TO: Physicians, Fellows, Residents, and Medical Students  
    Joint Leadership Council  
    Nurses, Unit Clerks, and Lab Personnel

FROM: Mark T. Steele, M.D., Chief Medical Officer & Chief Operating Officer  
    Amy Peters, R.N., Chief Nursing Officer  
    Thomas Button, R.N., Corporate Infection Control Officer  
    Steve Williams, Sr. Director Corporate Support Services & Safety Compliance

RE: REMINDER Food and Drink in Clinical Areas and Visitor Elevators

We are periodically encountering healthcare personnel eating or drinking in patient care areas and on the Visitor Elevators. Our hospital's Bloodborne Pathogens Exposure Control Plan, based on OSHA (Occupational Safety and Health Administration) regulations, "prohibits eating, drinking, applying cosmetics or lip balm, and handling contact lenses in work areas where there is reasonable likelihood of occupational exposure" to potentially infectious or hazardous material. These work areas include patient rooms, hallways, supply and utility rooms and workstations in patient care areas (e.g. clinic check-in desk, unit clerk stations, etc.) because of potential exposure to blood, body fluids, or other potentially infectious materials (as defined by OSHA). The hospital can be assessed fines of up to $70,000 per day by OSHA for violations in this regard. As such, the consumption of all food and drinks will be limited to non-clinical areas such as conference rooms; employee, resident or staff lounges; physician or staff offices; other designated areas in clinical departments where exposures to blood, body fluids, or other potentially infectious material is not a risk, and dining facilities. All workforce members should also refrain from eating / drinking while in public common areas.

Adherence to these regulations is mandatory. Should you have any questions regarding these restrictions please contact your supervisor/coordinator.

When transporting food/drinks through common public areas items should be covered with an adequate fitting lid or plastic wrap. Out of respect for our patients and visitors, we would also ask that you not transport food in the Visitor Elevators, but rather utilize the Service Elevators or stairways. Thank you for your cooperation in this regard.

Jennifer Irvin  
Assistant to the Chief Medical Officer and  
    to the Medical Director's Associate Administrator  
Truman Medical Centers  
2301 Holmes  
Kansas City, MO 64108  
816/404-5300  
www.trumed.org
Mental Illness Awareness Week: October 4th – 10th 2015

From the NAMI website:

Each year millions of Americans face the reality of living with a mental health condition. During the first full week of October, NAMI and participants across the country are bringing awareness to mental illness. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger.

We believe that these issues are important to address year round, but highlighting these issues during Mental Illness Awareness Week provides a time for people to come together and display the passion and strength of those working to improve the lives of the tens of millions of Americans affected by mental illness.

If you or someone you know may need a mental health assessment, anonymous online tools are available. Learn more and help yourself or someone you care about.
- See more at: http://www.nami.org/miaw#sthash.ZKJmz9q8.dpuf

The UMKC Wellness Council would like to recognize Mental Illness Awareness Week, because stigma surrounding mental health issues is still such a struggle, especially for many of our medical students. As someone with access to the “behind the scenes”, I know that many students are struggling, but everyone thinks they’re alone...and everyone thinks they’re alone because most people are ashamed to talk about their problems and instead try to project “perfection” at all times. We need to find a way to #stopthestigma. This year’s theme for Mental Illness Awareness Week is #IAmStigmaFree. Please come visit our table in the lobby from noon to 1 to have your picture taken with a supportive message or sign and to learn more about the StigmaFree Campus Pledge.

