A National Telehealth Center of Excellence

UMMC was recently named a national Telehealth Center of Excellence by the Health Resources and Services Administration. This honor is in recognition of the Center for Telehealth and their pioneering work using the internet to deliver care where it's needed most.

UMMC has been named a national Telehealth Center of Excellence by the Health Resources and Services Administration.

Right Next Door to UMMC
—in the heart of fondren—
Every year the American Public Health Association brings together communities across the US to recognize the contributions of public health and highlight issues that are important to improving our nation’s health. Members of the Mississippi Public Health Association have partnered with UMMC to bring you a way to celebrate National Public Health Week in Mississippi. On April 2-6th, you will have the opportunity to participate and learn by attending events that focus on the daily themes of NPHW: behavioral health, communicable diseases, environmental health, injury & violence prevention, and ensuring the right to health. Below you will find a handful of the week’s highlights, but be on the lookout for more details regarding these events, our daily guest speakers, and more!

Mon Apr 2 – Pups & Pops
Tue Apr 3rd - Health Fair & Food Trucks; Yoga
Wed Apr 4th - National Walking Day
Thu Apr 5th - MDOT Survive Your Drive
Fri Apr 6th – Wellness Day

The Wellness Day Planning Committee is seeking student volunteers from all schools on campus to take ownership of organizing activities for the event – ways you and your classmates can help out include the following:

- Point of contact for a Fleet Feet booth to present information on running/walking events for beginners – 5ks; Couch to 5K; Marathon Makover, etc.
- Brochure/information tent about UMMC-sponsored 5K races and wellness events
- Wellness Centers to educate and get people started with making healthy changes
  - Orange Theory Fitness
  - Crossfit
  - Strength training
  - Body fat and waist circumference measurements
- Yoga for beginners
- Thai Chi for beginners
- Pilates for beginners
- Nutrition Booth for people to learn about preparing healthier meals for themselves and their families
- Jackson Free Clinic booth
- Healthy Food Samples
  - Panera Bread
  - Jason’s Deli
  - Incredible Edibles
  - Smoothie King
  - UMMC -- Copper Spoon - vanilla yogurt & fresh strawberries
- Research Tent involving a faculty panel discussion on current issues regarding metabolism, fat loss, nutrition, and misconceptions surrounding food/supplements
- Student Demos
  - Education about daily water consumption needs
  - Demonstration of new bottle refill stations that are expected on campus
  - Walking maps and ways to use the stairs instead of elevators
  - Demonstration of how much sugar is contained in commonly consumed foods/beverages
- Dental School presentation on diet and teeth
- Demonstrate the ills of smoking

If you would like to volunteer for any of the above Wellness Day activities or have ideas for something that is not listed above, contact Kelli Irby at kirby@umc.edu or 601-984-5006.

If you or your organization are interested in having a booth at the health fair on April 3rd, or if you are interested in becoming a member of the Mississippi Public Health Association, contact Kaitlyn Jarrell at kjarrell@umc.edu

We look forward to working towards a healthier Mississippi with you!
On February 15th, the UMMC School of Nursing hosted the Ignite Career Fair in the student union. The Ignite Career Fair is an event designed to connect current nursing students with potential employers, graduate programs, and externship opportunities. Over 20 booths were set up by different institutions allowing students to obtain basic information, ask questions, and participate in interviews following the event. The Ignite Career Fair was very informative and served as a great networking opportunity for the students and institutions alike.

- Brady Darnell, SoN

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UMMC School of Nursing Update

Palliative Care:
Not Just the End, but Also the Beginning
A Panel Discussion on Matters of Faith & Family Conversations

Wednesday, March 28, 2018
12:00 p.m.
SM-122
The School of Medicine

* Lunch will be provided to the first 50 attendees.

Sponsored by the UMMC Faith Forum & Inclusive Conversations through the Office of Diversity and Inclusion

John K. Mansel, M.D., Pulmonary and Critical & Palliative Care
Lisa A. Didion, M.D., Children’s Hospital Medicine, Office of Patient Experience
Linda McComb, M.Div., B.C.C., Hospital Chaplain, Pastoral Services
Sharon P. Douglas, M.D., Professor of Medicine, Associate Dean for VA Education

Notes from Hearts That Heal and Hands That Pray
Buddhist Cures for Suffering
Presented by Dr. Charles S. Preston

Focusing on one of the East Asian faith traditions, this lecture aims to take a closer look at Buddhism—its basic principles and tenets and how it relates to the healing arts of healthcare. This lecture will be the second in a series of lectures featuring the East Asian religious traditions.

