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Which UMMC teacher has inspired you most?
Nominate them for the Regions Bank TEACH Prize.
To review the selection process and nominate a teacher, visit umc.edu/TEACH.
Student Submissions on Occupational Wellness

“New Year, New... You?”

It’s the start of a new year which means the gym will be packed for a couple of weeks, half of your friends and family will be on a diet, and you, okay, maybe me, will plan to only visit Cups once per week. The point is, every January we set goals for ourselves. We often set goals to work out more, eat better, lose weight, get more sleep, etc... but have you ever considered setting a goal for wellness in your workplace?

Occupational wellness includes finding a balance between your work and personal life, recognizing and tackling workplace stress, and building relationships with co-workers. The goal of occupational wellness is to find your fit, find that job that is a career, and feel like you have found your calling, so to speak.

To identify your occupational wellness needs, if any, ask yourself the following questions:

1. Do I enjoy going to work (school) most days?
2. Do I have a manageable workload?
3. Do I feel like I can talk to my boss/mentor/dean or colleagues/peers when problems arise?

Occupational wellness should be synonymous with balance. Finding a balance between your personal life and work life can be a struggle as you try to find time for classes, studying, exercising, social activities, your significant other, and so on. We have all heard that balance, in all aspects of life, is important. When we pursue competitive career paths, such as those in healthcare and research, that balance seems to become heavily weighted on the side of studying and focusing on activities related to our desired career path. Raise your hand if on any given day, you have spent 5 to 8 hours in class, 6 to 8 hours studying, additional hours in lab or clinical duties, you see Leo at Cups more than your friends or family, and you think, “As long as I get 4 to 5 hours of sleep, I’ll be good.” Unfortunately, this may be your reality and we have to find a way to achieve some type of balance.

UMMC provides plenty of opportunities to move your body, talk with a professional about personal challenges and ways to manage stress, meet a friend for coffee on a study break, or learn more about additional resources, just to name a few.

• Jan 8th, 5:10 – 6:00 pm: REFIT exercise class (student union classrooms) FREE!!!
• Jan 22nd, 5:10 – 6:00 pm: ZUMBA (student union classrooms) FREE!!!
• Skip the shuffle! Don’t pass up the opportunity to start or end your day with a few extra steps.
• Take a quick 5 to 10-minute study break and walk with a friend as a way to boost your energy and relieve stress.
• Don’t forget about the student counseling and wellness center! (601) 815-1136 OR https://www.umc.edu/scwc/
• Check out the UMMC Everyday Wellness Website for information about on campus events and additional wellness resources (available on the UMMC intranet).
• Find some time to recharge off campus! The MS Blues Road Race held on January 27th is a great opportunity to run, walk, or most importantly, cheer on those participating!

As classes resume and those good intentions of taking care of yourself this semester become just that, intentions, make a commitment to yourself and an accountability partner to move forward each day striving to be the best you, a happy and healthier you, aware of wellness in your workplace. One last thing, don’t forget to log your wellness activities monthly for the ASB Wellness Challenge.

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

Elena Dent, MS, RD, LD, CDE, G3
ASB Wellness Co-chair
edent2@umc.edu

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

“Do What You Love and Love What You Do”

There is a somewhat cliché expression that goes something like, “It isn’t work if you enjoy doing it.” Granted, I agree with this idea in the sense that if I am doing something that I really enjoy doing, I do not regard it as work. Nevertheless, sometimes, even the activities we enjoy doing require a great deal of effort and energy. And oftentimes, the work that we may enjoy doing is tiring, tedious, and sometimes grueling. I can only imagine that such is the case even in the healthcare field. This is a field where many individuals have pursued their passions to embrace the healing arts by enduring many years of educational preparation, completing long hours of rigorous training, and arriving finally at a lifestyle where the hardships are still not over, but experienced each new day with difficult patient cases, deluges of documentation, or even at times, lack of appreciation. One might even venture to say that to serve others in such an intimate way by caring for them in their most vulnerable states is, in and of itself, a self-sacrificial act.

Despite the monetary compensation that healthcare professionals might obtain for their provision of services, their duties and obligations might do much more lasting than temporal happiness: joy.

