UMMC was named a national Telehealth Center of Excellence by the U.S. Health Resources and Services Administration, one of only two programs in the nation to receive this honor.

The designation recognizes the Center for Telehealth and their pioneering work using technology to deliver high-quality health care to patients in underserved and rural areas. At UMMC, telehealth has become an effective way to address health care disparities throughout the state.

The award will allow the Center for Telehealth to expand the program, research outcomes, and help other health care organizations across the country set up their own telehealth programs.
Student Submission on Intellectual Wellness

“Work Hard; Play Hard”

Are you stressed? Do you suffer from burnout? Do you feel as though your head is about to explode or that you could not possibly cram any more information into your brain? If you answer “Yes” to any of these questions, then your intellectual wellness may be in potential jeopardy. I would argue that there are measures that you can take to help you decrease your stress, assuage your burnout, soothe your mind, and alleviate your brain.

The first measure involves four tips of advice from the Resources to Recover website at rtor.org which is a service of Laurel House, Inc., a 501 (c)(3) non-profit organization. The first of these tips may immediately elicit from you a strong aversion as it involves reading. However, this reading would be pleasure reading that you enjoy. Admittedly, from time to time, we read something that truly inspires, comforts, or intrigues us, and any material that can offer those experiences, in my opinion, is worth reading and worth making the time for which to read. This sort of reading could involve reading a brief quote or a poem, flipping through a magazine, or completing daily inspirational or devotional readings.

The second of these tips involves exploring. I am not sure about you, but I love going on adventures. Sometimes, just taking a quick detour or a brief excursion is just enough to recharge my batteries and restore my passion. Sometimes, we just need a change of scenery, a change of task, or a change of pace, or sometimes, we just need to do a good morning exercise, and taking cool music during morning exercise, and taking cool audio recordings or podcasts rather than just listening to the same sets of exercises on Tuesday’s and Thursday’s, why not switch things up and do different sets on those days? If you watch the same Netflix shows on Friday nights, why not go see a good movie, play, or musical at one of the local theater’s instead? Do anything that stimulates your mind and brings you excitement. Monotony is the death of intellectual wellness. Another measure though for helping you improve your intellectual wellness would be to engage in community service projects or other philanthropic endeavors like charitable giving. When you feel that your career or your educational program is just taking, taking, taking, reach out and give, give, give to those in need. By giving back to those around you, you increase your feeling of viability and acknowledge your value to society as you make contributions that positively impact others. Plus, giving of your time and energy to worthy causes that positively impact others. Plus, giving of your time and energy to worthy causes that positively impact others.

The fourth tip involves something different from your normal, typical, everyday routine. If you make your usual pot of Community coffee every morning, why not splurge and buy a cup of coffee from Cups in one of those fancy flavors? If you do the same sets of exercises on Tuesday’s and Thursday’s, why not switch things up and do different sets on those days? If you watch the same Netflix shows on Friday nights, why not go see a good movie, play, or musical at one of the local theater’s instead? Do anything that stimulates your mind and brings you excitement. Monotony is the death of intellectual wellness. Another measure though for helping you improve your intellectual wellness would be to engage in community service projects or other philanthropic endeavors like charitable giving. When you feel that your career or your educational program is just taking, taking, taking, reach out and give, give, give to those in need. By giving back to those around you, you increase your feeling of viability and acknowledge your value to society as you make contributions that positively impact others. Plus, giving of your time and energy to worthy causes that positively impact others. Plus, giving of your time and energy to worthy causes that positively impact others.

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On another note, I remember reading somewhere that meditating for at least a few minutes after waking up in the morning, journaling regularly, listening to inspirational audio recordings or podcasts rather than just music during morning exercise, and taking cool rather warm showers after morning exercise are great ways to refresh yourself and to energize you for the day. Tackling your day with sufficient energy is often just the regimen you need to feel successful and productive both during and at the end of a work or school day. In turn, success and productivity accentuate intellectual wellness.

And finally, there is such a thing as brain food. Apparently, there are at least fifteen foods that help boost focus and memory, and without going into detail about the mechanisms by which the ingredients in these foods accomplish this feat, I will simply list them. These foods include avocados, beets, blueberries, bone broth, broccoli, celeriy, coconut oil, dark chocolate, egg yolks (but not too many so as to avoid high cholesterol), extra virgin olive oil, green leafy vegetables, rosemary, salmon, turmeric, and walnuts. I also recall reading somewhere that eating one apple packs more energy than drinking one cup of coffee. Mind you, I have never tried this experiment, so take that suggestion with a grain of salt.

