

CLINTON OFFICE

1307 E. Townsend Rd. Saint Johns, MI 48879-9036 (989) 224-2195

GRATIOT OFFICE

151 Commerce Dr. Ithaca, MI 48847-1627 (989) 875-3681

MONTCALM OFFICE

615 N. State St. Stanton, MI 48888-9702 (989) 831-5237

| BOARD OF HEALTH: | Bruce DeLong | George Bailey | Adam Petersen |
|------------------|---------------|---------------|---------------|
| | Nicole Fickes | Steven Sopocy | Matt Murray |

MID-MICHIGAN DISTRICT HEALTH DEPARTMENT (MMDHD)

BOARD OF HEALTH

REGULAR MEETING

at

Gratiot Office, Ithaca, Michigan Conference Rooms A & B

Wednesday, December 17, 2025 9:00 a.m.

AGENDA

We take action to protect, maintain, and improve the health of our community.

Pledge of Allegiance

| A. AGENDA NOTES, REVIEW, AND REVISIONS |
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|--|

1.

B. CONSENT ITEMS:

- 1. Meeting Minutes
 - a. Michigan Association for Local Public Health (MALPH) Board of Directors Meeting Unavailable.
 - b. Mid-Michigan District Board of Health (BOH) Meeting held November 26, 2025- Included.
- 2. Communications
- C. PUBLIC COMMENTS:

Limit three minutes per person

D. BRANCH OFFICE EMPLOYEES:

E. COMMITTEE REPORTS:

- 1. Finance Committee: George Bailey, Chair
 - a. MMDHD Expenses for November 16 through December 13, 2025 Included.
 - b. MMDHD's Monthly Balance Sheet, Revenue and Expenditure Report for October and November 2025 **Included**
- 2. Personnel Committee: Nicole Fickes, Chair
- 3. Program Committee: Matt Murray, Chair
- F. MEDICAL DIRECTOR'S REPORT: Jennifer Morse, M.D., MPH, FAAFP
 - 1. Recent CDC Website Change About Vaccines and Autism-Included.
 - 2. Harm Reduction Discussion
- G. HEALTH OFFICER'S REPORT: Mari E. (Liz) Braddock
 - 1. Healthy! Capitol Counties 2025-2027 Community Health Improvement Plan Included.
 - 2. Strategic Plan Strategic Plan 2026-2029.docx Included.
 - 3. Agreements Signed, November 21 December 10, 2025 **Included.**
 - 4. Behavioral Health Training Institute for Health Officials
- H. OLD BUSINESS:
- I. <u>NEW BUSINESS:</u>
 - 1. Emerging Issues
- J. LEGISLATIVE ACTION:

K. <u>INFORMATIONAL ITEMS:</u>

- 1. Mid-Michigan District BOH Action Items, November 2025 Included.
- 2. MMDHD Staffing Report Included.
- L. <u>RELATED NEWS ARTICLES AND LINKS:</u> <u>https://www.mmdhd.org/2025-board-of-health-meetings/</u>
 - 1. 'Local Health Department offers flu shots' Daily News November 22, 2025
 - 2. 'Health Department shares turkey tips' Daily News November 26, 2025
 - 3. 'Montcalm County awards \$469,000+ towards addition recovery services' *Daily News* November 28, 2025
- M. AGENCY NEWSLETTERS: https://conta.cc/48NoTHN Included



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George Bailey

Steven Sopocy

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Adam Petersen

Matt Murray

Board of Health (BOH) Synopsis of Actions Needed

December 17,2025 Regular Meeting

| Item A. 1. | AGENDA NOTES, REVIEW, AND REVISIONS | | | | | | | |
|---|---|--|--|--|--|--|--|--|
| Motion to accept the Agenda as presented. | | | | | | | | |
| | | | | | | | | |
| Item B. 1. & 2. | CONSENT ITEMS (MEETING MINUTES & COMMUNICATIONS) | | | | | | | |
| Motion to | o accept Meeting Minutes B. 1. b. and place on file. | | | | | | | |
| | | | | | | | | |
| Item E. 1. a. | EXPENSES FOR NOVEMBER 16 THROUGH DECEMBER 13, 2025 | | | | | | | |
| Motion to | o approve payment of the Mid-Michigan District Health Department's Expenses for November | | | | | | | |
| 16, throu | igh December 13, 2025, totaling \$483,007.84. | | | | | | | |
| | | | | | | | | |
| Item E. 1. b. | BALANCE SHEET, REVENUE AND EXPENDITURE REPORT FOR OCTOBER AND NOVEMBER | | | | | | | |
| | 2025 | | | | | | | |
| Motion to | o approve and place on file the Mid-Michigan District Health Department's Balance Sheet and | | | | | | | |
| Revenue | and Expenditure report for October and November 2025. | | | | | | | |
| | | | | | | | | |
| Item F. | MEDICAL DIRECTOR'S REPORT – RECENT CDC WEBSITE CHANGES ABOUT VACCINES AND | | | | | | | |
| | AUTISM | | | | | | | |
| Motion to | o approve and place on file the Medical Director's Report. | | | | | | | |
| | | | | | | | | |
| Item G. 1. | HEALTH OFFICER'S REPORT | | | | | | | |
| Motion to | o approve and place on file the Health Officer's Report including the Strategic Plan. | | | | | | | |
| | | | | | | | | |



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BOARD OF HEALTH:

Bruce DeLong Nicole Fickes George Bailey Steven Sopocy Adam Petersen Matt Murray

MID-MICHIGAN DISTRICT HEALTH DEPARTMENT (MMDHD) BOARD OF HEALTH REGULAR MEETING

at

Clinton Office, St. Johns, Michigan

Wednesday, November 26, 2025 9:00 a.m.

MINUTES

We take action to protect, maintain, and improve the health of our community.

Members Present: Adam Petersen, Chairperson; George Bailey, Vice Chairperson; Steven Sopocy,

Bruce DeLong, Nicole Fickes and Matt Murray

Members Absent: None

Staff Present: Mari E. (Liz) Braddock, Health Officer; Melissa Selby, Director of Administrative

Services; Jennifer E. Morse, MD, MPH, FAAFP, Medical Director; Sarah Doak, Director of Community Health and Education Division (CHED); Lonnie Smith, Director of Environmental Health (EH); Krishna Santana, Board Secretary

Staff Absent: None

Guests: Courtney Murray

Adam Petersen called the Regular Meeting of the Mid-Michigan District Board of Health (BOH) to order at 9:00 a.m. on Wednesday, November 26, 2025, at the Clinton Office of the MMDHD, St. Johns, Michigan.

The Pledge of Allegiance was led by A. Petersen.

A. AGENDA NOTES, REVIEW, AND REVISIONS:

A. Petersen asked if there were any additions to the agenda.

Motion made by G. Bailey and seconded by M. Murray to accept the agenda as presented. Motion carried.

WWW.MMDHD.ORG — LIZ BRADDOCK, RS, MS Health Officer

JENNIFER MORSE, MD, MPH, FAAFP Medical Director

B. CONSENT ITEMS:

- 1. Meeting Minutes
 - a. Michigan Association for Local Public Health (MALPH) Board of Directors Meeting held October 27, 2025 Not available at this time.
 - b. Mid-Michigan District BOH Regular Meeting held October 22, 2025.

Motion made by G. Bailey and seconded by N. Fickes to accept Meeting Minutes B. 1. b. and place on file. Motion carried.

- 2. Communications
 - a. Local Sharing Grant Award Notice
 - L. Braddock explained a grant received from MALPH that provides training for those in leadership roles.
 - b. Local Community Stabilization Authority
 - L. Braddock told the board the funds awarded are to provide local public health services.
- C. PUBLIC COMMENTS: None.
- D. BRANCH OFFICE EMPLOYEES: None.

E. COMMITTEE REPORTS:

- 1. Finance Committee George Bailey, Chairperson
 - a. MMDHD's Expenses for October 5 through November 15, 2025

The expenses were reviewed for the board by G. Bailey.

Motion made by G. Bailey and seconded by S. Sopocy to approve payment of the MMDHD's Expenses for October 5 through November 15, 2025, totaling \$799,808.90. Motion carried.

- b. MMDHD's Monthly Balance Sheet, Revenue and Expenditure Report for September 2025
- M. Selby informed the board that it appears there will be a surplus for fiscal year 2025. This is due to unexpected Medicaid reimbursements as well as mid-year budget adjustments.

Motion made by G. Bailey and seconded by M. Murray to accept the Balance Sheet, Revenue and Expenditure Report for September 2025 and place on file. Motion carried.

- 2. Personnel Committee Nicole Fickes, Chairperson No Report.
- 3. Program Committee Matt Murray, Chairperson No Report.

F. MEDICAL DIRECTOR'S REPORT: Jennifer E. Morse, MD, MPH, FAAFP

- 1. Staying Healthy During the Holiday Gatherings
 - J. Morse presented her report to the board highlighting ways to stay healthy over the next couple months. Her recommendations are to get vaccinations for flu, COVID-19 and RSV if you have not already, normalize staying home if you're sick and to practice food safety.

Motion made by G. Bailey was seconded by N. Fickes to accept and place on file the Medical Director's report. Motion carried.

- G. <u>HEALTH OFFICER'S REPORT:</u> Mari E. (Liz) Braddock
 - 1. Agency Recognition
 - L. Braddock announced that the MMDHD was the third-place recipient of the 2025 MDHHS director's award to local public health, this included a cash reward of \$500.00. She also told the board the MMDHD has been recognized by MIBFN with a Breastfeeding Friendly Outpatient Award.
 - 2. Fluoride in drinking water
 - L. Braddock informed the board that some community water systems that currently add fluoride have discontinued or are considering discontinuing the practice. She emphasized that fluoridation is safe and can be especially beneficial in rural communities like ours. She asked the commissioners to notify the agency if they become aware of any community water supplies thinking about removing fluoride, noting that the agency would be glad to provide education and guidance to those cities or townships.
 - 3. Agreements Signed, October 19 to November 19, 2025
 - L. Braddock reviewed the agreements and highlighted the following: a contract with EGLE has been signed for EH funding; an emergency vaccine storage agreement has been established with MyMichigan; and an agreement for a new program that updates the vaccine waiver procedures has also been signed.

Motion made by M. Murray and seconded by S. Sopocy to accept and place the Health Officer's Report on file. Motion carried.

H. OLD BUSINESS: -None.

I. NEW BUSINESS: -

Schedule January's organizational meeting.

- B. DeLong made a motion seconded by S. Sopocy to schedule the organizational meeting for Wednesday, January 28, 2026 at 9:00 am to be held at the Montcalm office of the MMDHD. Motion carried.
- G. Bailey made a motion to make December 26, 2025 a paid day off for MMDHD staff, seconded by N. Fickes. Motion Carried.
 - 1. Emerging Issues None.
- J. <u>LEGISLATIVE ACTION:</u> None.
- K. INFORMATIONAL ITEMS:
 - 1. Mid-Michigan District BOH Action Items, November 2025
 - 2. MMDHD Staffing Report
 - L. Braddock asked the board to take note of the longevity recognition included in the report.
- L. RELATED NEWS ARTICLES AND LINKS:
 - 1. 'Mid-Michigan District Health Department receives grant to expand dental care' *Daily News* November 2, 2025.
- M. Agency Newsletter: https://conta.cc/44aPvkf

There being no further business to come before the Board, G. Bailey made a motion to adjourn seconded by S. Sopocy, the meeting adjourned at 9:38 a.m.

Respectfully Submitted,

Krishna Santana

Krishna Santana, Board Secretary For Adam Petersen, Chairperson Mid-Michigan District Board of Health



MONTHLY EXPENSES FOR November 16, 2025- December 13, 2025

| TOTAL | | \$ 483,007.84 |
|---------|------------|------------------|
| EV 2075 | 12/10/2025 | \$ 260,709.22 |
| EV 2074 | 11/26/2025 | \$ 222,298.62 |



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| Expense Voucher # | 2074 | 11/26/2025 |
|---------------------|--------------------------------|------------------|
| <u>Payables</u> | | |
| ACH000189-ACH000193 | | \$ 11,891.58 |
| 109885-109903 | Acumatica EFT & ACH Payments | \$ 51,439.42 |
| <u>Payroll</u> | | |
| | Ameriprise NBS | \$ 100.00 |
| | Nationwide | \$ 1,575.00 |
| | MERS 457 | \$ 2,425.00 |
| | MiSDU | \$ 369.20 |
| | EFT Payroll Taxes | \$ 39,133.93 |
| | Direct Deposit Payroll | \$ 110,521.81 |
| | Direct Deposit HSA | \$ 4,679.78 |
| F | State of Michigan Unemployment | |
| <u>Fees</u> | Huntington e-Banking fee | \$ 162.90 |
| | Huntington Bank Interest | \$ - |
| TOTAL | | \$ 222,298.62 |

