



THE Bulletin

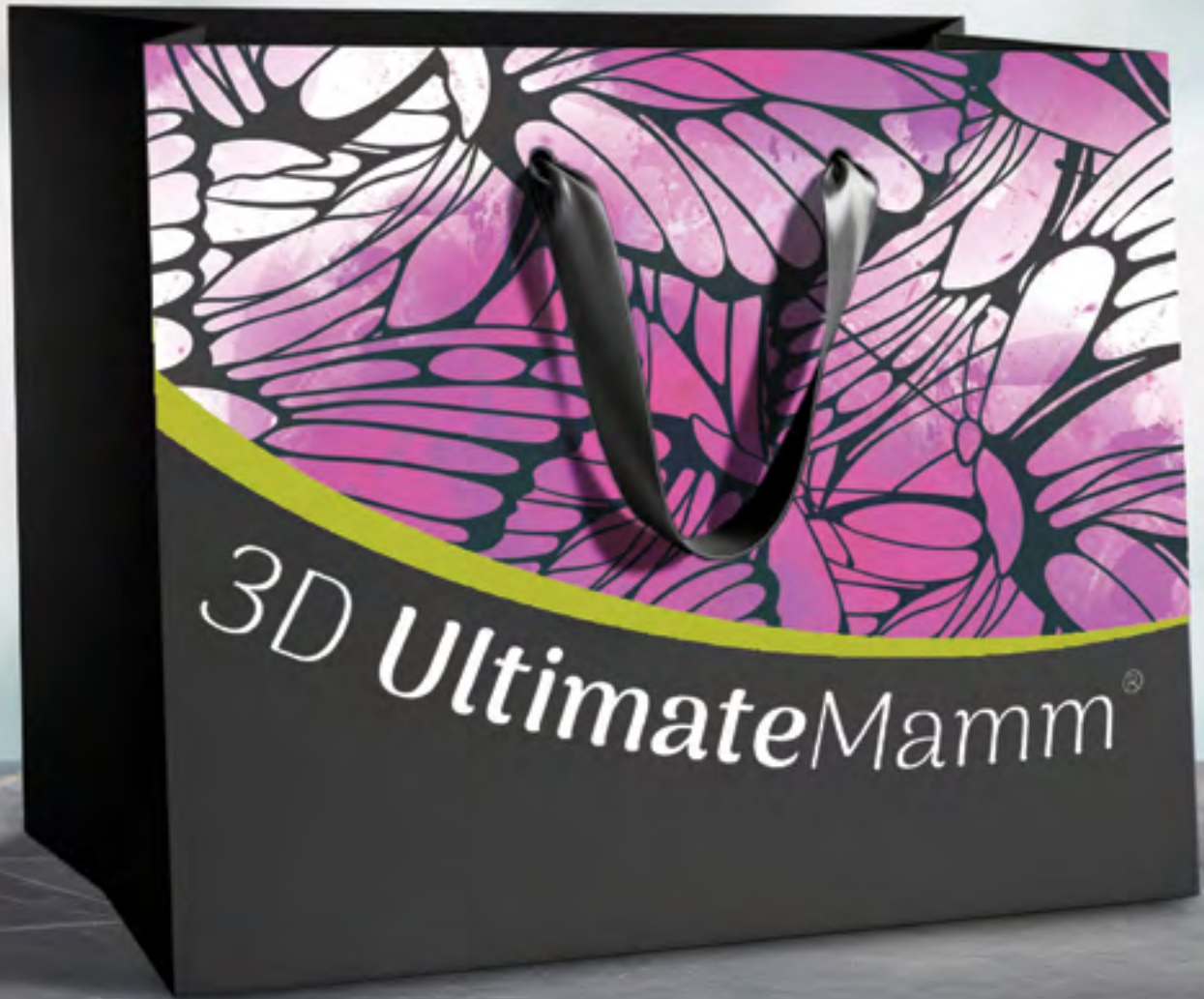
August 2019 Volume 96, Number 8

Responding to Allegations of
Workplace Discrimination
and/or Harassment

The Beauty of Sudan
Photospread

Please Attend the
GCMS President's Ball
on Friday, October 18th

GENESEE COUNTY MEDICAL SOCIETY



Your one stop shop for all her breast health needs.

Everything your patient needs for optimal breast screening in one convenient package – 3D UltimateMamm®.

3D Mammography

Provides a better look at breast tissue by creating a circular image which can be viewed from many angles.

Breast Density

We measure the thickness of breast tissue so we can recommend the best screenings for every patient.

Risk Scoring

We ask questions to gauge the patient's overall predisposition for breast cancer using the Gail risk scoring system.

Lennon Rd, Flint | Villa Linde, Flint | Davison | Fenton | Grand Blanc
Lapeer | Novi | Royal Oak | Southgate



Genesee Area (810) 732-1919
Lapeer Area (810) 969-4700
Novi Area (248) 536-0410
Royal Oak Area (248) 543-7226
Southgate Area (734) 281-6600

THE Bulletin

Read by 96% of GCMS members.

ASSOCIATE EDITOR

Peter S. Thoms, MD

GCMS OFFICERS 2018-19

Ed Christy, MD
President

Asif Ishaque, MD
President Elect

Gerald Natzke, Jr, DO
Immed. Past Pres.

