October 13, 2014

GENERAL ANNOUNCEMENTS

Getting to Know

Cheryl L. Jones

Department: Office of the Dean
Title: Administrative Assistant

Birth date:

What are your hobbies? My hobbies are (sewing, baking, crafts, canning, bowling, shooting pool, dancing, and shopping)

If you could go on vacation anywhere, where would you go? Paris, France

What did you want to be when you grew up? An Elementary and Special Education Teacher

Where did you grow up? Rosedale, Kansas

What is your favorite movie? Pretty Woman with Julia Roberts
September 2014 Docent Council Meeting Minutes

Docents began finalizing MSPEs for 6th years on Monday September 29. Friday September 26 was the last day to submit for corrections.

Dr. Pauly officially took over as the chair of the Docent Council beginning September 24. Thank you to Dr. Rogers for filling in and contributing for the last year. Dr. Drees stopped by to thank Dr. Rogers and welcome Dr. Pauly.

The majority of the Docent Council meeting was spent discussing the “front burner” issue of each Docent Council member. The following topics were discussed:

- Time restraints were the bulk of the discussion. The biggest concern was clinical duties taking priority over educational opportunities. Due to recent faculty changes, several docents have picked up additional clinics and obligations decreasing the time available for teaching. This has also led to issues keeping up with changes and double booking appointments. Many docents would like additional time for teaching to allow them to focus on the school’s education mission.

- A great amount of time was spent discussing the desire to reduce the number of students in each morning clinic. Among the concerns of the current number of students per clinic include reduced patient interactions, increased distractions, decreased organization, and decreased opportunities for students to follow patients regularly in clinic. A proposal to send some students to a skills lab was rejected by Curriculum therefore alternatives will need to be proposed. Students proposed continued emphasis on options that would improve physical exam skills.

- DORO concerns included limiting the number of attending changes per DORO, 6th year scheduling conflicts, and limiting the number of students per team.

- Additional concerns included smoother transitions for new Docents and evaluation timelines.

Event Registration

All registered student organizations are required to submit event requests to the Office of Student Involvement via RooGroups.
Due to the time required to successfully host a program that meets all programming deadlines, your organization must submit events within these minimum timeframes.

<table>
<thead>
<tr>
<th>Type of Event</th>
<th>Deadline</th>
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<tbody>
<tr>
<td>General Meetings</td>
<td>One (1) week prior</td>
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<tr>
<td>Catering</td>
<td>Three (3) weeks prior</td>
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<tr>
<td>Comedy</td>
<td>Two (2) weeks prior</td>
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<tr>
<td>Community Service</td>
<td>Three (3) weeks prior</td>
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<tr>
<td>Conference Hosting</td>
<td>Eight (8) weeks prior</td>
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<tr>
<td>Cultural Show</td>
<td>Eight (8) weeks prior</td>
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<tr>
<td>Dance/Probate/Large Social</td>
<td>Eight (8) weeks prior</td>
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<tr>
<td>Movies</td>
<td>Two (2) weeks prior</td>
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<tr>
<td>Philanthropy</td>
<td>Three (3) weeks prior</td>
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<tr>
<td>Reception</td>
<td>Three (3) weeks prior</td>
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<tr>
<td>Small-Scale Concert</td>
<td>Six (6) weeks prior</td>
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<tr>
<td>Speaker/Government Official</td>
<td>Five (5) weeks prior</td>
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<tr>
<td>Theatrical Performance</td>
<td>Twelve (12) weeks (including audition process)</td>
</tr>
</tbody>
</table>

Once the event is successfully submitted via RooGroups, it will create an automatic notification to the Office of Student Involvement (OSI). In addition, any other administrators across campus will be automatically notified.

OSI and other administrators will provide feedback and ultimate approval/denial of the event all via RooGroups. Students must reply directly via RooGroups to any additional questions asked by professional staff members.
Etiquette Dinner

Wednesday, October 15, 2014
Student Union, Room 401
6:00pm to 8:00pm

- Have you ever found yourself at a dinner and wish you knew the proper etiquette throughout the meal?
- Which fork do you use? When to unfold your napkin?
- Since first impressions count, how do you properly dine during a job interview?
- Join us for step-by-step etiquette tips through an entire five-course meal. Gain knowledge of dining skills that are needed for lunch/dinner job interviews.

- Reservations Are Necessary

Tickets are $20.00 and can be purchased no later than 10/9/14 at UMKC Career Services, Atterbury Student Success Center 2nd Floor. (No phone reservations/payments will be accepted)

(Professional Dress Required)
career.umkc.edu • 816-235-1636 • Student Success Center • 2nd Floor

Grad Fair

Grad Fair Fall 2014
Oct. 14 | 10 a.m. - 7 p.m.
Oct. 15 | 8 a.m. - 5 p.m.

10% off diploma frames

UMKC means success

*Don't miss*
Graduation paperwork status checks by the Registrar's Office

UMKC Bookstore
umkcbukstore.com
5 Tips to Eat Healthy, No Matter How Busy You Are

Being busy is many people’s excuse for not eating healthily and not taking care of themselves. But in my opinion, not taking care of your health because you’re too busy is the same as driving a car on a low fuel and saying, I’m too busy driving, so I can’t stop for gas.
The good news is that eating healthfully doesn’t need to take up too much of your time. When you know a few tips and tricks, it can be quicker and easier than going to a coffee shop and waiting in line for your latte and breakfast muffin. To read the rest of the article, click here: http://www.mindbodygreen.com/0-15378/5-tips-to-eat-healthy-no-matter-how-busy-you-are.html

| Things to do in KC This Week | Things to Do in KC This Week  
(Compiled from around the web. These are not UMKC sponsored or sanctioned events) |
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<td><strong>Holiday Mart 2014</strong> (October 16th-19th) Presented by the Junior League of Kansas City, Missouri, Holiday Mart is an upscale shopping extravaganza that for twenty-seven years has become a fall tradition to many in the area and an extra special destination for those living within travelling distance of Kansas City. Each year, Holiday Mart features more than 220 specialty retailers and attracts more than 20,000 shoppers. Thanks to our retailers, shoppers and generous sponsors, proceeds from Holiday Mart support community projects sponsored by the League including its commitment to Children’s Nutrition and Fitness. For more information visit: <a href="https://www.jlkc.org/?nd=holiday_mart">https://www.jlkc.org/?nd=holiday_mart</a></td>
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<td><strong>Cooking Techniques Class (Free!):</strong> Every Sunday from 11AM-12PM, Williams-Sonoma on the Plaza offers a complimentary cooking techniques class. This week’s class, on October 19th, is called “Pumpkin Palooza”. From Halloween to Farmer’s Markets, October is all about pumpkins! We’re your destination for delicious pumpkin treats. Join us and learn how to prepare delicious and easy pumpkin favorites perfect for lunchboxes, weeknight dinners and weekend entertaining.</td>
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<td><strong>Free Concert at KCPL:</strong> On Sunday, October 12, 2014, Lalah Hathaway &amp; Ruben Studdard will be performing live in the Kansas City Power &amp; Light District at KC Live! Admission is free and open to all ages. Anyone under 21 must be accompanied by an adult. You must be 21+ after 9:00 p.m. The concert starts at 6:00 p.m.</td>
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For more events, visit Ink Magazine’s online, searchable calendar: [http://calendar.inkkc.com/](http://calendar.inkkc.com/) and Kansas City on the Cheap: [www.kansascityonthecheap.com](http://www.kansascityonthecheap.com) (which also has great deals and coupons!)

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<tr>
<th>Fitbit Checkout</th>
<th>Fitbits Now Available for Checkout!</th>
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<tr>
<td>As of October 1st, Fitbits are available for checkout from the Wellness Office (until the end of the semester). For details about the Fitbit checkout and competition, see below!</td>
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Wellness Council First Meeting! Pizza Provided 😊

A big thank you to all those who responded to invitation to form a Wellness Council/Interest Group. The first meeting will be held on Monday, October 20th, 2014 at 5:30 PM in the Gold 4 Conference Room. The meeting will be an informal gathering where we can discuss our ideas for promoting health and wellness at the School of Medicine. Bring anyone who may be interested. For questions contact the Wellness Program Coordinator, Niloofar Shahmohammadi, at shahmohammadin@umkc.edu

Fitbit Checkout Program

What the Fitbit Does:
- Tracks steps, distance and calories burned
- Syncs automatically to your computer or select Bluetooth 4.0/Bluetooth Smart Ready devices (iPhone 4S or later, and the iPad (3rd generation))
- Set goals, view progress, and earn badges
- Share and compete with friends throughout the day
- Free iPhone and Android Apps
- Small and discreet - wear in pocket, on belt or bra
- Log food, weight and more on Fitbit’s website or apps
- Sweat-, rain-, and splash-proof
- Replaceable battery, lasts 4-6 months

How the Program Works:
*Each semester, 30 Fitbit Zip Wireless Activity Trackers are available from the Wellness Office for checkout on a first-come first-served basis (Check the In the Know for program start dates each semester)
*The Fitbit is yours to use for the entire checkout period, during which time you can track your steps, calories burned, distance walked and even form teams and compete with friends using the online dashboard
*If at any point the Fitbit battery dies or is running low, simply drop by the Wellness Office for a free replacement
*If the Fitbit is lost or damaged during the checkout period, bring $50 cash to the Wellness Office to cover the cost of a replacement
*At the end of each semester, the student who logged the most steps wins a $50 gift card

“Thanks for organizing the competition: it got me motivated to go running, bring friends along, and I think it even helped me academically.”
Joseph Bennett, Spring 2014 Winner (1,179,456 steps)

The Fitbit Checkout Program is Sponsored by the UMKC School of Medicine Wellness Program

Wellness Council
Women's Work/Life Balance Event

Hospital Hill Mood Screenings

WHAT: Women in Medicine Panel – Work/Life Balance
WHEN: Wednesday, October 22, 2014
WHERE: Theater C

On Wednesday, October 22, 2014 the UMKC School of Medicine Wellness Program Presents:

Julie Banderas, Pharm.D.
Kathy Ervie, M.P.A.S., P.A.-C.
Reem Mustafa, M.D.
Rebecca Pauly, M.D.
Fariha Shafi, M.D.
Julie Wesp, M.D.

If you are interested in hearing straight from female health care professionals who are balancing rigorous jobs and family life, then join us in Theater C from 5:30 to 6:30 p.m. for a panel discussion. Males are welcome too!

Food will be provided!

Have you had trouble sleeping lately? Do you get extremely anxious at times? Have you constantly felt down or unhappy?

With the stress from school, work and overall life issues, sometimes things can get overwhelming and you just need someone to talk to. IPSF and Operation Self Care are teaming up with UMKC's Counseling Center to provide mood screenings for our student body, faculty and staff. Also in addition to getting your mood checked, this is a chance for students to learn about mental health issues and non-pharmacological approaches to help yourself or others. Prizes available for student participation.

When: October 14, 2014

Time: 11:00 AM to 2:00 PM

Where: Room 3302 and 3303

The following link contains additional information about mental health issues among college
students for those interested:


If you have any questions please contact Giovanni Brown at GLBD36@mail.umkc.edu, Amanda Peterson at Amandapeterson@mail.umkc.edu or Rachel Pierce 235-5186 or piercerac@umkc.edu

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**Love Your Body Day**

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**I am Enough!**

**Photo Campaign**

Celebrate Love Your Body Day by joining this photo campaign that asks you to reject the pursuit of body perfection and declare yourself “Good Enough!”

**Wednesday, October 15**

**11:00-1:00 PM**
UMKC Dining Hall
Atterbury Student Success Center

and

**4:00-7:00 PM**
Swinney Recreation Center
Free Body Love Yoga at 6:00 PM in Swinney Recreation Center

For more information:
816.235.1638
womenscenter@umkc.edu
Wind Down Wednesdays

Shoot the breeze

Multicultural Student Affairs & The Counseling Center invites you to ‘wind down’ as we engage in stress free activities in a relaxed environment

Health Sciences Building, Rm 3302

All are Welcome! Bring a friend!

Nov. 5th, Noon-1 pm

For more information: SparkmanBarnesL@umkc.edu 816-235-1090

SCHOLARSHIPS
**Scholarship**

**Cole County Medical Society**

**Eligibility:** Year 5 students that have graduated from high school in either Cole, Moniteau or Osage county

**Amount:** $3,000

**Application Deadline:** January 2, 2015

Please see or email Robin Hill for details at hillrob@umkc.edu

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**Scholarship**

**Karman Healthcare Scholarship**

**Eligibility:** students suffering from a mobility disability

**Amount:** 2 $500 scholarships

**Application Process Deadline:** September 1, 2015

Please see or email Robin Hill for details at hillrob@umkc.edu

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**Family Medicine Residency Informational Dinner**

**IOWA HEALTH**

**Methodist • Lutheran • Blank**

**TO:** Year 5 and 6 Students Interested in Family Medicine

**FROM:** Family Medicine Residency – Iowa Lutheran Hospital

**DATE:** October 23, 2014

**RE:** Informational Dinner Meeting

Please join faculty, residents and other program representatives for dinner and an opportunity to discuss family medicine in Des Moines.

**Date:** Thursday, October 23, 2014

**Time:** 6:00 p.m. – Social

**Place:** Brio Tuscan Grille

(On the Plaza)

502 Nichols Drive

Kansas City, Missouri

**RSVP:** Family Medicine Residency: Contact Jeri Paca Coordinator

Email: pacaj@ihls.org or call toll-free 1-888-877-9186
Entrepreneurial Scholars and Interns Program

Women’s Graduate Assistance Fund

The timeline for the GAF application process is below.

- **September 9, 2014**: GAF applications open online at [www.umkcwc.org](http://www.umkcwc.org)
- **November 3, 2014**: **5 p.m. Deadline** for application submission and faculty recommendations
- **Mid-November**: GAF Committee members start the review process
- **Early December 2014**: Selections Committee meets to select recipients
- **January 2015**: Recipients notified by U.S. Mail
- **February tbd, 2015**: In mid-late February a Celebration Reception will be held to honor the GAF recipients and donors.
ANNOUNCEMENT
The American Osler Society

William B. Bean Student Research Award
Supporting Research by Medical Students in Medical History & Medical Humanities

- Candidates must be current students at accredited medical schools in the U.S. or Canada.
- The research award is $1,500.
- Successful applicants may be invited to present his/her research findings at a subsequent meeting of the American Osler Society (expenses paid, see below).
- The deadline for submission of applications is March 1, 2015.

William B. Bean, M.D. was the first president of the American Osler Society and, like Dr. Osler, was an outstanding physician, educator, humanist, and historian.

About Sir William Osler
At the time of his death, Sir William Osler (1849-1919) was the most famous physician in the English-speaking world. The American Osler Society was founded in 1970 to memorialize and perpetuate the just and charitable life, intellectual resourcefulness, and ethical example of Osler.

The Bean Award Committee will consider the following criteria in evaluating proposals:
1. The project should represent scholarship in medical history and/or the medical humanities
2. The goal should be realistic and stated clearly
3. The project should be original and conducted with a scholarly approach
4. The applicant should demonstrate familiarity with the relevant literature, in part through appropriate citations

A letter of support from a faculty sponsor outlining the applicant’s qualifications to conduct this research, as well as the sponsor’s interest in the project and willingness to provide guidance and ensure completion of the project within the proposed time period, must accompany the application form, which can be obtained at the American Osler Society’s website: www.americanosler.org. Contingent on submission of a paper acceptable to the Bean Award Committee, the American Osler Society may make available additional funding to pay for travel to (not to exceed $750), and expenses (including hotel, meals, etc.) at, the annual meeting.

Please send application materials via email to Renee Ziemer, AOS Administrator at aosrenee@gmail.com. Completed applications must be received by March 1, 2015. Notice of awards will be made by May 15, 2015.
Dear Medical Students,

Camp Cardiac and Camp Neuro are coming to Kansas City!

Camp Cardiac, founded in collaboration with Northwestern University medical students in Chicago in 2010, and Camp Neuro, founded in collaboration with Washington University medical students in Saint Louis in 2013, are 1-week summer day camps for high school students interested in exploring careers in medicine. While Camp Cardiac focuses on care and maintenance of the heart, and Camp Neuro focuses on the care and maintenance of the brain as well as psychology, both camps are broadly intended to provide an opportunity for high school students considering a career in medicine. Due to the large amount of interest and positive feedback, we've expanded to the camps to 13 cities nationwide over the past few years, and plan to offer the camp in Kansas City next summer.

As part of these plans, we're recruiting UMKC medical students to write/implement the curriculum and/or serve as camp counselors. If you are interested in Cardiology, Cardiothoracic Surgery, Neurology, Neurosurgery, and/or Psychology, this is a great way to start networking with some of the top physicians and learn more about the field. In addition, regardless of your preferred specialty, this is a wonderful opportunity for any medical student interested in introducing high school students to the field of medicine.

An information meeting will be held in Kansas City this fall. If you're interested in attending the meeting and learning more, please email the President of our organization, Mr. Michael Yensel, at myensel@doc-dev.org.

To learn more about either camp, we invite you to visit our websites:
http://www.campcardiac.org
http://www.campneuro.org

Best,

Richard Lee, M.D., M.B.A.

American Pediatric Society / Society for Pediatric Research, Student Research Program
3400 Research Forest Dr. Ste. B-7, The Woodlands, TX 77381 ~ Phone: 281-419-0052 ~ Fax: 281-419-0087
www.aps-spr.org ~ student-research@aps-spr.org

Consider a career in research related to pediatrics by participating in a Summer Student Research Program available from the America Pediatric Society and the Society for Pediatric Research.

The summer research program provides interested medical school students with the following:
• Research experience at an institution other than your own medical school
• Two to three months (40-hour weeks) in a research environment
• A stipend of $60.43 per day or a maximum of $5,619

Since 1991, more than 778 students have attained valuable experience in pediatric research groups. Currently more than 200 laboratories participate, allowing students to select a research program and group in their own area of interest.

U.S. and Canadian medical students seeking a research opportunity in pediatrics are encouraged to apply. Completed applications must be received by no later than January 23, 2015 to be eligible for evaluation for the 2015 Summer Student Research Program. Application packets and the Directory of Research Opportunities are available on our website at www.aps-spr.org.
EMIG

EMERGENCY MEDICINE
INTEREST GROUP PRESENTS

INTIMATE PARTNER VIOLENCE

WITH SPEAKER: DR. STEFANIE ELLISON

OCTOBER 15TH 17:30-18:30
THEATER B
FREE PIZZA
EMIG

EMERGENCY MEDICINE
INTEREST GROUP PRESENTS

HOW TO DO WELL ON EMERGENCY MEDICINE CLERKSHIP

WITH SPEAKER: DR. EMILY HILLMAN

OCTOBER 16TH 17:00-18:30
THEATER B
Oh! The Places You’ll Go With IM!

Presented by: Internal Medicine Interest Group
Speaker: Dr. Woolridge, UMKC’s Program Director

When: Thursday, October 16th @ 5:30
Where: Humanities Room (4th floor)

Come Get Free Pizza And Learn How to Get Other Free Stuff!
Next Pediatric Interest Group Meeting

Dr. Mary Moffatt on Child Abuse and Pediatric EM Wednesday, Nov 8 at 5:30pm Humanities Conference Room
Policy for In the Know Announcement Submissions

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.

4) To be included in the following Monday’s “In the Know”, announcements must be submitted by 5PM the prior Thursday.

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