



June 4th, 2018



## GENERAL ANNOUNCEMENTS

### Wellness Wing

### New SOM Wellness Wing – NOW OPEN!

Hello Students! The new Wellness Wing on the 5<sup>th</sup> floor of the School of Medicine is NOW OPEN! We had an AMAZING Grand Opening Celebration on Wednesday, May 9<sup>th</sup> with music, food, giveaways, and Eat Fit Go was there handing out samples and coupons, as well!

The new wing is open Monday through Friday 11AM-3PM and 5PM-8PM (for now – as we gather more data about the times it is most used, etc.) and I highly encourage you to make it your new hangout! Go in there and sit on the (RIDICULOUSLY COMFORTABLE!) “Fatboy” bean bag chairs, pour yourself some tea, use the massage chair, work on the puzzle, color the coloring books, draw on the marker boards, or just take a book in there and read or bring your lunch in and chat with friends. The space is intentionally designed to feel like no other room in the building – so go hang out in there and then step out feeling rejuvenated ☺

We also are always in need of volunteers to help out with sitting at the front desk to help check out sports equipment or books to students, etc. It's a SUPER easy job and you are welcome to bring your laptop or book and do your own thing. Sign up here: [https://docs.google.com/spreadsheets/d/1mOd9hGS5Qmn9uh\\_GTGzozj32Q82tY-rZEfulQHJkV6Q/edit#gid=0](https://docs.google.com/spreadsheets/d/1mOd9hGS5Qmn9uh_GTGzozj32Q82tY-rZEfulQHJkV6Q/edit#gid=0)

Also you can read this article about our Grand Opening Celebration at the link below: <http://med.umkc.edu/school-of-medicine-unveils-new-student-wellness-wing/>



## In the Know Submissions – Policy Update

In order to remain ADA compliant, it is imperative that all flyers/images with information on them also include that same information as text-only above or below the image. Please make sure to send text summaries with all image submissions beginning this week, 6/4/2018. See the full submission policy below. Thank you!

### Policy for In the Know Announcement Submissions

- 1) All flyer/image 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](mailto:shahmohammadin@umkc.edu). **A TEXT summary of the information in the flyer must also be included along with the flyer. This is to ensure that our In the Know emails are ADA compliant and readable by the visually impaired.**
- 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”. Make sure to include a contact person and email.
- 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 requirements **will be returned to sender** requesting the appropriate edits. The announcement may then be resubmitted to [shahmohammadin@umkc.edu](mailto: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](mailto:shahmohammadin@umkc.edu).*



WELLNESS

## Niloofar's Wellness Tip

5

## EMPATHY

When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce. Yet, if we have problems with our friends or family, we blame the other person. But if we know how to take care of them, they will grow well, like the lettuce. Blaming has no positive effect at all, nor does trying to persuade using reason and argument. That is my experience. No blame, no reasoning, no argument, just understanding. If you understand, and you show that you understand, you can love, and the situation will change.

THICH NHAT HANH

## Things to do in KC This Week

### Things to Do in KC This Week

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

**Cold War Kids at the KC Live Block:** Friday, June 8<sup>th</sup>. 8PM-11PM. For tickets and info visit:

[https://www.ticketfly.com/purchase/event/1657452?utm\\_medium=ampOfficialEvent&utm\\_source=fbTfly](https://www.ticketfly.com/purchase/event/1657452?utm_medium=ampOfficialEvent&utm_source=fbTfly)

**West 18<sup>th</sup> Street Fashion Show:** West 18<sup>th</sup> Street in the Crossroads Art District. This year's theme, Summer Migration, debuts the eighteenth year of the West 18th Street Fashion Show and its "golden birthday" on June 9, 2018.

Desire is the energy of evolution. We fly across borders to fall in love, embolden our species, refine and complicate the rituals that protect us from the elements. There is a reason it is called Wanderlust. Travel and introspection breed compassion and a bolder understanding of the human experience. This year we ask designers to present us with their heritage, their history, and to re-contextualize the garments of their ancestors. We ask them to please open their door, set an extra plate at the table, present us with the intimate stories of their culture.

