



The Bulletin

Saginaw County Medical Society

December 2023 | Volume 81 | No 4

REGISTER NOW!

Tuesday, January 16th

Membership Meeting

"TikTok Said I Have ADHD:

*The Importance of Psychological
Assessment in Diagnosing Children*

with Attention Deficits"

p. 5

2024 SCMS/MSMS Dues

p.7

Renewing Your License in 2024?

p. 22

Bringing physicians together for the common good

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Medical Director,
Covenant Cancer Care Center
and Breast Health Program
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Joseph P. Contino, MD, FACS
Breast Surgery

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The Bulletin can be viewed online at www.SaginawCountyMS.com under the Bulletin tab.

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All statements or comments in the Bulletin are those of the writers, and not necessarily the opinion of the Saginaw County Medical Society. Contributions are welcome. We publish committee reports, letters to the editor, public health activities of the members, and some personal items (birthdays, weddings, graduations and like events). The Editor determines which are accepted. Advertisements are accepted as space is available at our going rates. Members may advertise office information, professional services, skills, and procedures, also at our going rates. We do not accept advertisements from non-members, or non-Saginaw hospitals.

The Bulletin is mailed free of charge to SCMS members as part of their membership. Complimentary copies are sent to various other parties. Others may subscribe at the rate of \$50 per year.

Adapting in Organized Medicine: SCMS Dues Changes

Tiffany K. Kim, MD

Organized medicine is a pivotal force in the realm of healthcare, working tirelessly to ensure the well-being of patients and the professional interests of physicians. In the dynamic landscape of modern medicine, it is essential to comprehend the objectives and accomplishments of organized medicine.

Organized medicine, as we know it today, has evolved significantly over the years. Its roots can be traced back to the early medical societies established in the 18th century. These societies laid the foundation for the collaborative efforts of physicians in shaping the medical field.

Goals of Organized Medicine:

- **Promoting Patient Care:**
At the core of organized medicine is an unwavering commitment to patient care. It strives to improve healthcare standards, ensuring that patients receive the highest quality of medical attention.
- **Advocating for Physicians' Interests:**
Organized medicine acts as a unified voice for physicians. It advocates for their rights, working to ensure fair compensation, manageable workloads, and a supportive working environment.
- **Enhancing Medical Education:**
In a rapidly evolving field, continuous medical education is imperative.

Organized medicine plays a key role in supporting educational initiatives, helping physicians stay updated with the latest advancements.

- **Shaping Healthcare Policies:**
Medical societies actively engage with policymakers to influence healthcare policies. They provide valuable insights and recommendations, ultimately impacting the direction of healthcare legislation.

Despite its noble goals, organized medicine faces its share of challenges. One recent development affecting the Saginaw County Medical Society (SCMS) is the change in membership dues processing.

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"Through community outreach, networking events, and educational programs, the SCMS fosters collaboration among healthcare professionals."

PHYSICIAN AND LEGISLATIVE FORUM

Saginaw County Medical Society
Genesee County Medical Society

Monday, February 5, 2024 | 8-9 a.m.

The SCMS has partnered with the GCMS to present a **Physician and Legislative Forum** via Zoom on **Monday, February 5, 2024, from 8-9 a.m.** Your participation is important! These meetings provide a forum for physician members to voice their concerns with local lawmakers regarding legislation affecting the practice of medicine.

We welcome your input on issues you would like addressed. Representatives from MSMS, SCMS and GCMS will be in attendance. Online registration and meeting agenda will be available in the near future. Join the Zoom Meeting at <https://us06web.zoom.us/j/81982494346?pwd=MkaNBubD89NvayV1WTyPTxXOvWT Ehh.1>, Meeting ID: 819 8249 4346 and Passcode: 868378. We look forward to a robust discussion!

Questions? Contact Joan Cramer at jmcramer@saginawcountymms.com



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As of September 1, the Michigan State Medical Society (MSMS) has implemented a 10% fee to SCMS for handling dues processing. This change necessitates that SCMS must now independently bill and process its own dues.

The decision by MSMS to implement this fee change reflects the challenges in funding and managing the administrative aspects of organized medicine. It is a reminder that even within the realm of organized medicine, fiscal considerations must be addressed to continue supporting essential programs and services.

The SCMS, as a local chapter, remains committed to advancing the objectives of organized medicine, even as it adapts to changes in dues processing. Through community

outreach, networking events, and educational programs, the SCMS fosters collaboration among healthcare professionals. It also actively participates in regional healthcare discussions, ensuring the unique needs of the Saginaw community are represented.

In conclusion, organized medicine is the cornerstone of our healthcare system. It tirelessly strives to promote patient well-being, support the interests of physicians, enhance medical education, and shape healthcare policies. The recent shift in dues processing, initiated by MSMS, underscores the importance of fiscal sustainability within organized medicine. Through unity and dedication, organized medicine continues to be a driving force in the ever-evolving field of healthcare.

CALENDAR OF MEETINGS AND EVENTS FOR 2024*

REGISTER NOW!

Tuesday, January 16, 2024 – Horizons Conference Center, 6200 State Street, Saginaw

Board Meeting – 5:30 p.m.

Membership Meeting – Social (cash bar) at 6:30 p.m., followed by dinner, meeting and program at 7 p.m.

Joint with the Saginaw County Dental Society

Spouse/Significant Other of SCMS Members and Dental Society Members Welcome

Speaker – Lauren Herline, Psy.D. Limited License Psychologist

Topic – “TikTok Said I Have ADHD: The Importance of Psychological Assessment in Diagnosing Children with Attention Deficits”

Online reservations are required

DISCLOSURE

The planner(s) and speaker(s) for this session have no relevant financial relationships with ineligible companies to disclose.

ACCREDITATION

Central Michigan University College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Central Michigan University College of Medicine designates this live activity for a maximum of 1.25 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CLICK HERE to register

or scan the QR code

ONLINE RESERVATIONS ARE REQUIRED BY WEDNESDAY 1/10/24



Monday, February 5, 2024 – Physician and Legislative Forum

Time: 8-9 a.m. via Zoom

Tuesday, February 20, 2024 – CMU College of Medicine, 1632 Stone Street, Saginaw

Board Meeting – 5:30 p.m.

There is no Membership Meeting in February

Tuesday, March 19, 2024 – CMU College of Medicine, 1632 Stone Street, Saginaw

Board Meeting – 5:30 p.m.

There is no Membership Meeting in March

Tuesday, April 16, 2024 – Horizons Conference Center, 6200 State Street, Saginaw

Board Meeting – 5:30 p.m.

Membership Meeting – Social (cash bar) at 6:30 p.m., followed by dinner, meeting and program at 7 p.m.

Speaker – TBD

Topic – TBD

Online reservations are required

Saturday, May 11, 2024 – 159th Annual MSMS House of Delegates at the Crowne Plaza Lansing West

Tuesday, May 21, 2024 – Horizons Conference Center, 6200 State Street, Saginaw

Board Meeting – 5:30 p.m.

Annual SCMS and SCMS Foundation Membership Meetings

Social (cash bar) at 6:30 p.m., followed by dinner, meetings and program at 7 p.m.

• SCMS Annual Meeting:

o *Election of Officers and Directors for 2024-25*

• SCMS Foundation Annual Meeting:

o *Annual Report*

o *Election of Officers and Trustees for 2024-25*

o *Essay Contest Awards (High School Juniors/Seniors) - Why I Want To Be a Physician in Saginaw County*

• Presentation of Health Angel Award

• **Update on CMU College of Medicine – Dean George E. Kikano, MD (tentative)**

• **Update on CMU Medical Education Partners – Samuel Shaheen, MD (tentative)**

Online reservations are required

Thursday, June 6, 2024 – SCMS Foundation Golf Outing at Apple Mountain (tentative)

**Subject to change*

We are SCMS - our Mission, Vision and Values

By Louis L. Constan, MD

Our **Mission** (*bringing physicians together for the common good*) is what we've been doing for 121 years.

Our **Vision** (today's topic) is the nitty-gritty impetus for that Mission. It's what gets us up in the morning and what gives us the energy to get through the day. It is of paramount importance. As the Good Book says: *Where there is no vision, the people perish*¹. With our Vision (We aim to improve the lives of physicians and the patients we serve) firmly in mind, we expect SCMS will flourish, rather than languish:

Improving the lives of physicians

Some would argue that this goal is unnecessary. Aren't the lives of physicians good overall? Money, power, prestige... what else would anyone need? The scourge of Burnout testifies that our personal and professional needs are decidedly not being met. We herein affirm those needs and work against the forces that cause physician Burnout.

In short, if we ask the simple question: "Is there any other institution, anywhere, whose goal is to improve the lives of Saginaw physicians," there can be only one answer. The SCMS.

Improving the lives of the patients we serve

Some would argue that this too, is an unnecessary goal. Certainly there are myriad other organizations seeking patient well-being. Their effectiveness, though, can be a mixed bag. Consider these:

- **Government.** It operates Medicare, Medicaid and county health departments. It regulates insurance companies; reigns in polluters; provides housing, recreational opportunities, food assistance. Surely government can be relied on to improve the patient-care experience. Yet, as we know all too well, governmental efforts are often buffeted by special interests who strive to use government to benefit only some. Zero-sum game. Some patients win, some lose. Inequality, social determinants of health, widespread suspicion of governmental actions leading to inadequate public health measures. In too many ways, the government fails the deepest and broadest needs of our patients.
- **Business.** Adam Smith, the father of Capitalism, asserted that if everyone were free to follow their own self-interests, the overall welfare of the population would be assured, as if an "invisible hand" were guiding the system. To be sure, many have benefited from an open market system, but that invisible hand doesn't distribute evenly. Immense wealth for some, but that wealth is not always used in constructive ways. Consider the activities that harm the health of our patients: Pollution of the air and water, anti-competitive strategies that increase costs, and suppression of those who

pursue healthier working conditions through collective bargaining. Those higher profits (a sacred Adam-Smith-Self-Interest), can actually harm the general welfare. Capitalism clearly cannot be depended upon to improve the healthcare of the patients we serve.

- **Insurance companies.** Surely it is in their vital interest to improve the healthcare of their subscribers. Yes, except when they deny necessary services because they find them too costly to their bottom line.
- **Hospitals.** Our traditional partners in patient care. Except that hospital profitability may depend on investing in and promoting the best-paying sectors of their operations to the detriment of lesser-paying but arguably more essential services such as primary care, patient education and public health.
- **Non-governmental organizations.** It is an American tradition: Every disease deserves its own promotional organization. These NGOs collect money for research, endowed professorships and public-interest campaigns. What they don't do is provide medical care and they run the risk of becoming the very special interest groups that distort government spending, benefiting some groups while harming others.

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The scourge of Burnout testifies that our personal and professional needs are decidedly not being met.

