



August 26th, 2019



## GENERAL ANNOUNCEMENTS

### Curriculum Ambassadors

## Council on Curriculum Now Accepting Applications for Student Curriculum Ambassadors

Applications due August 30

The Council on Curriculum is now accepting self-nominations and applications for the 2019-2020 Student Curriculum Ambassadors.

As we continue to change and improve the Council on Curriculum, it is helpful and necessary to have student input in regards to their education here at the School of Medicine. While we have elected student representation on our council, it is imperative that we have open communication with students from all years of the curriculum in order to plan for change, assist with curriculum development, and provide assistance with communicating policies with their peers.

The Student Curriculum Ambassadors will work together to create and plan projects of their choosing to pursue throughout the academic year with assistance from the curriculum office. These projects can include information workshops, town halls, etc. **Only 2 students will be selected from each class.** All students, Years 1-6, are welcome to apply.

To be eligible, students applying must be in good academic standing, provide professional input, and commit to attending 75% of the monthly meetings. Meetings occur every 3<sup>rd</sup> Monday of the month at 12:00pm in the School of Medicine.

This is a great opportunity as a student to make your voice heard and make a direct impact on the curriculum.

To apply: Please write a one page, double-spaced personal statement about why you would like to serve the UMKC School of Medicine and your fellow students in this position. Students will be selected and notified of their application status by Curriculum leadership during the second week of September.

Submit your personal statements to Megan Frasher, Curriculum Coordinator, by August 30<sup>th</sup> at [reedme@umkc.edu](mailto:reedme@umkc.edu).

## TB Testing

## Mandatory TB Test/Flu Schedule

### Fall 2019

Yearly TB testing and flu shots are required by our main affiliate hospitals, and we conduct clinics each fall to meet this requirement. Remember to attend BOTH dates for TB testing, Tuesday for the administration of the test, and Thursday for the test reading. You must arrive on Thursday at least 48 hours after being given the TB test on Tuesday.

#### MD STUDENTS

YEAR 3

September 10 and 12

4<sup>th</sup> floor, Bamberger, M4-CO5  
8:15am-11:45am

YEAR 4

September 24 and 26

4<sup>th</sup> floor, Bamberger, M4-CO5  
8:15am-11:45am

YEAR 5 & 6

October 8 and 10

4<sup>th</sup> floor, Bamberger, M4-CO5  
8:15am-11:45am

If you only need a flu shot, come on Thursday dates: Sept 12, Sept 26, or Oct 10

#### MSA and PA STUDENTS

Follow directions sent to you by Laura Begley

If you only need a flu shot, come on Thursday dates: Sept 12, Sept 26, or Oct 10

Students who are unable to attend during their scheduled week may attend one of the other listed weeks.

Testing is MANDATORY! Contact Cary Chelladurai at 816.235.1951 or [chelladuraic@umkc.edu](mailto:chelladuraic@umkc.edu) with questions. If you do not attend the testing times listed, you will be responsible for covering the cost of your TB test and flu shot and submitting electronic documentation to [chelladuraic@umkc.edu](mailto:chelladuraic@umkc.edu) by October 10, 2019.

**Please wear clothing that allows for easy access to your upper arm, and that will leave your lower arm uncovered.**

## Tutor Network

## Tutor Network

Students, are you interested in helping others while making a little extra cash? If so, consider adding your name to the Tutor Network. The Tutor Network is a list of SOM students who are willing to tutor others for a fee (usually \$10 – 20/hour).

The requirements: earned a grade of A in the course(s) you are interested in tutoring; willingness to help others learn.

The as-needed tutoring requests may be accepted/declined as your schedule allows.

If you are interested in having your name and UMKC email address published in the Tutor Network please email Kathleen Moburg [moburgk@umkc.edu](mailto:moburgk@umkc.edu) with the course(s) you are interested in tutoring.”

**Resume and CV  
Workshop**



GET A HEAD START ON YOUR FUTURE  
AND JOIN US FOR A

# RÉSUMÉ & CV WORKSHOP

**Thursday, September 5**

**12:00pm - 12:45pm**

**Health Sciences Building  
Room 5301**

Learn about the do's & don'ts, and get your  
questions answered by a UMKC Career Counselor

QUESTIONS? CONTACT MADI SMITH  
MADISONSMITH@MAIL.UMKC.EDU

Get a head start on your future and join OSI and UMKC Career Services for a Resume and CV workshop on Thursday, September 5<sup>th</sup> from 12PM-12:45PM at the Health Sciences Building in Room 5301. Learn about the do's and don'ts, and get your questions answered by a UMKC Career Counselor. Contact [madisonsmith@mail.umkc.edu](mailto:madisonsmith@mail.umkc.edu) with questions.

