of Flint and serving the community that welcomed them decades ago.

**How I move medicine:** Through my work in my county, state and national medical societies. We bear witness to things that aren't perfect about our health care system, but being a witness is not as satisfying as being part of the solution. That is what my activity in organized medicine is: a way to improve the status quo.

**Career highlights:** I serve on the AMA Board of Trustees and chair the Michigan State Medical Society's board of directors. I also serve on the board of the Crim Fitness Foundation in Flint.

**Advice I'd give to those interested in pursuing a career in medicine:** Go

for it! There will always be "noise" about the turbulence of our profession, but I think this noise has always been there, and our AMA is adept at dealing with it. When the noise is removed, what will always remain is a career that is enormously fulfilling.

**Aspect of my work that means the most:** Being able to help my hometown and its people. Being an otolaryngologist, I see newborns and senior citizens, pretty healthy people and those that are very ill. I love playing some role in all of their lives by trying to improve their health.

Learn more about AMA members who are relentlessly moving medicine through advocacy, education, patient care and practice innovation, and join or renew today.



2018 GCMS/GCMSA  
President's  
MASQUERADE BALL  
November 10<sup>th</sup>

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# YOUR HEALTH. YOUR VOICE. YOUR VOTE

## **+** HEALTH ISSUES IN THE 2018 ELECTION PANEL DISCUSSION AND VOTER REGISTRATION

**WEDNESDAY, OCTOBER 3  
5 - 7:30 P.M.**

William S. White Building, room 1205  
University of Michigan-Flint / 509 N. Harrison Street

### AGENDA:

- 5 - 5:30 / Voter registration
  - 5:30 - 7 / Forum with panelists followed by moderated Q & A session
  - 7 - 7:30 / Voter registration
- Light refreshments will be served*

### QUESTIONS:

Contact the UM-Flint College of Health Sciences, (810) 237-6503

### FEATURING:

**JIM MILANOWSKI**  
President and CEO  
Genesee Health Plan  
*Health Care Services Millage Renewal*

**EMILY SCHWARZKOPF**  
Policy Analyst  
Michigan League for Public Policy  
*Medicaid Issues*

**DR. BOBBY MUKKAMALA**  
Local otolaryngologist and Trustee  
for the American Medical Association  
*Health Insurance Issues*

**DAVE WOODWARD**  
Strategic Advisor  
Economic Justice Alliance of Michigan  
*Earned Sick Leave*

**YVONNE LEWIS**  
Moderator

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# Genesee County Health Department Update

Update as of  
September 13, 2018.

Patients with pneumonia should be tested for LD if they have any of the following histories:

- Are immunocompromised
- Are admitted to the ICU
- Traveled within the 10 days prior to symptom onset
- Were recently hospitalized, a resident or visitor of a healthcare facility within the last 10 days
- Developed pneumonia  $\geq$  48 hours after admission
- Have failed outpatient antibiotic treatment for pneumonia

Additional risk factors and clinician guidance can be found at

[www.gchd.us](http://www.gchd.us)

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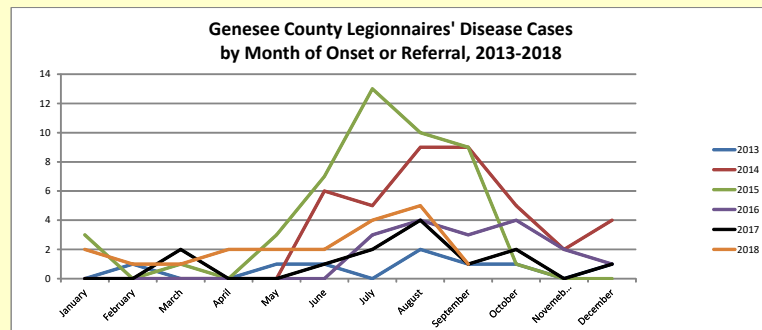
*Ideally, the specimen collection for culture and urinary antigen tests should be done simultaneously, and if possible, before initiation of antibiotic therapy.*

---

## Legionnaires' Disease Update

To date in 2018, 20 confirmed cases of Legionnaires' disease have been reported to Genesee County (GC) which is an increase compared to 2016 and 2017 for the same time period. The increase in GC corresponds to the increase in several Michigan counties and the national increases in incidence of Legionellosis. With 20 cases this year, we have surpassed the calendar year totals of 2016 (17 confirmed cases) and 2017 (13 confirmed cases). Genesee County has had an increase in cases year-to-date throughout 2018 with much of the increase in cases this year coming from the consistent 1-2 cases per month reported to us January-June. In years past, we typically did not begin to see cases until late spring or summer (see chart). Notably, we have had a hot, humid, high precipitation year.

This year-to-date the average age (61) is approximately 1 year younger with a 10 percent higher percentage of female cases than in 2016- 2017 (when combining 2016 and 2017 we saw 50% Males, 50% females). In 2018, we have had no Legionnaires' disease deaths reported. Public health investigations are ongoing to determine possible common sources of exposure.

