

The Bulletin

Saginaw County Medical Society

September/October 2025 | Volume 82 | No 2



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SCMS Health Expo

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**Cathedral Free Clinic
10/22/25 Open House**

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**Renewing Your License in 2026?
What You Need to Know!**

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

COVER PHOTO: (L-R) DRs. IRIS MARTEJA MANLAPIT, STEVE VANCE, ABISHEK BALA AND ALBERT MANLAPIT AT THE WALK FOR HOPE (P.10)

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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.

PRESIDENT'S LETTER

MSMS Reorganizational Task Force

Furhut R. Janssen, DO FACN

It has been a privilege to serve on the Board of Directors for the Saginaw County Medical Society for the last seven years. I now have the honor to serve as your President for 2025-26.

This opportunity to serve is not taken lightly. With a history spanning more than a century, the SCMS has been a resource for area physicians for 123 years. As your President, I'm excited to share that our program calendar will offer opportunities to learn, connect and welcome the next generation of physicians. Whether you are a physician with years of practice, a resident completing specialty training, or a medical student just beginning the journey of medicine, there is a place for you here.

This past July, Past President and MSMS Regional Director **Dr. Christopher Allen**, Executive Director **Joan Cramer**, and I attended a meeting with other county medical society leaders regarding the Michigan State Medical Society's (MSMS) Reorganizational Task Force objectives and proposed timelines. Potential options under consideration include smaller boards, revised voting structures and a redefined membership model. This proposed change will be the most crucial item your SCMS board considers this year. It has the potential to significantly impact how our physicians are represented and how much of our local voice is heard. Your leadership is committed to engaging in every opportunity MSMS provides for feedback and collaboration, helping to ensure a thoughtful, measured approach

to these potentially transformative decisions. Because of the importance of this issue, we are republishing the article from the July/August 2025 Bulletin (see page 9). I encourage you to review it and share your feedback with the SCMS.

As summer winds down, we reflect on a season of relaxation, rest, family and joy-filled days. May we all carry that into the busy months ahead- both personally and professionally- as we navigate the upcoming structural challenges ahead.

I look forward to serving alongside all of you in caring for our citizens. See you at the meeting on October 21st!



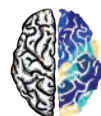
"Your leadership is committed to engaging in every opportunity MSMS provides for feedback and collaboration, helping to ensure a thoughtful, measured approach to these potentially transformative decisions."

Thank You Key Providers!

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



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Neurology

CALENDAR OF MEETINGS AND EVENTS FOR 2025-2026*

Tuesday, October 21, 2025

Horizons Conference Center

Board Meeting - 5:30 p.m.

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meeting and Program at 7 p.m.

Spouse/Significant Other Welcome (dinner fee applies)

Speaker – Cheryl Sullivan, MD – Brain Injury Association of America



Cheryl Sullivan, MD

Topic – "My 360° Perspective of TBI"

The SCMS would like to thank the Anna Dorr Cresswell Memorial Fund administered by the Saginaw Community Foundation for sponsoring Dr. Sullivan

Click here for information and to register

Online reservations required

Tuesday, November 18, 2025

CMU College of Medicine, 1632 Stone Street, Saginaw

Board Meeting/Annual Budget Meeting - 5:30 p.m.

Tuesday, January 20, 2026

Board Meeting - 5:30 p.m. via Zoom

Tuesday, February 17, 2026

CMU College of Medicine, Saginaw or Zoom (TBD)

Board Meeting - 5:30 p.m.

Tuesday, March 17, 2026

CMU College of Medicine, Saginaw or Zoom (TBD)

Board Meeting - 5:30 p.m.

Saturday, April 18, 2026

MSMS House of Delegates – virtual

Tuesday, April 21, 2026

Horizons Conference Center

Board Meeting - 5:30 p.m.

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meeting and Program at 7 p.m.

Speaker/Topic – TBD

Spouse/Significant Other of SCMS Members Welcome (dinner fee applies)

Online reservations required – email meeting notices will be sent in late March

Tuesday, May 19, 2026

Horizons Conference Center

Board Meeting - 5:30 p.m.

Annual Membership Meeting and Annual SCMS Foundation

Membership Meeting - Social (cash bar) 6:30 p.m., Dinner, Meetings and Program at 7 p.m.

Spouse/Significant Other of SCMS Members Welcome (dinner fee applies)

Online reservations required – email meeting notices will be sent in late April

*Subject to change



Read previous issues of *The Bulletin* at www.SaginawCountyMS.com under the Bulletin tab

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.

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.

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



S.A.G.I.N.A.W. Values: Networking, Always Learning, We Lead

By Louis L. Constan, MD

Note: To read Dr. Constan's previous articles on SCMS Mission, Vision and Values, [click HERE](#) or visit our website at www.SaginawCountyMS.com and click on the Mission, Vision and Values graphic on the home page. Articles are also available at louisconstan.substack.com

Networking

"The action or process of interacting with others to exchange information and develop professional or social contacts."
Oxford English Dictionary

For our purposes today, we're talking about interacting and exchanging information between doctors or between other professionals who are serving the needs of our patients. Is this important? Of course it is; that's why it's one of our seven core values. And it's easy to see why:

- Two brains are often better than one.
- None of us has all the answers. Medicine is very complex
- Our experiences differ. We all see rare cases and unusual cases from time to time. Picking the brain of a colleague who has more experience with those particular cases is a "no brainer."
- Stress is too, too common in our profession. Sharing the load can lead to better mental health.

So there you have it, doctors communicating deeply and often; smoothly and effortlessly. Great idea, except it doesn't happen like that in the real world.

Take my own experience with a little problem I had personally called Burnout.

The symptoms were multiple and non-specific...so my Family Doctor, over time, needed input from some nine different consultants. I told my story to each in excruciating detail. (I say excruciating because, as a doctor, I'm trained to suppress my own needs...part of the problem, of course). I had the advantage of medical training, so I brought each consultant up to speed on my situation in an organized, thorough fashion... tailoring the narrative to the particular field of interest of each consultant. I explained relevant parts of the history, particular insights of my Family Doctor, and outstanding questions it was hoped the consultant could answer. Non-medically-trained patients would never be able to provide such quality information and most consultants would never be handed such vital information.

So what? Isn't there a value for the consultant to view every patient without prejudicing his conclusions with the conclusions of other doctors? In doing his own "history and physical?" We keep telling ourselves this; even as we hear that quiet voice inside our heads worrying that we might be missing something.

Who, in reality, has the time to take a laborious "complete history and physical," with open-ended questions about all the details over perhaps several years, a head-to-toe exam, and all 20 items in the "review of systems?" We simply must have data gleaned from other doctors who have experience with the patient. We need to know their insights. We need to build on their work. Anything less is a

waste of time, money and expertise.

Every doctor, every specialty is different, but when all is said and done, we must each ask ourselves:

- How many times today would it have been helpful to share ideas about a mutual patient?
- How many times today did I actually do so?
- What are the roadblocks to doing so?
- Would that other doctor be available to take a call?
- Would I be available to take a call?
- Are my chart notes clear enough that another doctor would understand them?
- Are my chart notes clear enough but too long to read in a timely way?

Patients know that we have a problem. They complain to the staff, to friends and relatives and to kindly old doctors such as myself.

I know, these days, that there are myriad ways to pass along information other than face-to-face. But the back and forth of a conversation, in real time, has its advantages. Questions can be asked, points can be clarified, decisions can be made. Communication is always hard. Miscommunication comes all too easily. Networking can ensure our patients get that comprehensive care we all value so very much.

Always Learning

There's the old joke about the big medical school exam: The questions were the same every year, but the answers were changed.

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I know, these days, that there are myriad ways to pass along information other than face-to-face. But the back and forth of a conversation, in real time, has its advantages.

continued from page 6

Lest our chuckles over this joke hide its kernel of truth, I offer examples of recent dramatic changes to the practice of medicine. The old ways changed suddenly and some doctors did not keep up...to the detriment of their patients.

Using Antibiotics We all know the story of Alexander Fleming and penicillin. But before penicillin there was prontosil. A humble chemist in a dye factory, a Gerard Domagk, noticed that his dyes inhibited infections in mice. Well, he was not a doctor, so when he suggested using this dye to treat his daughter who had a systemic strep infection, his daughter's doctor flatly refused. You see, the then "tried and true" treatment of systemic strep infections was that of repeated, painful and disfiguring cutting and lancing. Domagk had to go behind the doctor's back to save his daughter. Always better to save your patient than to save face.

Doing Tonsillectomies Fast forward to the post-war years. It became fashionable to remove tonsils when they became infected. Though the new antibiotics worked quite well, the surgical option was often favored. Myself and nine siblings, every last one of us, had the surgical option. We all survived the OR, but others did not. Fatalities did occur with tonsillectomy. Twenty years later this was still going on, at least in our fair city. Some doctors were frightfully slow to learn. Welfare of patients subservient to the whims of the profession. The outmoded idea that "If you can't cut it, you can't cure it" persisted for decades. Remember when radical mastectomy was the gold standard for breast cancer- any stage? Plenty of Saginaw patients had the disfiguring, lifechanging procedure long after it was debunked.

Prescribing Weight Loss Drugs Back in the mists of time, someone noticed that certain drugs, amphetamines, caused weight loss. And the race was on. Dozens of products followed, each purporting to be safe and effective for weight loss, inevitably turning out to be neither. "Never prescribe diet pills" was a useful mantra. And then, suddenly, diet meds were both safe and effective. In this case, it was patients who jumped onto that bandwagon, dragging physicians along with them. Listening to patients is as important as listening to the experts.

