UMKC SOM Residency Program Directors Forum

What kind of career is in YOUR future?
Learn from program directors from various specialties about what they seek (experiences, skills, Board scores & grades, personal qualities) in residency applicants!

- Anesthesiology
- Child Neurology
- Dermatology
- Emergency Medicine
- Family Medicine
- General Surgery
- Internal Medicine
- Medicine-Pediatrics
- Neurology
- OB/GYN
- Ophthalmology
- Orthopedic Surgery
- Otolaryngology
- Pathology
- Pediatrics
- Plastic Surgery
- Psychiatry
- Radiation Oncology
- Radiology
- Urology

Saturday, June 20 – 11:45 a.m.-2 p.m.
Theatres B & C, M4-C05 & Humanities Conference Room

FREE ADMISSION AND FREE PLANET SUB LUNCH!!

Residency Program Director Forum:
Neurological Surgery

Dr. Jules Nazzaro, University of Kansas Hospital
Noon-1 p.m., Wednesday, June 17
Bamberger Conference Room (M4-C05)

bring your questions ... we’ll bring lunch!
Results of Student Rep Elections

Please see below for the 2015-2016 Student Representatives on Councils, OSR, and Color Officers. Congratulations to the newly elected representatives!

Council on Curriculum
Sean Mark
First Alternate: Jasleen Ghuman
Second Alternate: Kayla Briggs

Council on Evaluation
Jacob Arnold
Nneoma Wamkpah

Council on Selection
Hasan Bader
Greg Miller

Council of Docents
Blue-Kevin Gibas
Gold-Poonam Patel
Green-Merrill Thomas
Purple-Shweta Nelluri
Red-Hima Atluri

OSR-AAMC
-Year 6, Voting Member-Joan Chandra
-Year 5, 1st Alternate-Kevin Gibas
-Year 4, 2nd Alternate-AnnaMaria Maples

Color Officers
Blue 4 Junior-Shiva Reddy
Blue 4 Senior-Jacob Arnold
Blue 5, Junior-Omar Qayum
Blue 5 Senior-Azka Afzal
Gold 4 Junior-Divya Igwe
Gold 4 Senior-Mitch Elting and Jasmine Singh (tie)
Gold 5 Junior-AnnaMaria Maples
Gold 5 Senior-Nneoma Wamkpah
Green 4 Junior-Lidia Kruse
Green 4 Senior-Molly Carnahan
Green 5 Junior-Michael Keirsey
Green 5 Senior-Tony Philips
Purple Junior-Fedra Fallahian
Purple Senior-Jordan Davis
Red 3 Junior- Amena Mohiuddin
Red 3 Senior-Lauren Thai
Red 4 Junior-Radhika Manne
Red 4 Senior-Rehan Nizamuddin
Application for Student Curriculum Ambassadors

As we continue to work on curriculum reform and change as a council, it is helpful and necessary to have student input on planning and to assist with trailblazing change. While we have student representation on our council, it would be helpful to have students from all years of the curriculum to plan for change, assist with curriculum development, and provide assistance in communicating with and informing other students. Students applying must be in good academic standing and be able to provide professional and meaningful attendance and input.

Student Curriculum Ambassadors will be asked to attend scheduled meetings of Ad Hoc committees for the Council on Curriculum to assist in the proposal and development of new curricula and instructional methods across the curriculum. Two students and one alternate from each year of the curriculum will be selected by the council and Student Affairs, with the expectation they will:

1. Attend Ad Hoc committee meetings.
2. Assist with curriculum development and advise on instructional methods.
3. Ask questions and collect student input through an email Dropbox.
4. Summarize student input and provide to their Ad Hoc committee and their Council on Curriculum student representatives to present to council.
5. Schedule and present with Council on Curriculum students at Student Curriculum Town Halls to discuss changes and prepare students at all year levels for upcoming changes or proposals.
6. Request data and representation from the Chair, Vice Chairs, and the Curriculum Office staff.

