

July 15th, 2019



GENERAL ANNOUNCEMENTS

Mobile Market

HEALTHY HARVEST MOBILE MARKET in the UMKC Health Sciences District

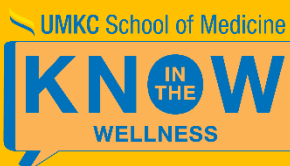
TMC's Healthy Harvest Mobile Market is TMC's front line approach in effort to combat chronic disease through nutrition education and advocacy. This "Classroom on Wheels" delivers fresh, affordable healthy foods throughout Kansas City, Missouri and Eastern Jackson County.

The Healthy Harvest Mobile Market bus is handicap- accessible and offers more resources for maintaining a healthy diet. Shop for fresh fruits and healthy foods on Fridays in the UMKC Health Sciences District this summer at these stops from June 21st-July 26th:

City of Kansas City Health
Department 9:00 – 9:45 AM
Truman Medical Centers/Charlotte Street 11 AM – 1:00 PM

All are welcome. The Healthy Harvest Mobile Market accepts cash, credit/debit cards and SNAP benefits.

*except July 5th



WELLNESS

Niloofar's Wellness Tip

The Engaged Feedback Checklist

By now most of you are probably familiar with the work of Brene Brown. Brown is an author and speaker with a background in social work and research. Her popular TED talks on vulnerability have garnered millions of views and she's been a frequent guest and

partner with Oprah. In this excerpt from her book "Dare to Lead", Brown offers some things to think about before providing feedback or addressing a conflict. We'll all heard of the term of "constructive criticism". How do you know when you're being constructive vs. being judgmental and how do you know when you're truly ready to talk in a way that's going to be productive and lead to healing and change? This list will help give you an idea. ~Nilooofar

DARING FEEDBACK

The Engaged Feedback Checklist

I know that I'm ready to give feedback when ...

- ___ I'm ready to sit next to you rather than across from you.
- ___ I'm willing to put the problem in front of us rather than between us (or sliding it toward you).
- ___ I'm ready to listen, ask questions, and accept that I may not fully understand the issue.
- ___ I'm ready to acknowledge what you do well instead of picking apart your mistakes.
- ___ I recognize your strengths and how you can use them to address your challenges.
- ___ I can hold you accountable without shaming or blaming.
- ___ I am open to owning my part.
- ___ I can genuinely thank someone for their efforts rather than criticize them for their failings.
- ___ I can talk about how resolving these challenges will lead to growth and opportunity.
- ___ I can model the vulnerability and openness that I expect to see from you.



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)

Third Thursday at the Nelson: Thursday, July 18th. 6PM-9PM. Let's hear it for the trailblazers and innovators! This month we celebrate being the first and believing you're the best. Join us in Bloch Lobby for:

- * Hannah Norris & The Band, class rock/folk/punk band from Lawrence
- * Kansas City DJ & DJ Ice Kole
- * MoonDrop Circus aerial acts, stilt walkers & more.
- * Popup Charlie Mylie sketches
- * Community spotlight: Kansas City, MO Parks and Recreation
- * Artist demonstration with Stephen Proski
- * Drop-in art activity: Coloring page by artist Stephen Proski
- * FREE exhibition: Under the Big Top
- * 90.9 The Bridge prize pack & swag table

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

A Murder is Announced: Come and see Niloofer perform in her first ever play!

An announcement in the local paper states the time and place when a murder is to occur in Miss Blacklock's Victorian house. The victim is not one of the house's several occupants, but an unexpected and unknown visitor. What follows is a classic Christie puzzle of mixed motives, concealed identities, a second death, a determined Inspector grimly following the twists and turns, and Miss Marple on hand to provide the final solution at some risk to herself in a dramatic confrontation just before the final curtain.

Friday and Saturday Performances

July 19, 20, 26 & 27 at 7:30 pm

Sunday Matinees

July 21 & 28 at 2:00 pm

All performances are located in the David Theater in Alumni Hall on Park University's Campus
8700 NW River Park Dr.
Parkville, MO 64152

Tickets

Adult \$15

Senior (60+) \$14

Students (with ID) \$10

<https://bellroadbarn.org/>



Agatha Christie
**A MURDER
IS ANNOUNCED**

July 19th - 28th
www.bellroadbarn.org

Kansas City's Big Picnic: Sunday, July 21st. 4PM-8PM. Nelson-Atkins Museum of Art lawn. Kansas City comes together at the region's biggest picnic with partner Kansas City, MO Parks and Recreation! Enjoy live music, food trucks, art activities, and lawn games from the museum to Brush Creek. Explore "Walking Wall" by Andy Goldsworthy and celebrate #WhereKCPlays during National Parks and Recreation month.

FREE, no tickets required. See the full lineup of events on our website:

<https://bit.ly/2loSWKJ>

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!)

Yoga at the
Wellness Wing

FREE Yoga Every Tuesday and Thursday EVERY WEEK!



FREE Yoga Class at the School of Medicine

Class is 100% FREE for all students; \$48 for staff/faculty
EVERY Tuesday and Thursday from 10:00AM-10:45AM

Location: Wellness Wing M5-C05
Mats and blocks provided

REGISTER at UMKC.EDU/SRC/CLASSES-PROGRAMS-FITNESS.ASPg

Brought to you by the SOM Wellness Office and Swinney Rec

UMKC School of Medicine



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.