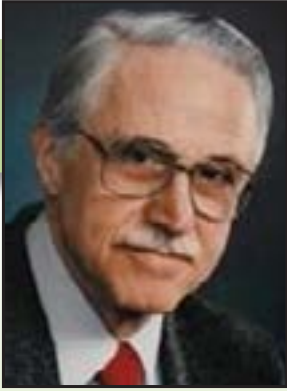


GCHD asks providers to remain vigilant and maintain an increased suspicion and consider Legionnaires' disease when patients with pneumonia and existing risk factors for infection present for care. We encourage healthcare providers to review the physician guidance to ensure appropriate implementation of the recommendations and guidance, specifically which patients to test for Legionnaires' disease and the importance of simultaneous specimen collection for culture and urinary antigen test (UAT). Only cultures can be used to help identify a potential source as they can be compared with environmental samples. Cultures are also able to detect *Legionella* species or serogroups that the urinary antigen test cannot (UAT detects the *Legionella pneumophila* serogroup 1 strain that causes ~80-90% of legionellosis illnesses).

Genesee County Health Department appreciates your assistance in case finding through accurate identification, testing and reporting of all suspected cases as we continue surveillance and investigate cases.



## OBITUARY



# Rudolf Goetz, MD

Dr. Rudolf Goetz passed away on August 23 at the age of 100. He leaves behind his loving wife, Carolyn and seven children.

He completed medical school 1950 in Munich and Frankfurt. He began medical practice at the 98th US Army General Hospital in Munich, where he was encouraged by his superiors to emigrate to the United States. Finding an internship position at Hurley Hospital in Flint, Michigan, he immigrated to the US. After internship, he completed an OB-GYN residency at Hurley Hospital, then added a year at Wayne State University. After completion of his specialty training, he began private practice in Flint, on staff at Hurley, St. Joseph and McLaren Hospitals, ending with semi-retirement in 1988. During his professional life, he delivered over three thousand babies. He was an Assistant Clinical Professor at Michigan State University and a Fellow of the American College of Obstetrics and Gynecology. He assumed a teaching position in 1988 at the Genesys Health System (formerly St. Joseph Hospital) Family Practice residency program until full retirement in 2006.



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2018 GCMS/GCMSA PRESIDENT'S

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OCTOBER

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Walter Barkey, MD.....	2	Dirk Snyder, MD .....	15
Alexey Levashkevich, MD.....	3	Cherie Phillips, MD .....	15
George Predeteanu, MD.....	4	Mohammed Syed, MD.....	16
Randolph Schumacher, MD .....	4	Sunil Kaushal, MD.....	16
Gunjal Garg, MD.....	4	John Dobson, MD .....	16
Lewis Twigg, MD .....	5	Frederick Bruening, MD .....	18
Miguel Perez-Pascual, MD.....	5	S. Peter Almeida, MD .....	19
William Macksood, MD.....	6	Wayne Kinning, MD.....	19
Anthony Parillo, MD .....	6	James Chambers, MD .....	19
Ahmed Arif, MD.....	7	Vernon Urich, MD.....	20
Jack Price, MD .....	8	Allan Ebert, DO.....	20
Jack Nettleton, MD.....	9	Alex Solik, MD .....	21
Abdul Hassan, MD .....	10	Giovanni DiGiannantonio, MD .....	21
Behrouz Moghtassed, MD.....	10	Adrienne Kimler, MD .....	21
Chandulal Malde, MD .....	10	Gail Cookingham, MD .....	22
Lee Perry, MD .....	10	Duane Bailey, MD.....	23
Prasad Kommareddi, MD.....	10	Robert Yochim, MD.....	26
Robert Weber, MD.....	11	Kevin Gaffney, MD .....	26
Kavita Rajkotia, MD .....	11	Vicente Carino, MD .....	27
Prajesh Patel, MD.....	12	Edgardo Balde, MD .....	27
Jerome Kasle, MD .....	13	Christopher Conlin, MD .....	27
Hemant Thawani, MD .....	13	Ryan Chartrand, DO .....	27
Berton Mathias, MD .....	14	Christopher Cukrowski, DO .....	28
Naraharisetty Rao, MD .....	14	Daniel Ryan, MD.....	29
Tai Kang, MD .....	15	Philip McDonald, MD.....	31
Amitabha Banerjee, MD.....	15		

## YOUR \$\$\$ AT WORK

- GCMS arranged several meetings between key insurance staff and individual practice managers on behalf of GCMS/MSMS members
- GCMS, working with MSMS, was able to work through regulatory problems for three practices
- GCMS leaders and staff worked with Michigan State Medical Society leaders and staff on a remodeling initiative for MSMS
- GCMS continues to represent this physician community in every critical appropriate venue
- GCMS cosponsored with University of Michigan Flint, a public session on health issues in the upcoming election
- GCMS cosponsored a Pediatric Grand Rounds at Hurley Medical Center on issues related to lead

