



# KUGME Resident News

(bi-weekly)

7/16/2021

To reduce the number of emails from GME, we are starting a weekly newsletter of interesting information we receive!



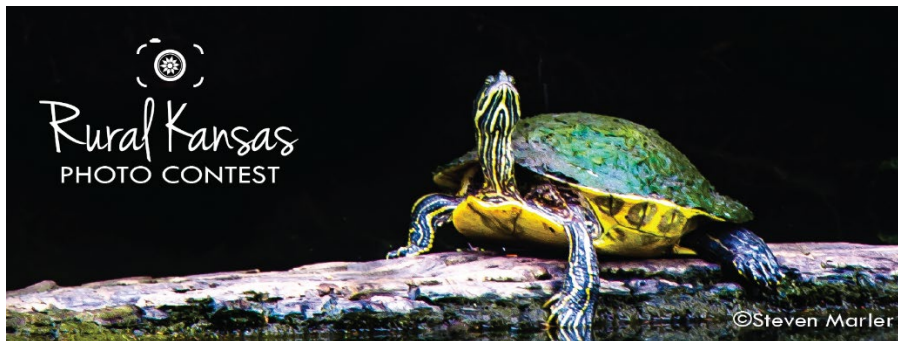
Be sure to follow us on Follow us now on and @KUMC\_GME

### Did you know?

- GME has “Resident Physician” badge buddies on hand to help residents identify their roles more clearly to patients. New residents received these in their orientation welcome gift backpack (white envelope, front pocket), need another one? Email [gmesupport@kumc.edu](mailto:gmesupport@kumc.edu)
- August 20<sup>th</sup>, is the first ever GME Administrative Professional Day. This day was initiated by the AHME as a day to recognize all of the hardworking residency, fellowships and institutional coordinators/managers/administrators! Be sure to show them your appreciation!

**CALL for Resident and Fellow Artists, see link below for information on how to submit your rural Kansas Photos!!**

[Rural Kansas Photography Contest \(kumc.edu\)](http://kumc.edu)



**The Office of International Affairs [OIP Events Calendar](#)**

Book club discussion–



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## **KUMC Community Conversations–Listen to Understand: Conversations at the Heart of Homelessness**

- “Impacting Homelessness and Engaging with the Homeless Community”
- Friday, July 16 | 12:00–1:00 p.m.

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### **Suicide Awareness and Prevention Walks**

#### **Speak Up: Break the Silence Walk: September 19, 2021**

Garmin 1200 E. 151<sup>st</sup> Street, Olathe, KS 66062

\$15 for virtual or in person

<https://runsignup.com/Race/Register/?racelid=113442>

Sponsorship: [https://d368g9lw5ileu7.cloudfront.net/races/race113442-](https://d368g9lw5ileu7.cloudfront.net/races/race113442-customSectionAttachment60be7b1e31c8a6.04594423.pdf)

[customSectionAttachment60be7b1e31c8a6.04594423.pdf](https://d368g9lw5ileu7.cloudfront.net/races/race113442-customSectionAttachment60be7b1e31c8a6.04594423.pdf) (ranges from \$100 to \$5000+) Deadline to be on the tshirt is 8/31/21

SASS MoKan Remembrance Walk TBD – typically held in September <http://www.sass-mokan.com/>

#### **Out of the Darkness Walk**

<https://afsp.donordrive.com/index.cfm?fuseaction=register.start&eventID=7682>

Date: 10/02/2021

Location: Aspiria (former Sprint World HQ), Paige Field, located South of 117th on Sprint Pkwy, Overland Park, KS 66211

Registration: 10:00 am

Event Time: 11:45 am - 2:30 pm

Sponsorship: [https://afsp.org/corporate-partnerships?\\_ga=2.167151358.1504087516.1625252342-1810674441.1625252342#corporate-partnership-interest-form](https://afsp.org/corporate-partnerships?_ga=2.167151358.1504087516.1625252342-1810674441.1625252342#corporate-partnership-interest-form)

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### **Summer Lecture Series on Biostatistics NOW AVAILABEL IN PERSON AND VIRTUAL!**

July 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> 9-11am [Pre-register here.](#)