I myself began on a path far different from the one I am on now. I attended a four-year college with the intention to apply to and attend medical school. After not being accepted, I took a job at St. Joseph Catholic School in Madison where I taught Latin I, II, and III to high school students, and this experience really changed my life as it ultimately led to my conversion to Catholicism and to my decision to embrace education as a profession. Unfortunately though, a series of dark events happened in my life, leading me down a despairing road until I reached out for the help I needed. Eventually, I returned home to the Delta where I continued teaching high school students in the public sector for three additional years before I grew restless and decided to pursue a career in higher education. Now that I am in a graduate Ph.D. program with the prospects of one day teaching anatomy to medical, dental, or occupational and physical therapy students—a
career goal that has felt truly fulfilling—I still, from time to time, have a greater sense of longing for something more. And it is in heeding this longing that I find my joy. Honestly, the hours I spend researching articles, scrounging and editing documents, or operating complicated software are exhausting. Admittedly, my own happiness waivers in these moments in the dank recesses of my office space, but I am fortunate to have the joy of something greater than myself and my own life goals. I think this type of joy is key for anyone to experience any sort of occupational wellness in their work because our ideas of work are relative to our own situations in life. For some of us, work is just a job, and for others, work is a part of our career which is an integral part of who we are. But regardless of how we view our work, our occupation does not always have to involve our daily job routine or our profession. In fact, our occupation can refer to any task, activity, project, or commitment with which we decide willingly, eagerly, or obligatorily to "occupy" our time.

I will be the first to confess that most of my time during the day is not spent focusing on what I would call work but on what I would call an even more significant occupation rooted in seeking out opportunities and assisting in providing them or making them more accessible to others. These opportunities have included service projects, philanthropy drives, weekly Masses, lunch and lecture events, Faith Forum talks, and shadowing opportunities for pre-health graduate students. In reality, these efforts do not require a great deal of time to complete acts of service for others. They are receiving Christ in the sacrament of the Holy Eucharist so that they, in turn, can glorify Him by their very lives. They are learning about religious traditions that may be different from their own so that they may become more understanding and empathetic of the views of patients, colleagues, friends, and strangers. And finally, pre-health graduate as well as other graduate students are taking the initiative to observe medical students at the Jackson Free Clinic as scribes, to be trained as Community Health Advocates to offer and conduct free health screenings, and to commit to volunteering during the School of Dentistry Mission Week. What little aid I have provided in these experiences is, by far, the greatest joy I have felt in my time within my graduate program. What little effort I have extended in this capacity is, by far, the greatest occupation in which I have ever engaged. I will not attempt to speak for others, but I will venture to say that I think others too find their greatest joy when they occupy their time with service to others. One might even argue that when people say that they love what they do, it is because they are doing what they love, even if they may not always enjoy doing it or find pleasure in it. Sometimes, we do not experience joy in the process of doing what is expected, necessary, or required, but in the act of realizing that fulfilling those expectations, necessities, or requirements has done something for others. This sense of occupational joy runs more deeply than the need for gratification or compensation and abides in the love of something greater than ourselves.

Depending on who you are, perhaps it is the love of curing a single patient, of improving the health of an entire community, of giving someone a brighter smile, of creating a safe work space for employees, of providing a clean environment for office staff, of publishing a high-impact paper in a top journal for the advancement of society and the ultimate benefit of society, of drawing a life-saving dosage of medication into a syringe, of helping an immobile person walk again, of assisting a wheelchair-bound individual in regaining functionality, of securing donations for schools and programs, of celebrating the lives and contributions of past graduates, or enabling others to find their own passions. But, regardless of what you do, if you have love for people invested in the execution of your labors, then you will always be doing what you love and loving what you do.

-Edgar Meyer, G3

Students, please nominate a UMMC affiliate to deliver an inspiring message to all UMMC students, alumni, faculty and staff.

To learn more and nominate by January 22, please visit umc.edu/lastlecture

If you have any questions, please contact Alumni Affairs at 601.984.1115 or alumni@umc.edu.
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.

Pediatric Interest Group Batson Toy Drive

Service | UMMC Students | Nov. 20 – Dec. 18, 2017

The PIG and School of Medicine sponsored a toy drive in which students and staff on campus collected toys for the Blair E. Batson Children's Hospital. 74 of the 309 items were donated by the Grad School!

