January 26, 2015

GENERAL ANNOUNCEMENTS

Getting to Know

Stefanie Ellison

Department: Curriculum
Title: Associate Dean
Birth date: April 5th

What are your hobbies? Shade gardening and running
What did you last read? Brain on Fire
If you could go on vacation anywhere, where would you go? Monet’s Gardens at Giverny
What is your best memory? The birth of each of our children
What is the most dangerous thing you’ve ever done? Crossed an extension bridge at Ojuela, Mexico - twice
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_zWQ3WkvBgVvQFpZK-ELaJyW8/edit

**GIFT CARDS**

The purchasing of gift cards is prohibited by student organizations unless they are gift cards for the UMKC Bookstore (up to $50). If an organization would like to purchase a gift card for the UMKC Bookstore, please contact the Coordinator for Student Organizations for pre-approval. OSI encourages organizations to purchase tangible gifts rather than provide gift cards.

Note that any organization that purchases a gift card without authorization is given an immediate probation strike from the Office of Student Involvement. Any unauthorized gift cards must be turned in to OSI immediately and funds used to pay for the gift cards are forfeited by the organization.

Another option for student organizations is the purchase of Roo Bucks. These funds can be used in a variety of on- and off-campus locations. For more information, visit http://www.umkc.edu/onecard/roo-bucks-one-card.asp.

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**LGBTQIA SOCIAL!**

THE LGBTQIA AFFAIRS STUDENT COUNCIL INVITES YOU TO JOIN US AND LEARN MORE ABOUT LGBTQIA PROGRAMS AND EVENTS AT UMKC THIS SPRING. WE’LL HAVE FREE FOOD, GAMES, AND GIVEAWAYS!

**TUESDAY, JAN 27TH**

**7:00PM**

JOHNSON RESIDENCE HALL BASEMENT

*LGBTQIA@UMKC.EDU*

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The 2015 UMKC Health Sciences Student Research Summit (HSSRS) will be held on April 2, 2015, at 3:00 p.m. in Pierson Auditorium on the Volker campus. Pierson Auditorium (Room 245) is located on the second floor of the Student Success Center (5000 Holmes Street).

Students from all UMKC health science schools participate. The School of Medicine (SOM) sponsors individual student awards for medical students and SOM graduate students.

1. The abstract portal is open for abstract submissions - http://info.umkc.edu/hssrs/abstracts/add. The abstract word limit = 350 words and should be submitted by Feb. 25th. Please ensure the abstract title matches the poster title. Students’ faculty mentors need to approve abstract submissions; at the time of abstract submission by the student an email will be generated to the mentor.

2. The SOM poster template is attached and students should return their research project poster drafts to the Office of Research Administration via email.
(somresearch@umkc.edu) before Feb. 25th. SOM student poster guidelines are listed on the website - http://med.umkc.edu/ora/students/

After Feb. 25th, SOM students will be contacted about poster presentation times and information about judging by SOM faculty. There will also be poster presentation practice sessions available.

2015 Health Sciences Student Research Summit
at Pierson Auditorium - April 2, 2015

http://med.umkc.edu/ora/students/
The Diversity Task Force invites faculty, staff and students to attend a viewing of the film **Cancer Cell Research: The Way of All Flesh**

4:30 p.m.  
Thursday, January 29, 2015  
Diastole Scholar’s Center  
(2501 Holmes Street).

The film is based on the book *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. A panel discussion with School of Dentistry faculty and students will take place after the film. Refreshments will be served. Please RSVP for the event at: http://library.umkc.edu/form/events

If you have any questions, please contact Maryjane Bruning (bruningm@umkc.edu) or Tracey Hughes (hughest@umkc.edu).
10,000 Steps a Day for Health

Have you heard that 10,000 steps a day is what experts recommend for optimum health? And did you know that unless you make a conscious effort, it's very likely you don't walk anywhere near that much each day? When I first started wearing a Fitbit, I found that I averaged around 2,000 steps a day (typical for an office worker). This was pretty appalling, and I decided to walk “10k a day” no matter what. It helps that the Fitbit sends you a badge each time you achieve this goal (it doesn’t sound like much, but my “I don’t want to break my perfect streak”-self kicked in). I found ways to increase my steps each day, like taking the stairs, parking farther away, going to the bathroom on another floor, and walking a few laps around every few hours. Believe it or not, it really does make a difference. The more active and energetic you are, the better you are able to focus on schoolwork and the better you sleep!

That is why each semester, I make 30 Fitbits available for checkout to students. I want you all to have a chance to try out this little device and see what a big impact it can make. To encourage you to use it, the student who walks the most steps at the end of the semester wins a $50 gift card. For more information on the Fitbit Checkout Program, scroll down and see the announcement below ☺ ~Niloofar

Free Chipotle! (Today only!): On Monday, Jan. 26th, the Mexican chain is offering free food for customers who order their new organic tofu Sofritas. Here’s the deal: All you have
to do is buy one of their entrees made with the vegan-friendly protein today, bring your receipt back to any Chipotle location from Jan. 27 through Feb. 15 and you’ll get a free burrito, burrito bowl, salad or tacos of your choice.