SCMS/MSMS 2024 MEMBERSHIP DUES NOW PAYABLE

Membership dues are payable by December 31, 2023

Thank you for your membership in the SCMS and Michigan State Medical Society (MSMS). Membership in both organizations is required pursuant to our Bylaws. **SCMS and MSMS membership is so much more than membership meetings. We are not only support for you, but for your office staff as well. [Click HERE to review "Benefits of Membership."](#)**

MSMS no longer collects SCMS dues, so payment must be made directly to both organizations.

This summer, MSMS elected to charge a non-negotiable 10% fee to collect county medical society dues, effective September 1, to help offset their deficit. The SCMS is not in a financial position to absorb the 10% fee in this fiscal year or going forward. The fee we would be required to pay is the equivalent of losing 27 active members. Fifty-five percent of SCMS members do not pay dues (retirees, residents and students), therefore, our active members (45% of total membership) fund the SCMS.



The SCMS emailed and faxed dues invoices to members in October and November. If you did not receive your dues notice, please check your spam/junk folder for an email from jmcramer@saginawcountymys.com (new email as of 10/18/23). If you can't locate your invoice, please contact the SCMS for a copy. Both SCMS and MSMS invoices need to be paid in order to continue membership. SCMS dues are 100% tax deductible as a business expenses, while 76.1% of MSMS dues are tax deductible as a business expense.

Payments for SCMS dues can be made by check or credit card, however, a processing fee will be added to credit card payments. The SCMS is also accepting donations to assist with increased costs for educational membership meetings, *The Bulletin* and community outreach programs.

WHY PAY DUES?

- Because all physicians need to "fund their voice."
- National polls show physicians as one of the most respected professions. Sadly, they don't use their clout often enough to preserve their profession and protect their patients.
- The strength and effectiveness of SCMS/MSMS as your professional association is predicated on strong membership.
- There is strength in numbers. Together we are stronger.

If you have questions or concerns, please contact Joan Cramer, SCMS Executive Director, at (989) 284-8884 or jmcramer@saginawcountymys.com (new email effective 10/18/23).

To pay SCMS dues:

- Click [HERE](#) to pay \$309 by credit card (processing fee added) or to make a donation
- Mail check payable to the SCMS to 350 St. Andrews Road, Suite 242, Saginaw, MI 48638-5988
- Questions or updates for the SCMS: Email jmcramer@saginawcountymys.com or call/text (989) 284-8884

To pay MSMS dues:

- Online at www.msms.org/renew
- Call MSMS Account Specialist, Christina Spitzley at 517-336-5762
- Print the invoice from your account record and FAX to MSMS at 517-336-5716
- Questions or updates for MSMS: CSpitzley@msms.org

As a member, your concerns are addressed and your voice is amplified. Remember: If you're not at the table, then you're probably on the menu!

RENEW TODAY AND KEEP ORGANIZED MEDICINE STRONG!

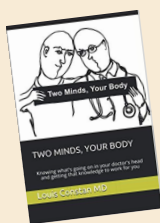
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Bottom line: We cannot depend on any other organization to take the lead in improving our lives and the lives of the patients we serve.

One final thought: We must never forget that the welfare of physicians and their patients are inexorably intertwined. They come as a package. American society makes no effort to improve the welfare of physicians. And although it takes some effort to improve the lot of patients, as we have seen, they are often flawed. Only one organization in our county unabashedly strives to improve the lives of both physicians and the patients we serve. We are the SCMS!

Stay tuned for discussion of the seven **Values** we hold most dear.

¹Proverbs 29:18



If you find it difficult to communicate with your doctor; if you find it hard to get personal attention from an 'impersonal healthcare industry'; if you don't understand

all those insurance-company rules; if you don't know how to change your bad health habits; if you think you may be on unnecessary medications; if you are perplexed by those annoying health-product advertisements; and if you'd like to know which are your greatest health risks - you'll appreciate this Family Doctor's advice, gleaned from 44 years of practice.

Each chapter is illustrated with real-life examples from his and other doctors' practices. Each chapter ends with 'bonus' essays written by the author and published in newspapers and magazines giving the doctor's viewpoint. This will give you a unique perspective and allow you to 'get into the mind' of a doctor. Sweet!

Available on Kindle (different cover but same book) and paperback.

Mission: To prevent suicide through education, advocacy, connection to resources, and support for those impacted by suicide.

Hope Starts Here

On Saturday, November 18, 2023, 150 survivors of suicide loss attended the annual **Hope Starts Here** at the **Bavarian Inn Lodge** in Frankenmuth. The Saturday before Thanksgiving is recognized as **International Survivors of Suicide Loss Day**, a day to support those who have been impacted by suicide.



The guest speakers were **Kevin Briggs** and **Kevin Berthia** from California. The duo shared their lived experiences leaving participants with a better understanding of the "why" of suicide. **Kevin Briggs** was the **Guardian (police officer)** of the **Golden Gate Bridge** that helped move people from a place of hopelessness to a place of safety. Briggs is quoted as saying, *"sometimes the longest journey we can take is just 18 inches... from our head to our heart."*



Kevin Berthia is a young man who survived a near attempt as Briggs spent 92 minutes talking to Berthia as he stood on the ledge of the bridge. He shared his perspective from a person who struggled for years with thoughts of suicide. **#TheKevins**

On Friday morning, November 17, **#TheKevins** shared their lived experience with 80 health and behavior health specialists. On Friday afternoon, they shared their lived experience in a program specifically tailored to the 100 first responders in attendance. **Greg Flynn**, Chief of the West Bloomfield Township Fire Department and founder of the **Yellow Rose Campaign** led both groups in taking a pledge to keep our first responders safe.

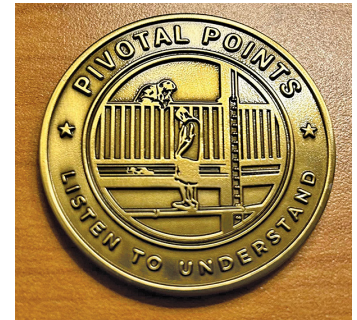


L-R Greg Flynn, Kevin Berthia, Barb Smith and Kevin Briggs

The Yellow Rose Campaign's mission is to remove the stigma of emotional health issues of firefighters, police officers, EMS and first responders. Taking the pledge and wearing the Yellow Rose pin is a pledge to do your part to help remove the stigma associated with mental health issues. Those who take the pledge honor the Yellow Rose as a sign of their faithfulness to the mission of saving those who save others.



Yellow Rose Campaign Challenge Coin



Back of coin with #TheKevins on the Golden Gate Bridge

Hope Starts Here is made possible by many generous sponsors and in part from our Annual Walk for Hope... Depression and Suicide Awareness event

Talk Today...Hope for Tomorrow

Mental Health awareness night in partnership with the Saginaw Spirit

On Saturday, February 10, 2024, the Barb Smith SRRN will host **Talk Today...Hope for Tomorrow** mental health awareness night in partnership with the Saginaw Spirit at the **Dow Event Center**.



Get Your Tickets Now!

- For more information about Talk Today please [CLICK HERE](#)
- To purchase tickets to attend the game on Saturday, February 10, 2024, visit the [Spirit's website](#) .
 - o Use GroupId: **BARBSMITH23** and Password: **SPIRIT**
- To speak to someone about the event, contact Anne at info@srrn.net or call (989) 781-5260 ext. 1.

NOTICE OF NEW EMAIL ADDRESS

Effective 10/18/23,
 Joan Cramer's new email is
jmcramer@saginawcountymys.com

Please update your contact list and address book, and check your spam/junk folder for missed messages since the update

Thank you!

THE RESIDENT LOUNGE

Teaching and Mentorship on Shift

Brittany M. Garza, DO

Emergency Medicine Resident Physician, PGY-2

Central Michigan University residents are fortunate to have so many excellent educators in the greater Saginaw area. As many of us want to pursue careers in education and academics, having these mentors is an invaluable resource. Even physicians who are not directly affiliated with Central Michigan have volunteered their time, energy, and expertise to educate residents and medical students alike. Thank you to our community partners and educators who make a difference in our education every single day.

For those of us in residency who are growing our educational abilities, there are many ways to make an impact every day. Even in the busy emergency department, there's always a time and place to create a teaching moment or serve as a mentor. I have included some of my favorite advice I've learned about medical education throughout my experience at CMU.

Try to adapt teaching to the individual's interests to help with engagement on shift. If a medical student is interested in pursuing radiology, have them analyze interesting imaging studies. If a medical student is interested in psychiatry, look for opportunities to involve them in the care

of patients seeking mental health care, while ensuring that they have a well-rounded experience with other patients. These will be great opportunities for them to see their specialty from a different perspective while also keeping them engaged.

Ask tailored and open-ended questions. Follow broad questions with more specific questions to explore deeper thinking and engagement. Turn questions into a discussion, avoiding rapid fire grilling sessions. This helps create a learner-centric, instead of a teacher-centric model of education.

Sometimes, better teaching cases occur when a student or resident isn't on shift. If there is a particularly interesting case, make sure to save the pertinent, de-identified EKG or imaging. Reviewing these for even five minutes can make a great impact on a learner's education.

Becoming a better learner and educator on shift is an intentional choice. If you see one or more physician learners on your schedule, know that the opportunity to work with you is valued. We recognize that we owe much of our professional growth to our CMU, Covenant, St. Mary's, Healthsource, and community educators, and thank you for helping shape us into the physicians and educators we are today.



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MISSION STATEMENT

Bringing physicians together for the common good

VISION STATEMENT

We aim to improve the lives of physicians and the patients we serve

VALUES STATEMENT

Service
Advocacy
Genuine Health
Inclusive
Networking
Always Learning
We Lead

RETIREES MEET FOR LUNCH!

Retired physicians meet for lunch every Wednesday at 12 noon at **IHOP**, 2255 Tittabawassee Road in Saginaw. Those attending are responsible for their own lunch, and the informal gathering lasts about an hour. Join your retired colleagues whenever you like!

THE GROUP ALWAYS MEETS IN THE BACK ROOM.

If you are told no one from the group is there, please go directly to the back room and check for yourself!

If you have questions, please contact Joan Cramer at (989) 284-8884 or Dr. Caroline Scott at (989) 295-2721.

KEY PROVIDER OF THE MONTH!

WE TAKE CARING FOR KIDS VERY SERIOUSLY

Announcing Covenant Children's Hospital at Covenant HealthCare.

