Jayhawk Jingle
It’s that most wonderful time of the year. Let KUSM-W show its appreciation for you Dec. 9-13. Get ready to get casual, because jeans have been approved for the whole week.

Monday, Dec. 9, join us for the holiday lunch. A traditional menu will be catered. Food will be served from 11:30 a.m.-1 p.m. in the Flint Hills Room and seating will be in the Sunflower Room.

Get your team ready! We’ll play Family Feud on Tuesday, Dec. 10. Sign up your team of five at wicpa@kumc.edu or just come to enjoy the competition. Teams will face off from 2-4 p.m. in Roberts Amphitheater. Also, wear your favorite holiday sweater!

Java Villa and Panera breakfast will be served from 7:30-9:30 a.m. in the Main Lobby Wednesday, Dec. 11.

Build a blanket for United Way while enjoying a hot cocoa bar from 2-4 p.m. Thursday, Dec. 12, in the Meadowlark Room. KUSM-W holiday mugs will be given out, while supplies last.

Operation Holiday
The Operation Holiday collection box is located on the second floor outside of the Dean’s Suite. Bring your donations of non-perishable food, gifts for teens, new warm-weather wear and pet food by Friday, Dec. 13.

A group from KU School of Medicine-Wichita will volunteer at the distribution center from 1-4 p.m. Tuesday, Dec. 17. If you would like to join our team, contact wicpa@kumc.edu.
Tell us your stories!
Is there a special event happening in your department? Do you know a student who has an interesting hobby, or who has made a significant accomplishment? Are you involved in community outreach? An educational program? A hands-on workshop or training session?

Public Affairs wants to know about any and all of these events. There are a variety of ways we can publicize events and accomplishments in the school, but we can’t promote them if we don’t know they’re happening. Though not every event is going to catch the attention of the media, we can still promote your event through one of our social media accounts, our monthly community newsletter or by writing our own feature story for the school’s website. Drop us an email and tell us what’s happening. We’ll share the good news!

How can we help?
All of us here in Public Affairs are available to assist you in a number of ways when it comes to communication, public relations and marketing.

Need something edited or proofread? We can do it. Have a speech to write? We can help. Need a flyer designed? Let us assist you.

We can also answer questions you may have about branding, including logo use. As you may know, there are specifics when it comes to that area. If you have a project that is using a logo, run it by our office and we’ll help keep you out of trouble.

Basically, contact us for any old thing. We’ll do our best to help you out.

We support you
Public Affairs offers a variety of items to support your events. Do you need a logo banner to showcase at your fair booth? We have a few. Are you serving cold drinks at an event and want something sleeker than a cooler? You can borrow one of our stainless steel beverage tubs.

Visit our website to check out photos of available items and fill out an event support request form to reserve what you need.

You can also request an appearance by our energetic and fun Baby Jay. Loved by adults and kids alike, Baby Jay will kick your event up a notch. All Baby Jay appearances must have a direct connection to KUSM-W.

Research recruitment services
If you’re involved in a study that is recruiting subjects and would like to have our support in creating recruitment materials, submit a request using our online form.

You can request flyers, ads, Jayhawk Talk Online listings, broadcast emails and more. Once we draft the copy, we’ll send it back to you for IRB approval.
Personal & Professional Development Corner

How to Stay Calm When You Know You’ll Be Stressed
by Daniel Levitin (12 minutes, 20 seconds)

You're not at your best when you're stressed. In fact, your brain has evolved over millennia to release cortisol in stressful situations, inhibiting rational, logical thinking but potentially helping you survive, say, being attacked by a lion. Neuroscientist Daniel Levitin thinks there's a way to avoid making critical mistakes in stressful situations, when your thinking becomes clouded — the premortem. "We all are going to fail now and then," he says. "The idea is to think ahead to what those failures might be."

www.youtube.com/watch?v=8jPQjjsBblc

Upcoming dates to remember
Nov. 27: Early payday! Paychecks will be direct deposited on Wednesday, Nov. 27, so you can get a head start on your Black Friday shopping!

