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“Now I Can”
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SON Updates

The UMMC Chapter of the Mississippi Association of Student Nurses hosted a Zombie Fun Run on October 22nd, at Choctaw Trails in Clinton. This community service fundraiser event funded a Christmas celebration for the adults in long term care at UMMC! The fun run took place at 5:30 pm just as the sun was setting. The participants chose the roles of either “runner” or “zombie”. Runners were given belts with tags symbolizing their “lives” for the game. During the race, runners were chased by zombies throughout a rugged 5k course. Prizes were given to the runner with the most lives left on their belt and to the zombie with most lives collected. After the event participants were able to enjoy food from local chefs and food trucks from around the Jackson area. The Fun Run was able to raise $800 for the Christmas celebration.
Anne Sinclair, the director of fundraising for the MASN organized the event with the support of multiple classmates and faculty. She commented, “I’m all about supporting the local businesses and I am thankful for the many who have sponsored our event!” Businesses throughout the local Fondren area included Sal and Mookies, Iron Horse Grill, and Lou’s Full Serve as well as Air South, Buffalo Peak, Studio Chane, and The Radio People group of FM stations. The UMMC MASN officers and members would like to thank the UMMC community and local participants who showed up for a great race as well as supporting their fundraising endeavors.
SNMA Updates

On December 10, 2016, the Student National Medical Association (SNMA) joined their parent-physician organization, the Mississippi Medical & Surgical Association (MMSA) for the Annual MMSA Christmas Reception. Physicians, Residents, and Medical Students from around the state were invited to the celebration at the Next Level Experience in Jackson.

In addition to a fun night of music, dancing, and networking, there was a community service component, in which guests brought unwrapped gloves, socks, and hats to donate to the Billy Brumfield Shelter.

For more information about our parent-physician organization, you can visit MMSA at http://www.mmsa-online.com/

For more information about our region of SNMA (Region 3), you can visit http://www.snma.org/three/
Upcoming Events:

January 13, 2017, 12:00 - 1:00 pm, R153: Mississippi AIDS Education Training Center

February 10, 2017, 12:00 - 1:00 pm, R153: Dr Scott String of Otolaryngology

March 8, 2017, 12:00 - 1:00 pm, Classroom Wing 107: MACM (Medical Assurance Company of Mississippi) Underwriting Department, MACM Claims Department

April 12-16, 2017: Annual Medical Education Conference, Atlanta, Georgia
On December 2, several students from the School of Medicine attended the Central Medical Society Reception at The South. Students, residents, & physicians celebrated the new President, Dr. Jonathan Adkins, general surgeon at Lakeland Surgical Clinic. This was a great opportunity for students to network with residents and physicians along with learning more about MSMA and CMS. Interested in learning more about being involved with MSMA/AMA or CMS? Email Vice President of MSMA/AMA, Avni Patel at akpatel@umc.edu

UMMC Anesthesia residents with M2, Avni Patel

President, Neal Boone (M4) and Vice President, Avni Patel (M2)
Frozen Yogurt Bites

Josie Bidwell, FNP-C

Prep Time: 5 minutes  
Cook Time: None

SERVES: 6

Things You Need:

- 2 cups Nonfat vanilla greek yogurt
- 2 teaspoons Sliced almonds
- 1/2 cup Fruit, fresh or dried

Here's How:

1. Arrange six cupcake liners in a muffin tin.
2. Evenly distribute the yogurt between the 6 tins.
3. Top with fruits and nuts.
4. Freeze until firm. Approximately 3-6 hours.

Nutritional Information
Amount Per Serving
Calories: 64
Total Fat: 1.2 g
Total Carbs: 6.4 g
Protein: 6.4 g

Recipe provided by:

Cook Right, Live Well Cookbook by Dr. Josie Bidwell and Rebecca Turner (UMMC School of Nursing).

For more information about the Live Well Cookbook, contact Dr. Bidwell, JBidwell@umc.edu
On December 1st, 2016, we held our annual Jackson Free Clinic Reception at the Manship to raise support and awareness for the clinic. Our guest speaker was Dr. Dan Jones, Professor of Medicine and Physiology and Interim Chair, Department of Medicine, Sanderson Chair in Obesity, Metabolic Diseases and Nutrition and Director of Clinical and Population Science, Mississippi Center for Obesity Research. Dr. Jones spoke about the importance of serving a population who may be considered outcasts by some, such as those we take care of at the JFC. Our student director, Alex Dent, spoke about his experience as a provider at the clinic and how it has impacted him and his future as a physician. He also talked about the clinic’s focus on preventative medicine and the management of chronic diseases in our patients, which decreases financial burdens on UMMC and the state of Mississippi. To learn more about the JFC, visit www.jacksonfreeclinic.org.
GSB Volleyball

The GSB intramural indoor volleyball team “Can’t Block This” are champions for the third in a row!
GSB Holiday Party

The GSB annual “Tacky Sweater Holiday Party” was held at Hal and Mal’s on December 6th. Graduate students were found eating, drinking, and being merry. The end of the night brought out a competitive spirit with a few games of candy cane pick up.
GSB Holiday Open House

GSB students and administrative faculty cooked food and decorated the upper conference rooms in the student union for the annual SGSHS Holiday Open House. The holiday feast featured cajun gumbo, crawfish pasta, shrimp creole, and white chocolate bread pudding.
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At Jackson Preparatory School football games, Adam Malone has the best seat on the sidelines. It’s a hi-tech, sit-to-stand wheelchair that lets him rise to his role as a Broadcast Club videographer.

As soon as he heard about the club, “I went to see what it was all about,” said the teen with muscular dystrophy. “I learned that they were going to do video recordings and live streaming of the football games. And I knew I wanted to do that.”

Realizing he’d require a more versatile wheelchair, Adam turned to Methodist Rehabilitation Center Assistive Technology Professional Heather Maloney to find the best model for his health and lifestyle needs.

“She took the time to really talk to him about his needs and added details which make his life easier,” said his mother, Angela Malone.

Now, the high schooler is looking ahead to a possible career catching the action. “We had a college fair at Prep not too long ago, and a few schools there had good video departments,” he said.