

CELEBRATING 156 YEARS!

Stark County Medical Society *News*

January 2023

A Message from our President

As 2023 begins, the first word that comes to mind is appreciation. We appreciate YOU, our members, our board of directors, our sponsors, and our community partners.



Raza Khan, MD

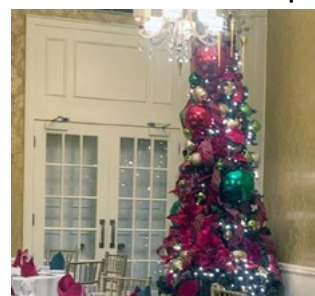
We are looking forward to another great year!

Raza Khan
President SCMS

2022 SCMS Holiday Party

On December 8th Brookside Country Club hosted the Society's Annual Holiday Party. Fellowship and networking were followed by some brief announcements and updates from President Raza Khan, MD. While attendees were enjoying the delicious peppermint and chocolate sundae, Lorraine Murphy shared with the group recent developments with the Auxiliary and Charitable Fund. Please see informational full page located in this issue. Everyone wrote down their holiday wish for 2022. After the wishes were shared and everyone was filled with the holiday spirit, a competitive

game of "Finish My Christmas Phrase" and "Christmas Kisses" were played. A good time was had by all. If you didn't get to attend, mark your calendars for December 14, 2023. We hope to see you at our next membership meeting.



Welcome to our new members!

We hope you'll always feel free to speak up, share your thoughts and challenge us. We're all going to grow together here, and we look forward to it!

Michael Gerber, DPM
Joseph Khalil, MD



The Stark County Medical Society (SCMS) has access to politicians and the state medical association. Together, we are strong with a voice that will be heard! Contact us at 330.492.3333 or www.starkmedical.org. We look forward to hearing from you.

Opinions expressed by the authors are their own, and not necessarily those of the Stark County Medical Society, Trustees or individual members. SCMS News reserves the right to edit all contributions for clarity and length, as well as, to reject any material submitted.

STARKMEDICAL.ORG | (330) 492-3333

The Stark County Medical Society is pleased to announce a vendor partnership with GDK & Company of North Canton for disability and long-term care insurance.

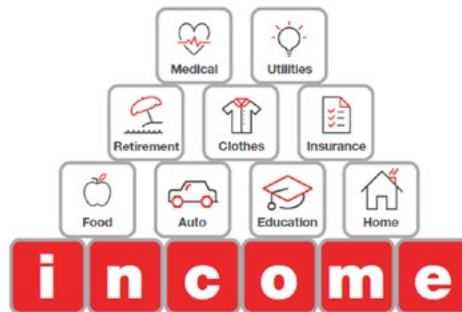
Partnering with Quinn Parker and the team at GDK, we are able to offer special pricing and coverages thru Ameritas, one of the largest disability insurance carriers, with coverages specific to medical professionals. Members will also have access to coverage from every long-term care insurance carrier in the current marketplace.

We're very excited to be able to offer both types of insurance to our members ~ please contact Quinn today at 330-244-2008 or quinn@gdkandco.com to discuss your disability and long-term care needs!

4827678.1

Protect Your Paycheck

Everything that you have rests on your ability to earn an income. If you suddenly lost your ability to work and earn a living due to a sickness or injury, how would it change your life? How would you pay your bills?



The decision to protect your income with disability income insurance is a smart one.

Contact me today

Together, we can build a solid foundation for your financial future with cost savings available through your membership – a **15% discount**.

Quinn E. Parker
GDK & Company
5771 Mayfair Road
North Canton, Ohio 44720
330-244-2008 direct
330-806-9830 cell
www.gdkandco.com

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DI1766 6-20



Disability Income Insurance

For association members

Planning for the unexpected

The decision to build a comprehensive financial plan is a smart strategy to help you through times of uncertainty and it should include disability income insurance. Disability income insurance helps you plan for the unexpected by replacing a portion of your income, if you're unable to work due to a sickness or injury.