Dec. 15: Accelerated payroll period

Dec. 28: Accelerated payroll period

Dec. 31: Final day to reach at least 40 HealthQuest Rewards Points in order to have a reduction in premium for your 2020 health care

Jan. 28: Accelerated payroll period

Career opportunities
Visit jobs.kumc.edu to view current job openings for all KUMC campuses. To view a list of INTERNAL ONLY job openings, current employees may log in with their KU network ID/password, select Search Jobs then select Search Internal Jobs.

W-2 electronic opt-in
For those who have not elected to receive your W-2 electronically and would like to, please follow these instructions and go to the State Employee Self Service website.

For those who want to receive a paper copy by mail, it is strongly encouraged that you visit the site and ensure that the address on file is accurate. Human Resources does not have access to your W-2 and will not be able to provide you with a copy of it; this is a completely self-service feature.
Voya representatives on campus
On Dec. 17, Voya representatives Jon and Steve Cross will be on campus in the Kansas Room, located on the second floor.

This is a great opportunity to:
• Review your account
• Enroll in the voluntary retirement plan (learn how to maximize your contributions)
• Discuss all the options for a previous employer retirement plan
• Update beneficiaries
• Make any other necessary changes

Schedule your 30-minute appointment.

Insurance products, annuities and retirement plan funding issued by (third party administrative services may also be provided by) Voya Retirement Insurance and Annuity Company, One Orange Way, Windsor, CT 06095-4774. Securities are distributed by Voya Financial Partners LLC (member SIPC). All companies are members of the Voya® family of companies. Securities may also be distributed through other broker-dealers with which Voya has selling agreements. Insurance obligations are the responsibility of each individual company. Product and services may not be available in all states.

2020 IRS limits for voluntary retirement contributions
The IRS has recently published the increased limits for 2020. If you would like to make a change to your contribution, please contact Fred Kitchell at fkitchell@kumc.edu to schedule an appointment.

HealthQuest news
View the November 2019 HealthQuest newsletter.

Financial Wellness & Retirement Series
Human Resources and Faculty Affairs & Development are partnering to sponsor a Financial Wellness & Retirement Series for all members of the KUSM-W community. Whether you are getting close to retirement or just joining the workforce, there are simple steps you can take now to make great strides to help you reach your financial goals.

The series will cover a different topic each month from July to December. Consultants from various organizations will cover topics on money management, financial wellness, Medicare, Social Security benefits, retirement planning and much more. Learn more!

Estate Planning
9-10 a.m. Wednesday, Dec. 4, in the Sunflower Room.

In this session, ComPsych will discuss the importance of estate planning at all ages, especially for those with minor children, substantial assets or unusual circumstances. You will learn about the most common goals in the estate planning process, identify important tools you can use, identify key action steps and understand tax implications of estate planning.

Register for this session!
Seasonal reminders!

During the holiday season, it’s always a good idea to brush up on the university’s policies regarding gifts and holiday cards.

Guidelines for ACCEPTING gifts and meals
As a general rule, faculty and staff of KUMC are prohibited from soliciting or accepting meals the value of which exceeds $25 from individuals or organizations that have a business relationship with KUMC. For more information, see the KUMC Acceptance of Meals and Gifts (Including Entertainment, Travel or Lodging) by Faculty and Staff.

Guidelines for GIVING gifts
Giving gifts funded with state funds is prohibited and funded with private funds is strongly discouraged. Please contact Tyann Orton, assistant dean for finance, at 293-3552 before you give any gifts or if you have questions.

Holiday cards
Please follow these guidelines if your department will be sending out holiday cards:

- Cards must be purchased with private funds (state funds cannot be used).
- If Public Affairs will be creating the cards, the invoice must be paid with private funds (state funds cannot be used).
- Postage to mail the cards must be purchased with private funds (state funds cannot be used).
- Cards cannot be mailed using the KUSM-W bulk mail permit (which is paid with state funds).
- Cards should be taken to the post office and not processed through the mailroom.
Community Conversations
Thursdays
Noon-12:45 p.m.
Available via Zoom from Kansas City (links will be sent via broadcast email)

A casual forum for students, faculty, residents and staff to share diverse insights on various topics of interest to our community.

