Pay dues by 3/1 to be included in Roster

Pets as Therapeutic Agents

Key Lead Related Points for Physicians

Editorials from the Past

Seeking Your Pet Photos
February is Heart Disease Awareness Month

Are your patients taking care of their hearts?

CT Coronary Calcium Scoring

Help your patients take advantage of our special February discount price of $79 out-of-pocket (normally $99).

Who should get a CT Coronary Calcium Score?
Males 35-70 years of age or females 40-70 years of age with one or more of these risk factors:
- Family History of Heart Disease
- High Cholesterol
- Smoking
- High Blood Pressure
- Overweight
- Diabetes

A heart calcium scoring test is a simple, noninvasive test that can assess the health of your heart and may identify coronary artery disease in its early stages.

This is a low-dose procedure with a minimal table time of just 10 seconds.

CPT CODE: 75571

30th anniversary
REGIONAL MEDICAL IMAGING
rmipc.net  (810) 732-1919
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.

GCMS Officers 2014-15
President – Pino Colone, MD
President Elect – John Hebert, III, MD
Immed. Past Pres. – Deborah Duncan, MD
Secretary – Qazi Azher, MD
Treasurer – Ed Christy, MD

MSMS Officers 2015-16
Treasurer – Venkat Rao, MD
Speaker – Pino Colone, MD
Vice Chair – S. Bobby Mukkamala, MD
Finance Committee – John Waters, MD

DELEGATES
Pino Colone, MD
Amitabha Banerjee, MD
Hesham Gayar, MD
Cathy Blight, MD
Edward Christy, MD
Tarik Wasfie, MD
Shafi Ahmed, MD
Raymond Rudoni, MD
John Hebert III, MD
Daniel Ryan, MD
Laura Carravalah, MD
Mona Hardas, MD
Qazi Azher, MD
Deborah Duncan, MD
Gerald Natzke, DO
Nita Kulkarni, MD

ALTERNATE DELEGATES
Robert Soderstrom, MD
Lawrence Reynolds, MD
F. Michael Jaggi, DO
Rima Jibaly, MD
Niketa Dani, MD
Farhan Khan, MD
Brenda Rogers-Grays, DO
Venkat Rao, MD
Amanda Winston, MD
Asif Ishaque, MD
Athar Baig, MD
Rama Rao, MD
Sunil Kaushal, MD
Rubin Raju, MD
Michael Danic, DO
Nick Harrison (student)

DISTRICT DIRECTORS VI
S. Bobby Mukkamala, MD
John Waters, MD

OTHER BOARD MEMBERS
Gary Johnson, MD
Michael Mueller, MD
Elmahdi Saeed, MD
James Walter, MD

Executive Director – Peter A. Levine, MPH
Executive Secretary – Sherry Smith

The Bulletin
February 2016 Volume 107, Number 24

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This publication designed and edited by www.natinskypublishing.com (248) 547-9749
As the new year begins there is always an optimism for what lies ahead. Our thoughts are naturally drawn to the struggles and triumphs of the past year and the excitement of a new beginning.

Our challenges have been many, but so have our victories. Even though the crisis of Flint’s water is by no means behind us, I believe it’s safe to say no one could have imagined it would receive the national attention it has. With the declaration of the state of emergency by Governor Snyder there will be even greater resources to make the water safe again as quickly as possible. Kudos to Flint Mayor, Dr. Karen Weaver, for having the courage to facilitate that declaration.

The new year also brings more questions. How will the acquisition of HealthPlus by HAP, affect the landscape of healthcare coverage in Genesee County and beyond? In what form will the ACA emerge? What will be the next biggest challenge facing the residents of Flint?

Recent history has taught us that whatever the challenge, we will be ready.

Dear Genesee County Medical Society,

I wanted to send my appreciation to the GCMS/GCMSA President’s Ball Committee.

I have attended now for 15 years, and I am astounded by the creative ability of the Committee’s in developing varying themes as a reflection of the outgoing GCMS presidents. From the “Second Line” festivities for Dr. Michael Boucree, to this past year, “The Queen’s Royal Ball” in honor of Dr. Deborah Duncan, the annual event is a display of costumed characters, fun entertainment, great food, and shared collegial comradery.

We attendees don’t thank you frequently enough for all you do to accomplish this lovely evening for all to enjoy.
Congratulations to past and current Committee members.

Marion (Mamie) Day
PAINT THE TOWN RED

Genesys Affair of the Heart
It’s a charity gala like no other. February is American Heart Month and red is our inspiration. Genesys Heart Institute invites the Flint community to join us for the 5th annual Affair of the Heart event as we raise funds for new advanced cardiac imaging technology to enhance the level of care for our cardiovascular patients.

The red will glimmer, shimmer and shine. Warm up on a cold February night with savory cuisine and smooth cocktails. Join the crowd for the rush of blackjack, craps and roulette. Mix and mingle with friends, hop in the photo booth or find your groove on the dance floor.

Friday, February 12, 2016
6:30 p.m. at the Flint Farmers’ Market

Click or call to make your reservation:
genesys.org/AffairOfTheHeart  (810) 606-6387

GENESYS
HEART INSTITUTE
Anyone who works in the medical field has made sacrifices in order to acquire the knowledge and skills to take care of others. As physicians, we devote endless hours of our lives to practicing the art of medicine. There are lectures about the human body with interval teachings on the ethics of medicine, the components of being a virtuous physician, the requirement to have the utmost professionalism, because our patients entrust us with their lives. Oftentimes, more hours are spent in a hospital or office than anywhere else, and practicing medicine becomes more than just a job -- it is a way of life. It is such a way of life, that when our own health is compromised, it can seem as if our whole world has been turned upside down. However, being the patient serves as a gentle reminder of what our patients experience and how we might be able to make someone's care just a little better.