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

*Trust us to provide payment solutions to your payment challenges.*

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HEALTHCARE FINANCIAL CONSULTANTS



# 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**

**October 25, 2018**  
**Presenter(s):**

**“Molina Follow-Up from May Session”**  
Julie Hurst, Director Provider Contracting Services  
Molina Healthcare

**November**

**No Meeting - Enjoy your Thanksgiving Holiday!**

**December 6, 2018**  
**Presenter(s):**

**“Meridian Health Plan Updates & Feedback”**  
Jacqueline R. Kirejczyk, Director of Network Development  
Kristen Gasieski, Manager Network Development

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



Looking to avoid risk?

# WE CAN SHOW YOU THE WAY.

**We're taking the mal out of malpractice insurance.**

Thanks to our national scope, regional experts, and data-driven insights, we're uniquely positioned to spot trends early. We shine a light on risks that others can't see, letting you focus on caring for patients instead of defending your practice. It's a stronger vision that creates malpractice insurance without the mal.

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GREATER FLINT HEALTH COALITION

# ANNUAL MEETING

ADDRESSING THE SOCIAL DETERMINANTS OF  
HEALTH TO ACHIEVE IMPROVED COMMUNITY  
HEALTH OUTCOMES

THURSDAY, OCTOBER 25, 2018  
3:00-5:00 PM

**GFHC Board of Directors please arrive by 2:45 PM**

THE FLINT INSTITUTE OF ARTS • RECEPTION TO FOLLOW

This year's Annual Meeting will serve as a public forum to highlight the work of the Greater Flint Health Coalition to improve community health outcomes by addressing social determinants of health.



This event will also feature "upstreamist":

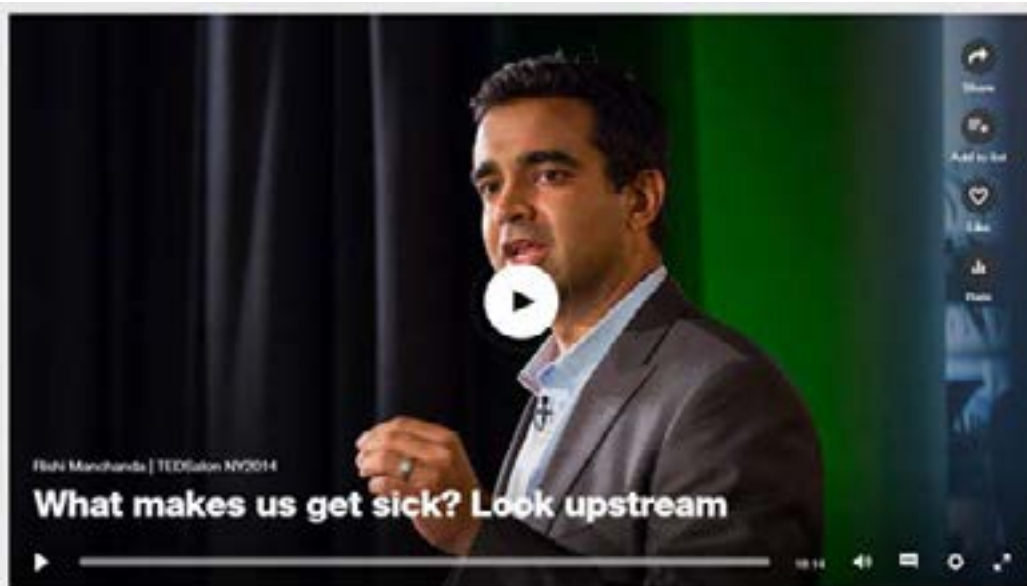
**Rishi Manchanda, M.D., MPH**  
**President & Founder of Health Begins**

**This event is free, however, seating is limited.**

[Click here to register](#)

## Speaker Biography

Dr. Rishi Manchanda is a physician, author and healthcare leader who has spent more than a decade developing novel strategies to improve health in underserved communities. He has served as director of social medicine for a network of community health centers in south central Los Angeles, as the lead primary care physician for homeless Veterans at the Greater Los Angeles VA, and as chief medical officer for a self-insured employer with a large rural immigrant workforce. In his 2013 TEDbook, *The Upstream Doctors*, he introduced a new model of healthcare workers who improve care by addressing patients' health-related social needs, like food, financial and housing insecurity. The book has become recommended reading in medical schools and universities across the world.



Dr. Manchanda is President of HealthBegins, a social enterprise that equips healthcare organizations and community partners with strategies and tools to improve care while tackling the social factors

that make people sick in the first place. With Mathematica Policy Research and the Center for Health Care Strategies, HealthBegins was recently selected to provide technical assistance to grantees in CMS' historic Accountable Health Communities initiative.