"We may have all come on different ships, but we're in the same boat now." -Dr. Martin Luther King, Jr.

A season inspired by memory, movement, resilience, and transcendence, Summer

Migration aims to create an experience where narrative and fashion converge to elevate our dreams, our voices, and our humanity.

For more information on the designers, special guests, fashion show team, and sponsors, please visit <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](http://www.kansascityonthecheap.com) (which also has great deals and coupons!)

## Spring 2018 Wellness Office Events Calendar


WELLNESS OFFICE
SPRING 2018

# Events Calendar

JANUARY	FEBRUARY	MARCH	APRIL	JUNE
<p><b>Tuesday, January 9</b> Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p><b>Wednesday, January 17</b> Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p><b>Wednesday, January 24</b> Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p><b>Tuesday, January 30</b> National Puzzle Day Time: All Day Location: SOM Lobby</p>	<p><b>Thursday, February 1</b> School/Life Balance Panel for Allied Health Students Time: 6-7 p.m. Location: Theater 8</p> <p style="background-color: #0070c0; color: white; padding: 2px;"><b>Monday, February 12-Friday, February 16</b> Celebration of Love Week</p> <p style="background-color: #0070c0; color: white; padding: 2px;"><b>Monday, February 12</b> Free Hugs Time: Noon-1 p.m. Location: SOM Lobby</p> <p><b>Tuesday, February 13</b> Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p><b>Wednesday, February 14</b> Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p><b>Thursday, February 15</b> Donations to Ross Brooks Time: All Day Location: SOM Lobby</p> <p><b>Friday, February 16</b> Random Acts of Kindness Day Time: 11 a.m.-1 p.m. Location: SOM Lobby</p> <p><b>Wednesday, February 21</b> Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p><b>Thursday, February 22</b> Lunch and Learn: How to Manage Anxiety Time: Noon-1 p.m. Location: Gold 4 Conference Room</p>	<p><b>Tuesday, March 6</b> National Green Cookie Day Time: Noon-1 p.m. Location: SOM Lobby</p> <p><b>Tuesday, March 13</b> Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p><b>Wednesday, March 14</b> Pi Day Time: Noon-1 p.m. Location: SOM Lobby</p> <p><b>Wednesday, March 14</b> Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p><b>Wednesday, March 14</b> Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p><b>Friday, March 16</b> St. Patrick's Day Green Smoothies Time: Noon-1 p.m. Location: SOM Lobby</p> <p><b>Thursday, March 22</b> Lunch and Learn: Clean Eating Time: Noon-1 p.m. Location: Gold 4 Conference Room</p>	<p><b>Tuesday, April 10</b> Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p><b>Wednesday, April 18</b> Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p><b>Wednesday, April 18</b> Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p><b>Thursday, April 26</b> Lunch and Learn: Self-Care Through Healing Arts Workshop Time: Noon-1 p.m. Location: Gold 4 Conference Room</p> <div style="background-color: #ffff00; text-align: center; padding: 5px; font-weight: bold;">MAY</div> <p><b>Tuesday, May 8</b> Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p>	<p><b>Tuesday, June 12</b> Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p><b>Wednesday, June 20</b> Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p><b>Wednesday, June 20</b> Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p><b>Thursday, June 28</b> Lunch and Learn: The Work - 4 Questions to Transform Your Life Time: Noon-1 p.m. Location: Gold 4 Conference Room</p>



**Nicozar Shahmohammadi, MA**  
Wellness Program Coordinator  
UMKC School of Medicine  
2411 Holmes Street  
Kansas City, MO 64108  
816-235-1862  
shahmohammadi@umkc.edu

<http://facebook.com/somwellness>



## SCHOLARSHIPS

**Financial Literacy Article**

**These towns will help pay off your student loan debt if you move there**





Fotosearch | Getty Images

<https://www.cnbc.com/2018/01/03/us-towns-that-offer-financial-incentives-to-live-there.html>

List of Rural Opportunity Zones <https://kansascommerce.gov/320/Rural-Opportunity-Zones>

## Scholarship

### OppU Achievers Scholarship

To apply for the OppU Achievers Scholarship, submit a short essay responding to the prompted question. Scholarship decisions are based solely on an applicant's essay response.

