



Vital Signs

Fall General Meeting #2: October 7, 2015

Agenda

5:30pm Doors Open

6:00pm Welcome

Guest Speakers

Logistics

Event Sign-Ups



Guest Speaker

Lori Muramoto

Senior Associate Director of Admissions (West Region)- Ross University

Lori has been with Ross University since 2006. Prior to Ross, she was the Director of MBA recruitment at the University of California, Riverside. Her professional experience includes being the Director of Student Services and Operations at the University of California, Irvine, and Director of Data Management at Experian Information Services. She is devoted to helping people achieve their dreams. She feels that it is gratifying to help someone to be accepted to medical or veterinary school. Lori enjoys being able to provide students with a chance to pursue their calling when they felt that their dream was over.



ROSS UNIVERSITY

SCHOOL OF MEDICINE

About Ross University

Ross University is one of the largest and most successful Caribbean medical schools in the world—and remains one of the great secrets in allopathic and veterinary medical education. At Ross University School of Medicine and School of Veterinary Medicine, their highest priority is providing students with a medical education of the highest quality. They are committed to delivering an exceptional academic and clinical experience to their students, which will establish the foundation for their success in their chosen field.

Congratulations to the Member of the Month!

Congratulations to this school year's Community Service Committee Members: Zuri Shanklin, Rochelle Cadiente, Lynn Luu, Mayumi Fernandez, Lindsey Miyamoto, and Nick Muneno! Thank you to all who applied and interviewed for the position. You were all wonderful candidates and made choosing so very difficult. Our team is going to work hard to plan fun volunteer events for our members, so stay tuned!

Congratulations to this school year's Medical Education Committee Members: Andy Yu, Caleb Hsu, Marina Matsui, Ben Massey, Charlenee Marie Caraang, Mandy Rock, Lynn Nguyen, and Katelyn Shirai!

Stefhanie Gonzales



Dinner funded by
SAPFB. Thank you!

Opportunities

American Red Cross Partnership

The Hawaii Red Cross volunteers will be partnering with electricians to install free smoke alarms in October, November, and December and we are looking for committed volunteers to join the team and take on one of two roles as follows:

1. Safety Educator
2. Documenter



Volunteers are required to attend a two-hour training class, and complete a profile in Volunteer Connection, the American Red Cross' volunteer management database.

- Here is the link to complete the profile:

<http://www.redcross.org/hi/honolulu/volunteer>. Points are awarded for both training and volunteering. Please email Lea Lacar at llacar@hawaii.edu once the profile is completed or if you have any questions. **Deadline to sign-up online and email Lea is Friday, October 16, 2015.**

AMRC Volunteer Services Department is in need of administrative support. You would volunteer at Headquarters at Diamond Head in the office of Ronne Partoriza. These volunteers will be helping with onboarding volunteers, recruiting, retaining volunteers, and other administrative tasks as needed. If you want to volunteer elsewhere within the Red Cross after volunteering, you'll be accommodated to a different position. Need 3-5 volunteers who can commit to come in at least *once a week* for 3-4 hours a day for a minimum of the entire semester. Ronne is flexible if you can only work weekends, etc. Points will be awarded for those that participate. **Email Lea Lacar at llacar@hawaii.edu by Monday, October 12, 2015 if interested.**

Minority Health and Health Disparities International Research Training (MHIRT) Program

The MHIRT Program is now accepting applications for Spring and Summer 2016. The MHIRT Program is a research experience where students learn to conduct research during the spring semester and then conduct an 8-week research project on health and health disparities in Thailand or Cameroon during the summer. The program benefits include:

- Quality experience in research
- Summer stipend of \$1000/month for 3 months
- Round-trip airfare and paid living expenses abroad
- Life changing research and cultural experience

Applicants must be: 1) a U.S. citizen or permanent resident, 2) from an under-represented minority background (which includes Hawaiians and Pacific Islanders, Filipinos, Hispanic Americans/Latinos, African Americans/Blacks, American Indians, and Alaska Natives, 3) from a socioeconomically disadvantaged background, or 4) from rural areas. The 2016 application is available at :

<http://manoa.hawaii.edu/tropicalmedicine/mhirt>

The deadline for the 2016 program is **Tuesday, December 1, 2015**. For more information, contact Dr. Vivek R. Nerurkar (nerurkar@hawaii.edu) or Dr. Diane Wallace Taylor (dwtaylor@hawaii.edu).

Fundraisers and UNICEF

Car Wash #1 & 2

Saturday, October 10, 2015 & Saturday, November 7, 2015
Waialae Chevron
1st Shift: 8:30am-12:30pm or 2nd Shift: 11:30am-3:30pm or both shifts

Point Breakdown

Membership Points

100 MP – Every hour and 100 MP bonus per full shift
100 MP – Every hour and 100 MP bonus per full shift for bringing a friend
100 MP – Wearing PMA shirt
100 MP – Driver
50 MP – Large items (tire brush, squeegee, buckets, step stool, car soap)
25 MP – Small items (towels, snacks)

Fundraising Points

25 FP – One shift
50 FP – Both shifts

Bake Sale Point Breakdown

Membership Points

Tabling: 25 MP – Every 15 minutes
Poster: 50 MP
Providing Food: 150 MP – As long as you bring something

Fundraising Points

Tabling: 2 FP – Every 15 minutes
Poster: 5 FP
Providing Food: Can get up to 25 FP!
(Depends on the quantity you make)

Halloween Bake Sale

Friday, October 30, 2015
Outside Sinclair Library
9:00am-2:00pm

After the meeting, sign up in the front for tabling OR poster making OR bringing food!