Life can never be free from uncertainty. But when uncertainty is minimized, life can be maximized. Our diversified products and services help individuals, families and businesses protect what matters most.

Quinn Parker
GDK & Company
5771 Mayfair Rd
North Canton, OH 44720
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Cell: 330-806-9830
quinn@gdkandco.com
www.gdkandco.com



GDK & Company is not an affiliate of Ameritas or its subsidiaries.

We understand what is important to you

Dnamic Foundation from Ameritas is disability income insurance and it helps protect your financial foundation. It'll be there when you need it most, going to work for you when you can't.

We understand what is important to you which is why Dnamic Foundation offers cost savings and design flexibility, so you can design coverage specific to your individual income protection needs.

Premium savings

As a member of an approved association, you are entitled to a 15% discount from standard rates when you purchase individual DI and/or Business Overhead Expense insurance.

Plan design flexibility

Options are essential to building disability protection based on your unique needs. With Dnamic Foundation, you have choices.

- Plan options
 1. Noncancelable and Guaranteed Renewable offers a rate guarantee to age 65.
 2. Guaranteed Renewable helps you save on the cost of insurance, but premiums are subject to change prior to age 65 (on a class basis with state approval).
- Definition of disability
 1. Own Occupation: benefits are paid if you're unable to work in your own occupation due to sickness or injury, even if you choose to work in another occupation.
 2. Own Occupation and Not Working: benefits are paid if you're unable to work in your occupation due to a sickness or injury and if you're not working in another occupation.



Ameritas Life Insurance Corp.
Ameritas Life Insurance Corp. of New York

FINANCIAL FOCUS: *Time for New Year's Financial Resolutions*

BY EDWARD JONES

It's that time of year when many of us promise ourselves we'll go to the gym more, or learn a new language, or take up a musical instrument, or any number of other worthy goals. But this year, when making New Year's resolutions, why not also consider some financial ones?

Here are a few to consider:

- **Don't let inflation derail your investment strategy.** As you know, inflation was the big financial story of 2022, hitting a 40-year high. And while it may moderate somewhat this year, it will likely still be higher than what we experienced the past decade or so. Even so, it's a good idea to try not to let today's inflation harm your investment strategy for the future. That happened last year: More than half of American workers either reduced their contributions to their 401(k)s and other retirement plans or stopped contributing completely during the third quarter of 2022, according to a survey by Allianz Life Insurance of North America. Of course, focusing on your cash flow needs today is certainly understandable, but are there other ways you can free up some money, such as possibly lowering your spending, so you can continue contributing to your retirement accounts? It's worth the effort because you could spend two or three decades as a retiree.

- **Control your debts.** Inflation can also be a factor in debt management. For example, your credit card debt could rise due to rising prices and variable credit card interest rate increases. By paying your bill each month, you can avoid the effects of rising interest rates. If you do carry a balance, you might be able to transfer it to a lower-rate card, depending on

your credit score. And if you're carrying multiple credit cards, you might benefit by getting a fixed-rate debt consolidation loan. In any case, the lower your debt payments, the more you can invest for your long-term goals.

- **Review your investment portfolio.** At least once a year, you should review your investment portfolio to determine if it's still appropriate for your goals, risk tolerance and time horizon. But be careful not to make changes just because you feel your recent performance is not what it should have been. When the financial markets are down, as was the case for most of 2022, even quality investments, such as stocks of companies with solid business fundamentals and strong prospects, can see declines in value. But if these investments are still suitable for your portfolio, you may want to keep them.

- **Prepare for the unexpected.** If you encountered a large unexpected expense, such as the need for a major home repair, how would you pay for it? If you didn't have the money readily available, you might be forced to dip into your long-term investments or retirement accounts. To prevent this, you should build an emergency fund containing three to six months' worth of living expenses — or a year's worth, if you're retired — with the money kept in a low-risk, liquid account.

These resolutions can be useful — so try to put them to work in 2023.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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We Understand Commitment

At Edward Jones, we deliver candid guidance and personalized investment strategies to help you plan for and realize the possibilities of your future – for you, your family and generations to follow.