<p>Scholarship</p>	<p align="center">Boone County Medical Society Scholarship</p> <p>Eligibility:</p> <ul style="list-style-type: none"> • Must have completed the first semester of your clerkship year • Must have demonstrated exceptional intellectual and humanistic qualities in interactions with patients, peers and instructors. • Graduated from a high school in Boone, Howard, or Cooper counties in Missouri <p>Amount: \$2,000 Deadline: September 1, 2019 Application: Contact Robin Totzke at totzker@umkc.edu for the application.</p>
<p>Scholarship</p>	<p align="center">Dr. Roland & Virginia Ladenson Medical Scholarship</p> <p>Eligibility: Outstanding medical students who are committed to pursuing careers as primary care physicians. Candidates should be in year 5 or 6 for the 2019-2020 academic year. They should demonstrate exceptional intellectual and humanistic qualities in their interactions with patients, peers, and instructors.</p> <p>Amount: \$2,000 Deadline: September 1, 2019 Application: Contact Robin Totzke at totzker@umkc.edu for the application.</p>
	<p align="center">OPPORTUNITIES</p>
<p>Student Research Inquiry – Correct Form Link</p>	<p align="center">Student Research Inquiry</p> <p>Students who are interested in research are encouraged to submit a student inquiry form to the Office of Research.</p> <p>The Office of Research website, http://med.umkc.edu/ora/student_overview, has a lot of information about student endeavors and opportunities.</p> <p>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.</p>
<p>Student Research Opportunities</p>	<p align="center">Student Research Opportunities and Fellowships</p> <p>Opportunities are posted on the Student Research Webpage</p> <p>http://med.umkc.edu/ora/external_opportunities/</p> <p>Please contact Drs. Wacker, Dall, or Molteni or send an email to UMKC SOM Research (somresearch@umkc.edu) with additional questions.</p>
<p>Opportunity</p>	<p align="center">Elective Opportunity: Infant/Toddler Nutrition Experience</p>  <p>This 4-week academic pediatrics elective will offer students a unique opportunity to learn about the infant/toddler nutrition industry by visiting Nestle Gerber facilities in Fremont, Michigan and Arlington, Virginia. Students will spend 2.5 weeks reviewing knowledge in core pediatric nutrition topics with faculty here at UMKC. They will spend 1.5 weeks touring Nestle</p>

facilities, including factory, farm, research and development, marketing, finance, and legal departments. *Travel and lodging expenses will be covered by Nestle.* For students interested in Pediatrics, this would be a distinctive experience to include on your CV and to discuss at residency interviews. Students must have completed their core Pediatrics clerkship as a prerequisite to the elective. The elective will be offered in Blocks 5 and 6 this fall, pending approval of final arrangements. If you are interested or have questions, please contact Dr. Haury at haurye@umkc.edu.

Volunteer

No One Dies Alone – Volunteers Needed

Truman Medical Centers has a great program where Caring Companions, who are volunteers, sit with patients and provide social, emotional and spiritual support. These patients may or may not have family or friends that are able to visit. Sometimes the family and friends are exhausted and need a break. The patient may or may not be at their end of life stage, but might be scared and alone and just want someone to sit with them.

This is a great opportunity for students (years 3-6) to volunteer their time. If you are interested in becoming a Caring Companion, please contact **Lori Bruce** (lori.bruce@tmcmed.org) to sign up our next training in September 2019 (date not yet determined) at 5:30 pm.



STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

Wellness Council

Lunch and Learn – FREE LUNCH for the first 10 who RSVP!

The Wellness Office hosts a monthly Lunch and Learn in the Wellness Wing on the fourth Thursday of every month. This month will be a special hands-on “Self-Care Through Healing Arts” workshop. Make shrink art with Arzie from the Women’s Center while listening to relaxing music and eating a healthy salad of your choice from The Mixx (limited to the first 10 who RSVP!) Rsvp to shahmohammadin@umkc.edu

LUNCH AND LEARN

THURSDAYS

Noon - 1 p.m.
Every fourth Thursday
The Wellness Wing



This month's topic:

Self-Care Through Healing Arts Workshop with
the Women's Center

- make shrink-art in the Wellness Wing while
eating a healthy lunch from the Mixx and
listening to relaxing music!



Simulation Interest Group

Simulation Interest Group – Volunteers Needed!

Hello everyone!
Simulation Interest Group needs volunteers for BA/MD campus visit days this summer!
Come help us run simulations with the prospective students while getting hours for
volunteering, super fun!! Sign up is on the google sheet link below, scroll to the bottom and
select "Campus Visit Days".

https://docs.google.com/spreadsheets/d/1RakXGgTtiAy0T94T4N_sgo-kCDQGf3aun36HUC3qHC0/edit?fbclid=IwAR3AKKKwKd6Rgh2mtxh_2EkJO5fYz6hl4pHrNuYH9lp3pKgsahP4AwKXUCY#gid=0



UMKC SimIG volunteer opportunity...

SUMMER BA/MD CAMPUS VIST DAYS

Help with running a simulation at the Clinical Training Facility for prospective students while getting volunteer hours!

OPEN DATES:

June 3, June 28, July 8, July 29

*** AT LEAST ONE PERSON PER DATE SHOULD BE MS3+***

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.