Qazi Azher, MD
Secretary

Ethiraj Raj, MD
Treasurer

MSMS OFFICERS 2018-19

S. Bobby Mukkamala, MD
Chair

John Waters, MD
Treasurer

DISTRICT DIRECTOR VI

S. Bobby Mukkamala, MD

DELEGATES

Qazi Azher, MD

Cathy Blight, MD

Laura Carravallah, MD

Ed Christy, MD

Pino Colone, MD

Niketa Dani, MD

Deborah Duncan, MD

Hesham Gayar, MD

John Hebert, III, MD

Rima Jibaly, MD

Nita Kulkarni, MD

Gerald Natzke, DO

Tarik Wasfie, MD

ALTERNATE DELEGATES

Khalid Ahmed, MD

Sherry Cavanagh, MD

Kiran Devisetty, MD

Asif Ishaque, MD

Sunil Kaushal, MD

Farhan Khan, MD

Rama Rao, MD

Venkat Rao, MD

Lawrence Reynolds, MD

Brenda Rogers-Grays, MD

Robert Soderstrom, MD

Amanda Winston, MD

OTHER BOARD MEMBERS

Gary Johnson, MD

EXECUTIVE ASSISTANT

Sherry Smith

FEATURE ARTICLES

Legal Advisor: Guardianships & Conservatorships	8
Suite A For Lease	12
Flint (Lead) Registry	14
The Beauty of Sudan	15
Commit to fit	20
GCMS Board of Directors Meeting Minutes	26

REGULARS

President's Message	4
GCMS Meetings	11
Happy Birthday Doctor	27

Cover Photo: Glen Arbor, credit Peter Levine

Our Vision

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

Our Mission

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

PLEASE NOTE

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

THE BULLETIN

Published by the Genesee County Medical Society Publication Office

4438 Oak Bridge Drive, Suite B, Flint, Michigan 48532

Phone (810) 733-9923 Fax (810) 230-3737

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.

FLU VACCINE 101

The timing of flu is unpredictable and can vary. Seasonal flu viruses can be detected year-round; however, seasonal flu activity often begins as early as October and November and can continue to occur as late as May. Flu activity most commonly peaks in the United States between December and February. CDC estimates that flu has resulted in between 9.3 million and 49 million illnesses each year in the United States since 2010. Since 2010, CDC estimates that flu has resulted in between 140,000 and 960,000 hospitalizations each year. Influenza-associated deaths in the United States reached high of 79,000 during 2017-2018. A 2017 study in *Clinical Infectious Diseases (CID)* showed that influenza vaccination reduced deaths, intensive care unit (ICU) admissions, ICU length of stay, and overall duration of hospitalization among hospitalized influenza patients.

Vaccination should occur before onset of influenza activity in the community. It is recommended to initiate the vaccination by the end of October. Vaccination efforts should continue throughout the season because the duration of the influenza season varies, and influenza activity might not occur in certain communities until February or March. Vaccine administered in December or later is likely to be beneficial even if given after the influenza season has begun. A 2017 study in *Clinical Infectious Diseases (CID)* showed that influenza vaccination reduced deaths, intensive care unit (ICU) admissions, ICU length of stay, and overall duration of hospitalization among hospitalized influenza patients.

Current recommended recombinant vaccine will be quadrivalent. (No trivalent recombinant vaccine will be available this season.) No intradermal flu vaccine will be available.

The nasal spray flu vaccine (live attenuated influenza vaccine or "LAIV") is approved for use in non-pregnant individuals, 2 to 49 years old. There is a precaution against the use of LAIV for people with certain underlying medical conditions. All LAIV will be quadrivalent (four-component).

Cell-grown flu vaccine will be quadrivalent. For this vaccine, the influenza A(H3N2) and both

influenza B reference viruses will be cell-derived, and the influenza A(H1N1) will be egg-derived. All of these reference viruses will be grown in cells to produce the components of Flucelvax.



Edward Christy, MD

For the 2018-2019 flu season, providers may choose to administer any licensed, age-appropriate flu vaccine (IIV, RIV4, or LAIV4).

The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Flu vaccines protect against the three or four viruses. Which is depending on vaccine trivalent Vs quadrivalent vaccines.

2018-2019 Trivalent Vaccine components:

- A/Michigan/45/2015 (H1N1) pdm 09-like virus
- A/Singapore/INFIMH-16-0019/2016 A(H3N2)-like virus
- B/Colorado/06/2017-like (Victoria lineage) virus
- Quadrivalent vaccines, which protect against a second lineage of B viruses, are recommended to contain:
- the three recommended viruses above, plus B/Phuket/3073/2013-like (Yamagata lineage) virus

While the use of cell-grown reference viruses and cell-based technology may offer the potential for better protection over traditional, egg-based flu vaccines because they result in vaccine viruses that are more like flu viruses in circulation, there are no data yet to support this. There is no preferential recommendation for one injectable flu vaccine over another. People who have symptoms other than hives after exposure to eggs, such as angioedema, respiratory distress, lightheadedness, or recurrent emesis; or who have needed epinephrine or another emergency medical intervention, can also get any licensed flu vaccine that is otherwise appropriate for their age and health. The vaccine should be given in a medical setting and be supervised by a health care provider who is able to recognize and manage severe allergic conditions and these patients need to be observed for 30 minutes.

Some side effects have been associated with the use of flu antiviral drugs, including nausea, vomiting, dizziness, runny or stuffy nose, cough, diarrhea, headache, and some behavioral effects. These are uncommon.

CONTINUE ON NEXT PAGE

CONTINUE FROM PREVIOUS PAGE

In addition to getting a seasonal flu vaccine staying away from sick people and washing your hands for at least for two minutes to reduce germs. Isolation of the infected patient is important to prevent spreading flu to others.

There are four FDA-approved antiviral drugs recommended by CDC to treat flu this season.

