

UMKC School of Medicine



April 29th, 2019



GENERAL ANNOUNCEMENTS

Hospital Hill Run

Hospital Hill Run Discount Code

Save 20 percent off any 2019 Hospital Hill Run single distance event: 5K, 10K or Half Marathon. Register with this discount code: UMKCDISC19
Register today at www.hospitalhillrun.com!



UMKC:

SAVE 20% off any 2019 Hospital Hill Run single distance event: 5k, 10k or Half Marathon when you register with discount code:

UMKCDISC19

**Register Today at:
www.hospitalhillrun.com**

Hospital Hill Run



VOLUNTEERS NEEDED!

Medical, PA, AA, Nursing, Pharmacy students and residents are needed to assist the Hospital Hill Run medical director and Sports Medicine fellows in the medical tent.



VOLUNTEERS ARE NEEDED:

Saturday, June 1
7am-noon

Please send an email to Sophie Seigfried if you are interested in volunteering at the finish line and in the medical tent. seigfrieds@umkc.edu

ALL VOLUNTEERS GET A FREE T-SHIRT!

Volunteers needed Saturday, June 1st, 7AM-noon for the Hospital Hill Run. Please send an email to Sophie Seigfried if you are interested in volunteering at the finish line and in the medical tent. seigfrieds@umkc.edu Free T-shirt for all volunteers!

AOA

Congratulations to the spring 2019 AOA inductees:

Junior AOA:

Karen Figenschau

Komal Kumar

Daniel O'Toole

Anthony Oyekan

Senior AOA:

Sarah Pourakbar

Vidhan Srivastava

Resident/fellows

Omar Abughanimeh, MD

Mohamed Omer, MD

Katelyn Smelser, MD

Alumna

Emily Volk, MD

Faculty

Julie Banderas, PharmD

Niloofar's
 Wellness Tip

31 Days of Productivity

31
DAYS OF
PRODUCTIVITY

1 Keep track of your activities and see how long each of them take	2 Write down your goals and priorities	3 Drink water as soon as you wake up	4 Identify your single most important task and do it
5 Organize your workspace	6 Set your morning alarm 15 minutes earlier	7 Identify your top five tasks last week that produced 80% of your results	8 Check your emails only two times today
9 Schedule a "no-distractions" rest period in the middle of the day	10 Make a productivity playlist	11 Talk to someone you look up to and ask them their #1 productivity tip	12 Get an accountability partner or join a support group
13 Meditate for 10 minutes	14 Think of a small win from last week and celebrate it	15 Make your bed in the morning	16 Browse the internet with only one tab (or phone app) open at once
17 Choose one task and automate it	18 Choose one task and delegate it	19 Choose one habit you'd like to develop and commit to doing it	20 Choose one habit you'd like to eliminate and commit to change it
21 Review the past week and cut down your biggest time-waster	22 Make a "stop doing" list	23 Eat the healthiest meal you've had in a week	24 Plan your day the night before
25 Walk or jog outside for 20 minutes	26 Make a "go over later" list	27 Sleep for eight hours tonight	28 Change your desktop or phone wallpaper to a motivational quote
29 Learn something new via books, podcasts, or TED Talks	30 Hug someone who supports you (could be your pet)	31 Reward yourself for your biggest accomplishment this month	

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)

First Fridays: Friday, May 3rd. On the First Friday of every month, thousands of residents and visitors fill the sidewalks of the Crossroads in Kansas City, enjoying what has become the city's liveliest and most popular event. Arts organizations, galleries, studios, and a wide variety of local businesses feature regional and national artists as well as live entertainment starting at 5 p.m. Best explored on foot, the First Friday tradition continues to grow with up to 10,000 attendees. Most make it an evening, with dinner and drinks from a colorful array of restaurants and entertainment venues. For more info visit: <http://kccrossroads.org/first-fridays/>

Free Art Event: Friday-Sunday, May 3-5. FREE Alice in Wonderland, Harry Potter, Marvel, Star Wars, Lord of the Rings, Game of Thrones & Anime Art Event featuring Disney International Licensed Artist [Christopher Clark Art](#) at [Harrah's North Kansas City Casino & Hotel](#): 1 Riverboat Dr, North Kansas City, MO 64116. FREE Admission & FREE Parking.