AP Payment Register

Company/Branc MMDHD

Date From: Date To: 11/17/2025 11/25/2025

| | Currency | Description | | | | | | |
|--|--------------------------------------|----------------------------------|--|--------------------|-------------------|---|---|---|
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amoun |
| Payment | 003573 | 109885 | Closed | 11/25/2025 | ALPH01 | ALPHA FAMILY CENTER | 0.00 | 200.00 |
| | 0000.0 | .0000 | 0.0004 | | 7121 1101 | 7.E. 17.17.11.1.1 O.E.N. E.N. | 0.00 | 200.00 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005650 | | Dec 2025 | | December 2025 R | Re 200.00 USD | 0.00 | 200.00 |
| | | | | | | | Document Total: | 200.00 |
| | | | | | | | Payment Method Total: | 200.00 |
| | | | | | | | Cash Account Total: | 200.00 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amoun |
| Payment | 003591 | 109886 | Closed | 11/25/2025 | BOGIES | BOGIES LLC dba CANDLESTONE RESORT | 0.00 | 959.40 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005656 | | 000301 | | MCRUD annual m | | 0.00 | 959.40 |
| | | | | | | | Document Total: | 959.40 |
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| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amoun |
| Payment | 003574 | 109887 | Closed | 11/25/2025 | BROM01 | BROMBERG & ASSOCIATES | 0.00 | 38.34 |
| | Def Nomber | | | Dagawintian | | | | |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Doc. Type Bill | 005657 | Branch | Vendor Ref. 30689 | Description | October 2025 Tra | | Discount Taken 0.00 | Amount Paid 38.34 |
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| | | Branch | | Description | October 2025 Tra | | 0.00 | 38.34 |
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| | | Branch CASH ACCOUNT | 30689 | Description | October 2025 Trai | | 0.00 Document Total: Payment Method Total: | 38.34 38.34 38.34 |
| Bill CASH AP | 005657 USD | CASH ACCOUNT | 30689 FOR AP | | | n 38.34 USD | Document Total: Payment Method Total: Cash Account Total: | 38.34 38.34 38.34 |
| CASH AP Doc. Type | 005657 USD Ref. Number | CASH ACCOUNT Payment Ref. | 30689 FOR AP Status | Date | Vendor | n 38.34 USD Vendor Name | Document Total: Payment Method Total: Cash Account Total: Doc. Balance | 38.34 38.34 38.34 Orig. Doc. Amount |
| Bill CASH AP | 005657 USD | CASH ACCOUNT | 30689 FOR AP | | | n 38.34 USD | Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 | 38.34 38.34 38.34 |
| CASH AP Doc. Type Payment Doc. Type | USD Ref. Number 003575 Ref. Number | CASH ACCOUNT Payment Ref. | 30689 FOR AP Status Closed Vendor Ref. | Date | Vendor CDWG01 | Vendor Name CDW GOVERNMENT, INC. Original Amount Currency | Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken | 38.34 38.34 38.34 Orig. Doc. Amount 28,343.43 |
| CASH AP Doc. Type Payment | 005657 USD Ref. Number 003575 | CASH ACCOUNT Payment Ref. 109888 | 30689 FOR AP Status Closed | Date 11/25/2025 | Vendor | Vendor Name CDW GOVERNMENT, INC. Original Amount Currency | Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 | 38.34 38.34 38.34 Orig. Doc. Amount 28,343.43 Amount Paic 28,343.43 |
| CASH AP Doc. Type Payment Doc. Type | USD Ref. Number 003575 Ref. Number | CASH ACCOUNT Payment Ref. 109888 | 30689 FOR AP Status Closed Vendor Ref. | Date 11/25/2025 | Vendor CDWG01 | Vendor Name CDW GOVERNMENT, INC. Original Amount Currency | Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken | 38.34 38.34 38.34 Orig. Doc. Amount 28,343.43 |

Date:

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11/25/2025 3:40 PM

Ashley Tate

| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
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| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003590 | 109889 | Closed | 11/25/2025 | CHILD01 | CHILD ADVOCACY | 0.00 | 100.00 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005649 | | Dec 2025 | | December 2025 R | 100.00 USD | 0.00 | 100.00 |
| | | | | | | | Document Total: | 100.00 |
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| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003576 | 109890 | Closed | 11/25/2025 | COVE01 | COVENANT MEDICAL CENTER | 0.00 | 64.26 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005658 | | 20940 Oct 202 | 25 | October 2025 labs | 21.42 USD | 0.00 | 21.42 |
| Bill | 005659 | | 21654 Oct 202 | 25 | October labs Guar | 42.84 USD | 0.00 | 42.84 |
| | | | | | | | Document Total: | 64.26 |
| | | | | | | | Payment Method Total: | 64.26 |
| | | | | | | | Cash Account Total: | 64.26 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003577 | 109891 | Closed | 11/25/2025 | DARB01 | DARBY DENTAL | 0.00 | 139.95 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005645 | | 3748153 | | DENTAL VARNIS | - 139.95 USD | 0.00 | 139.95 |
| | | | | | | | Document Total: | 139.95 |
| | | | | | | | Payment Method Total: | 139.95 |
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| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003578 | 109892 | Closed | 11/25/2025 | GLAXO1 | GLAXO SMITH KLINE | 0.00 | 418.30 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005638 | | 8254756417 | | BOOSTRIX VACC | 418.30 USD | 0.00 | 418.30 |
| | | | | | | | Document Total: | 418.30 |
| | | | | | | | Payment Method Total: | 418.30 |
| | | | | | | | Cash Account Total: | 418.30 |

| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
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| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amoun |
| Payment | 003587 | 109893 | Closed | 11/25/2025 | VERT01 | HBK IT LLC dba VERTILOCITY | 0.00 | 900.00 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005611 | | 31030963 | | Dashboard creation | 900.00 USD | 0.00 | 900.00 |
| | | | | | | | Document Total: | 900.00 |
| | | | | | | | Payment Method Total: | 900.00 |
| | | | | | | | Cash Account Total: | 900.00 |
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| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003589 | 109894 | Closed | 11/25/2025 | HERI01 | HERITAGE UNITED METHODIST CHURCH | 0.00 | 100.00 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005648 | | Dec 2025 | | December 2025 (| 01 100.00 USD | 0.00 | 100.00 |
| | | | | | | | Document Total: | 100.00 |
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| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003579 | 109895 | Closed | 11/25/2025 | MERC01 | MERCK SHARP & DOHME LLC | 0.00 | 3,045.41 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005646 | | 7018467188 | | GARDASIL VACC | CI 3,045.41 USD | 0.00 | 3,045.41 |
| | | | | | | | Document Total: | 3,045.41 |
| | | | | | | | Payment Method Total: | 3,045.41 |
| | | | | | | | Cash Account Total: | 3,045.41 |
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| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003580 | 109896 | Closed | 11/25/2025 | MICH11 | MICHIGAN NURSES ASSOCIATION | 0.00 | 541.76 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005652 | | Nov 2025 | | November 2025 N | /II 541.76 USD | 0.00 | 541.76 |
| | | | | | | | Document Total: | 541.76 |
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| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003581 | 109897 | Closed | 11/25/2025 | PFIZ01 | PFIZER INC. | 0.00 | 10,464.91 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005640 | | 9347336327 | - | PREVNAR 20 VA | 2,436.28 USD | 0.00 | 2,436.28 |
| Bill | 005641 | | 9347326336 | | RSV ABRYSVO V | 5,592.35 USD | 0.00 | 5,592.35 |
| Bill | 005642 | | 9347326337 | | PCV 20 PREVNAI | 2,436.28 USD | 0.00 | 2,436.28 |
| | | | | | | | Document Total: | 10,464.91 |
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| | | | | | | | Cash Account Total: | 10,464.91 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003582 | 109898 | Closed | 11/25/2025 | STAT03 | STATE OF MICHIGAN-EGLE | 0.00 | 2,561.00 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005661 | | 761-11379842 | 2 | FY 24-25 Tempora | a 2,561.00 USD | 0.00 | 2,561.00 |
| | | | | | | | Document Total: | 2,561.00 |
| | | | | | | | Payment Method Total: | 2,561.00 |
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| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003583 | 109899 | Closed | 11/25/2025 | STAT04 | STATE OF MICHIGAN-LAB | 0.00 | 11.50 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005660 | | 20251101-27 | | State of Michigan | L 11.50 USD | 0.00 | 11.50 |
| | | | | | | | Document Total: | 11.50 |
| | | | | | | | Payment Method Total: | 11.50 |
| | | | | | | | Cash Account Total: | 11.50 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003584 | 109900 | Closed | 11/25/2025 | TEAM02 | TEAMSTERS LOCAL 214 | 0.00 | 1,331.16 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005653 | | Nov 2025 | | November 2025 T | € 1,331.16 USD | 0.00 | 1,331.16 |
| | | | | | | | Document Total: | 1,331.16 |
| | | | | | | | Payment Method Total: | 1,331.16 |
| | | | | | | | Cash Account Total: | 1,331.16 |

| | USD | CASH ACCOUNT | FOR AP | | | | | |
|---|--|---|--|--|---|---|--|--|
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amoun |
| Payment | 003586 | 109901 | Closed | 11/25/2025 | LHDA01 | THE LHD ACADEMY OF SCIENCE, LLC | 0.00 | 2,000.00 |
| | | | | | | | | |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005655 | | 642 | | FY2026 MEMBER | 2,000.00 USD | 0.00 | 2,000.00 |
| | | | | | | | Document Total: | 2,000.00 |
| | | | | | | | Payment Method Total: | 2,000.00 |
| | | | | | | | Cash Account Total: | 2,000.00 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003588 | 109902 | Closed | 11/25/2025 | THOM01 | THOMPSON HOME PUBLIC LIBRARY | 0.00 | 100.00 |
| . ayo | 00000 | 100002 | 0.0004 | 20,2020 | | | 0.00 | 100100 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005654 | | 2026 | | Renting for Immun | 100.00 USD | 0.00 | 100.00 |
| | | | | | | | Document Total: | 100.00 |
| | | | | | | | Payment Method Total: | 100.00 |
| | | | | | | | Cash Account Total: | 100.00 |
| | | | | | | | | |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| | | | | Data | Vandan | Mandar Nama | Dec Beloves | Orio Dan America |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date A4/05/2025 | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| | | | | Date 11/25/2025 | Vendor UNIT03 | Vendor Name UNITED WAY OF GREATER CENTRAL MICHIGAN | Doc. Balance 0.00 | Orig. Doc. Amount |
| Doc. Type | Ref. Number | Payment Ref. | Status | | | | | |
| Doc. Type Payment Doc. Type | Ref. Number 003585 | Payment Ref. 109903 | Status Closed | 11/25/2025 | | UNITED WAY OF GREATER CENTRAL MICHIGAN Original Amount Currency | 0.00 | 120.00 |
| Doc. Type Payment Doc. Type | Ref. Number 003585 Ref. Number | Payment Ref. 109903 | Status Closed Vendor Ref. | 11/25/2025 | UNIT03 | UNITED WAY OF GREATER CENTRAL MICHIGAN Original Amount Currency | 0.00 Discount Taken | 120.00 Amount Paid |
| Doc. Type Payment | Ref. Number 003585 Ref. Number | Payment Ref. 109903 | Status Closed Vendor Ref. | 11/25/2025 | UNIT03 | UNITED WAY OF GREATER CENTRAL MICHIGAN Original Amount Currency | 0.00 Discount Taken 0.00 | 120.00 Amount Paid 120.00 |
| Doc. Type Payment Doc. Type | Ref. Number 003585 Ref. Number | Payment Ref. 109903 | Status Closed Vendor Ref. | 11/25/2025 | UNIT03 | UNITED WAY OF GREATER CENTRAL MICHIGAN Original Amount Currency | 0.00 Discount Taken 0.00 Document Total: | 120.00 Amount Paid 120.00 120.00 |
| Doc. Type Payment Doc. Type | Ref. Number 003585 Ref. Number | Payment Ref. 109903 | Status Closed Vendor Ref. Nov 2025 | 11/25/2025 | UNIT03 | UNITED WAY OF GREATER CENTRAL MICHIGAN Original Amount Currency | Discount Taken 0.00 Document Total: Payment Method Total: | 120.00 Amount Paid 120.00 120.00 120.00 |
| Doc. Type Payment Doc. Type Bill | Ref. Number 003585 Ref. Number 005651 | Payment Ref. 109903 Branch CASH ACCOUNT | Status Closed Vendor Ref. Nov 2025 | 11/25/2025 Description | UNIT03 November 2025 E | UNITED WAY OF GREATER CENTRAL MICHIGAN Original Amount Currency 120.00 USD | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: | 120.00 Amount Paid 120.00 120.00 120.00 120.00 |
| Doc. Type Payment Doc. Type Bill CASH AP Doc. Type | Ref. Number 003585 Ref. Number 005651 USD Ref. Number | Payment Ref. 109903 Branch | Status Closed Vendor Ref. Nov 2025 | 11/25/2025 Description Date | UNIT03 | UNITED WAY OF GREATER CENTRAL MICHIGAN Original Amount Currency | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance | 120.00 Amount Paid 120.00 120.00 120.00 120.00 Orig. Doc. Amount |
| Doc. Type Payment Doc. Type Bill CASH AP Doc. Type Payment | Ref. Number 003585 Ref. Number 005651 USD Ref. Number 003568 | Payment Ref. 109903 Branch CASH ACCOUNT Payment Ref. ACH000189 | Status Closed Vendor Ref. Nov 2025 FOR AP Status Closed | 11/25/2025 Description Date 11/25/2025 | UNIT03 November 2025 En | UNITED WAY OF GREATER CENTRAL MICHIGAN Original Amount Currency 120.00 USD Vendor Name MCKESSON MEDICAL | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 | 120.00 Amount Paid 120.00 120.00 120.00 120.00 Orig. Doc. Amount 3,076.21 |
| Doc. Type Payment Doc. Type Bill CASH AP Doc. Type Payment Doc. Type | Ref. Number 003585 Ref. Number 005651 USD Ref. Number 003568 Ref. Number | Payment Ref. 109903 Branch CASH ACCOUNT Payment Ref. | Status Closed Vendor Ref. Nov 2025 FOR AP Status Closed Vendor Ref. | 11/25/2025 Description Date | Vendor MCKE01 | UNITED WAY OF GREATER CENTRAL MICHIGAN Original Amount Currency 120.00 USD Vendor Name MCKESSON MEDICAL Original Amount Currency | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken | 120.00 Amount Paid 120.00 120.00 120.00 120.00 Orig. Doc. Amount 3,076.21 |
| Doc. Type Payment Doc. Type Bill CASH AP Doc. Type Payment Doc. Type Bill | Ref. Number 003585 Ref. Number 005651 USD Ref. Number 003568 Ref. Number 005636 | Payment Ref. 109903 Branch CASH ACCOUNT Payment Ref. ACH000189 | Status Closed Vendor Ref. Nov 2025 FOR AP Status Closed Vendor Ref. 24579518 | 11/25/2025 Description Date 11/25/2025 | Vendor MCKE01 25X1 SYRINGES I | UNITED WAY OF GREATER CENTRAL MICHIGAN Original Amount Currency 120.00 USD Vendor Name MCKESSON MEDICAL Original Amount Currency 246.38 USD | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 | 120.00 Amount Paid 120.00 120.00 120.00 120.00 Orig. Doc. Amount 3,076.21 Amount Paid 246.38 |
| Doc. Type Payment Doc. Type Bill CASH AP Doc. Type Payment Doc. Type Bill Bill | Ref. Number 003585 Ref. Number 005651 USD Ref. Number 003568 Ref. Number 005636 005639 | Payment Ref. 109903 Branch CASH ACCOUNT Payment Ref. ACH000189 | Status Closed Vendor Ref. Nov 2025 FOR AP Status Closed Vendor Ref. 24579518 24571000 | 11/25/2025 Description Date 11/25/2025 | Vendor MCKE01 25X1 SYRINGES I NEEDLES, ALCOH | Vendor Name MCKESSON MEDICAL Original Amount Currency 246.38 USD 294.00 USD | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 0.00 | 120.00 Amount Paid 120.00 120.00 120.00 120.00 0rig. Doc. Amount 3,076.21 Amount Paid 246.38 294.00 |
| Doc. Type Payment Doc. Type Bill CASH AP Doc. Type Payment | Ref. Number 003585 Ref. Number 005651 USD Ref. Number 003568 Ref. Number 005636 | Payment Ref. 109903 Branch CASH ACCOUNT Payment Ref. ACH000189 | Status Closed Vendor Ref. Nov 2025 FOR AP Status Closed Vendor Ref. 24579518 | 11/25/2025 Description Date 11/25/2025 | Vendor MCKE01 25X1 SYRINGES I | Vendor Name MCKESSON MEDICAL Original Amount Currency 246.38 USD 294.00 USD | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 0.00 0.00 0.00 | 120.00 Amount Paid 120.00 120.00 120.00 120.00 Orig. Doc. Amount 3,076.21 Amount Paid 246.38 294.00 2,535.83 |
| Doc. Type Payment Doc. Type Bill CASH AP Doc. Type Payment Doc. Type Bill Bill | Ref. Number 003585 Ref. Number 005651 USD Ref. Number 003568 Ref. Number 005636 005639 | Payment Ref. 109903 Branch CASH ACCOUNT Payment Ref. ACH000189 | Status Closed Vendor Ref. Nov 2025 FOR AP Status Closed Vendor Ref. 24579518 24571000 | 11/25/2025 Description Date 11/25/2025 | Vendor MCKE01 25X1 SYRINGES I NEEDLES, ALCOH | Vendor Name MCKESSON MEDICAL Original Amount Currency 246.38 USD 294.00 USD | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 0.00 0.00 Document Total: | Amount Paid 120.00 120.00 120.00 120.00 120.00 120.00 Orig. Doc. Amount 3,076.21 Amount Paid 246.38 294.00 2,535.83 3,076.21 |
| Doc. Type Payment Doc. Type Bill CASH AP Doc. Type Payment Doc. Type Bill Bill | Ref. Number 003585 Ref. Number 005651 USD Ref. Number 003568 Ref. Number 005636 005639 | Payment Ref. 109903 Branch CASH ACCOUNT Payment Ref. ACH000189 | Status Closed Vendor Ref. Nov 2025 FOR AP Status Closed Vendor Ref. 24579518 24571000 | 11/25/2025 Description Date 11/25/2025 | Vendor MCKE01 25X1 SYRINGES I NEEDLES, ALCOH | Vendor Name MCKESSON MEDICAL Original Amount Currency 246.38 USD 294.00 USD | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 0.00 0.00 0.00 | 120.00 Amount Paid 120.00 120.00 120.00 120.00 Orig. Doc. Amount 3,076.21 Amount Paid 246.38 294.00 2,535.83 |

