January 12, 2015

GENERAL ANNOUNCEMENTS

Getting to Know

Nikki Collier

Department: Student Affairs
Title: Office Support Assistant – Blue Unit
Birth date: December 16th

What was your favorite family tradition? Singing Silent Night with the whole family at my Grandma’s house on Christmas Eve while the youngest grandchild places baby Jesus in the manger in her nativity scene.

If you could go on vacation anywhere, where would you go? Fiji or Bora Bora because they both look so gorgeous!

What is your favorite food? Any and all Mexican food

Which song do you have playing on repeat right now? Anything by Jason Aldean or Eric Church

When you were a kid, what did you want to be when you grew up? A marine biologist
P-CARDS

The Office of Student Involvement, in partnership with academic units, have 10 purchasing credit cards (p-cards) available for student organization use. In addition, OSI has three cards available for in-house purchases that can be made via a phone call or online purchase.

In order to make student organization purchases, students must complete the P-Card Request Form available on the Office of Student Involvement RooGroups page. After the form is completed and the advisor for the organization has signed off on the request, the form must be submitted to the Office of Student Involvement electronically by emailing it to umkcosipcard@umkc.edu.

To use the three p-cards available in the Office of Student Involvement, p-card requests must be submitted at least four checkout cycles in advance of their requested checkout date. There are two checkout cycles every Monday-Friday from 8:30 am to Noon and from 1 pm to 4:30 pm.

Academic units that have student organization p-cards have their own reservation process. Please contact them directly if you wish to use these cards in lieu of reserving the OSI p-cards.

Please note that no student organization p-card can have transactions over $500. The vendor will automatically decline these expenses. Rather, student organizations must relay this in their p-card request and OSI will help facilitate payment on their behalf.

In addition, students may not split charges on the p-cards. For example, if a purchase total is $750, the vendor may not make $500 transaction and then a $250 transaction to complete the order/payment. This is considered p-card splitting and is not allowed per University of Missouri System Rules and Regulations.

Please note that p-card transactions cannot include the following:
- Alcohol or Liquor Store Purchases
- Purchases at Costco or Aldi
- Gasoline
- Hotels
- Software License Agreements
- Entertainment Venues (bowling, skating, etc.)
- Leases/Rentals Requiring an Agreement
- Professional and Consulting Services
- Personal Items, Cash Advances, or Loans
- Computers
### Student Ambassador Program

Join the 2015 Student Ambassador Program!

Opportunities include:

- School of Medicine tours
- Phone calls to prospective students
- Emails/Handwritten postcards to prospective students
- Student panels
- Attending lunch on interview days or campus visit days
- Attending recruitment events

If you are interested, you can sign up at:

http://events.constantcontact.com/register/event?llr=a69k6hdab&oeidk=a07ead87n8b581772a

The last day to sign up is **Friday, January 16**th.

Please contact Brandy Baze, Recruitment Coordinator in the Office of Admissions, at bazeb@umkc.edu if you have any questions.

### Hospital Hill at Harvesters

**HOSPITAL HILL VOLUNTEERS AT HARVESTERS**

The School of Dentistry and the Hospital Hill Student Leadership Committee have organized an opportunity for Hospital Hill students to help out at Harvesters. Come out for a good cause and get to know some of your fellow students on the Hill. The event will take place on January 29th from 6-8 PM. We will be sorting canned foods and goods for those who are less fortunate.

Harvesters is located at 3801 Topping Ave., Kansas City, MO 64129.

**Please RSVP at the link below by January 12th** if you will be able to volunteer. We unfortunately have only 40 spots available, on a first come-first serve basis, so please RSVP as soon as possible.

https://www.surveymonkey.com/s/TRBGPL8

If you have any questions, please e-mail me at kmypz2@mail.umkc.edu.

Thank you,

**Kandace Yee**  
UMKC School of Dentistry  
Class of 2015- Team 1  
kmypz2@mail.umkc.edu

### Research at UMKC

The School of Medicine encourages participation in research in any field of interest. Commitment time can vary, depending on the opportunity. Student research participation at the SOM typically falls into one of three categories:

1) Student enrolled in an elective course focused on research;  
2) UMKC volunteer (student or non-student); or  
3) Work as an employee of the University.
For liability purposes, any person conducting research in the School of Medicine building needs an official University appointment (either as a volunteer or paid employee). To ensure compliance, all research volunteers need to complete a ‘Courtesy Appointment / Volunteer Form.’ The form is available on the Business Office’s site at: http://med.umkc.edu/business-office/forms. Along with completion of the form, all UMKC research volunteers should register with the SOM Research Administration Office.