Adam P Olenick, AAMS™
Financial Advisor

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330-493-0047

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Call or visit your local financial advisor today.



Adam P Olenick, AAMS™, CRPS™
Financial Advisor

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Canton, OH 44718
330-493-0047

* Annual Percentage Yield (APY) effective 10/14/2022. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

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- Are you a resident of Stark, Lorain, or Carroll county?
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|------------------------|----------|
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Michael's Story

When you choose SureShred by TWi, you choose to make a difference in your local community.

When you choose SureShred for your shredding needs, you support paid employment opportunities for local adults with developmental disabilities.

SureShred propelled Michael to achieve greater independence. As an employee of SureShred, Michael learned valuable employment skills, including: attention to detail, organization, communication, time management, and more. As Michael's skills grew, so did his confidence.



This confidence empowered Michael to take the next step in his employment journey – applying for a new position with greater responsibility! The skills Michael learned through SureShred made him an excellent candidate, and he was selected for the job! In his new administrative position, Michael is responsible for greeting and directing visitors, answering phone calls, and making announcements. He applies the skills he learned through SureShred every single day.

Michael's next goal? To continue learning new skills, specifically IT skills.

Outside of work, Michael stays very busy! As Massillon's biggest fan, he regularly attends football games to cheer on the Tigers! He also manages a Facebook page to promote kindness and anti-bullying. When he does find free time, Michael can be found researching and listening to music from around the world.

Michael chooses employment because it provides him the opportunity to learn new skills, earn a paycheck, and spend time with friends. Through his employment, Michael earns a paycheck and can utilize this money however he chooses. Michael often uses his paychecks to go out to eat, take his girlfriend on dates, or make purchases at his favorite store – The Exchange.

When asked what he wished people knew about him, Michael responded "I'm just like everyone else. I am smart. I know a lot of facts. And, I can do what other people do."

A leader in disability employment services, TWi has been connecting the employment goals of individuals served, to the employment needs of the community for over 50 years. Through unique employment programs, such as SureShred, TWi empowers adults with developmental disabilities to grow employment skills while earning an income.

To learn more about SureShred, visit ChooseTWi.com, or call 330-479-3820.



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MAY 2022

The Rising Cost of Food is Worsening Hunger in the U.S.

Skyrocketing food prices have made it harder for families facing hunger to access enough to eat and have strained food banks' ability to continue supporting our neighbors in need.

Fortunately, lawmakers can take action to put more food on more tables.



It costs families 10% more to buy groceries this year.²

In Ohio, the cost of a gallon of milk has increased by 17%.

Costly groceries are spelling disaster for families facing hunger

With skyrocketing food prices, too many of our neighbors are forced to make impossible decisions between paying for groceries and other necessities like rent and medication.



Households that are low-income spend nearly one-third of their budget on food.¹

13.7%

The increase in the cost of meats, fish, poultry and eggs.³

Food banks are not immune from rising food prices

The Feeding America food bank network is not immune from the consequences of rising prices. Every aspect of food bank operations is seeing significant cost spikes, from purchasing food to transporting food.



The cost of a truckload of peanut butter in 2020



The cost of a truckload of peanut butter in 2022

Food banks are paying **40% more** for food purchases to keep up with demand and make up for fewer food donations.⁴



At the same time, food banks are already facing sustained, unprecedented need for food.

For the region served by the Akron-Canton Regional Foodbank, visits to food pantries are up 11% over last year.

Pandemic-era food programs are expiring

Throughout the pandemic, government assistance programs were created to help families overcome new barriers to affording enough to eat. **However, many of those programs are sunsetting, or have already expired, creating a gap that food banks can't fill and that will threaten families' overall wellbeing.**

Expanded Child Tax Credit Payments

helped lift millions of children out of poverty and provided extra support for families to purchase groceries and other basics.

Most eligible families received monthly payments from July 2021 to when payments ended in December 2021.

**\$300
per young
child**

**\$250
per older
child**

Supplemental Nutrition Assistance Program (SNAP) Emergency Allotments

have been an anti-hunger lifeline.



