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National Philanthropy Day

A Panel of UMMC Servant Leaders Speak on the Importance of Service-Oriented Leadership

On Wednesday, November 15, 2017, the UMMC Associated Student Body (ASB) inaugurated its first formal celebration of National Philanthropy Day. The UMMC Associated Student Body endeavours to establish this day as an occasion to celebrate philanthropy, or philanthropia, which in the ancient Greek φιλανθρωπία literally translates to mean “love to mankind.” We aim to express our love to mankind not only on this day through facilitating panel discussions on service-oriented leadership but also every day through modeling service by engaging in community outreach projects and leading others by encouraging them to embrace diversity and promote inclusive environments for all people.

National Philanthropy Day® (NPD), which occurs annually on November 15, was inaugurated by President Ronald Reagan on that same day in 1986, and since then, this day has evolved to entail numerous celebrations around the world—celebrations whose purpose is to commemorate and recognize individuals and organizations actively engaged in philanthropic endeavors. According to the National Philanthropy Day® official website, this day “is [a] day that thousands of people [throughout] the world come together both to (1) put [the] word [philanthropy] into action and (2) recognize the change that word has brought to [global] communities.” This website is maintained by the Association of Fundraising Professionals (AFP) whose motto is “Advancing Ethical and Effective Fundraising Worldwide.”

During UMMC’s very own rendition of NPD, ASB sponsored a panel discussion revolving around the topic of service-oriented leadership. The panel featured five of the University of Mississippi Medical Center’s very own super heroes, including Dr. David Felton, the Dean of the School of Dentistry; Dr. Juanyce Taylor, the Chief Diversity and Inclusion Officer; Mrs. Tammy Dempsey, the Director of Community Engagement and Service Learning; and Mrs. Natalie Hutto, the Chief Development Officer. The discussion entailed a series of questions that each of the panelists answered in turns followed subsequently by a question-and-answer session during which time student and employee attendees asked the panelists questions pertaining to their leadership and service experience and insight. At the conclusion of the event, several panelists and attendees signed the poster logo to commemorate the day. See the photo above.

During the discussion, the panelists offered some excellent words of wisdom in response to the questions, and a few of those responses are featured in the following paragraphs:

1) What does service-oriented leadership mean to you, based on your current role at the University of Mississippi Medical Center?

According to Dr. Juanyce Taylor, “Servant leadership is innate. My role as Chief Diversity and Inclusion Officer allows me to work with the entire UMMC community. I work as the ‘internal consultant’ to help leaders and students consider new practices and focus on thriving.”

Mrs. Natalie Hutto added by saying that “Service oriented leadership means that we should think of others before ourselves, care about the individual needs of those we lead, and focus on what is best for all.”

2) What are some of the ways in which you have served or led others here at the medical center?

Mrs. Tammy Dempsey commented that “one of the [experiences] that has been most rewarding [was during my time] at the School of Nursing”

Dr. David Felton offered his own words, representing the School of Dentistry as a whole: “The School of Dentistry is pleased to have been involved in the National Philanthropy Day panel discussion. It allowed us to showcase the programs we have instituted over the past two years that address access to dental care, and provision of dental care to the underserved populations of the metro Jackson area and the state. Specifically, we have begun the following programs:

- CODE (Community Outreach Dental Experience) rotations: our D4 students complete a six-week externship rotation into local dental offices throughout the state. For the graduating class of 2017, the D4s provided care in 23 counties in Mississippi under the direct supervision of our Clinic Educator faculty. They provided free, or reduced cost, dental care to underserved Mississippians, totaling nearly $600,000 in non-compensated care.
- Dental Mission Week: In February 2017, we replaced our existing Service Learning Week with Dental Mission Week, where we treated metro Jackson residents for an entire week with free dental care. This care included free exams, X-rays, cleanings, extractions, root canals, fillings, and even removable dentures. Over a four-day period, we provided nearly $700,000 in uncompensated care. This was a partnership between the Schools of Dentistry, Nursing, SHRP, Pharmacy, and Medicine, along with the Mississippi Dental Association. Over 900 patients were treated. We will hold our next Dental Mission Week February 5-9, 2018, at the School of Dentistry.
- Give Kids a Smile (GKAS): in February, we held...
our 13th annual GKAS day, where we provided free screenings, cleanings, and sealants to students from three elementary schools in the Jackson Public School System. Our GKAS day will be held on Monday, February 5, 2018, where we hope to provide care for 5-6 Jackson areas schools.