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**Introduction to  
Biostatistics for  
Clinical and  
Translational  
Researchers**

**Dates:**  
July 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>  
9 – 11 AM

**Location:**  
Remote via Zoom\*

**Registration:**  
Free via the Biostatistics & Data Science [website](#)

**For More Information:**  
[stats\\_education@kumc.edu](mailto:stats_education@kumc.edu)

Sponsored by:  
KU Medical Center Department of Biostatistics & Data Science  
The University of Kansas Cancer Center  
Frontiers: The University of Kansas Clinical & Translational Science Institute

\*Zoom information will be sent to registrants by email

**KU MEDICAL CENTER**  
The University of Kansas

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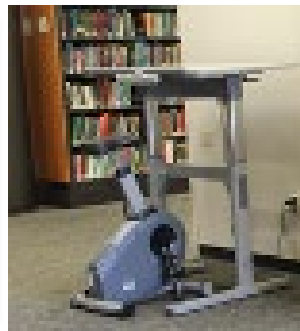
## Wellness Updates

**Check out the Monthly Wellness Newsletter on PAGE 5**

### Wellness Equipment available to residents and fellows

If you would like to check out any of the following wellness equipment contact [gmesupport@kumc.edu](mailto:gmesupport@kumc.edu)

1. Under Desk Ellipticals
2. Work Desk with Bike
3. Standing Desk
4. Light Therapy Lights



## Upcoming Deadlines and Events

- Residents as Teachers Workshop 8/5- mandatory for all PGY2 residents



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- If you have great news to share with us on MedHub and social media send your news to [kugme@kumc.edu](mailto:kugme@kumc.edu) with consent for sharing!

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**WIMS EVENT** – Wims is excited to announce their next virtual event on Tuesday, July 20<sup>th</sup>, 12:00-1:00pm is with Dr. Erica Howe presenting on “*Gaining Clarity in Your Career and Beyond*”

Please to register for the event [here](#) . See the flyer below for further details.




Women in Medicine & Science

*Gaining Clarity in Your Career and Beyond*

*Erica Howe, MD, FSHM*

Tuesday, July 20th, 2021 @ 12pm via Zoom



Join the Women in Medicine and Science (WIMS) Organization for a presentation by Dr. Erica Howe.

*Dr. Howe is a board-certified Hospitalist and a nationally known educator, wife, and mother to three crazy kids. As a prolific speaker and lifelong advocate for improved wellness in medicine, she has given hundreds of talks both nationally and internationally on topics like conflict management, burnout, and boundary setting. In 2018, she founded the Women Physicians Wellness Conference--a 3-day event hosted in locations like Grand Cayman, Aruba, and Amelia Island exclusively for women physicians--as a way of bringing women physicians together to share their struggles and their strategies for success. She believes that physicians are stronger together and wants to inspire them to find the courage, clarity, and community to succeed on their terms.*

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July 2021

*KUMC RESIDENT  
WELLNESS  
NEWSLETTER*

## Living in Kansas City

The KU GME Wellness Subcommittee would like to welcome all the new residents and fellows to the community. One part of wellness is balancing your work and personal lives. This guide will provide unique opportunities Kansas City has to offer. Also, watch a brief video on anxiety to help inform your adjustment to residency.

**1. Resources available:**

[Living and Working in Kansas City](#)

[VisitKC](#)

[Visit Kansas City KS](#)

[169 Things to Do in Kansas City That are Better Than Netflix](#)

[First Fridays](#)

[Historic West Bottoms](#)

[Recreation League Sports in Kansas City](#)

**2. Videos to watch:**

[Visit KC](#)

**3. Ted Talk(s) of the month:**

[What's normal anxiety – and what's an anxiety disorder?](#)

Description from [www.ted.com](http://www.ted.com):

Everyone gets anxious at times, but how can you tell when worrying and fear crosses the line and needs attention? Dr. Jen Gunter introduces a special part of the brain called the amygdala and shares the science behind your brain's threat-detection system, what causes it to malfunction and the most effective ways of treating an anxiety disorder. Want to hear more from Dr. Gunter? Check out her podcast Body Stuff, from the TED Audio Collective.