Ultimately though, I feel that any one or any combination of more than one of these measures are great ways to help you maintain your sanity regardless of the level of information with which your brain is bombarded every day. Sometimes, we just need a change of literature, a change of scenery, a change of task, or a change of pace, or sometimes, we just need to do a good turn daily or weekly or monthly and eat some healthy foods while we are at it. Either way, do what satisfies your soul and satiates your mind. Don’t just do what overwhelms them. You can always remember to work hard, but don’t forget to play hard as well.

Sincerely,
Edgar R. Meyer, G3

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Do you need volunteer hours? Would you like to network at UMMC? Develop relationships for potential employment?

UMMC Volunteer Services can be your connection.

- Easy processing for UMMC students
- Flexible hours to meet your demanding schedule

To take advantage of this opportunity, contact:

Marsha Burton - Adult Hospital
601-815-7001 or mbburton@umc.edu

Angela Compere - Batson & Wiser Hospital
601-815-8277 or acompere@umc.edu
5 ways to support the Jackson Free Clinic

1. **Volunteer!**
Be on the lookout for our weekly e-mail with a link to the sign up sheet. Contact Jessica Arnold, Hannah Miller, or Ford Franklin for more information! (jarnold@umc.edu, hmmiller@umc.edu, jfordfranklin@umc.edu)

2. **Purchase a JFC t-shirt!**
Visit the JFC store at jacksonfreeclinic.org. Sorry, we’re out of scrubs this semester! Contact Patrick Wood or John Bobo for more info (rwood@umc.edu, jfbobo@umc.edu)

3. **Amazon Smile**
Visit smile.amazon.com and search for Jackson Free Clinic for the Homeless. 1% of each purchase you make on Amazon will be donated to JFC.

4. **Add your Kroger Plus Card**
Google “Kroger Community Rewards,” and click the first result. Select “Create an Account,” and add your info. Click on the link within the confirmation e-mail you receive, visit your “Account Summary” page, and add your Kroger plus card number in the “Plus Card” section. Scroll down to the “Community Rewards” section at the bottom. Our organization number is 32010 and our name is Jackson Free Clinic for the Homeless

5. **Add your mom and dad’s Kroger Plus Card!**
It’s not #savage if it’s for a good cause. Ok… a little #savage

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**SCHOOL OF GRADUATE STUDIES**

**International Women’s Day**
**Service | Grad Students | March 8, 2018**
The Graduate Student Body created candy bags with cards as small tokens of appreciation for the many contributions that women make in their labs, offices, and departments on a daily basis. I am so thankful for these wonderful women.

That famous Shania Twain song should be their anthem!

**TeleHealth Experience**
**Event | UMMC Students | March 27, 2018**
The inaugural TeleHealth Experience allowed UMMC students to have the opportunity to learn about telecommunication-mediated healthcare for patients in rural, underserved areas. One of our very own, Gwen Davis, attended the first session offered.

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**In Like a Lion and Out Like a Lamb**
Hello, everyone,

I have heard the expression numerous times, but I guess I never fully understood this description of March until now, since it roared in with February’s chill and left like a lamb. Students in the Graduate School still found time to be involved in some activities.

Cheers,
Edgar R. Meyer
GSB President

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**Congratulations to John Aaron and Xiao on being selected as new STAR’s!**

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**Graduate School Students attend Holi Mela on March 31**

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**Pictured left:** flyer (compliments of Naveen Parthiban) distributed to the Grad School via email; **pictured right** candy bag and card distributed to women in the Grad School
On Wednesday, March 28, the UMMC Faith Forum, the Center for Bioethics and Medical Humanities, and InCltuve Conversations through the Office of Diversity and Inclusion sponsored a panel event titled “Palliative Care: Not Just the End, but Also the Beginning—A Panel Discussion on Matters of Faith & Family Conversations.” This talk featured four panelists, including Dr. John K. Mansel, a physician in Pulmonary and Critical Care; Dr. Lisa A. Didion, a physician in Children’s Hospital Medicine and Director of the Office of Patient Experience; Dr. Sharon P. Douglas, a physician in Palliative Care, Professor of Medicine, and Associate Dean for Veterans Affairs Education; and Reverend Linda McComb, a Hospital Chaplain in Pastoral Services.