**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, February 1st is called “Valentine’s Day Baking”. Surprise your loved ones with the sweetest of homemade treats: irresistible cakes that are gifts from the heart. In this class, you’ll learn to prepare desserts from scratch as well as some quick shortcut recipes. They’re perfect for this most romantic of holidays and anytime you want a slice of decadence. For more info visit:  

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!)

**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.

**Next Meeting:**  Tuesday, February 10th, 2015 5:30PM, Gold 4 Conference Room
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)
- Sets 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.”

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Joseph Bennett, Spring 2014 Winner (1,179,466 steps)
<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Details</th>
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<tr>
<td><strong>Herman Johnson African-American Scholarship</strong></td>
<td>Scholarship opportunity for <strong>year 1</strong> African American Med students. The other criteria are:</td>
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<td></td>
<td>1. You MUST be a graduate of an accredited high school in the nine-county area.</td>
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<td>2. You MUST be a current resident of Johnson, Leavenworth, Miami, or Wyandotte County in Kansas; or Cass, Clay, Jackson, Platte, or Ray County in Missouri.</td>
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<td>3. If currently enrolled in college, you must have a 2.5 cumulative GPA in ALL college work.</td>
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<td><strong>The deadline is February 1.</strong> The student must submit an application form <a href="http://www.sfa.umkc.edu/site2/forms/scholarships/herman_johnson_form.pdf">http://www.sfa.umkc.edu/site2/forms/scholarships/herman_johnson_form.pdf</a>, an essay, a transcript, a letter of recommendation and a list of accomplishments.</td>
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<td><strong>Thomas W. Loeb, MD Scholarship</strong></td>
<td><strong>Eligibility:</strong> This scholarship award is available to students with a physical or a learning disability.</td>
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<td><strong>Amount:</strong> $2,000: The award which will be distributed among three students; there will be one award of $1,000 and two awards of $500.</td>
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<td><strong>Requirements:</strong> 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.</td>
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<td><strong>To Apply:</strong> Students must apply through the website, at <a href="http://thomasloebmd.com">http://thomasloebmd.com</a>. 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.</td>
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<td><strong>Karman Healthcare Scholarship</strong></td>
<td><strong>Eligibility:</strong> students suffering from a mobility disability</td>
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<td><strong>Amount:</strong> 2 $500 scholarships</td>
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<td><strong>Application Process Deadline:</strong> September 1, 2015</td>
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<td>Please see or email Robin Hill for details at <a href="mailto:hillrob@umkc.edu">hillrob@umkc.edu</a></td>
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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.

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**Missouri Academy of Family Physicians Poster Contest**

In 2015, MAFP is offering exciting educational and networking opportunities for students and residents at the Annual Scientific Assembly (ASA), June 5-6, 2015, The Lodge at Old Kinderhook, Camdenton.

Students and residents will meet with current family physicians and MAFP leaders. A “Mixer” will be held from 5:15 – 6:15 p.m., Saturday, June 6th with hors d’oeuvres and drinks provided. Posters will be recognized and awards (3rd place $100, 2nd place $200, and 1st place $300) will be announced. Link for the Call for Proposal Form:


Conference registration is complimentary to both students and residents. MAFP will assist in funding for costs associated with overnight accommodations on a first-come, first-served basis for STUDENTS ONLY. Link to register for the conference:

http://www.mo-afp.org/cme-events/annual-scientific-assembly/annual-scientific-assembly/

If you need additional information, please contact Nancy Griffin at ngriffin@mo-afp.org. We look forward to seeing you in June.

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**2015 SUMMER EXTERNSHIP PROGRAM**

Co-Sponsored by
The American Academy of Family Physicians Foundation
&
The Family Health Foundation of Missouri

Once again, the AAFP and FHFM have partnered to offer four-week summer externships to Missouri medical students interested in pursuing a career in Family Medicine. The externships are available at the following locations:

- Cox Health Family Medicine Residency Program
- Research Family Medicine Residency Program
- Mercy Family Medicine Residency Program
- Saint Louis University Family Medicine Residency
- University of Missouri - Columbia Department of Family and Community Medicine Program
- University of Missouri - Kansas City Family Medicine Residency Program

For a descriptions of the externships and to complete the application (fillable PDF)
Wilderness Medicine Architecture Trips

2015 CME ADVENTURE TRIPS & AWLS SCHEDULE

The University of Colorado School of Medicine’s Section of Wilderness & Environmental Medicine announces the 2015 Adventure CME schedule.

These classes have been crafted to fulfill CME requirements while also offering AWLS certification— all in incredible surroundings taught by wilderness medicine experts. We anticipate they will fill fast so register today to reserve a spot!