At Covenant HealthCare, we've made a serious commitment to safeguarding your children's health. That's why Covenant Children's Hospital offers so many specialized pediatric services and facilities, including:

- The region's **only** Pediatric Emergency Care Center, part of a Level II Trauma Center verified for both adults and pediatrics
- The region's **only** Level III Regional Neonatal Intensive Care Unit (RNICU)
- The region's **only** Pediatric Intensive Care Unit (PICU) north of Flint
- Our state-of-the-art Covenant Birth Center, delivering more than 3,000 babies each year
- A wide array of inpatient and outpatient rehabilitation services for children, including the Center for Autism, through Mary Free Bed at Covenant

- Our partnership with CMU College of Medicine Pediatric and Obstetrics & Gynecology Residency programs, through which we train future doctors, engage current providers, and support high-quality care in the region
- Specialty clinical programs for children including pediatric surgery, pediatric neurology, sleep medicine, diabetes, cardiology, and more with Covenant Medical Group and local providers
- Access to the collective knowledge of more than 200 children's hospitals through our membership in the Children's Hospital Association

It's this commitment to extraordinary care for every generation that has made Covenant HealthCare the most preferred children's hospital in the Great Lakes Bay Region.

Learn more at CovenantChildrensHospital.com

COVENANT
Children's
Hospital

APPLICATIONS FOR MEMBERSHIP

FIRST READING:

Applications for membership for first reading at the January 16, 2024, Board Meeting:

Mehdi H. Baluch, MD

Covenant Digestive Care Center

Specialty:

Internal Medicine, Board Certified 2001

Gastroenterology, Board Certified 2007

Medical School: King Edward Medical College, Lahore, Pakistan - MBBS, 1991

Residency: St. Joseph Mercy-Wayne State University affiliated, Internal Medicine, 6/98-6/01

Research Fellowship: Sarah C. Upham Division of Gastroenterology and Hepatobiliary Disease, New York Medical College-Westchester Medical Center, Valhalla, NY, 7/01-4/02

Clinical Research Fellowship: Stritch School of Medicine, Loyola University Medical Center, Division of Gastroenterology, Hepatology and Nutrition, Maywood, IL, 5/02-2/03

Fellowship: Loyola University Medical Center, Division of Gastroenterology, Hepatology and Nutrition, Gastroenterology/Hepatology, 6/03-7/06

Advanced Therapeutic Endoscopic Training: Advanced Endoscopy Research Foundation, Mumbai, India, 2/07-4/07

Sponsors: Doctors Menelito D. Lilagan and Asad I. Mehboob

Affiliate Member

Mark J. Bullock, DPM

Covenant Orthopaedics-Gratiot

Specialty: Podiatry-Foot and Ankle Surgeon, Board Certified 2015

Medical School: Temple University School of Podiatric Medicine, Philadelphia, PA, 2012

Residency: St. John Hospital and Medical Center, Detroit, MI, Podiatric Surgery, 7/12-6/15

Fellowship: The Orthopedic Group, Mon Valley Fellowship, Monongahela, PA, Foot and Ankle Surgery, 8/15-8/16

Sponsors: Doctors Danielle C. Duncan and Jeffrey D. Osborne

Saad A. Chaudhry, MD

CMU Health – Internal Medicine

Specialty:

Internal Medicine, Board Certified 2022

Geriatrics, Board Eligible

Medical School: American University of the Caribbean SOM, St. Maarten, 2018

Residency: Wayne State University School of Medicine, Rochester, MI, Internal Medicine, 7/19-6/22

Fellowship: Icahn School of Medicine at Mount Sinai Hospital, New York, NY, Geriatrics, 7/22-6/23

Sponsors: Doctors Nicholas E. Haddad and Cecelia E. Kraus-Horbal

Jason E. Kuhn, DO

Covenant Medical Group Surgery

Specialty:

Surgery - General, Board Certified

Surgery - Bariatric

Medical School: Lake Erie College of Osteopathic Medicine, Bradenton, FL, 2013

Residency: St. John Macomb/Oakland, Detroit, MI, General Surgery, 7/13-6/18

Fellowship: Geisinger Medical Center, Danville, PA, Minimally Invasive and Bariatric Surgery, 8/18-7/19

Sponsors: Doctors Sujal G. Patel and Todd G. Richardson

Steven T. McLean, MD

Ascension St. Mary's

CMO Ascension Michigan's Northern Ministries

Specialty: Emergency Medicine, Board Certified 1999

Medical School: Wayne State University School of Medicine, 1995

Residency: Detroit Receiving Hospital, Emergency Medicine, 1995-98

Sponsors: Doctors Stephanie J. Duggan and Mildred J. Willy

Jonathan K. Murdock, DO

Mid Michigan Vascular Surgery, PC

Specialty: Surgery - Vascular, Board Certified 2022

Medical School: Des Moines University College of Osteopathic Medicine and Surgery, Des Moines, IA, 2014

Residency: Beaumont Health-Farmington Hills Campus, Farmington Hills, MI, General Surgery, 7/14-7/19

Fellowship: Beaumont Health-Royal Oak Main Campus, Royal Oak, MI, Vascular Surgery, 7/19-7/21

Sponsors: Doctors Ronald A. Bays and Ryan J. Kim

Phillip B. Nahirniak, DO

Covenant Medical Group Surgery

Specialty:

Surgery - General, Board Certified 2022

Surgery - Critical Care/Trauma, Board Certified 2023

Medical School: Michigan State University College of Osteopathic Medicine, 2017

Residency: Henry Ford Macomb, General Surgery, 6/17-6/22

Fellowship: St. Joseph Mercy, Ann Arbor, MI, Surgical Critical Care, 8/22-7/23

Sponsors: Doctors Sujal G. Patel and Todd G. Richardson



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989-497-6507 | GBOUVY@SAGINAWSPIRIT.COM



Hearts and Paddles Event Raises Funds for CMU's Pulse³ Endowment

Inaugural Pickleball Tournament and Health Expo provides \$20,000 for cardiovascular wellness in the region

Author: Kelly Belcher kelly.belcher@cmich.edu

The Pulse³ Endowment for Community Cardiovascular Health hosted its first **Hearts and Paddles Pickleball Tournament** on Saturday, September 16, 2023, at Garber Courts in Saginaw. The event was sponsored by **Blue Cross Blue Shield of Michigan** and presented in partnership with **BWell Saginaw** and the **Urban Racquet Sports Foundation**.



"Blue Cross Blue Shield of Michigan is committed to supporting healthier communities throughout Michigan, and the Hearts and Paddles Pickleball Tournament aligns perfectly with that mission," said **Ken Hayward**, vice president and special assistant to the president for community relations at Blue Cross Blue Shield of Michigan. "Physical activity is vital to living a healthy lifestyle and this event was a great opportunity for locals of all ages to educate themselves on physical health, be active and support cardiovascular wellness programs."

More than 85 teams participated in the tournament which had divisions for men's, women's and mixed doubles pairings based on skill level. From beginners new to the game to long-time pickleball enthusiasts, the tournament was enjoyed by all the players and spectators in attendance.

"The Urban Racquet Sports Foundation thoroughly enjoyed working with the Pulse³ team and hosting the inaugural Hearts and Paddles Pickleball Tournament and the accompanying Health Fair at our Garber Courts," stated **Ken LeCureux**, co-founder of the Urban Racquet Sports Foundation. "We're looking forward to many future repeats of this wonderful

community happening. As an organization reaching urban youth with the game of tennis for 17 years, while also teaching them the importance of a healthy lifestyle with regular exercise and good nutritional habits, this event helps support and promote an important element of our mission."

In addition to the tournament, the event also featured a community health expo with 17 vendors. **Alana's Foundation** was on-site and administered over 30 flu shots to community members. The **Saginaw County Health Department** was also in attendance, providing free cholesterol and diabetes screening. "The Health Department was proud to be part of this event," said **Delicia Pruitt, MD**, Medical Director for Saginaw County and associate professor for the CMU College of Medicine. "We had so many people interested in cholesterol and glucose testing that we actually ran out of supplies! We want to encourage everyone who is thinking about exercising more to try something new, like pickleball, in order to better their health and wellness. BWell!"

The event was a great opportunity for community members to engage in cardiovascular activity and connect with health resources in our area. In total, it raised over \$20,000 in support of cardiovascular wellness programs for the Great Lakes Bay Region.

"We are thrilled with the turnout from the community and the ultimate success of our first Hearts and Paddles pickleball tournament. Complementing our winter **Shocks & Saves Charity Hockey** game with this late summer event allows us to raise funds in support of community wellness, education, and cardiovascular risk assessment programs. Where **Shocks & Saves** provides focus on our response to cardiac emergencies, the aim of Hearts and Paddles is to prevent those emergencies from ever happening," said **Steve Vance, MD**, Executive Director of Pulse³ and Associate Dean of Clinical Education for CMU's College of Medicine.

Dr. Vance added, "Our partners at Urban Racquet Sports Foundation and BWell Saginaw were instrumental in bringing this event to life, and the sponsorship from Blue Cross Blue Shield of Michigan was the spark that allowed us to go from idea to reality. We are grateful for the support of our many sponsors and look forward to future collaboration in making the Great Lakes Bay Region a healthy, safe and vibrant place to live."



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Thank You Key Providers!



The SCMS would like to thank our dedicated Key Providers, old and new, for continuing to provide support for SCMS Membership Meetings!

BIRTHDAYS

NOVEMBER

Happy Belated Birthday!

Steven Ater DO
Michael T. Bergeon MD
John Blebea MD
Julie Bunyard DO
Michael A. Butman MD
Michael A. Cannova DO
Jeffery W. Carney MD
Mitchell Cin *Student*
Anthony deBari MD
Amandeep S. Dhaliwal MD
Mark G. Greenwell MD
Zeina Habib MD
Ronald C. Hazen MD
Danielle L. Hebert MD
Furhut R. Janssen DO
Beverly A. Jarema DO
Adebambo M. Kadri MD
Phadej Keopunna MD
George E. Kikano MD
Nikolai Kinachtchouk MD
John M. Kosanovich MD
Valerie Lamoureux MD
Kai Y. Li MD
Daniel J. Lin MD
Aliah McCalla *Student*
Asad I. Mehboob DO
Caleb Morris DO
Andrew M. Namespetra MD
Cristina M. Nituica MD
Houman Nourkeyhani MD
Bernard D. Noveloso MD
Loretta R. O'Donnell MD
Fermin Rankin MD
Rita S. Ratani MD
Deborah L. Russell MD
Alex M. Schlangen DO
Anastasiya Shchatsko MD
Thomas Taugher DO
Julie Taylor MD
Patricia V. Valia MD
Vishwas P. Vaniawala MD
Chandler G. Veenhuis DO
Dhruv N. Verma MD
Mildred J. Willy MD

DECEMBER

Che Song Park MD

Happy Special Birthday!

