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Perfect for UMMC Students & Professionals

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I thought the holidays were over, but it’s February. February means king cake, a heart shaped box of chocolates, and probably an adult beverage or two (we won’t even mention all the chips and dip, wings, and pizza you ate at the Super Bowl party). That doesn’t mean your New Year’s resolution of a healthier you has to fall by the wayside. This month provides an opportunity to refocus on your goals and make some healthier choices.

We all know the benefits of physical activity and its impact on overall wellness. Stress relief? √ Burn calories? √ Improve cardiovascular function? √ Endorphin rush? √ I could go on, but I’m certain you already know the rest. Anything from walking to campus instead of taking the shuttle, taking the stairs instead of the elevator, participating in intramurals, or just a good old sweat fest at the gym helps!

Not sure where to start? Check these out! • Feb 12th & March 12th, 5:10 – 6:00 pm: REFIT exercise class (student union classrooms) FREE!!! • Feb 26th & March 26th, 5:10 – 6:00 pm: ZUMBA (student union classrooms) FREE!!! • Pothole Runners on Facebook: Walk, run, skip, or crawl. There is a pace for everyone! Check out this group on Facebook. FREE!!! • Norman C. Nelson Student Union. Open 7 days per week. FREE!!!

As always, take it one day at a time and keep going!

Elena Dent
ASB Wellness Co-chair
edent2@umcu.edu

Ideas? Questions? Comments? Please feel free to contact me!

“Let’s Get Physical, Physical!”

Around mid-November, I began having chronic abdominal discomfort that presented as a “gnawing” type of pain which I thought was suggestive of a stomach ulcer. I continued working with the pain that would subside for a day only to return the next day in full force. Eventually, the pain compelled me to visit Student/Employee Health on a Wednesday afternoon where I was tested for Helicobacter pylori and where my blood was drawn for additional tests. Later that evening, the nurse practitioner who saw me gave me a call at which point in time she expressed her concern about how high my liver enzyme levels were, and she informed me that she had referred my case to the Department of Gastroenterology. Soon after her conversation with me, a representative from GI called me to tell me that the attending hepatologist on staff advised that I check myself in to the Emergency Department for immediate attention.

Of course, being as stubborn as I have always been, I decided that I did not need to wait to be seen in the Emergency Department, so I decided to visit my aunt, who is a physician, the following morning. Results from various and sundry panels were inconclusive, and when additional blood work showed that my liver enzyme levels were still high, the UMMC hepatologist insisted that I check myself into the hospital. So, that Thursday afternoon, I checked myself into the University Hospital, not as a student but as a patient.

At the time, I found myself humbled by my own incapacitation as I was not used to the new role in which I found myself. While I still tried to belittle the severity of the situation, the team of doctors, nurses, and nursing aids who were monitoring me persisted in conveying the gravity of my condition. In fact, the hepatologist informed me that I would need to remain in the hospital until my liver enzyme levels decreased and that I would be placed on house rest for the entirety of the following week which thankfully included Thanksgiving. Keep in mind the fact that, at this time, I was still more concerned about missing school work and other events than I am about my own health. I was in the hospital for two days during which point in time my mother stayed with me (even though I insisted that she stay home during which point in time my mother stayed with me), my program director, a few other friends, and my family, and my friends. A conversation that arose during my aunt’s visit, however, provided me with an eye-opening realization.

During her visit, my aunt mentioned a book by a psychiatrist named Dr. Charles L. Allen titled God’s Psychiatry wherein he describes the reading and contemplation of Psalm 23 five times per day over a period of seven days. In this book, Dr. Allen (which just so happens also to be the name of my aunt Dr. Cynthia “Cindy” Allen) comes to an awesome realization upon a particular reiterative reading of part of the second verse of the psalm: “He maketh me to lie down” (KJV). In that moment, Dr. Allen realized that the verse does not state “He requesteth” or “He asketh that I lie down,” but rather, it states that God makes me lie down. How often have any of us been so preoccupied with our own work or our busy schedule that we forget to consider our own physical health? How often do we seem to rush through life, leaving little time for rest and reflection?