Winners for the OppU Achievers Scholarship are selected four times a year, with submission deadlines on September 30, December 31, March 31, and June 30.

To be eligible for the OppU Achievers Scholarship, a student must:

- Be enrolled full time in high school or at least part time in college, graduate, professional, or trade school.
- Possess a cumulative GPA of at least 3.0/4.0.
- Be a U.S. citizen.

For application and more information go to <https://www.opploans.com/scholarship/>

## Scholarship

### PA Scholarship/Tuition Assistance Opportunities

**Organization:** VA

**Amount:** They offer scholarships and full tuition assistance

**Information:** Please go to <https://www.vacareers.va.gov/why-choose-va/education-support.asp> for more information

## Scholarship

### National Medical Fellowships

**Amount:** Not to exceed \$5,000

**Deadline:** NA

**Eligibility:** 5<sup>th</sup> or 6<sup>th</sup> year underrepresented minority students who need financial assistance and have exhausted all other options.

**Application:** Send a short paragraph to [scholarships@nmfonline.org](mailto:scholarships@nmfonline.org) that describes your immediate, extreme financial need, and your reason for application to the NMF Emergency Scholarship Fund.

<b>Scholarship</b>	<h3>Boone County Medical Society Scholarship</h3> <p><b>Eligibility:</b> Students who have graduated from a high school in Boone, Howard, or Cooper Counties and have finished first semester of clerkship year. Students need to have demonstrated exceptional intellectual and humanistic qualities in interactions with patients, peers, and teachers.</p> <p><b>Amount:</b> \$2,000</p> <p><b>Deadline:</b> September 1, 2018</p> <p><b>Application:</b> Please contact Robin Patterson at <a href="mailto:pattersonrd@umkc.edu">pattersonrd@umkc.edu</a> for application materials if you feel you qualify for this scholarship</p>
--------------------	--

<b>Scholarship</b>	<h3>Roland P. Ladenson Scholarship Fund</h3> <p><b>Eligibility:</b> Students who are pursuing primary care and have finished first semester of clerkship year. Students need to have demonstrated exceptional intellectual and humanistic qualities in interactions with patients, peers, and teachers. Although financial need will be considered, it is not the determining factor.</p> <p><b>Amount:</b> \$2,000</p> <p><b>Deadline:</b> September 1, 2018</p> <p><b>Application:</b> Please contact Robin Patterson at <a href="mailto:pattersonrd@umkc.edu">pattersonrd@umkc.edu</a> for application materials if you feel you qualify for this scholarship</p>
--------------------	--



**OPPORTUNITIES**

**Student Research Inquiry – Correct Form Link**

**Student Research Inquiry**

Students who are interested in research are encouraged to submit a student inquiry form to the Office of Research.

The Office of Research website, [http://med.umkc.edu/ora/student\\_overview](http://med.umkc.edu/ora/student_overview), has a lot of information about student endeavors and opportunities.

Students who wish to inquire about becoming involved in a project can access the Student Research Information Form at [http://med.umkc.edu/docs/research/Student\\_Research\\_Information\\_Form.pdf](http://med.umkc.edu/docs/research/Student_Research_Information_Form.pdf).

**Student Research Opportunities**

**Student Research Opportunities and Fellowships**

**Opportunities are posted on the Student Research Webpage**

[http://med.umkc.edu/ora/external\\_opportunities/](http://med.umkc.edu/ora/external_opportunities/)

**Please contact Drs. Wacker, Dall, or Molteni or send an email to UMKC SOM Research ([somresearch@umkc.edu](mailto:somresearch@umkc.edu)) with additional questions.**



**STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS**

## Announcements Format

### Policy for In the Know Announcement Submissions

- 1) All flyer/image 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](mailto:shahmohammadin@umkc.edu). **A TEXT summary of the information in the flyer must also be included along with the flyer. This is to ensure that our In the Know emails are ADA compliant and readable by the visually impaired.**
- 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". Make sure to include a contact person and email.
- 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 requirements **will be returned to sender** requesting the appropriate edits. The announcement may then be resubmitted to [shahmohammadin@umkc.edu](mailto: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](mailto:shahmohammadin@umkc.edu).***