First Thursday: Turning the Page
Second Thursday: Culture Hour
Third Thursday: Sustainability
Fourth Thursday: Health & Wellness
Fifth Thursday: Crucial Conversations

For more information, contact Alexa Smith at 913-588-1480 or asmith5@kumc.edu.

BBQ fundraiser
Hey y’all, do you hear that?! Sounds like the lunch bell ringing!

Join the APhA Academy of Student Pharmacists from noon-1:15 p.m. Friday, Nov. 22, in the Meadowlark Room for some good old-fashioned pulled pork sandwiches.

Pulled pork sandwich combos will be available. A sandwich, chips and drink will be $5. Add an additional sandwich for $2 more. All proceeds benefit APhA-ASP.

Contact Dakota Denton at dakotadenton@ku.edu for more information.
Grant awards for resident travel
The KUSM-W Office of Research will provide funds for resident travel to present research at a professional conference. Up to $1,250 may be requested.

Funds are also available for open access and publication fees. Up to $1,500 may be requested.

These funds are provided by grants to WCGME from the Kansas Biosciences Authority. View the travel grant application.

Poster printing
Need a poster printed? Send it as a PowerPoint slide (preferred) or Adobe PDF to kuposters@kumc.edu with size requirements and date needed. Please note: poster should be sized to specifications before it is sent; we will not resize or trim posters.

Posters should be sent for review to Public Affairs at wicpa@kumc.edu before printing to ensure that branding guidelines are met. Please have PowerPoint/PDF files to us at least 48 hours in advance.

Grant award for resident pilot research
This award will provide funding to residents and their mentor faculty for resident research projects. Award amount is up to $5,000 for one year. See the RFP for more details.

There is additional funding for resident travel and open access and publication fees.

Save the date
28th Annual Research Forum
Friday, April 17, 2020
KU School of Medicine-Wichita
Wanted: Research study participants

Many research opportunities are available. To make a referral into a clinical trial for teen pregnancy, adolescent/adult depression, personality disorder or Alzheimer's, call 316-293-1833 or email clinicaltrialunit@kumc.edu.

More information and a study interest form can be found on our website.

KU Wichita Center for Clinical Research is conducting a research study for children and adolescents with major depression disorder (MDD). Volunteers may be eligible to participate if they are 7-17 years of age and have been diagnosed with major depressive disorder.

Participants and their parent/caregiver will attend 13 appointments over 18 weeks. There is an extension study available for these participants. If the medication is helping the participant’s depression, the medication will be provided for an additional 24 weeks. Study participants will be compensated for their time and travel. For more information, call 316-293-1833.

KU Wichita Center for Clinical Research is looking for adults (ages 18-80) who have been diagnosed with major depressive disorder (MDD) for at least 12 weeks and have failed 2-5 trials of antidepressants or psychotherapy in the current major depressive episode.

The study lasts 12 weeks with eight office visits and pays $50 per visit. If you are interested or want more information, please call 316-293-1833 or email lchrisman2@kumc.edu.

KUSM-W state vehicle usage

Effective Dec. 20, KUSM-W Facilities Management will no longer be offering departments the service of providing a state vehicle motor pool for travel and vicinity mileage. With declining usage of our motor pool, we no longer warrant the need to replace or update the current fleet and it is now time to retire them from rental use.

Employees who travel on university business, will have the following options:

- Administrative & Financial Services can arrange a rental car using the Enterprise state contract and the employee’s department funds (state and grant funds only, KUEA funds cannot be used).
- Employee can drive personal vehicle and submit documentation for mileage reimbursement.
- Employee can be reimbursed for renting a car with state or grant funds if prior approval is obtained and documented from the funding source (KUMC or RINST). KUEA will reimburse an employee for renting a basic, economy car (additional drivers, upgrades and insurance will not be reimbursed).

Contact AFS at kusmwfinance@kumc.edu or 293-2600 if you have questions.

Facilities will continue to offer departments the opportunity to borrow the proximity cards to park in the P5 parking garage on the KUMC campus or you can go to the Facilities webpage and learn how to register with Kansas City campus parking.

