Celebrating heritage
May is Asian/Pacific American Heritage Month!

The KUMC Office of Diversity, Equity & Inclusion, along with the Asian/Pacific American Heritage Month Committee, is inviting faculty, staff and students who identify as Asian/Pacific Islander to present their research for Asian/Pacific American Heritage Month Research Day.

Asian/Pacific Islander staff and faculty at the University of Kansas Medical Center will also be celebrated with biographical posters. These posters will feature faculty and staff on multiple communications platforms on all campuses and be shared with students, visitors and staff. View examples of former biographical posters.

If you would like to present your research and/or have a biographical poster highlighting you during Asian/Pacific American Heritage Month, please complete this REDCap survey by Monday, April 20.

If you have questions, contact Monica Oh, Ph.D., postdoctoral psychology fellow-multicultural emphasis, Counseling & Educational Support Services, at moh3@kumc.edu.

Working from home? Helping others? Share a photo with us!
Things have changed for many of us, and we’d like to see how you’re making the best of it. Did you set up a home office and now have a furry co-worker? Did you come up with something innovative to help others? Are you making time to enjoy green space, or did you take up a hobby? Email us a photo, and we’d love to share it on social media channels or other communications. You can send your photo to wicpa@kumc.edu. When sending a cellphone photo, please send the largest size possible or select “original size.” Pictured at left: Hannah Wilson, third-year student, is spending time volunteering to deliver Meals on Wheels to the community.
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.

wicpa@kumc.edu

Virtual town hall
The next KUMC town hall is from 3-4 p.m. Thursday, April 16, and will take place via Zoom.

Send your questions in advance to FAQ@kumc.edu.

Join by Zoom
The first 250 participants can join via Zoom. Once you join, please keep your microphone on mute unless you want to ask a question. This will help reduce feedback and other noise disruptions.

Join by livestream
If you are unable to join via Zoom, livestream will be available.

How to ask questions
Zoom participants can ask questions via Chat, using their microphones or emailing FAQ@kumc.edu. Livestream participants can email their questions to FAQ@kumc.edu. The speakers will do their best to answer as many questions in the time allotted.

A recording of the town hall will be posted on the intranet the next day.
Personal & Professional Development Corner

How to make stress your friend
by Kelly McGonigal (14 minutes, 28 seconds)

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

Stressed about the coronavirus?
The ever-changing landscape surrounding the COVID-19 pandemic is causing an enormous amount of stress for everyone. How each individual handles that stress varies greatly, and many of us need help and tools to manage it.

The CDC has provided this page with some helpful tips for handling the stresses caused by this outbreak. Don’t forget, all benefits-eligible employees also have access to the Employee Assistance Program that can assist you during this unprecedented time.

You can view EAP information on the KDHE website or contact them at 1-888-275-1205.

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.

Personal wellness
During a time when the country is facing an epidemic that none of us has ever seen in our lifetime, focusing on our own wellness is more important than ever.

For anyone that is enrolled in medical benefits, you have access to the HealthQuest portal with a multitude of wellness activities at your disposal. Not only can these be beneficial to your overall wellness, but you can also check off requirements for HealthQuest rewards for HSA/HRA points and meeting your requirements for the 2021 premium discount (this varies by plan type).

Log in to the HealthQuest site for more information.
CARES Act extends HSA, FSA and HRA flexibility with additional eligible expenses

On Friday, March 27, President Donald Trump signed into law the Coronavirus Aid, Relief, and Economic Security Act (CARES Act).

The CARES Act includes important provisions for users of health savings accounts (HSAs), flexible spending accounts (FSAs) and health reimbursement arrangements (HRAs), specifically:

- Over-the-counter drugs and medicines not prescribed by a physician can now be reimbursed pre-tax.
- Menstrual care products are now considered eligible expenses. Examples include tampons, pads, liners, cups, sponges, or similar products.
- Health plans can now cover telehealth services pre-deductible without impacting HSA eligibility.

The changes to eligible expenses are retroactively effective Jan. 1, 2020.

The CARES Act is a part of the $2 trillion stimulus package aimed at providing additional relief during the coronavirus pandemic.

For more information on coronavirus and safety measures, please visit the Centers for Disease Control and Prevention.

By Jamie Janvier | March 30, 2020 | ConnectYourCare blog

Happy anniversary!

Jennifer Worford, Kansas Locum Tenens coordinator, celebrates her one-year employment anniversary on April 15.

Sasha Randolph, recruitment and retention manager, celebrates her employment anniversary on April 26.