Want to table? Tabling will be from 9:00am-2:00pm; shifts are every 15 minutes; need 2 members per shift

Want to create a poster?

Need one saying, “Halloween Bake Sale” and another one saying, “Pre-Medical Association.”

Poster due Wednesday, October 28, 2015 by 3:00pm

Possible food categories to sign up for:

Sweets: Cupcakes, cookies, cake pops, rice krispies, brownies, banana bread, muffins, etc.

Non-Sweets: Chex-mix, musubis, pre-packaged fried rice, hot dog on buns wrapped in foil, etc. Or think and bring your own ideas!

Event Descriptions

Car Wash- Bond with other members by washing cars and helping fundraise for PMA!

Pet Walk 2015- Help guide walkers and pets along the course. Will also help with breakdown and clean up of the course.

Orthopedic Surgeon Presentation- Learn about orthopedic surgery from a doctor at Straub Clinic and Hospital.

Blood Pressure Readings and Other Health Assessment Skills- A general overview of blood pressure readings, pulse readings, respirations (and their quality), neuro assessment, pain assessment, and tips to health assessments (what’s normal and a brief look at abnormal).

Koko Head Hike- Hang out with your fellow PMA members and get a workout by going on an early morning Koko Head hike!

Suture Lab- Learn from medical students/doctors how to suture using various surgical tools.

Susan G. Komen Race for the Cure- Help pass out bags of goods to race participants, assist in providing first aid to the injured, work at the volunteer table to check in volunteers, and race clean up.

First Aid Skills- Learn basic first aid skills such as dressing wounds, managing shock, dealing with injuries due to the environment, and more.

Making Strides Against Breast Cancer- Volunteer at an event that celebrates those who have battled breast cancer and raise awareness about prevention.

Kids Fest- Help with registration, workshops, snack distribution, and pedestrian traffic control.

Introduction to Podiatry- Learn about podiatry medicine, the field which involves the diagnosis and treatment of conditions affecting the foot, ankle, and structures of the leg.

Halloween Bake Sale- Help PMA fundraise by tabling, or donating food and posters!

Halloween Interclub Social- Hang out with PMA, Golden Key, Mortar Board, and other RIOs at this fun social!

UCPAHI Dessert Fantasy- Help pass out various desserts.



Trick-or-Treat for UNICEF

Trick-or-treat for UNICEF began in 1950 as a way for kids to help kids in need of more than candy. Since then, children have gone door-to-door with their UNICEF collection boxes on Halloween, calling out “Trick-or-Treat for UNICEF!” They have raised more than \$175 million for the U.S. Fund for UNICEF over the past 65 years. PMA will help out this October by collecting money for kids in need in our own Trick-or-Treat boxes! Members will receive a UNICEF collection box to carry around and ask for donations. Points will be awarded based on amount collected. The top collector will be recognized and will receive a prize. Sign-up at this meeting to reserve a box! **Email Lea Lacar** at llacar@hawaii.edu anytime if you want to help in this project.



October and November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	2nd General Meeting 7 ART 132 5:30pm	8	9	Car Wash #1 10 Waialae Chevron 8:30am-3:30pm
Pet Walk 2015 11 Magic Island Beach Park 6:30am-11:30am	12	Orthopedic Surgeon Presentation 13 Campus Center 307 5:30pm-6:30pm	14	Blood Pressure Readings and Other Health Assessment Skills 15 Campus Center 307 5:00pm-6:00pm	16	Koko Head Hike 17 Koko Head 6:00am-9:00am Suture Lab JABSOM, MEB 314 10:00am-12:30pm 11:30am-2:00pm
Susan G. Komen Race for the Cure 18 Kapiolani Park 6:30am-12:00pm	19	20	21	First Aid Skills 22 Campus Center 307 5:00pm-6:00pm	23	Making Strides Against Breast Cancer 24 Richardson Field/Ford Island 5:00am-11:00am
Kids Fest 25 Bishop Museum 8:00am-2:00pm	26	27	Introduction to Podiatry 28 Campus Center 307 5:00pm-6:00pm	29	Halloween Bake Sale 30 Outside of Sinclair Library 9:00am-2:00pm Halloween Interclub Social Campus Center 307 7:00pm-9:30pm	31
UCPAHI Dessert Fantasy 1 Pacific Beach Hotel 12:00pm-3:00pm	2	3	3rd General Meeting 4 ART 132 5:30pm	5	6	Car Wash #2 7 Waialae Chevron 8:30am-3:30pm