



# Bulletin

THE OFFICIAL JOURNAL OF THE KENT COUNTY MEDICAL SOCIETY & THE KENT COUNTY OSTEOPATHIC ASSOCIATION

SUMMER 2022

— *Serving Physicians in Kent, Ottawa, Barry, Ionia and Montcalm counties* —

157TH MICHIGAN STATE MEDICAL SOCIETY

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Junewick Installed as KCMSA President

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### GET INVOLVED:

Learn more about the Kent County Medical Society at [www.kcms.org](http://www.kcms.org).

Learn more about the Kent County Osteopathic Association at [www.kcoa-mi.org](http://www.kcoa-mi.org).



## BULLETIN

### EDITORIAL COMMITTEE

- Gregory J. Forzley, MD — *Editor*
- Michelle M. Condon, MD
- Patrick J. Droste, MS, MD
- Herman C. Sullivan, MD

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Kent County Medical Society &  
Kent County Osteopathic Association

233 East Fulton, Suite 224  
Grand Rapids, MI 49503  
Phone 616.458.4157  
Fax 616.458.3305

[www.kcms.org](http://www.kcms.org) • [www.kcoa-mi.org](http://www.kcoa-mi.org)

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# Join Us

KCMS MEETINGS OF INTEREST

**SEPTEMBER 12, 2022**

**KCMS/KCOA LEGISLATIVE COMMITTEE MEETING**

Noon-1pm

**OCTOBER 31, 2022**

**KCMS/KCOA LEGISLATIVE COMMITTEE MEETING**

Noon-1pm

## Your Membership is Priceless

Your Kent County Medical Society Membership at work:

- KCMS partners with regional Legislators and MSMS on explanations and rationale on legislative issues affecting many physicians and practices.
- Kent, Ottawa, Kalamazoo Board and Delegation created Resolutions to present at the House of Delegates meeting.
- Tools to manage billing and reimbursement issues in your office.
- During the COVID-19 pandemic, KCMS shared resources for Medical Office managers and local clinics to prepare, respond and assist patients and colleagues.
- KCMS helps residents of Kent, Ottawa and Barry County with questions on finding a new physician, and navigating communications with medical office and hospital billing staff.
- Subscriptions to newsletters: KCMS/KCOA Bulletin Magazine, Medigram Newsletter, and Michigan Medicine Magazine.
- Member-only discounts on CME Programs.

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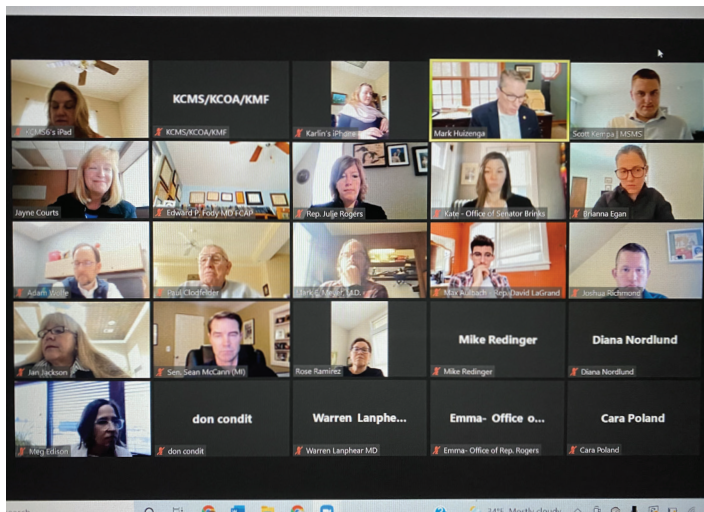
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**OTTAWA COUNTY ALTERNATE DELEGATE**

Todd VanHeest, MD

# West Michigan Legislators Meet with Physicians

West Michigan Medical Societies meet with respective Legislators representing Kent, Barry, Ottawa, Kalamazoo, and Muskegon.



Participating Medical Societies included:

- Kent County Medical Society
- Ottawa County Medical Society
- Kent County Osteopathic Association
- Kalamazoo Academy of Michigan
- Muskegon County Medical Society

## Join the Conversation

The West Michigan regions will meet again this fall. If you would like to join the meetings, please alert the office at [kcmsoffice@kcms.org](mailto:kcmsoffice@kcms.org).

- Monday, September 12 | Noon
- Monday, October 31 | Noon

## Region 5, Region 8 Delegations Partner on Regional Briefing



Region 8 Directors, Eric Larson, MD, Kent County, and Brian Stork, MD, Muskegon County, facilitated the first hybrid (in person and virtual) Regional

Directors' Update on Saturday, March 19. MSMS President-elect candidate, M. Salim U. Siddiqui, MD, PhD, Wayne County, attended the meeting.



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## PRESIDENT'S MESSAGE



Belén Amat, MD  
2022 KCMS  
President

# Physician Wellness—We Need to Be In This Together!

As I write this, our Nation is grieving for local victims of recent senseless shootings in our community, as well as other communities in our country. I am troubled by how this affects victims, families who have lost a loved one, survivors who are injured, traumatized and heroic first responders and physicians who try to pave a way toward healing.

Physicians many times are the comforting hand that holds, the empathetic heart that aches, and the trusted guide that shows the way to move forward—physically and emotionally. But many of us know that physicians are also hurting.

Working within a challenged healthcare system that doesn't necessarily make sense for our patients, is difficult to use, and challenging to navigate for a patient, the physician, all while relying on a need to clearly include electronic documentation of this care.

Recently, a colleague of ours, Dr. Bobby Mukkamala, Chair, AMA Board of Trustees, posted a summary of a few days in the life of a busy Ear, Nose and Throat surgeon as he works within the EMR software in two hospital systems in his town.

Many of his comments stood out and I have presented a couple of excerpts as I too, have felt these challenges:

*Their entire medical record, from history of previous surgery, medicines, cardiac, and other records will be unavailable easily when other doctors are trying to save their life. These doctors will once again have to rely on a history taken from a family member who is panicking and barely able to think clearly as they look at their loved one in a cervical collar stained with blood.*

*My patients suffer. I suffer. My office staff suffers. The hospital staff suffers. The hospital suffers but in a predictable, calculated way because the suffering is justified by the ROI: Patients stay in their system.*

*I write this to encourage others to share their thoughts. There are people and institutions that can improve this situation. But they will not do it out of the goodness of their hearts. They will only do it if they are not given a CHOICE.*

I appreciate Dr. Bobby Mukkamala taking the time to share his frustration, challenges of a system that was supposed to be an improvement in patient care. The recording of the EMR issues that many physicians deal with and have been—creating chaos and stress, and these to the list of frustrations that “pile on” daily.

A proposed remedy was demonstrated last week. Drs. Randy Lovell, Eric Larson and Blake Miller from Kent and Muskegon counties, gathered a group of doctors to host an event where doctors could relax, share, and find some resolutions to issues to improve practice conditions for current physicians. There was tremendous positive conversation, distraction and discussion.

As you know by reading this issue, the Michigan State Medical Society House of Delegates.

CONTINUED ON PAGE 7

## PRESIDENT'S MESSAGE

CONTINUED FROM PAGE 6

Representatives from all over the state worked on Resolutions that voice Michigan physicians' desire to improve policy and, in some cases, legislation that drives physician careers.

The American Medical Association presented resources to help physicians integrate behavioral health into their practices as well as prioritize their own mental well-being. Feel free to share these with your colleagues, patients and others who can benefit from some over-due personal attention.

The [two newly developed guides](#) focus on behavioral health integration in private practices, one for practices serving adult patients and the other for children and adolescent populations. The guides outline key guiding questions relevant to independent practices caring for adult and youth patients who are considering behavioral health integration.

The newly revised "[Managing Mental Health During COVID-19](#)" resource outlines strategies to support mental well-being while continuing to care for patients during the pandemic or any other crisis. Updates include additional resources to care for staff, including the AMA's "[Creating a Resilient Organization](#)" and "[Implementing a Work-From-Home Program](#)" guides, as well as [strategic practice guides](#) and the BHI Collaborative's [BHI Compendium](#), which provides guidance on how to integrate mental and behavioral health care into your practice.

