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From Our President

Happy September Everyone!

We’re itching closer to fall, which means we’re steadily moving closer to fall activities and events! Fall is my favorite season for multiple reasons (including reduced sweating in my daily walk from the parking lot), but mainly because the greater Jackson area has so much to offer! FALL in love with Jackson with the following upcoming events:

- Fondren’s First Thursday: Sept. 3rd
- Red Shoe 5K Run: Sept 3rd
- CelticFest Mississippi: Sept. 11-13th
- Blue Cross & Blue Shield Symphony at Sunset: Sept. 17th
- Screen on the Green - Guardians of the Galaxy (Museum of Art - downtown): Sept. 17th
- Dinner and a Movie (The Hunger Games) @ Old Towne Clinton: Sept. 18th
- The Price is Right Live!: Sept. 18th
- BankPlus International Gumbo Festival @ Smith Park: Sept. 19th
- Moovine Art and Music Fest (Clinton, MS): Oct. 3rd

So, if you thought you didn’t have anything to do in Jackson, you’re wrong. Go out and love on Jackson- and let Jackson love you back.

Best,

Sarah Ali
ASB President
Lover of all things Fall

Vice President’s Notes

Parties, People, and Health: Justification for the Art of Relaxation

I was astounded at how quickly my class assimilated; how easy it was to feel at home at UMC. Just a few tiresome weeks into medical school and after sifting through the smoke of gunners and histology slides, I found an environment that fit me. I hope that UMC has been similarly welcoming to you. I want to use this time to explore a mindset that I feel is important during our journey of advanced education.

Graduate level school is difficult. Everyone hears this about one hundred times during orientation. However, people often forget to mention the important truth that Graduate level school is very doable. Disclaimer: inserting my personal opinion here—We love to be the best at things. In college and high school, we excelled and were told we were smart and we LOVED it. In attempts to promote ourselves, we make our schooling out to be this colossal but fallacious entity. End of my personal opinion. However, no one would disagree that graduate level education takes up a lot of time which can be stressful. With the proper time management skills and a list of priorities in the correct order, graduate school can be an incredible experience. What I hope to provide is guidance in composing one’s priorities.

There are first and second tier priorities. I see first tier as being things that seem obvious but without conscious effort can easily lose ground and become an afterthought. I typically line up Faith, Family, and Friends as the first tier priorities. Without these, I would not be the person I am, and I would struggle significantly to be happy and succeed as I continue my education. A proper support system is key in graduate school, but do not forget that this relationship is bidirectional. We cannot solely reap benefit but must reciprocate time and love. Now for the more fun second tier priorities. We will be treating patients one day and these patients want desperately to relate to us. We do not identify with our patients by flaunting our educational prowess but by sharing common interests. Hobbies are extremely important throughout your life. Hobbies make you a well-rounded individual, provide enjoyment, and can help create lasting relationships with your community. It is through these hobbies that one can relax and retain a healthy mind, body, and spirit.

I typically break hobbies into three different types: activities, volunteer opportunities, and social functions. Activities include anything from joining a gym to playing golf on the weekends. Jackson has a myriad of ways to get involved in different sports and exercise programs. Jackson is also a city in desperate need of love from its inhabitants. With our vast population of financially struggling and emotionally torn neighbors, volunteer opportunities are easy to come by. Social functions are always my favorite. Jackson and UMMC provide numerous chances to hang out and meet people from all walks of life. Put forth an effort to get involved in some of these hobbies. Take time for yourself and do not forget the people and things you love outside of school. It is my job and hope to provide our students with different ideas on how get connected and let off steam. I will specifically focus on activities, volunteer opportunities, and social functions at different times throughout the year via Murmur articles and e-mails. If you have any questions about how to get involved or cannot wait for my specific options to reveal themselves, please contact me, and I will do my best to get you connected (speeples@umc.edu). Continue to have a wonderful year and remember to have fun!