Creation Station



# creationstation

**we provide the materials, you provide the  
creativity and imagination**

Join us in the Health Sciences  
Library on Tuesday, September  
3rd for watercolor and crayon art



Questions? Contact Madi Smith  
[madisonsmith@mail.umkc.edu](mailto:madisonsmith@mail.umkc.edu)



Creation Station: We provide the materials, you provide the creativity and imagination. Join us in the Health Sciences Library on Tuesday, September 3<sup>rd</sup> for watercolor and crayon art. Questions? Contact [madisonsmith@mail.umkc.edu](mailto:madisonsmith@mail.umkc.edu)



**WELLNESS**

## Niloofar's Wellness Tip



**Marie Forleo** ✓  
@marieforleo

If you want to be responsible, keep  
your promises to others.

If you want to be successful, keep  
your promises to yourself.

[#MondayMotivation](#)

If you want to be responsible, keep your promises to others. If you want to be successful, keep your promises to yourself. [#MondayMotivation](#)

## 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)*

**The Thursday Night Show:** Thursday, August 29<sup>th</sup>. 8PM-10PM. Westport Coffee House. The Thursday Night Show is a live Kansas City variety show featuring local comedians, musicians, and artists each month at the Westport Coffeehouse Theater.

For lineup see <https://www.facebook.com/events/717792761975121/>

All of this for just \$10. Get your tickets today! Disclaimer: this is a live comedy show. You can bring your kids, but you probably shouldn't.

**Kansas City Irish Fest 2019:** August 30<sup>th</sup> at 5PM – September 1<sup>st</sup> at 11PM. Join us Labor Day Weekend for [#KCIrishFest2019](#) at Crown Center! Three days of Irish dance, music, culture, food, shopping, friends, and family! For tickets and schedule info: [kcirishfest.com](http://kcirishfest.com)

**SantaCaliGon Days Festival 2019:** The 47th annual SantaCaliGon Days Festival is back August 30th through September 2nd, 2019 (Labor Day Weekend) on the historic Independence Square. The regions' largest and longest-running four-day Labor Day Weekend family event!

Mark your calendar for a weekend filled with amazing shopping in one of the Midwest's best arts and crafts shows that includes more than 500 vendor booths to explore, unique food and live entertainment on two stages, and a carnival for the young and young at heart! Admission to the festival is FREE and all are welcome!

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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!)

## Yoga at the Wellness Wing

### Yoga at the Wellness Wing – NEW TIME!

FREE yoga class every Monday and Wednesday from 5:30PM-6:30PM in the SOM Wellness Wing on the 5<sup>th</sup> floor. Yoga mats and blocks provided.



# FREE Yoga Class at the School of Medicine

Class is 100% FREE for all students; \$48 for staff/faculty  
EVERY Monday and Wednesday from 5:30PM-6:30PM  
Location: Wellness Wing M5-C05  
Mats and blocks provided

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REGISTER at [UMKC.EDU/SRC/CLASSES-PROGRAMS-FITNESS.ASPg](http://UMKC.EDU/SRC/CLASSES-PROGRAMS-FITNESS.ASPg)  
Brought to you by the SOM Wellness Office and Swinney Rec

## Whole Body Healing

### Whole Body Healing – Trauma Sensitive Yoga Practice

From Dr. Carolyn Pepper at the UMKC Counseling Center:

Welcome to Fall semester – I imagine everyone is off to a busy start.

I wanted to share that Whole Body Healing, our trauma sensitive yoga practice, has continued to be a big success and will continue this Fall. Attached is a flier with all the details. Please feel free to print and post in your offices. As a reminder, participants **do not have to be** clients, just UMKC students. One way I like to describe the practice to folks is “nonverbal therapy” – feel free to use this. I've also attached a handout we give to first-timers so that they can better understand what to expect/you can see how this differs from a studio/gym practice. Please use this to help send people our way.

Lastly, we have developed cards with the practice information on front and information from the hand out on back. I'd be happy to send some to your office via campus mail. These are great to give to people you might talk to about the practice as well as to have available for interested folks to pick up. **If you would like for me to send a few your way, please reply with your contact information.**

Please feel free to contact me at [pepperc@umkc.edu](mailto:pepperc@umkc.edu) with further questions. Thank you for your support!!

