

June 18th, 2018



GENERAL ANNOUNCEMENTS

Thank You!

Thank You to the Class of 2020!

On behalf of the SOM Wellness Council I'd like to thank the Class of 2020 for using a portion of their seeds funds to purchase several board games for the new Wellness Wing. The board games arrived last Monday and are now available for use during Wellness Wing hours. Head on up there and play a friendly game of Connect 4, Jenga, Guess Who and more during your break between or after classes. ☺

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. **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 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.

Tutoring Fall 2018

Tutoring for the School of Medicine - Fall 2018

Looking for a way to make a little money while helping your fellow students? If so, consider becoming a School of Medicine tutor for Fall 2018 Anatomy and Pathology 1 courses. Please see below for more information.

Tutoring for the School of Medicine - Fall 2018, *Anatomy, Pathology 1*

Benefits of being a School of Medicine Tutor:

- Leadership role with fellow students
- Strengthen professional relationship with course professor(s)
- Review of content may be helpful with future Board exams
- Earn \$10/hour

Responsibilities of School of Medicine Tutors:

- A time commitment of approximately six hours/week. A typical week includes two one-hour tutoring sessions and an additional four hours of paid preparation time.
- Initiate and maintain open and frequent communication with the course professor(s) throughout the semester
- Complete all School of Medicine's Business Office and UMKC's Human Resources hiring paper work requirements in a timely manner prior to the start of the semester
- Log the time worked into the School of Medicine's Business Office website by biweekly deadline
- Maintain a sign-in sheet of student attendees, submit that sign-in sheet weekly
- Before tutoring begins, survey the class to select preferred dates/times for tutoring sessions
- Allow Academic Support team member to occasionally observe the tutoring sessions

Additional Notes about courses:

- Anatomy and Pathology each have two tutor positions
- Pathology tutors may be required to tutor additional review sessions
- Last year, 28 people applied for the two Anatomy positions

Requirements, Application Process and Timeline:

- Candidates must have earned an A grade in the course he/she wishes to tutor.
- Letters of Interest will be accepted Friday June 15 – Monday June 25, 2018 at 5:00 pm.
- Submit a letter of interest to moburgk@umkc.edu by deadline addressing the following:
 - o Why I wish to be a tutor for the School of Medicine
 - o Which teaching strategies would you implement in your lessons?

Offers to candidates will be made in early July 2017.

Questions? Email Kathleen Moburg at moburgk@umkc.edu

Immunizations

Immunization and Occupational Health Changes

For the 2018-19 academic year, there are changes to the immunization services and requirements for students. Occupational Health and Exposure information also has been updated. Full information can be accessed on the Student Affairs website (www.med.umkc.edu/students). A very brief summary of changes is this:

- Students who have a history of a positive TB skin test must provide proof of the positive test. Without medical documentation of the positive test, an annual skin test is recommended. If a student cannot provide medical documentation and prefers to have a blood test (T spot) instead of the skin test, he/she may do so at his/her own expense.
- Students who have had a positive TB skin test are required to have a two view chest x-ray upon matriculation as well as a repeat two view chest x-ray within six months of the student's first rotation at Children's Mercy Hospital and Clinics. The

cost of chest x/rays are not covered by the school; they are the responsibility of the student.

- Annual influenza vaccines and TB skin tests are provided by the school by using Concentra, the school's contracted service provider. Other services are the responsibility of the student and can be obtained at either the student's primary care provider's office or the UMKC Student Health Center.
- Documentation and results of any tests or immunizations obtained at a location other than Concentra must be provided to the student's ETC for tracking.
- Failure to maintain updated immunizations or complete mandatory annual requirements will result in the inability to participate in clinical endeavors and may therefore adversely affect a student's successful completion of requirements.

If you have any questions, please contact Dr. Rogers in the office of Student Affairs. She can be reached at rogersbr@umkc.edu or 235-1900.



WELLNESS

Niloofer's Wellness Tip

17 Steps For Recognizing and Responding To Warning Signs Of Suicide

The recent high profile deaths by suicide of Kate Spade and Anthony Bourdain have received massive media attention and have prompted increased discussion around suicide and mental health issues. This conversation is much-needed, as depression, anxiety, and suicidal thoughts are something that many average people are struggling with every single day – including people right here at the medical school.

I wanted to remind you all that here at UMKC there are resources available to you if you are struggling or if you're worried about a friend. The UMKC Counseling Center has walk-in crisis counseling every Monday through Friday from 10AM-2PM. Of course, you can always send me an email at shahmohammadin@umkc.edu, call me at 816-235-1862, or walk in to my office if you need to talk. Campus police are a phone call away at 816-235-1515 if you're worried about a friend or need someone to do a suicide check.