- oseltamivir phosphate (available as a generic version or under the trade name Tamiflu®),
- zanamivir (trade name Relenza®)
- peramivir (trade name Rapivab®), and
- baloxavir marboxil (trade name Xofluza®).

Tamiflu® and Relenza® are usually prescribed for 5 days. Peramivir (Rapivab®) is given intravenously over 15-30 minutes and is approved for early treatment of flu in people 2 years and older. Baloxavir is given as a single dose by mouth and is approved for early treatment of flu in people 12 years and older. (Baloxavir is not recommended for pregnant women breastfeeding mothers). Studies show that flu antiviral drugs work best for treatment when they are started within 2

days of getting sick. However, starting them later can still be helpful, especially if the sick person is at high risk of serious flu complications or is very sick from the flu.

Antiviral drugs are not a substitute for getting a flu vaccine. While flu vaccines can vary in how they work, flu vaccination is the first and best way to prevent influenza. Antiviral drugs are a second line of defense to treat the flu.

Many chronic illnesses such as asthma, COPD, cystic fibrosis, neurodevelopmental conditions, sickle cell disease, Chronic lung disease diabetes mellitus, congenital heart disease, congestive heart failure, kidney disorders, liver disorders and inherited metabolic disorders and mitochondrial disorder make patients more prone to influenza infection. Also, adults 65 years and older, children younger than 5 years old, pregnant women and women up to 2 weeks after the pregnancy are more prone to flu infection. Considering different races, the American Indians and Alaska Natives are more susceptible for flu.

Reactions to flu vaccine should be reported to the “Vaccine Adverse Event Reporting System” (VAERS). Physicians should file this report through the VAERS web site or by calling 1-800-822-7967.

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling 1-800-338-2382 or visiting the VICP website. There is a time limit to file a claim for compensation.

Physicians are get compensated for providing the flu vaccination. Medicare Part B pays the CPT code 90688 (Influenza virus vaccine, quadrivalent (IIV4) split virus, 0.5 ml dosage, for intramuscular use), administration code G0008 and Diagnosis code Z23.



Announcement

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

For details, contact:

**POTTER & ROOSE
INSURANCE**

810-767-8590

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

906 Mott Foundation Bld., Flint MI 48502

Further Reading:

www.ncbi.nlm.nih.gov/pubmed/28525597#

https://www.cdc.gov/mmwr/indrr_2017.html

<http://www.cdc.gov/flu>

<https://vaers.hhs.gov/>

<https://www.hrsa.gov/vaccine-compensation/index.html>

Registration is Now Open



Advance Care Planning (ACP) Project *Respecting Choices*® ACP Courses

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

Wednesday, September 11, 2019

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

Location: To Be Determined

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

Continuing education credits available for RNs and SWs.

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

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

Complete online training modules 1-4 (**approximately 4-5 hours**)

Review the *Your Health Your Choice* advance directive

Engage in an advance care planning conversation with a friend or loved one

Register for an Upcoming ACP Facilitator Training Today!

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

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

Name: _____ Title: _____

Organization: _____

Address: _____

Phone: _____ Email: _____

Training Date: _____

Training Payment (Check Box)

Check Included (payable to Greater Flint Health Coalition)

Please Invoice

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



GCMS MEETINGS

AUGUST 2019

2019 Ball Committee, TBD

**Community & Environmental
Health Committee, 8/28**
12:30pm, GCMS Office

Finance Committee, 8/27
5:15pm, GCMS Office

Board of Directors, 8/27
6:00pm, GCMS Office

Looking Ahead:

Save-the-Date!
General Membership Town Hall
on Prior Authorization
scheduled for
September 5, 6:00pm
Flint Golf Club

Save The Date

2019 GCMS/GCMSA President's Ball

Honoring Dr. Edward Christy

October 18th, 2019 - 6:00 o'clock in the evening

Genesys Conference & Banquet Center

Sponsorship Opportunities Available

RSVP ssmith@gcms.org

or call 810-733-9923

Your
HEALTH CARE LAW FIRM



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

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

WACHLER
ASSOCIATES

SERVING HEALTHCARE PROVIDERS FOR OVER 30 YEARS

248.544.0888 • wachler.com

Responding to Allegations of Workplace Discrimination and/or Harassment

By: Nancy Chinonis, Esq. Attorney at Cline, Cline & Griffin, PC

Allegations of workplace harassment have swept the working world. Now, more than ever, it is essential to have a trusted employment attorney to guide you through what to do (and more importantly, what not to do) in the case of an allegation of harassment or discrimination in the workplace.

The #MeToo Movement has empowered many to speak up about workplace issues that they otherwise may have ignored. How an employer responds to an allegation of discrimination or harassment often has a direct impact on whether or not the matter ends up in litigation.

An employee notifies you that they have experienced discrimination or harassment in the workplace. Now what?

First, thank the employee for bringing their concerns to your attention. Avoid comments that sound like you are predisposed toward the accused or that imply that you've drawn any conclusions regarding the allegation(s) made. Ask the employee to provide a written statement detailing what occurred, when it occurred, where it occurred, and who, if anyone, was a witness to the alleged conduct. Do not ignore or brush off an individual who has made a complaint. Rather, assure the employee that their concern is being taken seriously and that an investigation will occur.

Next, a decision must be made regarding who will conduct the investigation. This decision should be made upon the advice of counsel. If your business has a HR Department, the investigation may be conducted by HR or a company representative. However, there may be reasons why the investigation should be conducted by someone outside your organization, such as an attorney. This decision should be made on a case-by-case basis and with the benefit of legal counsel. If HR or a company representative will be conducting the investigation, ensure that the individual

responsible for conducting the investigation is confident regarding their role and what they should (and should not) do as part of the investigation. At the end of the investigation, a conclusion should be made regarding whether or not the allegation of discrimination or harassment has been substantiated. The result of the investigation should be communicated to the complaining employee.