UMMC Alliance Breakfast with Santa

Service | UMMC Students & Staff | December 16, 2017

The UMMC Alliance sponsored this annual event to celebrate the Christmas season by bringing Santa, arts & crafts, food, and face painting to children of UMMC families.

Graduate Students Participated in the 2017 Metro Jackson Heart Walk

Graduate Students make donations to the Salvation Army Angel Tree Program.

O the Weather Outside is Frightful, but the Fire of Our Spirit is So Delightful!

Hello, everyone,

Although we only had a brief amount of time for activities during the month of December, we in the Graduate School found meaningful ways to occupy our time with each other and for others.

Cheers,
Edgar R. Meyer
GSB President

2017 Metro Jackson Heart Walk

Second-year medical student and President of the Pediatric Interest Group Erin Dyer stands with this year’s donations from the toy drive. A special thanks goes to School of Pharmacy student Payton Winghart for singly donating 118 toys.

The UMMC Catholic Students Association spearheaded the adoption of five Angels for whom UMMC students and employees offered physical and monetary donations. Grad students Angela Benton and Edgar Meyer and SON student Julianne Ranis donated.

Social | Graduate Students | December 7, 2017

The Graduate Student Body hosted its annual Holiday Party for the students in the School of Graduate Studies at the Reservoir Pointe venue in Ridgeland, MS. Graduate student attendees enjoyed a night of food, music, door prizes, and fun as they celebrated the closing of the fall semester and the seasonal holidays.

May Your Days Be Merry and Bright!

FOLLOW US | LIKE US

emeyer@umc.edu | aahollis@umc.edu
vwolf@umc.edu | bgurumurthy@umc.edu
jhaultman@umc.edu
You, Me and the JFC

I first started volunteering at the Jackson Free Clinic during my first year of medical school. I had heard it was “student-run” and I needed an outlet from the gross anatomy lab, so I decided to go one weekend. I couldn’t imagine that students could actually run and operate a clinic where the physicians and student providers are changing each week, and that’s what lots of folks thought when Dr. Olutade and the Family Medicine Interest Group students started the clinic; but here we are, 15 years after opening its doors, and the Jackson Free Clinic is seeing more patients and providing more services than ever before.

My relationship with the JFC has grown exponentially over the last four years; I have volunteered as a lower level, led medical teams as an upper level, and progressed to supervising the clinic as a selected member of the board of directors. I am now the chair of the clinic and have the privilege of overseeing its direction. The JFC has not only helped me develop and been a source of great meaning for me and my career but also has made a difference for many patients that have nowhere else to turn. My experiences at the JFC solidified my career change from accounting to medicine and reaffirmed my desire to become a physician. In particular, my interest in the social aspects of patient care, clinic management, and healthcare costs have helped me develop patient relationships and work with patients to understand their financial situation and resources.

Dr. Joyce Olutade, an assistant professor in Family Medicine and the medical director of the UMMC Student and Employee Health, started the Jackson Free Clinic back in 2000. The Jackson Free Clinic was founded with two goals in mind: provide quality healthcare for the uninsured in the greater Jackson area AND educate medical students. So our work helps to educate young healthcare professionals AND provide primary care to the underserved.

Medical, dental, pharmacy, and PT/OT students LOVE the JFC. Volunteering at the JFC helps students be confident in their ability to care for patients and learn physical exam skills like phlebotomy, a skill that I’m very proud to have today. But most importantly, I think, students who volunteer at the Jackson Free Clinic learn how to treat a patient, not a disease. When someone has no insurance and little money to pay for medications, you’re forced to consider their social circumstances as a key determinant of their medical treatment and overall health. These skills don’t just stay at the clinic; as student volunteers, we carry these with us for a lifetime of patient care.

The JFC medical clinic saw around 1,130 patient visits last year; dental 165; physical and occupational therapy nearly 150; and our students volunteered a whopping 1800 times. The benefit to the community is not only in the health of its citizens but also in the economics of healthcare. If the Jackson Free Clinic can keep patients out of the emergency room and from developing end stage diseases, we’ve saved the community hundreds of thousands of dollars in healthcare costs and given patients better health and a better outlook on life.