Cheers,

Jefferson Peeples
ASB Vice President
Interprofessional Education Collaboration Update

On August 14th, the Interprofessional Education Collaborative and the Associated Student Body teamed up to host the Second Annual Interprofessional Campus Welcome. Approximately 500 new students enjoyed lunch, musical entertainment by Jason Turner, and informative booths from each of the six schools at UMMC, Jackson Free Clinic, Alumni Affairs, and the UMMC Credit Union. The event successfully welcomed incoming freshman and informed students on interprofessional collaborative efforts throughout campus. This event marks this academic year’s first Interprofessional activity, with more student-based programs planned for the future!

In addition to the Interprofessional welcome, the Interprofessional Education Collaborative will be conducting an Interprofessional Disaster Planning Exercise on January 19th. The exercise will involve four interprofessional teams of students, with two students per school on each team. The teams will meet periodically between September and December in preparation for the Disaster Exercise in January. The exercise will culminate in a high profile half-day mock disaster-training event. Look for more updates regarding the Interprofessional Disaster Planning Exercise in the December Issue of the Murmur!

“WRITES ... OF SPRING” CONTEST WINNERS

Winners of the second annual UMMC Writes... of Spring were recognized at an awards ceremony on August 10, 2015. Sponsored by the Center for Bioethics and Medical Humanities, this year’s contest was launched in March and invited original works from students in all schools on campus. Contest information was circulated to students through emails from their respective deans, on the UMMC scroll, on posters around campus and on the lightboard in the Rowland Medical Library. The participants were asked to share reflections of their experiences of the 2014-2015 academic year in the form of poetry, prose, short fiction or short essay.

Entries were received from the School of Nursing, Medicine, and the Graduate School.

This year’s winners are:

1st Prize - $500  Victoria Wheeler, SOM for her submission entitled “The Art of Medicine.”
2nd Prize - $200  Dusty Bratton, SOM for his submission entitled “An M1’s Visit to the ICU.”
3rd Prize - $100  Eliza Inman, SON for her submittal entitled, “SON Ambassador Reflection.”

The Center for Bioethics and Medical Humanities congratulates all students who participated in the 2015 Writes...of Spring and looks forward to your participation in our contest next year.

For more information, please contact our Center for Bioethics and Medical Humanities by calling (601)815-4964 or via email at cbmh@umc.edu.

Pictured from left to right: Dusty Bratton, SOM (2nd place), Eliza Inman, SON (3rd place), Victoria Wheeler, SOM (1st place)
Saturdays are my time to study, sleep, or more likely, procrastinate. Regardless of how much or little I accomplish, I jealously guard them, and as a result, my creativity has flourished. Once my friends stopped listening to, “I’m sorry; I’m studying today,” I learned to craft more elaborate excuses, “I’m sorry; I’m dog-sitting for my sister’s goldendoodle who has an appetite for living room furniture.”

However creative my excuses were, my friends started to see through them when week after week, I had a reason that I could not commit to volunteering at the Jackson Free Clinic. We all had the same demanding course schedules, exams, and needs to catch up on sleep, so I had to reach farther into my excuse reserve. As my seemingly unlimited supply of excuses finally began to push the bounds of plausibility, I was left with the real reason that I was avoiding volunteering; I had convinced myself that I didn’t know enough to contribute.

Thankfully, my friends dutifully kept volunteering, and I finally decided to join.

The first day that I volunteered passed quickly. The JFC had a heavy patient load, and we were quickly divided into teams of four to five students led by M3s and M4s. I vividly remember the first patient that we saw. He had a seemingly calm demeanor, but as the team took his history, he opened up about his parents’ health histories and deaths. While outwardly composed, worry permeated his voice and eyes as he began to explain his current symptoms. The M3 that led our team that day thoughtfully and gently listened to the patient’s story before leading our team out of the examination room and back into the bustling workroom. As a team, we discussed patient’s history and physical examination before presenting to the physician who carefully listened before helping us develop a treatment plan. As our team worked with the patient, his worry subsided, and he receptively worked with us to determine a course of action.

I learned two things my first day at the JFC. The first is something that I’ve been told many times but took a while to sink in; the only way to learn something new is to be willing to try. I was worried about not knowing enough to participate but found that I shouldn’t have worried about not knowing enough and started trying to learn instead. Each time I have been to the JFC, I have learned something new from the physicians and the other medical, pharmacy, dental, occupational and physical therapy students.

