Contents:

Sponsorships/Can You Spot It?
Margie Bulboff Golf Classic
SNMA Events
MARC Conference
Last Lecture
“Tap Day”
Strawberry Frozen Yogurt
AOA Banquet
UMMC Tropical Medicine Trip
Recipes: Chocolate Raspberry Cheesecake Bites and Italian Turkey Spaghetti Squash Pie
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Can You Spot It?

email mwester@umc.edu to be entered in the drawing for a gift card!
The School of Medicine and the UMMC Office of Alumni Affairs cordially invite all medical students, residents, alumni and faculty to join us for the 37th Annual Margie Bulboff Memorial Golf Classic. This four-man scramble tournament will be held on Saturday, April 29 at The Refuge with a 1 p.m. shotgun start. Registration is now open online until April 27th at alumni.umc.edu and is $55 per person, which includes cost of cart and green fee, range balls, and beverages/snacks during the tournament. Immediately following the tournament, we invite all participants - spouses and children - to a barbecue dinner. Door Prizes will be awarded as well!

The Margie Classic began in 1980 as a way to honor a beloved former School of Medicine employee. Now in its 37th year, this tournament has provided a fun atmosphere of community and networking for students, residents, alumni, and faculty. Prizes will be awarded to the top 3 teams, although all levels of skill are welcome. For more information, please contact Mignon Chinn, Ph.D., with the Office of Alumni Affairs at mchinn@umc.edu.

We hope to see you there!

Price Sessums
Arthur Davis
Margie Bulboff Committee Co-Chairs
SNMA EVENTS

On March 21, 2017, The UMMC Office of Diversity & Inclusion invited UMMC Chapter of SNMA in hosting Dr. Brian Williams, a Trauma Surgeon at UT Southwestern Trauma Center (Dallas, Texas). Dr. Williams was the Lead Surgeon on call when the trauma team was called to care for 12 police officers and two civilians shot during a peaceful protest in July 2016. He gave a lunch presentation titled “Critical Mass: Examining Race, Violence, and Medicine in the 21st Century.”

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This year, UMC and MSMA sent six students to the Medical Student Advocacy and Region Conference held March 9-11 in Washington, D.C. This conference combined advocacy with the activities usually found at AMA national meetings. While in D.C., our students attended Region meetings, educational sessions on effective lobbying and policy about the affordable care act (ACA), deferred action for childhood arrivals (DACA), and graduate medical education (GME), and took a Congressional visit to the Capitol.
Last Lecture 2017

Speaker to be revealed

Norman C. Nelson
Student Union
12:00 pm
Wednesday, May 3rd, 2017

Free lunch for the first 100 attendees!
Presented by the Office of Alumni Affairs and the Student Alumni Representatives
“Tap Day”

Each year, third year medical students at the University of Mississippi Medical Center nominate their peers for election into the Gold Humanism Honors Society, a national society that celebrates compassionate, patient-centered medical care. The nominees are voted into the society by faculty that work directly with students throughout their third year, usually selecting 24 or 25 students from each class. This year, to announce those elected for the prestigious award, fourth year members of the society decided to have a “tapping ceremony.”

With giant gold smiley-face balloons and golden bags filled with golden candy, M4 students were seen scurrying about the Mississippi medical campus on a Monday afternoon, announcing publicly those who were elected to be inducted into the Gold Humanism Honors Society with a handshake, a congratulations, and of course the big balloon and goodie bag. In other words, they were “tapped” into the society by a current member.

“I’m incredibly honored and excited, and that balloon made my whole day,” said Meagan Henry, a new M3 inductee who was “tapped” in between scrubbing cases on her busy surgery rotation.

Ben Carroll, an M4 member of GHHS described the event like this: “Tap Day was so exciting! Most of the awards that get handed out in medical school happen at a banquet or a specialized ceremony that only the honorees and maybe a few guests attend. We wanted to honor this year’s Gold Humanism inductees in the everyday places where they earned the respect of their peers and faculty for representing the highest ideals of medicine - the classrooms, hallways, call rooms, and student lounge. These inductees were elected by their classmates, so we thought it was fitting that they find out in front of the same people who noticed something special in them.”

Members of the society are presented with a gold pin to wear on their white coats later at an induction ceremony in the summer. One student said she always knows that when she sees an attending physician or resident with a Gold Humanism pin on his or her coat, she knows that is a good doctor and someone she can trust. However, what’s most important about the society is that, in wearing these pins, members are publicly held to a standard of excellence in compassionate care of patients throughout their career—and how better to start out than by an announcement in front of their peers who think so highly of them.

John Caleb Grenn
University of Mississippi, Class of 2017
M4 GHHS President
Salma Dawoud, M3 (left) learning of her election by current GHHS member Brock Banks, M4 (right).

Tara Lewis, M4 (right) just after telling Martha Magnuson, M3 she was inducted into the society.

Daniel Robbins, M3 (middle) tapped by GHHS members Brock Banks, M4 (left) and Ben Carroll, M4 (right).