SNAP households will lose **\$82 per month** of critical benefits when the Public Health Emergency declaration ends.⁵

1. United States, Congress, U.S. Department of Agriculture, and Matthew MacLachlan. Food Spending as a Share of Income Declines as Income Rises, U.S. Department of Agriculture, 8 Nov. 2021. www.ers.usda.gov/data-products/chart-gallery/gallery/chart-detail/?chartid=58372. Accessed 25 Apr. 2022.
2. "Consumer Price Index Summary." U.S. Bureau of Labor Statistics, 12 Apr. 2022. www.bls.gov/news.release/cpi.nr00.htm. Accessed 25 Apr. 2022.
3. "Consumer Price Index Summary." U.S. Bureau of Labor Statistics, 12 Apr. 2022. www.bls.gov/news.release/cpi.nr00.htm. Accessed 25 Apr. 2022.
4. "Feeding America Calls for Action as Hunger Crisis Worsens." Feeding America, 15 Apr. 2022. www.feedingamerica.org/about-us/press-room/hunger-crisis-worsens. Accessed 11 May 2022.
5. "Feeding America Calls for Action as Hunger Crisis Worsens." Feeding America, 15 Apr. 2022. www.feedingamerica.org/about-us/press-room/hunger-crisis-worsens. Accessed 11 May 2022.

Families and Food Banks are Facing a Perfect Storm of Challenges

LAWMAKERS CAN HELP

Ohio's food banks are requesting funding from the state of Ohio's American Rescue Plan Act (ARPA) fiscal recovery funds. This request, if funded, will support immediate purchases of food and assist in the long road to help food insecure Ohioans recover from the economic impact of the pandemic.

Call Governor DeWine at 614-644-4357 or 614-466-3555 and tell him Ohio's food banks need his support!





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Stark County
Medical Society

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Kevin Metz,

Executive Director Stark Count Medical Society



Regulated Medical Waste Disposal is our core business. Ameri-Med provides the health care profession with cost effective packaging, treatment shipping paper, legal transportation and disposal of their regulated medical waste, thus leaving patient care and treatment as their primary concern.



Pharmaceutical Wastes are now required to be separated from regulated medical waste in some states. As a solution, Ameri-Med is now offering a pick-up service as well as a mail-back program.



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From the Desk of Charles Smith, M.D.

INSULIN RESISTANCE AND CARDIOVASCULAR DISEASE

Multiple longitudinal population studies have looked at the development of cardiovascular disease. In all of these studies, only 69% of the incidence of CVD can be explained by the known risk factors such as cholesterol, hypertension, smoking, etc. Diabetes is definitely a risk factor for CVD, but unlike microvascular complications, the macrovascular complications are not so robustly correlated with the level of glucose control.

Pre-diabetes and pre-pre-diabetes are as much a risk factor as type 2 diabetes. The underlying cause for this as well as the 31% overall unexplained risk for CVD mentioned above is Insulin Resistance.

Insulin, following its internalization thru the insulin receptor, has multiple metabolic steps and functions in the cell including stimulating the uptake of glucose, formation of nitrous oxide, and growth promotion. Only some of these functions are affected by insulin resistance. Insulin resistance decreases both the uptake of glucose and the formation of nitrous oxide. The later leads to endothelial dysfunction. The other function which is called the MAP

kinase pathway is not affected. As insulin levels increase in response to the insulin resistance, this pathway is increasingly stimulated. The result is increased inflammatory effects, atherosclerosis, and vascular smooth muscle growth and proliferation. The end result is a marked increase in CVD. Insulin resistance with or without diabetes produces CVD. Patients with pre-diabetes are maximally insulin resistant and don't get diabetes until the pancreas fails. Treating the hyperglycemia is important, but much more is needed.

Exercise is an important therapy in improving insulin resistance. In addition to burning glycogen and increasing non-insulin dependent glucose uptake in muscle cells, exercise improves the function and number of the mitochondria. This increases the energy of ATP which is required at each step of intracellular insulin action. For a sedentary person, as little as 30 minutes of moderate exercise as walking three times a week is enough to improve insulin sensitivity. A combined aerobic and resistance training is best.

