

# GCMS Alliance Focus

Volume 3, Issue 1

Fall 2013

## Upcoming events:

- August 14, 2013  
Friendship Group
- August 18, 2013  
GCMSA Family Picnic
- September 6, 2013  
GCMS & GCMSA  
Talent Show
- September 27 11:00 am  
International Luncheon
- October 22 11:00 am  
Women's Health Meeting
- November 9, 2013  
President's Ball
- May 20, 2014 10:30 am  
Geranium Luncheon  
Warwick Hills

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**GCMSA Family  
PICNIC**

Sunday, August 18, 2013  
12 PM-?

Bicentennial Park  
Small Pavilion  
1505 E Grand Blanc Rd  
Grand Blanc MI 48439  
\*Please bring a dish to pass\*  
Drinks will be provided

Please RSVP by August 15<sup>th</sup> to vibhakaushal@yahoo.com or  
rugsanaahmed@hotmail.com or call (810) 237-9161. Please indicate  
what type of dish you will bring when you RSVP.

## International luncheon

Please join us for our annual International luncheon on Friday, September 27, 2013 at 11:00 am at the home of Drs. S. Kiran & Mona Hardas, 14174 Moffet Drive, Fenton, MI. Please bring a favorite dish to pass or you may

pay \$20.00 at the door. Bring a prospective member for free! RSVP by September 23 Lakshmi Tummala (810)733-3163 lktummala@gmail.com Raquel Yapchai (810)845-3169 ryapchai@comcast.net



## Co-President's Note

Dear Alliance Members,

We are excited to begin the new year of the Alliance and serve as the co-presidents for the year 2013-14.

We hope everyone is enjoying our beautiful Michigan summer with family and friends. This year, we have exciting social programs planned for our alliance members with the agenda of advancing the well-being of our Alliance members. Our Board members are also very enthusiastic about providing services to advance the well-being of our community through various planned projects. We would love to see many members come and support the Alliance this year by attending our programs and/or by joining the committee projects. Please continue to be supportive of our Alliance by giving as little time or as

much time as you can. Our hope is that the programs we have planned for the year will have some relevance to you and we would love to see a majority of you attend one or more of them. We want to get to know you to develop new and stronger friendships. Please note the following end of summer and fall programs on your calendars.

A new event we have planned for the year is the GCMSA family picnic which is planned for August 18, 2013. Please plan to attend with your family and have a relaxing afternoon socializing and playing. In September we will have a combined art and talent show featuring pieces and performances by GCMS/GCMSA members. In addition, we will have our annual and very popular International luncheon on September 24th with delicious cuisine also prepared by our own members. On October 22nd, in collaboration with breast

cancer awareness month, we will have an educational seminar on preventative health with the goal of increasing knowledge on health issues relating to women. On November 6th, the GCMS/GCMSA Ball is planned, which is sure to be a fun-filled and exciting event as usual.

We are looking forward to meeting and socializing with all of you during these events and forging new friendships by working together to make our Alliance a much stronger organization. Please support us in this endeavor and continue to enjoy time with your families through the summer and fall.

Thank you Alliance and GCMSA Board members! We appreciate all that you do for our community.

Best to all of you

Vibha Kaushal and Ruqsana Ahmed

## Friendship Group

Our Friendship Group meets every other month at Taboon Restaurant on Linden Road at Miller Rd. We have a great time just being together and catching up on what has been happening in our lives. We have no agenda and no meeting, just there for a good time of fellowship with others that are presently in the Alliance and some that were

members in the past. We have been getting new people at the last few luncheons and it is great to have them be a part of this group. If you have any questions please call Carole Hassan at 208-7144 or Cheryl Thoms at 732-7719. Our next luncheon will be August 14th at noon. We hope you can be a part of this group. Please RSVP to Carole or Cheryl by the 12th of August.

## CONGRATULATIONS!!



2013-2014 Co-Presidents

Vibha Kaushal

Ruqsana (Polly) Ahmed

GCMSA Focus edited by:  
Barbara Adams & Marianne  
Almeida. Email articles to  
barb11576@hotmail.com.



# GCMS/GCMSA Talent Show 2013

Save the date!!

Friday September 6, 2013

Genesys Conference Center

Social (cash bar) 5:30-6:30 p.m.