I also wanted to share this article about how to recognize and respond to warning signs of suicide because I think one thing that is so important to realize is that often the person who is struggling is in such a negative space that they aren't able to reach out for help. Maybe they don't have the motivation, maybe they don't feel worthy, maybe they're afraid. **So instead of placing the onus on the person who is in pain, we also need to be holding ourselves and each other accountable. Are we paying attention to those around us? Are we showing genuine caring? Are we listening?** This article will explain what to look for and what you can do:

https://www.buzzfeed.com/annaborges/heres-how-to-recognize-and-respond-to-warning-signs-of?utm_term=.wvjk7Wko#.qnYaG0a1

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)

International Yoga Day: Thursday, June 21st. Health Sciences District. To celebrate International Yoga Day, the UMKC Health Sciences District will be offering a free class from 6 to 7 p.m. Thursday, June 21. The class will be taught by a certified instructor and is open to all UMKC students, faculty and staff. Come enjoy a gentle but effective hour of exercise. The class will be at the northeast corner of Holmes and 25th, in the green space south of the nursing and pharmacy schools.

The district asks that you sign up [here](#) or email leslie.carto@tmcmcd.org. The first 25 yogis to sign up receive free yoga mats. You'll also be able to register to win an exciting gift basket.

Third Thursday at the Nelson: Nelson-Atkins Museum of Art. 6PM-9PM. Thursday, June 21st. We are outside for June's [#ThirdThursday](#) as we celebrate Summer Solstice, the longest day of the year. Join us on the north side of the museum (45th St., between Oak and Rockhill) for:

- * Local mashup party band [Lost Wax](#)
- * [Kansas City DJ Joe & DJ Ice Kole](#)
- * **FOOD TRUCKS ***
- [El Tenedor KC](#)
- [Wiener Wagon / Derr's Artisan Sausage](#)
- [Bop N' Bowl](#)
- [Pita for Good](#)
- [Seven Swans Crêperie](#)
- [Taste of Brazil Restaurant & Bar](#)
- [Cottontale KC](#)
- [Poppy's Ice Cream & Coffee House](#)
- * Summer Solstice poster giveaway from Charlotte Street Shirt Company (quantities limited)
- * [Quay Coffee](#) special menu for late night
- * [The Photo Bus](#) VW photo booth is back!
- * Chance to win [96.5 The Buzz](#) prize pack
- * Drop-in art activity: Floral crowns (quantities limited)
- * Lawn games
- * Small plates & full bar, 5-8:45 p.m.

Details here: <https://goo.gl/4YAuuD> | All adults are welcome. FREE event; food and beverages are available for purchase.

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!)

Spring 2018 Wellness Office Events Calendar

UMKC
School of Medicine
WELLNESS OFFICE

Events Calendar

SPRING
2018

JANUARY	FEBRUARY	MARCH	APRIL	JUNE
<p>Tuesday, January 9 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Wednesday, January 17 Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p>Wednesday, January 24 Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p>Tuesday, January 30 National Puzzle Day Time: All Day Location: SOM Lobby</p>	<p>Thursday, February 1 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;">Monday, February 12-Friday, February 16 Celebration of Love Week</p> <p>Monday, February 12 Free Hugs Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Tuesday, February 13 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Wednesday, February 14 Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p>Thursday, February 15 Donations to Ross Brooks Time: All Day Location: SOM Lobby</p> <p>Friday, February 16 Random Acts of Kindness Day Time: 11 a.m.-1 p.m. Location: SOM Lobby</p> <p>Wednesday, February 21 Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p>Thursday, February 22 Lunch and Learn: How to Manage Anxiety Time: Noon-1 p.m. Location: Gold 4 Conference Room</p>	<p>Tuesday, March 6 National Green Cookie Day Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Tuesday, March 13 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Wednesday, March 14 Pi Day Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Wednesday, March 14 Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p>Wednesday, March 14 Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p>Friday, March 16 St. Patrick's Day Green Smoothies Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Thursday, March 22 Lunch and Learn: Clean Eating Time: Noon-1 p.m. Location: Gold 4 Conference Room</p>	<p>Tuesday, April 10 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Wednesday, April 18 Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p>Wednesday, April 18 Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p>Thursday, April 26 Lunch and Learn: Self-Care Through Healing Arts Workshop Time: Noon-1 p.m. Location: Gold 4 Conference Room</p> <p style="background-color: #FFD700; text-align: center; padding: 2px;">MAY</p> <p>Tuesday, May 8 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p>	<p>Tuesday, June 12 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Wednesday, June 20 Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p>Wednesday, June 20 Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p>Thursday, June 28 Lunch and Learn: The Work - 4 Questions to Transform Your Life Time: Noon-1 p.m. Location: Gold 4 Conference Room</p>



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Wellness Council

Wellness Council – ELECTIONS this week – need FRESH FACES!

The Wellness Council was formed in 2014 with the mission of promoting self-care, decreasing stigma around mental health issues, advocating for policies that support mental health, and creating social and educational events to promote overall health and wellness.

When we first began, we collected a large list of wellness ideas from SOM students and in the last 4 years we've been able to turn many of those ideas into a reality.