Be well, my friends. You can and should voice your frustration—if for nothing better, to learn you are not alone. Building a team will make it easier as a team to work for change. Helping one another can be as simple as talking over a cup of coffee or hosting a small gathering for fun therapy. Finally, I ask you to lean into YOUR well being as a priority in your life. As physicians, we are taught to care for the patient in front of us, serving as advocates for improvement and guiding one another toward professionalism and hard work—but the system relies upon your health and well-being. I hope you have a restful summer with those who inspire you to enjoy life.

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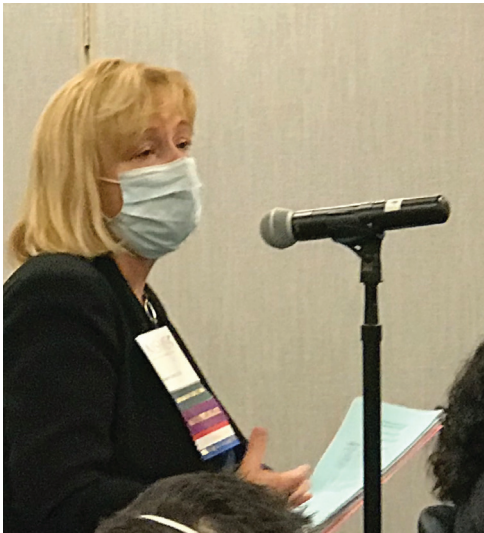
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MSMS HOUSE OF DELEGATES

# Delegates Represent West Michigan

Thank you to the Region 5 (Barry and Kalamazoo Counties) and Region 8 (Kent, Ottawa, Muskegon Counties) Delegates who served on the 2022 Delegation. Under the leadership of Delegation Chair, David Whalen, MD, the Delegates attended various pre-House of Delegates events which were held, encouraging explanation of Resolutions.



## By the Numbers

5

Resolutions Approved

6

Resolutions Adopted as Amended

1

Resolution Referred to the Board

4

Resolutions Disapproved



# House of Delegates Review Resolutions

The KCMS Delegation, along with other County Delegations, students from MSU-CHM or partnering specialty societies and other county medical societies sent 25 resolutions, which were prioritized from 57 originally submitted resolutions, reviewed by a Resolution Review Committee and selected for the 2021 MSMS House of Delegates. The following resolutions were approved by virtual, online testimony and Reference Committees. Click [here](#) for a complete listing of resolutions.

## 03-22 – Inclusion of Northern Michigan in the Rotation for the HOD Meeting

*House Action: Approved*

**RESOLVED:** That MSMS continue to rotate the HOD meeting between the east and west side of the state, but at least once every 12 years, the western meeting shall take place in a northern county.

## 04-22 – Non-Stigmatizing Verbiage

*House Action: Approved as Amended*

**RESOLVED:** That MSMS encourages the use of clinically accurate, non-stigmatizing, person-first terminology when referring to the disease of addiction. MSMS shall incorporate such terminology in future communications and publications, as well as update existing policies during the normal process of updating the MSMS Policy Manual.

## 08-22 – Michigan State Medical Society Judicial Commission

*House Action: Approved as Amended*

**RESOLVED:** That the MSMS Board of Directors study the structure and function of the Judicial Commission and recommend Constitution and Bylaws changes that will be brought to the 2022 MSMS House of Delegates for first reading.

## 09-22 - Prescription Medication Pill Size

*House Action: Disapproved*

**RESOLVED:** That MSMS ask the Michigan Board of Pharmacy to pursue pill medication size to be no smaller than six mm in diameter or other size found by research to be best suited for pill cutting by elderly or disabled patients; and be it further

**RESOLVED:** That the Michigan Delegation to the American Medical Association (AMA) ask our AMA to request pharmaceutical companies to manufacture pills larger than five mm in diameter for medications most likely to be prescribed to elderly and disabled persons, especially those consisting of controlled substances, to better allow pill cutting to help control dosages, unless research shows this to be unnecessary in this group of patients.

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## RESOLUTIONS REVIEWED CONTINUED FROM PAGE 9

### 10-22 – Limit Copay on Emergency Department Visits

*House Action: Disapproved*

**RESOLVED:** That MSMS advocate that insurance companies waive the imposition of higher co-pays or deductibles when a patient is directed by their primary care physician to seek treatment for an acute problem in the emergency department, even if the patient is not admitted to the hospital.

### 11-22 – Enforce AMA Principles on Continuing Board Certification

*House Action: Approved*

**RESOLVED:** That the Michigan Delegation to the American Medical Association (AMA) ask our AMA to continue to actively work to enforce current AMA Principles on Continuing Board Certification; and be it further

**RESOLVED:** That the Michigan Delegation to the American Medical Association (AMA) ask our AMA to publicly report their work on enforcing AMA Principles on Continuing Board Certification at the Annual and Interim meetings of the AMA House of Delegates.

### 18-22 – De-professionalization of the Medical Profession

*House Action: Approved as Amended*

**TITLE:** Medical Professional Identification Transparency

**RESOLVED:** That MSMS supports only the use of titles and descriptors that align with a physician or non-physician provider's state-issued licenses or credentials; and be it further

**RESOLVED:** That MSMS actively oppose efforts to diminish the qualifications and training of physicians by hospital administrators, insurance companies, and governmental regulatory agencies who require physicians be referenced as medical providers, team members, health care providers, or any other reference in lieu of the legal title of physician or doctor; and be it further

**RESOLVED:** That MSMS seek legislation which provides that professionals in a clinical health care setting clearly and accurately identify to patients their name, credentials, and professional title(s).



Kalamazoo Academy of Medicine (KAM) President, Shama Tareen, MD, serves as a Delegate providing testimony on a Resolution.

### 22-22 – Clinical Laboratory Improvement Amendment Requirements

*House Action: Approved as Amended*

**RESOLVED:** That MSMS adopt policy advocating that any confirmatory laboratory testing for urine drug screens should be considered at the discretion of the ordering physician with the best interests of the patient in mind.

### 23-22 – Off-Label Policy

*House Action: Approved as Amended\**

**RESOLVED:** That MSMS support AMA Policy, "Patient Access to Treatments Prescribed by Their Physicians H-120.988" as a basic medical right and responsibility of a physician to provide the best care available to our patients; and be it further

**RESOLVED:** That the Michigan Delegation to the American Medical Association (AMA) ask our AMA to amend AMA Policy, "Patient Access to Treatments Prescribed by Their Physicians H-120.988."

*\*Please see online version of Resolution results for remainder of this Resolution.*

CONTINUED ON PAGE 11

*Thank You Region 5 and Region 8 Delegates!*

Please see page 4 for a complete list of Delegates and Alternate Delegates.

## RESOLUTIONS REVIEWED CONTINUED FROM PAGE 10

### 24-22 – Medicare Prescription Drug Pricing

*House Action: Approved as Amended*

**RESOLVED:** That Michigan Delegation to the American Medical Association (AMA) ask our AMA to strengthen its advocacy for federal legislation to permit Medicare to negotiate with pharmaceutical companies in order to lower the high cost of prescription drugs for this population; and be it further

**RESOLVED:** That MSMS advocate for the lowering of Medicare prescription drug pricing to Michigan’s federal lawmakers; and be it further

**RESOLVED:** That Michigan Delegation to the American Medical Association (AMA) work with the Great Lakes States Coalition to write a letter to the AMA Board of Trustees to make the lowering of Medicare prescription drug pricing one of its top legislative priorities.

### 25-22 – Fentanyl Patch for Patch Exchange Program

*House Action: Disapproved*

**RESOLVED:** That MSMS propose a fentanyl “patch for patch” exchange program in the state of Michigan that includes the following provisions:

1. Require a new fentanyl prescription to be labeled as a first prescription (this will result in a one-time return of 9/10 patches);
2. Require old patches to be stuck to a sheet of paper and returned to the pharmacy when getting a new prescription;
3. Require the pharmacy receiving a prescription for fentanyl patches to contact the prescriber if the pharmacy does not collect all used patches or collects fewer than the quantity to be dispensed;
4. Require the pharmacist and prescriber to jointly make an assessment, consider the circumstances, and determine the best course of action and the quantity to be dispensed; and,
5. Require pharmacies to properly store and then dispose of used patches; and be it further

**RESOLVED:** That MSMS seek legislation to implement a fentanyl “patch for patch” exchange program in Michigan.

### 28-22 – Retain Physician Assistant Professional Title

*House Action: Approved*

**RESOLVED:** That MSMS oppose the title change of Physician Assistant to Physician Associate.

### 29-22 – Transparency of Practice Agreements Between Physicians and Non-Physician

*House Action: Approved*

**RESOLVED:** That MSMS support public transparency of practice agreements, or lack of such agreements, between physicians and non-physician providers (such as nurse practitioners and physician assistants), as a reflection of our professionalism and commitment to patient safety in a physician-led care model; and be it further

**RESOLVED:** That MSMS support state legislation to achieve transparency of practice agreements between physicians and non-physician providers, or lack of such agreements, in a manner easily accessible to patients, in the form of website and/or marketing material disclosures, so that patients may be informed of the credentials of their entire care team.