The event began with a brief introduction of the panelists followed by two questions that each panelist took turns answering. Next, attendees watched a short five-minute video by Ellen Goodman, Co-Founder and Director of The Conversation Project which “emphasizes having a conversation on values—what matters to you, not what’s the matter with you” as she explains in the video. Then, the floor was opened for a question-and-answer session during which time at least five attendees asked questions concerning matters of faith and ways of having important conversations with family members and patients during palliative care.

In attempting to recall most of what was discussed during the session, I will touch on some points that I took away from the event. Dr. J. K. Mansel made a very important point, even drawing a diagram on the whiteboard for clarity, that end-of-life care is only a small part of palliative care. He mentioned the bereavement sessions that he and his colleagues have regularly to share stories anonymously about moving experiences that they have had on their shifts or rounds. In addition, he offered via email a response to a question that we did not have time to answer during the session. The question reads What recommendations would you give to novice practitioners in your field in regards to their implementation of palliative care to patients? Dr. Mansel’s response was as follows “To the novice I would say palliative care isn’t just about being nice. There are complex skills to learn in communication, conflict resolution, responding with empathy, and complex symptom management. To develop a level of expertise takes many hours of training with deliberate practice and feedback.” I think his words are very poignant considering just how difficult some of these conversations are to have with patients and their families.

Dr. Lisa Didion added her perspective with her work in Children’s Medicine and the additional level of difficulty with the loss of children and infants. Losing a loved one is hard enough, but losing a child involves an even greater amount of grief. Dr. Didion also commented on the importance of having empathy for patients and families—being able to place ourselves in their shoes when talking with them about their conditions or their family members’ conditions. Dr. Didion also submitted responses to two questions we did not answer during the session. I have provided those questions followed by her responses to each one. Could each of you briefly describe some of your most moving experiences in caring for patients at the end of life? “The most moving experiences for me when caring for a child at the end of life occur when the family chooses to include myself or others on the immediate healthcare team in some of the most intimate, last moments. As a resident, the parents of a dying child asked me to read their child’s favorite book while they held and cuddled their dying son. I felt so honored and privileged to be involved in this way. The experience really reinforced, for me, that residents and trainees develop important relationships with their patients and play a vital role in the healthcare team.” In your opinion, what are the proper words to offer the patients and their families in such an emotional time? How do each of you find those words? “I think it’s most important to first, listen. Our responses and support to families will be better received if we truly understand.” On this note, I will echo a comment that Dr. John B. Ingram, a pediatric epileptologist, here at UMMC, made during the Last Lecture on May 3 of this past year when he said that physicians have to remember that it is not about them, but about the patient. Sometimes, even when we think we know best, we must listen to the needs and concerns of those in our care. Dr. Sharon Douglas mentioned that sometimes the best thing to say when families lose a loved one or are in the process of losing a loved one is nothing at all. She expressed this point by pausing before finishing her statement to emphasize the power in silence. Sometimes silence compels us to stop and reflect and simply to be there in the moment when there is nothing to say. Dr. Douglas also very appropriately added that sometimes people can say the wrong thing in trying to say the right thing. And obviously, we want to avoid saying the wrong thing, especially during such an emotional time.

Reverend Linda McComb offered her own views of the importance of treating the whole person which includes mind, body, and spirit. She mentioned how understanding a person’s faith truly aids in helping patients and their families feel comfortable with opening up to people who are sometimes strangers to them. By being able to treat patients and their religious beliefs with honor and respect, we are able to provide them with more authentic and loving care. As a Hospital Chaplain, Reverend McComb will have the opportunity to work with two students who will serve and train as Student Chaplains, new roles on the Associated Student Body. These two individuals, Alex Rueff and Richelle Jefferson, who are both third-year medical students, will have the opportunity to recruit a team of students from all schools—students who are willing and eager to share in pastoral encounters with patients. If any students reading this article have a desire to participate in this kind of experience, please feel free to email me at emeyer@umc.edu for more information, and I will look forward to your response.

Ultimately, we have had a talks for the fall and spring Faith Forum series, and I hope to ensure that these talks will be able to continue in the future. I appreciate all of your support in attending and promoting Faith Forum events.