The second is that sometimes it is not my job to know the answers but instead to be a listening ear. Compassion takes many forms, and I’ve learned that listening to peoples’ stories is inherently valuable. Thankfully, the Jackson Free Clinic has challenged me not only to view my role as a student differently but also to stop thinking about what I have to contribute and focus instead on the real reason that we volunteer, to help the patient.

I’m still working on viewing my time as an opportunity to help others rather than as my own, so the next time you pass me, ask me what I’m doing Saturday, and if it’s walking the dog, please encourage me to come to the Jackson Free Clinic instead!
Each July, many faculty members, Family Medicine residents, and current students attend the American Academy of Family Physicians (AAFP) National Conference held in Kansas City, Missouri. The convention includes an exhibit hall, continuing education, training workshops, and residency booths. It is always a fun time for past UMMC medical students (current residents across the country) to meet up with current UMMC medical students. Check out the pictures on this page to see our past and current students. Seen in the top left photo are our current students; in the bottom left photo are UMMC grads (now residents); and the bottom right photo includes some of both.

UMMC grads (now residents) not pictured include Dr. Shawana Agnew (Class of 2013), Dr. Lindsey Berg, Dr. Kory Blackwell (both Class of 2014), and Dr. Rosheeda Crowell.

The School of Nursing Impacts the Community

By: Jalisa Williams, SN4

The School of Nursing is off to an exciting start this year with the opening of two new school-based clinics. The Lanier High School Teen Wellness Clinic is a collaborative project between University of Mississippi Medical Center, UMC School of Nursing, and Jackson Public Schools to provide primary and preventive care to inner-city teens in a youth-friendly environment. The SON has school-based clinics located inside Johnson and Brown Elementary schools and Rowan Middle School; the feeder schools for Lanier High. Due to the success of these clinics, establishing a school-based clinic at Lanier High School was a logical choice for the SON. The clinic’s nurse practitioner CeNedra Lee, the Community Health Worker Priscilla Sterling, and Rosalind Basham, the patient care technician, will staff the clinic Monday through Friday during school hours. Dr. Kate Fouquier, Associate Professor of Nursing and a certified nurse-midwife, is the clinic director.

In addition to the Lanier High clinic, the SON will also launch a new school-based health clinic at South Delta High school in the South Delta School District. Located in Rolling Fork, MS, the SON faculty-run clinic will provide well teen care, episodic care, and health education. The clinic will be open Monday through Friday during school hours and is staffed with a Nurse Practitioner, an LPN, a health educator, and a patient services coordinator. The SON has three other Delta clinics that, in addition to providing health care for the students in this area, serve as a rural health clinical site for nursing, medical, dental, and pharmacy students. All Delta clinics are funded through grants provided by the W.K. Kellogg Foundation and The Sisters of Mercy from Vicksburg, MS.

On August 20th, Lanier High School had its first open house of the school year, and the clinic was open for viewing for parents and students. The SON senior nursing students, who were volunteers at the event, provided BMI and blood pressure screenings. In addition the students passed out consent forms to parents along with informational pamphlets on a variety of preventive health topics. Other activities included a photo booth with funny props where high school students and their families could snap pictures. The SON envisions the reduction of health disparities through education, research, and practice and has a long history of successful initiation and management of school and community-based health clinics. By working with community leaders, funding partners, students, and families, these clinics will provide an opportunity to meet the diverse needs of adolescents and foster the development of life-long health and wellness behaviors among our youth.
The Medical Student Family Alliance (MSFA) is an organization made up of UMMC medical students and their significant others that come together to support each other, medical students, and the local community.

Medical school can cause additional challenges in relationships, but it is completely doable. MSFA allows for couples and their children to come together and hang out with others going through the same thing. MSFA tries to hold events at least once a month that include date nights, cook outs, or game nights. We also host speakers that discuss topics such as —how to prepare for residency, the matching process, and financial planning.

MSFA provides opportunities for members (students and significant others) to talk to people in different classes to get advice about what the future holds. MSFA is also a great way for significant others to meet individuals in very similar situations that can relate to what he or she is going through.