Our CODE, Dental Mission Week, and GKAS activities earned the School [of Dentistry] the Governor’s Initiative in Volunteer Excellence Award for 2018, which we are very excited about. Our goal is to continue to provide dental service to the underserved populations in Mississippi and to couple it with student learning experiences. To me, it’s “win-win” for all.”

3) In what way or ways do you feel that your accomplished service and/or actions model leadership skills or behavior for others around you?

Dr. Rob Rockhold made the very poignant comment that this question should be asked to those individuals to whom he has served as a mentor because he did not want to presume to know what leadership skills he has modeled to others. Dr. Rockhold made an excellent point that Mrs. Dempsey was able to follow up beautifully.

Mrs. Dempsey offered her own thoughts: “I guess you can’t really know what others take from you, but my hope would be faithfulness. I am like Dorrie [in the sense that] I just keep swimming. Sometimes our efforts set a new record, and sometimes they flop. Just don’t stop. Stand on your head. Try something unconventional. Just don’t quit.”

4) In your opinion, what is the MOST important quality for a servant-leader to possess? And what advice would you give an aspiring servant-leader to grow in that quality?

Dr. Taylor asserted that “the most important quality for a servant-leader to possess is authenticity. One should be open to serving using a different lens.”

Mrs. Hutto added the following qualities of a servant-leader as being most important: [being a] good listener, [being] encouraging, [being] selfless, [being able to] believe in others, and [being able to] never say ‘can’t.’

Mrs. Hutto offered advice from two individuals including “Don McGannon, a media mogul during the Great Depression who championed social responsibility in media [and who] said ‘Leadership is action, not position’,” and she continued in the spirit of that quote with the view of “John Maxwell [who] more recently suggested in his book The 360 Degree Leader that we can lead from wherever we are. We don’t have to be ‘top dog’ or even president of an organization. It is about your action, not your title.”

Mrs. Hutto advised attendees by saying “Give 110% everyday in everything you do, listen to those you serve, let the needs of others steer your course, never ask anyone to do something you wouldn’t do yourself, and maintain a positive attitude.”

5) Based on your current experiences here at the medical center, what types of service-oriented leadership are needed from its community members? In other words, what are some needs that could be addressed by servant-leaders, and how do you think they would be best addressed?

Although this question was not asked to the panel due to lack of time during the session, Dr. Rob Rockhold provided his own advice in email communication: “Rise above your needs and goals as an individual. Discover (actively research) the needs of those whom you serve. Make it your aspiration to attend to their needs.”

6) If you were granted with one superhuman capability or characteristic, what would you choose? Why?

Again, even though this question was not asked during the discussion, Mrs. Dempsey offered her written thoughts which centered on the fact that she feels that she already has her super hero quality which is her optimism.

Mrs. Hutto added that she would choose “the ability to be [in] multiple places at once so that I would never have to tell anyone ‘no’ or that I couldn’t do something for them because I was somewhere else.”

At the conclusion of the discussion, several students and staff members asked questions directed to the panelists. One particular question of note was asked by a research assistant, and it was directed toward the panel as a whole. He asked the panelists, in their opinion, to explain the best way to please multiple people who are so very different from one another. He even offered a great example of two other people in his lab and himself by explaining that one does not eat meat at all, while one does not eat beef, and the other does not eat pork. By using this example, he asked the panelists how they would strive to meet these individuals’ different needs. One response from the panel revolved around the idea of compromise. Sometimes, leaders must make a compromise so that different groups are able to get some of what they want while others may also get some of what they want, but as the nature of compromise suggests, all groups are never truly 100% happy.

This point in the session was an excellent place to end the conversation as the response really captured the truth that when individuals work within a community of people—many of whom are different from themselves—they must be mindful of the needs and values of others. If the UMMC community as well as any other community hopes to showcase and embrace its “love to mankind,” its members must be willing to set aside some of their own wants and needs to consider the wants and needs of others around them. Such small sacrifices become much easier when diverse groups of people are unified by a common, popular mission such as fighting for a healthier Mississippi.