Getting Consults Getting the opinion of a respected colleague, an almost sacred activity, with a prominent place in the patient's record; now just another bit of data, automatically filed in the EHR, easily missed in the volumes of data slipped into that stream of data constituting the ever-expanding and unreadable EHR. Was it an enlightened choice to jump headfirst onto the EHR bandwagon? The jury, for me, is still out.

Giving Your Opinion Confidence in our profession has been in freefall for some time now. Advice not taken; prescriptions

not filled; tests not done; referrals ignored. Constant complaints. "Why is the doctor spending all my time staring at a screen, is he even listening to me? Does he even care?" We need to learn how to listen better, to show empathy, to spend time explaining and persuading. A brilliant diagnosis is worthless without these skills.

Hanging Your Shingle Not so very long ago, doctors finished their training and "hung out their shingle." Opened an office. This worked pretty well for a few thousand years...until it didn't. Most of us now join some sort of group. No longer "our" practice, but a negotiated situation in which the care we give is negotiated with our peers...and sometimes with corporate board rooms. Learning to work in a group is as important as keeping up with the literature.

Think of it this way: Every patient visit is a sort of a test. Will we pass? Only if we successfully diagnose and then persuade the patient to follow our advice. Otherwise, we fail. "Always learning" is not just an ideal or a luxury, it is a necessity in the fast-paced world we live in. New knowledge, new skills, a willingness to listen carefully to new voices and to make dramatic, and sometimes scary changes in the way we practice. Listen more. Explain more. Persuade more. Always keep the end in mind. Not to preserve dogma but to benefit patients.

We Lead

This is the final essay featuring the seven values we, as SCMS members, have chosen to celebrate and to live by, all encompassed in the mnemonic "**SAGINAW**." To recap: **S** is for **Service**; **A** is for **Advocacy**; **G** is for **Genuine Health**; **I** is for **Inclusive**; **N** is for **Networking**; the second **A** is for **Always Learning**; and **W**, this essay, is for **We Lead**. And this last, leadership, may be the most important value of all. You see, because if we lack leadership the other six values may never amount to much. We may hate to admit it, but we doctors are not all that different from ordinary people. We are constrained from pursuing our profession by many of the same restraints as lay people have: Finances, politics, custom, ignorance, inertia, and so much more. Our ability to achieve our goals, to live our values, depends awfully much on whether we are able to overcome those societal restraints. Simply put, solving big problems, like the ones we face, is what leaders do.

Let me illustrate by featuring several doctors who have impressed me with the quality of their leadership. It happens that they are all Family Doctors. This is not to be construed to mean Family Doctors are better leaders, just that I, as a Family Doctor myself, am more intimately acquainted with their achievements.

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Roy Gerard, MD was the head of the Family Practice Residency which attracted me to Saginaw in the first place. In those early days, the very idea of training doctors in the brand-new specialty of Family Medicine was a bold and risky endeavor. I asked this and seven other programs; do they have the inspired leadership to succeed? Dr. Gerard clearly did, mobilizing the medical community to supply the training; pioneering the use of the SOAP note; and badgering the warring hospitals to provide funding. When more was needed, he importuned our legislators to pass landmark legislation to provide it. Finally, he pressed Michigan State University Medical School to bring about a full-fledged Department of Family Medicine which he then led for most of the rest of his life. Oh, and he was also a President of the SCMS. Leading was, for him, a way of life.

George Gugino, MD A doctor's kid from the farm town of Reese, he has a deeper breadth of knowledge about being a physician than anyone I know. I first got to know him when I became active in the medical politics of the old St. Lukes Hospital where I was Chief of the Department of Family Medicine and eventually Chief of Staff. In those days, there were myriad committees responsible for running the day-to-day operations of the hospital. I noticed early on that, for almost every one of those committees...there was George serving on it at one time or another. He clearly believed

in service, advocacy, improving the genuine health of his patients and, indeed everyone else's patients as well. His broad understanding of all aspects of medicine and health, and his willingness to devote his time and talents to all of us was an inspiration to me. George was also involved with the SCMS, and served as President.

Caroline Scott, MD Caroline came late to our profession. I first met her as the wife of **Gerard Scott, MD**. She had a lot on her plate in those days, but that did not prevent her from going back to college at SVSU and then on to MSU for medical school, ultimately joining her husband as a valued Family Doctor in Saginaw. Upon hanging out her shingle, she wasted no time becoming a leader. In the hospital, in her group of Family Doctors, in the SCMS, where she was the first female President, one of our longest-serving Secretaries, and leader of the Retired Physicians. Her efforts were noticed by MSMS, which proclaimed her "Outstanding Woman Physician" in 2006. You'd be hard pressed to find another doctor with such energy, enthusiasm, and unabashed vigor in caring for and advocating for Saginaw patients.

There you have it. The values that define us. If you missed one of the [*previous articles on our values*](#), I've posted them on Substack. They are free to read and share.

louisconstan.substack.com

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MSMS Task Force Examines Future Relationship with County Medical Societies

For over 120 years, the Saginaw County Medical Society (SCMS) has represented and advocated for its members. Regardless of the outcome of ongoing discussions at the state level, SCMS remains committed to serving local physicians and protecting the interests of its members.

Background: Why This Matters

For the third time in recent memory, the Michigan State Medical Society (MSMS) is evaluating a potential separation from county medical societies (CMS). The first two attempts were voted down by the House of Delegates (HOD). CMS, including SCMS, are chartered components of MSMS, with SCMS dating back to 1902.

In 2022, MSMS underwent internal restructuring to address financial and management challenges, resulting in staffing changes and reduced communication with CMS. One recent example- just four weeks before the 2024 dues billing cycle, MSMS announced it would begin charging a 10% processing fee for dues collection. SCMS determined it could not sustain this loss of revenue and opted to handle its own billing, as did several other counties. Remaining CMS negotiated a reduced 8% fee for three years.

Key Resolutions from the 2025 HOD

Three resolutions were approved, prompting the current review:

- **Resolution 16-25:** Creates a task force of county and state leaders to examine history, finances, and bylaws, and recommend a unified path forward for medical societies in Michigan.
- **Resolution 47-25:** Directs MSMS to study other state medical society structures and bylaws for potential improvements in efficiency and productivity.
- **Resolution 50-25:** Proposes extensive revisions to MSMS bylaws, including eliminating CMS authority to review and approve new members (Section 4.10). SCMS opposed this change, citing the importance of local oversight to ensure membership meets professional and ethical standards.

Bylaw changes require two readings before adoption. A second reading is expected at the 2026 HOD unless MSMS calls a special meeting before then.

MSMS Reorganization Task Force

Following HOD approval, MSMS formed a Reorganization Task Force composed of six MSMS Board members, six CMS representatives, and one CMS executive (non-voting). The Task Force is charged with reviewing:

- House of Delegates structure
- Organizational partnerships between MSMS, CMS and specialty societies
- Leadership and governance models for MSMS

Potential options under consideration include smaller boards, revised voting structures and a redefined membership model. Some discussions have referenced "engaging 12,000 members directly," though 2024 MSMS paid membership was reported to be fewer than 6,200.

Concerns have also been raised about variability among CMS in financial management, dues structure and member benefits. SCMS notes that some of these issues were identified years ago, with certain counties lacking functioning boards or nonprofit status yet still having dues collected on their behalf.

Questions Raised by CMS

County societies are seeking clarity on several issues:

- **Structure:** What models for state-county relationships are being considered?
- **Financial Impact:** How will separation affect dues collection and CMS budgets?
- **Representation:** Without CMS, how will local physicians have a voice at the state level?
- **Legal Concerns:** Could shared services or reforms strengthen CMS oversight instead of dismantling unified membership?
- **Process:** Will there be one or two HOD readings, and how will member feedback shape final recommendations?

Your Input Matters

The decisions made over the next year could significantly impact how Michigan physicians are represented and how membership dues are allocated. SCMS wants to hear your thoughts and concerns regarding a potential separation between MSMS and CMS. Please email Joan Cramer, Executive Director, at jmcramer@saginawcountymms.com with your feedback. Your input will help guide SCMS in advocating for what best serves local physicians and the profession statewide.



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

Walk for Hope – Thank You!

Dear Saginaw County Medical Society Foundation and Members:

Thank you for your generosity in supporting our annual **Walk for Hope- Depression and Suicide Awareness** event on Sunday, August 3 at SVSU. Your \$2,000 sponsorship played a key role in making this day a success. Because of sponsors like you, **over \$120,000 was raised**. These funds will be used to help advance our mission to prevent suicide through education, advocacy, connection to resources and compassionate support for those impacted by suicide.

This year, we were honored to welcome approximately **2,500 participants** who came together to raise awareness, foster hope and generate critical funding for our cause. Your support not only made this event possible, but it also helped create meaningful moments of connection, healing and encouragement for many in our community.

Please know that your partnership is deeply valued and that you are an essential part of the impact we are making together. **Together ... we can GROW through what we GO through.**

Hope Starts Here – Sponsorships Needed

We invite you to join us for our Annual **Hope Starts Here** event on Saturday, November 22, 2025, 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. Sponsorships are greatly appreciated in order to keep the cost down for survivors to attend. **The Network would like to thank the Saginaw County Medical Society Foundation for generously donating to the 2025 event.** To sponsor, please contact the Network at info@srrn.net.