Dinner 6:45 p.m.

Cost: \$35.00

Our Talent Show is coming back after much talk over the last couple of years.

We had such a great time last time that we have decided to work together with the GCMS to show off some of the things we do outside of the Alliance and our busy medical practices. We already have several

people agreeing to be in the show and many others displaying their works of art, jewelry, books they have written, photography and many other talents. If you would like to be part of this show please contact us quickly before we are

filled up. Set-up for those displaying items is at 4:30 p.m. If you sing, dance, are an artist, tell jokes, play an instrument or have some other talent you would like to share please contact:

Pete Levine: plevine@gcms.org

Cheryl Thoms:  
psclthoms@earthlink.net or (810)  
732-7719

Other committee members:

Dr. Allen Turke, Carole Hassan,  
Sue Lauber & Beth Schumacher

Please join us!

Submitted by Cheryl Thoms



## 18th Annual Healing Hands 5K Run/Walk

The 18<sup>th</sup> Annual Healing Hands 5K Run/Walk to benefit the Genesee County Free Medical Clinic was held at Mott Community College on Saturday, May 18<sup>th</sup>. This event is organized by the Genesee County Medical Society Alliance and the Pi Delta Chapter of Sigma Theta Tau International.



This was a very successful year and we raised \$102,655 for the Free Clinic, which provides affordable quality health care to the uninsured working poor in our community. This annual fund-raising event is the main support of the Clinic.

Many thanks to our sponsors:

Platinum: McLaren Flint, UAW

Gold: Hurley, Health Plus, Sud Family Foundation, Genesys PHO, Zonta Club of Flint, Stella & Frederick Loeb Trust, anonymous

Silver: Kettering University, First Presbyterian Church of Flint

Bronze: Karen Smith Trust, Pioneer State Mutual Insurance, Prasad Kommareddi, M.D, Wilfredo Rivera, M.D

Angie Hendershot, Channel 12 evening news anchorwoman, and Rod Prahin, DJ of WCRZ-108 FM, started the Race and were the Masters of Ceremony, keeping the runners and walkers motivated as they presented awards.

A big thank you to all of the volunteers that came to help on the day of the race and to cheer on the 300 runners and walkers.

Barb Pougnet, liaison to GCFMC



## Geranium Luncheon

I would like to thank everyone who attended the Annual Geranium luncheon. I would also like to thank-you for witnessing the installation of our new co-presidents, secretary and treasurer. There were also 17 Alliance Past-Presidents in attendance. It is always an honor to have their continued support for the Alliance.

It was very exciting to see our new Alliance board installed for the 2013-2014 year! Vibha Kaushal and Ruqsana Ahmed will be great Co-Presidents and leaders. Their vision for the Alliance is a productive one with the support of Maria McCann as secretary and Feroza Raffe as treasurer to round out this fantastic

board! Please support our new board with your participation in the functions they work so hard to organize.

See you all at the International Luncheon!

Respectfully submitted by:  
Marianne Almeida



Save the date! GCMS/GCMSA President's Ball

Saturday, November 9, 2013

Warwick Hills Golf and Country Club

## Membership

Dear Alliance members,

The 2013-2014 GCMS Alliance year has started in May. The Board of Directors are working hard to plan for this year's activities under the able leadership of Vibha Kaushal and Ruqsana Ahmed. As you all know, membership is the backbone of an organization. Your



dues help support the various community service oriented projects that the Alliance has been involved in. Membership dues were collected at the Geranium

Luncheon from the attendees, and dues bills were mailed to the rest of the membership. For your convenience, a membership form

is included. I hope that those who have not yet sent in their dues will take time to send them in promptly in order to avoid subsequent mailing of the bills, which incurs unnecessary postage and printing expense to the Alliance. Thank you for your cooperation in this matter.

Lakshmi K. Tummala,  
Chairperson, Membership

## What Type of Member are You?

Are you an active member, the kind who would be missed,

Or are you just contented that your name is on the list?

Do you attend the meetings and discuss things with the crowd,

Or do you always stay at home and grumble long and loud?

Do you help with committee, visit a member who is sick,

Or leave the work to just a few, then complain about the clique?

Do you support all functions and do a useful job,

Or is your only comment, "I'm just one of the mob"?