| | USD | | | | | | | |
|-------------------|-----------------------|------------------------|---------------------------|--------------------|------------------|---------------------------------------|-----------------------|---|
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amoun |
| Payment | 003569 | ACH000190 | Closed | 11/25/2025 | RICO01 | RICOH USA INC | 0.00 | 713.49 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005662 | | 5072369695 | | October 2025 I | Print 713.49 USD | 0.00 | 713.49 |
| | | | | | | | Document Total: | 713.49 |
| | | | | | | | Payment Method Total: | 713.49 |
| | | | | | | | Cash Account Total: | 713.49 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| | | | | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003570 | ACH000191 | Closed | 11/25/2025 | SANO01 | SANOFI PASTEUR INC | 0.00 | 3,325.92 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005643 | | 7144266829 | | MENQUADFI/1 | UBI 1,647.04 USD | 0.00 | 1,647.04 |
| Bill | 005644 | | 7144289916 | | HEPLISAV VA | CCII 1,678.88 USD | 0.00 | 1,678.88 |
| | | | | | | | Document Total: | 3,325.92 |
| | | | | | | | Payment Method Total: | 3,325.92 |
| | | | | | | | Cash Account Total: | 3,325.92 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| D T | Dof Noveless | December 11 Dec | 04-4 | D-4- | Manada a | Manufact Name | Par Palana | Orie Des America |
| Doc. Type Payment | Ref. Number 003571 | Payment Ref. ACH000192 | Status Closed | Date 11/25/2025 | Vendor MUTU01 | Vendor Name MUTUAL OF OMAHA | Doc. Balance | Orig. Doc. Amount 4,739.97 |
| | | 7.0000.00 | 3.3334 | 00_0 | | | | .,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,, |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005663 | | 00198766199 | 4 | December 202 | 5 Ef 4,739.97 USD | 0.00 | 4,739.97 |
| | | | | | | | Document Total: | 4,739.97 |
| | | | | | | | Payment Method Total: | 4,739.97 |
| | | | | | | | Cash Account Total: | 4,739.97 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003572 | ACH000193 | Closed | 11/25/2025 | AMAZON01 | AMAZON CAPITAL SERVICES | 0.00 | 35.99 |
| Doo Ture | Dof Nombon | Duamah | Vandan Daf | Dagawintian | | Original Amount Commons | Die count Taken | Amazzat Baid |
| Doc. Type | Ref. Number 005637 | Branch | Vendor Ref. 16RF-JWKW- | Description | LOCKING FILE | Original Amount Currency FC 35.99 USD | Discount Taken 0.00 | Amount Paid 35.99 |
| DIII | 003037 | | 10111-3001100- | OINVVIN | LOCKING FILL | 33.99 03D | Document Total: | 35.99 |
| | | | | | | | Payment Method Total: | 35.99 |
| | | | | | | | Cash Account Total: | |
| | | | | | | | Cash Account Total: | 35.99 |
| | | | | | | Doc. Type | Count | Amount Paid (USD) |
| | | | | | | | | |
| | | | | | | Check | 24 | 63,331.00 |
| | | | | | | Check Prepayment | 0 | 63,331.00 0.00 |
| | | | | | | | | |
| | | | | | | Prepayment | 0 | 0.00 |



CLINTON • GRATIOT • MONTCALM

| Expense Voucher# | 2075 | | 12/10/2025 |
|--------------------------------------|---|-----------|------------------------|
| <u>Payables</u> | | | |
| 109904-109917 ACH000194-ACH000202 | Acumatica Checks Acumatica EFT & ACH Payments | \$ \$ | 35,622.18 70,212.95 |
| A011000134-A011000202 | Acumatica Er F & AOTT ayments | Ψ | 70,212.55 |
| <u>Payroll</u> | | | |
| | Ameriprise NBS | \$ | 100.00 |
| | Nationwide | \$ | 1,575.00 |
| | MERS 457 | \$ | 2,425.00 |
| | MiSDU | \$ | 369.20 |
| | EFT Payroll Taxes | \$ | 37,234.63 |
| | Direct Deposit Payroll | \$ | 108,559.77 |
| | Direct Deposit HSA | \$ | 4,629.78 |
| Foos | State of Michigan Unemployment | | |
| <u>Fees</u> | Huntington e-Banking fee | \$ | - |
| | Huntington Bank Interest | <u>\$</u> | (19.29) |
| TOTAL | | \$ | 260,709.22 |

Date From: Company/Branc MMDHD

Date To:

12/1/2025 12/10/2025

Account Currency Description **CASH AP** USD **CASH ACCOUNT FOR AP** Ref. Number Payment Ref. **Vendor Name** Doc. Balance Doc. Type **Status** Date Vendor Orig. Doc. Amount 003614 109904 Closed 12/10/2025 ABS01 **ABSOPURE** 0.00 Payment 72.00 Ref. Number Vendor Ref. **Original Amount Currency Discount Taken Amount Paid** Doc. Type **Branch** Description Bill 005670 89941182 DISTILLED WATE 36.00 USD 0.00 36.00 Bill 005671 89940756 DISTILLED WATE 36.00 USD 0.00 36.00 **Document Total:** 72.00 **Payment Method Total:** 72.00 **Cash Account Total:** 72.00 **CASH AP CASH ACCOUNT FOR AP** USD Doc. Type Ref. Number Payment Ref. **Status** Date Vendor **Vendor Name** Doc. Balance Orig. Doc. Amount 003601 109905 12/10/2025 ACUI01 ACUITY 0.00 12,442.00 Payment Closed Doc. Type Ref. Number **Branch** Vendor Ref. Description **Original Amount Currency Discount Taken Amount Paid** Bill 12,442.00 USD 005698 X84996-9 2026 2026 WORKERS (0.00 12,442.00 **Document Total:** 12,442.00 **Payment Method Total:** 12,442.00 **Cash Account Total:** 12,442.00 **CASH AP** USD **CASH ACCOUNT FOR AP** Doc. Type Ref. Number Payment Ref. **Status** Date Vendor **Vendor Name** Doc. Balance Orig. Doc. Amount 003603 12/10/2025 CDW GOVERNMENT, INC. 583.46 Payment 109906 Closed CDWG01 0.00 Doc. Type Ref. Number **Branch** Vendor Ref. Description **Original Amount Currency Discount Taken Amount Paid** AG9YW1I Bill 005669 BATTERY BACK L 129.81 129.81 USD 0.00 Bill 005675 ZR00994806 October 2025 CISC 372.16 USD 0.00 372.16 Bill 005685 LENOVO ADAPTE 81.49 USD 0.00 AH2GC8I 81.49 **Document Total:** 583.46 **Payment Method Total:** 583.46 583.46 **Cash Account Total: CASH AP** USD **CASH ACCOUNT FOR AP** Doc. Type Ref. Number Payment Ref. **Status** Date Vendor **Vendor Name** Doc. Balance Orig. Doc. Amount Payment 003604 109907 Closed 12/10/2025 CENT02 CENTRAL MICHIGAN DIST HEALTH DEPARTMENT 0.00 6,777.42 Vendor Ref. Description **Original Amount Currency Discount Taken Amount Paid** Doc. Type Ref. Number **Branch** 005700 CMDHD MD for No Nov. 2025 6,777.42 USD 6,777.42 **Document Total:** 6,777.42 **Payment Method Total:** 6,777.42 **Cash Account Total:** 6,777.42

12/10/2025 2:18 PM

Ashley Tate

Date: User:

| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
|-----------|-------------|--------------|-------------|-------------|------------------|-------------------------------------|-----------------------|-------------------|
| | | | | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003613 | 109908 | Closed | 12/10/2025 | COMP02 | COMPLETE GENERATOR SOLUTIONS LLC | 0.00 | 45.00 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005676 | | i20005133 | | Mobile Link Subs | scr 45.00 USD | 0.00 | 45.00 |
| | | | | | | | Document Total: | 45.00 |
| | | | | | | | Payment Method Total: | 45.00 |
| | | | | | | | Cash Account Total: | 45.00 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003605 | 109909 | Closed | 12/10/2025 | GRAT03 | GRATIOT COUNTY COMMUNITY FOUNDATION | 0.00 | 1,500.00 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005699 | | 2026 | | GRATIOT COLL | AE 1,500.00 USD | 0.00 | 1,500.00 |
| | | | | | | | Document Total: | 1,500.00 |
| | | | | | | | Payment Method Total: | 1,500.00 |
| | | | | | | | Cash Account Total: | 1,500.00 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003606 | 109910 | Closed | 12/10/2025 | HEDG01 | HEDGEROW SOFTWARE LTD. | 0.00 | 9,000.00 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005680 | | 1418 | | Jan 1- March 31, | , 2 9,000.00 USD | 0.00 | 9,000.00 |
| | | | | | | | Document Total: | 9,000.00 |
| | | | | | | | Payment Method Total: | 9,000.00 |
| | | | | | | | Cash Account Total: | 9,000.00 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003607 | 109911 | Closed | 12/10/2025 | INSP01 | INSPIRATION STUDIO DESIGNS | 0.00 | 36.00 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005665 | | 27646 | | BUSINESS CAR | D\$ 36.00 USD | 0.00 | 36.00 |
| | | | | | | | Document Total: | 36.00 |
| | | | | | | | Payment Method Total: | 36.00 |
| | | | | | | | Cash Account Total: | 36.00 |

| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
|-----------|-------------|--------------|-------------|-------------|-----------------|--------------------------|-----------------------|-------------------|
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003608 | 109912 | Closed | 12/10/2025 | MAGE01 | MAGELLAN DIAGNOSTICS | 0.00 | 2,028.12 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005667 | | 78851 | | BLOODLEAD TE | S 2,028.12 USD | 0.00 | 2,028.12 |
| | | | | | | | Document Total: | 2,028.12 |
| | | | | | | | Payment Method Total: | 2,028.12 |
| | | | | | | | Cash Account Total: | 2,028.12 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003609 | 109913 | Closed | 12/10/2025 | MERC01 | MERCK SHARP & DOHME LLC | 0.00 | 737.76 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005693 | | 7018503940 | | HEP A ADULT V | A(737.76 USD | 0.00 | 737.76 |
| | | | | | | | Document Total: | 737.76 |
| | | | | | | | Payment Method Total: | 737.76 |
| | | | | | | | Cash Account Total: | 737.76 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003602 | 109914 | Closed | 12/10/2025 | CASA01 | POINT BROADBAND | 0.00 | 875.00 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005682 | | 6513899 | | Point Broadband | Ir 875.00 USD | 0.00 | 875.00 |
| | | | | | | | Document Total: | 875.00 |
| | | | | | | | Payment Method Total: | 875.00 |
| | | | | | | | Cash Account Total: | 875.00 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003612 | 109915 | Closed | 12/10/2025 | PREIN01 | PREIN&NEWHOF | 0.00 | 1,435.00 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005683 | | 127934 | | November 2025 | N 1,435.00 USD | 0.00 | 1,435.00 |
| | | | | | | | Document Total: | 1,435.00 |
| | | | | | | | Payment Method Total: | 1,435.00 |
| | | | | | | | Cash Account Total: | 1,435.00 |

| | | | FOR AP | | | | | |
|---|--|--|--|---|--|--|---|---|
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amour |
| Payment | 003610 | 109916 | Closed | 12/10/2025 | RSNO01 | R&S NORTHEAST LLC | 0.00 | 55.9 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Pai |
| Bill | 005674 | | 568660 | | PORTIA | 55.92 USD | 0.00 | 55.9 |
| | | | | | | | Document Total: | 55.9 |
| | | | | | | | Payment Method Total: | 55.92 |
| | | | | | | | Cash Account Total: | 55.9 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amoun |
| Payment | 003611 | 109917 | Closed | 12/10/2025 | STAT04 | STATE OF MICHIGAN-LAB | 0.00 | 34.50 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005694 | | 20251201-11 | · | State of Michigan | 11.50 USD | 0.00 | 11.50 |
| Bill | 005695 | | 20251201-22 | | State of Michigan | L 11.50 USD | 0.00 | 11.50 |
| Bill | 005696 | | 20251201-26 | | State of Michigan | L 11.50 USD | 0.00 | 11.50 |
| | | | | | | | Document Total: | 34.50 |
| | | | | | | | Payment Method Total: | 34.50 |
| | | | | | | | Cash Account Total: | 34.50 |
| | | | | | | | | |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | FOR AP | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Doc. Type | | | | Date 12/10/2025 | Vendor FIRS01 | Vendor Name FIRST NATIONAL BANK OMAHA | Doc. Balance 0.00 | Orig. Doc. Amount |
| Doc. Type Payment | Ref. Number | Payment Ref. | Status | | | | | |
| Doc. Type Payment Doc. Type | Ref. Number 003592 | Payment Ref. ACH000194 | Status Closed | 12/10/2025 Description | | FIRST NATIONAL BANK OMAHA Original Amount Currency | 0.00 | 851.26 |
| Doc. Type Payment Doc. Type Bill | Ref. Number 003592 Ref. Number | Payment Ref. ACH000194 | Status Closed Vendor Ref. | 12/10/2025 Description | FIRS01 | FIRST NATIONAL BANK OMAHA Original Amount Currency 112.71 USD | 0.00 Discount Taken | 851.26 Amount Paid |
| Doc. Type Payment Doc. Type Bill Bill | Ref. Number 003592 Ref. Number 005677 | Payment Ref. ACH000194 | Status Closed Vendor Ref. Dec 025 9400 | 12/10/2025 Description | FIRS01 December 2025 F | Original Amount Currency 1 112.71 USD 62.26 USD | 0.00 Discount Taken 0.00 | 851.26 Amount Paid 112.71 |
| Doc. Type Payment Doc. Type Bill Bill | Ref. Number 003592 Ref. Number 005677 005678 | Payment Ref. ACH000194 | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 871: | 12/10/2025 Description | FIRS01 December 2025 F December 2025 F | PIRST NATIONAL BANK OMAHA Original Amount Currency 112.71 USD 162.26 USD | 0.00 Discount Taken 0.00 0.00 | 851.26 Amount Paid 112.71 62.26 |
| Doc. Type Payment Doc. Type Bill Bill | Ref. Number 003592 Ref. Number 005677 005678 | Payment Ref. ACH000194 | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 871: | 12/10/2025 Description | FIRS01 December 2025 F December 2025 F | PIRST NATIONAL BANK OMAHA Original Amount Currency 112.71 USD 162.26 USD | 0.00 Discount Taken 0.00 0.00 0.00 0.00 | 851.26 Amount Paid 112.71 62.26 676.29 |
| Doc. Type Payment Doc. Type Bill Bill Bill | Ref. Number 003592 Ref. Number 005677 005678 | Payment Ref. ACH000194 | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 871: | 12/10/2025 Description | FIRS01 December 2025 F December 2025 F | PIRST NATIONAL BANK OMAHA Original Amount Currency 112.71 USD 162.26 USD | 0.00 Discount Taken 0.00 0.00 0.00 0.00 Document Total: | 851.26 Amount Paid 112.71 62.26 676.29 851.26 |
| Doc. Type Payment Doc. Type Bill Bill Bill | Ref. Number 003592 Ref. Number 005677 005678 | Payment Ref. ACH000194 | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 871: Dec 2025 259: | 12/10/2025 Description | FIRS01 December 2025 F December 2025 F | PIRST NATIONAL BANK OMAHA Original Amount Currency 112.71 USD 162.26 USD | Discount Taken 0.00 0.00 0.00 0.00 Document Total: Payment Method Total: | 851.26 Amount Paid 112.71 62.26 676.29 851.26 |
| Doc. Type Payment Doc. Type Bill Bill | Ref. Number 003592 Ref. Number 005677 005678 005679 | Payment Ref. ACH000194 Branch | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 871: Dec 2025 259: | 12/10/2025 Description | FIRS01 December 2025 F December 2025 F | PIRST NATIONAL BANK OMAHA Original Amount Currency 112.71 USD 162.26 USD | Discount Taken 0.00 0.00 0.00 0.00 Document Total: Payment Method Total: | 851.26 Amount Paid 112.71 62.26 676.29 851.26 |
| Doc. Type Payment Doc. Type Bill Bill Bill | Ref. Number 003592 Ref. Number 005677 005678 005679 | Payment Ref. ACH000194 Branch CASH ACCOUNT | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 8711 Dec 2025 2591 | 12/10/2025 Description 2 | Pirson December 2025 F December 2025 F December 2025 F | PIRST NATIONAL BANK OMAHA Original Amount Currency 112.71 USD 162.26 USD 16676.29 USD | Discount Taken 0.00 0.00 0.00 0.00 Document Total: Payment Method Total: Cash Account Total: | 851.26 Amount Paid 112.71 62.26 676.29 851.26 851.26 |
| Doc. Type Payment Doc. Type Bill Bill CASH AP Doc. Type Payment | Ref. Number 003592 Ref. Number 005677 005678 005679 USD Ref. Number | Payment Ref. ACH000194 Branch CASH ACCOUNT Payment Ref. | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 871: Dec 2025 259: | 12/10/2025 Description 2 3 | Pirson December 2025 F December 2025 F December 2025 F Vendor MCKE01 | FIRST NATIONAL BANK OMAHA Original Amount Currency 1 112.71 USD 1 62.26 USD 2 676.29 USD Vendor Name MCKESSON MEDICAL Original Amount Currency | Discount Taken 0.00 0.00 0.00 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance | 851.26 Amount Paid 112.71 62.26 676.29 851.26 851.26 Orig. Doc. Amount |
| Doc. Type Payment Doc. Type Bill Bill Bill CASH AP Doc. Type Payment Doc. Type | Ref. Number 003592 Ref. Number 005677 005678 005679 USD Ref. Number 003593 | Payment Ref. ACH000194 Branch CASH ACCOUNT Payment Ref. ACH000195 | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 871: Dec 2025 259: FOR AP Status Closed | 12/10/2025 Description 2 3 Date 12/10/2025 | Pirson December 2025 F December 2025 F December 2025 F Vendor | FIRST NATIONAL BANK OMAHA Original Amount Currency 1 112.71 USD 1 62.26 USD 2 676.29 USD Vendor Name MCKESSON MEDICAL Original Amount Currency | Discount Taken 0.00 0.00 0.00 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 | 851.26 Amount Paid 112.71 62.26 676.29 851.26 851.26 Orig. Doc. Amount 2,142.18 |
| Doc. Type Payment Doc. Type Bill Bill Bill CASH AP Doc. Type | Ref. Number 003592 Ref. Number 005677 005678 005679 USD Ref. Number 003593 Ref. Number | Payment Ref. ACH000194 Branch CASH ACCOUNT Payment Ref. ACH000195 | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 871: Dec 2025 259: FOR AP Status Closed Vendor Ref. | 12/10/2025 Description 2 3 Date 12/10/2025 | Pirson December 2025 F December 2025 F December 2025 F Vendor MCKE01 | FIRST NATIONAL BANK OMAHA Original Amount Currency 1 112.71 USD 1 62.26 USD 2 676.29 USD Vendor Name MCKESSON MEDICAL Original Amount Currency | Discount Taken 0.00 0.00 0.00 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken | 851.26 Amount Paid 112.71 62.26 676.29 851.26 851.26 Orig. Doc. Amount 2,142.18 |
| Doc. Type Payment Doc. Type Bill Bill Bill CASH AP Doc. Type Payment Doc. Type Bill | Ref. Number 003592 Ref. Number 005677 005678 005679 USD Ref. Number 003593 Ref. Number 005668 | Payment Ref. ACH000194 Branch CASH ACCOUNT Payment Ref. ACH000195 | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 871: Dec 2025 259: FOR AP Status Closed Vendor Ref. 24660170 | 12/10/2025 Description 2 3 Date 12/10/2025 | PIRS01 December 2025 F December 2025 F December 2025 F Vendor MCKE01 HURRICAN, SERI | FIRST NATIONAL BANK OMAHA Original Amount Currency 1 12.71 USD 62.26 USD 676.29 USD Vendor Name MCKESSON MEDICAL Original Amount Currency 474.54 USD 514.84 USD | Discount Taken 0.00 0.00 0.00 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 | 851.26 Amount Paid 112.71 62.26 676.29 851.26 851.26 851.26 Orig. Doc. Amount 2,142.18 Amount Paid 474.54 |
| Doc. Type Payment Doc. Type Bill Bill CASH AP Doc. Type Payment Doc. Type Bill Bill Bill | Ref. Number 003592 Ref. Number 005677 005678 005679 USD Ref. Number 003593 Ref. Number 005668 005687 | Payment Ref. ACH000194 Branch CASH ACCOUNT Payment Ref. ACH000195 | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 871: Dec 2025 259: FOR AP Status Closed Vendor Ref. 24660170 24701021 | 12/10/2025 Description 2 3 Date 12/10/2025 | PIRS01 December 2025 F December 2025 F December 2025 F Vendor MCKE01 HURRICAN, SERI FP supplies | FIRST NATIONAL BANK OMAHA Original Amount Currency 1 12.71 USD 62.26 USD 676.29 USD Vendor Name MCKESSON MEDICAL Original Amount Currency 474.54 USD 514.84 USD | Discount Taken 0.00 0.00 0.00 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 0.00 | 851.26 Amount Paid 112.71 62.26 676.29 851.26 851.26 Orig. Doc. Amount 2,142.18 Amount Paid 474.54 514.84 |
| Doc. Type Payment Doc. Type Bill Bill CASH AP Doc. Type Payment Doc. Type Bill Bill Bill | Ref. Number 003592 Ref. Number 005677 005678 005679 USD Ref. Number 003593 Ref. Number 005668 005687 | Payment Ref. ACH000194 Branch CASH ACCOUNT Payment Ref. ACH000195 | Status Closed Vendor Ref. Dec 025 9400 Dec 2025 871: Dec 2025 259: FOR AP Status Closed Vendor Ref. 24660170 24701021 | 12/10/2025 Description 2 3 Date 12/10/2025 | PIRS01 December 2025 F December 2025 F December 2025 F Vendor MCKE01 HURRICAN, SERI FP supplies | FIRST NATIONAL BANK OMAHA Original Amount Currency 1 12.71 USD 62.26 USD 676.29 USD Vendor Name MCKESSON MEDICAL Original Amount Currency 474.54 USD 514.84 USD | Discount Taken 0.00 0.00 0.00 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 0.00 0.00 | 851.26 Amount Paid 112.71 62.26 676.29 851.26 851.26 Orig. Doc. Amount 2,142.18 Amount Paid 474.54 514.84 1,152.80 |

| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
|---|--|--|--|-------------------------------|--|--|---|--|
| Payment | 003594 | ACH000196 | Closed | 12/10/2025 | RICO01 | RICOH USA INC | 0.00 | 452.97 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005692 | Dianon | 5072449143 | Description | November 2025 | <u> </u> | 0.00 | 452.97 |
| Dill | 003032 | | 3072443143 | | 14070111001 2020 | 402.07 000 | Document Total: | 452.97 |
| | | | | | | | Payment Method Total: | 452.97 |
| | | | | | | | Cash Account Total: | 452.97 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| | | | | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003595 | ACH000197 | Closed | 12/10/2025 | STAP01 | STAPLES | 0.00 | 119.60 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005672 | | 6048444019 | | LYSOL WIPES (| CB 50.08 USD | 0.00 | 50.08 |
| Bill | 005673 | | 6048444018 | | CLINTON OFFIC | CE 69.52 USD | 0.00 | 69.52 |
| | | | | | | | Document Total: | 119.60 |
| | | | | | | | Payment Method Total: | 119.60 |
| | | | | | | | Cash Account Total: | 119.60 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | | | | | | | |
| | | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003596 | Payment Ref. ACH000198 | Status Closed | Date 12/10/2025 | Vendor VERI01 | Vendor Name VERIZON | Doc. Balance 0.00 | Orig. Doc. Amount 2,814.00 |
| Payment Doc. Type | | | | | | | | |
| - | 003596 | ACH000198 | Closed | 12/10/2025 | | VERIZON Original Amount Currency | 0.00 | 2,814.00 |
| Doc. Type | 003596 Ref. Number | ACH000198 | Closed Vendor Ref. | 12/10/2025 | VERI01 | VERIZON Original Amount Currency | 0.00 Discount Taken | 2,814.00 Amount Paid |
| Doc. Type | 003596 Ref. Number | ACH000198 | Closed Vendor Ref. | 12/10/2025 | VERI01 | VERIZON Original Amount Currency | 0.00 Discount Taken 0.00 | 2,814.00 Amount Paid 2,814.00 |
| Doc. Type | 003596 Ref. Number | ACH000198 | Closed Vendor Ref. | 12/10/2025 | VERI01 | VERIZON Original Amount Currency | 0.00 Discount Taken 0.00 Document Total: | 2,814.00 Amount Paid 2,814.00 2,814.00 |
| Doc. Type | 003596 Ref. Number | ACH000198 | Closed Vendor Ref. 6129321777 | 12/10/2025 | VERI01 | VERIZON Original Amount Currency | Discount Taken 0.00 Document Total: Payment Method Total: | 2,814.00 Amount Paid 2,814.00 2,814.00 2,814.00 |
| Doc. Type Bill CASH AP | 003596 Ref. Number 005684 | ACH000198 Branch CASH ACCOUNT | Closed Vendor Ref. 6129321777 | 12/10/2025 | VERI01 | VERIZON Original Amount Currency | Discount Taken 0.00 Document Total: Payment Method Total: | 2,814.00 Amount Paid 2,814.00 2,814.00 2,814.00 |
| Doc. Type | 003596 Ref. Number 005684 | ACH000198 Branch | Closed Vendor Ref. 6129321777 | 12/10/2025 Description | VERI01 October 24 - Nov | VERIZON Original Amount Currency vel 2,814.00 USD | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: | 2,814.00 Amount Paid 2,814.00 2,814.00 2,814.00 2,814.00 |
| Doc. Type Bill CASH AP Doc. Type | 003596 Ref. Number 005684 USD Ref. Number | ACH000198 Branch CASH ACCOUNT Payment Ref. | Closed Vendor Ref. 6129321777 FOR AP Status | 12/10/2025 Description Date | VERI01 October 24 - Nov | VERIZON Original Amount Currency vel 2,814.00 USD Vendor Name | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance | 2,814.00 Amount Paid 2,814.00 2,814.00 2,814.00 2,814.00 Orig. Doc. Amount |
| Doc. Type Bill CASH AP Doc. Type Payment | 003596 Ref. Number 005684 USD Ref. Number 003597 | ACH000198 Branch CASH ACCOUNT Payment Ref. ACH000199 | Vendor Ref. 6129321777 FOR AP Status Closed | Date 12/10/2025 Description | VERI01 October 24 - Nov | VERIZON Original Amount Currency vei 2,814.00 USD Vendor Name WINN TELECOM | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 | 2,814.00 Amount Paid 2,814.00 2,814.00 2,814.00 2,814.00 Orig. Doc. Amount 2,963.13 |
| Doc. Type Bill CASH AP Doc. Type Payment Doc. Type | 003596 Ref. Number 005684 USD Ref. Number 003597 Ref. Number | ACH000198 Branch CASH ACCOUNT Payment Ref. ACH000199 | Vendor Ref. 6129321777 FOR AP Status Closed Vendor Ref. | Date 12/10/2025 Description | VERI01 October 24 - Nov Vendor WINN01 | VERIZON Original Amount Currency vei 2,814.00 USD Vendor Name WINN TELECOM Original Amount Currency | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken | 2,814.00 Amount Paid 2,814.00 2,814.00 2,814.00 2,814.00 Orig. Doc. Amount 2,963.13 Amount Paid |
| Doc. Type Bill CASH AP Doc. Type Payment Doc. Type Debit Adj. | 003596 Ref. Number 005684 USD Ref. Number 003597 Ref. Number 005689 | ACH000198 Branch CASH ACCOUNT Payment Ref. ACH000199 | Closed Vendor Ref. 6129321777 FOR AP Status Closed Vendor Ref. 11.01.2025CR | Date 12/10/2025 Description | VERI01 October 24 - Nov Vendor WINN01 11.01.2025 CR | VERIZON Original Amount Currency ver 2,814.00 USD Vendor Name WINN TELECOM Original Amount Currency -3,412.32 USD | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 | 2,814.00 Amount Paid 2,814.00 2,814.00 2,814.00 2,814.00 Orig. Doc. Amount 2,963.13 Amount Paid -3,412.32 |
| Doc. Type Bill CASH AP Doc. Type Payment Doc. Type Debit Adj. Bill | 003596 Ref. Number 005684 USD Ref. Number 003597 Ref. Number 005689 005686 | ACH000198 Branch CASH ACCOUNT Payment Ref. ACH000199 | Closed Vendor Ref. 6129321777 FOR AP Status Closed Vendor Ref. 11.01.2025CR 11.01.25 | Date 12/10/2025 Description | VERI01 October 24 - Nov Vendor WINN01 11.01.2025 CR 11.01.2025 | VERIZON Original Amount Currency Vendor Name WINN TELECOM Original Amount Currency -3,412.32 USD 3,192.62 USD | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 0.00 | 2,814.00 Amount Paid 2,814.00 2,814.00 2,814.00 2,814.00 Orig. Doc. Amount 2,963.13 Amount Paid -3,412.32 3,192.62 3,182.83 |
| Doc. Type CASH AP Doc. Type Payment Doc. Type Debit Adj. Bill | 003596 Ref. Number 005684 USD Ref. Number 003597 Ref. Number 005689 005686 | ACH000198 Branch CASH ACCOUNT Payment Ref. ACH000199 | Closed Vendor Ref. 6129321777 FOR AP Status Closed Vendor Ref. 11.01.2025CR 11.01.25 | Date 12/10/2025 Description | VERI01 October 24 - Nov Vendor WINN01 11.01.2025 CR 11.01.2025 | VERIZON Original Amount Currency Vendor Name WINN TELECOM Original Amount Currency -3,412.32 USD 3,192.62 USD | Discount Taken 0.00 Document Total: Payment Method Total: Cash Account Total: Doc. Balance 0.00 Discount Taken 0.00 0.00 0.00 0.00 | 2,814.00 Amount Paid 2,814.00 2,814.00 2,814.00 2,814.00 Orig. Doc. Amount 2,963.13 Amount Paid -3,412.32 3,192.62 |

| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
|-----------|-------------|--------------|-------------|-------------|---------------|--|-----------------------|-------------------|
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003598 | ACH000200 | Closed | 12/10/2025 | AMAZON01 | AMAZON CAPITAL SERVICES | 0.00 | 938.79 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005666 | | 1D1D-1T9D-K | XW7 | LAPTOP BAG I | NIC 28.79 USD | 0.00 | 28.79 |
| Bill | 005691 | | 17VR-1RKQ-F | 946 | XYLAZINE RAF | PID 910.00 USD | 0.00 | 910.00 |
| | | | | | | | Document Total: | 938.79 |
| | | | | | | | Payment Method Total: | 938.79 |
| | | | | | | | Cash Account Total: | 938.79 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003599 | ACH000201 | Closed | 12/10/2025 | VERT01 | HBK IT LLC dba VERTILOCITY | 0.00 | 782.60 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005697 | | 31031944 | | Nov 2025 Mont | hly 782.60 USD | 0.00 | 782.60 |
| | | | | | | | Document Total: | 782.60 |
| | | | | | | | Payment Method Total: | 782.60 |
| | | | | | | | Cash Account Total: | 782.60 |
| CASH AP | USD | CASH ACCOUNT | FOR AP | | | | | |
| Doc. Type | Ref. Number | Payment Ref. | Status | Date | Vendor | Vendor Name | Doc. Balance | Orig. Doc. Amount |
| Payment | 003600 | ACH000202 | Closed | 12/10/2025 | MERS01 | MUNICIPAL EMPLOYEES' RETIREMENT SYSTEM OF MICHIGAN | 0.00 | 59,148.42 |
| Doc. Type | Ref. Number | Branch | Vendor Ref. | Description | | Original Amount Currency | Discount Taken | Amount Paid |
| Bill | 005681 | | 00173877-8 | | MERS Defined | Ber 59,148.42 USD | 0.00 | 59,148.42 |
| | | | | | | | Document Total: | 59,148.42 |
| | | | | | | | Payment Method Total: | 59,148.42 |
| | | | | | | | Cash Account Total: | 59,148.42 |
| | | | | | | Doc. Type | Count | Amount Paid (USD) |
| | | | | | | Check | 23 | 105,835.13 |
| | | | | | | Prepayment | 0 | 0.00 |
| | | | | | | Refund | 0 | 0.00 |
| | | | | | | Void Check | 0 | 0.00 |
| | | | | | | Company Total: | 23 | 105,835.13 |

| ALL | DD | 00 | DΛ | N AC |
|-----|----|----|----|------|
| | | | | |

| | BUDGET | CURRENT MONTH | YEAR TO DATE | BUDGET BALANCE | % YTD |
|---------------------------------|--------------|---------------|--------------|----------------|-------|
| REVENUE | | | | | |
| ELPHS LCSA | 190,167.00 | 0.00 | 0.00 | 190,167.00 | 0% |
| ELPHS | 1,695,253.00 | 0.00 | 0.00 | 1,695,253.00 | 0% |
| MDHHS GRANTS | 1,959,223.00 | 0.00 | 0.00 | 1,959,223.00 | 0% |
| MDHHS FEE FOR SERVICE | 128,704.00 | 0.00 | 0.00 | 128,704.00 | 0% |
| EGLE GRANTS | 283,923.00 | 0.00 | 0.00 | 283,923.00 | 0% |
| OTHER GRANTS | 341,000.00 | 74,200.83 | 74,200.83 | 266,799.17 | 28% |
| VFC SUPPLIES | 300,000.00 | 0.00 | 0.00 | 300,000.00 | 0% |
| MEDICAID FULL COST AND OUTREACH | 294,836.00 | 0.00 | 0.00 | 294,836.00 | 0% |
| MISC INCOME | 195,000.00 | 891.21 | 891.21 | 194,108.79 | 0% |
| | | | | | |
| ADMIN | 100.00 | -2,376.45 | -2,376.45 | 2,476.45 | -96% |
| EH MISC | 69,860.00 | 3,790.00 | 3,790.00 | 66,070.00 | 6% |
| SEWAGE PROGRAM | 215,730.00 | 15,825.00 | 15,825.00 | 199,905.00 | 8% |
| WATER PROGRAM | 178,190.00 | 19,327.00 | 19,327.00 | 158,863.00 | 12% |
| FOOD PROGRAM | 330,435.00 | 7,968.00 | 7,968.00 | 322,467.00 | 2% |
| BODY ART | 5,600.00 | 660.00 | 660.00 | 4,940.00 | 13% |
| CHED MISC | 10,000.00 | -280.55 | -280.55 | 10,280.55 | -3% |
| IMMUNIZATIONS | 250,000.00 | 51,979.17 | 51,979.17 | 198,020.83 | 26% |
| BLOOD LEAD | 13,000.00 | 1,034.08 | 1,034.08 | 11,965.92 | 9% |
| FAMILY PLANNING | 55,000.00 | 3,412.29 | 3,412.29 | 51,587.71 | 7% |
| VISION | 17,000.00 | 1,424.37 | 1,424.37 | 15,575.63 | 9% |
| HEARING | 17,000.00 | 1,675.80 | 1,675.80 | 15,324.20 | 11% |
| ORAL HEALTH | 20,000.00 | 5,853.68 | 5,853.68 | 14,146.32 | 41% |
| | | | | | _ |
| SPACE | 268,800.00 | 0.00 | 0.00 | 268,800.00 | 0% |
| APPROPRIATIONS | 1,165,678.00 | 97,250.75 | 97,250.75 | 1,068,427.25 | 9% |
| | | | | | |
| TOTAL REVENUE | 8,004,499.00 | 282,635.18 | 282,635.18 | 7,721,863.82 | 4% |