Hope Starts Here is a time to gather with others who truly understand the depth of suicide grief. It's a day to connect,

to feel less alone and to be reminded that healing is possible when we walk beside one another. I've always believed that we don't "get over" our grief- we work through it. Over time, the weight can feel a little lighter; it loses its intensity. You will be warmly welcomed with light refreshments, a traditional chicken luncheon, meaningful healing activities and the presence of compassionate community resources. We are especially honored to host **Donna Schuurman** as our guest speaker, traveling from Portland, Oregon, to be with us. Donna brings powerful messages of courage, resilience and hope- we know her words will stay with you long after the event ends.

[Click HERE for more information and to register.](#)

If you are interested in taking a training, **please visit our website** for more information and to register. Questions? Contact Holly at holly.kelley@srrn.net or call 989-781-5260 ext. 3.



Photos courtesy of Urban Exposure Photography

INTERNATIONAL
SURVIVORS OF SUICIDE
LOSS DAY

SATURDAY
NOVEMBER 22, 2025
BAVARIAN INN LODGE
FRANKENMUTH, MICHIGAN

GUEST SPEAKER
 Donna Schuurman, EdD, FT
internationally recognized expert
on grief and bereavement

A DAY TO SUPPORT FAMILY AND FRIENDS IMPACTED BY A LOSS TO SUICIDE
Hosted by Barb Smith Suicide Resource & Response Network

989-781-5260 ext 1
 info@srrn.net
srrn.net

How to Best Serve Families Before and After a Death: What Every Health Care Provider Should Know

About this Training

In Part One of this presentation, participants will view the challenges and opportunities medical providers face when a patient is dying, through the lens of two oncologists and actual families from Dougy Center. Grand Rounds, hospital, and hospice staff have called this 20-minute video a "must-see for all medical providers." Practical and ethical issues raised will be interactively discussed.

In Part Two, the implications of diagnosing grieving children, teens, and adults with "Prolonged Grief Disorder" and the subsequent testing of a "grief pill" will be addressed, including social, cultural, and ethical implications and complications.

Educational Learning Objectives

- Cite three attributes or actions family members want from their medical care providers when a family member is dying
- Appraise general and personal reasons why speaking openly about the impending death of a patient may be challenging
- Evaluate the potential effects of labeling grief as a "mental disorder"
- Assess the ethics and implications of treating grief with a "grief pill"

Who Should Attend

- Physicians & Nurses
- Healthcare Professionals
- Social Workers
- Medical Students

Continuing Education Credits

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Central Michigan University College of Medicine and Barb Smith Suicide Resource and Response Network. CMU College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Central Michigan University College of Medicine designates this live activity for a maximum of 2.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure: The planner and speaker have no relevant financial relationship with ineligible companies to disclose.

Sponsored By



**Thursday, November 20, 2025
5pm-8pm**

Bavarian Inn Lodge
1 Covered Bridge Lane,
Frankenmuth, MI 48734



Registration/Check In Begins: 5pm

Traditional chicken dinner served from 5pm - 5:45pm

Speaker starts promptly at 6pm until 8pm

Register Online by 11.13.25

<https://p2p.onecause.com/grief>



Registration Fee

Cost per participant \$50

Medical Students \$15

Registration fees are NON-REFUNDABLE & NON-TRANSFERABLE

Questions?

Contact Anne Kennelly at info@srn.net or 989.781.5260 ext 1

Presenter Bio

Donna L. Schuurman, EdD, FT, Senior Director of Advocacy & Education at the Dougy Center in Portland, Oregon, is our keynote speaker. Dr. Schuurman is internationally recognized as a leading authority on grief and bereaved children, teens, and families. In addition to authoring *Never the Same: Coming to Terms with the Death of a Parent* (St. Martin's Press, 2003), she has been a trusted expert featured in major publications such as *The New York Times*, *USA Today*, and *Redbook*. Dr. Schuurman has provided guidance to communities worldwide following tragedies including the Oklahoma City bombing, the 9/11 attacks, the Tohoku Earthquake, and the Sandy Hook school shootings.



SCMS Health Expo

On Saturday, September 13, 2025, the SCMS hosted the **2nd Annual Outdoor FREE Health Expo** in connection with the **Hearts and Paddles Pickleball Tournament** at Garber Courts in Saginaw. Proceeds raised from this event support cardiovascular wellness and research programs in our community through the **Pulse³ Endowment for Community Cardiovascular Health**.



The SCMS would like to thank **Drs. Abishek Bala, Lou Constan, Anushree Jagtap** and **Cecilia Kraus-Horbal** for representing the SCMS. Other SCMS members attending were **Dr. Bernard Noveloso** who staffed the **CMU Health-Family Medicine** booth, **Dr. Melanie Mhlstin** of **MiVision** and **Dr. Delicia Pruitt** with the **Saginaw County Health Department/BWell Saginaw**. Many thanks to **Dr. Steve Vance, Tara Schultz** and **Angie Appold** of **CMU Health** for welcoming the SCMS and assisting with planning.

Additional thanks to the CMU medical students who helped with set up and tear down- **Jake Amcheslavsky M2, Brady Bush M4, Yousif Gariaqoza M2, Lenora Metuge M3** and **Elsa Varughes M3**.

The Health Expo was sponsored by the **Saginaw County Medical Society Foundation**.

Flu shots were provided by **Alana's Foundation**, health screenings were offered by several vendors, and participants especially enjoyed the free chair massages. Congratulations to **Jamie Franz** and **Cathy Troost** who each won a \$50 Amazon gift card from the SCMS raffle.

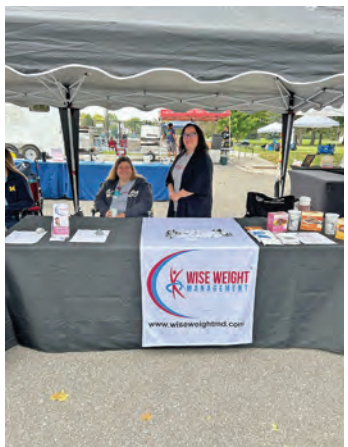
Eric Hipple, former NFL Detroit Lions quarterback, and current mental health and resiliency advocate, speaker and author attended the event courtesy of **Blue Cross Blue Shield of**

Michigan. Eric and Dr. Steve Vance teamed up to get flu shots and encourage others to do the same.

Thank you to the following vendors who participated:

Alana's Foundation
Aventric Technologies
Barb Smith Suicide Resource & Response Network
Blue Cross Blue Shield of Michigan
Blue Cross Complete of Michigan
BWell Saginaw
CMU Health Family Medicine
Covenant HealthCare
GNC Saginaw
Gift of Life Michigan
Heartland Home Health
Jolt Credit Union
Kehres Health and Chiropractic
MiVision
MyMichigan Health
Pulse³ Sidewalk CPR
Quality Sleep and Neurology
Region VII Area Agency on Aging
Rodnick Chiropractic
Runners Athletic Company
Saginaw County Commission on Aging
Saginaw County Health Department
Saginaw County Medical Society
Saginaw YMCA
Shields Chiropractic
Turkey Bob Books – My Papa Plays Pickleball
Urban Racquet Foundation
Wise Weight Management





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Designer for the Saginaw County and Macomb County Medical Societies

Lori Krygier | Senior Graphic Designer | 989.239.1056 | lorikrygier.com



Dear Friends,

Less than a year ago, we reached out with excitement and anticipation as we prepared to open the doors of the Cathedral Free Clinic (CFC)— the only free health clinic in Saginaw County. The Cathedral Free Clinic joins many free clinics across the state of Michigan in its desire to serve the uninsured. It is unique because it is a healthcare ministry rooted in faith, compassion, and the healing power of prayer and medicine. Today, I write to you with gratitude and hope, celebrating all that God has done to establish this mission of hope and healing for our neighbors in need.

Since opening the clinic in June of this Jubilee Year of Hope, the Cathedral Free Clinic has provided free primary medical care, health education, and spiritual support to uninsured individuals in the Great Lakes Bay Region. Over the course of the last three months, volunteers have cared for and prayed with multiple patients, witnessing to the healing power of Christ's love.

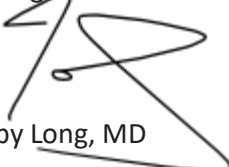
We are especially grateful for our local partnerships with the Diocese of Saginaw, Jolt Credit Union, Wolohan Family Foundation, MSU Extension and Shaheen Development. In addition, two area hospitals, Covenant HealthCare and MyMichigan Health, have joined our mission by offering free laboratory and x-ray services to eligible uninsured Cathedral Free Clinic patients. Each of the above-mentioned collaborations have been instrumental, allowing us to expand access to primary healthcare to people without health insurance.

The Cathedral Free Clinic is in the newly named St. Mary's Center of Hope building located in the Cathedral District of Saginaw. The clinic includes four medical exam rooms, a small medical dispensary, basic onsite medical testing, and a chapel where volunteers offer prayers for peace and healing. We continue to be inspired by Luke 10:9: "*Cure the sick who are there, and say to them, 'The kingdom of God has come near to you.'*"

We remain deeply thankful for the prayers and support of Bishop Gruss, the Diocese of Saginaw, FP Horak, Erie Custom Signs, Mac Help, and the many generous individuals and parishes that have made this ministry possible. As we look ahead, we ask for your continued prayers and support. We are seeking additional volunteers, medical professionals, prayer partners, and generous individuals who will help us grow the ministry and deepen our impact at this critical time.