- **Wednesdays 5:30-6:30; optional 15 min here-and-now processing 6:30-6:45**
- **Starting 09/04; FREE, open, drop-in style group running through the semester (mid Dec.)**
- **For folks recovering from ANY kind of trauma; the first group will be women only but I'm happy to take referrals for men with the hopes of having the numbers for a mixed-gender group**
- **Folks do not have to be seen by our office to come to the practice, they just need to arrive a little early to the first class to check-in**
- **We have mats and props available thanks to generous donations by Prana and Half Moon**
- **No experience with yoga needed**



## **WHOLE BODY HEALING**

yoga for trauma healing

**UMKC  
COUNSELING  
SERVICES**

Wednesdays 5:30-6:30  
optional processing 6:30-6:45  
Starting 09/04/19

CONTACT DR. CAROLYN PEPPER AT [PEPPER@UMKC.EDU](mailto:PEPPER@UMKC.EDU)  
OR 816.235.5185 WITH QUESTIONS

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:** 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.

Scholarship

### Boone County Medical Society Scholarship

**Eligibility:**

- 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

**Amount:** \$2,000

**Deadline:** September 1, 2019

**Application:** Contact Robin Totzke at [totzker@umkc.edu](mailto:totzker@umkc.edu) for the application.

## Scholarship

### Dr. Roland & Virginia Ladenson Medical Scholarship

**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.

**Amount:** \$2,000

**Deadline:** September 1, 2019

**Application:** Contact Robin Totzke at [totzker@umkc.edu](mailto:totzker@umkc.edu) for the application.



## 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.**

### Opportunity

### AMSA Seeking UMKC SOM Chapter Leaders

AMSA is currently looking for chapter leaders at the University of Missouri - Kansas City School of Medicine chapter. Please contact AMSA Vice President of Membership, TJ La at [vpm@amsa.org](mailto:vpm@amsa.org) or AMSA Membership Associate, Dylan Favre at [dfavre@amsa.org](mailto:dfavre@amsa.org) to find out more about the leadership opportunities available.

Seventy years strong, AMSA is a student-led, national association that exists to cultivate, inspire and inform medical students. We do this by offering students the vital skills needed to lead and listen, and a safe place to explore, reflect and become the kind of physician who thinks beyond drugs and diagnoses: the kind of physician you want to become.

Many think of AMSA as a family— a diverse, impassioned network that supports one another in meaningful ways. AMSA offers its members leadership opportunities and community, guidance for the residency application process, discounts ranging from test prep to travel—and a place in AMSA's long history of advocacy for both patients and future physicians.

Learn more at [amsa.org/about](http://amsa.org/about), or review AMSA's one-, two-, and four-year membership options at [amsa.org/join](http://amsa.org/join).

## Opportunity

### Elective Opportunity: Infant/Toddler Nutrition Experience



This 4-week academic pediatrics elective will offer students a unique opportunity to learn about the infant/toddler nutrition industry by visiting Nestlé 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 Nestlé facilities, including factory, farm, research and development, marketing, finance, and legal departments. *Travel and lodging expenses will be covered by Nestlé.*

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](mailto: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](mailto:lori.bruce@tmcmed.org)) to sign up our next training in September 2019 (date not yet determined) at 5:30 pm.



## Research

### Children's Mercy Research Survey

Students are needed to take this survey for research being conducted by pediatric ophthalmologist Justin Marsh, M.D. The survey is designed to look at perception of strabismus (misalignment of the eyes) from the perspective of medical students, and simply asks medical students whether or not they believe an individual in a photo has strabismus. It should take less than 5 minutes to complete.

The link to the survey is:

<https://www.surveymonkey.com/r/YJH7PLJ>



## STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

### Cardiology Interest Group

The Cardiology Interest Group and GI Interest Groups are hosting our first event of the year! Come to Theater B at 6 p.m. on Thursday, September 5th to participate in our physical exam workshop. This event will give you the opportunity to learn about cardiac and abdominal exams, and pizza will be provided! We can't wait to see you!



# PHYSICAL EXAM WORKSHOP

Learn about cardiac and  
abdominal exams (+ free pizza!)

*Thursday, sept 5 @ 6 pm in theater B*

HOSTED BY CARDIOLOGY INTEREST  
GROUP AND GI INTEREST GROUP

## 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.***