And of course, if you need to talk to anyone about yourself or a friend, please please please don’t hesitate to send me an email at shahmohammadin@umkc.edu to set up a session.
~Niloofar ☺
# Things to do in KC This Week

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

**Urbana KC**: October 7th. 5PM-10PM. Urbana is a new downtown street scene happening each first Wednesday, all summer. We’ve reimagined 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 Power & Light District neighborhood. This month’s event is the final one for the year. [Visit UrbanaKC](https://www.facebook.com/UrbanaKC)

**Mix 93.3’s Boo Bash at the Midland featuring Tori Kelly**: October 8th. Tickets $22. For more info visit [Mix 93.3’s Boo Bash](https://www.visitkc.com/event-detail/mix-933s-boo-bash-starring-tori-kelly?cid=18622)

**Catfish and the Bottleman Free Concert**: Catfish and the Bottlemen joins us for a FREE concert at the Kansas City Live! Block in the Kansas City Power & Light District on Friday, October 9th as part of the Coors Light Friday Night Live! Concert Series. Featuring special guests Kodaline and Jamie N Commons. Show begins at 8pm and is open to the public. 21+ only. [Visit event](https://www.visitkc.com/event-detail/fnlkc-catfish-and-bottlemen?cid=18622)

For more events, visit Ink Magazine’s online, searchable calendar: [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, October 13th, 2015 at 5:30PM**

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## Pumpkin Carving Contest

**PUMPKIN CARVING CONTEST**

- **THURSDAY, OCTOBER 29th** -

**STUDENTS**
- Represent your Color Unit
- Staff will vote for the best pumpkin
- Prizes
  - 1st Place
  - 2nd Place
  - 3rd Place
- Register with Niloo Far by October 23rd
  - [shahmohammadin@umkc.edu](mailto:shahmohammadin@umkc.edu)

**STAFF**
- Represent your Office
- Students will vote for the best pumpkin
- Prizes
  - 1st Place – The coveted “Golden Stapler”
  - Register with Katie by October 23rd
    - [agnewk@umkc.edu](mailto:agnewk@umkc.edu)

**JUDGING: 9:30am**  
**WINNERS: 12:00pm**
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)
- Set 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, 60 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.

“Thanks for organizing the competition; it got me motivated to go running, bring friends along, and I think it even helped me academically.”

Joseph Bennett, Spring 2014 Winner (1,179,466 steps)

The Fitbit Checkout Program is Sponsored by the UMKC School of Medicine Wellness Program
MENTAL ILLNESS AWARENESS WEEK

Show your support by having your picture taken, and learn about the importance of mental health.

Where: School of Medicine Lobby

When: This Week 12–1 PM

#StopTheStigma
Financial Literacy Article of the Month

5 Easy Ways to Reduce Student Loan Costs

Want to avoid the average $28,400 in student loan debt? Try these strategies.

It could take five years of $500 monthly payments to pay off the average student loan, but there are ways to reduce what you owe and fork over much less.

By Odysseas Papadimitriou July 23, 2015 | 8:55 a.m. EDT + More

America's higher education system is currently embroiled in a period of extreme flux, with budgetary concerns and an online education revolution fueling widespread change and uncertainty throughout the country. Perhaps the biggest issue facing students, institutions and government officials alike is what to do about the overbearing debt emanating from student loans.

Total student debt now surpasses an astounding $1.2 trillion – roughly equal to the GDP of Mexico – and nearly 7 in 10 graduates from the class of 2013 left campus owing money. According to the Institute for College Access & Success, the average indebted graduate of a four-year college has a balance of $28,400, which would take nearly five years of $500 monthly payments to pay off in the absence of interest.

Given how economically debilitating it is to enter the "real world" drowning in the red, public opinion supports legislative action that would make college more affordable and ease the burden on those currently struggling to repay lenders. According to a Wall Street Journal and CNN poll, 82 percent of the 1,000 respondents nationwide were in favor of "providing access to lower-cost student loans and providing more time to those who are paying off their debt." The initiative was far more popular among respondents than fighting ISIS, reforming the tax code and limiting carbon emissions.

The 40 million Americans who currently have outstanding student loan debt are no doubt looking for more tangible, immediate support. With that in mind, here are a few tips that will help you reduce what you owe and save a bit of money along the way.

1. **Look Into bank discounts.** Wells Fargo and Discover – which collectively control more than $20 billion in private student loans – have begun giving borrowers a break in the form of reduced interest rates, extended repayment terms and, in certain circumstances, forgiven balances. Given how private student lenders have come under fire for oppressive, inflexible terms of late, the move is sure to generate a great deal of good will for the two financial institutions – perhaps prompting competitors to follow suit.