CLICK HERE TO REGISTER

Patagonia Remote Medicine Expedition: (March 12-22) This exciting program is designed to train health care professionals in the treatment and management of issues encountered in austere mountain environments. This 10 day expedition will focus on wilderness and remote emergency care. Approved for 14.75 CME credits. CLICK HERE to learn more.

Colorado’s 10th Mountain Division Hut Trip: (April 11-17) Explore the quiet wonder of the Rocky Mountain backcountry in winter! This week long expedition will focus on winter wilderness medical and survival issues experienced at high altitude. Approved for 20 CME credits and AWLS certification. CLICK HERE to learn more.
San Juan Canyon River Rafting (April 18-24)
Float the quiet wilderness canyons of Utah’s San Juan River while learning wilderness medicine, rafting, and desert wilderness skills. This week long expedition will focus on wilderness medical and survival issues experienced as part of desert adventures. Approved for 20 CME credits and AWLS certification. CLICK HERE to learn more.

Harpers Ferry Multi-Adventure (October 4-11)
Explore the beautiful and historic Harpers Ferry while learning wilderness medicine skills and enjoying a variety of adventures. This week long CME program will include hiking/backpacking, off-road biking, and river travel. Approved for 20 CME credits and AWLS certification. CLICK HERE to learn more.

Backcountry Florida Canoeing (October 24-30)
Canoe the Withlacoochee, a rich and diverse flatwater river of the Sunshine State! This week long expedition will focus on wilderness medical and survival issues experienced as part of temperate and subtropical adventures. Approved for 20 CME credits and AWLS certification. CLICK HERE to learn more.

STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS
Emergency Medicine Interest Group (EMIG)

PRACTICE MODELS OF EM:
ACADEMIC VS COMMUNITY AND
GROUP VS HOSPITAL OWNED

WITH SPEAKER: DR. GARY GADDIS
JANUARY 26TH AT 17:30
THEATER B
FMIG Journal Club:

The Effect of Regular Primary Care Utilization on Long-Term Glycemic and Blood Pressure Control in Adults With Diabetes

January 28th Noon
Humanities Conference Room

Article Link:
http://www.jabfm.org/content/28/1/28.abstract?etoc

fmigumkc@gmail.com
PRACTICAL SPINAL ANATOMY

PRESENTED BY DR. BERNHARDT
CHAIRMAN DEPARTMENT OF ORTHOPAEDIC SURGERY

Dr. Bernhardt will be discussing practical spine anatomy. This topic will provide students with a basic understanding of important anatomy pertinent to common problems in the world of orthopaedic spine surgery.
Internal Medicine Interest Group
AND
Cardiology Interest Group
PRESENT

EKG SEMINAR:
READ LIKE A PRO

Speaker: Dr. Ashraf
Thursday, Jan 29
@ 5:30 in Theater C
All years welcome!
Food will be provided!

See if you can figure this one out:
GLOBAL MEDICAL BRIGADES
Nicaragua Medical Brigade
May 23rd - 31st

Informational Meetings
January 29th OR February 2nd
7:00 p.m. in Theater A

Questions?
Contact Krishna Kumar or Zara Wadood
Support Global Medical Brigade’s trip to Nicaragua! Join us at Panera!

Bring the flyer in this week’s “In The Know” email and a portion of the proceeds will go towards our trip to provide medical care to underserved populations in Nicaragua.

EAT BREAD TO RAISE DOUGH

PLEASE JOIN

Global Brigades, Inc.

on

February 2, 2015

from

4:00-8:00pm

At Panera, we are committed to our community.

We believe that the universal spirit of bread is sharing, and that’s why we’re committed to the communities that we serve. Our passion for everything we do spills over to include everyone we share our days with, and we appreciate the opportunity to give back to our friends, our neighbors and our community.

panerabread.com

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Questions? Contact Vishal Thumur: vt8cc@mail.umkc.edu
Join the fight against cancer!

Relay For Life of UMKC & Rockhurst Interest Meeting

February 4th, 2015 - 7:00 p.m. - 8:00 p.m.
Large Meeting Room
Kansas City Public Library - Plaza Branch
4801 Main St.
Kansas City, MO 64112

Pizza will be served!

Start a team, register or just come and learn about Relay and how to make a difference in our community!!

Relayforlife.org/umkcmo

For more information, please contact:
ACS Staff Partner, Luke See at 816.218.7275 or luke.see@cancer.org.
Event co-chair Katie Surville survillak@hawks.rockhurst.edu, or
UMKC Students Urvashi Bhagat urbb6f@mail.umkc.edu, Elina Sagaydak esy8c@mail.umkc.edu, or Rebecca Staloch rscmc@mail.umkc.edu
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 Nilofar Shahmohammadi at shahmohammadin@umkc.edu.