Together, we are living out the Gospel call to cure the sick and to love our neighbor. Thank you for being part of this journey. We believe that *Hope is Healthy* and remain excited to see what God will accomplish in the year to come.

With gratitude and blessings on behalf of the Board of the Cathedral Free Clinic,



Toby Long, MD

Cathedral Free Clinic is a non-profit public benefit 501(c)(3) corporation and is operated exclusively for educational and charitable purposes within the meaning of Section 501 (c)(3) of the Internal Revenue code. 501©(3) Tax ID: 92-324629

Cathedral Free Clinic at the St. Mary's Center of Hope, 723 Emerson St., Saginaw, MI 48607
Mailing Address: PO Box 3271, Saginaw, MI 48605 / www.cathedralfreeclinic.org



CATHEDRAL FREE CLINIC

Hope is Healthy

At Cathedral Free Clinic, we provide free compassionate primary medical care to individuals who do not have health insurance.

Welcoming Patients the
First Tuesday of each month
5pm - 8pm



St. Mary's
Center for Hope
723 Emerson St.
Saginaw, MI 48607



In addition to medical care, all are invited to visit our on-site chapel for spiritual support, offered by dedicated volunteers during clinic hours.

TO BOOK AN APPOINTMENT & FOR MORE INFORMATION VISIT
www.cathedralfreeclinic.org



Thanks to the generosity of Pulse³ Endowment for Community Cardiovascular Health we are now equipped with an AED! We're grateful to install this life saving device at the clinic!



CATHEDRAL
FREE CLINIC

OPEN HOUSE

& RIBBON CUTTING

OCTOBER 22, 2025

TIME: 4:00 - 7:00PM | REMARKS 5:30PM

723 Emerson St Saginaw, MI 48607

ALL WELCOME. REGISTRATION THROUGH THE QR CODE
APPRECIATED BUT NOT REQUIRED



cathedralfreeclinic.org

September Membership Meeting Minutes

The Saginaw County Medical Society Membership Meeting was held on Tuesday, September 16, 2025, at Horizons Conference Center. **Christopher J. Allen MD**, Past President, called the meeting to order at 7:04 p.m. Dr. Allen welcomed Saginaw Dental Society members, Saginaw Valley Osteopathic Society members, **Bobby Mukkamala MD-AMA President**, members, residents and medical students.

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

- **HealthSource Saginaw – Kate McDonald and Meagan Sharrow**
- **Healthway Compounding Pharmacy – Larry Greene and Eddie Wright**
- **Quality Sleep & Neurology – Amanda Bocanegra and Kelsey Neal**
- **Renue Physical Therapy – Ben Freeland, Tom Hetzner and Ashtyn Mlasko**

Dr. Allen then conducted business of the SCMS:

- The Minutes of the May 20, 2025, Membership Meeting were attached to the agenda. **MOTION:** Approve the May 20, 2025, Meeting Minutes as presented. **MOTION APPROVED.**
- Introduced new members attending the meeting:
 - o **Ghazwan Bahro MD** – CMU Internal Medicine PGY-3
 - o **Archita Chandra MD** – CMU Internal Medicine PGY-1
 - o **Cleris Christian MD** – CMU Internal Medicine PGY-2
 - o **Ashley Elliott MD** – CMU Family Medicine PGY-3
 - o **Aateqa Hashmi MD** – CMU Psychiatry PGY-1
 - o **Joseph Jolly MD** – CMU Emergency Medicine PGY-3
 - o **Jude Nowar MD** – CMU Internal Medicine PGY-1
 - o **Christelle Rahme MD** – CMU Internal Medicine PGY-2
- Encouraged members to stay up-to-date with the SCMS by reading our journal, **The Bulletin**
- Recognized **National Physician Suicide Awareness Day** will be observed on Wednesday, September 17, 2025. **#NPSADay** is an annual event with a mission to break down the culture of silence around physician mental health.
- Notified members of the upcoming events:
 - o **Quarterly SCMS/GCMS Physician & Legislative Forum** – Monday, October 6, 2025, from 8-9 a.m. via Zoom. The Forum is open to physicians and office/practice managers



Bobby Mukkamala MD

- o **34th Annual Robert M. Heavenrich, MD Endowed Lecture** – Thursday, October 9, 2025 (flyer attached to agenda)
- o **Sacred Heart Mercy Health Care Clinic Annual Saint Luke Lecture Series** – Thursday, October 30, 2025 (flyer attached to agenda)

SPECIAL GUEST

Dr. Allen introduced **Bobby Mukkamala MD**, AMA President and past President of the Genesee County Medical Society and Michigan State Medical Society. Dr. Mukkamala spoke about organized medicine and his personal journey navigating the healthcare system as a patient with a brain tumor.

continued on page 17

continued from page 16



Saad Chaudry MD

PROGRAM

Saad Chaudhry MD, CMU Health Geriatrician, presented a CME accredited program on "Understanding Aging: The Gray Areas of Medicine." Members were reminded to sign in at the registration table and attest to attendance on the CMU CME website to receive credit.

The next meeting of the SCMS will be on **Tuesday, October 21, 2025**, at Horizons.

There being no further business, the meeting was adjourned at 8:30 p.m.

Respectfully submitted,
Joan M. Cramer
Executive Director

LAWMAKERS NEED TO HEAR FROM YOU- THE PHYSICIANS! Movement Expected on NP Independent Practice This Fall

Bills allowing for the **unsupervised practice of medicine by nurse practitioners** may move in the state House as early as this fall. The House Health Policy Committee held three hearings on House Bill 4399 in the spring. The SCMS, MSMS and its allies effectively highlighted the complexity of the issue and raised concerns among lawmakers, but have since learned that legislators may still move forward with the bill, potentially adding extra training hours as a compromise. However, this proposal continues to sacrifice patient safety and quality of care in ways that will never be acceptable to MSMS or physicians.

At the **SCMS/GCMS Physician and Legislative Forum** on October 6, 2025, **Sen. John Cherry** and **Rep. Matthew Bierlein** stated that **MSMS cannot stop this bill on its own**. They emphasized that lawmakers need to hear directly from physicians, as nurse practitioners are actively reaching out to legislators. Without medical input from physicians, many lawmakers lacking a medical background may be persuaded to support the bill.

We need your help to ensure that does not happen here in Michigan. **[CLICK HERE to contact your lawmakers today and urge them to OPPOSE House Bill 4399 and Senate Bill 268, which sacrifice the physician-led care team.](#)** A prewritten, editable letter is available for you to add your own stories on this issue if you'd like and send in just a minute or two.

Michigan's patients deserve the very best when it comes to their care or the care of their loved ones, and there's only one way to ensure that happens: The patient-centered care model, led by physicians and supported by the best-trained and most qualified care team members. This is the proven approach that ensures all Michigan patients receive the kind of quality care they expect and deserve.

Please watch your email this fall from the SCMS for updates on bill movement and any action needed from physicians.



LONE **ACK** **RIB**

Talk to your patients and families about the ABCs of safe sleep.

Thanks to our unified, countywide effort, Saginaw County has seen just **ONE** sleep-related infant death as of July 2025 — compared to seven by this time last year. One loss is still one too many, but this progress shows that, together, we are making a difference.

Thank you for joining this impactful effort to save lives in our community!

Saginaw County  HEALTH DEPARTMENT

BWELL  *Saginaw*


COVENANT
HealthCare

Great Lakes Bay
Health Centers 


WOMEN & CHILDREN'S CENTER
CMU HEALTH
CENTRAL MICHIGAN
UNIVERSITY


REGION 5
Perinatal Quality
Collaborative

APPLICATIONS FOR MEMBERSHIP

FIRST READING:

Applications for membership for first reading 10/21/25:

Jennifer K. Caruso, DO

CMU Health-Ob/Gyn

Specialty:

Ob/Gyn, Board Certified 2016

Maternal/Fetal Medicine, Board Certified 2021

Medical School: Midwestern University, Chicago College of Osteopathic Medicine, Downers Grove, IL, 2009

Residency: St. John Macomb, Warren, MI, Ob/Gyn, 7/09-6/13

Fellowship: WellSpan York Hospital, York, PA, Maternal-Fetal Medicine, 7/13-8/16

Prior Practice: Ascension Providence/Providence Park Hospital, Southfield, MI, Attending, 10/16-5/25

Sponsors: Doctors Radha Cherukuri and Renee K. Sundstrom

Brenda L. Ma, DO

Covenant Cancer Care Center-Surgical Oncology

Specialty:

Surgery-General, Board Certified 2025

Breast Surgical Oncology

Medical School: University of North Texas Health Science Center, Texas College of Osteopathic Medicine, Fort Worth, TX, 2019

Residency: University of Mississippi Medical Center, General Surgery, 7/19-6/24

Fellowship: University of Arkansas for Medical Sciences, Breast Surgical Oncology, 8/24-7/25

Sponsors: Doctors Sussan M. Bays and Syed Hassan

SECOND READING:

Applications for membership for second reading and approval 10/21/25:

Ahmed Al-Tabaqchali MD

SoundASleep Sleep Diagnostics Lab

Specialty:

Internal Medicine, Board Certified 2024

Sleep Medicine, Board Eligible

Medical School: Bachelor of Medicine and Bachelor of Surgery (MBChB), University of Anbar College of Medicine, Iraq 2003