To apply: Please write a one-page, double-spaced personal statement about why you would like to serve the UMKC School of Medicine and your fellow students in this position. Students will be selected by Curriculum leadership, Student Affairs, and the Council on Curriculum elected students. Submit your personal statements to Ms. Sydney Breakfield, the Curriculum Office Administrative Assistant by June 12th at breakfields@umkc.edu.

Study Smart!

Each week, Kathy Phillips, Learning Resource Specialist, will be featuring a study tip to help you succeed academically. This week’s tip:
Try not to multitask. For better productivity, keep your focus in one place—switch to something else when you are finished with your first task, or when you need a break.

For more help with studying smart, contact Kathy Phillips, Learning Resource Specialist, at phillipsk@umkc.edu

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**WELLNESS**

**Niloofer’s Weekly Wellness Tip**

**A Banana Split for Breakfast!**

Yup, for realsies! Check out this (healthy!) recipe here:  [http://www.mindbodygreen.com/0-18500/perfect-weekday-breakfast-healthy-banana-split.html](http://www.mindbodygreen.com/0-18500/perfect-weekday-breakfast-healthy-banana-split.html)

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**Serves 1**

**Ingredients**

- 1 banana
- 2 tablespoons almond butter
- 6 oz. vanilla whole milk Greek yogurt
- 1 teaspoon chia seeds
- 2 tablespoons low or no sugar granola
- 1 tablespoon cacao nibs
- 2 chopped strawberries

**Preparation**

Peel banana and cut lengthwise. Spread each half with the almond butter and place into a bowl facing each other. Scoop the Greek yogurt into the bowl between the banana slices. Sprinkle the chia seeds, granola and cacao nibs onto the contents and place the chopped strawberries on top. Enjoy!

*Photo courtesy of the author*
Things to Do in KC This Week

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

**Urbana KC (rescheduled to this week due to rain last week):** Urbana is a new downtown street scene happening each first Wednesday, all summer. We’ve re-imagined a familiar city block and kept out the cars so you can eat and drink under the stars, hear live music, see public art displays and share a uniquely Kansas City summer experience, all in the heart of the Kansas City Power & Light District neighborhood.

The first event is on **Wednesday, June 10th**. Located on 14th Street between Main & Walnut Street. #UrbanaKC

Follow Urbana on social media for more details and updates:
Facebook: /UrbanaKC
Twitter & Instagram: @Urbana_KC

**Porch Fest KC:** June 13th. Noon to 5PM. PorchFestKC is a community music celebration taking place on the front porches of homes of the West Plaza neighborhood of Kansas City. Though PorchFests happen in many cities, Kansas City's version started in 2014. Our inaugural year featured 70 bands on 34 porches, spread across a 20 block radius. It was a pretty spectacular day.

Music presented at PorchFestKC spans many genres. A unique feature of this festival is that it is embedded within a neighborhood. Volume is contained because the audience is intimately close.

We hope you make plans to join this free event, either as a performer, volunteer or audience member!

http://www.porchfestkc.com/

**15th Annual West 18th Street Fashion Show:** Saturday, June 13th. Dusk. The West 18th Street Fashion Show is Kansas City’s largest runway event, taking place the second Saturday in June, outdoors in the heart of the Crossroads Arts District. With up to 18 garment designers and 18 accessories designers showing nearly 100 looks, it has become Kansas City’s cornerstone of forward-thinking fashion and design.

http://west18thstreetfashionshow.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!)

