The Learning Communities at UWSMPH have three guiding principles:

- Create a caring community for all learning community members
- Help learning community members make sense of their experiences
- Empower the community and its members to make transparent and positive decisions

Through these guiding principles, the learning communities will foster community, leadership, professionalism, well-being and sharing of knowledge in order to develop more intellectually, socially, physically and emotionally prepared physicians.
Operation Education

Attention Med 1s and Med 2s:
The Wisconsin Medical Alumni Association (WMAA), in conjunction with the Wisconsin Medical Society Foundation (WMSF) will host the 10th annual Operation Education on Tuesday, January 14th, 2015 from 5:30-8:00pm in the Atrium of the Health Sciences Learning Center.

This is a unique opportunity to speak with medical alumni about your career interests. You will enjoy a hearty buffet dinner while meeting alumni with expertise in over 25 specialties.

Watch for an email invitation in early January from WMAA with more details about pre-registering and event plans. The general schedule of events for the evening typically are:

5:30-6:30pm: Check-in and buffet dinner with physician guests.
6:10-7:30pm: Short visits with physician guests.
7:30-7:40pm: Students and physicians compete for prizes with Milton Bradley’s OPERATION®
7:45pm: Awards

House CELs Planning Outreach

In 2013-14, MSA, IHC and the Community Service Programs worked together to create a plan that would make our Madison-area community outreach more effective.

In the past, our student organizations, Houses and various departments were simultaneously conducting food, mitten, coat, and toy drives with a cumulative effect that actually confused some of the beneficiaries as well as weakened our efforts and good intentions.

In order to strengthen these efforts, the plan included MSA improving communication with the student organizations to make sure that these helpful events were on calendars and not overlapping one another.

The Community Engagement Liaisons (CELS) in each House were designated as the primary conduits between the specific community partners and medical students within a House.

The CELs received leadership training, meet with each other to discuss plans, and communicate regularly with contacts in the following organizations:

- Goodman Community Center (Gundersen)
- Salvation Army (McPherson)
- Porchlight (Middleton)
- Neighborhood House (Bamforth)
- Allied Community Center/Dane County Parenting Council (Bardeen)

Volunteering with the populations served by our community partners gives every medical student an inside opportunity to meet and get to know people’s lives at a non-clinical level that may have a strong impact on how effectively you can serve people at the clinical level.

Whether you have time for just one volunteer experience or a passion for a certain area, contact the CELs from page 1 of this newsletter if you are interested in:

- Bamforth House: Holiday toy drive and sponsoring individual children for the holiday season.
- Gundersen House: Gundersen has multiple one-time and extended opportunities.
- Bardeen House: Bardeen has multiple one-time opportunities.
- Middleton: Donation drive for unique jams and jellies
- McPherson: Please contact the CELs for the latest details!
Bardeen Represents with Dane County Parent Council  by James Bernatz

James Bernatz, M2, is serving his second year as Bardeen’s Community Engagement Liaison.

One of the greatest joys of medical school is getting out of the lecture hall and getting boots on the ground in the community. Since starting school last year, I have been working with the Dane County Parent Council (DCPC), a community-based, non-profit agency for the delivery of child development and family support programs throughout Dane and Green county.

Through working with the DCPC, I was invited to serve as a community representative on the Head Start Policy Council (HSPC), the educational program serving children and their families from pregnancy to age five, assuring that children are developmentally ready for kindergarten. The HSPC consists of parents of current students as well as other members of the community. Some of the HSPC’s responsibilities are to approve the Head Start budget, allocate emergency funds to families in need, and develop new policy in coordination with the Head Start Board of Directors.

This experience has been a terrific avenue for representing the UW School of Medicine and Public Health in issues of Madison’s public health. I have served on committees that oversee well-child screenings for all students enrolled in Head Start, and have connected with other local agencies to develop community health assessments. It has been rewarding to work with parents on the council and I have been inspired by their advocacy. Additionally, by recruiting other classmates to volunteer at DCPC events such as family fun night, I believe we encourage other students to get involved with these worthy Madison programs. As a student and future doctor, I look forward to continuing my work with HSPC and DCPC to promote wellness for all of Madison’s families.

Speaking Up! GHHS Tackles a Difficult Task

The Gold Humanism Honor Society (GHHS) held a hot topic discussion on November 12th and students addressed their feelings about speaking up in their own real-life situations that did not reflect the patient-centered, empathetic doctors to which they aspired. Students acknowledged that the hierarchical nature of the medical school lends itself to remaining silent and leads to questions, or even rationalizations, as to whether speaking out would have improved the situation or helped the patient.

Given that the hierarchy will always remain, this GHHS discussion centered on positive actions that people could take such as:

- Look for situations in which you can speak up and contribute.
- Get involved with advocacy and other avenues in which you are empowered to speak.
- Discuss offensive speech or behavior privately, positively and productively.
- Use the ombuds as a confidential resource for discussion and personal coaching.