2. **Consider a career in public service.** Public service jobs aren't known for being financially rewarding, but if you didn't major in a field conducive to finding a job that allows for the quick
repayment of your student loans, committing yourself to the public good has the potential to benefit your bottom line.

Those who make 120 monthly student loan payments while employed by a federal, state or local organization or a tax-exempt nonprofit are eligible for the complete forgiveness of their remaining debt. The viability of this approach obviously depends on your vocational interests and just how much you'll owe after 10 years, but it's something worth considering if your balance will be significant.

3. **Get paid to move.** Just like local governments provide tax incentives to businesses that move to classified development zones, certain municipalities across the country are using financial perks to attract cash-strapped young people who are looking for a place to put down roots.

Kansas, for instance, has put $15,000 in student loan repayment assistance on the table for folks who move to specified Rural Opportunity Zones. Similarly, Niagara Falls, New York, is giving $7,000 to people who live in particular downtown areas.

4. **Transfer a balance to a credit card.** Most people aren't aware of this, but you can transfer most types of debt – including mortgages and student loans – to a credit card. This is a particularly attractive option if you have a relatively small balance remaining and have been able to make on-time payments up until this point, thereby accruing an excellent credit score.

You can get a credit card that offers 0 percent interest on transferred balances for 15 months and charges neither an annual fee nor a balance transfer fee. Using such a card with a credit card calculator to ensure you are debt-free by the time regular rates take effect has the potential to save you a significant amount of money in finance charges and help you get out of debt faster.

5. **Financial literacy must start early.** This isn't so much a tip for managing existing student loans, but rather a forward-looking statement about mitigating unsustainable debt in the future. Given how financially burdensome higher education has become and the perhaps decreased value of a college degree, financial instruction at young ages is more important than ever.

Young people must be given the tools needed to make important financial decisions before they are tasked with selecting a college, choosing a major and figuring out how to pay for it all. Making such decisions in the absence of complete information is a recipe for disaster, so incorporating financial literacy education into high school curricula, at the very least, is something schools should give major consideration to moving forward.

Ultimately, college campuses are supposed to be bastions of free speech and new ideas – not black holes of debt. If we want the American dream to continue to be alive and well in the years to come, taming our societal student debt problem is a must.

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**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.

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<tr>
<th>Scholarship</th>
<th>Concussion Awareness Scholarship</th>
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<tr>
<td><strong>Amount:</strong> $1,000</td>
<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>
</tr>
<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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<tr>
<td>Contact Robin Hill at <a href="mailto:hillrob@umkc.edu">hillrob@umkc.edu</a> with questions.</td>
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<tr>
<th>Scholarship</th>
<th>Cole County Medical Society Scholarship</th>
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<tr>
<td><strong>Amount:</strong> Up to $5,000</td>
<td><strong>Eligibility:</strong> Must be a 5th or 6th year student * Must have graduated from high school in either Cole, Moniteau or Osage county in Missouri</td>
</tr>
<tr>
<td><strong>Deadline:</strong> January 2, 2016</td>
<td><strong>Application:</strong> Contact Robin Hill</td>
</tr>
<tr>
<td>Contact Robin Hill with questions or for the (816)235-1807 or <a href="mailto:hillrob@umkc.edu">hillrob@umkc.edu</a></td>
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<tr>
<th>Scholarship</th>
<th>Buckfire &amp; Buckfire, P.C. 2016 Medical School Diversity Scholarship</th>
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<tr>
<td><strong>Amount:</strong> $2,000</td>
<td><strong>Eligibility:</strong> Year 3 – 6 students with at least a 3.0 GPA * Must be a member of an ethnic, racial or other minority OR demonstrate a defined commitment to issues of diversity within their community</td>
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<tr>
<td><strong>Deadline:</strong> April 1, 2016</td>
<td><strong>Application:</strong> <a href="http://www.buckfirelaw.com/library/medical-school-diversity-scholarship-2016.cfm">http://www.buckfirelaw.com/library/medical-school-diversity-scholarship-2016.cfm</a></td>
</tr>
<tr>
<td>Contact Robin Hill with questions (816)235-1807 or <a href="mailto:hillrob@umkc.edu">hillrob@umkc.edu</a></td>
<td></td>
</tr>
</tbody>
</table>
TO: M3s & M4s Interested in Family Medicine
FROM: Family Medicine Residency – Iowa Lutheran Hospital
       Internal Medicine Residency – Iowa Methodist Medical Center
       Pediatrics Residency - Blank Children’s Hospital
       Transitional Year Residency – Iowa Methodist Medical Center
DATE: October 20, 2015
RE: Informational Dinner Meeting