Syed S. Akhtar MD
Arshad Aqil MD
Catherine M. Baase MD
J.G. Marc Bertrand MD
Wendy S. Biggs MD
Keith G. Bouffard DO
Marshall A. Brown MD
Thomas M. Burkey MD
Ana V. Camagay MD
Wing Lee "Winnie" Cheung *Student*
John F. Cherry MD
Virginia R. Dedicatoria MD

Rosalinda A. Elazegui MD
Mohammed Elbashir MD
Frederick W. Foltz MD
Jack E. Goodwin MD
Harpreet K. Grewal MD
Halimah Hamidu-Egiebor *Student*
Duane B. Heilbronn, Jr. MD
Christopher B. Hesterly MD
Steven L. Jensen MD
Robert V. Kasemodel MD
Sambasiva R. Kottamasu MD
Yanyu Long MD
Emmanuel Luciano Lorenzo MD
Carlotta M. Maresca MD
Christina L. Maser MD
Joanne E. Mathew MD
B. Babu Paidipaty MD
Christa M. Persyn MD
Natasa Petreska MD
Sundarachalam Pindicura MD
Nathan M. Razbannia MD
Lekha K. Richardson MD
Abdulsalam S. Salem DO
Aron M. Schneider DO
James F. Shetlar MD
Farhad K. Shokoohi MD
Gregory P. Sutton MD
Tarek A. Taha MD
Andrew S. Wagner MD
Julia M. Walter MD
Larry Wang MD
Liaqat Zaman MD
Sayeda B. Zehra MD
Ugne Zekonyte *Student*

JANUARY

Leatha B. Hayes DO

Happy Special Birthday!

Arno W. Weiss, Jr. MD

Happy Special Birthday!

Jamal U. Akbar MD
Wasef Al-Khateeb MD
Sarosh Anwar MD
Rahul Arora MD
Edward Austin MD
Steve Balian MD
Mehdi H. Baluch MD
Alia M. Bapary MD
John K. Bartnik MD
Ronald A. Bays MD
Uzma Bejna MD
Abbas Bekhrad MD
Robert L. Borenitsch DO
Tony Bourdkane MD
Gary A. Brooks MD
Paul B. Bry MD
Lowell A. Butman MD
Marcello L. Caso MD
Doris D. Cataquiz MD
Bryon C. Chamberlain MD
Saad A. Chaudhry MD
Moonyoung S. Chung MD

Louis L. Constan MD
Elvira M. Dawis MD
Angie Lynn F. Domingo MD
Patrick A. Fewins *Student*
Rica A. Generoso MD
Steven D. Hale MD
Gabriel S. Hamawi DPM
Gregory C. Hazen MD
Alicia Hoban MD
Ali E. Ibrahim MD
Mohammad Jafferany MD
Ashley Jones MD
Roger N. Kahn MD
Sreevastav T. Kalangi MD
Nadim Kanaan MD
Charles A. Keane MD
Mohammad Yahya Khan MD
Jason E. Kuhn DO
Ayushi A. Kumar *Student*
Menelito D. Lilagan DO
Mark R. Ludka MD
Hamza Malik MD
Ben R. Mayne MD
Matthew F. McDowell DO
Vickie B. Mello DO
Babu L. Nahata MD
Sunil P. Pandit MD
Alan I. Rebenstock MD
S. Sethu K. Reddy MD
Emily Ridge *Student*
Douglas J. Saylor MD
Susan K. Schmiede MD
Michael L. Schultz MD
Maliha N. Shaikh MD
Jacquelyn G. Small DO
Shravani Sripathi MD
Matthew N. Vartanian MD
Venkatramana R. Vattipally MD
Daniel J. Wechter MD

FEBRUARY

Adeel Ahmed MD
George F. Ascherl, Jr. MD
Chad C. Bambrick MD
Anirudha Bhandiwad MD
Dennis A. Boysen MD
Timothy K. Brown MD
Scott E. Cheney MD
John F. Collins MD
Joseph P. Contino MD
Kathleen M. Cowling DO
Fred C. Dunham MD
Michal Dusza MD
Franchesca Garcia-Robles MD
Anu R. Gollapudi MD
Ryan Guthrie MD
Richard P. Heuschele MD
Johnathan Todd Howard DMD
Charles E. Jessup DO
Jose Mari G. Jurado MD
K.P. Karunakaran MD
Yuri J. Kim MD
Lawrence L. LaLonde MD
Kevin J. Lawson MD
Renato S. Lee MD
Jose V.B. Mangune MD
George Mathew (Mukalil) MD
Elizabeth McIntyre MD
Dale L. Moliterno DO
Debasish Mridha MD
Kennedy J. Oliphant *Student*
Matthew Petruso DO
Meena Ramani MD
Arup Sarkar MD
Biren R. Shah MD
Yousif K. Tawadros DO
Madison L. Waddell *Student*
David A. Wiersema DO
Anthony M. Zacharek MD

Caduceus Meeting for Recovering Health Care Professionals

Third Thursday of each month at 7 p.m.

Zion Lutheran Church

545 7th Street, Freeland, Michigan

(Behind Pat's Grocery Store on Midland Road in Freeland)

Caduceus meetings are available to health care industry professionals, and have adopted many of the principles of 12-Step programs.

Caduceus meetings are "closed" meetings for recovering health care professionals including, but not limited to, nurses, doctors, dentists and pharmacists.

We engage in group discussions where members may want to speak up, ask questions or share thoughts with fellow members.

September and October Membership Meeting Minutes

September

The Saginaw County Medical Society Membership Meeting was held on Tuesday, September 19, 2023, at Horizons Conference Center. **Tiffany K. Kim MD**, President, called the meeting to order at 7:07 p.m. Dr. Kim welcomed members, residents, medical students, Dental Society members, Osteopathic Society members and guests.

Dr. Kim thanked the following Key Providers in attendance for their ongoing support of SCMS programs:

- **Ascension St. Mary's – Catharine Hervey**
- **HealthSource Saginaw – Brian Champagne**, Physical Therapist and **Katie McDonald**, Medical Rehabilitation Center Program Executive
- **Renue Physical Therapy – Christie Clements** OTRL, CHT, **Nicole Judson** PT, DPT and **Tom Hetzner**

Dr. Kim welcomed **Jonathan Horbal DO**, President of the Saginaw Valley Osteopathic Society, to conduct Osteopathic Society business.

Dr. Kim then conducted business of the SCMS:

- The Minutes of the May 16, 2023, Membership Meeting were attached to the Agenda and published in *The Bulletin*. **MOTION: Approve the May 16, 2023, Meeting Minutes as printed. MOTION APPROVED.**
- Introduced new members attending the meeting:
 - o **Nishtha Sareen MD** – Ascension Michigan, Interventional Cardiologist and Medical Director for the Women's Heart Program

- o **Yasaswi Vengalesetti MD** – CMU PGY-1 Internal Medicine
- o **Xia Wang MD** – CMU Internal Medicine Geneticist
- Encouraged members to stay up-to-date with the SCMS by reading *The Bulletin* which is available on our website www.SaginawCountyMS.com under the Bulletin tab.
- Announced the upcoming events and noted information on each was attached to the Agenda:
 - o 2023 Dr. Raana Akbar Memorial Lecture Series
 - o Motown Women's Health Symposium
 - o Sacred Heart Mercy Health Care Center's Annual Saint Luke Lecture Series
 - o Start the Conversation: Crisis Intervention Skills and Self-Care for Health Professionals

PROGRAM

Monica Lamble DDS and **Nishtha Sareen MD** presented a CME-accredited program on *"The Link Between Oral, Cardiac and Systemic Health; MVD Dysfunction- Must Knows."*

The next meeting of the SCMS will be on Tuesday, October 17, 2023, at Horizons.

There being no further business, the meeting was adjourned at 8:25 p.m.

Respectfully submitted,
Joan M. Cramer
Executive Director



L-R: Drs. Nishtha Sareen and Monica Lamble; Andrew Garza and Dr. Brittany Ladson; Drs. Xia Wang, Cecilia Kraus-Horbal and Jonathan Horbal; Drs. Bill Lichon, Andrea Mertz and Chelsea Bricker; Drs. Monica Lamble and Patrick Ruth (and baby)

October

The Saginaw County Medical Society Membership Meeting was held on Tuesday, October 17, 2023, at Horizons Conference Center.

Tiffany K. Kim MD, President, called the meeting to order at 7:04 p.m. Dr. Kim welcomed members, residents, medical students and guests.

Dr. Kim thanked the following Key Providers in attendance for their ongoing support of SCMS programs:

- **Covenant HealthCare – Jennifer Behm RN, BSN** Regional Physician Liaison, **Jason Kuhn DO**, **Phillip Nahirniak DO** and **Chad Ringley MD**
- **Healthway Compounding Pharmacy – Larry Green** and **Edward Wright, PharmD**

Dr. Kim then conducted business of the SCMS:

- The Minutes of the September 19, 2023, Membership Meeting were attached to the Agenda. **MOTION: Approve the September 19, 2023, Meeting Minutes as presented.**
MOTION APPROVED.
- Introduced new members attending the meeting:
 - o **Justine Czajka MD** – CMU Internal Medicine PGY-1 Resident
 - o **Natalia Fretes MD** – CMU Internal Medicine PGY-3 Resident
 - o **Swetha Kondaveeti MD** – CMU Psychiatry PGY-3 Resident
- Notified members MSMS is no longer billing SCMS dues, so members will receive two dues invoices which must be paid to the respective organization. MSMS and SCMS dues are payable by December 31, 2023. MSMS is offering \$100 in free CME if both MSMS and SCMS dues are paid by November 30, 2023. Dr. Kim also stated the SCMS is accepting donations to help offset increased costs for dinner at our membership

meetings, publication of *The Bulletin* and community outreach projects.

- Encouraged members to stay up-to-date with the SCMS by reading *The Bulletin* which is available on our website www.SaginawCountyMS.com under the Bulletin tab.
- Encouraged members to participate in the Research Project: Identifying Familial Hypercholesterolemia – Assessment of Knowledge, Attitude and Practice in Central Michigan Health Care Providers
- Announced the upcoming events and noted information on each was attached to the Agenda:
 - o Sacred Heart Mercy Health Care Center's Annual Saint Luke's Lecture Series
 - o Statewide Tribal Opioid Summit
 - o Start the Conversation: Crisis Intervention Skills and Self-Care for Health Care Professionals

PROGRAM

Dafna W. Allen MD presented a CME-accredited program on "Obesity Medicine for the Medical Provider."

The next meeting of the SCMS will be on Tuesday, January 16, 2024, at Horizons.

There being no further business, the meeting was adjourned at 8:16 p.m.

Respectfully submitted,
Joan M. Cramer
Executive Director



L-R: Drs. Dafna and Chris Allen; Eddie Wright and Larry Green of Healthway Pharmacy; Jennifer Behm RN, Drs. Chad Ringley, Phillip Nahirniak and Jason Kuhn; Drs. K.P. Karu and Kala Ramasamy; Drs. Rama Mulpuri and Anu Gollapudi

Information Courtesy of CMU College of Medicine and CMU Health

2023 Fall/Winter Continuing Medical Education Survey

Would you please take a moment to let us know how we are doing in providing you with informative and relevant Continuing Medical Education courses and events over the past year? We need your feedback! There are only six short questions and should only take two minutes.