While, of course, I don’t wish for anyone to be sick, or for an ill family member to require care, it will naturally happen to all of us at some point. I have been to the doctor many times in my life, however, most of my more significant illnesses occurred before my medical training. With my new background in medicine, being on the patient side proved to be a valuable experience for me. It has been said that to truly understand someone, you must place yourself in their shoes. I was reminded about what patients go through during a time of illness and the majority of the time is not spent with the doctor. Sitting in the waiting room for me, was a kind reminder that when our patients are ill, sometimes they wait for hours to see us, during their most uncomfortable moments. We spoke to multiple other providers (receptionists, registration, MAs, nurses, students) before the resident and then attending came in. I saw the importance of teamwork in action, because every single person who helped in the care contributed to our overall experience. Friendly faces were appreciated. Those that went the extra mile to find a food tray, or explain something that seems so simple (how to get back to the ER parking lot) made a memorable difference during a time of stress.

I bring this up because throughout my career thus far, I have been lucky enough to have generally good health and therefore my overall experience as a patient has been relatively limited. I am fortunate that this particular experience was brief and had a good outcome. I find myself walking into rooms in the hospital and clinic, once again as a provider, with a slightly different perspective based on my more recent experience. In the fast paced medical field today, I am reminded to pause for a moment, and remember everything the patient may have gone through to see me. With this, I’m determined to take the extra time to take care of my patients the same way I hope to be treated when I am the one on the exam table.

Hurley Medical Center Pediatric Oncology Unit

The Only One of Its Kind in Genesee, Lapeer and Shiawassee Counties.

Hurleychildrens.com

- Cutting-edge therapeutic protocol and drugs
- Latest diagnosis and treatment options
- Real-time decisions from national experts
- Advanced diagnostic testing
- Scholarly and scientific guidance to care
Genesee County Medical Society Quarterly Dinner Business Meeting
Co-Sponsored by the Genesee County Osteopathic Association
February 4, 2016
A Town Hall Meeting on

DRUG DIVERSION, AN EPIDEMIC

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More and more attention will be brought to this issue by policymakers, payers, and law-enforcement. This is an element of medicine that members and their staffs need to be vigilant about.

Physicians, spouses, family members, and staff of GCMS/GCMSA, GCOA
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Flint Golf Club
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Flint, MI 48507

6 pm, Registration & Social Hour
6:30 pm, Dinner
7 pm, Meeting
7:15 pm, Presentations

RSVP’s requested by January 28th, 2016

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

Email Sherry at ssmith@gcms.org to register your attendance or call 810-733-9923 for more information.
The Flint Water Crisis has presented a real opportunity for this community to shine. I wish I could say that it did. There have been subsets of the community which have worked very hard. But I want to call attention to the fact that the Genesee County Medical Society, Hurley Medical Center, and the Greater Flint Health Coalition have really stepped out in front of this issue to force change, when others have not. At this point, it seems as though everyone in the world knows who Dr. Mona Hanna-Attisha is, and about her research. She has been everywhere speaking on this issue, and has been as terrific as a physician can be in communicating about a major public health crisis. However, maybe less people know that the Hurley Board is politically appointed. Many would pale at the prospect of allowing research to be publicized that could potentially damage elected leaders. The Hurley leadership didn’t pale and Dr. Mona Hanna-Attisha’s research was released. It was then blasted by state officials and others in the community. The Genesee County Medical Society, the Mott Children’s Health Center, and the Greater Flint Health Coalition jumped to defend that research and a small cadre of leaders was appointed to step up to what turned out to be a massive commitment of time for this effort. They have done this on behalf of the population that is impacted, and to force the needed change. No matter what anyone says, physician’s opinions matter on health issues. If you ever doubt it, all you have to do is sit in a City of Flint Technical Advisory Committee meeting on the water issue, and watch your GCMS representatives stand up and fight to force the water to be moved back to the Detroit water system, and to test appropriately. The same individuals, including our representative on the Board of Health, have been fully engaged and fully committed to doing the right thing, operating virtually invisibly to the other members, aside from our GCMS Board. The GCMS Board of Directors was the only Board in support of the Mayor’s call for a state of emergency.

Drs. John Waters, Mona Hanna-Attisha, Laura Carravallah, Gerald Natzke, Deborah Duncan, Pino Colone, Laura Carravallah, S. Bobby Mukkamala, and Lawrence Reynolds (who has been passionate in his service on the Governors Flint Water Task Force), have all played pivotal roles in this process.

One of the most important things that we have done from a practice standpoint, is keep members abreast of what they must know medically, about the lead and TTHM issues. Before the word was “crisis”, we were already screaming about the dangers of TTHM.

Nevertheless, I will say that perhaps the most critical issue we must still deal with in this community are the humanitarian elements, and the costs that will be coming down the pike regarding secondary prevention and care for the individuals and families who are affected by this lead poisoning. There will be social, legal, medical, and educational consequences.

One thing that no one is talking about is the fact that, physicians and hospitals will be seeing population health based payments soon. We are being maneuvered into it rightly or wrongly but absolutely. Physicians will be held collectively responsible for the health of covered populations. GCMS has been communicating with payers on these issues since the beginning of this crisis and are prompting our legislators to start thinking about this now.

No matter how this crisis ultimately plays out, physicians are not responsible for the impacts of this lead poisoning. If anything, they’re responsible for stopping it before it went any further. Clearly, no one was stepping up to this issue, until the Hurley lead data exploded onto the scene.

Others should use this catastrophe as a case study for how to avoid catastrophic public policy decision-making, as well as how appropriate and effective community organization can be led by the medical community to affect change in the world.

So everyone take notice. It has taken a medical village and a lot of public support to put a stop to an escalating catastrophe. It takes the medical village connected to the families and individuals we care for to put a stop. It’s going to take a nation to pay for it.
Here is how fast the Flint water crisis is moving. We are running two directors messages, one from the 27th of January and one from the 29th of January.

