

Peoria Pons

Bridging communication; Celebrating accomplishments

News and Highlights

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The Ides of March

The word "March" is named after Mars, the Roman god of war, and arch-nemesis to Asclepius, our beloved god of medicine. How fitting! In our battle against March, I wonder how well Asclepius would think we're faring-- Like caterpillars in their cocoons, the M1's are enduring the biggest organ system block. The only fact keeping them going through the darkness is that one day they'll be butterflies. M2's are up against a big boss fight called the USMLE. Luckily they have their mentors, who have volunteered to be their guides in this quest. M3's are wiping their faces with elegant napkins as they dine on the rotating sampler plate of specialties and picking their favorites, in the restaurant we call a hospital. And M4's are doing whatever they can: binging Netflix, dipping baskets of French fries into entire tubs of ice cream; anything to take their mind off of the anxiety of waiting for match results. I think Asclepius would be proud of us.

Student Government Association (SGA) Monthly Meeting

Wednesday, March 20th
6 PM, UICOMP A100-2

SGA MEETING MINUTES

Click [here](#) to access SGA's minutes

DEAN'S MAILBOX

We updated Dean's mailbox—it is now an electronic form available to anyone with concerns that would like to be addressed anonymously.

Click [here](#) to access Dean's Mailbox

STUDENT EVENTS CALENDAR

Do you know how to add your SIG meeting or event time to the student events calendar? Please contact your SGA rep or Jaymi Belcher (jaymib@uic.edu) from Student Affairs

Click [here](#) for the calendar



Upcoming Events

Radiology After Dark

Tuesday, March 5th

5:30 PM – 7:30 PM; Meet outside of Don's Bistro in OSF Saint Francis Medical Center

Please join the Radiology Interest Group for dinner, presentation, and tour of the radiology facilities at OSF. RSVP: Sunday, March 3rd by 5PM to Nerina (disomma1@uic.edu) or Paige (pmaurer2@uic.edu) DR SIG Co-Presidents. Please check the Facebook page for more information.

Popcorn Sale

Wednesday, March 6th

11:30 AM – 1 PM; UICOMP Lobby

Proceeds to Benefit the CSEC community chest sponsored by CSEC

Price: .50¢ / bag

Family Medicine Grand Rounds

Thursday, March 7th

7 AM – 8 AM; 2nd Floor Conference Room - Family Medical Center, 815 Main Street, Peoria

Join Dr. David Trachtenberg for a discussion on managing diabetes to reduce complications.

Residency recruitment fair 2019

Thursday, March 7th

5 PM – 7:30 PM; Jump Simulation, 1306 N BERKELEY AVE., PEORIA

Mingle and learn about the residency programs in Peoria. Buffet dinner will be provided

Narcan Training by the JOLT Foundation

Tuesday, March 12th

5 PM – 6 PM; UICOMP Room A200-A

Fight back against the opioid epidemic with the JOLT Foundation by learning how to reverse an overdose. Participants who complete training will receive an Overdose Reversal Kit and potentially save someone's life!

Please RSVP to ceberl3@uic.edu

Match Day

Friday, March 15th

10 AM – 2 PM; Gateway Building

Register for Match Day luncheon [here](#) no later than March 8th!

Meals will be catered by Cracked Pepper are \$20/each.

Thriving Families SIG

Saturday, March 16th

9 AM – 11 AM; A100-2, UICOMP Building

Learn how to make it through med school and residency with a healthy marriage and happy children. Please join Dr. Hanks and her husband Dr. Mischler along with Mr. Joe Beaudry and Dr. Beaudry (dermatologist) to learn how they made it through school and residency as a happy couple and successful parents. This is an amazing opportunity! Breakfast and coffee will be provided.

CXT Roasting Presentation

Friday, March 29th

12 PM – 1 PM; UICOMP Auditorium

Come learn how to brew a better coffee with Peoria's own CXT Roasting. Please RSVP to dDisney@uic.edu as free coffee tasting will be provided. More information about CXT Roasting Company can be found at cxtcoffee.com.

Get Yourself Tested

UICOMP and Friends of Central Illinois Bring Sexual Health Awareness to Richwoods High

On January 29th, UICOMP students volunteered with Friends of Central Illinois at their Get Yourself Tested day at Richwoods High School. Get Yourself Tested Day is an initiative held at several Peoria high schools to help educate high school students on safe sex practices and provide them with free testing for STIs and HIV. This event is critical because for many of the students, it is their only opportunity to get tested for STIs and to get more information about sexual health. All testing and counseling are completely free and confidential to the students.