Other questions were posed such as:

- Can we create a curriculum that is open to change and discussion?
- If we can’t change the hierarchy, can we change the culture surrounding the hierarchy?

Watch your email for details about GHHS’s next discussion on Wednesday December 10th 6:00-7:00pm.
All enrolled students at the UW School of Medicine and Public Health have the unique opportunity to shadow UWSMPH alumni throughout the State of Wisconsin. The goal of Shadow is to encourage current medical students to develop medical skills and learn about medical specialties in non-academic settings. Thanks to its geographic diversity, Shadow allows in-state students to shadow near their hometowns during school breaks and weekends. Out-of-state students are also encouraged to use the Shadow program.

Shadow is a voluntary, non-credit experience outside of the medical school experience; therefore, medical students do not have liability or malpractice coverage and will exclusively be shadowing an alumnus.

In order to participate, please do the following:

- Up in the WMAA Office at 4296 HSLC. The sign-up sheet is next to the candy bowl.
- Read and sign the agreement form.
- Request a list of alumni Shadow participants from the WMAA staff.

If you have additional questions, please contact Karen Peterson at kspeters@wisc.edu.

Make this the year you go Beyond The Candy Bowl!

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**Gundersen House Shares Cinnamon Meta-Analysis Tidbit**

Members of Gundersen House enjoyed their mentor’s recent post so much that they wanted to share it with everyone. Dr. Rakel found this great tidbit about the positive effects of cinnamon that he hopes “should help reduce some of the guilt from that 2nd piece of apple pie”!


The glucose lowering effects of cinnamon were found by mistake when a study using apple pie to increase blood sugar found that it did not raise sugar as much as other sugary foods. Cinnamon in the pie was found to be the stabilizing factor.

The ideal dose is yet to be determined but 1-3 gms a day appears to be a good start from the available data. You don’t have to use a special product. Most cinnamon available in grocery stores is a combination of Cinnamomum aromaticum and Cinnamomum verum. Both forms were included in this meta-analysis. One tsp = 4.5 gms, so shooting for ½ tsp or about 2 gms a day is reasonable. The effects do not appear to increase with escalating doses.

To put the glucose lowering effects of cinnamon into perspective, the authors state that it is about half as potent as metformin and more potent than sitagliptin which costs ~$220 for 30-day supply of 50 mg tablets. There are 15 tsp in 2.5 oz of cinnamon that costs about $4/bottle. Using a half-teaspoon (2 gms a day) is about $4 for a 30-day supply. But remember, cinnamon does not appear to have a significant effect on hgb A1C, although some of the studies were too short to influence this 3-month average.

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Wisconsin Medical Society Scholarships

The Wisconsin Medical Society Foundation offers scholarship opportunities. To be considered for scholarships during the 2015-16 academic year, apply between now and the February 1st, 2015 deadline.

The purpose of the Wisconsin Medical Society Foundation Scholarship Program is to provide assistance to outstanding students who will fill Wisconsin's health care workforce needs in the future. A majority of the funds are available to students enrolled in medical school in Wisconsin with preference to those considered Wisconsin residents and those who demonstrate a desire to practice in Wisconsin upon completing their training.

For more information on scholarships and access to the application form, visit Wisconsin Medical Society Applications may be obtained from the Wisconsin Medical Society Foundation by calling 866.442.3800, ext. 3789 or 608.442.3789, or by e-mailing elizabeth.ringle@wismed.org.

Summer Opportunities Fair

Mark your calendar to attend the annual Summer Opportunities Fair from 12:00-1:00 in the Atrium on Wednesday, January 7th, 2015.

You'll have a chance to meet many of the local connections, collect information and ask questions in greater depth about the nature of any particular opportunity.

**House Noon Talk**

WISE Integrative Medicine and Mindfulness Meditation

**Wednesday, December 3rd**

12:00-1:00

Food will be served

Watch for Email RSVP!

**House Cup Standing**

<table>
<thead>
<tr>
<th>Team</th>
<th>Score</th>
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<tbody>
<tr>
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<tr>
<td>Bardeen</td>
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</tbody>
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**Sib Cluster Brown Bag!**

**Wednesday, December 10th**

12:00-1:00

Watch for email from your Cluster Leader!

Enrollment Holds

Students who have not submitted SHIP, TB, flu and other required forms will have holds placed on their academic enrollment and access to Learn@UW.

Emails from Student Services, University Health Services or other departments should be viewed immediately for potential holds.

If a hold has been laced on your record you will see the hold in your Student Center in MyUW. Instructions and deadlines for releasing the hold will also be indicated.

Be sure to follow those instructions on a timely basis so that you are registered for your courses!