Amanda Winston MD, Editor

2ND EXECUTIVE DIRECTOR’S MESSAGE

Peter Levine, MPH

Just when you thought it was safe to tell people to drink appropriately filtered Flint water, it is not. The Genesee County Medical Society has endorsed the concept of the precautionary principle which says that nothing should be released into the environment until it is been proven safe. The fact that the Medical Society and many other organizations have been asked to promote the safety of appropriately filtered Flint water, and finding out that some of the addresses in town have such high levels of lead that the filters are overwhelmed (which we discovered Jan. 29) should shake everyone to their core.

The Medical Society has a key group of members who have made massive efforts to obtain accurate information and to coordinate communications along with the health coalition, the pediatricians, and others. This group’s purpose is to make sure that everything that we send out is exactly accurate, so that physicians and citizens know exactly what they should be saying and doing. Drs. Mona Hanna-Attisha, Larry Reynolds, John Waters, Jed Natzke, Laura Caravallah, and Kirk Smith from the Coalition, myself and others have expended massive amounts of energy to do the right thing. No one on that list is getting paid to do this work. But we have been asked to communicate and we have expended the energy to do it well and with forethought, so as not to inadvertently disseminate misinformation. Finding out that Whaley Children’s Home is one of the addresses with a lead reading over 2,000 ppm after all of the assurances that of been put out, should horrify us. It horrified me. Those kids have been through enough, not to mention the other kids and parents who did nothing to deserve this physical, mental and psychological assault. There is no excuse at this point for the incredible chaos that we are seeing in the governmental sector.

Force has to be brought to bear on those in charge to demand reliable information, transparent actions and enforce accountability. We must have cogent competent advice for this community, accurate information must be disseminated widely and then we must be walked out of this man-made mess. Those of us who are public health professionals, are mortified by the fact that almost two years into this process we are still not getting accurate information until after the fact.

It is time to adopt the precautionary principle, at whatever cost it entails. No more politics, no more dancing, no more hiding. If the water isn’t safe, it shouldn’t be used. It is no more complicated than that. The costs of fixing this catastrophe, if it is even fixable, are going to be incredible. The very people whom we counted on to protect us are still not able to provide accurate information so that people can make reasonable decisions on behalf of their children and themselves.

It’s time for the feds, the state, and the local branches of government to come together and do whatever has to be done regardless of the cost to fix this mess.

Think about how much energy has gone into reinvigorating Flint, the universities, the restaurants, the condos, the office space, the events, the financial investment by folks who care, not to mention the folks who stayed because this is home. It will take all of us, and our governmental purse string holders to work together to restore Flint to stability. Let’s not argue about the cost. It is cost that got us into this poisonous mess in the first place.
The More Things Change…
The Bulletin, February 1985, President’s Message

The SGR issue that started in 1985, was solved in 2015!

GOTCHA!

Approximately two years ago, the government proposed the DRG program to our Hospitals as a means of controlling the government’s cost with regard to Medicare, Part A Trust Fund. In return for the Hospital’s cooperation and expense in establishing these procedures the government would allow the DRGs to increase in proportion to the annualized cost of living increase (market basket formula). This would allow the hospital to, at least, stay even with the cost increases caused by inflation of the prices of materials and labor. These materials and labor costs amount to in excess of 85% of the operating budget of all of our hospitals. With this “market basket” adjustment, as part of the package, the hospitals agreed to the DRG program.

Last summer, as a means of controlling the government’s cost with regard to Medicare Part B Trust Fund, the government passed a 15 month freeze on all physicians’ fees regarding Medicare patients. (The constitutionality of this is currently being debated in the courts).

In order to induce more physicians to participate in Medicare, the government established a group of incentives and disincentives which include:

- Civil penalties for non-participating physicians who raise their fees during this period
- Allowing participating physicians to raise their fees during this 15-month period although the participating physicians will not receive and increase in payments during this time. Their fee increases would be used as a basis for increasing each physician’s Medicare profile and fees at the end of the 15 months
- Based upon these and other statements made by the government, some physicians signed a contract for one-year (at least) as Medicare participating physicians.

Reports emanating from the White House and Congress state that Congress and the President are considering revoking the hospitals’ “market basket” adjustment and not allowing the participating physicians to change their fees for 27 months (or more).

Isn’t it amazing how the government unilaterally breaks and alters promises and contracts with physicians and hospitals, however, requiring absolute adherence to these same contacts by physicians and hospitals under threat of civil and criminal penalties!

Somewhere in the government halls, I can see a smirking government official saying to participating physicians and hospitals, “gotcha.”

Consider this the next time the government says… “Trust me---I’ve got a deal for you.”

George H. Greidinger, MD - President
The More Things Change…

The Bulletin, August 1986, President’s Message

Living Wills in 1986, Advance Care Planning in 2016

The Living Will, A Benefit to the Entire Community

The Living Will (presented in the centerfold of the July Bulletin) should be an asset to patients, their families and the medical community. It will permit all involved parties to deal with death in a more sensitive and humane fashion. Patients who make use of The Living Will, will be permitted to die with dignity and in peace. The document will provide comfort to the patient’s family and physicians, especially when caring for the terminally ill patient. The likelihood of being subjected to medical care perceived by the patient to be unnecessary will be reduced. This is especially important in the case of a physician concerned about liability and the elimination of medical uncertainty regarding a specific diagnosis, who feels obligated to “over treat.”

Many patients are concerned about prolonging their life and suffering as a result of life sustaining technology. Patients must clearly understand and remember that they have a choice as to when and how this technology is used. The Living Will will preserve the patient’s autonomy and right to self-determination, even if the patient loses his or her ability to communicate.

In order for The Living Will to be an effective instrument, its presence and purpose needs to be understood by the public, medical community, nursing homes and hospital administrators. This will require an extensive educational effort on behalf of the physicians and other patient advocates. The media should be a valuable ally in this educational effort.

