Getting to Know

Connie Beachler

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Title: Career Services Coordinator & Counselor
Birth date: August 17th

What did you last read? **Have Mother, Will Travel** – about a mother and daughter who transformed their relationship over the course of a five-month adventure through twelve countries.

If you could go on vacation anywhere, where would you go? *Back to Italy to explore all that I missed last year!*

Where did you grow up? I grew up in a suburb of Columbus, Ohio. My entire family still lives there.

If you could be any animal, what would you be and why? As a Leo (by virtue of my birthdate), I would be a lion because they are so beautiful, elegant, stealthy, and powerful.

When you were a kid, what did you want to be when you grew up? Either an astronaut or the right fielder for the Cincinnati Reds.
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_zWQ3WkvBgvQFpZK-ELaJyW8/edit

PRESS RELEASES

Events open to the public can be advertised via a press release coordinated by University Marketing and Communications. Students can call (816) 235-1594 to request a release. Press releases are generally sent six weeks before an event.

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

The spring Roo Fair for new MD, PA, and MSA students will be held on Monday, January 12th from 11:30am-1pm in the lobby. All SOM student organizations are invited to participate to promote their organizations to new students. To reserve a table, email Cary Chelladurai at chelladuraic@umkc.edu.
Retirement Reception

Retirement Reception in Honor of

Stephanie Singleton
37 Years of Service (1978-2015)

Friday, January 9, 2015
3:30-5 P.M.
Lobby Outside of Theater A

Hosted by UMKC School of Medicine; Student Affairs, 235-1920
RSVP IS NOT NECESSARY

UMKC School of Medicine

WELLNESS

Niloofer’s Weekly Wellness Tip

It’s all about which way you look.
**Things to Do in KC This Week**

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

**The Plains Indians Artists of Earth and Sky:** Through January 11th at the Nelson Atkins Museum of Art. This groundbreaking exhibition will unite the Plains Indian masterworks found in European and North American collections, from pre-contact to contemporary, ranging from a 2,000-year-old Human Effigy stone pipe to 18th-century painted robes to a 2011 beaded adaptation of designer shoes. The distinct Plains aesthetic—singular, ephemeral and materially rich—will be revealed through an array of forms and media: painting and drawing; sculptural works in stone, wood, antler and shell; porcupine quill and glass bead embroidery; feather work; painted robes depicting figures and geometric shapes; richly ornamented clothing; composite works; and ceremonial objects. For more info visit: https://www.visitkc.com/event-detail/plains-indians-artists-earth-and-sky?cid=19441

**Harry Potter Yule Ball:** Saturday, January 10th, 8PM-midnight. Plaza Library. The KC Keepers Chapter of the Harry Potter Alliance and Plaza Branch Teen Services Cordially Invite You to the Yule Ball, a Harry Potter themed Holiday Party! There will be games, dancing, snacks, live music, and lots of Hogwarts Holiday Cheer. Proceeds from a silent auction of wizarding-world goodies will go to benefit reStart. **Requested dress code is either semi-formal or ugly holiday sweater.** Please visit http://www.kclibrary.org/event/yule-ball for more info.

**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 11th is called “Basics of Nonstick Cooking”. Cooking with nonstick pots and pans is a wonderful way to keep the amount of fat you use to a minimum. This class will cover all the basics. You’ll learn about the benefits of our new Williams-Sonoma Professional Nonstick Cookware, the best ways to use it and some healthful recipes to enjoy. For more info visit: http://www.williams-sonoma.com/pages/store-events/store-events/technique-classes.html

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, 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  
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
Diabetes and Obesity Research Opportunity

1st Year Med Student Conference

For registration forms:
http://goo.gl/forms/wTJMq1nP8J
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.
This site is aimed at providing resources for seniors over the age of 50. We will make suggestions to make the years ahead productive, healthy, enjoyable, memorable, and to cultivate a fun senior lifestyle. We hope the site becomes a resource for seniors. Information is necessary to plan a senior lifestyle which can be adjusted and modified to bring about the optimum life experience. As we enter our second fifty years, we need answers and opinions on a wide range of topics; from medical conditions to new surgical procedures, new prescription drugs to the latest advances in dentistry, the latest news on social security and Medicare.

We will strive to present experts that can make a difference in your life. The world changes rapidly and the over 50 population must stay ready to maintain and attain the healthy and vibrant senior lifestyle wished for. Rely on us to give you Suggestions to make the Best Choices in everyday life, to make the time ahead the BEST YEARS.

Medical student submission opportunities may encompass subjects that enhance the goals of “ALIFEAhead.” Topics to be stressed during the first year of submissions include: enhancing safety, understanding healthy nutrition and exercise, and methods to enhance a healthy lifestyle. Topical medical news articles are always encouraged.

Submissions will be peer reviewed with quick turnaround time to publication on the web. Submission idea should be submitted prior to full article. You can submit to Larry Dall (dall@umkc.edu) and further instructions will be sent.

STUDENT PUBLICATIONS TO PRESENT:
1. VITAMIN B12—SAHAR SAFAVI
2. WHAT I NEED TO KNOW ABOUT COLONOSCOPIES—HIMA AL TURI
3. ADVANCE DIRECTIVES—EVAN MARTIN
4. THE SORE SHOULDER—ZUBAIR CHAUDRY
5. RED FLAGS FOR BACK PAIN—MEGAN LITZAU
6. VITAMIN D: REALITIES AND MYTHS—ASKA AFZAL
7. RECOGNIZING EARLY SIGNS OF ALZHEIMER’S IN YOUR LOVED ONES—HIMA VEERAMACHANENN

Great opportunity to communicate your thoughts in written form for a growing web site.
Prepare For and Save These Dates

Contact: Please contact the Office of Research Administration with any questions at: SOMresearch@umkc.edu. We will update this Student Research Summit 2015 page as updates become available. The SOM poster template will be available soon at: www.med.umkc.edu/research/students.shtml.

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
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.