### 30-22 – Celebrate Michigan Physicians

*House Action: Approved*

**RESOLVED:** That MSMS pursue a public awareness campaign celebrating how truly awesome Michigan physicians are and highlighting the diverse contributions of physicians to creating a better Michigan, as well as how the unique training as physicians prepares physicians to lead in education, research, public health, small business, philanthropy, and patient care.

### 38-22 – NBPAS as Equivalent Certification for Health Insurers and Hospitals

*House Action: Referred*

**RESOLVED:** That MSMS work expediently with Michigan insurance companies to update their board certification language to be in compliance with current National Committee for Quality Assurance and Utilization Review Accreditation Commission standards, recognizing board certification with National Board of Physicians and Surgeons as equivalent to American Board of Medical Specialties and American Osteopathic Association certification for physician participation; and be it further

**RESOLVED:** That MSMS support the efforts of physician members working to change their hospital bylaws to recognize National Board of Physicians and Surgeons as equivalent to American Board of Medical Specialties and American Osteopathic Association certification for hospital privileges; and be it further

CONTINUED ON PAGE 12

## RESOLUTIONS REVIEWED CONTINUED FROM PAGE 11

**RESOLVED:** That the Michigan Delegation to the American Medical Association (AMA) ask the AMA to bring the recent recognition of National Board of Physicians and Surgeons as equivalent to American Board of Medical Specialties and American Osteopathic Association certification for National Committee for Quality Assurance, The Joint Commission, and Utilization Review Accreditation Commission credentialing for the consideration of our AMA as an option for physicians nationwide to consider in their continuing certification needs.

### **47-22 – Protect Freedom of Speech, Diversity of Thought, and Open Scientific House**

*Action: Disapproved*

**RESOLVED:** That MSMS examine the language of the AMA Code of Medical Ethics as adopted by MSMS as its own code of ethics, to assure our rights to free speech, diversity of thought, and open scientific inquiry are protected and encouraged within the language of the document, reporting back suggested amending language to the 2023 House of Delegates if the document is found lacking; and be it further

**RESOLVED:** That MSMS study the complicated issue of censored speech, “cancelling” of physicians for expressing unpopular opinions, and how we may balance physician rights and due process with professionalism, reporting back with proposed policy to the 2023 House of Delegates.

## MSMS Committee Vacancies

Several Committees and Task Forces are seeking new members to join and help advance the mission of MSMS. MSMS Committees and Task Forces provide members an opportunity to connect with fellow MSMS members and provide direction to the Board of Directors on timely issues. Consider getting involved with your professional community and contributing to the advancement of organized medicine by joining any of the following Committees and Task Forces. Currently, all Committees and Task Forces are meeting virtually.

### **Committee on State Legislation and Regulations**

This Committee monitors and influences Michigan legislation related to health care. The Committee also works to enhance physician participation in the state legislative process. Meetings are held five times a year.

### **Liaison Committee with Michigan’s Public Health**

This Committee works to improve information and communication channels among public health officers, practicing physicians, and the public on environmental and public health issues of mutual concern. The Committee also advises the MSMS Board on key issues

pertaining to public health policy and community well-being in Michigan. This Committee meets quarterly.

### **Task Force on Behavioral Health Integration**

The Task Force monitors current legislative and regulatory developments related to the state’s efforts to improve the coordination of physical and behavioral health services. Charges include reviewing and potentially weighing in on proposals to impacting individuals with mental health conditions, intellectual and developmental disabilities, and substance use disorders. The Task Force meets as needed.

### **MSMS Opioid Stewardship Task Force**

This Task Force will advise MSMS and help shape internal and external policies, positions and activities related to the utilization of opioids and alternative therapies, advancement of evidence-based treatment, and development of resources to support physicians in caring for patients with pain and/or prescription drug dependency. The Task Force meets quarterly.

**If you are interested in joining a Committee or Task Force, please contact Mary Kate Barnauskas at (517) 336-7575.**

## AMERICAN MEDICAL ASSOCIATION CELEBRATES MILESTONE

# West Michigan Physicians Represent Local Physicians with AMA

Thank you to the following West Michigan physicians who serve as Delegates from Michigan to the AMA; each are serving a two-year term to 2024 House of Delegates. KCMS has been proud to partner with the AMA and has had many representatives supporting the AMA since 1902.

- Michael D. Chafty, MD, JD, Kalamazoo County
- Jayne E. Courts, MD, Kent County
- Rose M. Ramirez, MD, Kent County
- Michael J. Redinger, MD, Kalamazoo County

The gains we constantly make in diagnosing and treating illness and injury are easy to take for granted—until we realize just how far organized medicine has advanced since the mid-1800s, when bloodletting and blistering helped place “bodily humors” back into balance.

Today, next-generation mRNA vaccines and groundbreaking advancements in gene therapy are just two examples demonstrating our tremendous progress in restoring health and maintaining wellness for all, which also means dismantling the structural and social drivers of health inequities.

The American Medical Association (AMA), which marks the 175th anniversary of its founding in May 2022, helps propel the science and research that drives organized medicine forward through advocacy and innovation built around the world’s first-ever code of medical ethics. The AMA’s work to both standardize and modernize medical education and physician training are key elements in meeting its mission to promote the art and science of medicine and the betterment of public health.

As not only an individual membership association, but the convening national body of medicine through its House of Delegates—comprised of more than 190 state and specialty medical societies and other critical stakeholders—the AMA is the nation’s largest and most influential medical organization. The policies adopted by the House of Delegates underpin its advocacy and guide ethical

medical practice for millions of physicians in the U.S. and around the world.

Delegates selected by the state medical associations, medical specialty societies, national medical organizations and other recognized constituent associations that comprise the AMA House of Delegates meet twice each year to shape AMA policy and prioritize initiatives in medical education, ethical and judicial affairs, public health, diversity and inclusion, and a host of other subjects.

Since the earliest days of its founding, the AMA and its state and specialty medical association partners have put patients first—from our earliest efforts to protect the public from medical quackery and fraudulent “medicines” that were ineffective at best and life-threatening at worst. Over the years, we have spoken for physicians in a unified voice in championing vaccine safety and efficacy, confirming the harmful effects of tobacco use while helping ban smoking on airliners, and advocating for seat belts as standard equipment in vehicles, among other initiatives.

The AMA continues to fulfill its mission by working to remove obstacles to patient care, leading the charge to prevent chronic disease and confront public health crises, and driving the future of medicine through innovation and improved physician training and education.

While the AMA can be rightfully proud of its contributions to organized medicine, the organization has also owned up to the fact that some of its prior actions and policies helped create many of the disparities and inequities in health that persist today. The AMA has acknowledged these mistakes and is working collaboratively to eliminate inequities throughout health care in order to achieve optimal health for all.

As the AMA marks its 175th anniversary, its leadership is grateful for the contributions of time and volunteer service by millions of physician members who have advanced its mission over generations while working tirelessly to improve the health of their patients, communities, and our nation.

# Meet Alden Humphrey Williams, MD

**By Joseph Junewick, MD,  
and Henry VanderKolk, MD**

*Guest Writers*

Alden H. Williams, MD was born on November 28, 1877, in Montrose, Pennsylvania to William W. Williams, a Pennsylvania state legislator, and Carolyn J. (Gunther) Williams. He attended Bloomsburg State Normal School before graduating from the University of Michigan Medical School in 1899. He served a one and one-half year internship at the Union Benevolent Hospital (now Blodgett-Spectrum Health). He stayed on staff in Obstetrics and Gynecology until 1907 when, after being influenced by Henry Hulst, he spent a year studying radiology in Berlin Germany. He returned to Grand Rapids as the radiologist of Butterworth Hospital (now Butterworth-Spectrum Health).