Residency: New York Medical College (Metropolitan) Program, ACGME Internal Medicine Residency, 7/20-6/23

Fellowship: St. Vincent Hospital, Adult and Pediatric Sleep Medicine, UMass Memorial Medical Center, Worcester, MA 7/23-6/24

Prior Practice: Hospitalist, HCA Orange Park Hospital, Jacksonville, FL 7/24-4/25

Sponsors: Doctors Narendra R. Kumar and Raghu Sarvepalli

Kenghia G. Billings MD

CMU Health-Pediatrics

Specialty:

Pediatrics, Board Certified 2015

Medical School: Wayne State University School of Medicine, 2011

Residency: Children's Hospital of Michigan, Detroit, MI, Pediatrics, 2011-2015

Prior Practice: Wayne State University School of Medicine, Assistant Professor of Pediatrics, 2016-2024

Sponsors: Doctors Christopher J. Allen and Dafina W. Allen



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Pediatric Care Gets a Boost: CMU Health Women and Children's Center Welcomes New Pediatric Subspecialists

Author: Alexandria Rene

CMU Health is proud to announce the addition of **Pediatric Infectious Disease Specialist Amr Omar, MD**, board-certified **Pediatric Nephrologist Kathleen E. Rochefort, MD**, and welcome back board-certified **Pediatric Endocrinologist Lourdes Morales-Dopico, MD**, to **CMU Health Women & Children's Center**.

"For over a decade, families in our region have had to travel outside of the area to access this level of specialized pediatric care," said President and CEO, **Samuel Shaheen, MD**. "Thanks to the partnership with **Covenant Children's Hospital** and the successful recruitment of pediatric subspecialists, CMU Health is now able to meet these critical health care needs locally."

CMU Health Women and Children's Center offers specialized pediatric care through its expert team, including **Mary Moore, MD**, in pediatric rheumatology, and **Brian Woodruff, MD**, and **Steven Ross, CPNP**, in **pediatric neurology**. To further complement its growing network, the following pediatricians will be added to the regional pediatric specialty center.

About Amr Omar, MD



Dr. Amr Omar is a compassionate and knowledgeable pediatrician with extensive training and clinical experience. He completed his residency in general pediatrics, followed by a fellowship in pediatric infectious diseases at the Children's Hospital of Michigan.

About Kathleen Rochefort, MD



Dr. Kathleen Rochefort is a compassionate and highly experienced pediatrician who provides care for patients from newborn through the age of 21. She completed her Pediatric Nephrology Fellowship at Johns Hopkins University, equipping her with advanced expertise in diagnosing and treating kidney-related diseases in children.

About Lourdes Morales-Dopico, MD



Dr. Lourdes Morales-Dopico rejoins CMU Health following the completion of her Pediatric Endocrinology Fellowship at UH Rainbow Babies and Children's Hospital. She specializes in treating children with hormonal imbalances and disorders of the endocrine system.

These physicians are accepting referrals at **CMU Health Women and Children's Center**, located at 1000 Houghton Ave., Saginaw, MI 48602, on the Covenant Children's Hospital campus.

About CMU Health Women and Children's Center

Our Center provides a comprehensive care facility for adults and children. The newly renovated building offers CenteringPregnancy® and CenteringParenting®, a complex care clinic, and medical specialists in endocrinology, genetics and rheumatology.

Individuals interested in scheduling an appointment may contact CMU Health at 989-746-7500 or visit www.cmuhealth.org.

CMU Health proudly welcomes

KATHLEEN ROCHEFORT, MD
PEDIATRIC NEPHROLOGY

Dr. Rochefort is a highly experienced pediatrician with the expertise in diagnosing and treating kidney-related diseases. Her expertise includes:

- Kidney disease
- High blood pressure
- Kidney stones
- Nephrotic syndrome
- Glomerulonephritis
- Urinary tract infections

REFER YOUR PATIENT!
Epic Code: REF77

Phone: 989-746-7801 or Fax: 989-558-6574
1000 Houghton Ave. | Saginaw MI 48602



CMU Health proudly welcomes

LOURDES MORALES-DOPICO, MD
PEDIATRIC ENDOCRINOLOGY

Dr. Morales-Dopico is dedicated to treating children with hormonal imbalances and disorders of the endocrine system. Her expertise includes:

- Prediabetes, Type 1 and Type 2 Diabetes
- Growth and puberty disorders
- Thyroid, adrenal and pituitary disorders
- Lipid disorders

REFER YOUR PATIENT!
Epic Code: REF70

Phone: 989-746-7801 or Fax: 989-558-6574
1000 Houghton Ave. | Saginaw MI 48602



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CENTRAL MICHIGAN UNIVERSITY

THE ISSUE COULD BE A NEUROLOGICAL CONDITION

Accepting Pediatric Patient Referrals

Our experienced Pediatric Neurology team at CMU Health offers diagnostic and management care for patients from infancy to adolescence.

Conditions addressed:

- Seizures
- Febrile seizures
- Epilepsy
- Tics
- Developmental delay
- Headaches/Migraines

REFER YOUR PATIENT!

989-746-7801
Epic Code: REF78

CMU Health Women & Children's Center

1000 Houghton Ave. | Saginaw, MI 48602 | cmuhealth.org



Brian Woodruff, MD
Board Certified
Pediatric Neurologist



Steven Ross, CPNP
Certified Pediatric
Nurse Practitioner

CMU Medical Education Partners Awarded \$750K to Expand Health Care Access in Underserved Areas

Author: Alexandria Rene

CMU Medical Education Partners (CMEP) has received a \$750,000 grant from the **Health Resources and Services Administration (HRSA)** through the competitive **Rural Residency Planning and Development Program**. This marks the first time an organization in Michigan has received this esteemed federal award aimed at improving access to health care in rural communities.

"With the leverage of this award, we will explore the options of creating a sustainable model to address a critical shortage of physicians in rural areas," said **President and CEO Samuel Shaheen, MD**, of CMEP. "This opportunity allows both medical students and residents to experience the quality of life in these communities, which may also inspire them to build their careers in the very same areas."

The funding is an exploratory initiative to create a rural residency track in family medicine within Michigan's Thumb region. Through a partnership with CMEP, **Scheurer Health** and **Covenant HealthCare**, **CMU College of Medicine** and CMEP family medicine residents would complete at least 51% of their training at Scheurer and other nearby rural sites.

"Covenant HealthCare is thrilled to support this effort with Scheurer and CMEP to participate in the development of a focused rural residency in the Great Lakes Bay region," said **President and CEO Beth Charlton** of Covenant HealthCare. "Extraordinary care requires extraordinary physicians and developing an inspired talent pipeline dedicated to that effort, paramount. We are excited and grateful for this opportunity."

According to **Michigan Center for Data and Analytics** in 2024, Michigan has 83 counties, of which 53 are classified as rural. Nationally, more than 60 million Americans reside in rural areas where research highlights disparities in health care access. Rural patients often experience worse health outcomes due to the lack of medical services and access to high-quality care.

"Physician shortages are a significant problem throughout the country which are magnified in rural areas," said **CEO Ross Ramsey, MD**, at Scheurer Health. "We are excited that Scheurer Health can help address this shortage by providing training that will help provide a pipeline of physicians for rural Michigan and the Thumb."

Currently, there are no accredited rural residency program tracks identified by the **Accreditation Council for Graduate Medical Education (ACGME)** in Michigan. This three-year grant enables CMEP to build an infrastructure required to apply for official rural track accreditation with ACGME.

Bethany Figg, Associate Designated Institution Official and Director of Graduate Medical Education at CMEP, stated,

"Rural training will provide our learners with a chance to care for patients in settings where connections run deep and communities quickly feel like home. Those experiences often stay with them, inspiring many to put down roots and continue practicing where their skills are needed most."

Upon approval, leaders at CMEP expect their first cohort of residents in July 2027.

Summer Research Scholars Program Offers New Great Lakes Bay Cardiovascular Wellness Research Scholarship

Author: Kelly Belcher

First recipient studies the value of preoperative cardiac stress tests

This summer, the **CMU College of Medicine** launched an exciting opportunity for first-year medical students with an interest in cardiovascular research.

A new **Great Lakes Bay Cardiovascular Wellness Research Scholarship** was added to the Summer Research Scholars program. The scholarship, supported by the **CMU Pulse³ Endowment for Community Cardiovascular Health**, funds research relevant to the cardiovascular concerns of the communities in the Great Lakes Bay Region.

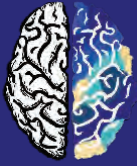
The first recipient, **Matteo Mazzella M2**, designed a study to determine whether patients with abnormal pre-operative stress tests were at an increased risk for post-operative complications after undergoing endovascular aortic repair (EVAR). Mazzella's passion for vascular surgery began when he was working as a medical scribe in a vascular surgery clinic, but he was inspired to conduct this research because of his concerns surrounding medical debt.

"Medical debt is such a big part of medicine, especially in the underserved and rural communities," said Mazzella. "Working at the vascular surgery clinic, I saw a lot of patients who were struggling with debt and were worried about getting certain tests because they weren't sure if they could afford it, or if they did pay for this test, would they be able to put food on the table?"

The primary aim of Mazzella's research was to determine whether patients with abnormal pre-operative stress tests undergoing EVAR were at an increased risk for post-operative complications. The study also sought to evaluate whether the connection between patients having an abnormal stress test and developing post-operative complications was significant enough to warrant the stress test, given its limited access and high cost in underserved populations.

