GENERAL ANNOUNCEMENTS

TB Testing

MANDATORY TB Testing and Flu shots for all UMKC Medical Students Years 3-6
Both dates listed for your Year are REQUIRED
Session 1, Year 3 students: Tuesday, September 29, 2015, 9am-12:30pm, MG 202C (old Skills lab in basement of SOM, now the Center for Health Insights)
TB test results, Year 3: Thursday, October 1, 2015, 10am-12:30pm (arrive at least 48 hours after you were given the TB test on Tuesday) MG 202C

Session 2, Year 4 students: Tuesday, October 6, 2015, 9am-12:30pm, MG 202C
TB test results, Year 4: Thursday, October 8, 2015, 10am-12:30pm, (arrive at least 48 hours after you were given the TB test on Tuesday) MG 202C

Session 3, Years 5 & 6 students: Tuesday, October 13, 2015, 9am-12:30pm, MG 202C
TB test results, Years 5 & 6: Thursday, October 15, 2015, 10am-12:30pm, (arrive at least 48 hours after you were given the TB test on Tuesday) MG 202C

Medical Education Media Center

Located on the second floor of the School of Medicine, the Medical Education Media Center offers a wide selection of resources for audiovisual and hands-on learning. In addition to anatomical models, the media center has computers installed with educational software, instructional videos and board prep materials. Learn more at http://med.umkc.edu/memc/
TWO STATES.
ONE PASS.

CONCERTS AT THE SPRINT CENTER.
SHOPPING AT OAK PARK MALL.
ARTS IN THE CROSSROADS DISTRICT.
GETTING TO AN INTERNSHIP IN JOB-RICH JOHNSON COUNTY.

MISSOURI OR KANSAS. IT DOESN’T MATTER.

This fall, your UMKC student ID will entitle you to more transit options than ever before.

For the first time, the same ID that gets you around on the bus in Kansas City will be good in the Johnson County suburbs on the Kansas side of the state line.

Your student ID makes riding the bus simple. No more fumbling for exact change or worrying about transfers. One swipe of your student ID and you’re on your way.

The expanded student bus pass is part of an ongoing effort—known as RideKC—to build a cohesive transit system tying the entire region together. So, as you head back to campus this fall, let this tip you where your bus pass would never take you before. And RideKC.

WHAT IS A U-PASS?
The U-Pass allows UMKC students to use their student ID card on any Metro, MAX or Johnson County bus route except the K-10 connector operating between Overland Park and Lawrence.

WHERE DO I BUY ONE?
You don’t. It’s part of the activity fee you pay when enrolling at the university. The bus pass is incorporated into the same student ID card used for admission to UMKC sporting events, checking out materials at the campus library and purchasing meals at dining service locations.

WHERE WILL THE BUS TAKE ME IN MISSOURI?
Two of the more popular bus routes—Main Street MAX and Troost MAX—are easily accessible to UMKC students. From campus, the bus can get you to work or to the grocery store. Downtown, Crown Center, Hospital Hill can all be easily reached by bus. Transit also can take you to some of Kansas City trendy spots including the Crossroads District, the Power & Light District, the Sprint Center, the Nelson Atkins Museum of Art or the Brookside/Waldo neighborhoods featuring small clusters of restaurants and bars.

AND KANSAS?
The U-Pass can be used on weekdays to get directly from campus (no transfer needed) to Overland Park’s Metcalf Avenue corridor where there is a wealth of jobs and dining options. Other destinations include Oak Park Mall, downtown Overland Park and Johnson County Community College. Going west? A bus can get you to Kansas City, Kan., and the Village West entertainment complex, near Sporting Park, home of Sporting KC, and Community America Ballpark where the T-Bones play ball.

WELLNESS

Niloofar’s Monthly Wellness Tip

"Helpfulness is a theme this month...As you help others you help yourself. Whatever you give to others you give to yourself. Whatever you do for others you do for yourself. Whatever you wish on others you wish on yourself. Whether you judge or bless so it is done to you. This is a month where you can really make a difference for others and yourself. Helping another is one of the most fulfilling aspects of life and it puts you and the one you helped into a flow forward."