As of OCTOBER 31, 2025

ALL PROGRAMS

| | BUDGET | CURRENT MONTH | YEAR TO DATE | BUDGET BALANCE | % YTD |
|-----------------------------------|--------------|---------------|--------------|----------------|-------|
| EXPENSE | | | | | |
| SALARIES | 4,129,110.00 | 519,648.53 | 519,648.53 | 3,609,461.47 | 14% |
| FICA | 307,425.00 | 37,877.19 | 37,877.19 | 269,547.81 | 14% |
| HEALTH INSURANCE | 739,914.00 | 59,099.67 | 59,099.67 | 680,814.33 | 9% |
| DENTAL INSURANCE | 56,133.00 | 4,602.27 | 4,602.27 | 51,530.73 | 9% |
| RETIREMENT | 864,779.00 | 74,928.84 | 74,928.84 | 789,850.16 | 9% |
| OTHER BENEFITS | 34,888.00 | 12,973.23 | 12,973.23 | 21,914.77 | 59% |
| POSTAGE | 12,700.00 | 0.00 | 0.00 | 12,700.00 | 0% |
| GENERAL SUPPLIES | 75,700.00 | 2,780.09 | 2,780.09 | 72,919.91 | 4% |
| MEDICAL SUPPLIES | 54,100.00 | 472.25 | 472.25 | 53,627.75 | 1% |
| CD/BIOLOGICS | 105,000.00 | 31,734.25 | 31,734.25 | 73,265.75 | 43% |
| COMPUTER SUPPLIES | 28,000.00 | 7,936.60 | 7,936.60 | 20,063.40 | 40% |
| VFC | 300,000.00 | 0.00 | 0.00 | 300,000.00 | 0% |
| CONTRACTUAL/PROFESSIONAL SERVICES | 408,700.00 | 6,348.49 | 6,348.49 | 402,351.51 | 2% |
| COMMUNICATIONS | 77,900.00 | 3,570.91 | 3,570.91 | 74,329.09 | 5% |
| TRAVEL/TRAINING | 168,350.00 | 11,327.84 | 11,327.84 | 157,022.16 | 7% |
| OTHER EXPENSES | 81,200.00 | 17,366.07 | 17,366.07 | 63,833.93 | 27% |
| LIABILITY INSURANCES | 70,000.00 | 0.00 | 0.00 | 70,000.00 | 0% |
| SOFTWARE MAINTENANCE | 221,800.00 | 1,301.48 | 1,301.48 | 220,498.52 | 1% |
| SPACE | 268,800.00 | 0.00 | 0.00 | 268,800.00 | 0% |
| CAPITAL EXPENSE | 0.00 | 0.00 | 0.00 | 0.00 | 0% |
| TOTAL EXPENSE | 8,004,499.00 | 791,967.71 | 791,967.71 | 7,212,531.29 | 11% |
| - - | 0.01 | 509,332.53 | 509,332.53 | -509,332.52 | |

0.00

Mid-Michigan District Health Department Balance Sheet As of October 31, 2025

Difference

| Assets | |
|--------------------------------------|--------------|
| Cash & Cash Equivalents | 2,294,689.06 |
| Account Receivable | 276,698.22 |
| Other Receivables | 98,325.08 |
| Prepaid Expenses | 187,827.04 |
| VFC Inventory | 83,270.74 |
| Total Assets | 2,940,810.14 |
| Liabilities | |
| Employee Deductions | 56,598.53 |
| Accounts Payable | 156,081.78 |
| Due to Others | 617,500.88 |
| VFC Inventory | 83,270.74 |
| Trust Funds | 17,987.17 |
| Deferred Revenues | 0.00 |
| Other Long-term Liabs | 151,433.00 |
| 38901-FUND BALANCE RESTRICTED DENTAL | 95,208.84 |
| 39000-FUND BALANCE END OF YEAR | 122,937.80 |
| 39001-FUND BALANCE | 189,369.66 |
| 39004-FUND BALANCE - TECHNICAL/EQUIP | 489,494.46 |
| 39005-FUND BALANCE-FACILITY DEV. | 137,523.00 |
| 39007-FUND BALANCE-SELF INS BONDS | 13,949.72 |
| 39008-FUND BALANCE-FUTURE RETIREMENT | 277,269.58 |
| 39009-FUND BALANCE-COMPENSATED LEAVE | 511,844.51 |
| 39010-FUND BALANCE-UNEMPLOYMENT | 55,000.00 |
| 39012-FUND BALANCE - TRAINING | 34,465.00 |
| 39013-FUND BALANCE - BRFS | 11,522.00 |
| 39014-FUND BALANCE-HEALTH INSURANCE | 125,451.00 |
| 39015-FUND BALANCE-POTENTIAL CLAIMS | 75,457.00 |
| 39017-FUND BALANCE CHW | 150,000.00 |
| 39018-FUND BALANCE OPEB | 77,778.00 |
| Net Income / (Loss) | (509,332.53) |
| Total Liabilities | 2,940,810.14 |

ALL PROGRAMS

| | BUDGET | CURRENT MONTH | YEAR TO DATE | BUDGET BALANCE | % YTD |
|---------------------------------|--------------|---------------|--------------|----------------|-------|
| REVENUE | | | | | |
| ELPHS LCSA | 190,167.00 | 0.00 | 0.00 | 190,167.00 | 0% |
| ELPHS | 1,695,253.00 | 0.00 | 0.00 | 1,695,253.00 | 0% |
| MDHHS GRANTS | 1,959,223.00 | 642,726.22 | 642,726.22 | 1,316,496.78 | 49% |
| MDHHS FEE FOR SERVICE | 128,704.00 | 0.00 | 0.00 | 128,704.00 | 0% |
| EGLE GRANTS | 283,923.00 | 0.00 | 0.00 | 283,923.00 | 0% |
| OTHER GRANTS | 341,000.00 | 0.00 | 74,200.83 | 266,799.17 | 28% |
| VFC SUPPLIES | 300,000.00 | 0.00 | 0.00 | 300,000.00 | 0% |
| MEDICAID FULL COST AND OUTREACH | 294,836.00 | 0.00 | 0.00 | 294,836.00 | 0% |
| MISC INCOME | 195,000.00 | 909.19 | 1,800.40 | 193,199.60 | 1% |
| | | | 2.257.04 | 2.257.04 | |
| ADMIN | 100.00 | 118.54 | -2,257.91 | 2,357.91 | -96% |
| EH MISC | 69,860.00 | 1,120.00 | 4,910.00 | 64,950.00 | 8% |
| SEWAGE PROGRAM | 215,730.00 | 34,520.00 | 50,345.00 | 165,385.00 | 30% |
| WATER PROGRAM | 178,190.00 | 13,098.00 | 32,425.00 | 145,765.00 | 22% |
| FOOD PROGRAM | 330,435.00 | 4,539.00 | 12,507.00 | 317,928.00 | 4% |
| BODY ART | 5,600.00 | 330.00 | 990.00 | 4,610.00 | 21% |
| CHED MISC | 10,000.00 | 79.02 | -201.53 | 10,201.53 | -2% |
| IMMUNIZATIONS | 250,000.00 | 32,570.37 | 84,549.54 | 165,450.46 | 51% |
| BLOOD LEAD | 13,000.00 | 433.37 | 1,467.45 | 11,532.55 | 13% |
| FAMILY PLANNING | 55,000.00 | 1,466.60 | 4,878.89 | 50,121.11 | 10% |
| VISION | 17,000.00 | 1,758.01 | 3,182.38 | 13,817.62 | 23% |
| HEARING | 17,000.00 | 1,431.63 | 3,107.43 | 13,892.57 | 22% |
| ORAL HEALTH | 20,000.00 | 10,114.62 | 15,968.30 | 4,031.70 | 396% |
| | | | 0.00 | 268,800.00 | |
| SPACE | 268,800.00 | 0.00 | | | 0% |
| APPROPRIATIONS | 1,165,678.00 | 97,250.75 | 194,501.50 | 971,176.50 | 20% |
| | | | | | |
| TOTAL REVENUE | 8,004,499.00 | 842,465.32 | 1,125,100.50 | 6,879,398.50 | 16% |

As of NOVEMBER 30, 2025

ALL PROGRAMS

| | BUDGET | CURRENT MONTH | YEAR TO DATE | BUDGET BALANCE | % YTD |
|-----------------------------------|--------------|---------------|--------------|----------------|-------|
| EXPENSE | | | 0 | | |
| SALARIES | 4,129,110.00 | 156,598.49 | 676,247.02 | 3,452,862.98 | 20% |
| FICA | 307,425.00 | 11,289.07 | 49,166.26 | 258,258.74 | 19% |
| HEALTH INSURANCE | 739,914.00 | 57,635.28 | 116,734.95 | 623,179.05 | 19% |
| DENTAL INSURANCE | 56,133.00 | 4,257.34 | 8,859.61 | 47,273.39 | 19% |
| RETIREMENT | 864,779.00 | 50,813.63 | 125,742.47 | 739,036.53 | 17% |
| OTHER BENEFITS | 34,888.00 | 429.77 | 13,403.00 | 21,485.00 | 62% |
| POSTAGE | 12,700.00 | 0.00 | 0.00 | 12,700.00 | 0% |
| GENERAL SUPPLIES | 75,700.00 | 800.94 | 3,581.03 | 72,118.97 | 5% |
| MEDICAL SUPPLIES | 54,100.00 | 3,223.16 | 3,695.41 | 50,404.59 | 7% |
| CD/BIOLOGICS | 105,000.00 | 19,736.44 | 51,470.69 | 53,529.31 | 96% |
| COMPUTER SUPPLIES | 28,000.00 | 129.81 | 8,066.41 | 19,933.59 | 40% |
| VFC | 300,000.00 | 0.00 | 0.00 | 300,000.00 | 0% |
| CONTRACTUAL/PROFESSIONAL SERVICES | 408,700.00 | 13,365.47 | 19,713.96 | 388,986.04 | 5% |
| COMMUNICATIONS | 77,900.00 | 7,406.19 | 10,977.10 | 66,922.90 | 16% |
| TRAVEL/TRAINING | 168,350.00 | 4,421.84 | 15,749.68 | 152,600.32 | 10% |
| OTHER EXPENSES | 81,200.00 | 4,890.96 | 22,257.03 | 58,942.97 | 38% |
| LIABILITY INSURANCES | 70,000.00 | 0.00 | 0.00 | 70,000.00 | 0% |
| SOFTWARE MAINTENANCE | 221,800.00 | 29,887.68 | 31,189.16 | 190,610.84 | 16% |
| SPACE | 268,800.00 | 0.00 | 0.00 | 268,800.00 | 0% |
| CAPITAL EXPENSE | 0.00 | 0.00 | 0.00 | 0.00 | 0% |
| TOTAL EXPENSE | 8,004,499.00 | 364,886.07 | 1,156,853.78 | 6,847,645.22 | 17% |
| | | | | | 1770 |
| | 0.01 | -477,579.25 | 31,753.28 | -31,753.27 | |

0.00

Mid-Michigan District Health Department Balance Sheet As of November 30, 2025

Difference

| Assets | |
|---|-------------------------|
| Cash & Cash Equivalents | 2,942,817.46 |
| Account Receivable | 166,980.09 |
| Other Receivables | (48,965.46) |
| Prepaid Expenses | 187,827.04 |
| VFC Inventory | 83,270.74 |
| Total Assets | 3,331,929.87 |
| Liabilities | |
| Employee Deductions | 176,452.80 |
| Accounts Payable | 116,355.53 |
| Due to Others | 450,913.34 |
| VFC Inventory | 83,270.74 |
| Trust Funds | 17,987.17 |
| Deferred Revenues | 0.00 |
| Other Long-term Liabs | 151,433.00 |
| 38901-FUND BALANCE RESTRICTED DENTAL | 95,208.84 |
| 39000-FUND BALANCE END OF YEAR | 122,937.80 |
| 39001-FUND BALANCE | 189,369.66 |
| 39004-FUND BALANCE - TECHNICAL/EQUIP | 489,494.46 |
| 39005-FUND BALANCE-FACILITY DEV. | 137,523.00 |
| 39007-FUND BALANCE-SELF INS BONDS | 13,949.72 |
| 39008-FUND BALANCE-FUTURE RETIREMENT | 277,269.58 |
| 39009-FUND BALANCE-COMPENSATED LEAVE | 511,844.51 |
| 39010-FUND BALANCE-UNEMPLOYMENT | 55,000.00 |
| 39012-FUND BALANCE - TRAINING | 34,465.00 |
| 39013-FUND BALANCE - BRFS | 11,522.00 |
| 39014-FUND BALANCE-HEALTH INSURANCE | 125,451.00 |
| 39015-FUND BALANCE-POTENTIAL CLAIMS 39017-FUND BALANCE CHW | 75,457.00 150,000.00 |
| 39017-FUND BALANCE CHW 39018-FUND BALANCE OPEB | 77,778.00 |
| | (31,753.28) |
| Net Income / (Loss) | |
| Total Liabilities | 3,331,929.87 |

Report to the Boards of Health

Jennifer Morse, MD, MPH, FAAFP, Medical Director



Mid-Michigan District Health Department, Wednesday, December 17, 2025 Central Michigan District Health Department, Wednesday, December 17, 2025 District Health Department 10, Friday, December 19, 2025

Recent CDC Website Change About Vaccines and Autism

On the instruction of the Health and Human Services Secretary Robert F. Kennedy Jr., the CDC recently changed their website about vaccines and autism. The page used to say, "no links have been found between any vaccine ingredients and autism spectrum disorder (ASD)" and "vaccines do not cause autism." It now states, "the claim "vaccines do not cause autism" is not an evidence-based claim because studies have not ruled out the possibility that infant vaccines cause autism." The statement "vaccines do not cause autism" is still present on the page but is followed by an asterisk (*) to a footnote saying the header "vaccines do not cause autism" has not been removed due to an agreement with the chair of the U.S. Senate Health, Education, Labor, and Pensions Committee that it would remain on the CDC website.

The website says the change in wording was made to follow the <u>Data Quality Act</u>, also known as the <u>Information Quality Act</u> (IQA). This act (passed in 2001) required guidelines to ensure "quality, objectivity, utility, and integrity" of information shared by federal agencies. The <u>guidelines</u> state that agencies are to put guidelines into their practices. The CDC had already developed information quality guidelines, and they use peer review as encouraged by the IQA to ensure the highest quality scientific information. The CDC have details listed on their <u>Information Quality Support</u> website. Since the information that had been on the Vaccines and Autism page followed the information quality guidelines, no change was needed.

The Health and Human Services Secretary felt that saying "vaccines do not cause autism" as a definitive fact went beyond what could technically be proven by science. Hundreds of studies have been done in many different ways in multiples different countries by different researchers. These studies looked at millions of children and different types of vaccines, vaccine ingredients, and vaccine schedules. The data from all of these studies have found no relationship between vaccines and autism. This has been considered definitive enough for scientists and doctors to say that vaccines do not cause autism.