More info about student research including participation in the University’s annual student research day event known as the Health Sciences Student Research Summit (on April 2, 2015 in Pierson Auditorium) and application for internal funded Sarah Morrison Student Research Award grants, see: 
http://med.umkc.edu/ora/student_overview/

For any questions, please contact Research Administration (somresearch@umkc.edu). Thank you.

Research Administration
Research Administration
http://research.tmchost.com/
http://med.umkc.edu/ora/
Aging Successfully in the LGBT Community

WELLNESS

WELLNESS

Niloofer’s Weekly Wellness Tip

January: The Liminal Month

I know that for me, personally, January can be a month of increased depression and anxiety or an emotional “hangover” of sorts after the high of December. When I look back on my past Januaries, I notice a common theme of beginning to feel a bit “off” in the few days leading up to the new year, and the feeling lingers for days or weeks after. There’s a strange “unsettled” feeling, as though the old year is over but the new one is quite “unknown”. I don’t
Did you know that this is actually quite common? Did you know that archetypally, January is a month of deep rest? Read this beautiful article by Sheryl Paul to learn more about the month of January and the effect it can have on our emotions. And if you need to talk about anything or could use some extra support, don’t hesitate to send me an email. ☺ ~Niloofar

http://conscious-transitions.com/january-the-liminal-month/

Things to Do in KC This Week
(Compiled from around the web. These are not UMKC sponsored or sanctioned events)

Kansas City Restaurant Week: Starts this Friday, January 16, 2015, and runs through January 25. During Restaurant Week, participating restaurants will feature special prix fixe lunch and/or dinner menus showcasing their cuisine. Some restaurants are, of course, cheaper than others.

Click here for a list of participating restaurants and to see their Restaurant Week menus. Reservations are strongly encouraged.

Harriman-Jewell Series Presents Giselle Performed By Russian National Ballet:
Kauffman Center for the Performing Arts. January 18th. 3:30 PM. In their fifth Series appearance, the Russian National Ballet Theatre will dance the enchanting full-evening story ballet, Giselle. The 50-member ensemble is led by Elena Radchenko, a former principal dancer with Russia’s Bolshoi Ballet. Giselle was first seen in Moscow in 1843, just two years after its creation in Paris. When Giselle was forgotten everywhere else in Europe, Russian dancers and ballet masters preserved and honored it. The loving care for this Romantic gem will be evident in this Kansas City performance.

Cooking Techniques Class (Free!): Every Sunday at 11AM, the Williams-Sonoma store on the Plaza hosts a free Cooking Techniques class. This week’s class, on Sunday, January 18th is called “Comfort Cooking”. Designed to nourish both body and soul, comfort foods are just right for the chilliest months of the year. Join us and learn how to make some warming dishes that the entire family will love— and they’re easy enough to enjoy on weeknights. For more info visit: http://www.williams-sonoma.com/pages/store-events/store-events/technique-classes.html

Wellness Council
The purpose of this group is to promote wellness here at the SOM, both through lighter activities like Tea Time and Smoothie Days, and through awareness campaigns to promote national health observances and reduce stigma surrounding mental health.

MEETING THIS WEEK!!!: Tuesday, January 13, 2015 5:30PM, Gold 4 Conference Room

NEXT EVENT: Tea and Treats Day – more information forthcoming

Congratulation to our NEW OFFICERS:

President- Peter Lazarz
**Group Fitness Classes**

**GROUP FITNESS CLASSES**

January 20 - March 8

**Try classes FREE January 20 - 23**

Registration Deadline - January 23

![Swinney Center](https://example.com/swinney.png)

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**www.umkc.edu/src**  **816.235.2712**

**Vice President** - Jazmine Smith  
**Secretary** - Laura Meidl  
**PR for years 3-6** - Steven Philips  
**PR for years 1&2** - Caroline Adams
Financial Literacy Article of the Month

11 Thing We all Buy, But Don’t Need

Scholarship

Thomas W. Loeb, MD Scholarship

Eligibility: This scholarship award is available to students with a physical or a learning disability.

Amount: $2,000: The award which will be distributed among three students; there will be one award of $1,000 and two awards of $500.

Requirements: Students will be requested to create a graphic on the subject of self-esteem; the requirements for the graphic will be provided upon submission of the application request.

To Apply: Students must apply through the website, at http://thomasloebmd.com. There is one section on the homepage (scroll down) titled “Thomas Loeb, MD Scholarship;” students may contact us via this portal to apply. Upon receiving their request we will send qualified applicants a Scholarship Application Form and confirmation email with all the details and information necessary to apply for the scholarship awards.