Monday, April 9, 2018
12:00 p.m.
R354
The Research Wing

*Lunch will be provided to the first 50 attendees.

Charles S. Preston, Ph.D.
Postdoctoral Teaching Fellow
Department of Religious Studies
Millsaps College
Jackson, MS 39210

Sponsored by the
UMMC Center for Bioethics and Medical Humanities
UMMC Office of Diversity and Inclusion
UMMC Faith Forum

The Long Life of Hinduism
Presented by Dr. Charles S. Preston

Focusing on one of the East Asian faith traditions, this lecture aims to take a closer look at Hinduism—its basic principles and tenets and how it relates to the healing arts of healthcare. This lecture will be the first in a series of lectures featuring the East Asian religious traditions.

Monday, March 26, 2018
12:00 p.m.
R354
The Research Wing

*Lunch will be provided to the first 50 attendees.

Charles S. Preston, Ph.D.
Postdoctoral Teaching Fellow
Department of Religious Studies
Millsaps College
Jackson, MS 39210

Sponsored by the
UMMC Center for Bioethics and Medical Humanities
UMMC Office of Diversity and Inclusion
UMMC Faith Forum
Student Submission on Social Wellness

"Finding Fellowship in Scholarship"

Are you currently feeling the weight of academic stress tugging at your brain? Perhaps you are busy studying for Step 1, boards, or comprehensive exams, or perhaps you are simply studying for the next test in a particular class. Despite whatever scholarly endeavor or requirement troubles you at the moment, I hope that you will consider finding some time to take a break with a group of friends.

At the beginning of my graduate program here at UMMC, I was inundated with copious amounts of graduate level course work. I found myself tempted to withdraw from the world and to focus completely on my studies. I quickly developed a routine whereby I arrived at the school at 7:30 a.m. and stayed at least until 5:00 p.m. every weekday. During that time, I read my textbooks and studied my course material; however, as the weeks progressed, the monotony became somewhat intolerable.

Around this same period of time, a then first-year, now third-year, medical student Alex Rueff whom I was taking medical courses in the anatomical sciences mentioned a Catholic Young Adults Bible Study group that met on Tuesday nights at St. Richard Catholic Church nearby. With this information, I decided to go to the group the following Tuesday night where I quickly developed a close niche of friends with whom you meet on a regular basis, of friends with whom you meet on a regular basis, or having any combination of social gatherings.

Regardless of which social experience you choose to partake, I would suggest investing in whatever interactions bring you comfort and joy amid the rigorous curriculum in which you are enrolled. According to a quote of unknown authorship, we are encouraged to “surround ourselves with people who make us hungry for life, touch our heart[s], and nourish our soul[s].”

Granted, at this institution, we have an excellent team of faculty who nourish our minds, but we must always be sure to embrace our closest comrades and confidants to enrich our educational experience while we are students of the University of Mississippi Medical Center.

In fact, students at this institution have the opportunity to join student-led organizations and interest groups in which they can meet and interact with students within their own school and within other schools on campus. Moreover, students also can form their own organizations on campus by following a series of steps for recognition. These first steps include selecting charter officers and at least one faculty advisor and then having one of the webmasters post the information on the UMMC website. Student members can then be recruited through a Student Activities email whereby their email addresses can be procured for continued communication. The first meeting can then be scheduled, and the attendees can establish a regular meeting day and time and plan activities as they choose.

If you are interested in forming a student-led organization or interest group on campus, please feel free to contact me via email at emeyer@umc.edu for more information. I am always happy to help anyone find even more access to social wellness.

Yours in Service,
Edgar R. Meyer, G3
The UMMC Associated Student Body (ASB) and
the Group on Women in Medicine and Science (GWIMS)
present

Bridging the Gap:
Gender Equity in Healthcare & Administration

Tuesday, April 3, 2018
12:00 - 1:00 p.m.
SM-122 (new School of Medicine building)
In Commemoration of International Women’s Day

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

*Food will be provided to the first 75 attendees.