Pondering these questions and the conversation with my aunt, I was encouraged to view my ailment with a sense of peace through the logic that perhaps my bed rest was God’s way of forcing me to “lie down” and take care of myself. Prior to this moment in the hospital, I was almost always busy, moving from one task to the next, almost robotically. By being confined to a hospital bed and then eventually my sofa at home once I was discharged from the hospital, I was provided with nothing but time—time to reflect, contemplate, and rest. In this time, I was humbled by the restlessness that I knew patients in hospital beds or rooms must feel when they do not have the ability or the recommendation to be ambulatory beyond the room or even beyond the bed. This thought elicited within me an empathy for those who are ill and who are placed on special orders to remain inactive for a prolonged period of time. Sometimes only when we become patients ourselves do we really know how patients feel when they are sick or injured. I was honored to have had the opportunity to gain at least a small portion of insight into the life of a patient.

In addition, during this time, I was able to think about those aspects of my life which I deem most important—those aspects including my faith, my family, and my friends. I began to recollect all of the times when I might not have been quite as present in the moment as I should have been simply because I was doing too many different tasks. Thus, my rest allowed me to slow down and cogitate on all of the meaningful relationships with people in my life. I love so many people, and I hope that they always love me.

While diminished physical health is something that we do not want, in this particular case for me, it was a meaningful learning experience that allowed me to open my eyes and heart to the

He Maketh Me to Lie Down

Elena Dent, 3rd Year Graduate Student in the physiology department

Edgar Meyer, 3rd Year Graduate Student in the clinical anatomy program

“Asketh that I lie down,” but rather, it states that God makes me lie down.
greatest, most important job that we all have as human beings: being there for each other.

In the healthcare setting, professionals—whether they be physicians, dentists, nurses, nurse practitioners, nurses’ aides, occupational therapists, physical therapists, radiological technicians, pharmacists, laboratory technicians, scientists, administrators, assistants, faculty, custodial staff, or other employee personnel—are trained to “be there” for the group they are serving. These groups could include colleagues, students, supervisors, other staff members, patients, or even visitors, and in order for us to “be there” for all of those individuals with whom we interact, we must always consider our own physical health. In order to continue serving those who mean so much to us, we must take the time to take care of ourselves.

So, finally, during my hospitalization, hearing the doctor’s order to take better care of myself was the hardest lesson for me to process, yet it is a lesson that I, as well as many other people at an academic medical center, should truly understand. Perhaps, His making me to lie down was His way of emphasizing the importance of my physical health since it essentially allows me to get up every day so that I can serve Him and serve others.

-Weston Elridge, M1

“Add an Hour to Your Day”

Physical wellness means quite a few things. Often when we think of it, we think of exercise and eating well. However, when I think of physical wellness, my mind immediately goes to something else: sleep. We know it’s important, but as a pre-med student for the past few years and now a medical student, I’ve come to value sleep far more than I expected. But specifically, it’s a regulated sleep schedule that I’ve valued the most.

When I started off college, I had a goal to go to bed at a decent hour (typically before 11:00 PM, but I normally ended up in bed around 10:00 PM) and wake around 5:00 AM. Why did I choose this, though. You need to be getting enough sleep. Is it productive and physically healthy to wake early just to add time to your day but not be getting enough shut eye? Of course it’s not. Your productiveness during your waking hours will be diminished, you’ll be distracted by mental drag, and your cognitive functions will be greatly restricted. So, to ensure your physical health in this way, the first step is to make sure that there’s enough sleep time. But not too much because time is fleeting, and as a student, a single hour is precious. As we get older and gain more responsibilities, each passing hour, as I’m told by older individuals, becomes more precious.

Sleep is important to physical wellness, but you can forge that schedule to yield some productive fruit. Hopefully others will benefit from this advice my mother gave me when I was younger and will get to enjoy the fruit of it as much as I have.