Yours in Service,
Edgar R. Meyer
ASB Philanthropy Co-Chair
Faith Forum Coordinator
The School of Medicine Pediatric Interest Group hosted the “P.I.G. Roast,” its yearly fundraiser for Blair E. Batson Children’s Hospital, from February 26 to March 7. The event consisted of a bake sale with sweet treats made by the group’s members, in addition to a raffle with prizes donated by local businesses, and concluded with a barbecue lunch on March 7. Thank you so much to UMMC Catering Services for providing the truly delicious lunch! Thank you also to Babalu, Berry Berry Good Frozen Yogurt, Diva Dolls, High Cotton, La Brioche, Painting with a Twist, and Turkoyz for their generous donations to the raffle! Thank you to SOM Student Affairs for providing so much help along the way! And most of all, thank you to the employees, students, visitors, and others who supported Batson Children’s Hospital through this event, which raised nearly $1,700! Congratulations to the student organizers and volunteers who made this event so successful through their hard work and dedication.
Evers Society Faculty Profile: Dr. Michelle Horn

Tell us a little bit about yourself. How did you end up here at UMMC?
Growing up in a small town in Mississippi (Laurel), I have loved Mississippi and its people for as long as I can remember. I wanted to train here to be able to care for the people of our state and thus attended UMMC for medical school and then stayed here for residency training in Internal Medicine-Pediatrics. During residency training, I grew to love the educational side of medicine as well as being able to care for patients in both the inpatient and outpatient setting from the very young to the very old. I have been blessed with many opportunities to use the gifts that have been given to me, and I am always stunned at the fact that the 2 things I grew up wanting to be I now am—a teacher and a doctor.

On a personal note, I have been married for the past 20 years to a spouse who keeps me grounded in the non-medical world and have 4 wonderful, happy, healthy, busy kids—a girl Presley (age 13), a boy Landry (age 11), and 2 more girls, Molly (age 9) and Josey (age 6).

What do you enjoy most about teaching?
I truly enjoy getting to see medical students discover new knowledge about patients and themselves. Being involved in both undergraduate and graduate medical school, it is also so gratifying to see them advance throughout medical school, determine what residency they want to pursue, and develop into outstanding physicians. It is such a blessing to know that I had a hand in some small portion of their development and can touch many more lives in this manner than I would have been able to on my own.

Any advice to students?
Be attentive and intentional! Be attentive to your patients, to your education, to yourself and Be intentional in looking for opportunities to help your patients, your education, and your well-being.

What do you like to do outside of work?
I love to spend time with my family and watch my kids play sports. Having 4 kids ages 13, 11, 9, and 6, I stay busy going to their different activities. Personally, I love to read and exercise.

What is your favorite:
- Vacation: Any vacation for me is great, but I truly love the beach. The sound of the ocean is so relaxing and soothing plus seeing my kids play in the waves and laugh brings lots of joy to my heart.
- Season: All of them. I love different things about each season, but if I had to pick, I would say summer because I love warm weather AND spending time with family.
- Food: Mexican
- Movie: Top Gun
- Sports: Mississippi State; Dallas Cowboys

Interesting fact people might not know?
I played a year of college basketball.

Best experience teaching?
Seeing my first set of Introduction to Clinical Medicine (now Introduction to the Medical Profession 2) students as second years graduate from residency and are now practicing in our state.

Any funny story/last tidbit for readers?
Oh, I have many funny stories related to medicine and of course to my kids so if anyone works with me they have heard a lot of them.

My last tidbit for readers would be to make sure they learn something new each day and don’t rush things. Each day is a gift to serve others with kindness and gladness and to gain understanding from that day that will be used at some point in the future.

2018 MARC Advocacy Weekend

This year, six UMMC students attended the Medical Student Advocacy and Region Conference held March 8-10 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 regarding the Opioid Crisis, Gun Violence, deferred action for childhood arrivals (DACA), higher education (PSLF), and graduate medical education (GME), and took a Congressional visit to the Capitol.

Left to Right: Dusty Bratton (M4), Bonnie Hodge (M3) Avani Patel (M3), Laura Lee Beneke (M3), Mary Elizabeth Butts (M3), Logan Ramsey (M3)
M3/M4 Wellness - The Trust Project

The Trust Project consists of monthly small groups created by medical students to help each other through the stressors of clinical life: increasing responsibility, patient morbidities, and interpersonal relationships. These lunch meetings are lead by M4s trained by Dr. Scott Rodgers, and are designed to develop coping mechanisms, emotional residence and encourage humanism, not just toward our patients, but toward ourselves and each other.