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**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, June 9th, 2015 5:30PM, Gold 4 Conference Room

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**SCHOLARSHIPS**
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<tbody>
<tr>
<td><strong>Thomas W. Loeb, MD Scholarship</strong></td>
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<tr>
<td><strong>Eligibility:</strong> This scholarship award is available to students with a physical or a learning disability.</td>
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<tr>
<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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<tr>
<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>Concussion Awareness Scholarship</strong></td>
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<td><strong>Amount:</strong> $1,000</td>
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<tr>
<td><strong>Eligibility:</strong> ANY graduate or undergraduate student (future or current) that has been accepted or attends a community college, technical/trade college, or university may apply.</td>
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<tr>
<td><strong>Application:</strong> <a href="http://www.thepassrusher.com/concussionawareness.html">http://www.thepassrusher.com/concussionawareness.html</a></td>
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Contact Robin Hill at hillrob@umkc.edu with questions.

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<tr>
<td><strong>SignatureCare Emergency Center Student Scholarship</strong></td>
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Financial Literacy Article of the Month

[http://www.doughroller.net/credit/free-fico-credit-score-myfico-com/](http://www.doughroller.net/credit/free-fico-credit-score-myfico-com/)
<table>
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<tr>
<th>Requirements</th>
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<tbody>
<tr>
<td>• Full-time enrollment at an accredited university</td>
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<tr>
<td>• 3.0 GPA</td>
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<tr>
<td>• 500-word essay</td>
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<tr>
<td>• 30-second video</td>
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<tr>
<td><strong>Amount:</strong> $1,000</td>
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<td><strong>Deadline:</strong> June 30, 2015</td>
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See Robin Hill in Student Affairs or email at hillrob@umkc.edu if you have questions or need assistance with this process.

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<tr>
<td><strong>Karman Healthcare Scholarship</strong></td>
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<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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Please see or email Robin Hill for details at hillrob@umkc.edu

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<tr>
<td><strong>Boone Count Medical Society Scholarship</strong></td>
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<td><strong>Eligibility:</strong> Students must have completed their first semester of their clerkship year and must be from either Boone, Howard or Cooper County. They are also looking for students that have demonstrated exceptional intellectual and humanistic qualities with patients, peers and teachers.</td>
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<tr>
<td><strong>Amount:</strong> $2,000</td>
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<tr>
<td><strong>Deadline:</strong> September 1, 2015</td>
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<tr>
<td><strong>Application:</strong> Contact Robin Hill at <a href="mailto:hillrob@umkc.edu">hillrob@umkc.edu</a> for an application</td>
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<tr>
<td><strong>Roland P. Ladenson Scholarship</strong></td>
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<td><strong>Eligibility:</strong> Students must be committed to pursuing a career as a primary care physician. Students must also have started their clinical training and demonstrate exceptional intellectual and humanistic qualities with patients, peers and teachers.</td>
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<tr>
<td><strong>Amount:</strong> $2,000</td>
</tr>
<tr>
<td><strong>Deadline:</strong> September 1, 2015</td>
</tr>
<tr>
<td><strong>Application:</strong> This is a nomination based scholarship. Please contact Robin Hill at <a href="mailto:hillrob@umkc.edu">hillrob@umkc.edu</a> if you would like to be considered.</td>
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Sojourner Health Clinic is hosting a mini med school fundraiser on Saturday June 27 2015 from 8am-3:30pm. Interested high school students and pre-medical college students are invited to attend. The event will aim to provide students with an enjoyable clinical experience while also learning more about medical school. **We are looking for interest groups to host 1 hour workshops for the students.** If you are part of an interest group and have ideas for workshops, or want to get involved in the planning, please contact Nilbhi Patel at nnpgm9@mail.umkc.edu.
Attend Mini Medical School

Saturday, June 27th: 8:00AM – 3:30PM

For high school and undergraduate students to learn basic medical skills, talk to medical students and professionals, and explore their interest in healthcare.

To Register: Contact Stephanie Taylor from West Central Missouri AHEC at Stephanie@hccnetwork.org
Registration Deadline: June 1st.
Checks can be made payable to "UMKC School of Medicine for Sojourner Clinic"

Event will be located at the University of Missouri-Kansas City School of Medicine: 2411 Holmes Street, Kansas City, MO 64108
Cost of attendance: $25

Registration fees will go toward providing health care to the homeless and underserved.
CELEBRATING 10 YEARS Of THE EXPLORING MEDICAL MISSIONS CONFERENCE

You’re Invited!