Medical student volunteers triaged the students and helped them fill out sexual health questionnaires in order to determine if they should be tested for HIV and STIs. UICOMP volunteers participated in other roles such as preparing patient paperwork and obtaining patient satisfaction surveys from the students. In addition, Get Yourself Tested day featured many other community vendors such as Methodist Wellness Center, Hult Center for Healthy Living, and UICOMP's own Public Health Interest Group. Vendors educated students on a variety of health topics like exercise, nutrition, and safe sex through games, pamphlets, and presentations.

On her experience at Get yourself Tested day, M2 Public Health Interest Group community chair member, Allie Weston says, "Volunteering at the GYT event was a great opportunity to interact with the Peoria community. I highly recommend volunteering! The Public Health Interest Group created a jeopardy style sexual health game that allowed us to chat with and educate students, while also meeting representatives from other community organizations, like Planned Parenthood and the Hult Center for Healthy Living."

Michelle Famakinwa, M2



Valentine's Day Card Making

The Art in Medicine, Med-Peds Interest Group and Peds Interest Group teamed up to make Valentine's Day cards for the Children's Hospital of Illinois (CHOI). CHOI is truly a special place where the love poured out for the children is visceral. Established in 1990, it has been serving Central Illinois for many years, meeting the needs of some of the sickest children as well as those who might need just a little boost. This past fall, CHOI began offering Almost Home Kids, a transitional care center that provides a home-like setting. It is funded entirely through the community, demonstrating the immense love that surrounds the families and children that come through CHOI. Through our Valentine's Day cards, we hope that we are also able to be a part of this special community and show that all children can be loved exactly as they are.



Grace Yoshiba, M4



Food for Thought

Hy-Vee Store Tour

February 13th, students from varying classes joined the Wellness Committee and Hy-Vee's own in-house dietician to learn about the plethora of ways we can improve our food choices without breaking the bank. Some of my favorite suggestions were to take advantage of bagged salads or pre-chopped veggies from the produce or freezer aisle; make sure breads say "whole wheat" as their first ingredient to ensure the breads you're buying are actually 100% whole grain; and whenever possible, buy products with "no salt added", and that are preserved in water or natural juices with "no sugar added" listed on the label. Oh, and did I mention, Hy-Vee offers 10% off their entire health section every Wednesday! If you want a complete listing of all the health recommendations discussed on the tour, check out the entire list below.

AJ Heaps, M3

Shopping for Health

Grocery Store Tour List



dietician's
choice

Produce

- All produce!
- Chopped Salad Kits
- Zoodles and Cauliflower Crumbles
- Short Cut Fruits and Vegetables

Refrigerated Produce Section & Dressings

- Yogurt Dressings (Bolthouse)
- Hummus (for dipping veggies)
- Fresh Salsa
- Guacamole

Deli Meats & Cheeses

- Di Lusso reduced sodium premium meats and cheeses
- Hormel Natural Choice deli meats
- Hy-Vee Gourmet Cheese Wedges or Laughing Cow Cheese Wedges
- Babybel

Meat Department

- Lean Choices - look for "round" or "loin" in the name
- Hy-Vee Angus Reserve Top of Iowa Sirloin, Hy-Vee Angus Reserve Bottom Round Roast and Hy-Vee Angus Reserve Bottom Round Steak
- Seafood: Salmon, albacore tuna, herring, mackerel, shrimp (go for frozen for money savings)

Bread and Grains

- Look for 100% whole-grain products - check the ingredients! Does the first ingredient say "whole wheat"? (Sara Lee Delight bread)
- Brown Rice
- Quinoa
- Barley

Grocery

- "No Salt Added" Canned Vegetables
- Fruit in 100% fruit juice or no-sugar-added varieties
- Tuna or Salmon packed in water
- Smucker's Peanut Butter

Snacks

- Whole-Grain Crackers (or Nut Thins)
- Nuts (raw or roasted with no added salt)
- Popcorn (look for air-popped or reduced-fat/sodium options)