Decreasing caloric intake decreases the insulin produced and thus improves

insulin sensitivity at the insulin receptor. Decreasing carbohydrates is especially helpful, but a high fat diet will cause insulin resistance through metabolic effects in the mitochondria. Thus, the best diet is a calorie reduced balanced diet. Other than diet and exercise our armamentarium to treat insulin resistance is severely limited. Pioglitazone (Actos), although much maligned, is the only therapeutic agent that decreases insulin resistance. It has been shown to decrease the risk of cardiovascular events. In the 1990's I was excited about a simple sugar d-chiro-inositol (DCI). It is a second messenger for insulin and improves glucose uptake and glycogen formation. It was shown to improve insulin resistance and lower glucose levels in type 2 diabetics. Other effects include decreasing aromatase activity and thus estrogen levels. The preparations of DCI currently available are totally uncontrolled and the studies of its effects are mostly junk science. Its use presently should be strongly discouraged.

So we are left with the old diet and exercise mantra which still holds true.



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Make a Difference...

SCMSA CHARITABLE FUND

We would like to invite you to join us in supporting good health in Stark County. The SCMSA- Charitable Fund is NOW OPEN to medical professionals, spouses and friends who see the value of promoting health education in Stark County, providing scholarships to students that are entering into a medical or allied health field of study, and supporting other local non- profit organizations which also work to improve health and wellness in Stark County.

The SCMSA- CF is a tax-exempt organization with 501 (c)(3) status. The criteria for membership into the SCMSA- CF is simply your willingness to support our efforts as a volunteer or through a donation. Both advance our goals in the community and are important components of our Charitable Fund. Below are some ways that we are working within the Stark County community.

SCMSA- CF Scholarship Fund

Each year, a significant part of the money we raise is used to award scholarships to current or past Stark County students who are currently enrolled in accredited medical or allied health programs. Originally started in 1936, the committee reviews applicants and awards several scholarships each year.

Hope Outreach Ministry

Hope Outreach serves over 900 meals each week to families and individuals who are homeless or housing insecure, often with little or no other resources. Pastor Marilyn Roman also provides clothing and household items as well as meals at their NE Canton location. This Ministry operates entirely through private donations, without any state or federal subsidy.

The Children's Network of Stark County

The Children's Network first opened in 1987 as the first child advocacy center in Ohio. They provide coordinated countywide services to children and non- offending family members who have been sexually or physically abused, witnessed violence or have been involved in human trafficking. All professionals including law enforcement interviews, mental health and follow-up medical exams, are located in one facility, making it possible for the child to tell their story only once. The Network has one of the highest rates of prosecution in the state.

Compassion Delivered

Compassion Delivered exists to provide nutritious meals to people coping with life- threatening diseases or terminal illness. Three large meals and two soups are prepared on Mondays and then delivered on Friday, free of charge to individuals within Stark County. From 2017 until 2021, they delivered 10,000 meals. Between mid-2021 and mid- 2022 they delivered another 10,000! They are looking for several areas of support; meal prep, meal delivery and financial support to meet their growing needs. This is a great volunteer opportunity. 330.575.0996 or www.compassiondelivered.org.

Mission Possible Fundraiser. Casino Night fundraiser will be held on Saturday, April 29. Volunteer/Donate/Attend!

BECOME A MEMBER of the SCMSA-CF and LEARN MORE

Name _____ Contact PH # _____ Email _____

Spouse _____ Contact PH # _____ Email _____

Address _____

Please accept this donation in the amount of \$ _____ Please earmark for _____

Make checks payable to SCMSA- CF. For tax purposes, our EIN # is 91-2088841. Money earmarked for a specific organization will then be distributed at the end of our fiscal year. General donations are often used to offset expenses for our annual Community Health Fair.