Mazzella added, "Everyone gets a stress test when they get an endovascular aortic repair, and I wanted to see if the stress test is actually predicting post-operative outcomes. If not, is it worth having patients go through a test that is expensive and could be hours away from those in rural and underserved areas?"

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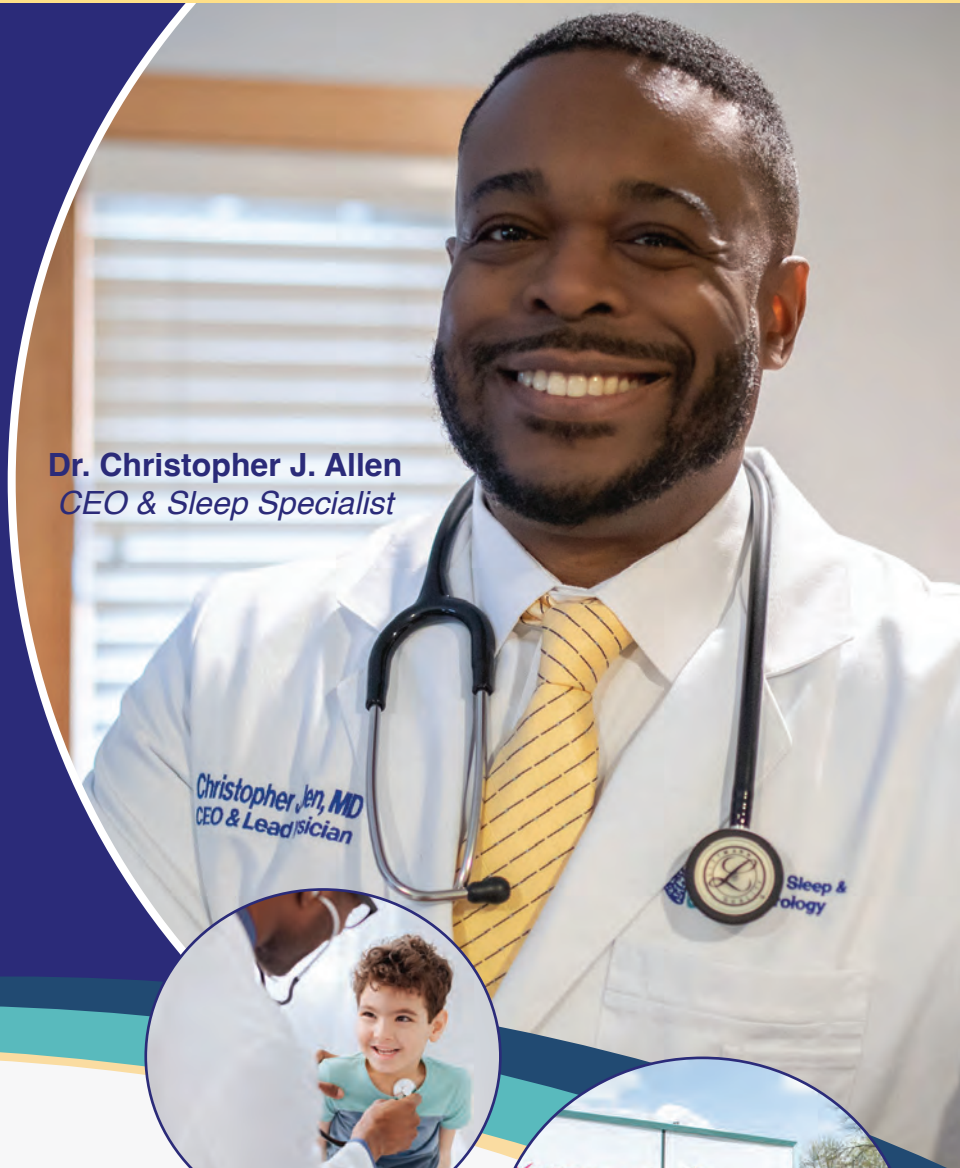


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Dr. Christopher J. Allen
CEO & Sleep Specialist



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PATIENT TESTIMONIAL

**“You will feel 100% better,
in the morning you will feel alive again,
your whole life will be changed.”**

Lisa O.

MEMBER NEWS

Dr. Waheed Akbar Honored with Spirit of Saginaw Award

On Friday, September 26, 2025, the **Saginaw County Chamber of Commerce** recognized **Dr. Waheed Akbar** as the **Spirit of Saginaw** Community Leadership Award honoree.

The following are excerpts from the Award video:

In 1982, Drs. Waheed and the late Raana Akbar came to Saginaw to pursue their medical specialties, where they raised a family and built a legacy. In addition to his busy surgical schedule, Dr. Akbar has served on several boards, helped start 1st State Bank, and is known for connecting with people on many levels.

Amy Bartels Roe, Chair of the Board of Directors of **The Well of Saginaw Men's Shelter**, said, "Not only is he an extremely talented orthopedic surgeon- that's the day job and his life goes well beyond that."

Dr. Akbar believes "If your heart is not in what you do, you always have excuses that I'm busy. People who are busy somehow will find time if they really feel this is one organization or community source which you need to support."

Bartels Roe continues, "One of my favorite things about Dr. Akbar is that he says, 'I'll talk to anybody who listens.' So when the idea of The Well or the fact that it could come into existence, we had coffee and he started talking. Dr. Akbar has been an integral part of answering the call, seeing the need, and quite frankly raising the money that it takes to run The Well.

About The Well of Saginaw Men's Shelter

The Well of Saginaw Men's Shelter is patterned after two successful women's shelters in Saginaw: **Emmaus House** and **Mustard Seed Shelter**. The Well is a home for single men who are experiencing homelessness. They are given dignity and we help them get educated, trained, and find them jobs. They then start an independent life and it just makes a whole difference.



The Well:

- Has capacity to shelter up to 10 single men (age 18+) at a time.
- Will provide warm beds, hot showers, nutritious meals, laundry facilities and more.
- Connects guests to resources, including classes to develop skills for workforce readiness, financial literacy, help finding employment, and completing a GED.
- Provide physical, emotional and spiritual support and help guests develop a personal recovery plan tailored to their needs.

[Click HERE to visit and follow The Well's Facebook page](#)

Dr. Akbar has been an active member of the Saginaw County Medical Society, serving in various positions on the Board of Directors, including as President, for over 30 years. Congratulations on this well-deserved recognition, and thank you for your tireless service to Saginaw and the Great Lakes Bay Region.





Subscribe to the Public Health Bulletin for Health Care Providers by scanning the QR code.





SINCE 1902

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

The study analyzed 6,680 patients who underwent EVAR between January 2016 and December 2023. In his results, Mazzella concluded “there was no difference in primary outcomes whether a patient did or did not have a pre-operative stress test.” He does note that patients with an abnormal stress test were more likely to have a longer hospital stay. But overall, Mazzella feels his results prompt questions regarding the value of routine stress testing prior to EVAR.

The **College of Medicine’s Summer Research Scholars Program** is designed for first-year students who choose to

participate in a summer research experience between their first and second year of medical education. Candidates for the program identify a faculty mentor and submit a short research proposal, which is then competitively reviewed. Each year 12-16 Summer Research Scholars are awarded scholarships and expected to present their research at the Student Research Forum and the CMU College of Medicine/CMU Medical Education Partners Research Symposium the following academic year.



Renewing Your Medical License in 2026? 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. **Every three-year renewal cycle will need to report three hours.**

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.

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.



CMU HEALTH
CENTRAL MICHIGAN UNIVERSITY

ADMISSION AND SCREENINGS ARE FREE!

DIABETES WELLNESS FAIR

THE SWEET TRUTH

**SVRC MARKETPLACE -
BALLROOM**

Join the CMU Health
Endocrinology Department for
our inaugural community
health fair.

11am-2pm
SATURDAY
NOV. 1
2025

RESOURCES FOR THE WHOLE FAMILY

- » Over 30 health vendors
- » Resources & information
- » Live Q&A with medical experts
- » Raffles, prizes, giveaways and more!

EVENT SPONSORS:



WELLNESS FAIR LOCATION: 203 S. Washington Ave. Saginaw, MI 48607

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 licensee 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.

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.

LET'S HAVE THE TALK

SECURE STORAGE SAVES LIVES

- Firearms are the leading cause of death for U.S. & Michigan children and teens.
- Access to a firearm increases the risk of suicide nearly five times, and access to a firearm by adolescents triples their risk of suicide.
- 45% of gun owners with children at home do not store firearms securely.
- Firearms stored unlocked and loaded are most commonly involved in accidental shootings among children.

WHAT IS SECURE STORAGE?

IN MICHIGAN, SECURE FIREARM STORAGE MEANS:

- Keeping firearms **unloaded and locked** with a secure locking device, **or** storing firearms in a locked container that a minor cannot access.

IT'S NOT JUST SMART, IT'S THE LAW



>> Scan to learn more or visit
Michigan.gov/FirearmInjuryPrevention



>> Scan to learn more or visit
Michigan.gov/FirearmSafety

Michigan's firearm secure storage law went into effect on February 13, 2024. Anyone who fails to properly secure a firearm in the presence of minors can face criminal penalties if a minor gains access.

LET'S HAVE THE TALK

HOW TO START THE CONVERSATION ON SECURE FIREARM STORAGE

START THE CONVERSATION. PROTECT OUR KIDS.