Yours in Service,

Edgar R. Meyer
Third-Year Graduate Student
Ph.D. Program in Clinical Anatomy
ASB Philanthropy Co-Chair
Hello, everyone,

With the holidays upon us, there is no better time to embrace the festive spirit. We had an amazing Holiday Open House in November to kick off the season and spread some cheer to the campus community.

Cheers,
Edgar R. Meyer
GSB President

'Tis the Season to Party
Hello, y'all,
I would like to welcome all of the new students to UMMC and to welcome back all of the other friendly faces. We in the Graduate School just want to fill everyone in on what has been happening this summer.

EversCare Food Pantry Drive
Service | UMMC Students | October 20 – November 3, 2017
ASB sponsored a food drive in which students on campus collected food for the new EversCare Clinic. 810 items total were collected on campus — 479 of which were collected by the Graduate School!

We Will Go Ministries Clothing Drive
Service | UMMC Students | November 3 -17, 2017
ASB sponsored a clothing drive to benefit We Will Go Ministries. Food and clothing items were collected. Over 300 clothing and food items were collected with the School of Medicine taking the lead followed by the School of Graduate Studies.

Graduate Students Participated in the ASB Blood Drive to Support MS Blood Services
UMMC Students from this various school on campus participated in the ASB Blood Drive to support the Mississippi Blood Services on November 10. Grad students Braxton Dupuy, Sarah Fitzgerald, Osvaldo Rivera, Berlin Spinn, and Paisley Walters graciously donated.

We Will Go Ministries Clothing Drive
Service | UMMC Students | November 3 -17, 2017
ASB sponsored a clothing drive to benefit We Will Go Ministries. Food and clothing items were collected. Over 300 clothing and food items were collected with the School of Medicine taking the lead followed by the School of Graduate Studies.

Graduate Students also attended the National Philanthropy Day Panel Discussion on Service-Oriented Leadership featuring UMMC Servant-Leaders.

UMMC students and employees awakened this annual event on November 10 by gathering in the Student Union to hear speakers Dr. David Felton, Dr. Rob Rockhold, Dr. Juanyce Talor, Mrs. Tammy Company, and Mrs. Natalie Hutto.

Grad student attendees included Thienly Nguyen and Laura Blackmon.

Operation Christmas Child
Service | UMMC Students | November 17, 2017
The School of Nursing and the Associated Student Body co-sponsored the Operation Christmas Child philanthropy whereby students across campus collected toys and clothing items to provide to children in developing countries throughout the world.

27 boxes total (more than anticipated) were collected — 9 of which were provided by students in the School of Graduate Studies.

UMMC students and employees awakened this annual event on November 10 by gathering in the Student Union to hear speakers Dr. David Felton, Dr. Rob Rockhold, Dr. Juanyce Talor, Mrs. Tammy Company, and Mrs. Natalie Hutto.

Grad student attendees included Thienly Nguyen and Laura Blackmon.

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jhaultman@umc.edu

The School of Graduate Studies in the Health Sciences (SGSHS) hosted its annual Holiday Open House at the Student Union the Tuesday before Thanksgiving as it does each year to invite students, faculty, and staff throughout the UMMC community to celebrate the holiday season.

Eat, drink, and be Merry!
Asreg for
Batson Toy Drive

November 20 - December 15

ASB drop-off locations are located at each different school

WISH LIST:

Infants (0-1 year)
- Rattles, Teethers
- Board/sound books
- Light and sound toys
- Blankets
- Bath Towels, Wash Cloths
- Burp Cloths, bibs, Pacifiers
- Bottles, Sippy Cups
- Fisher Price Toys
- Plastic Crib Mobiles
- Boppy Pillows w/covers
- Crib Music soothers/mirrors
- Bouncy Seats
- Reclining Feeder Seats
- Floor Play Mats
- Lots O’ Links

Toddler (1-3 years)
- Popular character toys
- Pretend Play Items
- Musical Instruments
- Shape Sorters
- Small Cars/Trucks/Trains Picture/Board Books
- Stacking Cups
- Puzzles with Knobs
- Light-up toys
- Fisher Price toys

Preschool (3-5 years)
- Little Tyke/Fisher Price/Playskool/Little People toys
- Play tools
- Cars/Trucks/Planes/Planes
- Dolls-all ethnecities
- Blocks