Medical facilities whether a nursing home or hospital, need to develop a sensitive and effective method of dealing with The Living Will. Physicians and nurses must also be educated about the significance and meaning of this document. They should feel comfortable carrying out its mandate on both a medical and legal basis. The Bio-Ethics Committee at each hospital would be an appropriate committee to develop and implement the hospital policies and procedures regarding The Living Will.

The preparations of The Living Will by the Genesee County Medical Society Ethics Committee was a significant accomplishment. In order to achieve its potential value, the public and medical community need to be made aware of its presence and significance. To insure that the Will’s requests are met, appropriate institutional policies must be effectuated. The physicians in our community should play an active role in community education and implementation of The Living Will.

Robert E. James, Jr., MD
President
Editor’s Note:
In the past, the Genesee County Medical Society Bulletin has featured restaurant reviews written by readers. As a challenge to the readership, Dr. John Waters did one and throws down the gauntlet for others to do the same. Amanda Winston MD, Editor

Beale Street Smokehouse BBQ

Fenton houses several very nice restaurants, but I am crazy about the Beale Street Smokehouse. It is located at 2461 North Rd.

We went there for the first time, because I am a blues fan. It’s what I was raised on along with rock ‘n’ roll. Believe it or not this little venue often has good blues on the weekends.

However, the real attraction for most people is the food. The specialty is smoked beef, pork and chicken. They have brisket and ribs, smoked pulled chicken, you name it. The side dishes are always fun, and include such things as sweet potato fries with maple cinnamon dust. The appetizers, namely the corn fritters, and fried green beans are heavenly. For the health-conscious eater, you can get all of these items without sauce or marinade. It is perfectly delicious without being soaked in the less healthy components of barbecue. Just because it’s less healthy, doesn’t mean it isn’t delicious. Beale Street is one of the places that I can go and stay in control of my diet.

The owners are very friendly. There are lots of craft beers on tap. The iced tea is delicious, and the desserts look great, but I’ve never touched one. It’s a very friendly place, but also very small. If you do not like live music, do not go on Friday or Saturday nights. It’s quiet five nights of the week. Enjoy. There are so many jewels in this community. Maybe if no one else picks up the gauntlet to write, I’ll review some more.

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

Do you recognize this DOCTOR?

Look for the Answer inside!
Don't Be Left Out of the GCMS Membership Roster!

This is a major tool used by members and their practices, to refer to and contact members for a full year or more. Non-Members are not listed in the Roster.

Members whose dues are paid by March 1, 2016 will be included in the 2016 Roster.

If you need assistance in paying your dues, please contact the MSMS Membership Department at 517-337-1351 or Sherry Smith at GCMS at ssmith@gcms.org or 810-733-9923.

Thanks in advance for your attention to this issue.
OBITUARY

Frank W. Cook, MD

Frank W. Cook, MD, passed away on January 11, 2016 at the age of 86. Dr. Cook was born in 1929. He married Margaret in January 1955.

Dr. Cook served in the Air Force from 1955-57, at the USAF Hospital and the 4th TAC Hospital in Chitose, Japan. He attended the University of New Mexico and went to the University of Michigan for his graduate work and medical degree. Dr. Cook was a hand surgeon working through McLaren Medical Center and Hurley Medical Center. He practiced surgery in the Flint area for 22 years, before retiring in 1992. He published many articles.

Dr. Cook was a member of the American Medical Association, the Michigan State Medical Society, the Genesee County Medical Society (Treasurer from 1972-1978), a member of the Flint Academy of Surgery, the Kleinert Society and the American Society for Surgery of the Hand. He made numerous medical missions to Honduras. He is survived by his wife, Margaret, and 6 children.
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7 pm, Meeting
7:15 pm, Presentations

RSVP’s requested by January 28th, 2016

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Genesee County Medical Society
4438 Oak Bridge Drive, Suite B
Flint, MI 48532

Email Sherry at ssmith@gcms.org to register your attendance or call 810-733-9923 for more information.
FREE! Commit to Fit! Class Schedule

Commit to Fit offers fitness classes and healthy cooking demonstrations at no cost to all individuals who live or work in Flint and Genesee County. Depending on the facility, participants may be asked to complete a brief registration form prior to attending a class. Class sizes are limited and are on a “first-come, first-served” basis. Fitness Centers require participants to be age 18 and older, other locations are open to all ages. See back side for details.

**FEBRUARY 2016 CALENDAR**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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| 1 Senior Stretch YMCA  
Downtown  
10:00 a.m.  
Aqua Fitness  
UM-Flint Rec  
5:30 p.m. | Enhance Fitness  
Flint Farmers’ Market  
10:00 a.m.  
Healthy Cooking Demonstration  
Flint Farmers’ Market  
12:30 p.m.  
Fit Club at the Local  
5:30 p.m. | Enhance Fitness  
Hasselbring Senior Center  
9:00 a.m.  
Zumba Gold (Beginner)  
GAC  
5:30 p.m. | Enhance Fitness  
Hasselbring Senior Center  
10:00 a.m.  
Basic Yoga  
IHFC  
6:45 p.m. | Healthy Cooking Demonstration  
Flint Farmers’ Market  
12:30 p.m. |
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IHFC  
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Downtown  
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Flint Farmers’ Market  
12:30 p.m.  
Fit Club at the Local  
5:30 p.m. | Enhance Fitness  
Hasselbring Senior Center  
9:00 a.m.  
Zumba Gold (Beginner)  
GAC  
5:30 p.m. | Enhance Fitness  
Hasselbring Senior Center  
10:00 a.m.  
Basic Yoga  
IHFC  
6:45 p.m. | Final Day to enter weight for the New Year, New Youl Challenge |
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
4600 S. Saginaw St
Flint, MI 48507
(810) 893-6489

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

**Genesys Athletic Club (GAC)**
801 Health Park Blvd
Grand Blanc, MI 48439
(810) 608-7300

**Aqua Fitness** (1 hour) – An invigorating water workout. Ideal for all fitness levels. No swimming required

**Zumba Toning** (1 hour) - When it comes to body sculpting, Zumba! Toning® raises the bar. It combines targeted exercises and high-energy cardio work with Latin-infused Zumba!® moves to create a calorie-torching, strength-training, dance fitness-party. Learn how to use light weights to enhance rhythm and tone target areas.