If there is a finding that harassment or discrimination did occur, appropriate action must be taken. Determine the best course of action given the results of the investigation. This should be discussed with your employment attorney prior to the communication of the results of the investigation to the complaining employee and prior to the issuance of any discipline to the offending employee.

If the result of the investigation is that the allegation cannot be substantiated, clearly communicate the finding to the employee. Although there are exceptions, most employees who come



Business Law • Employment Law • Insurance Defense
 General Litigation • Medical Malpractice • Municipal Law
 Probate, Estate and Elder Law Real Estate
 Wealth Transfer • Workers' Compensation


Walter P. Griffin • Timothy H. Knecht • Jose T. Brown • J. Brian MacDonald
 R. Paul Vance • Megan R. Mulder • Nancy K. Chinonis • Eric M. Froats

TRUST EXPERIENCE. COUNT ON COMMITMENT.

Attorneys at Law | Since 1928 | www.ccglawyers.com | 810.232.3141

forward to report a concern genuinely feel aggrieved. However, what many perceive to be discrimination and/or harassment does not meet the definition of illegal discrimination or harassment under the law. In this case, if there is a certain behavior that is found objectionable by the employee, a meeting with the accused to ask them to refrain from engaging in the “offensive conduct” may resolve the issue. If this is practicable, the complaining employee should be notified that the accused has agreed stop engaging in the “offensive conduct.” An employee who reports a concern in good faith, even if unfounded, should not be retaliated against or admonished for making the report.

If you have questions regarding how to respond to an allegation of workplace discrimination or harassment, contact Nancy K. Chinonis, experienced employment attorney at Cline, Cline & Griffin, PC via telephone at (810) 232-3141. Additionally, Cline, Cline & Griffin, PC conducts employment seminars for both management and staff regarding discrimination and harassment prevention and many other employment-related topics. Please contact (810) 232-3141 to schedule employment-related training for your office.



Save The Date
**2019 GCMS/GCMSA
President’s Ball**

*Honoring
Dr. Edward Christy*

October 18th, 2019

6:00 o’clock in the evening

**Genesys Conference &
Banquet Center**

Sponsorship Opportunities
Available

**RSVP ssmith@gcms.org
or call 810-733-9923**



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

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

810.750.6822
mktg@TheRybarGroup.com
www.TheRybarGroup.com

**THE
RYBAR
GROUP**
HEALTHCARE FINANCIAL CONSULTANTS

ATTENTION: GCMS Practice Managers

Issues of Serious Concern for Medical Practices!

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

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

The following topics are tentatively scheduled and subject to change

September 5, 2019

Presenter(s)

"McLaren Health Plan"

Amy Weigandt, Network Development Coordinator
Candy Gilbert, Network Development Supervisor

October 3, 2019

Presenter(s)

"What's New with MIPS"

Bruce Maki, Regulatory Analyst, Project Manager
M-CEITA, Center for Appropriate Care, ALTARUM, Ann Arbor

November 7, 2019

Presenter(s)

"Molina Health Plan"

Nicole Salazar, Provider Service Representative
Susette Bader-Sherwood, Provider Service Representative



Please email Sherry at ssmith@gcms.org or call 810-733-9923 to RSVP!

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



Save The Date

**2019 GCMS/GCMSA
President's Ball**

*Honoring
Dr. Edward Christy*

October 18th, 2019

6:00 o'clock in the evening

**Genesys Conference &
Banquet Center**

**Sponsorship Opportunities
Available**

**RSVP ssmith@gcms.org
or call 810-733-9923**

4438 Oak Bridge Drive Ste A 15726LG

4438 Oak Bridge Dr, Flint, MI 48532



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



Overview/Comments

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



More Information Online

<http://coopercom.catylist.com/listing/30337937>

QR Code

Scan this image with your mobile device:



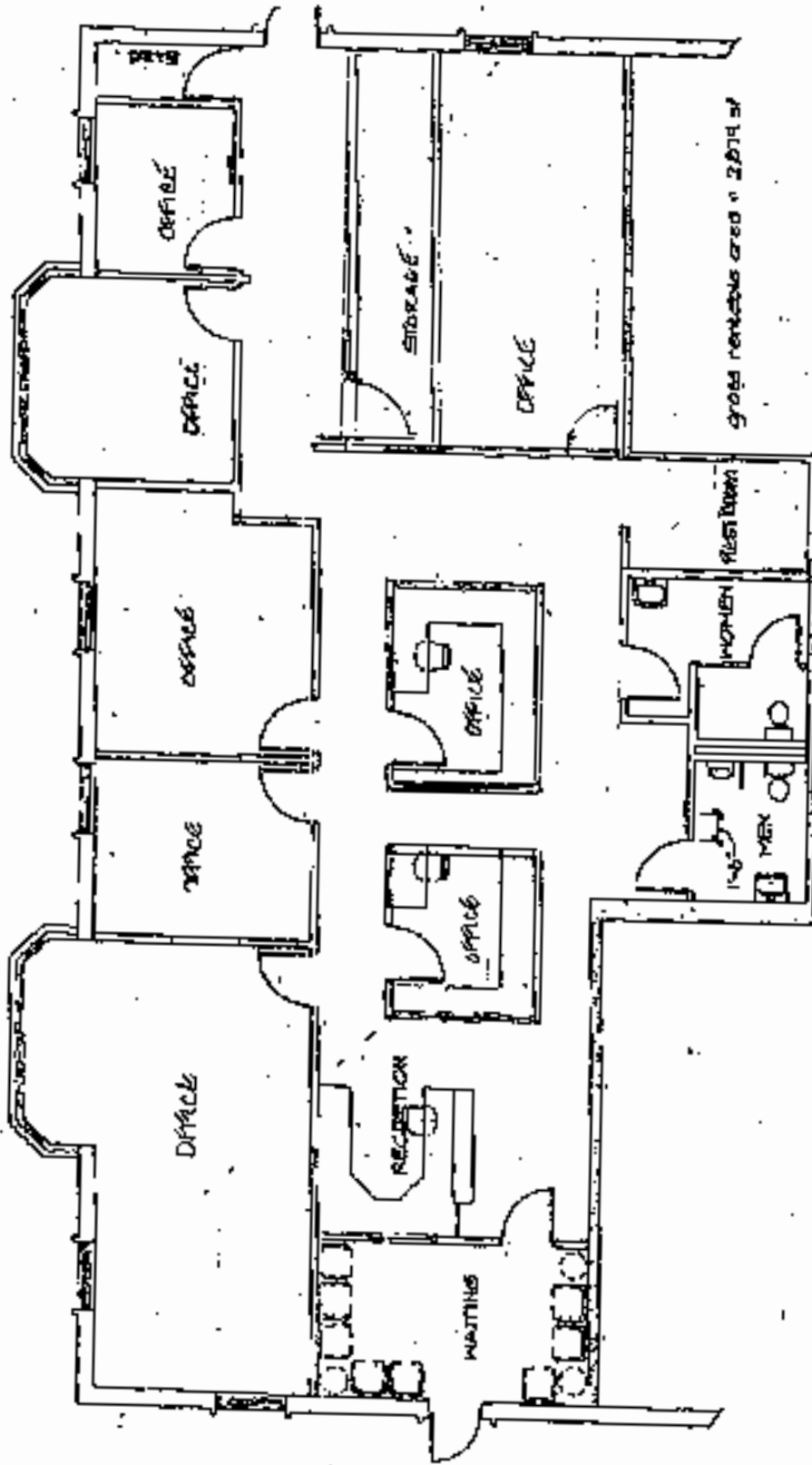
Property Contacts



Karen Cape

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

N.T.S.



GROSS RENTABLE AREA = 2,871 SF



NEW WORK PLAN
SCALE 1/8" = 1'-0"
PAGE 3, 2002

FOR ILEASHE

A RESOURCE FOR YOUR PATIENTS



flintregistry.org

The Flint Registry is a resource to see how the people of Flint are doing and provide support for those impacted by the water crisis. After completing a survey, individuals are referred to services that promote health and development such as education, health and nutrition programs. Support, especially for children, includes referral to Genesee Health System Neurodevelopment Center of Excellence – a new, no-cost child development assessment center.

The Flint Registry is modeled after other public health registries like the World Trade Center Disaster Registry. The Flint Registry is for anyone who was exposed to lead-contaminated water because they worked, lived, went to school, or daycare identified as an address on the Flint water system from **April 25, 2014 – October 15, 2015**, including children who were prenatally exposed. The Flint Registry is for all ages.

Want to learn more? Visit our website at flintregistry.org or call 833-GO-FLINT.

WHAT IS THE LOGO ALL ABOUT?



The logo represents the Sankofa bird, a mythical African bird from the Akan tribe in Ghana. The bird is flying forward, yet looking back, and carrying an egg in its mouth. It is symbolic of always needing to move forward, but never forgetting what happened in the past, and prioritizing the young. The logo suggestion was made by a Flint resident.



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.

People who used Flint water from April 25, 2014 to October 15, 2015 can participate in a voluntary secure registry that will refer them to programs and other resources aimed at minimizing the effects of lead on their health, while promoting wellness and recovery.

**SIGN UP
TODAY!**

Visit

www.flintregistry.org
or call 833-463-5468



FLINTREGISTRY

Get Connected. Get Supported. Get Counted.

flintregistry.org

The Beauty of Sudan



The Bulletin episodically presents photospreads of interesting places that members and their families have visited.

One of the most interesting countries in the world is the Sudan. During December 2019 and January 2019, Evan Levine worked on an archeological dig in remote Northern Sudan on Nile Island. He also spent a few days in Khartoum. These photos show a smidgen of Sudan's beauty. (Evan is the fellow shown in the sandstorm wearing a red keffiyeh and a Detroit Pistons t-shirt.)