**Joseph  
Junewick, MD**



**Henry  
VanderKolk, MD**

Dr. Williams believed in the advancement of medicine through participation in professional organizations and civil obligation. Dr. Williams was committed to the advancement of public health, serving as chief bacteriologist for Grand Rapids and Kent County. He was active in the Kent County Medical Society, the Michigan State Medical Society, and the Radiological Society of North America. He served

as the President of the Western Roentgen Society in 1921 which became the Radiological Society of North America during his term; the Radiological Society of North America is now the largest imaging society in the world. He was president of the Kent County Medical Society during the following year.

The tenets that Dr. Williams espoused during his presidential address in Chicago 100 years ago remain valid today. According to Williams, a good physician

possessed a sound education in anatomy, physiology and pathology with strong knowledge of clinical symptomology and probability, an understanding of business, legal and political aspects of medicine, and a philanthropic obligation to the community. Physicians should support, not undermine, each other. Organized medicine needs to protect patients from expanding scope of practice by non-physicians...in his day it was chiropractors and x-ray hobbyists, today it is chiropractors, nurse practitioners and corporate entities. He believed that professional organizations need to focus on continuing medical education, raising public healthcare awareness and addressing legislative issues. Additionally, he advocated for collaborative patient care. Notable quotes include: "Don't be afraid to say that you don't know" and "Let those who are practicing well know".

Dr. Williams married Nellie Roller, daughter of noted local ophthalmologist Louis Roller, on November 23, 1909. He and his wife had four children, Helen Louise, Louis Alden, Alice Amelia and Richard Roller. He attended Fountain Street Baptist Church. He passed away June 10, 1936 at home of coronary occlusion. He is buried in Oakhill Cemetery.

"Like so many other capable, successful and prominent men, he did not start out in life with the ambition to encompass something phenomenal, but at the outset of his career placed a just valuation upon industry and preserving application combined with the natural ability and love for his calling, has won a notable place in the field of medicine and surgery" (excerpted from The History of Kent County).

## *Editor's Note*

The Bulletin informs, celebrates, and educates physicians on critical issues and topics of interest. Specifically, the Medical Societies recognize the efforts of physicians, both past and present, who have contributed significantly to the skill and reputation of modern medicine in West Michigan. We are therefore pleased to present this new section for your enlightenment and enjoyment. New physician authors are welcome to share historical stories and leader profiles with the Editorial Committee for consideration of publication. Timeline of printing stories will be at the discretion of the Committee and Bulletin space availability.

## In Memoriam

### Kalamazoo Academy of Medicine

#### ROBERT D. BROUWER, MD

Dr. Robert Brouwer passed away on February 17, 2022. He graduated from Hope College and attended medical school at the University of Michigan. After completing his internship year at Munson Medical Center, Dr. Brouwer served as a Lieutenant in the U.S. Navy, assigned to the 5th Marine Division at Camp Pendleton from 1967 to 1969. Upon the completion of his military service, he returned to Michigan and completed an internal medicine residency at Wayne County General Hospital, a gastroenterology fellowship at Henry Ford Hospital, and then was recruited by Bronson Methodist Hospital in Kalamazoo. Dr. Brouwer built a busy gastroenterology and internal medicine practice in Kalamazoo and surrounding clinics in Southwest Michigan. He served as Chief of Internal Medicine at Bronson Hospital, Associate Clinical Professor of Internal Medicine at Michigan State University College of Human Medicine from 1972 to 2011, and Assistant Clinical Professor, Physician Assistant Program at Western Michigan University from 1979 to 2015. Dr. Brouwer retired from private practice in 2012.

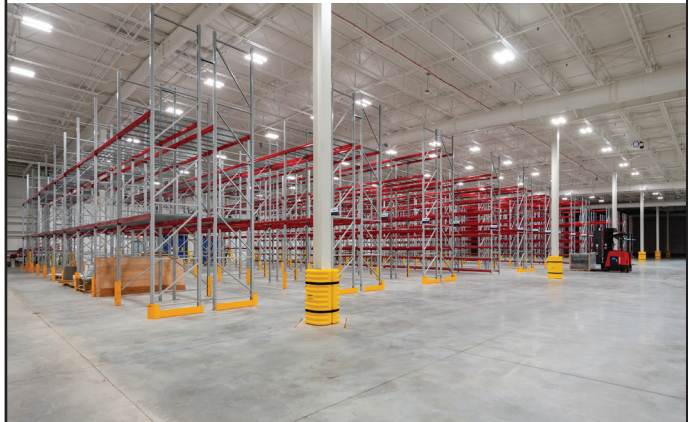
## Check Your Online Referral Guide Information

Have you updated your West Michigan Doctor Referral Guide listing? If you have yet to do so, please visit [www.WestMichiganDoctors.com](http://www.WestMichiganDoctors.com) and check to be sure your listing information is up to date. Contact the office at (616) 458-4157 or [kcmsoffice@kcms.org](mailto:kcmsoffice@kcms.org) with any changes.

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JESSE HECKSEL, MANAGER, ASPEN FACILITIES

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Marcy Larson, MD lead the discussion on compassion, phrases to avoid, and how to best help families beginning a journey in grief.

### NEW PERSPECTIVES ON HELPING FAMILIES EXPERIENCING DEATH

Physicians, nurses, therapists, intake teams and volunteers were invited to learn new perspectives on helping families experiencing death. More than 60 health care professionals gathered to learn about grieving and how to best help bereaved patients and families.

KCMS Member and Grand Rapids Pediatrician, Marcy Larson, MD lead the discussion on compassion, phrases to avoid, and how to best help families beginning a journey in grief. Gwen Kapcia, Certified Thanatologist from The Grief Guide provided detailed information on stages of the grieving process.

# Event Reminds Physicians, Care Teams that Words Matter

After more than two years of living through the COVID-19 pandemic, the KCMS and KCOA hosted the first Continuing Education event on a critical topic that affects all levels of the health care teams. The seminar: Grief: Preparing the Pathway to Healing for the Bereaved and the Professional was held on Saturday, May 21, as hosted by the Heritage Life Story Funeral Homes.

### BE THE ONE WHO DOES THE RIGHT THING FOR A GRIEVING FAMILY

Both speakers reminded the audience that the phrase “words matter” is very relative to the grieving journey. Those who work in helping communities will find themselves in the position of being with those who are grieving. The speakers challenged the audience to “be the one who does the right thing for the grieving family; be the one who helps make that difficult phone call or sits with them in the dark ....or just listens.”

Many examples were shared of what to avoid and what could have been done to better convey compassion and caring response to people who are grieving.



Gwen Kapcia, Certified Thanatologist from The Grief Guide.

## Thank You, Sponsors

Special thanks to our event sponsors who made the program possible:



KENT MEDICAL FOUNDATION

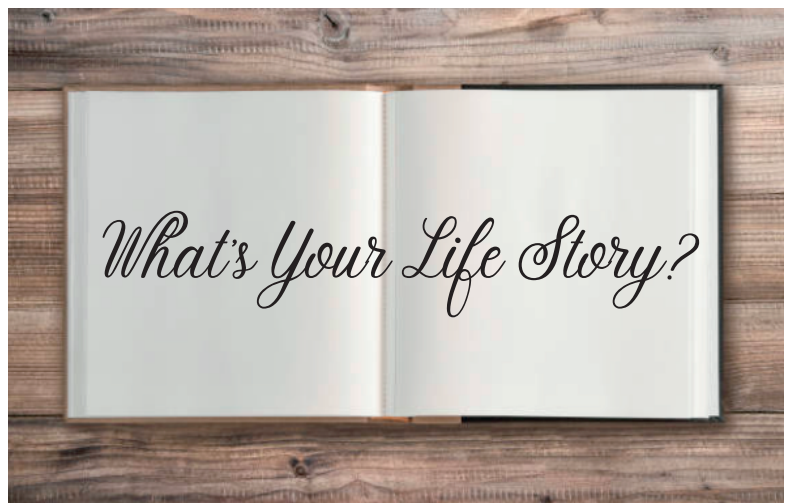






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# Prior Authorization Reform Signed into Law

On April 7, 2022, more than three years since physicians, patients, other health professionals and advocacy associations, joined MSMS to create [Health Can't Wait](#). This coalition was formed to develop and enact into law legislation that would put Michigan patients first and end delayed access to vital health care services. Throughout this time, KCMS and MSMS physicians and our coalition partners shared countless stories of the ways prior authorization caused unnecessary and costly care delays and interfered in medical decision-making.