Frozen

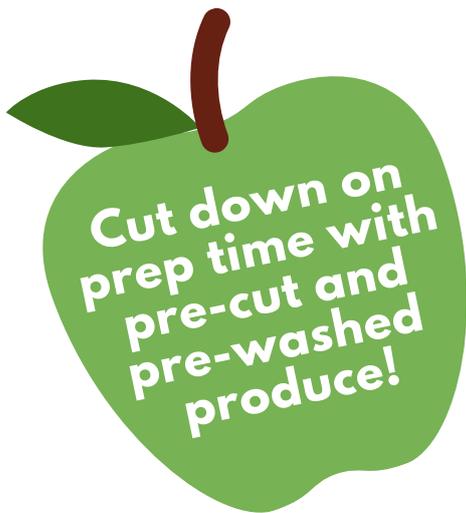
- Fruit
- Steam Fresh Vegetables
- Meat Alternatives: Moring Star, Boca or Quorn Products
- Seafood

Dairy

- 1% or Skim Milk
- Milk Alternatives: Almonds, Soy, Coconut, Rice, Cashew, etc.
- 1% Cottage Cheese
- Greek Yogurt or Light Yogurt

HealthMarket

- Kashi products
- Snack Bars (Kind, Lara bars, RX, etc.)
- Chia seeds and ground flax
- Quinoa & Ancient Grains
- Almond & natural peanut butter
- Protein powders & supplements
- Frozen fruits and vegetables
- Kefir
- Beanitos (Chips made with beans)



SnowBall 2019 Superlative Winners



SNOWBALL KING AND QUEEN

Josh Nordman and Taylor Balk



BEST DANCER

Michael Tye



BEST DRESSED (FEMALE)

Caroline Lewis and Hajira Ahmed

MOST PARISIAN

Robbie George

BEST DRESSED (MALE)

Garret Waterstradt

SGA ANNOUNCEMENTS

The Leadership Certificate

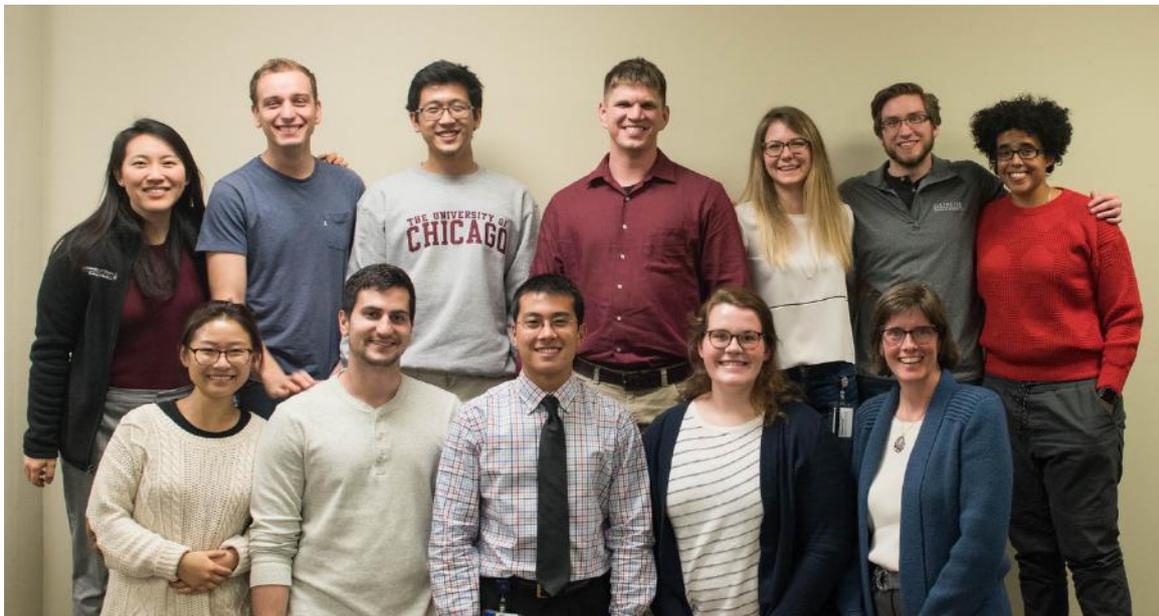
The Leadership Certificate of 2018-19 is due August 2nd 2019. Please make sure to read the email from Angela Delano, Class of 2020, if you are interested in participating, and please contact her with any questions. There's still plenty of time to complete a passport!

THE LIST OF STUDENT INTEREST GROUPS AND CONTACT INFO

Click [here](#)

THE LIST OF ELECTED STUDENT LEADERS 18-19

Click [here](#)



YOUR SGA 2018-19

* Not pictured: Ian Magruder, Austin Rim, Nam Dao, Sean Park, Angela Delano, Matt Schaeffer

2018-19 Peoria Pons Team

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