CME Survey Link: <https://forms.office.com/r/fvGwxLgMht>

If you have any questions for us, please don't hesitate to reach out. We are always happy to help. Wishing you all a wonderful holiday season.

Joan Ford, CME Administrator

Sheila Allen, CME Specialist

Dean's Message



It is hard to believe the **CMU College of Medicine** has been in existence for 15 years. We have a lot to celebrate with over 600 graduates either completing their residency training or practicing as alumni in communities here in Michigan and throughout the country. Our research programs in basic sciences, health services

research and clinical trials have significantly expanded in the past five years and now account for half of the research attainment at CMU.

Also, I am most proud of our large portfolio of initiatives to improve the well-being and health of communities in mid and northern Michigan. Just a few months ago, we established the **Rural Health Equity Institute (RHEI)**. The RHEI focuses on rural health priorities and will join forces with local communities to promote well-being, quality of life, and improve the health status of residents. By centering on the unique aspects of rural health, the Institute will ally closely with communities and pursue opportunities that improve access to services, expand telehealth capacity, advance data solutions and tools, and deliver education and training that respond to local needs.

As our parent institution is in the final stages of developing and starting implementation of a five year strategic plan to position the university as a leader in higher education in Michigan and the Midwest, I find it necessary to update you on discussions surrounding the future of the College of Medicine.

The College's vision and mission are solid, and we have a great foundation to continue with an upward trajectory focusing on three areas:

- **Students** – We continue to attract and educate outstanding students to prepare them for residency programs and careers serving communities in need. As we rely on clinical affiliates, we need to work collaboratively with our existing campuses and volunteer physicians to ensure a welcoming environment for our students. We will continue to strengthen the infrastructure of our affiliates and identify an additional clinical campus that can house a large cohort of students.
- **Research** – The field of medicine is changing rapidly, aided by breakthroughs in science and technology. We maintain our focus on research in core areas related to basic science, pediatrics, population and public health. In partnership with our colleagues from **University Pediatricians** in Detroit and others in Saginaw, we are building an infrastructure to manage clinical trials benefiting patients.
- **Community Initiatives and Outreach** – Leveraging the RHEI and our connection with the **Mid Central Regional Area Health Education Center (AHEC)** we will work with community partners who are interested in collaborating on shared community health interests, deliver health education and training opportunities, and forge solutions that improve the health and well-being of rural residents. This approach elevates CMU's distinct capabilities and expertise in rural health to provide an innovation and collaboration hub serving mid-Central and Northern Michigan.

As the Dean of the College of Medicine, I have dual responsibilities overseeing the operations of the College of Medicine and serving as the Chair of the Board of **CMU Medical Education Partners**. While the College of Medicine educates students, CMU Medical Education Partners is responsible for managing the CMU residency programs, as well as, employed teaching physicians and allied health professionals in the Saginaw region. This dual structure causes unnecessary complexities and duplication of some services. The leadership of the College and CMU Medical Education Partners agree that we need to explore changing this structure to better align our medical educational programs, both undergraduate and graduate, under a unified model. We are in the exploratory stages and hope to have a model outlined in the next few months.

The College of Medicine has been part of expanding health care access in the Great Lakes Bay Region for the last 10 years. We were elated when the **City of Saginaw** received \$30 million from the **State of Michigan** in support of its vision to

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develop the “medical diamond.” The College already has a large presence in the medical diamond district with an investment of over \$20 million in Saginaw, multiple clinical sites, and strong relationships with **Covenant HealthCare, Ascension St. Mary's, Great Lakes Bay Health Centers**, other health care institutions and physicians. We are excited to explore our role in this opportunity, which could allow CMU to build upon existing operations in Saginaw, including our medical education programs, and strengthen the relationships we have with health care systems and providers in the region.

As we envision the College of Medicine's evolution and sustainability, change is inevitable. It is important to recognize that while change can be challenging, it also offers opportunities for growth, learning and innovation which is what our College is all about. As we embark on a new era in our medical education journey, I will keep you updated as planning progresses. Thank you for your time, talent and dedication.

*George E. Kikano, MD
CMU Vice President for Health Affairs
Dean, CMU College of Medicine*

2023 Faculty Recognition and Award Ceremony

On behalf of the **CMU College of Medicine**, the **Office of Faculty Development** was honored to recognize the foundational sciences and clinical faculty, community educators, CCC and ICE preceptors at the **Faculty Recognition and Awards Ceremony** on October 12, 2023, at the Midland Country Club. Congratulations to all the nominees and recipients of the following awards.

D and C Mridha Spirit of Teaching

Award recipient: Rosemary Poku, PhD – Foundational Sciences

Other nominees:

Muhammad Usman Ghani, MD – Medical Sciences
Renee K. Sundstrom, DO – Surgical Sciences
Amrish Jain, MD – Pediatric Sciences

Excellence in Research

Award recipient: Neli Ragina, PhD

Other nominees:

Michael J. Conway, PhD
Jyotsna Pandey, MD, PhD

Excellence in Teaching in Foundational Sciences

Award recipient: Joydeep Chaudhuri, MD

Other nominees:

Michael Elftman, PhD
Robert Petersen, PhD

Excellence in Teaching in Medical Sciences

Award recipient: Nikita Roy, MD

Other nominees:

Jennifer Romeu, MD
Olivia Thomas, MD

Excellence in Teaching in Pediatric Sciences

Award recipient: Vishwas Vaniawala, MD

Other nominees:

Mina Hafzalah, MD
Banu Kumar, MD

Excellence in Teaching in Surgical Sciences

Award recipient: Judy S. Blebea, MD

Other nominees:

Akram Alashari, MD
Christina Maser, MD

Excellence in Teaching as a Community Educator

Award recipients:

Jonathon Deibel, MD
Palaniandy Kogulan, MD
David Michael Smeenge, MD
Rania Esteitie, MD
Thomas Schomaker, DO

*Congratulations to all our award recipients and nominees!
We truly appreciate your time and efforts; you are having a tremendous impact!*

Spirit of St. Vincent Award Honors Dr. Samuel Shaheen

Each year, the **Ascension St. Mary's Foundation Spirit of St. Vincent Award** recognizes a highly respected physician who has provided long-standing service to the Great Lakes Bay Region. The 2023 recipient is **Samuel Shaheen, MD**, President and CEO of **CMU Medical Education Partners** and a Professor of Surgery for the **CMU College of Medicine**.

As a native resident of Saginaw County, his love for and dedication to his community has been instilled in him throughout his life. Dr. Shaheen says, “It is an honor to carry on previous recipients and my father's (**Dr. Samuel H. Shaheen**) legacy in receiving the Spirit of St. Vincent Award, 10 years after his recognition. For 25 years, I've been fortunate to have the opportunity and greatest responsibility to care for people. Being of service to others is extremely important to me, and I hope to



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continue to do this work for years to come while also working collaboratively with other organizations to improve health through education.”

Dr. Shaheen shares in the College of Medicine’s goal to reduce disparities and improve health outcomes for all, and is committed to building a healthy and vibrant community and improving health through medical education in the Great Lakes Bay Region and throughout Michigan.

Leadership in Medical Education Award Established

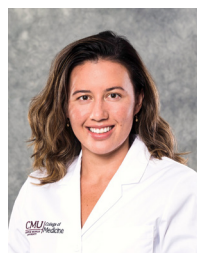
A new endowment, **The Dr. George E. and Mona Kikano Leadership in Medical Education Fund**, has been established through a generous personal gift made by Dr. Kikano and his wife. This fund is designated to create an award recognizing the outstanding leadership and professional contributions of the faculty and staff in the **CMU College of Medicine**.

Dr. Kikano is passionately dedicated to teaching, building community partnerships and improving access to care. He is steadfast in the belief that the success of the College of Medicine is due to the faculty and staff’s commitment to the College’s mission to educate diverse students and train culturally competent physicians. With this mindset, the **Leadership in Medical Education** award will honor the exceptional devotion our faculty and staff have to fulfilling our mission and advancing medical education.

The Leadership in Medical Education award will be presented annually to one outstanding faculty member and one dedicated staff member who have made significant contributions to the growth and development of our medical education programs. Recipients will have the flexibility to allocate their award towards personal or professional development initiatives. This new award will play a pivotal role in encouraging and recognizing our esteemed colleagues who contribute to the continuous improvement of our medical education community.

College of Medicine Student Joins Board of Trustees for the Family Medicine Foundation

CMU’s own **Julia (Schulte) McNamara**, a fourth-year medical student, has been appointed as the student representative on the Board of Trustees for the **Family Medicine Foundation of Michigan**. McNamara became inspired to serve as a student representative after attending the 2022 National Conference and learning about the influential role a student can have in shaping patient care, physician advocacy and the future of medical education.



McNamara also dedicates her time as a mentor in the **College of Medicine Mentorship Program** where she offers support to undergraduate medical students navigating their path to medical school. McNamara said her experiences interacting with individuals from diverse backgrounds, cultures and socioeconomic statuses have given her a deep understanding of the importance of diversity, inclusivity and health equity within family medicine.





CMU Health is proud to welcome
SAAD CHAUDHRY, MD
GERIATRICS

Dr. Chaudhry is accepting patients and referrals in the Great Lakes Bay region.

» **SPECIALITIES INCLUDE:**

- Geriatrics, internal medicine
- Mental health, dementia
- Polypharmacy & transition of care

Call 989-746-7769 or scan code to schedule an appointment.



Get the answers you deserve!

XIA WANG, MD
CMU HEALTH’S FELLOWSHIP-TRAINED AND BOARD-CERTIFIED MEDICAL GENETICIST

Dr. Xia Wang offers genetic services to help you understand medical conditions that may run in your family.

- » Accepting new patients for our Saginaw location
- » Evaluation & screening of hereditary cancer
- » Genetic counseling & testing

Call 989-746-7769 or scan code to schedule an appointment.

Aging Gracefully by Reducing Frailty – Friday, January 12, 2024 | 8-9 a.m.

The CMU Office of Continuing Medical Education is pleased to present this featured presentation as part of the Central Michigan University College of Medicine’s Internal Medicine Grand Rounds:

Aging Gracefully by Reducing Frailty
Speaker: Saad Chaudhry, MD, Board Certified Geriatrician

Friday, January 12, 2024 | 8-9 a.m.
To join the meeting, click link or QR Code
LINK: <https://tinyurl.com/5esxs2kv>

For more information, CLICK HERE



MEMBER NEWS

Dr. Kathleen Cowling Receives Prestigious Award from MCEP



Kathleen M. Cowling DO, MS, MBA, FACEP recently received the **2023 John A. Rupke, MD Lifetime Achievement Award from the Michigan College of Emergency Physicians.**

The award recognizes a member who exemplifies the specialty of Emergency Medicine in the State of Michigan and who through a distinguished career has had a major impact on the practice of Emergency Medicine. The recipient has demonstrated a lifetime of contributions to the practice of Emergency Medicine by an unparalleled commitment to professionalism, leadership, and service which has established them as an inspiration and role model throughout the specialty.