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

M3/M4 Wellness: The Trust Project

The Trust Project consists of monthly small groups created by medical students to help each other through the stresses of clinical life by building trust, relational bonds, and interpersonal relationships. These lunch meetings are led by M4s trained by Dr. Scott Rodgers, and are designed to develop coping mechanisms, emotional resilience, and encourage altruism, 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 date and locations are listed below:

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Discussion Topic*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 8**</td>
<td>CW 108</td>
<td>Try Again: Improving Failur (Fic: Code Blue)</td>
</tr>
<tr>
<td>March 18</td>
<td>CW 108</td>
<td>On Becoming a Doc: Einsteinian Medical Student, Terrible Clinician</td>
</tr>
<tr>
<td>April 10</td>
<td>CW 108</td>
<td>STEP2: Grades/Mark Stress</td>
</tr>
<tr>
<td>May 17*</td>
<td>CW 108</td>
<td>Stress, Dollar Bills &amp; Gutar Essentials (Dying Patient)</td>
</tr>
</tbody>
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*Points of discussion are balancing group preferences
**Exception: this is the 2nd Thursday of the month

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

Jackson Free Clinic: Graduating Seniors

Over the past year, the Jackson Free Clinic Board of Directors has been led by seven medical students in their final year of school! As graduation approaches, we want to recognize each of them for dedication to their school and commitment to serving uninsured patients in the Jackson community.

- Logan Ramsey, M3

Jessica Arnold, a native of Jackson, serves as one of the Student Volunteer Coordinators (SVC) since 2015. In this role, she recruits students to serve as the primary care team for patients visiting the JFC. Over the years, she attracted many student volunteers with her friendly personality and enthusiasm for the free clinic.

Salma Dawoud, a graduate of the University of Southern Mississippi, serves as Grant Director for the JFC. Her dedication and the involvement was crucial for ensuring completion of multiple improvement projects this year. She always demonstrates optimism and a dedication to the clinic. She is also known for her caring attitude towards both patients and peers.

Johnny Lippincott, originally from Tupelo, serves as Structure Director at the JFC. In this role, he spent a great deal of time reviewing relevant policy and procedures governing the free clinic. Known for his high energy level and jolly nature, he also pioneered the Dr. Joyce Olutade award, which recognizes students who demonstrate excellent commitment to team leadership.

Claire Harkey, a native of Jackson, serves as one of the Acquisitions Directors at the JFC. Over the past year, she helped tremendously with organization projects to improve clinic workflow, obtain any items needed, and keep the clinic exterior and yard in pristine condition. While much of her work occurs behind the scenes, she is known for her reliable personality and ability to get things done quickly.

Lauren Deaver, originally from Massachusetts, came to Mississippi as a part of the Teach for America program. She’s continued to grow her teaching skills while serving as Education Director for the JFC. In this position, she used her creativity to engage students in a variety of learning opportunities. She never hesitated to share her thoughts on improvements for the clinic and provided innovative ideas to accomplish our goals.

Sallie Mercier, a native of Hattiesburg, served on the JFC Board of Directors in multiple leadership roles since her first year of medical school. Over the past year, she’s served as Student Director and Chairperson of the Board. In this capacity, she assumed overall responsibility for operations at the free clinic. Known for her encouraging attitude and strong-willed commitment to the clinic, her leadership propelled the JFC to new levels of success. Specifically, she oversaw completion of extensive renovations to the lab and phlebotomy area and the addition of an office for social work activities.

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The Evers Society hosts several events annually with the goal of encouraging the combination of academia and service. We not only seek to improve medical education in both the preclinical and clinical years, but also facilitate students’ interests in the different fields of medicine. Each year, the M2 members of the Evers Society hosts Primary Care Day in efforts to promote interest and give exposure to the primary care specialties.

“This year, our Primary Care Day took place in the new School of Medicine. M1 students who participated first attended a lunch where they were able to hear advice from both Dr. Wahnne Sherman, Director of the MS Rural Physicians Scholarship Program, and Dr. Jeffrey Crout, Professor and Pediatric Residency Director here at UMMC. The students spent the afternoon learning from physicians and residents from the departments of Internal Medicine, Pediatrics, Family Medicine, OBGYN, and Emergency Medicine. Each department taught activities in the Simulation Center, and these included skills such as using ultrasounds, airway management, and knot-tying,” reported Emily McBride, this year’s Primary Care Day Coordinator. This afternoon each year is an excellent opportunity for M1 students to get a taste of clinical medicine, peak their interest in future clerkships, and enjoy time out of the classroom. Even the M2 facilitators were happy to help the M1s have an afternoon away from the books and an opportunity at hands-on clinical experience. Eddie Mac Huddleston, M2 volunteer, said this about the experience: “Primary Care Day was one of my favorite days as an M1, and as an M2 helping out, it was really gratifying to see these M1s having fun with their friends while learning some practical skills and taking a break from their routine of lectures, labs, and tests. Emily worked so hard to put together a great afternoon for everyone, and I was so happy to see how much the first years enjoyed it.”
On Monday, February 26, the Associated Student Body and the Black Representation in Medicine organizations co-sponsored an event in commemoration of Black History Month. According to BRIM President Kandice Bailey, a second-year medical student, “The purpose of Black Representation in Medicine (BRIM) is to increase the number of African American men and women who apply, gain admission, and successfully matriculate into medical school by providing them with peer-to-peer advice and insight into the medical school application process.” Both student-led groups invited Reverend Edwin King, a well-known Civil Rights activist and personal friend of Dr. Martin Luther King Jr., and Medgar Evers, as the keynote speaker gave a presentation titled “Standing Up and Standing Out: Freedom Summer of 1964,” during which time Reverend King shared historical details of the events preceding, during, and following Freedom Summer of 1964 in Mississippi. I have included a fairly extensive biography of Reverend King in the following paragraphs:

Reverend Edwin King is a retired Associate Professor of the School of Health Related Professions. He was born in Vicksburg, MS, in 1936, and he grew up in the traditional Southern white world of Vicksburg, MS. In Crawford Street Methodist Church, he was active in Sunday school and Methodist Youth Fellowship.

Reverend Edwin King received a Bachelor of Arts in sociology from Millsaps College, a Master of Divinity, a Master of Sacred Theology from Boston University, and the distinction of a Merrill Fellow from Harvard Divinity School as well as honorary doctorates from Tougaloo College and Millsaps College.

At Boston University, he studied under Dr. Martin Luther King Jr.’s friends and teachers who arranged a meeting with Dr. M. L. King at his home in Montgomery in December of 1958, and King and he became friends. At Millsaps College, he attended interracial meetings at Tougaloo College where he met Medgar Evers who became his guide and friend.

Reverend Edwin King worked with Medgar Evers and John Salter in the 1963 Jackson Movement. He helped the SNCC (Student Nonviolent Coordinating Committee) and the COFO (the Council of Federated Organizations) in organizing the 1964 Freedom Summer during which time he was a host for Dr. M. L. King Jr., on a visit to Neshoba County and to the members of the fire-bombed Mt. Zion Mine (Black Church). Reverend Edwin King gave the sermon at the Meridian funeral service for Chaney, Goodman, and Schwerner. Reverend King also assists with some classes, and he is currently writing a book about the Civil Rights Movement in Mississippi and national politics and changes in race relations in the nation as well as in Mississippi. In addition, he has published articles on racism, healthcare, and other topics. In October, 2014, University Press of Mississippi published Ed King’s Mississippi: Behind the Scenes of the Freedom Summer, co-authored with historian Dr. Trent Watts. About this book former Gov. William Winter wrote: “No account of the civil rights struggles in Mississippi would be complete without recognition of the significant role played by Rev. Ed King. This homegrown, Millsaps-educated, Methodist minister was arguably the most unyielding and outspoken in the efforts to end racial segregation and discrimination. His heroic work brought him social ostracism by the white community and, indeed almost cost him his life... The volume affords us an amazing insight into the experiences and reflections of a very brave man.”

He has two daughters, Lillian Nobles and Margaret King, and four grandchildren in California and Washington state.

At his speaking engagement this past month, there were over 120 students, faculty, administrators, and staff in attendance at this event which was catered by UMCC in-house catering and Mama Hamil’s.

During his fifty minutes of speaking time, Reverend King shared facts that many present in the audience never knew. Some of these facts included the involvement of famous musician Bob Dylan’s role in the Civil Rights Movement in Mississippi, the detainment and torture of African Americans and Civil Rights activists during the Freedom movement, and “the secret deployment with President Lyndon Johnson of thousands of armed troops from Louisiana, Texas, and Alabama in 1964 at the start of the 1964 school year with the first public school desegregation in Mississippi to prevent hostilities similar to those with the admission of James Meredith to Ole Miss in 1962.”

Reverend King shared some additional stories which I have included in the following line of text below:

“The political goal of Freedom Summer was voter registration and citizenship education. Few Blacks were registered in Mississippi, but the Movement understood that for [those goals] to ever [become a reality], we had to arouse citizens in other parts of America. The Mississippi Freedom Democratic Party [MFDP] was created to challenge the segregation patterns of the national Democratic Party. We challenged the seating of the all white official delegation. Our lobbying [spread] throughout the country and our efforts [were heard] at the Convention, especially those of Mrs. Fannie Lou Hamer of Ruleville in Sunflower County. The ‘liberal establishment,’ as symbolically represented by the Democratic Party, did not exclude that white racist delegation but did adopt major new rule, forever excluding segregated delegations in the future. The MFDP was given two delegate seats, with [neither] speaking nor voting privileges for them. These two [delegates] were acceptable middle class men, Aaron Henry and Ed King. They were chosen by the White House which said that Mrs. Hamer could not be a delegate and that the MFDP delegates could not select their own leaders. This was an ominous sign of the future—Blacks (or any excluded minority) would soon have the right to vote, but control and leadership would be determined by the powers that be.

