Getting to Know

Michael E. Monaco, M.D.

**Department**: School of Medicine

**Title**: Assistant clinical professor of medicine Year I-II Docent for 22 years

**Birth date**: November 17th

**What are your hobbies?** Living history reenactment, including Civil War medicine. Boating, drawing and writing

**What was the worst grade you ever got and in which class was it?** I think it was drivers’ education in high school. B-

**What is your favorite movie?** Titanic

**What is your hidden talent?** I can type 128 words a minute without a mistake.

**If you could be any animal, what would you be and why?** A lion because they are strong, majestic and great hunters.
2014 Graduate Records

2014 Graduates - Please update the Pathways system with your mailing address (NO P.O. Boxes please), contact phone numbers and personal email addresses, this should be done as soon as possible. The diplomas will be sent U.S. Certified mail and someone must be available to sign for it. Diplomas will be mailed to the degree address you have listed in Pathways or you may pick up your diploma on the release date (TBD) by appointment only. If, you have any special mailing needs or would like to pick it up, please contact Ms. Angie Allen, Admin Assistant - Council on Evaluation via allenan@umkc.edu or ph: 235-5368 with your request.

Prepare & Save these Dates

Contact: Please contact the Office of Research Administration with any questions at: SOMresearch@umkc.edu. We will update Student Research Summit 2014 page as updates become available. The SOM poster template is already available on the site.
Hospital Hill Housing

Located off of 25th street adjacent to the Hospital Hill campus

AMENITIES
- Fully furnished 1, 2, & 4 bedroom apartments
- Private bedroom & bathrooms
- Full kitchen & washer/dryer in each apartment
- Parking adjacent to each unit

CONVENIENCE
- Pedestrian pathway to the Hospital Hill campus
- 1200 sq. foot Fitness Center
- Bus stop and bike racks
- 24 hour emergency maintenance
- Exterior tables and grills

VALUE
- Rent includes internet, cable, and all utilities
- Owned by the university to keep rent low
- Rent can be paid with Financial Aid if eligible

SAFETY
- Gated fences for privacy and security
- Access-card entry
- Security cameras at all entrances

OPEN AUGUST 2014

SUBMIT A CONTRACT
umkc.edu/housing
(have your sso and password handy)

CONTACT US
umkchousing@umkc.edu
5051 Oak St.
Kansas City, MO 64112
816-235-8840

Pricing for 2014-2015 academic year contract
One Bedroom $9,740
Two Bedroom $10,820
Four Bedroom $17,740
### Immunizations

<table>
<thead>
<tr>
<th>Required Immunizations for UMKC Medical Students</th>
<th>Non-covered services/recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>· DTaP vaccine (and appropriate Tdap vaccine boosters)</td>
<td>· Hepatitis C antibody testing</td>
</tr>
<tr>
<td>· MMR vaccine</td>
<td>· Meningococcal vaccination</td>
</tr>
<tr>
<td>· Varicella vaccine (or Titers if student had the disease rather than the immunization)</td>
<td>· Any titers occurring after starting at the School of Medicine (MMR, Varicella, etc.)</td>
</tr>
<tr>
<td>· Hepatitis B vaccine</td>
<td>· Any other services not listed on the left</td>
</tr>
<tr>
<td>· TB testing-once annually</td>
<td></td>
</tr>
<tr>
<td>· Influenza vaccine-once annually</td>
<td></td>
</tr>
</tbody>
</table>

**Cost:** Free at Concentra (200 Southwest Boulevard, KC MO 64108)

**How:** Contact ETC to get approval before going to Concentra

**Cost:** Student’s responsibility (see if your health insurance covers all or part of the cost)

**How:** Student coordinates services on their own at the place of their choosing.

**More Info:** If any of the above immunizations or titers is missing from a student’s record, the School of Medicine will pay for the cost of service only at Concentra (200 Southwest Boulevard, KC MO 64108). This is extremely rare—students should have proof of all the above immunizations before entering UMKC. Annual TB testing and annual influenza vaccines will be provided by Concentra at no cost to the student **ONCE a year** (twice a year for entering students in their first year). Students needing a vaccine above must contact their ETC to get approval before going to Concentra.