The JFC is operated by a board of directors comprised of 24 dedicated UMMC students and our advisor and driving force, Dr. David Norris. This past year, the board has been in the process of laying foundations for the future, and I’d like to share some of our projects with you. The JFC expanded to include monthly psychiatry services with UMMC residents and consistent dieticians and social work resources. We also hired a contractor to renovate some areas in our clinic; this includes creating more lab and phlebotomy space, expanding our kitchen, designing a consult area, and revamping the front office. With this partnership, we hope to expand the resources and services available to our patients, and increase clinic workflow to better promote overall health and wellness for our community. Other projects that we have rolled out this year include a new volunteer program to recognize our dedicated upper level team leaders who frequent the JFC, initiating the first step to electronic medical records at the JFC, making new promotional and educational volunteer videos, and purchasing a new EKG machine. Much work has gone into making these projects possible, and we are excited about seeing these new programs come to fruition.

So how can YOU support the Jackson Free Clinic? You can always support the JFC with your time! We welcome all levels of medical, dental, pharmacy, and PT/OT students. If you are a physician, dentist, or physical/occupational therapist, we would love to have you volunteer with us one Saturday. Our patients can only be treated when there is a licensed professional to oversee students, so your are just as critical to the function of our clinic as our students. Aside from volunteering, we take donations through PayPal and checks, but you can also support us through your Kroger and AmazonSmile accounts.

It’s a great time to start getting involved with the Jackson Free Clinic! We are open every Saturday and are located at 925 Martin Luther King Jr. Drive. To all the students and staff who have graciously given of your time this year to volunteer with us, we appreciate you! Without your generosity and dedication, the JFC would not be able to continue delivering the high quality and compassionate care on which our many patients have come to rely.

-Ann Marie Mercier, M4
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.

Registration closes Sunday, January 14, 2018, at 11:59 p.m., so sign up at the following GiveGab link today!
https://www.givegab.com/centers/ummc/opportunities/ummc-mlk-day-of-service

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.

For questions, contact
Edgar Meyer,
ASB Philanthropy Co-Chair
emeyer@umc.edu

Sponsored By:
The Associated Student Body
Office of Diversity & Inclusion

A Celebration of Life:
The Dignity of the Human Person
Presented by Dr. Jessica Bailey

Tuesday, January 30, 2018
12:00 p.m.
R354
The Research Wing

* Lunch will be provided to the first 50 attendees.

Dr. Jessica Bailey, Ph.D., R.H.I.A.
Dean of the School of Health Related Professions
The University of Mississippi Medical Center
Jackson, MS 39216

Sponsored by the UMMC Catholic Students Association
Student Chapter Spotlight: The University of Mississippi School of Pharmacy

“The promise to devote myself to a lifetime of service to others through the profession of pharmacy.”

Students at the University of Mississippi School of Pharmacy are fortunate to be able to carry out this vow from the Oath of a Pharmacist through a weekly volunteer opportunity in Jackson, Mississippi. Each Saturday, students from multiple disciplines gather at the Jackson Free Clinic (JFC) to provide medical services to patients who can otherwise not afford care.

It is no secret that Mississippi is among the poorest states in the United States, and the city of Jackson is no different. 30% of the population lives below the poverty line, which is over double the national average. With this in mind, the JFC was established with the mission of increasing access to healthcare and restoring health in an underserved population.

Physicians from the community volunteer their time to oversee the care that is coordinated by students from the University of Mississippi Medical Center. Services provided include examinations, treatment, education, and preventive care along with referrals to appropriate community resources. Aside from providing vital healthcare services to a diverse population in need, the clinic fosters the development of positive interprofessional relationships. The JFC offers a dynamic learning environment where junior students have the chance to learn from senior peers, and different professions can collaborate to further each other’s education, while providing optimal patient care.

On Saturday, October 28, the University of Mississippi Student College of Clinical Pharmacy (SCCP) chapter partnered with Walgreens to conduct the annual flu shot drive at the Jackson Free Clinic. Immunizations are a critical component of preventive medicine. They are known to prevent the development and spread of illness while also saving millions in direct and indirect healthcare costs. For persons without insurance, the major barrier to receiving a flu vaccination is cost. We were able to provide flu shots to our patients free of charge, thanks to the support of Walgreens who graciously donated both flu shots and flu shot vouchers to allow our patients to receive this needed vaccination. This event also would not have been possible without the help of local pharmacist, Valencia Carter, who devoted her Saturday afternoon to this cause.