August 2019 Fitness Calendar

FREE! Commit to Fit! Class Schedule



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
AUGUST 2019				¹ Enhance Fitness Berston Field House 10:00am Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am Total Body Challenge 10:00-11:00am Brennan Senior Center Splash Fit U of M-Flint Rec 11:00am Chair Aerobics Brennan Senior Center 12:30-1:15pm Basic Yoga Insight Health & Fitness Center 6:45pm	² Enhance Fitness Hasselbring Senior Center 9:00am Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am Arthritis Foundation Exercise Program Swartz Creek Senior Center 11:00am-12:00pm	³ Yoga Flow U of M-Flint Rec 11:00am Family Yoga Ballenger Park 11:30:12:30pm
	⁵ Walk with Ease Eldorado Vista Park 10:00-11:00am Enhance Fitness Hasselbring Senior Center 9:00am Senior Stretch YMCA Downtown 10:00am Pound Ascension Genesys Health Club 10:15am Arthritis Foundation Exercise Program Loose Senior Center 2:00-3:00pm Aqua Fitness UM-Flint Rec Center 5:30-6:30pm	⁶ Enhance Fitness Berston Field House 10:00am Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am Total Body Challenge 10:00-11:00am Brennan Senior Center Splash Fit U of M-Flint Rec 11:00am Chair Aerobics Brennan Senior Center 12:30-1:15pm	⁷ Walk with Ease Eldorado Vista Park 10:00-11:00am Enhance Fitness Hasselbring Senior Center 9:00am Arthritis Foundation Exercise Program Davison Area Senior Center 10:00-11:00am Community Yoga Educare 10:00-11:00am Arthritis Foundation Exercise Program Forest Township Senior Center 12:15-1:00pm Community Yoga Crim Fitness Foundation 5:30-6:30pm Zumba Ascension Genesys Health Club 6:45pm	⁸ Enhance Fitness Berston Field House 10:00am Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am Total Body Challenge 10:00-11:00am Brennan Senior Center Splash Fit U of M-Flint Rec 11:00am Chair Aerobics Brennan Senior Center 12:30-1:15pm Basic Yoga Insight Health & Fitness Center 6:45pm	⁹ Walk with Ease Eldorado Vista Park 10:00-11:00am Enhance Fitness Hasselbring Senior Center 9:00am Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am Arthritis Foundation Exercise Program Swartz Creek Senior Center 11:00am-12:00pm	¹⁰ Yoga Flow U of M-Flint Rec 11:00am Family Yoga Ballenger Park 11:30:12:30pm Walk With a Doc Ascension Genesys Downtown 10:00am

August 2019 Fitness Calendar

FREE! Commit to Fit! Class Schedule

<p>12</p> <p>Walk with Ease Eldorado Vista Park 10:00-11:00am</p> <p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Senior Stretch YMCA Downtown 10:00am</p> <p>Pound Ascension Genesys Health Club 10:15am</p> <p>Arthritis Foundation Exercise Program Loose Senior Center 2:00-3:00pm</p> <p>Aqua Fitness UM-Flint Rec Center 5:30-6:30pm</p>	<p>13</p> <p>Enhance Fitness Berston Field House 10:00am</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am</p> <p>Total Body Challenge 10:00-11:00am Brennan Senior Center</p> <p>Splash Fit U of M-Flint Rec 11:00am</p> <p>Chair Aerobics Brennan Senior Center 12:30-1:15pm</p>	<p>14</p> <p>Walk with Ease Eldorado Vista Park 10:00-11:00am</p> <p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Community Yoga Educare 10:00-11:00am</p> <p>Arthritis Foundation Exercise Program Davison Area Senior Center 10:00-11:00am</p> <p>Arthritis Foundation Exercise Program Forest Township Senior Center 12:15-1:00pm</p> <p>Walk With a Doc Ascension Genesys Walking Trail 5:30pm</p> <p>Zumba Ascension Genesys Health Club 6:45pm</p>	<p>15</p> <p>Enhance Fitness Berston Field House 10:00am</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am</p> <p>Total Body Challenge 10:00-11:00am Brennan Senior Center</p> <p>Splash Fit U of M-Flint Rec 11:00am</p> <p>Chair Aerobics Brennan Senior Center 12:30-1:15pm</p> <p>Basic Yoga Insight Health & Fitness Center 6:45pm</p>	<p>16</p> <p>Walk with Ease Eldorado Vista Park 10:00-11:00am</p> <p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am</p> <p>Arthritis Foundation Exercise Program Swartz Creek Senior Center 11:00am-12:00pm</p>	<p>17</p> <p>Yoga Flow U of M-Flint Rec 11:00am</p> <p>Family Yoga Ballenger Park 11:30-12:30pm</p>
<p>19</p> <p>Walk with Ease Eldorado Vista Park 10:00-11:00am</p> <p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Senior Stretch YMCA Downtown 10:00am</p> <p>Pound Ascension Genesys Health Club 10:15am</p> <p>Arthritis Foundation Exercise Program Loose Senior Center 2:00-3:00pm</p> <p>Aqua Fitness UM-Flint Rec Center 5:30-6:30pm</p>	<p>20</p> <p>Enhance Fitness Berston Field House 10:00am</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am</p> <p>Total Body Challenge 10:00-11:00am Brennan Senior Center</p> <p>Splash Fit U of M-Flint Rec 11:00am</p> <p>Chair Aerobics Brennan Senior Center 12:30-1:15pm</p>	<p>21</p> <p>Walk with Ease Eldorado Vista Park 10:00-11:00am</p> <p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Community Yoga Educare 10:00-11:00am</p> <p>Arthritis Foundation Exercise Program Davison Area Senior Center 10:00-11:00am</p> <p>Arthritis Foundation Exercise Program Forest Township Senior Center 12:15-1:00pm</p> <p>Zumba Ascension Genesys Health Club 6:45pm</p>	<p>22</p> <p>Enhance Fitness Berston Field House 10:00am</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am</p> <p>Total Body Challenge 10:00-11:00am Brennan Senior Center</p> <p>Splash Fit U of M-Flint Rec 11:00am</p> <p>Chair Aerobics Brennan Senior Center 12:30-1:15pm</p> <p>Basic Yoga Insight 6:45pm</p>	<p>23</p> <p>Walk with Ease Eldorado Vista Park 10:00-11:00am</p> <p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am</p> <p>Arthritis Foundation Exercise Program Swartz Creek Senior Center 11:00am-12:00pm</p>	<p>24</p> <p>Yoga Flow U of M-Flint Rec 11:00am</p> <p>Family Yoga Ballenger Park 11:30-12:30pm</p>
<p>26</p> <p>Walk with Ease Eldorado Vista Park 10:00-11:00am</p> <p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Senior Stretch YMCA Downtown 10:00am</p> <p>Pound Ascension Genesys Health Club 10:15am</p>	<p>27</p> <p>Enhance Fitness Berston Field House 10:00am</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10:00-11:00am</p> <p>Total Body Challenge 10:00-11:00am Brennan Senior Center</p> <p>Splash Fit U of M-Flint Rec 11:00am</p>	<p>28</p> <p>Walk with Ease Eldorado Vista Park 10:00-11:00am</p> <p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Community Yoga Educare 10:00-11:00am</p> <p>Arthritis Foundation Exercise Program Davison Senior Center 10:00-11:00am</p>	<p>29</p> <p>Enhance Fitness Berston Field House 10:00am</p> <p>Arthritis Foundation Exercise Program Grand Blanc Senior Center 10-11:00am</p> <p>Total Body Challenge 10:00-11:00am Brennan Senior Center</p> <p>Splash Fit U of M-Flint Rec 11:00am</p>	<p>30</p> <p>Walk with Ease Eldorado Vista Park 10:00-11:00am</p> <p>Enhance Fitness Hasselbring Senior Center 9:00am</p> <p>Arthritis Foundation Exercise Program Burton Senior Center 9:00-10:00am</p> <p>Arthritis Foundation Exercise Program Swartz Creek Senior Center 11:00am-12:00pm</p>	<p>31</p> <p>Yoga Flow U of M-Flint Rec 11:00am</p>