~Chuck Spezzano (excerpted from his 2015 newsletter). HAPPY SEPTEMBER, everyone!!!
**Things to Do in KC This Week**

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

**Johnson County Old Settlers’ Days (Free):** September 10th through 12th. Johnson County Old Settlers Celebration is back September 10-12. In its 117th year, this festival fills downtown Olathe with nationally recognized musical entertainment, carnival rides, Kansas’ largest parade, antique auto show, arts & crafts, great food from local non-profit organizations, and much, much more. The Saturday parade theme is "Out of This World". For more info visit: [http://www.johnsoncountyoldsettlers.com/](http://www.johnsoncountyoldsettlers.com/)

**Operation Breakthrough’s 3rd Annual “Be a Hero” Bash ($35):** Saturday, September 12th. 8PM-12:00AM. Counter Point at the Crossroads. We are having our 3rd Annual Homecoming Party and this year you will want to be a Super Hero! Sept. 12th, 8pm to Midnight at Counter Point, 19th & Wyandotte. Food, refreshments, dance contest and best costume prize. You will want to find your best Super Hero costume or make up a new Super Hero! Save the date - more details to come! All proceeds go to support Operation Breakthrough, the largest single-site early education child care and social services facility in the state of Missouri serving over 400 children daily from the urban core. Tickets available via showclix.com For more info visit: [https://www.facebook.com/events/737345896393551/](https://www.facebook.com/events/737345896393551/)

**Plaza 10k:** Sunday, September 13th. The fifth annual Plaza 10k is Kansas City's signature 10k event and the largest 10k in Kansas and Missouri with 5,000 runners. The Plaza 10k also offers a 2 Mile Fun Run/Walk and a Kids Fun Run (ages 1-8). The flat and fast course runs along the banks of Brush Creek and goes through the heart of the Country Club Plaza! Running in the Plaza 10k is a great opportunity to enjoy a unique race in the heart of Kansas City, while transforming the lives of the children and families served by KidsTLC. The Plaza 10k gladly donates a portion of every race entry to support KidsTLC’s innovative and successful psychiatric treatment, homeless outreach, outpatient behavioral health, autism, and wellness programs. To learn more about KidsTLC, please visit, [KidsTLC.org](http://www.kidstlc.org), or find them on social media today! For more info visit: [http://www.kidstlc.org/plaza10k](http://www.kidstlc.org/plaza10k)

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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**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, September 8th, 2015 (TONIGHT!) 5:30PM, Humanities Conference Room on the 4th floor of the SOM
If you are interested in being in on a discussion to start up a Campus Recovery Community for UMKC students in recovery from alcohol and/or drug addiction or dependence, and are seeking like-minded others who are living a sober lifestyle . . .

Organizational Meeting
Thursday, September 10th
4:00-5:00pm
Meet at the MindBody Connection
112 Atterbury Student Success Center
Please RSVP to voigtcatlind@umkc.edu
Pizza provided

If not able to attend, but are interested and would like to know more, please contact Dale Voigt-Catlin at 816-235-5352 or voigtcatlind@umkc.edu

No One Does It Alone

SCHOLARSHIPS

This article is a good reminder of how important it is to stay on top of paying back your loans. The key thing to remember is that there are so many protections put into place that if you aren’t able to make full payments and you are communicating with your lender, you should NEVER be in this place.

### 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](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

**Concussion Awareness Scholarship**

**Amount:** $1,000

**Eligibility:** ANY graduate or undergraduate student (future or current) <u>that has been accepted or attends</u> a community college, technical/trade college, or university may apply.

**Application:** [http://www.thepassrusher.com/concussionawareness.html](http://www.thepassrusher.com/concussionawareness.html)

Contact Robin Hill at hillrob@umkc.edu with questions.

### Scholarship

**Society of 1924 Medical School Scholarship – Southern Medical Association Alliance**

**Eligibility:** 5th year student who exhibits both academic and leadership qualities.

**Amount:** $2,000

**Deadline:** September 15th

**Application:** [http://smaalliance.org/scholarship](http://smaalliance.org/scholarship)

Please see or email Robin Hill if you have questions. hillrob@umkc.edu

### Scholarship

**National Hispanic Health Professional Student Scholarship Program**

**Eligibility:** Hispanic students or students with a passion for working with the Hispanic community

**Amount:** $2,000 - $5,000 (17 students will be awarded)

**Deadline:** September 18th

**Application:** [http://nhmafoundation.org/index.php/scholarship-program](http://nhmafoundation.org/index.php/scholarship-program)