# GREATER FLINT HEALTH COALITION

Event Questions? Please contact Nichole Smith-Anderson, GFHC Special Projects Coordinator,  
[nsmithanderson@flint.org](mailto:nsmithanderson@flint.org)

# SAFARI IN TANZANIA



## *Photography by Nita Kulkarni, MD*

Over the Summer the Kulkarni-Mukkamala family went to Tanzania. We asked them to share photos of the trip because we get very positive feedback resulting from member's trip photos. Please consider sharing photos and articles about travel and other issues.







# Genesee County Medical Society Dinner Business Meeting Minutes September 6, 2018 Minutes

## I. Call to Order:

The meeting was called to order at 6:30pm by Gerald Natzke, DO, President, in the dining room of the Flint Golf Club. Dr. Natzke will come to everyone to the session which would cover the topic of Health Systems Updates.

## II. Introduction of Guests:

Dr. Natzke introduced distinguished guests and members, including Dr. S. Bobby Mukkamala, Trustee of the American Medical Association, Chair of the Michigan State Medical Society Board of Directors, and Co-Chair of the Crim Mindfulness Medical Advisory Board.

He also introduced the speakers for the evening Dr. Anju Sawni, who serves as an Advisory Board member of the Crim Mindfulness Initiative, Dr. Ruth Lerman, Mindfulness Medical Director at Beaumont Hospital, Dr. Barbara Wolff who teaches mindful practice at McLaren Flint, and Sarah Sullivan, Mindfulness Program Director for the Crim Fitness Foundation. Dr. Natzke also introduced Jamie Gaskin, Executive Director of United Way of Genesee County, and reported that the United Way of Genesee County is supporting the continued development of the Genesee County Physicians Public Health Alert System, a project of the Genesee County Medical Society. Dr. Natzke invited Mr. Gaskin to say a few words.

Dr. Natzke invited Jenn Shew, of the Flint Area School Employees Credit Union to say a few words as a valued sponsor.

## III. Review of Minutes from May 3, 2018 Dinner Business Meeting:

**Motion: That the minutes of the May 3, 2018 Dinner Business Meeting be approved as published in the June 2018 Bulletin. The Motion Carried.**

## IV. Nominating Committee Report:

Dr. Niketa Dani, Chair of the Nominating Committee, presented the nominating slate which had been ratified by the Board of Directors, and published in the August issue of *The Bulletin*.

Dr. Dani congratulated Dr. Asif Ishaque on his nomination as President-Elect. She noted that he is out of the country and could not attend the meeting.

**The 2018-2019 SLATE OF NOMINEES FOR GCMS OFFICES was approved as follows:**

**PRESIDENT- ELECT:** Asif Ishaque, MD

**SECRETARY:** Qazi Azher, MD

### **DELEGATES:**

Shafi Ahmed, MD

Ed Christy, MD

Raymond Rudoni, MD

Laura Carravallah, MD

Nita Kulkarni, MD

Tarik Wasfie, MD

Mona Hardas, MD

Gerald Natzke, DO

### **ALTERNATE DELEGATES:**

Sunil Kaushal, MD

Venkat Rao, MD

Kiran Devisetty, MD

Rama Rao, MD

Lawrence Reynolds, MD

### **FINANCE COMMITTEE:**

Lawrence Reynolds, MD

Raymond Rudoni, MD

# Genesee County Medical Society Dinner Business Meeting Minutes September 6, 2018 Minutes

## INTERNATIONAL MEDICAL GRADUATES DELEGATION:

Shagufta Ali, MD  
Qazi Azher, MD  
Ed Christy, MD  
Hytham Fadl, MD  
Ayman Haidar, MD  
Mona Hardas, MD

Rima Jibaly, MD  
Ahmad Kaddurah, MD  
Kavitha Kesari, MD  
VJ Naraparaju, MD  
Rama Rao, MD  
Venkat Rao, MD

Jawad Shah, MD  
Mahesh Sharman MD  
Parul Sud, MD  
Tarik Wasfie, MD  
Sania Zainuddin, MD

## YOUNG PHYSICIANS SECTION:

Amanda Winston, MD – Delegate

Sherry Cavanagh, MD – Alternate Delegate

## PRESIDENT FOR A DAY AWARD:

James Martin, MD

## HERO OF MEDICINE AWARD:

Nita Kulkarni, MD

## MSMS COMMUNITY SERVICE AWARD:

Laura Carravallah, MD

**Motion:** That the Slate of Nominees prepared by the Nominating Committee and approved by the GCMS Board of Directors and published in the August 2018 Bulletin be approved by acclamation. The motion carried.

## V. Town Hall Meeting

Dr. Natzke introduced Chris Palazzolo, President, Genesys Regional Medical Center, and Chad Grant, President, McLaren Flint, who provided a review of the approach that each institution is taking and engaged in discussion with questions from the audience.