[Senate Bill 247](#) reforms the prior authorization process by reducing wait times and streamlining how physician offices and payers interact, all with a goal of reducing endless paperwork and ultimately improving access to care for patients. The law does the following:

- Require an insurer to make available, by June 1, 2023, a standardized electronic prior authorization request transaction process.
- Require prior authorization requirements to be based on peer-reviewed clinical review criteria.
- Require an insurer to post on its website if it implemented a new prior authorization requirement or restriction or amended an existing requirement or restriction.
- Require an insurer to notify, on issuing a medical benefit denial, the health professional and insured or enrollee of certain information, including the right to appeal the adverse determination, and require an appeal of the denial to be reviewed by a health professional.
- For a medical benefit that is not a prescription drug benefit, an insurer shall notify contracted health care providers via the insurer's provider portal of the new or amended requirement or restriction not less than 60 days before the requirement or restriction is implemented.
- For a prescription drug benefit, an insurer shall notify contracted health care providers via the insurer's provider portal of the new or amended requirement or restriction not less than 45 days before the requirement or restriction is implemented.
- Prohibits an insurer or its designee utilization review organization from affirming the denial of an appeal unless the appeal was reviewed by a licensed physician.
- For urgent requests, beginning June 1, 2023, the prior authorization is considered granted if the insurer fails to act within 72 hours of the original submission. For non-urgent requests, beginning June 1, 2023, the prior authorization is considered granted if the insurer fails to act within 9 calendar days of the original submission. After May 31, 2024, a non-urgent prior authorization is considered granted if the insurer fails to act within 7 calendar days of the original submission.
- Requires an insurer to adopt a program that promotes the modification of prior authorization requirements of certain prescription drugs, medical care, or related benefits, based on the performance of the health care providers with respect to adherence to nationally recognized evidence-based medical guidelines and other quality criteria (i.e., BCBSM "gold carding" program).

## PINO COLONE, MD, 2021 MSMS PRESIDENT

**‘Today is a wonderful day for Michigan patients who can now rest easy knowing insurance company prior authorization practices will no longer prove to be an impassable roadblock between them and the timely care and treatment they too often desperately need.**

Speaking on behalf of providers, patient advocacy groups and patients across the state, I want to thank Governor Whitmer and Michigan’s lawmakers for recognizing the need for reform in this area and then working to craft and enact legislation that delivers. In signing SB 247, Governor Whitmer has ushered in new era where transparency, clinical validity, and fairness to patients will all be factored into the prior authorization process, protecting Michigan patients from costly and dangerous delays in access to health care. Officially signing this bill into law is a tremendous—and much needed—win for countless Michigan patients and the providers who serve them.’

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# Join Us

KCOA MEETINGS OF INTEREST

**SEPTEMBER 12, 2022**

**KCMS/KCOA LEGISLATIVE COMMITTEE MEETING**

Noon-1pm

**OCTOBER 28-30, 2022**

**2022 MOA AUTUMN SCIENTIFIC CONVENTION**

Amway Grand Plaza, Curio Collection by Hilton | Grand Rapids  
22 AOA Category 1-A Credits offered

**OCTOBER 31, 2022**

**KCMS/KCOA LEGISLATIVE COMMITTEE MEETING**

Noon-1pm

### OUR MISSION:

*Kent County Osteopathic Association seeks to advocate for the physicians of Kent County, advance the science and practice of osteopathic medicine, and provide an arena of osteopathic physicians to support and educate each other and their community.*

## Visit us

For event details, check out our website [kcoa-mi.org](http://kcoa-mi.org)





Adam Wolfe, DO  
2022 KCOA President,  
Board of Directors

# Celebrating Osteopathic Heritage as it Builds a Future

The American Osteopathic Association recently published an article promoting its heritage. The AOA was celebrating the 130th Anniversary of the founding of Osteopathic Medicine. Osteopathic medicine is one of the nation's fastest-growing health care professions.

Every year, significantly more osteopathic physicians enter the workforce and help shape the practice of medicine. Today, Osteopathic Physicians oversee care for our nation's astronauts, our President, and serve in the uniformed services. We are present in every facet of health care.

By belonging to an Osteopathic Association, our county and state KCOA and MOA members have strengthened their Osteopathic roots. We have honored the differences in Osteopathic care— which stem from our training and the unique and distinctive care Osteopathic physicians provide. From the founding of Osteopathic Medicine in 1874 to the opening of the first medical school

in Kirksville in 1892, to now 38 accredited medical schools providing medical education in 60 sites around the country, DO students and physicians believe good health is more than the absence of pain or disease—it is the whole-person approach that focuses on prevention, the body's natural tendency toward health, and self-healing.

Kent County has had an active KCOA membership since 1958 with physician members who were active in building Osteopathic Medicine in Grand Rapids and surrounding communities. We have had a strong relationship with the Michigan Osteopathic Association throughout our tenure. In May, we will

CONTINUED ON PAGE 21

## OSTEOPATHIC MEDICINE BY THE NUMBERS

**7,049**

Osteopathic medical students and past DO graduates matched into residency positions that will start later this year, through the 2022 National Resident Matching Program (NRMP) Match.

**135,000**

Approximate Osteopathic Physicians nationwide.

**43%**

Of Osteopathic Physicians in active practice are female, and nearly 75% of these are under the age of 45.

**2/3**

Of actively practicing Osteopathic Physicians are under the age of 45.

**41**

Specialties will benefit from the incoming class including:

- Family medicine
- Neurology
- Obstetrics-gynecology
- Diagnostic radiology
- Neurosurgery
- Psychiatry

# PRESIDENT'S MESSAGE

CONTINUED FROM PAGE 20

honor Jeffrey Postlewaite, DO, Past President of the Michigan Osteopathic Association, during the MOA Spring Convention President's Reception. Dr. Postlewaite was the most recent Osteopathic physician representing Grand Rapids Kent County to have led the MOA.

## KCOA Delegates

I would also like to acknowledge and thank the leadership of the KCOA Delegates who have represented Kent County on the following Michigan Osteopathic Association Committees as well as during our recent House of Delegates. The dedication of these Osteopathic physicians will cultivate and nurture the growth for a strong future in medicine:

### REGION 4 - KENT COUNTY

- Craig Bethune, DO
- Norman Keller, DO
- Edward Lee, DO, MPH
- Samantha MacKay-Forton, OMS III
- Gary Marsiglia, DO
- Jeffrey Postlewaite, DO
- William Sanders, DO
- Adam Wolfe, DO

### 2022 MOA CONSTITUTION AND BYLAWS COMMITTEE

- Craig Bethune, DO
- Jeffrey Postlewaite, DO

### 2022 NOMINATING COMMITTEE

- Craig Bethune, DO
- Jeffrey Postlewaite, DO

### 2022 RESOLUTIONS COMMITTEE

- Gary Marsiglia, DO

*Thank you for your time, wisdom and desire to improve Osteopathic education, principles and fellowship. Your dedication to our profession is as strong as the work of the Osteopathic physicians who planted the seeds for Osteopathic physicians practicing now.*

## *In Memoriam*

### ROBERT E. BAKEMAN, DO

Dr. Robert E. Bakeman, age 91, of Grand Rapids, passed away Thursday, May 5, 2022. Dr. Bakeman graduated from Benton Harbor High School, played basketball for four years at Western Michigan University, and completed his studies at Chicago College of Osteopathic Medicine. Dr. Bob practiced family medicine, performed surgeries, and delivered over 1,400 babies during his 41 years of practice in Cascade, MI. He found great joy spending time with his family and especially loved playing golf and cards with his buddies at his beloved Cascade Hills Country Club. Bob and Shirley enjoyed 10 years in Bonita Springs, FL relaxing and playing golf.