One idea on the list was to bring a moon bounce to the front lawn to feel like a kid again. The Wellness Council took the idea to the Hospital Hill Student Leadership Committee and started holding an annual April carnival on the lawn.

Other students suggested snack days in the lobby, and as a result the Wellness Council has hosted Tea and Cookie Tuesdays on the second Tuesday of every month since January 2017.

Others asked for a dedicated wellness/relaxation space in the building, and just this past May we celebrated the grand opening of the new Wellness Wing on the 5th floor of the SOM.

Still others wanted to see changes in the absence policy for clerkships, after many months of discussions this was just recently changed to support student mental health and allow more time for students to practice self-care or attend therapy or health appointments.

We are working on a few other projects as well, including a FREE outside counseling service (in addition to the UMKC Counseling Center) that will make mental health appointments much easier to access and will allow you to see a provider near you no matter where you are in the country and at more accessible hours...more on that in a week or two. Stay tuned!

So we've done a lot...but we need some fresh faces and ideas!

If you are charged about wellness and want to be an advocate for your classmates, **please attend our next meeting on Wednesday, June 20th at 5:30PM in the Wellness Wing** at the SOM.

And please join our closed group on Facebook where you can post ideas or discuss any topics of concern at www.facebook.com/umkcsomwellnesscouncil

Thanks and hope to see you there!

Feel free to send ideas or thoughts to shahmohammadin@umkc.edu even if you can't make the meeting 😊



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: 5th or 6th year underrepresented minority students who need financial assistance and have exhausted all other options.

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

Scholarship	<h3>Boone County Medical Society Scholarship</h3> <p>Eligibility: 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>Amount: \$2,000</p> <p>Deadline: September 1, 2018</p> <p>Application: Please contact Robin Patterson at pattersonrd@umkc.edu for application materials if you feel you qualify for this scholarship</p>
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Scholarship	<h3>Roland P. Ladenson Scholarship Fund</h3> <p>Eligibility: 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>Amount: \$2,000</p> <p>Deadline: September 1, 2018</p> <p>Application: Please contact Robin Patterson at pattersonrd@umkc.edu for application materials if you feel you qualify for this scholarship</p>
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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, 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.

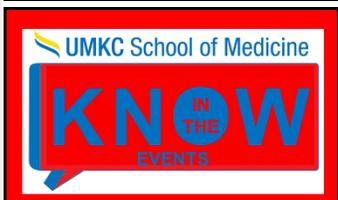
Student Research Opportunities

Student Research Opportunities and Fellowships

Opportunities are posted on the Student Research Webpage

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) with additional questions.



STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

Wellness Council

Wellness Council Monthly Meeting

Please join us in the Wellness Wing at 5:30PM on Wednesday, June 20th for our regular monthly Wellness Council Meeting.

We will be holding ELECTIONS for the new year and we'd love to get some fresh faces and fresh ideas in the group!

If you're interested in being a wellness ambassador and promoting a cultural shift toward better self-care, decreased stigma, and policy change then please join us! We need you! 😊

Email shahmohammadin@umkc.edu with any questions or suggestions and hope to see you there!

Wellness Council

STI Testing This Summer

Hello SOM Students,

Unfortunately, due to a decrease in funding, The Good Samaritan Project will NOT be able to provide free STI Testing at the School of Medicine during the summer months.

The Good Samaritan Project WILL return in September for free and confidential testing (HIV, Chlamydia, and Gonorrhea) on the third Wednesday of every month from 12PM-1:30PM in the Green 5 Conference Room.

Please let me know if you have any questions and please know that you can always access free testing services at the Good Samaritan Project's office location. More info below:

*Good Samaritan Project (GSP) offers **free** HIV and STI testing during walk-in testing hours, by appointment, and at outreach testing events. Our rapid HIV testing services allow you to receive your HIV test results during your visit with us. Chlamydia and gonorrhea testing require lab processing and results are generally available within two weeks.*

Walk-in testing hours are on Tuesdays and Thursdays from 3:00 to 7:30 p.m. GSP is located at 3030 Walnut, Kansas City, MO 64108.

For more information on testing or to schedule an appointment, please email tsvoboda@gsp-kc.org or call our testing line at 816-778-0772.

Thank you,
Niloofar

TedX UMKC

TEDxUMKC's 2018/19 Applications

Applications are now open for TEDxUMKC's 2018/19 organizing team! Apply now to be a part of UMKC's official TEDx event committee. Applications can be found here: https://docs.google.com/document/u/1/d/e/2PACX-1vRKbAmQZvqueHTUgAR2B7bsRNPMYLnzXhYICyPCXMHh68SqtATzkin2viR_MrCCu9koMLXYG487Tdf/pub

Please contact Rmaah Memon or Vishnu Harikumar with questions.

**FAN OF TED TALKS?
BECOME A MEMBER OF
THE TEDxUMKC TEAM!**

TED^xUMKC

x = independently
organized TED event



**APPLICATIONS DUE:
JULY 1st, 11:59 PM**

Announcements Format

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