-Edgar Meyer, G3

“A Balancing Act”

As a pharmacy student, free time is hard to come by. However, I make sure that every day, no matter what, I find time for some physical activity. For me, that comes in the forms of running and yoga. Some may call me crazy, but every single day I run 7 to 8 miles and do an hour of yoga. If it means having to wake up at 5 in the morning and run on the treadmill because I have a treatment plan at 8 AM and it’s snowing outside, I’ll do it. If it means having to go in my garage and create my own hot yoga studio, I’ll do it. Heck, even before 7:30 tests last year I would go for a run. A good, sweaty run is the first thing I like to do in the morning. Contrary to popular belief, it actually gives me more energy throughout the day. I feel like I can tackle the day head on after I’m awake and my blood’s been pumping for a good hour or so because it allows me to focus. To wind down at the end of a day full of school work and lectures, I like to do an hour of yoga. They say that stretching and twisting removes all the toxins from your body, and I find that to be true. After the day’s said and done, I find myself getting great sleep every night, an important factor that contributes to how you operate the next day, especially in school. Working out, sweating, and stretching all release endorphins that inherently make you happier and less stressed, and I am a perfect example of that. Ask anyone who knows me. I used to greatly stress about school, specifically tests, in the days leading up to and after we took them. I then started to change my priorities. As uncommon as it is, I prioritize running and yoga before school work. To me, running and yoga symbolize my health. If I’m not healthy, then every other aspect of my life falters because of it, especially school work. I’m a testament to my own claim too. I adopted this mindset during my sophomore year of college when I discovered yoga, and I graduated summa cum laude. I’m in Gamma Beta Phi, Alpha Lambda Delta, and Rho Chi, and I hold a job during the school year as a pharmacy intern. I currently maintain grades that will allow me to graduate with my Doctor of Pharmacy with honors in a little over a year, and I’m in the best health state of my life. I’m a firm believer that balancing physical wellness, school, and other commitments is essential to overall wellbeing and happiness.

-Taylor Gish, P3
People across the state and the entire Southeast region know about The University of Mississippi Medical Center. They know that for generations the institution we attend daily is the place where exceptional care is delivered to those who need it most and where future healthcare professionals will come from. They know this, but do you? I, like most of you, was not really sure what made academic medical centers so different and unique until I had the opportunity to participate as a student preceptee of Administrative Medicine. After investigative reading and attending several faculty meetings on both the educational and administrative side I began to realize just how complex this system can be. So, after having had the opportunity to “peer behind the curtain”, I decided to present to you, the students, what I think you should know and understand about Academic Medical Centers.

I had the great opportunity to speak with Dr. LouAnn Woodward herself, Vice Chancellor of the Academic Medical Center and Dean of the School of Medicine. Dr. Woodward acts as the “captain of our ship” and she is responsible for maintaining both the Academic and Administrative goals at UMMC. She regularly meets with all of the department heads together. This fosters communication and ensures that anytime policies or procedures are changed at UMMC, its faculty and staff are kept on one page, together as a team. Dr. Woodward is also responsible for the future vision of UMMC and during my time with her spoke excitedly about the expansion of the gross lab and about partnering with Tougaloo, Jackson State, and other surrounding educational institutions to make sure that Mississippi’s future healthcare professionals are well-prepared—even if they aren’t directly enrolled at UMMC. At that moment, I realized we’re not an island. We work with a much larger surrounding community, state, and other institutions in order to operate it all—to ensure quality care to our entire state and region. For instance, at an administrative steering committee meeting I was allowed to be privy to, some of the ACGME or American College of Graduate Medical Education requirements for medical residents were discussed. This national organization is responsible for ensuring that the training of residents is consistent and of a standard that is necessary for independent practice at residency programs throughout the country.