Congratulations, Dr. Cowling!

Dr. Cathy Baase Recognized as One of the Most Influential Women Leaders in Health Promotion



Catherine M. Baase MD has been recognized by the **American Journal of Health Promotion (AJHP)** as one of the most accomplished and influential women leaders in the public health education and health promotion field. There are innumerable women leaders working in healthcare and

public health. This “most influential” list is intended to feature top women leaders who have made specialized contributions to the field of health promotion.

Dr. Baase is Chair Emerita of the **Michigan Health Improvement Alliance (MIHIA)**, and former Chief Health Officer of Dow, and is recognized for her extensive contributions to population health in corporations, health systems and communities. She is an accomplished company leader, physician, researcher, teacher and mentor, and a sought-after advisor to local, state and national agencies. She has been a pioneer in many aspects of corporate health, calling early attention to health-related productivity loss, the business implications of health, and the need for a global health strategy. More than her long list of achievements, Dr. Baase is perhaps best known for her kind, humble, matter-of-fact, thoughtful demeanor; someone as interested as she is interesting.

Congratulations, Dr. Baase!

Khalid M. Malik, MD

announces his retirement from General Surgery as of December 31, 2023

Dr. Malik will retain his patient records

Dr. Taha Recognized with AMG Excellence in Medicine Award



Congratulations to **Tarek A. Taha MD**, orthopedic and trauma surgeon with Ascension Medical Group (AMG) Orthopedics and Sports Medicine in Saginaw, for being recognized with

the **AMG Excellence in Medicine Award**. This award honors physicians who exemplify Ascension’s values, going above and beyond to serve our patients and communities. Dr. Taha was recognized for his exceptional skills as a surgeon, especially in highly complex trauma cases; his dedication to exceptional service to patients; and his reputation among peers.

Congratulations, Dr. Taha!

Dr. Anderson Recognized as 5 Star Award Winner

Congratulations to **Kai Anderson MD**, CMU College of Medicine Psychiatrist, Director of Ambulatory Services, Director of Psychotherapy Training and Assistant Program Director for

being named a **5 Star Award Winner** by the **Saginaw Alumnae Chapter of Delta Sigma Theta Sorority, Inc.** at their 55th Anniversary Sneaker Ball Soiree on October 14, 2023, at Horizons Conference Center. Award winners have demonstrated unparalleled

commitment to their respective fields, embodying the organization’s Five-Point Programmatic Thrust.

Congratulations, Dr. Anderson!

Please contact Joan Cramer at jmcramer@saginawcountymys.com with newsworthy information on SCMS physician members or families. Publication is subject to available space and the discretion of the Editor. Advertisements for physician practices, procedures, etc., will not be considered for publication as Member News. Display ads may be purchased for those purposes.



Renewing Your Medical License in 2024? What you Need to Know!

As a reminder, physician license renewals are quickly approaching. One third of licensed osteopathic and allopathic physicians are required to renew their three-year license every year. Please see the information below to assist with the process and requirements.

[CHECK YOUR LICENSE NOW](#)

[MICHIGAN MEDICAL DOCTOR \(MD\) LICENSING GUIDE](#)

[MICHIGAN OSTEOPATHIC PHYSICIAN \(DO\) LICENSING GUIDE](#)

[BUREAU OF PROFESSIONAL LICENSING MEDICINE FAQs](#)

In October of 2021, the Bureau of Professional Licensing (BPL) migrated over 700,000 licenses to a new licensing platform called MiPLUS. The benefits of MiPLUS include an online account and an electronic application. As soon as your license is issued or renewed, you will receive an electronic copy of your license via email. Electronic copies of licenses are also stored in your MiPLUS account and can be accessed at any time.

Due to the functionality of MiPLUS, **paper copies of licenses will no longer be automatically mailed upon issuance or renewal.** Instead, licensees will be able to choose if they'd prefer to have a copy of their license mailed to them during the application or renewal process. Licensees benefit because an electronic copy is immediately available to them.

To access your MiPLUS account, please visit www.michigan.gov/miplus. If you have any questions, please contact bplhelp@michigan.gov or 517-241-0199.

Every 3 Years

Medical doctors are required to complete 150 hours of continuing education of which a minimum 75 hours of the required 150 hours must be earned in courses or programs designated as Category 1 programs. The remaining 75 hours may comprise of Category 1 and 2 credits within the maximums allowed. [Click HERE for a brief description](#) of each category and the number of allowable hours and acceptable documentation.

Osteopathic physicians are required to complete a minimum of 60 hours in Category 1. [Click HERE for a brief description](#) of each category and the number of allowable hours and acceptable documentation.

Required CME

Within the 150 hours of continuing medical education, a minimum of one hour of continuing education must be in the area of medical ethics and three hours must be in the area of

pain and symptom management (with at least one of the three hours specifically on controlled substance prescribing).

In addition, effective June 2022, a minimum of three hours every three-year relicensing cycle is required in **Implicit Bias** education. Renewals in January 2023 need one hour; renewals in 2024 need two hours; and renewals in 2025 need three hours. **Then after, every three-year renewal cycle will need to report three hours. Hours earned after June 2021 can be used.**

One-Time Requirements

Effective January 4, 2019, LARA announced a one-time **Opioids and Controlled Substances Awareness Training Standards for Prescribers and Dispensers of Controlled Substances.** This is separate from continuing education for an individual seeking a controlled substance license or who is licensed to prescribe or dispense controlled substances. Please refer to the information published after this article on the [Michigan Collaborative Addiction Resources & Education System](#) for more information and free trainings.

Also, separate from continuing medical education requirements, physicians must complete a one-time **human trafficking** requirement.

Renewal Grace Period

There is a 60-day grace period in which you may renew your license without having to go through the relicensure process. If you renew during the 60-day grace period, there is an additional \$20 late fee when you renew your license.

However, if your license is not renewed within the 60-day grace period after your expiration date, your license will lapse. The expiration date will reflect the original expiration date - it will not include the grace period. For example: If your license expires January 31, you have until April 1 to pay your renewal fee. If you do not renew by April 1, the end of the 60-day grace period, your license is considered lapsed as of January 31. **Please note that when your license lapses, you can no longer practice your profession, nor can you identify yourself as a licensed individual.**

If you have not completed your CME requirements by your license renewal date, you are allowed to use this grace period to complete those credits. Do not submit your renewal prior to completing your CME but do not exceed the 60-day period.

Continuing Medical Education Waivers

The Board of Medicine may waive the continuing medical education requirements for a license renewal if the failure of the license was due to the licensee's disability, military service, absence from the continental United States, or a circumstance beyond the control of the licensee which the board considers sufficient.

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To request a waiver, a written request must be submitted by mail to Bureau of Professional Licensing, Attn: Board of Medicine, P.O. Box 30670, Lansing, MI 48909, or by email to BPLHelp@michigan.gov and will need to include supporting documentation for the reason for the waiver. A waiver cannot be requested after an application for renewal has been submitted. The board cannot prospectively waive continuing education requirements.

Renewing Your License

Physicians will be sent a renewal notification to both your mailing and email address on record approximately 90 days prior to the expiration date of your license. You will not be able to renew before that time. Remember to notify LARA of any address change by submitting a MiPLUS modification. **LARA states that it is the providers responsibility as a licensed health professional to renew your license on time. Failure to receive the renewal postcard, email notification, or to notify LARA of an address change does not exempt physicians from renewing their license on time.**

To renew your license, go online to your MiPLUS account at www.michigan.gov/MiPLUS. Renewal payments can be taken by using a debit or credit card containing a Visa, MasterCard, American Express or Discover logo.

Online CME Courses

[Online CME courses including the required content areas are available here>>](#)

[Details on the required and one-time CME are available here>>](#)

For more information or for questions on **Online CME Courses**, please contact [Brenda Marenich](#) or [Rebecca Blake](#) at MSMS.

GUEST WRITERS WELCOME!

If you would like to write an article of interest to your colleagues for publication in a future issue of *The Bulletin*, please contact Joan Cramer at jmcramer@saginawcountymys.com for further information.

Articles are not designed for self-promotion, but rather as information for members.

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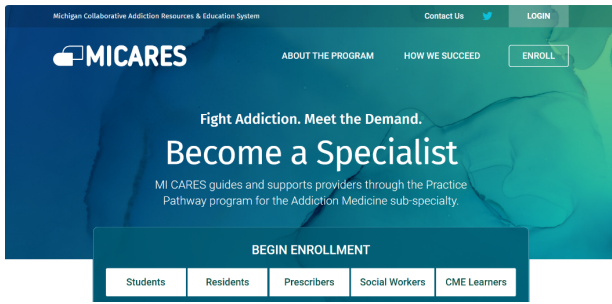


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- Helping bridge the gap between almost 22 million people struggling with substance use disorder, and approximately only 5,500 specialists nationwide.
- Increased practice-based and clinical efficiencies, and enhanced communication with colleagues, patients and caregivers.
- Possible increase in compensation; it is estimated that physicians with board certification earn 67% more than those without it.

The MI CARES program is designed to:

Support physicians applying for Addiction Medicine certification through the Practice Pathway with the American Board of Preventive Medicine (ABPM).

- Identify areas outside of direct patient care to ensure required hours of experience in Addiction Medicine research, teaching activities, and administration are met, utilizing collaborative resources.
- Properly assess a provider’s current roles and responsibilities and how they can translate to meet the time-in-practice requirements for Addiction Medicine certification.
- Provide a robust overview of the Addiction Medicine core content for the board exam.

What to Expect

Physician participants gain access to all MI CARES’ asynchronous learning modules, no-cost CME and assistance during the application process.

End Result for Physicians:

- CME credits
- Unlimited access to modules
- Application tools and support from MI CARES staff

Benefits of Addiction Medicine Certification

The American Board of Medical Specialties (ABMS) and the American Society of Addiction Medicine (ASAM) list a variety of benefits of board certification. Some benefits include:

- Joining a distinguished community of physicians whose priority is the advancement of patient care and safety.