**University of Michigan-Flint Recreation Center (UM-Flint Rec)**
401 Mill Street (for mapping)
303 E. Kearsley
Flint, MI 48502
(810) 762-3441

**Healthy Cooking Demonstration** (30 minutes) - Learn how to cook a simple, healthy dish by a vendor at the Market and try a sample after!

**Flint Farmers’ Market**
300 E. First St
Flint, MI 48502
(810) 232-1399

**Fit Club Workouts** (45 minutes) – Join the Fit Club every Tuesday at 5:30 pm for fun boot camp style workout videos. All ages are encouraged to attend! Check out their [Facebook](#) page for up-to-date information!

**The Flint Local 432**
124 W. 1st Street
Flint, MI 48503
(810) 813-4000

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

**Hasselbring Senior Center**
1002 Home Ave.
Flint, MI 48504
(810) 766-7128

**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) 232-9822

Questions?
Email commit2fit@flint.org

commit2fit.com
I. Call to Order

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

Dr. Duncan introduced Dr. Pino Colone, and swore him in as President, explaining to the Board that Dr. Colone had missed the President's Ball and the customary swearing in process, due to the death of his father.

Dr. Colone expressed his humble pleasure being elected President. He stated that he stands on many shoulders, including those of the GCMS Board members present.

Dr. Colone introduced Dr. Michael Danic and Dr. Rubin Raju, as well as Nick Harrison a medical student as new Board members, welcoming them.

II. Review of Minutes

Motion: that the minutes of the October 27, 2015 Board of Directors meeting be approved as presented. The motion carried.

III. Reports

A) Community & Environmental Health

Dr. Gerald Natzke reported that the Flint Water Quality Technical Advisory Committee would be meeting on December 9, 2015.

Motion: that the Genesee County Medical Society move forward with asking the Governor to declare a lead emergency if, after talking with Congressman Dan Kildee, it seems advisable to move forward. The motion carried.

Directive: staff was directed to set up a time when Congressman Kildee could meet with Drs. Reynolds, Carravallah, B. Mukkamala, Natzke and Rogers-Grays. The wording of the request for declaration of emergency will be established following that conversation.

Motion: if GCMS moves forward on the request for declaration of an emergency, that staff is directed to invite the Greater Flint Health Coalition and the Governor’s Task Force on the Flint Water Crisis to engage on the request for a state of emergency.

Motion: That the Detroit Free Press, Detroit News, and the Flint Journal be asked to publish the motion and that the Technical Advisory Committee be provided a copy of it when complete. The motion carried.

Dr. Natzke finally reported that the Community & Environmental Health Committee is concerned about the issue of methadone and Suboxone and deaths related to them because of an inability to track prescriptions.

Consensus: that Senator Ananich be engaged on the issue of methadone and Suboxone as a member of the legislative task force on drug diversion.
B) Finance  
   Motion: that the Budget-to-Actual report for the period ending October 31, 2015 be approved as presented. The motion carried.

C) Legislative Liaison  
   Dr. Cathy Blight reported that the next Legislative Liaison Committee meeting will take place on December 7.

   She also reported that there are two board certification related bills in the legislature which GCMS will testify on when the hearings are set.

D) Greater Flint Health Coalition  
   Dr. John Waters reported that the lead issue took up most of the meeting.

E) AMA  
   Dr. Cathy Blight reported that the Veteran's Administration is looking at having only CRNA's provide anesthesia in veteran's hospitals.

   Directive: Staff was directed to send out to the membership information on this issue and ask for their participation in opposing such a move.

Dr. S. Bobby Mulkamala reported that all three Michigan resolutions were adopted. The AMA took a position opposing direct to consumer advertising by drug companies.

IV. Other Business  
   A) Award Title for Lifetime Community Service  
      Defer  
      red until next month.

   B) Nominations Idea  
      Deferred until next month.

Respectfully submitted,

Peter Levine, MPH  
Executive Director
ENHANCED BLOOD LEAD LEVEL SCREENING PROVIDER MESSAGE

Michigan Medicaid Early Periodic Screening, Diagnosis and Treatment (EPSDT) guidelines require children to be tested for blood lead poisoning at 12 months and 24 months, and between the ages of 36-72 months if not previously tested (http://www.mdch.state.mi.us/dch-medicaid/manuals/MedicaidProviderManual.pdf). Due to the enhanced public health issue of an increased risk for lead exposure in the City of Flint, providers have been advised to follow enhanced guidelines for lead testing in children:

• Providers should screen ALL children (regardless of Medicaid/insurance status) aged 0-6 years of age exposed to Flint city drinking water after April 2014. Note: this includes all children younger than 1 year and children between the ages of 3-6 years.

• If the child has already been screened within the time period of April 2014-present by a capillary test, healthcare providers should follow-up on any elevated levels >5mcg/dl to ensure confirmatory venous testing is conducted.

• Utilize the standard Blood Lead Level (BLL) Quick Reference for Primary Care Providers at http://www.mi.gov/documents/deq/ProviderQuickReference_Sept2015_501831_7.pdf?20151204122739

• All clients with blood lead levels greater than 5mcg/dl should be referred for case management coordinated through Genesee County Health Department. Providers can make referrals for case management at 810-257-3833

• Providers should inquire about use of a drinking water filter and/or bottled water in all clients residing in city limits. Clients and providers can call 2-1-1 for locations for filter distribution.