## VI. Next Meeting:

The next General Membership Meeting will be the Presidents' Ball on November 10, 2018 at Genesys Conference & Banquet Center and the next Town Hall Dinner Business Meeting is scheduled for February 7, 2019.

## VII. Adjournment:

No further business appearing. The meeting was adjourned at 8:45 p.m.

Submitted by,

Peter Levine, MPH  
Executive Director



# Genesee County Medical Society Dinner Business Meeting Photos September 6, 2018 Minutes







# UPCOMING SPECIAL LECTURE

## DATE

October 3, 2018

## TIME

8:00 am - 9:00 am

## LOCATION

The Ramsdell Room at  
Flint Farmer's Market  
300 E. 1st St, Flint, MI

Breakfast will be served from  
7:30 am - 8:00 am

Join us or watch live at  
[hurleymc.zoom.us/j/449279718](https://hurleymc.zoom.us/j/449279718)

*The greater Flint medical and public health community invite all child and family providers and professionals to*



**The Lingering Legacy of Lead:**

## WHY A LITTLE LEAD IS TOO MUCH

**BRUCE LANPHEAR, MD, MPH**

An international environmental health expert, Dr Lanphear is the primary author of the American Academy of Pediatrics (AAP) most recent [guideline](#) on lead poisoning, "Prevention of Childhood Lead Toxicity." His talk will share the science of lead's neurotoxicity and "why a little lead is too much."

Dr. Lanphear is a Clinician Scientist at the BC Children's Research Institute and a Professor in the Faculty of Health Sciences at Simon Fraser University in Vancouver, British Columbia. He completed a NIH-funded fellowship in General & Community Pediatrics at the University of Rochester School of Medicine and was the Sloan Professor of Children's Environmental Health at Cincinnati Children's Hospital Medicine Center. He is currently leading an effort to enhance public understanding of how our health is inextricably linked with the environment and to elevate efforts to prevent disease.

*Sponsored by:*





2018 GCMS/GCMSA PRESIDENT'S

# MASQUERADE BALL

NOVEMBER 10<sup>TH</sup>  
AT 6 O'CLOCK IN THE EVENING  
GENESYS CONFERENCE & BANQUET CENTER

RSVP [SSMITH@GCMS.ORG](mailto:ssmith@gcms.org) OR CALL 810-733-9923  
SPONSORSHIP OPPORTUNITIES AVAILABLE

BLACK TIE OPTIONAL  
VALET PARKING AVAILABLE  
CHILDREN WELCOME



**Genesee County Medical Society**  
**Board of Directors**  
**June 26, 2018 - Minutes**

**I. Call to Order**

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

**II. Review of Minutes**

**Motion: that the minutes of May 22, 2018, Board of Directors meeting be approved as presented. The motion carried.**

**III. Reports**

**A) Community & Environmental Health**

Dr. Natzke provided an update for the Flint Adult Chelation Trial study. He noted that there will be a meeting via phone with Kent County Medical Society tomorrow to discuss their potential involvement in the study.

Dr. Natzke reviewed the press release issued by GCMS regarding lead poisoning. He noted that it was approved by the Executive.

**B) Finance**

Pete Levine reviewed the budget to actual report for the period ending 5/31/18.

**Motion: that the budget to actual report for the period ending May 31, 2018, be approved as presented. The motion carried.**

**C) Membership**

1) Updates regarding NPD's of 2016-17 and 2018

There was a wide range of discussion regarding membership issues.

The Board reviewed the paid membership trend for the past 10 years. The younger physicians are not joining as fast as folks are retiring. It was also discussed that organized medicine is indispensable, and that it would cost a fortune to rebuild the county society if it were to disappear. The Board discussed how to focus on forming relationships with new physicians. It was decided that one of the stellar components of the Society which is visible, is The Bulletin.

**Motion: that the list of non-members be developed to provide The Bulletin to, noting that it is being provided to them to show them the value of GCMS membership. The motion carried.**

**Motion: that effort will be made to link Board members with the younger members as mentors. The motion carried.**

**D) AMA Update**

Dr. John Waters reviewed the AMA annual meeting which he attended as a first-time delegate. He reported that Dr. Betty Chu was elected the Council of Medical Services. All MSMS resolutions were approved or referred to the Board. He said it was very interesting to note that AMA went on record with a controversial gun control proposal.

**E) MSMS Update**

Dr. Waters reported on a huge win on Blue Cross billing issues allowing billing for surgical procedures and diagnoses to be made in the same day without having to see a patient on separate days.

**Motion: that GCMS request MSMS to fix the issue of establishing a medical diagnosis and a fix on the same day, instead of requiring a return visit for medical issues as well. The motion carried.**

Dr. Waters reported the MSMS remodeling will be the focus of the midsummer Board meeting. Levine noted that MSMS will be asking county societies to discuss what of the remodeling plan they would be willing to accept at a future time.