None of these administrative goals could be met without the leadership of Mr. Kevin Cook, Chief Executive Officer. Mr. Cook’s position is primarily involved with the day to day challenges that arise in the healthcare goals set by the executive leadership of UMMC such as Dr. Woodward. Many of these challenges include financial ones. UMMC receives revenue from patient care, of course, but the medical center also receives revenue from the state and national government as well as tuition from students like you or I. His job also entails making sure that the medical center is compliant with all state and federal regulations regarding the use of the money that UMMC receives from all sources.

Additionally, in order to teach healthcare students, sometimes it means patient care takes longer than it would with a more experienced provider. It means hiring healthcare providers who spend less time with patients or patient care and more time with students. Achieving our education goals while still providing cost-effective care for patients and being good stewards of what we are given is a difficult balance to maintain.

Everyone realizes that our current system of receiving payment for medical services is an indirect one. Hospitals and physicians are paid generally not by the patient, but by a payor, a 3rd party entity which acts on the patient’s behalf. These payors are traditionally insurance companies either private such as Blue Cross Blue Shield or the Federal Government, through programs such as Medicare and Medicaid. The complications arise when there exist different reimbursements from the different Payors as well as an inability for patients to be represented by just any Payor. Their employee, economic status, and even what state they reside in all determine which payor the patient may or may not chose. Still, Mr. Cook directly attributed UMMC’s many successes to the people that make up the institution. The people who work hard every single day to be there for whatever needs to be done. “We can’t do what we do without our people”. This includes contributions by students like you or me.

Ms. Trish McDaniel, who is the recently retired Chief Operating Officer of UMMC and was in charge of its daily clinical and support operations, would certainly agree that UMMC’s people are integral to its daily functioning. Ms. McDaniel regularly made sure that UMMC has the proper staff and materials needed to take care of its patients and teach its students. She was also responsible for helping to ensure that hospital policies for safety, ethics, and code of conduct were up to date and communicated to various departments. She loved seeing the various students around campus and she believes that having students around means UMMC is consistently focused on the future. But the future could mean changing the approach to the way things are previously been done. Ms. McDaniel recounted a story of when the medical center was beset by heavy rains and a section of the roof was leaking. The pooling water quickly became a hazard to patients walking nearby. Ms. McDaniel watched as students and faculty and staff passed by busily trying to complete their next task. She pointed out that by volunteering just a few minutes of their time to stand by the puddles until additional help arrived to place signs and buckets, they could have ensured that no one suffered a serious injury.

In his TEDTalk video, “How Do We Heal Medicine?” the surgeon Dr. Atul Gawande presents a similar concept to improve the changing healthcare landscape. In place of the historically celebrated individualism of medicine, Gawande theorized that perhaps what our healthcare system needs most now is not cowboys, but pit crews. The ability to work together as a team towards a common goal, blending our technology and resources to achieve ever improving quality of patient care.

When Ms. McDaniel was asked what she wishes she could tell all the students presently, she answered, “Own It.” Take charge of your time here, your patients, your projects and research. UMMC is yours to maintain, lead, and grow. Despite the administrative, economic, and personnel challenges inherent in making sure that UMMC functions smoothly, its students play a large role in its basic foundation of putting patients first. The patients know this, our leadership recognizes it, and now you do too.

Emily Bustin, M4
Bridging the Gap: Gender Equity in Healthcare & Administration

Thursday, March 8, 2018  12:00 - 1:00 p.m.  SM-122 (new School of Medicine building)  
*Food will be provided to the first 75 attendees.

Questions? Email Edgar Meyer at emeyer@umc.edu.

Presentation by
LouAnn Woodward, MD, FACEP
Vice Chancellor of Health Affairs, Dean of the School of Medicine University Mississippi Medical Center

UMMC School of Nursing Update

This past December a group of UMMC nursing students hosted a "Question it? Discover It Day!" at the Mississippi Children's Museum. These events are held at the children’s museum with the intent of stimulating interest in STEM fields. This event, headed by Lauryn Mendrop, was centered around promoting interest in the medical field. The children learned from anatomy models, coloring books, and were even able to listen to their heartbeats with stethoscopes!