• All people with Flint water should be advised to eat regular meals with a diet high in calcium, iron and Vitamin C to decrease lead absorption, mitigate the effects of lead exposure and to enhance the excretion of lead.

• Healthcare providers should inquire about other potential sources of lead in the household per current recommendations (see: https://www.michigan.gov/documents/mdch/testing-screening071009_287511_7.pdf)

• Additional information and updates on Flint water are available at: www.michigan.gov/flintwater and www.gchd.us

Eden V. Wells, MD, MPH, FACPM
Chief Medical Executive
Michigan Department of Health and Human Services
201 Townsend Street, 5th Floor CVB
Lansing, MI 48913
Phone: 517-335-8011
wellse3@michigan.gov
We want photographs of your pets!

We are requesting pictures of both physicians and Alliance members’ pets. A Bulletin feature is being planned that will show a photo of your pet, and ask “Who does this creature belong to?” Are they cute, unique, adorable, interesting, or unusual? Please share them with us!

Guidelines:
- Send at least one photo of your pet or collection of creatures
- Send a second photo of you or your family with the pet(s)
- Clear image, JPG or PNG photos are preferred
- Email your photos to ssmith@gcms.org
- Submit your photos by March 1, 2016

Notes:
- There is no limit on the number of pets or photos accepted
- Photos will be selected and published at the discretion of the Bulletin Committee
- If you have only one photo with you or a family member pictured with the pet, it may be cropped or sized

Please send us your photos, and consider writing articles or opinion pieces on hobbies, travels, concerns about medicine, etc. Please contact Sherry Smith at ssmith@gcms.org with any material, ideas, or suggestions!
THE
HEALING
POWER
OF PETS

BY EDITH CAMPBELL
Few people would dispute the fact that pets have a positive effect on our lives. Ask someone who recently lost a loved pet and you will see the impact of the animal-human bond on that person's life.

A child learns responsibility by caring for a dog and how rewarding it can be to give and receive affection. Children with emotional problems or attention deficit disorders can benefit from the total acceptance that dogs provide.

In fact, a June issue of Medscape Medical News states: "Companion animals may be a helpful addition to treatment programs designed to help children with autism spectrum disorders improve their social skills and interactions with other people. Studies confirmed that symptoms of social anxiety are higher in children with ASD." But research has also shown that all children, regardless of autism diagnoses, feel emotionally better when in the company of animals.

Paul Chhabra, Doctor of Naturopathy Medicine and owner of Vibrant Health Transformation in Grand Blanc, was born in India. He said, "In Indian mythology it was believed that animals (particularly dogs) could help heal health curses in people; that they generate a spiritual energy. Growing up with a dog, I practiced running with him each day and developed a very healthy lifestyle. Actually, dogs have more good bacteria in their bodies than humans do."

He remembers having a patient with a neurological problem who became very lonely. The man rejected the first suggestion to get a companion dog, but two years later did so. "He was a different man after that," said Chhabra, "...both mentally and physically. The dog changed his life."

Chhabra is the author of Healthy Self (Heal Thy Self). His clinic focuses on healing through physical therapy, holistic pain management and nutritional support.

Deborah Duncan, M.D., a Fenton physician, has four dogs and four cats and is an advocate for pet ownership. "It is well documented that pet owners have fewer doctor visits and fewer sick workdays. They exercise more, their blood pressure is lower, and they have less stress. Children raised with pets tend to have fewer allergies. Dogs give you social contacts too, sometimes an opportunity to meet new people." Dr. Duncan practices family and preventive medicine at the Fenton Medical Center and is President of the Genesee County Medical Society.

Dog trainer Beth Moody of To the Rescue K-9 College adds, "Some deaf dogs can be trained to work with autistic children."

Because they do not hear sounds, the ability of these dogs to tune into body language is astounding."

The effect of having a pet to love and care for can be profound; benefits can range from having someone to talk with, to providing a reason to get up in the morning. Positive relationships like this can contribute to a positive health status. Good family and personal relationships contribute to this, as does a loving relationship with a family pet.

People who have family pets tend to suffer less depression, seem to even eat better, and have lower cholesterol levels. The outcome of serious medical conditions is much better, as well. Loneliness, especially in senior citizens, is greatly alleviated by having a family pet to love and care for. People who are depressed and lonely are prone to indulge in habits like overeating and smoking in order to find gratification. Loving and taking care of a pet can fill the vacuum in a healthy way.

The Genesee County Humane Society (GCHS) has programs that embrace these facts. The Golden Friendship Program allows older citizens to adopt older pets, with no adoption fee. The pets have all necessary immunization and are spayed/neutered. The main requirement is that the person can afford to provide future veterinary care as needed.

The GCHS also conducts a pet-therapy program in local hospitals and nursing homes. Volunteers bring puppies or kittens to visit residents, creating smiles and giggles while listening to stories of previously owned pets. A stroke victim might attempt to reach out to a wiggling puppy, or flinch to avoid its kisses.

This phenomena of the animal-human bond is centuries old, but science has now validated it with information on lower blood pressure, improved mental health, and the very extension of life.

Adoption information can be obtained online through www.Petfinder.com. There are a number of local rescue groups with pets available for adoption in addition to Genesee County Animal Control, GCHS, and Fenton Adopt-a-Pet. A list of those groups can be obtained at edithewriter@aol.com.
• GCMS interceded with three payers regarding reimbursement issues for four members
• GCMS helped two members with the certification issues relating to third-party payers
• GCMS aggressively supported the City of Flint in its effort to achieve County and State support for the request for a declaration of emergency regarding the water crisis
• GCMS provided news media with seemingly endless interviews on several issues including the Flint Water Crisis, and legislative topics
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Eric S. Peterson, President
810.694.1767

GCMS.ORG  February 2016 25
Dear GCMS Members,

The following are the key points to remember when counseling lead impacted patients, or their parents and guardians.