**F) Legislative Liaison**

Dr. Cathy Blight reported that on June 4th the Legislative Liaison Committee met and discussed sex assault legislation that was a response in the Larry Nasser controversy. The feedback from physicians was intense because of the expansion of recordkeeping that would be required for longer periods of time. The Committee also discussed the opioid legislation and the need for establishing a bona fide doctor-patient relationship, and what that means.

Dr. Blight invited the Board to the June 16 Washington update with Congressman Kildee and noted that the next



**Genesee County Medical Society**  
**Board of Directors**  
**June 26, 2018 - Minutes**

meeting of the Legislative Liaison Committee will take place on October 1.

**G) Greater Flint Health Coalition**

Dr. Asif Ishaque provided a State Innovation Model update, noting that the activities are progressing. Case managers are working hard. ER utilization metrics are trending down.

A real-time communication is possible between practices and social services agencies, to which refunds have been made.

**H) Nominating Committee**

Dr. Niketa Dani reviewed the 2018-19 Slate of Nominees developed by the Nominating Committee at its June 19th meeting.

**PRESIDENT- ELECT:**

Asif Ishaque, MD

**SECRETARY:**

Qazi Azher, MD

**DELEGATES:**

Shafi Ahmed, MD

Mona Hardas, MD

Nita Kulkarni, MD

Raymond Rudoni, MD

Laura Carravallah, MD

Ed Christy, MD

Gerald Natzke, DO

Tarik Wasfie, MD

**ALTERNATE DELEGATES:**

Sunil Kaushal, MD

Venkat Rao, MD

Kiran Devisetty, MD

Rama Rao, MD

Lawrence Reynolds, MD

**FINANCE COMMITTEE:**

Lawrence Reynolds, MD

Raymond Rudoni, MD

**INTERNATIONAL MEDICAL GRADUATES DELEGATION:**

Shagufta Ali, MD

Mona Hardas, MD

Rama Rao, MD

Tarik Wasfie, MD

Qazi Azher, MD

Rima Jibaly, MD

Venkat Rao, MD

Sania Zainuddin, MD

Ed Christy, MD

Ahmad Kaddurah, MD

Jawad Shah, MD

Hytham Fadl, MD

Kavitha Kesari, MD

Mahesh Sharman MD

Ayman Haidar, MD

VJ Naraparaju, MD

Parul Sud, MD

**YOUNG PHYSICIANS SECTION:**

Amanda Winston, MD – Delegate

President for a Day Award: James Martin, MD

Sherry Cavanagh, MD – Alternate Delegate

Hero of Medicine Award: Nita Kulkarni, MD

MSMS Community Service Award: Laura Carravallah, MD

**The motion carried.**

Dr. Ishaque was congratulated.

**Directive: staff was directed to send Dr. Punam Sharman a letter thanking her for her service.**

**IV. New Business**

Dr. Brenda Rogers Grays presented information on a fitness and nutrition program which will be held at the new Hamady grocery store on the north end of Flint. This is part of a “Healthy Towns Everywhere” program. It will feature a fun walk with doctors, grocery tours, physicians, residents and students are participating with the education components. There will be a course in label reading as well as nutrition training.

**Motion: that that an advertisement be placed in the August Bulletin promoting the a “Healthy Towns Everywhere” program. The motion carried.**

**V. Adjournment**

No further business appearing, the meeting was adjourned at 8:00 pm.

Respectfully submitted,

Peter Levine, MPH

Executive Director



## Medical Society Foundation

Consider a donation to the Medical Society Foundation for all of your holiday giving. What a wonderful way of expressing your holiday sentiments while supporting important health related causes.

The Medical Society Foundation has been coordinating physician giving in Genesee County since 1987. This holiday season, why not use the Foundation to make sure your gifts to family, friends and colleagues help to improve the health and well-being of our community.

By giving to the Medical Society Foundation, you receive a great year-end tax benefit at the same time that you tell others how much their health – really means to you.

The Medical Society Foundation funds have been used to support the charitable activities of the Genesee County Medical Society.

Contributions can also be made in memory of an individual or to honor someone.

**For questions or information on how your gift can help support the charitable activities of your Medical Society Foundation contact Peter A. Levine, MPH at (810) 733-9925 or at [plevine@gcms.org](mailto:plevine@gcms.org).**

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

*Mail your donations to:*  
Medical Society Foundation  
4438 Oak Bridge Drive, Suite B  
Flint, MI 48532-5467

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



**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.

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

#### Genesys Athletic Club (GAC)

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



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

Each class includes Balance and Flexibility, Aerobic Activity, Strength and Resistance Training, and Exercise Education