Please join faculty, residents and other program representatives for dinner and an opportunity to discuss family medicine, internal medicine, pediatrics or transitional year in Des Moines.

Date: Tuesday, October 20, 2015
Time: 6:00 p.m. – Social
       6:30 p.m. – Dinner
Place: Brio Tuscan Grille
       (On the Plaza)
       502 Nichols Drive
       Kansas City, Missouri
RSVP: Contact Jeri Paca Coordinator
       Email: jieri.paca@unitypoint.org or call toll-free 1-888-877-9186
AMERICAN PHYSICIAN SCIENTISTS ASSOCIATION

Proudly Presents the 2015

MIDWEST REGIONAL MEETING

Hosted by

SAINT LOUIS UNIVERSITY

Saturday, October 24, 2015 | Saint Louis, MO | 8:30 AM - 5:30 PM

Daniela Salvemini, Ph.D.  Graham Colditz, MD, DrPH  Daniel Hoof, MD, Ph.D.
Professor  Chief, Deputy Director  Director
Pharmacology  Epidemiology  Infectious Diseases
Saint Louis University  Washington University  Saint Louis University

Ed Weisbart, MD
Chair
Physicians for a National Health Program

Topics Include
Vaccine Trial and Evaluation
Future Careers in Medical Research
Women in Healthcare
Medicine and Government
and many more!

Poster Deadline: September 28. Cash prizes for top posters in each category.

- Registration is FREE for all attendees
- Subsidized housing from Drury Inn, free shuttle service to and from the University.
- Friday night social from 7-11PM on October 23 at Crave Coffee House.

Register online at physicianscientists.org

For more information:
apsa@slu.edu
2016 Graduate Assistance Fund

Financial Assistance for Female Graduate and First Professional Students

General information
The UMKC Women's Council established the Graduate Assistance Fund (GAF) fellowships in 1971 to assist UMKC women students in post-baccalaureate approved programs. The funds are designed to assist with the completion of requirements for graduate and first professional degrees, to help facilitate studies beyond the classroom along with enriching and encouraging educational experiences. A maximum of $2,000 may be requested. Please keep in mind, the average GAF award is closer to $1,000.

Eligible applicants
UMKC women graduate students in a post-baccalaureate approved program of study in A&S, SBS, BSOM, Conservatory, SOE, SCE, Graduate Studies, Nursing and first professional women students in Dentistry, Law, Medicine and Pharmacy. A student may only submit one application to the Women’s Council per year. Students funded in previous years may reapply as long as a final report is on file in the Women's Council office. Past recipients may call to confirm reports on file.

Eligible funding requests
Support for research activities, scholarly activities or projects, community service or presentations, workshops, research or master classes related to applicant’s discipline or special needs requests.

Ineligible funding requests
Standard textbooks, university tuition, equipment, computer software or hardware and supplies routinely provided by your department or school.

Applying for GAF Funding
All applications must be completed and submitted electronically through the website, www.umkcwc.org. Typed or handwritten applications will not be considered.

APPLICATION DEADLINE is November 2, 2015

www.umkcwc.org  816.235.2452  wcouncil@umkc.edu

STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS
Common Sports Injuries: Lower Extremity

Dr. Kevin Witte, DO
Specialist in Sports Medicine and Total Joint Replacement Orthopedic Surgeons, Inc.
Assistant Professor of Surgery, KCUMB

Tuesday, October 6th | 7pm | Theater C | Food Provided!
Sports Medicine Interest Group // Roos On Call
kaky96@mail.umkc.edu – UMKCmedicaloutreach@umkc.edu

Signed up with ROC to volunteer at Waddell and Reed?