All M3s and M4s are welcome, regardless of previous participation. We meet at 12pm each third Thursday, the dates and locations are listed below:

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Discussion Topic*</th>
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<tbody>
<tr>
<td>Feb. 8**</td>
<td>CW 108</td>
<td>Try Again: Experiencing Failure (First Code Blue)</td>
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<tr>
<td>March 15</td>
<td>CW 108</td>
<td>On Becoming a Doc: Excellent Medical Student, Terrible Clinician (STEP2/Grades/Match Stress)</td>
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<tr>
<td>April 19</td>
<td>CW 108</td>
<td>Stars, Dollar Bills &amp; Other Essentials (Dying Patient)</td>
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<tr>
<td>May 17</td>
<td>CW 108</td>
<td>TBA</td>
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*Topics of discussion are amenable per group preference
**Exception, this is the 2nd Thursday of the month

This program has been developed in collaboration with Gold Humanism Society, Dr. Scott Rodgers Chair of Psychiatry and Dr. Jerry Clark. It has been endorsed by the SOM and Department of Psychiatry, and approved by the Internal Medicine rotation.

2018 Off-Campus Housing Fair

Hosted by: The University of Mississippi Medical Center and The Mississippi Apartment Association

Open to: UMMC Faculty, Staff, and Students

Thursday, May 17, 2018 10:00 am - 2:00 pm
Norman C. Nelson Student Union Conference Room

For more information: Contact Tara Rushing at trushing@umc.edu or 601.815.0124.
YOU ARE INVITED
50TH ANNIVERSARY POOR PEOPLE’S CAMPAIGN

UMMC
Myrlie Evers-Williams Institute for the Elimination of Health Disparities

Monday, April 16th
11:00 AM - 12:30 PM
Norman C. Nelson Student Union
2nd Floor (A-D)

Panel Discussion:
Mr. William Byrum, CEO
Hope Enterprise Corporation
Corey Wiggins, PhD,
Executive Director, NAACP (Mississippi Chapter)

Moderator:
Louwanda Evans, PhD
Assistant Professor, Millsaps College

Viewing of the Emmy Award winning documentary,
“The Line” Poverty in America: It’s Not What You Think
Originated by Dr. Martin Luther King Jr., The Poor People’s Campaign was designed to raise attention and demand better jobs, better homes, and better education among poor people across the United States.

Tuesday, April 24th
11:00 AM - 12:00 PM
Upper Amphitheatre (R354)

AND

Ed Sivek, Ph.D.,
Executive VP of Communications and Policy
Hope Enterprise Corporation

The Economics of Poverty: Where Do We Go From Here?

FREE LUNCH for the first 100 attendees!
Presented by the Office of Alumni Affairs and the Student Alumni Representatives

SAVE the DATE

The LAST LECTURE
2018

SPEAKER TO BE REVEALED IN APRIL

Norman C. Nelson
Student Union
12:00 pm
Wednesday, May 2nd, 2018
Alpha Omega Alpha (AOA), a medical honor society founded in 1902. Per AOA’s mission statement, the organization was founded to recognize educational achievement, honor gifted teachers, encourage leadership development, support the ideals of humanism, and promote service to others.

Established to promote the mission of service, the AOA Service Committee is made up of junior and senior medical students who have been selected for membership in the Alpha Omega Alpha (AOA) Honor Medical Society. It seeks to organize medical student involvement in two service projects per academic year, one in the Fall semester and the other in the Spring semester, with at least one of these directly benefiting the UMMC community. Participation is open to all medical students, and the projects are structured to accommodate as many interested students as possible. Our Fall project this year consisted of organizing groups to volunteer at various stages of the RyanMan triathlon in October.

This annual event raises money for the Children’s Cancer Clinic in Batson Children’s Hospital, and we had about 30 medical students participate.

Our Spring project occurred on March 25th and was a clean-up day at the Jackson Free Clinic, a student-run institution that provides free medical care to under-served people in the area. We had about 30 medical students participate, and they engaged in both indoor and outdoor activities to help spruce up the JFC campus. Indoor activities included sweeping, mopping, wiping down waiting rooms and patient-care areas, cleaning windows and mirrors, and cleaning/organizing the pharmacy closet. Outdoor activities included removing vines from the fence and building, picking up trash and other debris, pulling weeds, trimming rose bushes, and repairing a damaged awning. It was a very successful day, and we highly valued the opportunity to help such a wonderful organization within the UMMC community.
COMPREHENSIVE OUTPATIENT REHAB
TWO CONVENIENT LOCATIONS

RIDGELAND 102 S. Perkins St. 601-984-8700

FLOWOOD One Layfair Drive 601-936-8888