Meagan Henry, M3 (right) accepting her smiley face balloon from John Caleb Grenn, M4 (left) in the middle of the busy student lounge.
Strawberry Frozen Yogurt

prep time 5-10 minutes  
cook time none

serves 4

Things you need:
4 cups Frozen strawberries (not in syrup)
1/2 cup Fat Free Vanilla Greek Yogurt
3 Tbsp Honey or Agave nectar
Juice of 1 lemon

Here’s how:
1. Add everything to food processor and pulse.
2. May need 1-2 Tablespoons of water to get mixture moving.
3. Puree until thick and creamy.

**Tip: Enjoy immediately or freeze leftovers in ice cube tray or popsicle molds.

Nutritional Information:
Amount Per Serving
Calories: 121
Total Fat: 0 g
Total Carbs: 29.4 g
Protein: 2.2 g

Recipe taken from:  
the “Cook Right, Live Well” cook book  
courtesy of Dr. Josie Bidwell
2017 AOA Banquet

Speaker: Dr. Diane Shannon
Co-author of “Preventing Physician Burnout: Curing the Chaos and Returning Joy to the Practice of Medicine”
INGREDIENTS:
12 Chocolate wafer cookies (I used Oreos and scraped off the cream)
8 oz 1/3 less fat cream cheese, softened to room temperature
5-6 oz container of fat free Raspberry yogurt
1/3 cup + 1 tablespoon granulated sugar, divided
3 tablespoons unsweetened cocoa powder
1 large egg
1 teaspoon light butter
1 cup raspberries
1 teaspoon cornstarch
4 teaspoons hot water

DIRECTIONS:
1. Preheat the oven to 375. Place cupcake liners into 12 cups of a muffin/cupcake tin and place oreo wafer in each liner (don't worry if they don't fit perfectly, just try to make them lay flat).
2. In a large bowl, combine the cream cheese, yogurt, 1/3 cup of sugar, cocoa powder and egg.
3. Mix together using an electric mixer until smooth and well combined. Spoon the mixture evenly on top of the wafers into the prepared liners and spread flat with a spatula or the back or a spoon.
4. Bake for 15-16 minutes and remove from oven to cool.
5. While the cheesecake cups are cooking, melt the butter in a small saucepan over medium heat. When butter is melted, add the raspberries and stir to mix with the butter. Cook for 3-5 minutes, stirring occasionally, until raspberries have liquefied and are bubbling.
6. In a small dish, stir together the cornstarch and hot water until smooth and add to the raspberries. Add the remaining tablespoon of sugar and stir to combine. Cover the saucepan and reduce the heat to low. Simmer for 2-3 minutes until raspberry mixture has thickened.
7. Once the cheesecake cups have cooled to room temperature, spoon the raspberry sauce onto the center of each cup, leaving a little room around the edges. Chill in the fridge for at least one hour. Serve cold.

Hope you ENJOY!!!

Maggie Wester, M4

*Recipe source: Emilybites.com
Italian Turkey and Spaghetti Squash Pie

Ingredients:

- 1 medium uncooked spaghetti squash
- 1/2 pound(s) uncooked ground turkey
- 2 tsp olive oil
- 1 small uncooked onion(s), chopped
- 1 clove(s), medium garlic clove(s), minced
- 29 oz canned diced tomatoes, undrained
- 1 tsp Italian seasoning, or more to taste
- 6 oz fat-free ricotta cheese
- 1 large egg(s)
- 1 spray(s) cooking spray
- 1/2 cup(s), shredded fat free mozzarella cheese

Directions:

1. Preheat oven to 350ºF. Halve squash lengthwise; scoop out seeds. Place squash, cut sides down, in a large baking dish and prick skin all over with a fork. Bake until tender, about 45 minutes- 1 hour.
2. Meanwhile, cook turkey, stirring occasionally, over medium-high heat until browned. Drain, remove from skillet and set aside.
3. In a same skillet, heat oil over medium-high heat. Add onion and garlic; saute until onion is tender, about 5 minutes. Stir in tomatoes and Italian seasoning; bring to a boil. Reduce heat; add cooked turkey and simmer, stirring often for about 5 minutes.
4. Place ricotta and egg in a food processor or blender; puree until smooth.
5. Coat a 9-inch glass pie plate (or similar size baking dish) with cooking spray.
6. Once squash is cooked, remove from oven and increase oven temperature to 375ºF.
7. Using a fork, carefully rake stringy squash pulp from shell, separating it into strands that look like spaghetti. Arrange spaghetti squash strands in bottom and up the sides of pie plate to form a crust.
8. Add ricotta cheese mixture and gently spread over squash. Pour tomato-turkey sauce over cheese mixture and sprinkle with mozzarella (I also topped it with basil). Bake for 20 minutes. Remove from oven and let stand 5 minutes before slicing.

Mangia!!

Maggie Wester, M4
After being diagnosed with Parkinson’s disease, Sheri Carter wanted a means to maintain her active lifestyle. And the quest led her to LSVT Big & Loud Therapy at Methodist Outpatient Neurological Rehabilitation in Flowood.

The innovative program uses speech and physical therapies to improve voice strength, walking speed, muscle tone, balance and trunk control. And the former Pearl High School teacher gives the approach an A-plus.

Now, she’s agile enough to play on the floor with her “grand-blessing,” teach a senior exercise class and attend a therapeutic dance course.

“Exercise is so important for me to be able to function,” she said. “Once I met the therapists at Methodist, I was convinced it was the place to be. They were very encouraging. And it helped me tremendously.”