Contact Facilities Management at wicfac@kumc.edu or 293-2625 with questions.
East Gallery
“People & Places”
Photography
Jason Crile
Through Dec. 31

West Gallery
“First Rodeo Show: Eyes to See”
Multimedia paintings
Steve Moser
Through Nov. 30

Steve Moser will host a second gallery show following this exhibit. The opening reception will be from 5-7 p.m. Friday, Dec. 6, in the West Atrium. Join us for hors d’oeuvres and complimentary wine while viewing the new artwork.

For more information about the William J. Reals Galleries of Art, or if you or someone you know is interested in scheduling an exhibit, contact Jennifer Eaton at 293-3534 or jeaton2@kumc.edu.

Welcome to KUSM-W

Tessa Rohrberg, M.D.
Medical student education faculty
Employment anniversaries
Congratulations on your employment anniversary. We’re glad you’re here!

Loretta Collier
Nov. 20

Dana Prentice
Nov. 30

Rachna Kalia
Dec. 1

Aaron Ryan
Dec. 1

Connie Marsh
Dec. 2

Welcome to KUSM-W
Paula Varner
Receptionist, KU Wichita Gastroenterology
KU Wichita Center for Health Care

World AIDS Day
Celebrate World AIDS Day with us! Join us for a screening of the documentary movie "5B" at 6:30 p.m. Tuesday, Dec. 3, in Roberts Amphitheater. This free event will include popcorn and drinks, and an HIV/AIDS timeline exhibit displayed in the lobby. Sponsored by the Wichita World AIDS Day Committee, with support from Johnson & Johnson and Janssen Pharmaceutica.
Pediatric Grand Rounds are from noon-1 p.m. at Wesley Medical Center, Cessna Conference Room.

Adolescent Medicine
Wednesday, Dec. 4
Kelly Curran, M.D., M.A.
Amy Middleman, M.D., MEd, MPH
OU Medicine, Oklahoma City, Oklahoma

Pediatric Sepsis
Wednesday, Dec. 11
Adam McClure, M.D.
KU School of Medicine-Wichita, Department of Pediatrics

If you have any questions, contact Cindy Roth at croth@kumc.edu or 962-2253.

Turn a Page. Touch a Mind.®
collecting children’s books
We are collecting new and gently used children’s books for the Turn a Page. Touch a Mind.® reading program. Books for children of all ages are needed. If you have books to donate, drop off in Public Affairs or at the KU Wichita Pediatrics Clinic at Carriage Parkway.

Before donating books, review these guidelines.

If you have any questions, contact Hannah Kersting at hannah.kersting@wesleymc.com.
The silent killer
As we embrace the cold chill of winter and crank up the heat in our homes, it is critical to ensure you have working carbon monoxide (CO) detectors in your home. Carbon monoxide is an odorless, colorless gas that often goes undetected, hence the name "silent killer." It kills hundreds of people each year, many unaware of the danger lurking in the air. Listen to this Kansas City family talk about their experience of nearly dying of CO poisoning because of a hornet’s nest trapped inside a furnace pipe.

Winter is the prime time for CO poisoning as heating systems are turned on, windows and doors are closed, and people mistakenly warm up cars inside garages. Carbon monoxide is produced by burning fuel in furnaces, vehicles, small engines, stoves, lanterns, grills, fireplaces, gas ranges and portable generators. When the gas builds up in enclosed spaces such as houses and vehicles, people and animals unknowingly breathe it in. Many victims of CO poisoning pass out or die in their sleep and never experience symptoms. You cannot rely on your senses to detect this poison. If you do experience symptoms (headache, fatigue, shortness of breath, nausea, dizziness, confusion, vomiting, loss of muscle control, loss of consciousness), get to fresh air immediately and call 911.

There are things you can do to prevent CO poisoning:
- Never let a car idle in the garage, even with the door open.
- Never use a gas range or oven to heat your home.
- Make sure your gas appliances are vented properly (ensure vents are not blocked).
- Have your chimney checked and cleaned every year.
- Open the fireplace damper before lighting a fire and keep it open well after the fire is out.
- Never use a generator inside your home, basement or garage or less than 20 feet from any window, door or vent.
- Do not use portable, flameless chemical heaters indoors.
- Have your heating system, water heater and any other gas or coal-burning appliances serviced each year by a qualified technician.
- When you purchase gas appliances, buy only those with the seal of a national testing agency, such as Underwriters' Laboratories (UL).
- Install a battery-operated CO detector in your home, and just like fire alarms, test the detector each spring and fall.