We’re glad you’re both here!
April 11
The Wichita Eagle
Patricia Wyatt-Harris: Wichita medical community grateful for support

April 10
Hays Post
Heartland Dermatology welcomes new physician, certified PAs

April 9
KWCH Channel 12
Doctors uncertain about duration of COVID-19 restrictions

April 3
KWCH Channel 12
Wichita doctors weigh in on homemade masks

April 3
Hays Post
KU Med students step up for state during pandemic

April 3
Wichita Business Journal
KU Med School students graduate early to help pandemic fight

April 2
KSN Channel 3
Telehealth: A safe way to still make your doctor’s appointments

March 25
KAKE Channel 10
What businesses and residents need to know about Sedgwick County’s stay-home order

For all the latest news stories and press releases about KUSM-W, visit our news page.
Community Conversations
A casual forum for students, faculty, residents and staff to share diverse insights on various topics of interest to our community. Session are noon-12:45 p.m. Thursdays via Zoom from Kansas City (links will be sent via broadcast email).

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.

Bringing our campus together: A spiritual gathering
All are welcome. You do not have to be of a particular faith or religion to join us. Our goal is to provide a platform to bring us together, foster community, and promote spirituality, meditation and mindfulness. We welcome you to join us 8:30-9 a.m. every Monday through May 11 via Zoom or join by phone at 1-929-436-2866 or 1-312-626-6799. Meeting ID: 522 684 5502

Weekly recordings of the session available on the KUMC intranet. More information on the events calendar.

Friday morning stress management, relaxation and mindfulness
Join Dr. Allison Roodman from Counseling & Educational Support Services at 8:15 a.m. every Friday through May 8 for a 30-minute session. Each session will involve learning one or two skills for managing stress and a guided relaxation or meditation practice. A great way to start your day, manage stress, learn how to deal with distractions and find the calm within! Join from PC, Mac, iOS or Android or by phone at 312-626-6799; Meeting ID: 210 152 2343.

More information found on the events calendar.

Safe Zone training
Safe Zone is an educational program that will help educate the KUMC community in creating a safer, more civil community for all individuals, particularly those of sexuality and/or gender minorities (e.g., lesbian, gay, bisexual, transgender, queer, intersex, asexual, etc.). Training will be on Zoom. Information will be sent prior to the training.

Upcoming training dates: 1:30 p.m. Friday, April 24, and 9:30 a.m. Wednesday, May 6.

Register on the KUMC events calendar.
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.

28th Annual Research Forum canceled
The 28th annual KUSM-W Research Forum scheduled for Friday, April 17, is canceled. As an alternative, ePosters will be accepted and presented with their abstracts online. ePosters will be submitted to cfrank@kumc.edu by Friday, April 17, according to the requirements detailed below. All accepted ePosters will be featured at a virtual online Research Forum beginning May 1.

Requirements: PDF format, size: 56x44, submitted by Friday, April 17.

Please contact Christina Frank in the Office of Research at 316-293-3811 or cfrank@kumc.edu, or K. James Kallail, Ph.D., at kkallail@kumc.edu with any questions.

Medical students are still planning to briefly present their research from 9-10:30 a.m. Friday, April 17, using a virtual format. Mentors, researchers and community members are invited to observe the presentations and ask students questions. Join the Zoom meeting with Meeting ID: 413 008 188.
**Wanted: Research study participants**

Many research opportunities are available. To make a referral into a clinical trial for **ALS**, **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.

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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.

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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.

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KU Wichita Center for Clinical Research is looking for adults (ages 50-90) with **mild Alzheimer’s** interested in investigational IV medication. Need to have caregiver/study partner.

The study lasts 18 months and both participants will be compensated for time and travel. If you are interested or want more information, please call 316-293-1833 or email clinicaltrialunit@kumc.edu.
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.

The remaining Psychiatry Grand Rounds sessions have been canceled. Dates affected are April 28 and May 12.

Learn more about Grand Rounds.

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The Kansas Academy of Family Physicians invites you to **Fam Med Forward 2020**
June 4-6 at the Hilton Garden Inn in Manhattan, Kansas.

This conference offers three days of learning, networking and enjoying your time with colleagues and friends while hanging out in the Little Apple.

Visit the Attendee Hub for a full schedule, hotel information and more. Download the brochure and share with other family physicians and primary care providers who desire a quality conference with 15.25 continuing medical education. Mark your calendar and register today!

Contact the KAFP office at 316-721-9005 or email info@kafponline.org with questions about the meeting or registration.

KAFP gratefully acknowledges The KAFP Foundation as its premiere sponsor for Fam Med Forward 2020. We also know Fam Med Forward couldn’t happen without educational support from these funders: Riley County Medical Society; Herb Doubek, M.D., Medical Student Success Fund; Verlyn Steinkruger, M.D., Memorial Lectureship.