### JAMES W. COLE, DO

Dr. James W. Cole was born in 1941. He passed away peacefully on May 17, 2022. His father was an osteopathic physician who was an acclaimed faculty member, researcher, and dean at the Kansas City College of Osteopathy. James received his Doctor of Osteopathic Medicine degree in 1967 and then interned at Tucson General Hospital. He practiced as a General Practitioner for seven years in Tucson before completing a Residency in Pathology and Laboratory Medicine, working as a Pathologist for Cranston General Hospital in Rhode Island and serving on the faculty of the New England College of Osteopathic Medicine. He assumed the roles of Director of Medical Education, Medical Director, and Vice President of Medical Affairs; he also served on the Rhode Island Board of Licensure and Discipline, the Rhode Island Blood Bank, and the Rhode Island Health Care Review Board; and he was the first osteopathic physician to chair the Rhode Island Society of Pathologists.

Dr. Cole's career then took him to Grand Rapids, where he was the Vice President for Medical Affairs at Metropolitan Hospital and Clinical Associate Professor of Pathology at the Michigan State University College of Osteopathic Medicine. In 1996, Dr. Cole was recruited to become the inaugural dean of the Arizona College of Osteopathic Medicine of Midwestern University in Glendale, Arizona serving until his retirement in 2007.

### WILLIAM A. WAGNER, DO

Dr. William Wagner passed away on May 19, 2022. He served in World War II with the US Navy on the South Pacific theater on the USS Grundy APA. Subsequently, he received a Bachelor of Arts degree from Bowling State University and a Doctorate Degree from A.T. Still College of Medicine in Kirksville, MO. Dr. Wagner completed his residency in internal medicine at the Art Center Hospital in Detroit, Michigan. He served as a certified internist at Metropolitan Hospital as well as an Associate Professor of Internal Medicine at Michigan State University from 1966 to 1992.



KENT MEDICAL FOUNDATION



Brian Janssen  
2021 Kent Medical  
Foundation, Board Chair

# Opportunities for Volunteerism

It has been my pleasure to serve as the President of the Kent Medical Foundation for the past few years. I was mid-way in my new appointment as President when the COVID-19 pandemic caused the halting of in-person meetings and the productivity of non-profit Boards around our country.

Our Board of Trustees continued to meet by phone conference and eventually, by virtual Zoom meetings. The KMF Board chose to continue relying upon our existing Board Members, and since we were not allowed to host our usual events and fundraising projects in person, we felt our Board Members would continue to serve in existing roles to aid in the ease of continuing to be productive.

The Board continues to review grant applications for local focuses on health programs, youth health education and physician wellness initiatives, as well as diversity and inclusion efforts. The Board recently supported the Calvin University HEALTH Camp, an opportunity to promote health awareness, health and lifestyle education, and leadership to young women from low socioeconomic and diverse racial backgrounds. More than 100 girls are expected to participate in this summer program. The Kent Medical Foundation Board has also supported the Grief education CME program that is featured in this Bulletin; and the volunteer work of local physicians who give of their time and skills to assist non-profit organizations in our community.

KMF granting information is available on our website: [kentmedicalfoundation.org](http://kentmedicalfoundation.org).

The KMF Board was also willing to connect to provide funding where needed in our physician-led community clinics, and special projects to complement services during the pandemic. I appreciate the Board's continued trust and support in my role as President of the Kent Medical Foundation. At the last meeting of the KMF Board of Trustees, the members elected KMF Trustee, Jayne E. Courts, MD as the 2022-2023 President. Dr. Courts has served on the KMF Board and is a former President. She will be a strong and competent leader. I will remain on the KMF Board as Past President, along with other Trustees, and I look

The Board recently supported the Calvin University HEALTH Camp, an opportunity to promote health awareness, health and lifestyle education, and leadership to young women from low socioeconomic and diverse racial backgrounds. More than 100 girls are expected to participate in this summer program.

forward to strengthening current and new efforts. I appreciate the experience.

If you or someone you know is willing to assist in Board leadership, we are seeking the involvement of community and physician members to volunteer. If you would like to learn more about our Board, please contact Patricia Dalton at (616) 560-5336.

KMF

# Medical Student Supports Non-Profit

Samantha MacKay-Forton, MHS, OMS III is no stranger to using her limited available time. As a new mother to Logan, born in 2021, she has been balancing life as a wife, parent and medical student, plus community volunteer.



**Samantha MacKay-Forton, MHS**

Ms. MacKay-Forton was elected last year to serve in the role of National First Vice-Chair of the Council of Osteopathic Student Government Presidents (COSGP), serves as a Student Trustee for the Michigan Osteopathic Association, a Delegate for the KCOA to the MOA House of

Delegates and is an adjunct professor for Grand Valley State University. Upon graduation, she is interested in pursuing opportunities in general surgery and urology.

She also volunteers with Gilda's Club in Grand Rapids which is an organization that provides free resources and

support groups for those on a cancer or grief journey. It is an amazing organization known for the legendary Laugh Fest, and West Side Walk—an annual event where community sponsors and family and friend teams come together and walk on the Westside of Grand Rapids with the purpose of making an impact by raising funds and awareness that will help those facing cancer or grief learn to navigate their new normal with others who understand.

Gilda's Club provides a safe place for structured and unstructured for sharing and community. Their programs bring together people going through similar experiences. They offer specialized, age-developmentally appropriate programming for youth, family and friends, young adult, spouse with children at home, death of a child (under age 18), substance-related death as well as periodically offering specialized series, like living with traumatic grief.

The Kent Medical Foundation will make a \$250 donation to Gilda's Club in honor of Samantha MacKay-Forton's volunteer work to benefit the services provided to cancer patients.

## Doctor Lends Skills to Therapy Program

Comprehensive Therapy Center's mission is to meet the therapeutic and educational needs of adults and children with disabilities who are at-risk or disadvantaged, through skill building, academic enhancement and social emotional support.



**Adam Rush, MD**

Their team helps adults keep or increase their independence. Gifted therapists help children to walk, talk, learn and most importantly, to play. In 1982, Speech-Pathologist, Jean Silbar, noticed that her students would fall behind over the summer, causing

them to be unprepared for the school year ahead. This is often referred to as "summer setback". Studies have indicated that students lose about 25-30% of what they learned during the school year. This gap is wider for children from lower income families and those with learning/developmental disabilities.

Adam Rush, MD serves as a volunteer Medical Director which enables the Comprehensive Therapy Center to serve 800-900 individuals per year. Dr. Rush, who is Board Certified in Physician Medicine and Rehabilitation, Pediatrics, Pediatric Rehabilitation and Pain Medicine,

*"I enjoy volunteering because it gives me a different perspective on how our patients access the healthcare system, and also on how other providers deal with payor issues and so on from their own perspective. You can never have too much perspective!" – ADAM RUSH, MD*

has volunteered with the non-profit since February 2019. The CTC Development Director, Nicholette Driggs, shared "Dr. Rush's volunteer work is very important to the work we do! As Volunteer Medical Director, he reviews and signs care plans and provides medical oversight. Our organization works with many volunteers! Throughout the summer, we also have over 30 youth and young adult volunteers in our summer program, Therapy & Fun."

The seven-week program hosts children ages 3-14 with a range of disabilities to participate in activities facilitated by therapists (in speech, occupational, and dance-movement) and peer-to-peer volunteers. CTC works to ensure services are as affordable and accessible as possible.

In appreciation, and in honor of Dr. Rush's volunteerism, the Kent Medical Foundation is making a donation of \$250 to The Comprehensive Therapy Center.



Angela Thompson-Busch, MD, PhD  
Community Assistant Dean,  
Grand Rapids Campus  
Michigan State University  
College of Human Medicine

# White Coats for Black Lives

In past KCMS Bulletins, I have proudly provided information about the diversity of the student body at Michigan State University College of Human Medicine. Each year the entering class is between 40% and 60% non-white students. Half of those students (96 students) are in Grand Rapids for their first two years of medical school.

After that time, they can choose where to complete the final two years of their clinical medical education. The choices include Grand Rapids, East Lansing, Midland, Traverse City, Marquette, Southeast Michigan, and now Henry Ford Hospital in Detroit.