MSFA is also very community service focused. Last year, we volunteered to work at the Walk to End Alzheimer’s in Jackson and raised over $1600 for MS Children’s Home Services.

We don’t only give back to the community, we also give back to the medical students. We provide monthly “happies” in M1 and M2 mailboxes as a way to keep encouraging them and reminding them that they are not alone on this journey. We also provide breakfast before many M3 Board Exams.

One of our most popular events is Spooky U which is held in October. It is a Halloween Trunk or Treat festival open to all UMMC students, residents, employees, and their families.

Our membership is open to all UMMC medical students and their significant others. Membership dues are $10 per couple. Please feel free to stop by and talk to us on Family Day.

If you or your significant other would like to receive more information about MSFA please email us at UMMC.MSFA@gmail.com.
Cross and Scalpel

A Word of Welcome

If you're new to UMC this fall, welcome! It's taken you a long time to get here, and we're so glad to have you. Blessings on your first months. This is an extraordinary place. You can find something every day around here that will blow your mind. For you – and, really, for us who have a few years (or a few decades) under our belt – the hospital can be an overwhelming place. In all the hustle, sometimes there's not much you can do to help out. Even after two years of medical school, there's very little I can do to affect a patient's medical outcome. I can diagnose, I can't write orders, I can't prescribe life-saving medications or perform life-saving operations. To be honest, it's a good idea if I manage to find a Band-Aid. When you spend most of your time just trying to keep out of the real medical professionals' way (not always successfully), doing real-doctor things – like a lumbar spine decompression or a managing a sickle cell crisis – might as well be painting the Sistine Chapel. And while administrators insist that students are critical members of the care team, I often suspect the real medical professionals could get a lot more done around here if they didn't have me to deal with. Sometimes it feels like all you can do is go stick your head in a book, and your first test may drive home the point that you can't even do that adequately. So if you're like me during my first few weeks, maybe you're thinking: I came here to learn how to help people! Is there where I can actually do right now?

Let me give you one idea, and if you consider yourself a Christian person, you'll be happy to hear it comes straight from the life of Jesus.

There are people here every day – patients, family, and friends – who are in a dizzying state of emotional upheaval. They're hurting and afraid for their future. They're unfamiliar with the 56-cent words that people use to describe their condition. They're making big decisions, sometimes on only a doctor's best hunch. And they're just walking through the corridors looking for help. The other day, it was Mandy, a young woman whose boyfriend was in the ER being evaluated for a heart condition. She had wandered out of the ER and, by the time I happened to pass her in the hall, she was lost, scared, teary, and hyperventilating on the verge of a panic attack. So we found a place to sit down and breathe deeply for a few minutes. She told me the story of the last few hours, I assured her that her boyfriend was in good hands. She was hungry, but in her hurry, she had come to the hospital without her purse, so a few dollars found their way onto the table. And once we had reached a state of calm and she had her bearings, I got back to seeing my patients.

But it's not just the pattern of scripture - God's welcoming is the undercurrent of our church services too. For thousands of years, we've thought of the sanctuary (and before that the Jewish temple) as the House of God, and most Sunday services look remarkably similar to a normal visit you might take to a friend's house for dinner. You enter in and receive a warm greeting. We have some conversation, which we call prayer. In the sermon, you hear a word of God's love and gladness that you are present. Then we all gather around the table to take part in a meal Christ sets for us – we call it communion. And when everyone has had something to eat, we're sent out with a blessing until we return again.

So, if you are someone who is trying to follow where you see Christ leading you through the world of medicine, I hope you can pass on to others God's grand welcome to you. Open doors, tuck someone in with an extra blanket, carry stickers for children, hang around for a minute and find something to laugh about, make people feel comfortable. A patient will never feel entirely at home, but if you can hold her hand briefly at the bedside after rounds, she'll have a little picture of the paradise you believe in, and she might even forget for a minute that she's afraid. You can show hospitality. What better virtue to practice when you're in a hospital?

The Lord be with you.

Ben Carroll is an M3 and a former pastor at St. Luke's UMC in Fondren. He likes backpacking, tea, NPR, and hearing from you. If you have thoughts about this or any Cross + Scalpel, please be in touch – bcarroll@umc.edu.