• Educate families that water is still not safe, ask if they have a filter (211), flush the system before using

• Nutrition is very important when treating lead exposure. Please link to the Hurley nutrition packet http://www.hurleymc.com/files/wellness/lead-resources/nutrition-and-lead-recipe-and-resource-guide.pdf

• Please remember the importance of long-term neurodevelopment screening, refer to early intervention early

• Continue to practice trauma-informed care – the community is traumatized by this crisis

• Continue to screen for blood lead as recommended

• Consider social work referrals or additional wrap around services for patients - use 211 as a resource
Genesee County Medical Society Quarterly Dinner Business Meeting
Co-Sponsored by the Genesee County Osteopathic Association

February 4, 2016
A Town Hall Meeting on

DRUG DIVERSION, AN EPIDEMIC

Michigan has the 18th highest drug overdose mortality rate in the United States. At the same time, opioid drugs play a critical role in the treatment of pain providing patient benefits when used properly. The February 4, 2016 Genesee County Medical Society Town Hall Meeting will focus on this issue, as well as on what the State of Michigan is planning to do about it.

Presentations will be provided by Senator Jim Ananich, who serves on the Governor’s Michigan Prescription Drug and Opioid Abuse Task Force. Senator Ananich is the Senate Minority Leader. A presentation will also be provided by Pino Colone, MD, current GCMS President and Chair of the Michigan State Medical Society Task Force on Opioid Stewardship. An invitation has been sent to a representative of the Michigan Health Professional Recovery Program as well.

More and more attention will be brought to this issue by policymakers, payers, and law-enforcement. This is an element of medicine that members and their staffs need to be vigilant about.

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

$35.00 - GCMS Members, Spouses, Practice Managers, & Staff
$35.00 - Genesee County Osteopathic Association Physician Members & Spouses
$25.00 - Residents & Students
$50.00 - All Non-Member Guests

Flint Golf Club
3100 Lakewood Drive
Flint, MI 48507

6 pm, Registration & Social Hour
6:30 pm, Dinner
7 pm, Meeting
7:15 pm, Presentations

RSVPs requested by January 28th, 2016

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

Email Sherry at ssmith@gcms.org to register your attendance or call 810-733-9923 for more information.
Flint, Michigan is in the midst of a serious public health crisis, with high levels of lead in its water supply. President Obama signed an emergency declaration on Saturday, ordering federal assistance to support state and local response efforts.

With the emergency declaration in place, the U.S. Department of Health and Human Services (HHS) has now been designated the lead federal agency responsible for coordinating federal government response and recovery efforts.

This means that HHS will, in collaboration with the Federal Emergency Management Agency (FEMA), identify and mobilize the capabilities of the rest of the federal partners – including the Small Business Administration, the Environmental Protection Agency (EPA), and the Departments of Housing and Urban Development (HUD), Education and Agriculture (USDA) -- that are already working to help residents in Flint.

The goal of the federal response will be to help state and local leaders identify the size and scope of the problem, and work with them to make and execute a plan for mitigation of the short- and long-term health effects of lead exposure.

HHS will have a team on the ground in Flint this week. The team will be led by Dr. Nicole Lurie, HHS Assistant Secretary for Preparedness and Response (ASPR). Dr. Lurie will begin engaging with state and local officials today and will travel to Flint tomorrow.

In order to fully leverage the Department's strengths, the HHS team will include HHS Acting Assistant Secretary for Health Dr. Karen DeSalvo, whose office manages the President's Task Force on Environmental Health and Safety Risks to Children, and who will be the primary interface with state and local public health officials. Two U.S. Public Health Service Commissioned Corps officers will also help with the day-to-day responsibilities in Flint.

While HHS will now take on a more prominent role in helping state and local officials respond to this public health crisis, the agency has already been actively engaged in response and recovery efforts, including:

- Providing, at the State of Michigan's request, a range of technical assistance to state and local health departments, public health practices for medical professionals, and public health communications;
- Working with HHS grantees in the area to disseminate public health education through Head Start and Community Health Centers programs, administered by HHS’s Administration for Children and Families and Health Resources and Services Administration, respectively;
- Providing technical assistance related to case management processes and interventions for children with high blood lead levels and interpretation of blood lead levels in adults;

Don't be left out of the GCMS Membership Roster!

This is a major tool used by members and their practices, to refer to and contact members for a full year or more. Non-Members are not listed in the Roster.

Members whose dues are paid by March 1, 2016 will be included in the 2016 Roster.

If you need assistance in paying your dues, please contact the MSMS Membership Department at 517-337-1351 or Sherry Smith at GCMS at ssmith@gcms.org or 810-733-9923.

Thanks in advance for your attention to this issue.
LEAD FEDERAL RESPONSE IN FLINT

www.hhs.gov/blog/2016/01/19/ground-week-hhs-lead-federal-response-flint.html

- Using existing resources to help the state identify vulnerable populations in Flint who may need further targeted outreach. FEMA, EPA, HUD, and USDA are also actively engaged in existing response and recovery efforts.

- FEMA is providing bottled water and filters to Flint. The agency has already provided approximately 71,200 liters of bottled water for distribution to Flint residents.

- EPA is working with state and local officials to reduce lead levels in tap water and provide safe drinking water to the residents of Flint. EPA is also conducting a comprehensive audit of the Michigan drinking water program and a detailed review Michigan’s implementation of the Safe Drinking Water Act in Flint. In October 2015, EPA established a task force to provide recommendations to the State of Michigan and the City of Flint to re-optimize corrosion control as soon as possible and to prepare for the planned switch to water supplied by the Karegnondi Water Authority in 2016.

- HUD is working closely with the city on economic development and interagency coordination. They have successfully assisted the city with the purchase and installation of water filters. HUD had an existing lead hazard grant to Flint, targeted to lead paint, $325,000 of which could be used for addressing the water lead contamination. Additionally, HUD has provided a data tracking and reporting system for the State of Michigan to use in its lead investigations.