If your CO alarm goes off, immediately get everyone, including pets, outside to fresh air. NEVER ignore an alarm! Call 911 and do not reenter until emergency responders give you the all-clear.

Carbon monoxide poisoning is preventable and a detector in your home is lifesaving. There are various brands, makes and models of carbon monoxide detectors available (some are even combined with smoke detectors) at many local major retail and home improvement stores. For more information contact Safety & Emergency Management at somwemergencysafety@kumc.edu or 293-3409.
Way to go!

John Maksimowicz, senior network engineer, was honored Oct. 23 at a ceremony in Topeka for his 40 years of service to the State of Kansas. John began employment with the state in 1978 in his hometown of Chanute, Kansas, as a dispatcher with the Kansas Highway Patrol. He transferred to the Wichita Troop F office in 1984, later supervising 11 people in the emergency communications center covering 13 counties of south central Kansas. In 1997, he accepted a position as a telecom technician at the University of Kansas School of Medicine-Wichita. That role has evolved with advancements in network systems, and he currently has responsibilities that include network infrastructure, wireless networks, security firewalls and voiceover IP implementation. Congratulations, John!

Pictured along with John are Tina VanRaden, KUMC HR representative, and Kansas Governor Laura Kelly.

KU School of Medicine-Wichita will be closed Thursday, Nov. 28, and Friday, Nov. 29, in observance of Thanksgiving. Enjoy your time off and have a happy and safe holiday!
Psychiatry Grand Rounds
Lunch is at 11 a.m.
Speaker is from 11:30 a.m.-1 p.m.
For more information, contact Ronda Magness at 316-293-3508.

Tuesday, Dec. 10
Ascension Via Christi St. Joseph, McNamara Center, 3600 E. Harry
Steve Kearney, J.D., attorney and founder of Kearney and Associates
Topeka, Kansas
“Protecting Your Profession in the Age of Medical Necessity Through Advocacy”

Learn more about Grand Rounds.

Research Workshops on YouTube
If you were unable to attend the recent Research Workshops presented by Dykes Library, you can watch the presentations on the KUMC Campus Wide Leadership Series YouTube channel.

Workshop topics:
Sept. 7: “The Research Cycle”
Oct. 10: “Open Access Publishing and Open Education Resources”
Nov. 12: “Introduction to EndNote”

For more information, contact Kathryn Mann, library assistant and ILL coordinator, at 293-2629 or kmann3@kumc.edu.
KU Today
KU Today is the official publication from the Office of Public Affairs at the University of Kansas in Lawrence. Read the current edition.

Classifieds
If you have a classified ad you’d like listed in JTO, review the guidelines and submit the online form.

JTO deadline
The deadline for the next issue of JTO is noon Monday, Nov. 25. Send items of interest to wicpa@kumc.edu.

Social media
Like us on Facebook. 
Follow us on Instagram.
Follow us on Twitter.
Follow us on LinkedIn.

Ask the Dean
Is there something you’d like to know from Dean Minns? 
Submit your questions or comments and he’ll reply via email or in Jayhawk Talk Online.

The University of Kansas prohibits discrimination on the basis of race, color, ethnicity, religion, sex, national origin, age, ancestry, disability, status as a veteran, sexual orientation, marital status, parental status, gender identity, gender expression and genetic information in the university's programs and activities. Retaliation is also prohibited by university policy. The following persons have been designated to handle inquiries regarding the nondiscrimination policies and are the Title IX coordinators for their respective campuses: Executive Director of the Office of Institutional Opportunity & Access, IOA@ku.edu, 1246 West Campus Road, Room 153A, Lawrence, KS 66045, 785-864-6414, 711 TTY (for the Lawrence, Edwards, Parsons, Yoder and Topeka campuses); Director, Equal Opportunity Office, Mail Stop 7004, 3901 Rainbow Blvd., Kansas City, KS 66160, 913-588-8011, 711 TTY (for the Wichita, Salina and Kansas City, Kansas, medical center campuses).