Come to the Alliance more often and help with hand and heart,

Don't be just a member but take an active part.

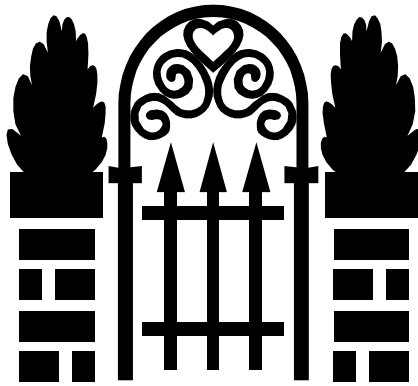
Think this over, members, you must know right from wrong.

Are you just a member or do you just belong?

Submitted by: Lakshmi Tummala

## Doctors & Their Families Make a Difference

Since 1979, the YWCA Safe House Shelter program has provided emergency shelter and comprehensive support services to battered women and their dependent children as well as victims of sexual assault. Victims of domestic violence, often have to flee their homes at a moments notice with nothing but the clothes on their back. Our Alliance members can help make their lives at crisis shelters a little easier by donating much needed basic comforts we take for granted.



The following personal care items are needed by the shelter residents: diapers, baby wipes, baby food and formula, feminine products, shampoo, ethnic hair products, deodorant, toothbrushes, toothpaste, laundry and cleaning products, new socks and underwear for children and adults, new pillows and bedding, children's books and tapes, and phone cards.

Please bring your donated items to the GCMSA International luncheon on Friday, September

27, 2013 at the home of Drs. S. Kiran and Mona Hardas. You may also deliver your items to the following persons.

Nelda Hebert - chairman  
(810-694-1679)

Rula Ali-Bakr, 9383 Burning Tree, Grand Blanc, MI 48439  
(810-606-0008)

GCMS Office, 4438 Oak Bridge Dr., Flint, MI 48532  
(810-733-9920)

Regardless of whether one volunteers once a year or on a regular basis, every volunteer effort makes a difference in someone's life.

Mary Lou Mathias  
Health Promotion Chair

## October Program - Educational Seminar

On Tuesday Oct. 22, 2013 the GCMS Alliance will be meeting at Brick Street of Grand Blanc, 1223 E. Grand Blanc Road, for our October program.

Social Hour will begin at 11:00 a.m. followed by lunch at noon.

Jay Kommareddi will give an informational talk about Sex Trafficking of Children in Michigan. This is not just something that happens in other states, it is happening all around us. Our second speaker will be a physician, Dr. Nita Kulkarni, discussing

women's health issues. There will be a time of questions and answers so come prepared if you have a question.

More information to follow! If you have any questions about this meeting you can call Cheryl Thoms at 732-7719 or [psclthoms@earthlink.net](mailto:psclthoms@earthlink.net)

## Health Careers

The Health Career program is sponsored by the Genesee County Medical Society Alliance and Hurley Regional Medical Center. Students must be 15-18 years old and in grades 10-12. Registration information is distributed to high schools in September and January

each year. Volunteers work with nurses, run errands, answer call lights and perform light office duties. Hurley will once again sponsor their first Health Career Day on Monday, October 14, 2013. Students will learn about the many exciting career opportunities in the Health Care field and will be given a guided tour of the various depart-

ments within the hospital. Refreshments will be served. High schools will be notified about the program and student pre-registration will be required. Applications will be on line at [hurleyfoundation.com](http://hurleyfoundation.com) or contact Lisa Hasselbach, volunteer coordinator at 810-2629152.

Mary Lou Mathias, Health Careers

**OCTOBER IS BREAST CANCER  
AWARENESS MONTH—DON'T  
FORGET TO SCHEDULE YOUR  
MAMMOGRAM.**

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Condolences to Susan  
Piper for the loss of her  
mother.



## **Legislation**

*Watch for emails and please participate in  
the **MSMS Action Center**. Each person  
makes a difference. For more information  
contact [beschumacher@hotmail.com](mailto:beschumacher@hotmail.com).*



**2013 Geranium Luncheon - Past Presidents**

Genesee County Medical Society  
**ALLIANCE FOCUS**  
4438 Oakbridge Dr., Suite B  
Flint, MI, 48532