#### Chair Aerobics

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

#### Total Body Challenge

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

#### Hustle Aerobics

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

#### IHFC Water Aerobics

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

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

#### University of Michigan-Flint Rec Center

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



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

#### TIMES & LOCATIONS:

##### Hasselbring Senior Center

1002 Home Ave. Flint, MI  
(810) 766-7128 Mon, Weds, & Fri 9-10 am

##### Flint Farmers' Market- Tuesdays &

Thursdays 10:00-11:00 am  
300 E. First St Flint, MI  
(810) 232-1399

##### Berston Field House

3300 Saginaw St.  
Flint, MI 48505  
Thursdays, 10:00am

##### Main Clinic

2900 N. Saginaw Street  
Flint, MI 48505  
Wednesdays, 5:30 - 6:30pm



### Genesee County Parks and Rec

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

For more information please go to:

- Geneseecountyparks.org or call 800-648-PARK
- Descriptions for classes such as Let's Hike It Baby, Yoga for Kids, Yoga for Families, and more can all be found at the online calendar on Commit2fit.com or geneseecountyparks.org

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



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

#### Grand Blanc Senior Center:

Tuesday & Thursdays 10am – 11am

#### Swartz Creek Senior Center:

Fridays 11am – 12pm

#### Forest Township Senior Center:

Wednesdays 12:30pm–1:30pm





# October 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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
OCTOBER 2018	<sup>1</sup> <b>Water Aerobics</b> IHFC 9:00am  <b>Enhance Fitness</b> Hasselbring Senior Center 9:00am  <b>Senior Stretch</b> YMCA Downtown 10:00am  <b>Pound</b> GAC 10:15am  <b>Arthritis Foundation Exercise Program</b> Loose Senior Center 2:00-3:00pm  <b>Aqua Fitness</b> U of M-Flint Rec 5:30-6:30 pm  <b>Water Aerobics</b> IHFC 6:00pm	<sup>2</sup> <b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.  <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am  <b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center  <b>Splash Bash</b> U of M-Flint Rec 11:00 am  <b>Enhance Fitness</b> Hamilton Health Clinic 12:00 pm  <b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm  <b>Hustle Aerobics</b> 4:30-5:30pm Brownell STEM Academy	<sup>3</sup> <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.  <b>Arthritis Foundation Exercise Program</b> Davison Area Senior Center 10:00-11:00am  <b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:15-1:00pm  <b>Enhance Fitness</b> Hamilton Main Clinic 5:30 pm  <b>Community Yoga</b> Crim Fitness Foundation 5:15-6:15pm  <b>Zumba</b> GAC 5:30 p.m.  <b>Hustle Aerobics</b> 5:30-6:30pm Eisenhower Elementary	<sup>4</sup> <b>Enhance Fitness</b> Berston Field House 10:00 a.m.  <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10-11:00am  <b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center  <b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm  <b>Basic Yoga</b> Insight Health & Fitness center 6:45 p.m.	<sup>5</sup> <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.  <b>Arthritis Foundation Exercise Program</b> Burton Senior Center 9:00-10:00am  <b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm	<sup>6</sup> <b>Yoga Flow</b> U of M-Flint Rec 11:00am
	<sup>8</sup> <b>Water Aerobics</b> IHFC 9:00am  <b>Enhance Fitness</b> Hasselbring Senior Center 9:00am  <b>Senior Stretch</b> YMCA Downtown 10:00am  <b>Pound</b> GAC 10:15am  <b>Arthritis Foundation Exercise Program</b> Loose Senior Center 2:00-3:00pm  <b>Aqua Fitness</b> U of M-Flint Rec 5:30-6:30 pm  <b>Water Aerobics</b> IHFC 6:00pm	<sup>9</sup> <b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.  <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am  <b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center  <b>Splash Bash</b> U of M-Flint Rec 11:00 am  <b>Enhance Fitness</b> Hamilton Health Clinic 12:00 pm  <b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm  <b>Hustle Aerobics</b> 4:30-5:30pm Brownell STEM Academy	<sup>10</sup> <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.  <b>Arthritis Foundation Exercise Program</b> Davison Area Senior Center 10:00-11:00am  <b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:15-1:00pm  <b>Enhance Fitness</b> Hamilton Main Clinic 5:30 pm  <b>Zumba</b> GAC 5:30 p.m.  <b>Hustle Aerobics</b> 5:30-6:30pm Eisenhower Elementary	<sup>11</sup> <b>Enhance Fitness</b> Berston Field House 10:00 a.m.  <b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10-11:00am  <b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center  <b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm  <b>Basic Yoga</b> Insight Health & Fitness center 6:45 p.m.	<sup>12</sup> <b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.  <b>Arthritis Foundation Exercise Program</b> Burton Senior Center 9:00-10:00am  <b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm	<sup>13</sup> <b>Yoga Flow</b> U of M-Flint Rec 11:00am
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MIC-6C3 October.Fitness.Class.Calendar.Newsletter.091718.TW