Attendees will receive a FREE 9" x 11" Alice in Wonderland print (Limit 1 per 2 attendees per household). Artist will sign & add paint highlights/embellishments to purchased artwork making each piece unique & one of a kind.

There will be a huge exhibit of Alice in Wonderland, Harry Potter, Star Wars, Marvel, DC Comics, Lord of the Rings & Game of Thrones & Anime artwork on display & available to purchase along with Show Specials. Original oil on canvas paintings will also be available for purchase.

Event is located indoors at the Reno/Vegas & Windsor Ballrooms inside Harrah's hotel completely separate from the Casino & is a non-smoking facility. Event is Kid Friendly & Stroller Friendly. Cosplayers are encouraged to attend.

Questions: message us or call 800-771-9501 or email info@IncredibleArtGallery.com

WanderFest: Sunday, May 5th. 12PM-10PM. Come explore Tower East District! Join us for a fun day of art, crafts, music, food & drinks!

Visitors will pick up a guide map, and as they explore each participating location, they'll collect stamps in their passport from each location. When finished, they can enter the raffle to win goodies from each participating organization.
<https://www.facebook.com/events/677044172729061/>

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!)

STI Testing Clinics

Below is information about the free STI clinics being hosted by the Good Samaritan Project and Student Health & Wellness. The first one will be held this coming Wednesday November 14. Please note the location of the testing has changed to be at Student Health and is no longer provided at the MindBody Connection as in past years.

FREE STI TESTING

Student Health & Wellness

CLINIC: FALL 2018 & SPRING 2019

Hosted by Student Health and Wellness &
Good Samaritan Project

Nov
14th

Question: Is this free?

Yes. Special thanks to Good Samaritan Project for offering this service at no cost!

Dec
12th

Question: What testing is offered?

Testing being offered includes:

- Rapid HIV
- Gonorrhea
- Chlamydia

Feb
13th

Question: What if I can't attend?

If you are unable to attend one of the clinics, you can contact Student Health and Wellness or Good Samaritan Project regarding testing services and appointments.

Mar
13th

General Info

Time: 11am—1pm

Location: UMKC Student Health & Wellness,
5110 Oak Street, Room 237

Contact Number: (816) 235-6133

Services offered: Free HIV, Gonorrhea and Chlamydia Testing

Apr
10th

May
8th



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

Howard G. Lapsley Memorial Scholarship

Eligibility: Year 3-6 students, awarded based on financial need and academic achievement who lived in or graduated high school in one of these New Jersey Counties (Union, Somerset, and Middlesex).

Deadline: May 1, 2019

Application: Application can be found at <https://jfkmc.org/jfk-foundation/scholarships> by clicking on the "Lapsley Scholarship" link.

Scholarship

Albertson & Davidson Scholarship

Eligibility: Open to all School of Medicine students. They are asking students to create an infographic addressing either the warning signs of Dementia or the warning signs of Nursing Home Abuse.

Amount: Varies

Deadline: May 1, 2019

Application: <https://www.aldavlaw.com/scholarship/>

Scholarship

Bag Mast Anesthesia Scholarship

Eligibility: MSAA students and BA/MD or MD students that have matched to Anesthesia

Amount: \$5,000

Deadline: July 1, 2019

Application: <https://www.bagmask.com/scholarship>

Scholarship



[LOAN REPAYMENT](#) | [SCHOLARSHIP STUDENTS TO SERVICE](#)



2019 NHSC Scholarship Program

Accepting applications through Thursday, May 16, 7:30 p.m. ET

[Apply Now](#)

Today, the National Health Service Corps (NHSC) released the 2019 Application and Program Guidance for the [NHSC Scholarship Program](#).

The NHSC Scholarship Program provides scholarships to health profession students pursuing careers as primary care providers in exchange for their commitment to serve in high-need, underserved communities. The scholarship includes tax-free payment of tuition, required fees, other reasonable educational costs, and a taxable monthly living stipend.