Preschool (3-5 years) cont.
- Non-toxic Play Doh
- Fisher Price medical kits
- Books
- Bubbles
- Large Floor Puzzles

School Age (5-11 years)
- Nerf Basketball sets
- Legos
- Remote control cars
- Hotwheel cars Books
- Barbies/Ken dolls
- Action Figures
- Popular character toys

Adolescents (12 years +)
- iPods*, iTunes gift cards
- iPads*
- Baseball Hats
- Nail Polish, Makeup
- Sports equipment-balls, gloves, etc.*
- Cologne sets*
- Perfume sets*
- Bath sets
- Earbuds
- Hair Brushes/accessories
- fleece blankets
- Journals/Pens

ASB Toy Drive
Inter-professional Competition:
* denotes 5 point items for those that are more expensive; all others are 1 point apiece
School of Nursing Updates

A group of students from the class of 2019 School of Nursing visited the Mustard Seed on October 30th and November 6th to teach the Mississippi Department of Health’s handwashing curriculum. The Mustard Seed is a Christian based organization in Brandon, MS dedicated to meeting the spiritual, physical, emotional, and intellectual needs of adults with developmental disabilities. These 30 students, accompanied by instructors Chelsey Andries and Katie Hall, utilized storytelling, interactive games, and blacklights to illustrate the need for proper handwashing techniques. The students and residents alike had a great time learning, teaching, and building new friendships.

-Brady Darnell, SoN

The Mississippi Nursing Association and the Mississippi Association of Student Nurses held their annual state-wide convention on the 19th and 20th of October. This convention allowed organizations from across the state to set up booths to display their institution, organization, and products. The convention also featured a variety of presentations ranging from flight nursing speakers, Air Force Health Professions Division representatives, and multiple HESI review sessions. This gave our students and faculty the opportunity to engage with other healthcare professionals and students across the state.

-Brady Darnell, SoN

National AAMC Learn Serve Lead 2017 Annual Conference

The Association of American Medical Colleges (AAMC) Annual Meeting is the only meeting where leaders from the nation’s medical schools and teaching hospitals gather to discuss the future of academic medicine, innovations in medical education and research, and the transformation of patient care delivery. This year’s conference took place in Boston and provided plenary sessions with world-class speakers, concurrent sessions, exhibit halls, and networking opportunities to engage the attendees. This was the perfect opportunity for medical students, Avani Patel (M3), Erin Walker (M4), Graham Husband (M2), and Kate Harriel (M2) to network and bring back ideas to better improve UMMC SOM. This conference focused many discussions on wellness, diversity, standard video interviewing, and transitions to residency. This year, I had the honor and the privilege of becoming elected and inducted as Southern Region Chair of the AAMC-OSR. Southern Region covers M.D. schools from Texas up to West Virginia. I will serve as a voice for our schools on the Administrative Board. I also presented a poster during this conference. In addition, I was invited to the AAMC Awards Reception and Dinner. It was one of the coolest experiences I’ve ever had. To top it all off, I got to meet the one and only Dr. Williams of Online Med Ed. M3s, you know how big of a deal this is! Overall, this was truly an experience to remember—thank you UMMC for helping to make this happen!

-Avani Patel, M3
Monday, January 15, 2018

Service Projects
Service Sites throughout the Greater Jackson area
8:00 a.m. – 12:00 p.m.

Reflection & Luncheon
Jackson Medical Mall
12:30 – 2:00 p.m.

* Food will be provided to all attendees.

This upcoming Martin Luther King, Jr., Day marks the second annual UMMC Day of Service sponsored by the UMMC Associated Student Body. Leaders within the Associated Student Body were instrumental in the inauguration of this event on January 16, 2017. This special occurrence marks an occasion where UMMC students, faculty, and staff work together to serve the surrounding community at various non-profit sites, including Stewpot Ministries, Mission First, and Mustard Seed. This year’s Day of Service will also include a luncheon and reflection featuring a panel discussion and reflection on civil rights and community action.

Who Could Believe What We Have Heard? (Isaiah 53:1)—
The Mystery and Scandal of Christianity

Focusing on the second oldest of the Abrahamic traditions in faith, this lecture aims to take a closer look at Christianity—its basic principles and tenets and how it relates to the healing arts of healthcare. This lecture will be the fourth and last in a series of four lectures featuring the Abrahamic traditions.