Our Black medical students tell us that they don't feel safe in our communities, and after seeing the shooting of Patrick Lyoya, I agree with them. They are followed in stores as if they are shoplifters. They are called horrible names by people and patients. They keep their white coat and Michigan State University College of Human Medicine badge in their cars in hopes that this will help them stay safe if they get pulled over by the police. They leave study groups and social gatherings before dark so that they are not at risk of being stopped by police. There is no way to conquer the social determinants of health if we don't have diverse physicians in the community. There is no way to diversify the physician pool in Michigan—and importantly here in Kent County—if the students are too afraid to stay and train here.

There is no way to conquer the social determinants of health if we don't have diverse physicians in the community. There is no way to diversify the physician pool in Michigan—and importantly here in Kent County—if the students are too afraid to stay and train here.

After the news of Patrick Lyoya's death began circling within the College of Human Medicine community, the heaviness of the shooting by a police officer was felt in the Secchia Center. Some students struggled to participate in class, while others were brought to tears throughout the week. The repeated trauma that these police killings bring to Black people is devastating, exhausting, and overwhelming.

A group of our students knew it was time to show their true allyship for their Black peers. In a span of hours, a group of medical students called "White Coats for Black Lives" organized an event on April 15. Numerous students and faculty held a 5-minute moment of silence for Patrick

Lyoya, then set to work creating signs to carry on the march. At 1:00, this group marched from the Secchia Center down Division, a route chosen so that the community within which we serve could see our support. People in their cars honked in support and many proudly lifted

CONTINUED ON PAGE 25



# WHITE COATS FOR BLACK LIVES CONTINUED FROM PAGE 24

their fist as they drove by. Some community members even joined the march and chanted with the medical students along the route.

All the while they held signs saying: 'Justice for Patrick,' 'White Coat for Black Lives,' 'Racism is a Public Health Issue,' and 'Physicians De-Escalate, Police Must Too.'

They chanted "SAY HIS NAME! PATRICK!", "BLACK LIVES! MATTER!" and "SHOW ME WHAT DEMOCRACY LOOKS LIKE! THIS IS WHAT DEMOCRACY LOOKS LIKE!"

Soon after the medical students dispersed, one of the organizers returned to the organizing room to pick up any leftover supplies. He found one of the college's custodial staff cleaning the room and chatted

with her as he helped pick up markers and scrap paper. When he asked for the staff's name, she turned around. She was a Black woman, her eyes red and wet. "Did you see me? I was on one of the top floors of the building watching you all!" she shared with him. "I was praying for you. I hope none of my tears fell on any of you when you got back."

It is not enough to support people of color silently. It is my opinion that we must continue to speak out and support the many people who face racism daily. It is time to do something. I have never been prouder to work for Michigan State University College of Human Medicine than I was during that event. I hope that we will keep this fire burning as we fight to end the inequities in West Michigan and the country.

*"Did you see me?  
I was on one of  
the top floors  
of the building  
watching you all!  
I was praying for  
you. I hope none  
of my tears fell on  
any of you when  
you got back."*

## VARNUM'S HEALTH CARE LEGAL TEAM



Scott D. Alfree  
Practice Team Chair



Chloe N. Cunningham



Ronald G. DeWard



Charyn K. Hain



Yvonne Kupfermann



Zachary J. Meyer



Sarah L. Wixson



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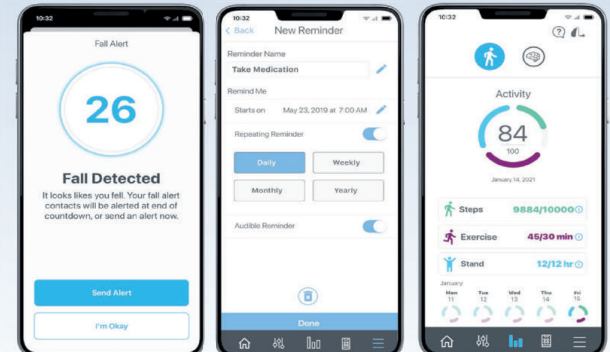
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# Junewick to Lead with a Voice of Hope

A Past President of the Kent County Medical Society Alliance was installed as the Michigan State Medical Society Alliance President on May 14, 2022. Elizabeth Junewick is a former President of the KCMS Alliance and also led the KCMS Alliance Foundation. Beth is a graduate of Western Michigan University, receiving a Bachelor of Science in Biomedicine; and is a graduate of Roosevelt University where she received

her Master of Public Administration. Her long-time leadership has helped shaped the KCMS Alliance as one of the strongest Alliance groups in the state of Michigan.



**Elizabeth Junewick, MPA**

Ms. Junewick addressed the leadership and members of the MSMS Alliance who attended the annual meeting in Jackson, Michigan. Highlights of her acceptance speech follow, in which she shares a summary of many of the Alliance groups across the state of Michigan.

Thank you for allowing me to serve as your President, it truly is an honor. We are living through a historic pandemic and as part of the medical community, we may have been some of those most impacted. Never before have we seen so much divisiveness and distrust of medicine. The COVID-19 pandemic has caused suffering and death, loss of jobs and economic chaos around the world. It is easy to lose hope in times like this.

My desire for the coming year is to instill hope into our Alliances. We are seeing our numbers dwindle but we must remain hopeful that the work we are doing is impactful to our medical families, our communities and our state. At the KCMS Annual Meeting I learned that their Foundation gave a grant to a pro-bono physical therapy clinic to pay for an interpreter for 80 patients to ensure that the patients were understood and received vital care and resources. They also gave a grant to Our Hope, a residential treatment facility that treats women with addiction. At the Kalamazoo Area Medical Alliance Annual Meeting I learned of the support their members provide to the WMU Medical School by sponsoring a first-year medical student and providing their white coat, clinical tools and PPE. In December they delivered hundreds

of home-made goodies to the students during their exam week. Genesee County managed to hold informative in-person meetings throughout the year. These are all incredible examples of hope!

MSMSA Fall Focus will be held on September 22, in Grand Rapids at the Frederick Meijer Gardens and Sculpture Park. This event is opportunity for our Alliance members and the community to learn about an important topic that impacts the health and well-being of our state. Our upcoming event will raise awareness about the mental health of school-aged children. In 2021, our state was added to a growing list of states to experience the trauma of a school shooting. Our speaker will be Christy Buck, the Executive Director of the Mental Health Foundation of West Michigan and the founder of the *Be Nice* Program. *Nice* is an acronym that we will learn about and stands for Notice, Invite, Challenge and Empower. The *Be Nice* program brings emotional and mental health awareness training to schools. Social and emotional learning has been shown to be effective in preventing violence, suicide and substance abuse. Evidence has shown that implementation of the *Be Nice* program increases mental health awareness and resources available among school staff, students

and parents; it decreases the number of behavioral referrals and bullying incidents; *Be Nice* programming increases suicide prevention behaviors and increases a sense of school connectedness and demonstrates a movement of school districts towards a more positive school climate.

Our **hope** is that we won't ever have another school shooting in our state. We also know that the COVID-19 pandemic will have lingering effects on the mental health and learning of our school-aged children. We **hope** that attendees at the Fall Focus will share the information that they learn with their local communities in order to bring awareness to school districts throughout the state. **I hope** you will consider bringing friends and community members who may have a special interest in this topic. It would be wonderful to see Alliances sponsor a table for teachers, school counselors, school administrators and board members.

Let's continue to work hard to be a voice of **hope** for the medical community!

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Hope is what enables us to keep going in the face of adversity. It is what we desire to happen, but we must be prepared to work hard to make it so.