-Brady Darnell, SoN

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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Always right there.  
ALWAYS RIGHT.
Hello, everyone,

Despite the cold weather this past month in January, graduate students have been involved in some awesome service and outreach opportunities.

Cheers,
Edgar R. Meyer
GSB President

SCHOOL OF GRADUATE STUDIES

Ringing in the New Year with Service!


The Search for Future Scientists

Pictured left to right: Laura Coats, second-year graduate student in the Ph.D. in Physiology Program, and Kenji Maeda, second-year graduate student in the Ph.D. in Pharmacology Program represent the Graduate School.

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jhaultman@umc.edu

Graduate Students Serve as Judges in Local Science Fairs


The SGSHS welcomes High School students to UMMC for Lab Observations

As part of the Discovery U program, the UMMC School of Graduate Studies in the Health Sciences welcomes high school students from Madison Central and Clinton high schools each week to observe biomedical scientists, post docs, and graduate students.

Graduate Students served.

High School Visit Day

Event | UMMC Students | January 26, 2018

Each of the schools on the UMMC campus as well as a few programs displayed tables advertising information about their programs.

The Search for Future Scientists

Pictured above: Dr. Jennifer Sasser and her daughter with several UMMC students at the Refill Café.

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jhaultman@umc.edu

SERVICE | UMMC Students, Faculty & Employees | January 15, 2018

9 Graduate Students volunteered, serving at seven different service sites collectively.

Not pictured: BMS student Braxton Dupuy who served at Springboard to Opportunities and second-year graduate student in the Ph.D. in Pharmacology program Kenji Maeda who served at We Will Go Ministries.

(Third row, left) BMS student Kaylie Baggett helps clean and organize at Mission First alongside her UMMC colleague; (Third row, middle) BMS student Tate Crosby interacts with a Seedster at Mustard Seed; (Not pictured) Elena Deni and third-year graduate student in the Ph.D. in Clinical Anatomy program Edgar Meyer attended the luncheon and reflection following the morning of service with several of their UMMC colleagues where they heard four panelists speak on Civil Rights.

Top left) Biomedical science (BMS) student Shomika Bryson-McAuley serves food with her fellow UMMC Students at Gateway Rescue Mission; (Top right) Third-year graduate student in the Ph.D. in physiology program Elena Dent serves food at Stewpot Ministries; (Second row) BMS students Cara Pridmore (left) and Stewpot Ministries; (Third row) BMS student Kaylee Baggett, UMMC colleagues.

Service | ASB Members | January 9, 2018

In celebration of Law Enforcement Appreciation Day, ASB members served lunch to UMMC police officers and security guards as a small token of appreciation for their dedication to campus safety.

UMMC colleagues.

As part of the

Discovery U program, the

UMMC School of

Graduate Studies in

the Health

Sciences welcomes

high school

students from

Madison Central and

Clinton high

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observe biomedical

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docs, and

graduate students.

Does not apply.

Not pictured:

BMS student

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Springboard to

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second-year

graduate student

in the Ph.D. in

Pharmacology

program Kenji

Maeda who served at We Will Go Ministries.

(Third row, left) BMS student Kaylie Baggett helps clean and organize at Mission First alongside her UMMC colleague; (Third row, middle) BMS student Tate Crosby interacts with a Seedster at Mustard Seed; (Not pictured) Elena Deni and third-year graduate student in the Ph.D. in Clinical Anatomy program Edgar Meyer attended the luncheon and reflection following the morning of service with several of their UMMC colleagues where they heard four panelists speak on Civil Rights.
IN CELEBRATION OF BLACK HISTORY MONTH

STANDING UP & STANDING OUT: FREEDOM SUMMER OF 1964

DATE: MONDAY, FEBRUARY 26, 2018
12:00 PM-1:00 PM

SOUL FOOD WILL BE PROVIDED!