Talking about guns in the home can feel awkward, but it shouldn't be taboo. Whether your child is going to a friend's house, staying with relatives, or simply curious, asking about secure firearm storage is an act of care and prevention.

USE THESE CONVERSATION STARTERS TO HELP HAVE "THE TALK" WITH YOUR CHILDREN:

- "Do you know what to do if you ever see a gun at someone's house?"
- "If a friend ever shows you a gun, what would you do?"
- "Guns can be dangerous if they're not locked up, can we talk about how to stay safe?"
- "Have you ever seen a gun at a friend's house or somewhere unexpected?"
- "If you were ever unsure about whether something is safe, would you feel comfortable telling me?"
- "Let's talk about what to do if you ever see something that makes you feel unsafe."

USE THESE CONVERSATION STARTERS TO HELP HAVE "THE TALK" WITH OTHER PARENTS AND CAREGIVERS*:

- "Before our kids hang out, I just wanted to ask if you have firearms in your house and confirm how they are stored. I want to make sure my kid knows your safety rules."
- "No judgment, I've just started asking other parents about gun safety. Do you use a lock or safe for yours?"
- "We're having more of these conversations at home, so I'm asking: how do you store any firearms in your house?"
- "Our kids are getting older and more curious, so I wanted to check in—how do you handle firearm storage?"
- "I know it can be awkward, but I ask all parents now: how do you store your guns in the home?"

*Adapted from the Be SMART & End Family Fire ASK campaign

Wound Treatment Center in Saginaw Receives Highest Honors

The **Wound Treatment Center at MyMichigan Medical Center Towne Centre** in Saginaw is a recipient of the prestigious **Wound Center of Excellence Award from RestorixHealth**. This accolade acknowledges the Wound Center's commitment to excellence as they have consistently met or exceeded national benchmarks in clinical, operational and patient satisfaction benchmarks over a designated period.

Wound Care at MyMichigan Medical Center Tawas was also recognized with the **Wound Center of Excellence Award**.

Two achievement awards were presented to **Wound Care at MyMichigan Medical Center Standish** – the **Clinical Distinction Award** and **Excellence in Patient Satisfaction Award**.

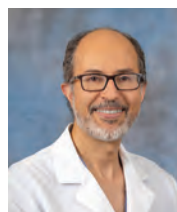
Those interested in more information on services provided at Wound Care Centers may visit www.mymichigan.org/wound.

Medical Center Certified as a Comprehensive Stroke Center

MyMichigan Medical Center Saginaw is certified by **The Joint Commission** as a **Comprehensive Stroke Center (CSC)** for its advanced capabilities to rapidly diagnosis and implement leading-edge treatments for stroke patients. It's the only CSC in the mid-Michigan Region. In addition to receiving the **Stroke Gold Plus award**, MyMichigan Medical Center Saginaw also received the **Advanced Therapy award** by meeting specific criteria that reduce the time between an eligible patient's arrival at the hospital and treatment to remove the clot causing the stroke.

Two Spine Surgeons Join MyMichigan Neurosurgery

MyMichigan Neurosurgery is proud to introduce the addition of two distinguished spine surgeons, **Hazem A. Eltahawy, MD**, and **Meic (Mike) H. Schmidt, MD**, to its practice in Saginaw. Both are board-certified, fellowship-trained neurosurgeons with more than 25 years of experience in the diagnosis and treatment of complex spinal conditions.



Dr. Eltahawy



Dr. Lawson



Dr. Schmidt

Drs. Eltahawy and Schmidt join **Kevin J. Lawson, MD**, at MyMichigan Neurosurgery, 4677 Towne Centre Road, Saginaw. Together, they offer surgical and non-surgical treatments at **MyMichigan Medical Center Saginaw**, providing patients access to advanced spine care close to home.

Dr. Eltahawy specializes in spinal conditions and tumors that affect the brain, spinal cord, and peripheral nerves. He has expertise in managing cervical deformities, revision lumbar and cervical spine surgeries, thoracolumbar scoliosis and kyphosis, as well as, peripheral nerve injuries and tumors. Dr. Eltahawy earned his medical degree and completed a neurosurgery residency at Ain Shams University School of Medicine and Hospital in Cairo, Egypt, followed by advanced fellowships in neurosurgery research, functional and stereotactic neurosurgery, neuro-oncology and neurological spine surgery.

Dr. Schmidt specializes in minimally invasive and endoscopic surgical techniques, particularly for degenerative spine diseases and cervical myelopathy. He is recognized for pioneering thoracoscopic spine surgery for tumors and fractures. Dr. Schmidt completed his training at the Medical College of Wisconsin and pursued advanced fellowships in neuro-oncology and spinal surgery at the University of California, San Francisco.

For patient referrals, call (855) 298-9888.

PEER REVIEW ETHICS COMMITTEE

The Saginaw County Medical Society has a **Peer Review Ethics Committee ("Committee")** which is comprised of Caroline G.M. Scott, MD-Chair, Danielle C. Duncan, MD and Thomas J. Veverka, MD. Members of the Committee are elected by the membership.

The following is the definition of the Committee pursuant to Chapter IX Conduct and Discipline of Members of the SCMS Bylaws:

Section 5. **PEER REVIEW ETHICS COMMITTEE.** This Society shall have a standing committee designated the Peer Review Ethics Committee, charged with duties and powers concerning the maintenance of standards of

conduct and discipline of members including the duties and powers specifically set forth in this chapter. Whenever any matter of alleged misconduct is referred to the Peer Review Ethics Committee, such Committee shall have the right to conduct investigations and hearings thereon, both informal and formal, and to make findings of fact and recommendations for discipline.

If you need to refer a matter to the Committee, please contact Drs. Scott, Duncan or Veverka, or Joan Cramer at the Saginaw County Medical Society office. All matters are confidential and are not to be disclosed to the Board or membership.

Covenant HealthCare Recognized Among Michigan's Top Hospitals

Covenant HealthCare has been named one of the best hospitals in Michigan by U.S. News & World Report.

This recognition reflects high performance across multiple specialties and procedures, highlighting the depth of expertise and collaboration within our medical community.

What makes this honor even more meaningful is that Covenant is one of the only independent hospitals to earn a place on the statewide list. This distinction underscores the strength of our physician partnerships and the dedication of clinical teams who deliver extraordinary outcomes without the backing of a large health system.

From advanced cardiac and surgical interventions to specialized neonatal and pediatric care, Covenant provides comprehensive, evidence-based treatment for patients of all ages.

"Our mission of extraordinary care for every generation is realized through the skill and commitment of the physicians, providers and staff who care for patients each day whether at the bedside or behind the scenes," says **Dr. Matthew Deibel**, Chief Medical Executive at Covenant. "We are proud to see this work recognized on a statewide level, and even more proud of the trust our community places in us."

Looking ahead, Covenant HealthCare remains focused on advancing outcomes, strengthening collaboration, and ensuring access to exceptional care across the Great Lakes Bay Region and beyond.



Regional Neonatal Intensive Care Unit Celebrates 50 Years of Extraordinary Care

For more than 50 years, the **Regional Neonatal Intensive Care Unit (RNICU) at Covenant Children's Hospital** has offered lifesaving care to premature and critically ill infants

across the Great Lakes Bay Region and beyond. What began as a bold vision by **Dr. Chai-Yakarn Soontharotoke**—known as **Dr. Chai**—has grown into one of Michigan's leading neonatal programs, combining advanced technology, multidisciplinary expertise and compassionate support for families.

In July, a 50-year celebration at Bliss Park brought together RNICU graduates, families and caregivers to honor decades of hope and healing. The event featured heartfelt stories, emotional reunions and reflections on the countless lives touched within the unit.

At the event, Dr. Chai received special recognition for his leadership in bringing neonatal care to Saginaw. More than five decades ago, he recognized the need for a specialized unit and led the effort



to establish a **Special Care Nursery at Saginaw General Hospital**, which later merged with **St. Luke's Hospital** to form **Covenant HealthCare**. His legacy endures in every child who has thrived because of the RNICU he helped build.

Covenant HealthCare remains committed to providing extraordinary care for every generation—beginning at life's very first breath. **Learn more at covenantchildrenshospital.com.**

Covenant Medical Group Welcomes



Daniel J. Dunaske, MD

Emergency Medicine

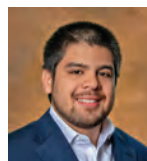
Covenant HealthCare Emergency Care Center
900 Cooper Ave., Saginaw, MI 48602



Michael J. Gomez, MD

Emergency Medicine

Covenant HealthCare Emergency Care Center
900 Cooper Ave., Saginaw, MI 48602



Mathew P. Kunz, MD

Hospital Medicine

Covenant HealthCare
1447 N. Harrison, Saginaw, MI 48602
989.583.4220

IN MEMORY

Johanna E. Aquilina

February 22, 1934 - August 18, 2025



Johanna Elizabeth Aquilina of East Lansing, Michigan - beloved wife, mother, grandmother, great grandmother, sister and friend to so many - passed away peacefully on August 18, 2025, at the age of 91. Johanna was the devoted daughter of the late Karl and Elizabeth. She was born in Reichenberg, Czechoslovakia (now Liberec), and was the fifth of eight children.