WHAT CAN YOU DO IN TEN?

Exploring Medical Missions Conference

LOCATION
Graceway Church
5460 Blue Ridge Cut-Off
Kansas City, MO 64133

DATES
Friday & Saturday
May 29th - 30th
two thousand fifteen

The EMMC (Exploring Medical Missions Conference) provides an opportunity for you to engage in learning alongside leaders and visionaries, build valuable relationships, and discover new ways to participate in medical missions. We invite anyone, with a passion to serve the forgotten of this world, to join us at the 2015 EMMC, May 29 – 30 as we answer the question: What Can You Do in Ten?

REGISTER ONLINE AT INMED.US

Hosted by the Institute for International Medicine and Graceway
SAVE THE DATE October 9-11, 2015
Loews Hotel—Rosemont, Illinois 5 minutes from O’Hare
www.iafp.com/fmm

Theme for 2015
Celebrating Diversity:
Our Patients, Our Communities and Ourselves!

No other specialty can celebrate the vast diversity of settings, patients, opportunities and relationships of family medicine.

Scholarships available for students enrolled in Midwest medical schools.

Find Your Family Medicine Future at FM Midwest:
• Clinical workshops
• Inspiring Plenaries and breakouts for faculty, resident and student attendees
• Residency Fair with Career Connections and Fellowship Opportunities
• Family Medicine Fun!
• Abstract submissions now open until late May!

STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS
Wellness Council

UMKC School of Medicine

KNOW IN THE WELLNESS

MONTHLY MEETING
JUNE 9TH

FREE PIZZA

SHARE YOUR IDEAS ON IMPROVING STUDENT WELLNESS AT UMKC
Asha for Education presents...

HOLI 2015

Saturday, June 13th
5:00 p.m. - 7:00 p.m
Quad on Volker Campus

Holi was rained out in April but it’s never too late to play with colors! Come celebrate the Festival of Colors this June!

Show up by 5:30 p.m. to enter a raffle to win
FREE prizes, including 2 Kindle Fires!
Colored powder packets will be sold at the event:
1 packet for $3 or 2 packets for $5.
The call goes out. The fire department and emergency services at Kansas City International Airport scramble to a passenger plane that has "crash-landed". Firefighters battle flames and triage victims of the crash, that's where you come in. Whether you've always wanted to be covered in fake blood or prove the flight attendant you're ready for anything or just have Munchausen's and have always wanted to be the patient, here's your chance!

**Thursday, June 18th, 7:00am-1:30pm**, Kansas City will be conducting a city-wide Disaster Drill and they need victims. The day will start at 7 am where you get moulaged (smothered in fake blood and make-up to make you look like a mangled crash victim). Next you'll prove your acting skills in triage where they'll determine the severity of your condition, followed by simulations with patients getting hauled off in ambulances, buses, the works. It should end by 1:30pm, with an optional debriefing at 3pm. They need 25 students, and there are only a few spots left! So make like the quick response teams you'll be depending on and RSVP to emig.umkc@gmail.com if you are interested. We realize that most schedules aren't out yet, but if you're interested and unsure if you'll be able to attend, email us to lock in a spot and let us know that you're just waiting on your schedule. This will be the coolest thing you'll ever participate in, be there or be at home safe in your PJs while your friends are covered in blood on the tarmac. Just saying.

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**Fit and Fun Carnival**

Hosted by Priority Care Philanthropy

11am-6pm | 9405 N Oak Trfwy

Saturday, June 13th

Volunteer signups at: [facebook.com/UMKROC](https://www.facebook.com/UMKROC) [ROC//MSAC](https://www.facebook.com/groups/UMKCMSAC)
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.