Location: R153
Lower Amphitheatre

Lunch provided by Mama Hamil’s & UMMC Catering

Keynote Speaker: Dr. Edwin King

Sponsored by: UMMC Associated Student Body and Black Representation in Medicine

THE UNIVERSITY OF MISSISSIPPI MEDICAL CENTER
BLACK REPRESENTATION IN MEDICINE

ASSOCIATED STUDENT BODY - BRIM

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.
Care Packages for the Homeless

Teamwork and compassion is an essential part of every aspect of medicine. First and second-year medical students worked together with the Mississippi State Medical Association (MSMA) to provide care packages for the homeless of Jackson. Students worked together to donate some items and raise money to purchase other items for the care packages. If that wasn’t already enough, MSMA graciously donated $250 to purchase items and even sponsored a pizza lunch for the care package assembly. On February 6, students formed an assembly line to put items in bags that would be distributed through R U Hungry, an organization that directly benefits the homeless and food insecure of Jackson. M3 and M4 MSMA members even took time away from their work to join in on the gathering. Everyone worked together to build portable, water-proof packages that could be distributed out to those who needed them. Each bag contained a variety of personal care and hygiene items, snacks, and bottled water. Shoes and clothing were also collected in order to distribute, too. Once everyone made a bag or two, students would circulate back through the line to make more until donations ran out. Logan Wilson, M2, weighed in on his feelings regarding the event, discussing how the simplicity of the event redefines compassion:

“In Jackson, there is a fairly large homeless population. It’s difficult to truly imagine what it must feel like to wake up one day and realize that the little things once taken for granted have suddenly become a necessity. Having this opportunity to give—even if it’s not enough to completely take away their burdens—means a lot to me. It means that just this little bit is enough to make life a little better. It’s one less thing that person has to worry about.”

John Nelson Huffman, M1, mentioned how much various community outreach has meant to him this year: “It’s a good sign our school is so interested in engaging the community. I think that our whole goal in becoming physicians is to improve the lives of others. Those who are homeless are at greater health risks, and I hope this trend continues to serve Jackson, and more broadly Mississippi”.

Every Friday, R U Hungry feeds numerous Jacksonians downtown at Smith Park, but of late has been working at Poindexter Park due to construction. If you would like to volunteer serving food, they meet every Friday from 6pm-7pm rain or shine. Feel free to email at: volunteer@drawsmile.org.

Mindy Talley
M2 Class Community Service Director

Students lined up to pack a bag with the donated goods, forming an efficient assembly line.

Medical students filed the first floor corridor in the School of Medicine building, eager to prepare care packages for those in need. Some students took multiple trips through the line.

Sign made by Kandice Bailey, M2.
Note the quote, “The greatest good is what we do for one another.”

M2 Logan Wilson proudly shows off his care package

M2 students Tori Calcote, Ryan Chapman, Kelsey Berry, and M1 Louise Spencer (from left to right) hold up their finished care packages they made for their fellow Jacksonians.

India Byrd and Adam Niolet, both Mas, are happy to make a difference in their community.
A Day On, Not a Day Off: The UMMC MLK Day of Service 2018

This past Dr. Martin Luther King, Jr., Day marked 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 throughout the greater Jackson area. In this respect, this event not only allows UMMC members to honor the legacy of Dr. Martin Luther King, Jr., and his service during the Civil Rights Movement but also to enact our dedication to continue pursuing his dream of a world in which people of all backgrounds can work together, loving and serving one another.

This year, 134 students, faculty, and employees from six different schools and various departments on campus worked together to make MLK Day a day “on,” rather than a day “off” through their commitment to service in the surrounding community. Volunteers started their day at 8:00 a.m. with breakfast and registration in the ground-floor lobby of the new School of Medicine building, and they subsequently joined their team leaders before embarking on their journey to their service site where they committed three hours of their time.