Larger Issues

Raising unbased doubt about the potential causes of autism distracts time and resources away from the real advances against ASD. This also adds more confusion and distrust for vaccines which already struggle with hesitancy and declining rates. Allowing the CDC to change its messaging without any checks or balances has now made all its messaging suspect and untrustworthy.

Recommendations:

- 1. Discuss the importance of supporting science with your elected officials.
- 2. For the time being, the CDC website may not be evidence-based and need to be approached with caution or avoided.
- 3. Consider other trustworthy sources, such as:
 - a. The American Academy of Pediatrics https://www.aap.org/ and https://www.healthychildren.org/
 - b. American College of Obstetricians and Gynecologists https://www.acog.org/
 - c. American Academy of Family Physicians https://www.aafp.org/
 - d. https://www.vaccineinformation.org/
 - e. https://www.vaccinesafety.edu/

Resources:

- Autism Science Foundation. Autism and Vaccines: Read the Science https://autismsciencefoundation.org/autism-and-vaccines-read-the-science/
- Statement from Leading Medical, Health and Patient Advocacy Groups on CDC Autism Website Changes https://www.acponline.org/sites/default/files/acp-policy-library/statements/joint statement on cdc website changes vaccines autism 2025.pdf

References

- CDC. Autism and Vaccines. https://www.cdc.gov/vaccine-safety/about/autism.html
- Federal Administrative Procedure Sourcebook. Information Quality Act. https://sourcebook.acus.gov/wiki/Information Quality Act
- OMB, U. (2002). Guidelines for ensuring and maximizing the quality, objectivity, utility, and integrity of information disseminated by federal agencies. Federal Register, 67(36), 8451-8460.
- CDC. Information Quality Support. https://www.cdc.gov/science-quality/php/information-quality-support/index.html

Contact Information:

Mid-Michigan District Health Department Brady Guilbault (616) 788-3008 bguilbault@mmdhd.org



Healthy! Capital Counties Releases 2025-2027 Community Health Improvement Plan

St. Johns, MI – Healthy! Capital Counties has released the 2025–2027 Community Health Improvement Plan (CHIP), a strategic, community-driven strategy that outlines measurable actions to improve health and well-being across Clinton, Ingham, and Eaton counties. The plan turns the findings of the 2024 Community Health Assessment (CHA) into focused, collaborative efforts for the next three years.

This is the region's second joint CHIP, developed through an ongoing partnership between the Mid-Michigan District Health Department, Ingham County Health Department, and Barry-Eaton District Health Department. The 2025 CHIP emphasizes health equity, policy, social well-being, and long-term community action.

The plan addresses three priority areas identified in the 2024 CHA: Access to Care, Behavioral Health, and Housing. To address these priorities, 23 community partners have committed to implementing 73 activities throughout the Tri-County region.

The CHIP acts as a shared roadmap that helps health departments, partners, and community members work together toward a healthier, more equitable future. Healthy! Capital Counties encourages all residents and partners to stay engaged and support this collective effort to improve the health of the community, together.

To view the 2025–2027 Community Health Improvement Plan, visit www.healthycapitalcounties.org.

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About the Mid-Michigan District Health Department

The Mid-Michigan District Health Department has proudly served the residents of Clinton, Gratiot, and Montcalm Counties since 1966. We take action to protect, maintain and improve the health of our community. To learn more, visit www.mmdhd.org.



CLINTON • GRATIOT • MONTCALM

2026-2029 Strategic Plan

Mission

We take action to protect, maintain, and improve the health of our community

Vision

Advancing personal & community-based solutions to achieve healthier outcomes



FOCUS AREAS

- 1. We respond to community needs
- 2. We promote public health
- 3. We invest in a culture of learning, growth, and wellbeing
- 4. We actively manage resources to ensure financial stability



We respond to community needs

Objectives

- Design and implement a portal feature for non-community water supply management
- Distribute materials that support harm reduction efforts
- Continue to develop and foster partnerships with academic institutions to advance public health practice and research
- Ensure reliable and equitable access to clean and safe drinking water for all members of the community.



We promote public health

Objectives

 Increase community engagement through active presence and meaningful partnerships

Expand the client base through proactive outreach strategies



We invest in a culture of learning, growth, and wellbeing

Objectives

- Deliver knowledgeable customer service to all clients
- Maintain up-to-date training and compliance standards for staff
- Provide and promote wellness opportunities for staff
- Strengthen organizational capacity for continuation of operation
 Mid-Michigen District

CLINTON • GRATIOT • MONTCALM

We actively manage resources to ensure financial stability

Objectives

- Improve financial reporting and transparency
- Review programs for cost analysis
- Diversify funding streams
- Enhance financial sustainability and risk management for long term stability

Mid-Michig n District



Agreements Signed 11/21/25 to 12/11/25

| Date Signed | Organization | Purpose | Amount | Signed By |
|-------------|-----------------------------------|-----------------------------|--------|------------|
| 12/4/2025 | PMQ Group LLC / Avita Pharmacy | Pharmacy Services Agreement | n/a | Sarah Doak |
| 12/11/2025 | United Health Care | Coverage Agreement | n/a | Sarah Doak |



MID-MICHIGAN DISTRICT BOARD OF HEALTH <u>ACTION ITEMS</u>

November 2025

| • | The Mid-Michigan District Board of Health (BOH) approved Consent items (meeting minutes). |
|---|--|
| • | The MMDHD BOH approved Expenses for October 5 to November 15, 2025. |
| • | The MMDHD BOH approved to accept and place on file the Medical Directors report. |
| • | The MMDHD BOH scheduled the Organizational meeting for Wednesday, January 28, 2026, for 9:00 a.m. at the Montcalm branch of the MMDHD. |
| | |
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| | |
| | |
| | |



STAFFING REPORT – DECEMBER 2025

Administration/Administrative Services Division

| STATUS | POSITION | BRANCH OFFICE |
|----------|--|------------------|
| NEW HIRE | Nicholas Burlingame, 1.0 FTE Data Specialist, Clinton Branch Office effective January 12, 2026 | Clinton |
| | | |

Community Health and Education Division

| STATUS | POSITION | BRANCH OFFICE |
|----------|---|------------------|
| VACANCY | 1.0 FTE P.H. Nurse I/II, Montcalm Branch Office effective October 6, 2025 | Montcalm |
| NEW HIRE | Robin Town, 0.8 FTE Registered Dental Hygienist, Clinton Branch Office effective January 12, 2026 | Clinton |
| | | |

Environmental Health Division

| STATUS | POSITION | BRANCH OFFICE |
|---------|---|------------------|
| VACANCY | 1.0 FTE P.H. Representative, Gratiot Branch Office effective July 7, 2025 | Gratiot |
| | | |



Since 1854 — News from Montcalm County and Ionia County, Michigan

Local health department offers flu shots

Open Audio Article Player

By The Daily News Staff on November 22, 2025

Submitted by the Mid-Michigan District Health Department

0:00 / 0:00

It is recommended that anyone 6 months of age and older get vaccinated, particularly people who are at a high risk for flu complications. This includes people 65 years and older, young children, and people with chronic conditions such as asthma or heart disease. Individuals who care for or live with these high-risk populations also should get vaccinated.

The 2024-2025 flu season was intense, with high levels of activity and hospitalizations across the country. Somewhere between 47-82 million people fell ill, causing an estimated 27,000-30,000 deaths.



0

The flu vaccine is updated for the 2025-2026 season and is now available at many workplaces, hospitals, clinics, pharmacies and other locations.

The best way to reduce your risk from seasonal flu and its potentially serious complications is to get a flu vaccine every year.

Call (989) 831-5237, option 5, then option 2 or visit mmdhd.org/immunizations to schedule your flu shot with the Mid-Michigan District Health Department in Montcalm County.

Related Stories by The Daily News

A 'hygge' approach to the

Three local organizations are coming together this holiday

Thanksgiving meal to anyone

season to provide a free

holidays

who may be...



Ionia school board honors artists for Veterans Day works

The Ionia Public Schools Board of Education honored several talented student artists during Monday evening's meeting.
Student artists Audrey Stein, Mila...

Go To The Community Section



U-M Health-Sparrow
Carson opens new Cardiac
Rehabilitation Center

University of Michigan Health-Sparrow Carson officially opened its new cardiac rehabilitation center on Monday, expanding access to vital recovery services...

Load More



Since 1854 — News from Montcalm County and Ionia County, Michigan

Health dept. shares turkey tips

Open Audio Article Player

By The Daily News Staff on November 26, 2025

0:00 / 0:00



Make sure your turkey reaches a safe internal temperature of 165°F. Use a food thermometer to check in three places, avoiding bone: (1) thickest part of the breast, (2) where body and thigh join, aiming toward thigh, and (3) where body and wing join, aiming toward wing. — Submitted graphic | Mid Michigan District Health Department

Submitted by the Mid-Michigan District Health Department

One of my favorite things about Thanksgiving is the turkey. I prefer it over ham, and (depending on the day) sometimes even chicken! It is important to note, however, turkey and its juice can be contaminated with germs that can make you and your family sick.



Know What Tool This Is?



Real tradespeople can name it in 3 seconds. Test your tool knowledge now. 10 min quiz.

Raw turkey can have Salmonella, Clostridium perfringens, Campylobacter and other germs. Whether you're cooking a whole bird or a part of it, such as the breast, you should take special care to prevent food poisoning.

Store turkey properly

Frozen raw turkey should be stored in the freezer until you are ready to thaw it. Make sure your freezer is at 0°F or below. Don't store a turkey in a place where you can't closely monitor the temperature, such as in a car trunk, a basement, the back porch, or in snow.

Thaw turkey safely

Use one of these methods to thaw your turkey:

- Thaw your turkey in the refrigerator. Keep your turkey in its original wrapping and place it in a container before putting it in the refrigerator. The container will prevent the turkey juice from dripping on other food. Allow about 24 hours of thawing for each 4 to 5 pounds of turkey. A turkey thawed in the refrigerator can remain in the refrigerator once it's been thawed for 1 to 2 days before cooking.
- Thaw your turkey in cold water. Be sure your turkey is in a leakproof plastic bag before you place it in the sink. The bag will prevent the turkey juice from spreading in the kitchen. The bag also will prevent the turkey from absorbing water, which could make your cooked turkey runny. Make sure to completely cover your turkey with cold tap water. Change the water every 30 minutes. Allow about 30 minutes of thawing for each pound of turkey. A turkey thawed in cold water must be cooked immediately after thawing.

Page 46 of 57

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- Thaw your turkey in the microwave. Follow the microwave manufacturer's instructions for thawing your turkey. A turkey thawed in the microwave must be cooked immediately after thawing.
- Never thaw your turkey by leaving it out on the counter. A turkey must thaw at a safe temperature.
 When a turkey stays out at room temperature for more than 2 hours, its temperature becomes
 unsafe even if the center is still frozen. Germs can grow rapidly in the "danger zone" between 40°F
 and 140°F.

Handle turkey correctly

Raw turkey and its juice can contaminate anything they touch. Be sure to handle your turkey correctly to prevent harmful germs from spreading to other food or your family and friends.

Wash your hands with soap and water for at least 20 seconds before and after handling turkey.

Use one cutting board for raw turkey and a separate cutting board for produce, bread, and other foods that won't be cooked.

Never place cooked food or fresh produce on a plate, cutting board, or other surface that held raw turkey.

Wash cutting boards, utensils, dishes, and countertops with hot soapy water after preparing raw turkey and before you prepare the next item.

Cook turkey thoroughly

To roast a turkey in your oven, set the oven temperature to at least 325°F. Place the completely thawed turkey in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times depend on the weight of the turkey and whether it is stuffed.

Take care of leftovers

Refrigerate leftovers at 40°F or colder within 2 hours of cooking to prevent food poisoning. Refrigerate leftovers that have been exposed to temperatures higher than 90°F, like in a hot car, within 1 hour.

If you are refrigerating a big cut of meat, such as a turkey or roast, cut it into smaller pieces so they cool quickly. You do not need to wait until food is cool to store it in the refrigerator or freezer.

Eat cooked turkey and dishes made with it, such as soup or a casserole, within 3 to 4 days. Freeze leftovers to store them for longer.

Reheat all leftovers to at least 165°F before serving or eating.

DAILYNEWS

Since 1854 — News from Montcalm County and Ionia County, Michigan

Montcalm County awards \$469,000+ toward addiction recovery services

Open Audio Article Player

By Elisabeth Waldon on November 28, 2025

7:36 / 10:12



Montcalm County Opioid Task Force Committee members, from left, James Dimitriou, Kate Behrenwald and Liz Braddock, asked the Montcalm County Board of Commissioners on Monday to approve \$267,000 worth of opioid settlement funding plus another \$202,145 of county marijuana funds to go toward local addiction recovery services and programs. Commissioners unanimously approved the request.

— DN Photo | Elisabeth Waldon

STANTON — Local addiction recovery services and programs will receive \$469,145 in funding from Montcalm County government in the coming year, including \$267,000 in opioid settlement funding plus another \$202,145 in county marijuana funds.

The Board of Commissioners on Monday voted 6-0, with Commissioner Nate Alexander absent, to approve the annual list of recommendations from the county's Opioid Task Force Committee.

The opioid funding stems back to 2018 when county commissioners voted to adopt a resolution approving three law firms representing dozens of Michigan counties in a multi-district lawsuit settlement against opioid manufacturers. In 2021, commissioners approved a resolution outlining the terms of the settlement, which is being distributed over multiple years.

Montcalm County has now awarded a total of \$865,457 in opioid funding over the last three years at the task force's recommendation, plus another \$368,392 in marijuana tax revenue. (See accompanying info box below for more details.)