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

OPPORTUNITIES

APAMSA REGION VI CONFERENCE 2015
Cultural & Contemporary Medicine
Integrating Philosophies to address APIA Health Disparities
RUSH Medical College
CHICAGO
February 2nd, 2015

Visit our page and register at apamsaregionvi.strikingly.com
Contact Tim Chow, Regional Director, at tmcq6c@mail.umkc.edu
Medical Student Research Program in Diabetes and Obesity 2015

WHAT:
Conduct laboratory-based, clinical, or translational research under the direction of an established scientist in the area of diabetes or obesity. Prior research experience is not required.

WHEN:
Summer between the first and second year, or between the second and third year, of medical school.

WHY:
Encourage medical students to consider a research career focused on diabetes or obesity.

WHERE:
One of NIH-funded Diabetes Research Centers:
- Boston Area Diabetes Research Center
- Columbia University, New York
- Johns Hopkins University of Maryland
- Joslin Diabetes Center/Harvard University
- University of Alabama, Birmingham
- University of California, Los Angeles
- University of California, San Diego
- University of California, San Francisco
- University of Chicago
- University of Colorado, Denver
- University of Michigan, Ann Arbor
- University of Pennsylvania, Philadelphia
- University of Washington, Seattle
- Vanderbilt University, Nashville
- Washington University, St. Louis
- Yale University, New Haven

Information and Application:
- Students conduct research with an established scientist in the areas of diabetes, hormone action, physiology, islet cell biology or obesity for 2-3 months (receive a stipend).
- Weekly seminars about diabetes and obesity.
- Students present results at a national research symposium.
- Commencement dates and conclusion are flexible.

Application deadline for summer 2015: 11:59 pm CST January 12, 2015
http://medicalstudentdiabetesresearch.org
niddk_diabetes.student.research@vanderbilt.edu

For registration forms:
http://goo.gl/forms/wTJMq1nP8I
MO-M1 2015
Missouri 1st Year Medical Student Conference
January 17, 2015 at ATSU in Kirksville, MO

What is MO-M1?
Each year nearly 900 medical students enter one of the six medical schools in the state of Missouri. Unfortunately there are very few, if any, opportunities for students from different schools to interact before they begin to practice medicine. The purpose of MO-M1 is to provide this initial exposure, with the goal of creating a supportive network of future healthcare workers. In addition, MO-M1 offers first year students exposure to medically related issues (political, social, and educational) that they may not otherwise have the opportunity to discover. MO-M1 is an important venue for exposing Missouri's future physicians to the changing world of medicine.

Workshops in:
• Ultrasound
• Osteopathic Manipulative Medicine (OMM)
• Human patient simulators (HPS)

Guest speakers and EBM panel discussion

You receive:
• Free t-shirt
• Breakfast and lunch provided
• Chance to win Samsung tablet & other prizes

This is a FREE conference, however a $40 deposit is required. The deposit will be returned upon your arrival at the conference.

Registration
http://goo.gl/forms/wTJMq1nP8J
Opportunities to present at NHMA’s (National Hispanic Medical Association) 19th Annual Conference: March 27 – 29, 2015

We are currently in the process of accepting applications for individuals to present their research at our Poster Session at our annual conference in Washington, DC that is attended by over 600 physicians and health professionals. The theme of the conference is "Effective Strategies to Improve Health Care in Our Local Communities."

This is a great opportunity for medical students and young investigators to present their work to several hundred doctors, nurses, and health care executives who are especially interested in Hispanic and minority health issues. The guidelines and applications are available on our website. Deadline to apply is February 15, 2015.

All participants in our programs will receive a Certificate of Completion upon completing all the required activities.

NHMA was established in 1994 in Washington, DC, is a non-profit association representing the interests of over 50,000 licensed Hispanic physicians in the United States. The vision of the organization is to serve as the national leader to improve the health of Hispanic populations.

We thank you for all you do in service to your community and to the education of our future health providers. We hope you will share our enthusiasm for the goals and commitment of these programs and opportunities. Additional information and the applications for the various programs are available at www.nhmamd.org.

For more information please contact John Aguilar at (202) 628-5895 ext. 130 or send him an email at jaguilar@nhmamd.org.
Next PIG meeting!!

When: **Wednesday Jan 14 at 5:30pm** Where: Humanities Conference Room

Who: Dr. Jennifer Linebarger from CMH

Dr. Linebarger will be speaking about adolescent medicine, palliative care, and the medical student subcommittee of the AAP

Hope everyone can make it!
ROOS ON CALL

- January -

21st
Wed, 6pm
OSH
We’ll tell you what we’re about, teach you vital signs and feed you pizza and cookies

22nd
Th, 5pm
HH
We’ll tell you what we’re about and feed you pizza and cookies

24th
Sat, 7–9am
City Union Mission
Serve breakfast to the underprivileged with ROC

Event sign ups on Facebook!

umkcmedicaloutreach@umkc.edu
f/UMKCROC
Emergency Medicine Interest Group (EMIG)

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.