Following World War II, she along with her family escaped the Iron Curtain and relocated to West Germany. After completing high school, she worked in Spain for two years. While on her return trip to Germany, she met her future husband, Joe, a dapper Maltese man who was serving in the U.S. Army stationed in Karlsruhe-Bavaria, Germany. On what must have been quite the interesting train ride, Joe told Johanna that he was going to marry her. While Johanna laughed, Joe was sure and they were married exactly one year later.

After completion of his military service, Joe stayed in Germany for medical school and Johanna immigrated to the U.S. with their two infant children and worked for Aetna Insurance in Detroit. After Joseph received his degree, he reunited with Johanna and their two children in the U.S. and later welcomed two additional children. Joseph opened a medical practice in Saginaw, where Johanna was the office manager until retiring in 2003.

Johanna and Joe were married for 66 years and filled their home with love and laughter, finding mutual joy in helping those in need. Johanna was and continues to be the heart and soul of her family. She led with compassion and was known for her bright eyes and warm smile. Her frequent soft-spoken wise advice and support always came at the perfect time. Her laugh was infectious, and she had a great sense of humor. She was creative and had a knack for design, always making a house feel like a home no matter where she was. Her delicious homemade cooking made every meal special, and her holiday spreads were the highlight of every season, complemented by her elegant holiday decor that rivaled Jacobson's displays.

Johanna was an avid bird watcher and loved looking for new visitors to her many bird feeders. She loved gardening and had the greenest of thumbs, with roses, Christmas cactus and blue spruces being her favorites. She had many talents- a complex math and computer whiz, an expert puzzler and word game player- but perhaps is most known for her beautiful crochet, making countless stuffed animals, doilies, scarfs and cherished blankets for loved ones. Johanna loved traveling the world but was most happy when she was surrounded by family.

Johanna was preceded by her husband, Joseph N. Aquilina MD, her cherished companion. A loving mother, she is survived by four children: Rosemarie, Joseph (Susan), Thomas (Carey) and Helen (Doug); fifteen grandchildren: David, Jennifer (Aaron), Sarah, Steven, Nicholas (Maria), Joseph (Lindsay), Katie, Sydney, William, Thomas, Johanna, Louis, Shelby, Michael and Marissa; and three great-grandchildren: Adalyn, Jack, and Blake.

Additionally, Johanna is survived by two siblings - Michael and Sr. Beate (Irena). She was preceded in death by her parents, Karl and Elizabeth; her sisters Doris, Elizabeth, Maria; and her brothers Karl and Wolfgang.

Funeral services were held at St. Thomas Aquinas Catholic Church in East Lansing on Friday, August 22, 2025. Those planning an expression of sympathy are asked to consider a donation to **St. Jude Children's Research Hospital**

James F. Shetlar MD

December 26, 1944 - September 30, 2025



James F. Shetlar MD passed away

unexpectedly on Tuesday, September 30, 2025, in Saginaw at the age of 80. James was born in Wichita, Kansas on December 26, 1944, to the late Luther and Dorothy Shetlar. He married Janet Cook on May 4, 2002; she survives him.

Dr. Brender entrusted his practice to Dr. Shetlar in 1972. Dr. Shetlar was a practicing physician in Frankenmuth and helped serve many families all through his long career; he was the longest practicing physician in Saginaw County.

He was a member of St. Lorenz Lutheran Church and the Frankenmuth Rotary. He was a huge Kansas State fan, having graduated there in 1966. Dr. Shetlar was heavily involved in International R.S. Prussia, Past President of the Michigan Academy of Family Physicians and served on the board at the American Academy of Family Physicians.

Surviving besides his wife, Janet, are children Amy (Jimmy) Jimenez of Gilbert, AZ, Marisa (Mike) Burghdoff of Everett, WA, Mike (Jennifer) Shetlar of Phoenix, AZ, Sarah Schumm of San Francisco, CA, Tom Schumm of Portland, OR, David (Katie) Schumm of County Clare, Ireland and James Shetlar II of Frankenmuth; 10 grandchildren; one great grandchild; one sister Anne (Phil) Rush, and many nieces and nephews. Besides his parents, Dr. Shetlar was predeceased by his brother Martin (Margie) Shetlar.

Funeral Services took place on Saturday, October 4, 2025, at St. Lorenz Lutheran Church in Frankenmuth. Those planning an expression of sympathy may wish to consider memorials to **St. Lorenz Foundation** or the **Frankenmuth Rotary**.

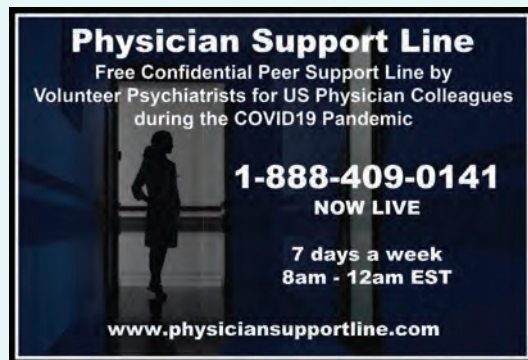
Substance Use and Mental Health Disorder Treatment for Health Care Professionals

For many years, the SCMS promoted the Caduceus Meetings for Recovering Health Care Professionals in Freeland. In 2024, the meetings were discontinued due to the retirement of the facilitator. If you or a colleague need help, please consider the following:

Recovery Pathways in Bay City is an outpatient program with locations throughout the Great Lakes Bay Region. They can be reached at 989-928-3566.

Health Professional Recovery Program You can self-report or refer a colleague at 1-800-453-3784 or hprp@hprp.org. HPRP supports the recovery of its participants so they may safely return to practice and protect the safety of the general public.

Physician Support Line



Physician Support Line
Free Confidential Peer Support Line by
Volunteer Psychiatrists for US Physician Colleagues
during the COVID19 Pandemic

1-888-409-0141
NOW LIVE

7 days a week
8am - 12am EST

www.physiciansupportline.com

I confirmed they are open to all physicians, residents and medical students from 8 a.m.-12 a.m. seven days a week except for federal holidays. They have volunteer psychiatrists staffing the phone lines.

They do not report to any organizations and is a confidential service.

I also reached out to several resources around the state, and have learned there are two Zoom Caduceus meetings available to health care industry professionals. The meetings 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, doctors, nurses, dentists and pharmacists.

Sunday at 7:30 p.m.

Meeting ID 341 745 4172, **Password** serenity

Monday at 7 p.m.

Meeting ID 527 439 897, **Password** gratitude

Meets in person on the third Monday in Grand Rapids

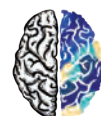
Joan Cramer, SCMS Executive Director

Thank You Key Providers!

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



**Saginaw Valley
Pediatrics**



**Quality Sleep &
Neurology**

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Help us bring Rx Kids to Saginaw!

Rx Kids is the nation's first prenatal and infant program that provides direct, unconditional cash to all mothers in a community. For many families, income plunges and expenses rise right before a child is born and remains high throughout the first year. This window of economic shock is the most critical period for child development and long-term success.

RX KIDS PROVIDES A ONE-TIME PRESCRIPTION OF \$1,500 DURING PREGNANCY, AND A MONTHLY PRESCRIPTION OF \$500 DURING THE CHILD'S FIRST 6-12 MONTHS OF LIFE.

Launched in Flint, Michigan in January 2024, Rx Kids has expanded to rural and urban areas across Michigan. To date, the program has prescribed over \$11 million to more than 2,800 families.

WHY SAGINAW?

In the City of Saginaw:

- 54% of children ≤ 5 yoa live in poverty
- Infant mortality rates are one of the highest in Michigan
- Infants are more likely to be born low birthweight and premature
- Black infants are 3x more likely to die before their first birthday than white infants
- Around \$1.4 million in funding from the State of Michigan is available to support the program. An additional \$1.2 million annually is necessary from private donors to bring the 6 month program to ALL moms in the City of Saginaw over the next two years.



DONATE TODAY

Donate online or send checks to the Saginaw Community Foundation – BWell Fund with a notation for RxKids. Mail to 1 Tuscola St., Suite 100B • Saginaw, MI 48607 P: (989) 755-0545

Rx Kids is a program of Michigan State University Pediatric Public Health Initiative, in collaboration with Poverty Solutions at the University of Michigan, and administered by GiveDirectly. Local champions include the Saginaw County Health Department. Learn more at RxKids.org. Contact us at bwel@saginawcounty.com for more information.

My Go-To Place For Neuroscience Excellence



MyMichigan Medical Center Saginaw

800 S. Washington Avenue
Saginaw, Michigan 48601

Expert Care Close to Home

Brain ■ Neck ■ Spine



4.7 out of 5

(Based on 905 Verified Patient Ratings)

When it comes to the brain, neck and spine, discover the difference neuroscience care at MyMichigan Medical Center Saginaw offers with the:

Region's **only Comprehensive Stroke Center*** for the Highest Level of Stroke Care

- 24/7 Stroke Care When Minutes Matter
- Neurosurgery Expertise
- The Most Advanced Technology to Diagnose and Treat Stroke and other Brain Conditions

Latest Surgical and Non-Surgical Spine Interventions for Simple to Complex Back and Neck Conditions

- Highly Experienced Spine Surgeons and Medical Team who put **Your Health First**
- Personalized Care focused on Restoring Comfort, Mobility and Quality of Life
- Access to MyMichigan Health's Spine and Pain Program and comprehensive Rehabilitation Services

* Accredited by The Joint Commission

Learn more about MyMichigan's comprehensive neuroscience services at www.mymichigan.org/neuro.