- USDA has waived requirements on potable tap water availability at school meal service, allowing schools to provide bottled water. The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is also allowing participants to use WIC vouchers for ready-to-feed infant formula, which does not need to be mixed with water, and participants can also swap powdered formula for ready-to-feed formula.

HHS will provide more details about future federal response and recovery efforts after the HHS team gets on the ground and has a chance to further engage with state and local officials. In the meantime, the Department will continue to work with state and local officials to determine how the federal government can best provide further assistance.
The Genesee County Medical Society Alliance wrapped up 2015 with a number of fun and successful events. Kicking off the season in September was the annual International Luncheon, which was hosted by Randa Gayar. October followed with a presentation on Human Trafficking, which was co-chaired by Cheryl Thoms and Rosa Wang, with great success. Many of our members have been working diligently on this community epidemic, and the turnout of this event reflected their efforts. In November, we had a book club luncheon to acknowledge Alzheimer awareness. The chosen book was "Still Alice". This was a wonderful afternoon that brought lots of laughs and some very touching and personal stories. The event was chaired by Raquel Yapchai, hosted by Velynda Makhene. Closing out the year was the annual Children’s Program. This year Jeanette Rivera and Sabita Tummala co-chaired the project. The charity was The Hispanic Technology and Community Center of Greater Flint. Our Alliance adopted 15 different families to help make sure their children would have something to open on Christmas morning. What a wonderful feeling to see the Christmas spirit in action as our members were able to take care of every single child on the list. This event was a true testament of the dedication that our Alliance has to the community. Starting the new year, there will be a precious metal and jewelry sell back luncheon on January 26th. Check out the Alliance website at http://gcmsalliance.org/ or our Facebook page at https://www.facebook.com/GeneseeCountyMedicalSocietyAlliance for details. Everyone is welcome and you might walk away with a little extra spending money!
GCMS Supports Mayoral Call for Declaration of Emergency

The Genesee County Medical Society proved to be the only organization which stepped forward to support the Mayor of Flint’s call for a declaration of emergency regarding the Flint Water Crisis. On January 4, 2016, the Genesee County Commissioners met to discuss the Mayor’s call, and supported Commission Chair, Jamie Curtis’s decision to support the request for a declaration of emergency. Before the signing, GCMS members, Mona Hanna-Attisha, MD, and Lawrence Reynolds, MD, spoke in support of the resolution. Because of the tremendous potential impact that this situation could have on young and old patients who have experienced high lead exposure, the Genesee County Medical Society has been aggressive of its pursuit of policy that will result in bringing resources to the community to deal with it.

Please keep your eyes on The Bulletin and on email blasts from GCMS for medical updates on this issue.

Meeting the health needs of Genesee County’s children

Child & Adolescent Psychiatry
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- Prevention Activities

Child & Adolescent Health
- Pediatrics
- School-Based Clinics
- Audiology
- Nutrition Education
- Teen Wellness Center

Child & Adolescent Dentistry
- Dental Exams & Preventive Care
- Dental Treatment & Restorations
- School Screening and Sealant Program
- Infant & Toddler Oral Health Care

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WE WANT YOU FOR THE LEGISLATIVE LIAISON COMMITTEE!

Young physicians - are you looking for interchange with your legislators?
Seasoned physicians - would you like to help bring GCMS and MSMS positions to the forefront?

Become involved in the GCMS Legislative Liaison Committee!

Be a part of an elite group of communicators who meet with our elected officials.

You are invited to engage in conversation with your legislators on the first Monday of each month at 8:00am in the Rapport Conference Room at the GCMS office.

You may contact Pete Levine at plevine@gcms.org or call 810.733.9925, if you would like to participate.

This is a valuable opportunity; don’t let it go to waste!

NEXT MEETING DATE: MARCH 7TH
READY TO MOVE IN 4,500 SQ. FT.
Custom designed physician office. Available for rent or purchase in Stone Bridge office complex off Linden Rd. across from Genesee County Medical Society. New roof and heating/cooling.
Contact 810-610-0965

PHYSICIANS NEEDED
at the Emergency Medical Center of Flint Various shifts available for part-time, as well. Must be willing to do minor stitches, infants & children, splinting, and minor eye & ear procedures. This is a classic urgent care much like family practice. Hours of operation 9:30am – 9pm, 7 days a week, closed on major holidays Located at 2284 S. Ballenger Hwy., Suite 2, Flint, 48503.
Contact Pete Levine at 810-733-9925.

AUTOCLAVE NEEDED
by not-for-profit urgent care center. Please contact Brenda at bcraft@gcms.org or call (810) 232-2710.
Don't Be Left Out of the GCMS Membership Roster!

GCMS will be publishing the 2016 Roster in March!
This is a major tool used by members and their practices, to refer to and contact members for a full year or more. Non-Members are not listed in the Roster.
Members whose dues are paid by March 1, 2016 will be included in the 2016 Roster.
If you need assistance in paying your dues, please contact the MSMS Membership Department at 517-337-1351 or Sherry Smith at GCMS at ssmith@gcms.org or 810-733-9923.
Thanks in advance for your attention to this issue.
State and County Medical Society

MEMBERSHIP APPLICATION

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

☐ 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  O Preferred Mail  O Preferred Bill  O Preferred Mail and Bill

City: ______________________________________________________  State:  __________ Zip:  __________________

Home Address  O Preferred Mail  O Preferred Bill  O 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):  O Office Address  O 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:  O Yes  O No

• Secondary Specialty ____________________________________  Board Certified:  O Yes  O No

Marital Status:  O Single  O Married  O Divorced  Spouse’s First Name:  _______________  Spouse’s Last Name:  _______________

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

Within the last five years, have you been convicted of a felony crime?:  O Yes  O 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?:  O Yes  O 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:  _______________________________

Application Code:  ____________________________