MI Success

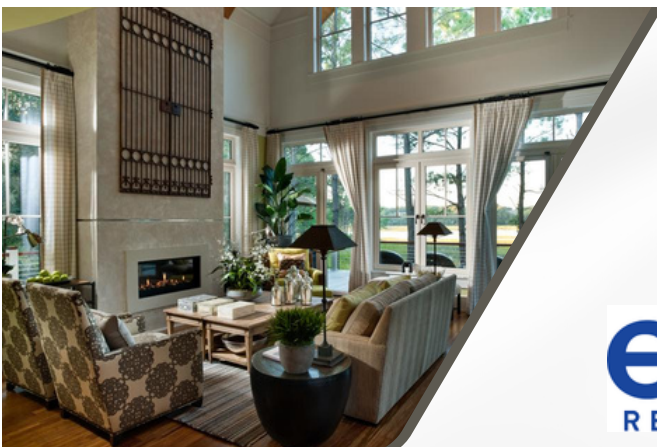
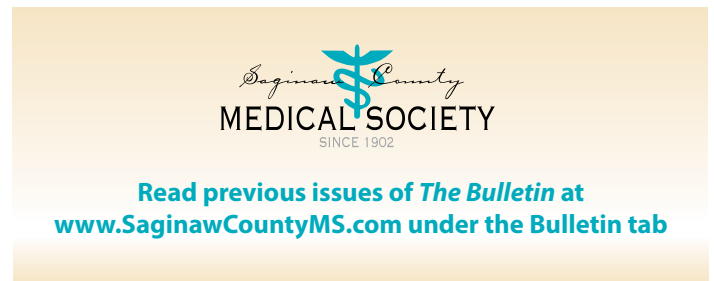
MI CARES set two ambitious goals. One, to increase the Addiction Medicine workforce in Michigan, and two, to implement an Addiction Medicine curriculum into undergraduate medical education. Initially, MI CARES was developed as a regional initiative to address the need for Addiction Medicine specialists in Michigan.

Today, physicians from all over the U.S. are enrolling in MI CARES’ Practice Pathway program to meet the rising demand for addiction specialists in their own communities. MI CARES has a dedicated, knowledgeable, and professional staff to support our participants, content experts to help develop our evidence-based curriculum, and medical students setting the stage as the next generation of leaders in the field of Addiction Medicine.

Statistics

- National – 52 new board-certified physicians since 2021
- 95% of participating physicians said MI CARES simplified the certification process
- MI CARES Enrollees – 975 since 2019

For more information, visit micaresed.org



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Surgeon and Philanthropist Honored with the Spirit of St. Vincent Award at Ascension St. Mary's Foundation Cornette Ball

Nearly 600 people gathered for the 29th Annual **Ascension St. Mary's Foundation Cornette Ball** that honored **Samuel J. Shaheen, MD, FACS**, as the 2023 recipient of the prestigious Spirit of St. Vincent Award, presented annually to a highly respected physician who has rendered long and noteworthy service to the Great Lakes Bay community. Hospital leaders and medical colleagues recognized Dr. Shaheen as a true servant leader, healthcare advocate and business leader.



"Dr. Shaheen is very deserving of the Spirit of St. Vincent Award," said **Karen Stiffler**, Chief Development Officer, Ascension Michigan Mid/North Foundations. "Ascension St. Mary's Hospital has a legacy of being a center of excellence for healthcare, and Dr. Shaheen has contributed to that. The dedication and compassion he has for people and our communities is nothing short of exceptional."

"Dr. Shaheen is a visionary and advocate for Saginaw," said **Steven McLean, MD**, Chief Medical Officer, Ascension St. Mary's Hospital, and 2021 Spirit of St. Vincent award honoree. "I've worked alongside him for years. Not only is he dedicated and caring to patients, but he is also passionate about the community. He developed the Saginaw riverfront medical corridor on Washington Avenue nearly two decades ago, and is now working with community leaders to develop a medical diamond in Saginaw to benefit generations to come."

This year's Cornette Ball raised more than \$340,000, with proceeds supporting the addition of 4K imaging technology in the operating rooms at Ascension St. Mary's Hospital. The \$1.2 million system provides over eight million pixels of an image, giving surgeons and staff better clarity to diagnose and provide the best surgical care to patients. Pictured is **Shane Hunt** and Dr. McLean leading a live auction as part of the Cornette Ball fun.



Since its inception, Ascension St. Mary's Foundation Cornette Ball has raised more than \$3.4 million to support the purchase of advanced technology and equipment, hospital renovations, and the

growth of programs and services. [Click here](#) to see more photos from the event.

Ascension St. Mary's Hospital Medical Staff Welcomes Cardiovascular Surgeon

Ascension St. Mary's Hospital is pleased to welcome **Frederic S. Joyce, MD**, to the medical staff. Dr. Joyce serves as the lead cardiovascular surgeon at Ascension St. Mary's Hospital. He has more than 35 years of experience, specializing in aortic and mitral valve surgery, hybrid coronary revascularization and intra-operative echocardiography. Dr. Joyce completed cardiothoracic surgery fellowships at **Copenhagen University Hospital Rigshospitalet** and **Cleveland Clinic** in Cleveland, Ohio. He is board-certified in perioperative transesophageal echocardiography, a registered physician in vascular interpretation and a fellow in the American College of Cardiology.



Dr. Frederic Joyce

Three additional cardiovascular surgeons also joined the Ascension St. Mary's Hospital medical staff -



Dr. Alvise Bernabei



Dr. Christopher Phillips



Dr. Phillip Robinson

Alvise F. Bernabei, MD, Christopher C. Phillips, MD, and Phillip L. Robinson, MD. Each surgeon has more than 25 years of experience treating coronary artery disease, mitral valve disease, aortic valve disease, aortic aneurysms, atrial fibrillation, structural heart defects, heart failure and more.

To make a patient referral, contact **Kari Hoffman** at (989) 907-4382 or by email at kari.hoffmann@ascension.org.

Ascension St. Mary's Hospital Recognized with Quality Stroke Care Awards

Ascension St. Mary's Hospital recently received the **2023 American Heart Association (AHA)/ America Stroke Association (ASA) Get With The Guidelines® Stroke Gold Plus Quality Achievement Award, Target: Stroke Honor Roll Elite Award and Advanced Therapy Award** by meeting specific criteria that reduce the time between a stroke patient's arrival at the hospital and treatment.



As a certified comprehensive stroke center, the Ascension St. Mary's stroke team stands ready 24/7 to provide the most advanced care and treatment to individuals with complex stroke and cerebrovascular conditions. They were also recognized with the **Target: Type 2 Diabetes Honor Roll**

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award for meeting quality measures to ensure patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to a stroke.

Mobile Mammography Bus Offers Monthly Service to Area Communities

Ascension St. Mary's mobile breast screening center is pleased to share the monthly route schedule which provides state-of-the-art 3D mammography services to the following communities – Birch Run, Chesaning, Frankenmuth, Oscoda and Vassar. The mobile mammography bus will be at these Ascension locations on the following days each month:



First and Third Monday	Ascension St. Mary's – Frankenmuth 1027 W. Genesee Street, Frankenmuth, MI 48734	7 a.m. - 3 p.m.
First Tuesday	Ascension St. Mary's Health Center – Vassar 1212 W. Saginaw Road, Vassar, MI 48768	7 a.m. - 5 p.m.
Second and Fourth Monday	Ascension St. Mary's Health Center – Chesaning 1600 Brady Street, Chesaning, MI 48616	7 a.m. - 5 p.m.
Second, Third and Fourth Thursday	Ascension St. Mary's Health Center – Birch Run 9900 Birch Run Road, Birch Run, MI 48415	7 a.m. - 5 p.m.
First Thursday of the month and Second, Third and Fourth Tuesday	Ascension St. Joseph Hospital Oscoda Health Park 5939 N. Huron Road, Oscoda, MI 48750	7 a.m. - 5 p.m.

**The schedule may change as other locations are added to the monthly schedule.*

Images are transferred daily from the mobile mammogram system to Ascension St. Mary's Hospital in Saginaw where a radiologist will read them.

For more information about the mobile mammography center and its schedule, call (989) 497-3080. Pictured is the mobile mammography bus at Ascension St. Mary's - Frankenmuth.



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If you are experiencing a life-threatening emergency or difficulty breathing, go directly to the ER or dial 911.

Covenant HealthCare Announces Covenant Children's Hospital

Honoring the past, present and future of medical care for children

Covenant HealthCare recently announced Covenant Children's Hospital, marking a milestone for the health care system and its commitment to pediatric care.

Michael L. Fiore, MD, Pediatric

Intensivist and Medical Director of the **Covenant Pediatric Intensive Care Unit** states, "This marks a significant moment



for our region, a moment that underscores our collective commitment to the well-being of the most vital resource for the future of the Great Lakes Bay

Region - our children."

Covenant has been providing and growing specialized services to women and children since its founding hospitals began in the late 1800s. Today, the care Covenant provides extends beyond children in Saginaw and the Great Lakes Bay Region, with families traveling from a 20-county region- including northeast Michigan and the Thumb. As a children's hospital, Covenant teams work collaboratively, not competitively, with health care providers locally and throughout the state, with a shared commitment to ensuring healthcare for all children, from prevention to critical care.

"We are proud to announce that Covenant HealthCare has been accepted into, and has joined, the **Children's Hospital Association**," shares Dr. Fiore. "This decision to align ourselves with the Children's Hospital Association is a testament to our unyielding dedication to the health of our youngest patients. The Association's Mission resonates deeply with our own values, as it centers on the belief that every child deserves access to the highest quality of healthcare."

"We know that when it comes to health care, kids are different," says Dr. Fiore. "Children need health care designed for their needs, acknowledging their physical, developmental, behavioral and emotional differences. Health care that involves families in all stages of care and delivered by specially trained clinicians in environments designed just for kids."

What is a Children's Hospital? Dr. Fiore explains, "Children's Hospital is more than a building with colorful walls; rather it is an embodiment of the hearts and minds of all of us committed to the well-being of children. It is play therapy offered by a

child life specialist, preparing a toddler for surgery; it is the skill of a pediatric nurse, holding and comforting an infant through a difficult IV start; it is the fierce advocacy of a dedicated pediatric social worker, ensuring a child's best interests are always front and center. It is the skill of a resourceful respiratory therapist, understanding the varying needs of children from neonates to adolescents. It is the voice and ear of a compassionate physician, as they help a family navigate through a difficult medical journey. And it is a leadership team that acknowledges and supports the unique needs of providing healthcare to children. All of this, together, is what makes Covenant Children's Hospital."

Covenant Children's Hospital, now the 7th Michigan hospital to join the Children's Hospital Association, is the northern most Children's Hospital in the state.

"Together, we are beginning a new era in children's healthcare, where not only will we provide *extraordinary care for every generation*, but now for future generations as well," states Dr. Fiore.