# October 2018 Fitness Calendar

FREE! Commit to Fit! Class Schedule

<p><b>Senior Stretch</b> YMCA Downtown 10:00 a.m.</p> <p><b>Pound</b> GAC 10:15am</p> <p><b>Arthritis Foundation Exercise Program</b> Loose Senior Center 2:00-3:00pm</p> <p><b>Aqua Fitness</b> U of M-Flint 5:30pm</p> <p><b>Water Aerobics</b> IHFC 6:00pm</p>	<p><b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center</p> <p><b>Splash Bash</b> U of M-Flint Rec 11:00 am</p> <p><b>Enhance Fitness</b> Hamilton Health Clinic 12:00 pm</p> <p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Hustle Aerobics</b> 4:30-5:30pm Brownell STEM Academy</p>	<p><b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:15-1:00pm</p> <p><b>Enhance Fitness</b> Hamilton Main Clinic 5:30 pm</p> <p><b>Zumba</b> GAC 5:30 p.m.</p> <p><b>Hustle Aerobics</b> 5:30-6:30pm Eisenhower Elementary</p>	<p><b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center</p> <p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Basic Yoga</b> Insight Health &amp; Fitness center 6:45 p.m.</p>	<p><b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm</p>	
<p>22</p> <p><b>Water Aerobics</b> IHFC 9:00am</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 am</p> <p><b>Senior Stretch</b> YMCA Downtown 10:00</p> <p><b>Pound</b> GAC 10:15am</p> <p><b>Arthritis Foundation Exercise Program</b> Loose Senior Center 2:00-3:00pm</p> <p><b>Aqua Fitness</b> U of M-Flint 5:30pm</p> <p><b>Water Aerobics</b> IHFC 6:00pm</p>	<p>23</p> <p><b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center</p> <p><b>Splash Bash</b> U of M-Flint Rec 11:00 am</p> <p><b>Enhance Fitness</b> Hamilton Health Clinic 12:00 pm</p> <p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Hustle Aerobics</b> 4:30-5:30pm Brownell STEM Academy</p>	<p>24</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Davison Area Senior Center 10:00-11:00am</p> <p><b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:15-1:00pm</p> <p><b>Enhance Fitness</b> Hamilton Main Clinic 5:30 pm</p> <p><b>Zumba</b> GAC 5:30 p.m</p> <p><b>Hustle Aerobics</b> 5:30-6:30pm Eisenhower Elementary</p>	<p>25</p> <p><b>Enhance Fitness</b> Berston Field House 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10-11:00am</p> <p><b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center</p> <p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Basic Yoga</b> Insight Health &amp; Fitness center 6:45 p.m.</p>	<p>26</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m</p> <p><b>Arthritis Foundation Exercise Program</b> Burton Senior Center 9:00-10:00am</p> <p><b>Arthritis Foundation Exercise Program</b> Swartz Creek Senior Center 11am-12pm</p>	<p>27</p> <p><b>Yoga Flow</b> U of M-Flint Rec 11:00am</p>
<p>29</p> <p><b>Water Aerobics</b> IHFC 9:00am</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 am</p> <p><b>Senior Stretch</b> YMCA Downtown 10:00</p> <p><b>Pound</b> GAC 10:15am</p> <p><b>Arthritis Foundation Exercise Program</b> Loose Senior Center 2:00-3:00pm</p> <p><b>Aqua Fitness</b> U of M-Flint 5:30pm</p> <p><b>Water Aerobics</b> IHFC 6:00pm</p>	<p>30</p> <p><b>Enhance Fitness</b> Flint Farmers' Market 10:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Grand Blanc Senior Center 10:00-11:00am</p> <p><b>Total Body Challenge</b> 10:00-11:00am Brennan Senior Center</p> <p><b>Splash Bash</b> U of M-Flint Rec 11:00 am</p> <p><b>Enhance Fitness</b> Hamilton Health Clinic 12:00 pm</p> <p><b>Chair Aerobics</b> Brennan Senior Center 12:30-1:15pm</p> <p><b>Hustle Aerobics</b> 4:30-5:30pm Brownell STEM Academy</p>	<p>31</p> <p><b>Enhance Fitness</b> Hasselbring Senior Center 9:00 a.m.</p> <p><b>Arthritis Foundation Exercise Program</b> Davison Area Senior Center 10:00-11:00am</p> <p><b>Arthritis Foundation Exercise Program</b> Forest Township Senior Center 12:15-1:00pm</p> <p><b>Enhance Fitness</b> Hamilton Main Clinic 5:30 pm</p> <p><b>Zumba</b> GAC 5:30 p.m</p> <p><b>Hustle Aerobics</b> 5:30-6:30pm Eisenhower Elementary</p>	 <p><b>Questions?</b> Email <a href="mailto:commit2fit@flint.org">commit2fit@flint.org</a></p>		

# Easy Ways to Donate to the Medical Society Foundation:

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

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

To make a gift, simply use these words:

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

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

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

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



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

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