Monday, December 11, 2017
12:00 p.m.
R354

The Research Wing

Mrs. Barbara Mustain, M.T.S.
Retired Religious Education Teacher & Chair
Religion Department
St. Joseph Catholic School
Madison, MS 39110

Sponsored by the
UMMC Center for Bioethics and Medical Humanities
UMMC Office of Diversity and Inclusion
UMMC Faith Forum
On the evening of Thursday November 9th, the March of Dimes held their annual Signature Chefs Auction to benefit the March of Dimes Mission for healthier Moms and Babies. The event, held at Cathead Distillery, was the organization's most successful in the State's history. This event is one of the many ways that March of Dimes raises critical funds to support their mission of healthier moms and babies in Mississippi. This a mission shared by UMMC and one that many UMMC employees from different departments are involved in. This night would not have been possible without the support of board members such as, Dr. Guy Giesecke and Dr. Janet Harris; Executive Leadership Team members Dr. Mechelle Keeton and Travis King; Table Sponsors: UMMC, Janet Harris, Tammy Dempsey and Jeanne Fortenberry, and the tremendous Volunteer Leadership: Tammy Dempsey and Farrah Banks for provided for the event from the School of Nursing and other Nursing staff at UMMC.

The Evening was enjoyed by over 300 in attendance, who got to sample exquisite culinary delights from many of the top chefs in the area. Restaurants such as Manship, Char, Table 100, Campbell’s Bakery, Hal & Mal’s, Aplos, Crazy Cat, County Seat, Seafood R’evolution, Bacchus, Estelle, Half Shell and Lou’s Full Serv were on hand offering everything from Loch Duarte Salmon Fishcakes to Korean Pork & Beans. But the event wasn’t just about tasting food. Zack McLeod from Magnolia Barrelhouse featured a Bourbon Tasting from Barrell Spirits bourbon, a boutique distillery in Kentucky. Also, those in attendance had the opportunity to indulge in a wine tasting provided by Scott Jackson with Colony Wine Market, as well as, craft beer selections from Luckytown Brewery. Hal & Mal’s threw their hat in the ring offering a craft cocktail made from Cathead Vodka.

Along with the incredible food and beverage offered at the event, patrons had many opportunities to bid on or purchase items throughout the event with proceeds going directly to the March of Dimes. Kendra Scott Jewelry generously donated 30 jewelry boxes that were sold at the event. Each "box" was valued from $50 to $250 and was a rousing success. Also highlighted was the March of Dimes "150 board. Guests were able to pick a number off of the board, pay the face value of the number and would receive the surprise gift listed on the back of the number. A Silent Auction was featured at the beginning of the event allowing everyone to bid on items ranging from jewelry, to a 50” Flat Screen TV to a VIP Suite to the MS Braves. UMMC’s very own Janet Harris headed up the silent auction and was instrumental in making it a huge success. With any auction event, the Live Auction and Fund the Mission were the stars of the night. Live Auction packages such a week in the mountains of North Carolina, a beach vacation to Turquoise Place in Orange Beach, a New Orleans Saints weekend, many private dining packages offered by our chefs, and much more were auctioned off at record proceeds. In the middle of the auction, the Fund the Mission event was held. This event, highlighted by Julia Punchess and Family (the 2017 Ambassador family), was an opportunity for all attendees to give directly to the March of Dimes. Again, this was a massive success and led to more proceeds than ever before.

UMMC has been an irreplaceable partner in the March of Dimes fight for healthier Moms and Babies in the state of Mississippi. Through financial generosity, volunteer leadership and research, the partnership between UMMC and March of Dimes has never been larger or stronger.
Monday, November 20, 2017
Bravo! Italian Restaurant and Bar

The Jackson Free Clinic celebrated 15 years of being open, at the newly renovated Bravo Restaurant. Candles covered the tables alongside hearty Italian cuisine as guests listened to Dr. Joyce Olutade tell the JFC’s origin story. JFC Student Director Ann Marie Mercier spoke of the almost 1,500 patient encounters last year and the $140,000 JFC has saved the community in healthcare costs.

If you’re interested in donating to the JFC, find us on PayPal  jacksonfreeclinic@gmail.com

Volunteer with Hospital Alliance for Breakfast with Santa
Calling All Elves!

The Hospital Alliance is in need of volunteers for Breakfast with Santa.