Volunteers from our local SCCP chapter participated on patient care teams and administered flu shots. We were able to give around thirty immunizations to both scheduled patients and walk-ins to the clinic. Several patients arrived right when the doors of the clinic opened to ensure that they would be the first in line. Patients who received flu shots were extremely grateful for the service provided to them and were, as one patron stated, “happy that someone here [at the JFC] is always looking out for us.”

Working with this special population has always been a rewarding experience. One of our volunteers, Carlen Johnson, spoke about her day at the clinic. “Serving at JFC is always meaningful, but today was unique. What stood out about this experience was how thankful each patient was for us to be giving flu vaccines at no cost. It made me proud to be a student pharmacist and be able to give back to the Jackson community.”

Several of our SCCP officers hold outside positions with the Jackson Free Clinic and consider it an honor to work with these patients on a weekly basis. Kaitlyn Jones, our SCCP secretary and JFC board member describes her favorite aspect of working with patients at the JFC as “becoming a patient advocate, fighting for patients to gain access to needed medications through patient assistance.” Ashley Lock, our SCCP president and JFC Pharmacy Volunteer Coordinator expressed her favorite part of volunteering at the JFC as “having the opportunity to collaborate with other future healthcare providers to meet patients right where they are.”

Through this event, we not only provided direct patient care services to the community, but also fulfilled the mission of the ACCP Student College of Clinical Pharmacy by advocating for the profession of clinical pharmacy in an interdisciplinary environment. As a student chapter, we hope to carry out this event for many years to come and continually strive to seek out opportunities for us to develop as patient care providers.

The University of Mississippi Student College of Clinical Pharmacy (SCCP) chapter would like to thank Dr. Olivia Strain with Walgreens for donating flu shots and creating this unique opportunity for patients at the Jackson Free Clinic (JFC). We would also like to thank Dr. Valencia Carter for devoting her time to oversee the project. Finally we would like to thank the Jackson Free Clinic board members for allowing us to provide this service for patients at the JFC.

-Kaitlyn Jarrell, PharmD Candidate, 2018
-Ashley Lock, PharmD Candidate, 2018
-Kaitlyn Jones, PharmD Candidate, 2018
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! (jrarnold@umc.edu, hmmiller@umc.edu, jfordfranklin@umc.edu)

2. **Purchase a JFC t-shirt or pair of scrubs**
   Visit the JFC store at jacksonfreeclinic.org. We’re currently taking pre-orders for scrubs. Don’t miss out! Contact Patrick Wood or John Bobo for more info (rwood@umc.edu, jbob@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
Snow Day: 12/8/17

The city of Jackson received 4.9 inches of snow on December 8th, 2017. According to the National Weather Service, this was "the highest daily snowfall and the highest storm total snowfall since January 1982" in Jackson! Between fighting epic snowball battles, building wards-ready snowmen, and engaging in some impromptu snowboarding, UMMC students from around campus were all quick to make the most of this rare event.

- Taylor Coleman, M4
- Photo Credits: UMMC Photographers Joseph Ellis and Jay Ferchaud

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M3/M4 Wellness - 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:

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<th>Mindfulness</th>
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<td>Stars, Dollar Bills &amp; Other Essentials (Dying Patient)</td>
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<td>April 19</td>
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<td>On Becoming a Doc: Excellent Med Stud, Terrible Clinician (STEP2/Grades/Match Stress)</td>
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<td>May 17</td>
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<td>TBA</td>
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*Note: the topics of discussion are not finite, and may change per group preference.
Now I can... get back on the beat

After suffering a traumatic brain injury in a fall, Devie Freeman fought for his life for two months in the hospital, 19 days of which he spent in an induced coma on a breathing machine.

After moving to inpatient therapy at Methodist Rehabilitation Center, Freeman was determined to return to his job with the Meridian Police Department as liaison officer for the Meridian Housing Authority.

He then enrolled in MRC’s Quest outpatient program, which helps brain injury patients return to work. Quest’s therapists helped him overcome his difficulties with strength and endurance, while MRC’s neuropsychology department worked closely with him and the MPD to clear him for active duty.

“The therapists really work with you to help you stay on track,” Freeman said. “I did a complete 180.”

He’s now back to his old beat, keeping the citizens of Meridian safe.