August 2019 Fitness Calendar

FREE! Commit to Fit! Class Schedule

<p>Arthritis Foundation Exercise Program Loose Senior Center 2:00-3:00pm</p> <p>Aqua Fitness UM-Flint Rec Center 5:30-6:30pm</p>	<p>Chair Aerobics Brennan Senior Center 12:30-1:15pm</p>	<p>Arthritis Foundation Exercise Program Forest Township Senior Center 12:15-1:00pm</p> <p>Zumba Ascension Genesys Health Club 6:45pm</p>	<p>Chair Aerobics Brennan Senior Center 12:30-1:15pm</p> <p>Basic Yoga Insight 6:45pm</p>		
--	---	---	---	--	--

Save the Date

2019 GCMS/GCMSA President's Ball

Honoring Dr. Edward Christy

October 18th, 2019 - 6:00 o'clock in the evening

Genesys Conference & Banquet Center

Sponsorship Opportunities Available

RSVP ssmith@gcms.org or call 810-733-9923

Sovita
CREDIT UNION



The world needs more people who are committed enough to say YES.

Yes believes in possibility. Yes gives people a chance. Yes can turn thoughts and plans into life-changing actions. Sovita Credit Union serves Education and Healthcare Workers, their Families and their Communities.

Join today. sovitacu.org



August 2019 Fitness Calendar

FREE! Commit to Fit! Class Schedule

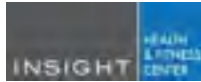
Class Descriptions & Locations

Basic Yoga (1 hour)

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

Insight Health & Fitness Center (IHFC)

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



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

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

Crim Fitness Foundation

452 Saginaw Street Downtown Flint



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

YMCA Downtown Flint

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



Spin/HIIT – Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for a calorie-burning dance fitness party. Designed for all fitness levels.

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.

Ascension Genesys Health Club

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



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

Each class includes **B**alance and Flexibility, **A**erobic Activity, **S**trength and Resistance Training, and **E**xercise Education

Chair Aerobics

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

Total Body Challenge

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

Hustle Aerobics

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

IHFC Water Aerobics

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

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

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

University of Michigan-Flint Rec Center

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



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

TIMES & LOCATIONS:

Hasselbring Senior Center

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

Flint Farmers' Market- Tuesdays &

Thursdays 10:00-11:00 am

300 E. First St Flint, MI

(810) 232-1399

Berston Field House

3300 Saginaw St.

Flint, MI 48505

Thursdays, 10:00am

Main Clinic

2900 N. Saginaw Street

Flint, MI 48505

Wednesdays, 5:30 - 6:30pm



Genesee County Parks and Rec

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

For more information please go to:

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



Walk with Ease

The Arthritis Foundation and Commit to Fit! partner to bring the Walk with Ease program to Genesee County! Walk with Ease is an exercise program that can reduce pain and improve overall health. Location: *Eldorado Vista Park*

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



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
Sherry Smith
at 810-733-9925 or
ssmith@gcms.org.**



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

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



faith care UNITE heart NOW
connect family give HELP
support SHARING community FRIEND
HOPE abundance COMPASSION GIFT
inspire humanity
PEACE
vision THANK YOU blessings
kindness LOVE unconditional
purpose DONATE

Medical Society Foundation

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

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

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

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

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

For questions or information on how your gift can help support the charitable activities of your Medical Society Foundation contact Sherry Smith at (810) 733-9925 or at ssmith@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

Genesee County Medical Society
Board of Directors
April 23, 2019 Minutes

I. I. Call to Order

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

I. II. Review of Minutes

Motion: that the minutes of the March 26, 2019, Board of Directors meeting be approved as presented. The motion carried.

I. III. Reports

A) Community & Environmental Health

Dr. Natzke reviewed the April 17th minutes of the Community & Environmental Health Committee meeting. At that meeting, PFAS was discussed. The Committee requested that the county be more proactive in putting out alerts rather than counting on Genesee County Medical Society to provide the public health alerts. The Committee also reviewed the Opioid Tool Kit which Levine then described to the Board of Directors. He noted that it will be distributed far and wide within the physician community and beyond.

