



Vital Signs

Spring General Meeting #2:
February 24, 2016

Agenda

5:00pm Doors Open

5:30pm Welcome

Guest Speakers

Logistics

Event Sign-Ups



Guest Speakers

Michelle Peres

VP, Enrollment Management - UMHS Caribbean Medical School

The University of Medicine and Health Sciences is committed to educating uniquely skilled and diverse medical professionals eager to meet the need for physicians in various settings throughout the United States and the world. With a focus on quality patient care and utilizing the latest in advanced technological instruction and personalized education, their aim is to produce genuinely passionate physicians highly prepared for practice in a changing medical landscape.



Website: <http://www.umhs-sk.org>

Email: mperes@umhs-sk.net

Amy

March of Dimes

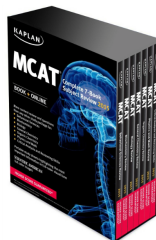


Every year in the United States, more than half a million babies are born too soon, 2,500 of them right here in Hawaii. The March of Dimes works to end premature birth and other problems that threaten our babies. They help moms have full-term pregnancies and healthy

babies. If something goes wrong, they offer information and comfort to families. They research the reasons why babies are born too soon or very sick and work on preventions.

Website: <http://www.marchofdimes.org>

Kaplan Representative



Kaplan provides test preparation services for the GRE, MCAT, OAT, PCAT, etc. They offer private tutoring and in-person, live online, and self-paced classes. They also have test prep books and flashcards available for you to study.

PMA will be having an auction for a \$2,299 valued course.

If we have 80 people participate in the Path to Medical School Webinar on Wednesday, March 2, 2016 from 3:00pm-4:00pm, someone will win a FREE Kaplan scholarship!

Announcements

iDecide Hawaii Pledge Contest

Please help us out with the iDecide Pledge Contest! We participated in this contest last semester and even if you did it last semester you can still register again to help us out this semester. If you send us a screen shot of your pledge confirmation, we will give you 100 MP. You can send screen shots to premed@hawaii.edu. You can have your friends participate and you can get 100 MP if you send in a screenshot of their pledge.



Please follow the instructions below and pledge before 4:00pm THIS FRIDAY FEBRUARY 26, 2016

PLEDGE CONTEST: You can help win a Registered Independent Organization (RIO) of your choice up to \$1,000! You can pledge ONE time to ONE specific UH Manoa RIO. Top 3 RIOs with the most pledges by February 26th at 11:59 pm win: \$1,000 (1st), \$750 (2nd), and \$500 (3rd).

- 1) REGISTER: <http://idecidehawaii.org/enter-a-contest/contest-registration/>.
- 2) PLEDGE: to be an organ donor on your next driver's license/renewal (both persons who are AND those who are not currently a donor on license can pledge)
- 3) DESIGNATE: your pledge to an RIO of your choice (you don't have to be a member of that RIO)

PMA Executive Board Nominations

If you would like to nominate someone to the executive board for the Fall 2016-Spring 2017 school year, please email us at premed@hawaii.edu. Please state which position you would like that person to run for as well. Here are the following positions (note these are all one year terms):

- President
- Vice President
- Secretary
- Treasurer
- Director of Community Service
- Director of Medical Education
- Director of Student Relations
- Webmaster

Nominee needs to have been *active for at least one semester* and nominations will be closing this **Friday, February 26, 2016 at 11:59pm**. Those nominated after this deadline will not be considered. Voting will commence at the third general meeting.

Fundraisers

Car Wash Fundraiser

Saturday, March 19, 2016

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

Thursday, April 14, 2016

Outside Sinclair Library
10:00am-3:30pm

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

Want to table? Tabling will be from 10:00am-3:30pm; shifts are every 15 minutes; need 2 members per shift

Want to create a poster?

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

Poster due Tuesday, April 12, 2016 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!



Need more fundraising points? Sign-up to table for Krispy Kreme Pick-Up after the meeting!

Congratulations to this semester's Fundraising Committee Members: Shannon Bautista, Jessica Chen, Charissa Tan, and Cera-Nicole Tollefsen

Event Descriptions

Kaplan Path to Medical School Webinar- Learn about the medical school application process, including application timeline, medical careers, cost of school, MCAT, admissions statistics, and more!

Introduction to EKG- Learn about electrocardiograms (EKG, ECG) such as how to interpret them and what they are for.

March of Dimes Baby Shower Prep- Help with preparations for the March of Dimes Baby Shower. 8 volunteers needed to wrap gifts, make cards, and park car with goodies.