PLEASE FILL OUT & RETURN THIS FORM TO:

SCMSA- CF 4942 HIGBEE AVE. NW SUITE L CANTON, OH 44718- 2554

“Managing Patient Accounts” by Scott P. Sandrock and Jeana M. Singleton Brennan, Manna & Diamond, LLC

The practice of medicine is challenging. Additional challenges face practices dealing with patient billing, engaging in proactive collection activity, lost productivity because of patient cancellations and other business issues. There are strategies available for physicians to help, provided careful planning steps are taken in advance consistent with the policies of government and commercial payors and state and federal law.

Missed Appointment Charges

Under Medicare, a fee is permitted to be charged to patients for missed appointments, but the fee is charged solely to the patient and not Medicare. In order to have such a charge, however, the practice must have a cancellation policy in writing, it must be provided to patients, confirmation of the patient's receipt and limited to patients who do not cancel within 24 hours of the visit. Medicaid expressly prohibits such charges however. Commercial payors, generally, follow the Medicare guidelines in this area but the practice manager should carefully review or seek guidance from commercial payors regarding cancellation fees. Medicare refers to this as a “missed opportunity” charge which must be less than the professional fee had the services been performed.

Pre-Service Deposits

Medicare permits a physician to request a deposit from a patient in advance of an appointment or a procedure. This makes sense, particularly in the circumstance of a significant cost that could potentially be incurred by the practice in order to provide the service to the patient, such as certain infusion therapies and the like. You should check individual commercial carrier plans to see if such deposits are permitted and if the deposits may be limited to the co-pays or deductible portions of the charges.

Credit Cards

Most patients pay for their co-pays, deductibles or self-pays through credit cards. Some practices would like to keep patient credit card information on file and then simply charge the card as charges are incurred in the regular course.

This is permitted subject to specific rules. The practice may not charge the card until after confirmation of amounts due, after processing insurance claims, and provided that they take appropriate steps to comply with both federal and state law.

Healthcare information is subject to HIPAA and credit card information is likewise subject to HIPAA. In addition, it is subject to Ohio law and other industry standards, such as the payment card industry and data security standards. Under all of those rules, the practice, if they wish to keep credit card information on file, need to have written agreements with patients outlining the policies and procedures. Under Ohio law, you need to provide a written estimate for services prior to the services being charged (which could include a standard fee schedule) and other related policies. This would also satisfy the No Surprise Billing rules. The practice, however, would also be responsible for any data breaches or misuse of credit card information by outside hackers or potentially even employees gaining unauthorized access or use of such information.

Policies

If your practice might be considering implementing any program involving cancellation fees, deposits, keeping credit card information or the like, your practice should develop a detailed, written policy that covers each and every aspect of your policies and procedures and meet the legal requirements for each part. This must be provided to the patient in advance, with confirmation by the practice that the patient has agreed to those terms and conditions. Failure of the practice to comply with any law may not only result in the practice not recovering payment for the services, but may well also expose the practice to financial obligations to the patients for violation of state and federal law. For example, in Ohio, failure to strictly comply with the regulations can result in a violation of the Ohio Consumer Sales Practices Act which can result in the recovery of damages, attorneys' fees and even punitive fees against the practice. We encourage you to confer with experienced healthcare attorneys prior to implementing any programs in your office.

Should you have any questions, please contact Scott P. Sandrock at 330-253-4367, spsandrock@bmdllc.com, or Jeana M. Singleton at 330-253-2001, jmsingleton@bmdllc.com.



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In the Know... THE LATEST NEWS & EVENT INFORMATION FROM SCMS

UPDATE YOUR INFORMATION

Did you move or change practice location? If so, please let us know. We want to make sure you get all SCMS updates and correspondence. Contact Kevin at 330.492.3333

DISCOUNTS OF MEDICAL WASTE DISPOSAL

SCMS is pleased to announce a new partnership with **Amer-Medical Waste Services**. Ameri-Medical is a complete medical waste service which meets or exceeds all environmental regulatory requirements. We negotiated a **guaranteed price structure for our members for period of five years**. The fee includes container, liner, transportation, disposal and manifest tracking. There are no hidden charges. To schedule a no obligation quote, please contact Jim Parks at **1.800.604.5039**. Membership has its value.