— Jane Goodall  
*The Book of Hope*

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# heartbeat

**MESSAGE FROM THE PRESIDENT**

*I am so honored to become the President of the Kent County Medical Society Alliance. This group has been such an important part of my life in Grand Rapids these last five years. The Alliance has helped me better connect with other medical spouses, learn about my community, and give charitably to organizations I would otherwise have never encountered. I know there are many, many more women and men in our community who probably need the*



*Alliance in their lives. It is a group that supports its members in all stages of life. We understand the unique pressures and sacrifices, joys and privileges of being physician spouses/partners.*

*This year, our focus will be on mental health. We'll learn about the mental health crisis happening in our country and what we can do to help combat it. We'll also focus on our own mental health as members of the Alliance. I want our time together this next year to help each of us feel more grounded, connected, joyful and resilient, so that we have the strength to continue the many good works we perform in our relationships, families, jobs and community.*



*Incoming President Laura Kozminski receives her gavel and pin from outgoing Co-President Nancy Fody.*

*If you are the spouse or partner of a medical student, resident, fellow or physician, please come to an event and consider joining! \$5 of each membership will go directly to the Mental Health Foundation of West Michigan. Please join us! [www.kcmsalliance.org/get-involved/join/](http://www.kcmsalliance.org/get-involved/join/)*

*Sincerely,*

*Laura Kozminski*

*Laura Kozminski  
President*

**summer calendar**

- 06 | 12-14 **AMAA Annual Meeting**  
*Chicago, IL*
- 06 | 21 **Book Club**  
*'The Brilliant Life of Eudora Honeysett' by Annie Lyons*

**2022 | 2023 kcmsa board of directors**

- President ..... *Laura Kozminski*
- Past Co-Presidents ..... *Nancy Fody & Suhair Muallem*
- Recording Secretary ..... *Jennifer Bruce*
- Treasurer ..... *Judy Sopeland*
- Treasurer Elect ..... *Jennifer Baguley*

## Event Recap spring 2022

### March

#### Book Club

*'The Plot'* by Jean Hanff Korelitz

#### FUNdraiser at Leigh's

A percentage of proceeds from the day went to our Foundation grant program. Thank you for your support by coming out to shop!

### April

#### Book Club

*'Perestroika in Paris'* by Jane Smiley

#### Annual Meeting

Our first in-person spring luncheon in three years was held at Cascade Country Club, where our new board was inducted. Please welcome Laura Kozminski as our Board President!



Member Beth Junewick memorializes friend and fellow member Dr. Sandy Dettman who passed away earlier this year.



Members pose for a group shot to commemorate gathering in person at our annual luncheon for the first time in three years.



# heartbeat

## Foundation Spotlight

During our last grant cycle, our board awarded about \$8,000 in total grants to the following organizations:

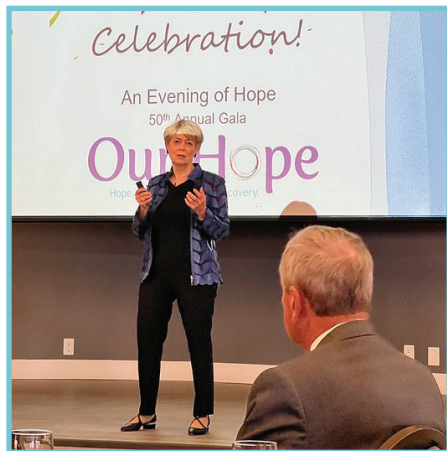
- **Grand Valley Physical Therapy Outreach**
- **Greenwood Ministries Association**
- **Project Child**
- **Senior Sing Along**

The Grand Valley Physical Therapy Outreach program staff presented at our annual luncheon.

For consideration in our next grant cycle, apply online at <http://www.kcmsalliance.org/what-we-do/philanthropy/foundation/mini-grants/>.



Grand Valley PT students shared how their grant was used at our Annual Luncheon on April 26.



At Our Hope Association's 50th Anniversary Gala, Dr. Covington shared how the recovery journey looks, as well as the history of women and addiction.

## Additional Philanthropic Efforts

- **Our Hope Association**  
The Alliance recently sponsored and attended the Our Hope Association's 50th Anniversary Gala. Our Hope provides in-patient, wrap-around services for women in recovery from addiction.
- **Judge Gardner's Closet**  
Alliance members contributed over nearly \$2,000 to Judge Gardner's Closet, an independent living fund. The Closet is set up to support young adults exiting the foster care system by providing the things they need to create their own home.
- **Alliance Health Education Initiative**  
Alliance members raised through the Walk-a-Thon team, the Mitten Walkers, nearly \$1,000 for the Alliance Health Education Initiative (AHEI). The AHEI promotes community health education and charitable endeavors in collaboration with the American Medical Association Alliance (AMA Alliance) and its affiliated state, county and parish Alliances, and other health-oriented civic and charitable community groups.

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Nirali Bora, MD  
Kent County  
Health Department  
Medical Director

# Without a Sense of Belonging, It's Difficult to Be Healthy

**Brian Hartl, MPH, and Nirali Bora, MD**

While we raise awareness of the importance of mental health and its influence on well-being during the month of May, mental health challenges impact those who call Kent County home every day of the year.

Throughout the pandemic, many factors including economic instability, disruptions to school and childcare, anxiety and worry over illness, grief from losing loved ones, and isolation all contributed to worsening mental health. Estimates from the World Health Organization indicate that the global prevalence of anxiety and depression increased by 25% during the first year of the pandemic.

Recently, despite drops in the number of COVID-19 cases and hospitalizations, historic inflation is contributing to the stress people are experiencing. The increased prevalence of economic instability and social isolation during the pandemic introduced many in Kent County to some of the stressors that people of color, those with disabilities and members of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ+) community experience consistently due to the discrimination they face. Discriminatory policies and institutional practices create unhealthy living environments and restrict access to social and economic opportunities. Discrimination may also cause people to not participate in health-promoting behaviors. As such, discrimination acts as a barrier to health equity by causing an imbalance in the social determinants of health and ability to access care.

## DISCRIMINATION-INDUCED STRESS

The most recent iteration of the Kent County Community Health Needs Assessment (CHNA) was completed in 2020 during the first year of the pandemic. Results from the CHNA shed light on the impact of discrimination in our community. Discrimination was more often reported as a frequent or constant stressor among people of color, people who identify as LGBTQ+, and people with disabilities.

Nearly half of Black survey respondents and 2 out of 5 Latinx respondents identified discrimination as a frequent or constant stressor. While the prevalence of discrimination-induced stress wasn't quite as high among LGBTQ+ respondents and those with a disability, these individuals were twice as likely to identify discrimination as a frequent or constant stressor compared to non-LGBTQ+ respondents and those without a disability.

Results from the CHNA revealed that discriminatory practices based on the color of one's skin inflicted additional stress upon Kent County's Black and Latinx communities. Among Black respondents, 63% stated that racism was a frequent or constant stressor and 51% of Latinx

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# WITHOUT A SENSE OF BELONGING

CONTINUED FROM PAGE 31

respondents concurred. Respondents also provided insight as to the effect that racism has on their physical and emotional health. Survey results showed that 7.4% of African American and 5.7% of Hispanic respondents experienced physical symptoms (such as headache, upset stomach, pounding heart) and 9.4% of African American and 14.3% of Hispanic residents experienced emotional effects (such as feeling angry, sad, or frustrated) because of how they were treated based on their race. The cumulative impact of the social and economic disadvantages that one experiences due to racism and discrimination throughout their lifetime can lead to significant trauma and negative health outcomes.

Healthcare systems and other institutions are taking steps forward in examining the role of institutional racism and the impact on healthcare delivery. It is also critical that individuals employed in healthcare are equipped to assist their patients in managing this trauma or referring to those who can. One approach to begin addressing racism and discrimination is through Trauma-Informed Care.

## Key Principles of Trauma-Informed Care

Guidance from the Substance Abuse and Mental Health Services Administration (SAMHSA) for implementing trauma-informed approaches can be applied to all health care settings. The SAMHSA guidance includes six key principles that are part of trauma-informed care:



To provide effective health care services with a healing orientation, a trauma-informed approach stresses that health care organizations and care teams have a complete picture of a patient's life situation—both past and present. Adopting trauma-informed practices can be beneficial by improving patient engagement, treatment adherence, and health outcomes, as well as provider and staff wellness.

## Learn More

We encourage you to learn more about trauma-informed approaches to care through the Trauma-Informed Care Implementation Resource Center and the Michigan ACE Initiative.

- **Trauma-Informed Care Implementation Resource Center**  
<https://www.traumainformedcare.chcs.org>
- **Michigan ACE Initiative**  
<https://www.miace.org/>

## ADDITIONAL RESOURCES

- **Kent County Community Health Needs Assessment 2020**  
<https://accesskent.com/Health/CHNA/pdf/FINAL-2020-CHNA-REPORT.pdf>
- **The Weathering Hypothesis as an Explanation for Racial Disparities In Health: A Systematic Review**  
<https://pubmed.ncbi.nlm.nih.gov/30987864/>
- **Substance Abuse and Mental Health Services Administration SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach**  
<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>