The service sites included (in alphabetical order) Gateway Rescue Mission, the Good Samaritan Center, Grace House, the Jackson Free Clinic, the Jackson Zoo (ZAPP), Matt’s House, Mission First, Mustard Seed, Refill Café, Springboard to Opportunities (three different sites), Stewpot Ministries, Voice of Calvary Mission, and We Will Go Ministries. At two of these sites, Grace House and Stewpot Ministries, several medical students who have been trained as Community Health Advocates conducted health screenings, checking individuals’ blood pressure, blood glucose, and body mass index (BMI) and educating individuals’ about proper nutrition. These opportunities not only encourage healthy lifestyles for community members but also create for UMMC members an awareness of the various social determinants of health that are now becoming critical to consider when addressing the health of populations. This awareness can then elicit within us a compassionate response to help those in our community who may have limited access to healthy food, clothing, and healthcare.
Pictured above: Volunteers help with maintenance work at the Jackson Free Clinic

Pictured above: Volunteers tackle cleanup work at the Jackson Zoo

Pictured above: Volunteers help organize donated supplies at Matt’s House

Pictured above: Volunteers tackle yard work at Mission First

Pictured above: Volunteers interact with the Seedsters at Mustard Seed
Pictured above: Volunteers demonstrate making healthy snacks and talk about programs at UMMC to kids at three different Springboard to Opportunities sites.

Pictured above: Volunteers help with cleaning and sorting at the Refill Cafe.

Pictured above: Volunteers clean and organize at Voice of Calvary Mission.

Pictured above: (top left and right; bottom left) Volunteers serve food and (bottom right) serve as Community Health Advocates at Stewpot Ministries.
February 2018

The Murmur

Pictured above: Amy Lancaster talks about We Will Go Ministries, started by her and her husband, and about their outreach projects at the Urban Sip, a coffee shop on Farish Street in Jackson where customers can purchase coffee and wood carvings made by employees. Proceeds from the carving sales are reinvested in the couple’s ministry efforts.

This year’s Day of Service also included a luncheon and reflection featuring a panel discussion and reflection on civil rights and community action. After returning from the morning of service, volunteers collected a boxed lunch and attended the reflection where they had the opportunity to hear responses from Dr. Edwin King, a Freedom Rider and personal friend of Dr. Martin Luther King, Jr., and of Medgar Evers; Dr. Maggie Wade-Dixon, a local news anchor from WLBT and a Civil Rights activist; Dr. Juanyce Taylor, the Chief Diversity and Inclusion Officer of UMMC; and Dr. James “Jimmie” Keeton, the Vice Chancellor Emeritus of Health Affairs of UMMC.

Each of the panelists explained what civil right means to them and elaborated on their past and present experiences with the Civil Rights movement. They also discussed how UMMC played a role in the Civil Rights movement and how they foresaw the medical center continuing to serve in the promotion of diversity and inclusion among its students, faculty, staff, patients, and visitors. Dedication to ongoing efforts to continue the celebration of diversity and to establish inclusive environments was expressed, especially in respect to this day commemorating the life and work of one of the greatest Civil Rights activists of all time, Dr. Martin Luther King, Jr. Several student attendees are pictured to the right as they listen to the panelists’ responses to the moderator’s questions.

Toward the conclusion of the session, a discussion revolving around the topic of diffusing situations involving racism or prejudice offered valuable suggestions. These suggestions included addressing individuals who make racial or prejudicial remarks by asking them to clarify or explain their statements. This form of questioning redirects the comments back to the originators who then hold the responsibility of analyzing their own thoughts and feelings. Another suggestion included acknowledging the potential that people who habitually make racial or prejudicial
to participate in the future. While this series of events only marked a single day in the calendar year, this celebration sets a precedent for continual efforts by UMMC students, faculty, and employees to honor the beauty of diversity among their community members and to commit themselves to upholding and improving inclusive settings throughout the campus—whether they be in the clinic, the classroom, the office, patient rooms, or waiting rooms. Therefore, we are called to commit ourselves to service to and with one another not just on this day but on every day. No matter how great or how small our acts of kindness and love, we are ever growing in our strength against fear and hatred. The more we work together and the more we support and embrace one another, the closer we come to making Dr. King's dream a reality.