**More Info:** Students can obtain these services at Concentra, UMKC Student Health Services, KCMO Health Department, or a primary care provider. Responsibility for payment of the above services belongs with the student and will not be covered by the School of Medicine. Students choosing to complete an **out-of-town elective** who need additional vaccinations or recently-completed titers must obtain those at their own cost (might be covered by health insurance).

### Take Wing Lecture and Commencement

**2014 Commencement & Take Wing Lecture**

**Take Wing Lecture**
- Noon, Wednesday, May 21
- Doug Zweig, M.D., ’80
- 2014 Take Wing Award Recipient
- Theater A, School of Medicine

**Commencement Ceremony**
- 6 p.m., Thursday, May 22
- Municipal Auditorium Music Hall
- 301 West 13th Street
- Kansas City, Mo., 64105

For more information visit: www.umkc.edu/commencement
UMKC School of Medicine
May 2014 Commencement Information

Commencement Ceremony

Thursday, May 22 at 6pm
Music Hall

No tickets are needed, but you should register the number of guests you will bring to the ceremony, as well as any special seating arrangements needed, at the RSVP website: https://www.umkc.edu/commencement/rsvp.cfm

Doors will open one (1) hour prior to ceremony. Guests who arrive earlier than 5:00PM will have the option to wait outside or in the small atrium; seating is not available in either of these areas.

All candidates must arrive NO LATER THAN 5:15 p.m., dressed in cap, gown and carrying hood (if applicable). Leave all personal items with family members. Candidates should not carry any items during processional. There will not be a secure area to leave personal items.

Call for Singers!

We need two singers for the Commencement ceremony. If you are going to walk in the May 2014 ceremony and would like to sing either the National Anthem or the Alma Mater in the ceremony, we encourage you to try out!

Students from all programs at the SOM are encouraged to try out!

If you would like to try out, please submit a sample of yourself singing one or both of these songs. If you need a copy of the sheet music for the Alma Mater, please contact Petra.

Samples can be in any format – audio file, tape, CD, recording device, in person – and should be submitted to Petra Bricker (brickerp@umkc.edu), 4th floor Green by March 17th.

Take Wing Lecture

Wednesday, May 21 at noon
Theater A, School of Medicine
Doug Zweig, M.D., ‘80
Take Wing Award Recipient

Grad Fair

If you purchase regalia or diploma frames during this event, you get 10% off!
The Grad Fair is at the UMKC Bookstore on the following dates:
- Tues, March 18th 10am—7pm
- Wed, March 19th 8am—5pm

Pathway Holds/Fees

Please check your Pathway for any holds or fees. These should be resolved and removed prior to April 1. Any holds or fees may delay or hold your transcript and diploma.

Questions about Commencement? Check out the website at http://www.umkc.edu/commencement/content.cfm?id=58 or contact Petra Bricker (brickerp@umkc.edu).
REACH OUT & READ KANSAS CITY BOOK DRIVE

Donate Gently Used or New Children's Books

The donated books are given to area clinics and doctors who "prescribe" reading to the parents and care givers of children from birth to 5 years.

Share your love of reading with a young child right here in Kansas City

Sponsored by UMKC Students -- Medical Humanities Special Interest Group
How has the self-judgment been working for you?

Most people just haven't grasped the concept that criticizing the self (or others, for that matter!) is not what leads to change. In fact, the more we beat ourselves up or insist on being "better", the more we are hammering home to ourselves that we are bad, weak, etc. This thought is actually what is causing our pain. We have a thought that says "I am not good enough, but if I were thinner/smarter/wealthier I'd be good enough, lovable, and acceptable." As long as we have the belief "I'm not good enough", no amount of "fixing" will ever make that thought go away. That thought ITSELF is the problem. It's the pain of feeling "not good enough" that makes us feel depressed, sick, and unworthy (and makes us think we need something external to make it better).

So stop what isn't working. This doesn't mean you can't ever improve or change. Of course you can!! It just means that, ironically, when we are kind to ourselves we are most amenable to change. Oftentimes many of our "problems" take care of themselves naturally (we make more money, the excess weight comes off, etc.) when we choose self-love. So try it. Try being your own best friend. ~Niloofar

Do not focus on your failings, for you will only encourage them. If you keep beating yourself up on the head over these, you will only reinforce them.

Stephen Richards
meetville.com
**Things to Do in KC This Week**

*(Compiled from around the web. These are not UMKC sponsored or sanctioned events)*

**First Fridays at the Crossroads (FREE!):** "First Fridays" occur on the first Friday of every month year round, rain or shine. Art galleries, retailers and other participating art venues located in the Crossroads Art District showcase art from 7-9pm. With ample parking and an abundance of indoor and outdoor entertainment, there's no better way to spend a night than enjoying drinks or dining at an area restaurant, followed by a stroll through the galleries and shops of KC's heart of cultural activity. For more information visit: http://kccrossroads.org/

**Cooking Techniques Class (Free!):** Every Sunday from 11AM-12PM, Williams-Sonoma on the Plaza offers a complimentary cooking techniques class. This week's class, on March 30th, is called "Easter Baking". From classic coconut cake to a citrus tart – when serving either Easter brunch or dinner – don’t forget your Easter sweets. Join us and learn how to make a flaky tart crust as well as other classic baking techniques.

**The Discovery of King Tut at Union Station (Buy tickets now – opens April 4th):** This never before assembled complete recreation of King Tut’s Tomb and Treasure. In this breathtaking exhibition, you will learn about and walk in the footsteps of the 1922 discovery of the most significant ancient Egyptian archeological site imaginable. Don't miss this world-class exhibition! Explore the tomb's treasures as they were at the moment of discovery. Marvel at more than 1,000 brilliant objects, filling nearly 20,000 square feet. Get your tickets today! For more information visit: http://www.unionstation.org/tut/

For more events, visit Ink Magazine's online, searchable calendar: http://calendar.inkkc.com/ and Kansas City on the Cheap: www.kansascityonthecheap.com (which also has great deals and coupons!)
March is....

National Nutrition Month

☐ I will participate in at least one Meatless Monday during March.

☐ I will cut my typical soda consumption in half this month.

☐ I will sit down and eat consciously and without distractions at least 4 times this month.

☐ I will reduce my alcohol consumption this month.

☐ I will substitute my typical vending machine purchase with a healthier option at least once.

☐ I will take the time to prepare at least 3 home-made meals during March.

_________________________________________  ______________________________________
Full Name                                      Signature

After completing each food challenge, place a check mark in the box to indicate that the task has been completed. When you’ve completed all 6 tasks, drop this sheet off at the Wellness Office to be entered into a drawing for a $25 gift card! You must turn in your entry no later than 5PM on Friday, March 28th in order to be eligible for the drawing.

For Info Contact: Nilofar Shahmohammadi at shahmohammadin@umkc.edu
Smoking Cessation Group

NEW!
GROUP SMOKING CESSATION

SIX WEEK SESSION: MAR. 31ST-MAY 5TH

DATE: MONDAY, MARCH 31ST
MONDAY, APRIL 7TH
MONDAY, APRIL 14TH
MONDAY, APRIL 21ST
MONDAY, APRIL 28TH
MONDAY, MAY 5TH

TIME: 2PM-3PM
LOCATION: MINDBODY CONNECTION

FREE NICOTINE REPLACEMENT THERAPY WITH PARTICIPATION IN PROGRAM

Spots are limited! RSVP to umkchealthpromotion@umkc.edu to reserve your spot.

SCHOLARSHIPS

Northeast Missouri Medical Society Scholarship

Requirements: Must be a Missouri medical student that graduated from a high school in Northeast Missouri
Amount: There are two scholarships for $1,000 ea.
Deadline: March 31, 2014
Factors: Financial need, scholastic achievement and community involvement

Please contact Robin Hill at hillrob@umkc.edu for further details.
Welsford and Mildred Clark Medical Memorial Scholarship Fund

Eligibility Requirements:
- Professional year 3 students (year 5 if BA/MD)
- Resident of Connecticut for 5 years or graduated from high school there
- Able to demonstrate financial need
- Transcripts and Step 1 score reflect academic excellence

Amount: Up to $20,000

Deadline: April 30th

See Robin Hill for details if above criteria is met.

OPPORTUNITIES

Rose Brooks Bridge Program

Bridge Program Volunteer Opportunities

This unique volunteer opportunity is perfect for those individuals considering a career in health care or social services. Volunteers will learn vital skills in a clinical setting, including how to talk to your patient about sensitive issues.

What is the Bridge Program?

The Bridge Program of Rose Brooks Center is a hospital-based advocacy program connecting victims of family violence with the person who can help them most. The Bridge Program is a vital service providing 24/7 on-call support to 13 area hospitals and clinics throughout the metro.

For more information visit: http://www.rosebrooks.org/help-bridge-volunteer.html
Welcome to Sojourner Health Clinic
Sojourner Free Health Clinic is a safety-net clinic developed and managed by UMKC medical students to provide outpatient care to the homeless and underprivileged population in downtown Kansas City, Missouri.

Whether it is your first time volunteering or your hundredth, Sojourner Health Clinic is more than just a learning service project; it is an opportunity for you to get involved! All UMKC Medical Students from Years 1 through 6 can participate at SHC. Generally, Year 1 and 2 students work the triage station by taking vital signs as patients come in. Year 3-6 students are able to see patients and work at the dispensary. Every week is a chance to learn something new while your efforts make a positive difference.

Email umkcfreeclinic@umkc.edu if you would like to be added to the mailing list or sign up to volunteer. Clinics start Sundays at 11:30 AM for setup. We should be done by 3:30 PM.

The Institute for International Medicine’s Exploring Medical Missions Conference

will take place in Kansas City, MO on Friday and Saturday, May 30-31, 2014.

For more information: http://www.inmed.us/events/exploring-medical-missions-conference/

Please call 816-444-6400 with questions, comments or requests.
INMED Poster Presentations

INMED is inviting poster presenters for the May 30-31 Exploring Medical Missions Conference on the following topics:

- Impact of international rotations and experiences on students’ and residents’ development
- Providing public health services in communities with limited resources
- Clinical issues in resource-poor communities
- Sustainability implications for short-term international projects or partnerships
- Global Impact of medical mission
- Innovative approaches to community development

Three cash awards will be presented for the top poster presentations. Here is the poster info: http://www.inmed.us/events/exploring-medical-missions-conference/conference-poster-presentations/

And general conference info: http://www.inmed.us/events/exploring-medical-missions-conference/

Questions? Please contact Micah Flint at 816-444-6400 or micah@inmed.us

Thank you for considering this opportunity to make an intellectual contribution toward global health!
Free Scholarships to Exploring Medical Missions Conference

The 9th annual Exploring Medical Missions Conference will be in Kansas City on **May 30-31, 2014**. 520 participated in the 2013 Conference, and this year INMED has received scholarship funding for up to **4 medical students** from UMKC to participate in the 2014 Conference **free of charge**.

You can see a summary of the conference here: [http://www.inmed.us/events/exploring-medical-missions-conference/](http://www.inmed.us/events/exploring-medical-missions-conference/)

Sessions on ultrasound, eye diseases, bandaging and wound care, newborn resuscitation, family life in the field and more will be offered! If you are interested, please email Britt Filkins at FilkinsB@umkc.edu **as soon as possible**. The student scholarships for the conference will be given out first come first serve.

Calling All Students, Staff and Faculty Musicians!

I would like to re-visit the idea of the musical interest group for those of you that would like to have a musical outlet in this building.

This will be an opportunity to make the group more of what you want it to be.

Please contact Steve Pankey to express interest at pankeys@umkc.edu
Pizza with a purpose.

Bring in this flyer, present it to your server, and we’ll donate 20% of your check to the organization listed below. Purchases include dine in, take out, catering and all beverages.

FUNdraiser in support of:

UMKC – Global Medical Brigades
In support of Medical Missions Trip - Honduras

Thursday April 3rd, 2014
(All Day)

Valid at the following location:
California Pizza Kitchen
4743 Pennsylvania Ave
Kansas City, MO 64112
816.561.2420

Join the Pizza Dough™ Rewards program on your next visit or at cpk.com and receive a free Small Plate for registering.

FUNdraiser offer valid only on the date(s) and at the CPK location identified on the flyer. Only 501c organizations and non-profit schools are eligible to participate in CPK’s FUNdraiser program. CPK will donate twenty percent of food and beverage sales to the organization. Tax, gratuity, gift card and retail sales are excluded from the donation. Offer valid for dine in, take out, online, catering or curbside orders. Valid for delivery orders placed directly with CPK. Offer void if flyer is distributed in or near restaurant. For more information about the 501c organization participating in the FUNdraiser, please contact the organization directly.
Celiac Disease

By Dr. Patricia Sanchez

April 3rd, 5:30 PM, St. Lukes Hospital, Howe conference room (B level)

A gluten free diet will be provided

Regular pizza will also be available

Wanna carpool? Email umkcgig@gmail.com
Dermatology Interest Group Meeting

Come attend a Q&A session by post-match Year 6 students and discuss plans for the next year!

April 8th at 5:30 in M5-C05

The meeting is open to all students.

Questions? Contact Kaitlin Vogt at kvtfc@mail.umkc.edu
When: April 8th, 2014 @ 5:30PM

Where: Diastole (2501 Holmes Street)

Who: LGBTQIA Students/Family/Significant Other, Allies, Staff and Faculty

What: We will be playing the board game version of the popular NBC Show “Hollywood Game Night.”

There will be FOOD and PRIZES for our game night winners!

Unfortunately, Jane Lynch won’t be there...but you should be! :D
CARDS AGAINST HUMANITY
THE TOURNAMENT

A GLOBEMED FUNDRAISING EVENT
4/25 9PM @ AQUARIUS BOOKS
Tickets $5, $8 at the door.

Come win sweet prizes like
· 29” flat screen  · Gift card packages
Volunteers Needed!
Boys and Girls Club
Sports Physicals

April 26th 8am-2pm
Boys and Girls Club of America
2405 Elmwood, Kansas City, MO 64127

Limited positions available
Please RSVP to fmigumkc@gmail.com
Hospital Hill’s First Annual Interdisciplinary Royals Game!!!

School of Pharmacy
School of Nursing & Health Studies
School of Medicine
School of Dentistry

Ladies and Gentleman, your UMKC Hospital Hill Lineup!

Join fellow Hospital Hill students in this fun interdisciplinary event as we cheer on our Kansas City Royals when they take on the Toronto Blue Jays. Hosted by the Hospital Hill Student Leadership Committee, our goal is to promote interdisciplinary communication between the four Hospital Hill schools. Come sit next to and mingle with students from the other professional schools on Hospital Hill all while enjoying America’s favorite pastime – BASEBALL!

Tuesday, April 29th at 7:10pm
$11 per ticket, seating TBD upon purchase
Please RSVP by Monday, March 31st at 7pm

Contact Tori Robb  vlr6y5@mail.umkc.edu
MAY 8, 2014 AT 6:00PM
UMKC STUDENT UNION THEATER
FREE ADMISSION

ESCAPE FIRE
THE FIGHT TO RESCUE AMERICAN HEALTHCARE
PRESENTED BY
UMKC FAMILY MEDICINE INTEREST GROUP

REFRESHMENTS PROVIDED
FREE PARKING
UMKC CHERRY ST. GARAGE FLOORS 5 AND 6

RSVP OR QUESTIONS FMIGUMKC@GMAIL.COM
### Policy for In the Know Announcement Submissions

Beginning 11/11/2013:

1) All submissions must be in JPG format (if the announcement is a flyer). PDF and Word documents must be converted to JPG before being emailed to shahmohammadin@umkc.edu.

2) If the announcement is a text only announcement, please include it in the body of your email. Please use black font only and include a title for your announcement such as “Emergency Medicine Interest Group”.

3) If an announcement includes incorrect information (such as an incorrect date or time), and that week’s In the Know has already been sent out, a revision for your specific announcement will not be sent out to the school. The only time a correction email will be sent out is if the error is on the part of Student Affairs (mistyped or forgot to include an announcement).

Submissions which do not meet the new requirements will be returned to sender requesting the appropriate edits. The announcement may then be resubmitted to shahmohammadin@umkc.edu for inclusion in the In the Know.

*To submit information for the next Student Affairs Weekly Announcement, send an email to Niloofar Shahmohammadi at shahmohammadin@umkc.edu.*