Set up - Friday, December 15, from 2:00 - 8:00 p.m.
Breakfast - Saturday, December 16, from 7:00 - 11:00 a.m.

Volunteers serving as elves are needed to help with arts and crafts, photos with Santa, registration, the breakfast table, etc.

School Cup points will apply to this philanthropy event.

All elves are welcome to sign up for this volunteer opportunity by visiting the following GiveGab link below where they can sign up for specific tasks and times.


Please feel free to contact Mrs. Tammy Dempsey at tdempsey@umc.edu or Mrs. Jamie Thompson at jltthompson@umc.edu for more information concerning this event.
The Murmur

December 2017

The Truth Shall Set You Free

“How are you?” is a common greeting in the United States, but Americans have used it so casually for so long that when they hear the question, they oftentimes inadvertently respond with: “I’m fine. How are you?” even if they may not, in fact, be all right. I believe that many people feel that many others simply do not have the time nor the concern to listen to everyone else’s problems. Perhaps, we all are guilty of either feeling that way or expecting the seemingly rote response of “fine” from others when we ask them how they are because we ourselves are not emotionally prepared to handle the issues with which they may or may not be dealing.

The word emotion itself is etymologically derived from the Middle French word emotion which means “a stirring, or agitation,” and this word, in turn, is ultimately derived from the Latin word emovere which literally translates to mean “to move out, remove, or agitate.” Thus, the very word emotion itself bears the connotation of that which “moves, or stirs” us into action, irritability, or—perhaps more often in today’s society—silence. How often do we actually hear people tell us how they really feel? How often do we ourselves tell others how we really feel? Of course, we may have those we consider our best and closest friends to whom we divulge our deepest, darkest secrets, but do we ever really open up to those acquaintances who simply ask us how we are doing?

Personally, I often tend to mask emotions that I am having either because I feel that the emotions that I am feeling are not valid or because I fear that my own emotions will have a detrimental effect on the emotions of others when those emotions are contradictory to each other. For instance, if I am angry at someone, I wonder whether my anger is truly justified in any way, and when I question it, I feel that it deserves no validation. Therefore, my feelings of anger are often discarded as unjustifiable and are rarely expressed. In addition, if I am sad, but others around me are happy, I fear that my expressions of sadness would only dull the mood of everyone else, so I repress those feelings and embrace the happiness emanating from others in those moments.

Only after many years of reflecting on my own emotional behaviors have I come to understand my own sense of emotional wellness. Having two extremely frank and bold women as best friends has helped me learn that the people closest to me want to know the stone-cold truth, regardless of the way it makes them feel. Many of us have probably heard the expression that “the truth hurts,” and many of us have probably experienced firsthand how an honest confession from a friend, spouse/partner, family member, etc., can elicit an undesirable emotional response within us. But I wonder just how awful one must feel should he or she have to conceal that honesty—that bitter truth? How many of our hardships and endure our heartaches alone. Through the healing arts in healthcare, those of us who are or who will become physicians, nurses, therapists, dentists, case workers or managers, researchers, or other clinical staff have the wonderful honor of caring for people in their most vulnerable truths, and we are called to have the understanding, compassion, and empathy to put on the yoke of their emotions and feel what they feel—always without judgement and always with love.

The answer to this last question brings to mind a verse from the Gospel of John which reads “and you will know the truth, and the truth will make you free” (John 8:32, NASB). Granted, this verse is in reference to Jesus himself as the personification of truth, but it brings to mind the stark fact that when we are completely and utterly honest, we are set free from the bondages of concealment that stifle our emotions of anger, sadness, frustration, fear, anxiety, etc.—all of the emotions that many of us may find too uncomfortable to share with our friends and families, let alone the world.

Yes, our own hard truths may instigate those same uncomfortable feelings in our friends, families, and others, but they have a right to their feelings just as we have a right to ours. I myself am still learning that regardless of whether feelings are rational or irrational, the act of expecting ourselves and expecting others to remain silent in dealing with them is far more irrational than the feelings themselves. By openly discussing my emotions with others, I can learn how to understand them objectively—how to logically see why I feel the way I do and, in turn, react appropriately. Sometimes the appropriate action for expressing my anger is a heated discussion while the appropriate action for expressing my sadness is crying, and perhaps, the appropriate reactions these actions could promote in others are exactly the same or different.