Please see or email Robin Hill if you have questions. hillrob@umkc.edu
Are you a student, or do you know a student, who is interested in learning the value and application of research in the study and practice of medicine? The goal of the Sarah Morrison Student Research Award is to help UMKC School of Medicine students by providing funds to support the expenses of such research. **Students must submit an application packet to UMKC SOM Research Administration by October 1, 2015.**

The application packet should include:

- Application Form
- Reference Form from at least 3 UMKC SOM faculty including the student’s research mentor.
- Project protocol
  - Please contact Research & Statistical Consult Service (RSCS), at 816-235-6617 for consult prior to submitting your protocol.
- Proposed project budget - up to $1,500
  - If research costs will be incurred at Children’s Mercy Hospital (CMH), please contact CMH Research Administration at (816) 701-1345 to obtain accurate numbers for your budget.
A current transcript
  o Pathway transcripts accepted.
Resume/CV
For more information please visit the website: http://med.umkc.edu/ora/student_awards/

Medical students:
Please note some opportunities listed below for support from the AOA (alpha omega alpha) honor society. Our school has successfully competed for most of these in prior years:

*A recent graduate won the Carolyn Kuckein award for $5000 while he was a student.
*Another student won the national award (best in the nation) for the Pharos Poetry competition.
*We have for many years been helping some of the needy in our area with work initially driven by a grant from the medical student service leadership project. It's called Second Servings.

Please consider applying for these opportunities, and let me know how I might help you.
Thank you.

John Foxworth, PharmD
Professor of Medicine, Pharmacology, & Biomedical and Health Informatics
Asst. Dean, Faculty Development, School of Medicine
Associate Program Director & Director of Research, Internal Medicine Residency Program
Clinical Pharmacology Section,
Department of Medicine, Truman Medical Center-Hospital Hill
and University of Missouri-Kansas City School of Medicine
Red 4 unit Room M4-133
2411 Holmes St.
Kansas City, MO 64108-2792
voice: (816) 235 1925
e-mail: foxworthj@umkc.edu

CAROLYN L. KUCKEIN STUDENT RESEARCH FELLOWSHIPS
An opportunity for 1st -3rd year medical students to conduct independent research with a mentor. Award amount: $5k. One submission per chapter. Submit Dec. 31st to Councilor, Jan. 31st to National Office.
http://www.alphaomegaalpha.org/student_research.html

HELEN H. GLASER STUDENT ESSAY AWARDS
Encourage students to write scholarly essays and creative narratives relevant to medicine. Essays must be original, by a single author, and on a nontechnical medical subject. Scholarly essays given preference. Winning essays published with monetary prize. All students eligible. One submission per student. Submit online by January 31st.
http://www.alphaomegaalpha.org/student_essay.html

MEDICAL STUDENT SERVICE LEADERSHIP PROJECT AWARDS
Support leadership development for medical students by organizing a service project with structured leadership development. Three years of funding. Award amount: $9k. One submission per chapter. Submit Dec. 31st to Councilor, Jan. 31st to National Office.
http://www.alphaomegaalpha.org/student_service_leadership.html

PHAROS POETRY COMPETITION
Encourage students to write effective poetry. Submitted poetry must be an original, unpublished work by a single author, relating to medicine or health. Winning poems published with monetary prize. All medical students eligible. One submission per student. Submit online by November 30th.
http://www.alphaomegaalpha.org/poetry_competition.html
OPPORTUNITY TO RAISE FUNDS FOR YOUR STUDENT ORGANIZATION!

**WellnessLifestyle** is a mission-driven organization inspiring wellness as a way of life and empowering students to lead change on campus and in the community around health and wellness. Our vision is to make sure that all students have access to the education they need to develop healthy habits now for a lifetime of success. Here are a few ways to get involved!

**FUNDRAISING CAMPAIGNS**

UMKC clubs and organizations are invited to submit a wellness-themed t-shirt design, launch a campaign via our e-commerce platform, and raise funds for wellness-related activities on campus. You create the design and launch your campaign – we take care of everything else. Learn more here.

You can participate as a single club or organization and earn 10% on each purchase, or you can challenge a club or organization on your campus or at another campus and compete for additional funds. We enthusiastically accept submissions from any team, committee, or council working to promote health and wellness on campus, as long as the design inspires one or more of our core values:

- EMOTIONAL STRENGTH
- ENVIRONMENTAL SUSTAINABILITY
- DIVERISTY AND SOCIAL JUSTICE
- HEALTHY SOCIAL RELATIONSHIPS
- INTELLECTUAL CURIOSITY
- LEADERSHIP
- LEISURE AND RECREATION
- PHYSICAL HEALTH
- SPIRITUAL GROWTH
- WISE FINANCIAL DECISIONS

Here are a few ideas for how to participate in the fun!