About Covenant Children's Hospital

Covenant has made a serious commitment to safeguarding children's health. Covenant Children's Hospital offers many specialized pediatric services and facilities, including:

- The region's only Pediatric Emergency Care Center, part of a Level II Trauma Center verified for both adults and pediatrics.
- The region's only Level III Regional Neonatal Intensive Care Unit (RNICU).
- The region's only Pediatric Intensive Care Unit (PICU) north of Flint.
- A state-of-the-art Covenant Birth Center, delivering more than 3,000 babies each year.
- A wide array of inpatient and outpatient rehabilitation services for children, including the Center for Autism through Mary Free Bed at Covenant.
- Partnership with CMU College of Medicine Pediatric and Obstetrics & Gynecology Residency programs, through which future doctors are trained, current providers are engaged, and together support high-quality care in the region.
- Specialty clinical programs for children including pediatric surgery, pediatric neurology, sleep medicine, pediatric sedation, cardiology, and more with Covenant Medical Group and local providers.
- Access to the collective knowledge of more than 200 children's hospitals through our membership in the Children's Hospital Association.

Learn more at www.CovenantChildrensHospital.com

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About the Children's Hospital Association

Covenant HealthCare has been accepted for membership into the Children's Hospital Association- the voice for more than 220 children's hospitals and health systems. As champions for children's health, children's hospitals and health systems work together through the association to advance innovation in the quality, cost and delivery of care- better serving all children.

"We welcome Covenant HealthCare to our national community," said **Mark Wietecha**, Children's Hospital Association CEO. "Our ability to transform children's health for the better takes all of us working together and learning from each other for greater impact."

Learn more at <https://www.childrenshospitals.org/about-cha>

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All statements or comments in *The Bulletin* are those of the writer, and not necessarily the opinion of the Saginaw County Medical Society.

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IN MEMORY

Shawn M. Ingles DO

August 27, 1972 – November 17, 2023

Our smart, loving, and generous husband, father, grandfather, son, brother, uncle, and physician, Shawn M. Ingles, passed away unexpectedly in an automobile accident in the morning hours of Friday, November 17, 2023, in Whitney Township, Michigan on his way to the hospital to care for patients. Shawn was born on August 27, 1972, in Pontiac, Michigan to his loving mother, Maureen Elizabeth (Gatton) Ingles. He was raised in the Detroit area by his mother and father, James Wallace Ingles; later in life he would create a homestead with his family in Freeland, Michigan.

Shawn was a 1990 graduate of Walled Lake Central High School. Following, he furthered his education and received his undergraduate degree from Michigan State University. Throughout his whole life, Shawn always wanted to be a doctor. That dream was in reach when he graduated from Michigan State University – College of Osteopathic Medicine in 1999. Shawn would then complete his residency and fellowship at Genesys Hospital in Grand Blanc. He began his career working as a Gastroenterologist; he served many patients in the Saginaw and Bay City areas.

He loved his job but would want to be remembered for all the other hats or helmets he wore. Shawn was an outstanding family man, making wonderful memories with his family in the great outdoors. He enjoyed riding his K.T.M. dirt bike, racing to the bottom of a downhill ski hill, and skimming across the water on his water skis. His son and father-in-law will forever cherish the fishing memories made with their "Expert Canadian Fisherman."

On October 6, 2018, in Freeland, Shawn married his beloved wife, Erica Kaleen Barrow, and she survives him. His spirit will surround his family, looking over them in guidance as they continue to live life to the fullest as Shawn always did. Shawn's family meant everything to him; they were his whole world. Shawn will be missed dearly by all, and his memories cherished forever.

Left to cherish his memories are his loving wife, Erica K. Ingles; six children, Keegan Ingles, Ian (Kaylee) Ingles, Khyllie (Andrew) Ingles, Leyton Ingles, Sophia Majchrzak, and Charlie Majchrzak; four grandchildren, Jaxon and Ainsley Ingles and Greyson and Emersyn Ingles; father, James (Dee) Ingles; brother, Jason (Jennifer) Ingles; father-in-law, Don (Liz) Barrow; numerous nieces, nephews, cousins and friends. Shawn is happily reunited

with mother, Maureen (Gatton) Ingles.

A celebration of life was held on November 27, 2023, at Snow Funeral Home in Saginaw. Those planning an expression of sympathy are asked to consider memorials to [Hidden Harvest Food Pantry](#).

Teresita "Tita" Tiu Eugenio

November 16, 1940 – October 4, 2023

Loving wife, mother, grandmother and sister passed away on Wednesday, October 4, 2023, at her home with her family at her side at the age of 82 years. Daughter of the late Dr. Nestorio Uy and Estrella Lopez (Enage) Tiu Sr., Teresita was born November 16, 1940, in Tanauan, Leyte, Philippines. She was a 1959 Pharmacy graduate of the University of Santo Tomas in Manila, Philippines and received Medical Technology training at Christ Hospital, Jersey City, New Jersey. She also was a Research Technician at Henry Ford Hospital in Detroit.

Teresita was married to Dr. Lamberto E. Eugenio, her loving husband of 58 years, on November 29, 1964. He survives her. Teresita was the office manager at Dr. Eugenio's office. She was a member of St. Dominic Parish, St. Stephen Catholic Church and PANEM (Philippine Association of Northeastern Michigan). Teresita was a pianist, an artist, loved to crochet and knit and enjoyed medical missions in the Philippines.

Surviving besides her husband, Lamberto, are three daughters and one son, LauraBeth Eugenio, Saginaw; Jennifer and Shawn Penning, Saginaw; Arlene Eugenio and her husband, Bay City; Michael Eugenio, Arizona; and three grandchildren, Meaghan Penning, Grove Penning and Sophia Manlapit, along with her siblings and nieces and nephews. Teresita was preceded in death by her grandson, Michael Eugenio Manlapit.

A funeral liturgy was held on October 9, 2023, at St. Thomas Aquinas Catholic Church in Saginaw. Those planning an expression of sympathy may wish to consider memorials to [St. Thomas Aquinas Catholic Church](#).

Sandra "Sandy" Faye Fritz-Kelly

September 29, 1937 - October 8, 2023

Sandra "Sandy" Fritz-Kelly passed away unexpectedly on Sunday evening, October 8, 2023, at the age of 86 years. Sandy was born on September 29, 1937, in Jamestown, ND, the daughter of the late Edward and Emma (Berreth) Kercher. She was united in marriage to Dr. Larry Kelly on August 8, 1981, in

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Tawas, MI; he survives her.

After graduating from Jamestown High School, she attended NDSU where she received her Bachelor's Degree in Nursing. Sandy then continued her education at UMN receiving her Masters of Science in Nursing. She taught for 16 years at Delta College. In her spare time, Sandy enjoyed knitting and traveling. Most of all, she enjoyed spending time with her family; especially her grandchildren.



Sandy is survived by her loving husband, Larry, of 42 years; two children, Brad (Laurie) Fritz, Brent (Patricia) Fritz; four step-children, Kimarie (Mike) Dixon, Kevin (Vicky) Kelly, Jennifer (Phil) Wegner and Pamela (Joe) Pape; 10 grandchildren; 11 great-grandchildren; brother and sister, Edsel and Aloha Kercher; and her beloved feline companions, Pixie and Jasper.

A memorial service took place on October 14, 2023, at First United Methodist Church in Saginaw. Inurnment will take place in Goodrich, North Dakota at a later date. Those planning a memorial contribution are asked to consider the [Saginaw Children's Zoo](#).

Gerald B. Thomas, MD

June 1, 1948 – September 28, 2023

Beloved husband, father, and critical care physician passed away on Thursday, September 28, 2023, at the age of 75 years. The son of the late Gerald B. and Victoria (Peterson) Thomas was born on June 1, 1948, in Flint. He worked as a physician at Saginaw General Hospital for 30 years. Gerald's greatest love was for his family, whom he said was his greatest legacy. He will be greatly missed.

Surviving are his wife, Carol Thomas and their adoring children: Gerald (Carla) Thomas, Jim (Daron) Thomas, Michael (Sarah) Thomas, Kathryn (Alex) Winkel, nine grandchildren and numerous relatives and friends.

Private services were held for Gerald.

Please remember the family, friends and colleagues of those who passed away this year

Joseph N. Aquilina MD 8/21/23

Leroy C. Barry MD 3/14/23

Joel M. Beltran DO 3/20/23

Teresita "Tita" Tiu Eugenio, wife of Dr. Lamberto Eugenio 10/4/23

Shawn M. Ingles DO 11/17/23

Sandra "Sandy" Faye Fritz-Kelly, wife of Dr. Larry Kelly 10/8/23

Patricia Fair (Manning) Perea, wife of Dr. Manuel "Manny" Perea 2/3/23

Gerald B. Thomas MD 9/28/23

John R. Wolfe DO 12/22/22

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2024 KEY PROVIDERS



These Area Businesses Support Saginaw County Medical Society Membership Meetings. When you have a need for a service, please consider our Key Providers.

CALENDAR OF MEETINGS AND EVENTS FOR 2024*

REGISTER NOW!

Tuesday, January 16, 2024 – Horizons Conference Center,
6200 State Street, Saginaw

Board Meeting – 5:30 p.m.

Membership Meeting – Social (cash bar) at 6:30 p.m., followed
by dinner, meeting and program at 7 p.m.

Joint with the Saginaw County Dental Society

**Spouse/Significant Other of SCMS Members and Dental
Society Members Welcome**

Speaker – Lauren Herline, Psy.D. Limited License Psychologist

Topic – “TikTok Said I Have ADHD: The Importance of
Psychological Assessment in Diagnosing Children with
Attention Deficits”

Online reservations are required

DISCLOSURE

The planner(s) and speaker(s) for this session have no relevant financial
relationships with ineligible companies to disclose.

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**CLICK HERE to register
or scan the QR code**

**ONLINE RESERVATIONS ARE REQUIRED
BY WEDNESDAY 1/10/24**



Monday, February 5, 2024 – Physician and Legislative Forum
Time: 8-9 a.m. via Zoom

Tuesday, February 20, 2024 – CMU College of Medicine,
1632 Stone Street, Saginaw

Board Meeting – 5:30 p.m.

There is no Membership Meeting in February

Tuesday, March 19, 2024 – CMU College of Medicine,
1632 Stone Street, Saginaw

Board Meeting – 5:30 p.m.

There is no Membership Meeting in March

Tuesday, April 16, 2024 – Horizons Conference Center,
6200 State Street, Saginaw

Board Meeting – 5:30 p.m.

Membership Meeting – Social (cash bar) at 6:30 p.m., followed
by dinner, meeting and program at 7 p.m.

Speaker – TBD

Topic – TBD

Online reservations are required

Saturday, May 11, 2024 – 159th Annual MSMS House of
Delegates at the Crowne Plaza Lansing West

Tuesday, May 21, 2024 – Horizons Conference Center,
6200 State Street, Saginaw

Board Meeting – 5:30 p.m.

Annual SCMS and SCMS Foundation Membership Meetings

Social (cash bar) at 6:30 p.m., followed by dinner, meetings and
program at 7 p.m.

**subject to change*