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**Beginner Chef**

**Tex-Mex Risotto**

Need an easy, quick risotto recipe? I have just the recipe for you, thanks to www.hellofresh.com. Sweet corn, cumin, and jalapeno spice it up for a Southwestern flavor. A favorite in my household!

50 minutes  
Servings: 2 people

**Ingredients:**
- 3/4 cup Arborio rice
- 1 ear of corn on the cob (or 1 can)
- 1 teaspoon cumin
- 1 red bell pepper
- 1/2 cup Monterey Jack cheese (or whatever you have!)
- 1 vegetable stock concentrate
- Water
- 1 tablespoon olive oil (or vegetable oil)
- 1 jalapeno
- 1 shallot
- 1 bunch cilantro
- 1/2 cup Monterey Jack cheese (or whatever you have!)
- 1 small piece of Parmesan cheese
- Salt
- Pepper

1. Mince the garlic. Halve, peel, mince the shallot. Finely chop the jalapeno (remove ribs, seeds if less heat is wanted). Cut corn off the cob. Chop the cilantro. Combine corn, cheese, and half of the cilantro in a small bowl and then set aside.

2. Place the red bell pepper on an oven pan and into your oven to broil on high heat. Rotate the pepper with tongs until completely blackened on all sides. Then set the pepper in a large bowl, covering it with plastic wrap to let steam.

3. Pour 3 cups of water and the stock concentrate into a medium pot; heat to a simmer.

4. Meanwhile, heat 1 tablespoon oil in a different large pan over medium heat. Add garlic, shallot, and jalapeno to the pan. Cook and toss for 4-5 minutes until softened. Season with salt and pepper. Add the rice to the pan and cook an extra 1-2 minutes until the rice is translucent.

5. Reduce the heat to medium-low for the large pan, and add the stock to the rice mixture in 1/4 cup increments. Stir often until absorbed. Continue adding the stock in 1/4 cup amounts (no need to measure it out every time!) until the rice has absorbed all the stock – 25 minutes. Season with salt and pepper.

6. During that time of adding stock to the rice, scrape off the charred black skin from the roasted red bell pepper. Halve, core, and thinly slice the bell pepper.

7. Once the rice is done, stir in the red bell pepper, corn, cheese, and half the cilantro into the pan. Season with salt and pepper.

8. Serve the risotto sprinkled with the remaining cilantro.

Enjoy!  
Eden J. Yelverton, M4

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**The Dish**

**Key Lime Pie**

For September, I want to give you guys one last bite of summer by introducing you to an all time summer classic – Key Lime Pie. Now, this recipe is ridiculously easy and delicious. The longest part is letting it set in the fridge for 2 hours. Otherwise, it literally only takes 20 minutes from the moment you start until it comes out of the oven. To top it all off, it only requires 4 ingredients! If you like key lime pie, give this recipe a shot! You won’t be upset :)


**Ingredients:**
- 1 Graham cracker crust
- 2 (14-ounce) cans sweetened condensed milk
- 1 cup key lime or regular lime juice
- 2 whole large eggs
- Whipped cream, if desired

1. Preheat oven to 325 F.

2. In a bowl, combine the condensed milk, lime juice, and eggs. Whisk until well blended and place the filling in the graham cracker crust.

3. Bake in the oven for 15 minutes and allow to chill in the refrigerator for at least 2 hours.

That’s it! Quick and easy! Make sure you top it with some whipped cream for extra oomph.

Happy September everyone! ~Mina
Now I can...

be strong for my family

Paralyzed by a postpartum stroke, Cheri Hicks was as helpless as her newborn when she arrived at Methodist Rehabilitation Center.

But with the support of some “amazing therapists,” the mother of two says she found the strength to attack therapy “like a job.”

Now, she’s back to enjoying the everyday adventures of family life and has renewed confidence in her capabilities.

“Anything that I thought was scary before, nothing is as scary as this was,” she said. “Since this all started, I’ve started a blog—something I never would have done before—and I’m going to enroll in classes to become a speech therapist.”