March of Dimes Baby Shower- Help with decorating, setting up, hosting games, and more for the event. 20-25 volunteers needed.

Introduction to Telehealth- Learn about the emerging use of telemedicine or the use of telecommunication to treat patients (instead of treating inside a clinic).

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

Camp Retreat- Have fun, enjoy nature, and bond with PMA members and officers! *YOU WILL NEED TO PAY \$20.*

Muscular Dystrophy Association- Learn about muscular dystrophy disease and how organizations such as the MDA help those who have this condition.

Pediatrician Q&A- Ask pediatricians about their experiences working with pediatric patients, how they cope, and whatever questions you can come up with. You will learn much about being a pediatrician.

Kuakini Hospital- Sing karaoke and play Bingo with the elderly patients.

Field Day Interclub Social- Join other clubs like Golden Key, NSCS, and Mortar Board for a field/sport day and BBQ

No Sew Blankets- Arts and crafts with a cause! PMA-ers can bond doing this easy and fun activity to create blankets for patients at Kuakini Hospital. No sewing skills necessary!

Willed Body Ceremony- A memorial service held by JABSOM to thank donors and their families. Volunteers will help direct guests from the parking lot to the event and maybe other tasks involved in set up, greeting guests, and cleaning up

Relay for Life- A time to honor cancer survivors, remember those lose to this disease, and raise funds and awareness to help end cancer forever. We” have the opportunity t walk around, enjoy music and games, hang around a great community of people, all while making a difference in this fight against cancer. The theme is Superheroes. Go to www.relayuh.com, sign-up, and join “UH Pre-Medical Association”! To volunteer, sign-up at https://docs.google.com/a/hawaii.edu/forms/d/1kwjJx8OpR4XtLozczyvbf2l28hGxpDHeJIS667dF3XU/viewform?edit_requested=true&pli=1

Casting Workshop- You will learn how to make casts. *YOU WILL NEED TO PAY \$10.*



SAVE THE DATE!

What: Spring 2016 Appreciation Banquet
Where: Hawaii Prince Hotel Waikiki, Captain's Room

When: Saturday, April 30, 2016
Time: 6:00pm-9:00pm

We will be having the Prince Court Buffet, so be sure to bring your appetite!

Cost:

Active Members: *Free*

Non-Active Members: \$15.00

Guests: \$62.50



Dinner funded by SAPFB. Thank you very much!

February, March, and April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	2nd General Meeting 24 BIL 150 5:30pm Cookie Corner Pre-Sale Begins	25	Krispy Kreme Pre-Sale Ends 26 iDecide Pledge Contest Ends at 4:00pm	Heart Ball 27 Sheraton Waikiki Resort 6:00pm-12:00am
Sunset Hike/Beach 28 Makapuu Lighthouse Trail 4:00pm-6:00pm	29	1	Kaplan Path to Medical School Webinar 2 3:00pm-4:00pm	Introduction to EKG 3 Campus Center 309 5:00pm-6:00pm	Krispy Kreme Pick-Up 4 Campus Center 10:00am-4:00pm	5
6	7	8	9	10	11	March of Dimes Baby Shower Prep 12 1580 Makaloa Street 8:30am-11:30am
March of Dimes Baby Shower 13 Kapiolani Medical Center 1:00pm-5:00pm	Introduction to Telehealth 14 Campus Center 308 5:30pm-6:30pm	15	16	17	18	Car Wash 19 Waiialae Chevron 8:30am-3:30pm
20	21	22	23	24	25	26
	--- SPRING BREAK ---			Camp Retreat -----	-Camp Malaekahana-	----- Camping Ends
27	Muscular Dystrophy Association 28 Campus Center 307 5:00pm-6:00pm	Pediatrician Q&A 29 Campus Center 309 5:30pm-6:30pm	Cookie Corner Pre-Sale Ends 30	31	1	Kuakini Hospital 2 Kuakini Hospital 9:30am-10:30am
Field Day Interclub Social 3 TBD 11:00am-2:00pm	4	5	3rd General Meeting 6 BIL 150 5:30pm Cookie Corner Pick-Up at Meeting	7	Cookie Corner Pick-Up 8 Campus Center 10:00am-3:30pm No Sew Blankets Campus Center 307 4:00pm-8:00pm	Willed Body Ceremony 9 Campus Center Ballroom 9:00am-1:00pm Relay for Life Clarence TC Ching Field 6:00pm-6:00am Volunteer: 4:00pm-8:00pm