After completion of graduation/training, recipients fulfill their service commitment at one of more than 16,000 NHSC-approved sites throughout the nation and its territories. Each scholar serves for a minimum of two years and receives one year of financial support (up to four years) for each year of service at an NHSC-approved site found on the [Health Workforce Connector](#).

Eligibility

Eligibility includes:

1. U.S. Citizen (either U.S. born or naturalized) or U.S. National
2. Enrolled or accepted for enrollment as a full-time student
3. Attending or accepted to attend an accredited school
4. Located in a state, the District of Columbia, or a U.S. territory
5. Eligible for federal employment
6. Not have an existing service obligation
7. Submit a complete application

Application Help

Learn more about the National Health Service Corps Scholarship Program and application process.

- **NHSC Scholarship Application Webinar**
Thursday, April 18 from 1:00 – 2:00 PM ET
[Access Link](#)
Dial-in: 800-857-4256 Passcode: 9890584
- **NHSC Scholarship Application Q & A Session #1 (online & by phone)**
Thursday, May 2 from 2:00 – 3:00 PM ET
[Access Link](#)
Dial-in: 800-857-4256 Passcode: 9890584
- **NHSC Scholarship Application Q & A Session #2 (online only)**
Monday, May 13 from 9:00 AM – 5:00 PM ET
[Access Link](#)

HRSA
Health Resources & Services Administration



Have Questions?

Call 1-800-221-9393
(TTY: 1-877-897-9910)
Mon - Fri 8am - 8pm ET
(Except Federal Holidays)

[View Message in Browser](#) | [Manage Preferences](#) | [Unsubscribe](#) | [Health Workforce Connector](#)



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.

Travel Scholarship

If yo



One of our main goals at CureGear is to provide individuals with resources to promote science-based medicine and public health.

That's why we've created a travel scholarship! If you're passionate about science, healthcare, and/or public health, we want to provide you with the opportunity to connect with others and promote your work.

What is this?

A call for applications to receive a \$500 travel scholarship to a meeting/conference of your choice!

Wait, \$500? What's the catch?

THERE IS NO CATCH. We want to give individuals who are passionate about science-based research and public health the opportunity to share their research or work on health advocacy with others.

That's great, who's eligible?

Any individual involved in science and/or healthcare fields that will be attending a meeting/conference with the intention of promoting health advocacy. Priority will be given to undergraduate and graduate level students.

That's me, how do I apply?!

Fill out the application below

Award winners will be notified by June 5, 2019

[APPLY NOW](#)

Thanks for your purchases!



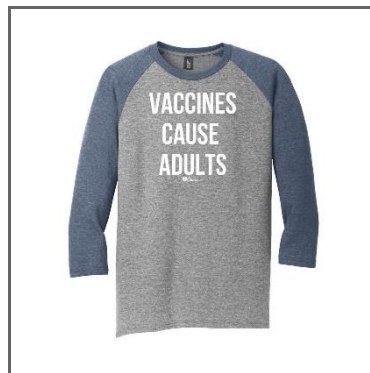
Vaccines Cause Adults Women's Fitted Baseball Tee

[SHOP NOW](#)

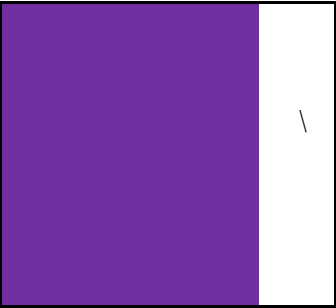


Vaccines Cause Adults Men's/ Unisex Tee

[SHOP NOW](#)



Vaccines Cause Adults Men's/ Unisex Baseball Tee



[SHOP NOW](#)



STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

Student Research Society

Applications for Student Research Society are due May 13th! Please apply for a great opportunity to promote research at UMKC School of Medicine, increasing mentors, and having more projects for all of our medical students.

Positions Available: President, Vice President, Secretary, Treasurer, Event Organizer, Liaison, and Year 1&2 Recruiter.

Email cj7t3@mail.umkc.edu [with subject line: SRS APPLICATION and Year] with these 3 questions

Why do you want to run for the position?

What contribution will you bring to SRS?

What makes you the best candidate for this position?

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. **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.