Come to this meeting for Raffle Opportunities to join the medical aid tent
WHAT IS PIH?

Partners In Health (PIH) is a global health organization relentlessly committed to improving the health of poor & marginalized people by building health care delivery systems.

WHAT IS PIH ENGAGE?

PIH Engage aims to build the right to health movement by growing and amplifying PIH’s work to advance the right to health globally.

WHY GET INVOLVED?

We aim to build power behind the right to health movement by organizing into teams that work to advocate for policies that allow for quality health care delivery for those living in poverty, while educating ourselves about issues that surround health care, and generating funds to provide healthcare for those in need.

FIRST MEETING OF THE YEAR WILL BE ON:
THURSDAY, 8 OCTOBER 2015
6:00PM
Medical Humanities Conference Room (SOM-4th floor)

HOPE TO SEE YOU THERE!

FOR QUESTIONS / MORE INFO, CONTACT US AT:
pihengagekc@gmail.com or visit our page
www.facebook.com/groups/639845192742356/
American Medical Association (AMA)

UMKC School of Medicine

AMERICAN MEDICAL ASSOCIATION

Join AMA to discuss...

"Why are our patients fat, and what we can do about it"—examining the evidence for a healthy diet

Presented by:
Dr. Blair Thedinger

For any questions, please visit our Facebook page or email:
umkc.ama@groups.facebook.com

Wednesday, October 14th
5:30 PM
SOM Theater B
EMERGENCY MEDICINE INTEREST GROUP PRESENTS

INTERVIEWING TIPS

With Residency Program Director: Dr. Stubbs
October 15th at 17:30
Theater B

ROOS ON CALL

WADDELL AND REED MARATHON
AID STATION VOLUNTEERING
SAT OCT 17 • 10AM-2PM
SIGNUP INSTRUCTIONS:

UMKCROC
COME CELEBRATE WITH US

ADA at 25

Americans with Disabilities Act

1990-2015

Tuesday, October 20
6:30 p.m.
Pierson Auditorium
Atterbury Student Success Center

featuring:
RJ Mitte from AMC’s Breaking Bad

ALSO ATTEND:
- Wheelchair Basketball Shootout
- Faculty Training on Accessible Course Content
- How to be an Ally
- Experience a Learning Disability
- Other Informational and Fun Events

To learn more or request accommodations for these events, check out:
facebook.com/UMKCADA25
Let's Talk About...
Sexuality & Disability

UMKC Celebrates 25 years of the American's with Disabilities Act. Join us for a conversation and panel presentation facilitated by Dr. Lisa Meyers, focusing on the complexities of sexuality and disability, debunking myths and stereotypes.

Thurs, October 22nd
UMKC Student Union
Room 301
6:00pm

lgbtqia@umkc.edu
facebook.com/UMKCADA25
KCDM
SATURDAY, OCTOBER 24th, 6-12am
PIERSON AUDITORIUM
HOSTED BY THE MEDICAL HUMANITIES INTEREST GROUP
BENEFITTING CHILDREN’S MIRACLE NETWORK
RAP PERFORMANCES BY:
KIDSWAGGA, MANSA AEE, AXEL, & JET VAMP
BREAK DANCE BATTLE FEATURING:
HENNESSY & MELLY MELL VS. ALTON & MAURICE

$25 DONATION TO KANSAS CITY DANCE MARATHON INCLUDES:
ADMISSION TO THE DANCE MARATHON EVENT AND DINNER
CONTEST ENTRIES AND DOOR PRIZES
TO DONATE, VISIT:
HTTP://EVENTS.DANCEMARATHON.COM/EVENT/UMKC

FOR MORE INFORMATION:
EMAIL KCDANCEMARATHON@GMAIL.COM
VISIT KCDANCEMARATHON.COM
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.