B) Finance

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

Motion: that the that the Sovita Sponsorship Proposal be referred back to the Finance Committee for discussion and negotiating as they deem appropriate. The motion carried.

C) Legislative Liaison Committee

Dr. Cathy Blight noted that the April 1 meeting prior authorization was discussed at length along with the Health Can't Wait initiative. It was a great discussion.

Another date will be found for the Washington update with Congressman Kildee.

D) Greater Flint Health Coalition

1. SIM Update

Dr. Khan reviewed the State Innovation Model update. He expressed satisfaction with the progress being made in the efforts to reduce ER utilization by focusing on social determinants of health.

2. Opioid Toolkit Presentation

Levine reviewed the Genesee County Opioid Tool Kit developed by the Medical Society and Greater Flint Health Coalition Mental Health and Substance Abuse Task Force. It was developed using the results of a survey to determine the needs of the medical community. The Board expressed appreciation for the quality of the Tool Kits.

E) Presidents Report

Dr. Christy invited everyone to attend the Social Determinants of Health Town Hall on May 2. He noted that there is an excellent panel of speakers and a great opportunity to learn about the issues which physicians will soon be graded upon and paid by.

He reviewed a list of future GCMS practice managers meeting topics.

Levine noted that physicians who are sending their practice managers to these meetings are finding them to be financially beneficial, aside from the solution of certain hassle factors being obtained.

IV. Other Business

Levine reported that Dr. Mukkamala's county visits in support of his candidacy for MSMS President-Elect are going extremely well.

The Board went into Executive Session.

V. Next Meeting

May 28, 2019

VI. Adjournment

No further business appearing, the meeting was adjourned at 8:30pm.

Respectfully submitted,

Peter Levine, MPH

Executive Director

HAPPY BIRTHDAY DOCTOR

AUGUST

Manar Hammoud, MD.....	1	Carlos Petrozzi, MD.....	16
John Schultz, MD.....	2	Salwa Mohamedahmed, MD.....	17
Amanda Winston, MD.....	2	Cathy Blight, MD.....	17
Leo Madarang, MD.....	2	Ankur Mehta, MD.....	18
Harvey Olds, MD.....	3	Fidel Seneris, MD.....	18
Venkat Rao, MD.....	5	Lavanya Cherukuri, MD.....	19
Brian Nolan, MD.....	6	David Fernandez, MD.....	20
Zouheir Fares, DO.....	8	Cheng-Yang Chang, MD.....	20
Paul Musson, MD.....	8	Meghan Cherry, MD.....	23
James Forshee, MD.....	10	Marcos Machado, MD.....	24
Melvyn Wolf, MD.....	10	Gary Johnson, MD.....	26
Edward Christy, MD.....	13	Ranjith Dodla, MD.....	28
Robert James, Sr., MD.....	14	Lisa Guyot, MD.....	31
Deborah Duncan, MD.....	15		

Save The Date

2019 GCMS/GCMSA President's Ball

Honoring Dr. Edward Christy

October 18th, 2019

6:00 o'clock in the evening

Genesys Conference & Banquet Center

Sponsorship Opportunities Available

RSVP ssmith@gcms.org

or call 810-733-9923

A RESOURCE FOR YOUR PATIENTS



Get Connected. Get Supported. Get Counted.

flintregistry.org

The Flint Registry is a resource to see how the people of Flint are doing and provide support for those impacted by the water crisis. After completing a survey, individuals are referred to services that promote health and development such as education, health and nutrition programs. Support, especially for children, includes referral to Genesee Health System Neurodevelopment Center of Excellence – a new, no-cost child development assessment center.

The Flint Registry is modeled after other public health registries like the World Trade Center Disaster Registry. The Flint Registry is for anyone who was exposed to lead-contaminated water because they worked, lived, went to school, or daycare identified as an address on the Flint water system from **April 25, 2014 – October 15, 2015**, including children who were prenatally exposed. The Flint Registry is for all ages.

Want to learn more? Visit our website at flintregistry.org or call 833-GO-FLINT.

WHAT IS THE LOGO ALL ABOUT?



The logo represents the Sankofa bird, a mythical African bird from the Akan tribe in Ghana. The bird is flying forward, yet looking back, and carrying an egg in its mouth. It is symbolic of always needing to move forward, but never forgetting what happened in the past, and prioritizing the young. The logo suggestion was made by a Flint resident.



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.

People who used Flint water from April 25, 2014 to October 15, 2015 can participate in a voluntary secure registry that will refer them to programs and other resources aimed at minimizing the effects of lead on their health, while promoting wellness and recovery.

**SIGN UP
TODAY!**

Visit

www.flintregistry.org
or call 833-463-5468



FLINTREGISTRY

Get Connected. Get Supported. Get Counted.

flintregistry.org

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

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

Male Female

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

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

Job Title: _____

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

Mobile: _____ Email Address _____

Office Address Preferred Mail Preferred Bill Preferred Mail and Bill

City: _____ State: _____ Zip: _____

Home Address Preferred Mail Preferred Bill Preferred Mail and Bill

City: _____ State: _____ Zip: _____

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

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

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

Residency Program _____ Program Completion Year _____

Fellowship Program _____ Program Completion Year _____

Hospital Affiliation _____

• Primary Specialty _____ Board Certified: Yes No

• Secondary Specialty _____ Board Certified: Yes No

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

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

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

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

If "yes," please provide full information: _____

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

Signature _____ Date: _____

County Medical Society Use Only
Reviewed and Approved by: