GENERAL ANNOUNCEMENTS

Getting to Know Britt Filkins

Department: Medical Humanities and Social Sciences
Title: Senior Office Support Assistant
Birth date: March 15th

What are your hobbies? Sand/Indoor Volleyball, Yoga, Arts & Crafts, and Volunteering at CMH

What is your biggest pet peeve? Slow drivers, traffic jams, and slow walkers. I have terrible road rage.

What did you want to be when you grew up? Elementary school teacher/CIA agent (As in BOTH, at the same time. Dream big!)

Where did you grow up? Rolla, Missouri

What is your favorite food? Cheese! Which is unfortunate, because I am lactose intolerant. (But that doesn't stop me....)
Each week, we’ll be featuring a section of the Student Organization Reference Guide, the ultimate resource for all student organization questions. A copy of the handbook can be found at https://docs.google.com/document/d/1dGpkRP4ECAA3cO-RdJ_zWq3WkvBqVvQFpZK-ELaJyW8/edit

**ACTIVITIES INVOLVING FOOD**

**Events Held in the Student Union or Atterbury Student Success Center:**

All food and beverages must be catered by the University food service provider, Sodexo. The only exception to this policy is where ethnic food is requested and cannot be produced by Sodexo and is approved by Student Union Operations, Dining Services, and the Office of Student Involvement (OSI).

Student organizations must contact Sodexo at (816) 235-1076 to purchase food or beverages. OSI can provide you with your student organization MoCode for direct payment. No p-card is required and students should not use personal funds to pay for on-campus catering.

If organizations are found in violation of this policy, they may receive a strike against their organization.

**Other On-Campus Locations:**

If the event is not held in the Student Union or Atterbury Student Success Center, student organizations may purchase food from outside vendors. However, the organization must include the food provider name in their event request and obtain a certificate of insurance for liability purposes and submitted electronically to Peter Maxwell in UMKC Risk Management at maxwellp@umkc.edu. If a certificate of insurance is not provided, the event will not be approved.
FS14 Tutoring Schedule

Anatomy Tutoring
Wednesdays 8:30 – 9:30 pm
Saturdays 10:00 am
Location: Oak Street Residence Hall Classroom

Tutors: Laura Meidl jrmkv9@mail.umkc.edu
Niraj Modhani njm5yc@mail.umkc.edu

Biochemistry
Wednesdays 6:00 – 7:00 pm
Saturdays 9:00 am
Location: Theater B
EXCEPTIONS:
10/15 Theater C
11/5 Theater C
11/8 M4-C05
12/6 M4-C05

Tutors: Chris Wester cjw27@mail.umkc.edu
Ncona Wamkpah nswwq8@mail.umkc.edu

Med Micro
Mondays and Thursdays, 5:30 – 7:00, Theater C

Tutor: Sean Marc sim898@mail.umkc.edu

Pharmacology Tutoring Schedule
Wed, Oct 15, 7:30 – 9:00 Theater B
Sat, Oct 18, 1:30 – 3:00, Theater B
Mon, Oct 20, 7:30 – 9:00, Theater C
Sat, Oct 25, noon – 1:30, Theater B
Mon, Oct 27, 7:30 – 9:00, Theater C
Thurs, Oct 30, 7:30 – 9:00 Theater B

Tutor: Katherine Glaser ksgxvc@mail.umkc.edu

Questions: Contact Kathy Phillips, (816) 235-1807, Phillipskc@umkc.edu
FALL BLOOD DRIVE

UMKC School of Medicine
BLOOD DRIVE
Tuesday, October 28
11:00 a.m. - 3:00 p.m.
2411 Holmes
M5-C05

SPECIAL SCREENING
“The Way of All Flesh” by Adam Curtis
BBC documentary about Henrietta Lacks and her
HeLa cells used in cancer research since 1951.
Noon-1 p.m.
Wednesday, October 29, 2014
School of Medicine, Theater A
Complimentary pizza provided
Co-Sponsored by the SOM DIVERSITY COUNCIL
WELLNESS

5 Tips For People Too Busy to Meditate

I’ve written about the benefits of meditation many times before, but I know most of us still struggle with sitting down and doing it. We may not know how or feel unsure that we’re “doing it right” or we may think we’re too busy. This week, the UM System’s wellness program for faculty and staff put out an article with tips for people who are too busy to meditate, and I thought it was worth passing along to all of you. Don’t hesitate to contact me if you want help with implementing meditation into your day ☺ ~Nilooefar

http://www.umsystem.edu/newscentral/mindfuleating/2014/10/15/5-tips-for-people-too-busy-to-meditate/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+tastingmindfulness+%28TastingMindfulness%29
Things to Do in KC This Week

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

Take the Crown Royals Pep Rally (Free!): Show your KC pride and join Miller Lite for a Royals rally at Kansas City Live! in the Power & Light District. The family-friendly, community event begins at 6 p.m. and is FREE to attend! Featuring former Royals players, prizes, face painting, autographs, a concert by Whiskey Myers and more! Get a royal blue, Sprint rally towel (while supplies last)! The fun starts at 6 p.m. The rally begins at 6:30 p.m. and will be hosted by Royals Hall of Famer and current Fox Sports Kansas City baseball analyst, Jeff Montgomery. Mayor Sly James joins the festivities around 7 p.m. For more information visit: http://kansascityonthecheap.com/free-take-crown-royals-pep-rally/

World Series Watch Parties (Free!): Not sure where to go to watch the World Series games? Here’s a whole list of options! http://www.danibeyer.com/2014/10/kansas-city-events-spotlight-world-series-watch-parties/

KC Monster Dash 5k: The Monster Dash 5K runs through the spooky City Market and gives the participants a chance to win age group awards and costume awards. There will be plenty of treats for everyone in this holiday themed event and the flat and fast race course gives everyone a chance for a PR! For more information visit: www.kcmonsterdash.com

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!)

Fitbit Checkout

Fitbits Now Available for Checkout!

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!
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 (1,179,466 steps)

The Fitbit Checkout Program is sponsored by the UMKC School of Medicine Wellness Program
Women’s Work/Life Balance Event

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!
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-1pm

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

SCHOLARSHIPS
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

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

IOWA HEALTH
DES MOINES

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
6:30 p.m. – Dinner
Place: Brio Tuscan Grille
(On the Plaza)
502 Nichols Drive
Kansas City, Missouri

RSVP: Family Medicine Residency: Contact Jeri Paca Coordinator
Email: pacajl@ihls.org or call toll-free 1-888-877-9186
The timeline for the GAF application process is below.

- **September 9, 2014**: GAF applications open online at 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 their 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.
Consider a career in research related to pediatrics by participating in a Summer Student Research Program available from the American Pediatric Society and its Society for Pediatric Research.

The summer research program provides interested medical 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 $604.53 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.

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

STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS
Gastroenterology Interest Group (GIG)

UMKC EDITION

GIG presents

Hepatic Masses
1st edition

When: Tues., Oct. 21st @ 6PM
Where: Theater C

Join GIG to learn about the diagnosis and management of hepatic masses! Food will be provided!

Any questions, please contact umkcgig@gmail.com.
Upcoming Resolutions

- **Help shape resolutions** that our UMKC AMA chapter will bring to the 2014 AMA Medical Student Section (MSS) Interim Meeting
- **Topics may cover**—
  - Medical Student involvement in patient handoffs
  - Enhancing communication of clinical issues to researchers
  - Educating America on graduate medical education (GME)

+ **Physician shadowing raffle!**

**TUESDAY 10/28**
**6:30 PM**
**THEATER B**

Jimmy John’s Gourmet Sandwiches will be provided

For questions, please contact Ingrid Hsiung at ihhed@mail.umkc.edu
SUTURING
made
ridiculously
simple

Wednesday, October 29
at 5:30pm in Theater A

Come learn how to suture from the pros. The local surgeons of Kansas City will team up with the UMKC Surgical Society to host our first event of the year. We will have plenty of supplies for everyone who wants to learn how to suture. What better way to learn than from the people who do it every day?

UMKC’s Surgical Society

Questions? Contact Kevin Xiao: kx258@mail.umkc.edu
Emergency Medicine Interest Group (EMIG)

CHIEF RESIDENT PRESENTATION

WITH SPEAKER: DR. HONEYMAN

NOVEMBER 5TH 17:30-18:30

THEATER B
YOU ARE CORDIALLY INVITED TO
2014 SCHOOL OF MEDICINE
SURGICAL CONFERENCE

Featuring Guest Speaker:
JOHN S. TOOEY, M.D.
University of Texas SOM in San Antonio
Orthopaedic Spine Surgeon and
Associate Resident Program Director

UMKC School of Medicine
NOV. 11, – 5:30 P.M.

UMKC STUDENT UNION GRAND BALLROOM 400
HORS D’OEUVRES & STUDENT RESEARCH POSTER PRESENTATIONS.
FORMAL DINNER WITH FACULTY AND RESIDENT INTERACTION.
LECTURE TO FOLLOW. FORMAL ATTIRE.
RSVP REQUIRED.

ALL ATTENDEES ARE INVITED TO GRAND ROUNDS THE FOLLOWING MORNING, 6:30 A.M., NOV. 12, IN THEATER B.

Join OSIG, SIGN, and Surgical Society for student & resident poster presentations accompanied by hors d’oeuvres, research opportunities, and interaction with residents and our orthopedic faculty during a formal dinner & a guest lecture.

On the following morning at 6:30 am all are invited (SOM years 5/6 ortho applicants strongly encouraged) to attend resident grand rounds to discuss the changing face of orthopedics.

Student registration fees covered. Attendance limited to 60 students. Registration Required: osig.umkc@gmail.com

Announcements Format

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.