The mission of the KAFP is to support and serve family physicians of Kansas as they advance the health of Kansans.

This Live activity, Kansas-AFP 2020 Fam Med Forward, with a beginning date of 06/04/2020, has been reviewed and is acceptable for up to 15.25 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
Volunteers needed for diabetes research

If you
- are African-American,
- are 16 or older,
- and have been diagnosed with type 2 diabetes
you may qualify for our research study.

Volunteers who qualify will be asked to participate in a diabetes problem-solving website. Duration is no longer than 90 minutes. Participants will be compensated for their time.

If you are interested or want more information, contact Michelle Redmond, Ph.D., at 316-293-1813 or mredmond@kumc.edu.
Cancer Connections
Cancer Connections 2020 educational sessions are free, web-based classes for cancer survivors. Cancer Connections gives survivors access to experts who can provide evidence-based information to help navigate the survivorship journey. The sessions do not cover information regarding specific treatments for cancer. The virtual sessions are from noon-1 p.m. via Zoom. Registration is required. For more information, contact Judy Johnston, M.S., RD/LD, research instructor, at jjohnsto@kumc.edu.

Physical Activity After Cancer
Lianna Fry, certified exercise physiologist
Tuesday, April 28

Update on Genetics and Cancer
Devin Cox, M.S., CGC
Tuesday, May 12

Medical student research presentations
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Join Zoom meeting
Meeting ID: 413 008 188

Save the date!
The 2021 JayDoc Community Clinic Awards Banquet will be March 20, 2021. The location is TBD.

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Employment anniversaries
Congratulations on your employment anniversary. We’re glad you’re here!

Alisha Sanchez
April 15
Jennifer Jensen
April 16
Lisa Le
April 17
Pamela Malone
April 20
Colleen Loo-Gross
April 22
Loretta Caballero
April 23
Melissa Espinoza
April 23
Brittany Seiler
April 23
Jon Schrage
April 27
Kerry Nantsis
April 28

Welcome to KUSM-W
Kelsey Weninger
Health informatics specialist
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

cdc.gov/COVID19
**Multifactor authentication**

To defend against increasingly sophisticated cyberattacks, KU Medical Center will soon be implementing multifactor authentication (MFA) across various systems.

MFA provides an additional layer of security, which requires you to confirm your identity using multiple sources, such as a username and password, combined with a numerical code or notification sent to your phone. MFA uses something you know (a password), along with something you have (your phone) to secure your account and prevent unauthorized access. You may already be familiar with a type of multifactor authentication if you’ve used a debit card. A debit card uses a form of MFA, as it requires something you have (the card) along with something you know (your PIN) to authorize a purchase.

KU Medical Center has selected Duo as our multifactor authentication tool. Duo MFA will be implemented in a phased rollout across various systems over the coming months. Some systems that will require MFA include: remote access, Outlook on the web, Workday, and other specific high risk or critical applications and systems. You will be notified in advance when each system is setup to require MFA.

In preparation for multifactor authentication, it is recommended you set up your mobile device ahead of time, so you’ll be ready as MFA is enabled across KUMC systems. To setup MFA on your account, please have your mobile device available and, from a computer or secondary device, visit the MFA self-service site. During setup, you will be asked to download the Duo app from your device’s app store and, within the app, take a picture of a QR code to register your device. Please note: Do not visit the MFA self-service site using your device that has the Duo app installed. You must launch the MFA self-service site from a computer or secondary device to properly set up MFA.

If you’d like help setting up MFA on your account, please contact Wichita IT at 293-2605 or itswichita@kumc.edu for assistance. If you would like in-person help, please feel free to stop by IT on campus from 8 a.m.-5 p.m. Monday-Friday, and we will be happy to help.

Setting up MFA on your account ahead of time will not require you to immediately begin using MFA; it will only prepare you for when MFA is enabled and required on each system. If you do not setup MFA on your account ahead of time, it could present a stressful situation when you attempt to login to a system that has MFA enabled.

More information about multifactor authentication, the Duo app and FAQs can be found on the MFA website. Please note: the KC campus’ contact information is provided on that page, but if you have any questions, please reach out to Wichita IT directly.

Please contact Wichita IT with any questions or concerns at 293-2605 or itswichita@kumc.edu.

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**Yoga sessions canceled**

The remaining campus yoga sessions have been canceled until further notice.

If you have questions, please contact Samuel Ofei-Dodoo, Ph.D., assistant professor, Family & Community Medicine, at sofeidodoo@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 submission deadline for the next issue of JTO is noon Monday, April 20. 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).