Edgar R. Meyer, 
ASB Philanthropy Co-Chair

the morning of service, community members in any environment can gain the skills necessary to dispel biases and to express a sense of unity. Some of the reflection attendees stand with two of the speakers above in a display of unity.

Overall, the entire UMMC MLK Day of Service was a success. According to the quality improvement survey responses which were submitted on paper or via email, respondents all agreed that this event would be something in which they would want to participate in the future. While this series of events only marked a single day in the calendar year, this celebration sets a precedent for continual efforts by UMMC students, faculty, and employees to honor the beauty of diversity among their community members and to commit themselves to upholding and improving inclusive settings throughout the campus—whether they be in the clinic, the classroom, the office, patient rooms, or waiting rooms. Therefore, we are called to commit ourselves to service to and with one another not just on this day but on every day. No matter how great or how small our acts of kindness and love, we are ever growing in our strength against fear and hatred. The more we work together and the more we support and embrace one another, the closer we come to making Dr. King’s dream a reality.

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LEADing Through Service and Appreciation

The Associated Student Body engaged in efforts to celebrate National Law Enforcement Appreciation Day (L.E.A.D.) on January 9, 2018. On this day annually, in support of law enforcement officials, collaborative organizations show their gratitude to those individuals and agencies who protect and serve citizens nationwide in order to provide them with safe environments in which to live and work. On this specific day at UMMC in the Student Union, eight ASB members served lunch to members of the UMMC campus police and security force as a small gesture of their appreciation for the many hard hours they have invested in ensuring the safety of UMMC’s students, faculty, staff, patients, and visitors.

Efforts such as these throughout the country help honor the good work that law enforcement officers are conducting—work that oftentimes is extremely difficult and seemingly impossible. This special occasion at UMMC allowed ASB members the chance not only to thank our police force but also to visit with them and know them better. ASB President William Thomas addressed the police and security officers present, extending thanks to them on behalf of the student body. He is pictured above welcoming them to the appreciation luncheon.

ASB had the privilege of having Mrs. Ruth Cummins, the Assistant Director of Media Relations, cover the event and publish an article on the UMMC website titled “ASB Shows Love to Campus Police, Security, Staff,” in which she includes quotes from William Thomas, Assistant Police Chief Deveesha Magee, and security officer Jordan Speights. Cummins writes “[William] said he’s personally experienced how campus police serve and protect. ‘In clinicals one day, there was a Code White (unruly person). Within 10 or 15 seconds, about 10 officers showed up. […] They were professional and handled the situation very effectively so that students and employees were able to focus on their job duties, which is to take care of patients.”

The medical center employs 110 campus police staff members—74 of whom are certified police officers. Cummins goes on to write “In addition to the 74 sworn officers, the department employs 32 security officers, said Assistant Police Chief Deveesha Magee [who went on to say that] the uniformed security officers are trained to work in conjunction with sworn officers, but don’t carry weapons […]. Security officer Jordan Speights was among those who attended the luncheon. ‘It feels good to be appreciated,’ said Speights, who joined the department in August. ‘It’s really nice that they went out of their way to set this up.’”

“[Magee continued to comment] ‘At any given time, we’ll have anywhere from 18-21 officers and security on duty for each shift […] It’s a mixture of security and police—10-12 police officers and 6-7 security officers.’ ‘Blue lights,’ she said, ‘are just one measure of our visibility. We use them to let not only the bad guys know we’re out there, but all others as well. We have officers and security walking through our hospitals. Visibility is a big deterrent, and it’s a welcoming thing for our students and employees.’”

The Associated Student Body aims to continue to celebrate National Law Enforcement Day each year by serving campus police and security personnel. We hope too that the campus community will also join us as often as possible in extending gratitude to these men and women who serve so faithfully in keeping us safe. These brave officers deserve our respect and appreciation not only on one day out of the year but also every day of the year for their unwavering commitment to service and to excellence.

Yours in Service, 
Edgar R. Meyer 
ASB Philanthropy Co-Chair
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