- Plan a healthy competition between residence halls, Greek chapters or councils, intramural teams, or sport clubs!
- Challenge a similar organization at the University of Missouri-Kansas City, or challenge the same organization on another campus anywhere in the country – we’ll let them know!
- Have another idea? Contact us at love@wellnesslifestyle.com and let us know!

Funds raised by your team must be used for activities that promote wellness for your members and/or the campus community. Let’s show the world all you do to promote a healthy campus community!

**STUDENT DESIGNERS**

Are you an aspiring designer with a passion for health and wellness? We look for designs that align with one or more of our core values. Submit a wellness-themed design and launch a campaign to raise funds to support your academic expenses! Learn more here.

**PEER WELLNESS EDUCATORS**
Join our team of peer wellness educators! Our student leaders write content for our *Perspectives* blog and handle all photography, social media, and graphic design, and they complete projects that align with their individual academic and career goals. Learn more [here](#).

**QUESTIONS**

Questions? Write to us at love@wellnesslifestyle.com. We look forward to working with you and supporting your efforts!

**Sara Kathleen Henry, Ph.D.**  
Founder & CEO, WellnessLifestyle  
www.wellnesslifestyle.com

**JOIN OUR COMMUNITY** for wellness tips, bite-sized posts on wellness-related topics written by students, and news from WellnessLifestyle on opportunities to get involved!

Facebook | Twitter | Instagram | Pinterest | LinkedIn
SURGICAL SOCIETY WELCOMES DR. EARLY, CARDIOTHORACIC SURGEON

Come learn about cardiothoracic surgery and tips for success on how to become a CT surgeon!

TUESDAY
SEPT. 8
5-6P
RM. M4C05
Wellness Council

Wellness Council
UMKC School of Medicine

KNOW IN THE WELLNESS

Regular Monthly Meetings:
2nd Tuesday of the Month

Time:
5:30 p.m.

Location:
Medical Humanities Room
4th Floor SOM

Incentive:
FREE PIZZA!!!

Today's Topic:
Food Drive and How You Can Get Involved
Sports Medicine Interest Group (SMIG) First Meeting/Workshop!

Pre-Participation Physical Exam Workshop!

Come join us on Tuesday, September 8th from 6:00 to 7:00 pm in School of Medicine Theater C!

A middle/high school physical exam workshop will take place with Dr. Glover, a sports medicine doctor from Truman Medical Center-Lakewood.

Questions? Contact Krishna Kumar (kaky96@mail.umkc.edu), Deven Bhatia (dbwk2@mail.umkc.edu), or Thanuja Neerukonda (tnfh7@mail.umkc.edu)
Wellness Council

What "CAN" You Do For Your Unit?

UMKC School of Medicine

KNOW IN THE WELLNESS

NATIONAL DAY OF SERVICE

WINNING UNIT GETS FREE DONUTS AND COFFEE ON CLINIC DAY !!!

When: August 31st- September 11th
Where: Bins will be placed in each Unit
What: Donations of cans, dry foods (beans)
How: Winners Determined after Weigh-in on September 11th. National Day of Service
Contact: shahmohammadin@umkc.edu
Volunteer Opportunity for AMA Members!

We will host an obstacle course to encourage children to stay fit.

(Snacks & drinks will be provided by KC Fun and Fitness)

Join the Facebook event page to sign up!

For any questions, please visit our Facebook page or email
umkc.ama@groups.facebook.com
Anesthesiology Interest Group (AIG)

Anesthesiology Interest Group (AIG) Presents:
Residency, Interviewing, and the Match

What: Dr. Brandenburgh will be discussing the match process, including applying to programs and interviewing
When: Monday, September 14th at 6 PM
Where: Theater C, UMKC SoM 1

Emergency Medicine Interest Group Presents
Radiology in EM

With Speaker: Dr. Fried
September 17th at 17:30
Theater B
ROOS ON CALL

WADDELL AND REED MARATHON
AID STATION VOLUNTEERING

SAT OCT 17 • 10AM-2PM

SIGNUP INSTRUCTIONS:

facebook.com/umkcroc
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.