But, I always must remember that holding it all in will only build resentment that under the highest heat and highest pressure comes to an explosive boil which is not at all the intended reaction or the appropriate end. And as much as I am irritated by my friends’ and family’s constantly bothering me with probing questions about what I am thinking and feeling, I know that they are acting out of love to help me relieve what is on my heart and on my mind. After all, we humans are made for community, and we were never meant to bear our hardships and endure our heartaches alone.

Student Submission on Emotional Wellness

Student Submission on Emotional Wellness

Located near University Medical Center, the Cabot Lodge Millsaps conveniently accommodates any Jackson visit. The exceptional comforts also include complimentary full southern breakfast and nightly hospitality reception. No matter what’s on your agenda, we’ll make sure you’re rested and refreshed.

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800.874.4737 | CABOTLODGEMILLSAPS.COM

Always right there.
ALWAYS RIGHT.
The American Medical Association (AMA) Interim Conference held in Honolulu, Hawaii focused on a variety of different topics—educational sessions, networking opportunities, business meetings, research symposium, and house of delegates. Nearly 600 medical students from across the country attended education sessions hosted by the standing committees of the Medical Student Section (MSS). During the sessions, policy was adopted on important issues that affect medical students, public health, and patient care. Avani Patel, Logan Ramsey, William Ross, Jordan Rimes, Denise Powell, and Vy Mai represented our institution and state during this meeting.

When they met for the MSS Assembly, ~95 items of business were considered, and policy was adopted on a wide range of issues. Highlights include a resolution asking the AMA to work with AAMC to assure students are stakeholders in changes to the residency application process, MSS support for refugees’ access to health insurance, and MSS support for development of evidence-based public health models that prevent violence. Also, of note, Dr. Robert Smith of Mississippi was awarded the AMA Medal of Valor during the AMA HOD opening session, and we couldn’t be more proud of him. Overall, this was truly an enjoyable experience for the students—thank you to the Mississippi State Medical Association and Central Medical Society for helping to make this happen!

-Avani Patel, M3

The Trust Project

The Trust Project is a student-run wellness initiative created by medical students to help each other deal with the stressors of clinical life: patient deaths, morbidities and trauma, increasing responsibility, and interpersonal relationships. It consists of monthly small group lunch meetings lead by M4s trained by Dr. Rodgers, and serves not only as a venue for difficult conversations, but as an opportunity to create relationships with colleagues and M4s.

This program has been developed in collaboration with Gold Humanism Society, Dr. Scott Rodgers Chair of Psychiatry and Dr. Jerry Clark. It is designed to develop coping mechanisms, emotional residence and encourage humanism, not just toward our patients, but toward ourselves and each other.

We meet the third Thursday of every month during lunch, the dates and locations are below:

<table>
<thead>
<tr>
<th>Date</th>
<th>2nd Floor</th>
<th>Location</th>
<th>Topics</th>
</tr>
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<tbody>
<tr>
<td>October 19</td>
<td>2nd Floor</td>
<td>Student Union</td>
<td>Mindfulness</td>
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<tr>
<td>November</td>
<td>309</td>
<td>309</td>
<td>How Med School Taught Me Study Second</td>
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<tr>
<td>December</td>
<td>309</td>
<td>309</td>
<td>Finding Strength to Keep Going</td>
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<td>January 11</td>
<td>108</td>
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<td>Wounded Healers</td>
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*Note: the topics of discussion are not finite, and may change per group preference.*
Now I can...
walk my daughter down the aisle

After a debilitating boating accident, Dan Smith of Madison County had to make quick work of his recovery.

His daughter, Sarah, was getting married in less than seven weeks. And he was determined to be by her side.

“Any father wants his daughter’s wedding day to be just like she wants it,” said the lawyer for the Mississippi Attorney General’s Office. “And she was pretty intent on me participating as best I could.”

An occupational therapist for Methodist Rehabilitation Center in Jackson, Miss., Sarah knew her father would benefit from MRC’s expertise treating patients with traumatic injuries. And eight days after entering MRC, Smith was well enough to escort Sarah down the aisle with the aid of a walker.

The moment meant “everything,” Sarah said. And don’t think Dad didn’t realize as much. “It was one of my motivations for trying to get better,” he said.