"This year was definitely indicative of the funding stream changes that have happened, so we definitely saw more people trying to continue the same work that's been done in the county or trying to expand the work that is being done to be able to meet the need that we have," said Kate Behrenwald, who works as a physician assistant for Corewell Health Addiction Medicine.

Commissioners approved the following requests to be funded with \$267,000 of opioid settlement money:

- \$75,000 to the Montcalm Care Network for a full-time social work jail liaison (this program would otherwise be eliminated due to cuts to a prior funding source).
- \$68,511 to Sheridan Community Hospital for outpatient medication-assisted treatment and therapy sessions for uninsured or under-insured residents.
- \$50,000 to Randy's House in Greenville for continuing support of a peer recovery coach.
- \$34,000 to Outreach 419 in Fenwick toward the salaries of peer recovery coaches and program costs. ("This is an increase in funding that we allocated last year but they've shown to be very good stewards of the funding that they did receive," Behrenwald said. "They significantly expanded what they were offering for people and it seems to be generating a lot of support for the recovery community.")
- \$22,758 to Corewell Health for continuing support of a peer recovery coach.
- \$15,016 to the Montcalm County Jail for continuing support of its buprenorphine program for qualified inmates.
- \$1,500 to the Montcalm Prevention Collaborative for supplies for Safe Prom and Vape Amnesty boxes.

Commissioners also approved the following requests to be funded with \$202,145 of marijuana tax revenue:

- \$41,545 to Have Mercy in Greenville for continued funding of their Step Up programming.
- \$40,000 to Montcalm County Circuit Court's Adult Recovery Court for continued support of a peer recovery coach.
- \$26,000 to Outreach 419 toward the salaries of peer recovery coaches and program costs.
- \$15,000 to Randy's House for recovery housing scholarships for Montcalm County residents.

REQUESTS NOT GRANTED

The Opioid Task Force received some requests that they did not recommend for approval, including:

• \$48,750 from Montcalm County District Court for an Adult Recovery Court.



Montcalm County Board of Commissioners Vice Chairman Adam Petersen asks a question about financial requests for local addiction recovery services and programs as Montcalm County Clerk Kristen Millard takes minutes at left during Monday's meeting. — DN Photo |

Elisabeth Waldon

- \$47,600 from Continuous Miracle, an addiction recovery radio program on WGLM 106.3 in Greenville.
- \$40,000 from Redemption Farms, a Howard City-based nonprofit operated by Sandra Cooper, who has a vision for opening a Montcalm County facility for entire families to reside while being treated for recovery from addiction.

Board of Commissioners Vice Chairman Adam Petersen questioned how the committee reached its recommendations, asking, "Why did you leave some off? Redemption Farms asked for \$40,000. They got zero dollars."

"When we reviewed it, they didn't have a budget, no work plan and they didn't indicate how much money was going toward staffing," responded Liz Braddock, the health officer for the Mid-Michigan District Health Department. "It didn't quite meet the criteria of how the money should be distributed."

"I do believe recovery is important," said Petersen as he voted in favor of the committee's recommendations, but he added, "Giving money to Corewell Health is a little rough for me because they get quite a bit already."

MARIJUANA REVENUE PLANS

Petersen asked Controller-Administrator Brenda Taeter how much was in the county's marijuana tax revenue fund, to which she responded more than \$461,000 (meaning the county can easily accommodate the \$202,145 worth of marijuana money requests).

"Another item that we have talked about in our committee meetings ... of that \$465,000 we got in February of our marijuana money, you'll see we didn't give District Court anything for their ask for their Adult Recovery Court," Taeter noted. "One of the reasons we ruled it out was the majority of the money they were requesting, \$30,000, was for drug testing and we thought that was an exorbitant amount of money for drug testing when other applications were not requesting anywhere near that for drug testing.

"But to that point, the committee would like you to commit part of the marijuana money to things like that every year ... to a specific cause or expense and then allow the opioid committee to spend the rest of it on proposals," Taeter said.

Taeter said she thinks agencies such as Circuit Court, District Court and Community Corrections could all be funded with marijuana money going forward, should commissioners choose to allocate the marijuana money that way, meaning those agencies wouldn't have to request opioid settlement funding.

Commissioners seemed in agreement with this idea and Taeter said she would bring them a marijuana money allocation proposal in the near future with some actual numbers.

A closer look ...

Here's how the Montcalm County Board of Commissioners and the county's Opioid Task Force have awarded opioid (and marijuana) revenue to local agencies over the last three years:

2023: Commissioners voted to approve the task force's recommendation of \$201,668 as the county's first round of opioid settlement funding as follows: \$68,500 to Corewell Health to expand telehealth services; \$68,511.29 to Sheridan Care to expand a medication-assisted treatment program; \$43,000 to Randy's House in Greenville; \$14,000 to the Mid-Michigan District Health Department in Stanton to provide first aid/Narcan kits to communities via distribution through eight public libraries; and \$7,667.76 to the Montcalm Alano Club in Greenville to pay overhead costs.

2024: Commissioners voted to approve the task force's total recommendation of \$396,789, including \$230,542 in opioid settlement funding as follows: \$68,511 to Sheridan Community Hospital to expand current services and for a part-time recovery coach program; \$50,000 to Randy's House in Greenville for a part-time recovery coach and a recovery housing scholarship program; \$36,342 to Corewell Health for the continuation of a recovery coach program; \$20,000 to Sober Events/Outreach 419 in Fenwick for a recovery resource program; \$16,500 to the Montcalm Alano Club for operational expenses to expand their programs; \$20,000 to the Montcalm County Jail for suboxone and sublocade medication for a new inmate program treating opioid use disorder; \$10,000 to the Montcalm Prevention Collaborative for gas station videos as part of an education and marketing program; \$7,889 to the Mid-Michigan District Health Department for a school education program called Too Good; and \$1,300 to the Mid-Michigan District Health Department to continue normalizing the use of Naloxone. Commissioners also approved awarding the task force's recommendation of allocating \$166,247 in marijuana tax revenue as follows: \$50,000 to Montcalm County Circuit Court Adult Recovery Court for a full-time recovery coach program; \$42,988 to Have Mercy in Greenville for partial funding for a stepup program; \$36,419 to Sober Events/Outreach 419 for a recovery resource center program; \$20,200 to the Montcalm Prevention Collaborative for gas station videos as part of an education and marking program; and \$16,640 to the Montcalm Alano Club for a part-time director to expand programs.

2025: Commissioners voted to approve the task force's total recommendation of \$469,145, including \$267,000 in opioid settlement funding as follows: \$75,000 to the Montcalm Care Network for a full-time social work jail liaison; \$68,511 to Sheridan Community Hospital for outpatient medication-assisted treatment and therapy sessions for uninsured or under-insured residents; \$50,000 to Randy's House in Greenville for continuing support of a peer recovery coach; \$34,000 to Outreach 419 in Fenwick toward the salaries of peer recovery coaches and program costs; \$22,758 to Corewell Health for continuing support of a peer recovery coach; \$15,016 to the Montcalm County Jail for continuing support of its buprenorphine program for qualified inmates; and \$1,500 to the Montcalm Prevention Collaborative for supplies for Safe Prom and Vape Amnesty boxes. Commissioners also approved awarding the task force's recommendation of allocating \$202,145 in marijuana tax revenue as follows: \$41,545 to Have Mercy in Greenville for continued funding of their Step Up programming; \$40,000 to Montcalm County Circuit Court's Adult Recovery Court for continued support of a peer recovery coach; \$26,000 to Outreach 419 toward the salaries of peer recovery coaches and program costs and \$15,000 to Randy's House for recovery housing scholarships for Montcalm County residents.

GRAND TOTAL: Montcalm County has now awarded \$865,457 in opioid settlement funding over the last three years at the task force's recommendation plus another \$368,392 in marijuana tax revenue



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Mid-Michigan District Health Department December 2025 Newsletter

Happy December! I know it seems like I talk about the time flying by, seemingly every newsletter, but goodness gracious. It's the last newsletter of 2025! As we approach the holiday season, I would like to wish everyone a Merry Christmas and Happy Holidays. I would also like to give a huge thank you to everyone who reads this newsletter. We really do appreciate your support!

So with that, let's dive in! We have a busy letter this month. We'll start with the recent recommendation from the CDC regarding the Hepatitis B vaccine, we'll go over Infant Safe Sleep this holiday season, tips to handle holiday stress, winter weather safety, and we'll wrap up with our announcement of our holiday closure. So with that, I will say, Happy Holidays, and enjoy the newsletter!

-Brady Guilbault, MMDHD Public Information Officer

Changes in CDC Vaccine Recommendations

Last week, the CDC's vaccine advisory committee voted to end the recommendation that all newborns receive the first dose of the hepatitis B vaccine at birth. Health experts have warned that ending universal newborn vaccination could lead to rising rates of chronic liver disease, liver cancer, and death from hepatitis B.



Universal hepatitis B vaccination remains part of the recommended vaccination schedule from the <u>American Academy of Pediatrics</u> and the <u>American Academy of Family Physicians</u>. Many medical and health organizations, including the <u>Michigan Department of Health and Human Services</u>, continue to recommend newborn vaccination.

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As community members hear about the vote over the next few days and weeks,

some may feel unsure about whether to vaccinate their babies. It is important to note:

- The scientific consensus about hepatitis B vaccination at birth is that it is safe and effective.
- Hepatitis B can cause severe liver disease, cancer, and death. Infants who are infected have a high likelihood of developing a lifelong infection.
- The president of the American Academy of Pediatrics emphasized that "there is no new or concerning information about the hepatitis B vaccine that is prompting this change" and reaffirmed the proven safety and effectiveness of the vaccine.
- The American Academy of Pediatrics, the <u>Michigan Department of Health</u>
 and <u>Human Services</u>, and the <u>American Academy of Family Physicians</u>
 continue to recommend that newborns receive the first dose of the
 hepatitis B vaccine within 24 hours of birth.

Your healthcare provider and baby's doctor are excellent resources if you have questions about why babies receive the hepatitis B vaccine at birth.

Infant Safe Sleep - Holiday Travel Reminders

Many families will be traveling over the coming months to celebrate the holidays with friends and family. Make sure your baby or the baby in your care has a safe place to sleep, for nap time and night time, at home and as you travel. Here are some tips to keep baby safe while you travel.

Review the <u>Safe Sleep Steps</u> on what a safe sleep environment looks like. A firm, flat sleep area is safest for infants. A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. The mattress should be covered by a tightly fitted sheet



with no other bedding or soft items in the sleep area.

Arrange for a safe sleep space at hotels and at your final destination. If a hotel provides cribs, they must meet the CPSC crib safety standards. <u>Inflatable air mattresses can be a danger to infants</u>.

Educate other potential caregivers. When traveling for the holidays, other family members may want to place blankets, crib bumpers, or soft toys in baby's crib.

Grandparents and other caregivers can learn about what has changed since they were parenting infants.

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For more information on infant safe sleep, visit Michigan.gov/SafeSleep.

Tips to Handle Holiday Stress

1. Stress Less.

Give yourself space, and grace. Try:

- Not saying "yes" to all that is asked of you.
- Making realistic holiday plans and todo lists and learning what you can "let go."
- Breathing deeply and slowly before starting each new task.
- Refreshing your coziest spot at home with a soft chair, warm throw blanket, fire logs or candle and a place to rest your head.



 Setting aside time for a book you've been meaning to read or show you've wanted to watch.

2. Put your mind to it.

Be present, no matter what you are doing. Try:

- Noticing the details that make up one of your favorite places.
- Stretching to reach a falling leaf and crumbling it in your hand.
- Giving someone your complete attention.
- Gazing at the stars or looking for shapes in the clouds.

3. Connect with others.

Harness the power of being with people. Try:

- Teaming up with a family member or friend to grocery shop or cook.
- Scheduling a lunch date or a walk outdoors with someone new.
- Sharing a favorite food or recipe with a friend or co-worker.
- Retelling a favorite memory at a gathering or in a holiday greeting.
- Working with a friend to help with chores like raking leaves or shoveling snow.
- Having fun in nature like building a snowman.

4. Give thanks.

Note blessings big or small. Try:

- Listing objects that comfort you. Think about your morning coffee, a favorite meal, a pair of snuggly socks or a warm, chunky scarf.
- Jotting down all the things that went right today.

- Savoring the abundance of food at a local market.
- Thanking someone for making your life better.

5. Rest to be your best

Replenish both your body and mind. Try:

- Sticking to a regular sleep schedule of seven to nine hours a night.
- Renewing your stamina with <u>exercise</u>, yoga or a good stretch.
- Closing your eyes for a few minutes during the day.
- Scheduling "me" time to relax with a hot bath or cup of tea.
- Snoozing one afternoon, for no good reason.

Winter Weather Safety

As Michiganders, we know that a major winter storm can last for several days, with high winds, freezing rain, heavy snowfall, and cold temperatures. Extreme cold can bring on health emergencies for people who live in poorly insulated homes and those who are stranded and attempt to walk for help. Each year, dozens of Americans die from exposure to cold and fires due to dangerous use of heaters. Space heaters and fireplaces increase the risk of household fires and carbon monoxide poisoning.

When temperatures drop below normal, heat can leave your body more rapidly causing hypothermia and frostbite. Hypothermia is a condition brought on when the body temperature drops to less than 95°F. Normal body temperature is around 98.6°F. Warning signs include uncontrollable shivering, memory loss, disorientation, slurred speech, drowsiness, and apparent exhaustion. If you see someone showing these symptoms, seek medical care immediately!

Below, we are providing resources to ensure you stay safe during this winter season!

MDHHS | Cold Health & Safety Fact Sheet

MDHHS | Fall & Winter Climate Resource Packet

CDC | Winter Weather



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