2023 DUES

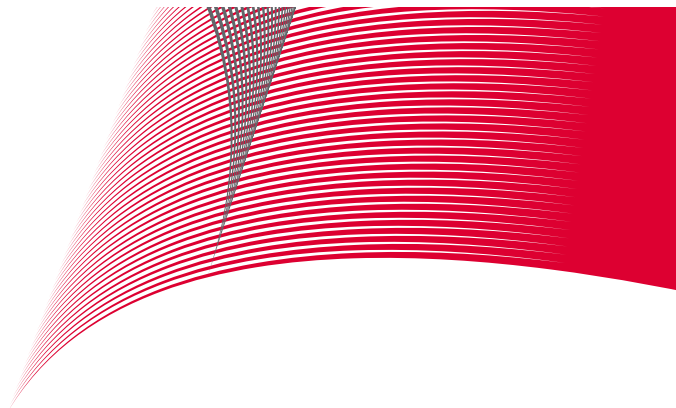
If you have already paid your 2023 dues, THANK YOU! If not, it's not too late. **Full-time dues are \$325.00 (check) or \$335.00 (credit card) and Part-time dues are \$225.00 (check) or \$235.00 (credit card).**

CALL FOR VOLUNTEERS

Are you interested in **strengthening organized medicine**? Want to make a difference in your community? Network with professionals and make new friends? If so, we have opportunities for you. Reach out to a current board member about serving as a trustee, helping with fundraising, member recruitment, or organizing a meeting. **Whatever your talent, we have a place for you.**

EXECUTIVE OFFICE HOURS

Our office hours are changing and vary from week to week. Be patient if you leave a message, it might take a day or two to get back with you. Email is a great way to communicate with us. Kevin can be reached at kpmetz@ameritech.net.



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ADVERTISE HERE!

GAIN EXPOSURE FOR YOUR BUSINESS OR ORGANIZATION BY ADVERTISING IN THE SCMS NEWSLETTER!

The Newsletter is distributed electronically to 250+ SCMS Members and promoted on the SCMS website.

Contact Kevin Metz for details and to reserve your space TODAY!

kpmetz@ameritech.net or leave a message at 330.492.3333



2023 CALENDAR

February

2

SCMS Board Meeting
Thursday
6:00 p.m.

..... *March*

2

SCMS Board Meeting
Thursday
6:00 p.m.

TBD

OSHA Inservice
Wednesday
9:00 a.m.

April

14-16

OSMA Annual Meeting
Friday - Sunday

April

27

Annual Meeting
Thursday
6:00 p.m.
Brookside Country Club

May

4

General Membership & Board Meeting
6:00 p.m.

June

7

Practice Manager Lunch
Thursday
11:30 a.m.

August

20

Membership Picnic
Sunday
10:00 a.m. Tee-Off
Noon Lunch
Oakwood Country Club

..... *September*

7

SCMS Board Meeting
Thursday
6:00 p.m.

TBD

Health Fair
Friday
8:30 a.m.

20

Golf Outing
Wednesday
10:30 a.m.
Arrowhead Country Club

October

12

Wheel of Prizes
Thursday
6:00 p.m.
Zoom Link required

November

2

SCMS Board Meeting
Thursday
6:00 p.m.

..... *December*

7

SCMS Board Meeting
Thursday
6:00 p.m.

14

Holiday Party
Thursday
6:00 p.m.
Brookside Country Club

Every effort has been made to publish an accurate Calendar. Please continue to check the SCMS News for any unforeseen modification in dates and locations. Thank you.

A Memorial Tribute
Captain James Albert Niffenegger, M.D.
October 28, 2022

WWW.OPHP.ORG

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Dedicated to facilitating the health and wellness of healthcare professionals in order to ensure patient safety.



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SCREENINGS

We offer comprehensive screens to determine preliminary results on burnout, mental health disorders, and substance use disorders.



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