

# NEWS & NOTES FROM NPO

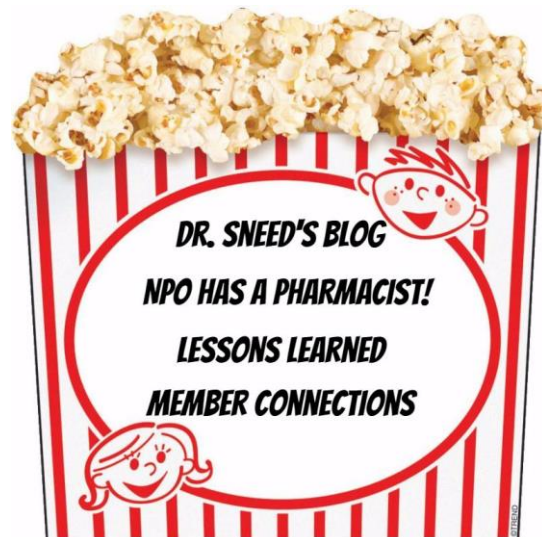


NORTHERN  
PHYSICIANS  
ORGANIZATION



January 19, 2016

It's National Popcorn day! Grab a bowl, and check this out!

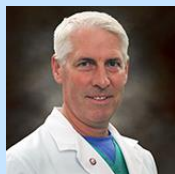


## Dr. Sneed's Blog

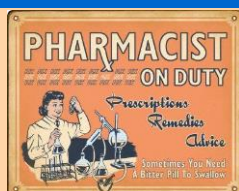
As we enter the new year I, like many of you, ask this question "are we doing the right thing in how we are approaching the health care changes?" Below is a link to an article from Medpage Today. This is about an ACO in New Jersey that is dealing with many of the unforeseen or unaddressed problems in health care. NPO and our Northern Michigan Health Network ACO, we too are addressing these issues. Much of our work over the past year has been in the IT world and setting up a process by which physicians, hospitals, and other stakeholders communicate. Admitting and discharge information, medication reconciliation, progress notes, lab tests are all things that are critical to have

communicated effectively so that we may continue to provide excellent care at a lower cost while giving the patient an experience that exceeds their expectations. I look forward to more great things in 2016. Thank you all for your engagement and commitment to the patients and communities of Northern Michigan.

To read "**Putting the Brakes on Healthcare Spending: The ACO Fix**", [CLICK HERE](#)



**Peter Sneed, MD**  
**President Northern Michigan Health Network**



**Happy New Year and Greetings from your  
NPO Pharmacist, Kathleen Brown**

I am looking forward to working with all of you to improve our patients' health and wellness. I will be sharing pharm news in the NPO Newsletter under the byline **Northern Pharmacist Outlook**.

To kick off this New Year, I would like to offer any medication education that would be helpful to your practice. I could meet with staff and/or physicians, one on one, or could come to any existing meetings.

Some topics you may find interesting:

- Improved Medication Reconciliation, a Toolkit
- The Beer's List of High Risk Medications was just revised. Need an update or review?
- Or perhaps you have never really understood drug Interactions, and would appreciate some enlightenment for better understanding.
- Any questions about the latest in Diabetes or COPD medications or?

I'm just a phone call away...231-421-8505, ext. 319. I'll look forward to meeting you and your group. Together we can share best practices and ideas so that we may improve the overall health and wellness of our patients.

**Kathleen Brown, RPh at NPO**  
[kbrown@npoinc.org](mailto:kbrown@npoinc.org)



**MEMBER CONNECTIONS**  
For job postings, office space,  
equipment for sale, etc, please  
[CLICK HERE](#)

**QUICK LINKS**

[NPO Website](#)

[NMHN Website](#)

[NPO Calendar](#)



Marie Hooper, Executive Director of NPO, was interviewed as part of the Blue Cross Blue Shield of Michigan Value Partnership 10 Year Anniversary. [CLICK HERE TO WATCH THE INTERVIEW.](#) Marie is featured in the "Lessons Learned" video.



### FUN POPCORN FACTS

Light, fluffy, and jam-packed with flavor, popcorn has been a popular snack-time favorite for centuries. Although commonly associated with movie theaters and sports stadiums, more than 70 percent of popcorn is consumed in the home, and the United States leads the world in annual popcorn production and consumption. Only one type of corn-popcorn-has that distinctive ability to pop, and the popping occurs when the kernel is heated to a temperature of nearly 350 degrees. The high temperature affects the starch and moisture inside the kernel, increasing the internal pressure until the hull of the kernel bursts open and voila ! Popcorn!

### Popcorn by the numbers:

2: the number of popcorn shapes, known as mushroom and snowflake  
31: the number of calories per cup of air-popped popcorn  
55: the number of calories per cup of oil-popped popcorn  
5,000: the weight (in pounds) of the world's largest popcorn ball  
352,028,160: the minimum number of popped kernels needed to make a trail of popcorn from New York City to Los Angeles.  
995,774,706: the number of pounds of un-popped popcorn sold in 2012.

**Always feel free to contact us with any questions, or suggestions.**

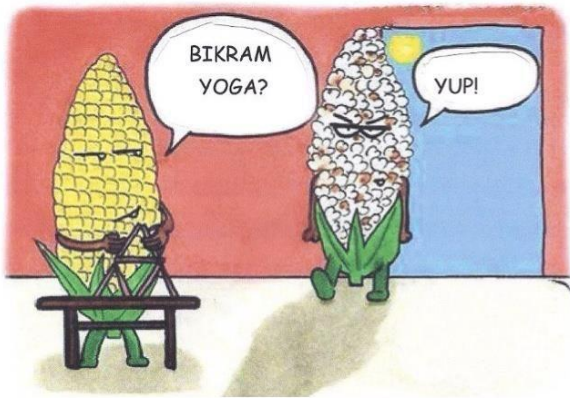
**The NPO Newsletters are for you.**

**We would love your feedback.**

**THANKS!**

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