“Mrs. Fannie Lou Hamer, responded, ‘We didn’t come all this way for no two seats.’ Party liberals and organized labor were told they would have no real voice in the administration if they did not control the upstart Blacks. Specifically the liberal leader, Senator Hubert Humphrey, was told he had to stop the MFDP, or he could not become vice-president. In a private conversation, Humphrey pleaded in desperation with Mrs. Hamer and me that as vice-president he would do many great things, even mentioning socialized medicine, and that was the word used.

“Mrs. Hamer replied, ‘Senator Humphrey. I know lots of people in Mississippi who have lost their jobs for trying to register to vote. I had to leave the plantation where I worked and lived in Sunflower County. Now if you lose this job as vice-president because you do what is right, because you help the MFDP, everything will be alright. But
We sang:

"Of whom were sent on to Parchman Penitentiary. Almost 500 of whom were jailed in Jackson and most of us present singing the following Freedom Songs."

Hamer loved Freedom Songs. As was the custom, with all of us present singing the following Freedom Songs. The original plan was to end this Black History Month talk but Reverend King mentioned to me that the group would not be controlled by the President and in the proposed Poor People’s March on Washington in the late spring of 1968, he would be arrested on the steps of the U.S. Capitol. Publicly he condemned the American Empire’s war in Vietnam.

In his last speeches and book, Dr. M.L. King states, “The black revolution is much more than the struggle for the rights of Negroes. It is forcing America to face all its interrelated flaws—racism, poverty, militarism and materialism. It is exposing evils that are rooted deeply in the whole structure of society. It reveals systemic rather than superficial flaws and suggests that radical reconstruction of society itself is the issue to be faced.”

“Soon after [his final speeches and published book], Dr. M.L. King was assassinated in Memphis—the fiftieth anniversary of which will be marked this year. Mrs. Hamer said, ‘Now there’s Martin Luther King. They didn’t get him as long as he was middle class, but when he said he would organize the poor folks, whites and Indians as well as blacks, they said, ‘We gotta kill this nigger.’ And it ain’t Memphis. It’s the same kind of conspiracy [that] killed King that killed Kennedy and killed Malcolm X. Now they got the concentration camps ready, and all I can say is, we better be ready. We better be ready.”

Reverend King mentioned to me that the original plan was to end this Black History Month talk with all of us present singing the following Freedom Song. He writes, “Medgar Evers and Fannie Lou Hamer loved Freedom Songs. As was the custom, each added new verses to fit particular situations. One song was about the 1961 Freedom Riders—almost 500 of whom were jailed in Jackson and most of whom were sent on to Parchman Penitentiary. We sang:

“If you miss me from the back of the bus, and you can’t find me nowhere, Come on up to the front of the bus, I’ll be sitting up there.

If you miss me from Jackson State, and you can’t find me nowhere, Come on up to Ole Miss, I’ll be swimming over there.”

“We must! From the back of the bus to Ole Miss to the Mississippi River. What on earth? The social factors of life, of health, of survival were taught early to black children. Only a fool would swim in the Mississippi River, or many others in our state. But then and now most black children never were taught to swim. As a middle class child, I was taught to swim in the public City Pool, which was white only. Today in our state, blacks rank high in drowning deaths, social, not biological reasons as in so many other matters, [as well as in] fire deaths and tornado deaths due partly to poor housing.

“Students, as you learn to treat individual patients, always remember the complex social factors in the lives of these people.”

This final written statement by Reverend King, I feel, speaks volumes, especially as we face in our state higher rates of healthcare disparities, such as cardiovascular disease, type II diabetes, and infant mortality, than any other state in the United States. Reverend King offers insight into the truth of how critical our need for understanding social determinants of health for individuals within populations. The potential of more translational research through our new School of Population Health, Neuro Institute, Mind Center, as well as our newest Departments of Data Science, Population Health Science, and Preventative Medicine foreshadows improvements in healthcare for the citizens of the state of Mississippi. This promising news strongly suggests that the University of Mississippi Medical Center is upholding its mission to ensure a healthier Mississippi.

Yours in Service,

Edgar R. Meyer, G3
ASB Philanthropy Co-Chair
Can mythical creatures...

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Earl R. Wilson, Founding Chairman

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